



# Annual Survey Report

Dear Members,

Thank you all for your support and time in filling out the PGP Members Survey. We received 72 responses total. 47 members with children in the Literacy groups and 25 members with children in the Playgroups completed the survey. Please see below a summary of the results.

The Library was rated very highly with over 85 percent of members very pleased. We are grateful for all the comments and will take into account the suggestions given for improvement. The Newsletter was rated 90 percent by the members as excellent and very good. The Members Directory and information distributed by email were both rated as highly appreciated by members.

The Christmas Party results were excellent and we had good attendance this year, many members commented it was great fun for the children and nice to try something new.

We are very pleased to report that the majority of members rated their Playgroup Leaders and Assistants as excellent, as well as the overall group experience being considered excellent.

We received offers from over 25 members to volunteer in various roles next year - thank you, we need your support. However, some of you did not leave your names on the form, therefore please email your interest to volunteer to the Members Representative (pgp-membership@hotmail.com).

Part two of the survey related to the members with children in a Playgroup session. Members rated the crafts especially high and are very happy with the curriculum, small toys and large toys were rated as excellent and very good.

Part three was for members with children enrolled in a Literacy group. There was a lot of constructive and excellent feedback.

Thank you all for your comments and for your participation in the survey.

By Debra Dimancesco  
Members Representative  
Jennifer and Amanda-Chris' Mom

### Volunteers Needed - Fundraising

If you would like to become more involved within PGP, we are seeking motivated members to join a fundraising committee. We would like to make PGP even more successful by having more to invest in our resources for Playgroup and the Literacy Programme, and we'd love to try our hand at raising some money through some exciting fundraising ventures. But we need members to help with every aspect of this from coming up with fundraising ideas, to helping organize the events themselves. If you would like to help, in whatever capacity, please get in touch. Contact Audrey Stirling at [pgp-director@hotmail.com](mailto:pgp-director@hotmail.com)

### Volunteer Needed - New Look for PGP

PGP is seeking a volunteer to help create a more coherent look for PGP's website and publications. Someone with a background in graphic design, web design or similar fields would be ideal. The volunteer would liaise with a special committee that has been set up to oversee the project. All help is welcome even if you can only provide a few hours of your time, or just help us to get started. This is a one off project and does not call for a long term commitment. If you are interested, or know of anybody within the membership that would be suitable, please contact Audrey Stirling at [pgp-director@hotmail.com](mailto:pgp-director@hotmail.com).

## Three Month Calendar

Wed 4 Mar	World Book Day	Sat 4 to Sun 19 Apr	School Break in Vaud and France	Fri 1 May	May Day (Labor Day)
Wed 4 Mar	Usborne Book Sale	Thu 9 to Sun 19 Apr	School Break in Geneva	Tue 5 May	Pre-Literacy Information Evening
Tue 17 Mar	Saint Patrick's Day	Fri 10 to Thu 16 Apr	Playgroup Break	Fri 8 May	WWII Victory Day
Mon 23 Mar	Board Meeting	Fri 10 Apr	Good Friday	Sun 17 May	Literacy Show
Sun 29 Mar	Summer Time (Daylight Saving Time)	Mon 13 Apr	Easter Monday	Thu 21 May	Ascension Thursday
		Fri 17 Apr	May/June Newsletter Deadline	Mon 25 May	Board Meeting

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### Playgroup Programme

c/o Crossroads Church  
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01210 Femey-Voltaire  
France

Web: [www.playgroupprogramme.org](http://www.playgroupprogramme.org)  
Email: [pgp-director@hotmail.com](mailto:pgp-director@hotmail.com)

We are a registered non-profit organisation.

# Grape Escapes

By Alexandra Robak  
Isabelle and Nina's Mum

## Burgundy

The road map of Burgundy reads like a wine list ... Beaune, Volnay, Meursault. Stretching 300km from Auxerre in the North, to Lyon in the South, the vineyards form an arc that roughly follows the route of the A6 motorway. Burgundy offers a rich slice of France, historically and gastronomically; and being within easy reach of Geneva, it's well worth a "grape escape".

### A bluffer's guide to the wines

At first glance, understanding the wines of Burgundy is simple. White Burgundy means Chardonnay, red Burgundy means Pinot Noir. Right? Well, sort of.

Most white wine in Burgundy is indeed Chardonnay, although the mineral-driven wines of Chablis are very different to the fuller, fruitier flavours further south. The exceptions to the "white means Chardonnay" rule are Sauvignon Blancs from Saint-Bris and Bourgogne Aligoté, made from the grape of the same name. Cheap Aligoté can be raspingly acidic and is best forgotten (or, as is traditional, mixed with blackcurrant liqueur to make kir), but the best wines from Bouzeron can be surprisingly good.

Red does generally mean Pinot Noir, unless the wine is from Beaujolais where the Gamay grape reigns supreme. Don't be put off by bad memories of Beaujolais Nouveau (if ever there was a triumph of marketing over substance that was it). The Gamay grape will never be great, but it can produce decent fruity wine.

Okay, so we've nailed the grape varieties. What more is there to know? Well, in a nutshell, Burgundy is fiendishly complicated, with 669 different appellations (quality designations). At the base of the quality pyramid are Bourgogne Blanc (Chardonnay), Bourgogne Aligoté (Aligoté) and Bourgogne Rouge (Pinot Noir), containing grapes from anywhere in the region. Then there are district wines, like Côte de Beaune or Mâcon. Next are the wines made within a particular village such as Puligny-Montrachet.

Then, at the top of the pyramid, are the best individual vineyards; premier cru wines, identified by the name of the commune and vineyard, such as Puligny-Montrachet Les Folatières, and grand cru wines identified by the vineyard name alone, such as Montrachet.

