Zoroastrian Society of Ontario

Volume 42, Number 9

Events for the months ahead...

**Friday, March 4**
- 11:00am Seniors Event (weather permitting)
- 6:30pm Adult Avesta Classes

**Sunday, March 6**
- 10:30am Mukhtad Clean-up
- 2:45pm Children’s Religion Classes

**Saturday, March 12**
- 3:00pm Bazaar Norouzi/Kids Norouz Party

**Sunday, March 13**
- 10:30am Ayathrem Gahambar (S)*

**Tuesday, March 15**
- 3:00pm Hamasp pathmaidyem Gahambar (F)
- 4:30pm Mukhtad Panjeh Days (F)

**March 15-19**
- 11:00am Seniors Event (weather permitting)

**Friday, March 18**
- 11:00am Metsamor (F)

**Monday, March 21**
- 6:30pm Navroze Jashan & Chasni (F)

**Thursday, March 24**
- 6:30pm Navroze Dinner Dance (Kanoun)

**Friday, March 25**
- 6:00pm Khordad Saal/Zayesh-e-Zarthosht (F)
- 7:00pm ZSO & OZCF Joint Navroze Function (F)

**Friday, April 1**
- 10:30am Seniors Event

**Sunday, April 3**
- 10:00am Religion Classes — Joint Session

**Friday, April 15**
- 10:30am Seniors Event

**Sunday, April 17**
- 2:45pm Religion Classes

**Friday, April 22**
- 7:00pm Adargan/Atash-nu-Parabh (S)

**Friday, April 29**
- 10:30am Seniors Event

Winter Weather Permitting! Bring family members 9-90 years and friends for FREE mat- or chair-based, Self-Healing ‘PALM-YOGA’ Integrated Mind-Body Wellness Therapy. Classes will be held Wednesday evenings at the Darbe Mehr starting 6:15 pm.

* Those wishing to join for lunch after the Ayathrem Gahambar on March 13th, please provide your names to Ervad Hoshang Udwadia: (416) 499-4957 at least 4 days prior to the event.

**Masiso Prayers:** one month prayers (Masiso) for Darius Garda will be held at the Darbe Mehr on Friday, March 4th, 2016, at 6:30 pm.

**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.

**Mehraban Guiv Darbe Mehr Hours**
- **Mon, Wed**: 4:30-8:30pm
- **Tues, Fri, Sat, Sun**: 9:00am to 12:00pm; 4:30pm to 8:00pm
- **Thurs**: Closed

**MEHRABAN GUIV DARBE MEHR**
- **Telephone**: (416) 225-7771
- **Address**: 3590 Bayview Avenue
- **North York, Ontario M2M 3S6**

[www.zso.org](http://www.zso.org)
During the past month, several successful events were held at our Darbe Mehr which were well attended and enjoyed by all. We thank all the volunteers who made them happen and for the members who attended - the Scouts Valentine dinner celebration, the Jashan-e-Sadeh, Gahambars to name a few.

With Spring on the horizon, we all look forward to celebrations and warmer months ahead. The Fasli Muktad precedes the arrival of Norouz, and several events are planned for the month of March. Details are in the flyers attached to this newsletter, and please register and attend in large numbers. **Your Directors take this opportunity to wish all our members and our Zoroastrian community at large, a very happy and prosperous Jamshedi Norouz!!**

We invited the Board of OZCF for a joint board meeting held on 9th February at our Darbe Mehr. The meeting was fruitful and provided a great forum for an exchange of ideas, suggestions and input. A follow up meeting of the two Boards will be held later in the spring at OZCF.

We are excited to have Armaity Bhathena (daughter of Ervad Athavian Bamji) on our editorial team, who will work with Natasha Bozorgi as co-editors for our monthly Newsletters. Armaity has earlier been very active in ZSO and FEZANA, including as Co-Chair of 2003 NEXUS Youth Conference in Toronto, and ZYNA. In 2007, RBC transferred Armaity to the UK where she and her husband Mahiar Bhathena lived in London for about 8 years. She is currently Director, Operations Engineering, RBC Capital Markets. Please join us in welcoming Armaity back to the ZSO fold.

