

Maya Puwath - මායා පුවත්

*Bi-Monthly Newsletter of Mahamaya Girls' College
Alumnae Association of North America (MGCAANA)*
Volume 14 – Issue 5 – October 2018



Message from the Editors

Dear readers,

We are well into fall, and it's already beginning to get quite cold! We, the MayaPuwath Newsletter Committee, hope that you are enjoying this beautiful fall weather.

We would like to remind you that the application period for MGCAANA Undergraduate & Graduate Scholarship is still open, and that if you are qualified to apply, you have time until December 31, 2018 to apply. In this issue, you will find the relevant information to apply. Remember, MGCAANA will be awarding two (2) \$500.00 scholarships for 2018-2019.

You will be pleased to know that we have one more lovely "poem to ponder" in this issue, sent in by a fellow Mayan from Australia. You will also find another entertaining and thought-provoking poem that we picked from an older Maya Puwath issue from 2013, in the Pause-Rewind-Play segment. There's also a recipe for a delicious Sri Lankan appetizer and some information about the International Day of the Girl Child.

We hope you enjoy reading this issue of Maya Puwath and enjoy the remainder of fall. Stay warm and we will meet you again in December!

Sincerely,

Maya Puwath Newsletter Committee

In this issue

- MGCAANA's Charitable Donations
- Undergraduate & Graduate Scholarship Program 2018-2019
- Poetry to Ponder
- International Day of the Girl Child – October 11
- The Interview
- Pause-Rewind-Play
- Recipe Corner
- MGCAANA News



**Sudassam vajjamannesam
attano pana duddsam
paresam hi so vajjani
opunati yatha bhusam
attano pana chadeti
kalimva kitava satho.**



"It is easy to see the faults of others, but difficult to see one's own. A man broadcasts the fault; of others like winnowing chaff in the wind, but hides his own faults as a crafty fowler covers himself."

[Dhammapada \(Verse 252\)](#)

MGCAANA's Charitable Donations: Results Are In!

The Executive Committee and the new Board of Directors (BOD) would like to thank everyone who visited the MGCAANA Charitable Donations survey to cast their votes to select two charitable organizations to which MGCAANA will make charitable donations. Based on your votes, MGCAANA will make a donation to the Breast Cancer Research Foundation (USA) and Sick Kids Foundation (Canada) for 2018-2019. Thank you again for engaging in this great cause!

**TEACHFOR
AMERICA**

The Nature
Conservancy



Prevent Child Abuse
America



THE
BOUNDLESS
SCHOOL



SickKids
FOUNDATION

MGCAANA UNDERGRADUATE & GRADUATE SCHOLARSHIP PROGRAM (2018-2019)

The Selection Committee of the MGCAANA Undergraduate & Graduate Scholarship Program is looking for Mahamaya alumnae who demonstrate outstanding academic achievements, leadership and active participation in extra curricular activities and also a significant level of financial need. Intended to cover the cost of textbooks for a semester, scholarships of \$500.00 each will be awarded to two (2) candidates.

Application Period & Deadline: September 1, 2018-December 31, 2018

Award Notification: By January 31, 2019

Once the application period begins, please visit <http://www.mahamayaalumna.org/scholarship.html> to view and download the scholarship application. If you have any questions about this scholarship program, please contact us at mahamaya_alumnae@yahoo.com.

We look forward to receiving your applications!

To My Childhood Friend

By S. M. U. P. Mawalagedera

*When proximity is unimaginable,
those days,
look so far,
to even fathom!
Conversations were lost,
somewhere in the paths we took.
Yet every once a while,
you ponder;
the shape friendship has taken.
And then,
there is nostalgia!*

S. M.U. P. Mawalagedera is a second-generation Mahamayan from the Class of 2006, currently residing in Australia doing graduate studies. This "Poetry to Ponder" segment would be an ode to where she came from and what she has experienced.

Poetry to Ponder



International Day of the Girl Child – October 11

Since 2012, 11 October has been marked as the International Day of the Girl. The day aims to highlight and address the needs and challenges girls face, while promoting girls' empowerment and the fulfillment of their human rights.

2018 theme: With Her: A Skilled GirlForce

Today's generation of girls are preparing to enter a world of work that is being transformed by innovation and automation. Educated and skilled workers are in great demand, but roughly a quarter of young people – most of them female – are currently neither employed or in education or training.

Of the 1 billion young people – including 600 million adolescent girls – that will enter the workforce in the next decade, more than 90% of those living in developing countries will work in the informal sector, where low or no pay, abuse and exploitation are common.

On 11 October, International Day of the Girl, we are working alongside all girls to expand existing learning opportunities, chart new pathways and calling on the global community to rethink how to prepare them for a successful transition into the world of work.

Under the theme, With Her: A Skilled GirlForce, International Day of the Girl will mark the beginning of a year-long effort to bring together partners and stakeholders to advocate for, and draw attention and investments to, the most pressing needs and opportunities for girls to attain skills for employability.

