

THE ROUGAILLE CONNEXION

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REFLECTIONS ON LIFE

It has been almost seven months since I lost Madeleine, my wife, best friend and faithful companion of 34 years to cancer.

I knew that it was going to be tough but not that tough. To use the words of Pierre Georges Télescourt “*Je faisais semblant de vivre mais je n’étais pas là. J’allais comme le bateau ivre au gré des flots de la vie. Ma vie était irrémédiablement cassée.*” Fortunately, whilst the grief and pain will never go away, you cope with the loss and the absence in easier ways with time.



What I have learned though is to focus even more on the real and meaningful priorities in one’s life. All too often, we get very upset on very inconsequential matters that do not really matter one way or another. What is important is your affection for your loved ones and their love for you. That does not mean that you can live on ‘love and fresh water’ alone like the well known French proverb says “*On ne vit pas d’amour et d’eau fraîche.*” You still need to address the realities of life like earning a living, taking care of your loved ones, having fun and having a roof over your head. Don’t ever forget to tell your loved ones how much you love them. Don’t wait until it’s too late. Spend quality time with them. They should be your top priorities.

However, over and above all take good care of your loved ones and be nice to your fellow human beings. There are so many cases of very lonely people around. They are unloved, have no one to love and no one to talk to. I am very blessed that I have people around me that I love, people that love me back and people that I can talk to. In addition, my life is very busy with doing things that I love and going to work is still something that I enjoy very much.

Please remember that getting people to love you, stems from your loving these same people in the first place.

Editorial by Clancy Philippe

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:

- Reflections on Life
- Book launch by Mirella Chauvin
- Subscribe to Rougaille
- Mauritian Restaurants Worldwide
- Visits to www.cjp.net tops 4500 daily

Recipes by Madeleine Philippe



Poulet Annabelle

Ingredients:

1. 1 kg chicken thigh fillets de-boned and skinned
2. 2 tablespoons fish sauce
3. 2 tablespoons light soy sauce
4. 2 tablespoons Worcestershire sauce (Lea and Perrins sauce)
5. 100 ml dry white wine or dry sherry
6. Salt & pepper to taste
7. 4 tablespoons vegetable oil



Method:

1. Skin the chicken thigh fillets, de-bone leaving the thigh fillet intact. Trim off any fat. Open up the thigh fillets and cut into two halves lengthwise. Season with salt and pepper to taste.
2. Mix the chicken thigh fillets with the fish sauce, light soy sauce, Worcestershire sauce and dry white wine (or dry sherry) well together. Cover and marinate in refrigerator overnight (or for at least 4 hours at room temperature). Turn over the marinated pieces at least once.
3. Heat up 4 tablespoons vegetable oil on high heat in a wok (or similar utensil) large enough to contain all the marinated chicken fillets. Carefully put in the thigh fillets and stir fry until light golden brown in colour. Cover, reduce heat to medium-high and allow to simmer for 10-15 minutes. Remove cover, gently stir the chicken fillets and allow to simmer until sauce thickens to your preference.
4. Transfer to a warmed serving dish. Serve with salads or pastas.
5. Alternatively, you can cut the cooked chicken fillets into bite sizes and serve as a snack with drinks.
6. Enjoy. One of our granddaughter's (Annabelle) favourite dishes.

