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Maya Puwath

Bimonthly Newsletter from MGCAANA



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“-From affection arises grief; from affection arises fear. For one who is wholly free from affection there exists neither grief nor fear!-“

Dhammpapada Translated by Sangharakshita



– Samadhi Budha Statue in Anuradhapura-

Photographed by Sriyani Dissanayake

“-In the middle of every difficulty lies opportunity-“

By Albert Einstein



Editorial

Once again it is with great honor and gratitude that I write this issue's editorial. The month of February is a celebration of love. Love for oneself, and love for one another. Remember, if you spread love towards those who needs it the most, then you have attained a great goal. Having said that, giving something back to your Alma mater is also a way to show your devotion and love. Living far away from our mother land Sri Lanka, we are so fortunate to be able to find our old Mayans, so that we might come together and focus on one common goal. Come let us help our fellow Mayans to leave a legacy behind as Mayans, where ever they might be.

This is MGCAANA's twelfth year of celebration! This year, our annual general meeting will be held in Maryland, U.S.A. during the Memorial Day Weekend. Our beloved Mayans, living in and around Maryland, have already began the groundwork to have another memorable event. The formal invitation will be sent out to all our members soon. At our meeting this year, there will be a special event. Our BOD member, Indrani Gunawardana, has made a commitment to plan a silent auction in order to raise funds for one of our programs, the Vidya Scholarship Trust Fund. I invite all our members to renew your membership, so that we can send you the link to vote. Your votes give you the power to select our Board of Directors as well as the executive committee. Your membership money goes a long way to help economically disadvantage children, at Mahamaya. Those of you who are new to North America from Mahamaya Girls' college, please join us! Join the great cause and find your niche in this community.

I truly admire and am thankful for our members on various committees, who worked so hard to make 2015-2016 a memorable year. Together we have achieved a great deal. My heartfelt appreciation goes to all of MGAANA community and I am very much looking forward to meeting each and everyone of you at our AGM Meeting in Maryland.

Sriyani Dissanayake

President of MGCAANA 2015-2016

MGCAANA NEWS



MAHAMAYA GIRLS' COLLEGE ALUMNAE ASSOCIATION OF NORTH AMERICA (MGCAANA)

Cordially invites you to the
12TH ANNUAL GENERAL MEETING AND DINNER DANCE
In Maryland, U.S.A.



Date: Saturday, May 28, 2016

Time: AGM - 5:00 p.m. to 7:00 p.m.

Dinner Dance : 7:30 p.m. - 11:00 p.m.

Address: New Fortune Chinese Seafood Restaurant,
Walnut Hill Shopping Center
16515 South Frederick Ave:
Gaithersburg, MD 20877

Phone: (301) 548-8886

**THERE WILL BE A SILENT AUCTION AT THE GATHERING TO RAISE
FUNDS FOR THE VIDYA SCHOLARSHIP TRUST FUND.**

RSVP by May1, 2016 to mahamaya_alumnae@yahoo.com

For more information, please contact:

Upamali (240) 413-5500; Nelum: (443) 614-0468; Tamara (240) 499-4015; Inoka (443) 546-3419; Ishani
(508) 333-1174 and Mrs. Eloma Hettiarachchi (301) 908-7305

Dear Mayans,

We are planning to have a silent auction at the AGM to raise funds for Vidhya Scholarship Trust Fund. For this we decided to collect the following items:

1. Needle work (cross stitch designs, embroidery)
2. Crochet work (small table runners, doilies etc)
3. Note cards, greeting cards (could be handmade for rustic look)
4. Costume jewelry (necklaces, earrings, bracelets etc.)
5. Small paintings
6. Christmas/seasonal decorations (tree ornaments, stockings, table decorations etc.)
7. Pot holders, tea cozy etc.
8. Table mats, Table linen such as napkins
9. Chocolates/candy/novelty cookies etc.
10. Any other small items you can donate
11. Volunteer to do a service for a fee. Example: A flower arrangement for \$XX.00. If you are good at this you can say I'll do a flower arrangement for \$XX.00. But you'll have to have an example picture of the item being donated- otherwise it may not sell.

If you have anything to donate to this worthy course please contact Indrani Gunawardana through our MGCAANA email: mahamaya_alumnae@yahoo.com

The items must be in good condition and the donor should set the price for their donated items.

