

The anchor *monthly*



WHEEL & ANCHOR
We bring travellers together



The France edition

contents

VOLUME TWO | AUGUST 2019
The France edition



Graphic design: anythink.ca

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On the Cover: Sunrise over Avignon Bridge and the Rhône River in Provence, France.

Questions or comments? We'd love to hear from you! Call us at
1-(888) 531-5101
or email us at
info@wheelandanchor.ca

The anchor monthly

from gordon's perspective

I have to tell you, I love France. Now, let me be clear, I love a lot of places but there are things about France that fascinate me. Just last month I made my most recent visit on a mission to develop some of the programs you'll find within these pages. I rediscovered my affinity for the country partly because I went to a region I hadn't been before (Languedoc-Roussillon) and partly for the same old reasons I've always liked it.

Many people I've talked to have said they've "seen France" and for many of those, seeing France is visiting Paris and walking down the Champs d'Elysees or along the Left Bank. As even most French people I know would say, and as is the case with the primary metropolis of many countries, the 'real' France lies in the countryside and the secondary cities that sadly, many travellers overlook.

What you'll find in this surprisingly vast countryside are a myriad of farms and other producers of the staple of French lifestyle, namely food. Of course we all sort of think of French restaurants and French cuisine as being among the pinnacles of culinary experiences, but it all comes down to the food. Visit any French farmers' market and you will find the broadest assortment of food products that a non-French person can imagine. And on top of that, none of it looks like it was made for a magazine ad, it's slightly dirty, oddly shaped and perfect, frankly, in all of its imperfection.

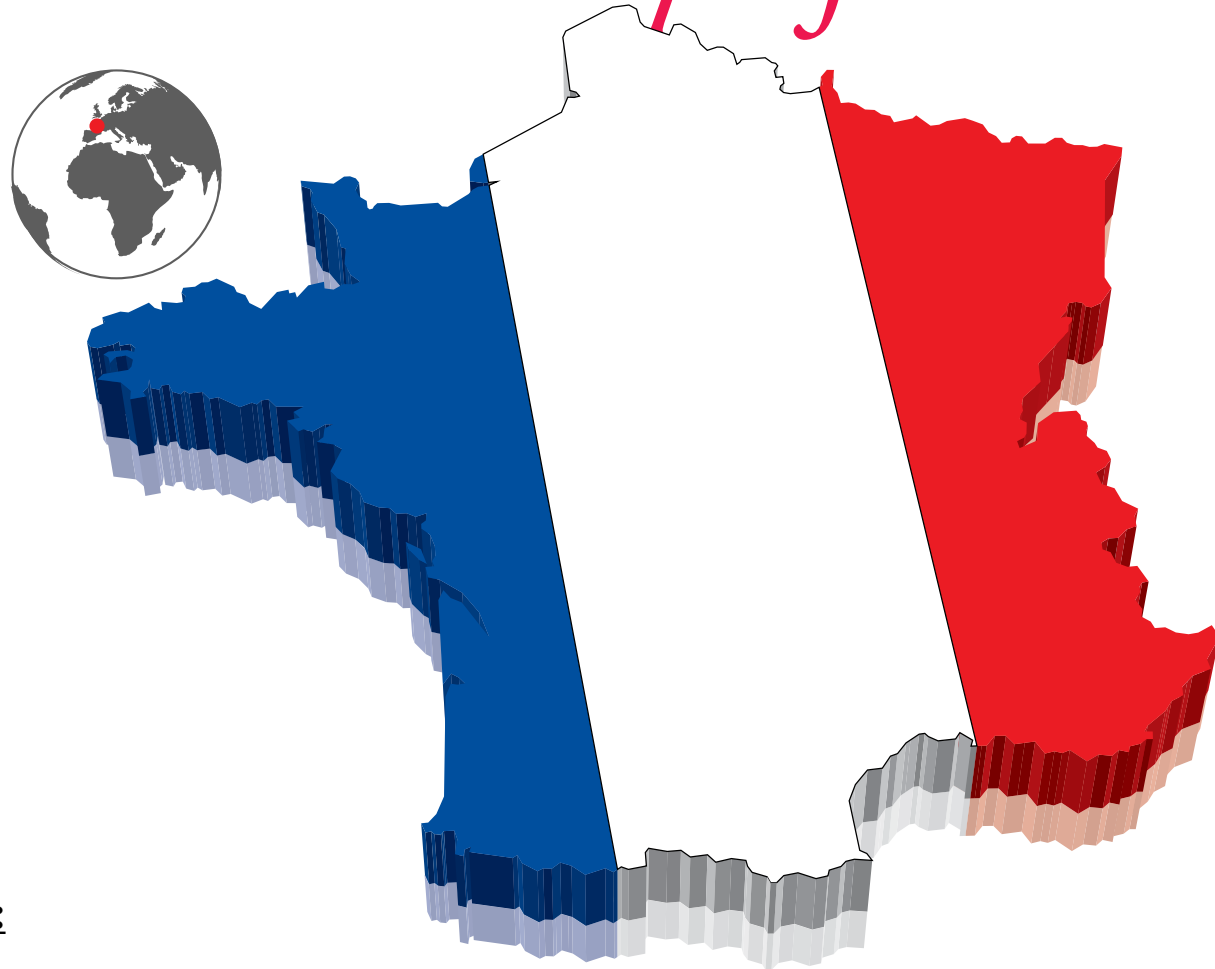
France is one of those places that, in my opinion, you can never really quite get enough of. ☼



