



# MAYA PUWATH

Volume 4 Issue 6– December 2008

## EDITORIAL

Dear readers, here we are at yet another years end. It has been a pleasure for us, the editorial committee to bring you this newsletter through out these past few years. We have given it our best efforts and hope to carry on our hard work in the New Year.

As we say farewell to the year 2008 let us take a moment to reflect on what targets and goals we have reached in our lives, both professional & personal. It is always hard to acknowledge our failure to reach our goals .But we must always remember that small advancements towards our goals have to be acknowledged and accepted. It is not always possible to achieve our goals in one year. And we must not feel discouraged at the end of a year that we did not reach our intended targets. Some of us may have achieved their goals set for the year and some of us may be still half way through. The important fact to remember is that the New Year does not mean that we have to set new goals. We can always finish achieving the goals we've already started in the previous year .The main fact is not to lose hope .The New Year is a time for renewed hope ...

As a society we have achieved most of the goals we set for the year 2008. The annual general meeting was held successfully in Boston, with the participation of many members. The publication of the commemorative volume "The Guiding Light" was a collective effort of a lot of our members. An additional 200 French books will be donated to Mahamaya College as an on going project of helping the school get a well rounded collection of much needed books. The on going scholarship program has benefited many a needy alumnae in North America. We are also working on setting up an Endowment of \$20,000 called the "Vidya Scholarship Fund ". This will be one of MGCAANA's goals for 2009. It is with great pride that we can say that MGCAANA donated some money to the hurricane Ike victims.

All these achievements were the result of the hard work of many of our dedicated members. We thank all our members for their dedication and hard work. The work we do in this society is rewarded by nothing more than satisfaction and a sense of happiness in being able to give something back to the great school that gave us our education.

This is the last edition for the year 2008, and we hope all our readers have enjoyed reading our newsletters. It is with great faith that we look forward to more participation from our readers in the year 2009. It would help us to get more insight and different ideas if more of our members would write in with their point of views. This would also help us bring you all a more informative newsletter in the New Year.

Our first newsletter for 2009 will be about "Cost cutting in everyday life" We hope to hear your ideas on this theme.

We the Editorial Committee wish all our readers **A Very Happy & Prosperous New Year.**

Nazrana Caffoor—Chief editor of the current issue



**Dhammapada**—Good health is the highest gain. Contentment is the greatest wealth. Trustworthy ones are the best kinsmen. Nibbana is the highest Bliss.

## **Quotes for your thoughts....**

Change is the law of life. And those who look only to the past or present are certain to miss the future.

~John f. Kennedy

The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

~Michelangelo

A goal without a plan is just a wish—  
~Antoine de Saint

Discipline is the bridge between goal and accomplishment ~Jim Rohn

We all live with the objective of being happy; our lives are all different and yet the same. ~Anne frank

Know what you want to do, hold the thought firmly, and do every day what should be done, and every sunset will see you that much nearer to your goal. ~Elbert Hubbard

I long to accomplish a great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.

~Helen Keller

Sent By Dakshika Bandaranayake

# New Year Message from the President, Gayathri Samarasingha

Happy New Year to all of you!

I would like to take this opportunity to express my deepest appreciation to all MGCAANA members and their families. Over the past year we were able to complete many projects that help students and alumnae of Mahamaya Girls' College as well as the community. Through our projects such as the donation of the projector to the Mathematics laboratory, donation of another set of French books to the library, and the scholarships for the underprivileged students, we saw many lives changed for better. We have continued to support our alumnae residing in North America with our Graduate and Undergraduate Scholarship program.

We also made a donation to the Hurricane Ike victims via the Red Cross. With the generous help of the members of MGCAANA as well as the alumnae and past teachers of Mahamaya, MGCAANA was able to successfully celebrate the release of the 75<sup>th</sup> Anniversary Commemorative Volume at the Annual General Meeting on May 24<sup>th</sup>, 2008. All proceeds from this project as well as the other fundraising events conducted by MGCAANA will be used for the future projects of our organization.

We have taken an immense effort to build relationships with Mayans who live all over the world and also with other Sri Lankan alumnae associations that operate in North America.

