

THE ROUGAILLE CONNEXION

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Good Manners Begin at Home *by Clancy Philippe*

You don't understand, we do things differently!

How many times do you get this comment! "You don't understand, we do things differently!" so it goes when children displaying bad manners are told to behave.

Manners mirror our sense of respect and consideration for others. Table manners for example are getting from bad to worse. How many times do you find kids and even adults stuffing food into their mouths like the food is going to run away if not captured. I was most embarrassed when the young son of a relative of mine was petrified to start eating at a formal dinner with a traditional table setting. He had no clue as to where to start from. At other times, you can see children stabbing their food rather viciously as if they had to kill the food first.

Good table manners are an essential component of civilised behaviour. This is only one example where bad manners really show up. Just look around and you will be amazed to realise how much uncivilised modern day society has become. The decorum of the yesteryears is disappearing fast.

We now have all the modern contraptions that make life easier and communication takes place via text messages, with a language of its own. Many kids do not even know what proper writing is all about. Mind you, I enjoy modern communication devices such the iPad and Smartphone. However, we have lost the ability to communicate as human beings. Many cannot even write.

Most of this inability to behave in a sociable manner stems from the home environment. If the parents as role model cannot properly communicate within the family, the kids are not going to learn from their misbehaving friends. Children need role models to guide them into becoming sociable and respected members of society.

I appeal to parents to stop for a minute and ascertain if they serve as good role models for their kids. If not, please reconsider and do it for your kids and your grandchildren. Several generations from now, they will be always thankful for your contribution. It's priceless.



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>

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Special points of interest:

- Sponsorship Opportunities on Mauritius Australia Connection
- Dr Gerard Adolphe
- Hottest Chillies
- Visits to www.cjp.net top 4500 daily

Recipes by Madeleine Philippe

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

Bol Deviré

“Bol deviré” is one of the most popular dishes enjoyed by Mauritians. This dish is of Chinese origin and very unique to Mauritius. It was first served in local Chinese restaurants in Mauritius and Mauritians fell in love with it

So much so that when you mention “Bol deviré” to Mauritians, they start to salivate in anticipation.

There are many variants of the dish depending upon your preferred components to add for the topping. The recipe given herewith is one of Madeleine’s variations.



Ingredients:

1. 500 grams boneless chicken cut into long strips,
2. Soy sauce, pepper,
3. 4 tablespoons oil,
4. 2 cloves garlic,
5. 10 dried hinese mushrooms washed in several changes of water (soak in warm water, drain by squeezing and cut into thin strips). Alternatively, use 150 grams canned mushrooms drained and sliced fine,
6. 1 good bunch Chinese leaves (e.g. bok choy) cut into 4 cm strips,
7. 2 tablespoons oyster sauce,
8. 1 teaspoon cornflour,
9. 4 tablespoons finely chopped shallots,
10. 4 eggs,
11. 500 grams cooked rice,
12. Optional: You may also use sliced Chinese sausages, slightly fried.

Method:

1. Season chicken pieces well with soy sauce and pepper.
2. Heat oil and fry garlic until light brown.
3. Add chicken and stir fry until cooked.
4. Optional: you may add and slightly fry your sliced chinese sausages.
5. Add mushrooms and chinese leaves, season them with soy sauce and pepper. Mix well. Cook for 3 more minutes.
6. Dissolve oyster sauce and cornflour in half a glass of water (or red wine). Pour over chicken mixture. Stir well and when sauce thickens, remove from heat and fold in shallots.
7. In a separate pan fry eggs one by one in a little oil.
8. Put the eggs in 4 bowls. Put some of the chicken mixture on each of the eggs. Fill the bowl to the top with some rice. Cover the bowls with a plate each. Press plate well over the bowls.
9. Invert bowl contents on plates and serve hot with cotomilli chutney. Decorate dish with chopped cotomilli leaves.

Note: You can use any combination of ingredients and sauces to suit your preferences.



Bol deviré with less oyster sauce, soy sauce and fish sauce. Greens have been cooked separately.



Bol deviré with more oyster sauce. Greens have been cooked separately.