Gordon Dreger, Founder



France *in profile*



Stats:

- 65.13 - population in millions of France (2019)
- 551,000 - size in km2 of France, the largest country in the EU
- 362,000,000 - number of bottles harvested in Champagne in 2018
- 240 - length in km of the Canal du Midi
- 28 - number of UNESCO World Heritage Sites in France
- 813 - length in km of the Rhône river, the fourth-longest in France
- 20 - number of Michelin star restaurants in Lyon (2019)
- 0 - number of Michelin star restaurants in Canada (2019)



Iconic courtyard of Hotel Dieu, Beaune.



Assortment of fresh spicy saucisses at a market in Lyon.



Streets in Flavigny-sur-Ozerain.



Auxerre Cathedral.

future tour ideas

TRAVEL COMPASS: We are constantly gathering feedback about where our members want to go, largely from the questionnaire that you will have filled in, but also from conversations at events and email and other communications along the way. Here are a few things we have in store:



BALTIC SEAFARER

Sweden, Finland, Russia, Estonia by land and sea.

Another region highly requested by our members are the countries around the Baltic Sea. Cruise ships just don't do these cities and countries justice mostly stopping only for a day. We'll travel by ferry and spend 3 nights at each stop.

Release date: August 2019

TREK IN THE LAND OF HAPPINESS

Bhutan.

Bhutan has been in the Top 5 of Gordon's personal bucket list for years. Join him and a small group to hike through this mountainous kingdom steeped in ancient culture and meet the happiest people in the world.

Release date: August 2019

SOUTH SOUTH AMERICA

Argentina & Chile.

While most travel seems to go east and west out of Canada, many of us have overlooked the incredibly diverse continent to our south. As the first of many programs, we will make an intense visit of Buenos Aires while spending time in Patagonia, the wine region of Mendoza and the regions around Chile's capital of Santiago.

Release date: September 2019

These and other truly unique programs are all on the drawing board and due for release over the coming weeks and months. Follow our weekly e-newsletter for the latest updates and to be among the first to secure your spots as group sizes will be limited.

Stay tuned to our newsletter for updates on these and more great programs!

Un petit dictionnaire français

"Ah, la vache!"

Literal meaning: "Oh, my cow!"

Translation: "Oh my God!"

Don't panic, no cow is lost or wildly running away. The phrase actually expresses surprise and excitement. English equivalent to "Oh my god!"

"C'est la fin des haricots."

Literal meaning: it's the end of beans.
Translation: there is nothing left/it's the end.

In the past, "beans" were the last food remaining when everything else was gone. So when it was the "end of beans", there was nothing left at all.

"Faire un froid de canard"

Literal meaning: Does a cold of duck.

Translation: It's extremely cold.

When it gets very cold, the French pretend they're chasing ducks to keep warm. Okay, I admit, that's not true at all...but you'll definitely hear the French say the weather "faire un froid de canard," meaning "is extremely cold."

"En faire tout un fromage"

Literal meaning: Make a whole cheese out of it.

Translation: To make a big deal of something trivial.

This expression stems from the fact that it's possible to make something quite elaborate (cheese) out of something simple (milk). Basically, to blow something out of proportion.

"Revenir à ses moutons."

Literal meaning: To go back to one's sheep.

Translation: To go back to the initial point of the conversation.

What actually was the point of the conversation?

"Faire la grasse matinée."

Literal meaning: Do the fatty morning.

Translation: Sleep in.

Typically, one would 'faire la grasse matinée' on weekends or vacation, when waking up early for life's strenuous obligations isn't a necessity.

NEED A TRAVEL PARTNER? CHECK OUT OUR "COMPANIONS FOR THE ROAD" PROGRAM.

Are you looking for someone to travel with? We've launched a program to connect solo travellers looking for a companion to share a room with while travelling and avoid those evil single supplements!

To participate, simply send an email to companions@wheelandanchor.ca, and you'll be sent a copy of the application form that asks a number of questions about your habits and preferences while travelling, as well as destinations you'd like to find visit with a travel partner. From this we'll create a profile that we'll use to match you with other travellers. If there's a match, our team will reach out to you and any potential matches, confirm that you're both interested in having a phone call, and facilitate the conversation from there.

It's all part of our mission to bring travellers together around a shared passion for travel and making new friends along the way. So if you're looking for a companion or know someone who is, let them know about the program and we'll do our best to connect you with others looking for the same!

If you're interested in helping out, please send me an email personally: gordon@wheelandanchor.ca

Our events are exclusive to our Wheel and Anchor members and their guests. Have the opportunity to mix and mingle with new friends and members. Each event offers something special, including a feature presentation of future Wheel and Anchor tours. Come get the latest, share your tales, and learn something new!

