

THE CONNEXION

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FAMILY BONDING-SHARING THE TABLE



by Clancy Philippe

When I grew up, the whole family gathered at the table at meal times. Some parents even insisted that your presence was compulsory or you would miss out on dinner or lunch altogether, unless you had permission to do so. Whilst this was feasible when Mum stayed home and Dad worked. Today, it is not that easy with the pressures of modern day living, when Mum and Dad are both working to make ends

meet. Having said that, there is no excuse for members of the family to grab their meals individually and disappear into various locations to gulp their foods in 2 minutes flat.

Opportunities for the family to spend time together are getting fewer. Meal times is the last activity that can still pull the family together in a convivial atmosphere when family bonding can still take place. Exact statistics are not available, but it is becoming increasingly common for families not to have meals together at all. Some homes do not even have dining tables where the family can have their meals and spend quality time together. The passing of culinary skills from generation to generation is in danger of extinction.

The facts are on the table: eating dinner together every night keeps the doors of com-

munication open. It's the perfect time and place to reconnect and to show your kids that they are your priority. Sitting across the table is where and when you can find out more about your children's likes, dislikes, and daily life. Having this information can help you direct your children toward positive activities and behaviour.

According to researchers at Syracuse University, family routines such as eating dinner together nightly are associated with happier marriages, improved children's health, and stronger family ties. Family meals are the perfect time to teach kids good manners and to model appropriate table etiquette. Sharing pleasant conversation around the dinner table can also help improve a child's social skills. If you are not sharing meal times with the family, please give it a try. You will love it and your kids too. Bon Appétit & Happy Days.

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Special points of interest:

- Air Mauritius posts Q3 profit of 3.3 mln euros
- Air Mauritius Specials from Earlwood Jetset Travel
- Horse Racing at the Champ de Mars resumes on 27 March 2010
- World's Hottest Chilli
- Antoine Bestel 1766-1852

NAGA JOLOKIA-WORLD'S HOTTEST CHILLI



The Naga Jolokia was officially recognised by the Guinness Book of Records as the world's hottest chilli measuring in at over 1,000,000 Scoville Units (SCH), (Scoville Units (SCH) is a scale used to measure how much capsaicin.... actually don't worry about it, bottom line it measures how hot chillies are). To put things into perspective the previous worlds hottest chilli was the Red Savina, it measured in at 577,000 (SCH), most habanero chilli's range from between 100,000 and 300,000 (SCH). Ripe Naga's measure 60 mm to 85 mm long and 25 mm to 30 mm wide with an orange or red color, small, colorful and potent!

DID YOU KNOW THAT THE TOMATO IS A FRUIT ?

The tomato is really a fruit, not a vegetable. The tomato used in Mauritius is of Brazilian origin, imported during the times of Governor Labourdonnais in 1741. Labourdonnais made it a point to import such food products like cassava (manioc) from Brazil to ensure the survival of the Isle de France (Mauritius) colony. This tomato is called pommes d'amour (lovers' apples). Tomato was however originally from Peru, called tomati, and imported into Europe by the Spanish. For a long while, in Europe the tomato was considered venomous and kept as an ornamental plant. In the Provence region of France, the tomato is called pomme d'amour as it is also called in Mauritius. The Mauritian variety of the tomato is smaller than the true tomato and has a slightly acidic taste. Hence, its predominant use in rougailles and chatinis. These days, arising from commercial pressure, a larger tomato variety has been introduced from Taiwan into Mauritius. It has however, not the same taste as the true Mauritian tomatoes.



In Reunion Island and Madagascar, this chatini is known as rougaille tomates. In Trinidad, we have also been told that a similar dish exists called tomato salsa, that is also very popular within the Caribbean Islands. Aztec writings mention tomatoes were prepared with peppers and salt, likely to be the original salsa recipe. In Latin America, a similar salsa is found. Asian cooking has also a tomato salsa. However, the Asian tomato salsa is steeped with fish sauce and other seasonings.

Horse Racing at Champ de Mars starts on 27 March 2010

The 2010 racing season will probably start on the 27th of March 2010 with 37 meetings including three Sundays. Although the calendar has yet to be finalised, the new season will consist of 37 meetings, including the International Jockeys' Weekend, scheduled on 4th and 5th December. The only break of the season has been scheduled on 21st August.

The three other classic meetings will be held as follows :
« Duchesse of York Cup », Saturday 8th May, « Barbé Cup », Saturday 17th July and the Duke of York Cup on Saturday 30th October.