**MEMBERSHIP FEES:** Just a gentle reminder that Membership Fees for Apr 2016-Mar 2017 fall due effective 1st April 2016. Please renew your membership for 2016-2017 at your earliest convenience, and we will greatly appreciate your efforts to bring in New Members. For your convenience and ready reference, ZSO’s Membership Form is attached. Thank You.

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**Appeal for Donation for Medical Treatment for Aryana Quettawala**

This is an appeal for donations urgently required towards medical expenses for a very critical stem cell transplant for 4-year old Aryana, daughter of Kaeyan and Mitra Quettawala of Karachi, to be performed very soon in a hospital in Singapore. The Quettawalas are Zoroastrians, and the family and baby Aryana’s critical condition are well known to many of our friends originally from Pakistan and now residing in the GTA. The stem cell transplant is to be performed at the KK Women’s & Children’s Hospital in Singapore, and we have a copy of a letter from the hospital that the cost could be in the range of Cdn $250,000 or even higher.

As a registered charity, ZSO is in a position to collect donations towards baby Aryana’s treatment, and remit the entire amount so collected to Parsi Lodge Charity Trust Singapore, which is a registered charity in that country. ZSO will issue donation tax receipts for donations by cheque of minimum $20.00. When sending your donation cheques made payable to “ZSO”, please mention in the memo portion or in a cover letter “for Aryana Quettawala’s medical treatment”, and mail your cheques to The Treasurer, Zoroastrian Society of Ontario at 3590 Bayview Avenue, North York, Ontario M2M 3S6. The Quettawala family will greatly appreciate your generosity, and we would request you to kindly give this matter your most urgent attention.

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**15th Zoroastrian Games — Chicago**

Early bird registration is open through March 6th! The 15th biennial Zoroastrian Games will be held June 30 to July 4 in Chicago at Elmhurst College. For more details, check out the event page on Facebook:  
www.facebook.com/zgamesChicago2016. To register for early bird rates (through March 6) head over to  
www.zgames2016.com! We look forward to seeing our community come together in vibrant Chicago!
Health and Exercise

Zoroastrian Youth and adults are invited to join the sports and exercise classes arranged by our Iranian Cultural Kanoun on Sunday afternoons at the Langstaff Community Centre, 155 Maple Red Road, Richmond Hill, ON, L4B 4P9 (Telephone: 905-882-4295). The events and dates for March and April are given below. Please note that the Avesta Class for children is conducted in Farsi:

<table>
<thead>
<tr>
<th>Date</th>
<th>Basketball &amp; Avesta Gym 'B'</th>
<th>Volleyball Gym 'C'</th>
<th>Aerobic Room 'B'</th>
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<tr>
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<td>2.30 - 4.00</td>
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<td>10-Apr</td>
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<td>24-Apr</td>
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100th Toronto - Valentine Dinner-Dance

The day was February 6, 2016; the venue was our Darbe Mehr. The ladies were looking gorgeous as ever in their evening dress escorted by men in long coats and bow ties. The theme of this year’s Scouts Valentines day Dinner was the early nineteen hundreds, and the decor was bright, brilliant, and like 1916. The DJs provided the music for the evening, entertaining the guests of all generations. There was a bar open to those who needed a boost for the evening. The security and the Master of Ceremony were contracted to the mafia (aka Mashya Amroliwalla) - needless to say it was perfect.

To capture this beautiful evening, this moment, the youth had set up a photo booth. Everybody had a great time getting their pictures taken, and they will be cherished for a long, long time. Thanks to the youth for helping us capture these beautiful moments.

As always, when we gather in celebration, we all look forward for the food, and we trust none other than our Scouter Super Chef Kersi. Keeping with the unique theme for the event, our chef had whipped up a special menu of some European style delicacies for the evening. Dinner started with Cream of Celery soup served to all the guests at their tables - the rest of the dinner was served buffet style. The main course was prepared with finesse and a Mumbai touch, keeping the root of the European flavors, but not forgetting the audience you serve. The chef complimented his menu at the end with a shot of espresso, just what one would desire before stepping out in the cold.

