

Dear Members,

As another month begins, I can't help but notice how warm this winter has been overall, in contrast to previous years. This could be due to our living on the Riviera in a microclimate or that we have been blessed with good climatic fortune. Needless to say, this has not stopped the ski stations from operating as they have been in full swing since December.

You will of course have been following the spread of COVID-19 from its beginnings in Wuhan all the way to the Principality, which confirmed its first positive test case this weekend. Official guidance in the event of experiencing fever, sore throat, coughing, muscular pain, shortness of breath or discomfort is to stay at home and call 18 (Monaco) or 15 (France). Two specialist doctors have also been designated as contacts; Dr Eric Voiglio can be reached on 98 98 48 50 or 06 78 6385 68 or by email at evoglio@gouv.mc and an alternative email contact is jbiga@gouv.mc.

The health scares notwithstanding, the Principality was once again not short on events, ranging from interesting museum exhibits such as Eugène Frey merging with João Maria Gusmão at the Villa Paloma right through to ice hockey matches, an automotive salon and even a medieval battle in the Chapiteau of Fontvieille with Monaco local team the "Grimaldi milites" using completely authentic and historically accurate replicas of medieval armour and weapons in a fight to the "death" with 11 other teams – quite an experience!

As a big rugby fan I have also been following the Six Nations series very closely. Unfortunately, England did not do so well a few weeks ago but thankfully managed to redeem themselves in a very strong match against Ireland last weekend. Thus far, the only remaining unbeaten team are our close cousins the French, who may just clinch the coveted Grand Slam.

As our AGM approaches (18 March) please ensure that you have renewed your membership in order to participate. We look forward to seeing as many of you as possible – this is your big opportunity to let us know how you wish your Association to be run!

With this in mind, I should like to take Committee member, Marie Hayward, year period, for her Sterling work in recent Pink Ribbon Walk in aid of Breast friend!), Marie has given unstintingly of undisputed "Queen of the Raffle" and we



this opportunity to thank our stalwart who is stepping down after her prescribed five support of BAM. Seen here preparing for the Cancer Research (accompanied by four-footed her time, energy and effort, not least as the owe her a huge debt of gratitude.

Finally : two other important events to mark during the month – on 14 March we wish our Sovereign Prince, Albert II many happy returns on the occasion of His 62nd birthday...

And, at 2am on Sunday 29 March, we shall pass to **Summer Time** - roll on the light summer evenings once again!

Until then!

John Luigi Megginson
President

Last reminder to renew your membership before the AGM

Your annual membership subscriptions for 2020 are now due.

In spite of rising costs everywhere, we are pleased to confirm that our fees remain unchanged, at €50 for a single membership and €80 for a couple.

Download the membership/renewal form [HERE](#)

If you are receiving this newsletter by post and are unable to download the renewal form from our website, please contact the Administrator by ringing 93 50 19 52 or email badmin@monaco.mc

NOTICE of ANNUAL GENERAL MEETING

Please note that this year's Annual General Meeting will be held at 6.30pm on Wednesday 18 March 2020 at the Maison des Associations (A Casa di Soci), 2bis, Promenade Honoré II, Monaco.

You will have received written notice of this meeting, with full details, Agenda and Proxy forms.

PLEASE NOTE THAT YOU MAY ONLY ATTEND AND VOTE IF YOUR 2020 SUBSCRIPTION IS FULLY PAID AND UP TO DATE.

For membership/renewal details see box above.

PAST EVENTS

COCKTAILS – Thursday 13 February – Marché de Monaco

The Marché de Monaco was the venue for the first of our February cocktails, providing once again a generous selection of delicious nibbles to go with our choice of tittle whilst we caught up on all the latest news of the Principality and the wider world, after which some of us opted to stay on for dinner, chosen from the excellent range of cuisines and formats on offer. With prices rising rapidly and steadily everywhere, it is satisfying to report that this venue continues to represent good value for money.

AFTERNOON WORKSHOP – St Paul's Church – Thursday 20 February

Kay Hare : The Benefits of Essential Oils for a toxic free lifestyle



Kay Hare's workshop provided an eye opening introduction to the myriad ways in which we can make use of essential oils to replace harmful chemical ingredients in our everyday lives. Almost twenty eager participants were able to discover, over tea, coffee, cake and biscuits, the shady facts about the products we use daily, without even stopping to think about them!

Kay took much care to explain the particular advantages of a whole range of oils and kindly made samples available for us to try out.

Further information on Kay and her products can be found at khare8@gmail.com.

COCKTAILS – Thursday 27 February – La Casa del Caffè

Giacomo and Piero once again welcomed us in from a very windy evening, their habitual broad smiles and appetising platters of snacks quickly lifting our spirits and smoothing our ruffled hairdos. Given the unkind weather, attendance was lower than usual but nevertheless a cheerful atmosphere prevailed – never let it be said that the Brits can be downed by a bit of wind!

FUTURE EVENTS

WELLBEING & HABITAT – TUESDAY 3 MARCH – Maison des Associations – 6.30pm

The Association des Femmes Chefs d'Entreprises de Monaco is organising a presentation on the ecological renovation of interior spaces, a subject very close to our hearts these days, particularly with regard to health and ecology. Amongst the subjects covered will be the use of innovative materials and technologies, energy autonomy, sound and heatproofing, interior air quality, natural paints, decorative sealants and ecological furnishings. **Entrance is free.**



INTERNATIONAL WOMEN'S DAY – for WOMEN ONLY !

