

*Dear Colombo Shepherders in the UK,*

The honour of writing the "welcome" message for this edition of the Newsletter has been given to me. I am new to the role of Public Relations Officer and Editor of the Newsletter and I am very grateful for the help and assistance I have received so far from colleagues on the Committee and other ordinary members of the Association.

Whilst the ongoing primary objective of the Association remains and must remain as set out in the "Aims and Objectives" of our Constitution - see web site - I think that the time is right for the Committee and members to review the Constitution over the life of this Administration (ends June 2014). I would, therefore, invite all members to suggest improvements that they feel need to be made to the Constitution over the next two Annual General Meetings beginning with the meeting on 23rd June 2013.

The procedure for proposing changes to the Constitution is set out in Section VIII(6).

Do attend the Annual General Meeting on 23rd June 2013 - even if you have no suggestions to make in regard to the Constitution - as you may be able to hear and participate in any proposals made by other Members.

*Malarvili Umasuthan*

## 22ND ANNUAL GENERAL MEETING

**Date:** Sunday 23rd June 2013  
**Time:** 12.30 p.m. (Doors open 12.00)  
**Venue:** Holiday Inn,  
 Empire Way,  
 Wembley,  
 London,  
 HA9 8DS

**Price:** £12.50 per head.

**Contacts:-**

Angelina - *President* 01494 678 523  
 Margie - *Secretary* 0208 440 2080  
 Malarvili - *PRO* 020 8904 8323  
 07958 356 055

**Menu**

Sunday buffet with a wide selection of starters.  
 Carvery with a choice of three meats, fish, seasonal vegetables, roast potatoes and lashings of gravy .....and orange juice.

Cash Bar  
 Free Parking

Lunch follows Meeting



# 14TH VALENTINE'S DINNER DANCE 2013

*- Compiled by Webmaster*

**T**he Annual Valentine's Day Dinner Dance promoted by the Colombo Shepherdians in the UK (CSUK) was held on 9th February 2013 at the Holiday Inn, Wembley. This event has now become the 'centre piece' of CSUK's annual calendar and, as usual, the Shepherdian Committee yet again maintained their high standards for their flagship event.

On arrival, the ladies were presented with the customary red rose and all the guests were given a welcome drink at the reception held in the lobby.

Shayne May was the compere for the evening which started with the singing of the school anthem. President, Angelina, welcomed the guests and thanked them for their ongoing support and then opened the dance with her husband Jothinath.

Dinner was followed by the

traditional Raffle with the President and Vice President distributing the many prizes. Holiday Inn provided a silver service of an excellent dinner which was enjoyed by everyone .

The tables had red flower arrangements and there were LCD lights on a karahi stand. A very tasty Asian silver service meal was served by the Holiday Inn. The band "Breeze" provided the music which was very much enjoyed by the guests. The raffles that took place had many prizes and surprise gifts. Once again, it was a very successful fund-raising event. The evening's profits were to go towards the purchase of an air-conditioning unit for the computer room at the school. Guests went home with many happy memories of an enjoyable evening and looking forward to attending our Valentine's Dance in 2014.



*The Executive Committee 2013*

**COLOMBO SHEPHERDIANS IN THE UK**  
**22ND ANNUAL GENERAL MEETING**  
(MEETING STARTS 12.30 P.M. TO BE FOLLOWED BY LUNCH)

**AGENDA**

1. To approve the Minutes of the 21st Annual General Meeting.
2. President's Report for the year 2012/2013
3. Secretary's report for the year 2012/2013
4. Treasurer's report and audited accounts for the year 2012/2013
5. Election of Office Bearers

*In accordance with the constitution the current appointees will be re-elected for the next consecutive year.*

**Existing office bearers**

Vice Patron:	Lalitha Dayananda
President	Angelina Jothinath
Vice President	Astrid Blackson
Secretary	Marguerite Sivathondan
Treasurer	Felicia James
Membership Secretary	Hyacintha D' Almeida
Public Relations Officer	Malarvili Umasuthan
Committee Member	Chandrika Varatharajah