(Source: United Nations <http://www.un.org/en/events/girlchild/>)

The Interview

In this segment, the Maya Puwath team sits down with a MGCAANA member to hear about what they are up to these days, their experience with MGCAANA, and any advice and tips they would like to share with our readers. E-mail mahamaya_alumnae@yahoo.com if you would like to be interviewed by the Maya Puwath team or if you know of a MGCAANA member you would like featured in "The Interview".

Pamuditha Mahadiulwewa

Please tell us a bit about who you are and what you are up to these days.

I am Pamuditha. I attended Mahamaya from 1986-2000. I am currently doing my dream job, working with kids with special needs at an elementary school.

That's great to hear!

You once served as a MGCAANA President. Can you talk a bit about your overall experience with MGCAANA?

I really enjoyed my time at MGCAANA, and got to know so many Mayans. I really enjoyed getting to know different Mayans from different time periods whom I would have never met, unless I had joined MGCAANA.

We know you love your job and are quite committed to it! How do you maintain a good work-life balance?

I think it's all about prioritizing your mental and physical well being over being busy. I enjoy laidback weekends, and don't say yes to commitments unless I truly enjoy the activities or the company.

What do you do for fun? What are your hobbies?

I enjoy traveling, yoga, spending time with my pup, reading and baking. Baking is my favorite thing to do on a weekend, especially in the fall and winter.

We have readers who are not yet members of MGCAANA. What's your message to them, to encourage them to become members of our great organization?

I hope that you take a chance and connect with fellow Mayans. You will realize what a special bond we have, no matter what year we did our AL's or which teachers we've had in common. It really is a special bond that connects us all, and I hope you get to "feel" it.

Pamuditha, thank you so much for taking the time to chat with us!

My pleasure!



Maya Puwath has been reaching the MGCAANA membership since 2005, and "Pause – Rewind – Play" re-publishes past contributions to Maya Puwath, by MGCAANA members.

Warped Banana

By Nilmini Wickremeratne

This is my stool
No it is not
This is my sandwich
No it is not
I wanted it
Did not

Thought about it before you
But I saw it and got it before you
Too bad I got it and not you
That's okay I am much better than you

Oh why do I feel like a warped banana
Does that word even exist
Or should I change it to a warped mama
Or do you vaguely get what I mean

Three children, three different demands at once
I want this and that and I want none
Look at me, no me first, why do you stare
Really I do feel like a warped banana

I feel pulled from left and right
I feel stretched up and down,
If there are anymore sides to stretch
I feel they have been stretched as well

Mind blown to pieces with all the questions
I stand like a signal tower you know
Receiving all the demands and woes
I have to be the handy man as well
The cook and cleaner and the playmate.

I run to school to drop one off
Come home to see the second dosing off
Her nose on the plate with food in her mouth
And the clock ticking away without a stop

We run to school or we try to walk
Picking up the flowers on the ground
Weaving through the honking cars
And all the beautiful girls in white

A beautiful smile and a see you soon
A good bye at the gate with a kiss blown in
The second one goes and I run back
The third is ready to greet with a smile

Breakfast is done, lunches all packed
The little one and I do a little dance
We are ready for school
We pack the bag, out on a dress
And we run off

This time too a good bye at the gate
I hear a small wail as she goes off
Again I will see you soon
My darling child
Enjoy your day until mamma comes back

Go home and rest
What a lovely thought
The sweeping the cleaning
All the chores calling out
Should I sleep a little
Or take a break
Read the mail
Run a mile
No, time is short
I finish what I can , it's time to go
Pick up the littlest waiting for me

The smile that greets me
I treasure very dear
The run and the hug
A pleasure for me

We go home and in no time at all
It is time to pick the middle one
I wrap a saree as fast as I can
And hope it won't break while I run
I go more composed as I enter the gate

The wandering little eyes that search for me
The lips that turn into a smile
As she recognizes and bounces out
I feel my heart get all warm as I hug tight
And we start our walk back home with pride
Talking about new friends and names
She needs more attention I know this too
But so does the littlest waiting at home
I work like a machine, trying to get things done
Before its time to get number one

I don't want this I want that
No I wanted that first it is mine
Let go I ate it don't pull it out It's inside my mouth
almost down

You are this you are that
You monstrous thing
Why do you bother me
Leave me alone
You horrible thing go away

In no time battles and scratches and tears

Bruises and scars in different shades
Ice packs come out and the weapons are dropped
In time the bumps forgotten and tears dried and
faded Playing together as if

None of this existed
By this time I am nodding,
Can't hold my head straight
Must be the food gobbled down
In nothing of grace

Ouch that hurt, Ammi did you hear
He hit me , she clawed me
Babba says number three
One runs and hides behind my skirts
The other comes pouncing and jumps on me
Before I fall down I have to see
To make sure I don't squish the littlest of three
Arms protecting one and pushing one out
Legs keeping safe the littlest one

