



MCAO Newsletter

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PASSIONATE LONGEVITY - THE 10 SECRETS TO GROWING YOUNGER,

By Dr Elaine Dembe

TENACITY - Optimists are happier, healthier and live longer than pessimists

Strategies: Understand that we shape our reality through our brains interpretation of events and circumstances. Listen to your self-talk. Develop positive and life-affirming statements. See obstacles as challenges. Find a best story given the unchangeable facts, especially with loss. Reach out to supportive family and friends.

SOCIABILITY - Healthy relationships - Family, Friendships and volunteerism

Strategies: List 5 people with whom you'd like to improve your relationship and one action plan/step you would be willing to take. Develop friends who are aligned with your values. Those who are isolated, alone or detached from people can, over time, affect one's overall health. People need people. Join clubs. Find a cause or something close to your heart where you would like to give of your time.

PRODUCIVITY - Doing what you love, loving what you do.

Strategies: Working with a passion at something you love is life-enhancing. Find fulfillment at work. If you dream of making a career change, find a coach to help you on your journey. Every life should have meaning and a strong sense that what you are

This article is reproduced with the kind permission of Dr. Elaine Dembe, a celebrated Toronto chiropractor, author, motivational speaker and longevity specialist.

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doing is naturally right for you.

UNITY - Dealing with stress and the mind-body connection

Strategies: The more aware you are, the better you can assess how you are coping with life's stressors. Ask yourself: "How do I feel right now?" Fatigued? Discouraged? Energized? Practice relaxation techniques... meditation, deep diaphragmatic breathing, have a massage. What small thing brings joy to your life? Your morning coffee? Walking your dog? Ask yourself: "What small thing can I do to improve one aspect of my life?" Remember: comparing is the root cause of suffering.

MOBILITY - Keeping your body strong

Strategies: Exercise with a friend. Join a club. Start small. 15 minutes a day of walking and some stair climbing is a beginning. Have a fitness test to get a baseline of your starting point.

There are many motivational fitness apps to record activity levels.

VITALITY - Fuel your body with healthy nutrition

Strategies: High fiber, fruits and vegetables, grass-fed beef if possible, understand the concept of portion control, ask yourself: "Am I hungry?" and

determine if you are mindlessly eating for reward, stimulation or boredom. Incorporate raw nuts, and fat in your diet. Fat-free products contain too much sugar. Get help if you are on endless failed diets. Follow guidelines for alcohol intake for men and women. Take Vitamin D supplements and magnesium glycinate. Discuss with a health care provider to determine best supplements for you.

RESPONSIBILITY - Self-care and focusing on health span

Strategies: We must surrender to sleep which heals, repairs, balances the body. Use relaxation techniques like visualization to reduce worrisome thoughts and rumination. Don't look at the clock if you wake up at night. Try for 7-8 hours of good quality sleep. Focus on positive health habits e.g. flossing your teeth. Do not check phones/computers at bedtime. Find a good family doctor for checkups. For wellness, consider a chiropractor or naturopath.

CREATIVITY - Never stop learning, do something that stretches your mind and body

Strategies: Develop your mind through courses, lessons, seminars; find hobbies; read. What did you use to do that you loved, but gave up due to ??? Go back to it.

Plan an adventure trip - hiking, scuba diving, surfing, or what about tap dancing? Set a goal to run a 10km road race. Write a book, write poetry.

FLEXIBILITY - Dealing with change, making changes and loss

Strategies: Start small with one manageable change. Start a courage journal - write down every brave, surprising thing you've ever done. Try a new strategy to cope with a difficult situation. Loss is inevitable. Grieving is a natural healthy process. Remember: sadness is a wave that washes over you and then it passes. Acceptance will come.

SPIRITUALITY - Being kind, feeling grateful and living in the present.

Strategies: Nature is healing, get outside and summon up all your senses to appreciate each new day. Start a happy-memories-journal and read regularly. Help Someone. Every day celebrate something small. Use the good dishes!

Here's a positive life-affirming thought to begin: "Today I broke my personal record for the most consecutive days lived."

