



## ZOROASTRIAN SOCIETY OF ONTARIO NEWSLETTER

*April 2018 - Volume 44, Number 10*



### APRIL

Sunday, April 1	10:00am	Sizdebedar (F)
Friday, April 6	11:00am	Seniors Event
Friday, April 6	6:30pm	Adult Avesta Classes
Sunday, April 8	11:00am	Jashn-e-Fravardegan (F)
Saturday, April 14	6:00pm	Talent Show ( <i>see attached flyer</i> )
Sunday, April 15	12:30pm	Scout's Meeting
Sunday, April 15	2:45pm	Children's Religion Classes
Friday, April 20	11:00am	Seniors Event
Saturday, April 21	6:00pm	Jashn-e-Ardibeheshtgan (F)
Sunday, April 22	10:30am	Atash-nu-Parabh (S)*
Sunday, April 29	10:30am	Maidyozarem Gahambar (F)

### May

Friday, May 4	11:00am	Seniors Event
Friday, May 4	6:30pm	Adult Avesta Classes
Saturday, May 12	5:00pm	Mela at Darbe Mehr ( <i>see attached flyer</i> )
Sunday, May 13	12:30pm	Scout's Meeting
Sunday, May 13	2:45pm	Children's Religion Classes
Friday, May 18	11:00am	Seniors Event
Thursday, May 24	7:00pm	Zarthost-no-Diso (S)*
Saturday, May 26	6:00pm	Jashn-e-Khordadgan (F)
Sunday, May 27	2:45pm	Children's Religion Classes

**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.

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

### **MEHRABAN GUIV DARBE MEHR**

**Telephone:** (416) 225-7771

**Address:** 3590 Bayview Avenue  
North York, Ontario M2M 3S6

[www.zso.org](http://www.zso.org)

### **Hours of Operation:**

<b>Mon, Wed</b>	4:30-8:30pm
<b>Tues, Fri, Sat, Sun</b>	9:00am to 12:00pm; 4:30pm to 8:30pm
<b>Thurs</b>	Closed



**"Zoroastrian Society of  
Ontario – ZSO"**



## **PRESIDENT'S MESSAGE**

Spring has arrived and with it came our Navroz celebrations. The March 21st Jashan and Dinner event at our Darbe Mehr was a great success. Standing room at the Darbe Mehr was hard to find. Many thanks to all the Mobeds for their time, commitment and devotion. On behalf of the ZSO Board, Pearl Chothia and Parvin Kavousi Koulona were honored and felicitated for their outstanding volunteer services to our Zoroastrian community. They were presented with plaques and bouquets honoring their services. Our thanks for the delicious dinner prepared by Percy Daruwalla and volunteers.

The ZSO and OZCF joint event held on 24th March to celebrate Navroz was well attended and enjoyed by all. Many thanks to the Entertainment Committees of both organizations for all the hard work and effort that went into making the event a success. Our Iranian Kanoun also arranged a grand banquet for Navroz, and they celebrated the Fasli Khordadsal at the Darbe Mehr on 26th March with prayers followed by music and a hearty dinner.

We are planning to install a patio at the south east end of the Darbe Mehr so that we may enjoy more of the outdoors. We hope to have it completed well before summer. It will include a hard top cover, hanging baskets, lighting etc. Donations towards this project are welcome.

Please ensure to pay your annual membership fees which are now due for 2018/2019 – our thanks to those who have already paid. This will allow uninterrupted receipt of our monthly Newsletters, ZSO Communications, lower rates for events, etc.

Please mark your calendars for the many jashans and other events planned for April and May that appear on the first page of this Newsletter. Your attendance and participation drives and provides the impetus to our Entertainment and other Committee to work even harder for our community.

Wishing all members and their families an enjoyable Spring..

Russi Surti  
President, ZSO

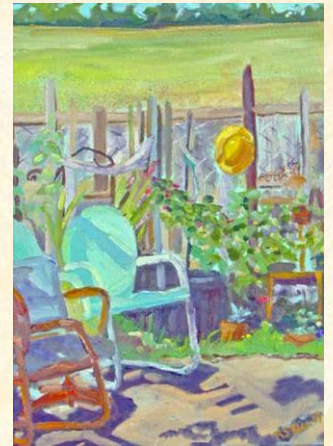
---

## **Patio Lanterns – and more!**



The Board of Directors of the MGDM have approved the construction of a shaded Patio, adorned with hanging flower baskets and flowering creepers, to be located at the southeast corner immediately east of the round wooden door.

The Patio will provide additional seating not just during meals – but also a place to gather and spend time enjoying the peace and tranquility of our gardens.



In order to make this a reality for our community to enjoy – you can contribute in many ways including:

- Help in the construction of the Patio.
- Financial donation via cash, cheque, credit card online at ZSO website. Donations of \$20.00 and above will receive a Tax Receipt.
- Donations of hanging flower baskets, plants, outdoor tables, chairs and benches

For further information on the project and how you can help, please contact Kersi Khambatta.



## Jamshedi Navroze - 2018

As in the past, the ZSO community came together to celebrate the auspicious occasion of Jamshedi Navroze – as well as the Fasli Mukhtad and corresponding New Year. The jashan and dinner was held at Darbe Mehr on March 21<sup>st</sup> with a crowd over 200 people partaking in the prayer ceremony and of course the dinner.



The community is truly blessed to have such a turn out from our mobeds every year – and to welcome the younger priests into the rituals as time goes on. This year, we were honored to have the following priests leading us in prayer: Ervads Xerxes Dastur, Cyrus Khory, Mehbod Dastur, Khushroo Bharda, Kerman Katrak, Hoshang Udvadia and Athavian Bamji.

