

Presidents Message

Happy Norooz to everyone as the festivities continue until the 13th day post spring equinox. This day which falls on April 1st is called SIZDEH BEDAR and on this day we are to enjoy the outdoors and clear the haft-seen table for another year. The green sprouts on the haft-seen table are traditionally disposed of in a ravine, however in Canada we must be conscience of the environment and throw them out only into the compost.

The two Norooz festivities at the Mehraban Guive Darbe Mehr (MGDM) and at the banquet hall were both extremely successful sold out events. It was wonderful to see so many of the youths attending these events keeping the traditions alive. Khordad Sal Celebration (Zayesh-E-Zarthosht) was also another successful sold out event.

We are grateful to the ZSO & the OZCF youths who have been working so hard putting together the information package and application to bid for the next World Zoroastrian Youth Congress to be hopefully held in Toronto in 2027!

The ZSO has been approved for cGaming which is a charity program that is in partnership with Ontario Lottery and Gaming (OLG) that may bring in up to \$25000 annually to the ZSO. We are still seeking volunteers who are over the 18 years of age to make this cGaming opportunity successful, so please contact Shiamak or any ZSO board member for more details.

The combined Kanoun & ZSO children's religion classes organized a successful Norooz party for the children. It was a fun filled day including everything from egg painting to watching a Norooz animation movie.

Kanoun adult & children religion classes in Farsi continue and coincide with the ZSO children's religion classes. Please contact [Katy Behdinan](#) for registration.

The ZSO Youth and Entertainment Committee are joining forces again for a Bingo Night at the ZSO on April 29th with dancing afterward! See the flyer attached and register beforehand.

We are also pleased to announce that we will be honoring Sam Vesuna for his incredible contribution to our community. This event will take place on Saturday, April 15th, 2023 at the MGDM from 4-6 pm. Please see flyer to register in advance for this event.

As mentioned in the previous newsletter, the ZSO continues to hold meetings and is actively working on having a policy on the topic of conversion into Zoroastrianism. If you have any personal views that you would like to share, please contact any ZSO board member.

Remember to save the date Sunday July 9, 2023 for the next ZSO AGM to be held at the MGDM... **SO PLEASE RENEW YOUR ZSO MEMBERSHIP TODAY!**



Religion Class Norooz Party



Sam Vesuna

The corrected membership form is in this April Newsletter.

Please respect the opening and closing hours of the Darbe Mehr in order to be respectful of the custodians' times. If you wish to stay outside the hours, it is then up to the event organizers to compensate the custodians for their time. For times, please visit www.zso.org.

If you have any ideas or relevant contributions to the monthly newsletter, please email us the WORD document to newslettereditor@zso.org

The MGDM is now open for private bookings. For availability please contact Hoofrish Patel evp@zso.org

*Wishing you a happy Norooz / Spring Equinox, **Mitra Jam, ZSO President***
president@zso.org

Khordad Sal Celebration / Zayesh-E-Zarthosht

It was so wonderful to see for the first time so many youths and a mix of Parsis and Persians attending this event. This was a sold-out event exclusive to ZSO members. The event started off with prayers by Mobed Bahram Varjavand and Mobed Mehbod Dastur where they spoke in both Farsi & English.

The event was MC by two youths and included an Avesta recital by the children and performances of both Bollywood & Persian dancing. The show also included the choir, speeches, dancing with a live band, and ending with a delicious "fesenjoon & rice" dinner prepared by a team of senior volunteers.

Written by: Bahram Jam



Prayers and Children Singing

Interfaith activities in February 2023

There were two very interesting interfaith events related to the UNs World Interfaith Harmony week in February. One was "in-person" in Mississauga, and the second event was a "virtual" meeting organized by MOSAIC Interfaith Committee.

The first one was held on Tues Feb 7th in the Mississauga City Centre organized by the Interfaith Council of Peel's Steering Committee (ICP-SC) and hosted by the Mayor of Mississauga, Bonnie Crombie. A. It started at 7:45 a.m. with a breakfast followed by a welcome speech by the Mayor. She recognized the land belonging to the indigenous people and paid a brief tribute to the past and longest-running Mayor Hazel McCallion, who would have turned 102 on Feb 14th (Valentine' Day), the day scheduled for her funeral and her "Celebration of Life". The theme for the event was "Renewing Unity through Friendship". There were approx. 150 attendees from various faiths and organizations, including the Peel Region Police, Food Bank, Halton Environmental Network, etc. A short prayer was offered by some of the different faith leaders and representatives. Hanoz

Kapadia and Freddy Mirza represented the Zoroastrian community. Freddy prayed the 3rd line from the Ahunavar prayer, Ashem Vohu prayer and a line from Gatha Ushtavaiti and Hanoz explained the meaning. All in all, it was a very memorable morning.

