



Dear Members,

Summer is definitely here. It has been too hot with fires in the hills. Members in Les Teules evacuated due to a fire near Castell D'Aro in early July. Fortunately the fire was contained and all returned home safely.

I hope you all have been enjoying visits from family and friends (as we have) who were unable to visit due to the coronavirus outbreaks.

Joost has been working on our new website and we will be ready to introduce you to it soon. We will have a 'Getting to know you' early evening meeting at the Costa Brava Golf on August 16th at 6:00 p.m. I know many of you will be busy whether you are here or away so we will have another session at our September GPL. For those who are here in August, hopefully you can attend the short meeting and learn how to use the website and register for events. Enjoy the rest of these warm summer nights.

-Georges



That's right, it's almost here! There will be an introductory session on how to use and register for events at the Costa Brava Golf on August 16th at 6:00 p.m. Enjoy one beverage of choice sponsored by CICB.

You can register here for the event and take a 👁👁 at our new look: <http://CICB.EU>
A separate invite will be in your inbox soon.



September is just around the corner.....there are a few events coming up.....The first GPL of the season will be Monday, September 5th. Look for an invite in your email soon.

There are number of other events on the calendar.....pitch'nputt, a cultural excursion with Rosa and book group.

Check out the new website: <http://CICB.EU> to find out what's happening.

SEPTEMBER 2022						
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The Porta Ferrada Festival, born in 1958 in Sant Feliu de Guixols, is the most traditional summer festival in Spain.

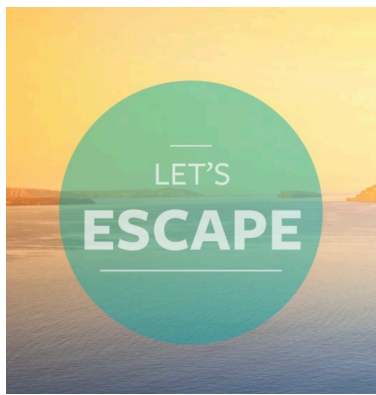
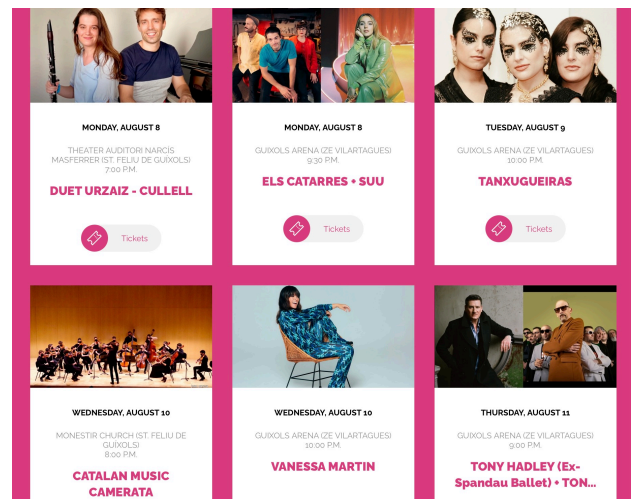
Unique on the Costa Brava for its proposal open to all artistic disciplines, it has the participation of established names and emerging talents from the international and national scene.

The Porta Ferrada festival is on in San Feliu this summer through the

end of August. This is just a small sample of the concerts you can attend from a wide range of artistic disciplines.

Click on the link to find out more:

https://www.festivalportaferrada.cat/es/proximos-conciertos?gclid=EA1alQobChMI2vvR4MX9-AIVp58oCROWXgexEAAYAIAAEgKjo_D_BwE



Luxury weekend escape for a special occasion or just a celebration meal? Wine tasting? Spa treatment? Or all of these?

For those of you who are looking for somewhere special to have a night away or to stop enroute and enjoy a meal, taste some wines....then we highly recommend Chateau L'Hospitalet (www.chateau-hospitalet.com), just outside of Narbonne, France.

This is a beautiful wine resort owned by the rather famous Gerard Bertrand. Many of you will recognise the wine labels and perhaps have some favourites. The beauty of this winery is that they have embraced hospitality and turned their location into a destination in itself, vineyard, hotel, spa and restaurant. Just 2 hours away, the cuisine of L'Art de Vivre is a true reward. It is the second time we have eaten here and we specifically planned our recent stop at this location because the first meal was so memorable.

