



In This Issue

- Page 1 : Editorial
Page 2-3 : Announcements
Page 4 : Sinhala & Tamil New Year
Page 5 : Warped Banana
Page 6 : Law of Attraction
Page 7 : New Year in Boston
Page 8 : Kids Corner

Resources: Google Images

Dhammapada

"අප්පමාදො අමතපදං,
පමාදො මව්චුනො පදං
අප්පමන්තා න මියන්ති,
යෙ පමන්තා යථා මතා"



"දහමෙ හි පමා නැති වීට
හේතු වෙයි එය නිවන ව
පමාවෙන් කල් ගෙවයි නම්
හැම විට ම යයි මරණේ ව
දහමෙ හි පමා නැති අය
නො මැරෙති නිවන තුළ සිට
පමාවෙන් සිටින අය
ජීවත් වූණත් මැරුණ අය වැනි යි"

ධම්මපදය, අප්පමාද වර්ගය



Sinhala and Tamil New Year

A time to Rejoice....

The Sinhala and Tamil New Year dawns in the Month of April for Sri Lankans, bringing with it a wealth of traditional practices, filling the air with the sheer festive joy that it brings.

This is the time for love, joy and overall cheer as even the nature itself adorns itself for the dawn-ing of another new year. It is the time to forgo old rivalries and spread goodwill all around, stepping on to a brand new era, leaving the sorrows of the yesteryear behind. Celebrated by both Sinhalese and Tamils, this festival pulsating with life is cele-brated in the month of April, usually on the 13th or the 14th, marking the end of the harvest and spring.

Unlike the rest of the world who celebrate the beginning of a new year on the 1st of January, most Sri Lankans prefer to save the festivities till April when according to the astrological charts, the sun moves from the house of Aries to the house of Pieces.

Age old traditions and customs are still being practiced during this period where everything hap-pens at an auspicious time determined by astrolo-gers. Most people attach a great importance to the customs practiced during this time and strictly adhere to the timings and instructions given in the almanac specially prepared for the New Year.

The Sinhala and Tamil New Year is indeed the ideal time to get engrossed within the vibrant cul-ture and the proud heritage that Sri Lanka boasts of.



Wishing all our readers joy and prosperity, health and wealth, in this Sinhala-Hindu new-year, here we are bringing another issue of our newsletter, the April issue, to your doorstep.

Living far away from our country, listening to the nature 's rhyming call of the koel bird only through the media, re-calling the cherished memories of our childhood and sharing them with our children, we are trying to celebrate the reminiscence of our cultural values and customs during this season in a foreign land. Although the traditional oil lamps are not lit the same way and the auspicious times are not met, we attempt to convey the message of unity, har-mony and the uniqueness of this precious event to the world the best possible way we can.

Speaking of unity and harmony, most of our Mayans demonstrate that to the fullest extent, engaging in various so-cial and community work within MGCAANA and outside. Modern life is busy. We work according to a timetable. Managing time is crucial and some of us are trapped in this framework and let the work run over us. We kindly in-vite our readers to take a short break from your routine chores and enjoy the life, while sharing your work-kids-kitchen and overall life experience with us and doing something useful to the society.

If we pause for a moment and think about the people who have helped shaping our lives for who we are today, our parents and the teachers sparkle at the top of the list. We never forget our parents as we are naturally bonded to them. But occasionally, we tend to forget the school we attended and the teachers who assisted us. It may not be an easy task to track down each teacher in our lives but as a whole, the school once sheltered us is still there at the same place we left her, just like a mother - a good mother, holding the pride and having our best interests in her heart. The best we can do today to gratify her is to help the fellow Mayans, the young ones who are most fortunate to attend the school, yet less fortunate to finance the mission. Let's get together to reach the goal of Vidya Trust Fund to shape the lives of many other women to follow us. After all, the month of April (Bak-Maha) is the beginning of the New Year for us. If each member pledges a \$10/month for this worthy cause, we will be able to make a real change at the end of this year. With this message, let me conclude the editorial wishing you a promising and fulfilling New Year!!

