



Mauritius-Chinese Association of Ontario

安大略省模里西斯華人聯誼會

MCAO Newsletter

President's Message

By Brigitte Tin



Dear Members,

It is with great pride and honour that I am announcing the re-launch of our MCAO Newsletter. The extensive effort and dedication that went into this work is gratefully acknowledged. Using a quote that I always keep in the back of my mind is: *"Coming together is a beginning; keeping together is progress; working together is success."*

Our special thanks go to the newsletter project team and contributors for working collaboratively:

Brigitte Tin, Georges Chung, Jean Claude Li Fun, Doris Soo, Clifford Lam, Liliane Sin, Joyce Leung, Philip Wong, Philip Kwong Chip, Andrew Wang, Mike How, James Ah Lan, Tin Chung and Philip Chan.

Last and not least, given the challenging times that we are going through with the current Covid-19 pandemic, I sincerely hope that our MCAO Executive team has been successful in keeping members engaged through a variety of activities/programs delivered via online platforms. I am confident that as a community, we can get through these challenging times together and I am hoping to interact with you all in person in the near future.

Stay safe and healthy!

Thank You.

Brigitte



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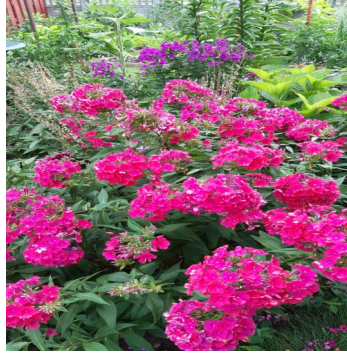
A Garden... .. A Game..

By Liliane Sin

It was a beautiful afternoon in July. I was sitting in the garden with my feet up, just about to have my afternoon tea, I *sort of heard* the twittering of sparrows in the back of my head. I looked back ... the grapevine was still; there were no birds ... there were no birds in the flower garden either. So, what was it that I was hearing?

It is a ritual in the summer months ... when we are home, we both go outside in the garden as often as possible. For me, the idea is, to keep my husband company while he is toiling in his vegetable and flower garden. Hands in the dirt, head in the sun and heart with nature, to him, this is the glory of gardening. The gar-

den is a magical place so the summer garden, in all its vibrant and luscious splendour, speaks for itself. What he has been telling me over the years is that, his flowers will always make me feel better and happier because they are sunshine, food and medicine for the soul. I smile each time he brings fresh cut flowers from his garden to my kitchen table. *A fragrant home is indeed a simple pleasure!*



Two people two different passions; like snowflakes we are unique.

The twittering of sparrows are etched in my memory. The sounds bring back fond memories of my teen years. It is said, the clacking of tiles during shuffling resembles the chattering of sparrows.

Well, playing mahjong is my passion. I love a game in which I really have to focus, think, and keep track of people's hands. The game teaches patience. While sitting for long hours, waiting for one's turn, and waiting on one's tile, patience is a significant factor in the game. It can help improve memory skills and sharpen the mind and it forces one to think on different spectrums. You can never say: *"it's only a game"* to a mahjong player! The game of mahjong is a game that requires wise philosophy and strategy, and it tests your skills.

Regular games of mahjong have become very popular not only in Asia but around the world. Decidedly, mahjong is an elegant game. The game makes an excellent social activity. When parents, siblings and children are separated by distance, our friends are the continuous threads that help hold our lives together. Playing mahjong is a good way to stay connected with old friends and a great way to make new friends ... it becomes part of the circle of life. Rituals of friendship become espe-

cially meaningful.



Two people two passions!

When we were teenagers, my little brother and I, not only looked forward to week-ends because we would not have to go to school, but also to be around four adults playing mahjong in the living room. We were very excited as soon as the square table was placed in the middle of the room. Our fun was to build the four walls of tiles and wait for the guests to arrive. But the greatest fun was when all the noise started ... loud voices and lots of laughter filled the room. There was a lot of happiness in our house. The game was on Friday nights, so there was no pressure from anyone to go to bed early. Once the four players started the game, my brother and I would take a seat beside anyone of the players. When I think back, this is pretty amazing ... through observing the game silently, we learnt the strategies and skills of the game.

Our fun was even greater when we became the actual players with other siblings. The only time we could play mahjong was during our school holidays or when the schools were closed due to bad weather.

