



DHAMMAPADA

If by giving up small pleasures, great happiness is to be found, the wise should give up small pleasures seeing (the prospect of) great happiness. (290)

The man of wisdom should admonish others; he should give advice and should prevent others from doing wrong; such a man is held dear by the good; he is disliked only by the bad. (77)

Health is the greatest gift, contentment is the greatest wealth, a trusted friend is the best relative, Nibbana is the greatest bliss. (204)



Quotes from Socrates:

“It is not living that matters, but living rightly.”

“ Know that I am intelligent, because I know that I know nothing.”

“The end of life is to be like God, and the soul following God will be like Him.”

“The unexamined life is not worth living.”



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I take pride once again in writing the editorial for the April issue of the Maya Puwath. As Sri Lankans, I hope most of you celebrated the Sinhala and Tamil New Year with family and friends and were able to observe some customs and traditions even though we are far away from our homeland. Though I have made my home away from home in beautiful Seattle, during special holidays I miss Sri Lanka more than ever.

MGCAANA is successfully moving towards its 6th year as a strong and dedicated association which is committed to support its own Mayan community as well as the outside world. The scholarship award program for Mayan undergraduate and graduate students in US and Canada and Vidya Scholarship Trust Fund for the financially disadvantaged students of Mahamaya offer the benefits for the needy and also for the talented. We made a donation to “Highbridge Voices” in Bronx, New York, a wonderful program that makes a difference in children’s lives. Bronx is one of the poorest communities in the United States. The music director of the program is our valued honorary member Mr. Bruno Casolari.

Our 2010 Annual General Meeting will be held on July 3rd -4th weekend in Los Angeles, California. Everyone in the Maya community is cordially invited and welcome for this event. If you have followed the stories we have shared after our AGMs for the last few years, this is another chance for you to experience the joy, pride and fun as a Mayan. The dedication and the support we have received from our hosts during these get-togethers are phenomenal.

As you all may have noticed, the first edition of Maya Puwath for the year 2010 included a crossword puzzle, trivia questions, and a young talent section in an effort to reach more readers. As usual we would like to encourage our members to share their stories, ideas and talents with us so that they can be published in future editions. Your comments are most welcome as it would help us in bringing you the best newsletter possible .

On a personal note, I would like to share my appreciation and thank all the members and their families who were with me during my father’s illness, after his passing and who are supporting us even today . The phone calls I received from many of my dear fellow members around the country are deeply appreciated. Please accept my apologies for not being able to return your calls. Once again the Maya community has shared their compassion and love with their own.

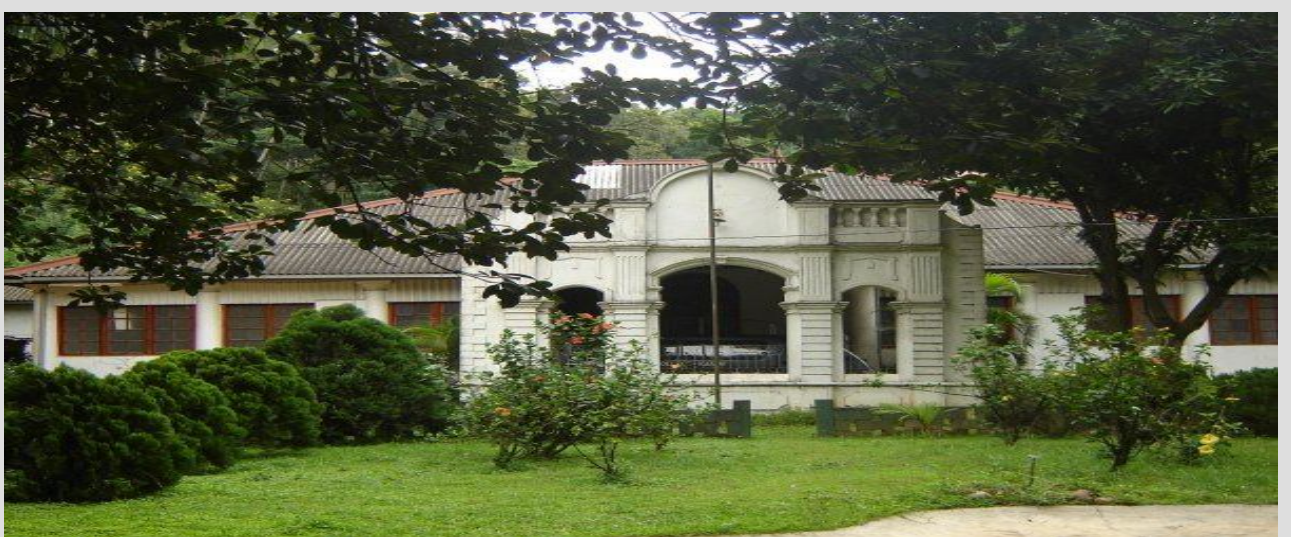
As I was reading my autograph (memory book) from Maya era I realized that memories I have created with friends and teachers still have a special place in my heart. One thing made clear to me is that Mayans are always there for each other lending a helping hand and making someone’s future a better one.—

