



Mauritius-Chinese Association of Ontario

安大略省模里西斯華人聯誼會

MCAO Newsletter

Greetings! I am pleased to report that MCAO has fully resumed its program of club activities and is operationally back to normal after the COVID restrictions of recent years. MCAO has implemented over 160 weekly and monthly program activities during the year to support the social connection, and health and wellness of over 180 members.

I wish to extend my sincere thanks and appreciation to the Executive Committee members for their immense contribution to the successful implementation and operation of MCAO’s program activities. Without their selfless contributions, the club activities would not be where they are today. I also would like to say a special “thank you” to all the members who have so generously donated their time, expertise, and financial resources to the Club. Last, but not least, a great “thank you” goes to you members who have supported the club as a Mauritian community. Your membership and participation in MCAO make a world of difference!

It is a great honour and a privilege to serve MCAO. I hope you will continue to participate in and support the club activities as we continue to strengthen the bonds of our community for generations to come.

Wishing you and your family the very best for Christmas and the New Year!

Priscilla Lam (President)

MCAO – 2023 in review

End of the year is a time for reflections and review of what we accomplished in the year. Below is a list of some activities and events MCAO has put in place in 2023 and some reflections on them.

Inside this issue:

President’s Greeting	1
MCAO—2023 In Review	1-4
Gardening Chayote/Sousou	5
Sunday Morning Reflection	5
Spirit of Mazinaw Rock	6
Spotlighting MCAO Member	7-8
Hakka Sayings	8
Complicated Life	9-10
Sharing Hakka Life Experiences	10
Retour au Pays Natal Bien-Aimee	11
Quizzes	11
Recipe	12
News Corner	13

Celebrating our Heritage

On Feb 25 we held our first post pandemic Chinese New Year event with a lunch celebration with members and their families and friends at Dafu Chinese Restaurant. This was not our usual dinner dance, but a more cautious approach was used recognizing the fact that pandemic restrictions were lifted less than a year from then. We welcomed the New Year with a traditional lion dance, believed to chase away evil spirits while bringing prosperity and good luck in the New Year. . It was amazing to see the two lions meander their way within the tight space at the venue..the 172 attendees present got to see them in action up close!

We celebrated the Mid-Autumn Festival 2023 with a Dim Sum lunch on September 30 at the Lobster Port Restaurant.

This was the first time we hosted a Dim Sum lunch which was well attended with over 120 guests. The food was great, and we were pleasantly surprised with the venue – a large banquet room. We had a live singer for part of the event; although not Chinese songs for the event, many of us present enjoyed the repertoire of songs which were all familiar to us going back to the 60's, 70's etc.

Keeping our minds sharp

The in-person workshops that were held on March 18 at Oriole Community Centre in North York were well attended with the room at full capacity. The morning workshop was covered by Jane Teasdale from Mosaic Home Care Services & Community Resource Centre. Her session touched upon the importance of social connections and community supports. With the demographics of our membership, it was handy to get information on various supports (private retirement homes, Long-term care, supports at home to age in place).



The afternoon workshop presented by Frank (Francois) Lee covered Financial and Estate Planning. What better topic than discussing pension, retirement, financial and estate planning for this group! We had a full day with an a-propos blend of topics and information for members to take for some forward thinking and planning.

A number of photography workshops were held to sharpen our photography art skills. We already have a number of avid and talented photographers within our membership who have shared many of their photos taken at events and gatherings.

Keeping physically active and fit

Healthy body, healthy mind!

We introduced our first Pickleball session on March 19 at Gibson Community Centre. Members who signed up embraced this new activity with eagerness and zeal and have since enjoyed each session that was provided by MCAO subsequently.



As we planned for our in person mix and mingles at the Oriole Community Centre, we introduced group fitness classes geared for members of all ages.

Ariane Cheung, our Tai Chi and Fitness instructor navigated us through the Tai Chi/Qigong sessions with focus and concentration that transported us to Zen! The Exercise for health classes were a good segway to nice music and let it loose and have fun!



