Modern Living and Stress by Clancy Philippe

I have been around for a while and seen several generations of my own family, friends and others in their daily battle to survive in this very competitive world.

Stress is fast becoming very much part of our daily lives. I was brought up in an environment where mothers would be stay-at-home mums caring for the family and preparing home cooked meals. These days, it is virtually impossible to survive with only one bread winner in the family. With both parents working full time, the quality of life has suffered enormously with parents leading a very busy life and the children not getting the care and attention they deserve. I know many families who hardly spend time together not because they don’t want to, but because they have no time within their very busy lives for this.

Eating together at the dining table does not exist anymore for many families. Stress related diseases are on the increase and doctors are prescribing anti depressants and sleeping pills in increasing numbers, to victims whose only relief is through medication. Modern day pressures to “keep up with the Joneses” and find very temporary relief in materialistic pleasures is not a solution either. People need to reassess their lives and look at the real priorities. The real priority is about the welfare and happiness of your loved ones. What’s the point of Mum and Dad working so hard when they hardly spend quality time with their loved ones. Food for thought surely. Please think about this and make some adjustment within your lives to remedy this.
Bouillon Malgache
Beef Bouillon with Lettuce or Watercress

Ingredients:
1. 500 grams beef cubes - bite size
2. 400 grams canned whole peeled tomatoes
3. 4 cups chicken or vegetable stock
4. iceberg lettuce or watercress
5. 1 medium onion finely chopped
6. 2 tablespoons chopped coriander leaves
7. 2 tablespoons vegetable oil
8. 1 tablespoon crushed garlic
9. 1 tablespoon crushed ginger
10. salt and pepper to taste

Method:
1. Season beef cubes with salt and pepper to taste. Place in refrigerator until required. Finely blend the canned whole peeled tomatoes in a food processor or blender until well blended but not liquefied. Put aside.
2. Clean lettuce and coarsely cut 5-6 leaves lengthwise into 3 cm / 1 inch strips. If you use watercress, clean and cut into bite size sprigs (avoid the tough stems). You may adjust quantity used later on.
3. In a deep saucepan, big enough to contain the bouillon and its ingredients, over medium to high heat cook the finely chopped onion, crushed ginger and garlic in 2 tablespoons of vegetable oil. Cook until the onion pieces are cooked and become transparent. Add the blended tomatoes and mix well. Cover and allow to simmer over medium heat for 20-30 minutes or until the tomatoes are well cooked and the sauce is well blended. Season with salt and pepper to taste. You may add some hot water to prevent sauce from becoming too thick. Stir at frequent intervals to prevent the sauce from burning.
4. Add the chicken or vegetable stock and stir into the mixture. Cover and simmer over medium to high heat for 15-20 minutes or until the tomato sauce and chicken / vegetable stock are well blended and taste good. If necessary, season with salt and pepper to taste.
5. If serving immediately, add the beef cubes and simmer under cover over medium to high heat for 10-15 minutes or until beef pieces are cooked. If not serving immediately, you can pause the cooking and re-start 10-15 minutes before serving.
6. Place the cut lettuce leaves / watercress sprigs in a serving bowl big enough to contain the bouillon. Pour over the bouillon and cooked beef cubes. Allow to rest for 5 minutes.
7. Serve on rice. Enjoy with an appetiser such as chatini pomme d'amour or achard.
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This edition has been well received, with major book retailers selecting the book for inclusion in their book lists.

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The book “Madeleine - Losing a Soul Mate to Cancer” was first published in early 2012 both in Australia and the US. This first edition sold out very quickly. As many of you would recall, this book was written by Clancy Philippe who shared his grief and despair through writing, after he lost Madeleine to Cancer in February 2011, after a five year long battle.

Many readers have since been in contact with Clancy, sharing their own personal experience, grief and despair. Unfortunately, many never recovered from such a life challenge after losing a loved one. Many copies of the book were bought and shared with relatives and friends to assist them in coping with similar grief and pain, after the loss of a loved one.