The second event was organized by the MOSAIC. It was a virtual event (ZOOM) on Sunday Feb 12th from 2 to 4 pm (ET). The program included a brief presentation of the past activities of MOSAIC by one of the co-chairs, Fran Isaac, followed by prayers from the various faith leaders and representatives. Farishta Dinsha represented the Zoroastrian community, who did an excellent presentation and a short prayer. She assisted to arrange for the main guest speaker, Dr. Mustafa Koc, a Sociology professor at Toronto Metropolitan University (formerly known as Ryerson University) who gave a very interesting presentation for Turkey on the topic "Moving from Food Insecurity to Food Security". This was followed by a Q&A, It was a very informative and interesting afternoon with a lot of useful suggestions to improve the food shortage. The next step is for the MOSAIC and the communities to put these into action.



UNs World Interfaith Harmony Week organized by MOZAIC

Written by: Freddy Mirza

Generosity Shines Through as Community Supports Bharucha Family

Zarina Bharucha, Rushad, Shireen, Arish and Great Granddaughter Fariyanna Divecha sincerely thank the ZSO, FEZANA, Helping Hands Committee of the ZSO, and the Community members for their generosity during difficult times in our lives of the sad passing of our father, grandfather & Great Grandfather Sam Bharucha husband of late Banoo Bhaurucha.

The overwhelming financial support is highly appreciated. This enabled us with funeral expenses and will also help us cope for a few more months.

With our sincere gratitude and blessings to all!

Written by: Zarina Bharucha

Advertise in the ZSO Newsletter!

Advertise in the ZSO Newsletter - Buy your spot for the new year at <https://zso.org/page-18181> and email your ad graphic to newslettereditor@zso.org for next month's edition. Your contribution helps keep the Monthly Newsletter in circulation. Thank you.

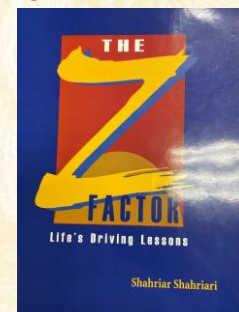
The Library Launch Project started in November 2022. Approximately 8 youth participated in sorting, cataloguing and shelving the growing ZSO library collection. As part of their volunteer hours, each student also wrote a book review. This month we present...

Book review By Radman Behdinan

Title of Book: The Z Factor **Author:** Shahriar Shahriari **Genre:** Children Book **Pages:** 85

Summary:

The Z factor, Life's Driving Lessons is the tale of a young guy who leads his life down a typical path, in a typical environment, with a typical set of goals and desires. The eternal message of Zarathustra approaches the young man through a wise old man named Z. These messages are planted in the man's mind as seeds and as he progresses and grows, the seeds bear fruit. The Z factor connects the teachings of Zarathustra to the reader through driving lessons.



*The Z Factor By:
Shahriar Shahriari*

Opinion (What did you think of the book? Why?):

The Z Factor is a very insightful book that provides the reader with life-changing wisdom and exceptionally good driving advice as well. Personally, Zarathustra's teachings have aided my vision of society and have helped me understand the world around me..

Recommendation (Would you recommend this book to others? Why?):

The Z Factor provides information that is easy to indulge and shares thoughts on important life topics like love, progression, perfection, and many more. I would recommend this book to anyone who is interested in gaining knowledge about Zarathustra's teachings!

Written by: Radman Behdinan

Zoroastrians at UN 67th Commision of Status of Women

ZSO member and the Assistant Secretary of FEZANA, Sharmin Mistry attended and represented FEZANA at the United Nations 67th Commission of Status of Women which took place from 6th-17th March 2023, at the UN Headquarters in New York.

She was one of the 5 team members who presented at the conference from FEZANA. The theme for the conference was "Innovation and technological change, and education in the digital age for achieving gender equality and the empowerment of all women and girls" and the topic of the FEZANA presentation was "Women empowerment with Digitisation in Pre and Post covid era" where she spoke on the societal challenges and women safety issues before and after the pandemic and share anecdotes on the same.



Sharmin Mistry

You can watch the full video presentation on FEZANA's YouTube channel:

<https://www.youtube.com/live/l7nV1ULdl80?feature=share>

For more information on such events, follow FEZANA and ZSO's social media handles found on the first page of the ZSO Newsletters.

Written by: Sharmin Mistry

Zahra's Born

Farouk and Yasmin Khory would like to announce the birth of a baby girl, Zahra, born on January 1st, 2023, to their daughter, Navaz and Stew Dean.

