

Maya Puwath - මායා පුවත්

**Bi-Monthly Newsletter of Mahamaya Girls' College
Alumnae Association of North America (MGCAANA)
Volume 17 – Issue 2 – April 2021**



Message from the Editors

Dear readers,

We meet again, still navigating the pandemic, but with a bit more hope in the horizon, as vaccines are rolling out. We hope that you're continuing to stay safe and take all the necessary precautions, until we all come out of this situation safe and sound.

Before we give you a sneak peek on the April 2021 issue of Maya Puwath we'd like to welcome a new member to the Maya Puwath Newsletter Committee (Samantha Ranaweera), as we bid farewell to two members (Vajeera Dorabawila & Lilika Molligoda). A warm welcome to Samantha, and a big thanks to Vajeera & Lilika for their contributions over the past years!

As we are officially less than a month from our 17th Annual General Meeting of MGCAANA, we have prepared for you a recap of how the 2020-2021 Board of Directors led us through various MGCAANA fundraising and charitable activities as well as a series of informative webinars. Speaking of fundraising activities, you will also see a photo of MGCAANA's Mrs. Sujatha Werake handing over a donation to Mahamaya Girls' College Principal Mrs. Dulani Samarakoon, during a recent visit to Sri Lanka. These are the proceeds raised from the fundraiser that the MGCAANA Board of Directors spearheaded in February/March 2021. We also hope that this will inspire you to attend the upcoming AGM in great numbers, as well as continue to support MGCAANA with your participation and generosity.

In the Poetry Corner, you will find a contribution from one of our active MGCAANA members, a powerful poem about what we are navigating these days. In the Kids Corner, you will find a beautiful drawing by the daughter of another MGCAANA member. If you are wondering whether we included a recipe in this issue, of course we did! We are always grateful for your contributions, as they make this Maya Puwath newsletter a success.

We hope you enjoy reading this newsletter, and until we meet in June, take good care!

The Newsletter Committee

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Dhammapadha

*Atta hi attano natho
ko hi natho paro siya
attana hi sudantena
natham labhati dullabham.*



*One indeed is one's own
refuge; how can others be a
refuge to one? With oneself
thoroughly tamed, one can
attain a refuge (i.e., Arahatta
Phala), which is so difficult to
attain.*

**Dhammapadha
(Verse 160)**

The 17th Annual General Meeting of MGCAANA

Even though we were very hopeful to do an in person Annual General Meeting (AGM) this year, given the current pandemic situation and the CDC/Health Canada guidelines, the Board of Directors & the Executive Committee have decided to yet again hold a virtual AGM. As such, the Board of Directors and the Executive Committee of MGCAANA would like to invite you to the **17th MGCAANA Annual General Meeting** on **Saturday, May 22nd, 2021 @ 4 p.m. EDT**. MGCAANA members will receive the agenda and the Zoom information in due course.

Mahamaya Girls' College Alumnae Association of North America (MGCAANA)



Cordially invites you to the

17th Annual General Meeting (AGM)

Conducted Virtually

on

Saturday, May 22nd 2021 at 4pm EDT

**Zoom Information to Follow!*

We hope to see you in great numbers at the 17th Annual General Meeting!

Renewing MGCAANA Membership for the Year 2021-2022

Thank you to members that already renewed their membership for the year 2021-2022. If you have not renewed your membership yet, this is a friendly reminder to renew your membership to support MGCAANA's ongoing activities.

How you can renew your membership:

Online: Use your credit card or PayPal account to pay your membership fee through the MGCAANA membership renewal page.

By Mail: Please mail a check payable to MGCAANA (\$ 15 - Students; \$ 25 - Regular). Address: Treasurer, MGCAANA, 2417 NE 20th, Renton, WA 98056

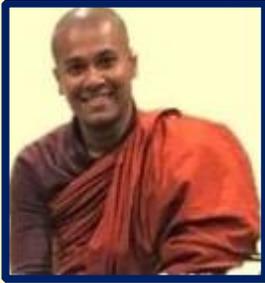
Note: If you wish, you can also renew your membership for 3, 5, or 10 years by paying US\$70.00, US\$115.00 and US \$230.00 respectively.