Prayers were followed by recognizing a few key members of our community, without whom many of these functions would not

take place.

The ZSO board recognized Farokh Farhadian for his tireless service in keeping our Darbe Mehr functioning; Pearl Chothia for her energy and time spent organizing the Entertainment events going above and beyond always; and Parvin Kavousi Koulona and husband Farshid for their contributions to Kanoun.

Of course – jamvo chalo ji would not be possible without the tireless efforts of Percy Daruwala and his band of volunteers – special shout out to Guloo Bharucha who ensures all the groceries and supplies are delivered to the kitchen well ahead of schedule every time. Our menu this year was mutton pulao and vegetable pulao with masala dhar and Percy's famous lagan nu stew. Traditional chasni was served including fruits, malido all accompanied by chocolate ice-cream.



Thank you to everyone that attended as without your support – these functions would not be the success they are.

Navroze Mubarak everyone!





## OZCF/ZSO Navroze Function – 2018

After an awesome Jashan and Dinner on 21st March to celebrate Navrouz at our Darbe Mehr, the celebrations continued in the evening of 24<sup>th</sup> March at the Woodbine Banquet Hall in Etobicoke.



The Presidents of OZCF and ZSO (Cyrus Gazdar and Russi Surti) welcomed the guests with brief speeches. Kudos to the ZSO and OZCF Entertainment Committees whose combined efforts made this an unforgettable event. Every age group thoroughly enjoyed the evening, meeting and greeting and having fun together.



The 240 attendees had a fantastic time dancing well past midnight and it was great to see so many of our youth partying out with the “old” folk.

And of course, the delicious appetizers, dinner and dessert gave them the energy to do so. There were Raffle prizes galore, and a cash bar helped to ease parched throats.

The Hafsheen Table was set up for people to know and understand the importance of Thankfulness and Gratefulness to Lord Ahura Mazda for having provided us humans with such Divine Nature. Alas, all good things must come to an end, and many left with the hope that our two sister organizations would organize more such joint events in the future.





### Teenaz Javat – Fabulous at any age!



The City of Mississauga awarded Teenaz Javat the “Absolutely Fabulous Woman Over 40 Achievement Award” on the occasion of International Women’s Day 2018.

"By blood Indian, by bond Pakistani and by choice Canadian, would best describe Teenaz Javat, a senior writer at the CBC Toronto. Long before she became a journalist, Teenaz was a story teller. Her stories form part of The Shoe Project, a women-only artists collective that document immigration stories through the lens of shoes.

A multiple award winning journalist, Teenaz was part of a team at CBC Radio’s Metro Morning that won the Adrienne Clarkson National Award for a town hall on Domestic violence against women in the GTA. She does not shy away from taking a hard look at topics like Arab Spring and its impact on Canada, or the not-so- uncommon practice of female feticide among some communities in the GTA.

Teenaz came to Canada with an 8-month-old daughter. She has been a stay-at-home mother, a full-time student at Sheridan College, a full-time journalist at the CBC, and an adjunct professor at Sheridan college, all while volunteering in the local school system and editor of her community newsletter.

She lives in Mississauga with her husband Mahveer and children Sherezade and Hormuz. She loves having breakfast with her friends when she is not in the newsroom on the early morning shift."

Congratulations [Teenaz Javat](#).

*Article courtesy of Parsi Khabar*

---

### Zubin Austin – Research Has its Rewards



Congratulations to Zubin Austin on winning the prestigious President’s Impact Award awarded by the University of Toronto!

The President’s Impact Awards (PIA) recognize faculty members whose research has led to significant impact beyond academia or a specific field of research, including on society, culture, public policy, law, health, education, quality of life, a profession, the economy, and the environment, through public engagement or the development of products, processes, or services from inventions. Recipients of the Research Impact Award were also considered for the [Carolyn Tuohy Impact on Public Policy Award](#) that is presented annually under the banner of the U of T Awards of Excellence (AWEX).

PIA Recipients are designated as members of the Impact Academy for a period of five years during which they receive an award of \$10,000 per year to be used toward their research. The Academy will meet to discuss matters relevant to research impact, offer advice to the Vice-President, Research & Innovation, and function as advocates for sustained excellence in research and innovation impact within and outside of the University. Members of the President’s Impact Academy will also be invited to participate in a range of university activities to increase the University’s profile on the impact of the research of its community.



## 100<sup>th</sup> Toronto-First Zoroastrian Scout Group Report - February 2018

Founder of the Scouting movement, Lord Baden-Powell, popularly known as “B-P”, was born on February 22, 1857 – subsequently the Scouts dedicated their meeting on Sunday, February 25 to celebrate his birthday. After the opening ceremony, Beaver-Scout Arshan Gazdar, Cub-Scout Burzina Amroliwalla and Scout Mehzaad Antia lit a “divo” each and placed near the B-P’s photo. Beaver Scout Diana Khorshidian, Cub Scouts Naomi Khushrooshahi, Ishaan Prasad, and Scout Jia Amroliwalla spoke briefly on the life of B-P. The Beaver-Scouts, Cub-Scouts sang songs and the Scouts performed a skit based on the significance of the scouts “left handshake” This was followed by the greatly anticipated Beaver-Buggy and the “Kub-Kar” Rallies. The hall was filled with roaring noises and cheers to “make the cars go faster” down the inclined race track. There were 20 buggies and cars that took part in the race. All the Beaver-Scouts received a prize each for their efforts. In the Pack section, the winners in the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place were:



**Fast Car:** Ronel Banaji, Aveiya Gazdar and Zenia Irani

**Unique design:** Ronel Banaji, Naomi Khushrooshahi and Meher Zandian

**Best design:** Ronel Banaji, Ruzan Patel and Ishaan Prasad.

Congratulations to everyone who participated in the rallies – a job well done by all!



