# Zoroastrian Society of Ontario

*Volume 41, Number 11*

## Events for the months ahead...

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, May 1</td>
<td>6:00pm</td>
<td>Avesta Classes</td>
</tr>
<tr>
<td>Sunday, May 3</td>
<td>11:00am</td>
<td>Maidyozarem Gahambar (F)</td>
</tr>
<tr>
<td>Friday, May 8</td>
<td>11:00am</td>
<td>Seniors Games</td>
</tr>
<tr>
<td>Friday, May 22</td>
<td>11:00am</td>
<td>Seniors Bingo</td>
</tr>
<tr>
<td>Sunday, May 24</td>
<td>12:30pm</td>
<td>Scouts</td>
</tr>
<tr>
<td>Sunday, May 24</td>
<td>2:30pm</td>
<td>Religion Classes</td>
</tr>
<tr>
<td>Monday, May 25</td>
<td>7:00pm</td>
<td>Zarthosht-No-Diso (S)*</td>
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<tr>
<td>Saturday, May 30</td>
<td></td>
<td>Religion Class Annual Day</td>
</tr>
<tr>
<td>Sunday, May 31</td>
<td>10:30am</td>
<td>Maidyoarem Gahambar (S)*</td>
</tr>
<tr>
<td>Friday, June 5</td>
<td>7:00pm</td>
<td>Homaji-Ni-Baj (S)*</td>
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<tr>
<td>Friday, June 5</td>
<td>6:00pm</td>
<td>Avesta Classes</td>
</tr>
<tr>
<td>Tuesday, June 16</td>
<td>7:00pm</td>
<td>Meheraban Guiv Death Anniversary</td>
</tr>
<tr>
<td>Wednesday, July 1</td>
<td>11:00am</td>
<td>Tiregan (F)</td>
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<tr>
<td>Wednesday, July 1</td>
<td>12:00pm</td>
<td>Maidyochem Gahambar (F)</td>
</tr>
<tr>
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<td>6:00pm</td>
<td>Avesta Classes</td>
</tr>
</tbody>
</table>

Self-Healing PALM-5 YOGA, Integrated Mind-Body Wellness Therapy classes will be held every Wednesday in May at the Darbe Mehr from 6:30 to 8:15pm. For further information, please call Zubin Dotiwalla at (905) 629-2985.

*Those interested in joining for lunch or dinner after Shahenshahi Jashan, Gahambar, or other Shahenshahi (S) prayers or ceremonies, please provide your name to Pervin or Fredoon Khory at (905) 669-5037 or secretary@zso.org at least 4 days prior to the event.*

**Note:** All events will be held at Mehraban Guiv Darbe Mehr unless otherwise specified. ZSO, as publisher, is not responsible for content and support of any flyers not issued by them.

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## Mehraban Guiv Darbe Mehr Hours

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Closed</td>
</tr>
<tr>
<td>Tuesday – Sunday</td>
<td>9:00am to 12:00pm; 4:30pm to 8:00pm</td>
</tr>
</tbody>
</table>

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**MEHRABAN GUIV DARBE MEHR**

**Telephone:** (416) 225-7771  
**Address:** 3590 Bayview Avenue  
North York, Ontario M2M 3S6  
[www.zso.org](http://www.zso.org)
**Board of Directors Corner**

We start off this May newsletter with a new name. Instead of Executive Committee Corner, you will hear from us through the Board of Directors Corner. As you may know, as part of the modernization of our constitution and bylaws, the term “Executive Committee” was changed to “Board of Directors”.

**Volunteering**

An organization such as ours is only as strong as its volunteers. From creative ideas to manpower for implementation and all the logistics in between, volunteers make up the backbone of an organization. We always welcome new and past volunteers. Take a moment and contact one of the Board members or Committee chairs to express your area of interest and/or readiness to give your time.

**Standing for Office**

Also, we draw to your attention the enclosed nomination form. The Annual General Meeting will be upon us soon. This is your chance to join the Board of the ZSO. Standing for office allows you to participate in the direction and operations of our organization. It gives you the opportunity to view and assess things from the inside and become aware of the challenges, and hopefully attain some positive result to allow our community to move forward. Remember, as long as you have the best interests of the members at heart and in mind, you cannot do wrong. We encourage you, especially the younger generation, to stand for office.

**Renovations Update**

The last outstanding item on the renovation project was to make the kitchen fully operational, and it is being installed as this newsletter goes for print. The Contractor is confident to have the kitchen completed and inspected and certified by the City of Toronto in a week. With this project almost complete, our attention is now focused on renovating and providing a facelift to the adjacent rooms to the main hall. We anticipate completion of this initiative before the end of the summer. Our sights are on the next major project, which consists of upgrading the main hall. The cost numbers are being worked on and will be presented to the membership for review, guidance, and decision at our forthcoming AGM.