- Hashini Mohottala



MGCAANA ANNOUNCEMENTS & NOTICES

The 9th AGM/Dinner Dance

We have the pleasure of inviting all Mayans,
their families, honorary members and well wishers
to

The 9th Annual General Meeting of
Mahamaya Girls' College Alumnae Association of
North America

hosted by

**Mr. Selva Selvendran &
Mrs. Geethanjalie Selvendran (nee Wijayapala)**

To be held at

6144 Windlass Circle, Boynton Beach,
Florida 33472

**Sunday, the 26th of May, 2013 (Memorial day
weekend)**

From 2 pm to 5 pm

Dinner Dance from 6 pm at the same venue If you
have any questions, please email us
at mahamaya_alumnae@yahoo.com

9th AGM More Information

*The official AGM information, agenda and the ballot information to
select your 2013/2014 board members will be mailed soon.*

Closest Airports-

Palm Beach International Airport (561-471 7400) Code :PBI
1000 James L. Turnage Blvd, West Palm Beach , Fl 33415

Fort Lauderdale International Airport (866-435 9355) -Code : FLL
(45 minutes away, This has **better deals** and **more flights**)
320 Terminal Drive, Fort Lauderdale, FL 33315

Miami international Airport -(305) 876-7000 Code: MIA
(60 to 90 minutes away)
2100 NW 42nd Avenue, Miami, FL 33126

Tri-Rail connects Miami and Fort Lauderdale to Boynton Beach.
www.tri-rail.com, 800-TRI-RAIL (800-874-7245)

Hotels-

Courtyard by Marriot, Boynton Beach
1601 N. Congress Avenue
Boynton Beach, FL 33426—(561) 737-4600

Hampton Inn by Hilton, Boynton Beach
1475 West Gateway Blvd.
Boynton Beach, FL 33426—(561) 369-0018

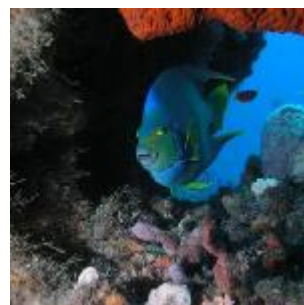
Tourist Attractions in Boynton Beach



Green Cay Nature Center and Wetlands



Arthur R. Marshall Loxahatchee
National Wildlife Refuge



Underwater Explorers



Due South Brewing Company

<http://www.tripadvisor.com>

More Top Tourist Attraction in Florida

Universal Orlando, Magic Kingdom, Epcot, Lego Land, SeaWorld, Orlando, Universal Studios, Kennedy Space Center, Everglades, Disney's Animal Kingdom, Disney's Hollywood Studios, Amelia Island, Coral Castle, Daytona International Speedway, South Beach, Busch Gardens Tampa Bay, Zoo Miami, Key West, and many more.

Plan your trip to Florida with your family. While attending the AGM on May 26th, during this long weekend, plan to visit the places that you and your family can enjoy.

For more information:

<http://www.google.com/search?q=tourist+attractions+in+florida&sourceid=ie7&rls=com.microsoft:en-us:IE-SearchBox&ie=&oe=>

Welcome !!!!

We are delighted to announce that two creative Mayans have joined our Newsletter Committee this year. We warmly welcome them. They are Dr. Nalini Jeyapalan and Ms. Shashikala Galpotthawela.