Journey to the Middle Kingdom...my China Travels

By Philip Wong Too Yuen



We were at an underground station. I think the familiar language we were speaking prompted a passerby to stop and talk to us. It turned out that the man was Hakka too. He added that there is actually a sizeable Hakka community in Shenzhen. The fellow informed us that, as seniors, we could travel for free on the subway. All we have to do is to show our passports before going in. The same discount would also apply at our next destination, Window of the World theme park.



Window of the World
Theme Park, Shenzhen

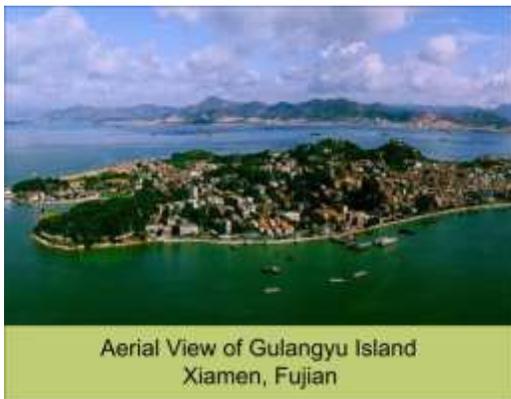
The Window of the World is a theme park located in the western part of the city of Shenzhen in China. It has about 130 reproductions of some of the most famous tourist attractions in the world squeezed into 48 hectares.

In meeting with the people in China, it feels as if we never left The Middle Kingdom. If we talk differently or have an accent, it does not seem to matter.

China itself is so vast. Nowadays people do travel a lot; we could have come from any part of the country.

I had a chance to go on the high speed train going from Shanghai to Suzhou. My fellow passengers looked at me, and smiled as if to say they wanted to talk. I was willing to try my broken Chinese. It turned out they were going home to Heilongjiang in the North East. I find people were quite willing to chat with overseas Chinese. Somehow the obvious difference was unimportant.

The culture of respect for older people is omnipresent. It is never questioned, I am pleased to note. At one time I was in Xiamen, Fujian, taking the ferry to go to *Gǔlàngyǔ* Island. The people sitting next to me began to strike up a polite conversation. How old are you? “你多大了” asked the young woman from the City of Tianjin. The Western side in me registered a mild culture shock, and then I realized this was to show respect for the elder. This approach is quite customary.



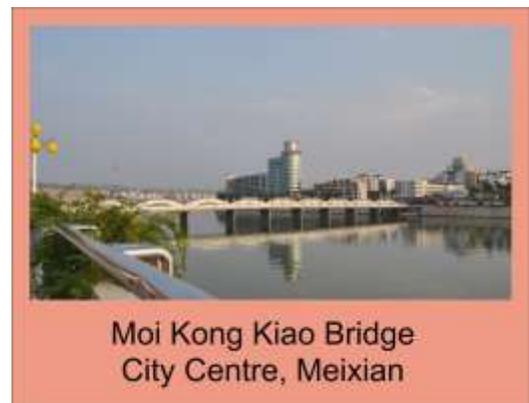
Gulangyu is the 3rd largest island off the coast of Xiamen, a city in Fujian Province in Southern China. It is about 2 sq. km (0.77 sq. mi) in area. It is home to about 20000 people and is a domestic tourist destination. The only vehicles permitted are small electric buggies and electric government service vehicles.

In Guangzhou my cell phone had stopped working and I thought my SIM card had run out of funds. I took it to a small shop and asked for a new card. I still remember the act of kindness. The attendant checked my cell phone, cleaned and returned it to me. It began to work and there was a healthy balance. “Here you

are, sir, there is no charge”.

I have been to Meixian on two occasions, once in October and the other time in April. The weather was so different each time. It was definitely more pleasant to be there in the fall. Early in the year, the monsoon winds bring so much water. While it is beneficial for the plants, it is not so good for visitors. It rained cats-and-dogs every day.

