

THE ROUGAILLE CONNEXION

Volume 05, Issue 3

March-April 2012

Culinary Heritage *by Clancy Philippe*

Culinary heritage is rapidly becoming a thing of the past. Yet, we all enjoy foods that remind us of our childhood, happy memories of our parents and grandparents, when we shared memorable times together. Food is very much part of our cultural heritage. The foods that we eat reflect our own personal history. The foods that we eat now mirror our way of life, our heritage, our personal preferences and the environment we are living in.

In Australia for example, the foods we eat now reflect the multicultural environment we live in. In the early days of Anglo-Saxon Australian immigration, the menu consisted mainly of meat and four vegs. Today, Australia has one of the most multicultural cuisines you will find in the world. In the same way, Mauritian cuisine became a multicultural cuisine well before mass migration took place. Mauritius was a stopping place for all shipping and the waves of settlers, slaves and migrant workers contributed to what Mauritian cuisine is now.

Unfortunately, the modern way of fast foods and convenience shopping has led to this culinary heritage sinking into oblivion. Unless parents and grandparents have had the opportunity to pass on this culinary knowledge, it will be lost forever to the next generation. All too often, the pressures of modern living leave little time for family interaction and exchanges, let alone passing on culinary skills.

However, in some communities cooking is a family affair and tradition demands that the children get involved too. In these communities, culinary skills get passed on to future generations. Within the Mauritian Community, such traditions do not exist. The only driver that captures the young Mauritians is when they start craving for their favourite Mauritian dishes.

Well, parents and grandparents will not be there forever to cook your favourite dishes. So please make an effort to cook Mauritian Cuisine yourself. It will be very rewarding. Our Recipes from Mauritius website at <http://ile-maurice.tripod.com> will help.



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>

Inside this issue:

Subscribe to Rougaille	1
Puits d'Amour	2
Legend of Napoleon	4
Ignace Ducasse	6
Madeleine Philippe	7
Rosemarie Walmsley	8
www.cjp.net	10

Special points of interest:

- History of Puits d'Amour
- Legend of Napoleon
- Rosemarie Walmsley
- Visits to www.cjp.net top 4500 daily

Recipes by Madeleine Philippe

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

Puits D'Amour

(Custard Tarts with almond pastry case)  Share 1663



Ingredients:

Pastry:

1. 200 grams white flour
2. 1 tablespoon water
(adjust quantity to obtain a pastry that holds together well)
3. 100 grams almond flour
4. 90 grams softened butter
5. 1 egg yolk
6. 1 tablespoon fine sugar

Custard Filling (Crème Pâtissière):

1. 2 egg yolks
2. 50 grams caster sugar
3. 25 grams plain flour
4. 1 cup milk
5. 1/3 vanilla pod (cut in half)

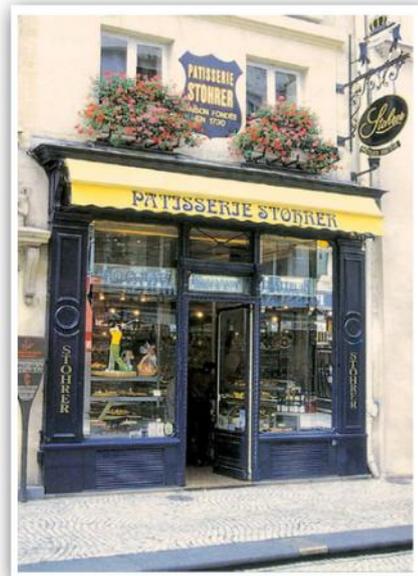
Method:

