



# MCAO Newsletter

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## MCAO Chinese New Year Banquet 2019...a personal recollection

By Philip Wong



This was the second year that we celebrated the Chinese New Year in the company of MCAO. I think NKS Banquet Hall was a suitable place since it has a sizeable car park as well as a wide dining area. In fact, I would not mind if this becomes the regular venue for the annual get together. We arrived early on this cold and windy evening. Once we went inside, we quickly forgot about the weather. The warmth of the atmosphere was felt as soon as we started seeing our friends at the door.

For starters there was a plate of “麻花 Máhuā (Hakka: *ma fa*)” munchies, “*gâteaux la cire*” and “*chipettes*”, compliments of one of our long-time senior members of MCAO. Monique has made some of these delicacies for us. She cooked them in small batches. Thank-you, Monique! As we tucked in and leafed through the pages of the program, we noticed that there are two sponsors from faraway Mauritius. It feels really good to have support from our countrymen. Quietly, should we flatter ourselves in thinking MCAO is known far and wide? More likely, some enterprising person took the initiative to make it happen.

We had a traditional lion dance display at this Chinese New Year banquet. For thousands of years the lion has been an auspicious animal in our culture. Our Hakka forebears, like the other ethnics in China, believe it brings us luck. So, here we are, all set for the Year of the Pig! True to tradition the mythical creatures were fed a lettuce head, dangled at the end of a stick and rope. We do this just for fun. In addition, we tie some money to the offering. This is one way to say thank-you to the performers. So, it is fitting that MCAO has made the lion dance a central part of our traditions. It is endearing to observe the same little boy,

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who last year had brought his toy lion head to this event, do it again this time.



Chinese Lion Dance

All these celebratory activities often make me think of the festive season back home in Mauritius. In those days we closed our grocery shop early on New Year's Eve for a family dinner. There would be so much delicious food, the saying goes, "有生日有过年 Yǒu shēng rì yǒu guò nián" (Hakka: *yu sang nyit, yu guo nian*). Of all the special dishes, for some unknown reason I seem to recall a bowl of "ham choi tong" with a type of dried oyster that we called, "sili". Silly, indeed! As children, we would laughingly refer to it as cockroaches. The older kids of the family would munch on dried watermelon seeds. I never understood why they would spend so much effort to crack open the husk and extract the kernel!

On New Year's Day while our parents may make offerings to the gods in the morning, the youngsters born in Mauritius had other things on their minds. I remember the whole family, packed like sardines in a van, going to Mont Choisy beach for the day. It seemed like the entire island Chinese community had given a rendezvous to meet at this particular spot. The filao trees there, providing shade for the picnickers, were planted in neat rows. Still fresh in my mind, I can still see a group of men seated around a table and busy playing mah-jong. The children and the rest of the family would be nearby.

Times have moved on and we are in Canada. We are now the parents and grandparents. Some things do not change. MCAO banquet featured the traditional ten course dinner. The ever-present red colour was evident everywhere, on the attire of the ladies and on our table cloth. I have to agree with them that it does brighten up our lives and enhance the atmosphere. This colour is supposed to bring us luck, according to our culture. Certainly, surrounded by friends we cannot but feel lucky and happy. The guests were seated at some 40 tables spread around the hall while the waiters served us copious amounts of Chinese food. In contrast wine was consumed in small amounts. I like to think we are responsible and have in mind the drive back home. And for desert? What a treat it was to tuck into the beautifully decorated and delectable cake donated by the ever-generous Loo Kimshooye family!



Banquet Cake (by Loo Kimshooye Family)

The president took to the stage to welcome the guests in his remarks. From the same spot Shaun Chen, Member of Parliament for Scarborough North, delivered his speech and reminded us of our common Meixian roots. Between the orations and good food, we witnessed a demonstration of Taekwondo by a group of young martial artists. Did you hear the jingle for 50/50 draw or the door prize announcing the winner? It sounded like a copyrighted sound effect heard at the lottery kiosks.

