



EDITORIAL

Dear people of Montmaurin,

The Haute Garonne Prefecture is organising the seventh round of meetings about safety and in particular, raising **awareness of actions which can save lives**.

On this basis we approached the departmental association for civil protection in Haute Garonne who suggested coming to Montmaurin on Friday 11 October.

We are also publicising chances organised locally for learning or improving and the unmissable **Apple Festival** - a traditional show in Larroque.

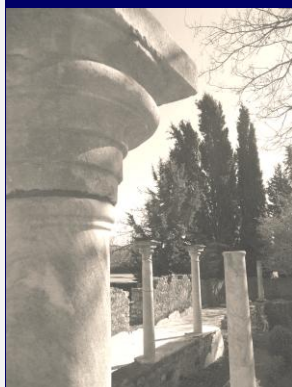
"The "Foyer rural" sees itself as a social space. Since 1947 the Federation of Foyers Ruraux has been working in the local area alongside the inhabitants. The movement was born immediately after the liberation, created from the start to encourage rebuilding of cultural support and to guarantee to young country dwellers a training which is technical, human and social. The movement has ensured that it evolves and adapts to different social changes and needs." (Fédération des Foyers Ruraux 31 and 65).

The Foyer Rural de Larroque is one which provides opportunities for entertainment, learning and workshops for people of the village but also for those of the surrounding area.

We hope that you enjoy these intergenerational activities.

Sincerely,

Silvia Belair, Mayor



AWARENESS OF LIFE SAVING ACTIONS

The departmental association for civil protection in the Haute Garonne is offering an initiation in essential first aid and will be in Montmaurin on **FRIDAY 11 OCTOBER 2019 from 9.00 till 11.00 am in the Montmaurin village hall.**

Contents of the training: protection of the victim, warning signs, actions to take according to the condition of the victim (conscious or not) use of the semi automatic defibrillator.

Two hour period of training, cost free, no previous experience required.

REGISTRATION limited to 15 people : 05 61 88 21 63 – mairie.montmaurin@orange.fr

REMINDERS :

the **semi automatic defibrillator** is back in its original place outside the mairie. This equipment is available for all residents when needed.

Young people from the age of 16 years. All people (both male and female) of French nationality should be registered at the Mairie between the date of their 16th birthday and the end of the three following months. Having registered, and before their eighteenth birthday, they must complete a **Day of Defence and Citizenship** (JDC) formerly known as the day for preparation for defence (JAPD).

ACTIVITIES AT THE LARROQUE VILLAGE

Les foyers ruraux are a movement for popular education whose objective is to give access to a greater number of possibilities for learning both for beginners and for improvers, particularly via the workshops on offer.

Season 2019/20 - new workshops have been added for the start of the season.

- **Spanish workshop**, led by Sandra, who is of Colombian origin and has recently come to live in Larroque
- **Improvers' French**, led by Evelyne who lives in Montmaurin
- **French for those who have recently arrived** (FLE – French as a foreign language), led by Anna who speaks fluent Dutch (her first language), English, as she is married to an Englishman, French as France is her adopted country, and German
- **Workshop in English for beginners** and **further English** for adults led by Anna
- **Russian workshop**, led by Elena who has been living in Montmaurin for three years but is from Belarusse originally.

WORKSHOP TIMES :

Monday : Further English : 18.30-20.00 – Spanish : 19.00-20.30

Tuesday : Beginners' French – group 1 : 18.30-19.00 – group 2 : 18.30-20.30

Wednesday : Further French : 19.00-20.30

Thursday : Beginners' English : 18.30-20.00

Saturday morning : Russian

Classes being revived or started up :

- **Music school** – to learn to play an instrument ; lessons in guitar, piano, drums, accordion and also, an introduction to music
- **Writing workshop.**



If you are interested in any of these workshops you can contact - **Robin : 06 51 79 96 09**
Conditions : membership rates.

A reminder from **LE FOYER RURAL DE LARROQUE** about two important events :

General Meeting to give an up-to-date account of the foyer : Saturday 5 october at 11.00 in the village hall.