Enjoying the outdoors

The one and only bus trip in 2023 was an adventure to Stratford on June 24. While many of us registered for the bus trip were looking forward to a great day in the sun and exploring a much talked about town for its shows, gardens and river walks, the day turned out to be quite different. Mother Nature was in the way – we all came with our umbrellas and rain gear, determined to still make the most of the day and we did! For some, the day reminded us of our childhood split splatting in the rain as we walked through the gardens, along the river, and in town. Spirits were high and at the end of the day we all had a great time! It was heartwarming to feel the camaraderie amongst us and not let the rain spoil the day. The pictures we took on the bridge at the river were very nice all we needed was to add some cherry blossom trees around and one would think we were in Japan! During the trip we were treated with 'Chongner', the pyramidal glutinous rice cakes traditionally eaten during the Dragon Boat Festival. They were prepared by one of our past honorary members, Monique Li Siong.



Our Annual Family Picnic

We resumed our first official post pandemic annual Family Picnic on July 16 at the Wilket Creek Park. Again because of the unpredictability of weather conditions, we pondered on many repeated occasions as to whether the event is a go or no go. In the end we took a deep breath and plunged in! We went ahead with the event ignoring the risk of adverse weather forecasts and hoping that the odds were not going to be against us. And we were lucky! It was a perfect day, with not a single drop of rain and full blue sky! Members and family and friends came in droves and enjoyed the activities (walking in the park, physical fitness and QiGong sessions in the park as well as the fun games planned for the event!). Lunch was scrumptious with Hakka Noodles and jerk chicken, plus an array of delicious salads and desserts.

Connecting with the MCAO Community

Oriole Community Centre

We resumed our regular mix and mingles in the spring of 2023 at Oriole Community Center (monthly except for months where key events are planned).

The above brought out the community spirit within our membership as each of the meetings was well attended and gave us all a chance to savor the various dishes brought by members to share. Diversity on the food tables at its best! And at meetings held late summer/early fall, members have brought their garden plants to share with others – tapping on various skills in our membership and sharing them with others brought joy to all present.



At our October mix and mingle, growing and caring for chayote/sousou plants was the focus of the day presented by our own member, Claudius Sin (see separate article/photos next page). We look forward to a show and tell session on the fall of 2024 and who knows sampling some dishes prepared by members from home grown chayote/sousou!



At our November mix and mingle, our focus were a presentation on walking the Camino de Santiago de Compostela in France, Spain and Portugal delivered by Ignace Alain Lising and his wife Janet. Many peo-

ple start to walk from their door steps all over Europe. The most popular (and crowded) walk is the Camino Frances. The Camino Frances starts at St-Jean-Pied-de-Port in France to Santiago de Compostela in Northern Spain, about 800km and taking about 4-6 weeks. We were introduced to the wonderful experiences Ignace and Janet had walking the extensive kilometers with other pilgrims and staying in pilgrim hostels. They enjoyed the life changing experience walking the Camino and went back twelve times! The shortest walk was about 300km, in 2006, and one of the longest was about 1600km, in 2023. They encourage us all to go for this humbling and unique experience of a lifetime at least once - many pilgrims go for various reasons, be it for soul searching, finding oneself, for enlightenment, for being close to nature. They all go back home with refreshed outlook.

The presentation ended with two nice songs that the pilgrims often sing together during their stay and walk. You can find them on you tube “Ultreia camino song” and “Pilgrim song” by Cecilia Samartin.

For more information, you can contact Ignace or Janet directly.

Alexandra Park Community Centre

In the spring of 2023, we resumed our mix and mingles there. Our gatherings were scheduled at a more spread out interval due to the smaller group in attendance at this location. Food demonstrations and samplings, and being at a location dear to many of the more elderly members present were enjoyed as the venue is at the center of the downtown China Town where all the actions took place for those who immigrated to Canada in the 1980’s and prior.



Gardening Chayote/Sousou

By Liliane Sin

"Wake up your garden ... Successful gardens are the result of proactive gardeners.

Today at our October Mix & Mingle, we learn what needs to be done to get your garden up and growing a chayote/sousou plant at the beginning of Spring.

So, the topics for discussion are to show our home gardeners how to take care of a sprouted chayote/sousou during the cold months. Also, we need to know what to do when spring comes. Once the weather is well above freezing, it will be time to plant the sprouted chayote/sousou outside in the garden. It is important to amend the soil with manure or compost and place the plant in full sun. It is equally important to build a simple trellis/"tonnelle" that will provide support to the chayote/sousou vines and allow them to spread.

