

Maya Puwath - මායා පුවත්

**Bi-Monthly Newsletter of Mahamaya Girls' College
Alumnae Association of North America (MGCAANA)
Volume 16 – Issue 1 – February 2020**



Message from the Editors

Dear Readers,

We hope that your year is off to a good start, as we meet you for the first time this year, starting with a new volume of Maya Puwath newsletters.

The biggest news we have to share with you is the 16th Annual General Meeting (AGM) and the Dinner of MGCAANA. This year, the AGM will be held in Seattle, Washington, on May 23, 2020. We hope that you can make it to the most looked-forward to event of MGCAANA every year! In this issue of Maya Puwath, you will also see some information about places to visit and things to do in the area, if you are planning on a making a trip out of your visit to Seattle.

In addition, you will find in this issue a touching tribute to a former MGCAANA auditor Mr. Priyalal Wickramasuriya, a very interesting article from a previous Maya Puwath issue about "Reading and Writing Sinhala for the Three to Six Year Olds," a tasty recipe, as well as some news from both MGCAANA and Mahamaya Girls' College.

As we work toward distributing 5 more newsletters this year, we would love to get contributions from our readers as well as family members of our members. If you would like to join the Maya Puwath Newsletter Committee as well, we are always ready to welcome you!

Happy reading and see you in April!

The Maya Puwath Newsletter Committee

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Dhammapadha

*Na tam mata pita kayira
anne vapi ca nataka
sammapanihitam cittam
seyyasonaim tato kare.*



Not a mother, nor a father, nor any other relative can do more for the well-being of one than a rightly-directed mind can.

[Dhammapada \(Verse 43\)](#)

SAVE THE DATE!

MGCAANA Annual General Meeting
and Dinner Dance



23RD OF MAY, 2020

IN SEATTLE, WA

TIME : MORE DETAILS TO COME

Organized by Executive Committee and Board
of Directors of MGCAANA

RSVP to mahamaya_alumnae@yahoo.com.

Things to See and Do in Seattle, Portland and Vancouver

Planning on making a trip to the Pacific North West to attend the AGM in Seattle? If so, please check out the top attractions in some popular cities.

Seattle, Washington, USA



Link: <https://visitseattle.org/things-to-do/sightseeing/top-25-attractions/>

Portland, Oregon, USA



Link: <https://www.planetware.com/tourist-attractions/oregon-usor.htm>

Vancouver, British Columbia, Canada



Link: <https://www.tourismvancouver.com/activities/attractions/10-must-see-attractions/>



Maya Puwath has been reaching the MGCAANA membership since 2005, and "Pause – Rewind – Play" re-publishes past contributions to Maya Puwath, by MGCAANA members.

Reading and Writing Sinhala for the Three to Six Year Olds

By Sujatha Werake

Language Learning:

Learning of any language is the child's most remarkable and amazing achievement and one of the first intellectual tasks of the child. Young children achieve the language skill so rapidly in a very short time. They learn and absorb like a sponge. From the day they were born, they watch the lips move, by six months start repeating the syllables, by nine months they know that words have meanings, by twelve months they intentionally repeat the words, by fifteen months their objects have names, by eighteen months baby talk begins, by twenty-four months they talk in sentences. The parents are the child's first language teachers. Human voice is so important in the intellectual development of the young. The first six years of the child's life, is the most important period with a special sensitivity to language.

According to Dr. Maria Montessori, "Not only he creates his language, but he shapes the organs that enable him to frame the words." Among thousands of sounds and noises that the baby hears, s/he reproduces only those of the human voice. The sounds at first that were meaningless, bring him/her comprehension and ideas. The child has absorbed sentences and their constructions. As Dr. Montessori puts it, "We acquire knowledge by using our minds, but the child absorbs knowledge directly into his psychic life... The child creates his own 'mental muscles.' We name this type of mentality, 'The absorbent mind.'" S/he learns his/her mother tongue, unaware of the complexity of its grammar or its difficulties in pronunciation.

During this sensitive period, a second language can be introduced to the child. S/he should hear clear speech, good pronunciation and correct grammar. As bilingual parents, an ideal way is to use both languages in the home. Also the child can learn another language from neighbors, relatives or even from a tutor.