The central area was left vacant and reserved for dancing and other displays. We did not have a live band this year. In its place we had a DJ who played Mauritian music. Quietly tucked away in a corner of the stage, the DJ catered to the revellers on the dance floor. Our members, having practiced all year during regular sessions, delighted the partygoers with their display of line dancing. The dance performances by MCAO and Bayview Dance Groups drew a thunderous applause.



Taekwondo Demonstration

Towards the end of the evening, we were all in a good mood. We went away satisfied, happy that we have met so many friends and relatives. We have kept up the tradition of Spring Festival, following the lunar calendar. We would be remiss if we did not say a few good words

for the organising committee of the event. The event planning by committee's ideas were diligently executed by an army of contributors and volunteers. You have done a good job! Thank you also to the sponsors of the event! Have an excellent Year of the Pig, everybody!



MCAO Dance Group

## Gato Pima...a Mauritian Essay

By Unknown Author<sup>1</sup>



Il y a certaines questions qui suscitent des débats passionnés parmi les mauriciens. *Ki to pli kontan: Liverpool ou swa Manchester United? Coca Cola ou swa Pepsi? L'hiver ou swa l'été?* De la même manière, il y a débat chez

nous à Maurice entre ceux qui aiment le gâteau piment avec un trou au milieu et ceux qui l'aiment sans trou. Toutefois, là où toutes les parties sont d'accord, c'est que: *manze enn dipain baguette ek so diberr, mett impé gato pima chaud chaud ladan, apré ou bwar enn bon tasse dithé, péna pli bon ki sa.*

A la question de savoir '*Kotsa zot finn manze pli bon gato pima?*', on répond: '*Enn dimanche 3h, dan enn letan lapli lapli, avek enn bon ti dithé lakaz*'. Ou '*Enn 5h dimatin dan lari ar bann collegue, kan noun fini travay toute lanwit*'. Ou encore '*Dan enn l'hotel dithé pré kot bazar*'. Ou '*Enn samedi tanto dan bord lamer ek lafami enba filao*'. Ou '*Dan biro kan tou bann collegue ramass larzan ferr asté kot marsan dan chemin*'. Ou '*Kan mo ti tipti, létan mo mama ti pé frire kan mo retourne lekol, donn moi manzé dan dipain*'.

<sup>1</sup> Article originally shared by Georges Koo

Nous les Mauriciens, nous adorons les gâteaux piment, ces petites croquettes de dhal qui sont croquantes à l'extérieur et moelleuses à l'intérieur. Le matin à la gare de Curepipe, on voit souvent les gens descendre des autobus et se diriger directement vers les marchands pour aller acheter du pain et des gâteaux et repartir avec leur déjeuner emballé dans un sachet ou une feuille de papier qu'ils mettent dans leur sac avant d'aller travailler. Il nous arrive également parfois de croiser un autobus qui s'est arrêté en bordure de route tôt le matin, le temps que le receveur descende à la hâte acheter des gâteaux piment et du pain pour lui et pour le chauffeur, au marchand du coin, avant de prendre la route et commencer leur journée.

Les gâteaux piment font surtout partie des street food consommés par les gens qui travaillent dans les bureaux ou les usines et qui mangent sur le pouce à midi, sur un banc dans un jardin public sous forme d'un picnic improvisé. De la même manière, on voit souvent des travailleurs sur les chantiers quitter leurs postes pour aller acheter quelques gâteaux piments à l'heure du thé. Une année, lorsque je travaillais à Port Louis, les collègues organisaient des parties de pétanque les vendredis après-midi au Champ de Mars, et après la partie, lorsque la nuit commençait à tomber, on disait : « *Ki pou ferr, nou al lakaz ou soit nou asté impé gato pima nou al manzé biro?* » Ainsi, chaque vendredi, on s'organisait pour envoyer une partie de l'équipe acheter des gâteaux piments à l'hôtel Pakistan tandis que l'autre rentrait au bureau préparer le thé, puis tout le monde se rejoignait pour un petit '*plan gato pima*' pour clôturer la semaine.

