



Commemorating 75 years 1932-2007

MAYA PUWATH

Volume 3 Issue 2 April 07

EDITORIAL



<http://www.geocities.com/wdumindu/slphoto3.html>

Hello Everyone: **OBA SAMATA SUBHA NAVAVASARAK WEWA!**

First and foremost, let me remind you that the third AGM of MGCAANA is around the corner and will be held on June 2, 2007 in Nevada. Please mark your calendars and we hope that we will see most of you there. More details of this event are in this edition so please look for it as you browse on.

In this issue I thought it would be nice to talk about commitment in numerous forms, to our family and friends, to our dreams, to our duties and careers and the list is endless.

Just as we are committed to the MGCAANA causes, so are we committed to do the best by our families for their advancement, to our children whom we have brought forth into this world to try and make a better future for them, to the welfare of our parents, to extend support to our spouses, to those less fortunate than us, as human beings we have a commitment to them too. Too many human beings have fallen through the cracks and have less than happy lives because the society which we are all a part of has created and established and fostered different forms of disparities, economic, social, racial to name a few. And we should be happy that at MGCAANA we try our best to transcend these barriers, through scholarships and donations to our alma mater and to other deserving fellow beings and causes and keeping in touch via MAYAPUWATH amongst us, to lend a hand, a shoulder to cry on, or to share a laugh. This is our commitment to our Maya Family.

Some may see the issues I have listed as responsibilities. True. However, unless we are committed to the responsibilities, responsibility per se means nothing. Therefore, in my view, responsibility to a cause, to a person, to a vocation hinges on one's sense of commitment. If you have no commitment you will find justifications and excuses which are usually interpreted as reasons to not fulfill these obligations and responsibilities.

I have made a decision as I head for my midlife to be more aware of my commitments, reflect and re-examine my loyalties and create commitments where none exist or give more importance to those that already exist. I am sure that it is not too much to ask all of you also to add MGCAANA and MAYAPUWATH to your list of commitments. I ask you this because, some commitments on behalf of MAYAPUWATH I can go alone, yet some we at the editorial committee can do it alone, but there are other issues like the substance and variety and even the mere sustenance of MAYAPUWATH which could benefit tremendously and be enhanced greatly as would the Maya community if we at the editorial committee had more input from our membership. While we thank all those who have sent in articles from the bottom of our hearts, we hope that this endeavor of MGCAANA, MAYA PUWATH will receive your patronage and that you will put us amongst your to do things and find the time to write an article, send us an interesting picture of a place you have been to, tell us of a great book you have read or share a recipe for a delicacy you have tasted.

Choose Maya Puwath to be one of your commitments! Thank you.

Chathuri Nugawela-Munasinghe- Editor for current edition

DHAMMAPADA

"We are what we think. All that we are arises with our thoughts. With our thoughts, we make the world."

- The Buddha

3rd

Annual General Meeting of MGCAANA



Saturday June 2, 2007 at 2.00 p.m. (PST)

Summerlin Library

**1771, Inner Circle Drive,
Las Vegas, Nevada 89134**

**To be followed by a Heel Dana
on June 3, 2007 at 7.00 a.m. (PST)
at the Nevada Buddhist Vihara**

**2040 Abels Lane
Las Vegas, Nevada 89115**

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## MESSAGES FROM THE BOARD OF DIRECTORS AND THE EXECUTIVE COMMITTEE

### *SUBA NAWA WASARAK WEWA!*

May this New Year be filled with peace, prosperity, and contentment  
for you and your family members.

Wishing you blessings in the New Year!

### *3RD ANNUAL GENERAL MEETING*

You are cordially invited to attend the 3<sup>rd</sup> Annual General Meeting of the members of Mahamaya Girls' College Alumnae Association of North America. The meeting will be held on:

**Saturday, June 2, 2007 at 2.00 p.m. (PST) at The Summerlin Library  
1771 Inner Circle Drive, Las Vegas, Nevada 89134**

**Dinner after the Meeting:** Following the meeting, we will be hosting a dinner to all the attendees and their family members at Dharshani Nanayakkara's residence. More information will be provided at the meeting. For more information, please visit our website at [www.mahamayaalumnina.org](http://www.mahamayaalumnina.org). If you haven't done so already, kindly **RSVP** as soon as possible by e-mailing us at [Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com).

