

RACETRACK IN FRANCE



[Chorus: Gil Scott-Heron]
On a racetrack in France, everybody got to clapping their hands
Seemed like a long way from Union Station
On a racetrack in France, everybody started to dance
I was a long way from home with those good vibrations
Hey!

[Interlude 1: Gil Scott-Heron]
Moving nice and easy

[Verse 1: Gil Scott-Heron]
Heard I needed to travel
"Go out and spread the word now," people say
Yeah, so I'm kicking up dust and gravel
On a racetrack near Marseilles
If it all sound like a mystery
Things that you just don't understand
Well, let me give you a little bit of history
About me and the Midnight Band
[Chorus: Gil Scott-Heron]
On a racetrack in France, everybody got to clapping their hands
It seemed like a long way from Union Station
On a racetrack in France, everybody started to dance
I was a long way from home with those good vibrations
I said, "Hey!"

[Interlude 2: Gil Scott-Heron]
[?]. My chérie d'amour, comment ça va? No

[Verse 2: Gil Scott-Heron]
Me and them bothers no parlez-vous
French was way down on my list
The Africans said, "Merci beaucoup"
Because the rhythm's what they missed
People got the message
From the music that we play
It really shouldn't have been no surprise
That we all got down that day

[Chorus: Gil Scott-Heron]
On a racetrack in France, everybody got to clapping their hands
Seemed like a long way from Union Station
On a racetrack in France, everybody started to dance
I was a long way from home with those good vibrations
I said, "Hey!"

[Verse 3: Gil Scott-Heron]
Yeah, I heard I needed to travel
"Well, go out and spread the word now," people say
Got me kicking up dust and gravel
On a racetrack near Marseilles
If it all sound like a mystery
Things that you just don't understand
Let me give you a little bit of history
I'm talking 'bout me and the Midnight Band

[Chorus: Gil Scott-Heron]
On a racetrack in France, everybody got to clapping their hands
It seemed like a long way from Union Station where I'm coming from
On a racetrack in France, everybody started to dance
I was a long way from home and good vibration love
On a racetrack in France, everybody started clapping their hands
Seemed like a long way, a long way, a long way
On a racetrack in France, everybody started to dance
I was a long way from home and good vibration
Made me say, "Hey!"

Racetrack in France

Gil Scott-Heron’s song "Racetrack in France" was on his album with Brian Jackson and the Midnight Band entitled "Bridges". Released in 1977, the song was a wonderful bridge between rock and jazz music. While Gil Scott-Heron is most famous for his poetic protest songs, this was a hip, upbeat, feel-good tune. Listening to it in the 1970s, I wondered what it was about France that inspired Gil Scott Heron in this way. Later in life, I was fortunate to find out.

To me, the song "Racetrack in France" is about the French vibe. The French are different, and they relish that. There is an artistic sense in just about everything they do---in the way people dress, speak and behave; in their cuisine, in the architecture, in the way they hang out on the beach, and even in the summertime games they play. And their flag, the Tricolore, is so simple that is like a Rothko painting. Ask a Frenchman a simple question, and probably they’ll respond with a long-winding tale of the history of France, and then finally they’ll come to the point. Being in France is an exercise in letting-go, relaxing and enjoying the hipness that surrounds you. And I think it was this "vibe" that Gil Scott-Heron was describing in his fusion-infused masterpiece, Racetrack in France.

For this series, I’ve drawn on photos that I’ve taken in my travels in France overthe past thirty years. These were taken in many different parts of France---from the royal boulevards of Paris to the sunny beaches of the far South, and with plenty in between. Most are street scenes and several are drawn from the markets, which are themselves a site to behold.



















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AMOUR des points

SOLIRE

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fleur

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Le Vieux Coo  Produit Frais

Menu: 19€50 / Formule: 16€

Entrée: - MELON et JAMBON
SERRANO Jus du Porto
- SALADE de CHEVRE CHAUD

Plat: - AIOLI de LIEU NOIR
et Légumes du Marché





VENTE A EMPORTER

SAUF



SUGO

LOT
DA
SEIC
SE
PARIL
TA
STE
FISH
GO
ENT
Tark
b







Le Frier
8 euros → 1
15 euros → 20

Le Frier
Frier
10

6 euros
10

8
15 euros





FRANCE
DIRECT
PRODUCTEUR
CONCOMBRES
TOMATES ANCIENNES
COURGETTES
2€ 90
le kilo

Salade

DIRECT PRODUCTEUR
TOMATES ANCIENNES
COURGETTES

Ail frais 9€ le kilo
Oignons doux France
2€ la douzaine







Tressa
6 €
Savens



"MARINA"

"MARINA"

"MARINA"

ours
rcees
v. ety
Artisanaux
1 boule : 2,30 €
2 boules : 3,60 €
3 boules : 4,80 €
Suppléments : 0,40 €
Chantilly



Gratias



GAMBAS CRUES
Pêche atlantique Centre Ouest
34€90 LE KG
décongelé



VP 02





















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PIZZA L'ANDRÉ MAHINE GIGILLADES

Boutique du Port Les Reflets du Sud

LES REFLETS DU SUD



Cannelle

avec:
Canard, porc,
pomme, pêche...

Pan massala

"bonbon indien"

Clou de Girofle

avec:
betterave, haricot,
boeuf, patte, vin chaud...

Curry
Madras

Coriandre, cumin,
gingembre, fenouil, ail,
piment, carmin, paprika

Galanga

avec:
poisson, porc, poulet,
ail, lait de coco...

Rose
Laya
"orille"

Mélange
Colombo

cumin, curcuma,
cayenne, piment, laurier,
gingembre, coriandre,
fenouil, fenugrec

Mélange
5 parfums

coriandre, carrelle,
fenouil, anis, girofle,
poivre noir

Rav
el Hanout

coriandre, curcuma,
romarin, fenouil,
fenugrec, piment,
cannelle

Piment
Langues
d'oiseaux

"pili pili"
avec: huiles, tomates,
potages, viandes,
poissons...

mélange
Za

Sumac,
sesame
d'or,

Noir
"mécanique"

Mélange
Guacamole

cumin, piment doux,
coriandre, poivre,
piment fort, oignon,
ail

Spécial
Marinade

coriandre, khy,
graines de moutarde,
laurier, piment long,
ail, vinaigre, huile d'olive

Tandoori

piment doux, fort,
ail, poivre, coriandre,
cumin, sel, cardamome,
tomate, laurier

Muscade
noir

à vaporiser...



RACETRACK IN FRANCE

COUR VISCONTI.

JUSTICE POUR STEVO

