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## Back to school!

It's in the air, can you smell it?  
It's back to school time!

Even if you don't have kids, I am sure you too are feeling re-energized and all pumped from your summer escapades. You had plenty of time to step back and reflect on yourself. Now is the moment to set new goals, get involved in your community, meet new people, play a new sport or maybe try a new online grocery service! ;-)

Here at My American Market, we have worked all summer long to bring you some upgrades and novelties:

- ✓ **Larger inventory:** 20+ new products arriving in September. Facebook fans will have the exclusivity to learn when in stock.
- ✓ **Enhanced services:** European shipping and Chronopost's next day delivery now available. More details page 4.
- ✓ **Great deals for Associations Loi 1901.** If you are part of a community club or group, contact us. You don't want to miss this!
- ✓ **More Community-oriented:** MyAM shares relevant resources, tips and updates for the American community and friends through social media (Facebook, Twitter, blog, newsletter). These are also avenues for you to share your opinion and connect with others.

Yummily yours,

Anne - Claire



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Newsletter #3  
September, 2009

### In this issue:

- > [Back to School](#)
- > [Ice cream sodas](#)
- > [Culinary Culture Shock](#)
- > [From you to MyAM](#)
- > [Is the Auto-entrepreneur status compatible with being a foreigner?](#)
- > [Shipping updates](#)
- > [Women of the American Church of Paris](#)
- > [Would you like to contribute to the newsletter](#)
- > [News](#)

## MyAM Recipe

### > Ice cream sodas

To extend summertime a bit, what's better than a float! Rediscover the different variations of this treat with us :

#### Root beer float (aka black cow or brown cow)

The root beer float is traditionally made with vanilla ice cream and root beer. The upscale version of it starts with approximately one ounce of chocolate syrup, then several scoops of vanilla ice cream in a tall glass. Root Beer is added until the glass is filled and the resulting foam rises above the top of the glass. The final touch is a topping of whipped cream and usually, a maraschino cherry. Another version uses chocolate ice cream instead of vanilla.

#### Snow White

The Snow White is made with 7 Up or Sprite and vanilla ice cream. The origins of this dessert is unknown, but it is found in some Asian eateries. If you use Mountain Dew instead, it is then called a Snallygaster.

#### Coke float

Coca-Cola brand sodas and soft serve ice cream.

#### Purple cow

In the context of ice cream soda, a purple cow is vanilla ice cream in purple grape soda.

#### Boston cooler

A Boston cooler is typically composed of ginger ale and vanilla ice cream

#### Sherbet float

It is also possible to make a float using any kind of sherbet (lime, orange, raspberry, or rainbow are often most popular) and ginger ale.

#### Beer float

Lager beer can be substituted for the soft drink and combined with a scoop of vanilla ice cream to make a drier drink for the summer months.



Source: Wikipedia

## Products Highlight

### > Sodas



Sold in 6 can packs  
(6 x 12 fl oz / 6 x 355ml)  
Our retail price: 7.99 euros TTC



[SHOP NOW!](#)

## > Expat Blog

Here is an extract of a humorous text wrote by Elisabeth Wilding in [Family Life abroad](#), a website where expat from all over the world share their traveling and living abroad experience.

### Culinary Culture Shock ~ hometown food nostalgia ~

First day in your foreign home, and you need food. Still jetlagged, you wander through the supermarket wondering why some things seem normal and others leave you mystified. These questions may sound familiar:

- How many ounces is 175g?
- Where did they hide the tinned tuna fish?
- What on earth is that, and can I eat it?
- Which one of these cartons contains skim milk?
- And from my son: Why is that thing such a yucky color?

You are experiencing culinary culture shock.

Like many mothers, I have a job and other interests outside food shopping, but my family needs to eat, even in places where I don't speak the language or recognize the food. The early hurdles of store organization, weights and measures, vocabulary, and packaging are actually the easiest to overcome. You will figure most of it out, although there may be some setbacks; we have ended up with bags of lentils instead of coffee beans and my friend Dana was once handed a package of frozen fish when she thought she had asked for a cold drink. The real issue isn't actually surviving; there is always something to eat. The key challenge is how to make the most out of the gastronomic experience of living overseas, and every expat family find their own way to adapt to eating foreign food.

