

# THE ROUGAILLE CONNEXION

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November-December 2012

## It's already Xmas and New Year *by Clancy Philippe*

*Another year gone and another one coming!*

Time flies past with the blink of an eye. It was only yesterday that we were celebrating the new year 2012. We are all the older and hopefully wiser. For many, 2012 has been a tough one. Many have lost loved ones or been made redundant. Others are battling health issues. Life seems to get complicated these days. The incidence of cancer has reached epidemic proportions. Every week almost, we are told of someone we know who has been diagnosed with this dreadful disease. I know this only too well having lost my wife Madeleine in 2011 to cancer. The pain and grief will never go away.



So what is in store for us in 2013. According to Chinese astrology, the year 2013, beginning from February 10, 2013 and extending to January 30, 2014 in the western calendar, can be called the Year of the Snake. According to the Chinese belief, snake is linked with the element fire. Like fire, snake generates the positive feelings of light, warmth and comfort. But it also has negative properties, easily burning and destroying if treated without respect and love.

Talking about respect and love, these are of the utmost importance in navigating through the turmoils of modern day living. Without respect and love for each other, your world is empty bar the materialistic comfort of money and possessions. You may be a billionaire. Yet without love and respect for each other, your world is empty. There is no shop where you can walk in and buy happiness. This happiness can only be derived from respect and love for each other.

End 2012 by reflecting back on the year gone and take the time to look around you. Are your loved ones happy? Are you happy yourself? If not, please do the little things to remedy the situation. It can be as simple as saying to your loved ones, "I love you." To quote Elizabeth Kubler-Ross, "I have never met a person whose greatest need was anything other than real, unconditional love". May 2013 be a good and enjoyable one for you and your loved ones.

### 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](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>



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### Special points of interest:

- Update from MK-Working Party
- Sabrer le Champagne
- Xmas Pudding
- Visits to [www.cjp.net](http://www.cjp.net) top 4500 daily

Recipes by Madeleine Philippe

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

## Xmas Pudding—Microwave Recipe

Christmas was once the time for celebrating the birth of Jesus. These days with political correctness gone wrong, we are celebrating "Happy Holidays". What does this mean? Nothing. Absolutely nothing!!

No wonder that in the modern day world of iPads and other modern day conveniences, we have lost our compass and are heading for nowhere. There is nothing wrong with modern day technology. I have all this gear myself. However, we have lost touch with faith, love and respect for each other.

So let us not be afraid to celebrate Christ's birthday and wish our loved ones and friends a "A Very Merry Xmas and Happy New Year". When you choose your Xmas & New Year cards, please choose the ones containing a reference to Christ, Mary & Joseph. A very Merry Xmas and a Happy New Year to you and your loved ones. I love you too.