Your support helps MGCAANA continue its legacy in helping Mayans and their communities in North America as well as current students at Mahamaya Girls' College, Kandy, Sri Lanka.

RECAP: MGCAANA Guest Speaker Webinar Series 2020-2021

“Mindfulness & Its Impact on Excelling Day-to-Day Life,”

by Ven. Nedagamauwe Samitha Thero (July 12, 2020)



“Entrepreneurship: What Does It Take to Start Your Own Business?”

by Gaya Samarasingha (August 15, 2020)



“Gratitude and Mental Health,”

by Sugi Subawickrama (September 19, 2020)



Speech- Language, voice, swallowing, & cognition: SLP tips for birth to 100+” by Dakshika Bandaranayake (October 17, 2020)



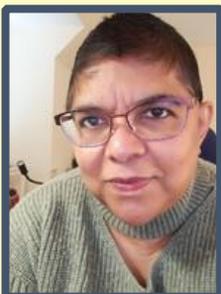
“Let’s Talk Life...,” by Aruni Marapane (Pilapitiya) (November 21, 2020)



“Pathways to Your American Dream” by Harshi Waters (January 23, 2021)



“Financial Strategies at Different Stages of Life: Youth, Middle Age, and Retirement” by Anoma Kulathunga (February 20, 2021)



“Q&A with a Neurologist” by Dr. K. Sivakumar (March 20, 2021)



“Dhamma Discussion” by Kurunegoda Dhammaloka Thero (April 17, 2021)



RECAP: MGCAANA Fundraising Activities 2020-2021

MGCAANA Fundraiser!

Save the date

you've got **TALENT!**

A Virtual Talent Show

Showcase your talent to benefit MGCAANA. Event conducted to support scholarship programs and other. Bring in your friends and family to support a worthy cause

Minimum donation \$12

Saturday, August 1st 2020 | 7 p.m. EST
4 p.m. Pacific / 6 p.m. Central

Confirm Participation via mahamaya_alumnae@yahoo.com



“You’ve Got Talent Fundraiser”

August 1, 2020
Raised US \$1259



Mahamaya Fundraiser!



It's time to show our gratitude to mother Mahamaya. Help us with the fundraiser event to renovate our school.
Please donate generously!

“Mahamaya Fundraiser”

February - March 2021
Raised US \$3200

Pictured: Mrs. Sujatha Werake of MGCAANA, handing over the donation to Mahamaya Girls' College Principal Mrs. Dulani Samarakoon during a recent visit to Sri Lanka.

RECAP: MGCAANA Charitable Activities 2020-2021

Inspiring families
with the hope of tomorrow



Charitable Donation to Project
Sweet Peas, a registered 501(c)3
nonprofit organization incorporated in the
state of Pennsylvania.
Donated US \$100

Charitable Donation to
CancerCare Manitoba
Foundation.
Donated US \$100



CancerCare Manitoba
FOUNDATION
All funds raised stay in Manitoba.

Kids Corner



Title: Jungle
Name: Prabashi N.
Age: 6
From: Saskatchewan, Canada

Recipe Corner

Palmiers



Ingredients

- 1 cup sugar, divided
- 1 sheet frozen puff pastry, thawed

Directions

1. Preheat oven to 425°. Sprinkle a surface with 1/4 cup sugar; unfold puff pastry sheet on surface. Sprinkle with 2 tablespoons sugar. Roll into a 14x10-in. rectangle. Sprinkle with 1/2 cup sugar to within 1/2 in. of edges. Lightly press into pastry.
1. With a knife, very lightly score a line crosswise across the middle of the pastry. Starting at a short side, roll up jelly-roll style, stopping at the score mark in the middle. Starting at the other side, roll up pastry jelly-roll style to score mark. Freeze until firm, 20-30 minutes. Cut into 3/8-in. slices.
1. Place cut side up 2 in. apart on parchment-lined baking sheets; sprinkle lightly with 1 tablespoon sugar. Bake for 8 minutes. Turn pastries over and sprinkle with remaining sugar. Bake until golden brown and glazed, about 3 minutes longer. Remove to wire racks to cool completely. Store in airtight containers.

