

**June 2016
Edition**



PRESIDENT'S MESSAGE

Dear Colombo Shepherders in the UK,

The Executive Committee and I are honoured and privileged to be Office Bearers of the Association in this year, which is the 25th Anniversary of the inauguration of the Colombo Shepherders in the United Kingdom.

The association started with just 14 members and its current membership, which now exceeds 170 clearly demonstrates the dedication and tireless efforts of all past presidents and committee members involved over the years bringing and maintaining the association to at this high standard. Contributions towards our Alma Mater have been very generous throughout the years and we should all be proud for having contributed to this success.

During my time as President, we have had two very successful years. We have made generous donations towards the education of five underprivileged children, which will be ongoing, as will our continuing donations towards the annual Christmas party of St Ann's hostel in Sri Lanka.

Our pioneering Valentine's Dinner Dance and the Christmas Get-Together were as successful as ever as were a few social outings organised by the committee.

This year the Annual General meeting will be held at 12 noon at The Thistle Hotel in Heathrow on Saturday, 25th June 2016, and will be followed by a Mass. There will also be a delicious Sri Lankan buffet, music, games and entertainment.

I look forward to seeing as many members and friends at this celebration.

May I also take this opportunity to thank all members and friends for their continuing support, and to wish the new President and committee every success during their term of office.

Astrid Blackson

President

25TH ANNUAL GENERAL MEETING

Date: Saturday 25th June 2016

Time: 12.00 p.m.
(Doors open 12.00)

Venue: Thistle Hotel,
Bath Rd,
Longford,
London UB7 0EQ

Price: £20.00 per head.

Contacts: Margie 020 8440 2080
Astrid 020 3737 1200

Lunch follows Meeting

Menu

A Sri Lankan Menu will be served

Cash Bar

**25TH ANNUAL GENERAL MEETING
COLOMBO SHEPHERDIANS IN THE UK
Saturday, 25th June 2016**

ORDER OF PROCEDURE

12 NOON TO 12.30PM ANNUAL GENERAL MEETING

12.35 PM LIGHTING OF THE TRADITIONAL OIL LAMP BY THE PRESIDENT & PAST PRESIDENTS

12.45 PM TO 1.45 PM – THANKSGIVING MASS
(in English to celebrate the 25th Anniversary of the Association)

1.45 PM TO 6 PM SOCIAL

(3 course Sri Lankan meal, 2 bottles of wine per table of 7, Tea/Coffee, sale of raffle tickets, raffle draw, cutting of 25 years celebration cake plus entertainment)

There will also be a cash bar available at the hotel

**THANKSGIVING MASS
ORDER OF SERVICE**

1. Entry Hymn 'Morning has broken'
2. First Reading Sonia Vitarana
3. Second Reading Felicia James
4. Bidding Prayers:
 - Pray for the Pope, Bishops & Priests Angelina Jothinath
 - Pray for the association for the working
In the past and in the future Annette Xavier
 - Pray for all deceased Shepherdians Astrid Blackson
 - Pray for World Peace Margie Sivathondan
5. Offertory Hymn 'All that I am'
 - Offertory Procession (Chalice & Host) Lilamani Kanapathy/
Niranchana Jeyakanthan
 - Gift for the Priest Malarvilli Umasuthan/
Chandrika Varatharaja
6. Final Hymn Give me Joy in my Heart'

•Hymn sheets will be available at the Mass

Colombo Shepherdians in the UK

Notice of the 25th Annual General Meeting

Notice is hereby given that the twenty fifth Annual General Meeting of the Colombo Shepherdians' in the UK will be held at Thistle Hotel, Bath Road, Heathrow, London UB7 0EQ on Saturday, 25th June 2016 at 12 noon.
Doors open at 11.50 am.

AGENDA

1. To approve the minutes of the 24th Annual General Meeting
2. President's Report for the year 2015/2016
- 3 Secretary's report for the year 2015/2016
4. Treasurer's report and Audited Accounts for the year 2015/2016
5. Election of Office Bearers 2016/2017

Nominees for election as Office Bearers for 2016 /2017 are as follows:

President	Felicia James
Vice President	Margie Sivathondan
Secretary	Malarvilli Umasuthan
Treasurer	Chandrika Varatharaja
Public Relations Officer	Sonia De Silva
Membership Secretary	Dr Niranchana Jeyakantha
Members	Lilamani Kanapathy Dr Angela Kulanthaivelu Hyacinth D'Almeida

6. Any other business.
7. Future Events
8. Vote of Thanks



COLOMBO SHEPHERDIANS IN THE UK

Minutes of the 24th. Annual General Meeting

The 24th Annual General Meeting of the Colombo Shepherdiains in the UK was held at the Holiday Inn in Wembley on Sunday, 28th June 2015. It was attended by 19 members along with 25 other guests. The meeting commenced with a prayer and the President welcomed the members and their guests.