Unfortunately, a premium appellation is no guarantee of quality. Napoleonic inheritance laws mean most vineyards have been sub-divided umpteen times. For example, the grand cru Clos de Vougeot vineyard is split between 80 different owners, some good, some bad, some decidedly ugly. Moreover, many producers share the same or similar names (there are over a dozen Gros family domains). All in all it's a recipe for confusion.

However, the smallholder nature of Burgundy is also one of its joys, with every producer making a number of wines from different plots. I never bought the idea of terroir until I visited Burgundy. Standing in a damp cellar, the penny dropped. A dozen pinots from the same producer, all made in the same way, from the same vintage. Yet they really did all taste different.

**What is terroir?** Often loosely translated as "a sense of place", it encompasses the topography, soil, climate and weather of a particular site plus a little "je ne sais quoi".

The best place to find good value Burgundy is the Mâconnais. It used to be the home of cheap but not so cheerful Chardonnay, but a new generation of winemakers is producing some seriously good wines at affordable prices. Otherwise, the best value wines are typically from the "lesser" villages – Chorey-les-Beaune, Savigny-les-Beaune, Givry, Mercurey, Rully and Santenay are some of the names to look out for.

### Visiting the wineries

Many wineries only take visitors by appointment. If you arrange one, make sure you get good directions; most places are advertised by nothing more than a modest nameplate on a door. Once through the door, you'll probably be taken into a dark, damp cellar where you will taste the wines direct from the barrels in which they are ageing. This is what wine tasting is all about!

If you'd prefer a more "touristy" tasting experience, then the best place is probably the Cave de Vignerons de Buxy ([www.vigneronsdebuxy.fr](http://www.vigneronsdebuxy.fr)). This cooperative has good visitor facilities, a wide range of decent wines and even shows a film about winemaking.

Chablis is well set-up for visitors. William Fèvre ([www.williamfevre.fr](http://www.williamfevre.fr)) is a top producer with a modern shop where you can try several wines from across its range. The Cave La Chablisienne ([www.chablisienne.com](http://www.chablisienne.com)) cooperative also has a good cellar door.

The Château de Pommard ([www.chateaudepommard.com](http://www.chateaudepommard.com)) and Château de Meursault ([www.meursault.com](http://www.meursault.com)) are big tourist attractions that also produce decent wine. There are entrance fees, but these include a tour of the old chateaux, cellars, museum etc as well as wine tasting.

### Other attractions ... if you really must

Burgundy has a rich history. For centuries the powerful Burgundian dukes remained independent of the French crown, even siding with the English during the Hundred Years War (sacré bleu!). Dijon is the beautiful regional capital. Beaune the wine capital. There are stunning abbeys at Fontenay, Vézelay and Pontigny, and scores of attractive villages.

The patchwork landscape of vineyards makes for some lovely countryside. Wine roads are well marked, while cyclists and hikers can enjoy the Grande Randonnée des Grands Crus, a 21km trail through the heart of the Côte de Nuits vineyards. Further west, Morvan national park offers slightly wilder terrain.

Gastronomy is, of course, the other big attraction in Burgundy. You can choose from dozens of Michelin-starred restaurants to modest bistros; but the food is typically big-hearted and rich, so be prepared to loosen your belt!

All in all, Burgundy has a lot to offer. It's a worthwhile destination in itself, but it also makes a good pit-stop on the way to Paris or the Channel ports. Just make sure you have enough room in your car for a case or two of wine.

## WALL•E and Beyond

By Liz Stevenson Haefliger (Newsletter Editor)  
Henry and Paul's Mom

WALL•E was undoubtedly one of the best movies of 2008. For those of you who missed it in the theatre, it is currently available on DVD. Pixar (i.e. Monsters, Inc., Finding Nemo, Ratatouille) once again masterfully combines stunning animation with a great story. Its lovable characters, effectively silent communication, and daring themes of over consumption and humanity can be enjoyed at many intellectual levels.

After watching the film, you will be left pondering the state of our planet. What becomes of our household trash? What are the lifetimes of items in the environment? Here are just a few examples:

- Banana Peel: 3-4 weeks to decompose
- Paper Bag: 1 month
- Cardboard: 2 months
- Wool Sock: 1 year
- Tinned Steel Can: 50 years
- Aluminum Can: 200-500 years
- Disposable Diapers: 550 years

- Plastic Bags: 20-1000 years
  - Plastic Jug: 1 million years
  - Glass: 1-2 million years
  - Styrofoam: 1+ million years
- (Data taken from [www.behealthyandrelax.com](http://www.behealthyandrelax.com))

The best solution is to create less waste to begin with by becoming a scrupulous buyer of necessities or by finding new purposes for the stuff that has already been accumulated. Recycling is also clearly worth the effort.

*Continued on page 6*

## 2009 - 2010 Registration

By Deborah Luisier  
Registrar  
Camille and Jonathan's Mom

Some of us have settled in quite well, some are still finding our feet and for the others who have just joined, I am sure you are enjoying Playgroup as well.

This year's registration has been a sturdy flow. The Wednesday Literacy 1 and 18 to 3s groups were the most demanded. Some of you got your preferences, some their second choices and others have had to move things about to accommodate the days that were available.

With PGP growing as well as the demand for specific days on the rise, it is going to be more difficult for everyone to get their first choice.

However, the strict rule of first come, first serve will be adhered to. Also most importantly, volunteers will be given priority and as such it is an incentive to volunteer for the Playgroup Programme.

I encourage people to send their forms by post rather than leaving it in my hanging folder as there is the risk that forms will be delayed in reaching me on the off chance that I am not at Playgroup that week.