### *COMMEMORATING THE 75<sup>TH</sup> ANNIVERSARY OF MAHAMAYA GIRLS' COLLEGE: ALMSGIVING*

We will be offering alms (*Heel Dana*) to five (5) Buddhist monks to pay tribute to all those individuals associated with this remarkable institution – founders, principals, teachers, staff members, students, parents, alumnae, and well wishers – who have helped in making Mahamaya the school it is. The almsgiving will be held on:

**Sunday, June 3, 2007 at 7.00 a.m. (PST) at the Nevada Buddhist Vihara 2040 Abels Lane, Las Vegas, Nevada 89115**

We need a great deal of assistance from all our members to make this meritorious occasion memorable. We understand that some of you may not be able to attend the event due to various reasons; however, you have the opportunity to participate in this worthy cause by providing monetary support. If you wish to do so, please send your contributions to MGCAANA so that we will be able to plan the event according to the budget. You may:

- send a check or money order to MGCAANA, Attention: Almsgiving, 2417 NE 20<sup>th</sup> Street, Renton, WA 98056, or
- make a secure online donation using our PayPal account at [http://www.mahamayaalumnina.org/News\\_Events.html](http://www.mahamayaalumnina.org/News_Events.html).

Your generous donation will be used for the '*Dana*' and '*pirikara*' and to pay the travel expenses of the priests. Your contribution will be highly appreciated. *Note:* MGCAANA is a non-profit organization and is exempt from Federal income tax under Section 501(c)(3) of the Internal Revenue Code; therefore, your contributions are tax-deductible under Section 170 of the Code. **We truly hope to see all of you at the Annual General Meeting and the almsgiving.**

### *2007-2008 ELECTIONS*

If you would like to serve as a member of the Board of Directors, Executive Committee, and/or any other committee(s) during the 2007-2008 year, please complete the online nomination form at <http://www.mahamayaalumnina.org/nomination.php> at your earliest convenience. These positions will offer you tremendous opportunities to serve our Alma Mater, fellow alumnae, and community, while growing as a leader. The experience that you gain by directing our organization can also be used to strengthen your résumé. We encourage you to be an active member of MGCAANA.

## *MEMBERSHIP RENEWAL AND ENROLLMENT OF NEW MEMBERS*

We value you as a member and look forward to our continued relationship. Your annual membership fee (\$25.00 for regular members and \$15.00 for students and spouses of students) is **due on or before April 30, 2007**. If you sent the membership application and the fee after January 1, 2007, you do NOT have to pay until next year. Please visit our website at [http://www.mahamayaalumnae.org/become\\_a\\_member.html](http://www.mahamayaalumnae.org/become_a_member.html) for more information. **How to renew your membership:**

Mail the 'Renewal of Membership Form' with a check or money order to MGCAANA, 2417 NE 20<sup>th</sup> Street, Renton, WA 98056.

Complete the **online** 'Renewal of Membership Form' and pay the membership fee electronically with a credit/debit card or your PayPal account.

**Enrollment of new members:** If you know of any Mahamaya alumnae, please invite them to join us. Kindly let us know about any non-member alumnae by e-mailing us at [Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com) so that we can contact them. Dear member, you are our strength and inspiration. We sincerely hope that you will continue to support us in our future endeavors. Thank you very much for your unconditional love and encouragement.