Events

East Coast Events

- August 11: Brunch in Halifax
- August 12: Lunch in Wolfville
- August 12: Dinner & Drinks in Halifax
- August 13: Dinner & Drinks in Moncton
- August 14: Lunch in Fredericton
- August 14: Dinner & Drinks in Saint John
- August 15: Dinner & Drinks in Charlottetown
- August 20: Dinner & Drinks in Saint John's



Events Coming Soon

- Niagara on the Lake
- Mississauga
- Toronto
- Kitchener
- Markham
- London

Webinars

- August 22 | 11AM - Wheel & Anchor Weekends: Havana
- August 29 | 11 AM - Boating on the Canal du Midi
- September 5 | 11 AM - Croatia, Slovenia & the Adriatic Coast
- September 12 | 11 AM - South African Secrets

Check your weekly member newsletter in your email for a direct link to the webinar registration page, or visit wheelandanchor.ca/webinars.

Travel Trivia Nights

One of the fun ideas we're planning to roll out this fall is a monthly travel trivia series! We're designing it in such a way that it can be done in multiple places across the country. In order to do this, we're looking for emcees to run the event each month. If you'd be interested in being an emcee in your community, please get in touch!

We will provide the questions, structure, and the presentation, and provide assistance finding a suitable location. Your role would be to make it fun and keep the quiz going! Travellers are a naturally curious bunch, and we think this would be a fun way to bring our community together when we're not out trotting around the globe.

We'll have more information on this program in coming weeks.

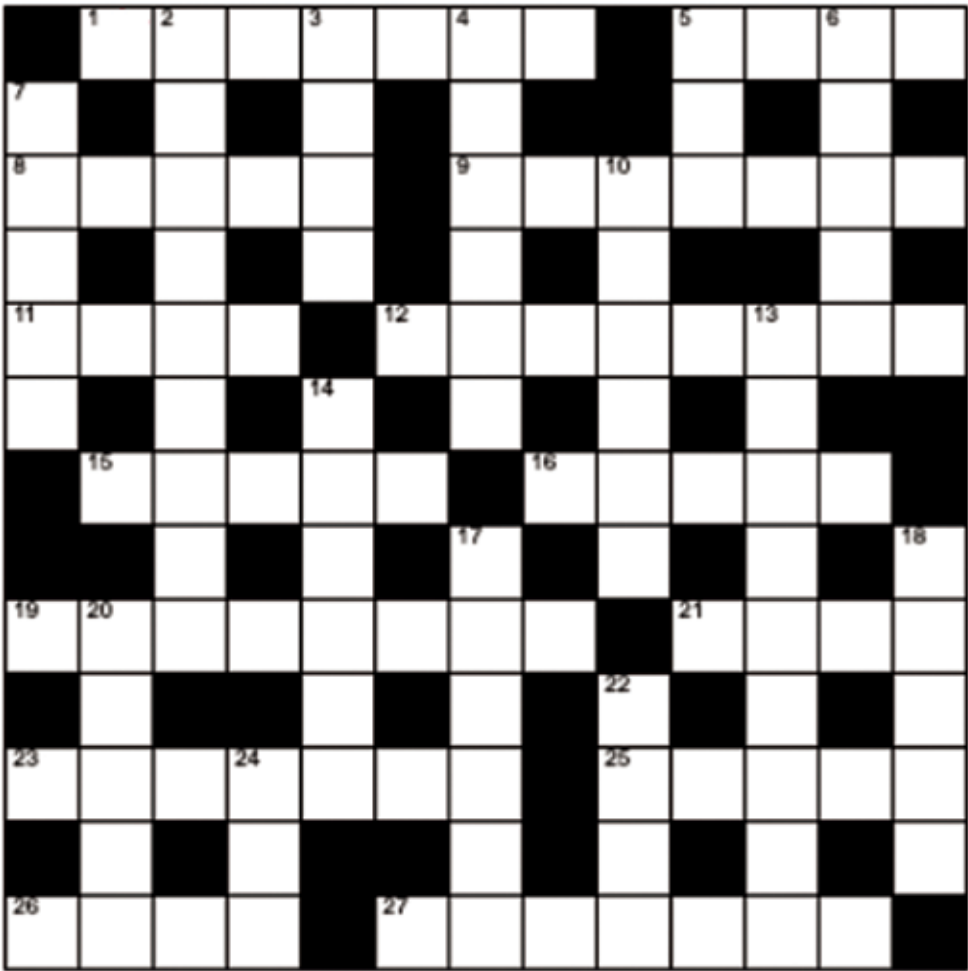
Don't see an event in your area? Let's set one up! Call us at

