

# THE ROUGAILLE CONNEXION

Volume 03, Issue 9

November 2010

## THROWAWAY AND HOARDING SOCIETY

We are now a society addicted to “throwaway habits” and many of us are anesthetized to the consequences . In Britain, every man, woman and child in the country combined produces enough waste to refill London’s Royal Albert Hall every two hours. According to the British EPA, only 30 percent of this trash is recycled or composted, 13 percent is incinerated, and the remaining 57 percent ends up in landfill. In 2006, total plastics consumption in Australia was 1,533,475 tonnes, of which only 244,011 tonnes (15.9%) was recycled – that’s enough plastic to fill the MCG five times.



All the stuff we throw away represents just a small amount, given that for every garbage bin of waste we put out on the nature strip, seventy additional bins of waste were produced upstream in production and distribution to make the waste in your garbage bin.

And the stuff we throw away is just half of the waste. The other half is all the stuff we buy and never or rarely use. Think, for a moment, about something you bought that you never ended up using. An item of clothing you never ended up wearing ? A book you never read ? Some piece of electronic equipment that never even made it out of the box ? It is estimated that Australians alone spend on average \$10.8 billion AUD every year on goods they do not use-more than the total government spending on universities and roads. That is an average of \$1,250 AUD for each household. All the things we buy that then just sit there gathering dust are waste—a waste of money, a waste of time, and waste in the sense of pure garbage. The difference between the stuff we buy and what we use is waste. Trash and storage are just two different endgames of the same problem.



### Inside this issue:

Join Rougaille Network	1
Clarel Betsy	2
Air Mauritius Specials	3
Mauritian Cuisine	4
Genetic Cancer	5
Madeleine Philippe CF	5
3 SER Mauritian Radio	6

### Special points of interest:

- Air Mauritius specials
- Clarel Betsy & Pianorama
- Subscribe to Rougaille
- Mauritian Cuisine & East India Companies
- Dad’s genetic inheritance
- Visits to [www.cjp.net](http://www.cjp.net) tops 4000 daily



## KEEP IN TOUCH-SUBSCRIBE

The number of daily visits to our web site is now topping 4000 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](http://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>

## Clarel Betsy honours Mauritius again with “Amelie”

CLAREL BETSY'S "MO AMELIE" , AFTER TRINIDAD AND TOBAGO, LONDON, HONOURS HIS COUNTRY MAURITIUS ONCE AGAIN AT THE COMMONWEALTH PIANORAMA IN EDINBURGH ON NOVEMBER 16th

Last year in July, Mauritian Clarel Betsy's piece of music, ' Mo Amelie ' was chosen to represent his country in Trinidad and Tobago in November 2009, at the 53 Commonwealth Head of Governments meeting in Pianorama.

On January 24th 2010, Clarel was again one of the three guests of honour for the UK premiere of Commonwealth Pianorama, at the London Princess Alexandra Hall, where his piece was performed. His one minute piece was performed by one of the most brilliant Commonwealth pianists, Sean Jackson (refer to photo). Clarel Betsy also had the pleasure of being chosen to announce to the crowd that Mauritius would greet the 53 Head of Governments meeting in 2015. 'We will be most happy to greet you there and convey the unique Mauritian sense of hospitality to you.....my country, multicultural, is a unique example to the world' were some of the words addressed to those present, before Sean Jackson played the first riffs of 'Mo Amelie' he said.



November 16th will be another important moment to date in Clarel's career where he will represent his beloved Mauritius in Edinburgh.

Commonwealth Pianorama includes 53 one minute piano pieces, performed by one pianist for each Commonwealth country. A relay of pianists with simultaneous colourful PowerPoint presentation about each country and composer.

For further information contact:  
Alison Cox  
Founder and Musical Director  
The Commonwealth Resounds  
[www.commonwealthresounds.com](http://www.commonwealthresounds.com)



C.Stallenberger  
Communication

For punters who enjoy a bet on Melbourne and Sydney Horse Racing visit <http://www.cjp.net/melb.htm>

You can also access the best bets for the day and bet on your mobile at <http://www.cjp.net/mobmelb.htm>

 **\$100 free bet\***  
\*Conditions apply

Only bet what you can afford to lose.



## Air Mauritius has special flights via Melbourne, Perth & Sydney



Air Mauritius:  
[www.airmauritius.com](http://www.airmauritius.com)

Melbourne: Level 7,  
 246 Bourke Street, Vic 3000 03  
 9251 5047 Email: [mkmelbourne@airmauritius.com](mailto:mkmelbourne@airmauritius.com)

Sydney: Level 18,  
 Suite 1805, Australia Square Tower,  
 246 George St., NSW 2000  
 Email: [mksydney@airmauritius.com](mailto:mksydney@airmauritius.com)

Perth: Level 3,  
 178 St George Terrace, Perth,  
 WA 6000  
 Email: [mkperth@airmauritius.com](mailto:mkperth@airmauritius.com)



Maryanne Perera  
 Sales & Marketing Executive  
 Air Mauritius (Australia)