The same format as last year will be followed. Enrolment forms for 2009-2010 will be available at Crossroads Church and on our website ([www.playgroupprogramme.org](http://www.playgroupprogramme.org)) in early May. We will not process your application unless the correct insurance document(s) are attached.

Therefore if you plan to re-enrol your child(ren) for PGP for the next school year, please remember to start collating your insurance documents NOW. We need proof (copies) of two types of insurance documents showing your name and the expiry date:

1. Accident part of your health insurance.
2. Responsabilité civile.

An ASSURANCE SCOLAIRE covers both of the above but only if you live in France.

Please contact me if you have any queries with the above at [pgp-registrar@hotmail.com](mailto:pgp-registrar@hotmail.com) or +41 (0)22 743 1901 (after 6pm Mon to Fri and all day during the weekend).

## PGP Volunteerism: From the Director's Perspective

Dear Members,

We are mid way through the PGP year, and I hope your children are either having fun in Playgroup or developing their English language skills in the Literacy Programme.

To ensure the smooth running of PGP there are over 70 volunteer positions to be filled each year, ranging from Teaching or Assisting in the Literacy Programme, Leading or Assisting in Playgroup, to a number of essential support positions such as the Librarian, IT Manager, Snack Buyer and many more.

Fortunately many of our members continue to volunteer year after year, some in as many as 2 or 3 roles, for which we can all be extremely grateful.

PGP would not be as strong an association as it is today without the support of our volunteering members. Notably this year, all the current Board Members have agreed to carry on in their respective roles for 2009-2010. This will give PGP much needed continuity in accomplishing objectives for the next year.

In the coming months vacant volunteer positions will need to be filled for 2009-2010. If you would like to find out more about any of the positions available, please contact the following Board members who will be happy to provide you with more information.

Volunteering in the Literacy Programme  
Jane del Pozo Literacy Coordinator  
Tel: +33 (0)450 412356  
Email: [kwiatkowska@libertysurf.fr](mailto:kwiatkowska@libertysurf.fr)

Volunteering in Playgroup  
Trish Clements Playgroup Leader Trainer  
Tel: +33 (0)450 206775  
Email: [pgp\\_leadertrainer@yahoo.co.uk](mailto:pgp_leadertrainer@yahoo.co.uk)

Other Volunteer Positions  
Debra Dimancesco PGP Members Representative  
Tel: +41 (0)22 798 9813  
Email: [pgp-membersrep@hotmail.com](mailto:pgp-membersrep@hotmail.com)

Thank you all again for your continued support of PGP and I look forward to welcoming new volunteers into the programme for next year.

By Audrey Stirling  
Director  
Ruri and Harris' Mum

### READERS

In anticipation of the spring holidays celebrating our parents, what was the most important value your mother, father or both instilled in you growing up?



**The May/June Newsletter Deadline is Friday, April 17. Please send your submissions to [newsletter\\_pgp@yahoo.com](mailto:newsletter_pgp@yahoo.com).**

### Usborne Children's Book Sale in Honor of World Book Day

DATE: Wednesday, March 4  
TIME: 9:30am to 2:30pm  
WHERE: Crossroads Church

Flyers will be dropped off the week of February 16. Orders can be placed with the correct money in the safe in the big toy room closet or paid directly on the day of the sale. If anyone cannot make the sale on the day, you can contact Vicki Beney directly by email at [vicki.beney@wanadoo.fr](mailto:vicki.beney@wanadoo.fr). The sale will be held on World Book Day.

World Book Day was designated by UNESCO as a worldwide celebration of books and reading, and is marked in over 100 countries around the globe. The origins of the day we now celebrate in the UK and Ireland come from Catalonia, where roses and books were given as gifts to loved ones on St. George's Day – a tradition started over 80 years ago.

World Book Day is a partnership of publishers, booksellers and interested parties who work together to promote books and reading for the personal enrichment and enjoyment of all. A main aim of World Book Day is to encourage children to explore the pleasures of books and reading by providing them with the opportunity to have a book of their own. Thanks to the generosity of National Book Tokens Ltd, PGP children are entitled to receive a 1 World Book Day Token to use towards a book of their choice.





# PGP Volunteerism: From an Assistant's Perspective

By Micala Duvoux  
Assistant in the Sitting to 17mths Group  
Noah's Mum

## Brief bio

I'm not really from anywhere as we had moved 17 times by the time I was 18, but my family have been in Somerset for many years now and that's where I went to school (apart from one day in a school in Morecambe in the north of England but that's a different story). I've been here for nearly 14 years - gulp - am married to a lovely French man and we have a little boy called Noah who is 19 months.

## Why volunteer?

I volunteered to be an assistant in the Sitting to 17 month group firstly because Playgroup was a bit a life raft for me in the early days with Noah - as soon as he could sit I took him to Playgroup and even though it was the 2nd semester I was warmly welcomed by the already well integrated group. I'd been here for all those years but having a child is like living a different life here and I was so happy to meet people in a similar situation. Volunteering to be an assistant was a natural step to give back a little of what I got out of Playgroup.

Secondly Trish, the Leaders Rep, was in my group, so we had an insight into the setup and running of the Playgroup and saw that basically it needs volunteers to be able to run. By giving a little bit of time each week you enable many people to have some quality time with their children and make new friends, which is a highly motivating factor for becoming a volunteer.

## What does your role involve each week?

I arrive half an hour before the session starts to help Tania the leader set out the toys and I prepare the snack. During the session I distribute the snack, help wash up and then help tidy up at the end. I have replaced Tania a couple of times when she's been away, but the group has been very indulgent with me and not expected the same quality of singing as Tania's!

Another part of my role is to organise dinners for my group, which I could definitely do better at. We all dropped like flies with the flu bug last time and we were 4 instead of 12. I shall be distributing vitamin pills before our next dinner at the end of Feb.