Other sources:

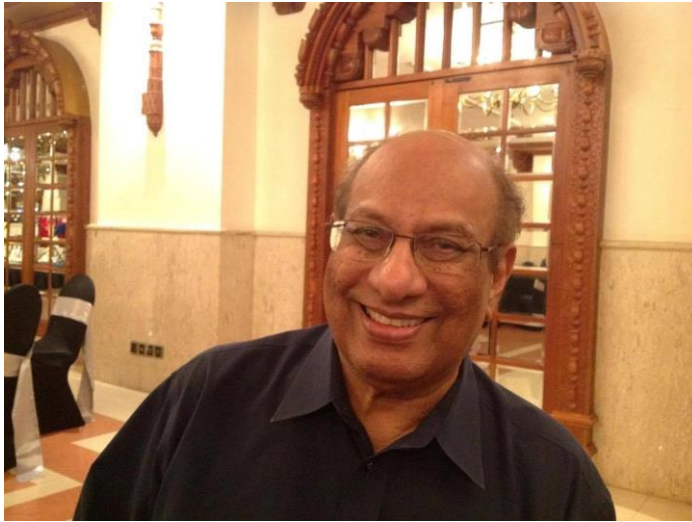
Libraries have good book and non-book materials for language learning for children. Educational television stations offer language lessons.

The sensitive period for language is the time of golden opportunity for the child to learn with ease. Languages can still be learned after this sensitive period. But it will take a conscientious effort to acquire the language, which comes naturally to the small child.



Mr. Priyalal Wickramasuriya, a former MGCAANA auditor and a friend dear to MGCAANA , passed away on January 6th, 2020 in Houston, TX . Below is a tribute to Mr. Wickramasuriya, written by Geetha Eragoda, who worked closely with Mr. Wickramasuriya in her role as a former MGCAANA Treasurer.

Tribute to Mr. Priyalal Wickramasuriya By Geetha Eragoda



A decade ago, I had the privilege of being introduced to a soft-spoken and very intelligent gentleman, Mr. Priyalal Wickramasuriya. To the MGCAANA family, he was our dear 'Uncle Lal.' Uncle Lal had been our MGCAANA auditor since the inception of the organization. We, who served as treasurers, were very fortunate to befriend Uncle Lal on a personal level as well. I remember first contacting Uncle Lal regarding our accounts in March 2011, nearing the close of the fiscal year. I expected a businesslike professional and was nervous, as I had no prior experience in managing nonprofit accounts. Uncle Lal, however, turned out to be lovely, kind, and patient, as he provided guidance on the project. He gave his precious time and expertise to MGCAANA at no cost to the organization for an otherwise expensive service.

I would like to express our sincere gratitude to Mrs. Geethanjalee Selvendran for introducing Uncle Lal to MGCAANA. Uncle Lal was happy to support our vision and mission as a nonprofit working for a good cause. Per Mr. and Mrs. Selvendran, Uncle Lal was a highly qualified, fun-loving, and gentle friend, wonderful husband, devoted father to his daughter and son, and dear grandfather. Uncle Lal worked hard but enjoyed life at the same time. He was always enthusiastic when speaking about the great achievements, games, and studies of his grandchildren. He loved sharing stories about the very happy times they spent together. Uncle Lal became a good friend to us all. He made an effort to keep in touch with previous treasurers, especially our longtime treasurer, Neranjika Dissanayake, and her family in Iowa. I am so glad that we had the opportunity to invite Uncle Lal to our AGM in Florida and recognize him for his unwavering service to MGCAANA. Uncle Lal has been and will remain a beloved friend of our MGCAANA family. Rest in peace dear Uncle Lal.