Nul ne sait pour de vrai d'où nous est arrivé le gâteau piment qui est tant apprécié des Mauriciens. Selon certains, il trouve son origine du '*vadaï*', un gâteau confectionné à base de dhal dans le sud de l'Inde. Toutefois, le gâteau piment mauricien ressemble également beaucoup à une spécialité moyen-orientale, connue comme '*falafel*' et constituée de boulettes de pois chiches mélangés à diverses épices avant d'être frites dans l'huile.

A Maurice, les gâteaux piment sont également consommés en salade, le fameux satini gato pima, préparé en écrasant les gâteaux piments et les mélangeant avec des pommes d'amour, des oignons et des feuilles de cotomili, qu'on déguste dans une tranche de pain, souvent lors des sorties en picnic en bord de mer ou lorsqu'on se retrouve en compagnie des copains venus aider un ami à couler la dalle de sa maison. D'autres recettes que les Mauriciens adorent, incluent la rougaille gato pima, préparé comme la rougaille de saucisses mais

avec des gâteaux piment, et le cari bari, une spécialité qu'on sert dans les mariages indiens en préparant le gâteau piment dans une sauce masala. A savoir aussi que le gâteau piment a un cousin moins connu, le gato pima doux qui est confectionné toujours avec du dhal tipois mais en incluant des bananes et du sucre. Le gato pima doux, qui a gardé le trou d'origine, est servi sur la feuille de banane avec le sagoo et appalam après le 7 carris lors des fêtes comme le Cavadee ou les réceptions lors des mariages.

Cela se passe comme ça dans pratiquement toutes les maisons mauriciennes : un moment on entend la maman dire : "*Mo pé mett dhal trempé, tanto mo ferr impé gato pima.*" Cette phrase est annonciatrice d'un bon moment à venir à déguster des gâteaux piment chauds en buvant son thé ou en regardant un match de foot à la télé, tout en appréciant ce parfum particulier qui embaume la pièce. La première étape dans la préparation des gâteaux piments, c'est effectivement de laisser tremper le dhal au minimum 3 heures. Chez les familles tamoules, le gâteau piment est également préparé lors de la fête Deepavali. Il faut, ce jour-là, se réveiller à 2h du matin et transporter la roche carri à l'intérieur de la maison et l'utiliser pour écraser le dhal tipois après l'avoir laissé tremper. Une fois terminé, on y ajoute les ingrédients tels que des cressons finement hachés, des queues d'oignon, des feuilles de carripoulé, du cotomili et du tilani, un piment sec et un peu de baking powder. La pâte ainsi obtenue est alors façonnée en de petites boules qu'on plonge dans de l'huile bouillante et laisse frire jusqu'à ce qu'elles aient une couleur dorée. Les gâteaux piments faits maison ont ordinairement un trou au milieu qu'on obtient en plaçant la pâte dans sa main gauche lors de la préparation pour le presser au milieu avec l'index de sa main droite de manière à lui donner la forme d'un Donut, avant de la glisser dans l'huile. Toutefois, lorsqu'on achète des gâteaux piments chez le marchand, il n'y a pas de trou, et prend la forme de boulette, possiblement parce que cette version prend moins de temps à faire et nécessite l'usage d'une seule main.

On trouve des marchands de gâteaux piments un peu partout dans des endroits stratégiques à Maurice: près des écoles, des usines et des arcades, sur les parkings, près du bazar ou dans un coin du bazar, sur les gares d'autobus. Les marchands ont leur stand de vente ou portent un caisson à l'arrière de leur bicyclette ou "*enn lamalle gato*" qui contient deux ou plusieurs spécialités: "*gato pima et dholl pourri*" ou "*gato pima, samoussas, gato bringel et*

*gato arouille*". La plupart du temps, la préparation est faite devant vous. C'est un spectacle en lui-même de rester là et observer le marchand jongler avec la pâte à gâteaux, faire des boules avec sa main et les laisser glisser un à un dans sa vieille caraille d'huile bouillante, de voir les prendre place et former une sorte de ballet que le marchand va orchestrer parfois à l'aide d'un bâton en bois, à la manière d'un chef d'orchestre, jusqu'à qu'elles changent de couleur indiquant qu'ils sont frites à point. Le marchand se munit alors d'une grande cuillère perforée qu'on appelle Jarna pour les retirer les gâteaux qui sont prêts. Parfois il utilise aussi une grande passoire en fil de fer qui lui permet d'écumer la mousse sur les gâteaux, de retirer les gâteaux frites de l'huile chaude et les laisser s'égoutter, avant de servir les clients.