Kashmira Bulsara and Jason Buhariwala - our two scouters in training – duly aided our new assistant leader Jehangir Tampal all of whom were a great help in running the activities. B -P day is also a day to recognize the efforts of our leaders and volunteers who selflessly step forward to support the Scouting community with all the activities and subsequently Certificates of Appreciation were presented to Yohan Gazdar, Jehangir & Sarosh Tampal ,Arnavaz Patel ,Shernaz (Writer) Saldhana, Minoo and Putli Bharda, Aban Vazir, Nergish Khambatta and Anahita Ogra.

Letters of Commendations were presented to the Group Commissioner Ferozeshaw Ogra, Group Committee members Cyrus Tampal, Dhun Contraactor, Colony leader Pearl Chothia, Pack leaders Avan Appoo, and Kersi Khambatta and Troop leaders Shiraz Tampal and Maneckji Appoo. Kersi Khambatta also received “Medal of Good Service” from Scouts Canada.

Congratulations Kersi and thanks to ALL the section leaders and volunteers and thanks to all the youth and the parents for their support in making BP day celebration an enormous success once again!

*(Report submitted by Freddy Mirza on behalf of the 100<sup>th</sup> Toronto-First Zoroastrian Scout Group)*





## Participation at the Parliament of the World's Religions



Toronto has been chosen as the 7th Parliament of the World's Religions' host city, to be convened from November 1–7, 2018. More than 10,000 people will participate in the 7-day 2018 Parliament. There will be 500 programs, workshops, and dialogues; alongside music, dance, art and photography exhibitions, and related events presented by the world's religious communities and cultural institutions.

A group of Zoroastrians has already registered to attend the 7<sup>th</sup> POWR. We have put in proposals for artistic performances, a jashan and presentations. We have also booked a booth in the trade show to showcase FEZANA and Zoroastrianism.

If you are interested in attending the POWR, please register yourself on their website. Ontario residents get a 15% discount so please mention that when registering online: <https://parliamentofreligions.org/webform/2018-parliament-registration>

If you are interested in volunteering for the POWR, you will need to be available and volunteer for 18 hours minimum. You will also have to pay USD \$50 registration fee for POWR and USD\$16 fee for a background check. Volunteers must be aged 18 or older and be available for an interview. The volunteer application form can be accessed here: <https://parliamentofreligions.org/parliament/volunteer/volunteer-parliament>.

If you would like more information, if you would like to be registered with the FEZANA group or if you would like to participate and send in a proposal, please contact Ardeshir Irani at [anirani2@yahoo.com](mailto:anirani2@yahoo.com). Proposal deadline is April 15<sup>th</sup>, so please contact Ardeshir by April 9<sup>th</sup> if you have a proposal in mind. More information on the proposals: <https://parliamentofreligions.org/rfp>

---

### Zoroastrians behind the Camera

#### Turning Tables

Zoroastrian filmmaker Tanya Hoshi produced the short documentary "Turning Tables", which will be having its World Premiere in Toronto at the Hot Docs International Documentary Festival. The film is about Classic Roots, a Powwow techno pioneer who integrates the sounds of his Anishinaabe heritage with electronic and house music.

If you would like to attend, please click the link below to purchase tickets and to watch the film trailer.

<https://boxoffice.hotdocs.ca/websales/pages/info.aspx?evtinfo=73890~6d071c1e-1d5b-4e4e-ab61-2b9caf21a7fd&>

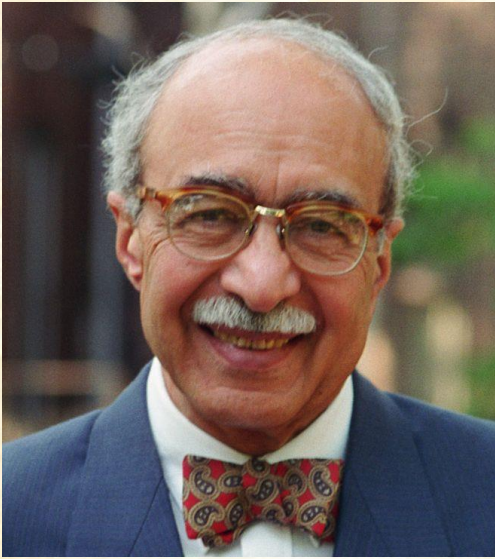
#### 21 Days to Nawroz

Congratulations to award winning film producer, Michelle Mama, who has just released her most recent feature length documentary – “21 Days to Nawroz”. Set in Kurdistan, the film explores the lives of three different women as they prepare for the traditional Nawroz feast and what this annual ritual means to them.

For further information and to watch the Film, please go to the film's site <http://21daystonawroz.com/>.



## Farhang Mehr



FEZANA announces with great sorrow the passing away of Farhang Mehr.

Farhang Mehr passed away in southern California in the early morning on March 4, 2017. Farhang Mehr was a leading Zoroastrian figure in Iran and later in the United States where he made his home since the early 1980's.

Farhang Mehr was involved with FEZANA since its inception and also with local Zoroastrian associations wherever he resides in USA.

He was one of only six recipients of the FEZANA Lifetime Achievement Awards presented to him for a lifetime of service to the Zarathushti community worldwide.