### Ingredients:

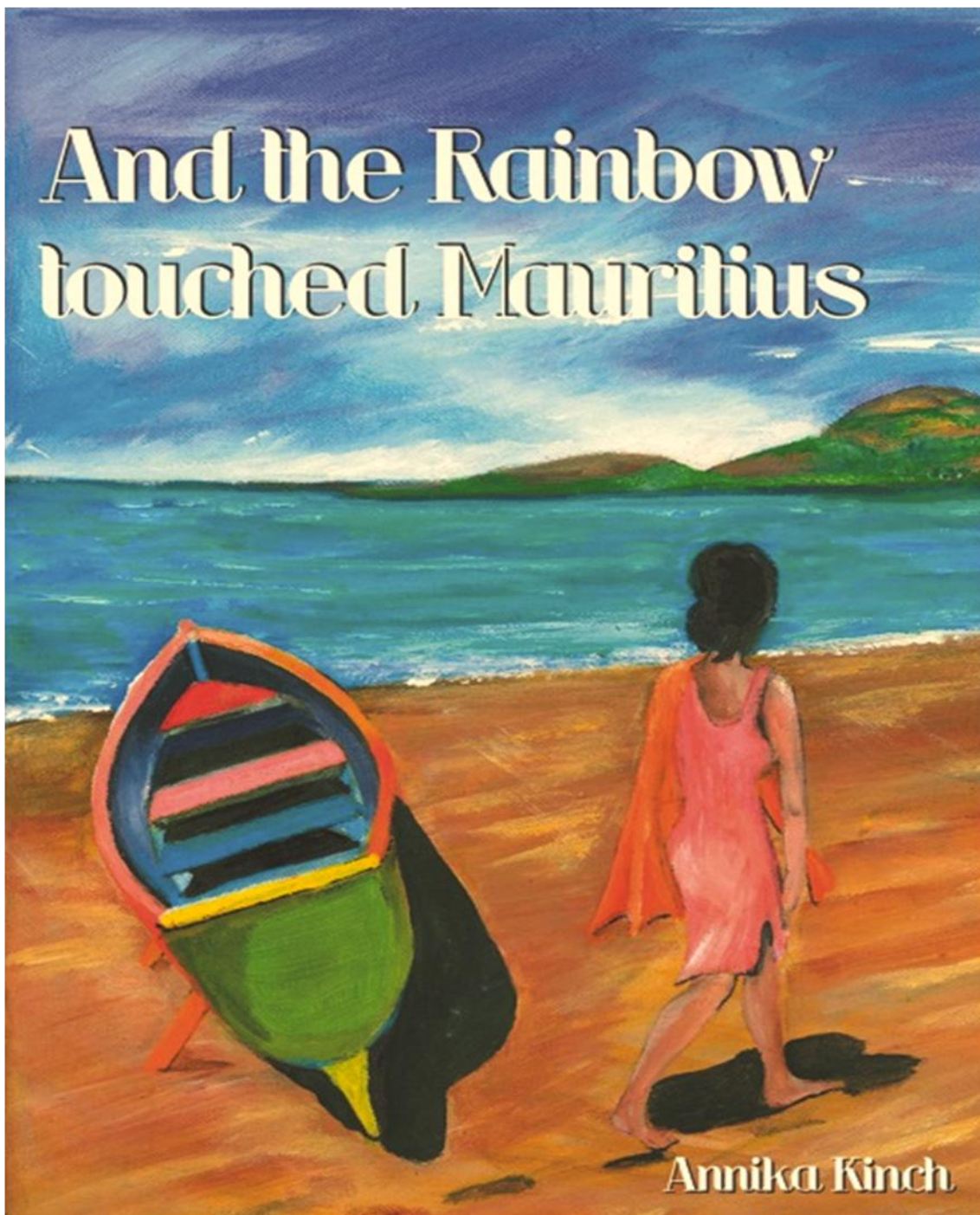
1. 1/2 cup plain white flour
2. 1/2 cup sultanas
3. 1/2 cup raisins chopped
4. 1/3 cup currants
5. 1 tablespoon chopped glace cherries
6. 1 apple peeled, cored & grated
7. 1 small carrot peeled and grated
8. 1 tablespoon mixed peels
9. 1/3 cup blanched almonds chopped
10. 1 grated lemon rind
11. 1 grated orange rind and juice from orange
12. pinch of salt
13. 2 eggs beaten at room temperature
14. 1/2 teaspoon mixed spice
15. 1/4 teaspoon cinnamon powder
16. 1/4 teaspoon grated nutmeg
17. 1/3 cup brown sugar
18. 1/2 cup bread crumbs
19. 1/2 cup suet mix
20. 1/3 cup beer
21. 2 tablespoons whisky
22. 1 tablespoon golden syrup
23. 2 teaspoons vanilla essence



*When you will be celebrating Xmas and the New Year, enjoying this microwave cooked Xmas Pudding, please remember Madeleine and say Cheers to her for leaving us with all her recipes and many more to go online.*

### Method:

1. Mix well together the dried sultanas, currants and chopped raisins, grated lemon and orange rinds, mixed peels, chopped almonds and orange juice. Add the grated apple and carrot. Blend well together.
2. In a separate bowl, sift the flour, salt and cinnamon powder. Add the remaining spices and mix well together.
3. Add the flour mixture to the fruit mixture and blend well. Add the sugar, bread crumbs and suet mix. Mix well together and gradually add all the remaining ingredients. Blend the mixture well together by hand.
4. Spoon mixture into a 1 litre microwave proof pudding dish. Cover tightly with plastic wrap and allow to stand overnight.
5. Place in microwave oven, loosen plastic wrap and cook under high for 8-10 minutes, or until cooked. Test by inserting a skewer. If skewer comes out dry, pudding is cooked.
6. Allow to cool. Unmould by carefully inverting onto a serving dish.
7. Reheat under high in microwave for 2-3 minutes before serving.
8. Serve with custard or ice cream.



*“Annika Kinch puts together a novel which renders its readers nostalgic about the story of Kunta Kinte. It stands out as a pioneering piece of work, since never before has the slave legacy of Mauritius been described in such humane words and with so much emotion.....”*

Amit Bhoonah-Author of “Mauritians of the second world war”.