Être marchand de gâteaux piment est un métier qui demande un certain savoir-faire souvent transmis de père en fils. Chaque marchand a son secret qui fait que ses gâteaux ont un goût unique, un secret dont il garde jalousement. D'ailleurs, on entend souvent les gens se plaindre: "*Kan mo ferr gato pima lakaz, li pa vinn bon kouma pou marsan. Pa koné ki zot azout dan pou zot, zamé zot pa dirr.*" Chaque Mauricien a son marchand favori, celui chez qui il se fait un devoir d'acheter ses gâteaux piment à chaque fois, quitte parfois à devoir faire la queue pendant de longues minutes avant d'être servi. Certains de ces marchands se sont taillé une réputation qui s'est répandue à travers l'île. "*Kan to al Mahebourg, al tel baz, ena enn ti couloir la, ena enn madam vann gateau piment. Ferr enn demarse to manze sa gato pima la.*" Mieux encore, on recommande aux touristes visitant le pays de ne pas manquer de goûter aux gâteaux piments de chez nous. "Lorsque vous visitez l'île Maurice, n'oubliez pas de vous arrêter pour acheter des gâteaux piments chez les marchands devant le bazar à Quatre Bornes, vous m'en direz des nouvelles." Ainsi, on considère que goûter aux gâteaux piments de *Chez l'Hôtel Bismillah* à Port Louis, de *Vié bolfam* à Venus, de *Chez Bhai Ramesh* sur la plage de Mon Choisy, de *l'Hôtel Cassim* à Vacoas, de *Chez Pyramid* à Camp de Masque Pavé, de *Chez Kala* à Belle Rose, pour ne citer que quelques-uns, sont des expériences à vivre au moins une fois de sa vie.

Mes premiers souvenirs d'avoir mangé des gâteaux piments remontent au temps où j'étais tout petit, et mon frère et moi allions aider mon papa à son travail au bazar. Le moment qu'on aimait le plus, c'était vers 10 h, lorsque le gros du travail était fait, mon papa regardait alors à

travers la vitre en direction des marchands de gâteaux piments et disait, en me tendant de l'argent: « *Mo senti enn bon parfum là. Mo croire gato pima inn paré chaud chaud kot marsan. Al gett enn coup to asté imper dipain gato pima nou manzé.* » Tout heureux de la confiance que me faisait mon papa, j'allais voir les marchands tandis que mon père continuait à garder un œil sur moi à travers la vitre, et disait, en s'adressant aux marchands: « *Gett enn coup mo ti bolom la. Donn li dipain ek gato pima. Mett seki bien chaud.* » Les marchands étaient toujours bien contents de me servir. Parfois ils me disaient : « *Ki classe to été ? To bizin aprann bien. To papa enn bon kamouad ar mwa sa. Gett mo mett enn gato piment empliss pou twa.* » Je revenais vers mon papa et mon petit frère, tenant les pains et les cornets de gâteaux piments chauds bouillants dans mes mains, et assis sur des caisses en bois derrière les étals de légumes, on mangeait notre pain. C'était notre moment à nous dans ce coin du bazar, et les gâteaux piments avaient le goût du bonheur.

Les années ont passé, aujourd'hui mon papa n'est plus là. Les samedis, lorsque j'accompagne ma maman au bazar, après avoir fait nos courses, nous nous arrêtons toujours chez les marchands de gâteaux piments. Parfois, certains des marchands me reconnaissent, surtout les plus anciens, et ils ne manquent jamais de me rappeler : « *Mo rapel toi, dépi tipti to papa ti pé avoy twa asté gato pima kot mwa,* » avant d'ajouter: « *Mo donn twa seki pli chaud la mem. Gett mo mett enn gato piment empliss pou twa. Parski to papa ti enn bon kamouad ar mwa sa.* »

## A Day in the Life

By Philip Kwong Chip

Saturday July 22, 2017 was a typical summer day in Toronto, voted best city in the world by people who probably have never been anywhere else. Sunny but not too hot, a little breezy. The kind of day one would want to take the dog for a walk or play a round of golf in one of the many beautiful golf courses around the city. But I do not have a dog and I do not play golf.