## Miscellaneous

### Safety Check

Your child's security is of utmost importance at PGP. In order to protect them from any harm, please be aware of their conduct and whereabouts at all times while on the Crossroads Church premises. In particular, the parking lot poses a risk with cars and children running in and out. As a parent or caregiver, you should always be an attentive driver. And finally remind your children about playing it safe outdoors, being street smart and using good judgment.

### Any other ad hoc commitments linked to role?

There are a couple of meetings at the start of the year to get to know the other leaders and assistants and what is expected of us. People who have volunteered in previous years give tips on how to get the group up and running. Then there is a mid-year meeting which we've just had which is a great way to bounce around ideas for themes, songs and activities, and to eat lots of cake. There is also a forum for all the leaders and assistants to share new ideas.

### Aspect you most enjoy?

Pre-Noah I was a volunteer snowboard instructor with the CERN ski club and I get the same satisfaction from Playgroup as I did at the end of the day of snowboarding lessons - seeing people go home with a smile on their faces having spent a fun time together (apart from the Playgroup members tend to go home with a few less bruises on their bottoms...) On a personal level I have made new and interesting friends through Playgroup, and have acquired more than a few ideas of what to do with one small boy, some stickers and a bit of paper on a rainy day.

### Will you continue to volunteer next year?

Did I mention that Trish is really persuasive??

By Karen Mazzoli  
Assistant in Literacy 1  
Sean and Christopher's Mum

### Brief bio

My two sons and I joined the Playgroup Programme four years ago when Sean was 3 and Christopher 1.5 years old and since we have never looked back. I am Irish and my husband is Italian/Swiss and we were expats in Vienna, Austria before our Geneva move. We were in a couple of playgroups in Vienna which were fantastic for making friends for both the children and I. Before we moved to Geneva I looked up The Playgroup Programme on the Internet and booked the boys places straight away.

At our first day at Playgroup I was amazed at the organisation, professionalism and down to earth friendliness of the group. All the mothers in the group lended a hand and everyone had something to offer to the group. I had my very large repertoire of children's songs, others helped with the snack, and we all helped putting the soft play equipment back. As they say many hands make light work.

### Why volunteer?

When Sean moved up to Literacy 1 I jumped at the chance at becoming an assistant to his class because I was so curious to see what he was like in a class situation. I also wanted to learn the best way to teach my children the work. I was pleasantly surprised to see how much Sean participated in class. He also had a fantastic teacher, Louise Solomen, who has a great gift with children and kept us all interested in the class. I learned as much as Sean did that year.

My younger son, Christopher insisted that I assist his class when he moved up to Literacy 1, the year after Sean. I couldn't let him down! So this year I am assisting Literacy 1 again. I feel very at ease now after having assisted the same level last year. I am delighted to have the chance to see how Christopher acts in a class situation, a little different from his brother.

### What does your role involve each week?

In practical terms what the assistant's role involves is to arrive at least 10 minutes early for class to set up tables and register the first children as they arrive. Then, as there are two assistants, one corrects the homework and deals with library books and reading books. The other assistant, literally assists the teacher with her running the class which could include photocopying but most importantly making sure the class runs smoothly for the teacher and helping all the children in the class with their work. As the teacher cannot see all the work in detail the assistant can check if children are stuck and need help, keep an eye on their handwriting, that they are sitting well in their chair etc. Sometimes we play games and the class is split into 2 or 3 groups. This works really well as the children have interaction and we can give them more personal attention.

### Aspect you most enjoy?

What I like the most about being an assistant is feeling that I am contributing to an extremely worthwhile organisation and experiencing the precious first years of education with my children. I must not forget all the wonderful people who we have met through PGP, but we are not saying goodbye yet, there are still a few years of the Playgroup Programme left ahead of us.

Submitted by Trish Clements  
Leader Trainer and Representative  
Hugh and Ronan's Mum

### Book Sale at the Library in English

Mark your calendar. The English Library's Spring Book Sale will take place on April 24 and 25 with thousands of 2nd hand books, DVDs, and CDs for all ages. The Library in English has over 14,000 items in its collection. Story Hour for 3 to 7 year olds takes place every Wednesday at 3pm.

For details please call +41 (0)22 732 8097 or visit [www.theLibrary.ch](http://www.theLibrary.ch).

### Calling all Couch Seekers

This couch needs a new home. If you are interested or would like more information, then please contact Katie Rowland at [kocalla@gmail.com](mailto:kocalla@gmail.com) or call +33 (0)450 561785.





By Amy Webster  
Simply Raw Food Coach  
Certified by Karen Knowler, The Raw  
Food Coach, UK

### Getting Organized to Succeed with Raw Foods

In three previous articles you learned about the many health benefits of a high raw diet, how to get started with raw foods and how to set up your kitchen, all in a few basic and simple steps. Today's article looks at getting yourself organized to make the best of raw foods, and bring the greatest results!

**Organization and planning are the keys to success.** This is true in many other areas of life, but particularly true for the raw food lifestyle. Indeed, if you choose to eat as many nutrient-rich fruits and vegetables, the best strategy is to plan ahead, and take all the necessary action to ensure you embark on a stress-free and success-guaranteed journey. You need to plan certain meals, draw the list of ingredients you need, shop for the food short-term (fresh and perishable produce) and long-term (dry and shelf-stable ingredients), store the food appropriately, and prepare some recipes ahead of time. If you do this carefully, you will avoid many headaches, disappointments and frustration as reaching for energy-sapping standard foods which are mostly devoid of useful nutrients is so easy to do when you are unprepared.