6. Any other business.
7. Vote of Thanks
8. School Anthem

# COLOMBO SHEPHERDIANS IN THE UK

## *Minutes of the 21st Annual General Meeting*

The 21st Annual General Meeting of the Colombo Shepherds in the UK was held at the Rising Sun Hotel/Restaurant, 138 Greenford Road, Sudbury Hill, Harrow on Sunday 24th June 2012. A thanksgiving mass was offered by Rev. Fr Robinson from the Tamil Chaplaincy to celebrate the 21st Anniversary of the Association, and was followed by a buffet lunch.

- 1) Minutes of the 20th AGM - The minutes of the 20th Annual General Meeting were mailed out to all the members and was taken as read. The minutes were proposed by Nirmala Chandrasena and seconded by Annette Xavier.
- 2) President's report for the year 2011/2012 - The President, Margie Sivathondan, welcomed the members present and thanked them for attending the meeting. She said that the main fundraising event in the year was the Valentines dinner dance held at the Clay Oven in Wembley. Unfortunately, due to the very poor weather conditions (cold!) our ticket sales were down and we did not make as much as we would have liked. Nevertheless, a good time was had by all present. The President thanked all the members of the committee and their spouses for their support and friendship over the past two years.
- 3) Secretary's report for the year 2011/2012 – Angelina Jothinath said that the heavy snow fall over the winter caused last minute cancellations for our annual Valentines Dinner Dance and, as a result, the committee could not raise the funds we had expected. The committee also expressed its sadness about Nira's resignation, wished her good luck and Angelina thanked her for her contribution during her time as a member of the committee.

- 4) Treasurer's Report for the year 2011/2012: Nalayinee Shanthakumar submitted the Audited Accounts. The audit was carried out by Kris Sivathondan, ACA.
- 5) Election of Office Bearers for the year 2012/2014:

Margie Sivathondan continued as Chair and announced that a nomination had been received for Angelina Jothinath to be president and requested a proposer and a seconder. Angelina's name was proposed by Lalitha Dayananda and Seconded by Annete Xavier. Margie welcomed the new President and Angelina then took the Chair for the rest of the proceedings.

- Vice President:*                   **Astrid Blackson**,  
Proposed by: Margie Sivathondan  
Seconded by: Angelina Jothinath
- Secretary:*                       **Margie Sivathondan**  
Proposed by: Lalitha Dayananda  
Seconded by: Annette Xavier
- Treasurer:*                       **Felicia James**  
Proposed by: Astrid Blackson  
Seconded by: Nalayini Shanthakumar
- Membership Secretary:* **Hyacinth D'Almeida**  
Proposed by Felicia James  
Seconded by Nalayini Shanthakumar
- Newsletter/  
Public Relations Officer:* **Lalitha Dayananda**  
Proposed by Felicia James  
Seconded by Annette Xavier
- Committee:*                       **Connie May**  
**Malarvili Umasuthan**  
**Chandrika Varatharaja**
- Vice Patron:*                      **Lalitha Dayananda**  
Proposed by Astrid Blackson  
Seconded by Nirmala Chandrasena

***To note ex-officio Past Presidents:***

Nellie Fernando, Lalitha Dayananda, Nirmalee Anthony, Sonia Vitarana, Freda de Silva, Kumari Ratnayake, Astrid Blackson, Olga Foenander and Annette Xavier.

***To note Patron and Vice Patrons:***

***Patron:*** Rev. Sr G M Gertrude (Sri Lanka)

***Vice Patrons:*** Nellie Fernando (Sri Lanka), Canice Rajamahendran (Sri Lanka), Sonia Vitarana (Sri Lanka), Lalitha Dayananda (United Kingdom)

Angelina thanked the Committee for electing her as President and said that she will do her best to continue the good work of the past presidents by keeping the Association together and raising funds for the school.

