

Maya Puwath - මායා පුවත්

quarterly Newsletter of Mahamaya Girls' College
Alumnae Association of North America (MGCAANA)
Volume 19– Issue 2 – April 2023



Message from the Editors

Dear Readers,

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We hope you had a wonderful time celebrating New Year and connecting with your loved ones back home.

We have some exciting news to share with you in this issue of MGCAANA Newsletter.

Our Scholarship award winner for this year was announced! Congratulations to Tharuki De Silva!

Extending our generosity to the local community, precisely, to the “4 legged community”, this year we donated \$100 to The Rogue Valley Humane Society as part of our annual charity project. Our president Bobbie Pradeepa visited this organization to make this donation and we heard that the welcome she received was ‘Pawsome’!

This issue also features the amazing artwork “Sailboats” by our very own MGCAANA member Deepani Waidyaratne. This was chosen for the cover photo of the year 2023 magazine of the Canadian Artist Association. Congratulations to Deepani! Scroll down to see more of her intricate artwork and to read about her passion for Art.

Our AGM is right around the corner. You will find your special invitation to join us virtually to elect the new BOD for the upcoming year. Hope to see you all there!

Happy Reading!

In this issue

- AGM invitation
- Success stories
- MGCAANA Projects
- Health corner
- Recipe corner
- MGCAANA News



Dhammapadha

*Manopubbangama dhamma
manosettha manomaya
manasa ce pasannena
bhasati va karoti va
tato nam sukha¹ manveti
chayava anapayini.*



All mental phenomena have mind as their forerunner; they have mind as their chief; they are mind-made. If one speaks or acts with a pure mind, happiness (*sukha*) follows him like a shadow that never leaves him. : [Verse 002](#)

We value your donations - fulfilling our purpose of MGCAANA

Happy to let you know that **18** Vidya Scholarship Trust fund scholarships were awarded for this year (each Rs 20, 000).

Best,
Himashinie
(On behalf of the endowment committee and VSTF board of trustees)

Give life to a child's dream.....

Make a donation to help an underprivileged student gain access to the best education you were fortunate to receive:

<http://www.mahamayaalumnina.org/vstf.php>

Renewing MGCAANA Membership for the Year 2023

Thank you to members that already renewed their membership for the year 2023. If you have not renewed your membership yet, this is a friendly reminder to renew your membership to support MGCAANA's ongoing activities. How you can renew your membership:

Online: Use your credit card or PayPal account to pay your membership fee through the MGCAANA membership renewal page.

By Mail: Please mail a check payable to MGCAANA (\$ 15 - Students; \$ 25 - Regular). Address: Treasurer, MGCAANA, 2417 NE 20th, Renton, WA 98056

Note: If you wish, you can also renew your membership for 3, 5, or 10 years by paying US\$70.00, US\$115.00 and US \$230.00 respectively. Your support helps MGCAANA continue its legacy in helping Mayans and their communities in North America as well as current students at Mahamaya Girls' College, Kandy, Sri Lanka.



**MAHAMAYA GIRLS' COLLEGE
ALUMNAE ASSOCIATION IN
NORTH AMERICA AND CANADA
(MGCAANA)**

**CORDIALLY INVITE YOU TO MGCAANA
19TH ANNUAL GENERAL MEETING
(VIRTUAL)
ON
28TH SUNDAY, 2023**

2 pm PST, 3 pm MST, 4 pm CST and 5 pm EST

**ARE YOU READY TO ELECT THE NEXT BOARD
OF DIRECTORS FOR 2023-2024?**

**STAY TUNED FOR MORE INFORMATION ON
UPCOMING ELECTION!**

**FOR QUESTIONS, PLEASE CONTACT:
mahamaya_alumnae@yahoo.com**

CONGRATULATIONS!

CONGRATULATIONS one of our mgcaana member DEEPANI WAIDYARATNE whose artwork "SAILBOATS "was chosen to be the cover photo for the CANADIAN ARTIST ASSOCIATION for 2023.

Here is her "sailboats" artwork and more of her art works and more about her too.



Success stories of Mayans



Ever since I was a child, my number one passion in life was creating art. It grew even larger with the encouragement of my family and friends, and felt that my passion for creativity was a gift passed down from my late father.

Painting is one of my favourite pastime hobbies. Over the years, I honed my skills towards creating abstract and landscape style of artwork.



Creating concrete leaf castings during the summer became a yearly tradition. Each leaf is made individually and the real leaf used in casting is discarded after one use. After creating these concrete molds, I would paint over them with acrylic paint to accentuate every small detail of the leaf, which makes each and every leaf unique. They can be used as household decors.