We thank you for your kind consideration in advance.

Prepared by Indrani Gunawardana.

Airports to fly into for the MGCAANA AGM Event

Baltimore Washington international -BWI

Dulles VA- IAD

Ronald Reagan airport -DCA

Hotels near the AGM Event:

Please go to this link and you will have a good choice.

> <https://www.google.com/search?q=hotels+in++gearthersburg+MD+20877&ie=UTF-8&oe=UTF-8&hl=en-us&client=safari#istate=Irl:xpd>

Please make your arrangement early enough so that you can do your flight and hotel reservations in a decent price range.

Thank you and looking forward to see you all at the 12th MGCAANA AGM Event in Maryland.

What to do in Washington D.C. By Medha Bulumulla

Washington D.C. is a beautiful city. It is rich with history and was founded in 1970.

Madame Tussauds Washington D.C.

Here you can find many wax statues of famous people. Some of the wax figures here are the 44 presidents many music and sports celebrities. A ticket is \$19.50 and if you purchase one online before you visit it is \$15.95. For more information please visit their [site](#).



White House

The white house is very well known. It was designed by the Irish born architect, James Hoban in the 1790s. To visit it you must schedule a tour at least 21 days in advance and the tours are scheduled on a first come first served basis. So if you are interested in visiting, please request for a tour as soon as possible. For more information please visit their [site](#).



Lincoln Memorial

This is a monument honoring the 16th president Abraham Lincoln. For more information please visit the official [site](#).



International Spy Museum

This Museum features the largest collection of international espionage artifacts. If you are interested adult tickets are \$21.95, children tickets are \$14.95, senior tickets are \$15.95 and children under age 6 are free. For more information please visit their [site](#)



National World War II Memorial

This Museum is filled with information and events about World War II. The tickets are free. For more information please visit the official [site](#).



United States Botanic Garden

This is a beautiful garden that promotes the importance of plants. It is open every day from 10:00 AM until 5:00 PM. For more information please visit their [site](#).



National Postal Museum

In this museum you can learn America's postal history starting from the colonial times to present day. It is open 7 days a week from 10:00 am to 5:30 pm. The admission is free. For more information please visit their [site](#).



National Museum of Natural History

There are more than 126 million natural science specimens and cultural artifacts in this museum. There are also ancient life forms including like dinosaurs rare gemstones such as uniquely colored diamonds. It is open 7 days a week 10:00 AM - 5:30 PM and admission is free. For more information please visit their [site](#).



Smithsonian American Art Museum

This museum has contemporary art, media arts and more. Admission is free and it is open 11:30 a.m. to 7:00 p.m. For more information please visit their [site](#).



Washington Monument

This is a monument to commemorate the first president of America, George Washington. For more information please visit their [site](#).



National Air and Space Museum

There are 60,000 objects ranging in size from Saturn V rockets to jetliners to gliders to space helmets to microchips. The admission is free and the regular hours are 10:00 am - 5:30pm. For more information visit the [site](#).



Works Cited

“Madame Tussauds Washington.” <[Available](#)>
“White House.” <[Available](#)>
“National Air and Space Museum.” <[Available](#)>
“International Spy Museum.” <[Available](#)>
“National World War II Memorial.” <[Available](#)>
“United States Botanic Garden.” <[Available](#)>
“National Postal Museum.” <[Available](#)>
“National Museum of Natural History.” <[Available](#)>
“Smithsonian American Art Museum.” <[Available](#)>
“Washington Monument.” <[Available](#)>
“Lincoln Memorial” <[Available](#)>

ABOVE DOCUMENT WAS PREPARED BY MEDHA BULUMULLA. THANK YOU MEDHA FOR YOUR SUPPORT TO MGCAANA.

**TRUE MORALITY CONSISTS NOT IN
FOLLOWING THE WELL-BEATEN TRACK,
BUT IN FINDING OUT THE TRUE PATH
FOR OURSELVES AND IN FEARLESSLY
FOLLOWING IT.**

-BY MAHATMA GANDHI-

Nanda Pussegoda Leula Memorial Scholarship Fund (NPLMSF) Activities for the Inaugural Year, 2015

Nanda Pussegoda Leula Memorial Scholarship was established by MGCAANA in 2015 with the support of Mrs. Kanthi Leula de Silva of Los Angeles, California, in memory of her mother Mrs. Nanda Leula. Its yearly donation is US\$2,500. Mrs. Nanda Leula was one of our valued members of MGCAANA until her demise in 2012 at the age of 90 years.

