### OCTOBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, Oct. 4</td>
<td>11:00am</td>
<td>Seniors Event</td>
</tr>
<tr>
<td>Friday, Oct. 4</td>
<td>6:30pm</td>
<td>Adult Avesta Classes</td>
</tr>
<tr>
<td>Saturday, Oct. 5</td>
<td>6:00pm</td>
<td>Mehergan (F)</td>
</tr>
<tr>
<td>Monday, Oct. 7</td>
<td>6:00pm</td>
<td>Rostam Guiv Death Anniversary</td>
</tr>
<tr>
<td>Wednesday, Oct. 9</td>
<td>6:30pm</td>
<td>ZSO Board Meeting</td>
</tr>
<tr>
<td>Saturday, Oct. 12</td>
<td>1:00pm</td>
<td>Seniors Food Fair – see attached flyer for details</td>
</tr>
<tr>
<td>Sunday, Oct. 13</td>
<td>11:00am</td>
<td>Ayathrem Gahambar (F)</td>
</tr>
<tr>
<td>Friday, Oct. 18</td>
<td>11:00am</td>
<td>Seniors Event</td>
</tr>
<tr>
<td>Saturday, Oct. 19</td>
<td>6:00pm</td>
<td>Bingo Family Night – see attached flyer for details</td>
</tr>
<tr>
<td>Saturday, Oct. 26</td>
<td>1:00pm</td>
<td>Calendar Meeting for All Committees</td>
</tr>
<tr>
<td>Saturday, Oct. 26</td>
<td>6:00pm</td>
<td>Abangan (F)</td>
</tr>
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### NOVEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday, Nov. 1</td>
<td>11:00am</td>
<td>Seniors Event</td>
</tr>
<tr>
<td>Friday, Nov. 1</td>
<td>6:30pm</td>
<td>Adult Avesta Classes</td>
</tr>
<tr>
<td>Saturday, Nov. 2</td>
<td>11:00am</td>
<td>WZCC Meeting</td>
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<tr>
<td>Saturday, Nov. 2</td>
<td>6:00pm</td>
<td>Volunteer Appreciation Night</td>
</tr>
<tr>
<td>Wednesday, Nov. 13</td>
<td>7:00pm</td>
<td>ZSO Board Meeting</td>
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<tr>
<td>Friday, Nov. 15</td>
<td>11:00am</td>
<td>Seniors Event</td>
</tr>
<tr>
<td>Saturday, Nov. 16</td>
<td>6:30pm</td>
<td>Sports Night/Karaoke</td>
</tr>
<tr>
<td>Saturday, Nov. 23</td>
<td>6:00pm</td>
<td>Azargan (F)</td>
</tr>
<tr>
<td>Friday, Nov. 29</td>
<td>11:00am</td>
<td>Seniors Event</td>
</tr>
<tr>
<td>Friday, Nov. 29</td>
<td>4:00pm</td>
<td>Maidyoshem Gahambar (S)*</td>
</tr>
</tbody>
</table>

*Please provide names for meals to Ervad Hoshang Udadia at 416-499-4957.*

**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 it has not issued.

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**MEHRABAN GUIV DARBE MEHR**  
**Telephone:** (416) 225-7771  
**Address:** 3590 Bayview Avenue  
Toronto, Ontario M2M 3S6  
[www.zso.org](http://www.zso.org)

### Days | Morning Hours           | Evening Hours            |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Monday</td>
<td>CLOSED</td>
<td>4:30PM - 8:30PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>9:00AM - 12:00PM</td>
<td>4:30PM - 8:30PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>CLOSED ALL DAY</td>
<td>4:30PM - 8:30PM</td>
</tr>
<tr>
<td>Friday</td>
<td>9:00AM - 12:00PM</td>
<td>4:30PM - 8:30PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00AM - 12:00PM</td>
<td>4:30PM - 8:30PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00AM - 12:00PM</td>
<td>4:30PM - 8:30PM</td>
</tr>
</tbody>
</table>
WHAT’S NEW PRES?