I want to broaden my understanding of world of design and art that is beyond my knowledge and experiences. Because my love for creativity burns so bright and deep within me. – **Deepani**

Waidyaratne --



Amala's success story continues— Almala has written two songs and broadcasted the songs on SLBC radio Sri Lanka on 97.4 FM (PLAY to listen) <https://youtu.be/lyzIATOA-iU>



Amala Jayasekara

3m · 🌐

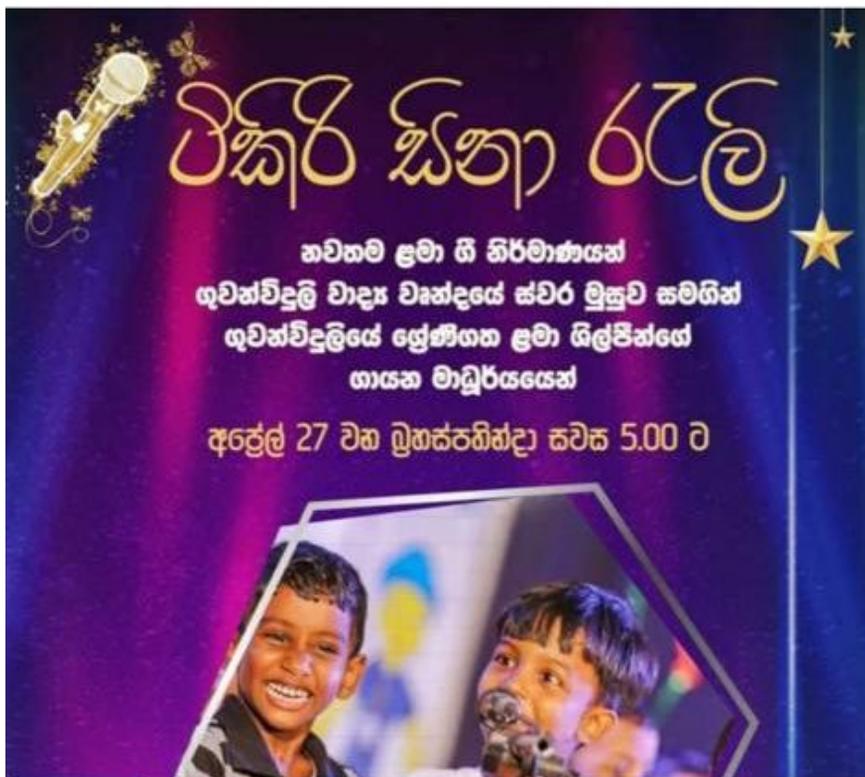
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Congratulations to our 2022-2023 Scholarship Recipient!

Every year, MGCAANA receives 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 applicants who took the time and effort to send in their application. Our goal is to motivate our student members to shine academically as well as personally, so we truly hope that you will take advantage of this wonderful opportunity in the years to come, if you did not receive a scholarship this year. As always, if there is anything that we can do to help you, please let us know.

We are extremely proud to announce our 2022-2023 MGCAANA Scholar – Tharuki Rangana De Silva. As this year's MGCAANA scholar, she will each receive a \$250.00 scholarship. Tharuki is currently a Ph.D. candidate at the Department of electrical and computer engineering, University of Manitoba, Canada. She graduated from Mahamaya Girls' college in 2013 completing the G.C.E A/L examination. While at Mahamaya, Tharuki was a senior girl guide and was awarded the Presidents girl guide award in 2011. She was also a member of the English debating team. She pursued her bachelor's degree in electrical and electronic engineering at University of Jaffna and was the president of the Institute of Engineers Sri Lanka (IESL) student chapter at University of Jaffna for the year 2018. Tharuki completed her BSc. degree in electrical and electronic engineering with a first class honors in 2019. Soon after graduating, she joined the Faculty of Engineering, University of Jaffna as a teaching assistant, and worked as a research assistant at the Centre for Biomedical Innovation at University of Moratuwa. She then joined University of Manitoba in 2020 and was awarded with "University of Manitoba Graduate Fellowship" in the year 2021, for academic excellence and research potential portrayed in her master's degree. Tharuki completed her MSc. in electrical and computer engineering in 2022 and joined the Ph.D. program while also working as a teaching assistant for undergraduate engineering courses at University of Manitoba. Currently her research focus is on developing a low complexity video compression architecture to address the higher consumption of storage capacity and transmission bandwidth from video streaming due to the increasing demand for superior quality video applications

On behalf of MGCAANA, the Board of Directors, the Executive Committee, and the Scholarship Selection Committee would like to sincerely congratulate Tharuki and wish her continued success in her academic and professional pursuits.

MGCAANA PROJECTS

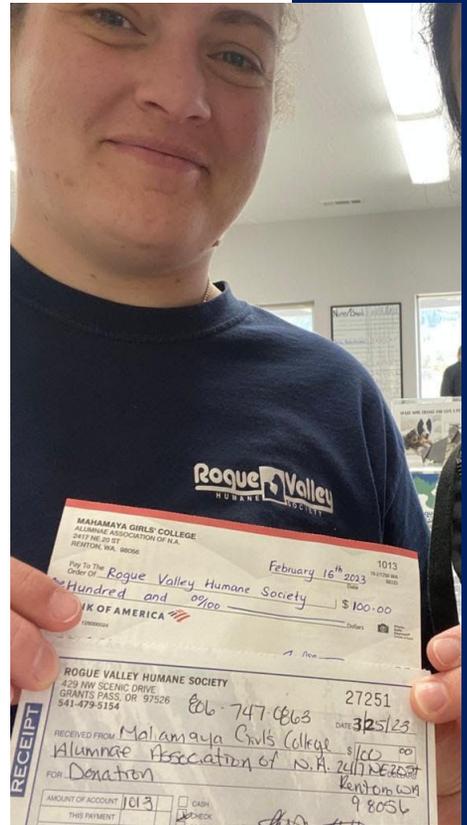
We are happy to announce that MGCAANA could donate \$100 to The Rogue Valley Humane Society.