## *HONORARY DONATION TO NAMI*

Honoring the founders, principals, teachers, clerical and custodial staff, students, alumnae, parents, and well wishers of Mahamaya Girls' College, we donated **\$100.00** to the **National Alliance on Mental Illness (NAMI)**. NAMI is the nation's largest, charitable mental health organization dedicated to the eradication of mental illnesses and to the improvement of the quality of life of all whose lives are affected by these diseases. Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning, that often result in a diminished capacity for coping with the ordinary demands of life. Serious mental illnesses include major depressive disorder, schizophrenia, bipolar disorder, obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD), and borderline personality disorder. The good news about mental illness is that recovery is possible. As a grassroots organization, NAMI relies on volunteers at all levels of the organization. Members work to meet the NAMI mission of support, education, advocacy, and research for people living with mental illness through various activities, including public education and information activities, family and consumer peer education and support activities, advocacy on behalf of people living with mental illness and for the health of our communities, and visible public events that raise funds and awareness while engaging the public. For more information, please visit <http://www.nami.org>.

## *PROVIDING MONETARY SUPPORT TO PURCHASE SPORTS EQUIPMENT*

We are glad to inform you that our organization assisted Mahamaya Girls' College in purchasing sports equipment by offering **\$200.00**. Without the support of our members, we couldn't have raised funds to serve our Alma Mater to the best of our ability – thank you very much. Let us continue to help our beloved school in all ways possible.

## *MGCAANA SPONSORSHIP PROGRAM: 21 SCHOLARSHIPS PROVIDED!*

The MGCAANA Sponsorship Program was established in May 2006. To date, thanks to our generous sponsors, the program has provided financial assistance to **21 disadvantaged students** at Mahamaya Girls' College. The scholarship provides funding only for hostel fees for one school year per student, and the sponsorship entails a commitment of **\$15.00 per month for a year (\$15.00 x 12 = \$180.00)**, which can be renewed, annually, upon your readiness to continue. Payments may be made quarterly (\$45.00), bi-annually (\$90.00), or annually (\$180.00). MGCAANA is a non-profit organization and is exempt from Federal income tax under Section 501(c)(3) of the Internal Revenue Code; therefore, your contributions are tax-deductible under Section 170 of the Code. We need your support to expand and continue this program. Please e-mail us at [Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com) if you are interested in sponsoring a student in need. Your contribution will help a needy student fulfill her dream.

Dear sponsors, THANK YOU for supporting this worthy cause. We are grateful for your generosity. We also thank those of you who have helped us in getting the word out about this terrific program and would very much appreciate your continued help in this regard. **Letters written to their sponsors by two children who received the scholarship:**



## Letters written to their sponsors by two children who received the scholarship:

Dear Madam,

*I am writing this letter to you to say how thankful I am. Your donation was received by the hostel and I got to see your check. I am immensely thankful to you for your generosity.*

*We have three in our family: my father, my brother and I. My mother got a cancer and passed away when I was in Grade 7. My brother is in Grade 5. My father is a teacher.*

*In the last term test, I was 4th in the class. But I could not receive a "stage report for excellence." I am hoping to work harder and get a "stage report" this term.*

*Madam, let me thank you again for your contribution. I will not waste your money. I will try my best to work harder. I am hoping to write to you again when the time permits. I hope you will write to me when possible.*

*Wish you the best,*

XXXXX

Dear Madam,

*I am in Grade 6 now. I studied at X Primary school from Grade 1 to Grade 5. I went through so much difficulties in life but managed to pass the scholarship exam with 164 marks and be the 14th in the district list. Then I got the opportunity to join Mahamaya College. My house is 40 km from the school and I had to be in the school hostel. Although I had financial difficulties, I chose to live in the hostel purely for the love of learning. One day our hostel matron told me that you are paying my hostel fees. I understood at that moment that there are such people on this earth who have such golden hearts. I am indebted to you forever. You are like my mother. I thank you from the bottom of my heart for your meritorious deed. I promise to keep my studies at a higher level always. May the Noble Triple Gem bless you.*

