

# Maya Puwath - මායා පුවත්

*Bi-Monthly Newsletter of Mahamaya Girls' College  
Alumnae Association of North America (MGCAANA)*

**Volume 15 – Issue 6 – December 2019**



## Message from the Editors

Dear readers,

As we draw close to the end of yet another year, it is a time to reflect on the past while making plans for the New Year!!

In this last Maya Puwath issue of Volume 15, we have a write up on one of the fundraising projects MGCAANA undertook, the "Saree Project," followed by MGCAANA's charitable donations for 2019/2020 and details of the Vidya Scholarship Trust Fund (VSTF). Details of the 16th AGM of MGCAANA are also included in this edition, so be sure to save the date! In addition, there are two delicious recipes and a contribution to the Kids corner. In the Pause-Rewind-Play segment, you will get the opportunity to continue reading part 2 of "33 and counting - Mount Rushmore & Yellowstone National Park" By Hemalika Abeysundara (Karunaratne). This issue also includes many news items from Mahamaya Girls' College.

As this will be the last issue of Maya Puwath for 2019, we hope you enjoyed the issues we brought to you over the past year. It has been a busy year for all of us in the Newsletter Committee, and we have enjoyed putting together the Newsletters of 2019. We look forward to receiving your contributions for the Newsletter in the New Year.

Wishing you all a happy and prosperous 2020!

Best wishes,

Maya Puwath Newsletter Committee

## In this issue

- 16<sup>th</sup> MGCAANA AGM & Dinner
- Saree Project
- MGCAANA Charitable Donations
- Update on VSTF
- Pause-Rewind-Play
- Recipe Corner
- Kids Corner
- Mahamaya News
- Opportunity with Asia Foundation



***Arogyaparama labha  
santutthiparamam dhanam  
vissasaparama nati  
nibbanam paramam sukham***



Health is the greatest gift,  
contentment is the greatest wealth,  
a trusted friend is the best relative,  
Nibbana is the greatest bliss.

[Dhammapada \(Verse 204\)](#)

# SAVE THE DATE!

## 16<sup>th</sup> Annual General Meeting of Mahamaya Girls' College Alumnae Association in North America (MGCAANA)

**When:** Memorial Day Long Weekend; Date to be announced

**Where:** Seattle, Washington, USA



*The AGM will be followed by a dinner reception (venue TBC). Stay tuned for more information!  
For specific inquiries, please write to us at [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com).*

## PLAN YOUR TRIP AND SEE YOU IN MAY 2020!

### Some Upcoming MGCAANA Activities

- Board Meetings (January, February, March)
- Next Newsletter (February)
- MGCAANA Undergraduate & Graduate Scholarship Program Announcement (January 31, 2020)

## MGCAANA Saree Project

*By Senali Dissanayake*

The second fundraising project for the year 2019-2020 was distributing Mahamaya sarees. This was implemented with the purpose of fundraising for MGCAANA and as an opportunity for Mayans residing in North America to purchase Mahamaya sarees. With a donation of \$45 and \$40, donors received either a Batik or Handloom saree respectively. The fundraising project was a great success and raised **\$200** toward MGCAANA. Special thanks go to Hashini Mohottala who helped with shipping the sarees to USA, Mr. and Mrs. Rohana Dissanayake in Sri Lanka for contacting the two factories, picking up the sarees and delivering for shipping, and Geetha Eragoda for advice and support to initiate the project. MGCAANA also thanks all those who contributed to this project by purchasing these beautiful sarees.





## **MGCAANA's Charitable Donations for 2019-2020**

The Executive Committee and the Board of Directors (BOD) would like to announce that MGCAANA has selected the following two organizations for MGCAANA's annual charitable donations:

### **Connecticut Meditation center (USA) - \$100.00**



### **Education without Borders (Canada) - \$100.00**



## **Vidya Scholarship Trust Fund (VSTF)**

The Vidya Scholarship Trust Fund (VSTF) set up by Mahamaya Girls' College Alumnae Association North America (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/wisdom. Our initial goal was to raise at least \$20,000. We reached this goal last year (2018). As of September 2019, we have raised over \$ 20,700.00, the interest from which has been going toward awarding around 14 scholarships per year. This year, we were able to award 15 Scholarships to pupils at Mahamaya. Please join us to continuously support the pupils at Mahamaya.

