

# Maya Puwath - මායා පුවත්

**Bi-Monthly Newsletter of Mahamaya Girls' College  
Alumnae Association of North America (MGCAANA)  
Volume 17 – Issue 4 – August 2021**



## Message from the Editors

Dear readers,

We hope you've been having a good summer this year, with life seeming to be returning to normal a bit in North America. As we're still not out of the woods yet completely, we hope you continue to be cautious as you resume life as we knew it before the pandemic. While the situation seems to improve a bit over here, we sure are concerned and saddened by how severely the pandemic is impacting Sri Lanka these days. It will be a while til most of us will get to visit our loved ones in Sri Lanka, or have them visit us over here.

In this issue, there is important news for our MGCAANA members who are undergraduate or graduate students in North America, who may be interested in applying for the MGCAANA Undergraduate & Graduate Scholarship Program for 2021-2022. If you know of any potential candidates, please share the news with them.

You will also find in this issue information on a free course by University of Alberta on "Indigenous Canada." This course explores from an Indigenous perspective, key issues facing Indigenous peoples today, from a historical and critical perspective. We hope you consider looking into this interesting and relevant course.

As usual, we have provided a delicious recipe for you in the Recipe Corner, we hope you try it out! For the Poetry Corner, we have not one, but two beautiful poems by two MGCAANA members, one in English and one in Sinhala. You will certainly enjoy reading them, and perhaps these contributions will inspire you to contribute to the Maya Puwath newsletter too!

Last but not least, we also feature a Daily News article from July 2021 about the new Principal of Mahamaya Girls' College, Kandy, Mrs. Shashikala Senadheera. We've been hearing great things about her work already, and we wish Mrs. Senadheera all the best!

We hope you continue to stay safe and take good care, until we meet again in the fall.

The Newsletter Committee

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## Dhammapadha

*.Na tam mata pita kayira  
anne vapi ca nataka  
sammapanihitam cittam  
seyyaso naim 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

[\(Verse 43\)](#)

# MGCAANA UNDERGRADUATE & GRADUATE SCHOLARSHIP PROGRAM (2021-2022)

The Selection Committee of the MGCAANA Undergraduate & Graduate Scholarship Program is looking for Mahamaya alumnae who demonstrate outstanding academic achievements, leadership and active participation in extracurricular activities, while demonstrating a significant level of financial need. Intended to cover the cost of textbooks for a semester, a scholarship of \$300.00 will be awarded to one (1) candidate this year.

**Application Period & Deadline: November 1, 2021 - January 31, 2021**  
**Award Notification: By February 28, 2022**

Once the application period begins, please visit the following page to view and download the 2021-2022 scholarship application:

<http://mahamayaalumna.org/scholarship.html>

If you have any questions about this scholarship program, please contact us at [mahamaya\\_alumnae@yahoo.com](mailto:mahamaya_alumnae@yahoo.com).

**We look forward to receiving your applications!**

## Registration is Now Open: "Indigenous Canada"

[Indigenous Canada](#) is a Massive Open Online Course (MOOC) from University of Alberta Faculty of Native Studies that explores Indigenous histories and contemporary issues in Canada. From an Indigenous perspective, this course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations. This MOOC is for anyone with an interest in acquiring a basic familiarity with Indigenous/non-Indigenous relationships.

**FREE**

## Poetry Corner

### Let me free

By Nilmini Dorabawila

Let me be the man I want to be  
Let me be the woman I yearn to be  
Let me go, let me grow  
To be who and what I want to be

Please let me go, let me grow  
This world is such an exciting place  
Let me taste what is meant for me  
Don't hold me down, I cannot breath  
and force what you want of me

Let me go please let me grow  
I don't care if I fail you see  
So many doors so many ways  
If one closes there is another one you see  
I know there is I feel it so  
I am not scared to fall again  
You taught me well to find the light  
And I will stand up tall again

The sun is so bright and so beautiful  
And the rays will warm and give life  
But the moon is so gentle and refreshing  
The silvery light brightening my mood  
The dark cloudy nights so peaceful and grey  
Even the rain it makes me free

Thunder and lightning must come in my life  
I am not scared it is but the natural side  
A hail storm may follow and shatter the glass  
But I know another day will not fail to dawn

Please let me go please let me grow  
Don't try to always mattress my falls  
Let me stand on my own  
Let me reach for the stars or the moon  
Let me understand that it is a flame  
And will burn my hand not to do it again  
Let me hold a knife and let me learn  
The sharp edges can cut and sever the  
flesh  
Let me learn to hold it right instead

Let me be lost on the way someplace  
Watch from a distance how I find my way  
home  
Let me take the wrong turn and trace  
back my steps  
Let me find a better easier way back  
home

Please I beg you please let me go  
Let me free let me grow  
Please trust in me I am your child  
Let me go and learn to be free



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10/15/2020



## Recipe Corner

# Goulash

### Ingredients:

1 medium yellow onion, chopped  
2 cloves garlic, minced  
1 lb. ground beef  
Kosher salt  
Freshly ground black pepper  
1 tbsp. tomato paste  
1 1/4 c. low-sodium beef broth  
1 (15-oz.) can tomato sauce  
1 (15-oz.) can diced tomatoes  
1 tsp. Italian seasoning  
1 tsp. paprika  
1 1/2 c. elbow macaroni, uncooked  
1 c. shredded cheddar  
Freshly chopped parsley, for garnish



### Directions

1. In a large skillet over medium heat, heat oil. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute more.
2. Add ground beef and cook until no longer pink, about 6 minutes. Drain fat and return to pan. Season with salt and pepper.
3. Add tomato paste and stir to coat, then pour in broth, tomato sauce, and diced tomatoes. Season with Italian seasoning and paprika, and stir in macaroni. Bring to a simmer and cook, stirring occasionally, until pasta is tender, about 15 minutes.
4. Stir in cheese and remove from heat.
5. Garnish with parsley before serving.

