

SPRING NEWSLETTER



March GPL

Always fun to put on a bib and down a calcot or two- messy but fun! LOOK 🙄

for a few more photos and who were the winners of the day on our website:

<https://cicb.eu/photo-galleries>

UPCOMING CLUB ACTIVITIES

March 26 - Pitch'n Putt 🏌️

April 2, 16 & 30 - Pétanque

Tuesday, April 7 - GPL 🚩

(Monday is a holiday, Easter Monday)

Tuesday, April 14 - Matisse Exhibition, Barcelona 🎨

Monday, April 20 - Book Group 📖

April 9, 23 - Pitch'n Putt 🏌️

Monday, May 4 - GPL 🚩

Wednesday, May 13 - CAR RALLY 🚗

Monday, May 18 - Book Group

Tuesday, May 18 - Cultural Excursion

Contact activity group coordinators if you would like to participate in any of the activity groups
- all contact info is on the website
questions? email: eventsicb@gmail.com

Remember to check our calendar on the website for any changes or new activities
not listed here: cicb.eu

New PADEL ball Activity Group



Have you been thinking about playing Padel? Learning to play? Lucky you!

Sophal Meas has generously agreed to coordinate a Padel ball activity group! When and how often you play will be up to the group!

Text Sophal: 31 6 5027 5489



The February excursion to the Sorolla Exhibition

Everyone enjoyed the exhibit of 85 works at their own pace and then met at the La Pau restaurant for lunch. A most enjoyable day

Photos are on the website:



<https://cicb.eu/photo-galleries>



Excursión to Vichy Catalan



On the morning of March 17th, 28 CICB members found their way to Vichy Catalan for a tour and lunch. The tour guide provided a lot of interesting

information on the history of the spring and spa. Read about it in the next article by Christine Denis!



More photos are on the club website

VICHY CATALAN HISTORY

Facing the Migdia façade, the original entrance of the spa protected as part of the Architectural Heritage of Catalonia, we learn about the Vichy Catalan history.

Modest Furest i Roca, was born in San Pol de Mar in 1852; he was specialized in hygiene and homeopathy and advocated for improved hygiene practices in local villages.

In 1880, he discovered that residents of Caldes de Malavella had a significantly longer life expectancy (15 years more) and fewer digestive issues, attributed to their consumption of “healing” spring water flowing at 58/60°C. Analysis confirmed the water's beneficial properties, leading to Dr Furest buying the land and establishing a spa, which at that time was only dealing with health issues and not wellness at it does nowadays. As he didn't have the money to build this spa he started bottling the water and sold it.

The product, initially named "Agua del Puig de les Ànimes," gained popularity and was renamed "Vichy Catalan" in 1890, referring to the French city of Vichy, known for its water's benefits. **Good marketing, indeed!**



Look for an invitation soon to our excursion to the exhibition April 14th



Spring has arrived! And with that, one more hour of light ☀️☀️☀️☀️☀️

Welcome to our new members, Estelle Arlandis and Igor and Vesna Gruppman. Estelle, a recent widow has settled into her retirement home in the Golf after spending a number of years in various countries with her husband. She enjoys visiting grandchildren in France, traveling and plans to focus on improving her golf game. Igor and Vesna are world renowned classical violinists. Their careers have allowed them to travel the world. Igor is currently the concertmaster of the Barcelona Symphony, recently retired from the Rotterdam symphony.

Pétanque is back!

This weeks winners, Joost & Gonda!

👁️ for the schedule on the website calendar



The construction of the bottling plant began in 1891, with the spa opening in 1898 and the Vichy Catalan Corporation formed by 1900. The facility's bottling process involves cooling water, a little re-carbonation, and meticulous steps for cleansing and packaging bottles.

Vichy Catalan water, exported to over 50 countries, is sourced from Mediterranean coasts filtering through the mineral-rich Montseny massif to create a unique mineral water enriched with volcanic properties after exposure to heat and steam.

At Caldes, three springs—Vichy Catalan, Malavella, and Sant Narcís—emerge with distinct mineral compositions despite their geographic proximity. A University of Barcelona study indicates that Vichy Catalan water takes around 10,000 years to surface after filtration, ensuring a supply for the same duration barring any changes.



Its purity, resulting from passage through an untainted environment, enhances its beneficial properties.



Vichy Catalan operates a plant with 58 employees on two shifts, filling 37,000 bottles per hour. They promote returnable bottles for their environmental and economic benefits, with 98% of production in returnables in 1985.

The company offers various products, including Malavella Carbonated Water, Lambda Juices, ViñaChy Wine, and skincare products.

-Christine Denis