The NPLMSF was set up with two goals according to the donor's vision.

1. To give 6 full scholarships (Rs.40,000 each) to economically disadvantaged student per year, and
 2. To fund a community welfare program with the participation of Mahamaya students.
1. Six Full Scholarships:

Six full scholarships were given to six deserving students for the year 2015. According to the donor's wishes, those 6 students will continue to receive their scholarships during their time at Mahamaya, unless the financial support is not necessary to continue. At the beginning of the year, the ceremony was held with the participation of Mrs. Kanthi Leula, the Committee, the scholarship winners and their parents. On behalf of the parents. One mother of a scholarship winner spoke with tears in her eyes, explaining how important it is for them to receive these scholarships. Mrs. Kanthi Leula got a chance to meet the recipients and their families.

2. Community Welfare Program for the year 2015:

It was conducted by Mahamaya Dhamma School students with the guidance of their teachers and the NPLMSF Committee. The Head Teacher of the Mahamaya Dhamma School and the President of NPLMSF Committee, Mrs. Indrani Karaluvinne, Deputy Head Mr. Mahinda Senanayake, and Treasurer of NPLMSF, Mrs. Chitra Hulangamuwa coordinated the event with the help of the monks, dayakas, and the Dhamma School teachers of Yatigammana Sri Subhadramaya Temple. The Mahamaya students distributed much needed stationary among students of "Nandana Daham Pasala." Also a contribution was made to the Temple's fund for new "Bana Maduwa." Mahamaya Dhamma School children learned from this event, the value of, supporting underprivileged village children and a rural temple that has financial difficulties. They also learned the ways to propagate Buddhist virtuous ideals, and to reach out to others who are less fortunate than them.

MGCAANA is thankful to Mrs. Kanthi Leula, and the Committee of the Nanda Pussegoda Leula Memorial Scholarship Fund in Sri Lanka for their generosity and commitment.

We commemorate our beloved alumna Mrs. Nanda Pussegoda Leula with much gratitude for her unconditional support during her lifetime and beyond. May she attain the Supreme Bliss of Nibbana!



Sent by

Mrs. Sujatha

Werake



Sent by Mrs. Sujatha Werake



Parental Pressure in Sports

"I don't care what you're feeling." "Get out there and play." "Push through the pain, you're pathetic." Through my years of athletics, I have seen a variety of different parents. The calm parent that doesn't say anything, and of course, the absolutely psychotic parents. They may be swearing at the top of their lungs for the ref to call a better game or may be screaming at their child to do better. I have seen parents thrown out of games for their disruptive behavior and I have seen players cry on the bench because their bad performance meant disappointment for their parents. Parental pressure in sports is something I've seen too often. Parents should watch and enjoy the game instead of trying to be the coach during sporting events.

People don't realize how bad of an effect a parent coach has on a child. Imagine the constant pressure of trying to succeed. All that matters are how well you do because your only path to success is by getting a scholarship to college through sports. You only get one shot, and if you miss it, you are considered a failure. This is too much for anyone, much less a child to handle. According to Parenting Plus, one of the biggest resources for growing families, parents who are disruptive during a game lead to a tremendous source of stress for their kids and the entire team ("Tips for Parents of Youth Athletes "). Yelling or even just shaking your head due to a child's performance can damage their self-esteem and impact who they may become later on. They may be scared to take risks, because their parent might not be happy if they fail. Some parents may say that they are being supportive of their child by being so involved in their life. But there is a very fine line between supporting your child and supporting your child to a point where it induces stress. In fact, what is support? Well my fellow peers, this brings me to my next point.