The "when in Rome" approach seems the most straightforward -- just eat what the locals eat. However, it depends on where you live and whether or not you have kids. Years ago, single in France, I embraced everything French, ate well and even relished shopping because I had time to wander from one store to another and chat with shopkeepers. I've always enjoyed ordering from foreign menus without knowing what's coming. It's true that I've had to eat things like crispy fried frog skin, or a plate of duck tongues, but it's been interesting.

Unfortunately, young, inflexible children may not enjoy the challenge quite so much. For every child who happily eats noodle soup for breakfast there are two like my friend Maria's girl who must have Cheerios no matter where she is. By dint of argument and bribery I once persuaded my cheddar cheese-loving son to sample fondue, and gained a whole head of grey hair in the process.

Faced with suspicious children, the alternative "we'll eat as we've always eaten" method seems the simplest way to ease the transition. The American food writer Calvin Trillin refers to a certain "*Hometown Food Nostalgia*" deep within us all, and in times of change and during holidays it's stronger than ever. [...]



[> read the end of the article](#)

Elisabeth Wilding is an ESL teacher and writer who currently resides in England with her husband, son, and cat after other expat stints in Switzerland and France. She can be reached at : [elisabeth\\_wilding@hotmail.com](mailto:elisabeth_wilding@hotmail.com)

## > From you to MyAM

Following up on August's newsletter, Jack wanted to share his tip to type accents with a QWERTY keyboard:

*Thanks for the newsletter! There is a better way to get "é", "â" and the rest - [click here](#) Good luck with Myam!*

*"I'm really impressed by your newsletter. Keep it up!"* From Kari who writes a great food-oriented blog called [Lyon Eats](#)



*I am looking for "Thomas English muffins". Would it be possible I buy some through you.*

From Virginie

MyAM's answer:

English muffins (yummy!), as well as hot dog buns, bagels, donuts and any other baked goods have an extremely short shelf life (a couple of weeks). Under these circumstances, My American Market can't currently add those into the inventory. :( Thank you for your understanding.

If you have other products to suggest, or something to share [write us!](#)

## MyAM Tip

### > Is the Auto-entrepreneur status compatible with being a foreigner?

**QUESTION:** I am an American citizen and ESL (English as a Second Language) teacher, and have employee immigration status (I hold a *carte de séjour salarié*). I want to sign up on the Auto-Entrepreneur site with my social security number. Is it true that I can add a combination of any other work, such as photography, private English classes, and so on, as long as it does not exceed the cap of 32,000 euros? Do you know of any "hidden danger" in doing this?

**ANSWER:** This new type of secondary business status was just made available on January 1st 2009. So my first reflex would be to state that there is no track record for how the French administration will interpret and, in turn, enforce the new law. This is especially true in terms of the fiscal and immigration consequences. Furthermore, the fact that this law goes against many long-standing trends in the French administration also indicates that one should proceed with caution here. Past attempts to free up business in France have had a much smaller effect on businesses than what one would expect from a literal interpretation of the new laws. So this law, too, should be regarded in the same way until proven otherwise. The French tax administration and *préfectures* will tend to continue addressing issues as they always have. [...]

Now, it is important to note here that I know nothing about how this new system might affect immigration status; in fact, I am not even sure the question has actually been addressed. Your *carte de séjour mention salarié* allows you to be an employee in France. If I apply the current immigration regulation to this new system, you do not have the right to register for it without immediately losing your right to live in France. For now, you have the right to live in France because you work for a French employer. This is the only status to which you have a right. Moreover, if you change your employer, your right to maintain employee status in France could even be questioned if the civil servant considers the new job too different from the previous one.

Also, as I have often noted regarding immigration procedures and laws, the prefecture demands French diplomas for certain jobs, such as craftsmen, and I see no reason why it would not apply the same rule to this new status (which would defeat the very purpose of creating it). [...]

Furthermore, I have not heard or read anything about professional organizations helping immigrants with this, which to me indicates that the prefecture has no intention of addressing the issue. What this means is that only *carte de résident* holders can safely register for this status, which rules out the vast majority of foreigners in France. I would, however, investigate the ruling regarding a *carte de séjour mention vie privée* holder, since it grants the right to work in all capacities. But even here one must not be too optimistic about the outcome.