6) Any other business:

The following amendments to the current Constitution for adoption by the Colombo Shepheradians in the UK at its next Annual General Meeting were read out by the president for approval:-

1. The Quorum to be reduced to 5 members.
2. Election of Office Bearers to be voted in.
3. A Vice President to be added to the office bearers to assist and stand in the President's absence.
4. Appoint a Vice Patron in the UK.

7) Future Events: A Christmas Dinner is to be organised.

8). Vote of Thanks

Angelina Jothinath gave a vote of thanks to the Committee, their husbands and the past presidents for their continued support.

The meeting was followed by a very tasty meal of rice and curry with milk and egg hoppers. The afternoon continued with the cutting of a blue and white decorated cake to celebrate the Association's 21 years in the UK.

Margie Sivathondan (Secretary)

29/06/2012

# FROM OUR NEW VICE PATRON .....

- *Lalitha Dayananda*

I felt very honoured and privileged to be elected as Vice-Patron in the UK of the Past Pupils Association at our Annual General Meeting held in June 2012.

Our PPA has been in existence for 21 years. I have been a founder member, served as its first Secretary and then held the posts of President and Vice-President five times during this period. I have seen it grow from an initial membership of 14 to its present number of 147. At the beginning it was a struggle to get it off the ground due to lack of funds and members. Yet, the dedication and commitment shown by the inaugural committee and successive committees has made our Association what it is today.

The social events, mainly our Annual Dinner Dance, are occasions to which our members look forward. Although there has always been stiff competition from other Sri Lankan school associations in the UK, we have managed to remain at the forefront. This is mainly due to the hard work, dedication and organisational abilities of committee members, past and present and the support we receive from our membership.

On a very recent visit to Sri Lanka I visited the Convent and was first shown around by the Sister Superior. I was very favourably impressed by the many improvements that have been made to the school. The well-maintained older buildings, the new science block, the paved basket ball court, the hostel to name a few. I then met the Sister Principal and spent a good half hour or more chatting to her. She told me that the school now catered to more than 3000 pupils and was doing well both academically and in the field of sports.



I then informed her that the PPA was very keen to offer scholarships to needy pupils and we have now been sent a list of names. I came away feeling proud to be associated with such an institution. Fundraising continues to be our main aim and we have contributed much needed financial assistance for several projects put forward by the school over the years. Some of them have been the equipping of a computer room with ten computers, a new set of toilets and contributing towards the building of the new science block. All projects have been successfully completed.

The PPA has given us the opportunity to renew friendships and form new ones with the older and younger members. I have always been proud to be a Sherpherdian and now as an "elder stateswoman" I hope that I shall be able to offer guidance when needed to our younger committee members. My wish is that our Association should go from strength to strength and continue to gather us all together for many more years to come. May I wish you all a very pleasant summer and I look forward to seeing our members, friends and well-wishers at our AGM in June.

# RECOLLECTIONS..... THE MONTH OF MAY PROCESSION ...

- *Althea Lord*

**A**ve, Ave, Ave Maria!!

The voices of so many rising to the heavens. The intense fervour and devotion to Our Blessed Mother, from Kotahena and beyond. Row upon row of people walking slowly and sedately, the rosary beads running through their fingers. The organisations first, then the schools, followed by the beautifully decorated chariot, the altar boys and the clergy and then the public. It was very orderly, prayerful and almost everyone walked the whole route. The streets were beautifully illuminated and decorated with shrines along the way.

Led by the headgirl carrying the flag, there were rows and rows of Shepherdians in white starched and pleated dresses with white ties with the blue embroidered GSC. White socks and shoes and usually white

ribbons in long plaited hair. Each girl carried a paper lantern through which you could see flickering candlelight. The procession returned to the Cathedral Square for Benediction. Then that very special moment, when the monstrance with the host was held aloft by a Cardinal or Bishop - a brief silence when every head bowed in reverence and prayer and then the majestic pealing of the bells.