Priyanka Jayakody

*“ All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances,
And one man in his time plays many parts,
His acts being seven ages. “*

Shakespeare,

As You Like It





Sixth Annual General Meeting (AGM)

of

Mahamaya Girls' College Alumnae Association of North America (MGCAANA)

PLEASE SAVE THE DATE

When: AGM will be held on Saturday July 3rd
Where: Valencia 91355 (Santa Clarita), California,
A Suburb of Los Angeles (45 minutes from LA)
Activities and sightseeing are scheduled for July 4th & 5th.

Who are invited: Mayans, their families, honorary members, Well-wishers

Chief Organizer: Mrs. Geetha Aragoda (Class of 1984)

Meeting will be followed by a dinner (Bring your musical instruments).
Hosts: Mr. and Mrs. Aragoda

Please book your air/train/bus tickets early and
make plans for this great annual event.
It will be lot of fun!!

If you have any questions please email us at: Mahamaya_alumnae@yahoo.com

We hope to see you and your families
at our 6th Annual General Meeting at
Valencia, Los Angeles, California on July 3rd and 4th .

Vidya Scholarship Trust Fund

Dear Maya sisters,

As alumnae of Mahamaya, we have an opportunity to help our financially disadvantaged students, who are very intelligent, but struggling to stay in school.

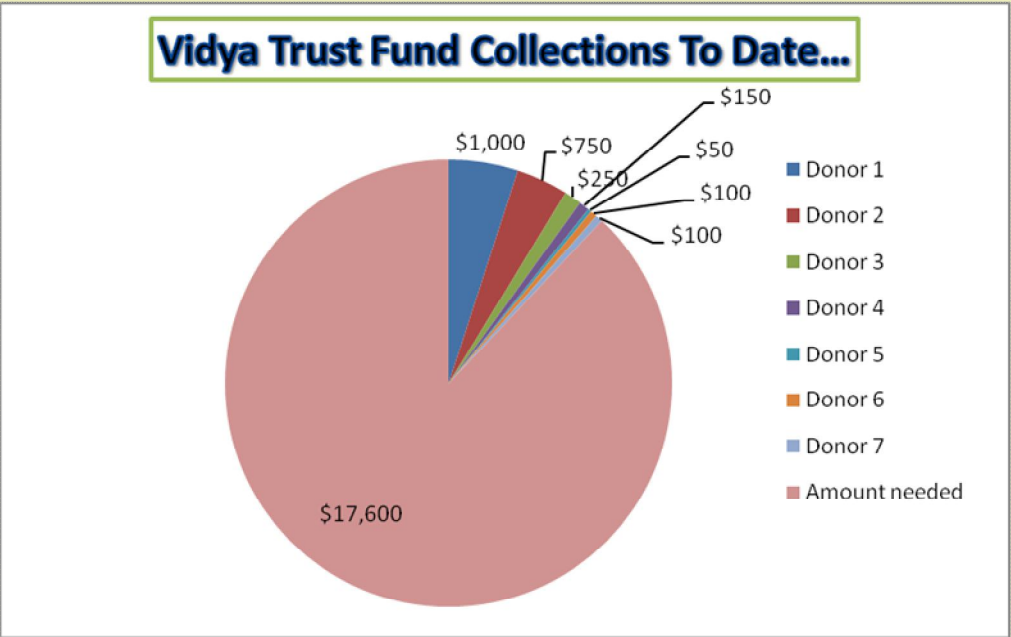
I would like to remind every alumna that we are the heirs to the heritage of the brave Buddhist women such as Sarah de Soysa, and Chitravo Ratwatte, who took the lead to give life to a Buddhist girls' school against all odds, during the British rule. They did not live to witness with their own eyes, how well their dreams have come true. But they dreamed a dream. We ARE the products of their dream. It is our turn now to dream a dream! The torch has been passed on to us!