When I was about to retire, my friends asked me if I had a retirement plan, my answer was ... *yes I plan to play mahjong!* Playing mahjong has this power to bring people together ... to connect with old friends and create new relationships.

Thoughts are like flowers that bloom in our mind's garden

So, let us be the gardener of love and joy through a hobby happiness will bloom in our garden.

A GardenA Game..

Here Comes the Sun....

By Philip Kwong Chip



I need to get up in the morning, to have my cup of coffee, to read the news of the day. That is our nature.

I need to get up in the morning, to go to bed at night at 10 p.m. for a good night's sleep, so I can dream about Péreybère.

I need to get up in the morning, to learn, discuss, ask questions, listen, make silly mistakes and laugh about it. That is our nature.

I need to get up in the morning, to plan what to bring to the potluck dinner at the club. Will it be "di pain frire" or "gateau piment"?

I need to get up in the morning, to witness the transition of dusk to dawn, to catch the warm rays of the rising sun.

I need to get up in the morning, to soothe my body aches after the hectic line dance session and the vigorous cardio exercise the day before. That is our nature.

I need to get up in the morning, to practise my favourite Beatles songs, for the benefit of Mr. K (as in Karaoke).

I need to get up in the morning. No one is going to get me up. Fear of consequences is not going to get me up. It will keep me in bed.

I get up in the morning, because it's time to face the day, it's time to read the daily Trump's tweets, it's time to catch up on the latest "palabres" at the club.

I get up in the morning, to experience the newest fad. Will it be Beyond Meat burger or meatless chicken or both?

I get up in the morning, because I know each day will bring new surprises, each day will just be peachy. Unless it snows outside. Then, it will be time to crawl back into bed.

Good day Sunshine!

Hakka Sayings 客家俗語

By Brigitte Tin, Georges Chung and Tin Chung

Fo-Fo Shi-Shi (和和气气)

Cooperate peacefully

Tai Ka Hau (大家好)

Usually used as a greeting, its equivalent to wishing "everyone well". The first two words means big family, and in a general context to a group, its means "everyone", (keeping in mind the spirit of chee gah ngin, it refers to everyone as one whole big family) {Literal translation of the three words are "big-family-good"}

Oy Fiong Sim (爱放心)

Put your heart at ease", first word is love and the last two words means to be at ease, meaning not to worry

Sat Ma Voy Doun Bhet (舌麻 Voy 吞北)

Tongue will get swallowed (refer to delicious food that will cause one to "swallow the tongue")

Yu Chooye Yu Pao (又醉又飽)

And drunk and full (usually said as a compliment to a gracious host after a meal, that I am drunk and full) this can be said in any order, and full and drunk or and drunk and full)

Kow Cha Eh (搞差é)

Made it wrong or did it wrong

Mo Siong Kon (么相干)

No worries - Does not matter

A Tale of Two Diseases - my truly remarkable journey

(Part 1)

By Philip Chan¹

The diagnoses

This is the tale of my incredible 50-year journey from being diagnosed with jaundice, a clinical symptom of hepatitis in the spring of 1968 in Port-Louis, Mauritius to being diagnosed with hepatitis B in the summer of 1981 in England, UK and, in the winter of 2016, to being diagnosed with chronic hepatitis B.

To add insult to injury, in early autumn of 2017, I was diagnosed with stage 2A **Non-Hodgkin Lymphoma** – diffuse large B cell lymphoma – a type of cancer that starts in white blood cells called lymphocytes.

About the liver and hepatitis B.

The liver is the largest organ in the body, weighing about 3.5 lbs. It performs about 500 functions, one of them is to store energy in the form of sugar called glycogen. It is a vital organ that supports almost every other organ in the body. Because of its strategic location and multidimensional functions, the liver is also prone to many diseases.

Hepatitis B is a viral infection that attacks the liver and can cause both acute and chronic diseases. It is a life-threatening liver infection caused by the hepatitis B virus – HBV – and puts people at risk of cirrhosis and liver cancer. The main way liver cancer affects the body is that it takes over so much of the body that it cannot function normally. Many people will not experience symptoms [asymptomatic] until the tumor has grown significantly, and many are diagnosed when they already have advanced liver disease. Such disease tends to progress rapidly, and the outcome is poor. Due to the liver's critical role in support of many other organs in the body, liver failure can lead to (a) breakdowns in other organs such as kidneys which may be among the first to suffer, lungs, spleen, gallbladder and (b) hepatic encephalopathy which is a contributing factor to cognitive dysfunction.

