



## Editorial

Hi everyone,  
Have you, like me, wondered where this year went? It is already very nearly 2006 you know! I read somewhere that time and tide waits for no man. How precisely true. Not too many things left unsaid and undone and postponed to the "to do" list of the coming year I hope!

2005 has indeed been remarkable for us Mahamayans living in North America with the forming of our own Association and the launch of a Newsletter where we can visit one another via Maya Puwath and keep in touch with all, share an anecdote, a recipe or a good article. Hope you make good use of the opportunity in the coming year. Globally 2005 was certainly a year of great catastrophes. We began the year with the Tsunami of the previous year and then headed for more hurricanes, earthquakes and landslides and much more. It is almost as if we are experiencing nature's wrath. In the coming year, let us hope that people and policy makers alike will be more environmentally sensitive.

Back home in Sri Lanka, we hope that the fragile peace will strengthen in the coming year. Let's hope that there will be less loss of lives through natural disasters and civil strife. 2005 also marks the 5<sup>th</sup> year of continuous human presence in space— a remarkable achievement! It was also in 2005 that a Mahamayan came first in the island in the arts stream at the Advanced Level Exams. So 2005 was certainly not all gloom. But lets work for and hope for even better things in 2006.

For those of you who, like me are feeling a little perturbed that another year is coming to an end and feeling low about the growing list of "unaccomplished things" here's a quote from the Buddha that made me feel better:

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly."

**Happy New Year everybody and for those who celebrate, a Merry Christmas too!**



Hi, I am Chathuri Nugawela-Munasinghe, editor of volume 2 of Maya Puwath. I was at Mahamaya from 1979-1990. Thereafter, I Studied Law in the UK and worked at the Ceylon Chamber of Commerce, The Institute of Policy Studies and the World Bank. Currently, a " 24/7 at your beck and call" mother to Meth Chethana (3.5 yrs) and Iru Aanandi (1.5) years, and wife to Jeeva, a Medical Research scientist. We live in Maryland. When I have the time, I like to shop till I drop, read, listen to Baila and write. Have a great Holiday!

As a solid rock is not shaken by the wind, even so the wise remain unshaken amidst blame and praise.

-The Dhammapada-

## MAYANS' FAVORITE BOOK CORNER

1. Matrimonial Purposes by Kavita Daswani
  2. Change Of Skies by Yasmine Gooneratne
  3. Don't Sweat The Small Stuff by Richard Carlson
  4. Lessons Of The Lotus by Bhante Y. Wimala
  5. Fit and Fabulous After 40 by Denise Austin
  6. Bed Of Red Flowers by Nelofer Pazira
- Submitted by Priyanka Jayakody



## Help Lines:

- National Committee to Prevent Child Abuse: **1-800-CHILDREN**
- National Domestic Violence Hotline **1-800-799-SAFE (7233) & 1-800-787-3224** (TDD for the hearing impaired)
- Child help USA: **1-800-4-A-CHILD**
- Cocaine National Hotline **1-800-COCAINE**
- Friends of Battered Women and Their Children, call **1-800-603-HELP**
- KID SAVE: Referrals to shelters, mental health services, sexual abuse treatment, substance abuse, family counseling, residential care, adoption/foster care, etc. **1-800-543-7283**
- NAMI Helpline National Alliance for the Mentally ill, call **1-800-950-NAMI**.

By courtesy of findingstone.com  
Submitted by Sujatha Werake

Also National Capital Poison Center 1-800-222-1222

Satisfaction, simplicity, gravity, self-control and purification of one's existence are the austerities of the mind.

[Bhagavad GitaG 17.16:](#)

"The future belongs to those who believe in the beauty of their dreams"  
"No one can make you feel inferior without your consent"  
-Eleanor Roosevelt-

*Volume 3 of Maya Puwath will come to you on February 25th 2006. Please forward your submissions for publication in this issue by February 10th 2006 the latest. Send your submissions to [namahamayans@yahoo.com](mailto:namahamayans@yahoo.com)*

**Editorial Committee:** Priyanka Jayakody, Devi Gunasekera, Nazrana Caffoor and Chathuri Nugawela -Munasinghe.

**We are open to comments, suggestions and criticisms. E-mail us at : [namahamayans@yahoo.com](mailto:namahamayans@yahoo.com)**

## Only in America.....

Only in America...can a pizza get to your house faster than an ambulance...

Only in America...are there handicap parking places in front of a skating rink ...

Only in America...do banks leave both doors open and then chain the pens to the counters...

Only in America...do people order double cheese burgers, a large fry and a diet coke..

Only in America...do we buy hot dogs in packages of ten and buns in packages of eight..

Only in America...do we leave cars worth thousands of dollars in the driveway and leave useless things and junk in boxes in the garage...

Only in America...do we use answering machines to screen calls and then have call waiting so we won't miss a call from someone we didn't want to talk to in the first place...

