

Maya Puwath - මායා පුවත්

**Bi-Monthly Newsletter of Mahamaya Girls' College
Alumnae Association of North America (MGCAANA)
Volume 17 – Issue 3 – June 2021**



Message from the Editors

Dear readers,

We hope everyone is having a good summer, as our lives seem to be gradually returning to some semblance of normalcy.

As most of you know, a lot has happened with MGCAANA since the last time we met. We successfully held our 17th Annual General Meeting virtually, on May 22nd, 2021, where we elected a new Board of Directors (BOD) and a new Executive Committee for 2021-2022. A warm welcome to our new leaders and we look forward to what's in store for the year ahead! Also, a big thanks to our outgoing BOD and the Executive Committee as well, we are very grateful for all the hard work they did in 2020-2021. To mark this transition in MGCAANA leadership, you will see in this issue messages from our outgoing President Amali Alawatta and the incoming President Dasmanthie De Silva (Chin).

You will also read exciting news that a new Principal has been appointed at Mahamaya Girls' College, Mrs. Shashikala Senadheera, who is also a Maya alumna. We wish her all the best in her endeavors as the new Principal of our beloved alma mater.

We know some of you got to celebrate Father's Day recently, be it over a phone call to Sri Lanka, or in-person if you were fortunate. In this issue, you'll see two beautiful and touching poems written by a MGCAANA member and a Mayan, in honor of our loving fathers. We hope you enjoy reading them.

As MGCAANA members in the U.S. got a chance to observe the first ever Juneteenth as a federal holiday, this issue includes some information to create awareness on the significance of this holiday.

As usual, we didn't forget to include a tasty recipe as well, a healthy breakfast recipe. Hope you try it out, and if you have any recipes to share with us, we always welcome them!

We hope you enjoy reading this issue of Maya Puwath. Until we meet in August, we hope you all have a wonderful summer. Stay safe and take good care!

The Newsletter Committee

In this issue

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- The new Board of Directors & Executive Committee
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Dhammapadha

*.Yavajivampi ce balo
panditam payirupasati
na so dhammam vijanati
dabbi suparasam yatha*



A fool, even though he is associated with a wise man all his life, does not understand the Dhamma, just as a ladle does not know the taste of soup

[Dhammapada](#)
[\(Verse 64\)](#)

The 17th Annual General Meeting of MGCAANA

Although we were very hopeful to do an in-person Annual General Meeting (AGM) this year, given the current pandemic situation and the CDC/Health Canada guidelines, the Board of Directors & the Executive Committee had decided to yet again hold a virtual AGM. As such, the Board of Directors and the Executive Committee of MGCAANA successfully organized the **17th MGCAANA AGM** on **Saturday, May 22nd, 2021** via Zoom. Despite the virtual format, many MGCAANA members attended the AGM, which also showcased various talents of MGCAANA members, their children and well-wishers of the MGCAANA family. Many thanks to those made the AGM a great success, as well as to those who attended the meeting. Let's all hope that we all get a chance to get together in person for the next AGM!



The 17th Annual General Meeting of MGCAANA (contd.)



Newsletter Committee would like to welcome MGCAANA's new Board of Directors and Executive committee for the year 2021-2022!

President- Dasmanthie De Silva (Chin)

Vice President- Savithri Weerasooriya

Secretary- Chamila Nimalarathne

Treasurer- Taniya Pathiranage

Webmaster- Nadeepa Jayasundara

Director- Kithma De Silva

Director- Nimalka Sivakumar

We look forward to working with you!

Renewing MGCAANA Membership for the Year 2021-2022

Thank you to members that already renewed their membership for the year 2021-2022. If you have not renewed your membership yet, this is a friendly reminder to renew your membership to support MGCAANA's ongoing activities.

How you can renew your membership:

Online: Use your credit card or PayPal account to pay your membership fee through the MGCAANA membership renewal page.

By Mail: Please mail a check payable to MGCAANA (\$ 15 - Students; \$ 25 - Regular). Address: Treasurer, MGCAANA, 2417 NE 20th, Renton, WA 98056

Note: If you wish, you can also renew your membership for 3, 5, or 10 years by paying US\$70.00, US\$115.00 and US \$230.00 respectively.

Your support helps MGCAANA continue its legacy in helping Mayans and their communities in North America as well as current students at Mahamaya Girls' College, Kandy, Sri Lanka.

Message from the Outgoing President - Amali Alawatta

Dear MGCAANA members,

As we just successfully completed our 17th Annual General Meeting (AGM) of MGCAANA, I deem it a great honor and privilege to address the fellow Mayans one last time, as the outgoing president.