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

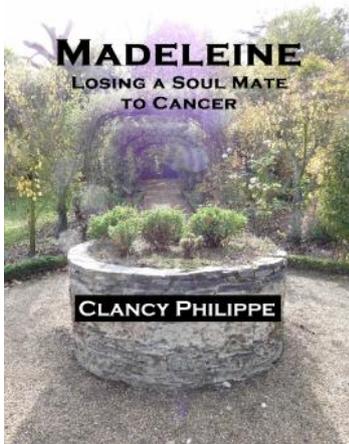
Mauritius Australia Connection web site www.cjp.net has been in existence since 1994 and has provided the Mauritian Community in Australia and worldwide with a communication platform that has no equal. Its Recipes from Mauritius web site has placed Mauritian Cuisine within the reach of anyone who has 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 2013, 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 April-May 2013.

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



Clubs and Associations



Airport Timetables

Your passport to the Mauritian Community

www.cjp.net



GARDINAGE a Batons Rompus ETE 2012-13

avec Ignace Ducasse

Le vent éparpillait en riant les jeux d'eau
Des fontaines. L'odeur très suaves des roses
Fleurait bon le jardin fraîchement arrosé
Les flamboyants en fleurs et les bougainvilliers
Faisaient la mer plus bleue et mauves les montagnes

“Crépuscule sur Port-louis

Robert-Edward Hart.....L'Essor, 1934“

Le début de l'été c'est surtout Noël et le Nouvel an, avec leur cortège de parties qui commencent début décembre au travail, entre amis, au club, en famille; courses pour les étrennes, la boustifaille et les beuveries pour se terminer le 8 janvier Le roi bwar. Mais c'est aussi en janvier ce besoin, au jardin, de pallier les grandes chaleurs qui guettent la jardinière. C'est pourquoi le paillage (mulching) est de rigueur afin de conserver cette humidité que nous apportent la pluie et l'arrosage. Mon paillage consiste surtout de lawn cuttings bien sèches et de sugar-cane mulch (bagasse) qu'on trouve chez Bunnings et autres grandes surfaces. Je me fais un devoir de tondre la pelouse un peu plus haut pour protéger les racines du soleil de l'été.

Comme le jardin est en pleine croissance je ne lésine pas sur le nana. Apport régulier de dynamic lifter et de liquid fertiliser, rose and other foods, avec arrosage avant et après les repas. Sans oublier les wetting agents qui conservent l'eau dans le sol. Heureusement que pour l'eau nos réservoirs sont remplis à 81%. Selma tention dilo coute sère et so prix pé monter. Tu as le droit d'arroser n'importe quand avec un arrosoir ou une lance avec un trigger nozzle..... On peut aussi arroser avec un sprinkler entr 6h pm et 10 am. Arroser de préférence quand tantot. Bane plante pli content. Seulement pour les rosiers et le giraumon, les courgettes, les concombres c'est mieux le matin à cause du mildiou qui attaque leurs feuilles. Ne pas arroser tipeu tipeu tous les jours, mais en profondeur deux ou trois fois la semaine. C'est mieux pour les racines. Les pots seront arrosés plus souvent, même deux fois par jour lorsque la température grimpe au-dessus de 30 degrésA noter que le meilleur pumpkin pour les bouillons, c'est le Queensland Blue. (Bef dormi la corde marse) So lacorde marse vite. Et so gout, marri!. Un truc :Bien arroser avant de cueillir les cœurs tendres de choucho et de giraumon pour éviter un bouillon amer.

Des petits semis mis en pot début décembre seront prêts à Noël pour en faire des cadeaux. Géranium, spreading petunia, dahlia, pensée, pied piment roussaille, tomatier et cactée.sont très populaires. S'ils ne sont pas prêts à temps, keep them for your ownself. Eh oui, bisin gate twa.

Surveiller les pucerons et autres bebettes sur les bourgeons tendres des rosiers .Néttoye zot with a jet of water ou bien servi insecticide a base d'ail ou de pyrethrum. Contre Les S cargo, très actifs surtout après la pluie, on se sert de pellets, de la plante des pieds, ou, les jours de fête, de la bière dans une assiette en porcelaine..... (Garde le fond de rhum de Maurice pour les copines.) L'escargot se laisse manger. Sais pas si c'est celui de Melbourne. Faut demander aux Gallic migrants, ces gastronomes avisés, friands de gastropodes.

Les mauvaises herbes galoppent a bride abattue en cette saison. Un désherbage régulier fait l'affaire. Si elles vont trop vite, se servir d'herbicide comme Zéro pour contenir leur ardeur. Et beaucoup de paillage. Essaye de t'en débarasser avant leur montée en graines. Pour éviter la dissémination par le vent et les oiseaux.