Apart from jokes , I really do feel
That now I am a squished banana
I am of small frame and not tall at all
Handling three or wrestling one
My bones ache at the end of the day
A five minute shower is all I can have
The meals are all ready and time to sleep
Hunger satisfied and the thirst quenched
Sleep tight my loves, it's time for good nights
I kiss them I hug them my precious ones

I hit the bed, it feels like a sack
Or is it me that feels like a
Warped banana
Get off me, don't push me, she took my sheet
Ammi help , he is strangling me
Am not , she bit me with 4 teeth
The bed becomes a wrestling ring
Sheets fly , pillows become weapons and fall
I shout I scream I can't anymore
My eyes closed I plead just a little more.
Good night my loves, please sleep this time
Or I will give a small gutti to each one
The noise dies down, my eyes closed tight
Mind starting to doze off

I must be one of the lucky ones
To feel like this day in and day out
I am alive and healthy and strong And have three
treasures whom I love So in conclusion I have to
say It is absolut
ely wonderful to feel like this
Yes, it feels really good to be
A warped, squished and mushed banana.

Some Upcoming MGCAANA Activities

- Board Meetings (November & December)
- Next Newsletter (December)
- MGCAANA Undergraduate and Graduate Scholarship (Application period closes December 31)

Recipe Corner

Sri Lankan Tuna Cutlets

Ingredients:

2 cans of tuna
1 bunch of scallions, finely chopped
1.5 cups of chopped celery
2 small green chilies, finely chopped
10 curry leaves, finely chopped
3 medium sized potatoes, boiled, skinned and mashed
Salt & pepper to taste
Curry powder (mix of roasted cumin, coriander, fennel)
Turmeric
1 piece of cinnamon
1 tbsp of chopped ginger
1 egg
Breadcrumbs or panko crumbs to coat
Oil to fry

Method:

Heat 3 tbsp of oil in a pan under medium heat.
Once the oil is hot, fry the curry leaves, green chilies, celery, ginger and scallions.
Once the scallions and celery are fairly cooked, mix in the tuna.
Add in the mashed boiled potatoes and mix well.
Mix in curry powder and turmeric to taste, as well as a piece of cinnamon.
Remove the pan from heat.
Heat the oil for deep frying the cutlets.
Once the mixture is no longer hot, make small balls with $\frac{3}{4}$ - 1 inch diameter.
Beat the egg in a bowl, and put the breadcrumbs in a shallow dish.
Once the breading station is ready, take a ball of the cutlet mixture, coat it in the beaten egg mixture, and then coat with breadcrumbs or panko crumbs.
Carefully place the coated cutlets in the hot oil, frying them until golden brown.

Sent in by V. Dharmaratne



Image source:
<https://mogosuper.com/2017/11/08/fish-cutlets/?v=3e8d115eb4b3>

Want to know what your new Board of Directors (BOD) will be undertaking in 2018-2019?

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

Contributing to Maya Puwath

Contributing to Maya Puwath is a great and easy way you could be an active member of MGCAANA. We accept content produced by you, articles written by others with proper acknowledgement, as well as news from Mahamaya Girls' College, Kandy, Sri Lanka.

No time to write an article but would still like to contribute to Maya Puwath? Not a problem! We welcome content produced by children of MGCAANA member that we will feature in the Kids' Corner of Maya Puwath.

Please send your contributions to the upcoming October issue of Maya Puwath:

Mahamaya_alumnae@yahoo.com

Vidya Scholarship Trust Fund (VSTF)

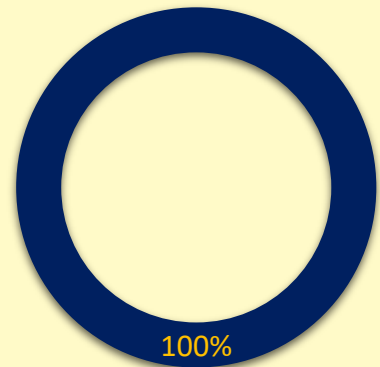
VSTF awards scholarships to the most deserving, economically-disadvantaged students who do well in their studies and extra curricular activities from grades 6 and up at Mahamaya. **We are happy to announce that VSTF has officially reached its initial goal of \$20,000 thanks to generous donors like you!**

If you would like to support MGCAANA in its fundraising efforts, you can donate (online/check) and most importantly, encourage others to donate:

<http://www.mahamayaalumnina.org/vstf.php>

Stay tuned for VSTF's next goal!

VSTF Progress: Initial Goal of 20,000.00



■ Funds Raised

Newsletter Committee: Vihara Dharmaratne, Vajeera Dorabawila, Lilika Molligoda

Maya Puwath is a publication of Mahamaya Girls' College Alumnae Association in North America (MGCAANA)