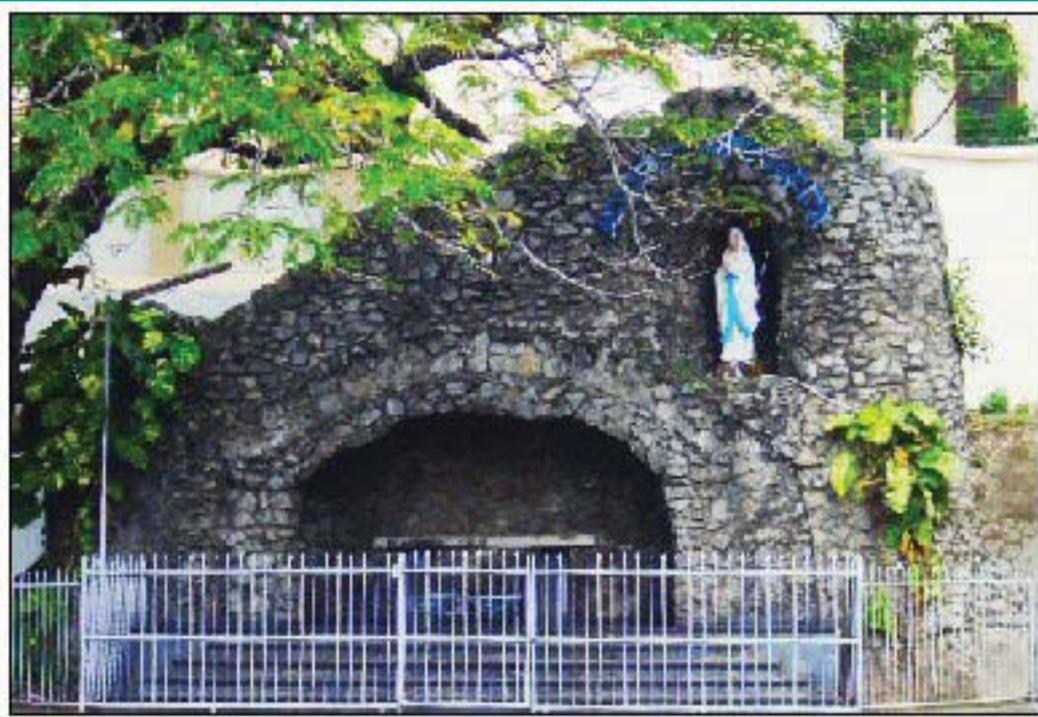
Once the procession and Benediction was over it was time for the festivities. The vendors would bring out their goods and houses along the route had great parties. It was safe then, safe for teenagers to walk the streets of Kotahena at night.

We were fortunate and privileged to have had the special experience of prayer and devotion to Our Lady, to have been to a great school where

we learned so much and were so loved. Most of all we had peace and security in Kotahena. May our lovely memories be with us always.

Ave, Ave, Ave  
Maria!!

Althea Lord  
CSUK newsletter  
May 2002  
and revised in  
May2013



# RECIPES

## **QUICK PICKLE**

- 15-20 small red onions
- 5 capsicums or 10 green chillies cut into halves
- 2 teaspoons ground mustard
- 2 slices of pineapple cut into small pieces
- 1 carrot finely cut diagonally
- 3 tablespoons of salt water
- 3 tablespoons of vinegar
- 2 dessert spoons of sugar
- 2 teaspoons of chillie powder
- 10 dates stoned and halved

### **Method**

- + Mix all the ingredients together. Store in screw top jars. This pickle can be served with any savoury rice.

