

THE ROUGAILLE CONNEXION

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A Brand New Year *by Clancy Philippe*

2013 went past so quick and 2014 is now with us.

Well, around this time we reminisce about the past year and ponder about the coming year. We all have good and not so good memories from 2013. We all have high hopes and look forward to new opportunities coming our way in 2014. Others are caught in static situations made worse because of the worsening world economic climate. Worst still, many others see another lonely year coming their way. I am lucky in that I have loved ones who do care about me.

In the current environment where money is the driving force that makes or breaks people, our emotional and spiritual needs are last on the list of priorities. As such, you see family breakdowns whereby parents and children lead very selfish lives with minimal communication. Many children do not communicate with their siblings or parents. Family homes become virtual hotel accommodation. Taking time to care for and express our love to each other is becoming too hard. People will tell you that they do not have time to do that.

Yet, caring for your loved ones and telling them that you do love them is very important. Without the presence of love for one another, life becomes very barren and sterile. In 2014, please take the time to let your loved ones know that you do love them. It is not when they depart from this world that we will dress up and make great speeches about how much we loved them and will now miss them. It will be too late. You never missed them when they were alive.

In your calendar for 2014, please make entries now and create time for you to connect with your loved ones. In particular, those in their senior and very junior years will take precedence over the others. Take the time to do the little things that will bring a smile to their faces.

As a family, please seek a life/work balance and make sure that you do spend quality times with your loved ones. Your partner and children need your care and love. Be models for your children so that when they have a family, they too will become caring and loving parents. In the absence of role models, kids will grow up ill-advised and 9 times out 10, it is almost guaranteed that they will find it difficult to nurture and maintain a loving relationship with their partners and children. What you do today, will have a domino effect on your children.

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Special points of interest:

- Sponsorship Opportunities on Mauritius Australia Connection
- Pope Francis
- Perth Connection
- Visits to www.cjp.net top 4500 daily

KEEP IN TOUCH-SUBSCRIBE TO ROUGAILLE MAILING LIST

The number of daily visits to our web site is now topping 4500 daily and increasing daily. Please do drop in and visit our updated Recipes from Mauritius pages at <http://ile-maurice.tripod.com>

Subscribe to the Mauritius Australia Connection–Rougaille mailing list at www.cjp.net . Click on the link and register your email address to start receiving the latest news, events and other information about the Mauritian Community in Australia. Mauritius Australia Connection mailing lists will give you access to in excess of 3000 subscribers. The lists are of course moderated to filter out spam and other unsuitable postings. You can also unsubscribe at any time. Do join us now at <http://groups.yahoo.com/group/rougaille/join>



Recipes by Madeleine Philippe

<http://ile-maurice.tripod.com>

Cassoulet Mauricien

Cassoulet is a rich slowly cooked casserole dish originating in the south of France, containing meat (typically pork sausages, goose, duck and sometimes mutton), pork skin (couennes) and white beans (haricots blancs).

It is very popular in Mauritius and the Mauritian version includes sausages and meats readily available in Mauritius. The dish is named after its traditional cooking vessel, the cassole, a deep round earthenware pot with slanting sides. The region once known as the province of Languedoc is the traditional homeland of the cassoulet, especially the towns of Toulouse, Carcassonne and Castelnaudary.



Madeleine Philippe

Ingredients:

1. 500 grams Cannellini beans
2. 1 medium onion, finely chopped
3. 500 grams Continental sausages
4. 200 grams smoked bacon, medium sliced & cut into 3 cm pieces
5. 500 grams beef
6. 225 grams canned finely crushed tomatoes
7. 1 tablespoon chopped parsley
8. 1 tablespoon chopped thyme
9. 8 cloves
10. 1 teaspoon garlic crushed
11. 1 teaspoon ginger crushed
12. 4 medium red chillies (optional)
13. salt to taste
14. oil as indicated
15. 1 litre water



Method:

