

**DECEMBER
2015 Edition**



Dear Members,

It gives me much pleasure to write to you all again as President of the Association.

Another successful year! We have had our usual Valentine's Dinner Dance in February, Annual General Meeting in June and a visit to Walsingham Church in August. All these events were well attended and it was a time of meeting up with old friends and making new ones.

A further event this year is the **Christmas Get-Together** and I hope to see as many of you joining this seasonal festive gathering.

I am proud to mention that next June the association will be celebrating its 25th Anniversary. To mark this occasion we are planning to have the 2016 Annual General Meeting in June on a larger scale. I hope to get a lot of support from all members and their families and I look forward to receiving your ideas for inclusion in the celebrations of this very special milestone!

I wish you all a VERY MERRY CHRISTMAS & A HAPPY, HEALTHY AND PROSPEROUS NEW YEAR.

Astrid Blackson

*Merry
Christmas*

CHRISTMAS GET-TOGETHER

This is to be held on Sunday, 6th December 2015 from 7 pm onwards at The Rising Sun Restaurant in Sudbury for £15.50 per head.

The price includes 3 starters, a welcome drink and buffet dinner, which includes hot hoppers.

Live music for some dancing will also be provided by the restaurant.

For all those willing to join in Secret Santa should bring a gift to the value of £10.

To reserve a place please contact:

Astrid Blackson 07941877612
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IN LIGHTER VEIN

1. What did Adam say on the day before Christmas ?
It's Christmas, Eve!
2. The quickest way to double your money is to fold it over and put it back in your pocket.
3. What is a Burger?
A mixed race Sri Lankan.
5. A painter, who lived in Great Britain,
Interrupted two girls with their knittin'
He said, with a sigh,
"That park bench-- -- well I
Just painted it, right where you're sittin' ". "
6. A silly young man from Clyde
In a funeral procession was spied;
When asked, "Who is dead?"
He giggled and said,
"I don't know; I just came for the ride."
7. One night, a father passed by his son's room and heard his son praying: "God bless Mummy, Daddy, and Grandma. 'Bye, 'Bye Grandpa."
The father didn't quite know what this meant, but was glad his son was praying.
The next morning, they found Grandpa dead on the floor of a heart attack. The father reassured himself that it was just a coincidence, but was still a bit spooked. The next night, he heard his son praying again.
"God bless Mummy and Daddy, 'Bye, 'Bye Grandpa. The next morning they found Grandma had died overnight, again, of a heart attack.
He became really scared when he decided to wait outside his son's door the next night and he heard "God Bless Mummy. Bye' Bye', Daddy."
- That night he lay awake in bed until dawn and went to the doctor's early in the morning for a health check and was relieved to be told that he was fine.
When he finally came home, his wife was waiting on the porch.
She said, "Thank God you're here -- we could really have used your help this morning! We found the milkman dead on our porch!
8. There was a young fella called Smarty,
Who sent out his cards for a party;
So exclusive and few
Were the friends that he knew
That no one was present but Smarty.
9. There was a young lady from Hyde,
Who ate green apples and died.
While her lover lamented,
The apples fermented,
And made cider inside her inside.
10. A young gourmet dining at Crewe
Had a rather large mouse in his stew.
Said the waiter, "Don't shout
And wave it about,
Or the rest will be wanting one, too."
11. There once was a fly on the wall
And I wondered why didn't it fall
Because its feet stuck?
Or was it just luck?
Or does gravity miss things so small?
12. "There was a man from Peru
Who dreamt he was eating his shoe.
He awoke in a fright
Very late in the night
And found it was perfectly true."

**COLOMBO SHEPHERDIANS
IN THE UNITED KINGDOM**



VALENTINES DAY DINNER DANCE 13 FEBRUARY 2016

With Music by
EXCEED

7.00 pm to 1.00 am
The Holiday Inn, Empire Way, Wembley HA9 8DS



MENU
Asian with a touch of Sri
Lankan: Starter, Main Course,
Dessert
Raffle Prizes etc.
Dress: Smart Casual



Tickets
£45.00

BOOK EARLY TO AVOID DISAPPOINTMENT

FOR TICKETS CONTACT

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Felicia James 020 8641 6961

Margie Sivathondan 020 8440 2080

Love Cake 1

- 150 g unsalted butter
- 350 g caster sugar
- 6 medium eggs
- 3 tablespoons honey
- 2 tablespoons rose water
- Grated zest of 1 orange
- Grated zest of 1 lemon
- 1 teaspoon freshly grated nutmeg
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 200 g unsalted cashew nuts
- 200 g unsalted cashew nuts, chopped coarsely (optional)
- 250 g caster sugar
- 250 g coarse semolina
- 50 g of glacé cherries [can be replaced with wine gums or jelly babies]
- 250 g coarse semolina
- 25 g coarse crystallized stem ginger
- icing sugar to dust
- 1 teaspoon vanilla essence

Step 1. Preheat the oven to 150°C/300°F and line a 25 x 30 cm (10 x 12 in) cake tin with baking paper.

Step 2. Dice 150g of unsalted butter and leave in a warm place to soften.

Step 3. Once soft, cream the sugar and butter until light and fluffy.

Step 4. Add in the eggs, one at a time and beat well.

Step 5. Add honey, rose water, zest, nutmeg, cardamom and cinnamon. Use a spatula to gently fold through

Step 6. Next fold through the cashew nuts, semolina, glacé cherries, mixed peel and crystallized ginger until combined. Do not over mix.

Step 7. Turn into prepared tin and bake in the oven for 1 hour or until pale golden on top. The cake comes out best in a slow-cook process and should ideally feel chewy on top and moist in the middle.

Step 8. Allow the cake to cool in the tin for about 20 minutes.

Step 9. Turn out of the tin, and when completely cool dust with icing sugar.

Love Cake 2

- 1 lb semolina (rulang)
- ½ lb butter
- 18 eggs (whites of only 10)
- ½ lb candied peel
- ½ bottle essence of rose
- 2 tsp. almond essence
- 2 tsp. cinnamon
- ½ a small nutmeg
- 2 ¼ lbs. sugar
- 1½ lb cashewnuts
- 1 wineglass of bees honey
- 1 lb pumpkin preserve
- ½ bottle vanilla
- 1 tsp cardmom powder
- a pinch of cloves

Step 1. Put the eggs into a basin, add the sugar and beat them together.

Step 2. Have the rulang and butter mixed together, add them to the mixture and beat well.

Step 3. Now add the cashewnuts finely chopped or minced or, better still, half chopped and half minced together with the bees honey, essences and spices..

Step 4. Give the mixture a good stir and bake in a moderate oven until the top is nicely browned.

Seeni Sambol

- 1 lb red onions, sliced finely
- a sprig of curry leaves
- Rampe, chopped into 1/2 inch pieces
- 2" cinnamon
- 5 cloves
- 5 cardamoms
- 5 tbsp vegetable oil
- 3 tbsp tamarind pulp
- 2 tbsp sugar
- Salt to taste

Step 1. Mix the first eight ingredients together.

Step 2. Heat a pan with oil. Add the onion mixture. Fry till caramelized.

Step 3. Next add the tamarind pulp, sugar and salt to taste.

Step 4. Cook for a few minutes and serve.