FEZANA and its member associations send their condolence to the entire Mehr family as we join Zarathushtis all over the world in celebrating his amazing life.

An article about his passing away on BBC Persia can be accessed here <http://www.bbc.com/persian/iran-43279583>.

## Condolences

Phiroze Warden, in Mississauga on Sunday March 18th, 2018. Husband of Behroze Warden and Father of Khurshed, Pearl, Farzana(daughter in law) and Paul (son in law). May his soul rest in peace.

Coomi Patel on Monday, March 26<sup>th</sup>, 2018. mother of Cawas (& Gulrukh) Patel, Jimmy Patel and late Dolly (& Manchi Baliwalla). Coomi was beloved grandmother to Viraf (& Mary) Baliwalla, Persis (& Cyrus) Banker, Meher (& Joe) Luv, Ron (& Michelle) Patel, Daniel (& Deenah) Patel, Firoza (& Malcolm) Jussawalla, Cyrus (& Hana) Patel as well as great-grandmother to her 17 great-grandchildren! May her soul rest in peace.

## Seniors Rides

Rides will be available from Brampton and Mississauga on Fridays to attend Seniors Events. Anyone interested, please contact Daulat Divecha @ 647-344-0666 OR Katy Panthakee @ 647-347-3334.

## Health and Fitness

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).

Please note that the Avesta Class for children is conducted in Farsi.

Date	Basketball & Avesta - Gym 'B'	Volleyball – Gym 'C'
April 1 <sup>st</sup>	2:30 pm to 4:00 pm	3:00 to 4:30 pm
April 8 <sup>th</sup>	2:30 pm to 4:00 pm	3:00 to 4:30 pm
April 15 <sup>th</sup>	2:30 pm to 4:00 pm	3:00 to 4:30 pm
April 22 <sup>nd</sup>	2:30 pm to 4:00 pm	3:00 to 4:30 pm
April 29 <sup>th</sup>	2:30 pm to 4:00 pm	3:00 to 4:30 pm



## Newsletter Requests

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

**Editor:** Armaity Bamji ([newslettereditor@zso.org](mailto:newslettereditor@zso.org))

Please note that all requests for inclusions in the ZSO NL should be emailed to [newslettereditor@zso.org](mailto:newslettereditor@zso.org). Please copy Dara Panthakee at [evp@zso.org](mailto:evp@zso.org) for approval.

*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](mailto:secretary@zso.org). We encourage all members to consider this option.*

*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:* Dara Panthakee (416) 826-3298 or [evp@zso.org](mailto:evp@zso.org)

*Renting MGDH hall (for post-funeral prayers/rituals or for private functions):* Mitra Jam on (416) 575-1134 or at [execofficer1@zso.org](mailto:execofficer1@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.*



1 - 8 4 4 - 7 3 2 - 7 5 7 5  
4 1 6 - 6 7 7 - 7 5 5 5

1153 Canal Road,  
Bradford, ON. L3Z 4E2.

## **HARDWOOD LAMINATE CARPET GRANITE**

**Re-sanding Refinishing & Stairs**

**Washrooms Kitchens Renovations**

**Sales – Installation – Service**

[info@pearlknstructions.com](mailto:info@pearlknstructions.com)

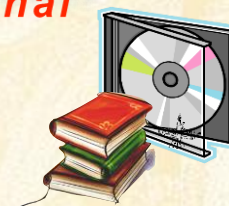
[www.pearlknstructions.com](http://www.pearlknstructions.com)



## **Zoroastrian Studies Projects International**

- \* Zoroastrian Artefacts
- \* Religious Books, CDs, DVDs
- \* Sukhar, Loban, Vehr, Tacho
- \* Diva na glass, Kakra
- \* Sadra, Kastis, Topi, T-shirts, Caps
- \* Gift Items, Silver & Gold pendants

And much more.....



Pearl K. Chothia # 416 917 7402  
241 Kingscross Dr, King City, On. L7B 1E7

Email: [zstudies@hotmail.com](mailto:zstudies@hotmail.com)  
[www.zstudies.com](http://www.zstudies.com)



## اهنودگات - یسن ۳۳ - بند ۵

برای رسیدن به آرمان و هدف خویش، فروش بزرگترین یاورها را به کمک می طلبم و آرزو دارم از زندگانی دراز برخوردار و به کشور پاک در آیم. با کمک راستی و پاکی و پیمودن راه پارسایی به چایگاهی که ملکوت آسمانی اهورامزدا است راه یابم.



# نوروزتان سرور و محبت

سالی دیگر به اتمام رسید، سال ۱۳۹۶ فروردیدی (۳۷۵۵ زرتشتی) با تمام بدی ها و فوبی ها، کمی ها و کاستی هایش به اتمام و پایان رسید. پایان سالی که آرزومندیم برای همه همکیشان و دوستان و آشنایان همراه با سلامتی، کامروایی و کامرانی در تمام آرزوها و خواسته های شما بوده باشد.

سال ۱۳۹۷ فروردیدی (۳۷۵۶ زرتشتی) با شکوه و بزرگی خود از راه رسید و سالی نو را پذیرا می شویم. سالی مملو از سلامتی، سربلندی، سربلندی، سرفرازی، سعادت، سرور و سروری را برای تک تک همکیشان از اهورا مزدا خواستار می باشیم.