1. **Making the pastry:**
Sift the pastry flour and almond flour into a mixing bowl. Mix well. Make a well in the middle. Add the egg yolk, sugar, water and softened butter. Mix with the fingers without kneading (sans pétrir) until a consistent mix is obtained. Add a little more water to ensure that pastry will stick well together. Collect into a pastry ball. Wrap in plastic wrap and keep in fridge for 1 hour.
2. **Custard filling:**
Heat milk without boiling, add vanilla pod. Mix egg yolk and sugar together well. Add flour and mix. Pour the hot milk little by little over the egg, sugar and flour mixture. Mix well together. Transfer into a small saucepan and cook on medium heat until the mixture thickens stirring continuously (about 1 to 2 minutes). Be careful not to overcook. Remove while still slightly flowing to avoid custard getting too thick. Transfer into a mixing bowl. Whisk well and allow to cool.
3. Heat up oven to 180 degree centigrade. Lightly butter 6 9 cm / 3 1/2 in tartlet tins. Roll the pastry into a sheet about 3 mm (1/8 in) thick. Using a tartlet tin as a guide, cut out six rounds, re-rolling trimmings as necessary. Use the pastry rounds to line the tins, then roll the rolling pin over the top of the tins to cut off the excess pastry. Prick the bases with a fork.
4. Line the pastry cases with foil and add a layer of dry beans such as kidney beans (alternatively use crumpled aluminium foil instead of beans). Bake for 15 minutes until slightly dry and set, then remove the foil and beans and continue baking for a further 5 minutes or until slightly golden. Cool on a wire rack.
5. Spoon the custard into the casings without overfilling. Top with a slight trickle of golden syrup or sprinkle with coarse white sugar.
6. Enjoy.

History of the “Puits d’Amour”

This cake was created by Vincent La Chapelle in 1735, who wrote about his creation and named it “Puits d’Amour”. The original creation consisted of a multi layered pastry just like the “Vol au Vent” pastry shell. That is, a round multi layered pastry container with a round inner well that was filled with red fruit jam, that evoked the mysteries of love. I dare not continue with the description and will leave your imagination to do the rest....

This “Puits d’Amour” found itself very popular during the intimate dinners given by King Louis XV. Later on, the red fruit jam was replaced with “crème pâtissière” that made this gâteau more acceptable. Stohrer-Pâtissier Traiteur, in rue Montorgueil, Paris has perpetuated this classic pastry cake for many centuries since. Their “Puits d’Amour” is now a real classic pastry, that is now a “must taste” for cake lovers when in Paris.



In Mauritius, various versions of the “Puits d’Amour” exist. They all have one thing in common. These cakes are all delicious. All the more so, if you remember its origin when you are savouring one of these.

Mauritius Australia Connection

Your passport to the Mauritian Community

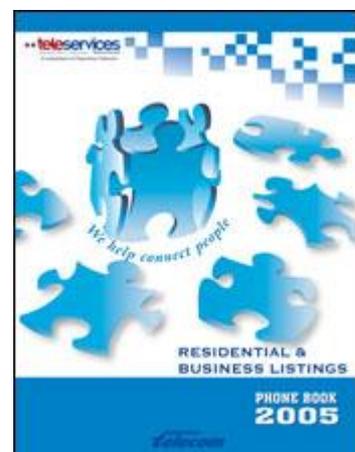
www.cjp.net



[Recipes from Mauritius](#)



[Airport Timetables](#)



The Legend of Napoleon Book by Sudhir Hazareesingh

Review of the book The Legend of Napoleon by Tom Holmberg

What Bonapartism actually *is*, is a slippery animal. Sudhir Hazareesingh in his recent book *The Legend of Napoleon* defines it as a popular national leader confirmed by popular election, above party politics, promoting equality, progress and social change, with a belief in religion as an adjunct to the State, a belief that the central authority can transform society and a belief in the 'nation' and its glory and a fundamental belief in national unity. It was a pragmatic mixture of conservative and liberal views, with the principle of authority and order as the basis of society. All of this is placed within a paternalistic, hierarchical structure with all power flowing directly from the Emperor. Louis Bonaparte's 1839 book, *Des Idées Napoléoniennes*, saw Bonapartism as "democratic and progressive but not republican... [rather] authoritarian." Imperial France would be democratic in the sense "that its institutions would be legitimized by mass suffrage. A Bonapartist regime would rest not on divine but popular will. In the Emperor Louis Napoleon's words, Bonapartism was "order, authority, religion, popular welfare....national dignity."