Let's commit ourselves to give a generous donation to Vidya Scholarship Trust Fund today and assure the survival and success of our own Mayans who need help. In a broader sense, this is a great way to support our nation.

The Composition of data:

The accompanying graph shows the collection as of today. We will update the graph as the money comes in. Our target is \$20,000. .Please donate. Your donation to MGCAANA is tax deductible. Please go to our website <http://www.mahamayaalumnae.org/index.html> and see our brochure there for more details. Send your donations to:

Vidya Scholarship Trust Fund, MGCAANA
5939 West Santoli Avenue, Las Vegas, Nevada 89139, USA



Tulips
-

All misfortune is but a stepping stone to fortune.
- Henry David Thoreau

The Meaning of Vesak

One of the most important Buddhist religious holiday in Sri Lanka is Vesak day. This is celebrated on the full moon day (Poya day) in the month of May. The birth, enlightenment and the death of the Buddha is celebrated on Vesak day.

On Vesak day Buddhist people around the world go to temples to worship with flowers, candles, incense, and food offerings. Lord Buddha has taught us that life is not permanent .Flowers like life are impermanent. Incense and candles also burn out like life. Those are the reasons that people offer flowers, incense and candles to remember his teachings and to learn how to overcome the problems in human life.

People build Pandols with colorful illuminations. These pandols are created with pictures retelling stories called ‘Jathaka Katha” from Buddhist history. They explain the repercussions to humans as a result of misbehaviors.

They also display beautiful and colorful Vesak lanterns. The lanterns are made in various shapes and colors with a candle lit within. The bright and decorative lanterns are hung front of houses, buildings and streets in the night. Many people walk the streets admiring these lanterns after religious activities.

All these ceremonies and activities are observed every year to understand the meaning of life and to finding the path to freedom.

Vesak Pandol or Thorana



vesak-ha.blogspot.com

Vesak Lanterns



By. Priyanka Jayakody



Vesak Celebration

Vesak is the most celebrated religious festival of Buddhists across the world. It observes three important events in Load Buddha’s life; the birth, the enlightenment, and attainment of Nirvana. Lord Buddha was born in India 2500 years ago, and through meditation and other ways he found the reasons for Re-birth and reasons for death. He also found the reasons for the differences among human beings, their sorrows and sins, and the pathway to refrain from sins.

All these three major milestones Load Buddha’s life took place on Vesak full moon Poya days in May. On Vesak full moon Poya day Buddhists go to temples and worship the Buddha statues and the priests, offer flowers, light lamps and burn incense, and participate in Sil campaigns, Bodhi Pujas and so on. These traditional observances, in general, have their value in satisfying the religious and emotional needs of the people. Also, the Buddhist devotees offer alms for monks in the temples.

The Buddhist associations in both villages and cities organize processions; build pandals and huge Vesak lanterns and other decorations that depict different events in Lord Buddha’s life. In temples the priests organize religious programs for a whole week. During this week the cities are decorated with Vesak lanterns, colorful flags and lights. Lots of devotees spend their daytime in the temple and participate in various religious activities. In the evening and night they go around the city to watch Vesak lanterns and other decorations.