## هر روزتان نوروز، نوروزتان پیروز

کانون فرهنگی زرتشتیان اوتاریو

## جشن فروردینگان

### (فرودگ) فچسته باد



نوزدهم فروردین جشنی برگزار می شود، به نام "فروردینگان" که به آن "فرودگ" نیز می گویند. فروردین از واژه قَروشی و قَرورتی آمده است که ویژه فروهرها است، ماه فروردین از آن فروهرها بوده و جشن فروردینگان برای بزرگداشت و پاسداری از فروهرهاست. فروهر، که صورت اوستایی آن فروشی و صورت فارسی باستان آن فرورتنی است. هر بدی که آدمی بر زمین کند، بر خود آسمانی (فروزه های اهورایی) او اثر نمی گذارد و فقط وجود زمینی انسان است که به سبب گناهانش رنج می برد. به عبارت دیگر، فروهر یا فروشی بخشی از وجود مینوی انسان است که پاسدار نیکی هاست که پیش از زایش وجود دارد و پس از مرگ نیز باقی می ماند. روان پس از مرگ به فروشی خود می پیوندد. از آنجا که فروهرها یکسره پاکند، از یاوران نیروهای اهورایی به شمار می آیند و اهورامزدا را در نبرد با اهریمن یاری می کنند.

در روز نوزدهم فروردین برابر با ۸ آوریل (April 8<sup>th</sup>)، روز جشن فروردینگان که امروزه بیشتر به جشن "فرودگ" معروف است، زرتشتیان در همه مناطق زرتشتی نشین ایران و دیگر نقاط جهان بر مزار درگذشتگان خود می روند و برای خشنودی روان و فروهر آنان نیایش می کنند و عود و کندر و بوی خوش بر آتش می نهند.



## گهنبار چهره میدیوزرم گاه

مراسم گهنبارخوانی چهره میدیوزرم گاه در روز یکشنبه ۲۹ آوریل (Sun. Apr. 29<sup>th</sup>) در دریمهر مهربان گیو از ساعت ۱۰:۳۰ بامداد با همیاری همکیشان گرامی برگزار می گردد با باشندگی خود، این مراسم را سپاسدار باشیم.

**هما زور بیم و هما زور هما اشو بیم**

## گزارشی از جشن نوروزی کودکان

کانون فرهنگی زرتشتیان آتاریو از ساعت ۱۰:۰۰ پسین روز ۱۸ مارچ (Sun. Mar. 18<sup>th</sup>) در درب مهر مهربان گیو، جشن نوروزی کودکان را باشندگی کودکان و نوجوانان و با شادی و شکوه بسیار برگزار نمود. در ادامه فرتورهای از این مراسم را می بینیم:





## سیزده بدر

کانون فرهنگی (زرتشتیان اونتاریو) در حال برنامه ریزی برای برگزاری جشن سیزده بدر گروهی می باشد. اطلاعات بیشتر با پیام های تلفنی و ایمیل به همکیشان آگاهی رسانی خواهد شد.

## دهشندان

نام بردن از خیراندیشان گرامی، کوچکترین پاسداشتی است که می توان از این هموندان گرامی داشت.

- سرکار خانم مژگان کیانیان و آقای بهروز سامیا کمک نقدی ۱۰۰۰ دلار برای بهبود سیستم صوتی درب مهر مهربان گویو اهدا نموده اند.

پاداش نیک خیراندیشان را از اهورامزدا خواستاریم.

Date	Basketball & Avesta Gym 'B'	Volleyball Gym 'C'
1 - Apr	2.30 - 4.00	3.00 to 4.30
8 - Apr	2.30 - 4.00	3.00 to 4.30
15 - Apr	2.30 - 4.00	3.00 to 4.30
22 - Apr	2.30 - 4.00	3.00 to 4.30
29 - Apr	2.30 - 4.00	3.00 to 4.30



## ورزش و سلامتی



همانگونه که آگاهی دارید ورزشهای  
سالنی والیبال در مجتمع فرهنگی  
ورزشی (Langstaff) در روزهای

یکشنبه هر هفته برپا می باشد. 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 می کنند.

### خود درمانی و تندرستی با یوگا PALM-5

(روشی آسان برای داشتن سلامتی و درمان روان و بدن)

در ادامه چندین دوره برگزاری کلاسهای یوگا در درب مهر مهربان گویو، این کلاسها همچنان با پشتکار هموند گرامی زوبین داتیوالا (Zobin Dotiwalla) و هموندی همکیشان گرامی برپا می باشد. دوره جدید این کلاسها هر چهارشنبه از ساعت ۶:۳۰ تا ۸:۱۵ بعد از ظهر در سالن مهربان گویو برگزار می گردد. شرکت در این کلاسها رایگان و برای همگان آزاد می باشد. (Apr. 4, 11, 18, 25)  
برای آگاهی بیشتر با شماره ۲۹۸۵-۶۲۹- (۹۰۵) آقای زوبین داتیوالا (Zobin Dotiwalla) تماس بگیرید.

### یوگا و سلامتی

در ادامه چندین دوره کلاسهای آیروبیک و بدن سازی با همیاری خانم فرانک تهمورث زاده، دوره جدید این کلاسها نیز در روزهای سه شنبه از ساعت ۷:۰۰ - ۸:۰۰ بعد از ظهر در سالن مهربان گویو برگزار می گردد. با هموندی خود سلامتی و شادابی را به خود و خانواده خود هدیه دهید.  
شرکت برای همگان رایگان می باشد.

### تماس با ما

انتقادات، نظرات و پیشنهادات سازنده خود را با ما با ایمیل آدرسی [kanoun@zso.org](mailto:kanoun@zso.org) در میان بگذارید.

### گردهمایی ماهیانه بانوان

بانوان (زرتشتی) در اولین سه شنبه هر ماه از ساعت ۱۰ تا ۱۲ ظهر در درب مهر مهربان گویو گرد هم می آیند. شرکت برای همگان آزاد می باشد.