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.mahamayaalumna.org/vstf.php>



### **33 and counting – Part 2 – *Mount Rushmore & Yellowstone National Park* By Hemalika Abeysundara (Karunaratne)**

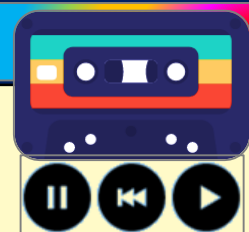
We were trying to catch some sleep in cold last time when I stopped the part 1 of my article. When we woke up in the following morning, the hood of our tent was damped with layers and layers of snow. It was heavy and we had to kick the roof from the inside to get rid of them. Our day began with cooking breakfast and preparing the lunch for the day. Saku and I made a dhal curry and fried sausages while a pot of rice is cooked. We had a hot tea and a meal and packed our stuff again to start the journey.

Our goal was to watch as many eruptions and geysers as we could. The times of the eruption and the names of the geysers were displayed in many places; hence it was easy to plan our route. If you plan to visit Yellow stone national park, make sure you won't miss the Morning Glory Pool, Old Faithful Geyser, Opal Pool, Sapphire Pool, Splendid Geyser, Grand Prismatic Spring and Grand Geyser because they are colorful and eruptions are beautiful to watch. The color formation done by Mother Nature is unbelievable and no modern camera can get the real beauty of those color mixtures.

After driving around the park while visiting those geysers and counting bison, we decided to have our lunch near the yellow stone lake. I do not have words to explain the view of the lake. It was frozen and what we could see was a layer of ice which made the lake a huge ice crust. We heated our curries using our gas cooker but the cold wind made our lunch colder within minutes. Since the lake was frozen, we had to melt snow and ice on a hot saucepan to wash dishes and hands. It was another new experience we gained during our trip. Our next camp site was located near the lake and since the lake was frozen, the park decided to close the camp site for that day. Unfortunately we couldn't camp that night in the park, so we changed our plans and determined to drive all the way to Salt Lake City. We were able to change our reservations of the motel for another night. Saying good bye to the park, we started our journey towards Utah and reached Salt Lake City after a long drive in heavy rain. We enjoyed a hot shower and a good hot dinner and slept like babies under those warm blankets sweeping away our memories of the previous cold night.

It was a gloomy day next day and our plan was to visit Bingham copper mines. We had to wait few hours until the mist fades away to open the gates for public. It is also known as the Kennecott Copper Mine and is an open-pit mining operation extracting large copper deposits. It has a creation of a pit over 0.75 miles (1.21 km) deep, 2.5 miles (4 km) wide, and covering 1,900 acres (770 ha). When we look down to this great pit, we could see the roads running round and round like strings and the tractors which transport the deposit looked like small boxes of matches. But when you get a chance to stand near these trucks they are huge and their tires are several feet higher than a grown human. Bingham Canyon Mine is the largest man-made excavation in the world, and is visible with the naked eye from space.

(Continued on next page)



(Contd.)

After watching an informative video about the beginning of the mine and how they process copper, we headed back to Salt Lake City town area to visit the famous temple square. It is packed with several temples with beautiful architecture and the center piece temple made it unique. We felt like we were in a different world. Huge roofs and beautiful statues added a historic look to the place. Each church had different themes and we were allowed to visit only selected churches. We waited until dark to enjoy the amazing view of lighted temples. After exploring the temple square, we walked around the city here and there and came back to our motel.

Priyantha was so excited about the Winter Olympic City in Salt Lake City because he watched the whole Winter Olympic program in 2002. So our next day visit was to the Winter Olympic City. Though there was not much to look, we had a good guided tour around the place. We found a famous Nepali restaurant in the city and had a decent Indian meal that evening. The funny part of this lunch was we had to use our GPS to track the place while we walk around the streets. Pedestrians passing us were looking around when they hear the lady of the GPS gives the directions to the location. That was the last night in our motel and we packed our stuff, so we can leave the place earlier next day.

