



## Bulletin - March 2008

### President's Message



Dear Member,

As I come to the end of my tenure of office as President from May 2005 to March 2008, I look back on 3 years of enthusiastic activities. Thank you to my wonderful team – the Office Bearers, Committee Member and staff for their enthusiasm, loyalty and support throughout my three

years in office. My thanks are also due to all the members who have patronized our functions and specially those who have supported the welfare work.

Once again your warm and enthusiastic support was seen on Wednesday, 27<sup>th</sup> February at the upstairs bar/lounge of the DBU when we had over 100 members and guests singing and dancing to the music provided by Nihal Jayamanne. Please do continue to come in your numbers and relax and enjoy the variety of music provided each Wednesday night at the DBU.

I had planned to have in February, the world famous extravaganza – “Mardi Gras” – but due to the prevailing situation in the country we thought it inappropriate to have any big functions at the DBU. However, we have planned some exciting events during the coming months, news of which will be given in our monthly Bulletins.

Wishing you a happy and blessed Easter and may the presence of the risen Lord remain with you throughout the coming season.

*Kem Martenstyn*  
President

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## Editorial

Having come to the conclusion of a whole year in office, the General Committee of the DBU now prepares for the Annual General Meeting on the 28<sup>th</sup> March.

Looking back, we are happy at what we have achieved, above all the grand old DBU building and its environs all spruced up and restored, the numerous activities and events with excellent participation of members and their guests, the gathering of members upstairs on Wednesday

nights to be entertained with live music, the publication of the monthly Bulletin, and the ongoing Welfare work together with the improvements in the St Nikolaas Home. The launch of the DBU Website was a highlight of the past year.

Our 100<sup>th</sup> Annual General Meeting will be held on the 28<sup>th</sup> March, and this year we plan to have a small celebration with live music and special refreshments for all present, with the compliments of the DBU. We look forward to seeing you all on this occasion.

In closing, I wish to thank all of you who contributed articles or wrote in with encouraging words, all of which kept the DBU Bulletin going strong! David Colin-Thome needs special mention for his part in the formatting of the Bulletin and all the spectacular pictures.

*Anne-Marie Kellar*  
Secretary

## Appreciation – Lorna Wright



LORNA RUTH WRIGHT, whose name should be writ in golden letters, was laid to rest at the General Cemetery, Borella, on Saturday, 1<sup>st</sup> March 2008. She passed away after a very brief illness on Monday, 25<sup>th</sup> February at the Nawaloka General Hospital, Colombo. Thousands filed past her bier Thursday and Friday at the Modera Community Education Services Centre that she established 27 years ago on a property that was once occupied by the illustrious Charles Ambrose Lorenz of Matara. His bungalow, "Watersmeet" was located on this property and was gifted by the late B.R. de Silva to Lorna for the express purpose of creating this Centre on

it. The adjoining property belonged to the De La Salle Brothers, a Catholic teaching order who she invited to join her as they were well established in Colombo North.

Lorna's Centre catered to the real felt needs of the children of the poorest of the Poor and their mothers. Here 27 different vocational training units were set-up, one-by-one, over the years from Baking to Electrical Wiring, Plumbing, Tailoring, Dressmaking, Shoemaking, welding, repairing trishaws, painting, and so on. These were practical courses with a hands-on approach that produced the requisite skills and empowered the learner thereof. Instead of begging, or robbing, or a life of vice and crime, or slavery and bitter exploitation the learned skills did two things: inculcated in the learner the dignity of labour and the importance of a gainful occupation. Thus equipped, employment or self-employment was facilitated in no uncertain terms.

She denied the world's oldest profession any recruits from Colombo North, also, the world's oldest trade – domestic slavery – had no takers here. This also meant no pickpockets, pimps, scroungers, drug-pushers or hooch sellers and fewer and fewer young people from Colombo North went to prison because they were now gainfully employed and even took

pride in their workmanship. One boy who mixed dough after school and learned how to bake is today the owner of five bakeries and three delivery vehicles; another who learned to be an electrician eventually went abroad. He learned how to do videography and is a successful cameraman. He filmed the entire funeral service! Girls have become successful dressmakers, others make soft toys and quilts whilst others do bridal dressing with some not inconsiderable pride in their careers – all due to 'Apey antie' as she was affectionately known to all and sundry. Her social activism produced living testimonies of lives and futures changed forever.