Claudius Sin has shared a few tips with us. He is also available to answer any questions you may have at future mix & mingles."



Liliane Sin making sure the plants are well taken care of!

Sunday morning reflection

By Philip Kwong



I'm more than just a picture
I'm a friend, a relative, a neighbour
I'm more than just a rumour
I care not for the almighty dollar

I'm a village kid from Long Mountain
Toronto winter weather I do not complain
A bottle of Green Island rum I do entertain

I confess many a mistake I did make
Keeping me all night awake
Listening over and over to rapper Drake

At times it's better to just go with the flow
It's not what you know but who you know
Come spring my perennials will bloom and grow

Today we'll discover once more
What our good Lord has for us in store
Another dawn, another sunrise, one day more

I'm more than just a picture
I'm a product of the Mauritian Hakka culture
Let's all respect and cherish mother nature
I see Tokyo and Fuji-san in my future

I'm more than just a rumour
Finding out I'm another baby boomer
With a flawed sense of humour
No wonder I'm a late bloomer

I care not for the almighty dollar
Enjoying the short Toronto summer weather
Sharing goodies at the MCAO get together
Keeping friends close and enemies closer
Sunday afternoon will surely be better

Spirit On Mazinaw Rock

By James Ahlan

Designated as a Canadian National Historic Site in 1982, Mazinaw Rock (meaning “Picture” in Algonquin language) is a granite cliff that stretches for 1.5 km above Mazinaw Lake.

Imagine the Algonquins in their canoes smearing bear grease mixed with red ochre powder on the cliff’s face, expressing their feelings to the spirit dwelling on the cliff.

These paintings (pictographs) are dated from 300 to 1000 years old. Out of some 260 pictographs, a dozen can be identified from a tour boat. They depict human and animal figures, abstract and geometric symbols. The modern Algonquin people are proud of their ancestral link to the cliff.

Mazinaw Rock is located in Bon Echo Provincial Park near Napanee in Ontario. The amazing echo heard on the lake due to the tall cliff was experienced by the Algonquins centuries ago.

Photo 1: Mazinaw Rock towers 100 meters over canoeists on Mazinaw Lake



Photo 2: Canoeists search for Algonquin pictographs along the face of Mazinaw Rock.



Photo 3: Canoeists just passed an 800-year old Algonquin pictograph, the meaning of which has been lost through the centuries



Photo 4: A bright orange lichen-covered rock competes for attention with the faint red ochre powder used in an ancient pictograph



Photo 5: A pictograph depicting animals could have been served as an offering to the spirit on Mazinaw Rock



Photo 6: All pictographs were done either sitting down or standing up in canoes. The rock paintings are attributed to the ancient Algonquin shamans



Spotlighting MCAO member

By Joyce Leung

Congratulations!

It was indeed with great pride that, a few months ago, we learned that one of the most respected elders in our community, Mrs. Ah Yee (Evelyn) Li, née Ip Soo Ching, had won an award for her performance, as the oldest participant in the One Kilometer Walk Challenge organized by the City of Toronto. The proceeds from the event were directed to the Centre d'Accueil Heritage (Hahn's Place).

Affectionately known as "Ah Yee Pak Meh", Mrs. Li was born in 1934 in Mauritius in the sugar plantation village of Goodlands where her family had a retail shop. Her grandfather had come from China, from the county of Meixian (Moiyen), in the second half of the 19th century. He opened a small grocery store when he had saved enough money, as most Chinese immigrants to Mauritius did at the time. The family shop was later taken over by his son, Mrs. Ah Yee's father.



Ah Yee Pak Meh spent her early childhood in Piton, near Mapou, attending a "ti-lécole" (small school) in the midst of a Creole and Indian village community. This first pre-school that she attended from the age of 2, had been opened by an inhabitant of the locality for the youngest children who could not travel very far for their schooling. The other schools, (one of which Ah Yee attended when she reached her primary school years) were very far. Her daily walk to and from her school totalled approximately 8 kilometres. This lasted till she was around 10 years old, when her grandfather decided that it was time for her to acquire some "Chinese education". From then on, to attend school, she travelled many hours daily from her village to the Capital City of Port-Louis, taking the train from the

Mapou train station – a long journey for a young girl. At the time, Chinese schools offered a quite comprehensive syllabus to youngsters. This included a variety of subjects like Arithmetic, English, French, and Physical Education.