I-(888) 531-5101

or email

events@wheelandanchor.ca

upcoming events and webinars



Across

- 1. French brand of bottled mineral water (7)
- 5. An ingredient in poutine (4)
- 8. City along the banks of the Saône river in France's Burgundy region (5)
- 9. Style of architecture and art found in the Palace of Versailles (7)
- 11. A person who operates something (4)
- 12. One who makes something to be sold to retailers, as in wine (8)
- 15. Famous French author of The Count of Monte Cristo (5)
- 16. _____ du Midi (5)
- 19. Famous wine region of France, with Dijon as its capital (8)
- 21. A device with a small spike or a spiked wheel that is worn on a rider's heel and used for urging a horse forward (4)
- 23. Offending against moral principles; repugnant (7)
- 25. Famous French artist Edgar (5)
- 26. _____ France Dautheville, French journalist and writer, noted for being the first woman to motor-cycle solo around the world (4)
- 27. Having broken free from confinement or control (7)

Down

- 2. A royal or national treasury (9)
- 3. A letter of an ancient Germanic alphabet, related to the Roman alphabet (4)
- 4. Go on board a ship or aircraft (6)
- 5. Top leadership position in a company (3)
- 6. Red, en français (5)
- 7. Love, en français (5)
- 10. Famous canal in Ottawa (6)
- 13. Famous province and wine region in the northeast of France (9)
- 14. The second-longest river in Europe (6)
- 17. Goodbyes, en français (6)
- 18. A symbol of French Catholicism (5)
- 20. Opposite of rural (5)
- 22. A thought or suggestion as to a possible course of action (4)
- 24. A thing said or done that serves as a signal to an actor or other performer to enter or to begin their speech or performance (3)

Find the solution on page 19.

crossword



In looking forward to our pinnacle food event next year on the Gastronomic Adventure in Lyon, I decided to make a call to Michelin-star Chef J  r  my Galvan, in whose restaurant (bearing his name) our members will be hosted. I was curious to get his views on modern day French cuisine. –Gordon Dreger

Michelin-star Chef

GD: How did you start cooking? What or who inspired you to be a chef?

JG: I left the classic school system at the age of thirteen to go to a “maison familiale rurale,” a small professional school where I could explore many types of jobs. I was not that into cooking at first, but I followed a friend. The first six months were really hard as I wasn’t prepared, at the age of 15, for the kind of hard work in the kitchen, very demanding. But I also discovered how cooking can allow to explore your creativity.

I got to work at various restaurants from 1998 to 2010 with Meilleurs Ouvriers de France (MOF), a very prestigious title obtained from a nationwide competition. I worked with Michelin-star chefs, all of whom were very classic.

In 2010, I became chef at the restaurant which I finally bought one year later.

GD: What’s most important in your approach to creating your menu?

JG: I am very inspired by nature and also by the idea of discovering unexplored places and revealing them. I try to bring new experiences to my guests, always putting nature at the center of the table.

For example, we might close the restaurant and bring 50 people to the middle of the forest for a unique diner. My cuisine is also articulated around the four elements, which are expressed in the plates but also in the ambience of my restaurant.

Also, the scenography. I met my wife in 2003, and she has a theater and performing arts background. After years of classic and framed cooking, I suddenly discovered how I could bring an artistic approach to gastronomy. So, from 2003 to 2010, I started to develop my ideas, find my style.



And then, when I got to my restaurant I could go deeper in scenography and create an experience where everything matters: the food, the plates, the waiters and how they interact with customers, the d  cor, etc.

GD: What are your favorite ingredients? And what regional products would you recommend for Canadian visitors?

JG: I am profoundly locavore when it comes to my cuisine, especially fish from rivers and lakes in the region, for instance omble chevalier or “Arctic char,” found in Alpine lakes, or fera and wild crayfish from Lake Lemman. Even though I love products from all around the world, it doesn’t make sense for me to try to cook fresh with ingredients that are not from the area. The aim is to highlight our terroir. But there are so many other ingredients—cheese, meats, etc—to enjoy in our beautiful region of Lyonnais.

GD: Why is Lyon the capital of food in France and maybe all of Europe ? What do you see as the main difference between Paris and Lyon from a culinary perspective?

JG: For me, the main reason is Paul Bocuse and his amazing tradition of cuisine. I mean he was a true innovator, passing from the dish to the plate “la cuisine nouvelle.” For a while, he brought a lot of interest to the city of Lyon.

Unfortunately, after that, I have this feeling that Lyon fell asleep, focusing only on traditions. It was indeed still the capital of gastronomy, but more so old-school gastronomy.

When I opened my restaurant in 2011, I was kind of the only one from my generation, with the will to do something different. It was really hard at first, for about the first four years.

Now, we’re very lucky to have such a variety of cuisine

J  r  my Galvan



on offer, with a new generation of restaurants. There are Michelin-star French-Japanese restaurants, French-Peruvian, French-Korean; there are Bistronomic restaurants, etc. So a beautiful offer, not only French-traditional food.

To me, Lyon deserves this title of gastronomic capital even more now, with so much traditional, fusion, and creative cuisine.

GD: Who in the world of chefs inspires you the most?

JG: I really love Chef R  gis Marcon and his cuisine. I often go to his restaurant and always have a great time. But above all, I really appreciate his mentality, his kindness. He has a very generous way of seeing the job of chef and people.