That was the last day of our trip or the seventh day. On our way back we visited the Arches National Park which is famous for the “Delicate Arch”, the picture you see on Utah number plates. We had a long walk to the arch while enjoying the different formations of the rocks created by wind and rain. It was hot and we were burning from dry wind. But the journey felt worth when we reached the destination. The formation of the Delicate Arch is astonishing and we couldn't believe that huge rocks can form into such designs by themselves. Finally we covered all the places we planned and started our drive back to home. While stopping at couple of places to eat and to rest, we drove the whole night and reached Lubbock at the dawn of 1st of June. With all the excitements we had in the trip and the experiences we gained, we knew this trip is going to be a one long story to sit back and remember with a great pleasure.

*After she completed her PhD in Statistics/Mathematics, Hemalika returned to SL in January 2015 and joined University of Peradeniya as a Senior Lecturer in Statistics at the Department of Statistics and Computer Science, Faculty of Science. She currently teaches undergraduate Stat courses and also MSc. Level courses at the Postgraduate Institute of Science (PGIS). Hemalika's research work covers Survival Analysis, Clinical Data Analysis, Actuarial Statistics and Asymptotic Theory. She has a 6 year old daughter (Miyuru - Who was born in the US) who is in grade 1 at Mahamaya Girls' College now, and a 2 year old son (Hasaru). Hermalika's husband Dr. Sachith Abeyesundara is also a senior lecturer in Statistics at the same department. Hemalika is involved in various OGA activities and currently is the Treasurer on the Sri Lankan side for the MGCAANA Vidya Scholarship Trust Fund (VSTF) Board of Trustees.*

## Recipe Corner

By: Taste of Home

### Orange Pomegranate *Salmon*

#### TOTAL TIME:

Prep: 10 min.

Bake: 25 min. YIELD: 4 servings



#### Ingredients

- 1 small red onion, thinly sliced
- 1 skinned salmon fillet (about 2 pounds)
- 1/2 teaspoon salt
- 1 medium navel orange, thinly sliced
- 1 cup pomegranate seeds
- 2 tablespoons extra virgin olive oil
- 1 tablespoon minced fresh dill

#### Directions

1. Preheat oven to 375°. Place a 28x18-in. piece of heavy-duty foil in a 15x10x1-in. baking pan. Place onion slices in a single layer on foil. Top with salmon; sprinkle with salt. Arrange orange slices over top. Sprinkle with pomegranate seeds; drizzle with oil. Top with a second piece of foil. Bring edges of foil together on all sides and crimp to seal, forming a large packet.
2. Bake until fish just begins to flake easily with a fork, 25-30 minutes. Be careful of escaping steam when opening packet. Remove to a serving platter; sprinkle with dill.

<https://www.tasteofhome.com/recipes/orange-pomegranate-salmon/print/>



# Christmas Cake/ Rich Fruit Cake

By  
Suren Ranasinghe

## Ingredients:

### Fruits Used: (700g)

- 100g Dates
- 100g Black Raisins
- 100g Golden Raisins
- 100g Dried Pineapple Tidbits
- 100g Dried Cranberries
- 100g Maraschino Cherries
- 100g Candied Mix Peels

\*You can add or change any fruit as prefer

### Nuts Used: (100g)

- 30g Cashews Chopped
- 20g Pecans Chopped
- 20g Almonds Chopped
- 30g Walnuts Chopped

\*You can use any type of nuts that is available.

- Few whole Cashew for decorations

- 150ml Brandy (Options; Rum or Orange Juice)
- Juice of an Orange
- Zest of an Orange
- Zest of a Lemon
- 225g Flour (all purpose flour)
- 60g Ground Almonds (Almond Flour/Meal)
- 200g Butter, room temperature soften
- 200g Light brown sugar (Dark brown sugar will give a darker color to the cake)
- 3 Large Eggs
- 1 Tsp Baking Powder
- 1/2 Tsp Cinnamon Powder
- 1/2 Tsp Allspice
- 1/4 Tsp Nutmeg

## How to:

- ❑ In a bowl, add all the chopped fruits, orange zest, lemon zest, orange juice and brandy. Give it a good mix, cover it up and leave it on a countertop. It is best to leave for about two weeks, you can also leave for about 3-7 days if you don't have much time.