Who doesn’t love going back to school (besides me :) – swapping exciting stories of summer fun, anxieties about the new class and all that goes with it, new friendships and mentors; all made worthwhile thanks to the brand new ‘stuff’ that ‘back-to-school’ shopping brings!

At the Darbe Mehr too, 100th Toronto First Zoroastrian Scouts and Children’s Religion Classes kicked off yet another new year. While the enthusiasm for attending these on Sunday varies from “I can hardly wait!!” to “Why can’t I just have my Sunday to myself?”, the mood is undeniably upbeat once family and friends converge onto the Darbe Mehr – with parents generously taking turns dishing up goodies for snack-break!

On Monday, October 7th we’ll observe our benefactor Arbab Rostam Guiv’s Death Anniversary, as we do each year. We hope to see many from our community attend the prayers, youth and young-at-heart alike.

After a great Bollywood night, enjoyed by all, it’s time to look forward to more treats for the tummy and fun for the spirit, with the Seniors Food Fair back with a bang on Saturday, October 12th and Bingo night on the 19th!

Catch the fun as it happens… and place your orders for the Food Fair in advance to avoid disappointment! Details and vendor lists can be found on the ZSO website.

While we enjoy bringing you all the events you have come to expect, we are always looking for newer and more engaging ways of connecting the community, especially youth.

Have an idea to share? Let us know via the ZSO website, Facebook page and Instagram!

And whether you’re planning a trip over Thanksgiving or ‘tripping on tryptophan’, we wish everyone a Very Happy Thanksgiving in advance!

Tandarosti,
Mashya Amroliwalla

Congratulations Jehzan Munshi

ZSO is proud to announce that our own Jehzan Munshi of Toronto has been awarded the Sheroo Kolsawala Endowed Scholarship of Can $1000 towards his educational expenses for the 2019-2020 academic year.

Jehzan was chosen out of 51 applicants by the FEZANA scholarship committee. Congrats on this great achievement and the entire community wishes you the very best in your academic career!

ZSO History Project

Please continue to send ZSO related historical artefacts from the past 50 years to Afreed Mistry. Please email documents to 50Years@zso.org or mail to: ZSO 50 Years, 3590 Bayview Ave., Toronto, ON, M2M 3S6

ZSO Positions Still Vacant

ZSO Board is still looking for volunteers for the positions of Mukted Committee Co-Chair and Assistant Newsletter Editor.

Please contact secretary@zso.org if you are interested.
The 2019 Muktad ceremonies marked 37 years of observances by the Zoroastrian Society of Ontario.

Our most important volunteers are our Mobeds, who so willingly give their time in the many hours of prayers. Ervad Hoshang Udawadia, Mobed Athavian Bamji, Ervad Kerman Katrak and most of all our young Mobeds Navroze Antia and Xersis Dastoor who were there for all the prayers, including the early morning one. Our sincere appreciation of their dedication during their school vacation. Ervad Mehdad Dastur, Ervad Pauzash Mthaiwala took turns to perform the various prayers. And sincere thanks to Ervad Khushroo Bharda for being there for our early morning prayers on the last day.

Our early morning Afringan/Farokhshi prayers were attended by more than 50 members. We had an average of about 100 + community members for lunch and nearly 225 or more for dinner. Even our last day morning Stum and Afringan at 4.00 AM was attended by more than 50 members. Our attendance has increased for all our prayers. We had 570 names of our dear departed ones to recite at each prayer.

There are hundreds of volunteers who help to make these days so successful and awe inspiring. The resident volunteers, Roshan Rabadi, Khurshid Engineer, Hoshang Surty, and myself. The initial DM clean-up crew led by Pearl and Khushru Chothia, who organized a team of 41 volunteers! The chefs in our kitchen who prepared 3 meals a day for all in attendance at the DM ably led by Roshan Rabadi, Zarine and Ronnie Irani, Prochi Gazdar and Katy Panthakee, Dina Amroliwalla, and Kersi Khambatta, Nancy Patel and Percy Daruwalla.