Without a healthy liver, a person cannot survive. Liver diseases must be detected early.

Non-Hodgkin Lymphoma (NHL – DLBCL)

Non-Hodgkin Lymphoma is a type of cancer that originates in the lymphatic system. The lymphatic system is part of the body's immune system and helps fight infections and other diseases. Lymphomas form a group of blood cancers that develop from lymphocytes, a type of white blood cells. It usually starts in an area of lymph nodes.

Aggressive [high grade] types of NHL usually have not spread outside of the lymph node area or organ they started in by the time they are diagnosed.

Indolent [low grade] have often spread to other parts of the body by the time they are diagnosed.

The most common types are the usually slow growing follicular lymphoma and the other aggressive diffuse large B cell lymphoma.

For the slow growing lymphoma, longer term survival is common although the patient cannot be cured.

The more aggressive tumors such as DLBCL are more dangerous, but a permanent cure is possible.

Lymph tissue is found all through the body, so lymphoma can begin almost anywhere. It can spread through the lymphatic system or sometimes through the bloodstream to almost any tissue or organ in the body like the bone marrow, spleen, liver, stomach, small intestines, large intestines, lungs, testicles, brain or spinal cord, skin, eyes and sinuses.

Educational – Family history.

When three or more members of your family have the same or related diseases or cancers, you are genetically speaking more at risk of developing a hereditary cancer. Hepatitis B is a taboo subject in many Asian families and it still is. It is highly likely that I got my hep B at birth.

Warning: If you think you are at risk, see your doctor immediately. Just because you are not sick and have no symptoms of hepatitis does not mean that you are healthy. It is a silent killer, develops very fast and spread

¹Philip Chan is a special guest contributor from Montreal. He is the author of two books: "A Tale of Two Diseases" and "Cancer Recurrence Prevention", which are based on his personal experiences. Both books are available on Amazon.ca.

throughout the body, clogging, strangling and choking everything in its path, much like something you see in a horror movie. Death comes too quickly and there's no time to say goodbye.

Hepatitis B is an infection that often runs in [Chinese] families. If like me, you were born around the 1940's, our mothers may have been infected with hepatitis B. Immunization was not available to us as newborns nor to our mothers and grandparents.

Reports from the World Health Organization (WHO) indicate that Hep B immunization became available only in 1982.

Diffuse Large B Cell Lymphoma (DLBCL) is not an inherited disease. The majority of patients have no family history. As far as I know from my extensive research on the subject, my only risk factor was my age (71), as NHL tend to occur in people in their 60's and older. Another possible risk factor like H.pylori does not apply as I am NEGATIVE. There is no known way of preventing the disease and no specific ways of reducing your risks. The only consolation for me is that NHL – large diffuse B cell lymphoma is treatable and offers long term remission.

Connections: During my extensive research on possible connections in diseases such as arthritis and heart disease, lymphoma and rheumatoid arthritis, chronic kidney disease (CKD) and liver disease (NAFLD), loss of hearing and cognitive decline, the spleen and pancreas, pancreatic and hepatitis, I have come across research and studies that have shown that there is a possible link between lymphoma and hepatitis B. I am fully aware that my two "Good Doctors" the Hepatologist and the Hematologist-Oncologist are in constant communication.

Advice: I know what's going on. I am not a mere spectator to my disease. Become a specialist in your area of health concern. Empower yourself with knowledge and you will become more confident. Your absolute trust in your own judgment and that of your doctors are paramount to your health status.

When, What, Who, Where and How.

When – Except for my emergency visit to my doctor in 1968 when I was diagnosed with jaundice (symptoms were dark brown urine and yellowish eyes) and registering with a family doctor in Glasgow in 1968, in London in 1976 and in Montreal in 2005, I have never seen a doc-

tor because of ill-health. In fact, throughout my 26 years with J.Sainsbury's, a leading food retailer in England, UK, I have never had to take a sick day. I was healthy, full of energy, joie de vivre and most importantly, I was low-stressed and functional. I loved my job.

In October 2015, I decided to pay a visit to my GP for a routine blood test, something that I have not done since my compulsory medical 10 years ago before immigrating to Canada.

What happened?

My blood test results were good except that my numbers on two liver enzymes – notably Alanine aminotransferase (ALT) and Amino aspartate transferase (AST) were very high. The numbers were 78 and 50 respectively. My ALT was 73% and AST was 43% above the normal range.

