Presidents Message

Welcoming the spring season was so exciting as the Darbe Mehr again was home to several in-person gatherings with prayers and jashans as the community got together.

On March 13th we had the 100th Scouts children’s Norooz party where the MGDM hall was filled with children’s laughter as they painted eggs, grew their own sabzeh for the haft-seen table, watched a Norooz animation movie and received treats from Amoo Norooz.

Farvardegan (panjeh) prayers were held from March 16th to March 20th and we thank all the Mobeds and volunteers who donated their time to continue our traditional prayers in remembrance of our loved ones who have passed.

We were delighted that the March 21st Jashan prayers was at maximum capacity as the community tried to get back to “normal”.

In honor of International Women’s Day, ZSO recognised Sharmin Mistry and Bita Shakiba for their contributions to the ZSO and Kanoun. Sharmin, who is part of the youth committee, was the organizer of the winter clothes drive that ran a successful campaign with support from the
Zoroastrian community. Bita helped with a number of the in-person Kanoun events. We thank them both for their continued contribution.

The semi-formal Norooz party organized by the Kanoun was a great success with a large youth turnout. It is wonderful to see the youth who are our future take pride in these ancient celebrations.

And finally, on March 26th the Kanoun organized Zad Rooz Ashu Zartosht’s / Khordad Saal where the evening was filled with music, poetry, singing, dancing and delicious traditional Persian dish called Aash.

Although in the past 2 years, some have unintentionally allowed their ZSO membership to expire we are happy that our membership is once again growing. In order to maintain the Darbe Mehr, we continue to depend on funds gathered through membership fees and through donations. We are excited of a new feature on www.zso.org which allows individuals and families to not only pay for their membership online, but to also tick a box with the option of automatic annual renewal which should make renewal much easier for everyone.

If however you still wish re-new your membership the “old fashioned” way, I am happy to send you a membership form where you can mail in a cheque. Simply call me at 416-575-1134.

We are also excited to announce the upcoming Bollywood Music/Ghazal night to be held on Sat. April 9th at the MGDM. Please see attached pamphlet for ticket information.

Reminder for all High School students that applications are now being accepted for the 2022 ZSO Scholarship. All details can be found by accessing the 2022 Scholarship Application. Deadline is July 18th, 2022.

For April we aim to get price quotes to repair the necessary repairs and maintenance of the MGDM grounds and the driveway. Stay tuned for additional details in the coming months.

For MGDM hours and all future events you can always visit www.zso.org.

Wishing you all Tandorosti,
Mitra Jam, ZSO President
Norooz Celebrations in Iraq

On March 20, 2022, as a member of the committee preparing for Nowruz celebrations in Sulaymaniyah province, Kurdistan, among 16 members, I as the representative of the Zoroastrians and Azad Saeed, director of Yesna Organization for the Development of Zoroastrian Philosophy in Kurdistan, we celebrated with all the Zoroastrians in Sulaymaniyah, it was happy celebrations, where more than ten Thousands of Zoroastrians and non-Zoroastrians participated in this event.

It was broadcasted live on numerous TV and Radio channels, and we as Zoroastrians gave an example of how the celebrations of Nowruz were conducted in the time of the Sassanids when the Zoroastrian religion was spread in the homeland of the Aryans (ancient Iran), which extended from the borders of India to the borders of China, passing through Asia Minor in Tajikistan And Azerbaijan, Uzbekistan, present Iran, Kurdistan and Mesopotamia along the eastern side of the Euphrates River, where we presented a play that embodies the spirit of celebrations on Nowruz festivals at that time,

to make people understand that Nowruz holidays have become part of the heritage and traditions of the Aryan peoples who still celebrate it as a Feast.

On behalf of the Zoroastrians of Kurdistan and Iraq, we congratulate you on the holidays of Nowruz, hoping that it will be the beginning of goodness, love, peace, prosperity and happiness for all human beings in the world.

And most importantly, the Prime Minister of Iraq, has declared NoRooz as a National Holiday (after so many centuries)

Ushta. Awat Darya

12th World Zoroastrian Congress 2022

Reminder that registration is now open for the 12th WZC to be held in New York City from July 1st to July 4th, 2022. Discounted registration is still available until May 31st.