I had heard from reliable sources that someone would be bringing "*moy choy newk*" to the MCAO's pot luck gathering that afternoon. That was reason enough for me to drive to our meeting place, located across from Fairview Mall. Besides, line dancing was going to be introduced for the first time to MCAO members!

Line dancing? I had no idea what I was getting into. I am sure we have all seen those TV ads featuring those smiling Irish line dancers. But, surely would we be learning those high-energy, high-kicking routines? I was intrigued. I thought why not give it a try? As long as we had a very patient instructor, we should be good to go, I convinced myself. And, above all else, someone not too strict, like Madame Jolie, my grade 3 teacher at Notre Dame primary school in Mauritius. She always kept a "*rotin bazar*" beside her desk for the unruly kids in the classroom!

11 o'clock came soon enough. There were about 35 eager club members congregating in the dance studio. This was my first time in a dance studio and I was taken aback by the huge mirror on the front wall. The floor to ceiling mirror practically covered the entire length of the wall. Most of the ladies were clustered close to the dance instructor. Or, perhaps they wanted to be closer to that giant mirror? As for me, I decided to position myself at the back of the studio, close to the exit door. I figured I would sneak out quietly if I could not handle the pace.

The instructor, Marlee, did not waste any time getting us moving on the floor, lined up in five rows of 6 to 7 dancers per row. The first dance song was "*Slush*" or what sounded like "*slush*". Somehow, my thoughts turned to "*glacon rappée*", the slush I enjoyed in my childhood. Ah! I still remembered the "*sirop tamarin*" as my favourite topping. I would ask the "*marchant*" for extra "*sirop*" before reluctantly handing him my 5 cents. That money was hard earned. I had to clean up after Rickie, the family dog, in return. Bribing my mum did not work. Life was so expensive in those days, I thought.



First Line Dance Session at Parkway Forest CC

The first dance lesson did not go as planned for me. The dance studio was a tad crowded for 35 people. After about 30 seconds of moving around, I inadvertently bumped into the lady in front of me. She gave me a sour look. I was determined not to bump her again.

Otherwise, I was certain she would declare me public enemy number one. To this day I do not remember who that lady was. I have this sinking feeling that she still remembers me and my faux pas.

The one and a half hour allotted for the dance class went fast. I could only recall the name of one other dance, *"The Electric Slide"*. I kept thinking who the person was who named that dance since we did not perform any slide, or that first dance which I found out later was called *"Slosh"*. Overall, I think everyone enjoyed those first lessons.

A few months went by and by December 2017, we were well into our sixth lesson. The twenty or so regulars were showing steady progress and having a good time. But then, on December 16, Marlee dropped a bombshell during practice. She casually announced that the class would perform at the upcoming MCAO Chinese New Year Banquet on March 3, 2018!

You could hear a pin drop. Panic was setting in. *"Not me!"* I heard someone shouted. *"Not me either!"* another one declared. The thought of 500 or so people booing us was daunting. Who would want one thousand eyes to watch our mistakes? Several dancers proceeded towards the exit door. I was ready to follow them. It was chaotic. Marlee called everyone back. She mentioned that it would be fun to perform to the music of *"New York, New York"* at the dinner party, a dance we had started to practice. Eventually, we resumed practice. But the anxiety level among the participants was palpable.

The dance group held its first rehearsal for the show on January 20, 2018. We were ten nervous but faintly enthusiastic members at practice, four men and six ladies. There was just enough time for four or five more rehearsals before the big day. Adjustments to the routine were being made on the fly every time we met. Marlee decided to cut the turns from three to two as the music ended before we completed the turns. The ending had to be adjusted several times. The kick steps needed more work. Luckily for us, WhatsApp came to the rescue as we were able to review videos of our practice sessions. There was one final rehearsal on March 3 at 4.30 pm at the restaurant to familiarize ourselves with the surroundings. Final instructions from the instructor: *"Smile and do not look down at your feet!"*

9.00 PM came too soon. We were all lined up in two rows ready to perform, with our best smiles. The song *"New York, New York"* must have begun as everyone started to move. But I did not hear any sound. Where was the crowd? I did not see any faces. Everything was blurry.

