



MAYA PUWATH

Vol. 2 No5-October 2006

Editorial

Hello Everyone,

It is a great pleasure to welcome you all for another volume of "Maya Puwath". We are successfully reaching the second milestone of our great organization MGCAANA soon. The growth of MGCAANA in such a short time amazes me. We set our goals at the beginning of MGCAANA and the ability to achieve them successfully confirms the commitment of our members. I am so happy to be a part of such a great organization.

Some of those achievements include receiving the non profit (tax- exempt) status in the United States, ability to send computers to our school's computer lab, sponsorship of ten students in need at Mahamaya and awarding two scholarships for the Fall semester 2006 for Mahamayans who are studying in United State Of America. A great big thank you for Mrs. Sujatha Werake and Harshi Liyanage for their hard work and dedication in accomplishing this goal.

To continue the great work and to improve services to our members, we need to be financially strong. All of us can get together as a Maya family and try to raise small amounts of funds and do something in a small way to benefit society. There are so many things that we can do in Sri Lanka and even in US if we have enough funds to share. So we need to think about this seriously and start working on it. We have had great success in the raffle we organized for this year. We can continue raising funds in the future by doing Garage sales, car wash events, raffles, etc.

"Maya Puwath" has come a long way too. Every two months we try to provide you with new information about MGCAANA, our new members, stories, fun and knowledge. We invite you to be involved in "Maya Puwath" by sharing your stories and knowledge with us. You can send your contributions to namahamayans@yahoo.com.

Thank you for your support and encouragement. Have a wonderful day!

Devi Gunasekera.



Google Images

In Remembrance

"WIJEWARDENE - AMARA (nee RAT-WATTE). Wife of late Ainsley Wijewardene, mother of Upendra, Wasantha and Indrani, mother-in-law of Ranga, Seetha and Chandana Jayakody, grandmother of Chamilka, Harshani, Sajini, Eshan, Amodha, Nethru and Shaluka, daughter of the late Sir. Cudah and Lady Ratwatte, sister of the late Lennie, Stanley, Patrick, Kenneth, Anton, Pearly and of the Rev. Siddhartha and Dolly and of the late Indra. Cortege leaves residence **No.40, Green Path, Colombo 3** at 1.15 p.m. on Wednesday 4th October. Cremation at General Cemetery, Borella at 2 p.m. (No flowers by request)." *Ceylon Daily News, Oct. 4, 2006.*

"On 14th January 1932 amidst the chanting of Pirith by the Mahanayakas of Malwatte and Asgiriya temples and Bhikku Karandana Attadassi and the bhikkus of the Dhmayuttikaramaya, Leuke Ratwatte Kumarihamy cut the ribbon at the auspicious time of 10:25. Then her grand daughter, **five-year-old Amara Ratwatte**, walked into the school with her father. Thereafter, Hilda Kularatne, the first Principal of the new school, and three teachers, Eva de Mel, Karunawathie Gunaratne, Seelawathie Thambugala and two pupil teachers followed. Sixteen pupils were admitted on that first day. The Sangha blessed the new school after it was declared open."--*With a Fistful of Rice: Buddhist Women and the Making of Mahamaya Girls' College, p. 91.*

Dear Amara Ratwatte Wijewardene, Many generations will remember you as our first pupil admitted to Mahamaya Girls' College when the doors opened on January 14, 1932 at Westcliffe House (Later known as the Hostel). Thousands of girls followed after you.

Second pupil, Leela Talwatte Kulatunge also passed away not too long ago. Later, Leela's son, and one of the nation's bravest soldiers, Major General Parami Kulatunge was killed by a terrorists' bomb on June 26, 2006.

May all of you attain the Bliss of Nibbana!

Written by Sujatha Werake

IRS GRANTED NON-PROFIT STATUS TO MGCAANA

WE ARE A PUBLIC CHARITY

We are happy to announce that MGCAANA is exempt from Federal income tax under section 501 (c) (3) of the Internal Revenue Code.

