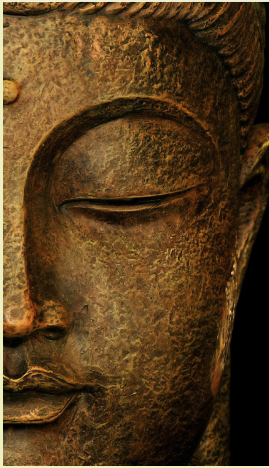


Volume 10
Number 5

October 2014

Maya Puwath

BIMONTHLY NEWSLETTER OF MGCAANA



You
yourself
must
strive.

The
Buddhas
only point
the way.

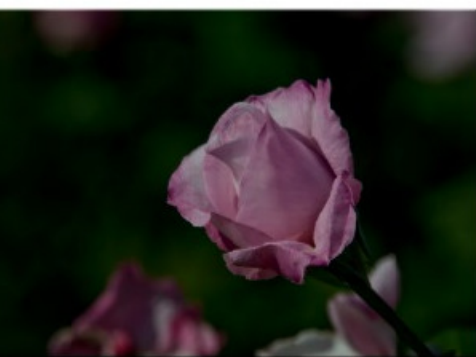
– The
Buddha



In this Issue.....

Page 1: Editorial.
Page 2: MGCAANA Announcements -
Undergraduate & Graduate Scholarship.
Page 3, 4: MGCAANA Fundraising Events.
Page 5, 6, 7: Remembering
Mrs. N.K.Pilapitiya.
Page 8: Digital Paintings.
Page 9: For kids—How to carve a pumpkin...
Page 10: Editor's Pick.

Resources : Google images



In this world, hatred has
never been defeated by hatred.
Only love can overcome hatred.
This is an ancient and eternal law.
~ Dhammapada 1:5



Dear Members,

Fall is here. The weather is welcoming the cool breeze and leaves are beginning to form fall colors. People are getting ready with Halloween decorations while kids are looking forward to costumes and treats. It is a great pleasure to present this 5th edition of Mayapuwath to our members at this time of the year.

MGCAANA is blooming with lots of interesting projects and fund raising events under the guidance of our new president Mrs. Sriyani Dissanayake. These projects have helped our members to get more connected while providing an opportunity to give back to our Alma Mater. We are looking forward to see more participation from our members in these events.

MGCAANA graduate and undergraduate scholarship has helped many of our members financially over the past years. Details regarding the scholarship applications and deadlines can also be found in this issue for those who are interested in applying.

This issue is filled with variety of articles. We are sharing thoughts about late Mrs. Pilapitiya and we have pages dedicated to present alms giving events held in memory of her around the USA. We always make available space to display talents of our members and also their youngsters.

The newsletter committee is eager to hear suggestions and comments from you. I hope you all enjoy the newsletter and I hope that it will strengthen the bond among our members.

Hemalika (Karunaratne) Abeysundara.

Catch a leaf
in mid air,
make
a wish,
kiss it &
toss it into
the wind ♥



MGCAANA Announcements



- 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 US and Canada.
- **The scholarship award amount has been increased to \$375.00 each**, thanks to an anonymous donation from a beloved member of MGCAANA.
- **One of these scholarships will be awarded in memory of Mrs. N. K. Pilapitiya.**
- 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.

APPLICATION PERIOD AND DEADLINE:

- **August 15, 2014 – December 31, 2014**
- Applications postmarked after the deadline will *not* be accepted.

AWARD NOTIFICATION:

- **By January 31, 2015**

APPLICATION INSTRUCTIONS:

- Please visit our website at www.mahamayaalumnina.org to view and download the scholarship application.

If you have any questions about the MGCAANA Scholarship Program, please email us at Mahamaya_alumnae@yahoo.com

We look forward to reading your completed application!

Scholarship Application information can be found at:

<http://www.mahamayaalumnina.org/scholarship.html>

5 K (3.1 mile) Run/Walk/Ride for a good cause & stay healthy!



FUNDRAISER FOR MGCAANA

Let us all come together to raise
funds to help fellow Mayans.