Provisional 2010 meeting dates : March : 27; April : 3, 10, 17, 24; May : 2, 8, 15, 22, 29; June : 5, 12, 19, 26; July : 3, 10, 17, 24, 31; August : 7, 14, 28; September : 5, 11, 18, 25; October : 2, 9, 16, 23, 30; November : 6, 13, 20, 27; December : 4 & 5.



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www.airmauritius.com



Air Mauritius posts Q3 profit of 3.3 mln euros (Extract from the Africa Report)

PORT LOUIS (Reuters) - Air Mauritius said on Thursday it made a net profit of 3.3 million euros for the quarter ended December, compared with a 6.6 million euro loss in the same period the year before. Air Mauritius said passenger numbers increased slightly in the quarter to 315,187 from 314,965 while loadings improved significantly to 82.9 per cent of capacity from 73.9 per cent in the same quarter of 2008. The Indian Ocean island's national carrier said the results took into account total losses of 6.5 million euros due to fuel price hedging during the quarter. The holiday island has suffered as the global slowdown buffets its core European markets but Air Mauritius said it was increasing capacity on certain routes despite still challenging conditions due to volatile oil prices and a weakening euro against the dollar. The airline said in the nine months ended December 31, it made a loss of 6.7 million euros, down from a 20.1 million euro loss in the corresponding period of 2008 after taking into account fuel price hedging. It said before hedging the group recorded a profit of 25.3 million euros for the nine months ended December 31, up from 0.6 million euros in the same period the year before.

Jetset

Earlwood

Sydney/Mauritius/Sydney (via Melbourne)

ADULT: \$1,330.00 CHILD; \$1,050.00 INFANT: \$125.00



Ticket is valid for 2 months.

Valid for departure as from 7th July 2010 and travel MUST be completed by 16th November 2010

**** SALE ENDS ON 31st MAY 2010 ****

Melbourne/Mauritius/Melbourne

ADULT: \$1,750.00 CHILD; \$1,370.00 INFANT: \$170.00

For departure from 12 February to 15th November 2010



Sydney/Mauritius/Sydney (via Melbourne)

Melbourne/Mauritius/Melbourne

ADULT: \$2,100.00 CHILD; \$1,650.00 INFANT: \$200.00

For departure from 16th November 2010 to 31st January 2011

Sydney/Mauritius/Paris/Mauritius/Sydney

Melbourne/Mauritius/Paris/Mauritius/Melbourne

For departure from 07 July to 09 December 2010

ADULT: \$2,615.00 CHILD; \$2,060.00 INFANT: \$245.00

For departure from 10 December 2010 to 14 January 2011

ADULT: \$2,845.00 CHILD; \$2,230.00 INFANT: \$265.00



Sydney/Mauritius/London/Mauritius/Sydney

Melbourne/Mauritius/London/Mauritius/Melbourne

For departure from 07 July to 09 December 2010

ADULT: \$2,680.00 CHILD; \$2,120.00 INFANT: \$285.00

For departure from 10 December 2010 to 14 January 2011

ADULT: \$2,910.00 CHILD; \$2,295.00 INFANT: \$305.00



Ticket is valid for 2 months.

ALL ABOVE FARES INCLUDE TAXES & FUEL SURCHARGES

PLEASE NOTE:

The above fares are subject to change & flight availability

Taxes & fuel surcharges are based on exchange rates & do fluctuate day to day - exact amount will be re-calculated on day of final payment

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Assizer trape ventre rier - Picpac and Ticolo

Conversation of 2 Mauritian Youngsters - Picpac and Ticolo. (Warning - not to read if you do not understand CREOLE).

Ready? Sit back and relax. This is going to be husband comic.

Picpac: Allo qui manière, Ticolo? Tou correk ?

Ticolo: My English professor has asked me to speak English only. Let us speak English. This will improve my English knowledge.

Picpac: Ok, what are you called?

Ticolo: Ticolo and you?

Picpac: Picpac.

Ticolo: Where do you rest?

Picpac: At Four Coconut. And you?

Ticolo: At Red Earth near a half big shop.

Picpac: It is husband hot in this stadium.

Ticolo: You have reason. I am transpiring! How are you doing at school? Are you breaking the packet?

Picpac: Yes, my father told me if I fail, my saucepan will be hot.