## همه با هم – All together

تلاش خواهد شد تا برای هر ماه نوشته هایی کوتاه را با دو عنوان "مناسبت های گاهشماری" و "شرح واژه" در خبرنامه داشته باشیم تا شاید برای آگاهی همگان مفید باشد. با سپاس از آقای بهمن مرادیان که ما را در این بخش یاری خواهند داد.

We will try to write short articles for each month with two titles, "Chronological occasions" and "Word Definition" in the newsletter, which may be useful for everyone. Thanking Mr. Bahman Moradian for his contribution in this section.

### مناسبت های گاهشماری ماه آوریل April Chronological occasions

#### "سیزده به در" – ۲ آوریل

روز دوم آوریل برابر با سیزده فروردین است که به «سیزده به در» یا به تازگی به «روز طبیعت» معروف شده است. هرچند که دلایل و چگونگی برگزاری این جشن در طول تاریخ با جزئیات روشن نیست اما به طور عامیانه معروف شده است که به دلیل نحسی عدد سیزده در این روز نباید در خانه ماند و باید این روز را در طبیعت گذراند. اما به تازگی برای مخالفت با نحسی یک عدد یا روز، این روز به «روز طبیعت» نامگذاری شده است که نامی بسیار مناسب تر و زیباتر است و ربطی هم به بد بودن یا خوب بودن روز یا عدد ندارد. مرسوم است که ایرانیان به طور خانوادگی این روز را در طبیعت به بازی، سرگرمی و پیک نیک می گذرانند. سیزدهمین روز نوروز را در طبیعت بگذرانید و به ویژه با طبیعت مهربان باشید.

#### "Sizda Bedar" – April 2<sup>nd</sup>

The second day of April is the thirteenth of Farvardin month, which is known as the "Sizda Bedar" or recently called "Nature Day". However, the reasons for this celebration are not clear in history, but it's popularly known that it should not stay home at the time of the thirteenth day and should spend this day in nature. But recently, to oppose the blemish of a day or a day, this day has been named "Nature Day", which is a much more appropriate and beautiful name, and has nothing to do with the bad or good of day or number. It is customary for Iranians to celebrate this day in nature, play, entertain and have a picnic. Spend the 13<sup>th</sup> day of Nowruz in nature and be especially kind to nature.

#### "جشن فروردینگان" یا "فرودگ" – ۸ آوریل

روز ۸ آوریل برابر با ۱۹ فروردین به روز «جشن فروردینگان» یا «فرودگ» معروف است. این روز اولین جشن ماهیانه در سال جدید است که در آن نام ماه و روز یکی شده است. معمولاً جشن فروردینگان را در پیوند با «فروهر درگذشتگان» می دانند. در این روز زرتشتیان یاد درگذشتگان را گرامی می دارند. امروزه در بین زرتشتیان ایران مرسوم است که در این روز به آرامگاه می روند و با رفتن بر سر خاک درگذشتگان از آنان یاد می کنند. در زمان های گذشته که دخمه رایج بوده است، زرتشتیان مراسم هایی را برای درگذشتگان در پایین کوه دخمه یا در محل زندگی شان برگزار می کردند.

#### "Farvardingan Jashan" or "Foroudog" – April 8<sup>th</sup>

April 8, equal with Farvardin 19<sup>th</sup>, the "Farvardingan Jashan" or known as "Foroudog" is celebrated. This is the first monthly Jashan in the New Year, in which the name of the month and day has been merged.

Farvardingan celebrations are usually associated with "Fravahar's of Deaths". On this day Zoroastrians celebrate the memory of their dead(s). Today among Zoroastrians in Iran it is customary to go to the tomb on this day and remember them when they go over the territory of the dead. In the past times, when the catacombs were commonplace, Zoroastrians held ceremonies for the dead at the bottom of the catacombs or in their place of residence.



## آگاهی همیاری و همکاری

هیئت اجرایی درب مهر مهربان گیو موافقت نموده است تا بالکن کنار درب ورودی را به یک بالکن سقف دار (پاسیو) که با سبدهای گل تزئین شده اند تبدیل نماید، تا نه تنها یک فضای اضافی برای مهمانان در زمان صرف غذا تهیه دیده شود بلکه محیطی دل انگیز و آرام را در کنار اتاق آتش همراه با رایحه بوی خوش اسفند و کندر برای همگان بوجود آورد.

بدین منظور هیئت اجرایی از همه همکیشان گرمی همکاری های زیر را درخواست می کند:

- کمک از داوطلبانی که در ساخت پاسیو تجربه دارند
- اهدای سخاوتمندانه کمک مالی از طریق پول نقد، چک و یا استفاده از کارت های اعتباری در وب سایت ZSO.org . (قابل توجه که کمک های مالی بیشتر از ۲۰ دلار رسید مالیاتی دریافت خواهند نمود).
- اهدای گل و گیاهان آویزانی، سبدهای گل، میز و صندلی و نیمکت های مخصوص فضای باز

خواهشمند است برای اطلاعات بیشتر با آقای کرسی کامباتا (Kersi Khambatta) تماس بگیرید

## یادی از دکتر فرهنگ مهر

کانون زرتشتیان تورنتوی کانادا، آیین پرسه و یادبود شادروان دکتر فرهنگ مهر را در تورنتو کانادا برگزار کرد.