The chef creates the menu twice each day based on market seasonality and their kitchen garden plays a strong role. Flavours are fresh and seasonal, the majority of produce sourced within a 50km radius. Those who know me well, know I am a fussy eater. Whilst talking through the set menu with us, they happily created a completely new dessert just for me! The feature that day was Apricot, of which I am not a fan. "Do you like raspberries?" I was asked (yes is the answer) and the resulting raspberry creation was simply one of the best desserts I have eaten in recent years. This is not a casual 1 course eatery, the menu is degustation style, you must allow time to enjoy the experience. Wine pairing is also on offer and particularly indulgent if you have a designated driver or are staying for the night.

During the summer they have another restaurant at their beach location a short drive away and they also hold an annual Jazz festival in July. A great way to spend a weekend, wine, dine and jazz.

If you have no time to linger over a meal, the wine tasting room and shop is a wonderful place to stop. Wines for all budgets, the staff are welcoming and knowledgeable. Tastings are free but you can pre-organise more formal vineyard tours if this is of interest. And remember, if you taste too many you can book into the spa for a recovery therapy or into the hotel and further enjoy what the resort has to offer.

So whether you are looking to break your onward journey or looking for a new destination experience in itself, Chateau L'Hospitalet offers you some wonderful choices and is worth exploring next time you head towards Narbonne. ...or fill the boot on your way back to Spain with a selection of wine that you can enjoy till the next trip. And if you are heading back to Spain, don't forget to stop at the beautiful Les Halles de Narbonne to stock up on all things delicious and French.

-Susie Hardie

**EPICURIUS
CORNER IS BACK**
for those of you
with a sweet
tooth.....

Strawberry Spoon Cake

In the summer it is still nice to occasionally enjoy a warm gooey dessert topped with cold ice cream. Here is any easy one from the New York Times.

Ingredients:

½ cup/115 grams unsalted butter (1 stick), melted, plus more for greasing

8 ounces/ 130 grams hulled fresh strawberries

⅔ cup/150 grams packed light brown sugar

½ cup/120 milliliters whole milk, at room temperature

2.5 ml. salt

1 cup/130 grams all-purpose flour, 5 ml. baking powder

Vanilla ice cream, for serving

Heat oven to 175 degrees and grease an 8-inch (square or round) baking dish with butter. Set aside.

Using your hands or the back of a fork, mash the berries to release all their juices, and stir in ⅓ of the brown sugar. Set aside.

In a medium bowl, whisk together the melted butter, remaining ⅓ of brown sugar, milk and salt, then add the flour and baking powder and continue whisking just until the batter is smooth. Transfer the batter (it's not much) to the greased baking dish, and spread evenly into corners.

Spoon the strawberries and all their juices over the top of the cake batter. Place in the oven and bake for 20 to 25 minutes, or just when a toothpick comes out clean in the center. Remove from the oven and allow to cool for 3 to 5 minutes before spooning into bowls. Serve warm with ice cream. 🧑🍳😊

-L.Stuttard



There are many ways to find out about what's going on in Catalonia or discovering sights to visit.

One of the ways is through a podcast in English, sponsored by Catalan News called, 'Filling the Sink.'

The link below is to all of the episodes; there are over 50. Each episode runs about 20 minutes. There is an episode or two for everyone, whatever your interests may be.

The latest episode is about UNESCO WORLD HERITAGE SITES - Cultural and Architectural gems of Catalonia.

<https://www.catalannews.com/in-depth/item/podcast-filling-the-sink-all-episodes>

Thanks to Susie Hardie for her contribution this month in the 'Let's Escape' column. Members love to travel and many of you have probably taken some great short trips that you might like to share or weekend getaways that you plan to take in the near future.

Please, please take the time to share with us in the newsletter!

Email: newscib@gmail.com

If you're in town on August 16th and not busy, stop by the Costa Brava Golf at 6:00 p.m. with your iPad or whatever device you use to register for events; we will introduce you to the new website and how to register for upcoming events. Enjoy a drink on CICB. See you there!

-Linda Stuttard

Editor's Note