



Mauritius-Chinese Association of Ontario
安大略省模里西斯華人聯誼會
MCAO Newsletter

2022 World Hakka Conference

by Marie Laurence Li

For those who attended the 2022 World Hakka Conference, the summer started with a bang! The conference which was held in Markham June 24 – 26 was a success and well attended, given that we were still in a pandemic, even though most social restrictions were lifted.

We were greeted at the start of the conference with a conference bag. It had contents that showed the planning was done in a ‘tai fong’ spirit, as they say in Hakka. The opening and closing ceremonies were executed with such taste and grandeur; and it was obvious that much thought and collaboration led to the outcome. The mayor of Markham showcased his outreach in hosting in his city by singing a Hakka song (in Hakka) and a Teresa Teng song (in Mandarin) in front of an audience of approximately 1000 guests. Hats off to him!

The workshops at the conference were all focused on the Hakka culture, be it traditional wedding ceremonies, sharing of experiences by various hakka groups in each diaspora, books published by our fellow Hakka writers. All very apropos contents within the spirit of the conference .

Of course one cannot skip commenting on the food. First we learnt that the chef was of Hakka origin and he had ob-



Inside this issue:	
2022 World Hakka Conference	1-2
My Reflections On Life	3-4
Our World	4
Et En Avant La Musique	5
Memories of Two Migrations	6
Yesterday	7
Fond Memories	8
Hakka Sayings	9
MCAO News	10
MCAO Recipe Corner	11
MCAO Quizzes	12





viously put a lot of thought in planning the meals with meaning and relevance. The opening day dinner reflected a mix of Canada and Meixian (Moi-yen)– with Canadian salmon and beef as main course, and a salad that incorporated pomelo that originates from Meixian. The closing dinner was an amazing 10 course Hakka dinner



that included some traditional dishes that we are all familiar with growing up, such as Belly pork (moy choi niouk cooked with Taro), Fish with pickled mustard (Ham Choy) cooked with fermented red rice sauce (Tsao), stuffed tofu, meat balls (Niouk Yan) , steamed chicken, Meizhou style noodles.

We were all transported over the two days in a world where everyone seemed to know each other because of our common heritage. We have learned much over the conference through mingling with other attendees at the event and comparing notes on experiences of our ancestors in immigrating to new worlds and our own experiences in immigrating to Canada and how

some have retained culture and traditions to varying extents.

Various organizations worked arduously together to make the event a success, with Brigitte Tin and Joyce Leung representing MCAO in the planning subcommittees. Though the conference which was initially scheduled for 2021 was postponed to 2022, it was in hindsight a good decision, and for many of us the location was more accessible. It was certainly not easy to plan such an event, and Kudos to the organizing teams for a world event executed with such minutiae and taste!



My Reflections on Life

by Andrew Wang

Our life is like a wheel. It starts to turn the moment we are born. And it will only stop once we reach the end of our journey.

Life starts in the womb of our mother's and once we are born, our struggle for survival in this world begins. We grow up under the protection of our parents, who nurture us until we become independent. They attend to our every need, making sure that we become a useful member of society.

Unfortunately, some of us do not become what our parents expect us to be. They expect us to become doctors, lawyers, politicians, teachers etc.. The Bible says that even before our birth, God has already traced our path in this life. So, if we turn out to become that odious and vicious person, surely that cannot be what He intended us to become? Or is that an accident in our journey that could have been avoided?

God gave us the capacity to choose what we want to be. Everybody says we are the master of our own destiny. All we need to do is focus on our goals. We can become what we want if we set our sight on our target. But is this true?

Let me say I want to become a doctor because I want to alleviate human suffering. I write out a flowchart showing all the necessary steps needed to achieve that. I need to get a good education, necessary qualification, financial means etc. Right away I can see some insurmountable hurdles facing me, like financial means etc. Study hard to get a scholarship? If finally, I do not get it what then?

So I have to change my target, like choosing another path. I cannot become a doctor because of the lack of financial or not getting the scholarship. But I am still keen on taking care of people. So, do I become a caregiver? From wanting to become a doctor to finally becoming a caregiver, is it not a drastic change in the goal I set out to originally?