On the whole, I would say that until the *Ministère de l'Intérieur* issues a specific ruling authorizing *carte de séjour* holders to apply for this new status and describes the guidelines and procedures for doing so, no one should take the risk of registering. In fact, if something went wrong while the prefecture was reviewing your request, the result of your registration would be an expulsion order, since the prefecture has no way to solve any problems arising during the process.

So to answer your question more precisely: [...] Yes, you can add any combination of other work, since this system allows exactly that, and YES, I do see enormous risks that are not worth taking at this point or in your current situation. You are much better off waiting until a significant track record is established and we can clearly identify the true benefits and liabilities.



Jean Taquet is a French jurist and associate member of the Delaware Bar Association. If you'd like a personalized answer to one of your legal/immigration issues, contact Jean directly:  
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## > Shipping updates

My American Market is now set to automatically calculate shipping costs to the following countries:

Austria  
Belgium  
Czech Republic  
Denmark  
Finland  
Germany  
Greece  
Hungary  
Iceland  
Ireland  
Italy  
Luxembourg  
Netherlands  
Norway  
Poland  
Portugal  
Slovakia  
Slovenia  
Spain  
Sweden  
Switzerland  
UK



We can ship to **other countries** on special request. Contact us for a detailed quote.

You wish to receive your order extra fast, we can do it! With Chronopost, your order is delivered the next business day before 1:00 PM. It is currently Mainland/Metropolitan France only. For other countries: ask for a quote.

At anytime, you can check shipping rates for Toulouse, France and European countries  
> [How much does it cost to be delivered?](#)

## MyAM Support Group

### > Women of the American Church of Paris



Christy de Looper, President of the organization, agreed to answer our questions:

#### Who belongs to your group?

Anyone is welcome to join our group who lives in the Paris area and speaks English. If you come to any activity you are a member. We have no membership fees.

#### What is your mission?

To provide spiritual and social activities for English-speaking women (and men) living in the Paris area. To connect people with people in a caring environment and to help them make the most of their time here.



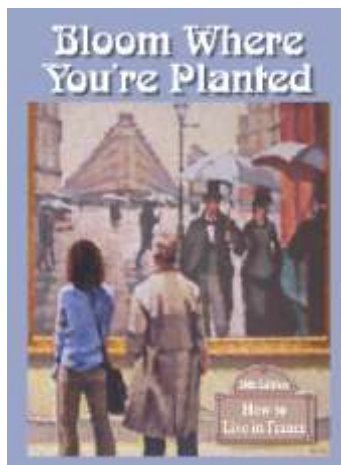
#### Tell us about your publications.

We publish the "Bloom Where You're Planted - How to live in France" book every year. This book is the definitive English-speakers guidebook to living in France with approximately 300 pages of helpful information.

The book covers such topics as – Cultural Adjustment, Financial and Legal information, Transportation, Handicapped access, Culture and Entertainment and much more. It also, includes information on the many English-speaking organizations and services in the Paris area.

> [order form](#)

We also produce a monthly newsletter – available on our website. This is the best way to keep up to date with the various activities of our organization. > [Subscribe now](#)



#### When is your next event?

Our next event is "Bloom Where You're Planted" held on October 5 and 6, and "Bloom While You Work" held on October 3. These seminars are designed for those who have just arrived in Paris or for those who have been here for a while and feel that they are not making the most of their experience. The seminars are packed with information and are a wonderful opportunity to connect with others. Please see the website for more information > [Details and registration form](#)

#### How can we contact you?

You can visit our website [www.woac.net](http://www.woac.net) or send us an email using our [contact form](#).

### > Would you like to contribute to the newsletter?

We are welcoming writers to contribute with



periodic articles or even to create their own regular column! Please feel free to contact me with your ideas. Your name and the name of your business/blog can be included next to your article.

Think about it: it would be a great way to promote yourself and what you do!

### > News

I will be in Paris on a promotional tour for My American Market from September the 3rd until the 9th. If you'd like to meet me, [contact me](#) or call: 06 45 45 85 06.



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