

# Maya Puwath - මායා පුවත්

**Bi-Monthly Newsletter of Mahamaya Girls' College  
Alumnae Association of North America (MGCAANA)  
Volume 18– Issue 1&2 – February / April 2022**



## Message from the Editors

Dear Readers,

We hope that 2022 has been treating you well so far and that you are enjoying the beautiful Spring weather. We also imagine that you continue to take precautions against COVID-19 and its variants with the uptick in the recent cases throughout North America.

While the pandemic has impacted us in everything we do, fortunately MGCAANA has been able to adapt to this reality and continue to thrive. In this issue, you will see more information about the 18th Annual General Meeting (AGM) of MGCAANA going virtual. We hope those who couldn't travel to previous AGMs will join our virtual AGM!

Speaking of our alma mater, Mahamaya Girls' College celebrated its 90th anniversary on January 14th, 2022. In this issue, you will find some photos of how the school celebrated the anniversary. We have also included information on MGCAANA virtual fundraiser.

As usual, we have provided a delicious recipe for you in the Recipe Corner, we hope you try it out! For the Poetry Corner, we have a beautiful poem in Sinhala, sent to us by one of our members. You will certainly enjoy reading it, and perhaps this contribution will inspire you to contribute to the Maya Puwath newsletter too!

On a somber note, also included is an obituary, of our beloved MGCAANA member, Preeni Sandanayake, who passed away on March 18<sup>th</sup> 2022; our sincere condolences to late Mrs. Sandanayake's family.

We would like to give our thanks Vihara Dharmaratne for her years of contributions to MGCAANA newsletter and wish her the best in her future endeavors. We hope that you enjoy reading this issue of Maya Puwath. If you have any contribution for the next issue, we always welcome those! Until we meet in June, take good care!

See you at the AGM!

The Newsletter Committee

## In this issue

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- MGCAANA News
- Mahamaya Fundraiser
- Celebrations- Vesak



## Dhammapadha

*Yathapi rahado gambhiro  
vipasanno anavilo  
evam dhammani sutvana  
vipasidanti pandita*



Like a lake which is deep,  
clear and calm, the wise  
after listening to the  
Teaching (Dhamma)  
become serene

[\(Verse 82\)](#)

We are pleased to invite you to the 18<sup>th</sup> Annual General Meeting, 2022 of MGCAANA. Due to the COVID 19 pandemic, the Board of Directors & the Executive Committee have decided to hold the meeting virtually.

We are excited to see you virtually on **Saturday, the 21<sup>st</sup> of May 2022, @ 5 p.m. EST**. We will share the agenda and the zoom information soon.

Looking forward to seeing you all at the 18<sup>th</sup> Annual General Meeting 2022!



## Renewing MGCAANA Membership for the Year 2022-2023

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.

# A Life Well- Lived



*Preeni Sandanayaka*

*August 8, 1966 - March 18, 2022*

*You truly were an angle sent from the god in heaven above.  
Your shocking death just broke the hearts of everyone you loved!*

*We will all miss you dearly!*

*May you attain supreme bliss of nibbana!*

Funeral service: Mercadante Funeral Home & Chapel

• Saturday, March 26, 2022

• 2:00 PM - 4:00 PM

• 370 Plantation Street

Worcester, Massachusetts 01605

## A life well lived

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*August 8, 1966 - March 18, 2022*

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## Poetry Corner

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## MGCAANA Virtual Fundraiser



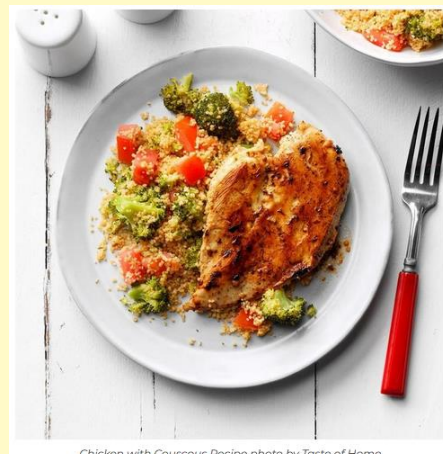
MGCAANA virtual talent show fundraiser held on the 12<sup>th</sup> March 2022 was a huge success! The evening was entertained by our young and adult talented entertainers. Their efforts helped us to raise US \$ 985 towards MGCAANA scholarship program and other charitable activities of the organization. We are extremely grateful for our talented performers, the donors, the well-wishers and the attendees for their support and for making this year's MGCAANA annual fundraiser a blast!