Source: <https://www.tasteofhome.com/recipes/palmiers/print/>

Contributing to Recipe Corner

Would you like to share with us photos of your food creations to be featured on Recipe Corner? Or do you have any of your own recipes that you would like to share with your fellow Maya Puwath readers? If so, please send in your photos, recipes as well as links to the original recipes to the MGCAANA e-mail address:

Mahamaya_alumnae@yahoo.com



Interested in trying out a new and free meditation app?

Try "[Insight Timer](#)"!

"Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Guided meditations and talks led by the world's top mindfulness experts, neuroscientists, psychologists and meditation teachers from Stanford, Harvard, Dartmouth and the University of Oxford."



Ward of Life

by Nilmini Dorabawila

I watch a child struggling to live
Gasping for air wanting to breath
Body struggling fighting on
Stuck to a machine until karma comes

Mother heartbroken father in despair
Trying to save their child but alas
Put on a bed, machine breathing for her
How much more painful can life be ?

Little one tiny body thin as a stick
Stuck to a bed from birth until death
What karma what harm must she have done
For such a pretty angel to be here at all

The breath comes in and slowly goes
As a doctor I watch knowing what is near
The breath takes a break and then it ends
The machines go silent as she floats away

Panic stricken mother shell shocked father
Looking at me for a glimpse of hope
How does one say that the fight is over
Must be the look on my face, hopeless

Poetry Corner

Covid on one side morbidity on the other
I am enclosed in between what is life
Each step that I take each breath that I make
Moves me closer to one or the other

To be still in life accepting what is
Means I live in the now and not what might be
Covid comes or corona goes
I know I am living surrounded with life

Mostly important lesson in this ward of life
Is that no matter what happens, live or die
Become the light, begin to live
Stop being busy making other plans
Lead with your heart, This journey of life
From birth to death and then when it ends
You will understand as you become the light



Vesak (May 26, 2021)

**The Maya Puwath
Newsletter Committee
would like to wish all
MGCAANA members in
Canada and the United
States a Happy and Peaceful
Vesak!**



Reaching the New Goal Set for Vidya Scholarship Trust Fund (VSTF)

The Vidya Scholarship Trust Fund (VSTF) set up by MGCAANA provides financial aid to financially-disadvantaged students at Mahamaya Girls' College. Scholarships from VSTF pay for educational expenses and/or boarding fees of students attending Mahamaya. "Vidya," a Sanskrit word, means knowledge or wisdom. Our initial goal was to raise at least \$20,000. We reached this goal in 2019.

To continue this noble cause, a new goal was set to **\$30,000**, and as of April 2021, \$28,255 has been raised. We were able to donate 13 scholarships for the year 2020 despite Covid related obstacles and school closures.

To donate online or by cheque, please visit:
<http://mahamayaalumnina.org/vstf.php>



Want to know what your Board of Directors (BOD) is up to?

Please read the minutes of the BOD's monthly meetings posted on MGCAANA website:
<http://www.mahamayaalumnina.org/minutes.php>

If you have new ideas, concerns, or suggestions to improve how MGCAANA operates etc. please feel free to connect with the BOD through e-mail: Mahamaya_alumnae@yahoo.com

Upcoming MGCAANA Activities

- Board Meetings (May, June July)
- 17th AGM (Virtual) (May 22nd, 2021)
- Next Newsletter (June)

Newsletter Committee:

Vihara Dharmaratne, Berlini Narampanawe, Samantha Ranaweera

JOIN US!

MGCAANA Newsletter Committee is looking to recruit new committee members to work on "Maya Puwath," the bi-monthly newsletter of MGCAANA. As part of the Newsletter Committee, you'll be able to develop these useful skills: communication; writing; graphic design; team work; creative thinking; time management; leadership etc.

If you are interested, please reach out to the Committee through:

Mayamaya_alumnae@yahoo.com