Only in America...do use the word "politics" to describe the process so well: "Poli" in Latin meaning "many" and "tics" meaning "blood-sucking creatures.. Courtesy of

AHAJOKES.com. Submitted by Priyanka Jayakody



### Did you know?????

That twenty percent of the worlds freshwater lies in the Great Lakes, and most flows over Niagara Falls.

## Tsunami Help from the Kandy Mahamaya Old Girls' Association, Colombo Branch

Colombo Branch has been engaged in many projects in the tsunami affected areas. The value of grants made under these projects amounted to Rs.648,710.10 (Sri Lankan Rupees. The projects that have been completed are as follows:

- Cash and equipment to individuals
- Assistance to those involved in traditional coir-rope industry
- Provision of uniforms, books, and furniture, etc.
- sponsorship projects: Individual students

Self-employed individuals who received assistance from the Colombo Branch were masons, tailors, vegetable vendors, artists, people who manufacture coir mats and ropes, caterers, barbers, seamstresses, etc. A total of 22 women who were previously engaged in the coir rope industry in Dadalla and Galle were provided with new coir rope making machines and a cash grant of Rs.2,000 each to purchase raw materials. This project's cost was Rs.141,400.00.

### School Projects:

**Gamini Central College, Bentota:** Uniforms and books for 19 students were provided that cost Rs.29,775.00.

**Siddhartha College, Balapitiya:** Provided school uniforms and shoes for 301 students that cost Rs.163,399.00. Books, chairs, tables, bookshelves, and computer equipment valued at Rs.85,546.00 were also provided to the English Unit of the school.

**Sponsorship Project: "The Mahamaya College Old Girls' Association Disaster Relief Fund" is sponsoring 11 children from different schools in the affected area. Each child receives a grant of Rs.2,000.00 a month for their expenses.**

**Source:** "Overview of the projects by the Kandy Mahamaya Old Girls' Association (Colombo Branch)" by Kandy Mahamaya OGA (Colombo Branch)

## Come Join us

If you would like to become a member or to support us in anyway, please *Please check our website* [www.mahamayaalumina.org](http://www.mahamayaalumina.org)

e-mail us at [Mahamaya\\_alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)

or snail mail us at : MGCAANA, 2417,NE 24th street, Renton, WA 98056

Hail to those who are so concerned with improving their own faults, that they abstain from preoccupation with the flaws of others - Prophet Mohammed. From: <http://islam.web1000.com/prophet/sayings.htm>

### Your little one....

Strep throat is the most common type of throat infection caused by bacteria (Group A - beta hemolytic streptococcus bacteria), and it tends to affect children between 5 and 15 years old. Strep throat infections are contagious and strep bacteria commonly pass from person to person in the fluid droplets of coughs and sneezes. Streptococcus bacteria can also contaminate food, water and milk. In some cases this can lead to scarlet fever, or be followed by rheumatic fever or glomerulonephritis. (A kidney problem). A child who has strep throat will have a sore throat, will often vomit and complain of headache or abdominal pain for several hours before the throat pain begins. Fever may also be present and can reach 40°C (104° F). The child may have difficulty swallowing and may develop painful swollen glands on the side and in the front of the neck. About two out of three children have only a mild redness. Inside their throats, but the rest have large, red tonsils. There may also be white craters or specks of pus on the tonsils, or the tonsils may be covered with a grey or white coating, but this is present in only about 50% of all cases. Sometimes, on the child's soft palate (towards the back of the roof of her mouth. There are tiny red spots or speckles. Strep throat infections are treated with antibiotics, most usually penicillin, in the event of penicillin allergy, erythromycin, taken by mouth for 10 days. Antibiotics typically bring down the child's fever within 24 hours, and probably shorten the whole illness by a day or two. Up to 20% of children may exhibit persistence of the streptococci after treatment with oral penicillin. If streptococci persist following a second course of therapy, it indicates a probable carrier state.

Submitted by :  
**Dr. Devi Gunasekera**

## Life In the West.....

Unlike most of you, I've just arrived in the "west" just a mere three months ago. To be honest, life here seems the same as back where we all call home, Sri Lanka. In Sri Lanka there is a sense of fear or disdain towards the west. Many think & believe that the west is corrupt & full of violence. That culture & religion can only be preserved by living & breathing Sri Lankan air!!!

After living here, in Canada, I see all kinds of culture & religions practiced. There are the Hindus, the Sikhs, the Christians, the Buddhists & the Muslims, just like in Sri Lanka. Each practice their own religious functions & if they so wish live according to their culture. It's much more cosmopolitan than Sri Lanka. And the communities are so large that many don't interact. And unlike in Sri Lanka where we move freely with all communities here on the whole people stay somewhat segregated. Maybe to maintain their different cultures...?? Or maybe due to the fact that they still have a birth origin, as in where most of them were born. Indians have their community, as do the Chinese, the Sri Lankans etc. That is a major draw back here.