## Ingredients

## Chicken with Couscous

## Recipe Corner

- 1-1/2 cups fresh broccoli florets
- 1 package (5.8 ounces) roasted garlic and olive oil couscous
- 1 cup water
- 1 teaspoon plus 2 tablespoons olive oil, divided
- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons lemon juice
- 2 teaspoons minced garlic
- 1/2 teaspoon dried oregano
- 1 large tomato, seeded and chopped



Chicken with Couscous Recipe photo by Taste of Home

## Directions

1. In a large saucepan, combine the broccoli, contents of the couscous seasoning packet, water and 1 teaspoon oil. Bring to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes.
2. Meanwhile, flatten chicken to 1/4-in. thickness. Sprinkle with salt and pepper. Combine the lemon juice, garlic and oregano; rub over chicken. In a large skillet, brown chicken in remaining oil over medium heat for 8-10 minutes or until juices run clear. Stir tomato into the couscous; serve with chicken.
3. <https://www.tasteofhome.com/recipes/chicken-with-couscous/>

## 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:

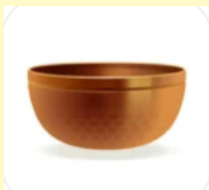
[Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)



## 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."*





# The Annual Inter House Sports Meet of Mahamaya Girls' College

"A champion is someone who gets up when he can't"

The Annual Inter House Sports Meet of Mahamaya Girls' College, Kandy for the year 2022, was held magnificently on the 19th of April 2022. The championship trophy was hoisted by Yasodhara house while the runner-up and the second runner-up were Maya and Prajapathi houses respectively.



## Vesak Celebration (May 16th, 2022)

The Maya Puwath Newsletter Committee would like to wish all MGCAANA members in Canada and the United States a Happy and Peaceful Vesak!





## Celebration of the 90th Anniversary of Mahamaya Girls' College, Kandy

Mahamaya Girls' College, Kandy celebrated its 90th anniversary on January 14th, 2022.

Here are some captures by the Photographic Society of Mahamaya Girls' College.

<https://fb.watch/cWUblVV51M/>





### 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.

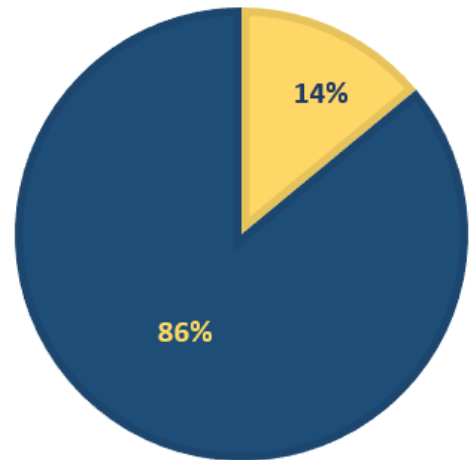
The total amount collected for VSTF reached \$42956 in last January 2022. The goal was \$40000 at that time. As we passed the goal, the BOD increased the new goal to \$50,000. Currently, we are at 85.9% of the new goal.

To donate online or by cheque, please visit:

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

NEW GOAL: \$50,000

Remaining Raised



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

### Upcoming MGCAANA Activities

- 18<sup>th</sup> AGM
- Board Meetings (May, June, July)
- Next Newsletter (June, August)

### Newsletter Committee:

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](mailto:Mayamaya_alumnae@yahoo.com)