



MAYA PUWATH

Volume 5 Issue 5– October 2009

Editorial

It is with great pride and enthusiasm that I am writing the editorial for the October edition . As most of us in North America slowly welcomed the fall season with cooler, crisper weather and gorgeous colorful trees, the summer rush has wound down for the most of us. Personally, my summer has been extraordinary with unexpected challenges, changes and at the same time, many life enriching experiences. I always knew and was told by my parents that I should count my blessings, and finally I put that thought to practice this summer and learned to look at my life from a different perspective with more inner peace and joy.

Reading Eckhart Tolle's spiritual book, "Practicing the Power of Now" guided me to face the challenges and face them "one day at a time" and I learned to become aware of "being present at the moment" with his readings. I paid more attention to the fact of what is happening now, instead of worrying too much about the past and thinking about what might happen tomorrow. Speaking of challenges and changes in our lives, things could take a completely different route in a blink of an eye for many of us.

My heart goes out to many innocent victims who are affected by the recent natural disasters occurred in Southeast Asia and in the South Pacific. Having to deal with and comfort some students and parents who are impacted and devastated by these destructions brought me closer to home and let me wonder and be concerned about our loved ones in our homeland. When I try to console the students or parents, many times I wanted to tell them that I know how they feel and I have experienced similar tragedies, but I realized that a simple warm hug could bring more comfort and a feeling of safety to them than a million words.

It is with great sorrow that we announce the passing of one of our beloved teachers of Mahamaya. Mrs. Chandima Galagedara passed away this summer in New York . She has been a dedicated teacher for many years and served in both primary and senior sections at Mahamaya Girls' College and has made a positive difference in many lives. She will be deeply missed by her family, friends and all of her students. The Maya Puwath editorial committee extends its deepest sympathies to her family and remembers her service as a wonderful teacher. May she attain the ultimate bliss of Nirvana.

On a brighter note, we proudly welcome two new members to our association. As we continue to grow as a strong alumnae association, we hope they will be able to enjoy, contribute and be closer to our old school through the Maya Puwath and the many different activities the association has put together and offered to our community for last five years.

To conclude the editorial, I would like to leave a thought from Eckhart Tolle for our dear readers..."where ever you are, be there totally. If you find you're here and now intolerable and it makes you unhappy, you have three options: remove yourself from the situation, change it, or accept it totally"

Priyanka Jayakody- Editor for the current issue

Dhammapada
Mind precedes all things;
mind is their chief, mind is their maker.
If one speaks or does a deed with a mind that is pure within, happiness then follows along like a never departing shadow.

Attention...
Please read the information about launching our very own Vidya Scholarship Trust Fund...



"Autumn is a second spring when every leaf is a flower."

~Albert Camus



Vidya Scholarship Trust Fund

We invite you to join us in making a difference in the lives of financially disadvantaged, academically outstanding and well-rounded students attending Mahamaya Girls' College. Please give a hand in their efforts to achieve academic success!

We will contact you soon regarding the launching of our

Vidya Scholarship Trust Fund

(soon to be a legal entity in Sri Lanka governed by an independent board of trustees)

As a charitable organization in USA, Mahamaya Girls' College Alumnae Association of North America is tax exempt from federal income taxes under Section 501(c)(3). Therefore, your donations and membership fees are tax deductible. Donors, Please remember to save your receipts for your tax purposes.

A Message from the Scholarship Selection Committee...

2009-2010 MGCAANA Undergraduate & Graduate Scholarship

DEADLINE APPROACHING!

The scholarship application is now available online at
http://www.surveymonkey.com/s.aspx?sm=cVrPZbOYEIw1oFaeRvQ6Mg_3d_3d.

For more information, please visit
<http://www.mahamayaalumna.org/scholarship.html>

or contact us at

mahamaya_alumnae@yahoo.com

We look forward to reading your completed scholarship application soon.
Thank you.

Understanding Germs...