In 1951, at age 17, Ah Yee got married. Arranged marriages were the norm back then. They settled in a shop on the island where they raised their 4 children.

In the late 1980's, they emigrated to Canada. They spent several years of living a typical Canadian routine as Mauritian-Chinese immigrants (including regular, frequent visits to Chinatown, in downtown Toronto). In the year 2006, as a widow, Ah Yee Pak Meh moved into the Centre D'Accueil Heritage, a francophone residence for seniors, situated near the Esplanade not far from downtown Toronto. She still resides there, counting among her fellow residents a few compatriots from Mauritius. The residence offers many services and is a great support system to the elderly.

After many fulfilled years, she now lives a contented life, socially and spiritually active, and steadfastly engaged in helping the other elders in her senior residence community.

恭喜!

几个月前，我们非常自豪地得知，我们社区最受尊敬的长者之一 李阿渝 (Evelyn) 娘家姓叶，作为多伦多市组织的一公里步行挑战赛中最高龄的参与者，因其表演获得了奖项。该活动的收益流向了阿克莱中心。

李夫人亲切地被称为阿渝佰姆，1934年出生在毛里求斯的甘蔗种植村古德兰兹 (Goodlands)，她的家人在那里开了一家零售店。19世纪下半叶，她的祖父来自中国梅县。当他存了足够的钱时，他开了一家小杂货店，就像当时大多数到毛里求斯的中国移民所做的那样。这家家庭商店后来被他的儿子李夫人的父亲接管。

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Spotlighting MCAO member

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阿渝佰姆在麻浦附近的碧当(Piton)度过了她的童年，在克里奥尔人和印度村庄社区的一所小学学习。这所她从2岁开始就读的第一所学前学校是由当地一位居民为最小的孩子开设的，这些孩子不能去很远的地方上学。其他学校（阿姨上小学时就读的其中一所）非常遥远。她每天往返学校的总长度约为8公里。这一直持续到她10岁左右，当时她的祖父决定是时候让她接受一些“中国教育”。从那时起，为了上学，她每天从村里到首都路易港旅行几个小时，从马普火车站乘火车——这对一个年轻女孩来说，这是一段漫长的旅程。当时，中国学校为年轻人提供了相当全面的教学大纲。这包括各种科目，如算术、英语、法语和体育

1951年，17岁的阿渝(Ah Yee)结婚了。包办婚姻当时是常态。他们在岛上的一家商店定居，在那里抚养了4个孩子。

20世纪80年代末，他们移民到加拿大。他们作为毛里求斯-中国移民度过了几年典型的加拿大生活（包括定期、频繁访问多伦多市中心的唐人街）。2006年，阿渝佰姆作为寡妇搬进了阿克莱中心 (HERITAGE ACCEUIL)，这是一个讲法语的老年人住宅，位于离多伦多市中心不远的滨海大道附近。她仍然住在那里，她的同胞中包括一些来自毛里求斯的同胞。该住宅提供许多服务，是老年人的绝佳支持系统。

经过许多充实的岁月，她现在过着满足的生活，在社会和精神上活跃，并坚定不移地致力于帮助老年住宅社区的其他长者。



Hakka Sayings (客家俗語)

By Mike How & Clifford Lam

Deyw Toong, Mee Toong (头通尾通)

Describes a person who has a very sharp mind and is very fast at understanding and assessing a situation or problem and developing an appropriate and quick response if needed.

Vang Vang Ghia, Pit Pit Tsit (橫橫掐，必必直)

Describes the behaviour of someone who is determined to have his or her way no matter what the cost or circumstance i.e. not open to other people's thoughts or feelings. Literally translated, it means 'going forward in a straight path even in a diagonal (side-facing) position'.

Kiok Chang Chang Eh (脚郑郑eh)

Describes someone who is doing something very reluctantly, as if against his will. Literally translated, it signifies 'feet in resisting mode (preventing motion)'.

Mor Sin, Mor Hee (么神么气)

Describes someone who is displaying a lackluster demeanour, with no energy or willingness to do anything. Literal translation: 'no soul, no breath'.