I’ve worked with chefs who have showed me technique, but I what I appreciate most is personality—a chef’s way of thinking. The more human they are, the more I like them.

I also appreciate chefs who are focused on innovation and who take risks, like Chef Pierre Gagnaire and Chef Marc Veyrat. When you are not comfortable, then you can get to true creativity and innovation.

GD: What do you do as a chef when you travel to other countries, visit other restaurants?

JG: Whether in cuisine or in music, I have very eclectic taste. What matters to me is that it is done well. When I get to a restaurant, I first try to take in the identity of place, the ambience, the chef, the cuisine, the staff as a whole. The objective is to explore the universe rather than just focusing on the name and fame of the chef.

GD: What do you consider to be the most important aspect of great hospitality? How does this differ in France from

other countries in your opinion?

JG: In France, we highly value the art of hospitality. We also appreciate shared time around a table, shared moments. I lived in Quebec for a while, and I really missed this Latin way of taking the time for a meal all together. We consider here that the time you spend together eating is a very special moment of life, a very rich experience. Proximity with others. It is the time of the day when we can all get away from our job, from our day-to-day life, and enjoy together.

GD: What’s next for you? Another restaurant? Something else?

JG: Next year, we are planning to organize a meal in a contemporary museum, where I will find inspiration from the paintings around us. Also, we are going to do a four-hands dinner, but instead of working with another chef, which is how it’s usually done, I’ll work with a friend of mine who is a designer. So, he would design the different recipes and I would create the content.

GD: Do you have anything to add for the future guests of your restaurant?

JG: In our restaurant, I try to create a place where people will discover something completely original, form the moment they come inside. They don’t push a door to a classic restaurant, they enter a cave in the centre of the earth. The scenography will make them experience different things that may destabilize them during the meal, while we always highlight local products and the wildness of nature.   

tastes of travel



trip feature

TASTES OF EASTERN FRANCE

Our first of a series of programs I am planning in France takes us to Eastern France starting in the country's third largest city, Lyon. I'm a big fan of Lyon and the region surrounding, largely because of the delicacies that are specific to this particular region. The first part of this trip will take us down and up the Rhône and its tributary the Saône (the 2 merge in Lyon itself). This cruise is particularly enjoyable because it's not as busy a river as others and there is a great combination of amazing natural scenery like in the Camargue but also fascinating cities like Arles and Avignon.

As for Lyon, because the city is such a gastronomic mecca, I feel that one cannot pass by without exploring a little about why that is and actually experiencing a true Michelin star restaurant, which will undoubtedly be one of the most memorable you'll ever have.

Finally, Burgundy and Champagne are of course so well known for their wines and yet most tours pass through these regions without spending so much as a day and a night with a visit to the 'big name' cellars. There are so many stories to be told here, from those who make their livelihood following centuries of traditions not only in winemaking, but also the foods which are endemic to this area.

In short, you owe your taste buds this experience.



Your host, Gordon Dreger



A chateau with vineyards in Burgundy, France.



Field of sunflowers near Arles, Provence.



View of the Saone River at sunset, Lyon.



Bringing travellers together.



Vineyard in Chablis.

itinerary

Tastes of Eastern France



Itinerary: September 30 - October 20, 2020

Part 1 - Rhone River Cruise

Day 1: Depart Canada



Day 2: Arrive Lyon / Embark on the Amadeus Provence

Day 3: Mâcon

Day 4: Chalon sur Saône and Tournus

Day 5: Lyon

Day 6: Avignon

Day 7: Arles

Day 8: Châteauneuf-du-Rhône and Le Pouzin

Part Two: Gastronomic adventure in Lyon

Day 9: Disembark the ship in Lyon

Day 10: Discover Culinary Lyon

Day 11: Lyon

Day 12: Lyon - Dijon

Part Three: Burgundy & Champagne

Day 13: Beaune

Day 14: Burgundy Route des Grands Crus

Day 15: Lyon - Dijon

Day 16: Transfer to Reims

Day 17: Champagne : Epernay

Day 18: Champagne : Reims

Day 19: Free Day in Reims

Day 20: Depart Reims



All Wheel & Anchor trips are sold through New Sky Travel,
2900 Warden Ave, Toronto, ON M1V 2S8,
Tico reg. 1817786

To see this and all of our other programs, visit
wheelandanchor.ca/all-tours



Say "Cheese!"



Canal du Midi, Toulouse.

trip feature

BOATING THE CANAL DU MIDI

Why Canal du Midi?