Read more about The Rogue Valley Humane society

The Rogue Valley Humane Society provides compassionate care for stray, unwanted, displaced, and abandoned animals and works toward ending pet overpopulation so that there will be no more homeless pets. We are committed to placing every healthy, adoptable animal in a loving lifetime home, teaching responsible pet guardianship, and maintaining community spay-neuter programs.

Human Society operates a community food bank and AniMeals food delivery program for homebound seniors to ensure that people and their pets get to stay together. Their on-site spay/neuter facility allows us to alter any animal adopted from us in addition to helping with the Trap/Neuter/Return of community cats in our county to help with the overpopulation issue of cats in the area. Rogue Valley believes in the power of education and often invites children from elementary to high school to learn about the organization and get them excited about animal care as a career. Lastly, this year Rogue Valley society is opening up its 24-hour neonatal kitten nursery to be able to house and care for kittens from 0-5 weeks old that need our help. The humane society has a lot of programs to assist and educate the community and couldn't do this without everyone's support!

Information provided by : Ms Jackyln, Media



HEALTH CORNER

Many adults and children are suffering from pollen allergies. Certain areas have high pollen concentrations; however, other geographical sites may have longer pollen seasons. Some of these symptoms would occur only during a certain season or may occur around the year, depending on the geographical area you live or visit. The medical term for hay fever is allergic rhinitis. Hay fever occurs when allergens like pollen enter a body, and the body's immunity system mistakenly identifies pollen as a threat to the person. Some common symptoms of hay fever may include itchy watery eyes, sneezes, cough, caused by postnasal drip (mucus dripping down the throat from the back of the nose); serious skin issues such as hives or even life-threatening anaphylaxis. When hay fever is debilitating you interfering with your daily life, you should seek medical advice from a health professional.

Sent by : Pradeepa "Bobbie" Jayawardena



Pink Eye vs Allergies

Conjunctivitis			
Clinical Finding	Bacterial	Viral	Allergic
Bilateral involvement	50%	25%	Mostly
Discharge	Mucopurulent	Watery	Rare
Redness	Yes	Yes	Yes
Pruritus	Rare	Rare	Yes

Banana Nut Bread

1 ¼ c. flour

1 ½ c. sugar

1 tsp. Baking soda

½ tsp. Salt

2 eggs

2 ripe bananas

½ c. oil

¼ c. plus 1 Tbsp. Buttermilk

1 tsp. vanilla

1 c. nuts

In a large bowl, stir together flour, sugar, baking soda, and salt. In another bowl, combine eggs, bananas, oil, buttermilk, and vanilla. Add to flour mixture, stirring just until combined; fold in nuts. Pour into 1 large loaf pan or 2 small loaf pans, greased. Bake at 325 C for 1 hour and 20 minutes or until tests are done.



sent by: Pradeepa "Bobbie" Purasinghe

Reaching the New Goal **50,000** Set for Vidya Scholarship Trust Fund (VSTF)

The Vidya Scholarship Trust Fund (VSTF) set up by MGCAANA provides financial aid to financially-disadvantaged students at Mahamaya Girls' College. Scholarships from VSTF pay for educational expenses and/or boarding fees of students attending Mahamaya. "Vidya," a Sanskrit word, means knowledge or wisdom. Our initial goal was to raise at least \$20,000. We reached this goal in 2019.



The total amount collected for VSTF reached \$43,606 in last APRIL 2023. The goal was \$40000 at that time. As we passed the goal, the BOD increased the new goal to \$50,000. Currently, we are at 87 of the new goal.

To donate online or by cheque, please visit:

<http://mahamayaalumnina.org/vstf.php>

Want to know what your Board of Directors (BOD) is up to?

Please read the minutes of the BOD's monthly meetings posted on MGCAANA website:

<http://www.mahamayaalumnina.org/minutes.php>

If you have new ideas, concerns, or suggestions to improve how MGCAANA operates etc. please feel free to connect with the BOD through email: Mahamaya_alumnae@yahoo.com

Upcoming MGCAANA Activities

- Board Meetings (Every 3rd, Friday)
- Next Newsletter (July 2023)
- AGM- 05/28/2023 virtually at 2 pm PST, 3 pm MST, 4 pm CST and 5 pm EST

Newsletter Committee:

Ruvani Dissanayake Nissansala Ediriweera

JOIN US!

MGCAANA Newsletter Committee is looking to recruit new committee members to work on "Maya Puwath," quarterly publishing newsletter of MGCAANA. As part of the Newsletter Committee, you'll be able to develop these useful skills: communication; writing; graphic design; team work; creative thinking; time management; leadership etc.

If you are interested, please reach out to the Committee through:

Mayamaya_alumnae@yahoo.com