In order to know when you are supporting your child and when you are just plainly causing stress in your child, you must know what support is in the first place. In laymen's terms, support is plainly showing love to your child. It is letting them know they are cared for, and appreciated. According to Carrie Cheadle, a website that studies psychology in young adults, "Kids need to know that they are valued and accepted no matter how they perform. If your child feels secure that their worth is not solely based on how they perform, they will have more energy to respond to challenges and take the risks they need in order to learn their sport ("Parents - How to Support Your Child in Sports"). Some may say that older kids may not need the same support younger kids do and "babying" older kids will harm them rather than help them later on. Some may say that older kids do not need the same support that younger kids get. This is false. Although it is true that I don't need the same support a one-year-old needs and I don't need to be constantly pampered with attention, bottle fed, or cuddled and sang to. But think to yourself, how would you feel if the support group in your life fell apart. What if you had no encouragement or any love shown towards you. Every human needs support.

They need someone there to help them whether they are 18 months or 18 years old. There is a fine line between support and stress inducing support, but being educated on which is which can make all the difference.

What is the reason behind all this insanity? Why do we see more and more parents constantly pressuring their kids to extreme levels? I think you all have the answer. And that answer is a scholarship. The ticket to a free education and the opportunity to continue their athletic career. But only very few scholarships are given out and only very few players end up playing in any division in the NCAA. Yet parents act as if sports are the only path to success by trying to be the “second coach.” For basketball there are over 540,000 high school players in the United States, only 3.4% compete in NCAA sports. With only 1% of that group going Division I (“Men's Basketball”). Parents need to realize that even incredible athletes don’t make it to the collegiate level and that what happens, just happens. Some might say that to get to that level, tough love may be needed. But constantly pressuring your kids and telling them that college sports are the only answer, will only hurt them not help.

No matter what sport you play, hopefully you play it to have fun. I’ll be honest, my own parents have annoyed me at times with their “advice.” But I am fortunate enough that they support me more than coach me and that I still find enjoyment in my sport. “Dan, you seriously couldn’t even finish the Black Diamond?” “Liam, it’s not that hard to make a tackle. Get your head in the game.” “Katelyn, you might be the worst horseback rider I have ever seen.” Words hurt, words can do powerful things. And when powerful words are said by the important people in your life, they mean even more. Parents need to realize how being the parent coach causes a tremendous amount of stress on a child. What children need is support, to know they are cared for and to know that even though they make mistakes, it will be okay in the end. With only 4% of athletes making it to college on a full scholarship, the odds of making it are very small so parents can’t expect their child to carry the burden of having sports be the only path to success. So cheer, clap, hoot and at the end of the day, tell your child they did a good job.

BY

Thisara Jayasinghe

Grade 9,

Andover High School, Andover, MA

Appreciation

Mrs. B.M.D. Navaratna

Beloved mother of Priyadarshani (Preeni) Sandanayaka of Boston, Massachusetts, and Pushpanjali Wijesinghe of Australia, passed away in Kandy, on February 3, 2016 after a brief illness. She was a loving mother, wonderful grand mother, caring relative, close friend to many, and outstanding teacher to numerous students. She taught at Walala A. Ratnayake Central College for a long time. Mrs. Navaratna was one of the outstanding and favorite teachers in school during her teaching career.

In her retirement, she enjoyed her time traveling to US and Australia number of times to be with her daughters and their families. She made lifelong friends in those countries as well. On one occasion, we were fortunate to meet with her when our MGCAANA Annual General Meeting and Dinner was held in Boston. Priyadarshani and her husband Vincent Sandanayake hosted the Dinner for MGCAANA at their residence. Mrs. Navaratna was visiting them at the time.

She was a lady with graceful demeanor. She will be missed by many. May she attain the Supreme Bliss of Nibbana!

By Sujatha Werake



Arts and Crafts Corner



Crochet by Sriyani



This beautiful painting will be donated by an artist, Dhanushka Weerasekara known to Malika Godamudunage to be auctioned at our Silent auction at the AGM Meeting. He is a graduate student in the university of Kansas. This painting will be in 8x8 inches.

If you want to see his creations please go to <https://www.facebook.com/DanksArt>

Sent by Malika Godamudunage

A PUBLICATION OF THE MAHAMAYA GIRLS' COLLEGE ALUMNI ASSOCIATION OF NORTH AMERICA

NEWSLETTER COMMITTEE:
SRIYANI DISSANAYAKE, VAJEERA DORABAWILA