FISH & CHIPS LUNCH – COLUMBUS HÔTEL – Friday 6 March – 12.15pm for 12.45pm



Yes, we know International Women's Day falls on Sunday 8 March but we have chosen to jump the gun a little and organise a special celebration lunch **FOR WOMEN ONLY** at the Columbus Hôtel on Friday 6 March at 12.15pm for 12.45pm. The set price of €30 includes a welcome glass of Prosecco, followed by Fish & Chips with a glass of wine and a choice of tea or coffee.

Please note that there is no booking form for this event – you settle your own bill at the end. HOWEVER : you MUST RESERVE in advance, either by email to bamadmin@monaco.mc or ring 93 50 19 52.

DEADLINE FOR RESERVATIONS IS WEDNESDAY 4 MARCH.

EXHIBITION OF ORTHODOX ICONS – MONACO CATHEDRAL – Thursday 12 March – 5pm

Exquisite embroidered icons from Russia



In co-operation with the Russian Consulate of Monaco, the Monaco Cathedral is hosting this breathtaking exhibition of hand embroidered iconic images kindly loaned to the Principality by the Prikosnovenie Workshop of Moscow.

Heavily embellished with gold thread and precious gems, they were originally intended as gifts of encouragement to soldiers as they went off into battle.

We are arranging a group viewing at the Cathedral on Thursday, 12 March at 5pm (meet at the main entrance).



The visit is free but visitors might like to make a donation to the Cathedral's coffers.

For further details please contact Marian Kermanshahchi on **97 77 57 93**.

COCKTAILS – Thursday 12 March – Marché de Monaco 6pm-8pm

For anyone who hasn't been there before, we meet inside the Market, in the Place d'Armes. Drinks and snacks are on offer or you can order a full meal. Buses 1, 2, 3, 4 and 6 all pass by, as well as the 100 Nice bus.

AGM – Wednesday 18 March – Maison des Associations – 6.30pm

See box at head of Page 2. Members have been notified by post with full details.

COCKTAILS – Thursday 26 March – MEET THE NEW COMMITTEE – Venue TBC

Following our Annual General Meeting on Wednesday, 18 March, at which your new Committee will be elected, our cocktails on 26 March will be your first opportunity to meet continuing Committee members and to welcome the new members joining the team.

Since the venue for this event is not yet confirmed, please watch out for your email updates for this information.

OTHER NEWS....

With BREXIT now a done deal, the British Community Committee in France has issued an important article of interest to those living in France. You can download it [HERE](#). You should also register as a legal resident in your country of residence – see [Living in Guides](#) on gov.co.uk

Bookworms Book Club – St Paul's Church Library – Thursday 19 March

Bookworms' next meeting will be on Thursday 19 March when the book for discussion will be "Period Piece" by Gwen Raverat.

16 April's book will be "The Braid" by Laetitia Colombani, whilst the book for 21 May promises to be a real blockbusting rocket – "The Riviera Set : Glitz, Glamour and the Hidden World of High Society" by Mary S. Lovell – should have them queueing outside the door!

Meanwhile...

Readers, please don't forget that our own St Paul's Library is open every Saturday morning and is teeming with books to satisfy every literary taste. A constant supply of new books means that space has to be made for them so older books are always available to buy at minimal cost – do drop in to meet up with friends and sample the latest arrivals over a cup of tea or coffee.

And finally...

Monaco's new bike rules - Compulsory helmets for young cyclists and electric scooter users are among a raft of new traffic rules being introduced by the Prince's government.

Not before time, you might say – many of us have been the object of "near misses" – or worse – as the popularity of these low-polluting electric bicycles and "Personal Displacement" devices grows, so too does the need for guidelines to ensure the roads and pavements remain safe for all users.

The Government has now announced several measures, amongst them the compulsory use of helmets for all cyclists up to the age of 18, authorisation for bikes to use bus lanes and a lowering of the age for Monabike usage from 16 to 14.

Use of electric scooters has also now been authorised but only under certain conditions: retro-reflective clothing or equipment must be used; helmets are compulsory for users up to age 18; e-scooters must have horns, lights and a reflective device; they may be ridden on roads, in bus lanes and on cycle paths but are prohibited on pedestrian pavements unless being pushed by hand.

Skateboards, rollerblades and regular scooters are considered part of pedestrian traffic and are therefore only allowed on pavements. Hoverboards, Segways and unicycles are not allowed on roads but can be used on cycle paths.

Implementation of these new rules will come into effect in the next few weeks.

BAM PATRONS

We thank our Patrons for their continued support of BAM's work within the Principality.



John Luigi Megginson	- President	Julie Lewis	- Events Co-ordinator
Yvonne Bernhardt	- Vice President & Chair of CST	Lincoln Phipps	- IT
	- Honorary Treasurer	Audrey Blair Roux	- Member
Michael Greenwood	- Honorary Secretary	Patrick Coote	- Member
Eric Blair	- Ex-officio Member, Honorary UK Consul	Marie Hayward	- Member
		Vivienne Taylor	- Administrator

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To provide a focus for British and Commonwealth citizens residing in Monaco and surrounding areas to meet socially, represent their views in the Principality and to provide a welfare service for those in need.