- 1) **Minutes of the 23rd AGM** - The minutes of the 23rd Annual General Meeting was mailed out to all the members and was taken as read. The minutes were proposed by Chandrika Varatharaja and seconded by Annette Xavier.
- 2) **President's report for the year 2014/2015** - President, Astrid Blackson mentioned that it is now a year since she took up post as president and was pleased to inform that so far there have been two successful events which were both well attended. The Valentine's Dance was a success and a very enjoyable evening that brought a profit of around £1,000. She informed that the committee has decided to fund for the education of 5 underprivileged children in the school and have already contributed £1,000 towards this project and is awaiting the final figure from the Principal for the full payment to be made. Sister Renuka's request for funds were approved and a cheque will be handed over when the President visits Colombo in July.

Astrid also stated that she looks forward to doing much more for the association in her 2nd year as President and relies on the committee and all of the members for their support and she welcomes any suggestions/ideas that would contribute in improving the association..

- 3) **Secretary's Report for the year 2014/2015** - Secretary, Felicia James reported that yet again it has been a successful year with the association having a Christmas Get-Together and a Valentine's Dinner Dance. Also there were three productive committee meetings during the year that were held at committee members' homes.

She informed that during her short visit to Sri Lanka in January this year she visited the school and had the opportunity of meeting with the principal, Sister Renuka. At the meeting, the principal did confirm details of 3 students who will benefit from our funding for their education due to their present family financial circumstances. Since then, the committee has decided to fund 2 further students.

Felicia, requested for members to come forward in joining the committee and stated that not much of their time is required as only three committee meetings are held in a year.

- 4) **Treasurer's Report for the year 2014/2015** – Treasurer, Malarvilli Umasuthan thanked the association for the confidence expressed in electing her to the post of treasurer at the last AGM and her intention is to serve for the two years during which period she will strive to run the association in a profitable way.

She informed that the association increased ticket sales for both AGM 2014 and Valentine's Dance 2015 and maintained the targeted profit. Malarvilli mentioned that even after £1300 donation paid to the school during 2014/2015, the present cash position remains strong. This healthy bank balance will enable the association to help with future donations to the school.

Malarvilli thanked the committee members, association members and friends for each ones valuable contribution in selling tickets and obtaining souvenir advertisements. She also thanked the membership secretary, Chandrika for collecting subscription fees from the members.

Finally she thanked Mr Kris Sivathondan for auditing and certifying the accounts. Copies of the accounts were circulated to all present.

- 5) **Election of Office Bearers 2015/2016:**

Election of Office Bearers for the year 2015/2016 - In accordance with the constitution the current appointees will continue their positions in the committee for 2015/2016 but two vacant committee posts were filled due to two resignations.

The committee for 2015/2016 is -

President:	Astrid Blackson	Committee:	Sonia De Silva
Vice President:	Annette Xavier		Lilamani Kanapthy
Secretary:	Felicia James		<i>(new committee member</i>
Treasurer:	Malarvilli Umasuthan		<i>Proposed by Felicia James</i>
Public Relations Officer:	Margie Sivathondan		<i>& Seconded by Annette Xavier)</i>
Memberhsip Secretary:	Chandrika Varatharaja		Dr Niranchana Jayakantha
			<i>(new committee member</i>
			<i>Proposed by Lalitha Dayananda</i>
			<i>& Seconded by Malarvilli Umasuthan)</i>

To note ex-officio Past Presidents: Nellie Fernando, Lalitha Dayananda, Nirmalee Anthony, Sonia Vitarana, Freda de Silva, Kumari Ratnayake, Astrid Blackson, Olga Foenander, Annette Xavier, Margie Sivathondan & Angelina Jothinath.

To note Patron: Rev. Sister Renuka Silva

To note Vice Patrons: Nellie Fernando, Canice Rajamahendran, Sonia Vitarana, Lalitha Dayananda.

6) Any Other Business -

(a) Trip to Walsingham Church on Sunday, 2nd August - All members are welcome.

(b) Christmas Get Together - To be organized and details will be in the next newsletter. Astrid expressed the need for more members to join in as it is usually a lovely and enjoyable evening.

7) Vote of Thanks:

Astrid Blackson thanked the Committee, their husbands, past Presidents for their continued support and thanked all members and friends for attending the meeting.

The meeting was followed by a buffet lunch, raffle draw, some games and tea/coffee and also the cutting of a surprise birthday cake for Lalitha, Vice Patron of the Association.