آیین پرسه و یادبود شادروان دکتر فرهنگ مهر، شنبه ۱۷ مارس برابر با ۲۶ اسفندماه ۱۳۹۶ خورشیدی در «درمهر مهربان گیو» برگزار شد. این آیین که با باشندگی شماری از زرتشتیان و کنشگران هازمان زرتشتی تورنتو همراه بود، یاد و خاطره ی شادروان دکتر فرهنگ مهر گرمی داشته شد و زندگی‌نامه و بخشی از یادنامه‌ی وی بازخوانی شد.

در این مراسم پرویز روانی یادی از باشندگی روانشاد دکتر فرهنگ مهر را در روزهای کنگره زرتشتیان تهران بیان کرد و سپس ارتدنر فرهادی زندگی‌نامه‌ی آن روانشاد را برای باشندگان بازخواند. همچنین آقای رووسی سورتی، رییس انجمن زرتشتیان تورنتو، نیز به نمایندگی از دیگر هموندان انجمن زرتشتیان تورنتو، درگذشت شادروان دکتر فرهنگ مهر را به همه زرتشتیان سراسر دنیا آرامش باد گفت. بهرام بهرامی دیگر سخنران جلسه بود که واپسین مصاحبه با روانشاد دکتر فرهنگ مهر را برای دیگران بازخوانی کرد.

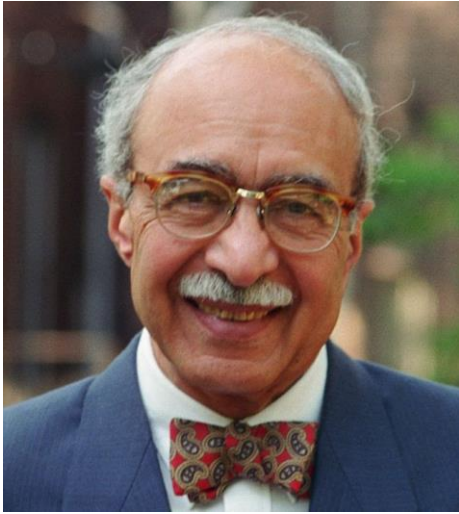
اوستاخوانی آیین پرسه‌ی دکتر فرهنگ مهر و اوستای پنجه‌ی اشتودگات با آوای موبدیار مهشاد خسرویانی همراه بود.

همچنین زندگی‌نامه و فرتورهای گردآوری شده از آن روانشاد در دوران‌های گوناگون برای همگان نمایش داده شد. دریایان از باشندگان پذیرایی شد.

گفتنی است، زنده‌یاد دکتر فرهنگ مهر، مهربان مهر، فرنشین هیات مدیره انجمن زرتشتیان تهران در گردش‌های ۳۹، ۳۰، ۳۱، فرنشین دانشگاه پهلوی شیراز، نماینده‌ی ایران در اپک، استاد برجسته‌ی بین‌المللی دانشگاه، نویسنده و یکی از سرشناس‌ترین و تاثیرگذارترین چهره‌های فرهنگی و اجتماعی زرتشتی در دوره‌ی هم‌روزگار ما بود. او همچنین لوح و شال بالاترین خدمات به دین و هازمان زرتشتیان را از سوی سازمان جهانی زرتشتیان دریافت کرده است. این کنشگر هازمان زرتشتی ایران به شوند (دلیل) بیماری ۱۳ اسفندماه ۱۳۹۶ خورشیدی در کالیفرنای آمریکا در سن ۹۴ سالگی درگذشت.

در ادامه یکی از گفتگوهای آن روانشاد با یکی از خبرنگاران با عنوان "امید، رویاها و آرزوها" بیان شده است:





## **Dr. Farhang Mehr: Hopes, Dreams, and Aspirations**

**The following is an excerpt from "Triumph Over Discrimination: The Life Story of Dr. Farhang Mehr" by Lylah M. Alphonse. It is republished here with permission from the author.**

More than 20 years after he fled from Iran, Mehr is driven by his hopes for the unity of the world's Zoroastrian communities. A Zarathushti by birth and by choice, he has dedicated his golden years to the realization of his hopes, dreams, and aspirations for Zoroastrianism. He describes these dreams in his own words:

This is what I call "The Zoroastrian Odyssey." Zoroastrianism and Zarathushtis are undergoing a tumultuous intellectual and spiritual voyage: An effort by Zarathushtis in Diaspora to preserve their cultural identity. Knowledge about one's religion and culture, one's history and heritage, are some of the tools needed in order to make this Odyssey successful. Other tools required for the journey are freedom of choice, protection of human rights, protection of the environment, global solidarity, and cooperation with the democratic process. Zarathushtis must be dedicated to good thoughts, good words, and good deeds; tolerance and inclusiveness are essential to achieving our goal of maintaining a strong and solid community. We must hold fast to this dream.

I cherish other dreams for the future.

I dream of the preservation of Zarathustra's teachings, which make up the core of Zoroastrianism, and of the preservation of the meaning behind our rituals and customs. The core of our religion is the beliefs and doctrines contained within the Gathas. They are everlasting and unchangeable. They give us the strength to undertake our mental quests. The rituals are described in the literature accompanying the Gathas. The actions of the rituals appeal to our senses. Imbued with meaning, the rituals are a manifestation of the faith, a reminder of our devotion and commitment. Without meaning, rituals become empty motions, devoid of significance. The core and the rituals together are necessary in order to maintain faith. It is possible to be open-minded and acquire new and different political identities without sacrificing one's religious identity. ... When our youths understand the significance of our rituals, they are better prepared to take our religious community into the future, armed with understanding and religious knowledge, confident in themselves and their heritage.