Ticolo: I gain thirsty. Have you something to drink?

Picpac: Yes, I have some dead water. Do you want some?

Ticolo: Yes, Thank you. If you gain hungry, I have got fried apple of the earth.

Picpac: No, Thank You. I have bought some dholl rotten with curry big weight.

Ticolo: Are you taking part in the sports?

Picpac: No, I am blessed in the foot.

Ticolo: What have you got?

Picpac: The baby of curry rock fell on it.

Ticolo: Do you hurt much?

Picpac: Of course! I saw lightings.

(Suddenly, there was a commotion in the centre of the field and many pupils had assembled.)

Ticolo: Stay here. I am going to see what arrived. (A few minutes later, he returns and announces): A boy fell down without knowledge. The professor says it is because of the sun. He is called zoreille. Do you know him?

Picpac: Yes, but he is not my army. He is a coconut eater. It is not easy with him.

Ticolo: Look at the small boy. He wants a run with a big. He will not be capable.

Picpac: I know him. He runs quickly. Small knife cut big pumpkin. His sister is a beautiful thirty-five. I am trying to put her in a circle but I have no money. I am waiting for my condemned box to fill. Now my hand is under rock.

Ticolo: We must marry picker. I give you money.

Picpac: Don't tell her brother. If he knows, he will untie our race. He is a small chill.

Ticolo: Are you going to rest here a long time?

Picpac: No. If I gain an occasion, I am going to break a pause at Rose-Hill. (He stood up and inadvertently brushed his friend's foot).

Ticolo: Eh, you monkey, you are blessing me again. You cannot make attention.

Picpac: Sorry, my black. (Unfortunately, the conversation ended here.)

Un peu d'histoire de l'Île Maurice Bestel

(Né:1766, Sedan, France-Décédé: 18 Nov1852, Pamplémousses, Île Maurice)

Homme de loi, négociant et politicien. Originaire de Sedan, paroisse Saint Laurent, fils de Nicolas Bestel et d'Elizabeth Marie Lubault. Après avoir travaillé pendant quatre ans aux cabinets de Me Macquet et de Me Berquey de Beaupré, procureurs au parlement de Paris, en qualité de "maitre clerc traitant le fond des affaires", Bestel se fit confier des intérêts majeurs dans une affaire commerciale qui devait se plaider à Bourbon. Après la conclusion de cette affaire, il arriva à Port Louis au début de 1791 sur le vaisseau Le Cerf et travailla pendant quatre mois dans le cabinet de Francois Fressanges, avocat et maire de la ville, puis prêta serment le 16 Septembre 1791 et fut admis par le Conseil Supérieur à pratiquer en qualité de procureur postulant en la Cour. Il épousa à Flacq, paroisse de St Julien, en Décembre 1792, Louise Magdelaine Chenu (fille mineure d'André Pierre Chenu et de Perrine Helene Terga). Pendant la Révolution, Bestel joua un rôle de premier plan, notamment comme secrétaire de L'Assemblée Coloniale et membre du comité de sureté. Il fit partie de la délégation qui accompagna Malartic à Saint Denis et l'aida à arrêter la conspiration ultra-royaliste, qui visait à déclarer l'indépendance de l'Île Soeur et appeler les Anglais, en Janvier 1800. Après la capitulation, il continua de prendre une part active aux affaires publiques en qualité de notable de Grand Port; à ce titre il participa au rétablissement des conseils de fabrique en Juillet 1815, procéda au choix des candidats au conseil de commune en Septembre 1817 et fut choisi par Farquar comme membre de ce conseil. Il assista à la fameuse séance du Conseil General des Communes du 14 Février 1820, ou fut discutée l'accusation portée par le General Darling contre les colons à l'effet qu'ils persistaient à faire le commerce illégal des esclaves. Bestel prit part aux débats qui se terminèrent par une vive protestation au Gouverneur et la suspension, par voie de conséquence, des conseils de communes. Le 4 Octobre 1821, Bestel fut nommé membre du comité d'administration du canal du Tombeau. Le 7 Avril 1824 le feu consuma, à deux heures du matin, la maison qu'il occupait à la rue de la Corderie. Le 25 Janvier 1827, il fut élu notable du Grand Port, siégeant au Comité Colonial, et le 18 janvier 1832, Sir Charles Colville le choisit comme inofficiel du Conseil Legislatif. Il y vota, le 9 Juillet 1832, le renvoi de Jeremie et la dissolution du Comité de Sureté Publique, dont il était membre, le 21 Septembre. Le 6 Decembre 1832 il présenta au Comité Colonial un projet d'émancipation des esclaves qui fut bien accueilli. A la destitution d'Adrien d'Epinay, il ne le suivit pas dans sa "glorieuse" exclusion", à l'instar de la plupart de ses collègues, mais resta avec Millien; Sir William Nicolay leur demanda d'approcher des volontaires pour remplacer les démissionnaires et ils receuillirent l'adhésion de Jean Felix Gonnet, Clement Galdemar, Jean Francois Guillemeau, Pierre Rene Bourgault Ducoudray et James Blyth; les "nonos". Le 18 Juin 1833 il soumit au Conseil Legislatif son plan d'émancipation avec un projet d'ordonnance à ce sujet; ses propositions furent examinées par un comité du Conseil dont le rapport fut déposé le 12 Août 1833, pour être pris en considération en temps utile. C'était la dernière séance à laquelle assistait Bestel, qui démissionna peu après pour protester contre l'ordonnance additionnelle sur la presse (No. 2 de 1833), ordonnance qui ne fut pas approuvée par le Secrétaire d'Etat et tomba en désuétude. Il fut remplacé par Andre Maure. Bestel perdit en spéculant une fortune réelle et honorablement acquise (il était en 1819 entrepreneur de la fourniture des troupes). Ralliée à la foi catholique au cours des deux dernières années de sa vie, il mourut le 18 Novembre 1852.