Just like last year, even though we could not have the AGM in person due to Covid-19 global pandemic, I believe we still managed to effectively complete it with the inclusion of all the 'normal' activities. I am very grateful for everyone who gathered at the zoom meeting to celebrate our AGM virtually, and for making it a priority to attend the AGM on May 22nd, 2021.

There are so many to be thankful for, for the past year, but first, my appreciation is to the outgoing board of directors and executive committee. Volunteering to be part of a board in a nonprofit organization while balancing many other roles in life is not an easy task. I am indeed grateful & I applaud my board for the great teamwork, dedication, enthusiasm and working together on problem solving.



MGCAANA would not have been here if it were not for the four steering committee members who initiated to establish this non-profit organization. Mrs. Sujatha Werake, Mrs. Harshi Waters, Mrs. Arushie Nugapitiya, and Mrs. Neranjika Dissanayake; I always value the efforts in different paths they take to make this organization an established and an active one where all Mayans in the Northern region feel at home.

I also want to extend my generous thanks to the advisory committee for being there for us whenever we needed support, guidance & close supervision. Mrs. Himashinie Diyalabalanage, Mrs. Geetha Eragoda, Mrs. Dharshani Nanayakkara; whether it is a fundraiser, scholarship program, or any other MGCAANA related matter, they are always supportive and encouraging!

Thank you to our newsletter committee for bringing us great pieces of informative news, creative writing & recipes, bi monthly. Mrs. Vihara Dharmaratne, MS. Berlini Narampanawe, the former committee served last year Mrs. Lililka Molligoda, Mrs. Vajeera Dorabawila & our newest addition to the committee, Mrs. Samantha Ranaweera, thank you for your continued service! (continued)

Message from the Outgoing President - Amali Alawatta (contd.)

To the other committees affiliated to MGCAANA, the Vidya Scholarship Trust Fund & Nanda Pussegoda Leula Memorial Scholarship Fund, the endowment committee & the MGCAANA undergraduate & Graduate Scholarship committee, my deep appreciation for your voluntary service.

It is the volunteers who help the most to bring a nonprofit organization to victory. Thanks to all the people who helped us either directly or indirectly, to make the year successful.

Finally, to all the members who keep this machine running by donating, renewing memberships, & for your continued support in helping this organization make a collective impact in many ways to many Mayans & communities, that we would not have been able to accomplish as individuals. Thank you!

As we are bidding our farewells as the Board of Directors and the executive committee of 2020/2021, thank you for making the 17th AGM a success & please know that we appreciate you and we are grateful for letting us serve you. Today, I am proud to say that I served MGCAANA & I invite you all to please come join us!!

Last but not the least, I congratulate the new committee and wish them all the very best for a great year ahead. You will have all the support that you need to take this organization to the next level.

Thank you,

Signing off for 2020/2021

Amali Alawatta

Message from the Incoming President - Dasmanthie De Silva (Chin)

Dear MGCAANA members,

I am truly honored and humbled by the opportunity to serve as the president of Mahamaya Girls' College Alumnae Association in North America (MGCAANA) for the year 2021-2022. MGCAANA as an organization has given us the opportunity to stay involved and active with our alma mater even when we live thousands of miles away. My sincere gratitude goes to the founding members, the past board of directors and all members for their continued support and hard work throughout the years. A special thank you to the previous president and board of directors for not only organizing the 17th Annual General Meeting (AGM) virtually but also for carrying out a very successful year amidst all the challenges they faced during the year. I also would like to thank all the MGCAANA members for attending AGM and for making it a success.

As the new President I look forward to continuing the traditions and the numerous fundraising efforts of MGCANNA. I encourage all the MGCAANA members to participate actively in our events, network with your alumni, share your thoughts and ideas, recruit new members and help out with our charity donations.

I am very excited to be leading MGCANNA this year and I invite all of you to be part of this journey!

Sincerely,

Dasmanthie De Silva (Chin)

**A very warm welcome to the new Principal of
Mahamaya Girls' College Mrs. Shashikala
Senadheera!**



Please refer to a beautiful welcome note by Nilu Wijekoon (Palipane).

<https://www.facebook.com/photo?fbid=2936679299994331&set=a.2243377692657832>

What is Juneteenth ?