Mook Sap Sap Eh (目闪闪eh)

Describes someone in a lethargic state, tired and almost falling asleep. It is also a metaphoric term to describe someone who pretends not to understand what others are saying or what the conversation is about. Literal translation: 'eyes twitching and closing'.

Vo Song Deyw Na, Chok Set Ma (和尚头项，作色麻)

Phrase used to describe a task that is impossible to perform. Literally translated, it means 'searching for head lice on a monk's (bald) head'.

Sin Taw Taw Eh (神多多 eh)

Describes someone who has a serious, stern looking countenance, with an unfriendly disposition, even with a touch of superiority complex.

Complicated Life

By Andrew Wang

People of our generation are we still living a frugal life? In short, we who have experienced hardship we think twice before buying stuff. This is because we still remember that money is not easy to come by, we had to work hard for it. It is difficult to get rid of our old habit, that old habit of savings for our children so that they can get a good life.

Our love for our children has no bound. We care for our children, whether they are young or older, and we continue to take care of them.

Is that a good thing, a good habit? Why do we keep doing this? Chinese people have a different outlook on family relationship.

Many of you may have seen the TV show Judge Judy. She is really a strict and upright judge. She has the ability to quickly pass judgement on complicated cases. On her show, we often see cases where a father brings a son to court because the son did not refund the money he borrowed, or the case of the son suing his mother because she did not refund the loan. Is it not normal for a father to help his son or the son helping his mother financially?

Western people way of thinking is different from the Chinese. We have a tendency to make sure that our children have a good life, and we still try to save and lead a frugal life in order to provide for the welfare of our children. This old habit is very difficult for us to get rid of.

We old people have a tendency to think of saving, and not spending on non essential stuff. Take the example of going to the restaurant to celebrate a birthday. Don't we think that if we prepare our own meals we would be spending less?

Chinese people have a tendency to provide wealth for their children, even to the point of living a frugal life. This is because the parents have a selfless love

for their kids. This habit is everlasting and cannot be changed.

Do you guys still have this strange habit? Please let me know.

Just recently I discovered that filial piety among families is becoming less of a family duty. Taking care of an old parent is becoming quite a burden for their kids. And this has even led to rife among siblings. They no longer regard this as a family duty. Once the old people have help them raise their kids, their presence is no longer needed and they can be caste to the dogs. I look on this situation with a sense of foreboding. Maybe this is a consequence of their new upbringing in this new environment.

复杂的生活

我们同年时代还过了节俭的生活吗？总的来说，我们有经历过困难生活的人，我们老年人都是不乱花钱买东西什么的，可能我们还记得赚了钱不容易，要困难出汗上班，过了不舒服的生活。老习惯不容易改的，都是想省钱以后给了自己的孩子帮他们过了快乐的生活。

我们对子女的爱是无私的，伟大的。父母对孩子的关心和照顾，不只是孩子小的时候，或者已经长大的，都继续做一样的。

这是好主意，好习惯吗？为什么我们继续做这个想法呢？中国人的意见比西方人的不一样。在电视上我看了 Judge Judy 的电视视频。她是一位很厉害，很严格的法官。她有两下子判断了许多的案件。

电视上常常看见爸爸到法院去告孩子或者孩子到法院去告妈妈都是对钱的关于。我看了觉得很奇怪。爸爸给了孩子钱不是正确的吗？为什么孩子对爸爸要退了钱吗？或者孩子给了妈妈钱，为什么妈妈对孩子要还了钱吗？ (Cont'd..)

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Complicated Life (复杂的生活)

西方人的习惯比中国人的不一样。我们老人常常都想孩子过了很舒服的生活，不管他们每个月都挣了高高的工资，我们继续省钱，然后可以给了他们。别人看我们的习惯很惊讶，这习惯很难去掉了。旧习很难改变。

你们老人还记得吗？孩子们想在一家饭馆举办了生日派对，请你们一起去参加庆祝过生日，你们常常都快拒绝去？你们都继续说让自己在家里举办了派对，自己做饭可以节约许多钱吗？为什么？是想帮他们节约他们的钱吗？对发钱的事情我们老人都是表达慎重态度。别人看我们的决定觉得这做法很奇怪。