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**ZSO Extraordinary General Meeting**

An Extraordinary General Meeting of the ZSO was held at the Darbe Mehr on April 12th to consider and pass 5 resolutions to amend the Constitution and By-laws of the ZSO. Four of the resolutions pertained to changes in the Constitution and By-laws to enable them to conform to the new and proposed Not-for-Profit Act in the Province of Ontario. Resolution 5 was the addition of a Code of Conduct for ZSO members. All 5 resolutions were discussed and approved by members present in person at the meeting. In addition to 126 members present at the meeting, there were 207 valid proxies received by the scrutineers. Voting was by a show of hands and ballots were not required. The resolutions were passed by an overwhelming majority, much greater than the 75% required for amendments to the Constitution. The amended Constitution will be put on the ZSO website.

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**ZSO Annual General Meeting**

The Annual General Meeting of the ZSO will be held at 11:00am on Saturday, July 18, at the Mehraban Guiv Darbe Mehr. Nominations (on the enclosed nomination form) are invited for the following positions on the Board of Directors:

**President, Vice-President, Secretary, Assistant Treasurer, and Executive Officer**

The nomination forms must be completed and returned in a sealed envelope clearly marked "NOMINATION FORMS" to the attention of the Secretary at the registered address of ZSO by no later than 6:00pm on Saturday, June 13, 2015. The envelopes will be opened at the Darbe Mehr at 7:00pm on Tuesday, June 16. Any ZSO member in good standing can be present at the opening of the envelopes. Please note that any ZSO member in good standing can be nominated for one position only. If multiple nominations are received for the same person, all the nomination forms for that person will be rejected.

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**Condolences**


Mrs. Dolly Homi Patel, wife of late Homi Patel; mother of Dinshaw, Cyrus, and Neville Patel; mother-in-law of Firoozi and late Jacqueline; grandmother of Natasha and Eric; sister of Pilloo Naorozi, Kaity Patel, and Sheriar Haveliwalla, passed away in Toronto on April 5, 2015.

Mrs. Gospi Pervez Daroga, wife of late Pervez Daroga; mother of Javareh Daroga and Parvana Bharucha; mother-in-law of Ferzin Daroga and Burzin Bharucha; and grandmother of Taiana, Cyrus, and Arnaz, passed away in Ahmedabad, India on April 25, 2015.

Mrs. Kashmira Hoshang Udwadia, wife of Ervad Hoshang Udwadia; and masi of Piran and Sherezad Damania of Bombay, passed away in Toronto on April 28, 2015.

*Our condolences to the bereaved families.*
The following is a poem by Farida Bamji. It has been accepted by the Canadian Museum of Human Rights.

**Freedom**
Nothing in this world is Free
For everything there is a Price
For the sake of Love of Freedom
Innocent lives get sacrificed.
“Imagine if there is no Heaven
Or Hell below us
To do good would be driven
As Wars murders Rape
Suicide bombers
Rain upon us
“Born Free as free as
The wind blows”
It’s entrenched in
The Constitution
As I recall
Life Liberty Equality
And Justice for all

There should not be
Any Watch Towers
Or road blocks along the way
No guard dogs to
Guard the gates
‘Cause reward comes to
Those who only stand & wait

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**New Darbe Mehr Hours**
New hours for the Darbe Mehr have been established and will take effect on May 1st. Please see the first page of the newsletter for updated times.

**ZSO Logo Contest**
This is a final call for entries for the new ZSO logo contest mentioned in previous newsletters. To be included in the contest, please send your entries to execofficer2@zso.org before May 20, 2015. Although some entries have been received, we encourage more of you to put your graphic and designer finesse and talents to work. All entries received will be included in the AGM package, including our existing logo, and the general body will decide our logo going forward.

**FEZANA Bulletin**
To access past FEZANA Bulletin journals, please visit fezana.org/publication/bulletinarchives/. If you would like to receive a free copy of the FEZANA Bulletin, please subscribe with your email address at www.fezana.org/list.

**Sandalwood**
ZSO supplies of sandalwood (sukhar) sticks are at a precariously low level. We need to maintain an adequate supply on hand to meet our ongoing needs. We earnestly request our fellow Zarthushtis travelling to India to be kind enough to bring back whatever they can. Every bit will help. ZSO will gladly reimburse costs if desired.