*Your loving daughter,*

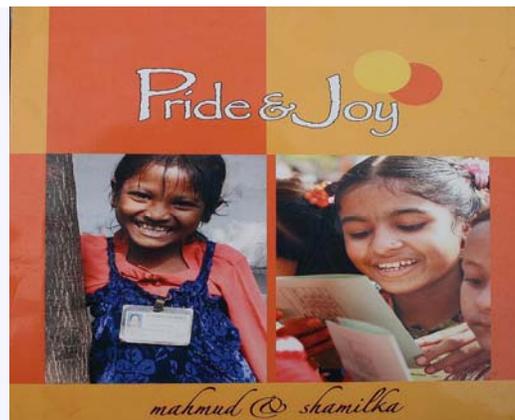
XXXXX

On behalf of the Board of Directors and the Executive Committee,

Submitted by,

Dharshani Nanayakkara

President and Director, MGCAANA



### Pride & Joy – a photo book

by Mahmud and Shamilkha

Shamilkha (Shami) Samarakoon (MCK, 1979-1987) who is living in Bangladesh currently is preparing and publishing a photo book on the lives and dreams of underprivileged children at a slum school in Dhaka, Bangladesh.

Shamilkha is the treasurer of the slum school, and an active member of the Trustee Board looking after the welfare of slum children from a poor background in Dhaka. Ever since she arrived in Bangladesh at the peak of the devastating floods of 2004, she has been impressed by the resilience, determination and happiness of the people of Bangladesh, despite their often adverse living conditions. She realizes very much how difficult it is to find sufficient finances each year to fund the quality education and food program for the slum children at this school. This is the main reason she is combining her photo training and work with renowned photographer Mahmud in this initiative. An important feature of this initiative is that instead of simply asking the donor for a donation to the school, the donor contribution will be used as seed money that will generate a profit for the school which is expected to be three times higher than the donor contribution. She has found sponsors to finance the costs of publication therefore, 100% of the proceeds from the sale of the book will go the slum school.

The book, entitled Pride and Joy, will be sold to the 'expat' community in Bangladesh, and via personal networks in Europe, Australia and the US. Shamilkha is publishing 1000 books to be sold at \$12 each. The book will be available in the US in June 2007.

If you would like to purchase a book or find out more information about this project please contact Kishani Martin at [efille@hotmail.com](mailto:efille@hotmail.com) or 610-259-4127 or Nilmini Dorabawila at [dorabawila@hotmail.com](mailto:dorabawila@hotmail.com) or 703-921-1414.

*"Commitment is what transforms a promise into reality. It is the words that speak boldly of your intentions. And the actions which speak louder than the words. It is making the time when there is none. Coming through time after time after time, year after year after year. Commitment is the stuff character is made of; the power to change the face of things. It is the daily triumph of integrity over skepticism." –Commonly attributed to Abraham Lincoln or Shearson Lehman From Quoteland.cm*

## Top Ten Truths About Commitment

The word commit comes from the Latin word *committere*, which means to connect, entrust. When we stand behind our words, we demonstrate commitment. Commitment exists when our actions meet the expectation of our words - when there's a congruency between intent, words and action. Consider the following concepts & may they inspire you to live from your commitments!

