



*Ladies' College  
Old Girls' Association*

FOUNDED 9<sup>TH</sup> OCTOBER 1909

**Patroness**

Principal, Ladies' College  
**Mrs. Nirmali Wickremesinghe**

**Vice Patroness**

Vice Principal, Ladies' College  
**Mrs. Eesha Speldewinde**

February 2012

## **MESSAGE FROM THE PRESIDENT**

With the dawn of yet another new year we are planning some exciting and interesting new events for you. Please look out for the details of these events in the newsletters. Your participation would contribute not only to making these events successful but also to ensure that the Association continues to function with the vibrancy that it has always had. As you make your plans for 2012 please make sure you mark your calendars and save the dates of these events.

I appeal to members to make all possible contacts to encourage more of your class mates and friends to join the Association. With an increased membership we would have the critical mass that will enable us to serve more categories of members.

We were happy to note that the two events held since the new committee assumed office was enjoyed by all those who attended. I thank those of you who attended both the Seniors' Christmas Dinner and the Annual Christmas Dinner and all those who helped us from outside the committee. We look forward to seeing more of you at all future events.

With my best wishes.

***Roshini***

## **PAST EVENTS**

### ***Seniors' Christmas Dinner (Members Over 70)***

The Seniors' Christmas Dinner held on Monday, 28<sup>th</sup> November 2011 at the Gaster House was a great success. It was well attended and the guests enjoyed the fun evening of carols, games, ticket and table draws and everyone left with a beautiful Christmas gift.

### ***Annual Christmas Dinner***

The Ladies' College Old Girls' Association hosted their Annual Christmas Dinner on Monday, 5<sup>th</sup> December 2011 at the Ramada, Colombo. It was an amazing night with music by a 20 piece Police Brass Band and a guest appearance by Ashanthi. "Silent Hands" entertained the guests with a comedic skit. We had a traditional Christmas dinner with turkey and all the trimmings and a beautifully wrapped Christmas gift for each guest. The Committee put great time and effort into making it a memorable evening.

## **UPCOMING EVENTS**

### ***Founders' Day***

The OGA Founders' Day Service will be held on Saturday, 11<sup>th</sup> February 2012 at the School Chapel commencing at 11 a.m., and followed by lunch in the Old Hall at 12.30 p.m. The tickets are priced at Rs.1,000/- and are available with Swun Kou Fernando, the OGA Administrative Secretary (Please refer below for OGA Secretariat contact information). Join us on this day to honour and remember our Founders. It is also a perfect time to get together and we look forward to seeing you on this day. If you have a group of 8 or 12 you can give your name to Swun Kou and book a table under your name. Table reservations will be taken only for groups of 8 or 12.

## *Quiz Night*



This year, the Committee has included a new and interesting event to the OGA Calendar - A Quiz Night, to be held on the 6<sup>th</sup> of March 2012 (it's a Tuesday and the day before Poya). Members will be required to form groups of up to a maximum of 7 participants who will be allocated a table. The questions will be answered as a combined effort of the team and not on an individual basis. There will be several rounds of questions on different topics which will be of interest to members. The Quiz Masters are very experienced in conducting quiz programs in various pubs and other venues and we expect the evening to be fun and exciting as well as intellectually stimulating.

The questions which would also include video and sound clips projected on a wide screen would cater to both the older and younger members, those who have varied interests and those who are aware of current events. Remember, this is not only for the “nerds” but for everyone!!

If you are unable to form a team before the event, you could make up a team after you come in or join a team that has already been formed. However, we would like to restrict the number of members in each team to not more than 7. Even if you are not in a team you can participate as an observer and yet enjoy yourself. When a question is asked the team members will discuss amongst themselves and write down the team's answer on the answer sheets provided. It's that simple!!

Exciting prizes will be awarded to the teams obtaining the highest marks. So brush up on your general knowledge and be at the Old Hall at 6 pm on the 6<sup>th</sup> of March 2012. A Hopper dinner will be available during and after the quiz and members can mingle and party while the answers are being graded by the judges. As the next day is a Poya holiday you don't need to rush back home and participants can stay on and dance or chat. Tickets are priced at Rs. 1,200/- and will be available with Swun Kou. Please do come and help make the first Quiz Night of the LC OGA a night to remember!