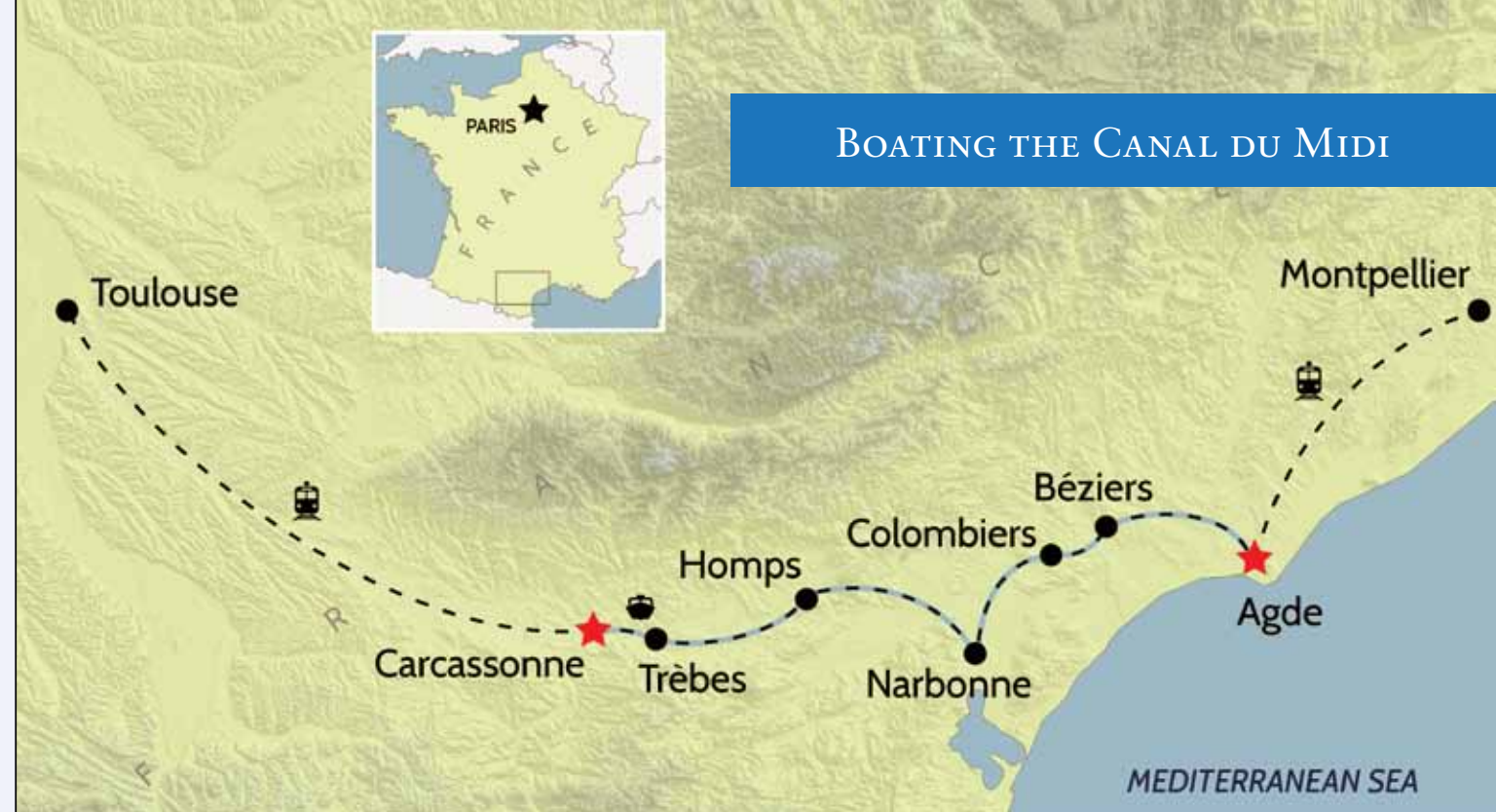
I heard about luxury barge trips along the Canal du Midi (and other small rivers and canals in Europe) many years back and I've facilitated more than a few people going on such trips. The reports have always been more than glowing and yet these traditional barges always seem to have the caveat that you eat all your meals on board. While undoubtedly excellent meals, to me part of the experience of being in France is about walking to the local boulangerie to get your fresh bread in the morning or eating out in some little French bistro amongst the locals where barely a word of English is heard. So I said to myself, there has to be another way.

Henceforth after discussing the matter with my various travel mentors, I discovered that the houseboat is a marvellous way to explore this incredible feat of engineering (not to mention the countryside along the way). Of course these aren't like the ones we know of from home, but rather specially built for the low bridges and narrow locks that make the canal such an interesting trip.

Of course, you don't have to drive (but you can if you want to) and we'll have a whole line up of things to do, wines to taste and incredible local places to dine in. And while we're not doing all that, sitting on deck with a book in hand as you traverse this centuries old waterway will be a memorable in and of itself.



Your host, Gordon Dreger




itinerary

Canal du Midi

This unique trip will be offered on its own or as an extension to our Tastes of Eastern France trip in October 2020 as well as in Spring 2021. Spaces will be limited due to the number of houseboats actually available so register your interest early!

Tentative Itinerary, October 2020:

Day 1-2 Toulouse, France 
 Arrive into the Europe's centre of aeronautics and space exploration and spend a day and a half exploring the tree-lined boulevards lined with Renaissance Buildings.