Liz Coates writes: “What makes this book stand out above others is that the author has with great openness, honesty and often raw intimate details poured out his heart as he struggles in his efforts to save his wife from what turns out to be a terminal illness. After her passing, the reader is left feeling the emptiness, the loss and utter despair as if it was their own.

The remainder of the story will surprise and provide plenty of food for thought. There are few authors who can in the simplicity of their writing make the words smile through the tears. A beautiful never ending love story showing great courage from both sides of the divide.”

The new Australian Edition has been published, through print on demand by IngramSpark and is now available online from major book retailers, including Amazon and Book Depository. If you have any difficulties, please email Clancy at clancy@cjp.net or tel: 0412 018 505. From overseas +61412 018 505 to reserve a copy. In Australia, it is advisable to order direct from Clancy.
I performed for an aged care home in Bass Hill. The seniors were so welcoming and after
the show I paid a visit to a few bedridden seniors who couldn’t attend the show and I sang acapella to their favourite Elvis songs, I can tell you all that I was moved by
the warm welcome and joy they displayed when they saw me and when I sang, it actu-
ally brought tears to my eyes, no casinos nor corporate shows can bring me what I was
shown this afternoon, it truly touched me in so many ways, my hugs was so appreci-
ated and not to mentioned the hugs I received in return, Thank you to the lovely Kate
who looks after them for making my visit a permanent home in my heart, God Bless
their sweet souls.” Steve Jacques Du Casse.

Join him on Facebook: https://www.facebook.com/SteveKingLegendofElvis?ref=ts
Digne fils de Badoune Du Casse

“Hello My Name is Steve Jacques Du Casse alias Steve King As Elvis and I am the son of the late Mauritian legendary Entertainer the late Jose Ducasse alias Badoune who dominated the stage with Serge Lebrasse in the 1960’s, I would love the opportunity to bring my show (Legend Of Elvis) to Mauritius and perform at the Plaza in Rose hill as it holds so many memories for me watching my father making people happy on stage, I’m looking for sponsors, I have been speaking to Cyril Labonne in France he wants to come on board as well, I will also talk to Roger Clency and Serge Lebrasse to join the show, we can make this the biggest event in Mauritius and for me will be to pay homage to my late father Badoune, can you please put this on your facebook page and perhaps someone will know sponsors for us, Let’s do this, it’s my dream to come to my beautiful country were I was born, I now live in Sydney Australia and I’ve never been back, Here’s my page, and website


Ameenah Gurib-Fakim

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A well deserved nomination and a very worthy representative of the Mauritian people.
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Include these ingredients in your daily cooking. All present in Mauritian Cuisine.

**Cinnamon (Cannelle)**
Cinnamon has incredible health giving properties.
Studies have shown that it has anti inflammatory properties and blood sugar controlling benefits. You can have half a teaspoon of cinnamon powder in your morning coffee to enjoy the health giving properties of cinnamon.

**Cloves (Girofle)**
This spice contains powerful antioxidants, including anthocyanins and phenolic compounds. It also has antiseptic and germicidal properties, with digestive health benefits.

**Cumin (Ti lanis)**
Cumin has digestive health giving properties. It helps to keep blood sugar levels low and has been proven to regulate insulin and glycogen. It also stimulates the pancreatic enzymes that assist the digestion of protein, fats and carbohydrates.

**Fenugreek (Methi)**
Fenugreek seeds assist the body with lowering of blood sugar levels. It contains trigonelline and 4-hydroxyisoleucine that stimulate insulin production and reduce high blood sugar levels.

**Turmeric (Safran)**
Turmeric has incredible antioxidant properties. It also helps in lowering blood sugar levels, by blocking enzymes that change carbohydrates into glucose.
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.

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Published by Mauritius Australia Connection © 2010

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Recorded program also available online weekly through http://www.3zzz.com.au

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

Recipes from Mauritius Visit http://ile-maurice.tripod.com