Chicken Quinoa Bowls with Balsamic Dressing

By: Taste of Home

Recipe
Corner

Ingredients

- 1/4 cup balsamic vinegar
- 2/3 cup water
- 1/3 cup quinoa, rinsed
- 2 boneless skinless chicken breast halves (6 ounces each)
- 3 teaspoons olive or coconut oil, divided
- 1/4 teaspoon garlic powder
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper, divided
- 1/2 pound fresh asparagus, trimmed
- 1/4 cup plain Greek yogurt
- 1/2 teaspoon spicy brown mustard
- 1/2 medium ripe avocado, peeled and sliced
- 6 cherry tomatoes, halved



Directions

1. Place vinegar in a small saucepan; bring to a boil. Cook until slightly thickened, 2-3 minutes. Transfer to a bowl; cool completely.
2. In a small saucepan, bring water to a boil. Add quinoa. Reduce heat; simmer, covered, until liquid is absorbed, 10-12 minutes. Keep warm.
3. Preheat broiler. Toss chicken with 2 teaspoons oil, garlic powder, 1/4 teaspoon salt and 1/8 teaspoon pepper. Place on 1 half of a 15x10x1-in. pan coated with cooking spray. Broil 4 in. from heat for 5 minutes. Meanwhile, toss asparagus with the remaining oil, salt and pepper.
4. Remove pan from oven; turn chicken over. Add asparagus. Broil until a thermometer inserted in chicken reads 165° and asparagus is tender, 3-5 minutes. Let chicken stand 5 minutes before slicing.
5. For dressing, stir yogurt and mustard into balsamic reduction. To serve, spoon quinoa into bowls; top with chicken, asparagus, avocado and tomatoes. Serve with dressing.

Link:

<https://www.tasteofhome.com/recipes/chicken-quinoa-bowls-with-balsamic-dressing/print/>

Mahamaya Girls' College Celebrates 88th Anniversary



MAHAMAYA
photography

Founder's Day

Photographed by
Wethmi Tennakoon

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Mahamaya Girls' College celebrated its 88th anniversary on January 14, 2020. The celebration was organized by the 2020 Guild of Prefects. This year, the students and teachers had the opportunity to pay their respect to the founder of mother Maya.

Image courtesy : Photographic society of Mahamaya Girls' College

Mahamaya Girls' College Runners Up at "Maurya 20"



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Mahamaya Girls' College won 2nd place at " Maurya'20 " Inter School All Island Media Competition organized by the Media & Broadcasting Unit of Dharmashoka College – Ambalangoda. The competition was held on January 26, 2020 at the Dharmashoka College school premises. Sangamiththa College won the 1st place in the competition.

MGCAANA would like to congratulate Mahamaya Girls' College for its impressive achievement!

Sources: [MGCK Media Unit](#) (Photo credit: Brothers' Mint Photography™)

Contributing to Maya Puwath

Contributing to Maya Puwath is a great and easy way you could be an active member of MGCAANA. We accept content produced by you, articles written by others with proper acknowledgement, as well as news from Mahamaya Girls' College, Kandy, Sri Lanka.

No time to write an article but would still like to contribute to Maya Puwath? Not a problem! We welcome content produced by children of MGCAANA member that we will feature in the Kids' Corner of Maya Puwath.

Please send your contributions to the upcoming issues of Maya Puwath:

Mahamaya_alumnae@yahoo.com

Obituary

MGCAANA would like to announce the passing of Mr. W. C. Galahitiyawa, who passed away on February 15, 2020, after a brief illness. Mr. Galahitiyawa is the beloved brother of Sriyani Dissanayake, a former MGCAANA President and an active MGCAANA member.

We offer our deepest sympathies to Sriyani Dissanayake and her family during these difficult times. May he attain the Supreme Bliss of Nibbana.

CORRECTION: MGCAANA Saree Project

On the December 2019 Maya Puwath issue, it was stated that \$200.00 was raised through the MGCAANA Saree Project. That amount should be corrected to **\$269.00** instead. We apologize for stating the incorrect amount in the previous Maya Puwath issue.



MGCAANA News

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 e-mail: Mahamaya_alumnae@yahoo.com

2019-2020 MGCAANA Undergraduate & Graduate Scholarship

The MGCAANA Undergraduate & Graduate Scholarship Committee did not receive any applications for the 2019-2020 scholarship. As such, no scholarship will be awarded this year.

The application period for 2020-2021 will start on September 1, 2020.

Newsletter Committee:

Vihara Dharmaratne, Vajeera Dorabawila, Lilika Molligoda, Berlina Narampanawe

Some Upcoming MGCAANA Activities

- Board Meetings (March, April)
- Next Newsletter (April)
- 16th Annual General Meeting of MGCAANA (May)