When we visit a place on foot, we often have a better chance to get a feel of the place. A good walking street is 梅江大道 *Moi Kong Avenue* in the city centre. It runs north-south and crosses the river at 梅江桥. At the north end is 南门 *nam moon*. I speculate that the words “nam moon” must be the same ones I had heard spoken by adults when I was just a kid. South Gate was apparently part of the old city wall. To this day people still refer to this place as South Gate.



Meijiang Qu, Meizhou Shi, Guangdong Sheng, China

I remember that it was a hot day during my first visit. We had bought some pomelos at a roadside stall, and finished them while we sat on a park bench. It is good to just be there and imagine the atmosphere of old Meixian. When we resumed our walk, I stopped to watch a few boys fishing in a stream. One of them caught a carp. We carried all the way to The China Hakka Museum, a short distance away.

Ancient Rhyme Dialect

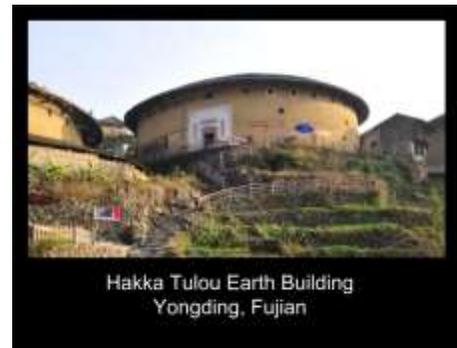
The "Hakka Dialect" is one of eight dialects of Chinese. It is commonly known as "Ya Hua", though the Hakka people refer to their language as "A Mu Hua". Hakka language is one of the most important characteristics for defining the Hakka people as a folk minority of the larger Han population. Hakka people all around the world usually regard the Meixian dialect as standard Hakka. An important adage of the Hakka people. "It is fine to part with our ancestor's the farmland, but never with their language". Hakka, developed from ancient Zhongzhou language; it is a living fossil of ancient Zhongyuan pronunciation. It has unique characteristics in tones, words, grammar, syntax, etc.



China Hakka Museum Exhibits – 2 Dongshan Ave, Meijiang Qu, Meizhou, Guangdong, China

For transportation in Meixian, there are times when it is better to take a taxi 打的 *Dǎ di*. The cost per person is lower when there are four passengers for optimum efficiency. If it rains, the car serves as your shelter. Taxis with a meter are better, so you know exactly how much to pay. With the ones without a meter, you need to do a little haggling in advance to avoid any surprise. Some taxi drivers do not like to go outside the city centre because they cannot pick up any fare on the way back. For a longer distance it may work out to be cheaper to rent a car by the day with unlimited mileage. A day trip to see the Hakka Earth Building 土楼 *Tǔlóu* in Yongding is easier by car.

At the bus terminal in Meixian it is usually easy to find transportation to the hotel. If we have a lot of luggage, we may need a *miàn bāo chē* 面包车 (lit: car that is shaped like a bread). Well, it is simply a van. Safety is important anywhere we travel to. We felt quite secure in the van that drove us to Ramada Inn. Crossing the street is another matter, be it in downtown Shanghai or Meixian. Therefore, cross at a zebra crossing 斑马路 *Bānmǎ lù*. Traffic signs are sometimes ignored by the passing cars and electric scooters ... 安全第一 *Ānquán dì yī* ... we should put safety first.



Hakka Tulou Earth Building
Yongding, Fujian

Inside view of a tulou



Capable of housing over 1000 families

Yongding Hakka Tulou or Yongding Earth Building is located in Longyan City, in the south of Fujian Province in China

Eateries of all descriptions are abundant in Meixian. The street vendors are like those we are familiar with in Mauritius. Some places have a shop front on street level, and an upstairs where they bring the food to the guests in a private room. Even if your order specifically says no MSG, you may still taste it in the food. The dishes are prepared with fresh ingredients. The fish on your plate could have been swimming in a bucket of water minutes before. I was surprised to see they had clams on the menu. Then I found out these were fresh water clams and not from the seaside.