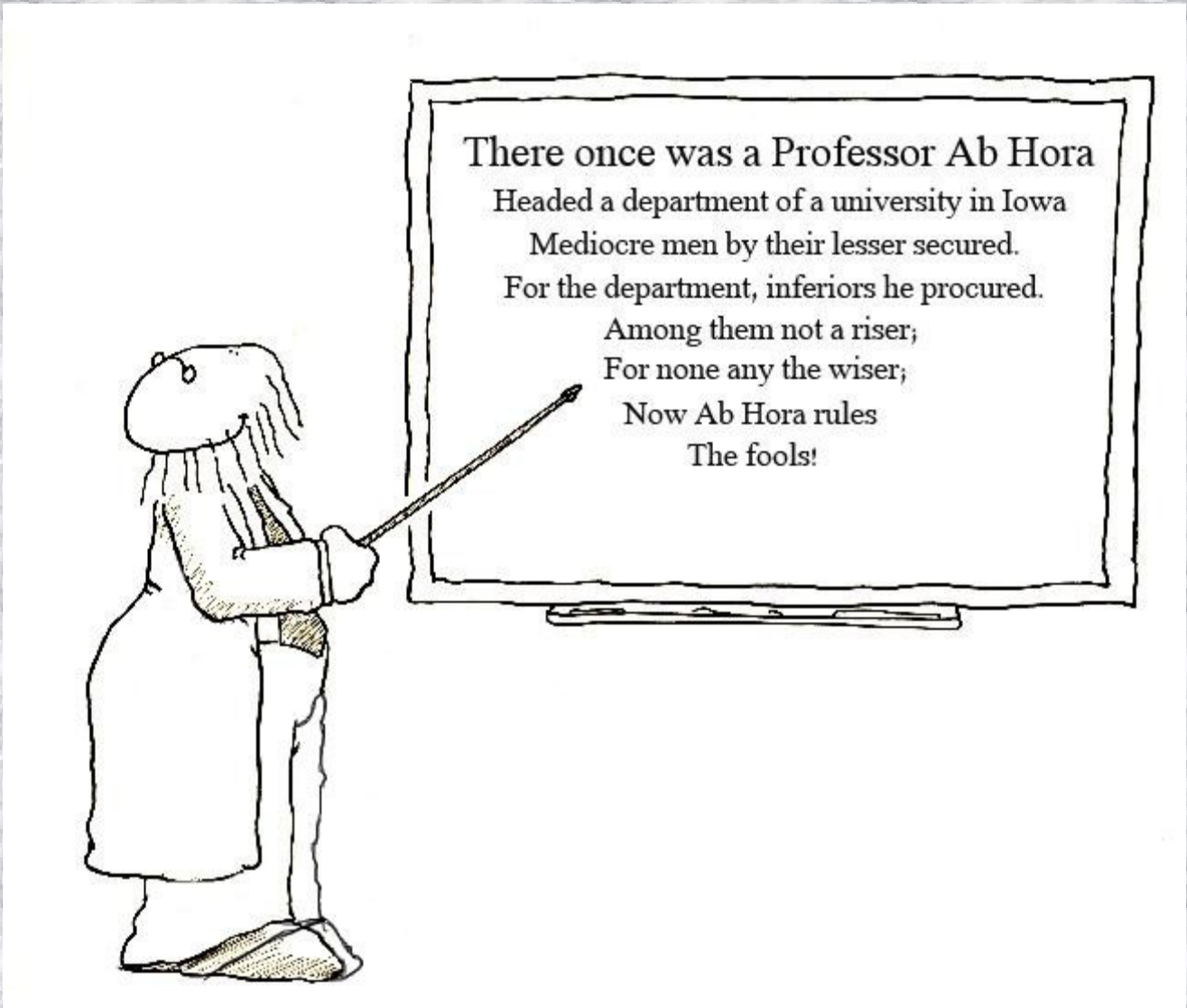
Dr. Nalini Jeyapalan studied at Mahamaya in early 50s during Mrs. Goonawardena's era. She entered the University of Ceylon, Peradeniya in 1954 and graduated with an Honors degree in Economics, specializing in Money and Banking. She received her Ph.D. in Economics from University of Cambridge in 1965. She worked at the Central Bank of Ceylon. After migrating to United States, she worked as a professor. Nalini is a poet and a writer in addition to her professional careers in Economics. She is retired and now lives in Fresno, California.