**Find out what works for you.** Many working parents know that planning meals ahead, shopping in bulk, freezing, etc. can make or break a weekly routine. The same applies to raw food. Decide a week ahead on the recipes you will be preparing, so you can soak, sprout and dehydrate (if you make it that far!) in time for that perfect meal!

Make a few staple dishes ahead of time, ones that will last the entire week, such as dips, pâtés, nut cheeses, crackers and salad dressings. Having this, plus fresh fruits and vegetables in stock, will help you fix a quick meal in no time, prepare fresh juices and smoothies as you go along, as well as create a full sit-down raw meal to satisfy the most demanding taste-buds. Get your habits in order, find out what works for you, set your plan and get down to action – success guaranteed!

**Plan the rest of your life to ensure the raw food diet supports your personal journey.** This journey to optimal health and shape is not just about food. On the contrary, it is about all of you. As you develop awareness of your food choices and embark on a natural, logical and rewarding food program, you become more aware of who you really are and what you need. You begin to look at your life in a more authentic and open-minded way, with newly found energy and motivation to ask yourself the right questions and dare make the right changes. As you do, you will quickly realize that making the right food choices will propel you to feel much better, but that you will need to address other areas of your life to reach your very best.

**The raw food lifestyle is a "whole person journey".** Indeed, the food is just one of many elements. Regular physical exercise is also critical. There is a workout for everyone, all it takes is finding out what works best for you, whether a competitive group sport, an outdoors activity on your own, daily or less frequent, etc. It took me many years to find the right balance for me, and that is a minimum of two yoga sessions and two Nordic Walking outings per week. Take a look at the environment you live in, and whether you can benefit from high quality water, air, enough exposure to sun (it may take traveling to certain altitudes in the winter!) and a certain connection to nature. Your relationships (family, social and professional) and your general attitude to life also play an important role.

Nurture your brain with new learning and reading, and your soul with inspirational activities, downtime and self-care. It may sound like a huge challenge, but believe me, it all comes very naturally. This is about finding true balance in your life. It works.

**Keep up the momentum by staying inspired.** Inspiration is critical if you want to stick to the path you have set for yourself. This may mean sharing your experience with a friend, partner or family member. Setting on the raw food journey alone is possible but more difficult than when you have a buddy to help you when you feel less motivated. You can compare notes, share recipe ideas, enjoy each other's company and grow together. Inspiration is also drawn from information-rich websites (try my coach and mentor's website, Karen Knowler: [www.therawfoodcoach.com](http://www.therawfoodcoach.com) but there are many more), books and e-books, articles, chat groups and community groups and potlucks. Attending raw food classes, meeting like-minded people who have also embarked on responsible and determined food choices, staying connected are all fantastic ways to remain inspired and in the loop, thus ensuring you will achieve the life that you want and deserve!

**It is best to start with simple steps,** observe how you feel as a result and build from there. In the meantime, remember to always enjoy your food, give up on guilt and constraints, find inspiration in books, informative websites or support groups, and the results will be amazing!  
recipes, practical tips and personal coaching.

**To learn more** about raw food and attend raw food classes, go to [www.blog.simplyraw.ch](http://www.blog.simplyraw.ch). This blog is published in both English and French.

[www.simplyraw.ch](http://www.simplyraw.ch)  
*To inspire you, help you regain energy and optimal wellness, thanks to a healthy, delicious and fun high raw food diet! Find information, classes, recipes, practical tips and personal coaching.*

## WALL•E and Beyond

*Continued from page 2*

Recycling keeps valuable resources from being wasted and hazardous materials/chemicals from entering landfills where they ultimately end up contaminating ground and water supplies. A recycled aluminium can is reusable within 6 weeks! Glass can be recycled over and over again. The US Environmental Protection Agency estimates that 75 percent of our waste is recyclable. The Swiss take a fairly comprehensive approach (sorry but I am not familiar with the French system). You can recycle glass, PET plastic drink bottles, compostable matter, paper, cartons, bulky household articles, scrap metal, and all the worst polluters (medications, batteries, oils, neon tubes, paints, tires, etc).

There are recycling facilities in each community, regular garbage collection services, grocery store bins, and three special centres in Bellevue, Carouge and Bernex. The following possibilities also exist:

- Magazines: Pass them along to Katie Rowland. She is eager for new reading material. Email her at [kocalla@gmail.com](mailto:kocalla@gmail.com) or call +33 (0)450 561785 to arrange a drop-off.
- Milk bottles: There are special bins in the Migros and COOP for PET milk bottles.
- Champagne bottles: Pass them along to me. My husband uses them for home brewing. Email me at [newsletter\\_pgp@yahoo.com](mailto:newsletter_pgp@yahoo.com) to arrange a drop-off.
- Medications: You can return any old prescriptions to your pharmacy.

- Batteries: Always throw away batteries in designated recycling bins because they are highly toxic! Consider using rechargeable batteries over single use batteries for your flashlights, toys, cameras, etc.
- Electronics: All stores (i.e. InterDiscount, Media Markt) that sell electronics will take back any old or broken equipment.

Finally, there are alternatives available. For instance, avoid disposable diapers (check out [www.ecofamily.ch](http://www.ecofamily.ch) and [www.fuzzibunz.com](http://www.fuzzibunz.com)). Try long-lasting, energy-efficient light bulbs from Ikea or other distributors. Carry reusable bags (paper, cloth or bamboo rather than plastic) to do your shopping. And so on and so on.