Buddhist associations organize free food and drink giveaways for those who come to the city to watch and enjoy these Vesak decorations. They also organize almsgivings for the devotees who observe Sil in the temple from morning till evening. In some Buddhist temples, Sunday schools and other religious associations people organize fantastic mime and theatre performances based on various events in Load Buddha’s life that are taken from Jathaka Stories. Also, schools organize exhibitions of paintings, competitions, Vesak lanterns. During the Vesak week all Buddhists decorate their houses and gardens with colorful flags, decorations and lights. At night they light oil lamps and Vesak lanterns outside the houses.

By. Pawani Jayaratna



1. Other than Marlon Brando which other actor has played the part of Vito Corleone in the Godfather series?

2. Which famous sportsman said "When you are as great as I am, it's hard to be humble"?

3. In Iraq, what are the 2 main Muslim sects?

4. By what name was Nobel peace prize winner (1979) Agnes Gonxha Bojaxhiu better known?

5. What do the languages of Arabic, Urdu, Syriac and Hebrew have in common?

6. Which evergreen tree's berries are used to flavor gin?

7. What does "SPF" mean on sunscreen containers?

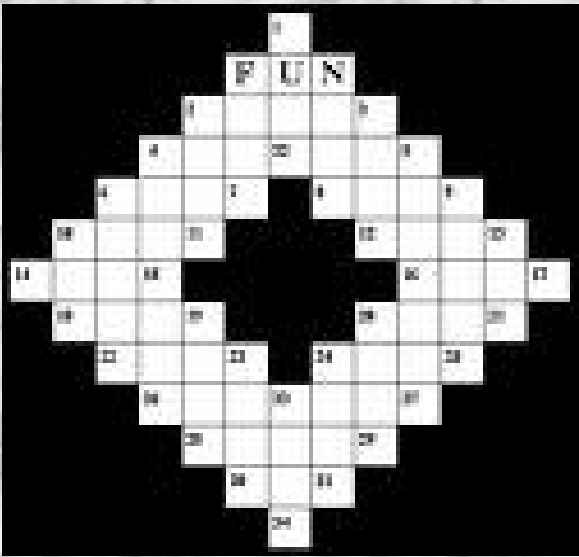
8. What did 18th-century chemist Antoine Lavoisier prove was a compound of hydrogen and oxygen?

9. What planet is circled by only two moons?

10. The thickest part of the human skin is located in which general areas?

Sent in By Himashinie Diyabalanage

Days, Weeks, Months and Seasons
In Sinhala
By Pushpa Gunasekera



Dear Mayapuwath Readers,
We hope you enjoyed our last crossword puzzle. Since we did not get any negative response we assume that none of you had any difficulty in accessing the site & enjoyed completing the puzzle.
Hence we are continuing with the same method of cutting and pasting the address to complete this new crossword puzzle.

<http://www.armoredpenguin.com/crossword/Data/2010.04/0616/06163627.163.html>

Editorial Committee.

Sent By ; Pushpalatha Gunasekera



French Marigold

I've learned from experience that the greater part of our happiness or misery depends on our dispositions and not on our circumstances.

Martha Washington—



SINHALA LESSON

By Sujatha Werake



Reading and Writing Sinhala for the three to six year olds, -- no. 2

Before Learning to Write ...

Help your child to improve him/herself with his/her fine motor skills to gain basic pencil-control that lead to the ability to form letters and numbers successfully. Provide your child with plenty of paper, variety of pencils, and opportunities to trace, draw, and have fun with the work. Get them to draw straight vertical lines, curved, zigzag and diagonals.

How can we prepare the child to learn to hold the pencil with a mature grip, using his/her thumb, forefinger and middle finger?

