



# Women's Corona Worldwide Plateau Branch Mauritius

## TALK BY BEFRIENDERS

Befrienders, Mauritius, is a National network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. They are committed to improving crisis services and advancing suicide prevention by empowering individuals with the best professional practices and building awareness toward health and hope.



## NEWSLETTER

OCTOBER 2017

[www.coronaplateau.org](http://www.coronaplateau.org)

## UPCOMING EVENTS

### ANNUAL DINNER:

Saturday 18<sup>th</sup> November 2017

ANNUAL FUND RAINING DINNER

Venue:

## THOUGHT of the day

Always End the Day With a Positive Thought.  
No Matter How Hard Things Were,  
Tomorrow's a Fresh Opportunity to Make it Better.

## SEPTEMBER CAKE RAFFLE



A delicious cake donated by Ruth. Stella hands the cake to the proud winner, Nelly Ardill..

## COOKING TIPS

**Don't throw out those last drips of jam in the jar;** Shake up a fruity vinaigrette instead. Add equal parts oil and vinegar to the jar, give it a good shake, and season with salt and pepper to taste.



**When making dough:** Freeze the butter and grate it into the dry ingredients. You'll handle the cold dough less, resulting in more tender and flaky piecrusts, biscuits, or scones.

**To cut an avocado more easily,** Slice it while it's still in the skin. Not using the whole thing? Leave the pit in the remaining avocado to prevent browning.

**Store fresh herbs as you would fresh flowers:** in a jar of water on your countertop. Pluck off what you need, change the water daily, and they'll last two to three times longer than they would in the fridge.

## TODAY'S QUOTES

"Laughing At Your Own Mistakes, Can Lengthen Your Life."

- Shakespeare

"Laughing At Your Wife's Mistakes, Can Shorten Your Life."

- Shakespeare's Wife

## NOVEMBER BIRTHDAYS



We wish our NOVEMBER girl a very Happy Birthday!

- ❖ Mala Malik
- ❖ Patricia Mohamed

## LAUGHTER... THE BEST MEDICINE

### Price of Coffee

A guy walks into a coffee shop and asks the waitress: "How much is the coffee?" "Coffee is four dollars the waitress says". "How much is a refill?" the man asks. "Free," says the waitress. "Then I'll take a refill!" the man responds



## PROVERB

### TIBETAN PROVERB

"The secret to living well and longer is: eat half, walk double, laugh triple and love without measure."