For more information, please access [www.annikakinch.com](http://www.annikakinch.com)  
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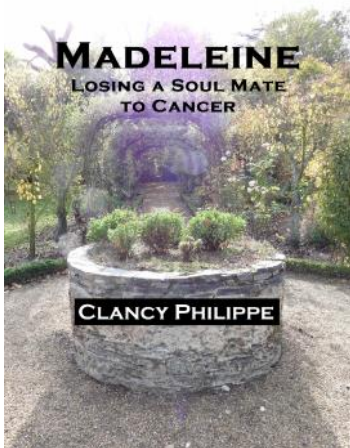
## Jacqueline Celestin-Corentin

"I am an authorised Civil Marriage Celebrant based in Melbourne, Victoria. I can also travel interstate through the whole of Australia.

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Please check my website for more details [www.melbournecivilcelebrant.tk](http://www.melbournecivilcelebrant.tk) or ring me on 0417542840 home 03 95460756.



### 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](http://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.



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## Histoire de Sabre

Le Champagne, vin des Rois sous l'ancien régime, se démocratisa sous la Révolution et l'Empire. Le sabre et l'épée, apanage des nobles et des officiers, étaient les accessoires obligés des militaires ainsi que de nombreux corps de métiers et fonctionnaires impériaux.

Le sabre et le champagne participeront peu à peu aux fêtes célébrant les nombreuses victoires de la période triomphante de l'Empire car la mode est alors de casser le col des bouteilles, à pied ou à cheval, d'un revers de sabre : d'où l'expression «sabler le champagne».

A l'heure actuelle, et afin de respecter les traditions françaises de la gastronomie, il est impensable de se séparer sans déguster une bouteille de champagne ; également de nos jours maintes occasions sont prétextes à savourer ce vin si propice à l'exaltation des sentiments et à l'euphorie. Néanmoins, si vous souhaitez amener un regain d'enthousiasme et de bonne humeur supplémentaires, sabrez votre bouteille de champagne ou enseignez la technique à un de vos proches suivant les conseils ci-après de Claude Dozorme.



*Clancy Philippe sabre le champagne*

### Le sabrage : une technique

Sabrer une bouteille de champagne est un exercice sans aucun risque. Il vous suffit de suivre quelques règles élémentaires énoncées ci-dessous :

1. **Enlevez délicatement le muselet du bouchon et déshabillez le col de la bouteille.**
2. Repérez le filet de long de la bouteille (marque verticale obtenue au cours de la fabrication de la bouteille lors de l'assemblage des deux parties) ainsi que le bourrelet près de la collerette : c'est à l'intersection que vous devrez frapper en suivant les étapes ci-après.
3. Tenez bien fermement la bouteille, le bouchon vers le haut.
4. Posez le bout du sabre à plat sur le filet, le dos de la lame vers le bouchon.
5. Faites glisser le sabre le long du filet d'un mouvement ample. La pression dans la bouteille étant de 6 kilos, il est inutile de forcer, il suffit simplement d'accompagner le bouchon et sa collerette dans leur envol.



Voir le video.

<http://www.youtube.com/watch?v=-LEbNHF-oyo>

Soyez prudent et éviter de pointer la bouteille vers les personnes présentes.

On peut aussi se servir du dos d'un long couteau assez lourd pour sabrer le champagne.

## Chat with Jocelyn Riviere -Chef at Woodlands Hotel in Coburg by Clancy Philippe

### Reflections on Mauritian Cuisine

I was a chubby baby so I always loved my food! I used to watch Mum cook and help out whenever I could.

I rate my Mum as one of the best cooks I have ever known! She knew a lot about flavour and balance & applied this knowledge to all of her dishes. As a child, I recall the excitement at meal times. My four brothers and I would queue up in the kitchen to see what Mum had prepared for dinner!

My all time favourite dish without doubt are the curries. Flavours abound in the Mauritian Curry; cumin, tomato, ginger, curry leaf, chilli. It is an amazing mix & balance of flavours.

I have always had a passion for & a love of cooking! Early on, I knew that this is what I wanted to do for a living. I had lots of cooking experience, preparing meals for Mum before she got home from work each night, whilst I was at school. I was even offered a job after work experience in Year 9. That was the first time I set foot into a commercial kitchen and I have never looked back.

I have been a chef now for about 23 years, so I have worked with a lot of chefs from all around the world. The last year of my apprenticeship I was lucky to land a job in a five star hotel in Sydney. The team were mainly English, led by Head Chef Michael Moore. He was an excellent teacher, mentor & motivator & he showed me the way to become a better chef.

