



# CORONA Plateau Mauritius



Our October speakers (from left to right) and their contacts:

**Geraldine Aliphon**

Director  
AUTISME MAURICE  
[www.autismemaurice.org](http://www.autismemaurice.org)

**Ambal Jeanne**

Director  
SOS Femmes  
[www.sosfemmes.intnet.mu](http://www.sosfemmes.intnet.mu)

**Nicole Pearce**

Certified Lymphodema Therapist  
RESTORATIVE THERAPIES  
Westcare Health Center  
[www.facebook.com/restorativetherapiesmauritius](https://www.facebook.com/restorativetherapiesmauritius)

## A few words from the Chair... by Rosemarie

Well, it seems that I missed out on a very informative meeting and an equally interesting outing during my short absence from Mauritius. I am so pleased to note that there were good attendance levels at both. Now hopefully we shall continue this with an excellent attendance at the Gala Dinner. The venue is so enticing and I do hope that we can count on our members to bring their nearest and dearest to this fund and fun raising dinner on the 19th. If you cannot be with us, please buy as many raffle tickets as you can. The prizes are so tempting! See you there.....

We now have 58 members on our register having attracted 2 new members in October.

## MEMBERSHIP MATTERS ... by Sara

What a turn-out we had - 33 members!!

Invited speakers and guests brought the attendance at our last meeting to 40! We took pleasure in welcoming back Arlette Bazire, another of our life Members after a long time. We also welcomed two new members, Devi Flax and Shakshi Gujadhur. It is fitting to credit our 3 guest speakers; Ambal, Geraldine and Nicki, for providing the motivation to our members to turn out in such great number! They enthralled us all with details of their respective organizations. We learned a lot about the plight of at-risk women in Mauritius and the great work that SOS Femmes is doing to help them piece their lives back together. Nicki brought us great enlightenment on Lymphedema and the challenge she faces to treat patients in Mauritius. We also learned what Autism is and how it affects not only the lives of the person with autism, but also its impact on the families who have to cope with a child affected with Autism. More details of all three charities will be on our website [www.coronaplateau.org](http://www.coronaplateau.org), should our member wish to contact or offer assistance. All-in-all it was a great morning well spent. A big thank you to everyone.

Dear members, let me remind you that your feedback and comments are valuable to Corona Plateau. Please do let us have them on [comments@coronaplateau.org](mailto:comments@coronaplateau.org) or use the comments form available at our meetings. Also remember, guests at meetings must contribute Rs150 towards tea and snacks.



**THE OCTOBER CAKE RAFFLE RAISED RS 1000.** The cake was donated by Emilie and won by Fifi who, in turn, volunteered to donate the cake for November.



WhatsApp

Don't forget to send your contact to [membership@coronaplateau.org](mailto:membership@coronaplateau.org)

## NEW EMAILS:

[chair@coronaplateau.org](mailto:chair@coronaplateau.org) : [finance@coronaplateau.org](mailto:finance@coronaplateau.org) : [membership@coronaplateau.org](mailto:membership@coronaplateau.org) : [comments@coronaplateau.org](mailto:comments@coronaplateau.org)

## NEWSLETTER

November 2016  
[www.coronaplateau.org](http://www.coronaplateau.org)

## DATES FOR YOUR DIARY

DON'T FORGET TO CHECK YOUR EMAIL FOR DETAILS OF EACH OF OUR EVENTS OR CONTACT SARA ON [membership@coronaplateau.org](mailto:membership@coronaplateau.org)

## NEXT MEETING

FRIDAY 18<sup>TH</sup> NOVEMBER, 10 AM



Join **Veena** at our next meeting to learn about Yoga and why it is good for all of us. She will also demonstrate a few simple exercises that we can do in our chairs.

## COFFEE MORNINGS

FRIDAY 4<sup>TH</sup> NOVEMBER, 10AM  
**THE GARDEN CAFÉ, FOODLOVERS, BAGATELLE, PRICE RS 200**

## NEW MEMBERS TEA PARTY

WEDNESDAY 9<sup>TH</sup> NOVEMBER,  
As committee member responsible for membership Sara will host an afternoon tea at her home in Curepipe to welcome those members who joined in 2016.