It was a great way to bring in the New Year. We wish Zahra a happy and healthy life.

Written by: Yasmin Khory

Seniors Corner

Ervad Hoshang Udwadia performed the jashan on March 24th, during the Seniors Friday lunch. It was attended by 89 Seniors. After the jashan, Hoshang gave a brief talk pertaining to the importance of a Jashan, and the significance of each of the items, like water, milk, fruits, fire, flowers, etc placed during the jashan.

The jashan was followed by a delicious lunch of mutton pulao, dal, with bhaji pur eedu for the vegetarians, prepared by Khushnuma and Hoshedar Bamboat.

There were lots of desserts as many Seniors had prepared Ravo, Sev, and brought nuts, and fruits for the jashan. Thanks also to Roshan Rabadi who had prepared Sev, and to Bapsy Surti and Yasmin Khory

for the sweet Yoghurt.

Everyone who attended had an enjoyable time.



Ervad Hoshang Udwadia Preforming a Jashan on March 24th during Seniors Friday Lunch

Written by: Yasmin Khory

Seniors Corner – Dates at the Darbe-Mehr

Friday, April 7 at 11:00 am

Friday, April 21 at 11:00 am

Children's Religion Classes Celebrate the New Year with Jamshedi Navroz Event

This year, for the first time, the Children's Religious Education Classes held a special event to prepare for and celebrate Jamshedi Navroz -- the Iranian New Year, at the Darbe Mehr on Sunday, February 5. Although the event was organized at short notice, almost 50 children from both the East and West End Classes participated. Many of the parents were in attendance too with over 100 people in total.

After a brief prayer, the afternoon started with a slide presentation on the festival of Norooz. After this, many interesting activities were planned for the children, including egg painting, coloring greeting cards, Shahnameh stories and even a demonstration on growing "sabzi" (fresh greens) for the Norooz table. Each child was also presented a starter kit to grow the sabzi at home. And, as always, to top it all off, there was delicious traditional food for everyone -- Persian cookies, Salad Olivier sandwiches and Falooda! At the end, there was Iranian dancing, led by one of the teachers, after which a volunteer showed everyone the dance steps. The children (and adults) all participated with great enthusiasm and had a fun time. The entire event was also attended by the ZSO President, Mitra Jam, and was emceed by Kevin Mancherjee.



Norooz Religion Classes Party

A big thank you to Armaity Homavazir, who managed the event, and to the following parents and other volunteers who helped to make this a success. We hope to make this a regular event, going forward.

Teachers: Zia Poonjiaji, Mickie Katgara, Kermin Mehta, Faranak Mavandadnejad, Khurshid Engineer, Hoshang Bhesania, Kathy Behdin

Food - arranging and serving the traditional food - Zenobia Homavazir

Parent Volunteers: Fereshteh Akhtari, Avan Appoo, Mitra Baria, Zeena Bhatena, Nasrin Diniarian, Mehroo Homavazir, Dara Homavazir, Anahita Irani, Niloufer Jamshedji, Ruvena Kiash, Lily Kotwal, Mitra Jam, Delna Mehta, Hoofrish Patel and all the unsung heroes that put away the tables and chairs for us!

Written by: Mickie Katgara

PSW Graduate Seeking Employment Opportunities

Zarina has completed her Personal Support Worker (PSW) course successfully and is looking for a full-time job. If you have any leads or inquiries, please don't hesitate to contact her at 647 267 6213.

Submitted by: Zarina Bahrucha

8th World Zoroastrian Youth Congress Fundraising Update

As most of you are aware, the Zoroastrian Society of Ontario's (ZSO) Youth Committee, in collaboration with the ZSO Entertainment Committee, is actively conducting fundraising events to keep the youth interested and involved in developing a stronger community. This year, most of our activities are geared at raising funds to send youth to the 8th World Zoroastrian Youth Congress (8WZYC) in London, UK (July 21 – 26, 2023). Over the last nine months, the ZSO Youth Committee, in collaboration with the ZSO Entertainment Committee, has arranged seven successful fundraising events in which over 35 youth volunteers actively participated. Other methods of fundraising have included events, selling raffles, selling food after events, and accepting donations.

The objective is to fund \$40,000 to support 30-40 youth so that they may improve their understanding of our faith, form lifelong connections with Zoroastrian youngsters from all over the world, and develop their connectedness within Toronto and their larger global network. The ZSO Youth has a fundraising goal to aid every youth from the ZSO to attend the 8WZYC. The overall trip cost will most certainly exceed \$2,500 CDN per person (including airfare and accommodation).

We would like to send out a thank you to the community for their continued support of our campaign we appreciate everyone coming out to our events and supporting the youth in their endeavors we have already reached 70% of our fundraising goal.