UNE DIGRESSION. Dans le ciel de notre bonne ville de Melbourne deux constellations tiennent le haut du pavé ces soirs-ci à l'est-nord-est. Orion et le Grand Chien. Sirius est l'étoile la plus brillante de toutes dans le Canis Major et dans tout le firmament. Orion, avec sa ceinture connue comme les Trois Rois Mages, et son Epée ou se trouve la fameuse Nébuleuse d'Orion, (Porte de l'Orion pour certains) et par ou, d'après eux, reviendra le Christ. Keep following them until the end of June lorsque vers la même heure elles seront à l'ouest avant de nous fausser compagnie jusqu'en novembre. ...

Passe de bons moments during the festive season. Enjoy your garden. Ti colo sous le choucho. En compagnie du sombrero, de la crème solaire, des gants et des nuages qui passent très vite and, of course, de your dear ones

AND MAY YOUR WEEDS BE WILD FLOWERS !!!!!

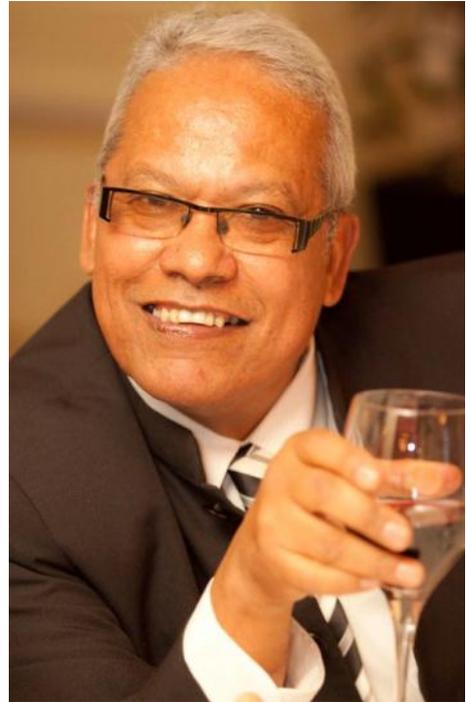
Ignace

Dr Gerard Adolphe celebrates 50 years (1962-2012) in Education

Born in Mauritius on June 2, 1943 Gerard spent his childhood in Beau-Bassin, Mauritius He went to Beau-Basin Primary School and after obtaining the Primary Education Scholarship (Petite Bourse) went to Royal College of Curepipe until 1961.

In 1962 he started his career as a Teacher at St Mary's College of Rose Hill. In 1964 he obtained a Scholarship from to attend Trent University in Peterborough, Ontario Canada.

After obtaining a Bachelor of Science Degree from Trent specializing he returned to Mauritius in 1967 and taught for one year at the St Mary's College of Rose-Hill and in 1968 migrated to Sydney to take up a position of Lecturer at the University of Sydney. After 3 years at the University of Sydney he joined the Australian Catholic University (ACU) where he stayed for 15 years. He also Lectured at the University of Western Sydney in Kingswood NSW for a short time (replacing a Lecturer on sick leave). Gerard also taught Mathematics and Science at St Aloysius College of Milson's Point, Patrician Brother's College in Fairfield and at Arndell Anglican College in Windsor. He also taught in International Schools in Indonesia, Thailand and Vanuatu.



While teaching and lecturing Gerard completed a Master of Science Degree from the University of Sydney, a Master of Education Degree from the University of Sydney and a Doctorate of Science Education from Curtin University of Technology of Perth of WA.

During the last 10 years Gerard has been training Indonesian Teachers. In 2010 he ran a 3 day Teacher Training Program on a purely voluntary basis for the teachers of Banda Aceh, the City of North Sumatra Indonesia ravaged by a massive Tsunami in December 2004 during which more than 200,000 lives were lost in one day !

Gerard is currently writing a series of Teacher Training Books (including CDs) which will be available on Ebay/Amazon in June.

He is also the Founder and Director of International Tutoring Services, a private tutoring service that he runs with the help of his wife Daniele in Sydney. He also runs Fun Activities in Science and Mathematics for children with the hope of developing the problem-solving skills, logical thinking skills and critical thinking skills of these children, He also tests IQs of children and prepare students with high high IQs to sit for Tests for Opportunity Classes (OC) and Selective Schools.