Was I in a trance? I finally heard the clapping when the music stopped. We did it. I did it!



*"New York, New York"* (2018)

Two years or so have passed since my foray into the world of line dancing. There have been two more performances since then, at the Christmas party on December 15, 2018 and the Chinese New Year banquet on February 23, 2019. It has been quite a ride.

My fellow dancers and I are forever indebted to Marlee, ably assisted by Clifford, Jean and Maria, for passing on their considerable knowledge to us, neophytes. For sure there were potholes along the way and we did get lost occasionally. But Marlee and her team showed us the way to our final destination with a steady hand, I mean foot. It would be nice to re-visit New York. If we do, I'll be shouting *"Mamma Maria!"*.



Line Dance Group @ CNY Banquet 2019

Madame Jolie, my teacher? She was strict, but she was also a wonderful teacher. Her advice to her students was straight forward: be good, do good. What a cool way to live like this each day in one's life. I am fortunate to have her as my *"marraine"*.

Line dancing anyone?

## A Birthday Trio

By Andrew Wang

Saturday 27 April 2019 was a very special day for members of MCAO who attended the monthly gathering at Alexandra Park Community Centre in Chinatown. For some of us, it was a nice surprise as we only came to know that three senior members of our club recently celebrated their birthdays.

So, at this club gathering, members had brought delicious meals to share. There was a beautiful and tasty birthday cake specially made for the occasion. Everyone had the opportunity to enjoy each other's company, to enquire about each other's health etc. or engage in friendly chitchat.

The atmosphere of the meeting had a special warmth, just like one big family reunion. Many happy returns to the three Birthday Ladies (Monique, Ah Yee and Elizabeth) and a big bravo to one and all!

三位女士过的生日

上个星期六，四月二十七号，毛里求斯会所举办了每个月在城市的活动。那时候，会所人员们都是来高高兴兴的参加。那天是一个特别的日子，人员们决定过了三个会所人员的生日。每个人都带来很多好吃的饭菜。还有带来一个特别很大的生日蛋糕。我们要祝她们生日快乐，活长长的平安的日子。

那天的聚会给我们机会见面好朋友，问后我们的健康，然后激动聊聊天天的。这聚会是像一个好意的家庭。

加油，再见



MCAO Gathering at Alexandra Park CC (April 2019)

## Hakka Sayings (客家俗語)

By Mike How & Clifford Lam

*Yong-Yong Young-Young* (瑩瑩樣樣)

Colloquial phrase describing a flooded state, with water spilled everywhere.

*Tong-Tong Sooy-Sooy* (汤汤水水)

Describes a condition when something is not done properly or conscientiously, without substance. It is often used in relation to the kitchen when a food is cooked in a half-hearted manner and does not look too appetizing. Translated literally, it means: "soupy and watery".

*Piao-Piao Bhak-Bhak* (跳跳蹦蹦)

Describes someone (typically a little child) who is restless and jumping up and down and mis-behaving.

*Bhang Téyw Yoon Kah* (澎头容加)

Describes the very messy state of someone's hair.

*Laam Tao Si* (蓝到死)

Describes someone who always likes to receive and get something for nothing.

*Noong Téyw* (濃头)

A derogatory way of describing someone who is responsible for starting something that is bad and nasty. Translated literally, it means "pus head"!



## MCAO News

### Federal New Horizons for Seniors Program 2019-20

We are pleased to announce that MCAO has been awarded a Federal Government grant under its New Horizons for Seniors Program for 2019-20. The grant, in the amount of \$23,871, was approved to deliver project initiatives aimed at enhancing seniors' social well-being and community vitality and to support the social participation and inclusion of seniors in the community. MCAO received the grant funding to provide the following four initiatives:

1. A series of 6 iPad workshops to increase the skills and knowledge of seniors in utilization of tablets and social

media and bridge the IT gap between seniors and the younger generations.

