



# MAYA PUWATH

Volume 5 Issue 4– August 2009

## Editorial

Dear Readers,

It is with great pleasure I write my very first editorial to MGCAANA Newsletter, Maya Puwath. I recently joined the MGCAANA Editorial Committee and now take pride in being part of a wonderful team.

I hope you all are enjoying yet another great summer with picnics, spending time on the beach, summer reading and many other fun summer activities. Although summer has almost come to an end, I keep hearing everyone across USA still complaining about hot weather. So, the editorial committee decided it is still not too late to talk about summer, sharing thoughts and tips about summer safety and not to mention "beating the heat." Hope you find this useful in the summers to come.

We also have a very special letter worth being read by all our fellow MGCAANA members in this issue of Maya Puwath. The Principal of Mahamaya Girls' College, Mrs. I. Witanachchi has sent Mrs. Werake a letter, praising our Association's activities. She has also shared with us the many achievements current Mayans are achieving in Sri Lanka. Please do take your time to read how our fellow sisters are doing back home.

Every year, MGCAANA Scholarship Selection Committee gives scholarships to two undergraduate/graduate students in the USA who have the membership of the Association. If you are planning to apply for this year's MGCAANA Scholarship, you will find necessary information in this issue of Maya Puwath.

From the previous volume of Maya Puwath, you got to know about the new President and the Board of Directors of MGCAANA. At the moment, they are working hard to initiate many endeavors on behalf of all of us Mayans here in the USA and back home in Sri Lanka. We would very much appreciate it if you too could let us know your thoughts and opinions to make our cause even better. Also you are more than welcome to send the MGCAANA Editorial Board anything you would like to share with fellow members of our Association. It could be a poem, an article, a picture, or one of your fond memories from Mahamaya.

Hope you will enjoy reading Maya Puwath, and wish you great rest of the summer!

Vihara Dharmaratne - Editor for the current issue

## *Dhammapada*

Wonderful, indeed, it is to subdue the mind, so difficult to subdue, ever swift, and seizing whatever it desires. A tamed mind brings happiness.

Neither mother, father, nor any other relative can do one greater good than one's own well-directed mind.



Hi!

I am Vihara Dharmaratne and I am the newest member of the MGCAANA Editorial Committee. I also serve as one of the

Directors to the MGCAANA Board of Directors and as the Web Manager for the website of our Association. I went to Mahamaya from 1996 to 2006, and served as the Deputy Head Prefect in 2005.

Presently, I am a junior at the University of Mississippi, double majoring in International Studies and Spanish. I enjoy learning new languages, doing community service, swimming, listening to Music, and of course College! I consider it a privilege to be a part of MGCAANA and the Maya Puwath Editorial Committee. I look forward to meeting you all in future volumes of Maya Puwath to come.

Thanks.

## **A letter of gratitude from the current principal of MCK.....**

*The letter was written by our current principal, Mrs. Witanachchi and was sent to Mrs. Sujatha Werake.*

Dear Madam,

We, the Principal and the staff of Mahamaya Girls' College Kandy, would like to pay our gratitude to your association for helping out our talented girls to bring fame to our alma mater.

We are very pleased to inform you that the results of G.C.E(O/L) exam 2008 have been very distinctive, not only for the history of Mahamaya but also for the whole Central province.

At that exam students had to sit for nine subjects. We are very proud to say that there were 56 students who have got A passes for all subjects and 58 have got A passes for eight subjects. Last year there were 39 students who got A passes for all subjects.

There was a grand ceremony at our auditorium organized by the school to give away awards to the best achievers. The Chief Minister of the Central Provincial Council was the chief guest for the occasion.

The Director of the Education Department who addressed the students, teachers and the parents of the best achievers said, that 1/4 of the students who received 9 "A" passes in the Central province were from Mahamaya. Among these best achievers there are students that your association helps. You will receive letters from these students informing you of their results.

Once again we would like to say THANK YOU for your kindness in helping our daughters to light their path.

I. Witanachchi  
Principal  
Mahamaya Girls' College, Kandy.  
Sri Lanka

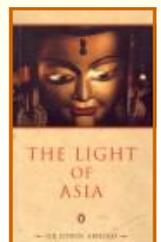
As the majority of Mayans are familiar with "The Light of Asia," we decided to introduce the book to our members and hope to include verses from the book in our future editions...

### **The Light of Asia or The Great Renunciation (Mahabhinishkramana)**

"The Light of Asia recounts the Buddha's life, character and philosophy, and his quest for awakening. The rare charm and beauty of Edwin Arnold's poetry has the power to move us in a way that no prose rendering of the life of the Buddha can and we cannot help but admire the courage, determination and self-sacrifice of the young prince.

First published in 1879, the book has become a classic and has since been published in many editions and several languages. This fresh edition of the epic poem will fire the imagination of a new generation, inspiring them to put the Buddha's teachings into practice."

