



The Bulletin Board is a place for IWCV members to advertise personal items for sale, services or other information that could be of interest.

If you have something to share, send details in a brief text including your email address and phone number to tricia.stayte@gmail.com. All photos must be sent as separate attachments, not within your body of text, as the editor will do the layout. Lessons provided by members will be listed in all editions unless otherwise cancelled.

Items for sale will be listed for ONE edition ONLY. If you wish to run your advert more than once, you must contact the editor.

Neither the editor nor any member of the IWCV take any responsibility for the quality/accuracy of the details of items for sale or services offered in this document. Please be aware that it is illegal to use the IWCV distribution list as an advertising tool.



Aerial photography by DRONE gives you surprising perspectives and allow you to show unexpected angles, to enhance a natural area, an architectural design, showing a lifestyle and highlight your property. Certified Drone pilots and holder of MAP 071 of the DGAC (French Civil Aviation) we use high-quality resolution views with quadcopters.

For more information call [Francesca Megnet at 06 86 82 23 18](tel:0686822318) / contact@art-photo-clic.fr / www.art-photo-clic.fr

Please inform the editor if you no longer wish to provide lessons, or if your advert is no longer relevant.

Lessons

GERMAN

Please contact Katla Heidrich if you'd like to learn German, or improve what you already know.
Tel: 04 94 76 11 32.

GET YOUR FRENCH UP TO SCRATCH!

Individual or group tuition by a professional French mother-tongue teacher (mobile): adapted French lessons to give you confidence for everyday conversation - beginner, intermediate or advanced. Please contact Rose-Marie Jouandin 06.70.56.36.98; email rosemarie.jouandin@wanadoo.fr

IWCV BRIDGE

Aurora Hille has organised the IWCV Bridge club for several years with great enthusiasm. Members take it in turn to host the afternoon. Play starts at 14.30, and goes on for between three and four hours. The host provides tea and cake for the first break, and at the end of the afternoon serves a glass of wine and snacks. Aurora has all the materials for Bridge including tables and playing cards. She also does the scoring and announces the winner.

Most members play a system called '5 card major', but if your partner is in accord, you can play your own system. You do not have to have a partner to play. Once you are on the list, Aurora will email you before each afternoon and will team you up with somebody. Bridge is organised every second Tuesday on even weeks, i.e. week 2,4,6,8 etc. April meetings are on 3rd and 17th. Everyone is welcome to come and play Bridge. You can play twice to see if you like it, and after the second time you pay 15 euros to join the group, and then 50 cents per afternoon. If you are a beginner, rusty or would like to change to '5 card major', Aurora holds workshops on Thursday or Friday mornings from 9.30 to 12.00. She charges 7 euros per session. You can contact Aurora on [0494675044/0668010125](tel:0494675044) or email aurorahille@gmail.com

Health & Wellbeing, recommendations and services

Aurora Nails and Reiki

Shellac manicures - €25 Pedicures - €25

(the shellac lasts for 4 weeks) Discount for both together - €45

Eyebrow tinting and wax shaping - €15

Eyelash tinting - €10

Semi-permanent, waterproof mascara, lasts for 3/4 weeks, ideal for summer & holidays €37.50

I also offer Reiki treatments, also for small animals (dogs and cats).

I have Reiki 1 and Reiki 2 degrees.

Reiki is good for depressions, reducing stress, pain etc. I am not a healer, I am just a channel for the healing energy. Reiki is a calming peaceful energy. Contact details below

Painting with Coloured Sand Workshop

I provide a canvas tablet with a design, and the use of coloured sand and glue. The class will start at 2.00pm with a tea break with cake and biscuits at around 4.00/4.15pm, to let the paint dry. Then after tea we finish the paintings. The cost will be 15 euros.

Please contact Aurora for dates if you are interested.

Contact aurorahille@gmail.com/06 6801 0125

Cancer Support Group

The Cancer Support Group for English Speakers meets on the 1st Wednesday of the month at 15.30 at The Grange in Mouans Sartoux (815 Chemin Gourettes) - the lovely stone building next door to the Maison de Retraite Victoria. It has a separate entrance and parking, but if the parking is full, it is just a short walk from the Casino supermarket. Visit the website

www.csg06.therivierawoman.com or email

cancersupportgroup06@gmail.com

Individual workshop to learn cardiac coherence!

On April 12th & 13th, Louise Poche, a therapeutic educator and cardiac coherence certificated practitioner at Federation Française de Cardiologie in Lyon, visits us in the Canton. She is also a practitioner specialising in nutrition. It is a good opportunity to find out more and learn how to practice cardiac coherence in total autonomy with basic knowledge. With a specific software, the state of global health can be estimated.

Train daily by simple and effective exercises using breathing and focusing to stay in cardiac coherence in spite of thoughts, emotions and memories which damage the preservation of good health. With a precise target such as loss of weight, better sleep, stop smoking, decreasing glycaemia, high blood pressure or depression, a custom made program will be made for you.

After three weeks of regular practice, improvement is evaluated with you, on the biofeedback software. Please call or text Patricia Surmain for an appointment : 06 77 02 10 77. Consultation fee: 50 euros.

For **massages, lymphatic draining and plantar**

reflexology, call Francesca Megnet tel. 04 94 84 74 77 or email

francesca@megnet.fr

Massage de bien-etre / aromatherapist

Offered by Blaitthin Kennedy, based in Bargemon. She speaks English, French and German. To find out more about all her treatments, please visit her website: www.bestofhands.com

Handmade Greetings Cards & Crafts

If you need a personalised greeting card or cards for any other occasion (in English), made- to-order loose cushion covers or recovered with your own fabric; house, place names and fun signs plus plenty of other interesting gifts and home/travel essentials - please contact Sue Douglas 0494477418 or 0606425771. Check my website www.wix.com/susied/provence-presents (does not work on an Apple

My son, Thomas Van Steenbrugge, is a qualified and certified technician in **air conditioning** (cooling and heating), **swimming pool heating pumps and hot water boilers**. He has 5 years experience, and his company is located in Callian. He can help you with all your property repairs, servicing and new fittings. Free quotations are provided on demand. For more details check his website www.clim-paca.fr Please contact Laure Van Steenbrugge (Peeters) at marielaure.peeters@gmail.com

Pilates

Elizabeth Janicka will be holding classes at her Studio in Seillans on Thursdays from 10am – 11am. She incorporates an element of dance. Wear comfortable clothes, and bring a mat, small towel and a cushion. Elizabeth is able to deal with any long term illnesses or pain you may have. There is a charge of 14 euros per lesson. Please call her on 06 26 91 02 87 for further details, and directions.

Cleaning Lady

My cleaning lady has some time free hours to offer. She works very hard, and above all, she is very reliable. If you need a cleaning lady, and wish to have more details, please contact me.

Helen Kaag 04 94 39 10 37 or 06 82 28 90 08

Interior Decoration and Consultancy

Give your home a NEW LOOK. If you need help with interior decoration , choosing new textiles upholstery, furniture etc or simply restyling your home before selling, please contact me for advice. This has been my line of work for years. Free consultation and then by negotiation according to planning and project.

Astrid Mostue Johansen , 486 Chemin St Donat, 83440 Callian
Mob 0698611972 /0982504362

Items For Sale

Two seater navy blue leather settee €75

Child's cot, used for one week, travel cot, cot mattress, two sets of cot sheets one blue and one yellow, changing mat and assorted child cutlery, plates, cups and glasses €50

Telephone: 04.94.82.49.32

Email: aitehou26@orange.fr

Aïda Hougie