Day 3-10 Canal du Midi, France
 We'll travel from Toulouse to Carcassonne by train and get a chance to visit the medieval fortress for which the city is named before embarking on our boat and cruising south.
 Over the next 7 days we'll pass through more than 30 locks and stop in various towns and settlements as the canal meanders its way through the rolling countryside of Languedoc. Breakfast will be fresh bread and pastries from local boulangers (where possible) and for our other meals we'll dine at local establishments along the route. There will be opportunities to bike alongside the canal (often faster than the boat) as well as to visit wineries, farms and other sites that give an insight into life in southern France.

Day 10-12 Montpellier, France
 Our canal cruise will end at Agde, near the Mediterranean, from where we will head to Montpellier for 2 final nights, the centre of Languedoc wine culture. We'll enjoy walking around it's picturesque cobblestone streets and taking in the aqueducts and the local version of the Arc de Triomphe.



Why it can't be champagne without the bubbles.

Mike Sowdon

YOU'VE SEEN IT AT THE END OF EVERY modern sporting event: the triumphant winner with a bottle in their hand, struggling to get the cork out, and then BOOM! away it goes, closely followed by a jet of frothing liquid. They laugh, they shake the bottle violently, and the wine fires high into the air –or power-hoses sideways, if they're mischievously redirecting the jet using their thumb over the end of the bottle.

Everyone's soaked, everyone's laughing –and somewhere, someone is thinking, *Yeah, but what a waste of good champagne.*

It's always champagne they use for these things. It has to be.

No other drink has acquired the same association with wild, hedonistic celebration (which dates back to the royal courts of France in the 18th century, but only gained worldwide popularity a hundred years later).

And no other drink behaves the same way when you uncork it and shake it.

Yes, there are some carbonated wines that will froth and erupt when uncorked and shaken - but none like champagne. You can tell when it's champagne. It's dramatic.

The secret to its volatility is tied up with its definition as "champagne". Within the EU and in many other parts of the world, the name is protected, and reserved only for wines that meet the following two criteria:

1) The wine has to be produced from grapes grown in the famously beautiful Champagne region of France, located on the northernmost limits of the latitudes where grapes can be successfully grown.

(You can visit it next year as part of our Tastes Of Eastern France trip. It's quite the place.)

2) The wine has to be fermented twice.

If champagne was only fermented once, you'd quickly know about it. Champagne grapes aren't terribly sweet, and that limited amount of sugar gets devoured by the fermentation yeast relatively quickly. This leads to a

limited amount of alcohol (usually 8-9%) –and very little carbon dioxide, most of which is usually allowed to escape during that first fermenting process.

The way to create proper champagne is to kickstart the whole fermentation process anew. Cane sugar and yeast are added to the mix, and this time, the bottle is sealed so no gas can escape. This creates extra alcohol and carbon dioxide –and because the bottle is sealed, the latter raises the pressure and dissolves into the liquid.

Now the yeast needs to be removed, and the traditional method uses the built-up pressure in a cunning way. The bottle is turned upside-down, so the yeast and sediment drift down into the bottle's neck. Now the neck is dipped in an ice bath, freezing the yeasty matter into a solid plug - and as the bottle returns to normal temperature and the pressure rises, this plug is pushed out the bottle in much the same way an untethered cork is.

That pressure, by the way, is immense. Absurd, even. Spraying champagne everywhere may be fun (and a terrible waste of good champagne, that too) –but it's also rather dangerous.

If the carbon dioxide dissolved into a bottle of champagne was allowed to expand as a gas at room temperature, it would fill another six bottles. The reason it doesn't is that the bottle is sealed and therefore pressurised, keeping the gas dissolved into the liquid. If that pressure is allowed to equalise with the outside air - you guessed it, POP!

Except with champagne, that word falls short of describing the incredible energy released.

Behind each square inch of sealed champagne bottle is around 5kg –the weight of a gallon of paint, or five standard bags of sugar. Every single inch. "Explosive" doesn't cover it.

If champagne bottle glass was normal thickness, that'd be enough to instantly cause an explosion –so champagne comes in specially

thickened bottles. Even so, there are still accidents. There are many stories of champagnes stored in cellars in warmer times of the year that have blown themselves apart, triggering a chain-reaction of nearby champagne bottles that has cut a swathe through entire inventories.

The cork is a big clue to champagne's inner power. Other wines don't come with a cage wire that has to be twisted and pulled off (at least, other wines don't have to –it's sometimes used as a fashion accessory). Without that cage, the cork would slowly worm its way out, motivated by a pressure of around 5-6 atmospheres, where one atmosphere is equal to the standard sea-level atmospheric pressure that keeps us from popping like uncorked champagne.

In imperial measurements, that's around 70-90 pounds per square inch - the same pressure used in the tyres of double-decker buses.

(Remember that, the next time you're near such a bus. Bang your fist against one of the tires. Imagine all that energy, focused in one direction.)

If a champagne cork flies out, it's a good idea to be nowhere near it. At 8-10 degrees Celsius (the perfect temperature to serve a bottle of champers), the cork will explode outwards at around 30-40 miles per hour. At warmer temperatures, it could be moving in excess of 50 mph - far too fast to dodge if you're just a few steps away.