But that was not all. The evening was still young. Now that everybody had warmed up, it was time to turn the lights down and the music up. The dance floor was packed, everybody moving to the DJs mix. The party went on till late until we could dance no more. A memorable evening, thanks to the “pros” who made it possible, and to all the guests who made it worthwhile and memorable.
2016 New Year’s Khushali nu Jashan

The ZSO hosted its first 2016 event – our traditional Khushali nu Jashan on Sunday, January 17th. The Jashan itself which began at around 10:30 am was performed by eight of our Mobeds: Ervads Noshir Mirza, Athavian Bamji, Jal Panthaky, Hoshang Udwadia, Mehbad Dastur, Cyrus Khory, Xersis Dastur and 11-year old Nekzad Ilavia. Our thanks to Hoshang Udwadia for arranging the Jashan and for giving an interesting talk on our religion. The community no doubt feels blessed to have our strong team of Mobeds spanning all age ranges serving our community.

The Jashan was well attended by about 150 community members, who also stayed for the scrumptious lunch thereafter. As usual, our Super Chef Kersi Khambatta delighted everyone with his amazing Dhan-daar, Kolmi-no-Patio, with a Masala Potato dish for vegetarians. Dessert included chasni, fruit, nuts and ice cream - all thoroughly enjoyed. Kersi's efforts in the kitchen would have been incomplete without his helpers Minoo Bharda, Nergish Khambatta, Shernaz Writer and Cyrus Tampal. Do enjoy some of the pictures taken at the Jashan. Onwards with 2016!!!

Acknowledgements

We thank those who have generously donated Sukhad to the ZSO. As we are low on stocks, we would request members to please bring some upon their return to Toronto. ZSO is prepared to reimburse the cost of the Sukhad for those who so wish.

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Buying or selling a Home?

Addy Sadry
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(CPA, CGA, CSC)
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Toronto, ON M3B 3J1

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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.

Contacts:
Emergency situations: Khushru Chothia (416) 677-7555
Messages on the auto-dialer: Dara Panthakee (416) 826-3298 or evp@zso.org
Renting MGDM hall (for post-funeral prayers and rituals or for private functions): Mashya Amroliwalla (647) 285-2105 or execofficer2@zso.org

Newsletter advertising rates:
- Inserts: $200
- Quarter page/Business card: $55
- Half page: $75
- Full page: $125
- Miscellaneous two-liners: $15

10% discount for 12 consecutive months of advertising

Zoroastrian Studies Projects International
- Zoroastrian Artafact
- Religious Books, CDs, DVDs
- Sukhar, Loban, Vehr, Tacho
- Diva na glass, Kakra
- Sadra, Kasti, Topi, T-shirts, Caps
- Gift Items, Silver & Gold pendants
  And much more......
همراه با سلامتی، کامروایی و کامرانی در تمام آزموها و فواید هایی که بر زمین زندگی می‌گذرانند.

با می‌باشند تا در همین ماه هفته سیمپاتی، سربلندی، سرسبزی، سرفرازی، سعادت، سنور و سِروری، یا برای تک تک همکاری می‌شود.

به‌جا می‌باشند تا در همین ماه هفته سیمپاتی، سربلندی، سرسبزی، سرفرازی، سعادت، سنور و سِروری، یا برای تک تک همکاری می‌شود.

با سپاس از دسته‌ای گرم و یاریگر شما کانون فرهنگی زرتشتیان تورنتو.
زایش اشورترشت ایستگاه شادباش‌باد

در سنت زرتشتی یا پرستش‌هایی که اثر اشورترشت، پرستش‌های روستایی و خرد، شماره ۱۷۶۸ سال قبل از میلاد مسیح به روز خرداد از ماه فروردین (ششم فروردین) در سرزمین ایران راه ابداد شد.

در نوشته‌های پهلوی، زادگاه اشورترشت، در نزدیکی دریاچه چیچسب (ارومیه) در آذربایجان دانسته می‌شود و از سوی دیگر پژوهشگران امروزی مکان را در شرق ایران (خوارزم بزرگ) می‌دانند.

در اواسط، اشورترشت از خدانان استیم‌های جد نهم اوست نامیده شده است. اشورترشت از پدری به نام پوروشسب و از مادری به نام دوغدو چشم به جهان گشود.

در بیست سالگی، به کوه اشیدرنه رفت و در تنهایی به اندیشه و نیایش پرداخت تا سامان‌آفرینش و راز‌های دنیا را دریابد.