Maybe living life is like taking a card out of a pack? Every day we are faced with choices. We are the master of our own destiny. We make a choice today that will impact our future. We get up every day, and we choose what we want to do. Whatever choice we make determines

our future.

This brings to mind the guy who missed the ill-fated Ethiopian Airplane because his connection was delayed. Or some other guys who insisted to be on that plane because they needed to attend some conferences or somebody overslept and luckily miss the ill-fated plane. Is this fate or bad choices?

All in all life is a gamble. Everyone every day is making a choice, some good, some bad. Every choice is making the world go round, contributing to our cycle of life, to our future. Whether we make a good or bad choice will definitely impact that future. Successful people, are they not the ones who are not afraid to forge ahead? Investing large sums is that not like gambling? The outcome of their investments will definitely have an impact on the future of others around him. It looks like the world is like a stage where each one is playing his part. Every actor's role is it not codependent on one another for the good running of the play?

生活的反思

我们的生命很像一个轮子。从出生时，我们生命的轮开始转。没有办法停止它。但是我们终于要到路的尽头。那时候生命的轮会停止的。

每个人从至出生的第一天都会碰到很多问题和困难。在这世界上我们每天要奋斗为了存活的。需要父母养我们到长大，给我们好吃的，穿舒服的衣服。这事他们需要继续做到终于我们变成独立了。那时他们的保护会停止的。我们的父母对我们的教育会花很多钱，希望了在这社会里我们变成了一个好和有用功人们的。

可惜有些人们不做到他们父母的目标，比如当医生，工程师，律师，老师，政治人物 等等。在圣经书上说，老天对我们生命已经都画好了一条好路线。所以如果我们变成了一个杀人犯，不是可能老天希望我们变成那个坏人吗？每个人都有自由选择什么路自己想过的。可能是在生命上坏选择了机会。这坏选择不知道是否可以改好的。

老天给我们智慧，能力，所以自己可能选择什么工作我们想当的。我们的前途是我们努力一步一步做到

的。命运是我们努力困难耐心建筑的。这不是容易得到的。如果我们想要成功，要一直面向那个目标，一直去的，慢慢耐心吃苦爬到的。这不是真的吗？

让我们说想帮助人们对他们的健康。什么工作可以做会让 我们帮助他们呢？

当然是当医生。想成一位医生，需要努力学习，上医大学，需要财力。得到助学金或 财力不是一个很简单的问题。终于考得到助学金会解决财力的问题。如果终于没有财力或没得到助学金，需要选择别的办法吗？

可能要选择别的目标，别的路线。不能上医大学因为没有财力，和没得到助学金，所以现在做什么呢？但是我很想帮助病人对他们的健康，帮助他们过一个舒服的生命。可能当陪护人员吗？当陪护人员是好工作吗？先想当医生终于当陪护人员，我的目标已经不是改变多了吗？

可能过生活是可很像从一包卡片选择一张卡片。每天我们要选择做什么的。我们的命运是我们努力做。如果今天我们决定做什么的，那会影响我们的前途。每天我们从起床开始要选择做什么的。做什么的对我们的前途已经有关系，有影响。

这让我记得那 (Ethiopian) 埃塞俄比亚飞机大灾。飞机起飞到天上突然落撞地上了。有好运的一个人迟到了机场所以没坐上那个飞机，但是有人们因为他们需要参加一个会议坚持了要上那个飞机，或者有人很晚起床所以没上了那个飞机，所以我们可能说他们的选择不好，或者他们有没有好运。可能他们生命的轮子还没轮到或者已经轮到路的尽头。是命运或者选择错了吗？

生活在这世界上很像玩一场赌钱的。每个人从起床时要选择做什么的。如果做什么的变得好或者变得不好，对别人的前途会有关系。每个选择会要转我们生命的轮子，加上每个人们的前途。我们没有办法改变什么的，在这世界上，别人的做法会改变别人的前途。成功的人不是常常大胆尝试放下很多钱去买股票，希望以后会挣多多的钱吗？这不是很像