- 1. Commitment is connection!** Commitment is the connection between our values, intentions and our actions. Connection is the coming together of more than one element, while commitment is the giving of our selves to it, the surrender. The connections we make generate our commitments, just as our commitments generate more profound connections.
- 2. Passion: the essence of commitment!** Passion is that which deeply stirs us. It's the fire from within and that which motivates us. When passion is missing, our actions lack meaning and we don't get the results we want. Without passion, our actions are obligatory and lack velocity. Commitment emanates from passion -- passion is the seed from which commitment blossoms!
- 3. Commitment = persistence.** If one is committed, one's support is uncompromising and unending. One is willing to do anything in support of the commitment. This applies to love as much as it applies to professional or global commitments. Commitment drives us and anchors us during challenging times. Commitment helps us to maintain our integrity; we persist to that which we're committed.
- 4. Commitment is conscious!** Commitment requires insight and self-awareness -- one must know what one's values and ideals in order to commit to them! Do you know someone who's a conscientious and productive worker but who's not happy? Such a person frequently lacks insight and self-awareness - commitment is difficult if you don't know what's most important to you! Commitment requires an ability to observe self and make conscious decisions.
- 5. Commitment is purposeful.** Commitment involves choice - saying yes to our values and to our passions! Commitment is never haphazard or random. While we may lose our perspective from time to time, commitment always involves choice and intent. Commitment enables us to be purposeful.
- 6. Commitment is self-expression.** Self-expression is the culmination of who we are and how we're being. When there's perfect alignment and congruency between who we are and how we're being, we are authentic and fully self-expressed. This is wonderfully fulfilling! If commitment is the ultimate expression of our values and who we are, self-expression is a core ingredient of commitment.
- 7. Vision brings forth our commitment.** Does commitment generate the envisioning process, or does vision generate commitment? Either way, commitment and vision are inexplicably tied together. Expand your vision while you deepen your commitment in order to produce powerful results!
- 8. Commitment inspires us to be and do our best.** We aim for the sky and shoot for the stars! We refuse to accept less than the best from our selves and others. Our commitment inspires us to reach for quality and excellence. We continually enlarge and clarify our vision - this contributes to us living our personal best.
- 9. Commitment lives in communication.** Communication involves verbal and nonverbal interaction. While commitment lives in the declaration and words, evidence of commitment lives in the actions we take and don't take. Be attentive for evidence of commitment in communication.
- 10. Commitment is surrender.** Commitment is the giving of our selves to what we most believe and want. It is the merging of our ideals and our being. We surrender to our ideals and with commitment, live them. We create what we want when we surrender to our commitment.

<http://www.qualitycoaching.com/Articles/commitment.html>

Sent By Priyanka Jayakody

**I am only one, But still I am one. I cannot do everything, But still I can do something. And because I cannot do everything I will not refuse to do The something that I can do.**

-Edward Everett Hale-

Sent by Nazrana Caffoor



## COMMEMORATIVE VOLUME

MAHAMAYA  
GIRLS' COLLEGE  
KANDY  
**75 YEARS**  
(1932-2007)

**A Guiding Light  
To Life**



MAHAMAYA GIRLS' COLLEGE  
ALUMNAE ASSOCIATION OF  
NORTH AMERICA

### **A Guiding Light**

#### **Mahamaya Girls' College, Kandy 1932-2007 75<sup>th</sup> Anniversary Commemorative Volume**

As you know, under the auspices of the MGCAANA we have been working on a Volume to commemorate the 75<sup>th</sup> anniversary of the founding of our school. The process of gathering articles from our membership and others affiliated with our school began almost a year ago. We, the Publication Committee, thank you, our members for submitting interesting and informative pieces for our Volume including photographs. We also thank the MGCAANA Board of Directors for their encouragement and support.

The Volume is currently with the Publisher (in Sri-Lanka) and we hope to be able to review galley proofs at the end of April. We hope to have the Volume ready for you all in June, in time for the Annual General Meeting.

We wish you a happy and prosperous Sri-Lankan New Year!

**Priyeshni Arambepola, Sriyani Dissanyake, Nilmini Dorabawila, Vajeera Dorabawila, Kishani Martin and Sujatha Werake**

**KOKIS**

#### **You will need:**

- ½ Measure rice flour,
- 2 teacups coconut milk,
- 1 tablespoonful sugar,
- 2 eggs,
- salt
- oil for frying

#### **How to:**

Put the flour, sugar & salt into a basin, add about half of the coconut milk & mix to a smooth paste. Beat up the eggs & add them to the batter & also the rest of the milk gradually. Beat well together until perfectly smooth. It should be thicker than a pancake batter. Heat the oil to boiling point. Take the Kokis mould & dip it into the oil & fry for a few minutes (so that the mould comes to the proper temperature) Then dip it into the batter taking care not to let the batter cover more than three parts of the mould. Plunge it into the hot oil & fry for a few minutes. Slip the kokis out of the mould by shaking it a bit & let the kokis cook a minute or two longer to brown the inside. Drain on paper. The kokis will keep crisp in an air tight container.