## GALA DINNER

SATURDAY 19<sup>TH</sup> NOVEMBER, 7PM  
**AT LE DOMAINE DES AUBINEAUX**  
Tickets available from committee members or email [membership@coronaplateau.org](mailto:membership@coronaplateau.org)  
Limited places available so book early. Tickets Rs 1200 per person.  
LOADS OF AMAZING RAFFLE PRIZES TO BE WON ON THE NIGHT.

## YEAR-END CELEBRATIONS

FRIDAY 16<sup>TH</sup> DECEMBER  
Let us close the year with a celebration of our "international-ness". We are seeking volunteers from our members to bring a taste of their country to our December meeting.

## EVENTS

Our **Coffee Mornings** are becoming increasingly popular with 18 people attending the event on 7th October. Our sincere thanks to Ruth for being such a wonderful host and to all the members who made the effort to drive to Black River. It certainly was worthwhile with amazing views from Ruth's verandah and a multitude of treats to eat.



Our October **Outing** took around 20 of us to the North of the island to visit **Studio 44** and their hand-crafted glass creations and **The Body Bar by In'Fusion** with their hand made soaps and cosmetics. The timing for these visits was excellent as they both provided lots of ideas for Christmas presents. From Calodyne we proceeded to The Lemon Tree Café for lunch. Although the Café were a bit surprised to see us arrive at 11.30am for our lunch, they coped well with the influx and the food when it finally came was good. Our thanks once again to Fifi for her work organizing the trip.



### EVERY PENNY COUNTS

Please remember to drop any loose change you can spare into the jar provided at each meeting.



Please remember to bring items for our **DONATION BOX**. In addition to packaged foods for Esperance 2000 lunches, we are happy to accept donations of clothing, toys and household items which will be passed on to SOS Femmes and Autisme Maurice as appropriate. If you would like to add a charity to our list please contact Rosemarie.

## Birthday Wishes



to **FIFI** and **PATRICIA** who both celebrate their birthday in November

## NOTICES

### WHAT'S ON

We need your help to keep up to date on events so that we can circulate the information. Please email Jane or Sara with information.

Check out [www.operamauriti.us.com](http://www.operamauriti.us.com) for details of classical music performances in Mauritius.

### MEMBER CONTRIBUTIONS

Don't forget to give us your favourite **RECIPES** or **TRIED & TESTED** recommendations for the website. If you have a shop, service provider or other supplier whom you can recommend to other members, please send us this information.

Check our website [www.coronaplateau.org](http://www.coronaplateau.org) to see what other members have recommended.

YOUR 2016 COMMITTEE	NAME	TELEPHONE	EMAIL
CHAIR	<b>Rosemarie Domaingue</b>	57215286	<a href="mailto:rosemariedomaingue77@gmail.com">rosemariedomaingue77@gmail.com</a>
TREASURER	<b>Ruth Gray</b>	52533250	<a href="mailto:ruthjgray27@gmail.com">ruthjgray27@gmail.com</a>
COMMUNICATIONS	<b>Jane Delorie</b>	54216214	<a href="mailto:janeldelorie@gmail.com">janeldelorie@gmail.com</a>
EVENTS (Outings/Potluck)	<b>Fifi Bhayro</b>	5748 7911	<a href="mailto:fifibhayro@yahoo.co.uk">fifibhayro@yahoo.co.uk</a>
EVENTS (Coffee mornings)	<b>Binita Gujadhur</b>	5421 6775	<a href="mailto:binitagujadhur@hotmail.co.uk">binitagujadhur@hotmail.co.uk</a>
IN-HOUSE FUND RAISING	<b>Patricia Mohamed</b>	696 9598	(send emails via Fifi)
MEMBERSHIP RELATIONS	<b>Sara Grihault</b>	57654463	<a href="mailto:saragrihault13@myt.mu">saragrihault13@myt.mu</a>