赌钱的吗？他赢钱或输钱会有影响别人的前途。可能世界上很像一场舞台的，哪儿每个人都扮演自己的角色，每个角色对别人的都有关系，都有影响。

Our world...

by Marie Laurence Li

I dream of children playing happily in a vast green field
I dream of rivers flowing with abundance of water and yields

I dream of rivers and gardens surrounded with lush forests shields

I dream of a world rebuilt

I suddenly woke up and felt despair

I looked out the window and saw a landscape in desperate need of repair

I looked up in the sky and see nothing but grey thick clouds everywhere

I hear thunders all around me and see lightning flares

Am I having a nightmare?

I pinched my arm and yes, I am wide awake

I have heard about the woes of climate

I never quite knew the real impact of our past mistakes

Do we still have hope for a better state?

I put my earphones on to find an escape

I cannot help thinking of my dreams

I was told there is always a silver lining

I have to muster all my might to fight climate change

Do dreams come true?

I realize some things can be reversed

I realize we all need to be versed

I realize we all have to contribute to build a nature upburst

I realize we have to make a better world for our children

Et en avant la musique 🎵 .. 🎵

by Liliane Sin

La musique est une force puissante qui nous permet d'accéder aux souvenirs et aux émotions. Léo Tolstoy disait: « La musique est le raccourci de l'émotion ».

En effet, réécouter la musique que nous avons entendue dans notre jeunesse, nous fait revivre des événements spécifiques, nous rappelle les personnes que nous avons oubliées et nous aide à revisiter des périodes importantes de notre vie.

Beaucoup d'entre nous, Mauriciens, avons grandi avec de nombreuses chansons et sega populaires. Fermez les yeux quelques instants et écoutez sur les réseaux, cette jolie chanson interprétée par Stella Hennequin « Noir, Noir, Noir ». Ce sega folklorique traditionnel, rendu célèbre par Jacques Cantin dans les années 50-60, nous ramène à une certaine époque. Le sega coule dans les veines de tous les Mauriciens.

La musique aide car elle donne un rythme, une rime et parfois une allitération pouvant débloquent des informations. La structure et les motifs d'un morceau, la mélodie et les paroles évoquent des images aidant à ce processus de découverte.

De nombreuses études autour de ce sujet se concentrent sur les personnes qui ont des problèmes avec leurs souvenirs, par exemple ceux qui ont des lésions cérébrales, les personnes souffrant d'Alzheimer ou de démence. Croyez-le ou non, les résultats sont étonnants. La musique ne guérit peut-être pas tout mais peut favoriser la guérison.

La musique est maintenant jugée bénéfique pour les personnes déprimées, déclenche des souvenirs vifs chez les malades. Elle peut aider les gens à se remémorer des périodes difficiles de leur vie, qui au final, n'étaient peut-être pas aussi mauvais qu'ils le pensaient alors. Écouter de la musique et se souvenir des expériences malheureuses du passé peut nous les présenter sous un jour plus harmonieux ou équilibré.

Ainsi, la musique procure des émotions. Les chercheurs ont constaté une corrélation évidente entre la musique et différentes régions du cerveau dont beaucoup sont intimement liées au traitement émotionnel. La musique

qui crée des émotions agréables active le système méso-limbique; la dopamine nous donne alors des sentiments heureux.

Mais il y a une théorie qui suggère de manière controversée que nous ne vivons pas les émotions traditionnelles en réponse à la musique. Elle affirme que, ce que nous ressentons est à tour de rôle, une sorte de tension ou de détente en fonction de nos attentes.

A l'avenir le morceau de musique répondra à nos envies. Nous nous sentons heureux à l'idée que la prochaine note ou le mouvement accompli, ce que nous pensons pourrait se réaliser. Au contraire nous sommes frustrés ou nerveux si ce n'est pas le cas.