Lorna Ruth Wright, a most distinguished citizen of both Sri Lanka (her Motherland) and Australia (which bestowed the Order of Australia Medal on her) was a humble and self-effacing person whose consuming passion was serving the poorest of the Poor. A remarkable woman, she is the most distinguished Burgher of modern times who has trod the path of other illustrious Burghers who gave themselves to their Motherland without reservations. She is a wonderful role model for all Burgher girls to emulate for she taught us that to live life, one must give of oneself. She did that.

*J. B. Muller*

## Stretchline wins prestigious Femmy Innovation award

Stretchline Holdings Ltd won the '2008 Femmy Innovation' award at the Femmy Gala presentation ceremony held on 5th February in New York at the famous Cipriani Ball Room on 42nd Street. CEO of Stretchline and DBU General Committee Member, Timothy Speldewinde was on hand to receive the celebrated award, one of five honours accorded at the glitzy ceremony, and which included supermodel Elle Macpherson who was among those honoured.

The Femmy's is a prestigious event in the calendar of the intimate apparel industry of the USA and is held every year in New York. It is organised and hosted by "The Underfashion Club" (UFC) which is represented by all the retail brands in the intimate apparel industry of the United States. This year the UFC celebrates its 50th Anniversary. The Innovation Award was introduced at the Femmy's three years ago by the Underfashion Club to recognize and reward organizations or individuals that have made outstanding contributions to the intimate apparel industry.

Stretchline Holdings Ltd., was the proud recipient of this coveted award which it received for its originality, quality and use of technology in steering the industry forward through innovation. Stretchline has built their innovation platform on their ability to embrace and respond to the ever-changing needs of the fashion world.

Congratulations indeed to Timothy and Stretchline for this spectacular success,



achieved mind you in one of the most competitive industries in the world. This award has served to further re-enforce Sri Lanka's image and reputation as a world class player in the garment trade. Well done.

Timothy Speldewinde, CEO of Stretchline Holdings Ltd with fellow Femmy Award winner, supermodel Elle Macpherson (topmost) and with Stretchline shareholders and senior management (above)

## Melting pot ... Maurice Raymond mixes subtle flavours to achieve balance

(From the Sydney Morning Herald)



WHEN Maurice Raymond became managing director of TJ Andrews's funeral services, he turned to the kitchen as a way to help him cope with the emotional stresses of the job. "Cooking helped me a lot," he says. "It took my mind off things, especially when we had children's funerals."

Raymond, born in Sri Lanka of Swiss, Dutch, Indian and Italian heritage, has always loved food. "Since I was a child, I stood by my mother and watched her making all these recipes. I was always interested in what was going on in the kitchen."

He moved his family to Australia with his wife and three children in 1973. A third-generation undertaker, Raymond retired from the funeral industry in 2000, then launched a food business. "The idea was that I would supply David Jones, Woolies and Coles ready-to-eat meals, which were new at that time," he says.

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However, his high quality range of butter chicken, risotto, Italian meatballs and Mongolian lamb could not compete with cheaper options. Now he cooks for pleasure. Every Sunday he prepares a festive lunch for family and friends. "I love to do the shopping and find the things out by myself. For me, part of the secret of the good cooks is that they know their ingredients and how to select them."

Thanks to his wife, who used to be a florist, Raymond grows fresh herbs in his garden in Denistone East. He chooses spices with subtle flavours such as cumin and cardamom, playing with the ingredients until he finds balance.

"You eat pork, it's very important you eat pineapple. One is hot, one is cool," he says. "I don't cook something just because I have it. I will go out and buy something especially so that all the foods complement each other."

### Mud Crab Curry

1 large mud crab (about 1.75kg)

#### For crab marinade

2 tsp chilli powder  
2 tbsp cumin powder  
1 tbsp coriander powder  
4 cloves garlic, finely chopped  
5cm ginger, chopped  
10cm fresh lemon-grass, bruised

#### For cooking crab

3 tbsp grated coconut, fresh or dessicated  
1 tsp chilli powder  
1 tsp cumin powder  
2 tsp coriander powder  
1 tsp fenugreek  
40 fresh curry leaves  
1 cup water  
2 tsp turmeric  
1 tbsp tamarind  
1 tbsp white vinegar  
1 X 400ml tin coconut milk

2 handfuls drumstick leaves  
1 lime, juiced  
2 tsp brown sugar

Wash and scrub crab carefully (use a toothbrush if necessary). Break off claws (but not legs), remove the main shell, discard and remove feathery lungs on sides of body. Cut body in half, place pieces in a colander and sprinkle with chilli, cumin, coriander, garlic, ginger and lemongrass. In a large saucepan, add grated coconut, chilli, cumin, coriander, fenugreek and curry leaves. Dry fry until aromatic and the coconut is toasted. Add crab pieces (including spice marinade), with water, turmeric, tamarind and vinegar. Bring to the boil, add coconut milk. Simmer for 10 minutes or until crab turns red. Add drumstick leaves, simmer for five minutes. Add lime juice and brown sugar, remove from heat. Serve with boiled white rice.