DATE: Sunday, October 26th 2014

WHERE: Where ever you live-

In your own neighborhood

TIME: 8 a.m.

How to Register:

Go to MGCAANA site and click on the link of Fund raising
Activity. Follow the directions.

<http://www.mahamayaalumpina.org/FiveKRunForm.html>

You can ask your family and friends to join you.

Follow the link : <http://www.mahamayaalumnina.org/FiveKRunForm.html>

MGCAANA Fundraising Events

Fashion for fall and winter



By Sriyani Disanayake a MGCAANA Member

All Proceeds will go to
MGCAANA Funds

How to Order: Please go to MGCAANA and
find this link:
[http://www.mahamayaalumnina.org/
ScarfProjectForm.html](http://www.mahamayaalumnina.org/ScarfProjectForm.html)

**NEED YOUR HELP TO HELP
FELLOW MAYANS!**

Can do it in your color of choice. Please order now!

Follow the link :

<http://www.mahamayaalumnina.org/ScarfProjectForm.html>

Remembering Mrs. N. K. Pilapitiya

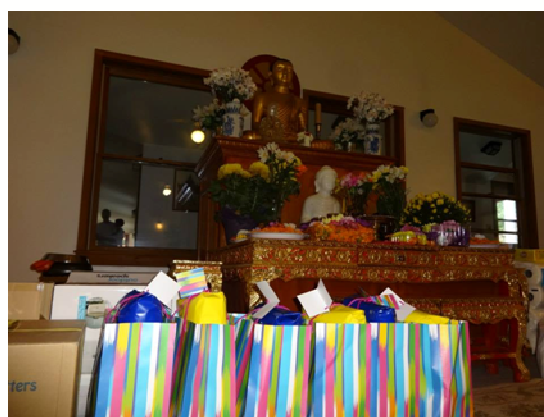
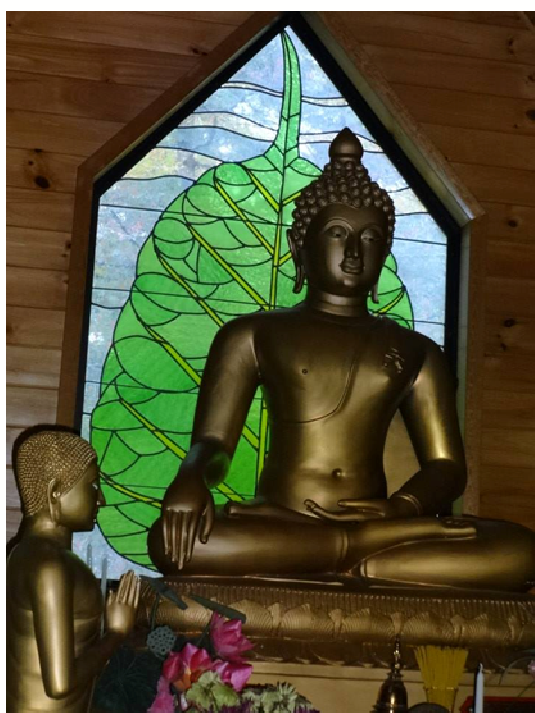
Dear Mayans,

Mrs N.K. Pilapitiya's 3rd month alms giving was held at West Virginia Temple on the 20th of September. It was par taken by the DC, MD, and Virginia Mayans . Event was a great success, about 60 people participated. Among them were the monks and commoners at the retreat.

May she receive these eternal blessings and attain Nibbana !!!

