



DATES FOR YOUR DIARY

FEBRUARY MEETING

FRIDAY 14TH February @ 10am
PLEASE NOTE THIS NEW DATE FOR OUR FEBRUARY MEETING.

Given a conflict with the commencement of fasting for Maha Shivratri, we have moved our meeting forward this month. Valentine's day seemed a more appropriate day anyway so let us be 'ladies in red' ☺. We will have a talk on the Chinese Zodiac.

With February being the last full meeting with this committee in place, we will also take the opportunity to present donations to selected charities. The 3 main charities our committee has decided to support are:

- Gender Links Mu Safe Haven
- Mauritius Mental Health Assoc
- SACIM

ACTIVITIES

FRIDAY 7TH February @ 3.00pm
Afternoon Tea @ The Coffee Shop (National Store) Floreal at 3.00pm. Please join us there.

FRIDAY 6TH March @ 12 noon
As has become our tradition, each year Corona members are invited to celebrate the International Women's Day through a cost sharing lunch. This year we are proposing Le Sapin D'or in Curepipe as the venue. More details to come.

MARCH MEETING

FRIDAY 20TH March @ 10am
Our AGM will take place during our March meeting. During this we will review the past year and elect a committee to lead us through 2020. If you would like to serve on the committee, please volunteer. If you would like to nominate another member to serve, please make sure that you have their agreement beforehand.

Mango madness...

Mangos generally come into season in Mauritius around Christmas but this year, with the changes in the weather, they seem to be late. Nonetheless, our members did a good job of tracking some down and sharing with us a few novel ideals of what we can do with them when they are plentiful.

We started out with Sunaina and Radhika demonstrating how to make a refreshing mango lassi.

Neesha followed this with an interesting and very tasty mango rice which went very well with the tangy mango salad demo-ed by Jane.

The demonstrations were very participative with members asking lots of questions and making suggestions. At the end we were able to taste each of the offerings. For those interested the recipes are overleaf.



Our thanks to all the ladies involved.

Our January raffle raised Rs 1275 and was won by Susan.



For all those February babies out there, we wish you a very happy birthday.

Milu was the only January baby present at our last meeting but she was more than happy to cut the the month's birthday cake and share it with all of us.



Mango Salad (Jane)

2 mangos (green and firm but not completely raw)
 1 white onion
 2 red chillis (sliced very thin)
 ½ teaspoon salt
 ½ teaspoon sugar (or honey)
 ¼ cup rice wine vinegar (or any mild vinegar)
fresh coriander to garnish
(or chives/spring onions)

Mix vinegar, salt, sugar to dissolve.
 Slice onion very thin and soak in vinegar mixture
 Peel and slice mango into thin bite-size pieces
 Add to onion mixture. Add chilli to taste and mix well.
 Leave in fridge to marinate overnight (or at least for a few hours).
 Adjust seasoning to taste. Depending on the sweetness of the mango you may need to add more sugar (honey).
 Add chopped coriander just before serving.

Mango Lassi (Sunaina & Radhika)

Make your own or buy **mango pulp**
 Yoplait yogurt drink
 Sugar and water to taste

Beat the Yoplait well and in a large bowl or jug, mix together mango pulp and yogurt.
 Depending on the sweetness of the mango you can add sugar to taste. Thin to desired drinking consistency with water (or milk).
 Serve chilled.

Mango Rice (Neesha)

2 Cups of rice.
 1 Raw mango. (Green) .Grated.
 2 tbs of oil.
 1 tsp mustard seeds
 1 tbs finely chopped ginger.
 1 tbs Split chickpeas. (Channa dal also known as Dal Gram).To be soaked for a couple of hours).
 1tbsp roasted peanuts. Chop them up or crush them with a rolling pin.
 A sprig of curry leaves.
 1 or 2 green chillies chopped. Depending on your taste.
 Pinch of asafoetida (Hing).
 1/4 tsp of tumeric powder (Haldi).
 Salt to taste.

Soak rice for about half an hour. Boil the rice.
 In a separate pan heat the oil.
 Once the oil is hot enough add the mustard seeds. Fry.
 Next add the curry leaves. Fry it a little.
 Add the chopped ginger and fry it on a low fire till all the smell goes out.
 Next add the channa dal and the chopped green chillies.
 Add the roasted peanuts, grated mango and asafoetida.
 Add the tumeric powder. Let it cook of a few minutes.
 Finally add the rice and salt to taste. Mix well. Cover and cook.
 Finally garnish with chopped coriander leaves.

GENTLE REMINDER
Please don't forget to pay your 2020 membership subscription at our next meeting.

AFTERNOON TEA
This will start at 3pm on Friday 7th February at the Coffee Shop at National Store (opposite SoFlo). There is no pre-arranged menu so participants will order their own refreshments and pay direct. We look forward to a good turn out.

YOUR 2019/2020 COMMITTEE	NAME	TELEPHONE	EMAIL
CHAIR	Binita Gujadhur	5421 6775	binitagujadhur@hotmail.co.uk
TREASURER	Rosemarie Domaingue	57215286	rosemariedomaingue77@gmail.com
SECRETARY & VICE CHAIR	Sara Grihault	57654463	saragrihault@gmail.com
MEMBERSHIP COORDINATION	Kamini Bassant	57557266	kbassant@gmail.com
MEMBERSHIP COORDINATION	Neena Misri	54215503	neenamisri@gmail.com
Not elected but assisting on sub committees	Zandre Latimer Jane Delorie Patricia Mohamed Lyndsay Riviere Manda Boolell	Website and Facebook Newsletter Raffle & fundraising Speakers	