On June 19, 1865, about two months after the Confederate general Robert E. Lee surrendered at Appomattox, Va., Gordon Granger, a Union general, arrived in Galveston, Texas, to inform enslaved African-Americans of their freedom and that the Civil War had ended. General Granger's announcement put into effect the Emancipation Proclamation, which had been issued more than two and a half years earlier on Jan. 1, 1863, by President Abraham Lincoln. The holiday received its name by combining June and 19. The day is also sometimes called "Juneteenth Independence Day," "Freedom Day" or "Emancipation Day."

How is it Celebrated ?

The original celebration became an annual one, and it grew in popularity over the years with the addition of descendants, [according to Juneteenth.com](https://www.juneteenth.com), which tracks celebrations. The day was celebrated by praying and bringing families together. In some celebrations on this day, men and women who had been enslaved, and their descendants, made an annual pilgrimage back to Galveston.

A new national holiday

Previous efforts have failed to make it a national holiday, and few have fought harder for the recognition than Opal Lee, an activist in Fort Worth [who campaigns](https://www.opalleefund.org) for the cause. On June 17, 2021, it became the 11th holiday recognized by the federal government. The Senate on June 15 passed a bill to recognize the day, and the House approved the measure the next day. President Biden signed the bill into law the day after that, immediately giving federal employees the day off this year.

<https://www.nytimes.com/article/juneteenth-day-celebration.html>

Happy Canada Day!
(July 1)



Happy Independence Day!
(July 4)



Recipe Corner

Overnight Oats



Ingredients

- 1/3 to 1/2 cup liquid such as dairy milk, almond, cashew or coconut milk
- 1/3 to 1/2 cup old-fashioned rolled oats
- 1/3 to 1/2 cup yogurt, optional
- 1 teaspoon chia seeds, optional but highly recommended
- 1/2 banana, mashed, optional
- Serving suggestions: fruit (fresh or dried), nuts, nut butter, seeds, protein powder, maple syrup, granola, coconut, spices, citrus zest and vanilla extract

Directions

1. Add the desired amounts of milk, oats, yogurt, chia seeds and banana to a jar or container and give them a good stir. Refrigerate overnight or for at least 5 hours.
2. In the morning, add additional liquid if you'd like. Once you achieve the desired consistency, top with fruit, nuts, nut butter, seeds, protein powder, granola, coconut, spices, zest or vanilla extract.

<https://www.foodnetwork.com/recipes/overnight-oats-3416659>

<https://andianne.com/6-overnight-oat-recipes-you-should-know-for-easy-breakfasts/>

Contributing to Recipe Corner

Would you like to share with us photos of your food creations to be featured on Recipe Corner? Or do you have any of your own recipes that you would like to share with your fellow Maya Puwath readers? If so, please send in your photos, recipes as well as links to the original recipes to the MGCAANA e-mail address:

Mahamaya_alumnae@yahoo.com



Interested in trying out a new and free meditation app?

Try "[Insight Timer](#)"!

"Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Guided meditations and talks led by the world's top mindfulness experts, neuroscientists, psychologists and meditation teachers from Stanford, Harvard, Dartmouth and the University of Oxford."



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 ©Sagarika Rathninde (Singapore)
07/10/2020




Poetry Corner

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Father's Day (June 20, 2021)

**MGCAANA wishes all our fathers a very happy
Father's Day!**



Poson (June 24, 2021)

**The Maya Puwath Newsletter
Committee hopes that all
MGCAANA members in
Canada and the United States
had a Happy and Peaceful
Poson!**



Reaching the New Goal Set for Vidya Scholarship Trust Fund (VSTF)

The Vidya Scholarship Trust Fund (VSTF) set up by 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 or wisdom. Our initial goal was to raise at least \$20,000. We reached this goal in 2019.

To continue this noble cause, a new goal was set to **\$30,000**, and as of April 2021, \$28,255 has been raised. We were able to donate 13 scholarships for the year 2020 despite Covid related obstacles and school closures.

To donate online or by cheque, please visit:

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

VSTF Progress



■ Funds Raised ■ Remaining

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.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

Upcoming MGCAANA Activities

- Board Meetings (July, August, September)
- Next Newsletter (August)

Newsletter Committee:

Vihara Dharmaratne, Berlini Narampanawe, Samantha Ranaweera

JOIN US!

MGCAANA Newsletter Committee is looking to recruit new committee members to work on "Maya Puwath," the bi-monthly newsletter of MGCAANA. As part of the Newsletter Committee, you'll be able to develop these useful skills: communication; writing; graphic design; team work; creative thinking; time management; leadership etc.

If you are interested, please reach out to the Committee through:

Mayamaya_alumnae@yahoo.com