### **“Invest In Yourself” SEMINAR SERIES**

The OGA is planning to organize a series of seminars to enable members to broaden their horizons with a view to promoting the physical, intellectual and social development of our members in keeping with the objectives of our Association. We envisage that an increased awareness amongst the participants will naturally lead to greater ability to face the challenges of today's society, handle any problems that may arise and even to help others in need. Some topics under consideration are - (a) Good parenting in today's challenging environment; (b) Dealing with Domestic violence - as a victim, an observer or to help a friend in need; (c) Dementia in a loved one- reducing family stress and improving coping skills. Please check with the OGA Secretariat or the OGA website [www.lcoga.lk](http://www.lcoga.lk) for dates of seminars.

### **ESCAPE, RELAX AND REJUVENATE**

The Committee is negotiating for some special tour packages within the country and outside and would like a feedback from the members on their preference. Please email us at [ladiescollegeoga@gmail.com](mailto:ladiescollegeoga@gmail.com) or call the OGA Secretariat.

## **IN MEMORIAM**

It is with deep sadness that we record the demise of one of our former OGA Presidents, Damayantha Wickremesinghe, on 12<sup>th</sup> December 2011. Dam, as she was known to her friends was President of the OGA from 1988 to 1990 during which period the OGA constitution was changed and this paved the way for younger and new members to get involved as committee members. Dam was quite involved with the planning of the swimming pool as she was President of the OGA at the time. Also, her tenure as President was during the 80th anniversary of the OGA. We offer our heartfelt sympathies to her family.

## **DEATH ANNOUNCEMENTS**

Members who wish to notify the death of an OGA member or wish to have a tribute inserted in the Newsletter should contact the OGA Secretariat or have their families contact us.

## **MEMBERSHIP CARDS**

The OGA is in the process of upgrading the membership card to a plastic card. Members who wish to have their cards upgraded are kindly requested to send their old cards by registered post or hand them over to Swun Kou at the OGA Secretariat or Mrs. Susu Senanayake at the School office. The new cards would be couriered back to the members. Please include a cheque for Rs.300/- to cover the cost of the new card and courier charges.

## **BRANCH ASSOCIATIONS**

Members or Associate Members residing out of Colombo or overseas desirous of establishing a Branch Association may refer to the OGA Constitution on our website in particular, Article 23.

## NEWS FROM SCHOOL

- Founders' Day - February 10, 2012
- Sports Meet - February 17, 2012

*Source: School Office*

- Website: [www.ladiescollege.lk](http://www.ladiescollege.lk)

Ladies' College will launch its new website on the 9<sup>th</sup> of February at the School Assembly. Our Principal Mrs. Nirmali Wickremesinghe saw the need for a new professional website that would be more informative and could be regularly updated with ease to record the many events at Ladies' College. These would be available to all the stakeholders of the School as the School magazine is only available to the children and parents.

The School welcomes your comments and feedback as they continue to build the site.

### New Site Features

- Comprehensive information on the School - its history, its legacy, the School's educational programmes, extracurricular activities and news on the innumerable projects and events
- The School Newsletter "RED LETTER" will be on the web as the "Latest News" and can be viewed by the extended school community,  
The highlight of the website is its colourful image galleries of the many activities.

### Keep coming back!

Keep this URL in your bookmarks <http://www.ladiescollege.lk> and stay current with what's happening at Ladies' College.