Written by: Sohrab Bhiwandiwalla

Help The Library Expand: Donate Your Wooden Cabinet

The library is looking for anyone who would like to donate Sturdy Wooden Cabinets, they can send us an email at spentachothia@gmail.com with pictures or a notice that they have something that will work.

Written by: Spenta Chothia

Library Project Phase 3

The ZSO Library committee is calling for volunteers who are interested in being a part of the Library Project. Students who would like to add volunteer hours for the school year are welcome. We meet on Saturday mornings at the Darbe Mehr Library. Dates in 2023 are Saturday April 29, May 6, 13, and 20th from 11 am - 1:00 pm, followed by a brief lunch. We will meet to stamp, barcode, label, catalog, shelve books, and write reviews of books to experience writing skills.

The volunteers don't need any experience in the field as long as they are willing to learn and help with the work. It would be a pleasure to have anyone who is interested in being a part of the team. This would be a great opportunity for those who are interested in getting familiar with our collection and Zoroastrian history. Thank you and we are looking forward to meeting you!! For more information, please contact:

spentachothia@gmail.com

Written by: Spenta Chothia

For Sam Vesuna's Celebration Send Us A Video

If you wish to send a greeting message for Sam Vesuna's Celebration on April 15th, follow the steps below:

Record a maximum 4 minutes video message on your phone

Upload the video to <https://zso.org/upload>

Deadline to upload videos: Midnight, Sunday, April 9th

The event will be live-streamed at <https://zso.org/live>.

Mahi Polo – Nilufer Mavalvala

The Persian New Year is a much-awaited time of the year. The advent of spring means better weather for most in the Northern Hemisphere and beautiful flowers to smell and admire.

Growing up, Navroze in Karachi meant a set of new clothes, a holiday from school, prayers at the fire temple, and then visits to the family elders. We spent the day indulging in eating sweets (mithai), particularly sutarfeni, which was always freshly made for the event by the stores across from the agiary, our fire temple. We would receive a bit of cash in a parika from grandparents and loving aunts—always with shiny, crisp, new notes straight out of the bank stuffed in a white envelope with bhali duas (good wishes) and always written in red ink, considered sagun nu or auspicious. It was never about the money, but about the excitement of having something to look forward to.



Mahi Polo - Fish and Rice

While we ate traditional food for lunch as a family, we generally ate out for dinner. As the years go by, I learn more about Navroze—our ancient traditions, heritage, and culture—that we knew very little about when we were younger. Through my recent interest in researching commonalities between Persian and Parsi food, I found that one of the traditional foods Iranians eat over Navroze is Mahi Polo—rice and fish.

Here I have shared my version of this dish, which was the last dish I prepared for my mother one afternoon on a whim. I enjoyed it very much. I think she did too.

Recipe - Serves 6

Fish Marinade: 6 fish fillets—Tilapia or any white, firm-fleshed fish
Marinated in
1/2 tsp salt
1/4 tsp turmeric
1/4 tsp saffron, steeped in 3 tbsp hot water
2 tbsp lemon juice

Juice of a tangy orange
1 tbsp grapeseed oil for frying the fish
1 cup rice
1 tbsp browned butter
2 tbsp fresh dill, chopped

Boil a cup of rice in salted water. Once cooked, drain in a colander and toss with the butter and dill.

In a deep skillet, heat the oil and fry the fish, turning it once. Pour the juice of the lemon and orange all over. And the saffron.

Spread the rice all over the fish. Give the pan a shake to spread the rice evenly. To seal, cover tightly. Allow for a 10-minute simmer before turning off the heat. Let it rest for a few minutes and serve.

While this dish has no gravy, it is a good idea to serve it with raita, or the Persian version of the same, mast-oghziar made with yogurt, cucumber, walnut, raisin, red onion, and sumac.

Niloufer Mavalvala resides in Mississauga, Ontario. You can order any of her cookbooks at thevegetarianparsi@gmail.com. you can follow her on Instagram and FB.

Niloufer started a passionate journey to revive our ancient Parsi cuisine in 2013 with her food blog, NiloufersKitchen.com. This blog has now had over 1 million readers and continues to thrive. She has published three cookbooks, won four Gourmand awards, and has been picked to be in BBC Good Food magazine as well as on BBC World's Table. She has been featured in umpteen other journals and magazines. Niloufer has had the honor of teaching Parsi cuisine as a guest chef at Le Cordon Bleu in London, which was well received by a full house. She continues to tirelessly work towards putting our delightful food culture and cuisine on the map.