## Sri Lankan actress makes it big in Hollywood



Born in the United Kingdom, Kaaren de Zilva grew up in Canada and describes her ancestry as an eclectic mix. Her parents, Lorna and Doug de Zilva, were born in Sri Lanka and throughout the family tree the predominant ethnicities are Portuguese and Dutch. She began her pursuit of an acting career at a young age. She attended the Gastown Actors' Studio in Vancouver, British Columbia with Mel Tuck, as well as receiving tutelage from Ivanna Chubbick and Larry Moss.

"My mom was a dance teacher in England and was a huge influence in my dance training, which started at the age of four," says de Zilva. "Performing in Dance productions from a young age certainly awakened me to different artistic expressions and created a true love for acting. My brother works in the production side of the industry and my father's company, Eyeteck Optics, has created many special effect contact lenses for various films and television shows."

Kaaren made her professional acting debut playing a young cheerleader in the Corey Haim coming-of-age flick titled "Anything for Love." Since then she has worked steadily, appearing in numerous television and film roles. Her credits in episodic TV include "Stephen King's Dead Zone," the highly acclaimed "DaVinci's Inquest" and recurring roles on "DaVinci City Hall" and "The L Word." She also appeared in an instalment of the horror series. "Hellraiser VI: Hellseeker".

In 2007, Kaaren hit a career high point with a well-received turn in the Oscar-nominated movie, "Juno," a commercially

successful and critically acclaimed film about teen pregnancy.

Cast as the ultrasound tech, Kaaren delivers a solid performance in emotionally charged scene with rising young star, Ellen Page (Juno MacGuff) and multiple Emmy Award-winner Allison Janney (Juno's stepmother Bren). The ultrasound tech has a strong influence on the pregnant teen that chooses life over abortion.

"I have enjoyed all my roles and have had the opportunity to play a variety of different characters," says Kaaren, who currently makes her home in Vancouver, but travels frequently between Hollywood North and Hollywood, California.

Her goals are to continue to choose unique roles that examine the human spirit that both challenge and inspire her. Although her passion for acting is what drives her artistically, she also hopes to one day establish her own production company.



## Mail Room

Letter to the President

Dear Kem,

What a charming and gracious act of courtesy to invite the General Committee and helpers to a scrumptious dinner, which I thoroughly enjoyed.

Thank you so much for inviting me. It was a very pleasant evening and it was fun meeting so many nice people – all admirers of what you and your family have done for the DBU.

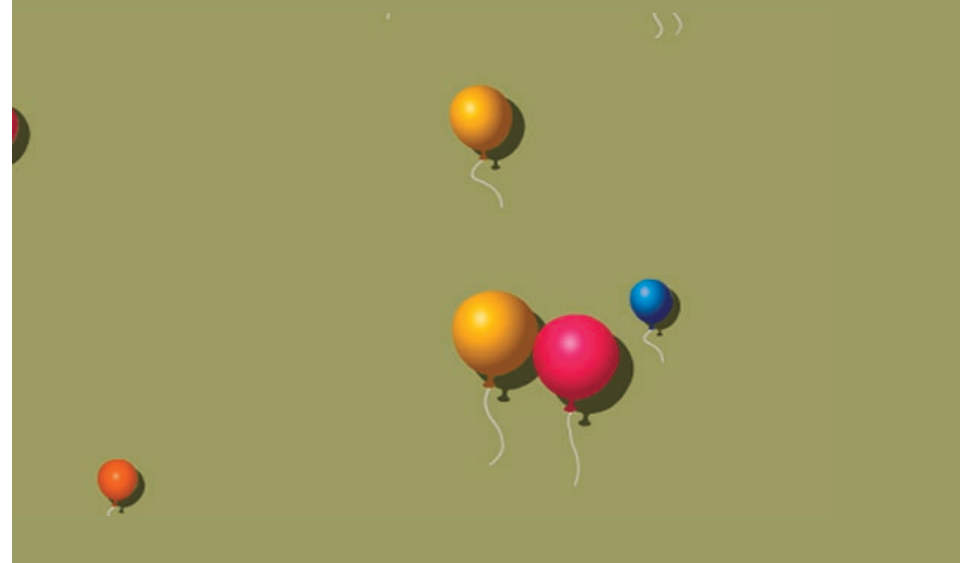
I would also like to tell you that your term of office has seen the greatest rejuvenation and improvement to the life and the atmosphere of the DBU. In all my nearly 60 years as a member of the Union, I have not seen so much progress and activity as under your Presidency.