## The Joy of Soup

By Soupylady  
The Masked Pregnant Mum



We're in the middle of a soup crisis chez nous. You see, there's a SoupyBaby on the way and it would appear that I have gone off soup. I've been trying to muster some enthusiasm for the subject for a few weeks now, but to no avail. I've made pots of the stuff, only to put them in the fridge where they fester until I have to throw them out. I can't even watch the family eating it – at the minute, soup is not nice. I am, therefore, asking for your help for the next issue. **Please share your favourite soup recipe with me so that I don't have to think about it.** I'll test them out on SoupyHusband and SoupyChildren and they can pick a winner who will receive a little SoupyPrize. Recipes can be mailed to me at [soupylady@aol.com](mailto:soupylady@aol.com).

In the meantime I leave you with two recipes I stumbled across while trawling the web for inspiration. The first was eaten with great enthusiasm by the children but the second didn't even make it to the taste test.

I just thought it sounded cool, and it reminded me of the pear and parsnip soup we served at our wedding. Both recipes can be found in their original state at [www.bbcgoodfood.com](http://www.bbcgoodfood.com). There are loads of soup recipes on the site; it is well worth a look.

### Pea and Pesto Soup with Fish Finger Croutons

1 tablespoon olive oil  
1 onion, finely chopped  
500g frozen peas  
4 medium potatoes, peeled and cut into cubes  
1l hot vegetable stock  
3 tsp green pesto, although I suspect mint sauce would work very well too  
fish fingers to serve

Fry the onion in the oil until soft. Add the peas, potatoes and stock and simmer until the potatoes are soft (about 15 minutes.) Stir in the pesto. Due to SoupyDaughter's recent aversion to onions, I blitzed the whole batch smooth in the food processor, but I think it would have been nicer if I'd left half of it in big chunks. Serve with grilled fish fingers cut into chunks and sprinkled on top, or leave them whole and encourage children to dip, if you don't mind the green stained clothes...

### Celeriac and Pear Soup

1 tbsp olive oil  
1 onion  
2 garlic cloves  
1 celeriac, peeled and chopped  
4 ripe pears, peeled, cored or chopped, or not peeled if you like the idea of added fibre  
1 litre vegetable stock

Fry the onion and garlic in the olive oil until soft. Add the celeriac, pears and stock and simmer until the celeriac is soft (20 to 30 minutes.) Blitz in a food processor until smooth. I hope it is as nice as it sounds!



## An Interview with Jane del Pozo

Editor's Note: Jane is our dedicated Literacy Coordinator. She has been running the show for more than a year now.

### Tell us a little about yourself

I grew up in the UK close to Brighton. My father is Polish and my mother English with some French mixed in 3 generations ago. My husband, Luis, is half Spanish. Since a school trip to France when I was 11, I always wanted to live in France so I am lucky enough to have realised one of my dreams, although the Pays de Gex is a little special! I have lived here for 15 years, most of it in Thoiry where we are going to stay as we have just bought a new house in the village. I worked at the WTO before never quite making it back from maternity leave with Anna (5) and David (3) who are enjoying Lit 1 and 18-3s.

### Where you like to do your grocery shopping?

Migros has to win every time for convenience as it is just around the corner. I have tried varying it but always end up back there for the last few items you just can't get anywhere else. Sometimes Intermarché deliver a bulk order of everything too heavy to carry home. If I had the luxury of picking shopping for enjoyment, I used to enjoy shopping around the Paquis area when I worked at the WTO to pick up things in the Indian, Spanish, Albanian and Thai supermarkets, or picking up some treats in Globus.

### Your favourite restaurant in Geneva or environs

Recently I have enjoyed trying Jiva Hill in Crozet. Like any local restaurant it is quiet, but it is a refreshing change in style (food and décor) for a restaurant in the Pays de Gex. I also never tire of Le Pirate in Ferney as I love fish and seafood.

### Your favourite summer holiday destination

Before children we always used to end up in Asia and even spent our honeymoon in Borneo. At the moment we all love driving down to Spain for our summer holiday as we cannot think of anywhere else to beat the beach, food and timetable combination. Last year we made it to just beyond Valencia thanks to in-car DVD. Luckily my children love to have a siesta so they can stay up late in the evening!

### Your favourite winter holiday destination

We haven't done it as a family yet as we are too young to all ski – but anywhere with snow. It would be hard to beat New Year in Val d'Isère!

### Your favourite sport/activity and where you do it

My favourite sports for a long time have been running and yoga. Precisely because you can do them anywhere.

I always used to pack my running shoes when I went away, and am just enjoying getting into a good rhythm again now the children are older. You can't beat them both for relaxing and getting your thoughts in order!

### Your favourite place in Geneva or surrounding France

Walking along the lake from the Jardin Botanique up to the Pont Mont Blanc. I used to run here every day when I worked, it is great for a family walk in town with lots to see and it was where coached our guests to after our wedding in Thoiry to have a boat trip on the lake and to our wedding reception.

### Your favourite book

At the moment anything I can read without falling asleep at the end of the day!

### Your favourite movie

"Breakfast at Tiffanies" because I watched it every morning for a couple of weeks with my best friend at university instead of planning a project.

### Your favourite music

Much to my husband's despair I always come back to Joan Baez, Peggy Lee and Ella Fitzgerald.

The **Mother-to-Mother Group** is expected to start back up on Friday, March 6 from 9:30 to 11:00am at Crossroads Church. Gay Richard, the Midwife and Lactation Consultant who leads the discussions, needed to take a brief hiatus after suffering a ski injury. Please tell your friends who are expecting a baby or mothers with newborns to join the group. It is a chance to receive unconditional support, share their experiences, meet some friendly acquaintances and perhaps learn a new strategy or two.

Ask not what PGP can do for you - ask what you can do for PGP.