Sudhir Hazareesingh

Hazareesingh admits that the elements of post-1815 Bonapartist 'ideology'—'liberal institutions,' elections, government ruling with popular sovereignty, political liberties—were "all very much in line with the demands of the liberal opposition at the time." When all was said and done, many (even his grudging enemies) saw Napoleon as "a legitimate heir to the central values of 1789." Under the Restoration Bonapartist rhetoric was individualistic and collective, liberating and vengeful. Bonapartist rhetoric undermined the Bourbons' legitimacy by describing the Royals as "a degenerate family better suited to serve the English than to reign on the throne of France." Bonapartist opposition ranged from informal small groups of like-minded individuals to "highly structured organizations" like the Carbonari. Bonapartists joined with Republicans and liberals to oppose the Restoration. Though their ultimate goals might differ, all three could work together to overthrow the hated Bourbons. Military associations were born, some outgrowths of Bonapartist partisan bands that had fought in 1815, others made up of veterans and half-pay officers. Bonapartism flourished, Hazareesingh says, with the Freemasons, including the dissident Parisian Les Amis de la Vérité lodge.

Taken individually Bonapartist rhetoric and actions were ineffective, but in Hazareesingh's view collectively they ultimately helped to bring about the collapse of the Bourbons. While another Bonaparte was to ultimately sit on the throne, the Bourbons were swept into the dustbin of history. Bonapartist rhetoric kept the longing for the return to the 'glory days' of the Empire alive and made it difficult for the Bourbons to gain traction in establishing their regime and forced many Royalists into the camp of the '*ultras*.' By calling Napoleon a "Robespierre on horseback" was counterproductive, Napoleon's enemies only fed the popular belief linking the return of Napoleon to 'Liberty' and a "return to the Republic,' and emphasized the link between the Bonapartists and the Jacobins which were re-established during the Hundred Days.

Napoleon in the popular mind represented the bringer of order who guaranteed the basic principles of the Revolution. Hazareesingh sees "Napoleonic freedom [as] ... aspirational, representing the varied desires of a range of social groups for greater liberty..." Napoleon became an "icon of individualism"—Napoleon having succeeded by flouting the rules—even fate could not dim his destiny. As Lamartine wrote, even "[t]he death of Napoleon, though it delivered the House of Bourbon from a competition for the throne, always to be dreaded with an opponent so popular with the army, did not, however, extinguish Bonapartism, but rather revived it under another form, fanaticism being always nourished by recitals of martyrdom." After death Napoleon continued to inspire those seeking to overthrow the "despotic and tyrannical rule of the Bourbons." The Carbonari, a political secret society that mixed liberal republicanism and Bonapartism, often centered their politics around the symbols of the former imperial regime. A police report from Paris dated 1825 stated "an occult and admirably organized force is able to move heaven and earth in his department."

Different strains of Bonapartism—popular, liberal, conservative—existed which were not always entirely congruent. Popular Bonapartism, in Hazareesingh's view was "democratic, middle-of-the-road, progressive, and non-partisan." Louis Napoleon noted in 1831 that it was only Bonapartism which could unite both the people and the army. David Thomson (*Democracy in France: The Third Republic*, Oxford: Oxford Univ., 1949. p. 32) observes how "[t]he divorce of the movement of Liberalism from a spirit of liberality weakened it in the battle with its chief enemy, Bonapartism. The traditions and achievements of the First Empire, redecorated by the myth of St. Helena, had from the first stolen much of their thunder, It was Napoleon who had opened up *la carrière ouverte aux talents*, who had whetted and appeased the appetite of the peasants for land and hope and glory, who had debased the spirit of freedom in the name of greater equality. The *mystique* of Bonaparte thrived equally under restored Bourbons and Liberal Orleanists, amidst the hesitations of Louis Blanc and of Lamartine."