I also had the privilege of working in London with famous chef, Simon Hopkinson at the renowned Bibendum Restaurant. I learnt 2 fold there, due to the many talented chefs that were part of the team.

My style seems to change over time. I am classically French trained, so I know the basics, it is like my roots. But recently, I have been introducing Mauritian flavours and constructing a new style at the Woodlands Hotel in Coburg. Not to mention, I have travelled the world trying different foods as part of different cultures which has definitely impacted on my style of cooking.

I love Australian food, it has come a long way. There are so many different styles and a variety of ways that dishes are reproduced with fresh and readily available produce.

At the Woodlands Hotel, I intend to take Mauritian food to another level, introducing it to many who have never experienced this type of cuisine before!

Just like any other cuisine around the world, there will always be the classic favourites; pizza, steak and chips, sushi. People will search for & find what they want to eat. Mauritian food on the other hand, has not been around much in Australia, except in our Mauritian family homes. It is exciting as a chef to be able to introduce some of our authentic Mauritian dishes onto the menu & have them received so well by diners. I consider my Mum's Duck Curry to be an absolute classic. I have been privileged to have my Mum pass on all of her knowledge of traditional Mauritian cooking to me, & in doing so, ensure that it will be around for another generation.

My advice to aspiring Mauritian chefs would be to go home and ask their Mums, Dads, Aunties to show them how to cook classic Mauritian dishes and to learn from them. There is no better way to learn, understand & appreciate our unique cuisine. To experience restaurant quality Mauritian dishes, I would invite them to come to the Woodlands Hotel in Coburg, Melbourne. They can always find the recipes on Madeleine Philippe's [Recipes from Mauritius web site](#).

My all time favourite Mauritian dish would have to be the Mauritian Duck Curry. You can see me cook it on the Mauritian Food Safari episode on SBS.

I am creating my own style which is constantly evolving on my menus. I always refer to a base dish and then add my own little twist to make it a bit different.

For those who have not tasted Mauritian Cuisine, I would tell them that the Mauritian dishes are going to be spicy, tasty and hot.

[Woodlands Hotel at 84-88 Sydney Road, Coburg, Melbourne, Vic 3058 Tel: \(03\) 9384 1122](#)

Tell them you read about Jocelyn on Mauritius Australia Connection & he will personally greet you.

[Recipes from Mauritius Web Site by Madeleine Philippe.](#)



*Clancy Philippe with Jocelyn Riviere*

## 2nd Communiqué from the Air Mauritius MK-Melbourne Round Table

### Improved transit arrangements implemented at Perth Airport by Air Mauritius

At the community Round Table of 23 October 2012 a resolution was passed to make representations directly to Air Mauritius and its major shareholders calling upon the airline:

- to honour its commitment to provide a totally seamless service between Melbourne and Mauritius; and
- to restore direct flights to and from Melbourne as a matter of priority.

The Round Table also undertook to prepare a submission based on facts and figures and citing risk to reputation, reasonable access and equity as key elements. Guided by these principles and clear directives a Working Party (WP) composed of Aldo Cimiotti, Clancy Philippe, Herve Mariole and Ricardo Balancy, has been actively researching and collating data and information necessary to prepare a well rounded submission. Following the initial communiqué issued from the Round Table on 24 October 2012 the working party had the opportunity to meet with Mr Steven Palombo (Air Mauritius Australia Manager) on 8 November 2012 to advance the first goal of getting Air Mauritius to provide a totally seamless service between Melbourne and Mauritius focusing particularly on the Perth Airport Transit. The issues raised by the community were communicated to Mr Palombo who undertook to consult with Perth Airport and begin to effect changes where appropriate.

The WP represented by Clancy Philippe and Ricardo Balancy also had the opportunity to outline the case for a seamless service and the ultimate return of Air Mauritius to Melbourne during a live studio interview with radio 3ZZZ on 17 November 2012. Following the live interview there was a pre-recorded broadcast of an interview with an executive of the airline. From the statements made by this official during the interview it became apparent to the WP and the broader audience that the Mauritian power base of the airline seemed to have no appreciation or understanding of the issues its passengers were facing during the Perth transit and the impact these were having on the airline's reputation. It is unclear at this stage whether the dismissive attitude displayed during the interview is indicative of the sentiments of the wider senior leadership of Air Mauritius. Based on the feedback received from the Mauritian community in Melbourne and Sydney the comments were not only poorly received but also did nothing to enhance the reputation of the airline.