I hit the nuclear button gently. My gut feeling told me something was not right. It was decision time.

When I first registered with my GP in 2005, I recorded that I was diagnosed with Hep B in 1981. When I reminded my GP about this fact and in light of my ALT and AST readings, at MY behest, we started the ball rolling.

On the same day, at the medical centre, as a private patient, I had a liver function blood test for hepatitis. The test confirmed that I was Hep B positive. I was not surprised. It only confirmed what I knew in 1981.

There were no panic, no confusion. My state of mind was lucid. I wanted to know the state my liver was in. **On November 19, 2015,** again as a "private" for expediency and speed, I underwent an ultrasound test.

Findings: The liver was not enlarged and there was no suspicious solid mass. They recommended that I have an MRI C+ scan to clarify some impressions that were a bit blurred.

I heeded the advice and had an MRI C+ scan **on December 16, 2015.**

Results: Normal liver parenchyma. No fatty infiltration. The liver contour is smooth. No solid liver lesions. Normal portal and hepatic vein system. No ascites. No solid pancreatic lesion. The spleen is not enlarged. No adenopathy. No dysmorphism. No thrombosis. No indirect signs for portal venous hypertension.

In my mind, having ignored my jaundice, blissfully ignorant of family history etc. for so long, I was certainly relieved that the MRI C+ results did not say that my liver was badly diseased and cancerous. I considered myself to be lucky that I was not punished for my irresponsibility vis-à-vis my health.

What next: I needed to get into the Canadian Health Service system. It was essential that I get specialist treatment for my Hep B. It was a matter of urgency. I was lucky that my liver was not damaged badly. I could not afford this “laissez faire” attitude anymore. I may not be given a second chance. I took responsibility for my health.

Where and Who: Through personal connections, on **January 14, 2016**, I was “beamed” into the Montreal Royal Victoria Hospital and met with my gastroenterologist - hepatologist within 24 hours of making a request for an appointment. I finally got an able doctor to treat my Hepatitis B, who subsequently diagnosed me with chronic HBV. I am now in good safe hands.

Results: I responded well to treatments. Within 4 months of anti-viral treatments, with no side effects, the hepatitis B virus [HBV-DNA] was “UNDETECTABLE” and has remained undetectable to date. There is no cure for chronic hepatitis B [CHBV]. I need to keep taking the tablet for life. It’s a small inconvenience.

Non-Hodgkin Lymphoma (NHL)

What happened? I got it in the neck, isn’t it?

When your water pipe bursts at home, there is no time to find out why. You call a plumber.

Who: I called my doctor when I found a lump on the right side of my neck. The most common early symptom of NHL is painless swelling in the lymph nodes in one area of the body, namely the neck, armpits or groin. I did not have any symptom. Like my hep B, I was asymptomatic. In an ironic way, with no lymphoma symptoms, the prognosis tends to be better!! It felt like getting a “get out of jail free” card.

I knew a good Otolaryngologist [Ear, Nose and Throat specialist] from my DENTIST. She gave me a name and I asked for him. My wish was granted with an appointment to see him within 2 weeks. After a CT scan followed by a PETscan examination, I was diagnosed with NHL –DLBCL– stage 2A. **That was August 17, 2017.**

On the 14th September 2017, I met my Hematologist-Oncologist. I was lucky to have a superbly qualified competent empathetic doctor. She said to me: “Mr. Chan, you have cancer – stage 2A”. She also told me that the prognosis was good. The big C was now a smaller “c” and not scary. I was relieved that the cancer was caught early. Early detection – better outcome.

After undergoing a MUGA test to find out if the heart was healthy and strong enough to withstand the chemotherapy drugs, on **October 2, 2017**, I started 4 sessions of chemotherapy at intervals of 3 weeks to give you time to recover and 20 consecutive weekday sessions of relatively low dose of radiotherapy which finished in early **February 2018**. On the last day of the radiotherapy sessions, I RANG THE BELL.

A PETscan on **19th December 2017** confirmed that my cancer cells were undetectable. I was in complete remission. “Findings are compatible with complete metabolic response to treatment since September 18, 2017”. My Deauville score was 1, the best.

The radiation therapy was done to make doubly sure that there were no cancer cells lurking unnoticed in the surrounding area of the cancerous tumor. They did a thoroughly good job.