Some activities to strengthen the muscles in his/her dominant hand:

- * Pair of tweezers, two small containers, small items such as beads, seeds, and grains.
Show the child how to change the items from one container to the other with the tweezers.
- * Eye-dropper, water in a bowl, ice-cube tray: Pick up water and transfer to the ice-cube tray. You can use different colors of water in bowls for variety.
- * Beads and string in a bowl: Stringing beads
- * Blunt needle, a piece of cloth: Simple sewing activities
- * Buttoning clothes, lacing,
- * Pin cushion and headpins in a bowl: Using the thumb, forefinger and middle finger, prick pins into the cushion. When done put the headpins back in the bowl. You can use colored headpins for variety.
- * Big plastic pushpin, outline of an animal/flower, or some picture of your choice on construction paper, padded cloth: Lay the construction paper on the padded cloth. With pushpin, make holes closely along the outline. When done pull the picture gently out of the paper and hang it.
You can come up with many more exercises for this purpose. When you show your child the exercise, go through it slowly so that the child can absorb it well.

Correct writing grip helps the child to improve the grip strength and not to get fatigued when writing. The above mentioned exercises help the child to improve hand-eye coordination, concentration and fine his motor skills.

According to Dr. Montessori, writing comes before reading. Writing of a word needs much more time than reading the same word. Writing “prepares the child to interpret mechanically the union of the letter sounds of which the written word is composed.”

Remember that each child is unique. They have their own timetable. The more your child uses his/her fingers to strengthen his/her hand coordination, the sooner they can master the skills.

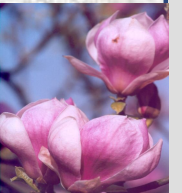
By Sujatha Werake



Peace comes from within. Do not seek it without.

-- Buddha --

Magnolia Flowers



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The Vision of Vesak

To kindle the light of
wisdom within, to walk the
Noble Path, and to be of ser-
vice to humanity .



<http://www.aloka.info/med-vesak.html>

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1. Robert De Niro
2. Muhammad Ali
(Boxing)
3. Sunni and Shiite
4. Mother Theresa
5. Written right to
left
6. Juniper
7. Sun Protection fac-
tor
8. Water
9. Mars
10. Palms or Soles



This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

-

- Dalai Lama

Peony flower



MISCELLANEOUS



Mung Kawum (Mung Bean Sweets)

Ingredients:

- 2 cups of Mung Flour
- 1 cup of White Rice Flour
- 1 Ltr. Black Treacle (melted jaggery can be used too.)
- 2 cups of white flour for the batter.

Method:

Mix well the two flour and add a pinch of salt. Boil the honey (treacle) well, (once you try to pour it, it should form a thick line like a thread. That is the correct point to add flour into it.)

Keep one cup of boiled treacle aside.

Always make sure that you have extra 1 cup of flour in case the mixture gets too watery.

Once the flour + treacle is mixed well, dust a board with white flour and spread the mixture on a board and cut diamond shapes or whatever the shape you like. (I don't care! but the taste of my mum's mung kawun should be there!)

Add coconut milk to the other 2 cups of white flour and make a thick batter - a little thicker than for kokis.

Dip the diamond shape kawun in the batter and deep fry them.



<http://www.infolanka.com/recipes/mess4/66.html>

Malini's kitchen

Please Renew Your Membership!

Dear Member,

We will be thankful if you could please take a moment and renew your membership. It is very important to us to get your membership renewed, because of two reasons.

1. We would like to know if you are willing to be nominated to become a director of the Board, or a member of the Executive Committee. If you would like to be a nominee we need to have a brief description about yourself to be circulated among the members.
2. We are getting ready to send you the ballot paper to vote and we are sending it only to the members, since only the members have the right to vote.

Who need to renew their membership?

The members of 2009/2010 who have paid the membership fee BEFORE December 31, 2009.

The members who paid after January 1, 2010, DO NOT HAVE TO PAY for the year 2010/2011.

If you have any questions, please email Mahamaya_alumnae@yahoo.com

How to renew your membership:

Two methods are available for you to choose from.

1. Online: Go to our website <http://www.mahamayaalumnae.org> and fill in the Renewal of Membership Form and pay online by using PayPal.
2. Mail the Renewal of Membership Form with your check, or renew membership online and send your check by mail for \$25.00 (students \$15.00).