More than a thousand Diwas were lit in the 5 days and we thank Sam Gandhi for the preparation of the trays and Farokh our custodian for always being there with a helping hand.

Our deepest thanks and remembrance go to Mehraban and Arbab Rustom Guiv for giving us this beautiful place for us to worship and hold our Muktad observances. Our thanks also to all the board members for their full support, cooperation and help.

And finally, we always are grateful to Ahura Mazda for the many blessings bestowed on our community. With the blessings of our Asho-Farohars, we hope to continue to work together in peace and harmony for many years to come.

Read the full report submitted by Putli Mirza at www.zso.org under the News section.

Good Deeds in Action – Adil Mama

The National Ethnic Press and Media Council Of Canada recently honoured and Awarded Adil D. Mama with their Medal for his many years of Distinguished and Outstanding Services to The People and the Government of Canada and was given all the rights, privileges and honours afforded as an Honorary Member of the Board of Directors.

Over the years Adil has been the recipient of numerous prestigious awards and medals that include the Gold Medal of Her Majesty Queen Elizabeth II, the Diamond Jubilee Medal of Her Majesty Queen Elizabeth II and is being nominated to be awarded The Order of Canada.

Adil his wife Margaret and daughter Sophia live in Toronto Canada and is the son of the late Dali and Soonu Mama.
Condolences

Soli Manekji Surty, on September 21st in Toronto. Husband of Lilly, father of James and Aaron and father-in-law to Malisa. May his soul rest in peace.

Self-Healing PALM Yoga & Meditation Classes

PALM Yoga & Meditation Classes have resumed at Darbe Mehr! Join us for gentle yoga and meditation on chairs or mats at the Darbe Mehr on Wednesday evenings from 6:30-8:00 PM.

Please wear comfortable Yoga Outfits - while under meditation, wear socks and a light coverall.

Upcoming Dates: October 2, 9, 16, 23 and 30 – dates are also online at www.zso.org.

Please confirm attendance by calling Zubin @ 905-629-2985.

Health and Fitness

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). Avesta Class is in Farsi.

<table>
<thead>
<tr>
<th>Date</th>
<th>Basketball &amp; Avesta - Gym 'B'</th>
<th>Volleyball – Gym ‘C’</th>
<th>Futsal – Gym ‘C’</th>
</tr>
</thead>
<tbody>
<tr>
<td>06-Oct</td>
<td>2:30 to 4:00</td>
<td>3:00 to 4:30</td>
<td>4:30 to 5:30</td>
</tr>
<tr>
<td>13-Oct</td>
<td>2:30 to 4:00</td>
<td>3:00 to 4:30</td>
<td>4:30 to 5:30</td>
</tr>
<tr>
<td>20-Oct</td>
<td>2:30 to 4:00</td>
<td>3:00 to 4:30</td>
<td>4:30 to 5:30</td>
</tr>
<tr>
<td>27-Oct</td>
<td>2:30 to 4:00</td>
<td>3:00 to 4:30</td>
<td>4:30 to 5:30</td>
</tr>
</tbody>
</table>

Helping Hands Corner

- A Caregiver is available to look after Seniors in their home.
- Needed - someone who can stitch Sadras.

For any of the above – please contact Khurshid Engineer on 416-520-8325.

Shahrzad Shahriari is a registered social worker and provides free psychotherapy services to the community. Interested members can contact Shahrzad on 647-405-7706.

Accommodation Available

1 bedroom condo available for rent in the Yonge & Finch area. The unit has direct underground connection to Finch subway station, GO and VIVA bus service routes.

Rent is $2,075 per month. Contact either by phone 647 351 7517 or by email at nargis@bell.net.