Destination	Price As From	Class of Travel	Ticket By	Travel Period
Perth - Mauritius	AUD 1,080 *	Economy	15.11.10	Return by 04.12.10
Perth - Nairobi	AUD 1,835 *	Economy	31.03.11	01.10.10-31.03.11
Perth - Cape Town / Durban / Johannesburg	AUD 1,865 *	Economy	31.03.11	01.10.10-31.03.11
Melbourne - Nairobi	AUD 2,195 *	Economy	31.03.11	01.10.10-31.03.11
Sydney - Nairobi	AUD 2,210 *	Economy	31.03.11	01.10.10-31.03.11
Melbourne - Cape Town / Durban / Johannesburg	AUD 2,225 *	Economy	31.03.11	01.10.10-31.03.11
Sydney - Cape Town / Durban / Johannesburg	AUD 2,245 *	Economy	31.03.11	01.10.10-31.03.11
Perth - Europe	AUD 1,730 *	Economy	31.03.11	01.10.10-31.03.11
Melbourne / Sydney - Europe	AUD 1,990 *	Economy	31.03.11	01.10.10-31.03.11

\* Fares inclusive of taxes and surcharges.  
 Confirm schedules and fares with your travel agent or Air Mauritius.

Confirm prices and availability with Air Mauritius or your travel agent

**PLEASE NOTE:**

The above fares are subject to change & flight availability. Taxes & fuel surcharges are based on prevailing exchange rates & do fluctuate day to day - exact amount will be re-calculated on day of booking & final payment.

**MSA Travel for all your travel needs 03 9773 9537 Email: [travel@msatravel.com](mailto:travel@msatravel.com)**

**Mauritius Holidays 03 9597 9877 Email: [travel@mauritiusolidays.com.au](mailto:travel@mauritiusolidays.com.au)**



[Clubs & Associations](#)



[Newspapers from Mauritius](#)



[Recipes from Mauritius](#)

## Historical backdrop to Mauritian Cuisine-East India Companies

The eating habits of the Mauritians inevitably reflect the ethnic diversity of its people: Creole rougailles, Indian curries, Muslim bryanis, Chinese sweet-and-sour pork, French traditional dishes, English bacon and eggs, ..... you name it, you'll get it there. The importance of Ile de France and Mauritius in the conduct of business by the colonial empires within the Indian Ocean ensured that culinary cultural diversity followed, through the settlers and colonial establishments.

Basic ingredients of the Creole cuisine are the tomatoes (known as pommes d'amour), onions, ginger, garlic and chillies. Nothing beats a rougaille saucisses or a cari poule. Palm heart and camarons (giant prawns), daubes, venison and wild boar are favourite items of French cuisine. Fresh fish and seafood set the keynote for Chinese cooking. The traditional blends of home crushed spices are the sauce base for mouth glowing Indian curries. The delicate blend of spiciness and subtle mix of ingredients constitute the setting for the event-related Muslim cuisine. Local vegetables and fruits abound all year round in a colourful selection of mouth watering delights. Mauritius was one of the earliest multi cultural cuisines to have evolved through settlement that occurred in Mauritius, arising from the key role that Mauritius played in the evolution of commerce within the Indian Ocean region. This slice of history is worth visiting.



Soon after the defeat of the Spanish Armada in 1588, a group of London merchants presented a petition to Queen Elizabeth I for permission to sail to the Indian Ocean. The permission was granted and in 1591 three ships sailed from England around the Cape of Good Hope to the Arabian Sea.

One of them, the Edward Bonaventure, then sailed around Cape Comorin and on to the Malay Peninsula and subsequently returned to England in 1594. In 1596, three more ships sailed east; however, these were all lost at sea. Two years later, on 24 September 1598, another group of merchants, having raised £30,133 in capital, met in London to form a corporation. Although their first attempt was not completely successful, they nonetheless sought the Queen's unofficial approval, purchased ships for their venture, increased their capital to £68,373, and convened again a year later. This time they succeeded, and on 31 December 1600, the Queen granted a Royal Charter to "George, Earl of Cumberland, and 215 Knights, Aldermen, and Burgesses" under the name, Governor and Company of Merchants of London trading with the East Indies. The charter awarded the newly formed company, for a period of fifteen years, a monopoly of trade (known today as a patent) with all countries to the east of the Cape of Good Hope and to the west of the Straits of Magellan. Sir James Lancaster commanded the first East India Company voyage in 1601.

Initially, the Company struggled in the spice trade due to the competition from the already well established Dutch East India Company. The Company opened a factory (trading post) in Bantam on the first voyage and imports of pepper from Java were an important part of the Company's trade for twenty years. The factory in Bantam was closed in 1683. During this time ships belonging to the company arriving in India docked at Surat, which was established as a trade transit point in 1608. In the next two years, the Company built its first factory in the town of Machilipatnam on the Coromandel Coast of the Bay of Bengal. The high profits reported by the Company after landing in India initially prompted King James I to grant subsidiary licenses to other trading companies in England. But in 1609 he renewed the charter given to the Company for an indefinite period, including a clause which specified that the charter would cease to be in force if the trade turned unprofitable for three consecutive years.