Thank you again.

Yours sincerely,

*Scott Dirckze*

## Birthday Greetings



Birthday greetings and best wishes are sent to all our members celebrating their birthdays in March, specially to:

Mrs Ruth de Kretser, Ms Rosanna Flamer-Caldera, Mrs Rebecca Ferdinands, Susan Francis, Mrs Ulrike Jager-Fernando, Tamara Holsinger, Mrs Sunela Jayawardene, Mrs Francisca Nugara,

Mrs Leana Pieris, Mrs Marianne Yvonne Sherine Perera, Gillian Young, Messrs. Melville Assauw, Christopher Anthonisz, Jeremy David, Douglas Carl Fernando, Richard Llewellyn Juriansz, Derrick Cyril Juriansz, Oscar James Frederick Joseph, David Martenstyn, Bas Molenaar, Randal Nelson, Cuthbert Vanderger, and Vaughan Vandersay.

## New Members

We welcome new members to the DBU: Athula Niroshan Dias-Jayasinha and Sean Pompeus

## Useful Hints!



- \* Peel a banana from the bottom and you won't have to pick the little 'stringy' off of it. That's how the primates do it. Take the bananas apart

when you get home from the store. If you leave them connected at the stem they ripen faster.

- \* Store your opened chunks of cheese in aluminum foil. It will stay fresh and not mould!
- \* Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.
- \* Add a teaspoon of water when frying ground beef. It will help pull the

grease away from the meat while cooking.

- \* To really make scrambled eggs or omelets rich add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.
- \* Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if your want a stronger taste of garlic.

## Special Notice – Annual General Meeting

The AGM of the DBU will be held at the DBU Hall on the 28<sup>th</sup> March 2008, where the election of Office Bearers for the year 2008/2009 will take place.

Since this will be our 100<sup>th</sup> AGM, all members will be treated to a special High Tea catered by Tasty Caterers, with the compliments of the DBU, followed by music provided by Kumar Molligoda.

Please make sure you attend – admission will strictly be on production of a valid membership card.

### NOMINATION DETAILS

**Mr Nigel Austin assumes the mantle of President for 2008/2009 uncontested and the team he has nominated for election is as follows:**

**PRINCIPAL OFFICERS:**

**PRESIDENT (Uncontested)**

Mr. Nigel Austin

**DEPUTY PRESIDENT (Uncontested)**

Mrs. Kem Martenstyn

**SECRETARY (Contested)**

Ms. Anne-Marie Kellar

**TREASURER (Uncontested)**

Mr. Michael Anthonisz

**GENERAL COMMITTEE MEMBERS**

*(2 positions contested):*

Mrs. Fleur Mack  
 Mrs. Anthea Muller  
 Ms. Carol Prins  
 Mr. David Colin-Thome  
 Mr. Mervyn Dirckze  
 Mr. David Grenier  
 Mr. Stephen LaBrooy  
 Mr. Dallas Martenstyn  
 Mr. David Martenstyn  
 Mr. Keith Modder  
 Mr. Timothy Speldewinde

**EX-OFFICIO MEMBERS (Uncontested):**

Mr. Mervyn Andriesz  
 Mr. Vernon Muller  
 Mr. Scott Dirckze

**Other nominations for election were received for the following posts:**

**SECRETARY**

Mr. Richard Ohlmus

**GENERAL COMMITTEE MEMBERS**

Mr. Ryan Ohlmus  
 Mr. Stefan Schumacher



## Wednesday Nights at the DBU

26th March 2008  
Nimal Jayamanne

## For Sale at the DBU Kitchen daily

Lamprais Mixed Meat or chicken – Rs 250  
 Beef Smore 450 gr. – Rs 350  
 Pork Badun 450 gr. – Rs 430  
 Ginger Beer – Rs 125 per bottle