1. Wash Cannellini beans in running cold water. Soak in cold water for 1 hour. Drain, place in pressure cooker with 1 litre of water. Add salt to taste and the cloves. Bring to boil and cook under pressure for 15 - 20 minutes. Release pressure and check if beans are cooked but are still firm. If not cooked enough, cook under pressure for a few minutes more. Remove from heat.
2. Chop onions with a sharp knife very finely.
3. Place sausages in a microwave proof dish in one layer. Prick each sausage with a tooth pick all over (to prevent bursting) in several places. Cover with kitchen paper and cook under high for 6 minutes. Remove and allow to cool. Cut into 2-3 cm long pieces or according to your own preference.
4. Cut beef into bite size pieces. Season with salt and crushed black pepper to taste.
5. Heat up a large casserole pan over medium high heat and add 4 tablespoons oil. Add the sliced onion, crushed garlic, crushed ginger and thyme until the onions slices become transparent. Add the finely crushed tomatoes and simmer until the sauce is well blended and the tomatoes are well cooked. Stir sauce at intervals to prevent burning.
6. Add beef pieces to tomato sauce and mix well. Continue to cook for about 10 minutes or until the meat becomes opaque. Optional: add the sliced red chillies. Add the bacon pieces and mix well together. Cook over low heat for a further 5 minutes or until bacon pieces are cooked.
7. Drain the Cannellini beans from the cooking water. Retain the water for adding to dish later. Add the cooked Cannellini beans to the beef, bacon and tomato mixture in the pan and carefully mix well together. Do not mash up the beans. Cook for a further 10 minutes.
8. Add the retained boiled water to the pan and carefully mix well together. Cook for a further 20 minutes or until the sauce reaches the desired consistency, according to your own preference. It has to be bit liquid as the beans will continue to absorb the water. If there is not enough sauce you can stir in some hot water.
9. Add salt to taste.
10. Serve hot and eat with bread or rice.



Expressions of Interest are invited for Sponsorship of and Advertising on Mauritius Australia Connection and in Newsletter.

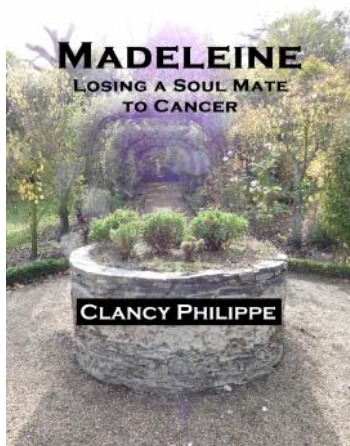
Mauritius Australia Connection web site www.cjp.net has been in existence since 1994 and has provided the Mauritian Community in Australia and worldwide with a communication platform that has no equal. Its Recipes from Mauritius web site has placed Mauritian Cuisine within the reach of anyone who has Internet access.

The costs of maintaining and operating this web site have been largely met by Clancy and the late Madeleine Philippe. We have limited funding coming from advertising that only meets a small proportion of the overall costs. Maintaining this approach will lead to the eventual closure of this web site.

In view of rising costs, we are inviting sponsorship from businesses and professionals through the medium of banner advertising and the promotion of commercial activities through our newsletter and the "Rougaille" and associated mailing lists. Interested parties are invited to email me at clancy@cjp.net for further details about commercial advertising options and sponsorship opportunities.

As from 1st March 2014, we will discontinue the promotion of commercial activities, unless prior arrangements have been entered into. We will however continue to promote activities organised by community organisations and/or persons providing services to the community.

The web site records in excess of 4500 visits page visits daily. Our newsletter and mailing lists reach in excess of 3000 subscribers per issue.



Losing a Soul Mate to Cancer



"She was a most delightful, positive, determined and courageous lady who coped remarkably well with a terrible illness. It was a privilege to have known Madeleine and been able to help care for her." Assoc. Prof. Ian Haines

Proceeds from the sale of this book will go to the Madeleine Philippe Cancer Foundation (Aus) www.mpcfaus.org

The first Australian Print Edition has been sold out. Next print run for Australia will be around July 2014.