Chacun d'entre nous a probablement ressenti ce sentiment au moins une fois dans sa vie. La musique, souvent, nous donne envie de pleurer, parce que nous vivons un sentiment de respect et d'admiration; elle provoque un sentiment d'émerveillement quand nous réalisons ce que certains sont capables de créer. La crainte est décrite comme la sensibilité et la grandeur. En réaction à ces émotions, nous pouvons avoir la chair de poule et une motivation pour l'amélioration de soi et de la société.

La transformation dans l'industrie de la musique est une tout autre chose. Autrefois, si on aimait une chanson, nous attendions qu'elle soit diffusée sur notre radio préférée. A présent à travers le système de partage de musique en ligne, les chansons que nous aimons sont instantanément disponibles par simple pression sur un bouton. Si la musique a vraiment tant d'effets positifs, alors un meilleur accès à celui-ci est sûrement un développement positif.

Nous avons l'habitude d'investir dans une poignée d'albums et d'artistes, avec qui nous avons développé des relations intimes par des écoutes répétées. Nous avons rassemblé ces albums pour en profiter avec nos familles et nos amis. Cet accès en ligne a permis à un vaste public de s'ouvrir à la musique ; pourtant cette banalisation ne doit en aucun cas effacer les liens que nous avons envers la musique. Aujourd'hui privés de contact physique pour cause de pandémie, limités dans nos déplacements, des milliers de personnes expriment le besoin de vivre à travers la musique, une expérience commune.

Les milles effets de la musique!!! 🎵 .. 🎵

Memories of Two Migrations

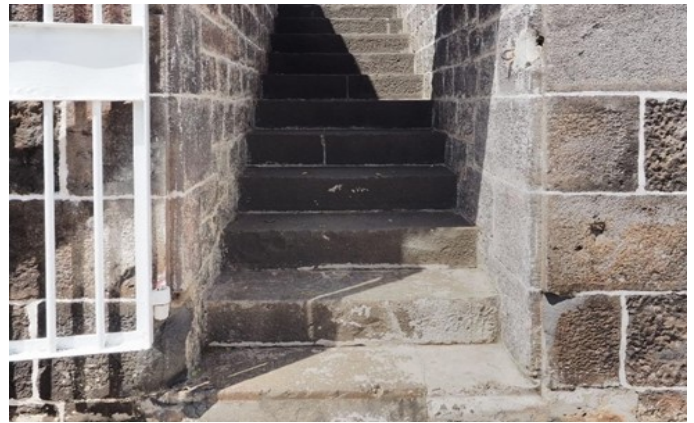
A photo blog by James Ahlan

In the 19th century, the British colonial practice of indentured labour was accepted to fund the sugar industry. Essentially, the British had reinvented a new system of slavery. Between 1834-1920, over 500000 Indian workers were contracted to work in Mauritian sugar cane fields for a 5-year period against a monthly income of Rs 5. At the end of their indenture, they were to be repatriated to India. Instead the majority settled, thus becoming the first Mauritian immigrants during the British colonisation.

The landing place (Immigration Depot) of the indentured labourers in Mauritius was at Port Louis harbour. This historic place is now known as Apravasi Ghat. It was designated as a UNESCO World Heritage Site in 2006. The area was expanded between 1834-1860 with the addition of a stone stairway (1849) and buildings to a carrying capacity of 600 foreigners.



The three pictures seen here were taken at Apravasi Ghat. The picture above (of a museum model) shows the location. The second and third pictures after show the infamous stairway.



The Apravasi Ghat serves as a painful memory of a very difficult time. More than 80% of the ancestors of all Mauritians passed through this stairway.



Anand, in the picture above, was visiting Port Louis as a Mauritian expat from Canada. His memory of migration is not as painful as his great-grandfather's, but it was very stressful for him to carve out a life in Canada with no "Canadian Experience" as a Landed Immigrant.

I could sense Anand's mixed feelings when I showed him the Canadian flag. It was flown at Canadian High Commission across from St. Louis Cathedral in Port Louis. Human migration in the modern times is a manifestation of a global economic system.

Memories of pain and stress will always endure.

YESTERDAY

By Philip Kwong

Oh my, time really flies! It was just yesterday I was standing at the bus stop, waiting for the No. 7 bus. The bus would take me to the Notre Dame Government School, a 10-minute ride from our house in Montagne Longue. My grade 3 teacher and 'marraine', Madame Jolie would be waiting at the school entrance with her big warm smile.