Shashi Galpotthawela, attended Mahamaya College from 1991 – 2000.

Soon after Mahamaya, she went to India to pursue higher studies in Biotechnology and came to the US about 9 years ago to follow a Masters degree in the same field. After graduating Shashi worked in a research lab for a couple of years and joined a pharmaceutical company and have been working at the same place since.

She recently started volunteering at the National Zoo in Washington D.C as an educational interpreter in the elephant exhibit that houses two Sri Lankan elephants; Shanthi and Kandula and really enjoy the time spent at the zoo. She also like to read a bit and bake when time permits.

Her hope is to help the Newsletter Committee this year to make the newsletter an enjoyable read.



By Dr. Nalini Jeyapalan

Wishing everyone a very happy and peaceful Sinhala and Tamil New Year!!!!!!

Though the weather is nicer, the cherry blossoms are in full bloom and the trees are getting their leaves back this is the time that I miss home the most.

Avurudu time will always have a very special place in my heart. I think it was the preparation of sweets, though we used to make only kind and fill the table with the sweets we would receive from all the other houses, it was the feeling of celebration and togetherness that I loved the most.

So, since we are living in an environment where having an open fire would be a hazard and if we were to deep-fry some finger licking unduwal there would be a non-stop smoke alarm, I thought I would share a recipe that would be close to many of your hearts that doesn't require frying.

Love Cake – By Anita Dickman

- 1/2 lb semolina sifted
- 1/2 lb butter
- 1/2 lb minced cashews
- 3/4 lb soft sugar
- 6 ozs pumpkin preserve
- 10 eggs
- Rind of 3 limes
- 2 teaspoons rose essence
- 2-3 teaspoons almond essence
- 3 teaspoons vanilla essence



Warm semolina in a dry pan. Put it into a bowl and while still hot add the butter and lime rind. Mix the minced cashews and pumpkin preserve with the rose essence and leave aside.

Beat the yolks and sugar with the almond and vanilla essence until creamy and double in bulk and until there are air bubbles on the surface. Add the semolina and the butter mixture and beat until well mixed. Add the cashews and pumpkin preserve mixture and mix well together. Lastly fold in 3 egg whites stiffly beaten. Line a flat baking tray with 7 sheets of newspaper and 3 sheets of oil paper.

Brush the oil paper with melted margarine. Pour the cake mixture and bake in a preheated oven of 160C for 15 mins and then at 150C for about 45-50 mins.

When the top of the cake becomes golden brown, cover it with a piece of foil so that it does not become too brown. When cooked the center of the cake should still be moist. Remove from heat leave in the baking tray to get cold. DO not turn out this cake.

Enjoy this love cake with some nice hot tea and let me know how it turns out.

By-
Shashi Galpoththawela.

Warped Banana
By Nilmini Wickremeratne

This is my stool
No it is not
This is my sandwich
No it is not
I wanted it
Did not

Thought about it before you
But I saw it and got it before you
Too bad I got it and not you
That's okay I am much better than you

Oh why do I feel like a warped banana
Does that word even exist
Or should I change it to a warped mama
Or do you vaguely get what I mean

Three children, three different demands at once
I want this and that and I want none
Look at me, no me first, why do you stare
Really I do feel like a warped banana

I feel pulled from left and right
I feel stretched up and down,
If there are anymore sides to stretch
I feel they have been stretched as well

Mind blown to pieces with all the questions
I stand like a signal tower you know
Receiving all the demands and woes
I have to be the handy man as well
The cook and cleaner and the playmate.