From the moment I met my ENT specialist in August 2017, I was on a treadmill going at a steady to fast pace and came off it 6 months later on the 9th of February 2018, a week before the Chinese New Year of the Dog. “How Xin Nian” The treadmill at times feel more like a rollercoaster!!

I was healthy, yet I got cancer. I was fit and functional before chemotherapy, which helped tremendously in coping with the gruelling chemotherapy drugs. One of the drugs used – Doxorubicin – is so toxic that it’s nicknamed the “Red Devil” [no connection to Manchester United !!] The R in R-CHOP is the chemotherapy drug Rituximab which is a good drug to resolve Non-Hodgkin Lymphoma.

(to be continued)

Beyond Chronic Hepatitis B and Non-Hodgkin Lymphoma.

Some College Memories

By Andrew Wang

After primary school, it was a privilege for me to be admitted into a well-known college in Rose Hill for my secondary education. The special aspect of this school was that classes were housed in separate buildings, according to each grade. Also, all three classes (sections) of the same grade were taught the same subject at the same time by three different teachers. This made it possible for particularly able students to switch classes for that subject.

The school was run by the Anglican diocese. The principal was a priest from England, as was about half of the teaching staff. The school was also unique in that it was co-educational.

I remember the first chemistry class where the teacher was producing carbon dioxide gas and bubbling it through lime water. We watched in awe as the limewater turned milky and then gradually became clear again. That was magic for the young impressionable minds, simply mind-boggling! When he did it again by blowing air from his mouth into the limewater to show that the air we exhale also contains carbon dioxide, the wonders of science experiments really became ingrained into our thirst for knowledge.

The principal was really a very strict person as far as studies were concerned. After each term report, he would call to his office those whose academic performances were below par and would freely use the cane as punishment. I remember some of my friends would wear thick trousers or double trousers to minimize the pain inflicted. Some would even line the inside of their trousers with padding. Unfortunately for them, he would be quick to discover their ruse and would reward their ingenuity with a double dose of punishment.

At one time we were given free exercise books. After the exercise book was used up, it was checked, and a stamp was put on the cover and then a new one was issued. Some enterprising students would put the new cover to the old exercise book and again go for new ones. It was no wonder that this benefit was soon discontinued.

Some teachers have left a lasting impression on me. My mathematics teacher is one I am eternally grateful to up to this day for his expert teaching. I look up to him as one of a kind, unrivaled by no other. As time passes, our memory fades but those teachers that have impacted our lives are forever engraved in our minds.

高中的记忆

小学后，我进了一所特别的中学校。为什么特别呢？每个年纪都有三班。每三班的教室都是在一个建筑物里。所以每个班的老师教一样的课。如果一个学生的水平很高，他可能参加别高成绩的班。

这个高中学校都是圣公会举办的。学校长是一位牧师，是从英国派来的。一半的教师们都是从英国派来的。那时候，这所学校是特别的，因为男孩和女孩一起学习的。

我记得第一化学课。老师正在用什么样的生产一个气叫做 carbon dioxide。这生产的气他进入 limewater。我们惊讶看那个 limewater 慢慢变白色的，以后又渐渐变透色的。以后他又用自己的气进入 limewater，表示了我们的气也有 carbon dioxide。那时候，怪不得这实验已经进入我们的脑筋引起了渴得知识。

校长是一位很严格的人。这是对学习的问题。每四个月出发了成绩单以后，如果有学生的成绩考的很差，他会叫他们来报道在他的办公室。他很快用一支棒子打他们身后的屁股。这惩罚是他最喜欢用的。我记得有的朋友们要去报道，他们以前决定穿上了厚厚的裤子，或穿上两三条的。有的学生会用厚厚得布放在裤子里面的。他们说这种方式会减少了他们的痛苦。可惜 校长会很快发现他们的做法。所以会给他们很重的惩罚。

有一天学校决定给我们免费的练习书。这书用完了以后，他们会在练书面上打印了，以后换给我们一本新的。但是有的学生会很换拿出了这新书面，换成旧得的练习书。以后他们又去取了一本新的练习书。怪不得不久这好处的方式很快停止的。

有的非常好的老师给我们永远的好印象。比如对我的数学老师 我永远要感谢他。他是真的一位数学家。我上看他就是一位 独一无二的老师。他教的能力十分高，是很真棒的。

时间慢慢过去了和我们的记忆也慢慢渐渐变少了。但是有那些很厉害的老师已经打动我们的生命，所以我们永远不可能忘记他们。

Memories of Life before COVID-19: MCAO Family Picnic 2019

Picnic 2019

By Philip Wong

It is now almost two long years since life, as we knew it, has been put on hold due to the COVID-19 pandemic. No meet & greets, no potluck gatherings, no special lunches, no family picnic - never thought the fun, laughter and camaraderie of those get-togethers would be so sorely missed. In anticipation of better things to come soon, it would be nice to re-live one of those last held events of 2019: the MCAO Family picnic, to remember how things were before masks, social distancing, lockdown became part of our everyday vernacular...