Meanwhile, you can order the US Print Edition at <http://www.fastpencil.com/publications/4377-Madeleine?tid=bookbuy>

eBook Australian Edition in colour (various formats) can be downloaded from

<http://www.smashwords.com/books/view/224500>

You can also sample the book online on this website.



Newspapers & Radio



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Airport Timetables

Your passport to the Mauritian Community

www.cjp.net





With a view to better serve its passengers who are transiting through Perth, Air Mauritius has implemented the following measures at Perth International airport:

- Customer Service Assistants

Air Mauritius has employed two Customer Service Assistants at Perth Airport to provide assistance to passengers on Air Mauritius flights with moving between domestic and international terminals. These staff will assist passengers with directions, enquiries, and where possible with baggage – particularly elderly passengers. They will be at the airport for every Air Mauritius flight operating during the peak period of December and January.

- Improved Directional Signage

On Air Mauritius request, Perth Airport have implemented new directional signage in the terminals for the Terminal Transfer Bus.

- Connecting domestic flights

Air Mauritius advises its passengers to allow extra time for transit and, where possible, encourages booking on earlier domestic flights. For example Virgin Australia has two connecting flights from Melbourne to Perth prior to the Air Mauritius departure from Perth to Mauritius. Passengers are advised to book the earlier flight to avoid any unnecessary stress or rush during the transit, particularly so for elderly passengers.

- Tenser barriers to assist bus queuing

On Air Mauritius request, Perth Airport has installed Tenser Barriers to ensure a better way of queuing for the Terminal Transfer Bus. This will avoid people “jumping” queues and will provide a more orderly and fair process/movement.

- Greater interaction from “Yellow Jackets”

These volunteer staff wearing “Yellow Jackets” are actively assisting Air Mauritius passengers as per their needs.

Air Mauritius Office

Airline Marketing Australia

Level 7, 246 Bourke Street,

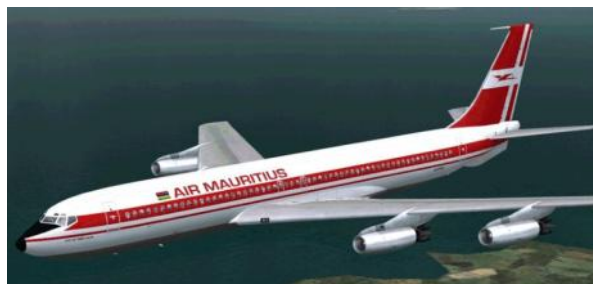
Melbourne, VIC ,3000

Tel: +61 3 9251 5047

Fax: +61 3 9251 5079

Email: mkmelbourne@airmauriti.us.com

Reservations Australiawide: 1300 332 077



Pope Francis on “the new idolatry of money”



“The worship of the ancient golden calf has returned in a new and ruthless guise in the idolatry of money and the dictatorship of an impersonal economy lacking a truly human purpose. ... While the earnings of a minority are growing exponentially, so too is the gap separating the majority from the prosperity enjoyed by those happy few. This imbalance is the result of ideologies which defend the absolute autonomy of the marketplace and financial speculation.”

Extract from *Evangelii Gaudium*, Pope Francis’ exhortation to change the Catholic Church’s mission to one of social justice and economic justice.

In our time humanity is experiencing a turning-point in its history, as we can see from the advances being made in so many fields. We can only praise the steps being taken to improve people’s welfare in areas such as health care, education and communications. At the same time we have to remember that the majority of our contemporaries are barely living from day to day, with dire consequences. A number of diseases are spreading. The hearts of many people are gripped by fear and desperation, even in the so-called rich countries. The joy of living frequently fades, lack of respect for others and violence are on the rise, and inequality is increasingly evident. It is a struggle to live and, often, to live with precious little dignity. This epochal change has been set in motion by the enormous qualitative, quantitative, rapid and cumulative advances occurring in the sciences and in technology, and by their instant application in different areas of nature and of life. We are in an age of knowledge and information, which has led to new and often anonymous kinds of power.



Bicycle shop in Riviere Noire, Mauritius

No to an economy of exclusion.