(a) Steamed Pork Belly with Preserved Mustard Greens (*Moy Choi Niok*)

(b) Stuffed Bean Curd (*Ngiong Tayw Kon*)

Typical Hakka Dishes

We travelled by coach to go from Hong Kong to Meixian. On the way we saw so many hills on either side of the road. It is true what they say, in Moi Yan, “山多田少 *San tor, tian sao*”! There are lots of mountains, few paddy fields. It is hard to make a living when the land is not productive. Some people misquote it and say, “*san tor qian sao*”. Most people are not rich.



Paddy Fields Ready for Harvest

See the yellow colour? The grains are ripe. Harvest will soon be underway. In my childhood days, the only rice I knew was “*le riz de ration*” that we sold by the pound in our grocery store. I used to imagine I could just take a handful of rice and put it in the ground to grow. Finally, I get to see the real thing. I did not witness the backbreaking task of cutting or threshing the rice plants.



Sun-Drying of Rice Husks

The raw rice still in the husks has to be sun dried in an open space near the house. Most houses have a designated area with good sunshine called “禾挺 *vo tang*”. The husking machine in the picture below was running when I was there. So, I could hear the sound and see how it is done. The other wooden machine is called a “*toy er*”, again used to treat the raw rice.



Mechanical Husking Machine



Wooden Husking Machine (*toy er*)

On the coach to Meixian we also met a Chinese Australian. Although he spoke very little Hakka, he was on his quest to find his roots. In fact, this was his second attempt to locate his people. Like so many of us born abroad, we sometimes have a need to find out who we are or where we come from. We can just think how his great joy will be when he finally succeeds.

If we are lucky enough to have established prior contact with our local clan members, the welcome mat is rolled out. The fire crackers are lit when overseas family reaches home. The message to the forebears is, “华侨 转了 *fa kiao zhuang le*”. It is a happy event, a cause for celebration. On rare occasions the banquet can be a really lavish affair.



Welcoming with Fire Crackers



Ancestral Room

Often there is a wall around the family compound. Inside there are several individual houses. There are red banners on either side of the door of the house. The central area has an ancestral hall. In the picture below the green portion is a pond. Presumably, this is the water supply.



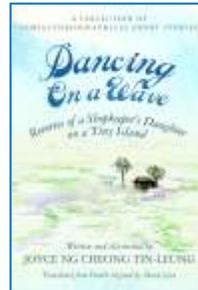
Walled Family Compound



Potable Water from Pond

It is gratifying to visit China and still feel the connection with the people. The words of our parents can suddenly find resonance when we meet the locals. We can be different and yet we can still be comfortable in the culture of our ancestors. There is so much to see in this vast country. I would go back again.

Launch of New Book by Joyce Leung



Joyce Leung, MCAO's multi-talented Executive Committee member, is releasing her second book this spring. In this semi-autobiographical short story collection, Joyce recalls growing up as the daughter of Hakka immigrants on her native island of Mauritius. Her short stories provide an invaluable look at an island on the verge of social change. With a scholar's eye, she looks back at her childhood and examines the threads of colonialism, multiculturalism, community spirit, and optimism that ran through her early life.

Written originally in French, the book has been translated into English and is published in both languages. It is currently available online through the Amazon website in both e-reading (Kindle) and paperback versions. Note that Joyce will make a special presentation of the book to MCAO members and guests just prior to the MCAO Dragon Boat Festival Annual Lunch scheduled for Saturday May 27, 2017 when copies of the book will be available for purchase.

The following is an excerpt from promotional material by Amazon.com to mark the book release:

"They considered themselves travelers. The young girl's family saw their stay on the tropical island of Mauritius as temporary. They would work hard but return one day to their homeland in China. This shared sense of destiny brought together the small community of Hakka-Chinese immigrants.

While the young girl heard stories of her parents' and grandparents' adventures in Meixian, the island still felt like home to her. In this poignant collection of short stories, author Joyce Ng Cheong Tin-Leung combines memories from her own childhood with larger narratives of cultural heritage and

empowerment. Through the eyes of her young narrator, the dynamic island of Mauritius changes and grows. Leung skillfully combines the personal story of one young girl with the cultural story about the many Hakka-Chinese, Creole, African, and Indian immigrants who helped push the island out of the colonial age and into a new future."