IN LIGHTER VEIN

Lalitha Dayananda

1. Marriage is a relationship in which one person is always right, and the other is a husband.
2. A mother was teaching her three year old The Lord's Prayer. For several evenings at bedtime, the child repeated it after the mother. Then one night the child was ready to solo. The mother listened with pride to the carefully enunciated words, right up to the end. "And lead us not into temptation, but deliver us from evil."
3. A Sunday school teacher was discussing the Ten Commandments with her five and six year olds. After explaining the commandment to "honor thy father and thy mother," she asked "Is here a commandment that teaches us how to treat our brothers and sisters?" Without missing a beat one little boy answered, "Thou shall not kill."
4. A woman invited some people to dinner. At the table, she turned to her six year old daughter and said, "Would you like to say the blessing?" "I wouldn't know what to say," the girl replied. "Just say what you hear Mommy say," the woman answered. The daughter bowed her head and said, "Lord, why on earth did I invite all these people to dinner?"
5. A class was given an assignment to write an essay on milk. The teacher, while marking the papers came across one and asked, "Tommy, everyone has written three to four pages on the topic, but you have only written half a page." Tommy promptly replied "Miss, I wrote about condensed milk."

Pepper Beef Curry (kuruma iraichchi)

Ingredients

1 tbsp black peppercorns
2 tsp coriander seeds
2 tsp cumin seeds
1 tsp fennel seeds
2 tbsp vegetable oil or ghee
1.5 kg boneless beef shin, cut into 5 cm pieces
2 onions, finely chopped
5 garlic cloves, finely chopped
1 tbsp finely grated ginger
10 curry leaves (see Note)
2 long red chillies, chopped
5 cm piece pandanus leaf (see Note)
1 lemongrass stalk, white part only, finely chopped
½ tsp ground turmeric
400 ml coconut milk
2 tbsp lime juice

Note: Curry leaves and pandanus leaves are available from Asian food shops and select greengrocers.

SERVES 6

PREPARATION 20 Mins

COOKING TIME 2Hr 45mINS

EASY

Instructions

Toast peppercorns, coriander, cumin and fennel seeds in a small frying pan for 30 seconds or until fragrant. Grind in a mortar and pestle or a spice grinder to a fine powder and set aside.

Heat 1 tablespoon of oil in a large saucepan over medium heat. Add beef and cook, turning occasionally, for 8 minutes or until golden. Remove beef from pan and set aside.

Reduce heat to medium, then add remaining 1 tablespoon of oil, onion, garlic, ginger, curry leaves, chilli, pandanus leaf and lemongrass to pan, and cook, stirring occasionally, for 8 minutes or until onion starts to soften. Add spice mix and turmeric, and stir to combine. Return beef to pan with coconut milk, 500 ml (2 cups) of water and lime juice and bring to a simmer. Reduce heat to low, cover with a lid and cook for 2 hours or until meat is very tender and sauce is slightly reduced. Remove lid and cook for a further 30 minutes or until sauce has thickened. Stir through most of the coconut cream and season with salt and pepper. Drizzle over remaining coconut cream and serve with rice, lime wedges and coriander, if desired.



Squid and fennel 'paella'

Ingredients

60 ml (¼ cup) olive oil
1 large red onion, peeled, finely diced
1 red capsicum, seeds removed, diced
½ green capsicum, seeds removed, diced
½ small fennel bulb, diced, fronds reserved
5 garlic cloves, peeled, chopped
1 tsp sweet paprika
2 tomatoes, chopped
pinch of saffron, soaked in 1 tbsp warm water
250 g Calasparra rice (see Note) or arborio rice
200 g cleaned squid tubes or 1 whole cleaned squid (see Note), cut into 2 cm pieces
lemon wedges, to serve

Instructions (Standing time 5 minutes)

Heat olive oil in a paella pan or large shallow saucepan over medium heat. Add onion and cook for 4 minutes or until it starts to brown, then add capsicums, fennel and garlic, and cook for 5 minutes or until softened. Add paprika and cook, stirring, for a few seconds. Add tomatoes and saffron, and cook for 3 minutes or until tomato has softened.

Stir in rice, 700 ml water and season with salt and pepper. Bring to a simmer then reduce heat to low and cook for 25 minutes. If it's too dry, add up to an extra 125 ml (½ cup) water. Don't let rice become dry until it is nearly cooked; then you want it to crust on the base. When rice is cooked and moisture has mostly gone, press squid into the rice. Cook for a further 5 minutes or until squid is starting to colour.

Remove pan from heat and allow to stand for 5 minutes. Top with the fennel fronds and serve immediately with lemon wedges.

Note

- Calasparra rice is often used for paella. It is available from delis and specialist food shops.
- To prepare squid, pull tentacles with the heads away from the hoods, removing them with the internal sac. Cut off tentacles and reserve. Discard the head and the sac. Pull out the quill (clear cartilage) and discard. Peel the skin from the hoods then rinse well.



CONTACTS

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