Written by: Niloufer Mavalvala

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: Araash Chothia **Assistant Editor:** Bahram Jam

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

Miscellaneous

ZSO Contacts:

Emergency situations: Khushru Chothia (416) 677-7555

Messages on the auto-dialer: Pedram Yazdani at admin@zso.org

Renting MGDH hall (for post-funeral prayers/rituals or for private functions): Hoofrish Patel at evp@zso.org

Kanoun Representatives for September 2022-2023 are as follows, if you have any questions please contact these individuals for Kanoun events:

Miss Negar Khodadai
Miss Khorshid chehr Zandian
Miss Katayoon Behdin

Miss Faranak Mavandadnejad
Mr Mehran Behdian
Mr Shahram Goshtasbi

Mr Shervin Iranzade

Please copy Mitra Jam at president@zso.org for approval

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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اهنودگات - یسن ۳۰ - بند ۲

بشنوید با گوش هوش بهترین ها را، با اندیشه روشن دو راه را بنگرید. هر یک خودتان گزینش کنید. این آیین را پیش از آنکه روز بزرگ فرا رسد، دریابید و نیک بفهید.

پیام فرنشین انجمن

نوروز پیروز! جشن های نوروز و بهار تا روز ۱۳ ادامه دارند. روزی که برابر با دوم آوریل است و سیزده به در نامیده می شود و ما به طبیعت می رویم و سفره نوروزی در خانه را هم جمع می کنیم. به طور سنتی در این روز سبزه سفره را داخل رودها می انداختند، اما در کانادا ما باید به طبیعت توجه کنیم و سبزه را در کیسه مواد غذایی بیندازیم که کمپوست شود.

هر دو برنامه نوروزی انجمن، هم در درمهر مهربان گیو و هم در بانکت هال بسیار موفق بودند. بسیار هیجان انگیز بود دیدن جوانان که در این برنامه ها شرکت کردند و این سنت را زنده نگه می دارند. جشن زایش اشوزرتشت هم گردهم آیی موفق دیگر بود.

از جوانان ZSO و OZCF سپاسگزاریم که پرونده و اقدامات لازم برای انتخاب محل برای کنگره جهانی جوانان زرتشتی را تهیه کردند و امیدواریم که این کنگره در سال ۲۰۲۷ در تورنتو باشد!

انجمن برای برنامه سی گیمینگ تایید شده است. این یک برنامه خیراندیشی است که با همکاری سازمان لاتاری و بازی اونتاریو انجام می شود و می تواند سالیانه تا ۲۵۰۰۰ دلار درآمد برای انجمن ایجاد کند. ما هنوز در جستجوی داوطلبان هستیم تا بتوانیم این برنامه را با موفقیت اجرا کنیم. برای جزئیات با پیامک یا هر عضو دیگر هیات مدیره انجمن تماس بگیرید.

کلاس های دینی کودکان، جشن پیش از نوروز را با موفقیت برگزار کرد. این گردهم آیی با بازی و سرگرمی های زیادی برای کودکان از رنگ کردن تخم مرغ تا تماشای کارتون بود.

کلاس های دینی برای کودکان کانون به فارسی شروع شده است. با توجه به این که تاریخ و ساعت برخی از این کلاس ها می تواند با دیگر کلاس های دینی کودکان هم پوشی داشته است، لطفا با کتی بهدینان تماس بگیرید.

بسیار خوشبختیم آگاهی رسانی کنیم که برای سام وسونا (Sam Vesuna) به خاطر تمامی خدماتش به جامعه امان، برنامه بزرگداشتی را برگزار خواهیم کرد. این برنامه در روز شنبه ۱۵ آوریل ۲۰۲۳ در محل درمهر از ساعت ۴ تا ۶ پسین خواهد بود. لطفا به آگاهی رسانی ها برای شرکت در این برنامه مراجعه کنید.

همانگونه که در خبرنامه گذشته هم گفته شد، انجمن در حال برگزاری نشست ها است و به طور فعالی بر موضوع تهیه یک شیوه نامه برای موضوع «زرتشتی شدن» کار می کند. اگر در مورد این موضوع دیدگاه خاصی دارید، با یکی از اعضای هیات مدیره انجمن تماس بگیرید.

یکشنبه ۹ جولای ۲۰۲۳ را که مجمع همگانی انجمن است به خاطر بسپارید. برای این لطفا حق عضویت خود را امروز پرداخت کنید.

فرم عضویت انجمن که اصلاح شده به پیوست این خبرنامه می باشد.

لطفا به ساعت های باز بودن درمهر دقت نمایید تا به زمان حضور سرپرست درمهر احترام گذاشته باشید. اگر برای برنامه ایی نیاز دارید که بیشتر بمانید، درآنصورت هزینه زمان اضافه سرپرست درمهر برعهده برگزارکننده برنامه خواهد بود. برای این به تارنمای انجمن مراجعه کنید.