Oh my god, it was just yesterday I was standing precariously on the tree branch, 20 feet above ground. I was picking 'zambons', right up above my head. The biggest, plumpest 'zambons' I would eat. The rest I would put in the bag to take home.

Oh no, it was just yesterday I was standing in our veranda at 6 o'clock in the morning looking up at the sky. Where was the roof? The 250 km/hr destructive wind gusts from cyclone 'Carol' had sheared off the entire tin roof like a sheet of muslin paper. Now, the rain was coming down hard on me.

Oh my goodness, it was just last Saturday midnight my Ward 4 friends and I were standing on the sidewalk around a fire pit, across the street from the entrance to Les Casernes, Port Louis. A policeman came by. We were making 'bouillon' crab, we told the officer. The crabs were caught minutes earlier at Les Salines, we told him. We offered him a bowl to taste. He gave the thumbs up. The 'bouillon' crab saved us.



Oh my, time really flies! It was just last week I was standing on the upper deck of the 'La Bourdonnais'

ocean liner, admiring the view of the Port Louis city skyline as the French liner slowly left port for Marseilles, France a 25-day voyage. A final train ride from Dover took me to Victoria station, London where my two brothers and John, a family friend were waiting.

Oh wow, it was just the other day I was taking another train ride, this time from Montreal to Toronto. It was my first time visiting the city. Peter, a person I did not know then, was to meet me at Union station to show me around. I was impressed with the guide, but not with the city!

Oh my, it was just yesterday we were enjoying a 'grande' coffee and their classic butter croissant inside Starbucks first coffee shop opened in the historic Pike Place Market, Seattle.



Oh yes, it was just yesterday we were enjoying an amazing breakfast and hot chocolate at the lovely Cafe Florian, the oldest coffee house in the world. Watching the tourists throng stroll by in the Piazza San Marco, Venice.

Oh yeah, it was just yesterday we were sitting at the Damso restaurant in Vancouver's west end, eating the best Korean fried chicken in town and drinking soju. Watching 'Crash Landing On You' will do this to you.

Oh my, how time flies! It was just the other day I was watching the Squid Game on TV, for the second time. I think I will stick to playing the Poker Game with the gang. At least, I won't get shot if I lose. And, there will be a tomorrow.

Ah yesterday! My forever buddy. Here's to you for the sweet memories. Let's have more yesterdays.

Fond Memories...

by Robert Lan

It was started in 1972 by a group of friends attending High school at Royal College and Bhujoharry and who lived in the neighbourhood of China Town. We started playing football and later expanded to Volleyball, Basketball and Table Tennis .

My dad was very supportive and involved. As president of the Lew Commercial Association he managed, with the Association 's approval, to give CBC also known as a Chinese Boys Club that started in 1972, a room rent free for meeting, playing carom and weightlifting. He helped CBC raise money by selling cinema tickets for a Chinese movie show¹ at Majestic Cinema and it was well attended.

My mum made all the football uniforms.

A year later, CBC moved to the front part of a building at Magon Street opposite the Anglican Church, owned by my dad, rent free.

By that time CBC had really expanded. In 1955, CBC won all 4 Under 18 years sport tournaments (football, basketball, volleyball and table tennis) and took part in a game hosted by Chinese Students Association.

CBC won the 1954 the Double Ten basketball championship by defeating the Dodo club of Curepipe. In the semi-final the Dodo beat the Dragon Club and CBC beat the Typhoon Club. The Dragon Club and the Typhoon Club had been in existence for many years before CBC and were bitter adversaries. The Dragon Club was a successful basketball team.

From 1955-58, CBC members were gradually leaving Mauritius for higher studies abroad. The Club was more or less dissolved around 1958-1959. Some became very successful entrepreneurs, pharmacists, teachers, doctors, dentists, and financiers.

¹ Any member who was there at that time and remember the name of the person, kindly send an email to club-mcao@gmail.com.