Half a year has passed since I became the president of MGCAANA and in that time I have recognized the uniqueness of our strengths. MGCAANA is blessed with lots of active members and a network of very supportive family members. There are members who have spent most of their vacations in Sri Lanka coordinating MGCAANA projects; and some have taken fewer gifts from home for their families because their luggage was packed with MGCAANA's donations to the school. I know some of you spend less time sleeping or spending with your families because you are occupied with MGCAANA's projects. Also I should not forget our generous donors who help us to do the impossible. I have had many opportunities to hear others say that they want to become an organization like MGCAANA. That is a result of the great efforts of every one of you. I want to thank you and your families for supporting MGCAANA in every step of the way.

We must not rest on our history but we must realize that in continuity lies the strength of MGCAANA. With this understanding, I will do my best for MGCAANA to prosper.

Thank you again for all the support you have given me and the organization. Your continued support and active involvement is very important to MGCAANA. Please let us know your thoughts and ideas that can help us improve our services to you and to the communities that we serve. Lastly, my best wishes to you and your family for a peaceful holiday season and a happy New Year in 2009.

On behalf of the Board of Directors and Officers of MGCAANA,

Gayathri Samarasingha

President, MGCAANA 2008/09

## A New Year's Resolution Method that Works

At the end of each year, it is traditional to make a New Year's Resolution.

With such "agreements", we commit ourselves to resolving personal issues, yet more often than not, fail to keep these commitments. The concept in itself is a good one: to make an assessment of our lives, to contemplate what we wish to modify during the following twelve months, and then making a commitment to that change.

What therefore, can we do to enhance the probability of successful attainment of our resolutions?

Although it seems a complex and mystifying issue, "consciously creating" involves simple tools and techniques that do not require your belief or understanding in order for them to work for you. The following are a few of the main points you need to remember in order to successfully manifest what your heart desires:

1. Commit your resolutions to paper. Contemplation, in itself is not enough.
2. Keep your list short. A list of 10 resolutions is big enough to create a 'critical mass' of energy through which to 'get your message across' and is short enough to be remembered and therefore practical.
3. Keep your resolutions simple, clear and detailed. Instead of "I make a lot of money" use "I earn xxx during 2001"
4. Create a clear picture of your resolutions in present time as if they were already realized. Involve all your senses in this picture (see it, smell it, touch it,...)Bring to the picture positive emotions such as excitement, joy and fun.
5. Repeat the thought and visualization process of your resolutions twice a day. It takes about 20-25 minutes a day, and is worth the investment of time.
6. Communicate your resolutions to others. In this way you strengthen your commitment, creating for yourself a support group.
7. Make a step every day towards realizing your resolutions, no matter how small. This step can even be of a mental nature. However, a daily step towards each resolution is going to make realization faster than you can imagine.
8. Acknowledge yourself for any step you complete on the way to realizing your resolution.
9. When one of your resolutions is realized ensure that you celebrate the personal success and treat yourself.
10. After realizing any of your resolutions, cross it off your list and replace it with another. Maintain your list of 10 resolutions, throughout the year, thus keeping them alive.

**REMEMBER:** a fish is born to swim, a bird is born to fly and a human being is born to create...

courtesy of inspiration2go.com

Sent by Priyanka Jayakody

### ANCIENT NEW YEARS

The celebration of the New Year is the oldest of all holidays.

It was **first observed in ancient Babylon about 4000 years ago**. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.

The Babylonian New Year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The **Romans continued to observe the New Year in late March**, but their calendar was continually tampered with by various emperors so that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

~Source: <http://www.wilstar.com/holidays/newyear.htm>

Sent by Pamuditha Mahadiulwewa



# Mahamaya Girls' College Alumnae Association of North America

## Congratulations to our 2008-2009 Scholarship Recipients

We received applications from several of our alumnae who have demonstrated excellence in their academic achievements, leadership ability, and participation in extracurricular activities. We would like to thank all our outstanding applicants who took the time and effort to send in their application. It was not an easy task for the Scholarship Selection Committee to select the finalists from this most qualified applicant pool.

We are proud to announce our 2008-2009 scholarship recipients – they are **Vihara Dharmaratne** and **Shakya Premachandra**. Each winner received a **\$250.00** scholarship.