## Recipe Corner

*This cake is rich with fruits & nuts, and adds some boost to celebrate the Christmas season. You can keep this cake for about 3-4 weeks and can prepare ahead of time so you can store it while brushing with brandy to hold the moist in the cake & to make it even richer.*

### On the baking day:

- ❑ First prepare your pan by adding 3 layers of parchment paper to the bottom and around the cake pan, grease the pan well.
- ❑ In a bigger bowl, cream butter and sugar together.
- ❑ To the butter mixture add eggs one at a time while beating
- ❑ To the chopped nuts add one tablespoon of flour and mix it, (coating nuts with flour-this will help nuts not to sink to the bottom)
- ❑ Take the soaked fruits, give it a mix, add the flour coated nuts, add two more tablespoons of flour to the fruit mixture and mix the fruits and nuts together, set it aside
- ❑ Sift remaining flour, baking powder, allspice, ground cinnamon, nutmeg powder, ground almond to the butter and sugar mixture, fold it till combined
- ❑ Add the soaked fruits to the cake batter and fold the fruits and nuts until it's evenly combine with the batter
- ❑ Transfer the mixture to the prepared pan, spread the batter evenly in the pan, give few taps to release air bubbles, add few cashew nuts on top for decorations.
- ❑ Bake on 300F degrees for one and 50 minutes to two hours, until a skewer inserted in the middle comes out clean.
- ❑ After it's baked, release from the pan and let it cool. While it's still slightly warm using a skewer make holes on top of the cake and pour some brandy to those holes to keep the cake moist. When its completely cool wrap the cake tight with cling wrap and store in an airtight container. You can soak the cake with brandy once a week.



Link to video: <https://bit.ly/39rrJmc>



## Man and a Dog



Name : **Ravindu Karunaratne**

Grade: **6**

Age: **11**

School : **Hamden Hall Country Day School**

### 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.

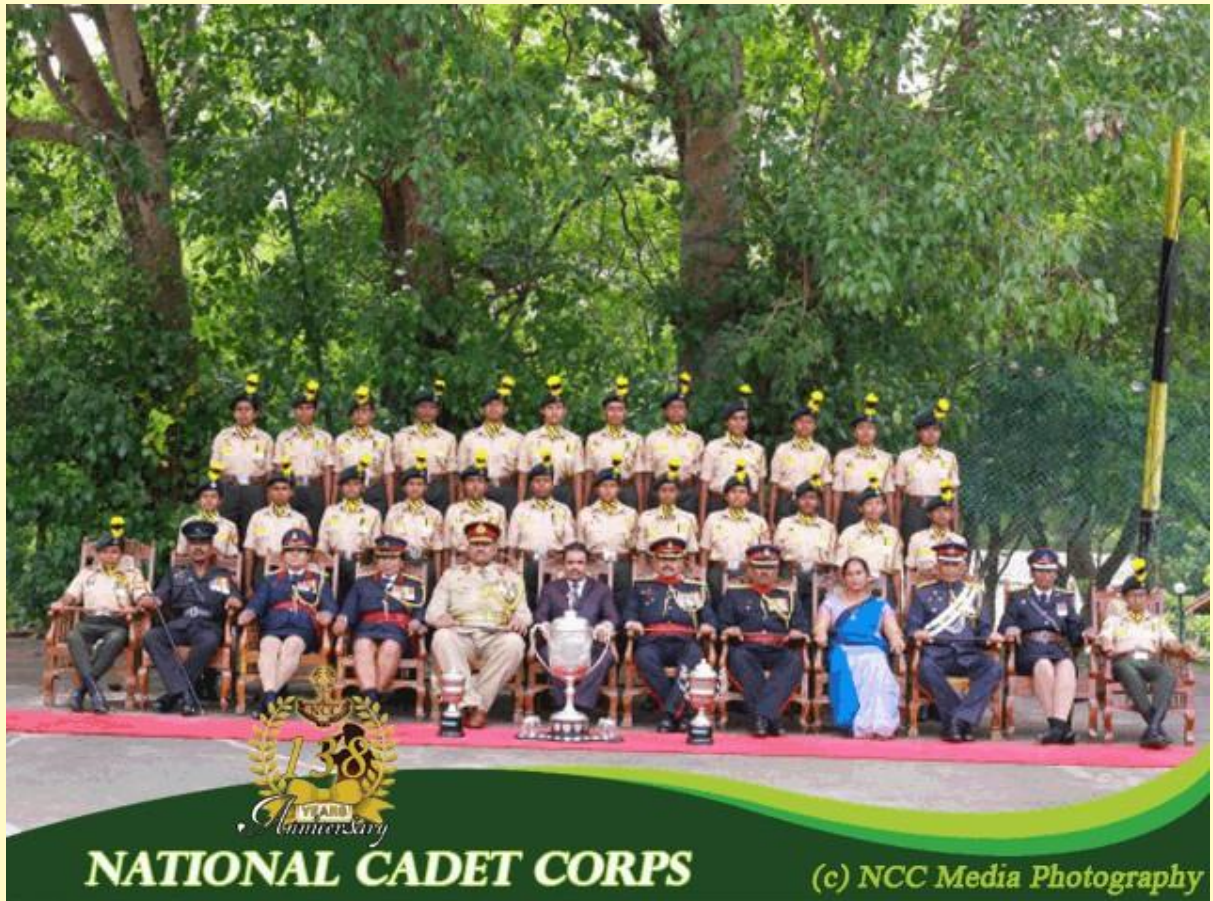
No time to write an article but would still like to contribute to Maya Puwath? Not a problem! We welcome content produced by children of MGCAANA member that we will feature in the Kids' Corner of Maya Puwath.