Waterloo Napoleonic propaganda circulated widely in France, from busts manufactured in small numbers in backyard manufactories, to mass produced images distributed by colporteurs roaming the countryside. In Nov. 1819 a street-seller sold 8,000 busts of Napoleon in four days. In 1823, officials found that 12,000 busts of the Emperor were secretly ordered from a factory in Wurtemberg. In 1819 a cache of Napoleonic portraits were discovered by the police, reputed smuggled into France by English travelers. In 1830 a factory owner was arrested for making 'Napoleon knives.' Reportedly he had sold 48,000 knives in the previous four years. Tens of thousands of tobacco boxes bearing Napoleon's image were sold every year. Coins, medals, plates, utensils, jewelry, ribbons, crosses, candies, poems, songs, prints, books, leaflets, broadsides, clothing, kerchiefs, canes, colognes, buttons and knives were produced in Paris, Lyons, Grenoble, and elsewhere and distributed throughout France.

In the popular mind Napoleon was a "patriot, protector, avenger, provider." Peasants groaning under economic hardships could identify with the Emperor, groaning under the arbitrary persecution of 'perfidious Albion.' Napoleon took on the aspects of a saint. Infants reportedly emerged from their mother's wombs crying "Vive le Empereur!" A hen laid an egg bearing the likeness of Napoleon, Stendhal reported. The hen was arrested and imprisoned by the authorities. Napoleon, "our good father," would return bringing bread and jobs. Napoleon was digging a tunnel (presumably from St. Helena!) and would spring from underground to seize the throne. "The only source of agitation," the police commissioner of Lyons reported, "is the imagination."

In the words of Hazareesingh, "millions of French men and women across the country after 1815" shared a common hope and anticipation of the return of the Emperor. The days of the Bourbons were numbered, popular belief held, and Napoleon, savior and hero, would drive them from France. After all hadn't Napoleon returned from exile once before, and "the very impossibility of the circumstances of his return," Hazareesingh observes, "made subsequent predictions...credible." Comparisons were made with the legend of Ulysses and Telemachus.

Sudhir Hazareesingh, born on the French island of Mauritius, was an admirer of Napoleon as a young boy. A fellow at Oxford, Hazareesingh has written a number of books on nineteenth century France, including a history of the Saint-Napoleon celebrations. *The Legend of Napoleon* was researched in the Paris archives and regional archives of Isère, Yonne and Rhône, employing police reports, prefectural reports, trials, etc. to break new ground. The book is not a biography of the Napoleon of the bridge at Arcole, nor of the sun of Austerlitz, nor the Napoleon of Waterloo, nor the Napoleon of St. Helena. This is a biography of the Napoleon of the imagination, the Napoleon of whom Lamartine says "became a sort of popular and military divinity, to which nothing was wanted but a form of public worship [which the Saint-Napoleon day *anti-fête*, in Hazareesingh's terminology, went some way towards providing]. Contrary to real and material things, which apparently diminish in proportion as we recede from them, distance and death magnified him, as they magnify all imaginary objects." The author follows the political, not artistic or literary threads of Bonapartism. Hazareesingh shows how Napoleon "came to be remembered, celebrated and idealized after he lost power." Chateaubriand had commented that the world had slipped from Napoleon's grasp while he had lived but, after his death, he had seized it anew.

This article has been reproduced with the kind permission of [Tom Holmberg](http://www.napoleon-series.org/reviews/general/c_hazareesingh.html) and the Napoleon Series Reviews at http://www.napoleon-series.org/reviews/general/c_hazareesingh.html



GARDINAGE À BÂTONS ROMPUS Automne 2012

Le badamier est un grand arbre étagé qui fait du théâtre.....Une génération de feuilles caduques va être fauchée. Avant sa chute, ce feuillage condamné nous fait voir de toutes les couleurs: or jaune, vieil or, ors de tous verts, ocres, brun de Sienna, rubis, brique, rouge orange, rouge sang, grenat. Tout ce fard pour mourir!