Recent program highlights include:


Please visit the Congress website for registration details and more information at https://wzc2022.nyc/.
New Entrepreneurs in Town ~ ZeeV’s- 2 Year Anniversary

I welcome you to the Zeev's family! Started by two courageous entrepreneurs, Zenia Wadia and Vamshi Krishna, celebrating 2 years of opening this February. Located a 10-minute drive from the ZSO, by Victoria Park and Steels Ave.

Zeev's serves a variety of mouth-watering drinks from Loaded Teas, Gourmet Shakes to Pre/Post workout shakes. The Nutrition Studio is a great place for people who want a drink to complement their workout or fill them up on their way to work. You can sit for hours working, talking, and enjoying the ambiance.

I ordered the Tiramisu Shake made with a vegan soy protein with essential vitamins absolutely guilt-free, and my favourite part is the drinks are not more than 250 Calories! I recommend anyone in the Greater Toronto Area that's looking for a yummy but healthy drink, stop and visit.

I sat down with Zenia and asked her about her idea and the place. “We've always wanted to start and have our own place. We moved to Canada knowing we would start a business we loved to do.” When she was visiting New Orleans, she saw these types of stores on every corner, “I loved the concept and told Vamshi we have to bring this to Toronto”. On expanding, “Our plan is to open up a lot of these Nutrition Studios across the Greater Toronto Area and help other people start their own business journey.” I asked her about running her business during the COVID-19 pandemic and she said, “We quit our jobs to start the business, so it’s been hard to deal with the lockdowns, but it's taught us to love the process. Now we are seeing our dreams come true, so at the end of the day it's all been worth it”.

Next time you’re on your way to the ZSO or off to the Gym, the ZeeV’s family will serve you with open arms to their best seasonal drink!

Address: 3614 Victoria Park Ave, North York, ON M2H 3S2
Instagram: zeevsnutritionstudio

Article Submitted By Araash Chothia
Seniors Jashan

70 ZSO Seniors (majority over 70!) celebrated their annual Jashan at the Darbe Mehr on Friday, March 25th.

Grateful thanks to Ervad Athavian Bamji who performed the prayers and led the Hambandegi for the congregation. That was followed by (what else!!) a delicious lunch of dhan-daar and kolmi-no-patio plus a variety of desserts including our traditional sev, ravo, fruits, nuts, and Gulab Jamun.

Chair of the Seniors Committee, Yasmin Khory made a few announcements of the birthdays of Vispi Patel and Meher Khandadia. That was followed by a spontaneous throaty rendition of Happy Birthday. All in all, a pleasant and enjoyable afternoon enjoyed by all those present.

We encourage our community members to come out more often to our Seniors get togethers, which are held twice a month on Fridays. If interested, please contact Yasmin Khory, Katy Panthakee, Roshan Rabadi, or Daulat Divecha.

Upcoming Dates:
Friday, April 15, 2022.........................11:00 AM
Friday, April 29, 2022.........................11:00 AM

Condolences


Nargis Saher (nee Sethna), on March 2nd. Sister of Noshir (Banu), Rumi (Hilda) and sister-in-law of Shavak. Predeceased by her beloved husband Rustom, sisters Freny, Roshan and brother-in-law Adil. Loving aunt of Cyrus, Danny, Natasha, Khurshed, Pearl, Kermin, Sharon, Rashna and Marzban. May her soul rest in peace.

Newsletter Editor – Open Position

ZSO is looking for new ideas for our Newsletter to keep our community moving forward – and a Newsletter Editor that can help take us there. If you want to give back to your community, share your creative ideas and are not afraid to challenge the status quo – then please send your interest to newslettereditor@zso.org.
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  Assistant Editor: TBD

Please note that all requests for inclusions in the ZSO NL should be emailed to newslettereditor@zso.org and asstnleditor@zso.org. Please copy Hoofrish Patel 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: Pedram Yazdani at admin@zso.org
   - Please copy Mitra Jam at president@zso.org for approval
Renting MGDM hall (for post-funeral prayers/rituals or for private functions): Hoofrish Patel 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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info@pearlknstructions.com
www.pearlknstructions.com