## **SPINACH CURRY**

- 400g fresh spinach washed, drained and chopped (alternative defrosted frozen spinach leaves)
- 2tbs vegetable oil
- 1 onion (150g - 5 oz) peeled and sliced
- 1tsp mustard seed
- 1tsp cumin seed
- 3 green chillies (halved)
- 5 cloves of garlic peeled and crushed
- 2 tbs water
- 4 tbs coconut milk
- ½ tbs salt
- juice of 1 lemon

### **Method**

- + Fry half of the sliced onions in a saucepan until soft.
- + Add the mustard and cumin seeds and fry for a further minute until the seeds crackle.
- + Add the chopped spinach, garlic, chillies, the rest of the onions, 4 tablespoons of water and salt.
- + Bring to the boil, add the coconut milk, cover and simmer for 6 - 8 minutes until the spinach is tender, stirring once or twice.
- + Squeeze the lemon over the curry, stir and remove from heat.

## **JAFFNA SEAFOOD STEW: KOORL**

- 400g Prawns
- 200g Crabs
- 500g fresh or frozed Kingfish or other whitefish cleaned and bones removed.
- 150g fresh squid
- 200g tapioca pieces fresh or frozen peeled and diced
- 110g green beans topped, tailed and halved
- 400g cooked and drained black-eyed beans from a tin
- 60g easy-cook long grain rice
- 60g Palmyrah-root flour soaked for ½ an hour and drained
- 4 tbs thick tamarind juice

- 1 tsp chillil powder
- ½ tps turmeric
- 3 pints water
- Salt to taste

### **Method**

- + Rinse and drain the fish, squid and crab. To clean the squid, first separate the head from the body by pulling them apart. Discard the intestines and ink sac. Cut off the tentacles. Discard the head, mouth and transparent quill from inside the body. Peel off the transparent skin.
- + To prepare the crabs, discard the ends of the legs and break off the large claws for use. Remove the hard outer shell and break the body into 4 pieces.
- + To clean the prawns, remove the head and discard. Peel off the shells along the belly and remove the black threads at the back.
- + Bring 1.5 litres of water to the boil in a large sauce-pan. Add the crab pieces, prawns, squids, tapioca, rice, green beans and black eyed beans, bring to the boil again and simmer for 15 minutes.
- + Add the fish, soaked palmyrah root flour, turmeric, chilli powder, tamarind juice and salt.
- + Best eaten hot - in deep bowls.

# PRE CHRISTMAS GET TOGETHER

On 7th December 2012, Committee members, their families, associate members and friends (about 25 in all) gathered to enjoy a typical "Hopper feed" at the Rising Sun Restaurant. It was a well laid out Sri Lankan Buffet which included other dishes but the long queues were mostly for the Hoppers.

The bar was well patronised. It was a pleasant evening and there was a live band playing Baila and other Sri Lankan music. The evening ended with Santa's Lucky Dip.

Our thanks go to the President Angelina for organising this Dinner and timing it as a pre-Christmas event before everyone got too busy with other commitments. Informal gatherings such as these are very enjoyable and helps to bring Committee members, their families and friends together during the festive season.

*Annette Xavier*



## IN LIGHTER VEIN



### "SILLIES"

- Doctor: "I am not exactly sure of the cause; but I think it could be due to alcohol."  
Patient: "That's OK Doctor; I'll come back when you're sober."
- A clear conscience is usually the sign of a bad memory.
- The early bird may get the worm, but the second mouse gets the cheese.
- Depression is merely anger without enthusiasm.
- If your car could travel at the speed of light, would your headlights work?
- A termite walks into a bar and asks, "Is the bar tender here?"
- Four Sri Lankan guys go to a nightclub in Thailand. The doorman refuses them entry and says "I'm sorry I cannot let you in without a Thai."
- In mid-life your memory starts to go. In fact the only thing we can retain is water.
- Mid-life is when you go for a mammogram and you realise that this is the only time someone will ask you to appear topless.
- Mid-life is when the growth of hair on our legs slows down. This gives us plenty of time to care for our newly acquired mustache
- Mid-life is when you can stand naked in front of a mirror and you can see your rear without turning around.
- A man approached a very beautiful woman in a large supermarket and said "I've lost my wife in the aisles. Could you talk to me for a couple of minutes?"  
"Why?" the woman replied.  
"Because every time I speak to a pretty lady, my wife appears out of nowhere."
- Two cows are standing in a field and one cow says to the other: "What do you think about that mad cow disease?", the other cow responds: "What do I care I'm a helicopter"
- Two fish in a tank. One asks the other "How do you drive this thing?"