Philippe Forget.....Les Lieux Incarnes (2005)

L'automne est revenu. La preuve: les dames nues, toute roses d'émotion, se dandinent dans les prés au gré de la brise' Ces naked ladies (amaryllis belladonna), ainsi que les colchiques sont the harbingers de l'automne austral.

A Bright, dans les Australian Alps, et à Olinda dans les Blues Dandenongs les arbres ont " revêtu leurs manteaux de pourpre et d'or". A Maurice "les pieds de fruits de Cythère font leur jaunisse saisonnière"* . Et à Melbourne c'est le temps des récoltes.



Abricots, oranges, citrons, nectarines, babacos, baigan, piments, tomates, zaricots sont en plein rapport. Ils demandent à être cueillis régulièrement afin d'inciter à davantage de production. La jardinière ne cesse de soigner son verger-jardin....Arrosage, pruning, transplanting, bouturage. Boucou Traille. Après la cour; la cousine. Bisin prépare confiture, zassar with all the surplus products que nous apporte l'automne "of mellow fruitfulness" .

Et le temps est sibo! Température optimale. Pas trop de pluie comme au printemps. Pour certains s'évader vers East Gippsland where Lakes Entrance et ses lacs les attendent avec ses pélicans et ses bateaux de croisière et ses ballades vers Paynesville et les vignobles est le reve du moment..... Pendant que vot' voisin jette un p'tit coup d'oeil sur vot' demeure et de grosses gouttes d'eau sur vos plantes

Suite aux pluies diluviennes au Queensland le prix des légumes et des fruits vont encore prendre l'ascenseur. Comme l'année passée. Heureusement que la jardinière a encore des silverbeet, des zaricots verts et autres légumes pour aider à alléger le budget alimentaire.

Faut continuer dans ce sens ma chere. Plantons ces semis achetés chez Bunnings ou Garden World; ou même chez Coles ou Woolworth. Choisissons des laitues ki viennent tres vite. Le siverbeet, le bokla, le persil et autres aromates; le chou; le broccoli, le petsaï, la betterave, la carotte

Faisons des boutures de géranium, fuschia, romarin, thym, verveine, hortensia. Plantons les bulbes du printemps: daffodil, tulipe, renoncule; anémone, freesia. Recyclons les feuilles mortes " qu'on ramasse à la pelle" and which " drift by the window". Désherbons. Et casposons quand nous sommes trop fatigués. Sirtou si nous sommes OBS. Faisons souvent des apports de plant food pour éviter le rachitisme végétal, Mwa je privilégie l'apport d'engrais liquides bi-hebdomadaire. Les plantes viennent mieux avec le TLC. Aussi continuons de biner, tailler, arroser, cueillir. Et pas blier bane plantes content can to kose ar zot. Surtout en kreol!.

Le taro et le cresson adorent un terrain humide. Pas besoin la mare. Vous trouverez à Spingvale, chez nos amis vietnamiens, (immigrés comme nous), des tubercules de songe (taro).et du cresson en bottes. Plantez- les dans un coin humide. Vous aurez ainsi de la salade de cresson frais, ek léker brède songe qui donne de beaux rêves et parfois la gratelle.

Ne pas oublier de se protéger. Sombrero, gants, crème solaire. Pas de jardinage s'il fait trop chaud. Un imperméable quand il pleut. Linge chaud contre la fraîcheur.

OBS= Over Bloody Sixty

TLC= Tender Loving Care

*P.Forget (op. cit.)