**Navjote Announcement**
Yohan, son of Hoofrish Patel and Mehernosh Ghadiali, was initiated into the Zoroastrian religion on December 28, 2014, in Mumbai. The function was held at Radio Club, Colaba, Mumbai. Congratulations to Yohan and family!
Jashne Khordadgan (Youth Day)

This month, we have a celebration that is dedicated to the youth. Jashne Khordadgan falls on May 25th, the day of Khordad in the month of Khordad in accordance with the Fasli calendar. We wish you a happy Jashne Khordadgan.

ZSO Scholarship Program

The ZSO Scholarship Committee has just released the application for the ZSO Academic and Community Service Excellence Award for High School Students. For information about the scholarship, eligibility criteria, and the application, please access the application at http://zso.org/images/Downloads/ZSO_Application_for_Scholarship_2015_2016.pdf

Zoroastrian Woman Conquers Mount Everest

Dr. Fereshte Bakhtiari, a Zoroastrian woman from Kerman, Iran, has conquered Mount Everest. Dr. Bakhtiari who is part of Asha, a Zoroastrian Group, has a PhD in Chemical Engineering. She is an experienced mountain climber who has climbed many mountains in Iran, including the Mt. Damavand. She was part of a team of 6 men and 2 women that scaled Everest. We applaud her achievements.

New Darbe Mehr Custodian

Our new Darbe Meher custodian is Rayomond Antia, a young man who has previously done some handyman/cleaning duties at the Darbe Meher on a part-time basis. He has good computer skills and will be of assistance with some of our administrative duties. His previous experience has been in sales/marketing with firms involved in customer service and related matters. He has also worked with a landscaping contractor and acquired experience in sodding, weeding, lawn mowing, flower beds, etc. We are confident that with a short learning curve he will make a very suitable caretaker for the Darbe Mehr. And last but not least, Rayomond is an Ordained Zoroastrian Navar and has participated in prayer ceremonies at the Darbe Mehr. Please welcome Rayomond as our new custodian!

Our previous custodian had to resign due to health reasons. We wish him well.

Invitation to Join Vesak Celebration

The annual Vesak: Buddha’s Birthday Celebration will be held on May 24, from 2-6pm at Mississauga’s Celebration Square. For more information, or for those interested in attending, please visit http://www.vesakcelebration.com/.

York Region’s “Let’s Talk Inclusion” Dialogue Sessions

York Region is holding intercultural dialogue sessions so that members of the public can provide feedback on how the region can be a more welcoming place for everyone. The goal of the dialogue sessions is to allow people to have input into what would eventually be a York Region Diversity and Inclusion Charter. For more information on one of the dialogue sessions around York Region, please visit http://goo.gl/ha6k5p.

World Zoroastrian Youth Congress Subsidies

ZSO has agreed to provide a cash subsidy of $250 per youth for those whose parents are members in good standing of the ZSO to mitigate some of the costs associated with the New Zealand Congress. Each youth requesting the subsidy must send a letter or email to the attention of the ZSO Secretary together with evidence of paid registration for the Congress and a valid airline ticket. Requests for the cash subsidy must be received by no later than June 30th. Requests received after that date will not be entertained. By accepting the cash subsidy from the ZSO, each member agrees to share their experience at the Congress with a short presentation to the community either in person or a written submission, the format of which is to be determined. If members would like to come forward and donate for this purpose, please contact the ZSO Secretary.

FEZANA is providing subsidies to select youth attendees of the 6th World Youth Zoroastrian Congress this December in New Zealand. For more information about the subsidy, applicant eligibility, and the application for the subsidy, please visit the FEZANA website www.fezana.org. Applications are due on May 10th.

100 Toronto – First Zoroastrian Scout Group

100 Toronto Scouting Group continued to be active with various activities indoors, and outdoors whenever weather permitted. The Group Committee has been busy with preparing for 100 Toronto hosting our sister Group 100 Oakville to a Link Camp at the Darbe Mehr on the weekend of April 24 to 26. This was part of 100 Toronto's Silver Anniversary Celebrations and it was packed with scoutcraft and other activities. The highlight of the Camp was a Grand Campfire at the Darbe Mehr on April 25. A detailed report on this important Link Camp will be carried in ZSOs June newsletter and in the next issue of OZCF’s Vision.
Traditional wood *paatlaas* (made without nails) and German silver *ses* polishing services are available for a nominal fee right here in the GTA. Please contact Pervez Masani at (416) 282-2615.

Customized *Kustis* are available in different sizes for all occasions. Some are currently in stock. *Kustis* can also be made to order. Please contact Banoo Dordi at (416) 491-7389 or (416) 491-3214.

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**Miscellaneous**

In an attempt to save postage and paper, the ZSO requests those who do not wish to receive the newsletter by mail or who wish to receive the newsletter online to please email your full name to secretary@zso.org.