# LIST OF MEMBERS (MAIDEN NAMES IN BRACKETS)

- ◆ Florence Abeywardena
- ◆ Deborah Ali (Bartholomeusz)
- ◆ Ruth Ameresekera (Munasinha)
- ◆ Jeanne Aniff (Wolff)
- ◆ Nirmalie Anthony (Wijeyasekere)
  
- ◆ Kumudini Antony (Dias)
- ◆ Shanti Aranze (Gomes)
- ◆ Ann Ariyaratnam (Abraham)
- ◆ Ivoreen Arumuganathan (Joseph)
- ◆ Marie Balachandran (Berenger)
  
- ◆ Wendy Beekmeyer (Herft)
- ◆ Carmel Benedict (Abraham)
- ◆ Immacula Benedict (Paul)
- ◆ Astrid Blackson (de Silva)
- ◆ Finella Brito-Babapulle
  
- ◆ Mary Buultjens (Elias)
- ◆ Sabina Canisius (Kulatunge)
- ◆ Rukmani Carderamanpulle (Manikawasager)
- ◆ Claudette Carter (Blake)
- ◆ Barney Caruthers-Little (De Selfa)
  
- ◆ Hélène Caspersz (Jansen)
- ◆ Nirmala Chandrasena (Mathias)
- ◆ Nirupa Chandrasinghe (Dias)
- ◆ Genevieve Cooper (Gnanapragasam)
- ◆ Shiroma Dabrera (Dias)
  
- ◆ Hyacinth D'Almeida (Joseph)
- ◆ Lalitha Dayananda (Sangadasa)
- ◆ Freda de Silva (Anthonisz)
- ◆ Padma de Silva (Anthony)
- ◆ Rupi de Silva (Dias)
  
- ◆ Sharmaine De Silva (Fernando)
- ◆ Sonali de Silva
- ◆ Sonia de Silva (Fernando)
- ◆ Shanti de Zoysa (de Silva)
- ◆ Genevieve Dias (Anthony)
  
- ◆ Malini Direkze (Perera)
- ◆ Marlene Eliathamby (Fernandopulle)
- ◆ Erin Fernandes (De Silva)
- ◆ Anne Kusum Fernando (Perera)
- ◆ Celine Fernando (Corera)
  
- ◆ Nellie Fernando (Perera)
- ◆ Sunil Fernando
- ◆ Sunimal Fernando (Dias)
- ◆ Rosemarie Fernandopulle (Laity-Ramanaden)
- ◆ Doreen Ferreira (de Silva)
  
- ◆ Olga Foenander (Gerreyn)
- ◆ Irene Francis (Varma)
- ◆ Eleanor Gomesz (Smale)
- ◆ Dugald Gonsal
- ◆ Rita Guneratne (Chow)
  
- ◆ Antoinette Guy - De - Fontgalland (Sebastian)
- ◆ Bernadette Head (Martil)
- ◆ Desiree Hobson (Lawrence)
- ◆ Felicia James (Muthukrishna)
- ◆ Geraldine Jason (Jansen)
  
- ◆ Gillian Jason (Soertsz)
- ◆ Mary Jayaratnam (Marianpillai)
- ◆ Shamonth Jayasinghe (Gunasekera)
- ◆ Sujeeva Jayatunge (Perera)
- ◆ Yasmin Jayawardena (Pinto - Jayawardena)
  
- ◆ Niranchana Jeyakanthan (Balasubramaniam)
- ◆ Angelina Jothinath (Joseph)
- ◆ Irma Jones (Jansen)
- ◆ Michelle Julius (Jegarajasingham)
- ◆ Sunita Kanagaratnam (Perera)
  
