

# THE ROUGAILLE CONNEXION

Volume 07, Issue 5

September 2014

## The world is in a terrible mess

Those of you who watch the news daily cannot help but shudder to see so much anger and so many wars being fought in so many countries.

What you see the politicians say, what happens behind closed diplomatic doors and within bastions of world power are totally different from what is released for public consumption. We read about superpowers negotiating peace among warring factions, when these same people are supplying arms and other weapons of mass destruction to these same warring factions. Some former high profile politicians who previously were peace brokers, are now earning millions of dollars advising dictators on improving their public images.

I would suggest that you watch the 2005 film “Lord of War”, produced and directed by Andrew Nicol and co-produced by and starring Nicolas Cage. Cage plays an illegal arms dealer with similarities to post-soviet arms dealer Viktor Bout. This film was officially endorsed by the human rights group Amnesty International for highlighting the arms trafficking by the international arms industry. This is definitely compulsory viewing and it will grab you.

Defenceless populations and the under-privileged become “cannon fodder”. Intervention by the super powers only occurs when vested interests are at stake. No vested interests to defend, no intervention is deemed necessary. The world is well and truly in a terrible mess.

You may pretty well say that it has been like that for centuries. Well, it’s not getting any better. It’s getting worse.

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### Special points of interest:

- Advertising on Mauritius Australia Connection
- The Revivals in Australia
- Air Mauritius Special
- Visits to www.cjp.net top 4500 daily

### 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>



Recipes by Madeleine Philippe

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

## ***Croquettes de Volaille***

### ***Chicken bites in batter***

#### **Ingredients:**

1. 125 grams fresh chicken fillet
2. 2 teaspoons corn flour
3. 1 tablespoon fish sauce
4. Salt & pepper to taste
5. Oil (just enough to cover croquettes during frying)



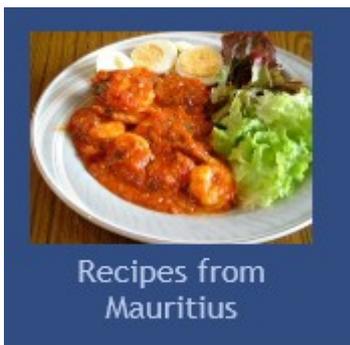
Madeleine Philippe

#### **Batter:**

1. 125 grams self raising flour
2. 2 eggs
3. 1 teaspoon salt
4. Water (In small quantities to obtain a thick batter)

#### **Method:**

1. Cut chicken into 1 cm (half inch) pieces.
2. Season the chicken pieces with the fish sauce, salt and pepper. Set aside to absorb seasoning. Be careful not to add too much salt.
3. Beat up the 2 eggs and 1 tablespoon water.
4. Mix the flour and salt. Gradually blend in the egg mixture. Add water little by little to obtain a thick batter consistency. It should just run off slowly from a tablespoon.
5. Add the corn flour to the chicken pieces and mix thoroughly. Mix the chicken pieces into the batter to uniformly coat every chicken piece.
6. Heat oil (enough to cover croquettes during frying) in a deep frying pan (carail) to simmering point. Reduce heat to low.
7. Spoon out the chicken pieces one at a time with a batter coating and drop into the simmering oil. Cook to a light golden brown colour.
8. Remove cooked croquettes, drain and serve hot with chilli sauce or sauce d'ail.
9. Enjoy, close your eyes and you see yourself in l'hotel Chinois Maurice.



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# FREE AS A BIRD!

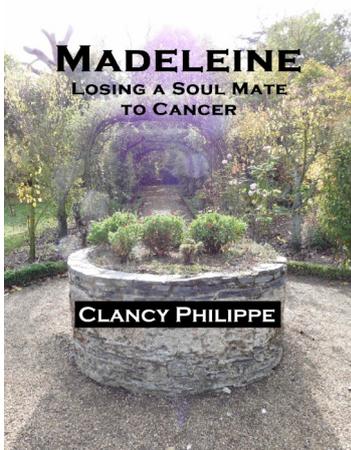
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**Losing a Soul Mate to Cancer**



*"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 Jan 2015.

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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**Your passport to the Mauritian Community**

[www.cjp.net](http://www.cjp.net)



## Curcumin Health Benefits



Curcumin is the principal ingredient of the spice turmeric that is well used in Mauritian cuisine. The very popular Mauritian “Achar de légumes” (vegetable pickle) owes its yellow colour to the turmeric powder that is used in its preparation. This ingredient has numerous health benefits.