中国的父母终是会给自己的子女准备很多的财产。节约生活省钱是终是他们的作用。

是想子女过的生活比他们的舒服多了。父母的恩爱对子女是很无私的。

没有办法，是天长地久。改不了了。

你们还有这奇怪的习惯吗？请你们告诉我阿，谢谢。

如今我可发现孝顺的风俗越来越变态少了。父母照顾孩子是很平常，但是孝顺的风俗越来越变少了。子女要照顾父母是一个太问题了。子女不觉得这问题是他们的责任。

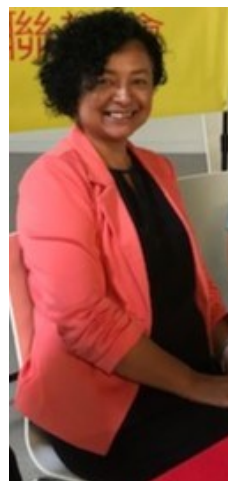
在中国人的家庭这习惯越来越变少了。现在的年轻人不愿意接受这是他们的负起责任。

有很多兄弟姐妹对照顾父母和钱的问题都吵架了。终于孝悌的风俗也没有了。

我看他们的情况很可惜的。不知道是否这个情况平常继续从我们的生活中。

Sharing Hakka Life Experience

By Melinda Harris



In early September, I had the pleasure of taking part in the Toronto Hakka Heritage Alliance (THHA) “2023 Passing on the Tradition, Culture and Practices” event. What a privilege to have had the opportunity to spend an afternoon with fellow Hakkas from Trinidad, Ganzhou (China), and Meixian (Moyen) to share my experience growing up as a second generation Hakka in Mauritius.

As I learned about other Hakkas’ migration to other parts of the world, I was struck by the similarities: the often times difficult journey out of China to a different country, the challenges experienced as our families fought to integrate into a different culture and carve out for themselves a place in a new community. Always, these Hakka families, through hard work, grit and resilience, managed to build a fulfilling life for themselves while holding on to their core Hakka values: devotion to the family, respect of the elders and the value of hard work and sacrifice.

At the session dedicated to Mauritius later that month, I felt a sense of connection with other fellow Mauritian Hakkas in the audience. As I recounted my childhood memories growing up in Mauritius (the preparations leading up to the Lunar New Year, growing up with Popo and Kung Kung close by, and the familial rhythms of running a small business), I could see how they resonated with the audience.

I left the event feeling connected to the larger multi-generational Hakka family. We are Hakka Ngin and it's a beautiful thing!

Retour Au Pays Natal Bien-aimé

Par Françoise Kwai-Pun

Je suis venue de très loin, du Canada
Tout droit vers l'île Maurice, mon pays natal et lointain
Après ce voyage de fou, je suis toute éblouie d'être enfin là!
Oh! Mon pays bien-aimé, tu m'as accueillie dans tes bras

C'est là que j'ai laissé mon enfance
Où il y a le soleil, le sable si fin et si blanc!
C'est là que j'ai retrouvé les senteurs d'antan
Où le vent murmure dans les palmiers géants

Bleu! Bleu! La mer est bleue, le ciel est bleu
Ile Maurice, mon pays natal bien-aimé,
T'es un pays de rêve où tout est merveille!
Laissons nos soucis de côté et admirons ta beauté

Les belles chaînes de montagnes dominant le littoral,
Les vagues de l'océan déferlant sur la plage
Font de toi, mon pays bien-aimé, un paysage époustouflant
Sous le coucher du soleil empourprant le ciel

La verdure, les fleurs, la chaleur!
Que la vie est simple et paisible
À l'île Maurice; Oh! Il fait si bon ici
Que l'on croit être au Paradis!

Mes vacances viennent de commencer
Et c'est déjà fini! Au revoir mon pays bien-aimé
Il est l'heure de rentrer; il n'y pas de quoi broyer du noir
Car tôt ou tard, je reviendrai te revoir

Au Revoir, Au Revoir Ile Maurice!

QUIZ!