- ◆ Lilamani Kanapathy (Thiyagaraja)
- ◆ Niranchana Jeyakanthan (Balasubramanium)
- ◆ Kala Kanthasamy (Kanagrajah)
- ◆ Srimalie Karunasekera (de Mel)
- ◆ Indrani Kasinathan (Musafer)
  
- ◆ Sivayinee Krishnakumar (Sivalingam)
- ◆ Marlene Kroon (Diasz)
- ◆ Devi Kunalam (Anthonypillai)
- ◆ A Ladislaus (Selvadurai)
- ◆ Cassilda Liyanage (Gnanapragasam)
  
- ◆ Shiranthi Liyanage (Perera)
- ◆ Dorothy Lobendhan (Rodrigoe)
- ◆ Althea Lord
- ◆ Virginia Mahon (Missier)
- ◆ Salima Mahroof (Perera)

# LIST OF MEMBERS (CONTINUED)

- ◆Juliet Mariathasen (Marianaiagam)
- ◆Marie Martel (Gerreyn)
- ◆Esther Lois Mathieson (Fernandez)
- ◆Connie May (Dissanayake)
- ◆Daphney May (Vanderputt)
  
- ◆Shanti Moore (Rajanayagam)
- ◆Kureisha Musafer (Badurdeen)
- ◆Tony Musafer
- ◆Saroja Navaneethan - Australia
- ◆Luminia Nicholas (Charles)
  
- ◆Phyllis Nugara (Gerreyn)
- ◆Manel Olivelle (Fernando)
- ◆Crishmalie Omar (Grero)
- ◆Marie Otu (Liyana)
- ◆Salome Paldano
  
- ◆Inez Panambalana (Perumal)
- ◆Suranganee Peramunagama
- ◆Ann Perera (Fernando)
- ◆Bernadette Perera (Bastianpulle)
- ◆Georgia Perera (Pereira)
  
- ◆Hannah Perera
- ◆Leone Perera (Goonetilleke)
- ◆Lourdes Chandani Perera (Perera)
- ◆Melville Perera
- ◆Leona Perumal (Jansen)
  
- ◆Remy Perumal
- ◆Rukmani Perumal (Casie Chetty)
- ◆Rachael Phigera (Perera)
- ◆Manel Rajakaruna (Amarasinghe)
- ◆Canice Rajamahendran (De Silva)
  
- ◆Padmini Rajanayagam
- ◆Fareeda Rajap (Badurdeen)
- ◆Satya Ramanan (Kanthasamy)
- ◆Kumari Ratnayake (Ramanathan)
- ◆Nira Rudrakumar (Pathmanathan)
  
- ◆Mary Sandrasagra (Mariampillai)
- ◆Mary Ann Seeley (Pulle) ◆Nalayinee Shanthakumar (Sivalingam)
- ◆Bernie Silvapulle (Fernandopulle)
- ◆Yaso Sivananthan (Nagaratham)
  
- ◆Marguerite Sivathondan (Fernandopulle)
- ◆Charmaine Somaskandan (Muthukrisna)
- ◆Anne Soysa (Perera)
- ◆Subashini Suriya (Manickavasagar)
- ◆Hermion Tavarayan
  
- ◆Pauline Thaha (Perera)
- ◆Kumari Theophilus (Tharumalingam)
- ◆Malarvili Umasuthan (Balasubramaniam)
- ◆Chandrika Varatharaja
- ◆Yvonne Vedamuttu (Nugara)
  
- ◆Sonia Vitarana (Edrissinghe)
- ◆Mahes Vivekananda - Rajah (Manikawasager)
- ◆Christobel Walles (Brainard)
- ◆Celine Ward (Fernando)
- ◆Devi Wijeywickrema (Ramanathan)
  
- ◆Madge Wijeyeratnam (James)
- ◆Viola Wilathgamuwa (de Silva)
- ◆Annette Xavier (Thambinayagam)

## GENERAL INFORMATION

**CSUK Web site:** <http://www.Shepherdians.org>

### CONTACTS

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