As the cold and flu season is getting closer, are you ready to fight germs and keep your self and your family safe? Follow these simple tips to get through the flu season.

***At the office:**

A recent study shows a significant number of germs can live in the work place, making it one of the dirtiest environments you can encounter.

- 1: Wash hands after touching shared equipment, such as pens, staplers and fax or copy machines.
- 2: Keep desk clutter to a minimum and keep desktops crumb-free to prevent spreading food-borne bacteria
- 3: Disinfect the phone receiver and buttons especially if used by more than one person
- 4: The keyboard is one of the dirtiest objects in the work place. Clean keys regularly, especially if others use it.

***At the house:**

Did you think that the bathroom is the dirtiest place in the house? No it's not. Studies show that up to 80% of food poisoning starts in the kitchen, where germs have plenty of places to hide. Germs can spread on everything we touch. Some viruses can live up to two hours on tables and desks.

Hands can transfer germs from meat to other items.

Dogs and cats' saliva contain 100 types of germs.

***Bath tips**

- 1: Clean and disinfect toilets, sinks and tubs to kill germs, as well as mold and mildew that can cause allergies
- 2: Germs such as staph can also live in mirrors, sinks and door knobs. Be sure to clean these regularly.

***Kitchen tips**

- 1: Trash cans are the perfect breeding ground for germs and bacteria. Clean and disinfect regularly.
- 2: Use one cutting board for meat and another for vegetables to help prevent cross-contamination.
- 3: Dishes soaking in water for too long causes a soup of bacteria. Disinfect sponges after each use.

Do you know Americans spend \$1.3 billion annually on medical costs related to the flu?

****The Super solution is washing your hands**

With all the constant contact with germs, health officials say the best preventative measure against sickness is to wash hands five or more times a day. 20 seconds is all you need to kill germs during washing. First wet hands with warm running water then reach for soap. Rub hands together to create lather, washing both front and back. Scrub under fingernails. Rinse well with warm water. Dry hands thoroughly. Hand sanitizers or wipes are a good alternative when water is not available.

Our gratitude to **Sagarika Rathninde** for providing us with this great article.

A warm welcome to our two newest members!!!

**Samanthi Abeyrathna
&
Sumudu Wijenayaka**

Editor's Book Nook

My summer readings...

- **The Power of NOW** by *Eckhart Tolle*
- **Three Cups of Tea** by *Greg Mortenson*
- **Wesley the Owl** by *Stacy O'Brien*
- **Pugetopolis** by *Knute Berger*

Priyanka Jayakody



Books are the legacies that a great genius leaves to mankind, which are delivered down from generation to generation as present to the posterity of those who are yet unborn.

—Joseph Addison

Split Mung Curry Specially for Pittu

Ingredients:

200 g. mung (Yellow color split mung)
 50/50 Mung and Spinach
 6 tomatoes skinned and chopped (to skin them put them in hot water for 5-10 mins.)
 2" long piece ginger chopped
 1 large Red onion chopped
 About 2 tsp. Turmeric
 About 1- 1 1/2 tsp. Chilli powder
 Salt and chillies to taste



Method:

Soak Mung for 15-20 minutes, chop the spinach into small pieces. Heat oil, add ginger and chopped onion. When they start to color add mung and fry for few minutes. Then add the spinach, chopped tomatoes, turmeric, chilli powder and salt and stir well. Add enough water (not too much or too little) and allow time to cook well and blend into a gravy. When done, remove from the stove and add some butter and squeeze some lime.

Comments by Sujatha Werake:

This curry is very tasty specially with whole-grain Pittu or Kurahang Pittu. It is more nutritious as well.

~ A special thank-you to Mr. T. Galpotthawela for providing us with the recipe.

Making a Pumpkin Vase

නිමි නිම සෙව්වා

1. Begin by selecting as round a pumpkin as you can find. Cut off the top, and scoop out the inside pulp and seeds. Inside the pumpkin, place a plastic paint bucket or any plastic container that fits easily.