On Boundary Road*

By Joyce Ng Cheong Tin-Leung

I try in vain to remember the details of my childhood buried in the debris of Boundary Road, or Barclay Road, or Léoville L'Homme Road.... The disjointed snatches of conversation that I recall are without details, or importance – at least from the adult's point of view. Silhouettes and figures have become undefined contours, eroded with the passage of time. But somehow, reality can at times be perceived in its pure essence only from a certain distance, when many a year has elapsed.

The first fragment is about our childhood at Boundary Road: the smell of wood, the glazed veranda, steps, coconut trees lining the alley in the front, the spacious and sunny play-room in the back, and on the side, a room where we kept all manner of things. I cannot even remember where we slept, except that we spent a great deal of time in the big room at the back where the boys played with wooden or cardboard trains or cars. For us girls, our big delight was the one and only doll we owned, sent to us by our relatives in South Africa.

It was a spacious house, white, made of wood, built in the colonial style with plate glass windows at the front. The sitting room, being in the central part of the house, was dark. The veranda at the front faced a beautiful garden. If, after a short walk in the front of the property, we turned left, we would come to that wing of the house, where the Belleville lived.

*This article is an excerpt from one of the short stories from Joyce Leung's new book entitled "Dancing on a Wave - Reveries of a Shopkeeper's Daughter on a Tiny Island".

We visited them from time to time. I recall an old lady (we called her granny) and another woman, her spinster daughter, sitting in their small lounge full of impressive dark furniture that smelled, during the first few seconds of our visit, of age and mustiness. They often showed us their collection of family photographs. Among these was one of a young man wearing horn-rimmed glasses that gave him an intellectual look. The two ladies were very proud of him! His name was Charles and we are not sure if he left for France or Australia when he grew up. Later on, after many years, we came to wonder if we ever really met him? Did this somewhat mythical person actually play with us in the garden when he visited his grandmother and aunt? Or did we dream it all? We followed the journey of this Charles through the two women who told us about him every time we visited them over the years, for we continued our visits even after we had moved from Boundary Road.

Another memory is of our strolls in the big garden where there was a little grotto that sheltered the Virgin Mary and the Infant Jesus. A place that was entirely secluded. It was separated from the street by a bamboo hedge and by an almost endless multitude of ferns where all the shades of green intermingled. This lush vegetation muffled the noise emerging from Boundary Road. The grotto felt like a quasi-sacred place, and although we were very young at the time, we could not help noticing the peace and quiet that prevailed there. The tiny shrine was shrouded by shrubbery, and surrounded by small plants decorated with small red flowers that we enjoyed popping against our foreheads. There, we also liked to look for those bushes that bore miniature water cloves that we utilized to clean our slates.

N. and C., our dear cousins, remain part of our memories of those far-off days. They were a bit older than us. They often shared our playtime and childhood games near the little grotto, thus playing an integral part in our lives. The shady canopy of the trees and the thick layer of the climbers and clingers like *liane cacapoule* or *lingres* acted like a natural

barrier protecting us from the dangers of the outside world. N. was the silent and comforting presence of the reassuring elder sister, and C. liked to tease despite his quiet personality; he also liked to protect us from various dangers, sometimes real but mostly imaginary.

I cannot remember too many details about Maman and Papa other than the fact that our mom was very beautiful: always very elegant even when she wore her simple housewife dress. She was striking with her long jet-black hair, slim figure, pale complexion, and quiet smile. She was always occupied with her children, or some house work, or sewing. It was the years prior to our move to the family business in Quatre-Bornes. Papa was employed by a “white” firm in Port-Louis. It must have been at the beginning of his career as a “Graphic Artist” (this term did not exist then!) He wore a khaki suit when he went to work. He left early in the morning to catch the bus, sporting a dark grey English felt trilby, a *sapo fete*, and sunglasses that gave him a distinguished air. When he was at home, he often listened to his giant radio (with its big valves), and sometimes he put on his 78 rpm records on his gramophone. It is from Papa, and Maman as well, that we have inherited our love of music, for we were constantly surrounded by melodies or operas. Mother had memorized a few words of *Plaisir d’Amour*, a French song, which she hummed with great feeling - though she did not know the language. She usually did this while doing some house chores.