I run to school to drop one off
Come home to see the second dosing off
Her nose on the plate with food in her mouth
And the clock ticking away without a stop

We run to school or we try to walk
Picking up the flowers on the ground
Weaving through the honking cars
And all the beautiful girls in white

A beautiful smile and a see you soon
A good bye at the gate
with a kiss blown in
The second one goes and I run back
The third is ready to greet with a smile

Breakfast is done, lunches all packed
The little one and I do a little dance
We are ready for school
We pack the bag, out on a dress
And we run off

This time too a good bye at the gate
I hear a small wail as she goes off
Again I will see you soon
My darling child
Enjoy your day until mamma comes back

Go home and rest
What a lovely thought
The sweeping the cleaning
All the chores calling out
Should I sleep a little
Or take a break
Read the mail
Run a mile
No, time is short
I finish what I can , it's time to go
Pick up the littlest waiting for me

The smile that greets me
I treasure very dear
The run and the hug
A pleasure for me

We go home and in no time at all
It is time to pick the middle one
I wrap a saree as fast as I can
And hope it won't break while I run
I go more composed as I enter the gate

The wandering little eyes that search for me
The lips that turn into a smile
As she recognizes and bounces out
I feel my heart get all warm as I hug tight
And we start our walk back home with pride
Talking about new friends and names
She needs more attention I know this too
But so does the littlest waiting at home
I work like a machine , trying to get things done
Before its time to get number one

I don't want this I want that
No I wanted that first it is mine
Let go I ate it don't pull it out
It's inside my mouth almost down

You are this you are that
You monstrous thing
Why do you bother me
Leave me alone
You horrible thing go away

In no time battles and scratches and tears
Bruises and scars in different shades
Ice packs come out and the weapons are dropped
In time the bumps forgotten
and tears dried and faded
Playing together as if
None of this existed

By this time I am nodding,
Can't hold my head straight
Must be the food gobbled down
In nothing of grace

Ouch that hurt, Ammi did you hear
He hit me , she clawed me
Babba says number three
One runs and hides behind my skirts
The other comes pouncing and jumps on me
Before I fall down I have to see
To make sure I don't squish the littlest of three
Arms protecting one and pushing one out
Legs keeping safe the littlest one

Apart from jokes , I really do feel
That now I am a squished banana
I am of small frame and not tall at all
Handling three or wrestling one
My bones ache at the end of the day
A five minute shower is all I can have
The meals are all ready and time to sleep
Hunger satisfied and the thirst quenched
Sleep tight my loves, it's time for good nights
I kiss them I hug them my precious ones

I hit the bed, it feels like a sack
Or is it me that feels like a
Warped banana
Get off me, don't push me , she took my sheet
Ammi help , he is strangling me
Am not , she bit me with 4 teeth
The bed becomes a wrestling ring
Sheets fly , pillows become weapons and fall
I shout I scream I can't anymore
My eyes closed I plead just a little more.
Good night my loves, please sleep this time
Or I will give a small gutti to each one
The noise dies down, my eyes closed tight
Mind starting to doze off

I must be one of the lucky ones
To feel like this day in and day out
I am alive and healthy and strong
And have three treasures whom I love
So in conclusion I have to say
It is absolutely wonderful to feel like this
Yes, it feels really good to be
A warped, squished and mushed banana.



Source:
Kelly Nault, MA award winning parenting of *When You're About To Go Off The Deep End, Don't Take Your Kids With You* inspires moms to put themselves first—for the sake of their children. She shares time-tested tools that motivate children to want to be well behaved, responsible and happy! .

Law of Attraction Used for Your Parenting Success

By Kelly Nault, M.A.

Law of Attraction and Effective Parenting

Struggle is not part of the natural order of life. One never sees a cherry tree struggle to produce blossoms when given the right environment. Why? Because the tree is simply following its purpose—its basic nature. Fortunately, struggle does not have to be part of the parenting equation either. This is good news for many parents because if we choose to use the law of attraction we can experience a happier, more peaceful and respectful home. Yes, this can even mean eliminating award-winning temper tantrums for good. Sound too good to be true? Read on.

What is Attraction Parenting?