*L'été est arrivé, le soleil brille dehors
On profite du beau temps, chaque soir on sort*

The Opening Scene ... a picture is worth a thousand words

The 2019 annual summer family picnic of MCAO took place under picture-perfect conditions on a beautiful June afternoon. A large crowd of guests, friends and relatives of our growing MCAO family gathered for a few hours of collective fun, food and games at Wilket Park Creek in North York.



The following is a brief photo essay where we take a lighthearted look at how we spent a beautiful summer day. Some of the pictures will capture the relaxed atmosphere and colourful scene reigning at the picnic. Older friends, younger friends and the very young mixed

and mingled very easily. It was truly enjoyable. It was refreshing!

The Crowd Scene...



Seated under the trees, we chatted, laughed and reminisced about growing up on our island in the sun. The cool breeze brought on by the good weather only helped to make the gathering even better. It was sunshine all the way. We took things at our own pace. Some of us played games; others line-danced in the field, and yet others just took pleasure surveying the scene. We even watched a young visitor demonstrate his skills at martial arts.

The Food Scene...



The Fun Scene...





In addition to promoting social interaction/networking amongst our seniors and helping bridge the inter-generational gap, it is worth remembering the all-important benefits of outdoor activities for the young and old alike. These activities allow us to go out of the confines of our indoor existence and experience the benefits of life in the open while providing a good reason for both the young and less-young to go out and enjoy the sun and fresh air.

Benefits of Fresh Air for Seniors

Vitamin D from the sunlight. Vitamin D helps reduce fractures and other injuries from falls since Vitamin D increases bone strength - opportunity for exercise - A boost in mood - Faster healing - More energy - Less stress - A healthy rhythm of awake and asleep.

While picnicking under the sun, anyone of us could feel unwell, especially at our age. Well, have no fear. We are in good hands. The good organizers will come to our rescue and see us home safely. This younger generation is to be commended. You have to see it to believe. Well done, young men and women! Many of us were present to witness your good work. We admire your dedication.

Behind the curtain...

We are spoiled, and we know it. We just turn up at the park and a great time is to be had. The team of organizers does not receive enough credit for making this annual event possible. So, perhaps this time we should pull back the curtain and shine some light on how much effort goes into making this annual event the success it has become.

Briefly, the organizing team and its volunteers have to start early in the year to ensure we get a good picnic site. After selecting a suitable one, they need to book early. Typically, by January a site permit would need to be purchased for the mid-year event. It is important that all the rules and regulations of the permit are observed as the authorities do come and check.

The biggest task is organizing the food; especially when we can never be sure of the turnout. The goal always is to make certain we do not run out. The coordinator consults with our volunteers. In this way we know what the food table may look like. Many hours on the telephone later, and look at the results: chicken, mien, vooyen, baja, bringelle, sweet treats, melon, herb jelly ... to name just a few.

This year, we were treated with a big delicious cake, courtesy of the Kimshooye family! For good measure, MCAO went out and supplemented with extra goodies. At the food station, a group of smiling servers were on-hand for an orderly dish out. The food was so good, some members and guests went around for seconds. At the end of the day, not only did we have an adequate amount, we had lots of food leftover.

Line dance and games leaders prepared for the event in advance. They encouraged us to join in the physical activities. A day or two before the Picnic Day, after a last-minute check, we were ready.

We say thank you to all the people who came out to participate, the volunteers who offered their time and prepared so much food and the committee members.

Applause, applause, applause ... three cheers for MCAO! Hip, Hip, Hip, Hooray!!

At the Shrine of Blessed Father Laval

By James AhLan¹

I have prayed at the shrine of Blessed Father Jacques Désiré Laval (Père Laval) only three times in my life. The first time was in September 1968, a week before my departure to London where I would start my university studies. The second time was in October 2011, on my first visit to Mauritius since 1976, as an expat from Cana-



da. The picture above was taken in 2011. My last visit to the shrine was in 2015, when the other pictures were taken.