- 1. Although the country of Mauritius has a name that is very similar to Mauritania, the two have very different etymologies. From what does the country of Mauritius get its name?**
 - (a) The Prince of Orange
 - (b) The name of an early tribal chief
 - (c) A local plant
 - (d) Translation of a phrase meaning 'good land'
- 2. What pair of islands, governed by Mauritius, are 700 miles north of Mauritius and known for the production of coconuts?**
 - (a) Cargados Carajos Shoals
 - (b) Soudan Banks
 - (c) Rodrigues
 - (d) Agalega Islands
- 3. What is the name of Mauritius' highest waterfall?**
 - (a) The Niagara Waterfalls
 - (b) The Chamarel Waterfalls
 - (c) The Wilson Waterfalls
 - (d) The Armistad Waterfalls
- 4. Which island has facilities for scientific expeditions and a weather station?**
 - (a) Île aux Cochons
 - (b) Tromelin Island
 - (c) Auk Island
 - (d) Big Island
- 5. Rodrigues was uninhabited when it was discovered in by D. Diogo Rodrigues in February 1528.**
 - (a) True
 - (b) False

Answer: 1(a), 2(d), 3(b), 4(b), and 5(a)

By Jean Claude Li



Bean Curd Rolls *(by Maggie Fong)* **(Pan-fried or Steamed)**

Ingredients:

- 1) 1 lb char siu
- 2) 1 oz dried wood ears mushrooms
- 3) 1 can bamboo shoots
- 4) 1 carrot
- 5) 1 can straw mushrooms or enoki mushrooms
- 6) 2 sprig of spring onions
- 7) 1 package of bean curd sheet
- 8) A bowl of water
- 9) A soft brush

Directions for Items 1—6:

- 1) Cut them in strips/julienne for easy rolling
- 2) Stir fry 2 - 3 minutes or so to dry up any excess moisture; seasoned with some salt and pepper. Set aside to let it cool.

Directions for Bean Curd rolls

- 1) Take a sheet of bean curd. Trim the hard edges all around the sheet. Cut the sheet in half, then cut another half into 4 quarters.
- 2) Using quarter sheet to work on each time. Spread it on a wooden cutting board. Brush the sheet all over with water gently to soften the bean curd sheet using the brush.
- 3) Place the stuffing in the center leaving space on right and left sides of the bean curd sheet. Fold the bottom sheet over the stuffing.
- 4) Gently firm it before folding in the right and left sides of the sheet. Keep rolling gently but firmly. Brush with water if the bean curd sheet is getting dry.

Directions: Making the sauce

- 1 tbsp cooking oil
 - 2 slices of ginger and minced
 - 1 clove garlic and minced
 - 1 tbsp corn starch
 - 2 tbsp cooking wine
 - 2 tbsp oyster sauce
 - 1 tsp hoisin sauce
 - 1 tsp soya sauce
 - 1 cup or more of water to make the gravy
- 1) In a bowl, mix the corn starch, cooking wine, oyster sauce, hoisin sauce, soya sauce, stir in water to mix well. set aside.
 - 2) Heat oil, add ginger, garlic, stir few seconds.
 - 3) Add the corn starch mixture with water until bubbly.
 - 4) Keep the sauce aside to be poured over the bean curd rolls whether it is pan-fried or steamed.

Method: Pan-Fried

Pan fry the rolls with a little oil until golden brown on each side. Add corn starch sauce. Cook on low heat for 15 - 20 minutes until bean curds are soft.

Method: Steamed

When water has reached the boiling point, add the corn starch sauce to the bean curd rolls. Steamed on low heat for about 15 - 20 mins.



The MCAO News Corner



Mix and Mingle Christmas Gathering

Members are all invited to come and celebrate our annual Christmas gathering on Sunday December 17, 2023 from 11:15am to 2:15pm at the Bayview Hill Community Centre.

Join us for merriment, joy, laughter and cheer!!!

For more information refer to MCAO Email Communication.

Chinese New Year Dinner and Dance!

As we end 2023, we look forward to an exciting 2024 which will be the 20th anniversary of MCAO since inception! We, therefore look forward to celebrating the Chinese New Year and to mark the Year of the Dragon with a bang.

Please stay tune for more information to come!!



Inviting Members to join the 2024 Executive Committee

It is this time of the year, reminding members who are interested to consider joining the 2024 Executive Committee where you can bring and contribute your time to promote various activities within the membership.

<https://mauritiuschineseassociation.com/>



Joining MCAO Membership

Membership Registration form can be downloaded from our website (above link) . Once completed and any questions or comments, kindly contact us by email at clubmcao@gmail.com.

Happy Holidays!!

Your Newsletter Team

Marie Laurence Li, Joyce Leung & Brigitte Tin