Zoroastrian Studies Projects International

★ Zoroastrian Artefacts
★ Religious Books, CDs, DVDs
★ Sukhar, Loban, Vehr, Tacho
★ Diva na glass, Kakra
★ Sadra, Kasti, Topi, T shirts, Caps
★ Gift Items, Silver & Gold pendants
A n d m u c h m o r e . . . . . . .
آیین پنجه
برگزاری پنج روز پایانی اسفند که به پنجه نامور است و بر پایه متن مذهبی زرتشتی فروهر درگذشتگان در پنج روز پایانی سال از اسман به زمین می‌آیند و به خانه می‌روند تا از شادی بی‌پرک و بخشندگی بازمین‌دهان خود خنده داده و خانواده‌ها در پایان اخرين روز سال با برافراشتن آتش بر پشت بام های خانه ی خود برای بدرقه فروهر ها انتظار روشن می‌کنند و با ظرف اب و سبزی و نوروزی و جراح روشن و یک ظرف میوه و یک ظرف نوروزی از سال نو را اعلام می‌کنند.
به همين مناسبات از 16تا 20 مارچ اوستا خوانی و مراسم پنجه در درهم برگناشد.

جشن نوروز
اغاز سال 1401 را بر عموم زرتشتیان جهان به خصوص همندان زرتشتی تورنتو تبریک گفت.
پیوند مستقیم نوروز با طبیعت و دگرگونی جوی و ستاره‌شناسی و رهایی از شب‌های سرد زمستان و باربری شب و روز و اغاز فصل کشاورزی دلایل محکم بر دوام نوروز در درازای تاریخ بوده. نخستین دیدار نوروزی از خانواده‌ای اغاز می‌شود که سال پنجه درگذشت، و این ادیبان دهه نخستین روز از سال نو را اعلام می‌کنند.
درگذشت‌های دلگی و این ادیبان جا سپیان برای کمی که در سال نو در میان خانواده نیستند دو درگذشت دید و بازه دیدار از روز‌های تدریستی و دلخوشی برای میزبانان دانست. فرزندان برای دیدار نوروزی نخست به خانه ی برگنر ترها می‌روند و پس از ان ادیبان دیار و شاد بانش
گویی نوروزی به خویشان و اشناان به باور سنتی تا بیست و یکم فروردین ماه دنباله می‌یابد.

ششم فروردین زادروز اشو زرتشت استپتامان

روز ششم فروردین از ماه فروردین در گاه شماره‌ی نسترن شرکتی «خورداد» نام دارد. در این روز اشو زرتشت، پیامبر ایرانی از مادر زاده شده و در سن 30 سالگی در همین روز به پیامبری برگزیده شده است. ششم فروردین یکی از مهم ترین جشن‌های زرتشتی است و در اولین روزهای سال برگزار می‌شود.

زرتشت پیام اور صلح نخستین کسی که نیک اندیشید، از نیکی سخن گفت و نیکی به جای اورد گرامی می‌داد.

جشن فروردین‌گان

فروردین‌گان یا فروردین‌گان یکی از جشن‌های ماهانه‌ی زرتشتی است و در روز نوزدهم فروردین ماه برگزار می‌شود. فروردین‌گان جشنی است برای یاد بود درگذشتگان و از انجا که در دین زرتشت این سوت‌گواری وجود ندارد، این مراسم به صورت جشن برگزار می‌شود.

و مردم روان درگذشتگان خود را در شادی خود سهم می‌دانند.
سلامتی و روزش
برگزاری برنامه ی هفتگی یوگا هر دوشنبه به صورت مجازی برگزار میشود. میتوانید هر هفته نشانی و زمان برگزاری را از ایمیل خود دریافت کنید و باشکنید در این برنامه به شادابی و سلامتی جسمی و روحی خود کمک کنید.
امید است با بهتر شدن وضعیت کرونا 19 بازگشایی و گرد همایی برنامه ها از سر گرفته شود.

زمان پرداخت حق عضویت
امید است با اغاز سال جدید با پرداخت حق عضویت خود این همازروی هم انسانی خود را به انجمن و جامعه نشان دهیم.
با پرداخت حق عضویت به صورت انتنی از تارنمایی انجمن یا پرداختهای خریداری رسانه هر چه بهتر فعالیت های انجمن برای جامعه و زرتشتی پشتیبانی می کند.
بازگشایی درمهم مهرابن گیو
جه سیار نیکو میباشد مانند گشته‌ها حضور در مهرام از انجمن های انجمن و گرد همایی های ماهانه تا تبریم. با توجه به بهتر شدن شرایط کرونایی در ماه اکوریل در روزهای دوشنبه (بعد از ظهر)، سه شنبه (صبح و بعد از ظهر) چهار شنبه (بعد از ظهر) و یک شنبه (صبح و بعد از ظهر) باز می‌گردد. سعی برای نپادن در مهر را حتی از روز تازه‌ای انجمن بسیار. برای ورود به درمهم لازم به ذکر میباشد داشتی مشکی و فاصله ای اجتماعی رعایت کنید.
پشتیبانی مالی انجمن را به یاد داشته باشید.