Curcumin reduces inflammation, especially if taken long term. It also decreases post-operative and arthritic pain. It has also been reported to have anti-cancer benefits through the elimination of cancerous cells. If you are already suffering from cancer, curcumin might even make chemotherapy more effective and protect healthy cells from radiation therapy. However, always check with your medical practitioner.

Research by the University of Leicester has revealed that curcumin may significantly reduce the painful side effects of bowel cancer in patients undergoing chemotherapy. If you have a family history of cancer, adding curcumin to your diet is a must.

Curcumin also stimulates the liver’s own natural detoxifying enzymes and helps to emulsify fats in the digestive system to support liver and digestive health. It also improves the health of our heart and blood vessels.

There are many Mauritian dishes that include the use of turmeric. Improve your health and enjoy the delicacies of Mauritian cuisine by the preparation of meals that include turmeric as an ingredient.

In this respect, our famous and very popular “Achar de légumes” (vegetable pickle) must be one the most healthy antioxidant foods that we can consume. We should eat “Achar de légumes” everyday.

## The Afro Sounds of Grace Barbé come to Casula, Sydney, NSW

On her Australian national tour, music star Grace Barbé, is coming to Casula Powerhouse to light up the stage with her funky and soulful rhythms. Originally from the Seychelles and now residing in Perth, Barbé is the real deal, an exotic world music star with the talent, looks and voice to match. Having already performed at Australia's leading music festivals including Byron Bay Bluesfest, WOMADelaide and Woodford plus internationally at SAKIFO and IOMMA (La Reunion), Reggae Donnasa (Mauritius) and Carnivale Internationale de Victoria (Seychelles) Grace is already well on the way to becoming the next diva of world music in the tradition of Angelique Kidjo and Miriam Makeba.

Coming off some great success with her singles "Afro-Sega" and "Tou Lanwitt", the latter becoming a huge radio hit in Mauritius. A colourful and energetic fusion of tropical island rhythms with African percussion, reggae, pop, rock and Latin flavours, Grace's "Afro-Kreol" sound is original, fresh and funky. Her voice is a remarkably powerful instrument, and as a songwriter she has a rare and natural gift for rhythm and melody. Grace plays guitar and bass and sings in three languages; English, Kreol and French.

Director of Casula Powerhouse Arts Centre, Kiersten Fishburn says this is a great opportunity to see to see such a celebrated young artist in a venue like Casula Powerhouse.

"We are thrilled to have such an accomplished young talent here at Casula Powerhouse. With Grace's eclectic music fusing together so many different sounds, the show will be one not to be missed."

Liverpool Mayor Ned Manoun notes the diversity of the program at Casula Powerhouse, "I am constantly in awe of the high standard of programming at Casula Powerhouse over such a diverse cultural spectrum engaging all residents in Liverpool. Grace Barbé's performance is a quintessential example of this as it celebrates cultural diversity in a beautiful and creative way. "



**Grace Barbé When Friday 19 September, 8pm Saturday 20 September, 8pm**  
**Duration 90 minutes including interval. Cost All tickets \$20 including barbeque.**

# GRACE BARBÉ

**CASULA POWERHOUSE  
ARTS CENTRE**

19 and 20 September 8pm  
\$20 including free BBQ

**Bookings**

p. 9824 1121  
e. [reception@casulapowerhouse.com](mailto:reception@casulapowerhouse.com)  
w. [www.casulapowerhouse.com](http://www.casulapowerhouse.com)

1 Powerhouse Rd, Casula  
(Enter via Shepherd St, Liverpool)  
Or alight at Casula Train Station. Ample  
FREE parking





## WINTER ESCAPE SPECIAL PERTH TO MAURITIUS RETURN: \$1,339\* per person

**CONDITIONS:**

- Travel Departure: From 25 June to 30 November 2014, subject to seat availability. Waitlist is not permitted
- For sale / ticketing period: Immediately up to 30 September 2014
- Minimum Stay: NIL | Maximum Stay: 2 Months
- Applicable flights: Valid on Air Mauritius flights only
- \*Airfare includes taxes and surcharges correct as at 16 June 2014, subject to change
- Combination: Mixed booking class fares may be combined in the same cabin on a half round trip basis to form a return journey
- Cancellations: Ticket is not refundable

For more information contact your Travel Agent or Air Mauritius on  
Reservations Australiawide: 1800 AIR MAURITIUS (1800 247 628)  
Travel Trade Enquiries: 1300 332 077  
[www.airmauritius.com](http://www.airmauritius.com)

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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

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[www.cj.net](http://www.cj.net)

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Recorded program also available online weekly through  
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