اگر هر نوع ایده یا نوشته ایی در ارتباط با خبرنامه دارید، لطفا آن را در یک متن ورود و به نشانی ایمیل newslettereditor@zso.org بفرستید.

درمهر برای هر نوع رزرو برنامه های خصوصی قابل دسترس است. برای این لطفا به هوفریش پتل evp@zso.org بنویسید.

با آرزوی نوروز و بهاری شاد برای شما، میترا جم، فرنشین ZSO، president@zso.org

خبرنامه

جشن طبیعت در روز سیزده سال نو

به طور سنتی روز یکشنبه ۱۳ فروردین برابر با ۲ آوریل به «سیزده به در» معروف است و ایرانیان معمولاً در این روز به دامن طبیعت می روند و این روز را با سرگرمی و پیک نیک گرامی می دارند. گروه کانون فرهنگی زرتشتیان ایرانی انجمن نیز برنامه ای را برگزار خواهد کرد.

لطفا هنگامی که با پیک نیک و دورهم بودن در طبیعت زمان خوب و خوشی را با خانواده و نزدیکان خود می گذرانید، مراقب طبیعت باشید. سبزه های سفره نوروز را هم لطفاً در ظروف مواد غذایی کمپوست بریزید و از رها کردن آنها در طبیعت و آب جاری خودداری کنید.

کلاس های دینی کودکان و نوجوانان

یکشنبه ۲ آوریل از ساعت ۳ پسین در محل درمهر کلاس های دینی کودکان و نوجوانان توسط کانون فرهنگی ایرانیان برگزار می شود. این کلاس های آموزشی به همراه برنامه های آموزشی و تفریحی خواهد بود. با شرکت فرزندانان در این برنامه ها آنها را با دین و فرهنگ خود آشنا کنید.

گردهم ایی ماهیانه سال دیدگان

سال دیدگان ایرانی در محل درمهر در روز سه شنبه ۴ آوریل از ساعت ۹:۳۰ گردهم می آیند. این دورهمی با گفتگو، دیدوبازدید و صرف چای و شیرینی خواهد بود. با شرکت در این دورهمی دیدوبازدید با دوستان داشته باشید.

جشن فروردینگان

نخستین جشن ماهانه پس از نوروز

جشن فروردینگان، نخستین جشن ماهانه سال نو خورشیدی است. این جشن به مناسبت برابر شدن نام ماه و روز در گاهشماری زرتشتی گرامی داشته می شود. فروردینگان جشن گرامیداشت فروهرها است که به طور سنتی فروزه ایی مینوی در وجود انسان است و براساس همین باور پس از درگذشت باقی می ماند. به طور سنتی در این روز یاد و خاطره درگذشتگان گرامی داشته می شود.

روز شنبه ۸ آوریل ۲۰۲۳ ساعت ۶ پسین این جشن در محل درمهر مهربان گیو برگزار خواهد شد.



برنامه بزرگداشت فعالیت های سام وسونا

شنبه ۱۵ آوریل از ساعت ۴ تا ۶ پسین گردهم ایی برای بزرگداشت فعالیت های سام وسونا (Sam Vesuna) در محل درمهر برگزار خواهد شود.

با شرکت در این برنامه تلاش های پیش کسوتان جامعه امان را ارج خواهیم گذاشت.



گهنبار چهره میدیوزرم گاه

گهنبار چهره میدیوزرم گاه نیز اولین گهنبار سال نو خورشیدی است. اولین روز این گهنبار در روز یکشنبه ۳۰ آوریل می باشد.

زمان و ساعت دقیق این گهنبار در تارنما و به وسیله ایمل به شما آگاهی رسانی خواهد شد.



گردهم ایی ورزشی!

هر دوشنبه از ساعت ۷ پسین گردهم ایی ورزشی در درمهر برگزار می شود. می توانید برای بازی تنیس روی میز در این برنامه شرکت کنید یا این که برای تماشا و دیدوبازدید به درمهر بیاید. اگر می خواهید تنیس یاد بگیرید، هم می توانید در این برنامه شرکت کنید. هر دوشنبه در این گردهم ایی ورزشی و دیدوبازدید شرکت کنید.

بازگشایی درمهر مهربان گیو

روزهای باز بودن درمهر عبارتند از: دوشنبه (بعدازظهر)، سه شنبه (صبح و بعدازظهر)، چهارشنبه (بعدازظهر)، جمعه (صبح و بعدازظهر)، شنبه (صبح و بعدازظهر) و یکشنبه (صبح و بعدازظهر). ساعت های باز بودن درمهر را حتما از روی تارنمای انجمن ببینید. بسیار مناسب است که مانند گذشته رفتن به درمهر را در برنامه هفتگی خود بگذارید.