Attraction parenting employs the principle that the behavior we experience in our home we have attracted to us by our thoughts, deeds and actions. You see, the people around us, especially those closest to us (like our children), simply reflect and respond to our own feelings and actions. As much as we would like to blame our kids for their behavior (especially when they are pushing every button we have, plus some we never knew we had!), generally our kids’ only mirror what is going on within us.

So, if your kids currently have you spluttering and dog-paddling in the “parenting deep end”, it may be time to ask yourself:

How am I contributing to my kids behavior? (Gulp!)

Are my kids responding to my lack of patience and skyrocketing stress?

Are my children desperately seeking quality time with me because I haven’t been giving them much special time lately?

Are my kids no fun to be around because frankly, I am not fun to be around?

Answering these questions truthfully can quickly get to the root cause of their misbehavior.

The Four Secret Parenting Law of Attraction Tips

There are six parenting tips below that can positively transform any household of chaos, frustration and stress into harmony, joy and peace.

The Secret Parenting Law of Attraction Tip #1 – You are modeling for your children how to behave each moment of every day

Children watch what we do far more than they listen to what we say. Thus, if you yell at them to be quiet, push them to do what you want them to do, and use a disrespectful tone when frustrated—you only teach them how to treat you. Stop! Take a breath and make a commitment to walk your talk. Model for your child how a happy, healthy and sane human being looks, talks and acts. Then watch them follow your lead.

The Secret Parenting Law of Attraction Tip #2 – You are your child’s most powerful self-esteem mirror

Your child seeks approval from you more than anyone else. You are the mirror that tells them how deserving or unworthy they are. They will believe whatever you reflect to them—positive or negative! Overt and even subtle put-downs can be devastating to their sense of self-worth and wellbeing. When a child has low self-esteem they will often act out, misbehave and drive you nuts! By using the power of positive words and actions to encourage, rather than discourage, you can be a beacon of light illuminating your child’s worth. This gift of positive mirroring can inspire your child to believe in themselves, follow their passions and ultimately be someone who is a delight to be around. Therefore, choose to reflect your child’s brilliance, special god-given talents, and worth by being grateful for what they are and do.

The Secret Parenting Law of Attraction Tip #3 – The more you focus on the positives of your child, the more you will experience them

One of the most powerful aspects of the law of attraction is that whatever you focus on, expands. Thus, if you spend much of the day nagging about all the things your child isn’t doing, or all the bad things your child is doing, you simply attract more of these frustrating experiences to you. Instead, we can take affirmative steps to create the behaviors we want by simply noticing and being grateful for what we do like. One of my favorite parenting gratitude techniques is what I call the “Dog Factor!” You know how dogs unconditionally show us love and affection—greeting us at the door enthusiastically, whether we’ve been gone for two days or two minutes? Well, apply this approach to your own family. Beam with love when they come home or when they enter the room. Remember that no matter what you are experiencing right now with your family, there are thousands of people in this world (like those who can’t have kids!) who would gladly trade places with you.

The Secret Parenting Law of Attraction Tip #4 – Discipline only teaches children to do better next time, when they feel better

This is probably the most difficult parenting tip to accept. Discipline doesn’t have to feel bad to be effective. In fact, most discipline that is based on punitive punishment (things like yelling and taking away privileges), only teaches our kids to lie, and not get caught next time! You reap what you sow. Thus, if your punishment is focused on rehashing all the bad things your child has done, you are only attracting more of this bad behavior to you in the near future.

For discipline to really inspire children to do better next time it needs to:

Be respectful

Focus on the solution (and how to do better next time)

By filling our home with gratitude for all we do have and with positive words and actions, we can begin to experience more pleasant interactions and actively create the family life of our dreams.