In Sri Lanka we are all Sri Lankans. And how ever long we live in this part of the world there will always be that distinction among the origins of communities. There will always be a difference among the communities but is that difference to be cultivated & maintained in order to protect "our culture & our religion", or is it better to be more open to change?? Will it be difficult to maintain our Sri Lankan values while interacting with the society in the west?? Is the violence any different here than it is in our homeland?? So what are your comments? Send in your opinions.....  
**By Nazrana Caffoor**

### Mums corner.

Our three year old son has developed a phobia for noises that resembles a siren, albeit sometimes very remotely. The smoke alarm, the school intercom etc. He works himself up so much that he literally pukes every time he encounters such a noise.

The pediatrician tells me that it will be some time before he gets over it. I was wondering if any of you have had a similar problem with your kids and any ideas as to how we could deal with this would be appreciated.

**-Chathuri N. Munasinghe**

## What's Cooking???

Toffee-fudge Bananas with Toasted



## Toffee-fudge Bananas with Toasted Nuts

Serves 4

Ingredients [2 large, ripe bananas](#) ,  
[2 oz \(50 g\) Brazil nuts](#) , [1 lb 2 oz \(500 g\) Greek yoghurt](#)  
[5 oz \(150 g\) molasses sugar](#)



Pre-heat the grill to its highest setting. You will also need 4 individual serving glasses, each with a capacity of 7 fl oz (200 ml). Right, on your marks, get ready... Pop the Brazil nuts, spread out on some foil, under the grill about 4 inches (10 cm) from the heat and put a timer on for 3 minutes (if you don't have a timer keep an eye on them, because they will burn if you forget them), then keep them to one side for later. Now peel and slice the bananas into thin rounds and place them in a large bowl, then add the yoghurt and mix well. Next, divide the mixture between the serving glasses and simply sprinkle the sugar equally over the 4 portions of banana. Now cover with cling film and leave in the fridge for about 3 hours – after this time the sugar will have transformed itself into lovely pools of fudge sauce. Now all you need to do is chop the toasted nuts, sprinkle them on top, serve and wait for the compliments. *This recipe is taken from How to Cook Book Two of Delia Smith. Courtesy of <http://www.deliaonline.com/>.*



*Those who made it happen- Some of the participants at the AGM of the Association, held in Seattle, WA.,*



*Democracy at work: Dr. Nilmini Wijewickrema counting the votes at the AGM in Seattle, WA*



*More of those hard workers who made it happen taking a break. Thank you!*



*Ms. S. Werake, President of the MGCNNA with members of the Colombo OGA who hosted her for lunch in Colombo, Sri Lanka -July 2005*

## K a r a n i y a M e t t a S u t r a

I have often wondered what all the Paali stanzas meant. So I was pleased to find the following translation and thought of sharing it with you- Chathuri

Universal Loving Kindness. One must be able, upright and straightforward; Pleasant in Speech, mild and not proud. Easily contented and easily supportable; Not caught up in too many "duties" and frugal in one's wants. Calm in mind, non discriminative and courteous; Avoiding any mean deeds  
b l a m e w o r t h y b y t h e w i s e .  
Thinking always thus: "May all beings be happy and safe, May they all have tranquil minds. Whatsoever pulsates with the breath of life -the frail or strong, without exception, the long, the large, the medium-sized, the short, the thin or fat. Those visible, and those invisible, those living far away or nearby; Beings who are already born and yet unborn. May they all be happy! May no-one deceive another, nor despise him in anyway anywhere. Let no-one wish another ill, owing to anger or provocation. Just as a mother would protect her son - her only son - with her  
l i f e  
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even so let him cultivate this boundless love to all living beings. Radiating with a full heart loving thoughts of kindness towards all the world, free from anger, malice or anxiety - above, below and in all directions. And while standing, walking, sitting or reclining - still free from drowsiness -let him maintain this state of mindfulness - termed the "Highest Living" And living free from mere views, being virtuous, perfect in insight, free from the lust of sexual desire, never again shall he be entangled in the round of rebirth. Hate is never overcome by hate. By love alone it is quelled. This is a truth of ancient date. Today still unexcelled. Avoidance of evil, Performance of good deeds, Purification of one's thoughts is what is taught in this sutra.  
*From [Buddhanet.net](http://Buddhanet.net) edited by Chathuri*

A man's life consisteth not in the abundance of the things which he possesseth.  
[Luke 12:15]

### Did you know?

Reputed Gems of Sri Lanka: Blue sapphire, cats eye, Alexandrite, Star Ruby, Yellow Sapphire, Star Sapphire, Amethyst, Garnet.  
**From: [mysrilanka.com](http://mysrilanka.com)**

### Stay Safe

According to the National Alert registry there are over 491,720 sex offenders in the United States. Here is the web site to visit and search your neighborhood. It is free.. Stay safe. [http://www.ancestorhunt.comsex\\_offenders\\_search.htm](http://www.ancestorhunt.comsex_offenders_search.htm)

*May All beings be well and Happy!!!!*