The house was always impregnated with the aroma of a Chinese stir-fry, but at some point occasionally there was added to the repertoire of Asian aromas, the strong smell of Creole spices in preparation of a local dish (a *Rougaille poisson salé*). We had just been introduced to the Mauritian cuisine. At the time a maidservant helped Maman prepare the Creole dishes since our mom, having been raised in the traditional Chinese way, did not have a clue about Creole cooking. There was always the shadowy presence of a maidservant assisting our

mother but I cannot remember who it was.

My sister S. was always with me, or rather, I followed her faithfully with our two little brothers (B., L.) on our heels. I believe B. was not yet three at the time. J. was a new-born baby. It was the late 40’s - or 1950. Our youngest brother E. would be born in Quatre-Bornes.

I remember a certain shop up the hill, a few steps from the house. I am not certain who owned the shop. Our brother B. remembers that it was called “LaBoutique Longaille”, for the owner was tall. It must have surely been a Chinese family, for in the 40’s and 50’s, and even earlier, almost all the retail shops on the island (the *boutiques*) were owned and run by the Chinese community. That corner shop was important to us. We often dreamt of it, of its sweets: lemon drops (six for one cent), delicious milk fudge, pink or white or green coconut cakes. We also relished in other local treats made of ground maize, sugar, milk or other ingredients: *gato-coster*, *puddin Maille*, or *La poude maille*. At the side of that shop was found the tavern. The maid who accompanied us to the shop usually took us to that side for a couple of minutes. We were attracted to the noise and the quarrels between drunken customers, and to the nice rum aroma! A bit of an unusual hobby for such young children! Later on in life, we would all feel quite nostalgic about that shop. Decades later even Papa, when he had become blind already, asked our youngest brother to bring him there to visit the shop and that family.

Beyond that shop where we were allowed to go occasionally, accompanied by the maidservant, we knew very little of the neighbourhood. At least, not during our very early childhood. But when we were a bit older, we learned about the *Tip Top* bus that could take people further afield, in the depths of Quatre-Bornes and St. Anne, or even in the suburbs of Beau-Bassin.

(for a continuation of this story, please read “Dancing on a Wave - Reveries of a Shopkeeper’s Daughter on a Tiny Island” by Joyce Ng Cheong Tin-Leung)

Hakka Sayings...

By Clifford Lam & Mike How

Growing up as kids in Mauritius, many of us (particularly of the 1960's and earlier generations) would have heard about certain Hakka phrases, adages or sayings that our parents would use from time to time to describe certain things or people or life experiences.

While we were initially puzzled or even intrigued by what they meant, we soon learned through repeated usage or contextual association what those sayings or idioms really meant. While some are of humorous nature, or maybe even of politically incorrect nature by today's standards, they all reflect in many ways the richness of the Hakka language, a language that evolved and developed in highly varied environments as the Hakka people migrated historically in search of their own places to call home. As a result, the language became a rich source of lessons learned on the move about all facets of life, environmental and human experiences and in the process emerged a rich collection of sayings, maxims and proverbs that managed to find their way, eons later, to the ears of young Hakka children even in the far-flung corners of the world such as Mauritius. Who would have thunk it?

To preserve this rich cultural and linguistic heritage for future generations, this column will be dedicated regularly to highlighting and explaining some of these Hakka linguistic gems that we may have heard many moons ago but still so ably reflect the Hakka people's wisdom and spirit accumulated over the course of their arduous and chequered history. Here are six expressions to start the series:

Paan Kam Khé (colloquial expression)

Describes the character of someone who does not do things in a proper, socially-acceptable or judicious way or is prone to insensitive, non-thoughtful and tactless behaviour.