Despite the MK assertions that there were no major issues with the Perth transit, the Working Party was contacted on 27 November 2012 by Mr Peter Cock, Executive General Manager of Operations and Customer Experience at Perth Airport, who was looking to better understand the issues raised by the Mauritian community. It must be said that this contact was made possible as a result of Mr Palombo's engagement with the Airport following the initial briefing. It is clear from the Perth Airport communication that they are keen to provide a high quality service to all their customers and in particular the ones travelling through Perth to and from Mauritius. A list of the issues as received from the community was provided by the WP to Mr Cock on 28 November and a copy also went to Mr Palombo.

On Tuesday 4 December 2012 the Working Party received an update from Mr Palombo advising that since his meeting with members of the WP there have been several actions put in place by Air Mauritius in collaboration with Perth Airport to assist with the customer experience while transiting through Perth. These include:

1. The recruitment of 2 Customer Service Assistants by Air Mauritius specifically to assist passengers moving between the domestic and international terminals. These staff are very familiar with the airport environment and have already commenced assisting passengers with directions, enquiries, and where possible with baggage - particularly the elderly passengers. These staff will be at the airport for every MK flight in our peak period of December and January.
2. Improved Directional Signage - whereby Perth Airport have implemented new directional signage in the terminals for the Terminal Transfer Bus.
3. Tenser barriers to assist bus queuing have been installed by Perth Airport 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.
4. Better co-ordination/management of connecting domestic flights whereby Air Mauritius reservations and sales staff are now advising passengers who make bookings to allow extra time for the transit - and where possible, encourage booking on earlier domestic flights within reason. 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. This advice will particularly assist elderly passengers.

*continued on page 8 .....*

## 2nd Communiqué from the Air Mauritius MK-Melbourne Round Table

### Improved transit arrangements implemented at Perth Airport by Air Mauritius

....continued from page 7

5. Greater interaction from “Yellow Jackets” - These are volunteer staff that work at Perth Airport and wear “Yellow Jackets” have been briefed on the volume of transfer passengers expected on MK flights and therefore are more actively assisting and aware of our passenger needs. This has already commenced. They are in communication with MK staff on flight days.

6. An updated document of popular questions and answers has been recently updated and uploaded to our website. This includes information on issues such as baggage restrictions, transfer busses, provision of meals, etc.

<http://www.airmauritius.com/mkexperience/beforetravel/MKVirginAustraliaQA.pdf>

7. Bus transfer time have officially been reduced down from every 50 minutes to every 20 minutes. MK are continuing to work with Perth Airport to reduce this further ASAP

**WORK IN PROGRESS - Please note that these are not yet in place and that there is no guarantee that they will be implemented**

1. **Baggage trolleys** - MK have requested assistance with the provision of baggage trolleys free of charge at certain collection points, specifically for transfer passengers. This is not the norm for Australian Airports so there is still some work to be done here, however Perth Airport are receptive to the idea.

2. **Customs processing** - MK have spoken to Australian Customs in regards to the supply of the Australian Customs forms in French - for both inbound and outbound passengers. MK are trying to get large volumes to be sent to Mauritius for passengers arriving back into Australia.

3. **Transfer desk in international terminal (a KEY improvement)** - MK have requested that Virgin Australia set-up a transfer check-in desk at the international terminal to avoid transiting passengers having to carry their baggage from international to domestic terminals. Virgin is assessing this request and will advise. This is really a decision for Virgin as it involves their staff, systems and investment.

Mr Palombo who has demonstrated leadership and professionalism in dealing with the community's concerns has reiterated that "these actions have been implemented specifically to assist the Mauritian community with its travel in a conscious effort to improve their travel experience. I am confident that these measures will have a positive impact."

The WP recognises that the work done to date by the Australian managed component of Air Mauritius in collaboration with Perth Airport to resolve the issues faced by the loyal MK customers during the Perth transit will indeed go a long way towards establishing a seamless travel experience. Although it's early days and the full impact of the peak season is not yet being felt we seem to be heading in the right direction. A key issue that remains outstanding on the agenda is the transfer unaccompanied minors between the terminals.

With Goal #1 well under way to being achieved there remains Goal #2 which is to re-establish the MK flights to Melbourne. This is the ultimate aim for the community and despite Perth being identified by Air Mauritius senior management as a "hub" destination for MK into Australia, the WP will continue its work to have its draft submission ready for community input (via a second Round Table) very shortly. As already stated this submission will be based on facts and figures and will cite risk to reputation, reasonable access and equity as key elements.

Ricardo Balancy

MK-Melbourne Working Party

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Feedback from readers invited from travellers on Air Mauritius.

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## 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](http://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



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