2. A dance program for seniors to participate in physical and social activity and enhance seniors' well being.

3. Intercultural learning activity to increase the cultural learning for seniors by participating in outdoor day trips to visit Sainte Marie Among the Hurons in Midland, and The Mennonite Story in St. Jacobs.

4. A motivational workshop "Passionate Longevity, 10 Strategies to Grow Younger" to enhance seniors' well-being and mental health.

The Association has already started the iPad workshops and Dance/Exercise program on a regular basis.

Planning is underway for the two intercultural day trips in July and August 2019 and the "Passionate Longevity" workshop in October 2019.

Special thanks go to Priscilla Lam and Joyce Leung for their dedicated efforts in bringing this year's grant application to another successful end!



Congratulations and well done!

### Chinese New Year 2019 Banquet

The MCAO Chinese New Year banquet was held on February 23, 2019 at the NKS Banquet Hall in Unionville. The event was well attended by over 400 members and friends, who were welcome by a traditional Chinese lion dance and treated to a sumptuous 10-course Chinese dinner.

A special thank-you goes to the entire organising team for their dedication and hard work and to all the members and guests for their support.

See pictures from the Banquet in the *Picture Gallery* section

### Update on Jean-Denis Sim's Fundraiser

We are pleased to advise that a total of \$2,870 was raised in donations from our members, friends and non-members in support of our compatriot Jean-Denis Sin. It was a very successful fund-raising effort by one and all. The family of Jean Denis is thankful to everyone who donated towards Jean Denis' medical costs. The money was remitted to the family through the [GoFundMe.com/Doitfordou](https://www.gofundme.com/Doitfordou) website.

### Fall Prevention Workshop

A workshop on "Fall Prevention" was presented on March 16, 2019 by George Chung as part of the club's "Health & Safety" activities.

A very informative and well-presented talk was greatly appreciated by the large and interested audience that was present for this important subject.



Fall Prevention Workshop (March 2019)

### Low-Risk Alcohol Drinking Guidelines Workshop

A workshop on "Low-Risk Alcohol Drinking Guidelines" was held at the Parkway Forest CC on March 2, 2019. It was presented by Jason Bass-Meldrum, RN.

The presentation was excellent and very informative and was well received by an appreciative audience.





First iPad Workshop (April 2019)



Low-Risk Alcohol Drinking Guidelines Workshop (March 2019)


**MCAO AGM 2019 & Executive Committee Elections**

The 2019 Annual General Meeting of MCAO took place on April 20, 2019 at the Lansing United Church Community Hall 1 in North York together with the holding of elections for a new Executive Committee (EC) for 2019-2020.

Twelve candidates came forward through the nomination process, from which nine EC members were selected by secret ballot by the general membership.

The turn-out for the elections was excellent with almost two-thirds of eligible voting members casting their ballots.

The new Executive Committee members held their first meeting on May 4, 2019 to determine their individual roles in the new committee. Details of the official office bearers are as follows:

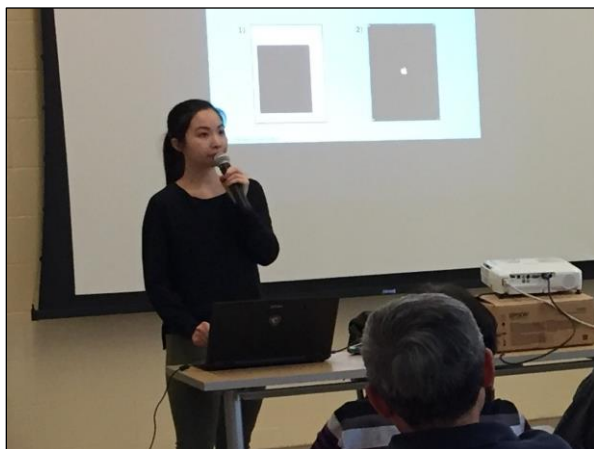
- |                          |                                |   |
|--------------------------|--------------------------------|---|
| President:               | Priscilla Lam                  |  |
| Vice-President:          | Allan Wan                      |   |
| Secretary (English):     | Joyce Leung                    |   |
| Secretary (Chinese):     | Mike How                       |   |
| Treasurer:               | Marie Laurence Li Cheong Man   |   |
| Assistant Treasurer:     | Margaret Wan                   |   |
| Director, Social Affairs | John How                       |   |
| Directors, Events        | Robert Tin, Jean Claude Li Fun |   |

In addition, the EC has appointed 3 new Co-Opted members to the Committee. They are Philippe Ong-Seng, Maurice Wong and Regine Wan Min Kee.