Ignace Ducasse

Madeleine Philippe Memorial Week Sat 3—Sun 11 March 2012



The lady on the left made Madeleine cry at one of the Mauritian Community dances in Melbourne. She cried first after holding Madeleine in her arms and telling her how thankful she was for Madeleine's recipes. You see, she lives in Rome and when she gets homesick she goes to Madeleine's Recipes from Mauritius website and cooks herself a Mauritian dish. The aroma and taste of the food make her feel at home again. And she is not homesick anymore. A very special and memorable moment for Madeleine & myself.

We would like to thank people and organisations from all over the world for their participation in celebrating Madeleine's life and the amazing culinary legacy she has left, by taking part in the Madeleine Philippe Memorial Week which ran from Saturday 3rd to Sunday 11th March 2012.

To put it mildly, the response was amazing. Starting with a radio interview at 3ZZZ Mauritian Community Radio Program in Melbourne by Patrick Morel, that led to a multi-week recipe spot initiated by Danielle Laville of 3ZZZ. Thank you Patrick, Danielle, Orietta and team for supporting this idea. To finish the interview, Patrick chose the song "*Aimer jusqu'à l'impossible*" by Tina Arena. A very meaningful one for me.

In Sydney, Alwin Thomas, Georgy Lamvohee and others of 2glf Radio Bon Dimanche Mauritian Community Radio in Sydney talked about Madeleine and the Memorial Week, inviting listeners to celebrate Madeleine's culinary legacy. In Brighton and Hove (UK), Patrick Saintas celebrated the Madeleine Philippe Memorial Week by opening his Brighton and Hove Mauritian Community Radio Program with the song "*Je t'aimais, je t'aime, je t'aimerai ...*" by Francis Cabrel. Another very fitting song that espouses my continuing love for Madeleine.



Gilbert Bozelle, USA



RSCV celebrating Madeleine

The Rodriguan Social Club of Victoria held special prayers for Madeleine at their club house. A very big Thank You to Fidou, Cyril & club members. Much appreciated.

In Mauritius, USA, France, Australia, England, Northern Ireland, Rodrigues and many other countries, Madeleine's fans celebrated the Memorial Week with special meals picked from Madeleine's Recipes from Mauritius web site.

Many told me that they celebrated with drinks to Madeleine's memory. Madeleine really enjoyed her Scotch Whisky.



Coates Family, N.Ireland

I received many emails and photos of dishes prepared for the occasion. I will publish some of them in the inaugural edition of the Madeleine Philippe Cancer Foundation Newsletter.

I wish to thank Liz Coates, an old and very loyal friend of mine in Northern Ireland, who came up with the idea to hold the Madeleine Philippe Memorial Week.

A very big "Thank You Liz" for this wonderful idea, that proved to be very rewarding and highly successful.



TLC Noble Park Age Care

Madeleine was very much with us during this Memorial Week and this helped me enormously to cope with Madeleine's absence, on the first anniversary of her departure from this world.

Rosemarie Walmsley (Rochecouste)

Born in Mauritius in 1954, Rosemarie Walmsley (Rochecouste) moved to Melbourne with her family in 1968. From the age of 16 she was drawn to healthy eating habits and acquiring more knowledge on the link between eating and health.

Rosemarie has always been passionate about health and vitality. As a Naturopath she works with people of all ages. Her clients gain confidence to change their lifestyles and break old unhealthy eating and lifestyle patterns. Recently she was invited to present to young school students on the benefits of lifestyle and healthy eating. Rosemarie loves to see the positive change in people who embrace new ways of eating and living.

Rosemarie is committed to sharing her innate knowledge and experience with others throughout her practice. 'My spiritual master shared one of the greatest teachings which I carry through life,' "there is no such thing as depression, it is only an accumulation of additives, toxicity, and pesticides in the body.



I promise you after 3 months of eating raw food, you will be dancing with happiness and joy." Rosemarie adopted a raw food lifestyle to successfully treat and heal depression from which she was then suffering.

A raw food living program enables people to attain optimum health and vitality and provides the best chance to prevent and fight many sickness and diseases common in society today.