*Source: Dr. Deepthi Attygalle, Manager, Ladies' College*

## **NEWS FROM THE DEPARTMENT OF VOCATIONAL STUDIES**

### ***COURSES COMMENCING IN JANUARY 2012:***

- Diploma in Pre School & Sub Primary Training
- Diploma in Special Needs Education - Classroom based
- Diploma in Specific Learning Disabilities - Classroom based and Online Refer website <http://lcdvs.nodes.lk>
- Cambridge International Diploma for Teachers & Trainers
- Cambridge English for Speakers of Other Languages (ESOL) qualification Teaching Knowledge Test (TKT)
- Certificate Course in Secretarial Studies
- Certificate in Hotel Front Office Operations (new course)
- English Language courses - weekday and week end (scholarships available)
- Leisure Time Courses  
Costume Jewellery, Fabric Painting, Painting on Canvas,  
Photography classes for Beginners  
Interior Design & Table Décor, Embroidery etc.

See [www.dvs.edu.lk](http://www.dvs.edu.lk) for further details

*Source: Mala Salgado, Director, Dept. of Vocational Studies*



## OGA CONTACTS

Roshini Cabraal	President	0112-502068 roshinicabraal@hotmail.com
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Preethi Adhihetty	Vice President	0777-886578 preethiadhietty999@gmail.com
Sepalika Ratnayake	Hony Secretary	0725-261987 ratnayasp@hotmail.com
Maya Jayawardena	Hony Treasurer	0777-562232 maya_fc@renukahotel.com
Niloufer Vandergert	Hony Asst. Secretary	0777-387607 nvandergert@hotmail.com
Suvendrini Gnanaskandan	Hony Asst. Secretary (School )	0771-160330 suv.gnana@gmail.com
Nilanthi Sivapragasam	Hony Asst. Treasurer	0777-347504 nilanthi@aitkenspence.lk
Lilani Perera	Publicity Secretary	0777-793345 ceiod@sltnet.lk
Mala Salgado	Governing Body REP	0776-226082 malasalg@yahoo.com

## OGA SECRETARIAT

Administrative Secretary - Swun Kou Fernando  
Hours of operation - Monday, Wednesday, Friday  
9 a.m. to 1 p.m.  
Telephone - 0112-575469

*Parking: Please note that parking is available within the School premises near the OGA Room for short periods whenever you need to visit the OGA Secretariat.*

## **CARPOOLING**

If members would like to attend an OGA event but are unable to do so due to difficulty in organizing transportation especially at night, please contact Swun Kou and leave your address and telephone number with her and we will try our best to make arrangements with another member travelling in the same direction to give a ride back after the event. Also, those who would like to help out by providing transportation please give your name and route to Swun Kou; however, we will confirm with you prior to making any arrangements.



## **MOVING?**

If so, please notify us  
of your new address and  
your e-mail address too!

## CULINARY CORNER

### Pumpkin Shrimp Curry

**Main ingredients:** Shrimp and Pumpkin

**Dietary considerations:** Low Cal

**Yield:** Makes 4 servings

*“Pumpkin is for more than just pie. It’s great in ravioli, soup, and this curry dish!”*

#### Ingredients

- 2 tablespoons olive oil
- 1 cup sliced onion
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic
- 1 chopped tomato
- 1 small pumpkin puréed
- 2 cups vegetable broth
- 1 cup coconut milk
- 1 1/2 teaspoons curry powder
- 1/8 teaspoon chillie powder
- 1 cup roasted butternut squash (batana), roasted and diced
- Steamed rice
- 1 pound shrimp, peeled and deveined
- Lime zest
- 1 1/2 teaspoons fresh lime juice
- Coriander leaves
- Fried red onion



#### Preparation

Heat olive oil in a large saucepan over medium heat. Add onion and ginger; sauté until soft, about 8 minutes. Add garlic; cook for 1 minute. Stir in tomato and pumpkin purée; cook, stirring frequently, until pumpkin is golden brown, about 10 minutes. Add vegetable broth, coconut milk, curry powder, and chillie powder; simmer for 20 minutes. Add butternut squash (batana), shrimp, and lime juice. Simmer until shrimps are cooked and squash is warm. Serve with steamed rice. Top with coriander leaves, lime zest, and fried onion. ”