I recall my first two pre-1967 visits to the shrine which was originally located near Trou Fanfaron in Port Louis. Since then, the shrine has been re-located twice to the grounds of the local parish church in the eastern suburb of Sainte Croix, where Father Laval worked as a missionary from 1841 until his death in 1864. The picture above was taken at its first relocation site in Sainte Croix. The other pictures were taken at its current location. The shrine had to be moved to accommodate the massive crowd of pilgrims during the “Pèlerinage Père Laval” which takes place annually on September 9.

One of my interests in travel photojournalism is to document the religious sites of the world. The Père Laval shrine is unique in that it has a cross-community appeal in the island nation of Mauritius. Blessed Father Laval was credited with converting over 70,000 people to Christianity.

The annual pilgrimage to the parish church of Sainte-Croix originated on the date of his funeral procession in 1864.

Brief notes on Blessed Father Laval

1. Born in Croth (France) on Sept 18, 1803.
2. Served in Mauritius as a Roman Catholic priest.
3. Died at age 60 in Port Louis (Mauritius) on September 9, 1864.
4. Beatified by Pope John Paul II on April 29, 1979.
5. Pope Francis visited the shrine on September 9, 2019. His Mass in Port Louis drew a huge crowd.

Here in Canada, an annual mass for the Blessed Father is delivered at Reine du Monde Cathedral in Downtown Montreal. In Toronto, the commemorative mass is celebrated at Saint Louis de France Church.



¹James AhLan is an avid travel photographer and has compiled an extensive collection of photographs depicting the local life and culture on his travel stops. This is the first of a series of photo-essays on the Cultures and Traditions of our native isle, Mauritius.

MCAO News

New MCAO Website

A new MCAO website was unveiled in July 2021 after undergoing its first major revamp since its original release in 2014. The redesigned website provides a more user-friendly and visually enhanced public portal, in addition to enhanced privacy protection through a new member login feature and complies with the newly mandated Ontario's Accessibility for Ontarians with Disabilities Act (AODA). Please note that members need to apply for a private login account to access information reserved specifically for members such as photo galleries, current programs and activities, etc.



MCAO Social Outdoor Gathering Aug 2021



MCAO hosted a social outdoor gathering at G. Ross Lord Park in North York on August 29, 2021. It was the club's first in-person social event since the start of the pandemic and was well attended by over 60 members, family, and friends. It was heartwarming to see everyone in good spirits and happy to meet and reconnect after the long pandemic-forced absence,

MCAO THHA Representative

MCAO is pleased to announce that Brigitte Tin, our cur-

rent MCAO president is our new MCAO representative at the board of directors at the Toronto Hakka Heritage Alliance (THHA). Brigitte will work alongside with Joyce Leung who has been a constant support in forging a strong relationship in working with the Alliance.



We thank Mike How, the outgoing MCAO representative for the time he has devoted in this capacity for a number of years. We wish him all the best in his future endeavour.

Toronto Hakka Conference (July 10-11, 2021)



MCAO thank members who have attended the conference to strengthen our support to the community and to connect to the history of our hakka heritage.

31st World Hakka Conference

MCAO members are invited to attend the 31st World Hakka Conference on June 24-26, 2022 hosted by the Hakka Canadian Association (HCA). The conference will take place in Markham, Ontario. Next year also marks the 50th Anniversary of the World Hakka Conference! Let's show our support to our hakka community.



THE 31ST WORLD HAKKA CONFERENCE
第三十一屆世界客屬懇親大會
MARKHAM • CANADA June 24 - 26, 2022 加拿大 • 萬錦市 2022年6月24至26日



Chinese New Year Cake (Tiam Pan)

by Monique Li Siong

Ingredients:

- 1) 400 g Glutinous Rice Flour
- 2) 4 blocks of Brown Rock Sugar
- 3) 1/2 cup of Sugar

Directions:

- 1) Dissolve 4 blocks of rock sugar in 500 ml of water.
- 2) Grate zest from two big oranges.
- 3) Put the orange zest in a pan and add ½ cup of sugar and ½ cup of water.
- 4) Cook slowly until it thickens and leave aside.
- 5) Prepare some caramel with ¼ cup of sugar and 3 tbsp of water.
- 6) Slowly add the orange zest marmalade into the caramel.
- 7) Let it cool.
- 8) In a big bowl, put the glutinous rice flour, add the caramel/marmalade mixture and stir continuously.
- 9) Pour the mixture in a bowl lined with cling film then cover with parchment paper.
- 10) Put a stand in the instant pot and add 3 cups of water to it.
- 11) Place the bowl inside the pot.
- 12) Set manual mode to cook for 90 minutes.
- 13) Once ready, leave inside the pot for 30 mins and then remove. ~ End ~