Similarly, a French equivalent of the East India Company, 1664-1769, a commercial enterprise was planned by Jean Baptiste Colbert and chartered by King Louis XIV for the purpose of trading in the Eastern Hemisphere. It failed to found a colony on Madagascar but established ports on the nearby islands of Bourbon and Île-de-France (now Réunion and Mauritius). By 1719 the company had established itself in India but was near bankruptcy. In that year it was combined under John Law with other French trading companies to make the Compagnie des Indes (see Mississippi Scheme). It resumed independence in 1723. With the decline of the Mughal empire, the French found it necessary to intervene in Indian political affairs to protect their interests. From 1741 the French under Joseph François Dupleix pursued an aggressive policy against both the Indians and the English until they ultimately suffered defeat by Robert Clive.

Recipes from Mauritius are available at <http://ile-maurice.tripod.com>

# Dad's Side Important in Breast Cancer History

By Katrina Woznicki WebMD Health News <http://www.webmd.com/>

Study Shows Women Should Pay Attention to Paternal Family History for Breast and Ovarian Cancer

Reviewed by Laura J. Martin, MD

Oct. 25, 2010 -- Health care professionals sometimes overlook a family history of breast and ovarian cancer on the father's side of the family when evaluating a patient, suggesting that some women may miss opportunities for genetic testing and screening, according to a new study.



Jeanna McCuaig, a researcher at Princess Margaret Hospital in Toronto, and colleagues used patient records to compare the number of patients referred with maternal and paternal family histories of breast or ovarian cancer. Women with a maternal family history of cancer were five times more likely to be referred to specialists. The findings are published today in the online edition of *The Lancet Oncology*.

According to the authors, 5%-10% of breast and ovarian cancer cases are due to BRCA1 or BRCA2 genes. Women who carry these genetic mutations face a 55% to 87% increased lifetime risk of breast cancer and a 20% to 44% increased lifetime risk of ovarian cancer. Both men and women who carry the BRCA1 and BRCA2 genes have the same 50% risk of passing these genetic mutations on to their children.

"Many remain unaware that these women might have inherited the mutated gene from their father ... and might not routinely collect this information from their patients," McCuaig and colleagues write. "Deficits in knowledge among healthcare providers and the general population about the inheritance patterns of BRCA1 and BRCA2 gene mutations could result in missed opportunities for genetic testing and cancer prevention in individuals with a paternal family history."

[Familial Cancer Centre](#) offers genetic testing at the Peter Mac-Callum Cancer Centre in Melbourne, Australia.

## Father's Transmission of Genetic Mutations

Every year, more than 690,000 women in developed countries are diagnosed with breast cancer and 189,488 die from the disease, McCuaig and her team report. An additional 100,254 of ovarian cancer cases are diagnosed worldwide each year with about 64,466 deaths. As many as 30% of women who are diagnosed with breast or ovarian cancer have a family history of cancer, according to the researchers.

"With an increased awareness by healthcare providers of the potential paternal transmission of BRCA1 and BRCA2 gene mutations, together with their ability to provide accurate risk assessments, fewer opportunities for cancer prevention will be missed," McCuaig and her team write.

Elizabeth A. Poynor, MD, a gynecologic oncologist and pelvic surgeon at Lenox Hill Hospital in New York, notes that the study results have important implications for health care providers. "The authors of this study have demonstrated that the paternal, or father's side of the family tree may be frequently under evaluated, potentially leading to an under recognition of cancer risk in women," Poynor says in a news release. "The study reinforces the importance of obtaining the appropriate three generation family history of cancer and other illnesses as well as the importance of educating primary care providers and women about cancer risk identification."

## Madeleine Philippe Cancer Foundation (Aus) Inc.

Raising breast and ovarian cancer awareness through sharing knowledge and experience.

"*Madeleine Philippe received a call from her doctor in December 2006 to be told that she had breast cancer. That's when your world falls apart and the moment when Annabelle, our grand daughter literally hurled herself backwards and hit the wall with disbelief. I was numbed to find that breast cancer was with us and not something that others had. Madeleine herself was shocked and I could see tears running down her cheeks....*" Clancy Philippe

Read her story at [www.mpcfaus.org](http://www.mpcfaus.org)

"So that we may help others and save lives."



## MAURITIUS AUSTRALIA CONNECTION

Mauritius Australia Connection  
PO Box 8605  
Carrum Downs  
Vic 3201  
Australia

Phone: +61 3 8707 1946  
E-mail: [clancy@cj.net](mailto:clancy@cj.net)  
Published by Mauritius Australia Connection © 2010

*Linking the Mauritian Community in Australia [www.cj.net](http://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](mailto:clancy@cj.net) with your feedback.*

# CJP

Access our web site at  
[www.cj.net](http://www.cj.net)

**97.7fm**  
Sound of the South East  
**CASEY**  
**3SER**

3SER Mauritian Radio  
Mondays 8.00-9.00pm  
from Melbourne, Victoria,  
Australia.  
Coordinators:  
Gisèle & Ignace Ducasse



 **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 4000 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](mailto:clancy@cj.net)*



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