*To paraphrase from John F. Kennedy*

# What's On In and Around Geneva

By Claire Dorey  
Newsletter Assistant  
Lucy's Mom

## MARCH

**3 to 22 Mar – THEATER - Nan Bök–Le Hâbleur.** (Nan Bök- the Bragger) An adaptation from one of Jack London's stories. Way up in the Great North, Nan Bök's canoe capsizes and sinks. Is it Nan Bök who returns to see his tribe or is it an imposter? Age 9 and up. Théâtre Am Stram Gram, Geneva. Res: [www.billetnet.ch](http://www.billetnet.ch) and info: [www.amstramgram.ch](http://www.amstramgram.ch)

**7 Mar – DANCE – Dances from around the world:** Russia, Romania, Japan, Ireland, Scotland and more performed by the young students of A.R.E.A. Genève dance school as well as their two talented ballet teachers. General public. Divonne-les-Bains. [www.esplanadedulac.fr](http://www.esplanadedulac.fr)

**7 Mar – INTERACTIVE VISIT -The Revolution of the Stars.** Every Sat during the school year, come and celebrate the UNIGE's (University of Geneva) 450th anniversary with the whole family. Hands-on activities, multi-media, workshops accessible to all ages as well as conferences for adults by its faculty who present and explain its many areas of research. Ages 5 and up. Tel 00 41 22 379 7227 or [samedis@unige.ch](mailto:samedis@unige.ch)

**Up to 8 Mar – MUSICAL WITH OBJECTS – Toc-Toque.** A fantastic mix of visual and sound effects made with everyday kitchen objects. An extremely inventive and aesthetic show to enjoy with little ones. Ages 3 and up. Théâtre des Marionnettes de Genève, Geneva. [www.marionnettes.ch](http://www.marionnettes.ch)

**Up to 8 Mar – THEATER- The Story of the Tiger by Dario Fo.** One of Mao's soldiers is hurt by a white tiger. He is taken in by a tigress and her little one who save his life. Age 10 and up. Point Favre, Chêne-Bourg [www.chene-bourg.ch](http://www.chene-bourg.ch)

**Up to 12 Jun – LEISURE- Fondue boat cruises** on Lake Geneva. [www.cgn.ch](http://www.cgn.ch)

**10 Mar to 4 Apr – THEATER and CIRCUS FESTIVAL -** Do not miss this extraordinary festival in Geneva's neighboring cities: Chêne-Bougeries, Chêne-Bourg and Thônex. Under the circus tent, humor, acrobatics, juggling and pure talent await your whole family. For entire program and reservations visit: [www.ecoledecirque-ge.ch](http://www.ecoledecirque-ge.ch)

**11 to 29 Mar – THEATER – Notre Dame des Hirdnelles.** A children's theater adaptation Greek mythology combining dance, music and video to tell the story of the "harpies" (fairies) that will one day turn into nightingales. Ages 7 and up. Le Petit Theatre, Lausanne. [www.lepetittheatre.ch](http://www.lepetittheatre.ch)

**14 Mar – INTERACTIVE VISIT- The ABCs of Genetics.** Every Sat during the school year, come and celebrate the UNIGE's (University of Geneva) 450th anniversary with the whole family. A fantastic way to discover its different areas of research. Many hands-on activities, multi-media, workshops for everyone as well as conferences for adults by its renowned faculty.... Ages 5 and up. Tel 00 41 22 379 7227 or [samedis@unige.ch](mailto:samedis@unige.ch)

**15 Mar – PUPPET SHOWS -** The talented puppeteer troupe: **Stella Rossa by Constanza Solari** performs two different afternoon shows back to back. Age 3 and up. Centre Jean Monnet, St. Genis-Pouilly. For more information call: 04 50 20 64 40 or email [csolari@infonie.fr](mailto:csolari@infonie.fr).

**17 Mar to 19 Apr– COOKING WORKSHOPS – Easter Chocolates.** Children aged 6 to 12 can learn to make their very own Easter chocolates. Check out this interactive museum at the same time. Musée de l'Alimentarium, Vevey. [www.alimentarium.ch](http://www.alimentarium.ch)

**18 Mar – THEATER – Loup Y Es Tu?** (Wolf are you there?) A wolf specialist and a hunter of sounds meet in the forest while searching for a wolf. They enter into a discussion whether wolves exist or not....Age 6 and up. Maison de Quartier des Pâquis, Geneva. [www.mqpaquis.ch](http://www.mqpaquis.ch)

**18 to 25 Mar – OPERA for CHILDREN – Le Chat Botté** (Puss in Boots). A proper children's opera interpreting Charles Perrault's classic tale with beautiful costumes designed by fashion stylist: Agatha Ruiz de la Prada. (60 min. with no intermission.) Salle Beaulieu, Lausanne. [www.operadelausanne.ch](http://www.operadelausanne.ch)

**21 Mar – INTERACTIVE VISIT- The Brain like an Open Book -** Every Sat during the school year, come and celebrate the UNIGE's (University of Geneva) 450th anniversary with the whole family. A fantastic way to discover its different areas of research. Many hands-on activities, multi-media, workshops for everyone as well as conferences for adults by its renowned faculty.... Ages 5 and up. Tel 00 41 22 379 7227 or [samedis@unige.ch](mailto:samedis@unige.ch)

**21 Mar to 26 Apr - MARIONETTE THEATER – Règlement de Contes.** The story of the life of Hans Christen Andersen whose dream was to be an artist instead of a story writer. TMG's actors and handmade puppets portray his frustrations and pay an homage to all his tales: The Ugly Duckling, The Match Seller etc.... Age 5 and up. Théâtre des Marionnettes de Genève. [www.marionnettes.ch](http://www.marionnettes.ch)