2. Place a cube of floral foam inside the container, thinning it to fit. Press the foam down to make it level, and drench it with water (enough so that a small pool collects at the bottom of the container). Arrange seasonal flowers, dried leaves, and berries as desired -- we used lady's mantle, dahlias, maple leaves, and hypericum berries.

~ From **Martha Stewart Living**,

October 1998

<<http://www.marthastewart.com>>



නිමි නිම සෙව්වා මා සසරේ
 හමුවී යුගයෙන් බැඳී යුගයේ
 ළඹවී වෙන්වී වරින් වරේ
 ඔබ හා මා රන්හුයකින් බැඳුනේ

දිවියේ ආශා ගැඹුරින් ගැඹුරේ
 ළයගින් සනහා අපමයි තැවුනේ
 ජන්මෙන් ජන්මේ රැවුදීලා
 ඔබ මා නෙතගේ රැඳුනා

ඉර හඳ සේ මා පැතුමක් පැතුවා
 සැනසුම් සයුරේ සුසුමන් හෙළාවා
 අතරින් පතරේ විශැකීලා
 සටනින් මා අද දිනුවා

~ පණ්ඩිත් **W.D.අමරදේව**

In appreciation...

This section is dedicated to Mrs. Chandima Galagedara who passed away on September 3rd, 2009 in New York. Mrs. Galagedara taught English at both primary and senior sections of Mahamaya Girls' College.

A Beloved Teacher ,

In the year 1995, I was in grade one . It was the grade where the children usually appeared confused and were in need of going home as soon as possible. They feel insecure and uncomfortable with the new environment. I could remember how this situation was washed away just like that with the presence of Mrs. Galagedara ,our English teacher .She would come in to our classroom with a warm greeting and a pleasant smile. She spoke with us and she would listen to what we had to say, as if she was one of our friends. She would make us laugh too.

At times she takes us to the playground to teach us action songs.

You put your right hand in

You put your right hand out

Do the hokey pokey and turn your self around.....

We followed her with hearts filled with joy. Her kind words and joyful methods of teaching made us forget all about our childhood worries. She indeed became the favorite teacher of so many students..

Looking back in time I wonder how wonderful of you to slow down and come to our level and become our best friend. That's what madam that we still recall about you with so much gratitude. Even though fate chose to take you away from us to a place where we will never be able to see your comforting smile , we will always appreciate your guidance. And you will remain in our hearts as our BELOVED TEACHER.... Forever!!!!

Hansini Wijesooriya



Inner Peace

The day draws to an end,
Feet carry me to the shrine
tucked in the north of my domicile.
Doorway adorned with
tassels of gold
Incense soothes my senses
Scented candles come to life
Flickering flames hypnotize
the subconscious

Plumerias of pink and yellow,
a touch of the exotic
Mind tranquil like a
quiescent ocean
Lashes flutter
Eyelids close
My voice flows
Sachiththa pariyodapanam
ethung buddhanusasanam

Composed by

Dulanjalee Seneviratne

**"You ought to know that
October is the first Spring
month."**

~Karel Capek

The first day of this school year I received a beautiful poem about teachers from a very dear person. So I thought to dedicate that to Mrs. Galagedara.

Teachers....

Paint their minds and guide their thoughts

Share their achievements and advise their faults

Inspire a love of knowledge and truth

As you light the path which leads our youth

For our future brightens with each lesson you teach

Each smile you lengthen, each goal you help reach

For the dawn of each poet, each philosopher and king

Begins with a teacher, and the wisdom they bring

By Kevin William Huff

Sent By Priyanka Jayakody

A Publication of the Mahamaya Girls' College Alumni Association of North America

Editorial Committee– Priyanka Jayakody, Nazrana Caffoor, Dakshika Bandaranayake, Pamuditha Mahadiulwewa ,Vihara Dharmaratne