Roast Pork (Sao Chu)

By Mike How

Ingredients:

- 1) Pork Belly 5"x 8" (approx 1½ lb)
- 2) Sugar
- 3) Salt
- 4) Five Spices
- 5) White Pepper
- 6) Cooking Wine
- 7) Honey
- 8) Lemon or White Vinegar

Directions:

- 1) Boil water in pot and immerse the cleaned belly pork in the water for approximately 3 minutes.
- 2) Remove pork and let cool.
- 3) Split pork in 1½ inches width. Make sure not to cut through skin.
- 4) Boil some fresh water and put the meat in the pot again for 2 minutes and take out.
- 5) Let cool.
- 6) Mix the spices well. Rub the meat with the spices all over except the skin side.
- 7) With skin side up, poke as many holes as you can in the skin with a sharp device like a fork, etc.
- 8) Put in a plate and keep the meat in the fridge for 2 days without cover for drying. It is absolutely important for the skin to be completely dry.
- 9) Take the meat out and poke more holes.
- 10) Rub skin with lemon juice or white vinegar and let it rest for 1 hr
- 11) Heat oven 400oF (you can use the toaster oven too!)
- 12) Place the meat skin side up and cover the top with a piece of tinfoil for 20 min.
- 13) Then remove the tinfoil and cook the meat for an additional 25 minutes.
- 14) Take the pork out and use a small brush to apply honey on top of skin. Let cool.
- 15) Cut and enjoy!
- 16) Dipping Sauce: hoisin sauce or plum sauce. ~ End ~



QUIZ!

A. Quiz Mauricien

by Jean Claude Li

- 1) En quelle année l'île Maurice fut-elle découverte?
A) 1205 B) 1215
C) 1505 D) 1405
- 2) Qui découvrit l'île Maurice?
A) Les Chinois B) Les Indiens
C) Les Portugais D) Les Arabes
- 3) Où est situé l'île Maurice?
A) Au Nord de l'Océan indien
B) Au Sud de l'Océan Indien
C) A l'Ouest de l'Océan indien
D) A l'Est de l'Océan indien
- 4) Combien la plage de Trou aux biches a de kilomètre de plages?
A) 12 Km B) 6 Km
C) 9 Km D) 3 Km
- 5) Quel ingrédient parmi ces propositions a une grande place dans la culture mauricienne et un musée?
A) Le sel B) Le Sucre
C) Le poivre D) Le piment
- 6) Parmi ces propositions laquelle est le nom d'un parc naturel de l'île Maurice?
A) Domaine de L'étoile
B) Domaine du Soleil
C) Domaine du Cascade
D) Domaine de la Lune
- 7) Je suis un village au nord de l'île Maurice mon nom est...
A) Village Caroline B) Calodyne
C) Carreau Lalianne D) Beau Vallon

B. Quiz Mauricien Creole

by Doris Soo

- 1) Tire dibois dans mo tiroir pou tappe mo coté?
- 2) Ki zaimo pli pares?
- 3) Reveil lor brans?
- 4) Ene gato dé coulers mette li lor latab, coupe, partage personne pas mangé?
- 5) Piti batte mama pou li santé?
- 6) Mo lacase endans peintire en rose, en dehors peintire en vert, eh banne piti mazabiques la-dans?
- 7) Baton dan derriere, couronne lor la tete?
- 8) Mo guette li, li guette moi?

MCAO Membership

New members are most welcome! To join MCAO, access our MCAO Website at www.mauritiuschineseassociation.com to download and complete the member registration form and email to clubmcao@gmail.com

If you have any questions or comments, kindly contact us by email at clubmcao@gmail.com



<https://mauritiuschineseassociation.com/>

Réponses A: 1. (C) 2. (C) 3. (C) 4. (D) 5. (B) 6. (A) 7. (B)

Réponses B: 1. Boite zalimet 2. Zeb - tou letan so lekor rayer 3. Coq 4. Paké cartes 5. La cloche 6. Melon d'eau 7. Zanana 8. La glace