



# Women's Corona Worldwide Plateau Branch

## Mauritius

### NEWSLETTER

SEPTEMBER 2017

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

#### COFFEE MORNING AT CASCAVELLE, THE BAKERY

This is the time our ladies get to meet each other in a casual atmosphere and catch up on all the chitchat over hot steaming coffee and tasty nibbles.



#### TALK ON SPAGYRIC MEDICINE

A talk on Spagyric Medicine was conducted by Dr. James Naidu. He discussed natural healing with plants and showed a few experiments.



#### UPCOMING EVENTS

##### COFFEE MORNING:

Friday 6<sup>th</sup> October 2017

Venue: Moka'z Helvetica, near  
Ecole du Centre

##### MONTHLY MEETING:

Friday 20<sup>th</sup> October 2017

Talk by Befrienders

November 2017

Fund raising annual dinner

#### My Wishes for you today:

May God bless you  
and keep you.  
May He keep you safe  
from harm.  
May He have mercy on you  
and your family.  
May the Lord always be by  
your side.  
May He protect you and  
uphold your undertakings..  
May the Lord bless you  
always..



There is no wine if grapes  
are not pressed,  
No perfume if flowers  
are not crushed.  
So, don't be afraid if there  
are **pressures** in your life,  
**It will bring the Best  
out of YOU !!**



## CAKE RAFFLE



Cake donated by Fazilla. Pam and Stella cheer Ruth, the proud winner of the August Cake Raffle.

## COOKING TIPS

### Upgrade your Morning Oats with this Super Quick Hack

1. Melt a tab of butter in a small saucepan, then throw in the oats.
2. The magic ratio is one tablespoon butter to one cup oats, steel cut or any other.
3. Cook, stirring occasionally, until the oats smell nutty and roasted.
4. Then, set the oats aside and proceed as normal.
5. Add milk or water and cook to your liking. You won't even need to add sugar or sweetener! Serve hot in a bowl and relish with a slice of bread or chopped bananas, berries, nuts or just like that. Enjoy!!!



## TODAY'S QUOTES



Every little smile can touch somebody's heart. No one is born happy, but all of us are born with the ability to create happiness.  
**Always be happy.**

**Don't Take Life Too Seriously, Always Find Time To Laugh.**

Remember That,  
**Laughter Not Only Adds Years To Your Life, But Adds More Life To Your Years...**



## LAUGHTER... THE BEST MEDICINE

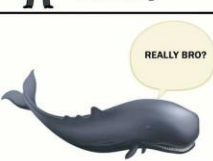
How can people declare someone miss universe?



When they didn't even invite participants from other planet



If you wanna loose weight, then start swimming



**SORRY!**

### Joke Of The Year

#### Early Morning Make-Up

A wife started doing her make up as soon as she woke up. Her husband asked the reason. She replied, "I have locked my phone with facial recognition. And it's not recognizing me without makeup."



On the morning of her birthday, a woman told her Husband, "I just dreamed that you gave me a diamond necklace. What do you think it means?"

"Maybe you'll find out tonight," he said. That evening, the man came home with a small package and gave it to his wife. She ripped off the wrapping paper and found a book titled *The Meaning of Dreams*.

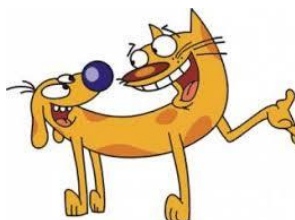
### Funny Pet Names

#### Cats:

Alexander the Grey  
Cleocatra  
Bing Clawsby  
Chairman Meow

#### Dogs:

Bettie Poops  
Virginia Woof  
Iggy Pup  
Mary-Louise Barker



I wish i lived in a world where mosquitoes would suck FAT instead of blood.



A Physician once said, "The best medicine for humans is love." Someone asked, "What if it doesn't work?" He smiled and said, "Increase the dose."



## OCTOBER BIRTHDAYS



We wish our OCTOBER girl a very Happy Birthday!

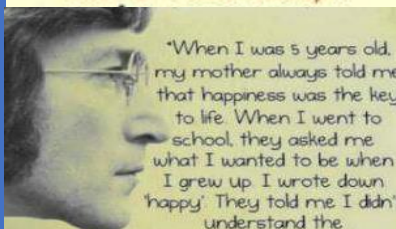
❖ Pamela Nanda

## THOUGHT OF THE DAY

### **THOUGHT** *of the day*

When you feel that nobody loves you,  
Nobody cares for you,  
Everyone is ignoring you,  
and people are jealous of you  
You should really ask yourself...

**Am I TOO sexy?**



"When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up I wrote down 'happy'. They told me I didn't understand the assignment, and I told them they didn't understand life."

- John Lennon