Please note: Your charitable contributions to MGCAANA are deductible under section 170 of the Code.

MGCAANA is qualified to receive donations and gifts under section 2055, 2106 or 2522 of the Code.

MGCAANA has been a Washington State non-profit corporation from March 2005 as well.

If you would like to make a donation/gift please email us at:

Mahamaya_alumnae@yahoo.com

Thank you our lawyer Harshi Liyanage for your hard work.

Submitted by Sujatha Werake



By oneself the evil is done, and it is oneself who suffers:

by oneself the evil is not done, and by one's Self one becomes pure.

The pure and the impure come from oneself: no man can purify another."

Dhammapada (165)

New addition...

Sineth Daham Jayasundara was born on August 10th, to the proud parents of Tamara (Nee Dorabawila) & Dinesh Jayasundara.



*Before you were conceived I wanted you
Before you were born I loved you
Before you were here an hour I would die for you
This is the miracle of life*

Maureen Hawkins

Then came the terrible twos & cartloads of fun!!!!!!!!!!!!

Our daughter Iru was a late starter. Jeeva, my better half and I took her to doctors because she was petite in size, was late to talk and to walk. Many blood tests and all kinds of other tests later, we were thankfully assured that there was nothing wrong with her. Her "petitness" in fact is attributed to us, her parents. Apparently there is no way that my husband and I could have produced anything bigger in size.

In the midst of all this, Iru has started walking, actually running. She tells me she is in a hurry and runs all over the house from morning till night. Her talking has caught on, in leaps and bounds thanks to her brother. We no longer take her anywhere, only to places where we know the people. Her unpredictable pearls that pop out have embarrassed us no end.

The other day I was standing in line at the local Safeway when a lady in front of me passed some gas. My daughter asked at the top of her voice, "Do you have a monster in your behind?" I wanted the earth to open up and gobble me. There was a pin drop silence all round as the girl at the teller tried to stifle her giggle and the lady in front of me to whom Iru addressed her comments to, turned around and glared at me and the man standing behind me turned his back on us in order not to be caught looking amused! Another time, Iru said to the receptionist at the doctor's office, who had had a new hair cut, "You look like a porcupine". If my

husband sits next to me, Iru comes running and tells, "What's the matter with you thattha? Do not sit next to my mother". If he talks to me she would jump in the middle to interrupt. When Jeeva says, "Can I talk to her now?", Iru says "I don't think so". She is most certainly the queen of our town house! She goes for walks with us with her pink fluffy hand bag and her strand of "pink pearls" and pink shoes. Where ever we happen to be, if some one talks loudly she asks in her loudest voice "Who is making noise?" If no one responds, she then says, "May be me!"

She also has re written many nursery rhymes. Her version of Baa Baa black sheep is constantly heard in the house. It goes like this: Blah Blah ack ship, Wow wow wow wow wow, Yes sir yes sir three bags full, One for my arster one for my lame, One for my boy crying in the lane.

She once tried to eat the stuff that is put inside a candle stand, something like tar called bitumen. Next she attempted to eat fertilizer mixed soil from a flower pot! So we have no indoor plants now. One of these days we will have to have the plumber too, as Iru keeps putting clothes in the commode. Apparently, it is her washing machine. So far I have managed

to catch her just in time before she flushed. She has drawn murals on the walls, on the floor and heart-breakingly on this Peruvian table Jeeva bought me once for our wedding anniversary. Iru prefers batman over dolls. When she is deliberately naughty and I send her to the corner for time out she refuses to come out and in effect I also end up spending most of my day in the corner. Iru also thinks her diaper is a collection bag. When I go to change her I often find, cheerios, crayons, hair bands all stored in there for safe keeping! Who needs a safe deposit box!

I dread the day that she will also be going to school, or actually leaving home. I hope life will be kind to her and she will be able to retain her innocence. When her brother announced that he wants to get married to Dora the Explorer, Iru said she wants to marry Boots the monkey. I hope she can some day do better than marrying a monkey and that there will be no monkey business in her life!