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



Mauritian Seniors

Mauritian Genealogy

Mauritius Australia Connection Newsletters

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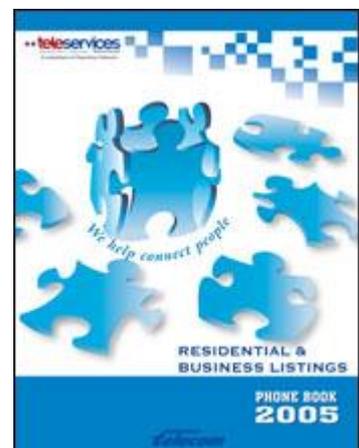
Soul Mates, Spiritual
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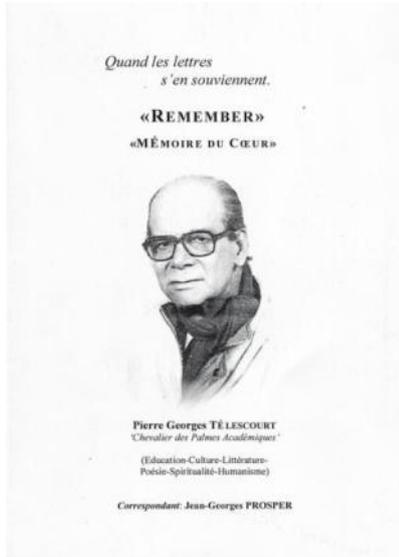
Mauritius Australia Connection

Your passport to the Mauritian Community

www.cjp.net



Remember Pierre Georges Télescourt



Pierre Georges Télescourt is part of that elite group of Royal College of Port Louis (RCPL) teachers who did more to build a nation and formed future contributors not only to the Mauritian society but the greater community worldwide.

I had the privilege to attend RCPL where I was moulded, formed, educated, disciplined and brought up with a sense of accountability, fairness and respect for others. Over and above all, attending RCPL under the watch of teachers such as Murat, Bell, Télescourt, Richard, Florent, Belcourt, Bennett, Bancilhon, Gopaul and Bastide remains among some of the best times of my life.

Pierre Georges Télescourt went the extra mile in that he was totally dedicated to his craft and to his students. The disadvantaged ones were invited to free private lessons in his home on Saturdays.

It is therefore a fitting tribute that we celebrated on Saturday 3 September 2011 at the Alliance Française in St Kilda, Melbourne the launch of the book <REMEMBER> Mémoire du Coeur by Jean-Georges PROSPER.



The following extract in French from Le Mauricien illustrates what the book is all about.



Mirella Chauvin launching the book

“La préface est signée par Mirella Chauvin, ambassadrice de Maurice en Australie, qui y apporte son témoignage personnel, en tant que nièce du poète. L’ancienne conseillère de la municipalité de Beau-Bassin/Rose-Hill explique en effet qu’elle se réjouit de pouvoir mieux connaître l’œuvre de celui qu’elle connaissait comme un tonton très respecté, mais dont elle ignorait beaucoup en tant qu’enfant. Pierre Georges Télescourt écrit des poèmes inspirés par l’humanisme et la foi, à l’instar des quelques vers qui ouvrent l’ouvrage sur le symbolisme de la rose : « Enfant de la terre promise / J’avais dans ma poitrine / Une rose qui s’ouvrait comme une gloire. Sang de cette terre chaude / J’ai nourri l’arbre de l’espoir / Planté comme une croix dans la pierre éternelle... » Cet extrait de Sang de cette terre donne une idée du classicisme de l’auteur, reconnu aussi comme un francophone averti.

Outre le poète, le présent livre salue l’éducateur qui a marqué des générations entières comme professeur au Collège Royal de Port-Louis. Mirella Chauvin explique que s’il a enseigné les langues (l’anglais et le français notamment), il a aussi consacré beaucoup de temps à transmettre des valeurs de respect mutuel à ses élèves. Il disait lui-même enseigner « le respect des différences sociales, l’écrasement des préjugés, et le fait qu’on est tous frères en ce bas monde ». S’il aimait tant la littérature anglaise ou française, il n’en était pas moins un Mauricien profondément attaché au pays auquel il a voué l’essentiel de sa carrière. “

You can order the book from Erik and Violaine Lloga

Email: Lloga_er@hotmail.com Tel: 03 9386 3817

Proceeds from the sale of the book will go to the “P.G. TELESCOURT EDUCATION FUND”



Travel Deals



Air Mauritius:

www.airmauritius.com

Melbourne: Level 7,
246 Bourke Street,
Vic 3000
03 9251 5047

Sydney: Level 18,
Suite 1805,
Australia Square Tower,
246 George St.,
NSW 2000
02 9394 1401