در سی سالگی و پس از هزاره‌های مرگ و زندگی، سرانجام در روز خرداد از ماه فروردین سال ۱۷۳۸ پیش از میلاد، نور دانش و بینش اهورایی بر او پدیدار گردید و در این روز به پیامبری برگزیده شد.

چهره‌نشینه سوزیر

آخرین سه شنبه سال جهت تکنیک و اندیشه سازانه‌های آتش‌آشیانه‌ای شعله‌ور به آسمان کشیده گرم دود، کودکان، جوانان و بزرگسالان هر کدام به روز آماده پریدن از راه دنیا، به آتش‌آشیانه می‌روند و در حال پریدن، این بیت شعر را با صدای بلند می‌خوانند:

سرخی تو از من دو زردی من از تو

به همین مناسب، امسال نیز مراسم چهره‌نشینه سوزیر همانند سالهای گذشته در چهارشنبه سوری (March 15th) برگزار می‌گردد. با همکاری کانون باشندگان مادران زرتشتیان انتاریو و همکاران دیگر، بیش از ۱۳۰ نفر از خانواده‌های زرتشتیان این مراسم را در روز سه شنبه ۱۰ مارس (March 15th) گردآوری می‌کنند.

گردهمایی ماهیانه بانوان زرتشتی در اولین سه شنبه هر ماه از ساعت ۹تا ۱۲ ظهر در حرم مرِب اریب رستم گیلگیه می‌آید. شرکت برای همگان آزاد می‌باشد.

تماس با ما

انتقادات، نظرات و پشتیبانی‌های شما در kanoun@zso.org با ما ارائه دهید.
ورزش و سلامتی

همانگونه که آگاهی دارید ورزش‌های سالنی والیبال، بسکتبال و آئروبیک در مجتمع فرهنگی ورزشی (langstaff) در روزهای یکشنبه هر هفته برپا می‌باشد. دیداری با دیگر همکیشان داشته و با ورزش کردن سلامتی خود را بیمه نمایید.

شرکت کنندگان والیبال نیز در رده سنی جوانان و بزرگسالان ساعات شادی را همراه با ورزش با یکدیگر سپری کنند.

همچنین آموزش دینی همراه با تمرین باسکتبال برای جوانان سنین 12 - 8 سال در همان مکان برپا می‌باشد. کودکان 8 - 6 سال نیز جهت یادگیری آموزش‌های دینی می‌توانند از ساعت 3/5 – 3 بعد ازظهر در سالن B به دیگر کودکان و نوجوانان ملحق شوند.

کانون فرهنگی زرتشتیان انتاریو

جشن نوروز

(Thursday March 24, 2016 (Easter Weekend)

مکان: سالن پذیرایی لپارک (Le Parc Banquets Hall)

بهای بلیت: عضوی ZSO هر دلار - غیر عضوی ZSO 1 دلار (هزار 2 سال رایگان)

پذیرایی: پیش غذا، شام، دسر همراه با شراب (سر شام در سر میز)

سرگرمی: موزیک های روشن همراه با DJ Blizz

توجه داشته باشید که بهای بلیت بعد از 15 مارچ افزایش خواهد پافت. بلیت به تعداد محدود و در جشن نوروزی کودکان و جوانان شرکته شود تا به فروش عملد. و یا با خانم میترا تماس بگیرید. (mitrajam@gmail.com)
Iranian Zoroastrian Kanoun & Zoroastrian Society of Ontario Present

Children Norouz Party & Bazaar

When: Sunday March 12th

Where: Mehraban Guiv Darb e Mehr
3590 Bayview Ave, Toronto

Time: 3pm - 6pm

Children’s Activities
Egg Painting
Haji Firouz
And Much More

Entrance: $5.00 per child includes pizza lunch

To reserve your complimentary table
contact:

Mitra Jam (905) 889-9224
or
Anahita Ogra (647) 404-1388
ZOROASTRIAN SOCIETY OF ONTARIO

Invites the entire Zoroastrian Community to attend the

Jamshedi Navroze Jashan & Dinner

At Mehraban Guiv Darbe Mehr, Toronto

Monday, March 21st, 2016 at 6:30pm

Followed by Dinner

➤ Dinner $5.00 per person payable at the door

➤ Children 5 years and under - Free

➤ Those staying on for Dinner, please provide your names latest by 16th March to:

➤ Vispi Patel: vispi.patel@yahoo.ca  416-493-2083

➤ State Veg or Non-Veg
NOROUZ
DINNER & DANCE PARTY!