Paan Kam Poot Khé (colloquial expression)

Sometimes, adding an extra word can alter the

meaning of a phrase completely as in this second expression, which is used to describe a situation that does not follow normal expectations, or which does not have a logical or expected course of action. For example: let's say someone has been busy and has missed lunch and it is now 4:00 PM. It is too late for lunch and too early for dinner and you are caught between two minds! This expression would aptly describe such a situation.

Mor Kat Saatt (colloquial expression)

Describes a state of mind of someone who is helpless or at wit's end on what to do when confronted with a situation. An example would be: assume you are going to Union station to catch a 3:00 PM train and you are stuck on the Don Valley Parkway in a traffic jam and it is now 2:45 PM and traffic is barely moving. How would you feel? *Mor Kat Saatt!*

Foo Ti Mah Kah (colloquial expression)

Describes something which looks messy, uncoordinated and confusing i.e. lacks clarity, definition and purpose.

Cit Cit Pat Pat (七七八八)

Literally translated as `7-7-8-8`, this phrase refers to a collection of loose, unrelated and disorganized items that have no clear collective meaning or purpose; describes for example a confused, badly organized state of affairs, similar to the English idiom "at sixes and sevens".

Choong Qwah Tet Qwah (种瓜得瓜)

Literally translated as `If you plant squash, you will get squash`, this idiom is the Hakka equivalent of the English saying "You reap what you sow" i.e. you cannot get more than what you put in. Self-explanatory!

Note from Editor: Readers are encouraged to share their own recollections of these Hakka linguistic gems by sending them to ClubMCAO@gmail.com for future publication.

MCAO News



Chinese New Year Banquet

The joint MCAO-Club M Chinese New Year banquet was held on February 11, 2017. The sold-out event was attended by over 250 members and friends, who were welcome by a Chinese lion dance and treated to a succulent 10-course Chinese dinner.

A special thank-you goes to the entire organising team and to all the members and guests for their support. See Page 12 for pictures of the event.

iPad Workshops

The fifth and final iPad workshop was held on March 11, 2017 at the North York Memorial Hall. The 5-session program was well attended by members and guests who were taught the basics on how to use the device.

Special thanks go to Stephanie Yu, who provided the class instructions. Funding for the workshops was provided through a grant from the Ontario Government's Seniors Community Grant Program and is gratefully acknowledged.

Future MCAO Get-Togethers

To provide a venue for future club activities, MCAO plans to rent space at the following community centres on a regular basis:

- (1) **Parkway Forest Community Centre**
55 Forest Manor Rd, North York, ON M2J 1G3.
Every Saturday from 11:00 AM to 3:00 PM (starting on June 3, 2017).
- (2) **Alexandra Park Community Centre (alternate)**
105 Grange Court, Toronto, ON M5T 2J6.
Next planned meeting on June 24, 2017 from 11:00 AM to 2:00 PM.



MCAO members and friends are warmly welcome to join in the social Mix & Mingle and recreational activities such as playing cards, bingo or mahjong, etc. on those scheduled days. Note also that the monthly potluck lunch will be held at the Parkway Forest CC location.

If you need further details, please contact:

- Allan Wan (647-824-3343)
- Joyce Leung (jmcleung@yahoo.com)
- Monique Li Siong (905-812-3735)

Upcoming Events

May 21, 2017

Walk in the Park

- Venue: Wilket Creek Park
1121 Leslie St, Toronto ON
(Btwn Lawrence & Eglinton on Leslie)
- Time: 11:00 AM-3:00PM
- Note: Bring own lunch & drink

May 27, 2017

MCAO's Annual Dragon Boat Festival Lunch

- Venue: Sky Dragon Chinese Restaurant
280 Spadina Ave, Toronto,
ON M5T 1H2
- Time: 11:30 AM
- Cost: \$25 per person
Ticket reservation required through Allan Wan (647-824-3343) or Joyce Leung (jmcleung@yahoo.com)
- Note: Joyce Leung will make a special presentation of her new book "*Dancing on a Wave...*" to MCAO members and guests prior to the lunch at 11:30AM.