Perth: Level 3,
178 St George Terrace,
Perth, WA 6000
08 9442 6070

Please confirm prices
with Air Mauritius or
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Mauritian Foods in Dandenong, Vic, Australia



Green Coriander Cafe, Hub Arcade, Walker Street, Dandenong (near Dandenong Plaza), Vic, Australia



66 Hemmings Street, Dandenong, Vic, Australia

Mauritian dishes, including dal pouris and faratas can be purchased from Mauritian Food at 66 Hemmings Street in Dandenong. They also sell other Mauritian goodies such as achards and crushed chillies. This shop is run by the very popular Dario Lahausse. Similarly, Nitin Patrichot runs the Green Coriander Cafe in the Walker Street Hub Arcade in Dandenong (near Dandenong Plaza), where you can also purchase a variety of Mauritian dishes such as vindaye ourite plus other Mauritian goodies. The latter establishment also has a very nice restaurant setting where you can enjoy these Mauritian dishes.

Their Mauritian foods will bring to you this special Mauritian taste. Next time you want to enjoy Mauritian foods at home without the trouble to cook, just drop in and order some takeaways. Their prices are reasonable. In order to keep them going and offer more Mauritian foods at very competitive prices, drop in and support them. Tell them that you read about their establishments from the Mauritius Australia Connection-Web Site and they may give you a discount.

For info on Mauritian Restaurants & Shops Worldwide <http://www.cjp.net/resto.htm>

Meet the Committees of Management—Clubs & Associations



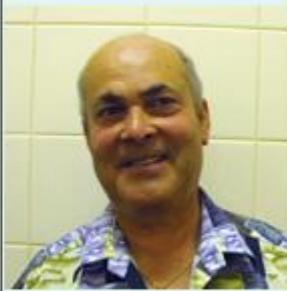
About The Seychelles Social Club of Melbourne Inc

A group of Seychellois has joined together in order to form a social club for the Seychellois community in Melbourne, Australia. On Sunday 6 October 2002, some sixty Seychellois and their friends gathered for a meeting/BBQ and resulted in the birth of the Seychelles Social Club of Melbourne Inc.

Committee Members

			
Maureen Jumaye President	Vivienne Barallon Vice President	Bertrand Gendron Treasurer	Sophie Stoman-Loizeau Secretary

Supporting Committee Members

			
Helen Hoareau	Margaret George	Freda Cogan	Donald Hoareau

You can contact the committee on email/telephone Maureen

email seyclubvic@yahoo.com web site: www.seyclubvic.com

Telephone on 61 (03) 9790 0491 or 0402 915402

PO Box 1243, Huntingdale Vic 3166, AUSTRALIA



http://www.youtube.com/watch?v=UUt8CUwrdVU&feature=player_embedded#!

The Shed Online is an online social community for men, founded by [beyondblue: the national depression initiative](#), [The Movember Foundation](#) and the [Australian Men's Shed Association](#).

Like the original Men's Sheds, The Shed Online is a place for men to socialise, network, make friends and share skills. It aims to recreate the atmosphere of "real life" Men Sheds - a safe space where men can feel confident to discuss and exchange information. The Shed Online aims to foster a sense of community and build men's social networks.

In addition to being a place for men to interact with other men The Shed Online also provides men with information on health and well-being. Good health is based on many factors including feeling good about yourself, being productive and valuable to your community, connecting with friends and maintaining an active body and mind. Becoming a member of The Shed Online gives men a safe environment where they can find many of these things in the spirit of "old-fashioned mateship".

[What is beyondblue?](#)



[beyondblue: the national depression initiative](#)

is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related disorders in Australia.

MAURITIUS AUSTRALIA CONNECTION

Mauritius Australia Connection
PO Box 8605
Carrum Downs
Vic 3201
Australia

Phone: +61 412 018 505
E-mail: clancy@cj.net
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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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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

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Foods from Mauritius
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