Raw foods are foods that have not been heated or processed in any manner. Raw food can be dehydrated provided the temperature does not exceed 104 degrees Fahrenheit. The point of this is to keep all the enzymes and nutrients intact so your body can receive all the food has to offer. By processing and cooking food many important enzymes are destroyed and nutrients deteriorate.

Rosemarie educates the benefits of implementing raw food to heal. She practices as a Naturopath, holistic counselor and meditation teacher, and integrates all these aspects in her practice to assist her clients to be healthy and to encourage healthier lifestyles.

If you are feeling tired, worn out, lethargic or simply not performing at your maximum ability, it is almost certain that what you eat is the cause. It is not easy to resist eating cooked foods at first, be patient and have persistence and a willingness to choose positive outcomes and being healthy. Take your raw food challenge one day at a time.

Rosemarie believes that a regular raw food cleanse over 14 days should be done at least 4 times a year, even if you are in good health. The raw food cleanse gives the body the opportunity to cleanse deeply, purging toxicity from the blood and tissues and rejuvenating the cells within the body. People who undertake the raw food cleanse experience physical and psychological changes including greater alertness and concentration, clearer skin and eyes and improved sense of well-being and vitality.

In today's world there are many preventable diseases. Obesity is becoming an epidemic together with its associated conditions including diabetes, cancer and heart disease. Obesity results from poor eating habits and lack of exercise. Raw food can reverse these conditions.





Consuming nothing else but large amounts of RAW fruits, vegetables, nuts, seeds, herbs, olive oil, mineralized salts and apple cider vinegar over at least 3 months (preferably longer) allows the human body to be supported by the enzymatic content of living foods. It provides an abundance of fiber for our intestinal health and high amounts of essential vitamins and amino acids. When the body has necessary vitamins and minerals the body will begin to heal itself. Raw food then becomes the medicine.

To consume large amounts of green leafy vegetables it is often advisable to make a 'green smoothie'. This involves blending 3 cups of any green leafy vegetables with 1 cup of fruit and adding one or two cups of distilled water to make the consistency of your liking. This can become a meal replacement and is a great start to your raw living program.

Everyday make conscious decisions about what you eat. We all need to ask ourselves "Am I going to eat food today that benefits my health and well-being?" or "Am I going to eat food that may cause illness and early death?" We all have the capacity to make this choice.

Our food contains natural medicine, something we should all be consuming on a daily basis. When we are consuming our medicine from our raw food living, our bodies have what they need to heal what is wrong and fight off what is trying to take us over.

Hippocrates once said: "Let thy food be thy medicine, and let thy medicine be thy food."

Rosemarie Walmsley: "We are evolving beings with an expanding consciousness and it gives me great joy to see positive changes and a new founded expression in all my clients."

Contact Info:

Rosemarie Walmsley
Naturopath, MELBOURNE Raw Food Coach, & Holistic health counsellor.
Naturopath, Meditation Teacher, Detox Consultant.

Email address: Rosemarie Walmsley [rmmamet@gmail.com]

MAURITIUS AUSTRALIA CONNECTION

Mauritius Australia Connection
PO Box 8605
Carrum Downs
Vic 3201
Australia

Phone: +61 412 018 505
E-mail: clancy@cj.net
Published by Mauritius Australia Connection © 2010

*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.*

CJP

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/>



IASbet.com Fixed Odds Specialist
Better Prices, Bigger Payouts

For the horse racing enthusiasts, you can get the latemail for Melbourne & Sydney Racing at
<http://www.cj.net/melb.htm>

The Mauritius Australia Connection web site receives in excess of 4500 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.

If you did not receive this newsletter directly from us, you subscribe to it by joining our mailing list at

<http://groups.yahoo.com/group/rougaille/join>

Or send us an email at clancy@cj.net



Foods from Mauritius
Visit <http://ile-maurice.tripod.com>