**Vihara Dharmaratne** is a sophomore undergraduate majoring in International Studies at the University of Mississippi. She is a student at the Sally McDonnell Barksdale Honors College, as well as the Croft Institute for International Studies. Vihara attended Mahamaya Girls' College from 1996 to 2007. She served as the Deputy Head Prefect at Mahamaya in 2006. She was also a member of the school's English Debating Team. Vihara was awarded the Most Disciplined Student at Mahamaya in 2006. At the University of Mississippi, Institute of Fundamental Studies, she has served as a research assistant in the Science Dissemination Unit and for the Food Chemistry Project. Vihara enjoys learning new languages and about foreign countries and cultures. She hopes to attend graduate school upon completing her Bachelor of Science degree. Vihara aspires to become a part of the diplomatic relations between Sri Lanka and the world and to work for international organizations, such as the United Nations, Human Rights Watch, and UNICEF.

**Shakya Premachandra** is a graduate student (Master of Science) at the University of Missouri in Saint Louis majoring in Astrophysics. She attended Mahamaya Girls' College from 1994 to 2002. Shakya earned a Bachelor of Science degree in Mathematics, Statistics, and Computer Science, with a first class, from University of Bangalore, India and a Master of Science degree in Applied Statistics from the Postgraduate Institute of Science at the University of Peradeniya. She has received numerous academic and extracurricular awards, including the General Proficiency Prize for Best Undergraduate Student, a Letter of Appreciation for Best Student in the Bachelor of Science Section, a Certificate of Merit for Solo Performance in Instrumental (Piano) Music, and recognition for her Project Exhibit on Statistics. Shakya has served as a Software Quality Assurance Technician for Advantage Technologies in Sri Lanka. She aspires to establish a career in astrophysics research and teaching and to contribute to the advancement of the field of physics in Sri Lanka.

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

Best regards,

Dharshani Nanayakkara

Chairperson, Scholarship Selection Committee

Director, MGCAANA

# Unduval Recipe

(150 Medium size Unduwel)

1 cup Undu seeds  
2 cups raw rice  
1 cup-1 ½ cups OR 1 can of thick coconut milk  
Treacle (Kitul palm syrup) OR brown sugar made into syrup  
¼ tsp Salt  
Coconut oil (3 cups)



Big handkerchief size cloth with a ¼ inch button hole in the middle (Cut a tiny hole and sew it. When you sew a small hole it gets bigger. So watch out.)

## Day One:

Wash undu seeds well and soak with plenty of water in a bowl for two days.

## Day Two:

Wash raw rice and soak in the same manner in a bowl for one day.

## Day Three:

Drain off the water from rice and spread the rice on a dry towel for 1 hour.

Grind the rice in a electric grinder and sieve. Keep it ready.

Clean the skins off the Undu seeds and wash them well. Mix the seeds and 2/3 of coconut milk in a mixer/blender and blend until it becomes a fine paste. Even if you have tiny pieces of Undu in the mixture that is okay. Some blenders may not work efficiently. Mix ground undu and rice flour. Bring the mixture into a sufficient thickness by adding small amounts of coconut milk if needed. The mixture should be somewhat like a stiff piping batter. By using your hand, mix the batter for about 10 minutes. If the consistency is too watery or too hard, the batter will not work for you. Be aware. Get it right by being mindful about adding the coconut milk. For your safety have little extra rice flour just in case you need it.

**Cover it well and keep it in a warm place for about 6 hours.**

After six hours:

Get ready to make your Unduwel.

If you have Kitul treacle that is the best. If you can't find treacle, you can use sugar syrup.

## How to prepare the syrup with brown sugar:

3 lb of sugar  
1 cup water  
1/8 tsp. salt

Sent By Sujatha Werake

**\*\* Cooking Tip sent by Dakshika Bandaranayake:** I have successfully used canola oil for frying the unduval, and it has worked as good as coconut oil so far. But canola cannot do kevum, but mung kevum was ok with it.

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**Editorial Committee– Priyanka Jayakody, Nazrana Caffoor, Dakshika Bandaranayake, Pamuditha Mahadiulwewa**