Submitted by Chathuri Nugawela-Munasinghe

"What I would like to give my daughter is freedom. And this is something that must be given by example, not by exhortation"

AUTHOR Erica Jong



Hi I am Vanoji Balasuriya (nee Karandawela). I was at Mahamaya from 1979 – 1987. I graduated from the Faculty of Engineering, University of Peradeniya in 1994 where I met my husband Arjuna. We lived in Tokyo, Japan from 1994 – 1999 during which I worked at the Univ. of Tokyo. In 1999 we moved to Singapore and were there until 2005. I completed my Masters' (MSc in Engineering) in 2004. We moved to Massachusetts, USA in 2005 and live in the historical town of Lexington. I have two kids, son Umanga (9) and daughter Thanoshi (7). We all love music and enjoy performing together. Some of our recordings can be found at <http://www.sinhalajukebox.org/feature/Arjuna.php>. Following is a picture we took at 'Saarangaa' (<http://pictures.aol.com/galleries/saarangaa>) in Boston

Mahamaya Girls' College Alumnae Association of North America



Congratulations to our Fall 2006 Scholarship Recipients

The scholarship required submission of an application, an academic transcript showing a GPA of 2.5 or better, and a personal statement. The awardees were selected based on their academic achievements, leadership ability, participation in extracurricular activities, and their level of financial need. We are proud to announce our Fall 2006 scholarship recipients – **Menaka Gayathri Samarasingha** and **Prabudini Kumari Mapa**. Each winner received a **\$250.00** scholarship.

Menaka Gayathri Samarasingha is a senior undergraduate majoring in Business Information Systems at the Utah State University. She also minors in Math and Computer Science. After studying at Mahamaya Girls' College from 1995 to 2002, Menaka studied at the Sunway College in Malaysia and obtained an Advanced Diploma in Computer Science. At Mahamaya, she was a member of the College Hockey Team; she was awarded College Colors for being a member of the team that won the National Hockey Championship in 1998. While maintaining an excellent academic record, Menaka has held numerous leadership positions; she has served as the President of the International Club of Information Technology at Sunway College, the Financial Vice President of the International Student Council, which was named the Best Organization of the Year in 2005, and the Secretary of the Committee of Business Ambassadors at Utah State University. She has volunteered for the Association of International Students at Sunway College to raise funds to help homeless older people and for the International Student Council at Utah State College to raise funds to support Tsunami-affected countries including Sri Lanka. Moreover, Menaka tutors statistics at Utah State University and has also held a summer internship position at Flying J Inc. She aspires gaining a Ph.D. in Business Information Systems and working for a web development company.

Prabudini Kumari Mapa is a senior undergraduate majoring in Biological Sciences at the University of Illinois, Chicago. After studying at Mahamaya Girls' College from 1996 to 2002, she came to the United States to pursue an advanced degree in Biology and studied at the Oakton Community College, Illinois. Prabudini has been awarded several academic scholarships including the Gorov Scholarship and the Chilton Family Scholarship. She is not only an outstanding student, but also is involved in numerous extracurricular as well as community service activities. Prabudini is a member of two prestigious honor societies, including the Golden Key International Honor Society and the Phi Theta Kappa International Honor Society, and is an active member of the Urban Health Professionals. She volunteers at the Gilda's Club, which is a cancer support society, the Rehabilitation Institute of Chicago, the Chronic Pain Care Center at the Chicago Veterans Affairs, the Hospital at Hines, and at the Rush University in Chicago. Moreover, Prabudini has served as a biology lab assistant at the Oakton Community College and is currently serving as a lab assistant in a Biochemistry and Molecular Genetics Research Lab at the University of Illinois, Chicago. She is also interested in engaging in scientific research. Prabudini's goal is to obtain a Ph.D. in Physical Therapy and pursue a career as a physical therapist.