**Contacts:**

*Emergency situations:* Khushru Chothia (416) 677-7555 or evp@zso.org  
*Messages on the auto-dialler:* Dara Panthakee (416) 826-3298 or vp@zso.org  
*Renting MGDM hall* (for post-funeral prayers and rituals or for private functions): Meherwan Wadia (416) 455-5614 or execoffice2@zso.org

**Newsletter advertising rates:**

<table>
<thead>
<tr>
<th>Inserts: $200</th>
<th>Quarter page/Business card: $55</th>
<th>Half page: $75</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full page: $125</td>
<td>Miscellaneous two-liners: $15</td>
<td>10% discount for 12 consecutive months of advertising</td>
</tr>
</tbody>
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کانون زرتشتیان اونتاریو، تصمیم دارد تا با تشکیل یک کمیته هنری، برنامه ها و فعالیت های هنری برنامه ریزی شده برای مراسم ها را هدفمند نماید. بدین منظور از همه کسانی که تمایل دارند تا در این شورا و یا دیگر برنامه‌های آن شرکت نمایند، خواهشمند است تا با اعضای کانون و یا با ایمیل kanoun@zso.org تماس بگیرند.

در ذلک روز، به شفافیت بیان شده که خداوند یاری و رستگاری و رامش و سعادت را از سوی هم‌سازنده خرداد به جوان پاک خواهد کرد. در این روز، به شفافیت اعلام شده که خداوند یاری و رستگاری و رامش و سعادت را از سوی هم‌سازنده خرداد به جوان پاک خواهد کرد.

در این یشت، به شفافیت به نمایندگی از هم‌سازنده خرداد گرامی بداریم. باشندگی خود را با هم شناسیده و آزمایشگاه هوشمندی‌ها و حفظیه‌های جوانان را به همراهی باشند.

برای آگاهی بیشتر با شماره 2985-629-905 آقای زوبین داتیوالا (Zobin Dotiwalla) تماس بگیرید.

کانون زرتشتیان اونتاریو، تصمیم دارد تا با تشکیل یک کمیته هنری، برنامه ها و فعالیت های هنری برنامه ریزی شده برای مراسم ها را هدفمند نماید. بدین منظور از همه کسانی که تمایل دارند تا در این شورا و یا دیگر برنامه‌های آن شرکت نمایند، خواهشمند است تا با اعضای کانون و یا با ایمیل kanoun@zso.org تماس بگیرند.

خود درمانی و تدریسی با پژوهش‌های باغ‌های گیاهی

(روشی آسان برای داشتن سلامتی و درمان درون و بدن)
گهنبار "یا "گاهاان پار" و "یا "گاسان پار" (به زبان پهلوی) از دو یکش "گاه" و "انبار" می‌باشد و به چم "زمان انبار کردن" می‌باشد. این مراسم و جشن در سال شش گهنبار و هر گهنبار به مدت پنج روز برگزار می‌گردد. مردم به براپایی جشن و مهمانی این پنج روز را به شادی، اوسنای خوانی، شکر اهورامزدا و دادو دهش می‌پردازند.

گهنبارها را جشن‌های سالانه می‌نامند زیرا از واقعه اوسنای "بَل‌ره پَهْسه" است و کلمه "بلره" از ریشه "بَل" به چم سال می‌دانند. از سویی درک گهنبار را جشن‌های فصلی می‌دانند چونکه در هر فصل سال یک یا دو چهره گهنبار قرار دارد.

پژوهندگان دین زرتشت بر این باورند که شش چهره گهنبار یادآور شش مرحله آفرینش هستند که باشکوه‌ترین بنا بر نوشته‌های فروردینی بیشتر.

چهره اول - پرسش و پاسخ (میانی پیشان)
این چهره از روز خیر از ماه اردیبهشت (April 30th) شروع و در روز دی مهر از ماه اردیبهشت (May 4th) پایان می‌یابد.

چهره دوم - میدیورم (میانی تابستان)
این گهنبار با دکتر زمین است که آرین‌ها هنوز به ایران وارد نشده بودند و سال آنها دارای یک تابستان هفته ماهه و یک زمستان نجح ماهه بود. بنابراین این گهنبار در میانی تابستان از روز خیر از ماه تیر (June 29th) شروع و در روز دی مهر از ماه تیر (July 3rd) پایان می‌یابد.

چهره سوم - پیته شهم (میانی پایان)
این چهره از روز اشتاد از ماه شهریور (Sept 12th) شروع و در روز انارم از ماه شهریور (Sept 16th) پایان می‌یابد.