Advertising at Darbe Mehr

Stay tuned on how you can advertise your business on the big screen at the Darbe Mehr during events.
Newsletter Requests

Please note that the deadline for receiving submissions for the ZSO newsletter is the 20th of each preceding month. Any materials received after this date will be published on a best-effort basis.

Editor: Armaity Bamji (newslettereditor@zso.org)

Please note that all requests for inclusions in the ZSO NL should be emailed to newslettereditor@zso.org. Please copy Afreed Mistry at evp@zso.org for approval.

The distribution or reproduction, in part or whole, of the Zoroastrian Society of Ontario’s monthly Newsletters by any means or via any media, requires authorization by the Society’s Board of Directors. Any unauthorized distribution or reproduction is strictly prohibited.

Miscellaneous

ZSO Contacts:
Emergency situations: Khushru Chothia (416) 677-7555
Messages on the auto-dialer: Mashya Amroliwalla (647) 285-2105 or president@zso.org
Renting MGDM hall (for post-funeral prayers/rituals or for private functions): Afreed Mistry at evp@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.

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Email: zstudies@hotmail.com
www.zstudies.com
گزارشی از انتخابات کانون فرهنگی زرتشتیان انتاریو
جلسة همگانی کانون زرتشتیان انتاریو در روز یکشنبه 15 سی‌تامبر پس از مراسم گهنبار و با باشندگی همگان در سالن درب مهر مهربان گیو برگزار گردید.
در ابتدا گزارشی از فعالیت‌های سال پیش و سپس گزارش مالی برای همگان بازگو گردید.
در ادامه همودنی کانون پاسخگوی سوالاتی شد که در ادامه با تشویق باشندگان گزارش مالی را به تصویب رساندند.
سپس تا به انتخاب همودنی جدید کانون رسید که با تصویب باشندگان، همودنی جدید کانون به شرح زیر انتخاب شدند:
همودنی کانون (ترمیمی)
بهرام پور نمن، نازنین بهجت، مهران بهنیان، گیتی بهنیان، مهران زهیری، خورشیدچهر زندهی، بینا شکیبا، پدرام زدنی

گهنا و مهر از شما نخور
کانون فرهنگی زرتشتیان انتاریو جشن مهرگان را با شکوه تمام روز شنبه 6 اکتبر از ساعت 6:00 پسین در درب مهر مهربان گیو برگزار می‌کند.

بهشادگی خود مهر و مهرتان را با دیگران پیوند دهید.

مرگمان بر شما نخور
کانون فرهنگی زرتشتیان انتاریو جشن مهرگان را با شکوه تمام در روز شنبه 5 اکتبر از ساعت 6:00 پسین در درب مهر مهربان گیو برگزار می‌کند.

مازیاها با ما
انتظارات نظرات و پشتیبانیهای انتخاباتی به طریق ایمیل kanoun@zso.org ارسال می‌شود.
همانگونه چه آگاهی دارد
ورزش و سلامتی

ورزش و سلامتی

واکنش بردن در زمینه سلامتی و پیشگیری در بیماری‌های مصرفی (Langstaff) در روزهای یکشنبه‌های هفته برای می‌شود.

باشند. حمایت و شادی را با دیگر همکاران خود با ورزش کردن سلامتی فدو را بیمه نمایید.

با برنامه ریزی گردیده، کانون فرهنگی زرتشتیان انتاریو هالوین پارتی شادی را برای همکاران خود باشند.

با شادی و ساعات شادی را با دیگر همکاران خود با ورزش کردن سلامتی فدو را بیمه نمایید.