***Inspirational Quote***

**THE ONLY WAY OF  
FINDING THE LIMITS  
OF THE POSSIBLE IS BY  
GOING BEYOND THEM  
INTO THE IMPOSSIBLE.**

*Arthur C. Clarke*

STRENGTH OF  
A GLOBAL  
FINANCIAL  
GIANT

+

AN ATTRACTIVE  
RETURNS  
FOR YOUR  
FIXED DEPOSIT



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# ***Eat Healthy!!***

## **Soya Bean Curd (Tofu) by Eastern Soy Products**

**21/1A 1/1, School Avenue, Nawala.  
Tel: 0112-889585**

### **Benefits**

Soya Bean Curd is considered as a substitute for meat and has the following benefits;

- Rich in Protein, Calcium and Vitamin E
- Lowers bad cholesterol
- Alleviates symptoms associated with menopause
- Lowers risk of cancer, osteoporosis and cardiovascular diseases
- Makes middle-aged bones stronger
- Increases bone minerals in female spine

### **Where to buy?**

You can purchase Soya Bean Curd from the following supermarkets;

- **Sun Up** : Havelock Road, Wellawatta, Kohuwela, Boraesgamuwa, Maharagama, Borella, Thalawathugoda Koswatta, Pelawatta, Dehiwela
- **Super K** : Ratmalana, Negambo, Kaduwela
- **Crystal** : Dehiwela
- **CIC** : Jawatta, Kotte, Rajigiriya, Pelawatta

***Storage:*** *Store the cube of tofu in a dish of water and refrigerate (do not deep freeze)*

**SLIP TO OBTAIN A NEW MEMBERSHIP CARD**

The Honorary Secretary  
Ladies' College OGA  
66 Sir Ernest de Silva Mawatha  
Colombo 7

Name .....

Maiden Name .....

Address .....

.....

.....

Telephone Contact ..... (Home)

..... (Mobile)

Email .....

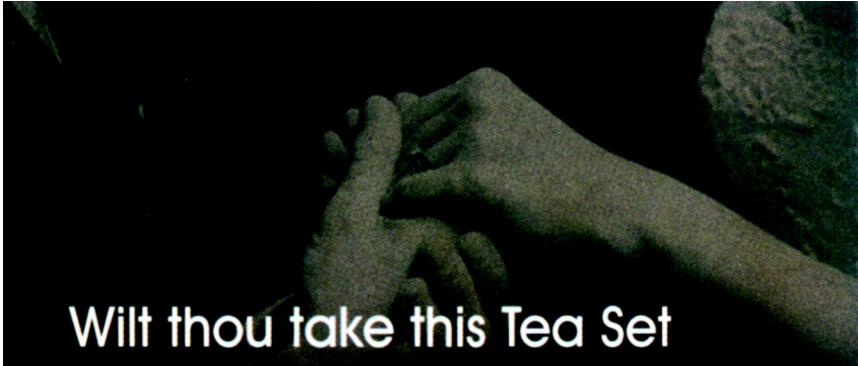
OGA Membership No .....

I would like a new plastic Membership Card.

I enclose Rs. 300/- together with my original Membership Card.

*All cheques to be made payable to "Ladies' College OGA"  
and crossed "A/C Payee"*

Sepalika Ratnayake  
Honorary Secretary  
January 2012



Wilt thou take this Tea Set  
to be your wedding gift to us...