Thursday March 24, 2016  6:30pm

ZSO Members $60  Non-ZSO Members $75

Prices go up after March 15th
ZSO Members $75  Non-ZSO Members $90
(Kids under 2 free, no seat provided)

Location:  Le Parc Banquet Hall
8432 Leslie St. Thornhill
L3T 7M6 (Leslie & Hwy 7)

Sit-down four course meal, wine & cash bar
Persian dance music by DJ Bliss

Seating will be on first comes basis (NO reservations)
Door prizes & 50/50 Draw

Tickets are non-refundable and no exchanges
NO TICKETS WILL BE AVAILABLE AT THE DOOR

Tickets will be available in person at
Jashne Saddeh on January 30th, 2016 at Darbe-Mehr.

For more information contact: mitrajam@gmail.com

Please fill out your details and send it along with your cheque.
Cheques payable to: Iranian Zoroastrian Cultural Kanoun and mail
to Mitra Jam, 44 Sea Island Path, Thornhill, ON. L3T 3A4

Name:________________________________________
Number of Tickets:_____
Meal choice: # of Non-Veg.___  # of Veg. ___
Total payment $ _______        Phone #: ____________________
An Invitation to Celebrate Norooz

A perfect occasion to rejuvenate and reunite with friends and family

Friday March 25, 2016
7pm Onwards

Apollo Convention Centre
6591 Innovator Drive, Mississauga

Adults $35
Children (4-11) $25

Cocktails
Dinner
Dancing
Cash Bar
Raffle

RSVP by March 14, 2016
entertainment@zso.org   ozcfentertainment@gmail.com

Please fill out your details and send it along with your cheque. Cheques must be received by March 14th. Please adhere to this deadline to avoid last minute disappointment.

Name: ___________________________

Number of Adults _______ Number of Children _______ Meal Choice: Non Veg  Veg

Total Payment $ _______ Phone# __________

Cheques Payable to ZSO - Mail to Anahita Ogra
97 Sunridge St, Richmond Hill, ON, L4E 3Z4
Tel: (647) 404-1388

Cheques Payable to OZCF - Mail to Jeroo Madan
33 - 2550 Thomas St., Mississauga, ON, L5M 5N8
Tel: (647) 339-0052
MEMBERSHIP FORM

Membership Application: □ Renewal  □ New Member  Membership Year April 1st 20____ - March 31st 20____

Membership Category/Fees

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<th></th>
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<td>$100</td>
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<td>Full time student, age 18-25</td>
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<td>Age 65 and over</td>
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<td>Both spouses age 65 and over</td>
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<td>$50</td>
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Applicant Information

Last Name: __________________________________  First Name: __________________________________

Spouse Last Name: ___________________________  Spouse’s First Name: ___________________________

Address: ____________________________________________  Apartment/Suite#: ______________________

City: ___________________  Province: _________  Postal Code: ___________

Home Phone: (__) - _____- _______  Cell Phone: (__) - _____- _______

Email: ______________________  Age: __________

Dependent Information:

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Additional Information

I (we) wish to receive the ZSO Newsletters by  □ Email  □ Regular Mail

Select your communication methods: Auto dialer (US & Canada), E-Mail and SMS Messages (SMS within Canada Only)

□ Home Phone Number (For Auto dialer voice messages):

□ Email Address: __________________________  □ Spouse Email: __________________________

□ Cell: __________________________  □ Spouse Cell: __________________________

□ I (we) wish to provide donation - Onetime $ ______ or ongoing $ ______ per: ______

Total Enclosed: Cash $______ Cheque ______

(All cheques payable to “Z.S.O.” and mailed to Attn: ZSO Secretary (Membership Form) 3590 Bayview Avenue, Toronto, ON, M2M 3S6)

□ I have reviewed the ZSO Constitution & Bylaws* and agree to abide by them (*available on the ZSO website zso.org)

NEW MEMBERS must be introduced by two ZSO members in good standing and approved by the ZSO Board of Directors

ZSO Member

Print Full Name

Signature

ZSO Member

Print Full Name

Signature

Approved by the ZSO BOD

□ Yes  □ No

Signature