I dream of the formation of a large and flourishing Zoroastrian community. A living religion must also have a vibrant community rich in real religious commitment. Without a community of practicing believers, a religion becomes nothing more than a museum, an artifact, a relic to be viewed by the curious and studied by historians and scientists. We should maintain a community of Zarathushtis in mind and in heart, treading together the path of truth and righteousness. As a single entity we should be showing love, upholding justice, exercising compassion, working for peace, engaging creatively in constructive work. Together we should be practicing good thoughts, good words, and good deeds in order to reach a community-wide goal of enlightenment and unity with Spenta Mainyu and Ahura Mazda. These goals cannot be achieved with the current social and religious attitudes of our fractured community. Though at times difficult, some traditions can -- and should -- be modified as social conditions demand change. In a civil society, issues can be resolved through discussion and the application of reason, goodwill, and compromise. Compromises should not be confounded by hypocrisy, but should come through constructive confrontation and a willingness to work toward the greater good.

I dream of creating unity within the Zoroastrian community. In a quest for survival and in an attempt to fight social ills, the Zoroastrian community has split into three distinct ideological groups: Traditionalists, Reformists, and Moderates. The division in and of itself is not a threat to the solidarity of the Zoroastrian community; it is merely a sign of spiritual awakening and religious revival. In the modern, free world no religion is monolithic. Doctrinal diversity is a product of freethinking -- a value cherished by Zoroastrians and mandated by Ahura Mazda. Religious understanding is no longer the domain of the priesthood; every individual is entitled to knowledge and has the right to study and make inquiries into religion. It is a personal choice. The threat to community solidarity comes, then, not from freethinking, but from intolerance. ... Liberty is the most precious of Ahura Mazda's gifts to humankind. It is a component of divine law. The right to liberty is so undeniable that Ahura Mazda does not curtail humankind's actions, even in regard to one's choice of religion. Intolerance is not a tradition sanctioned by the Gathas. ... The acceptance of people born to non-Zarathushti parents is not a threat to the survival of the religion. The tradition of non-acceptance is a threat to our very existence.

I dream that the spirit of Zarathushtra will live on in our youths. We, the elders of the Zoroastrian community, charge out youths with maintaining the ideals of Zoroastrianism. It is up to you, especially those of you living outside of Iran and India, to prove that Zarathushtis have the talent, motivation, strength, and benevolence needed to flourish in the next millennium. You must lead the way. You must do what is right for righteousness sake. You must be vigilant, working hard to protect and promote Zoroastrian values, and to keep the eternal flame alight.

I am confident that my dreams will come true, and that Zarathushtis will not only survive, but also excel in the years to come.



# ***ZOROASTRIANS GOT TALENT***

Organized by ZSO Entertainment Committee & 100 Toronto Scouts Group  
Saturday, 14th April 2018 at Darbe Mehr - Toronto

## ***SIGN - UP FORM***

Participants First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Ph # Home : \_\_\_\_\_ OR Cell: \_\_\_\_\_

Email Id: \_\_\_\_\_

Year of Birth: \_\_\_\_\_ You will be performing in an age appropriate group.

Your act can be up to 120 Sec / 2 mins

Details of act to be performed:

---

---

---

A little bit about YOU:

---

---

---

Participant (Dinner Included)	\$10 X # _____	\$ _____
Audience - Member (Dinner Included)	\$15 X # _____	\$ _____
Audience - Non -Member (Dinner Included)	\$20 X # _____	\$ _____
<b>Total Enclosed</b>		<b>\$ _____</b>

Participants Sign: \_\_\_\_\_ If under 14 yrs Parents Sign: \_\_\_\_\_

Cheques payable to: Z S O.

Mail your forms along with your cheque before March 31st 2018 to:  
24 Trafford Cres, Markham, ON. L3R 7H9

OR Email Registration forms to: [entertainment@zso.org](mailto:entertainment@zso.org) & pay @ the door.



# ZOROASTRIANS GOT TALENT

## FUN EVENT

Organized by ZSO Entertainment Committee  
& 100 Toronto Scouts Group

**DATE:** Saturday, April 14, 2018

**WHERE:** Darbe Mehr: 3590 Bayview Ave, Toronto On. M2M 3S6

**TIME:** From 5pm onwards

**PRICE:** \$10 Participants  
\$15 Audience Member \$20 Audience Non Member

Under 5 yrs Free

Audience will be Judging  
Dinner Included For All.

ALL AGES CAN PERFORM

5yrs - 100+ yrs

Audience  
you GET TO VOTE  
AND CHOOSE THE  
WINNER!!



Show off your Best  
Talents for all to See & WIN  
some great Prizes!!!!

For Registration contact us before 31st March 2018 :

Pearl Chothia # 416 917 7402

OR

Gul Bharucha # 905 475 8894

Email: [entertainment@zso.org](mailto:entertainment@zso.org)

Mailing Address for registration forms: 24 Trafford Cres, Markham, ON. L3R 7H9



# ZSO Entertainment Committee Presents

MAY

12

2018

## OUTDOOR MELA & MOTHERS DAY CELEBRATION



Hot & Cold Beverages



Lots of Yummy Food



Henna



Fun & Games

\*Games \*Craft \*Competition \*Face Painting \*Henna & Much more

## FUN EVENT FOR ALL

From 5pm onwards @ Darbe Mehr  
3590 Bayview Ave, Toronto. ON M2M 3S6

Entrance Free

Vendor Tables Available

FOR MORE INFO TO BOOK TABLES & GIVE NAMES

CONTACT: GULOO #905-475-8894

EMAIL: [ENTERTAINMENT@ZSO.ORG](mailto:ENTERTAINMENT@ZSO.ORG)