**Sent by Nazrana Caffoor Extracted from the Daily News Cookery book**

**CAR WASH FUND RAISER  
Of the MGCAANA**

**Satisfaction guaranteed  
or  
your dirt back!**

**April 22nd 9.00 am-3.00 pm at**

**455 North Frederick Ave**

**Gaithersburg**

**MD 20877**

**We are especially counting on those  
of you on the East Coast  
for support!**

# Individual commitment to a group effort -- that is what makes a team work, a company work, a society work, a civilization work. - Vince

## POSTPARTUM DEPRESSION

Depression after pregnancy is called postpartum depression or peripartum depression. After pregnancy, hormonal changes in a woman's body may trigger symptoms of depression. During pregnancy, the amount of two female hormones, estrogen and progesterone, in a woman's body increases greatly. In the first 24 hours after childbirth, the amount of these hormones rapidly drops back down to their normal non-pregnant levels. Researchers think the fast change in hormone levels may lead to depression, just as smaller changes in hormones can affect a woman's moods before she gets her menstrual period. Occasionally, levels of thyroid hormones may also drop after giving birth. Low thyroid levels can cause symptoms of depression including depressed mood, decreased interest in things, irritability, fatigue, difficulty concentrating, sleep problems, and weight gain. A simple blood test can tell if this condition is causing a woman's depression.



### Other factors that may contribute to postpartum depression include:

- Feeling tired after delivery, broken sleep patterns, and not enough rest often keeps a new mother from regaining her full strength for weeks.
- Feeling overwhelmed with a new, or another, baby to take care of and doubting your ability to be a good mother.
- Feeling stress from changes in work and home routines. Sometimes, women think they have to be "super mom" or perfect, which is not realistic and can add stress.
- Having feelings of loss — loss of identity of who you are, or were, before having the baby, loss of control, loss of your pre-pregnancy figure, and feeling less attractive.
- Having less free time and less control over time. Having to stay home indoors for longer periods of time and having less time to spend with the your partner and loved ones

Postpartum depression can happen anytime within the first year after childbirth. A woman may have a number of symptoms such as sadness, lack of energy, trouble concentrating, anxiety, and feelings of guilt and worthlessness. The difference between postpartum depression and the baby blues is that postpartum depression often affects a woman's well being and keeps her from functioning well for a longer period of time. Postpartum depression needs to be treated by a doctor. Counseling, support groups, and medicines are things that can help.



Here are some other helpful tips

- Try to get as much rest as you can. Try to nap when the baby naps.
- Stop putting pressure on yourself to do everything. Do as much as you can and leave the rest!
- Ask for help with household chores and nighttime feedings. Ask your husband or partner to bring the baby to you so you can breastfeed. If you can, have a friend, family member, or professional support person help you in the home for part of the day.
- Talk to your husband, partner, family, and friends about how you are feeling.
- Do not spend a lot of time alone. Get dressed and leave the house. Run an errand or take a short walk.
- Spend time alone with your husband or partner.
- Talk with other mothers, so you can learn from their experiences.
- Join a support group for women with depression. Call a local hotline or look in your telephone book for information and services.
- Don't make any major life changes during pregnancy. Major changes can cause undue stress. Sometimes big changes cannot be avoided. When that happens, try to arrange for support and help in your new situation ahead of time.



Source: Womenshealth.gov Sent By Devi Gunasekera Pictures from Clip Art



## EDITORIAL COMMITTEE

Chathuri Nugawela-Munasinghe, Nazrana Caffoor,  
Priyanka Jayakody, Devi Gunasekera

A publication of the Mahamaya Girls College Kandy Alumni Association of North America (MGCAANA).