Sent By Nilmini Wickremeratne

University of Washington, Seattle, USA

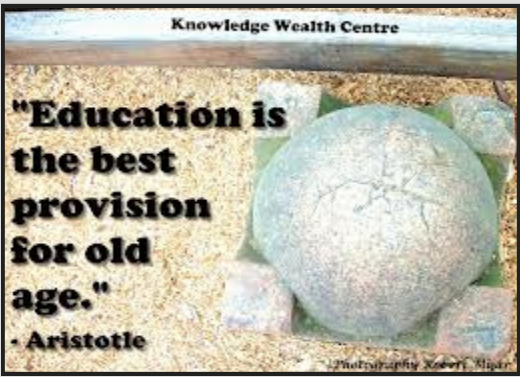
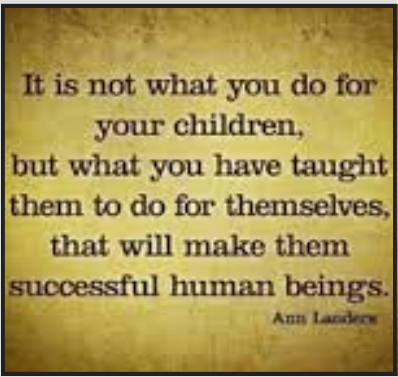
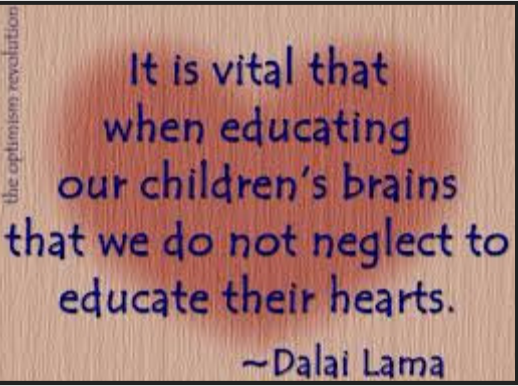
The Henry M. Jackson School of International Studies

Ph.D. Program:

Jackson School's approach is designed to train the next generation of scholars and practitioners, who aim to develop deep knowledge of world regions in the context of specific contemporary global themes, policy challenges, and real-world problems. The program has been designed for you to complete the degree expeditiously. Their doctoral program combines a tutorial system with specific coursework to allow you to finish in 3-4 years. Their training will provide you critical research skills, whether you are aiming for work in academia, government agencies, international organizations, non-governmental organizations, think-tanks, media, or the private sector.

A focus on South Asia is available in this program.

For more information: <http://jsis.washington.edu/phd/>



BOSTON CELEBRATING THE SINHALA NEW YEAR WITH TRADITIONS...



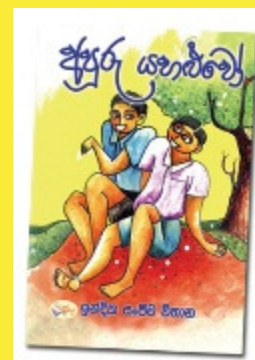
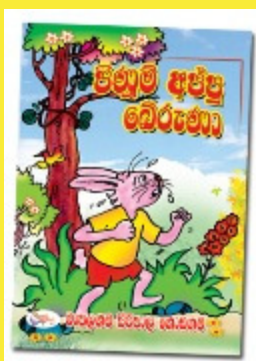
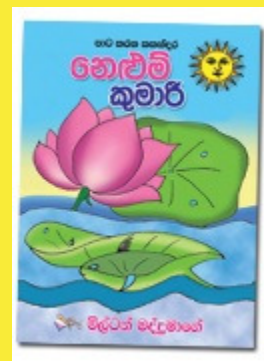
Kids' Corner



Udarata Menike Train By Ravindu Karunaratne

5 years old - attend Bright Horizons School, West Hartford, CT

Source : <http://www.lanka.info/shops/booksStore/books>



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

NEWSLETTER COMMITTEE

Hashini Mohottala, Priyanka Jayakody, Shashikala Galpoththawela, Nalini Jeyapalan