On behalf of MGCAANA, the Board of Directors, the Executive Committee, and the Scholarship Selection Committee would like to sincerely congratulate Menaka and Prabudini and wish both of them continued success in their academic and professional pursuits.

Best regards,

Dharshani Nanayakkara

President and Director

Mahamaya Girls' College Alumnae Association of North America



Mahamaya Girls' College Alumnae Association of North America

Sponsoring Needy Students at Mahamaya Girls' College

Who are benefited through this program?

Disadvantaged students at Mahamaya Girls' College, Kandy, Sri Lanka receive financial support through this program.

How are the students selected?

The Principal, Mrs. Indra Withanachchi, and the Vice Principal, Mrs. Visakha Herath, of Mahamaya Girls' College provide us with names of those students.

What does the scholarship pay for?

It provides funding only for hostel fees for one school year per student.

How can you become a sponsor?

We will assign you a student from the list that we receive from the school.

The sponsorship entails a commitment of **\$15.00 per month for a year (\$15.00 x 12 = \$180.00)**, which can be renewed, annually, upon your readiness to continue. Payments may be made quarterly (\$45.00), bi-annually (\$90.00), or annually (\$180.00). We will provide you a receipt for Federal income tax purposes.

***Confidentiality:** We are committed to protecting the confidentiality of the students that we assign to our sponsors. We expect from our sponsors to be sensitive to this issue and keep the information confidential once the student is assigned to you.*

How many students have been sponsored so far?

The MGCAANA Sponsorship Program was established in May 2006. To date, through our generous sponsors, the program has provided financial assistance to 16 students.

How does MGCAANA raise funds for this program?

Members of MGCAANA are periodically informed about this program. Our organization assigns the students to our generous sponsors and sends the donations to the school.

How can you help?

MGCAANA needs your support to expand and continue this program. Please e-mail us at Mahamaya_alumnae@yahoo.com if you are interested in sponsoring a student in need.

***Note:** MGCAANA is a non-profit organization and is exempt from Federal income tax under Section 501(c) (3) of the Internal Revenue Code. Therefore, your contributions to the Sponsorship Program are tax-deductible under section 170 of the Code.*

*Dear Sponsors: **THANK YOU** for supporting this worthy cause.*

We are very grateful to all our sponsors for their generosity. Your contributions will help disadvantaged students fulfill their dreams. We also want to thank those of you who have helped us get the word out about this terrific program and would very much appreciate your continued help in this regard.

On behalf of the Board of Directors and the Executive Committee,

Best regards,

Dharshani Nanayakkara

President and Director

Mahamaya Girls' College Alumnae Association of North America

MILKMAID FRUIT TRIFLE



- One tin Sweetened Condensed Milk
 - 1 packet Strawberry Jelly
 - 1 tin hot water (milk tin)
 - 1 tin Pineapple in syrup
 - 1 tin Mango in syrup
 - 1 400g sponge cake
- 4 tablespoons Strawberry jam
- 10 cherries & whipped cream to decorate
 - 4 tablespoons flour
 - 4 egg yolks
 - 2 teaspoons Vanilla

Sandwich the cake with the Strawberry jam ,cut into cubes & place in a glass bowl. Make the Jelly, cool & pour over the cake, leave in the refrigerator to set. Dice the fruit , reserving pineapple rings for decoration & arrange a layer over the jelly.

Dilute the Condense Milk using the hot water .Beat the egg yolks in a bowl add flour gradually & add the egg mixture to the milk. Cook over moderate heat until mixture is thick & creamy. Add vanilla essence ,remove from heat & cool. Pour over the Jelly & fruit & chill until set. Decorate the trifle with pineapple rings,cherries & whipped cream.

Courtesy Magic in the Kitchen with Milkmaid.
Sent By Nazrana Caffoor

E. coli

E. coli O157:H7 is one of hundreds of strains of the bacterium *Escherichia coli*. Although most strains are harmless, this strain produces a powerful toxin that can cause severe illness. *E. coli* O157:H7 has been found in the intestines of healthy cattle, deer, goats, and sheep. *It* was first recognized as a cause of illness in 1982 during an outbreak of severe bloody diarrhea; the outbreak was traced to contaminated hamburgers.