53. Just as the commandment “Thou shalt not kill” sets a clear limit in order to safeguard the value of human life, today we also have to say “thou shalt not” to an economy of exclusion and inequality. Such an economy kills. **How can it be that it is not a news item when an elderly homeless person dies of exposure, but it is news when the stock market loses two points?** This is a case of exclusion. Can we continue to stand by when food is thrown away while people are starving? This is a case of inequality. Today everything comes under the laws of competition and the survival of the fittest, where the powerful feed upon the powerless. As a consequence, masses of people find themselves excluded and marginalized: without work, without possibilities, without any means of escape..

Human beings are themselves considered consumer goods to be used and then discarded.

We have created a “disposable” culture which is now spreading. It is no longer simply about exploitation and oppression, but something new. Exclusion ultimately has to do with what it means to be a part of the society in which we live; those excluded are no longer society’s underside or its fringes or its disenfranchised - they are no longer even a part of it. The excluded are not the “exploited” but the outcast, the “leftovers”.



Sur la côte sud-est de Rodrigues, délicatement posées à même la superbe plage de sable blanc et fin de Graviers, 12 chambres d'hôte de charme vous attendent.



Les chambres les plus spacieuses, au nombre de 6, sont celles situées au rez-de-chaussée de chacune des unités composant *La Belle Rodriguaise*. Les 6 autres chambres se trouvent quant à elles au premier niveau. Façonnées à l'âme créole, toutes les chambres ont vue sur mer et surplombent ainsi un splendide lagon aux teintes oscillant entre le turquoise et le *lapis lazuli*. Face au soleil levant, joliment décorées, elles offrent à la fois authenticité, tranquillité et exotisme.

La maison d'hôte se trouve en pleine nature, au milieu d'un jardin de plantes tropicales couvrant plus de deux hectares, avec d'un côté l'océan dans toute sa splendeur et de l'autre, la Montagne Chérie...

Chaque chambre est indépendante, équipée de sanitaires, de ventilateurs et ouvrant sur une terrasse ou sur un balcon privés.

Les chefs cuisiniers chez La Belle Rodrigues vous promet une cuisine à la hauteur de la beauté des lieux. Auteure d'un livre de recettes locales les unes plus savoureuses que les autres intitulé *Les Délices de Rodrigues*, publié par la gérante, son équipe concoctera pour vous des petits plats rodriguais traditionnels à base de produits du terroir. Vous dégusterez ainsi du poulet de ferme sans hormones et des fruits de mer venus tout droit du lagon ainsi que de la charcuterie locale réputée de Rodrigues : boudin, saucisses et galantine. Sensibles aux énergies renouvelables et durables, Françoise et son mari, Laval, ont doté les chambres de chauffe-eaux solaires pour la douche. Ils ont, par ailleurs, le projet d'installer une éolienne pour la fourniture d'énergie électrique.

La Belle Rodriguaise vous offre un service personnalisé à l'écoute de vos besoins. Jeune et dynamique, l'équipe d'encadrement est à votre entière disposition pour faire de vos vacances à l'île Rodrigues un vrai moment de détente et de découverte en toute sécurité.

<http://www.labellerodriguaise.com/>



Yolaine Chelin Fiorin from Johannesburg, South Africa, celebrating the joy of being with loved ones in Mauritius.



**Mauritian
Program by
Ignace & Gisele
Ducasse
8.00–9.00 PM
Mondays
in Melbourne**

MAURITIUS AUSTRALIA CONNECTION

Mauritius Australia Connection
PO Box 8605
Carrum Downs
Vic 3201
Australia

Phone: +61 412 018 505
E-mail: clancy@cj.net
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This newsletter is published in good faith. Please bring
to our attention any inaccuracies and we will take due
note. Write to clancy@cj.net with your feedback.*

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Access our web site at
www.cj.net

3ZZZ Mauritian Radio 92.3 FM Saturday 12.00 noon to 2.00 pm
transmitting from Melbourne, Victoria, Australia.

Recorded program also available online weekly through
<http://www.3zzzmauritian.com/>



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<http://www.cj.net/melb.htm>



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