Source:

<https://www.delish.com/cooking/recipe-ideas/recipes/a55501/best-goulash-recipe/>

## Contributing to Recipe Corner

Would you like to share with us photos of your food creations to be featured on Recipe Corner? Or do you have any of your own recipes that you would like to share with your fellow Maya Puwath readers? If so, please send in your photos, recipes as well as links to the original recipes to the MGCAANA e-mail address:

[Mahamaya alumnae@yahoo.com](mailto:Mahamaya_alumnae@yahoo.com)



## Interested in trying out a new and free meditation app?

Try "[Insight Timer](#)"!

*"Join millions learning to meditate on Insight Timer to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness. Guided meditations and talks led by the world's top mindfulness experts, neuroscientists, psychologists and meditation teachers from Stanford, Harvard, Dartmouth and the University of Oxford."*



**Daily News Article: [“Former sportswoman Sashikala heads Mahamaya College,Kandy”](#)  
Sunday, July 3, 2021 - By Upananda Jayasundera -Kandy Sports Special Correspondent**

Sashikala Samitanganie Senadheera , former outstanding sportswoman of Mahamaya Kandy has been appointed as the new Principal of her Alma Mater,Mahamaya Girls College,Kandy for her achievements in Education as well as sports. The School is one of the leading Buddhist Schools in the Country and she is the 10th Principal appointed so far and the School is serving the Nation for the last 85 years.

Sashikala was admitted to the Grade Six class of the School in the late sixties and earlier she was studying at Pathadumbara Maha Vidyalaya, Walala and started Athletics at Mahamaya in the Under 13 and 15 age groups. She won the Track events such as 100 metres and 200 metres races representing Maya House and at that time the Prefect of Games of the School was Manel Weerasinghe and according to her instructions she changed her participation in Athletics to Field events.

Immediately she met with success in Javelin Throw, Discus Throw and putting the weight for a number of years in School as well as in Divisional and Provincial levels. Her contemporaries in the Athletic Team of the School were Priyanga Herath, Neranjika Dissanayake two outstanding Athletes in the mid eighties.

Along with Athletics, Sashikala started playing Hockey with distinction under the coaching of Malcolm Perera,an outstanding Hockey Coach and she played as Centre Half from 1984 to 1988 along with Niluka Wijekoon and Amitha Abeysinghe.

She became the Hockey Captain of the School as well as the Kandy district Girls Hockey team in 1988. Under her Captancy Mahamaya Girls’School became Kandy District Girls Hockey Champions and further-more she led the Kandy Schools Hockey team to victory at the All Island Schools Hockey tournament held in 1987 and beat Colombo Schools Hockey team in the finals.

Her team mates were Nirosha Weeraratne, Niluka Wijekoon, Nadi Wijekoon, Amitha Abeyratne and Jeewani Rambodagalle to name a few. After leaving School she entered the University of Kelaniya in 1991 and continued playing Hockey and won colours for Hockey.

She passed out obtaining BSc Honours with second class Upper Division and she was selected to the English Training School at Penideniya and served at Schools like Baddegama Kanishta Vidyalaya, Rajawella Central and Teldeniya Muslim School to name a few as a trained English teacher. She got through the S. L. E. A. S. examination in 2007 and served as Asst. Director of the Zonal Office, Wattedegama before becoming the Principal of Government Science College,Matale.

She received the Post Graduate Diploma from the Peradeniya Campus in the year 2002 and received the Masters Degree from the same Campus in 2012. She was awarded the ‘Best Director of Science’ by the National Institute of Fundamental Studies in 2016. Sashikala was the Second Old girl of the School to become the Principal after Lalitha Fernando who was the Principal from 1972 to 1980 .

## Reaching the New Goal 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.

To continue this noble cause, a new goal was set to **\$30,000**, and as of August 2021, \$28,355 has been raised. We were able to donate 13 scholarships for the year 2020 despite Covid related obstacles and school closures.

To donate online or by cheque, please visit:

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

VSTF Progress



■ Funds Raised ■ Remaining

## 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](mailto:Mahamaya_alumnae@yahoo.com)

## Upcoming MGCAANA Activities

- Board Meetings (September, October, November)
- Next Newsletter (October)

### Newsletter Committee:

Vihara Dharmaratne, Berlini Narampanawe, Samantha Ranaweera

## JOIN US!

**MGCAANA Newsletter Committee is looking to recruit new committee members to work on "Maya Puwath," the bi-monthly 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](mailto:Mayamaya_alumnae@yahoo.com)