پشتیبان مالی انجمن را به یاد داشته باشید

با پرداخت حق عضویت خود و نیز تشویق جوانان و افراد دیگر زرتشتی به عضویت، به وضعیت مالی انجمن کمک کنید. همینطور با شرکت در برنامه ها و نیز رفتن مرتب به درمهر تلاش کنید که بخشی از نیازی های مینوی و اجتماعی خود را برآورده کنید. امیدواریم مانند همیشه پشتیبانی و کمک شما اعضای انجمن ادامه داشته باشد. کمک های مالی خود را با فرستادن چک یا پرداخت آنلاین انجام بدهید.

انتقادهای، نظرها و پیشنهادهای خود را با کانون فرهنگی زرتشتیان ایرانی با ایمیل kanoun@zso.org در میان بگذارید.

با پیوستن به گروه تلگرامی کانون و آگاهی رسانی درباره آن به دیگران، از برخی اخبار و برنامه ها آگاه شوید.

<https://t.me/zsokanoun>

مناسبت ها و رخدادهای ماه گذشته

با سپاس از همه افرادی که در برگزاری این مناسبت ها همافزوری کردند.

گردهم ایی جشن نوروز برگزار شد!

گردهم ایی جشن نوروز در محل درمهر مهربان گیو و نیز در سالن گردهم ایی بانکت هال برگزار شد و فرصتی شد که شرکت کنندگان لحظاتی خوش را در کنار هم باشند و سال نو را به یکدیگر شادباش بگویند و آرزو کنند که این سال سالی همراه به پیروزی و خوشبختی برای همه باشد.

گهنبار و جشن های پنجه

در پنج روز پنجه در محل درمهر گهنبار و جشن های پنجه و یاد درگذشتگان برگزار شد. هرکدام از این روزها با اوستاخوانی و گردهم ایی همراه بود و در پایان نیز از شرکت کنندگان پذیرایی شد و افراد به دیدوبازدید پرداختند. با سپاس از افرادی که خیراندیشی این گردهم ایی ها را برعهده گرفتند.

ششم فروردین زادروز اشوزرتشت برگزار شد

یکشنبه ۲۶ مارچ در محل درمهر ششم فروردین جشن زایش اشوزرتشت برگزار شد. در این جشن شرکت کنندگان زادروز اشوزرتشت را گرامی داشتند.

Dominican Friars Youth Interfaith Video Contest

2023

SUBMISSION DEADLINE:

April 17 @ 3:00 p.m.

February 6 - April 17, 2023, 3:00 p.m.

United Nations' International Day of Human Fraternity

THEME: A Pathway to the Future!

In multi-religious and multi-cultural societies, communities show their solidarity, build & cultivate their friendship, by adopting the principles of fraternity as expressed in "[A Document on Human Fraternity for World Peace and Living Together](https://bit.ly/3uucdSk)"! (<https://bit.ly/3uucdSk>)

Contestants are to highlight in their video, how this document is, "A Pathway to the Future".

The participants are encouraged to look at the sources, and to reach out to neighbouring interreligious communities or multi-cultural communities, to collaborate and highlight the contest theme in their video clip.

Sources: <https://bit.ly/3EOP0NP>, <https://youtu.be/HyofoSPTbw>

*Cash prizes are sponsored by the
Dominican Community Toronto*

		
1st Prize	2nd Prize	3rd Prize
\$650 CAD	\$350 CAD	\$200 CAD

Video link along with a letter of certification to be Submitted @:
www.catholicregister.org/videocontest

For further information write to Interreligious@archtoronto.org
or call at 416-934-3400 Ext. 527

Contest Rules:

1. Grades 9-12 students are invited to take part in the contest.
2. The video must be three minutes maximum in length, and submitted by April 17, 2023, 3:00 p.m. along with the **YouTube link**.
3. Each school can submit three entries. The authenticity of the content and video must be approved, endorsed, and sent along with a letter of certification by the School Principal, or (School chaplain, or Religion Department Head).
4. Entries can be submitted by an individual or a team, (Please include name of the school, individual or, name of the team leader with their phone number and E-mail address).
5. Name of the school and school board must be displayed on the title screen of the video production.

Selection of winners: All submissions will be viewed by a panel of media professionals and judged on overall merit, in consultation with the sponsors of the contest.