Niat Kwong Kwong 月光光

Submitted by Georges Chung

Pinyin by Andrew Wang

月光光，秀才娘

niat kwong kwong, xiu chai niong

骑白马，过莲塘

khee phak ma, kuo lian thong

莲塘背，种韭菜

lian thong poi, chung kiu choi

韭菜花，结亲家

kiu choi fa, kiap qin ka

亲家门口一口塘

qin ka moon theo yit kheo thong

畜个鲤嬷八尺长

chu e lima pat tzat chong

长个拿来煮酒吃

chong e na loi zhu jiu set

短个拿来交姑娘

ton e na loi kao kuniong

交个姑娘矮顿顿

kao e kuniong ai tut tut

天天起来打屁股

tian tian honghee loi ta sifoot

打个屁股绵勃勃

ta e sifoot mian bobo

拿给鸡妈吃了咯咯咯

na poon keye set e ko ko ko

拿给鸭子吃了转田螺

na poon ap e set e zhon tian lo

Hakka Sayings (客家俗語)

By Mike How and Clifford Lam

Phu Phu Kao Sin (步步高升)

Phrase to wish someone to get better or go higher with every step in life.

Literally translated, *Phu Phu* means “every step you take” and *Kao Sin* means “reach for higher goal”.

Tai Hon Bhi Sin (大汉被身)

Describes someone who is drenched in sweat e.g. after an strenuous exercise or game.

Literally translated, *Tai Hon* means “big sweat” and *Bi Sin* means “entire body”.

Hon Mow Koo Voy Tang (寒毛姑voy釘)

Describes the feeling of having goosebumps e.g. after experiencing a frightening episode. In creole, it translates as ‘*mo gagne frisson*’.

Kwee Sin Kwee Siong (鬼成鬼)

Describes someone who is playing the fool.

Vang Vang Ghia Pit Pit Tchit (橫橫kia逼逼直)

Describes the action of someone who is hard-headed, stubborn and has no regard for others.

Ahn Mor Téw Sin (按么头神)

Describes someone who is absent-minded or forgets easily.

Kwee Tung See (鬼東西)

Derogatory way of referring to someone who has done something really bad and untoward. Translated literally, it means “ghostly thing”.

MCAO News

MCAO Website

MCAO new website was unveiled last year 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, it complies with the newly mandated Ontario's Accessibility for Ontarians with Disabilities Act (AODA). Members can access certain information that are reserved specifically for members such as photo galleries, current programs and activities, etc. using a private login account.



From our members John and Mireille Lan

Our granddaughter, 18 year old **Emmy Lan**, who lives in Comox, Vancouver Island, recently took part in the Enduro World Series (EWS) races in mountain biking, and she won the world U21 EWS Championship on September 25, 2022 in Europe. She is the daughter of our son Steve and wife Lauren. Please see the enclosed link below for more information. She was still in Italy where she joined her teammates to represent Canada in team competition.



<https://www.comoxvalleyrecord.com/sports/comox-mountain-biker-wins-u21-world-championship/>

MCAO Hosted a series of Social Events

In spite of Covid restrictions, MCAO was able to hold a number of social events this year.

- ◆ Maple Syrup Outing
- ◆ Niagara Falls
- ◆ 1st Mix and Mingle at Parkway Forest
- ◆ Dragon Boat Lunch
- ◆ Bus Trip to Port Stanley & Scenic Train ride
- ◆ Outdoor Picnic
- ◆ Muskoka Bus Trip
- ◆ Mix & Mingle @ Parkway Forest and Alexandra Park Community Centre

MCAO held a series of virtual programs and activities such as:

- ◆ Zumba
- ◆ Cardio
- ◆ Gold Line Dance
- ◆ Mandarin lessons
- ◆ Painting
- ◆ Multi fitness

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/>



Saner (Gato Cravatte)

By Bobby Kim Shoye

Ingredients

- 1) 500 grm all purpose flour
- 2) ¼ cup vegetable oil
- 3) 2 teaspoon salt
- 4) 1 cup cold water
- 5) Vegetable oil, for frying