In the right (or rather the wrong) conditions, a champagne cork could be a deadly weapon –which is why traditional champagne manufacturers used armoured headgear to keep themselves safe, and why everyone should treat an unopened bottle of champagne with the utmost respect.

(The trick to safely opening a bottle of champagne is simple: you grip the cork tightly, and twist the bottle instead.)

Danger or no danger, champagne's appeal is all about the bubbles. This extends to drinking it, as evidenced by its presentable nickname, "a glass of bubbly". Those bubbles, though, are surprisingly hard to come by. Most of the carbon dioxide is released upon uncorking - and what's left is trapped in the liquid, and at

a short story

normal atmospheric pressure it's hard to coax it out. The trick is to use the right kind of glass - and to avoid cleaning it too vigorously. As any veteran champagne drinker will tell you, only a flute will do, with a nice narrow neck to minimise carbon dioxide wastage from the surface - never a tumbler, and ideally skipping the standard wine glass.

So you use a flute, and before drinking, you give it a wipe with a dry cloth. This coats the inside of the glass with tiny fibres - and it's these that form the nucleation points for bubble formation, leading to those enchanting strings of bubbles that tumble up the sides of your freshly-poured champagne.

(Alternately, find a well-made flute that has been artfully etched on the inside, to trigger bubble creation.)

And when you're done, you clean that flute by hand, not in a dishwasher, which would render it so perfectly squeaky-clean that you'll have a devil of a job making bubbles form the next time you use it.

So that's how you drink champagne. And yes, there are folk who would rather spray it into the air –but since the Champagne region is producing around 300 million bottles a year, there's always more where that came from. Now that's something to celebrate. ☘

Crossword answers.

(No peeking!)

	1	2	3	4	5	6	
	P	E	R	R	I	E	R
7	A	X	U		M		E
8	M	A	C	O	N		B
						10	A
	O	H	E		A		I
11	U	S	E	R		12	P
							R
	R	Q		D		K	E
		15	D	U	M	A	S
						16	C
			E	N		A	U
19	20						21
B	U	R	G	U	N	D	Y
		R		B		I	
						22	I
23	O	B	S	C	E	N	E
	A		U			U	E
26	A	N	N	E		27	E
							S
							C
							A
							P
							E
							D

Letters to the Editor

Dear Gordon,

I must commend you and Wheel and Anchor for the great itinerary for "Kiwis and Kangaroos" with the time you have got. You certainly are giving your travelers a tremendous overall look at the mighty countries "Down Under". You are touching on all the major aspects and beauty of the countries. The time of the year is perfect. Just before the long summer school holidays and a time most people are thinking of other things than travel.

Being a New Zealander I am partial to that part of the world and want to show it all.

There is so much to see, do and explore, one cannot do it all, unless you have a very extended trip. This itinerary will certainly whet one's appetite That would have to be a "next trip" with Wheel and Anchor. Part 2 for Kiwis and Kangaroos. You have done a great trip!

Barbara W., Ottawa ON

Hi Gordon,

Thank you for a great tour of Croatia and Slovenia. We really

appreciated how you made some fast adjustments so we got the most out of our adventure!

I would enjoy reading a story from you about life as a tour guide and host. We have taken MANY trips and I always marvel at the patience and flexibility of tour leaders. (Well most of the time.)

I would love to hear about one of your biggest challenges when leading a group.

Come on, Gord, just between friends.

Julie K, Ontario

memories of *Austria & Japan*



Some photos from two of our trips in 2019: Cassandra with the Wheel & Anchor ladies exploring and enjoying their wellness retreat to La Pura Spa in Austria in April, and the Wheel & Anchor crew with myself in Japan in May!



FULL LIST of TOURS

*Here's the complete list of
all Wheel & Anchor tours in
2019 and 2020:*

1. Italy: North to South.
October 14-29, 2019
2. Yoga for the Mind, Body &
Soul in Koh Phangan, Thailand.
September 28 - October 10, 2019
3. Wheel & Anchor Weekends:
Havana - November 2019
4. Egypt, Israel & Jordan:
Four Variations.
January 14-26, 2020
5. Scotland by Sea: Dublin to
Edinburgh.
May 19-30, 2020
6. Austrian Spa & Wellness.
April 16-27, 2020
7. Japan: Land of The Rising Sun.
May 10-22, 2020
8. Croatia & The Adriatic Coast.
September 20 - October 6, 2020
9. Kangaroos & Kiwis - Australia
& New Zealand.
October 27 - November 25, 2020

Clockwise from the top: The giant Buddha statue in Kamakura, Japan; Trying kimonos on for size in Kamakura; Dressed for dinner at a traditional Ryokan, Suwa; Matsumoto Castle; Sushi making in Kyoto; The art of the Japanese Tea Ceremony, Tokyo; Out exploring Austria around the spa!; The ladies enjoying dinner at La Pura women's Health Resort, Gars am Kamp, Austria; Austria Wellness –Wine Tasting for Women.

To get a printed version of any of
these itineraries, just call us at

1-(888) 531-5101

or visit

wheelandanchor.ca/all-tours



VOLUME TWO | AUGUST 2019

The France edition

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