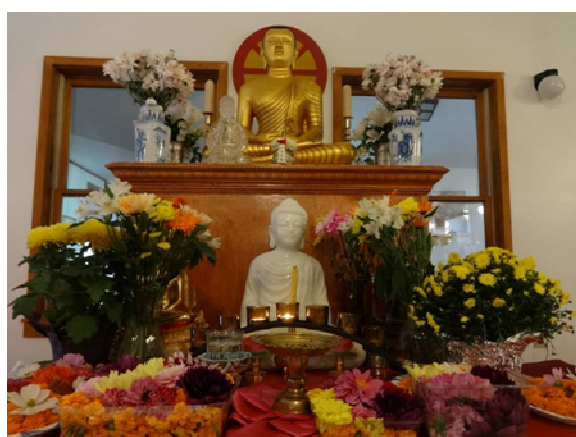
Sincerely,

Upamali Rathnayake, Mrs. B.M.Nanayakkara, Inoka Thennakoon, Upeksha Thilakawardena, Soranjani Attanayake, Hemali Rajapaksa, Thamara Dorabawila.



Leaving all our weekend chores aside, some Mayans who live around, gathered at the West Virginia Bhavana Center on Saturday - 20th September 2014. It was a perfect sunny morning; weather was totally on our side. For a moment I time travelled for twenty plus years backward, to remember the time we spent under Araliya trees in the Maya grounds. It was the era of Mrs. N. K. Pilapitiya, our beloved principal.

The era has come to an end. Mrs. Pilapitiya is no longer with us. Mayans gathered together to pay their respects to her by engaging in a meritorious act – offering alms to the Monks in the monastery. It was a beautiful event. It was a successful and happy event. I am thankful for my cousin brother Rohan and sister Nimali, for inviting me to the event.



Remembering Mrs. N. K. Pilapitiya



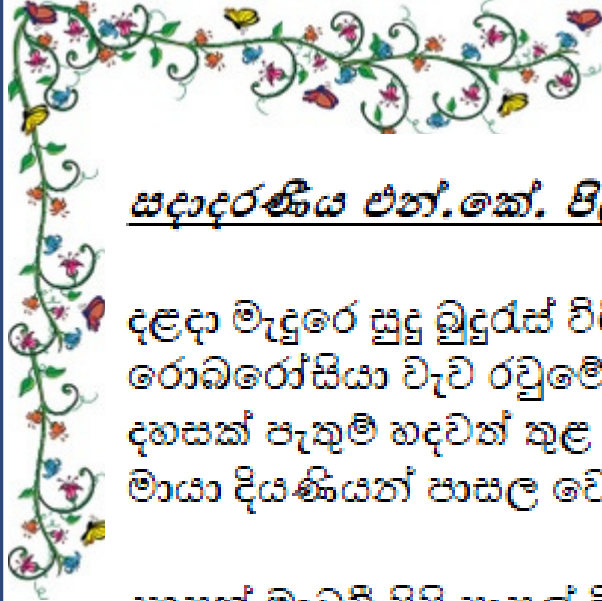
Alms giving at West Virginia Temple



Left to Right:

Mrs. B.M. Nanayakkara, Soranjani Attanayake, Tamara Dorabawila, Upamali Ratnayake, Hashini Mohottala, Hemamali, Upeksha Thilakawardane.

Remembering Mrs. N. K. Pilapitiya



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දිලිනි ඊරියවල



Third Month Memorial Dana for Mrs. N.K. Pilapitiya at Los Angeles Buddhist Vihara:

Mayans Dharshani Nanayakkara with her parents, Mrs. Pushpa Gunasekera, Layanvi Withana (nee warnakulasuriya) came together and organized a dana at the Los Angeles Buddhist Vihara on the occasion of the 3rd month of passing of our beloved Principal, late Mrs. N.K. Pilapitiya.

Digital Paintings—By Dr. Nirmala Gunapala



Day Begins



Market Place

For Kids—How to carve a pumpkin



1) Pick a pumpkin—Visit your local supermarket, farmers' market or pumpkin patch.

Select a healthy pumpkin. When you're choosing a pumpkin, try to pick one that's free of nicks, bruises and cuts. Look for a sturdy stem that doesn't feel too bendable, and for mostly consistent color all the way around. Knock or thump on the skin like you would a melon; if you hear a hollow sound, the pumpkin is ripe. Remember you can always wash the pumpkin with an old cloth when you get home. Remember if you carve it early to keep it in a bucket of water to keep it moist.