Gerard is married with 3 children : Jean-Pierre (44) Janelle (38) and Jean-Paul (30) and 3 grand-children : Mercades (21), Gabriel (11) and Andrew (7).

Gerard can be contacted by email at gerry43@bigpond.net.au or by phone 02 9674 3389

Hottest chillies on earth

The hottest of the hot - nine of the top chillies on this list - all hail from a single species native to Central America and the Caribbean called *Capsicum chinense*. But within this species is a remarkable diversity of shapes, colours, flavours and potency, and with ever-improving breeding and growing techniques, farmers will continue to cultivate new, record-breaking chillies. So here are the world's 10 hottest varieties:

1. Trinidad Scorpion Butch Taylor 1,463,700 SHUs

Officially the hottest chilli ever known, the [Trinidad Scorpion Butch T](#) is described by cultivator Marcel de Wit as "just severe, absolutely severe". Marcel is co-owner of Australian business The Chilli Factory, and began cultivating the variety two years ago on the NSW Central Coast. Marcel and his team use the Trinidad Scorpion Butch T as a basis for a hot sauce, and say that to cook it requires full chemical masks and protection suits. The secret to its explosiveness? 'Worm juice' fertiliser.



Trinidad Scorpion

2. Naga Viper and Scorpion cultivars 1,250,000 to 1,350,000 SHUs

Cultivated in Cumbria, England, by chilli farmer Gerald Fowler, the Naga Viper is a three-way cross between the Bhut Jolokia, Naga Morich, and Trinidad Scorpion varieties, which also gave rise to the Butch T. "It doesn't get you instantly but the fire will burn for an hour and sit in your belly," Gerald told British newspaper *The Independent*. "Then your stomach will hurt for the rest of the day." He credited Cumbria's wet weather with creating such a scorching chilli.

3. Infinity 1,200,000 to 1,250,000 SHUs

Appropriately named for its never-ending burn, the Infinity held the title of world's hottest chilli for just two weeks before it was usurped by the Naga Viper. Cultivator Nick Woods developed the hot chilli in Lincolnshire, England, by accidentally crossing existing varieties. He says the trick to growing them so hot is tending to the plants as little as possible.

4. 7 Pods 1,100,000 to 1,200,000 SHUs

Like the Trinidad Scorpion Butch T, the 7 Pod varieties (also known as 7 Pot) originate from Trinidad in the southern Caribbean. From a bright yellow, pineapple-flavoured variety to a chocolate-coloured counterpart, 7 Pods are some of the rarest chillies on the planet. Their name reflects the notion that a single 7 Pod chilli is fiery enough to heat seven pots of stew.

5. The Nagas: Bhut Jolokia, Bih Jolokia, Naga Jolokia, Naga Morich, Dorset Naga 900,000 to 1,100,000 SHUs

Nagas have been cultivated in India and parts of neighbouring Bangladesh for centuries. They are so hot that the Indian army has developed them as a weapon, using their extract to create a blinding chilli grenade. Depending on the specific region they are grown, Nagas are known by many names: Bhut Jolokia, Naga Jolokia, Bih Jolokia or the Naga Morich. But one of the hottest ever recorded Nagas was grown not in Asia but in the county of Dorset, England, by Michael and Joy Michaud. They grew the Dorset Naga from Bangladeshi varieties by selecting plants that bore the most unusual wedge-shaped fruits, the smallest on the list, growing only to the size of a hazelnut.

Extract from <http://www.australiangeographic.com.au/journal/hottest-chillies-in-the-world.htm>

Continued on page 8.....

.... Hottest chillies on earth

6. Nagabon and Habanaga

800,000 SHUs

Nagabons are a cross between Nagas and Scotch Bonnets. The Hippy Seed Company in NSW wanted a very large, very hot chilli to use in sauces, so they combined the heat of the Naga Jolokia with the large size of the Scotch Bonnet. The Habanaga, on the other hand, was reportedly created by accident last year, when a student at New Mexico University mistakenly crossed Nagas with Habaneros.

7. Red Savina Habanero

577,000 SHUs

At more than 100 times the spiciness of a Jalapeno, the Red Savina Habanero held the Guinness World Record for hottest chilli from 1994 to February 2007, when it was overtaken by the Nagas. Frank Garcia, who is credited with developing the Red Savina in California, has kept the method of its propagation a closely guarded secret.