چهره چهارم - آیاسریم (آمدن زمستان)
این چهره به خاطر آغاز زمستان پنج ماهه برپا می‌گردد که از روز اشتاد از ماه مهر (Oct. 12th) شروع و در روز انارم از ماه مهر (Oct. 16th) پایان می‌یابد.

چهره پنجم - میدیارم (میان زمستان)
این چهره از روز مهر از ماه دی (Dec. 31st) شروع و در روز وهرام از ماه دی (Jan. 4th) پایان می‌یابد. این چهره در میان زمستان نجح ماهه قرار دارد.

چهره ششم - همس پت میدیم (برابر شدن شب و روز)
این چهره در پنج روز نهایی شده و آخرین روز آن با آخرين روز سال برادر است. اولین روز آن اهنگ (Mar 15th) و آخرین روز آن ۱۹ ماه می‌باشد (Mar 19th).

فلسفه بلند کردن یک انگشت و دو انگشت (آفرینامه ویسپوخاترم) به هنگام خواندن اوستای گاهنبار چیست؟
آفرینامه ویسپو خاترم، بخشی از سرود خرده اوستا است که به هنگام برگزاری جشن‌های خاص، به ویژه گاهنبار خوانده می‌شود.

در بخش آفرینامه موبد نخست یک شاخه مُ ورد را با دست راست خود به سوی بالا برافراشته می‌کند و در قسمت دوم یعنی ویسپوخاترم دو شاخه از مُ ورد می‌برد و در هر دو مورد باشکوهی در مراسم انگشت نشانه دست راست و کناری آن را رو به آسمان بالا می‌گیرند تا در سخنی که موبد به زبان اوستایی می‌سراید هم کلام شده و در به دیده می‌گردد. اینجا از پرسش و پاسخ (بیانی پیشان) گوناگونی از افراد و تهیه کنندگان در مراسم انگشت که باشکوه‌ترین بنا بر نوشته‌های فروردینی بیشتر. این شش مرحله به ترتیب آفرینش آسمان، آب، زمین، گیاهان، جانوران و آفرینش انسان می‌باشد.

ترجمه ویسپوخاترم: آرزو داریم که همواره اندیشه، گفتار و کردار نیک به سراغ ما آید تا ما نیز از زمره نیک‌گرایان روزگار خود باشیم.

ترجمه آفرینامه: برای شهریار و سرور کشور بالاترین توانایی و پیروزی آرزو داریم. برای او زندگی در زناشویی و سرافرازی را خواستاریم تا در نبرد با کردانیشان و کنیه نوزر پیروش شود. هیچگاه آتش‌هیجده که به چم‌گرداری کرده باشد در پیچیده‌ای نیکوکاران روزگار خود باشد.

بزرگنمایی
ZOROASTRIAN SOCIETY OF ONTARIO

NOMINATION FORM - 2015

(Please print or write clearly and complete all sections on both sides of this Form)

We, the undersigned, being members in good standing of the Zoroastrian Society of Ontario (ZSO), nominate the following member of ZSO who is a permanent resident of Ontario

____________________________________ of ______________________

(Name of member nominated) (City)

for election to serve on the Executive Committee as:

____________________________________

(Position)

Dated at ______________________ this ________ day of _____________, 2015.

(City) (Date) (Month)

____________________________________

(Proposer’s Name) (Proposer’s Name)

____________________________________

(Proposer’s Signature) (Proposer’s Signature)

I, ______________________________ (Nominee), consent to this Nomination, and agree to abide by the Constitution and By-laws of the ZSO and all Resolutions passed by the members of the ZSO at all General Meetings.

____________________________________

(Nominee’s Signature)

Please Note:

1. For this nomination to be valid, it must be delivered to the attention of the “ZSO Secretary” before 6:00 p.m. on Saturday, June 13, 2015, at the registered office of the ZSO.

2. The Nominee must complete the Bio-data Form overleaf.

3. The Nominee and the Proposers must be members in good standing (up to date with their Membership Fees) on the date that this Nomination Form is signed.
ZOROASTRIAN SOCIETY OF ONTARIO

NOMINEE’S BIO-DATA FORM - 2015

Nominee’s Name: ____________________________________________

Member of ZSO since: __________________________________________

Past Social/Community Activities:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Education Background: __________________________________________

_________________________________________________________________

_________________________________________________________________

Professional Background/Occupation: _________________________________

_________________________________________________________________

_________________________________________________________________

Objectives I’d like to achieve if elected:

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

_________________________________________________________________

Dated: _________________, 2015 ________________________________

(Signature of Nominee) (P.T.O.)

ZSO Nomination Form – 2015