How to pay:

All checks payable to: MGCAANA.

1. By mailing a check to: MGCAANA, 2417, NE 20th Street, Renton, WA 98056
2. By paying online using PayPal.

Interesting links for our members

A newly launched web based gift delivery company which you can send gifts to your loved ones in Sri Lanka. <http://www.paruwa.com/index.php>

If you are interested in reading more about the “Highbridge voices” in Bronx, please follow this link.

<http://www.highbridgevoices.org/ourhistory.html>

CREATIVE WRITING

Mahamaya- memory book page (2)

“Earthworms, Herbs and an Upside down cake!”

By Sagarika (Welegama)Rathninde

The cooling swish of the bamboo grove was truly a natural air conditioner. The small protruding area of the Kandy Lake was filled with water lilies all year round. Sri Lankan version of Sakura mal the “Robarosea” grove around the lake shore was like a pink blanket during July-August. Araliya bloomed in plenty almost everywhere in the school premises creating a unique picture to sooth the eye and the mind. Who can say that these are not embedded in the hearts of every Mayan?

Rambutan, Mangoes and Pini jambu trees were hurt by an occasional strike from a brave soul. Those mangoes were the sourest kind but that was the snack for us during weekend orchestra practices. We did not forget to bring salt from home!

Talking about trees and aiming for fruit high above, accidents were also not rare.

There was a girl named Kanchana who was a year older to us. She was fun and friendly. When she was passing by our class she used to take a peek and say hello. She used her own sweet time between the lessons very wisely. While she was on her own “Bathroom Break”, she used to talk to the girls on her way back, stopped to get a drink of water and slowly walked to her class. One day she noticed that we were working outside the class by the colossus Kamaranga tree and she stopped by to have a chat. She was talking while we were busy working in our newly set up herb garden. Kanchana grabbed a rock and said “watch this-one shot” and hurled it towards a well ripen Kamaranga fruit. We just ducked to protect ourselves. In a second what we saw was Kanchana’s head covered with blood. We all were scared to death. She had to be rushed to Lake Side hospital for treatment. She was ok. But I remember her coming to school with a big band-aid for a few days .She was still eyeing for that fruit.

Let me tell you a little about our herb garden. When Mrs. Abeywickrama was our science teacher in grade 7, she encouraged us to start this herb garden under the big Kamaranga tree behind Nilanga Fernando’s house. Since we did not have much space available, we planted only a few types first. I brought a Pavatta plant which thrived very well even in the drought. Ajitha Eriyagolla’s dad helped us by sending many herbs like Nika, Niyanda, Iriweriya, Sapsanda and many more plants grown in the dry zone. In order to make way for the ground braking activity of the auditorium our herb garden had to be transferred to a very dry, eroded, futile plot above the staffroom and the main gate. That was the only place available to use at that time. The place was full of Thiruwana. There was not much fertile soil for our plants to grow well. But we continuously watered and fertilized them. Our hard work paid off. Since my Pavatta plant had already grown into a big bush by the Kamaranga tree we kept it as it was. When I went to school one day in 2004 it was still there with a few branches struggling to survive. I spent some quiet time there with a nostalgic feeling to run back to the beautiful past.

When we were doing Agriculture lessons with Mrs. Silva (Mahesh teacher) we had chances to grow various plants. We loved to see our Anthurium plants growing beautifully under the “jam” tree, below the Rambutan tree.

While we were all dealing with coconut husks, used tea leaves, red brick pieces, cow dung, various organic matter, earthworms, spiders and mosquitoes I still remember our friends who did Home Science, coming to the class a little later than usual with a mouthwatering aroma which was swirling around the class. They had made “Pineapple Upside Down Cake” and already finished it..! I really wanted to see how it looked like since it was “upside down” and also wanted to try a little piece. So did everyone who worked outside. Poor us! We had to wait another period or two till lunch!!Ugh! Not fair !!!

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

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