Apple festival : SUNDAY 27 OCTOBER



In this period of autumn the traditional **APPLE FESTIVAL** will take place for the eighth time on the last Sunday of October. The much anticipated attraction is the pressing and tasting of old varieties of apples. (1 tonne of apples for 600 litres of juice extract in 2018). If you want to leave with fresh juice all you have to do is bring your own bottles.

If your orchard is looking promising contact the Foyer Rural in order to be included in the pressing programme.

It might also be an opportunity to exchange know-how linked to the family orchard, to carry on our fruit heritage. Orchard practitioners will share their experiences, from the choice of variety to maintenance of the orchard, pruning and grafting up to the use of the fruit.



PROGRAMME :

Pressing of apples from the Larroque orchard with sale of juice to go towards the Association funds.

Pressing of apples for individuals.

Midday : chicken casserole on reservation.

INFORMATION : Robin – 06 51 79 96 09

PLACE : in the village hall square, Larroque.

Photographers by Robin Pelucchi.

Attention aux tiques



Qu'est-ce que la maladie de Lyme ?

La maladie de Lyme ou borréliose de Lyme est une infection due à une bactérie transportée par une tique.

La tique peut transmettre la bactérie à l'homme au moment d'une piqûre.

La tique vit dans des zones boisées et humides, les jardins et les prairies, sur les herbes hautes ou dans les buissons.

Le risque de piqûre est maximal du printemps au début de l'automne.

Quels sont les signes ?

Quelques jours ou semaines après une piqûre de tique, une plaque rouge, appelée érythème migrant, peut apparaître et s'étendre progressivement autour du point de piqûre. Elle disparaît en quelques semaines !



Un traitement antibiotique adapté permet d'éviter la diffusion de la maladie.

Sans traitement, des atteintes peuvent parfois survenir dans les semaines ou mois suivants :

- système nerveux (atteinte des nerfs, paralysie faciale, méningite ...)
- articulations (genoux, coudes ...)
- plus rarement de la peau ou d'autres organes (cœur, yeux ...)

Comment s'infecte-t-on ?

La maladie de Lyme ne se transmet que par piqûre d'une tique infectée.

Toutes les tiques ne sont pas infectées.



Comment prévenir le risque ?

Limiter le risque de se faire piquer

- Porter des vêtements longs (couvrant les bras et les jambes) et fermés (fixer les bas de pantalon dans les chaussettes, la chemise dans le pantalon).
- Appliquer éventuellement des répulsifs contre les insectes sur la peau découverte ou sur les vêtements, en respectant les contre-indications et leurs modes d'emploi.

Limiter le risque d'infection

- Après le travail ou après la balade, s'inspecter minutieusement tout le corps (aisselles, plis, cuir chevelu ...), en se faisant aider si besoin.
- Retirer la tique à l'aide d'un tire-tique : *Plus la tique reste fixée longtemps sur la peau plus le risque de transmission augmente.*
- Répéter l'inspection le lendemain.

Comment retirer la tique ?

- Utiliser un tire-tique, ou une pince fine ou à défaut, les ongles, *Ne pas utiliser d'éther, d'essence ou d'autres produits.*
- Saisir la tête de la tique avec le tire-tique puis tirer vers le haut en tournant (2 ou 3 tours).
- Désinfecter ensuite le site de la piqûre.



Dans les semaines qui suivent :

- Surveiller le point de piqûre ou la survenue de signes pseudo-grippaux, pendant 4 semaines après la piqûre,
- En cas d'apparition d'une plaque rouge ou de signes pseudo-grippaux, consulter rapidement son médecin traitant en lui précisant son activité professionnelle ou ses loisirs.

mps.msa.fr



L'essentiel & plus encore

OPENING HOURS AT THE MAIRIE :

Saturday from 10.00 till 12.00

The mayor may also be seen by appointment :

Tél. 05 61 88 10 84 – email : mairie.montmaurin@orange.fr

For emergencies or appointments : Silvia BELAIR

Tél. 06 07 23 16 07 – 05 61 88 21 63