Eating meat, especially ground beef, that has not been cooked sufficiently to kill *E. coli* O157:H7 can cause infection. Contaminated meat looks and smells normal. The number of organisms required to cause disease is very small. Among other known sources of infection are consumption of sprouts, lettuce, spinach, salami, unpasteurized milk and juice, and by swimming in or drinking sewage-contaminated water.

Bacteria in loose stool of infected persons can be passed from one person to another if hygiene or hand washing habits are inadequate. This is particularly likely among toddlers who are not toilet trained. Family members and playmates of these children are at high risk of becoming infected.

Young children typically shed the organism in their feces for a week or two after their illness resolves. Older children and adults rarely carry the organism without symptoms.

people generally become ill from *E. coli* O157:H7 two to eight days (average of 3-4) after being exposed to the bacteria. *Escherichia coli* O157:H7 infection often causes severe bloody diarrhea and abdominal cramps. Sometimes the infection causes non-bloody diarrhea or no symptoms. Usually little or no fever is present, and the illness resolves in 5 to 10 days. In some persons, particularly children under 5 years of age and the elderly, the infection can also cause a complication called hemolytic uremic syndrome (HUS), in which the red blood cells are destroyed and the kidneys fail.

Infection with *E. coli* O157:H7 is diagnosed by detecting the bacterium in the stool. Most people recover without antibiotics or other specific treatment within 5 to 10 days. For HUS blood transfusions and kidney dialysis are often required. With intensive care, the death rate for hemolytic uremic syndrome is 3%-5%.

(From Center for disease control)

Sent by Devi Gunasekera.

THE FACTS ABOUT NO CHILD LEFT BEHIND

Funding: *No Child Left Behind* gives school districts more money. In fact, President Bush and Congress are spending more money than ever before on the education of America's children.

Flexibility: *No Child Left Behind* gives states and school districts more control and more flexibility to use resources where they are needed most. Principals and administrators will spend less time filling out forms and more time helping your child learn.

Accountability: *No Child Left Behind* holds schools and school districts accountable for results. Schools are responsible for making sure your child is learning.

School District Report Cards: *No Child Left Behind* gives parents report cards so they can see which schools in their district are succeeding and why. With this information, *No Child Left Behind* gives parents, community leaders, teachers, principals, and elected leaders the information they need to improve schools.

Public School Choice: *No Child Left Behind* may let you transfer your child to another public school if the state says that your child's school is "in need of improvement." Your school district may pay for transportation for your child. Contact your child's school district to find out if your child has this opportunity.

Extra Help with Learning: *No Child Left Behind* may also provide your child with free tutoring and extra help with schoolwork if the state says your child's school has been "in need of improvement" for at least 2 years. This extra help is often referred to as Supplemental Educational Services. Contact your child's school district to find out if your child qualifies.

Parental Involvement: *No Child Left Behind* requires schools to develop ways to get parents more involved in their child's education and in improving the school. Contact your child's school to find out how you can get involved.

Measuring Knowledge: *No Child Left Behind* requires states to test your child in reading and math every year in grades 3-8. Your child will also be tested at least once in high school. The tests will help you, your child, and your child's teachers know how well your child is learning and when he or she needs extra help.

Scientifically Based Research: *No Child Left Behind* focuses on teaching methods that have been proven by research to work. There will be no more experimenting on children with educational fads.

Reading First: *No Child Left Behind* provides more than one billion dollars a year to help children learn to read. Reading First is the part of *No Child Left Behind* that is dedicated to ensuring all children learn to read on grade level by the third grade. Reading First provides money to states and many school districts to support high quality reading programs based on the best scientific research. Contact your child's school district to find out if its reading program is based on research.

Teacher Quality: *No Child Left Behind* provides funding to help teachers learn to be better teachers. Sent By Priyanka Jayakody