8. Habaneros: Chocolate, Caribbean, Orange

250,000 to 450,000 SHUs

Few Habanero varieties approach the heat of the Red Savina, but the Chocolate, Caribbean and Orange come close. The Chocolate Habanero, named not for its flavour but for its rich brown colour, is perhaps the hottest of the three, with reports of up to 450,000 SHUs. Habaneros are believed to have originated from Cuba; the name Habanero translates literally from Spanish to 'from Havana' - Cuba's capital city. But from here they were exported to the Yucatan Peninsula in Mexico, where most Habaneros are grown today.



9. Other Habaneros and Scotch Bonnets

100,000 to 250,000 SHUs

Habaneros and Scotch Bonnets are close relatives within the species *Capsicum chinense*, though they have distinct flavours. These and other members of the species thrive in hot weather and have spread from Central America to many other warm parts of the world, including West Africa and the US. One bite out of a common Habanero or Scotch Bonnet would be enough to induce tears in all but the most diehard chilli-heads.

10. Bird's eyes, Tabascos, Tepins

<100,000 SHUs

Last on the list but still packing a punch, these three varieties don't belong to *Capsicum chinense*, though they too originated from Central America. Bird's eye chillies are a variety of the species *Capsicum frutescens* and have spread widely across South-East Asia, where they've become a staple ingredient in many dishes. Tabasco chillies are close relatives of the Bird's eye and are well-known in North America for the famous sauce of the same name. The tiny Tepin chilli belongs to a different species again (*Capsicum annum*) and is the smallest on the list, growing only to the size of a hazelnut.

We Challenge YOU to Join Us in Making a Difference

Many times every day we all make this choice: to take Action - or do nothing. When you take Action you become a force for change; you can make a positive difference in your life and the lives of others. Doing nothing is the easy option - there's no effort, risk or cost, but also NO PROGRESS. Nothing great ever happened because people did nothing!

You're reading this newsletter because Madeleine & Clancy Philippe took Action and created Mauritius Australia Connection. The Madeleine Philippe Cancer Foundation exists because Clancy took Action. Now Clancy has taken Action again, and as always, his focus is on making a difference for the community. Of course, the more people who get Active in support of Clancy's initiative, the greater the outcome and the more widespread its benefits will be.

Our company, GO2 Life Pty Ltd, has linked up with Clancy to share with you a little-known, yet world-leading concept.

This is essential information if you want to get your body functioning at its best - both now, and even more importantly, as you age.

Every one of the trillions of cells in the body must continually receive adequate oxygen to function and regenerate properly. The human body reaches its peak oxygen-efficiency in our early twenties. Then as less and less oxygen is available at the cell level, the body goes into decline in all sorts of ways. Lifestyle factors such as smoking, drinking alcohol, eating fatty, sweet or junk foods, stress, and longhaul travel also deplete the body's oxygen resources. This reduces our natural energy levels, making it harder and harder for the body to function well, and over time it can become very run down.

It is now possible to replenish the body's oxygen levels safely and easily anytime, anywhere. Our product, GO2, is a nutritional liquid that contains only natural ingredients and has a high concentration of oxygen. When a small amount is consumed, either on its own or by adding to water or juice, it delivers more oxygen at that vital cellular level. Your body decides how to use that extra oxygen according to its own priorities at that time, such as energy for exercise, cleansing alcohol or other toxins, fighting off infection, sound sleep, and supporting all the key functions of the body. Using GO2 regularly each day enables the body to continually address these issues, so it can use more and more oxygen to support natural energy and vitality levels. This is a difference you can feel. GO2 is a food, not a medical product and is a world breakthrough in nutrition. It is very safe to use - our customers range from infants to elite athletes to seniors.

Here's Our Challenge to You: Take Action. Visit www.go2life.com.au/mpcf.html Find out more about the areas in which GO2 may improve your life and the lives of those you love. Read what it has done for others. Call or email us for more detail (the best testimonials are those we can't share in public). Share the information and the mpcf link as widely as you can. Everyone can take advantage of the discount on the mpcf page, and the revenue from all purchases through that page will be shared with the Foundation, with whose objectives GO2 has very close synergy.

Thank you

Terry Kelly, Founder - GO2 Life Pty Ltd



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

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*Linking the Mauritian Community in Australia www.cj.net
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

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transmitting from Melbourne, Victoria, Australia.

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



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