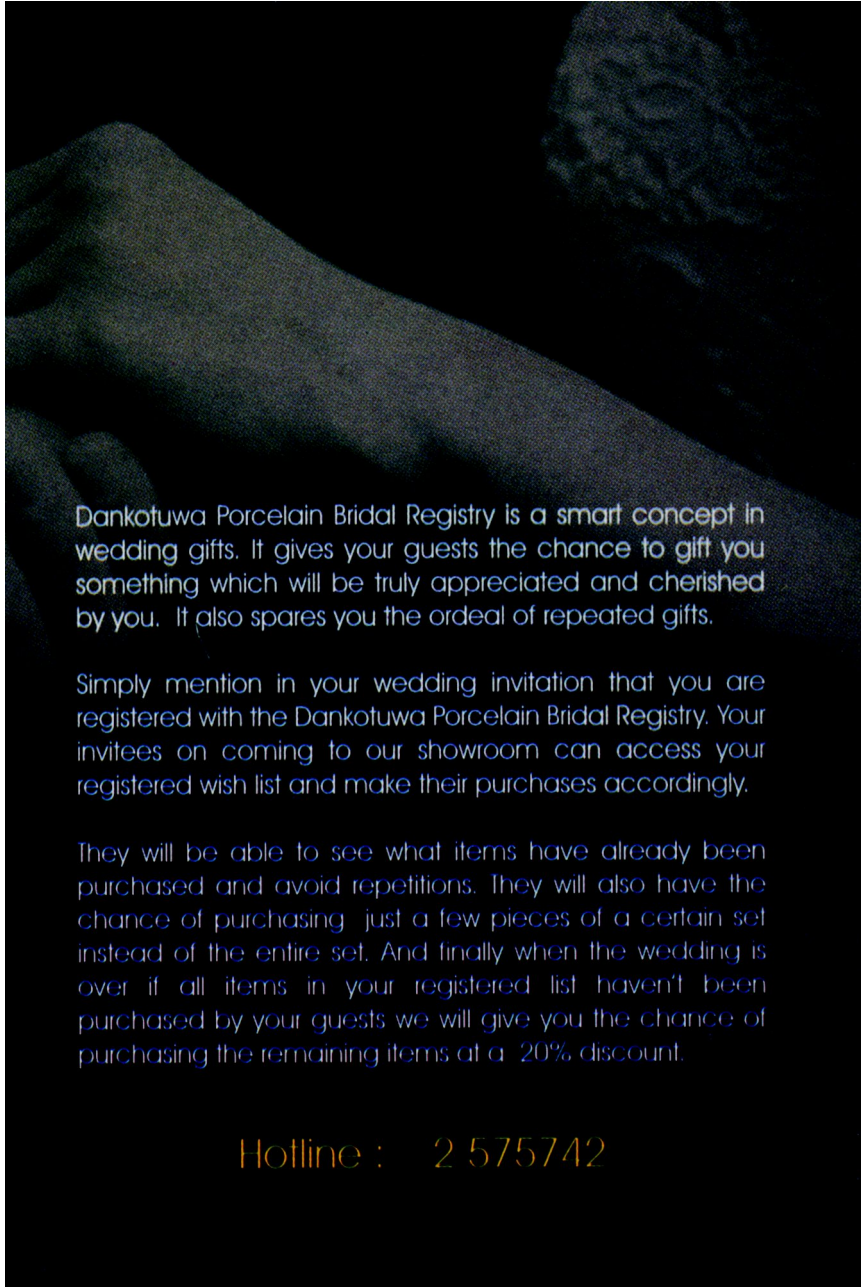
to be loved, cherished and protected by us  
throughout our married life?



DANKOTUWA  
World-class tableware







Dankotuwa Porcelain Bridal Registry is a smart concept in wedding gifts. It gives your guests the chance to gift you something which will be truly appreciated and cherished by you. It also spares you the ordeal of repeated gifts.

Simply mention in your wedding invitation that you are registered with the Dankotuwa Porcelain Bridal Registry. Your invitees on coming to our showroom can access your registered wish list and make their purchases accordingly.

They will be able to see what items have already been purchased and avoid repetitions. They will also have the chance of purchasing just a few pieces of a certain set instead of the entire set. And finally when the wedding is over if all items in your registered list haven't been purchased by your guests we will give you the chance of purchasing the remaining items at a 20% discount.

Hotline : 2 575742

# DANKOTUWA

World-class tableware

283, Galle Road, Colombo 03  
Tel : 2 575742, 2 301008

194, High Level Road,  
(Opposite Siebel Avenue), Colombo 06  
Tel : 2 514900, 2 514901

Kurunegala Road, Dankotuwa  
Tel : 031 4879745

[www.dankotuwa.com](http://www.dankotuwa.com)

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