Raymond M. d'Unienville

Extrait du Dictionnaire de Biographie Mauricienne, p 873/4 (Note: Consultez <http://aliphipar.tripod.com>)

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Rougaille Mailing List.....

We have had many questions about our "rougaille" mailing list. Mauritius Australia Connection has several mailing lists to reach our many subscribers within the Mauritian, Rodriguan and Seychellois Communities. Many of the subscribers are also loyal friends of the Mauritius Community or with special interest in the Mauritian Culture or in Mauritius. Of special interest to many subscribers worldwide, is our 'Recipes from Mauritius' web site making it possible for the whole world to taste our marvellous Mauritian cuisine . We reach in excess of 3000 subscribers through these mailing lists. More than 2000 visitors access our web site daily.

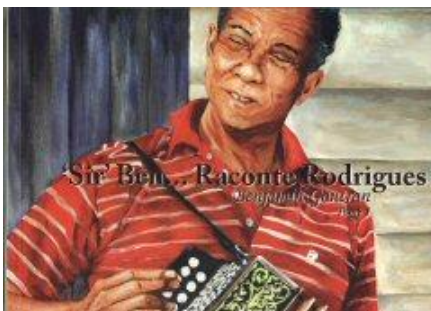
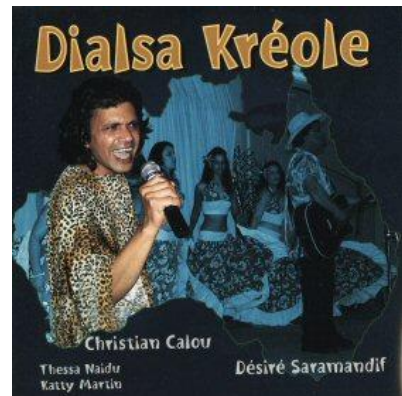
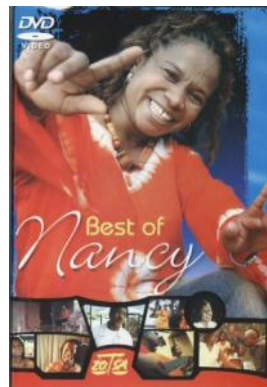
Rougaille is the most well known mailing list as this the "la gazette chiffon bleu" that informs our subscribers of the latest Mauritian Community news and gossips. Serious and meaningful gossips of course. If you wish to join this exclusive mailing list, you are invited to join us at <http://groups.yahoo.com/group/rougaille/join>

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The Mauritius Australia Connection web site receives in excess of 2000 visits daily and provides the Mauritian Community in Australia with a communication network that is accessible online 24/7.

Its mailing lists reach in excess of 3000 subscribers. The message board provides a platform where visitors can network with other visitors not only from Australia, but worldwide.

The Recipes from Australia section has established itself as the most popular Mauritian Cuisine web site on the internet. It consistently achieves top listing on search engines such as Google.

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