July 2017

4-Day (3 nights) US Coach Trip (Taipan Tours)

- Itinerary: New York City-Atlantic City-Philadelphia & Washington DC
- Time: July 2017 (dates to follow)
- Pick-Up: TBA
- Cost: \$197 (quad), \$219 (triple), \$274 (double),

\$439 (single) per person
+ \$40 USD (tips)

Note: For further information & reservation, please contact Peter Fong @ 905 903 0303

July 8, 2017

Toronto Hakka Heritage Alliance's Annual Hakka Festival 2017

Venue: Chinese Cultural Centre of Greater Toronto
5183 Sheppard Ave E, Scarborough,
ON M1B 5Z5

Time: 10:00 AM – 6:00 PM

Cost: Free Admission

August 2017

MCAO Annual Picnic

Venue: Milne Dam Conservation Park
8251 McCowan Road, Markham

Time: August 2017 (date to follow)
Start @ 11:00 AM

Note: Bring potluck-style lunch & drinks

September 2017

4-Day trip to Tobermory, ON

Itinerary: TBA

Date: September 2017 (dates to follow)

Pick-Up: TBA

Cost: TBA

Note: For further information & reservation, please contact Peter Fong @ 905 903 0303

Recipe Corner



Voo Yen (Gato Arouille) (courtesy Thérèse How)

Ingredients:

2 lb taro
120 gr tapioca flour
1 tbsp. minced garlic
1 tbsp. minced ginger
2 tsp fermented soya beans



2 slices of bread
1 tsp salt
1 tsp all-purpose flour
2 tbsp. sugar (optional)

Steps:

1. Soak bread in water. Drain and crumble.
2. Peel and shred taro.
3. Add all the ingredients to the shredded taro and mix well.
4. Add a little water if the dough is somewhat dry.
5. Shape into small balls.
6. Deep-fry in moderately-high heat until golden brown (about 10-15 minutes)
7. Drain the *vooyen* on paper towel.
8. Enjoy!



MCAO Sponsors

MCAO wishes to extend a deep and sincere thank-you to all its sponsors and members for their generous financial and in-kind contributions to help the association deliver on its mission objectives. Their generosity and support are truly appreciated.

Please support our Sponsors with your business!

For donations and sponsorship opportunities, please contact:

Joyce Leung (jmcleung@yahoo.com) or
Allan Wan (647-824-3343).

MCAO Membership

New members are most welcome! For new membership enrolment, please contact:

Joyce Leung (jmcleung@yahoo.com)

Existing members are kindly reminded that MCAO membership fees for 2017 are now due. For those who have already paid, we thank you for your much appreciated support.

Please note that remittances can be made directly to any executive committee member.

Contact Us

If you have any questions or comments, please email us at:

clubmcao@gmail.com

You can also visit our website at:

www.mauritiuschineseassociation.com/

Acknowledgement

MCAO gratefully acknowledges the generous contribution provided by the following sponsor of this newsletter:

Jean Paul Li (IDA Pharmacy)

Picture Gallery

MCAO-Club M Chinese New Year Banquet



iPad Workshop @ Alexandra Park C.C.



Potluck Lunch at Alexandra Park C.C.



A Word from Our Sponsors...

PHARMCARE  PHARMACY

Jean-Paul Li, B.Sc. Phm.
Pharmacist/Owner

Tel 416-245-1221 Fax 416-245-1448
Pharmcarecentre@rogers.com
882 Wilson Avenue, Toronto, ON M3K 1E7

Mon-Fri 09:30am - 6:30pm | Sat 10:00am - 3:00pm



The map shows a grid of streets. A red arrow points to the location of the pharmacy at 882 Wilson Ave. The pharmacy logo is also present on the map. The map includes labels for Jane St., Keele St., Dufferin St., Humber River Hospital, Northgate Dr., Gerrard Blvd, and HWY 401.