Please send your contributions to the upcoming issues of Maya Puwath:

[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)



## **Mahamaya Girls' College Wins De Soysa Championship Trophy**



The National Cadet Corps conducted its All Island Annual Girls' Final Assessment Camp, De Soysa Competition Camp, from October 2-11, 2019 in Rantambe. After many being successful in a series of competitions and final tests, Mahamaya Girls' College secured the championship this year. 60 girls platoons selected across Sri Lanka competed for the coveted De Soysa Champions Trophy.

The Passing Out Parade was held on October 10, 2019 at the Rantambe Parade Grounds. Mr. M. N. Ranasinghe, Secretary, State Ministry of Education attended as the Chief Guest on the invitation of Major General M. M. S. Perera psc, Director National Cadet Corps (NCC).

MGCAANA would like to congratulate the Cadet Platoon of Mahamaya Girls' College for its impressive victory!

Sources: [cadet.lk](http://cadet.lk)

## **Mahamaya Going Digital**

People's Bank launched a School Banking Unit complete with a Near-Field-Communication (NFC) enabled Cash Deposit Machine (CDM) at Mahamaya earlier in December 2019, with the goal of driving forward its mission to digitally empower Sri Lanka along with the objective of introducing the digital banking experience to Sri Lankan schoolchildren.



Read more on this at <http://bizenglish.adaderana.lk/peoples-bank-inaugurates-school-banking-unit-with-cdm-at-mahamaya-girls-college/>

Picture courtesy : Ada Derana Biz

## Opportunity

### LankaCorps Fellowships

Deadline: January 31, 2020

The [Asia Foundation](http://www.asiafoundation.org) is seeking its next cohort of LankaCorps Fellows. LankaCorps is a unique program for young professionals of Sri Lankan heritage living outside the country to engage in social, cultural, and economic development activities in Sri Lanka.

The 6-month fellowship (June-December) provides stipends to cover airfare and in-country expenses as well as health insurance coverage for the duration of the program.

Learn more at:

<http://www.asiafoundation.org/lankacorps>

Sent by: Sujatha Werake

## MGCAANA News

### 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.mahamayaalumnae.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](mailto:Mahamaya_alumnae@yahoo.com)

### Newsletter Committee:

Vihara Dharmaratne, Vajeera  
Dorabawila, Lilika Molligoda,  
Berlini Narampanawe

# Season's Greetings!

# MGCAANA wishes you happy holidays and a very happy new year!