Monique Li Siong was also appointed as Honorary President for the new EC term.

**iPad Workshops**

By popular demand, a new series of in-class instruction courses on the use of iPad devices started on April 6, 2019 at the Parkway Forest Community Centre. The program, funded through the new Federal grant under the New Horizons for Seniors Program, will consist of 6 sessions and is given by Ms. Emilie Tsang.



## Upcoming Events

### MCAO Dragon Boat Festival Lunch

Where: Sky Dragon Chinese Restaurant  
280 Spadina Ave, Toronto,  
ON M5T 1H2

When: June 01, 2019 at 12:00 PM

Cost: \$25 per person

Ticket reservation is required through:

Monique Li Siong ([mltklisiong@gmail.com](mailto:mltklisiong@gmail.com)), or  
Margaret Wan ([mmlamsincho@gmail.com](mailto:mmlamsincho@gmail.com)), or  
Joyce Leung ([jmcleung@yahoo.com](mailto:jmcleung@yahoo.com)) by May 26, 2019.

### MCAO Annual Family Picnic

Our Annual Family Picnic will be held on Sunday, June 23 2019 at Wilket Creek Park (1121 Leslie St., Toronto).

Stay tuned for more details as they become available.

## Laughter...the Best Medicine



A rabbi, a Hindu, and a lawyer are in a car in the countryside one evening. The car breaks down. They walk to a nearby farm and ask for help. The farmer tells them it's too late to call a tow truck and offers them a room to sleep in. But he has only two extra beds and one of them will have to sleep in the barn.

The Hindu says, "I'm humble, I'll sleep in the barn". But minutes later, he returns and knocks on the door and says "There is a cow in the barn. It's against my beliefs to sleep in the same building as a cow".

So, the rabbi says, "It's okay, I'll sleep in the barn". But soon, he is back knocking on the door as well, saying "There is a pig in the barn, and I cannot shelter in a building with a pig". So, the lawyer is forced to sleep in the barn. Shortly, there is another knock on the door and the farmer sighs and answers it. It's the pig and the cow.

Teacher: "Kids, what does the chicken give you?"

Student: "Meat!"

Teacher: "Very good! Now what does the pig give you?"

Student: "Bacon!"

Teacher: "Great! And what does the fat cow give you?"

Student: "Homework!"



Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"



Ever wonder where the word "shit" comes from? Well here it is:

Certain types of manure used to be transported (as everything was back then) by ship. In dry form it weighs a lot less, but once water (at sea) hit it. It not only became heavier, but the process of fermentation began again, of which a by-product is methane gas.

As the stuff was stored below decks in bundles you can see what could (and did) happen; methane began to build up below decks and the first time someone came below at night with a lantern. BOOOOM!

Several ships were destroyed in this manner before it was discovered what was happening.

After that, the bundles of manure were always stamped with the term "S.H.I.T" on them which meant to the sailors to "Ship High In Transit." In other words, high enough off the lower decks so that any water that came into the hold would not touch this volatile cargo and start the production of methane.

Bet you didn't know that one.



## 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](mailto: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](mailto:jmcleung@yahoo.com))



## Contact Us

If you have any questions or comments, please email us at: [clubmcao@gmail.com](mailto:clubmcao@gmail.com)

You can also visit our website at:

[www.mauritiuschineseassociation.com/](http://www.mauritiuschineseassociation.com/)



## Picture Gallery

### *MCAO Xmas Party 2018*



*MCAO CNY Banquet 2019*



*MCAO AGM 2019*