<http://www.vedamsbooks.com/no40995.htm>





## Mahamaya Girls' College Alumnae Association of North America

### *Undergraduate & Graduate Scholarship Program*

This scholarship is intended to provide cost of books and material for a single semester for Mahamaya Girls' College alumnae pursuing undergraduate or graduate studies in the United States and Canada.

Each scholarship award may range from \$250.00 to \$300.00, depending on the availability of funds.

The scholarship will be awarded to (a) student(s) demonstrating outstanding academic achievements, leadership ability, participation in extracurricular activities, and a significant level of financial need.

Incoming high school students are required to include *copies* of the school transcript(s) – G.C.E. Ordinary Level and Advanced Level Examination Certificates (if applicable).

#### APPLICATION PERIOD AND DEADLINE:

September 1, 2009 – November 30, 2009

Applications postmarked after the deadline will *not* be accepted.

#### AWARD NOTIFICATION:

On or before January 15, 2010

#### APPLICATION INSTRUCTIONS:

Please visit our website at <http://www.mahamayaalumna.org> to view and download the scholarship application.

Be sure to read the 'Instructions and Requirements' carefully before completing the application.

If you have any questions about the MGCAANA Scholarship Program, please contact the Scholarship Selection Committee at [Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com).

Thank you very much for your interest in the Mahamaya Girls' College Alumnae Association of North America Undergraduate & Graduate Scholarship Program, and we look forward to receive your completed application.

# Summer Safety Tips

**Summer is here, which means lots of fun in the sun!**

Nevertheless, the weather can get extremely hot and quickly go from fun to **dangerous**. Extreme heat can be life threatening. So learn what **extreme heat** is and how you can protect yourself.

## Heat-Related Illnesses

Heat-related illnesses can become serious or even deadly if unattended. Some of the risks people face from too much heat exposure and not staying cool are:

**Heat Cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. Generally, loss of water and salt from heavy sweating can cause cramps.

**Heat Exhaustion:** Heat exhaustion occurs when people exercise heavily or work in a warm, humid place, and body fluids are lost through heavy sweating.

## Signs of Heat Exhaustion

Be sure to check for these signs:

- Cool, moist, pale, flushed or red skin
- Increased sweating, tiredness
- Headaches
- Fainting, nausea or vomiting
- Fast, shallow breath, dizziness
- Muscle cramps, weakness

## Signs of Heat Stroke

- Very high body temperature (over 105°F)
- Rapid pulse
- Shallow breathing
- Hot, red, dry skin
- Confusion
- Throbbing headache
- Nausea
- Failure to sweat
- Unconsciousness

<http://www.pge.com/myhome/edusafety/seasonal/coolingcenters/summersafety.shtml>



## Editorial Committee's favorite summer recipe....

### Asian Pear and Strawberry Smoothie

#### INGREDIENTS

- 1/2 cup ice
- 1 Asian pear, cored and cubed
- 2 large strawberries, hulled
- 2/3 cup vanilla fat-free yogurt
- 1/4 cup fat-free milk
- 2 teaspoons white sugar

#### DIRECTIONS

Place the ice, Asian pear, strawberries, yogurt, milk, and sugar into a blender; blend until smooth.

Source: <http://allrecipes.com/Recipe/Asian-Pear-and-Strawberry-Smoothie/Detail.aspx>



## A Zen Monk

A new day begins  
with a chaos so deep.  
People and vehicles rush  
like bees in a hive.  
I, a simple being  
seeking sweet solitude,  
retreat to the woods  
in hopes of a silence so strong.  
My mind free like a clear blue sky,  
my soul alive as a lark in flight.  
The busy hum of the outer world  
fades away, as I leave behind turmoil  
and embrace the hush of the mystical  
woods.  
The rustling of the leaves.  
The crunch of twigs under my feet.  
A wise oak, the sign of solemnity,  
and a quiet stream, the symbol of never-  
ending life.  
In here, words and thoughts are in sync.  
I close my eyes  
and feel the hard earth beneath me.

Composed By, *Dulanjalee Seneviratne*

Dear Readers,

From now on, you will be experiencing the joy of reading Sinhala song lyrics with this new segment. Our fellow member Sagarika Welegama has brought up this creative idea to Maya Puwath. We hope to bring you one song per newsletter. Requests will be accepted and all effort will be made to honor them. Your requests will appear in the order we receive them. So if you don't see the song you requested, please be patient. It will appear in a future newsletter. We believe that our readers will enjoy this new feature, and we are confident that you all will give us a positive response by joining in on the fun!

We present one of the all time favorite songs sung by talented *Indrani Perera*

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In the midst of winter, I finally learned that there was in me an invincible summer.— Albert Camus

There shall be eternal summer in the grateful heart.—Celia Thaxter

There shall be eternal summer in the grateful heart.—Celia Thaxter



Even if happiness forgets you  
a little bit, never completely  
forget about it.

- Jacques Prevert

Source:  
<http://media.photobucket.com/image/quotes%20on%20happiness/wafpaf/quotes/happiness/happiness1.jpg>