خود درمانی و تندرستی با هواکا 5 (ROSH Anahit) برای داشتن بالاتر و سلامت برای زندگی. در ادامه نشسته روزگاری کلاس‌های یوگا در درب مهر مهربان گیو، این کلاس‌ها همچنان با پشتکار هموطن (Zobin Dotiwalla) و هموطنی همکاری کرده است. در هر چهارشنبه از ساعت 6.30 تا 8.15 بعد از ظهر در سالن مهربان گیو برنامه ریزی گردید. شرکت در این کلاس‌ها با برنامه‌ریزی گرایانه می‌باشد. برای آگاهی بیشتر با شماره 2985-629-905 (لا بحسای Zobin Dotiwalla) تماس بگیرید.

آیا میدانید...

اهمیت آتش‌آتشکده‌ش نارین برده قدمت آتش درون آن است که کشته شده از حدود 1520 سال پیش تاکنون فروزان مانده و حفاظت گرده است.

آماده...
Gourmet Food Fair

At Darbe Mehr
Saturday, October 12th, 2019 at 1.00pm
Entrance: $2.00 per person
(Free for kids age 10 and under)

Bring your Friends
Bring your empty stomachs
and savour the mouth watering dishes
prepared by our gourmet chefs

Soft drinks and ice-cream will also be sold
All sales transactions will be handled by coupons
10% of all sales to be donated towards the
Senior’s Revolving Fund
Participate and be generous towards this worthy cause

For further information contact:
Roshan Rabadi    647 341 6731
Freny Gandevia    416 888 8851
Yasmin Khory      416 733 0699

Vasanoo - Chevdo - Bhel – Faloodo - Batasa – Nan Khatai - Bhakra
On Saturday, Oct 19, 2019
Doors open @6pm
Game Starts @7pm
Menu: Cocktail samosas, Chips,
Fish Curry Rice, Cachumber/Papad.
Dessert: Jilebi & Gajjar Halwa
Contact: Guloo Bharucha # 905-475-8894 & leave a message or
Register online.
Email: entertainment@zso.org

DINNER & ENTRY: $10 Members / $15 Non-members
Bingo Tickets sold separately
Games, Fun, Lots of Prizes & A Scrumptious Dinner
Essay Contest for Ages 11-14

Topic: In your opinion what are the qualities of a good leader? Compare it to what the Gathas teach us about being a good leader.

700-900 words
Word format only
Rubric and leader as described in the Gathas is provided on our website
Deadline: January 15, 2020

Sponsored by: Fatane Farid Fund and an Anonymous Supporter

Endorsed by: California Zoroastrian Center in Los Angeles
Supported by: Chehreh Nama Magazine, and FEZANA Journal

First Place: $300
Second Place: $200
Third Place: $100

Winning essays will be published in collaboration with
Chehreh Nama Magazine and FEZANA Journal

Submit to: www.czc.org/essay-contest or zessayentry@yahoo.com
Contact: zessayentry@yahoo.com

By submitting you agree for Essay Contest organizer to publish and use your essay in any desired form.
“Write a story in which a Zoroastrian relies upon the teachings of the faith to help them resolve a challenging situation or achieve a goal.”

2000-3000 words
Word format only
Rubric is provided at our website
Deadline: January 15, 2020

First place winner: $300
Second place winner: $200
Third place winner: $100

A signed copy of “A Clawed and Feathered Spell” will be awarded to the winners

All stories begin with characters who desire something, but who face obstacles to getting what they want. Sometimes the obstacles are weaknesses inside the characters and other times the obstacles are forces outside the characters. Characters use their knowledge, will, beliefs and talents to try to overcome those obstacles. Because of their struggles, they are changed by their experiences.

Endorsed by: California Zoroastrian Center in Los Angeles (CZC-LA)
Supported by: Chehreh Nama Magazine, and FEZANA Journal

Sponsored by: Ms. Catherine Linka
Author of “A Clawed and Feathered Spell”

Winning short stories will be published in collaboration with Chehreh Nama Magazine and FEZANA Journal
Submit to: czc.org/essay-contest or zessayentry@yahoo.com
Contact: zessayentry@yahoo.com

By submitting you agree for the Short Story Contest organizer to publish your short story in any desired form.