پشتیبانی مالی انجمن را به یاد داشته باشید.

موجود در پیوند با ویروس کووید 19، محل درمهم و انجمن.
هنوز به شکل کامل بناگشایی نشده است. با توجه به عدم حضور افراد در محل درمهم، کمک های خیر انسانی نیز کاهش یافته است، در حالی که هزینه های ثابت انجمن و درمهم با رابط انجمن آماده شوند. امیدواریم مانند همیشه پشتیبانی و کمک شما اعضا انجمن ادامه داشته باشند. کمک های مالی خود را با
فرستادن چک یا پرداخت اینترنتی ادامه بدهید.

انتقادات، نظرات و پیشنهادات خود را با کانون فرهنگی زرتشتیان ایرانی در میان بگذارید.

با ایمیل kanoun@zso.org

با پیوستن به گروه تلگرامی کانون و آگاهی رسانی درباره آن به دیگران، از برنامه‌های متعددی به آگاهی برسیم.

https://t.me/zsokanoun

مناسبت‌ها و رخدادهای ماه گذشته

با سپاس از همه افرادی که در برگزاری این مناسبت‌ها همراهی کردند.

ضبط شده ای این برنامه‌ها را می‌توان در این ادرس ببیند:

https://www.youtube.com/c/ZoroastrianSocietyofOntario
# MEMBERSHIP FORM

**Membership Application:**  
- [ ] Renewal  
- [ ] New Member  
**Membership Year April 1st, 2022 - March 31st, 2023**

## Membership Category/Fees

<table>
<thead>
<tr>
<th>Family</th>
<th>Individual</th>
<th>Student</th>
<th>Senior</th>
<th>Family senior</th>
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<td>Includes children under the age of 18</td>
<td>Non-student over age 18</td>
<td>Full time student age 18-25</td>
<td>Age 65 and over</td>
<td>Both spouses age 65 and over</td>
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<td>$100</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:** __________  
  **Signature:** _________________________

## Dependent Information:

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

- **Auto dialer voice messages:**  
  - [ ] Home  
  - [ ] Cell  
  - [ ] Spouse Cell
- **SMS Messages:**  
  - [ ] Yes  
  - [ ] No
- **Newsletter:**  
  - [ ] Email  
  - [ ] Spouse Email: __________________________  
  - [ ] Regular Mail

## Total Enclosed:  
- Cash $______  
- Cheque $______

(All cheques payable to “Zoroastrian Society of Ontario” and mailed to Attn: ZSO Treasurer (Membership Form) 3590 Bayview Avenue, Toronto, ON, M2M 3S6. Please note the bank will NOT accept cheques payable to “ZSO”).

- [ ] I have reviewed the ZSO Constitution & Bylaws* and agree to abide by them (*available on the ZSO website [zso.org](http://zso.org))

**NEW MEMBERS must be introduced by two ZSO members in good standing and approved by the ZSO Board of Directors (BOD).**

---

**Existing ZSO Member**  
**Print Full Name**  
**Signature**

**Existing ZSO Member**  
**Print Full Name**  
**Signature**

**Approved by the ZSO BOD**  
- [ ] Yes  
- [ ] No  
**Signature**
Please complete the form below and send it along with your donation cheque or money order. This will ensure we have your correct mailing address to send your tax receipt. Tax receipts will be issued for donations of $20 and higher.

First Name: ______________________________________________________

Last Name: ______________________________________________________

Address: ______________________________________________________

City ___________ Province ___________ Postal Code ___________

Donation Amount: $ _________________

Please mail cheques to: Zoroastrian Society of Ontario
Attn: Treasurer
3590 Bayview Ave
North York, ON, M2H 3S6

**All cheques payable to Zoroastrian Society of Ontario**
Ghazal Night

ZSO Entertainment Presents

KARIM MOOLO
PROFESSIONAL SINGER

@ DARBE MEHR
SAT, 9TH APRIL, 2022
7PM TO 11PM

MEMBERS $55
NON-MEMBERS $65

Appetizers, Dinner, Soft Drinks & Dessert included.

All COVID protocols will be followed.

BOOK BEFORE 4TH APRIL
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OR
EMAIL: ENTERTAINMENT@ZSO.ORG