THE CATHOLIC REGISTER



Office for Interreligious Dialogue
Roman Catholic Archdiocese of Toronto



Zoroastrian Society of Ontario



Invites you to a Celebration of Lifetime Achievements

Honoring

Mr. Sam Vesuna

For his contributions to the Zoroastrian community



Saturday, April 15th, 2023 | 4:00pm - 6:30pm

Mehraban Guiv Darb e Meher

3590 Bayview Ave, Toronto, Ontario

Register Online or Contact Anahita Ogra (647) 404 -1388 | vp@zso.org

Wish to send a greeting message: Record your 4 minute video message and upload it by April 10th



ZSO Video Upload - OneDrive (sharepoint.com)

PRESENTED BY THE ZSO FUNDRAISING COMMITTEE



Bingo Night

Including
Dinner

OPEN TO ALL!

SATURDAY - APRIL 29

STARTING AT 6PM

\$20 - MEMBERS

\$30 - NON-MEMBERS

Location - 3590 Bayview Ave, North York, ON M2M 3S6

Buy tickets online ZSO.org > Events > April 29

or E-transfer - Entertainment@zso.org (Password: zso3590)

or Contact: Guloo Bharucha - (905)475-8894



"The valuables we have may impress others, but the VALUE we hold is enough to inspire others!"

"Help where you can, Give what you can".

The Zoroastrian Society of Ontario's (ZSO) Youth committee is actively hosting fundraising events to keep the youth engaged and involved in building a stronger community together. This year most of our activities are focused on raising funds to provide the youth an opportunity to attend the **8th World Zoroastrian Youth Congress (8WZYC) in London, UK (July 21 – 26, 2023)**.

The World Zoroastrian Youth Congress begun 25 years ago with a mission to bring together the Zoroastrian youth from around the world. It happens once in every four years. Over the years these congresses have brought together hundreds of Zoroastrian youth and enabled them to interact with others, as well as collaborate and work towards the challenges we face as a community. The intended age of these youth ranges from 18 to 37 years of age.

With your generosity and support, we are confident that once again we will be able to support our youths to discover new adventures and achieve experiences they would not have elsewhere. These social and engagement opportunities develop them into capable, confident, and successful individuals focused on giving back to their community and helping others.

Our goal is to raise \$40,000 to subsidize between 30-40 youths to give them an opportunity to engage and enhance their knowledge of our religion, create everlasting friendships with Zoroastrian youth from all over the world, and expand their connectivity within Toronto, and their greater worldwide network. The ZSO Youth have a fundraising vision to aid every youth from the ZSO to attend the 8WZYC. The total trip expense is likely to be over \$2,500 CAD per person (including airfare and accommodation).

As a token of appreciation, all official promotional sponsors (Bronze \$500+, Silver \$1,500+, Gold \$5,000+) will have their logo printed on the back of T-shirts given to all the ZSO youth attending the congress. For more information on sponsorship please contact Sohrab Bhiwandiwalla [email: Youth@zso.org | Call: +1(289)-886-2309].

Here is how you can donate;

1. **Online:** www.ZSO.org/donate → Select the option "ZSO Youth 8th WZYC Fundraiser". Electronic tax receipt will be issued right away.
2. **Cheque:** Payable to "Zoroastrian Society of Ontario". In the memo section kindly, mention "ZSO Youth 8WZYC Fundraiser". Please be sure to complete the [donation form](#) and attach it with your cheque. This will ensure we have correct mailing address to send the tax receipt.

We look forward to your continued support.

Thank you,

ZSO Youth Committee



DONATION FORM

Please complete the form below and send it along your donation cheque. This form will ensure we have your correct mailing address to send your tax receipt.

Tax receipts will be issued for donations of \$25 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, M2M 3S6

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



ZOROASTRIAN SOCIETY OF ONTARIO

3590 BAYVIEW AVENUE, TORONTO, ONTARIO M2M 3S6

MEMBERSHIP FORM

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

Membership Category/Fees

<input type="checkbox"/> Family	<input type="checkbox"/> Individual	<input type="checkbox"/> Student	<input type="checkbox"/> Senior	<input type="checkbox"/> Senior Couple
Includes children under the age of 18	Non-student over age 18	Full time student age 18-25	Age 65 and over	Both spouses age 65 and over
\$100	\$60	\$30	\$30	\$50

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:

First & Last Name	Age

Select your communication methods: Auto dialer (US & Canada) and/or E-Mail or *Letter Mail

Auto dialer voice messages: ☐ No ☐ Yes: __ (____) _____ - _____

Newsletter: ☐ Email _____ ☐ Spouse Email: _____ ☐ *Letter Mail

(*Newsletter by Letter Mail are only for Senior or Senior Couple members)

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)

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 _____