2) Draft your design on the pumpkin.

For traditional, silhouette and pith carving, use a permanent marker or dry-erase marker to outline your design on the pumpkin. (Dry-erase markings can be wiped off if you mess up.) If you're doing a bas-relief design, you might need a projector to put the image on your pumpkin in black and white.

3) Find an appropriate knife.



For pumpkin carving, use a serrated bread knife, a jab saw (used to cut drywall), or a purpose-made serrated knife taken from a pumpkin-carving set. When carving, draw the knife back and forth as if you're sawing through a tree trunk. Avoid using a straight-edge knife if possible; you'll have to use more force to cut through the pumpkin in addition to having less control over the blade.

4) Cut a lid.

Measure a circle with about a 2-inch (5cm) radius from the stem. You'll cut around this circle to make the lid. Do not make the cut completely vertical; instead, angle the point of the knife in towards the center of the circle. The lid will then sit in a bowl-shaped indentation that prevents it from falling into the center of the pumpkin. Additionally, carve a small protruding notch somewhere in the circle; this will tell you exactly where the lid fits back in. After you've removed the lid from the pumpkin, cut a slice off the underside to remove excess filling and flatten the bottom.



5) Remove the filling from the pumpkin.



Use a large spoon or your hands to pull all of the filling and seeds from the inside of your pumpkin. Scrape it as clean as you can, so that more light shines through your jack-o'-lantern.

6) Start carving out your design.

Use a gentle back and forth motion to cut into the pumpkin, and take your time. Discard cut-out pieces as you remove them. Keep following your pattern until you've carved out the entire design.

7) Choose a light source if you've carved an open pumpkin.

Traditionally, jack-o'-lanterns were lit with candlesticks or tea lights, but flashlights and flickering LEDs are popular modern options. Make your decision based on potential safety concerns and what sort of base your pumpkin has—if you didn't carve a slice off the bottom, you might have a hard time balancing a candle inside the pumpkin.



Source : <http://www.wikihow.com/Carve-a-Pumpkin>

Editor's Pick

SAFTY TIPS FOR LADDER USE

You can avoid ladder accidents at work or at home with these tips:

Before using a ladder, inspect it for damage such as broken rungs or rails. If it is an extension ladder, inspect the pulleys, ropes, and locks for excessive wear. Check the footings and pads to make sure they still provide a non-skid surface. If you find a defect, tag the ladder as unsafe and take it out of service. Ladders can only be repaired by the manufacturer. If it's defective and cannot be repaired, dispose of the ladder properly so that another person doesn't use it.

If you need to work hands free, use a scissor lift, personnel lift, or scaffold when possible instead of a ladder.

Set the ladder on the ground and ensure it is level and stable. If you need more height, use a taller ladder rather than setting a too-short ladder on bricks or other unstable material. Use tripod ladders with caution because they are less stable.

Make sure extension ladders reach a minimum of three feet above the point where the ladder rests. Secure the ladder to the structure at this point.

Use the 1:4 rule: if you are using a 12 foot ladder, set the base three feet from the structure. Some ladders have a picture guide for this.

Before using a stepladder, make sure the folding cross braces are locked in the proper position and all four feet are on the ground.

Always face the ladder when ascending or descending and use both hands to grasp it securely. If you need tools, carry them in a tool belt or pull them up with a rope once you have climbed the ladder.

Remember the "3-Point Rule": Keep at least two hands and one foot, or two feet and one hand, in contact with the ladder at all times.

Keep your body between the side rails of the ladder. This reduces the chance of tipping it over or falling off.

Stop at the third rung from the top on straight or extension ladders or the second step from the top on stepladders.

Sent by Mrs. Sujatha Werake.



A PUBLICATION OF THE MAHAMAYA GIRLS' COLLEGE ALUMNI ASSOCIATION OF NORTH AMERICA

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