**23 Mar – EASTER EGG HUNT – An Easter Egg Hunt** at the famous Fort l'Ecluse in Léaz, Fr. Tel: 04 50 99 12 07

**27 Mar to 1 Apr – DANCE – Peter Pan and Comète Comix.** Two dance performances for the delight of Age 6 and up. Théâtre Am Stram Gram, Geneva. Res: [www.billetnet.ch](http://www.billetnet.ch) and info: [www.amstramgram.ch](http://www.amstramgram.ch)

**28 Mar – CHOCOLATE FESTIVAL.** This festival in Versoix is an opportunity to taste chocolate from the Lake Geneva region's best chocolate makers. Take a ride in an old-fashioned trolley to visit the Favarger chocolate factory (normally closed to the public). Go early since the crowds are big. [www.festivalduchocolat.ch](http://www.festivalduchocolat.ch)

**28 Mar – PUPPET SHOWS -** The talented puppeteer troupe: **Stella Rossa by Constanza Solari** performs two different afternoon shows back to back to children age 3 and up. Salle Préau, Ferney-Voltaire. For more information call: 04 50 20 64 40 or email [csolari@infonie.fr](mailto:csolari@infonie.fr).

**28 Mar – INTERACTIVE VISIT- The Human Body.** Every Sat during the school year, come and celebrate the UNIGE's (University of Geneva) 450th anniversary with the whole family. A fantastic way to discover its different areas of research. Many hands-on activities, multi-media, workshops for everyone as well as conferences for adults by its renowned faculty.... Ages 5 and up. Tel 00 41 22 379 7227 or [samedis@unige.ch](mailto:samedis@unige.ch)

## APRIL

**1 to 5 Apr – FAIR- Exhibition of Inventions.** The most important fair for inventors, with over 600 exhibitors from around the world. Palexpo, Geneva. [www.inventions-geneva.ch](http://www.inventions-geneva.ch)

**3 Apr – CHILDREN'S OPERA- Jeremy Fisher.** The story of a boy who is born with webbed feet and little by little turns into a fish. His parents must learn to let him go live where he belongs: the ocean. Young actors and choir singers, a string quartet and a mystical setting make for a rich and moving opera. Age 6 and up. Théâtre de Château Rouge, Annemasse. [www.chateau-rouge.net](http://www.chateau-rouge.net)

**3 to 7 Apr – THEATER – Ernesto ou Comment l'Oublier** (Ernesto or How to Forget Him). Two old women circus performers love the same man, Ernesto. A bitter sweet story of love, jealousy, and friendship. Ages 8 and up. Théâtre Am Stram Gram, Geneva. Res: [www.billetnet.ch](http://www.billetnet.ch) and info: [www.amstramgram.ch](http://www.amstramgram.ch)

**4 to 11 Apr – FESTIVAL- This year the Festimom' Children's Festival** in Annemasse will be dedicated to the theme: Water in all its forms. Environment protection will be the main focus of its many shows, workshops and films. Take a look at the program: [www.mjc-annemasse.org](http://www.mjc-annemasse.org)

**12 Apr – EASTER EGG HUNT –** A real Easter egg hunt right in the Pays de Gex! Etang de Colovrex, Ferney-Voltaire. Res: 04 50 28 09 16. Information: [www.ferney-voltaire.net](http://www.ferney-voltaire.net)

**21 Apr to 28 Jun – COOKING WORKSHOPS – Madeleines.** Alimentarium's chefs will tell children where these traditional cakes come from and just how to make them: plain, chocolate or orange flavored. Ages 6 to 12. Check out museum at the same time. Musée de l'Alimentarium, Vevey. [www.alimentarium.ch](http://www.alimentarium.ch)

**22 to 26 Apr – BOOK FAIR - International Fair for Books and Press.** A highly popular fair dedicated to the pleasure of reading, to media and all related activities. A treasure hunt awaits our children. Also held at the same time: Europ'Art (international art fair), Swiss'Up (students' fair) and Music Fair. Palexpo, Geneva. [www.salondulivre.ch](http://www.salondulivre.ch)

**22 Apr to 17 May – PUPPET THEATER – L'île Au Tresor** (Treasure Island). An adaptation of Roy Lewis Stevenson's famous novel where puppets take over with brio to tell the adventure of a man who sets out for Treasure island. Le Petit Théâtre, Lausanne. [www.lepetittheatre.ch](http://www.lepetittheatre.ch)

**22 and 29 Apr – SHADOW THEATER - Mystoires.** (Mystoires). Where do we come from? The birth of mother earth, plants, animals and man told through the story of Mû and her friends who go to see an all-knowing giant who will tell them how the universe came about. Age 3 and up. Théâtre de Chateau Rouge, Annemasse. [www.chateau-rouge.net](http://www.chateau-rouge.net)

**23 to 28 Apr – THEATER / STORY-TELLING – Peau d'Ane** (Donkey Skin). Charles Perrault's fairy tale retold by a story-teller with beautiful visual and musical effects. Ages 8 and up. Théâtre Am Stram Gram, Geneva. Res: [www.billetnet.ch](http://www.billetnet.ch) and info: [www.amstramgram.ch](http://www.amstramgram.ch)

**25 Apr – INTERACTIVE VISIT - Emotions, a brake or a motor?** Every Sat during the school year, come and celebrate the UNIGE's (University of Geneva) 450th anniversary with the whole family. A fantastic way to discover its different areas of research. Many hands-on activities, multi-media, workshops for everyone as well as conferences for adults by its renowned faculty.... Ages 5 and up. Tel 00 41 22 379 7227 or [samedis@unige.ch](mailto:samedis@unige.ch)

**26 Apr – CONCERT- Les Fabulettes et Moi.** (Minifables and me) Songs just for kids adapted from some of France's children's classics. A moment of pure pleasure for little and big spectators. Le Petit Théâtre, Lausanne. [www.lepetittheatre.ch](http://www.lepetittheatre.ch)