Directions

- 1) Dissolve salt in water.
- 2) Sift flour into a large bowl and make a well in the centre.
- 3) Add oil and water (from step 1). Knead to form a smooth, non sticky dough.
- 4) Use a pasta maker to roll out your dough until smooth similar to noodle size (approx 4 or 5 depending on machine)

For Saner, “evantail” shape

- 1) Cut dough into rectangles 7cm long x 3cm wide.
- 2) Fold into two.
- 3) Cut about 2.5 cm evenly into 6 strips on the folding side, leaving about 1 cm of non cutting dough.
- 4) Open the dough and brush with a little water on both side of the non cutting dough to paste them together.
- 5) Start shaping the cut strips – 3 on each side) to make like a flower.
- 6) Shape all the pieces in a similar way while you heat oil in a large frying.
- 7) Deep fry dough on both sides until it is crisp and golden brown in colour.
- 8) Drain well on absorbent paper before serving. Store in an airtight container.

Mi Gao Pan in 3 ways

By Mike How

1. Mi Gao Pan Pudding

Ingredients

- 1) ¾ lb rice flour (not glutinous rice flour)
- 2) ¼ lb all-purpose flour
- 3) ½ tsp salt
- 4) ¼ tsp piang yok (sodium carbonate/propionate) —use less than ¼ teaspoon
- 5) Warm/hot water

Directions

- 1) Mix to a thin consistency.
- 2) Steam for 30 minutes

2. Deep-fried Yao Chong Pan

Ingredients

- 1) 2 c all-purpose flour
- 2) 2 tbsp rice flour
- 3) 1 tsp salt
- 4) 1 tsp baking soda
- 5) 1 tsp fish sauce (optional)

Directions

- 1) Mix to a thick consistency (like fish and chips batter).
- 2) Let rest in refrigerator for at least 2 hours
- 3) Pour batter onto pieces of mi-kao-pan
- 4) Deep-fry in high heat.

3. Stir Fry Mi Gao Pan

Directions

- 1) Heat oil in wok
- 2) Add 3 cloves garlic minced.
- 3) Add mi-kao-pan slices and stir fry for 2 minutes
- 4) Add 3 tbsp foong-mi syrup
- 5) Add chopped minced chillies (optional)
- 6) Add chopped qiw choy and stir fry for 5 minutes.
- 7) Enjoy!

QUIZ!

About Mauritius

By Jean Claude Li

- Mauritius was once covered with several kinds of vegetation, most of which are vastly reduced. What kind of biome, however, was NEVER found in Mauritius?**
 - Heathland (in the mountains)
 - Rainforest
 - Desert
 - Palm Savanna
- With impressive biodiversity, Mauritius boasts some of the world's rarest animals and plants. Which of these, however, are NOT among the animals who originally made their home in Mauritius, before human discovery?**
 - Crab-eating macaques (monkeys)
 - Ornate day gecko
 - Pink pigeon
 - Crayfish
- What is the official (constitutional) language of Mauritius?**
 - English
 - Creole (Kreol)
 - French
 - None
- The capital and most populated city of Mauritius is Port Louis. What is the name of the second largest city in Mauritius?**
 - Triolet
 - Le Hochet
 - Mahebourg
 - Beau-Bassin Rose-Hill

- Mauritius is a small island nation east of Madagascar. To what group of islands does Mauritius belong?**
 - Eagle Islands
 - Islas Chafarinas
 - Mascarene Islands
 - Iles des Madeleines
- What mountain serves as the highest point in Mauritius?**
 - Pieter Both
 - Corps de Garde
 - Piton de la Petite Riviere Noire
 - Le Morne Brabant

Devine sa bann landrwa-la

By Georges Chung



Answers:

About Mauritius : Q1 = c; Q2 = a ; Q3 = d; Q4 = d; Q5 = c; Q6 = c

Devine sa bann landrwa-la: 1. Creve Coeur; 2. Montagne zako; 3. Sourinam; 4. Bain Beouf; 5. Cap Malheureux; 6. Bois des Amourettes; 7. Quatre Soeurs; 8. Saint Au Bain