



## Zoroastrian Society of Ontario

Newsletter – May 2020  
Volume 46, Number 10

MEHRABAN GUIV DARBE MEHR

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### WHAT'S NEW PRES?

As Canada enters the third month of lockdowns due to the ongoing health concerns on advice of its Public Health Agencies, many of us are moving from acceptance into the next phase of adapting to the situation. It is imperative now more than ever for us to stay connected, stay positive and look out for one another. The Board assures you that we are with you every step of the way.

ZSO's Committees of dedicated and selfless volunteers have shown just that. In April, ZSO successfully conducted live-streaming of Atash Parab (S) prayers, virtual Quiz contests, DJ Music nights and online Children's Religion Classes, with participants from Canada, USA and beyond. The Interfaith Committee engaged in online discussions held by the Mayors of Toronto and Mississauga, providing feedback on challenges posed by the ongoing pandemic on behalf of the Zoroastrian community. Our sister organization OZCF has been active with their own set of online events that have been very well received, with ZSO and OZCF collaborating to promote these among each other's memberships. The North American Mobed Council (NAMC) started offering online Tandarosti prayers, open to all. We are indeed grateful to our volunteers making it happen.

It is with great sadness that the Board learned on April 7<sup>th</sup> of the passing of Dr. Russi Balsara, who together with his wife, Late Moti, was deeply involved in the ZSO's formative years nearly 50 years ago, both of them having served as President. Dr. Balsara continued to serve as President of the Rustom Guiv Foundation (Ontario) till his last. The community mourns his loss; may Ahura Mazda keep his soul in eternal peace. Click [here](#) to read Dr. Balsara's full obituary written by his family.

The Treasurer Mr. Artadner Farhadi and Assistant Treasurer Ms. Mehrnaz Dehmiri are working hard to close ZSO's books for financial year-ending March 31, 2020. Once done, these will be handed over to the Auditor to inspect and finalize. The Treasurer has also successfully moved ZSO's accounts to the electronic Quickbooks system that will simplify and serve the community well in the future. For this we are grateful. I personally encourage ZSO members and donors to take advantage of the online platforms to manage your membership and donations for three main reasons: it is simple, secure and self-served. This not only helps ZSO streamline administration of the same, it also minimizes "contact" throughout the process as we are increasingly aware of each other's health and safety. We have seen a large number of membership renewals and donations received online this year and a drop in requests for Newsletters by Post; these are positive steps that we are sure will serve the community and ZSO well. ZSO is indeed grateful for each and every contribution it receives, even in this trying time. Thank you.

The FEZANA University of Toronto Professorship initiative is also moving in the right direction. An update from FEZANA is included in the Newsletter.

The Board encourages Zoroastrians in Ontario to offer themselves to serve in one of the four Director positions open for election at this year's AGM to be held Sunday July 19. We are grateful to each and every volunteer for their contributions that enrich and strengthen the community.

Please take great care of yourself and those around you. Do reach out to the Board for any help we can provide. We will continue to keep you updated, as always.

Tandarosti,  
Mashya Amroliwalla, President



## COVID Updates for ZSO Members

**REMINDER: The Mehraban Guiv Darbe Mehr remains closed and events canceled as per Public Health Advisories due to the ongoing COVID-19 pandemic. Please look for further announcements.**

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### General Assistance Available

The ZSO hopes you are well and safe amidst the COVID-19 outbreak. If you need assistance to be driven or need groceries to be delivered to you in the Greater Toronto Area please contact our ZSO volunteers listed below. In case of groceries or purchases made on your behalf, please pay the volunteer in cash or by cheque upon delivery. You will get a receipt from them for the purchase total.

Mitra Jam (416)-575-1134	Iraj Jamasbi (416) 402-9063	Fravash Chothia (647) 767-8394
Danesh Patel (416) 439-8444	Sheroy Irani (647) 700-7437	Sherwin Hashemi (647) 708-3608
Khushru Chothia (647) 677-7555	Shezad Paghdwalla (519) 701-8455	Roosbeh Farhadi (416) 809-7669

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### Financial Services

Free Tax Preparation Service for Seniors and individuals with modest income. Due to social distancing, many people might require assistance for filing their tax return. If you are a senior 65+ or new immigrant or a person with a modest income, and require tax preparation services for SIMPLE returns please contact: Rinavaz Vatcha at 647-967-3287 or email: [rina@rvprofcorp.ca](mailto:rina@rvprofcorp.ca)

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### Funeral and Faith Based Support

ZSO would like it's members to note that funeral and bereavement services have changed in the Province of Ontario due to COVID-19 so please view the new guidelines at the government website:  
[http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/funeral\\_bereavement\\_guidance.pdf](http://www.health.gov.on.ca/en/pro/programs/publichealth/coronavirus/docs/funeral_bereavement_guidance.pdf)

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### Personal Protective Gear

Keep yourself and your loved ones safer, make your own personal protective gear. The tutorials below show you how to make and use cloth face coverings to help slow the spread of COVID-19:  
Source: "Centers for Disease Control and Prevention" website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

For more information: Google "how to make simple cloth mask" to see more useful details and videos.

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### Darbe Mehr Tiling Update

The Board is pleased to announce that the tiling project that was approved at the 2019 AGM, has been awarded to Khushru Chothia of Pearl Knstructions. The work will commence shortly ensuring compliance with the Province's social distancing guidelines. The work is expected to be completed by mid-June.



## Membership, Donations, Forms

ZSO reminds members (new and renewing), donors and volunteers to please complete Membership, Donation and/or Expense/Income forms with all submissions. This is key to ensure we maintain strict compliance with audit requirements to protect our charitable status.

The preferred option is to use the online versions of these forms – [Donation Form](#) and [Membership Form](#). Hard Copies are included in this Newsletter. Income, expenses and other administrative forms have been disseminated to all Committees. Please contact [asstsecretary@zso.org](mailto:asstsecretary@zso.org) for a copy if required.

Any cheques sent to ZSO must be accompanied by the appropriate forms duly completed and cheque made payable to “Zoroastrian Society of Ontario”.

Thank you for your co-operation.  
ZSO Board of Directors

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## ZSO AGM 2020

The Zoroastrian Society of Ontario's Annual General Meeting will take place on Sunday, July 19, 2020 at 11 AM. Please save the date - we will update in case of any changes due to the ongoing Covid-19 situation.

There are 4 positions on the ZSO Board that will be open for nomination. The positions are listed below, and the nomination form is attached to the newsletter. Please fill in the form and mail it to the ZSO Secretary at the official address: 3590 Bayview Ave., Toronto, ON, M2M 3S6 by Friday, June 12th at 8:00 PM EST.

### Positions open for nomination:

Executive Vice-President – 2 year term  
Executive Officer 1 – 2 year term  
Assistant Secretary – 2 year term  
Treasurer – 2 year term

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## World Literacy Summit Award Winner – Armene Modi



The Albert Schweitzer Medal Recognizes an individual for both academic excellence and extensive service to the community in the field of education and literacy. Albert Schweitzer is an honour award presented to an individual who has made outstanding contribution not only in literature but in their intellectual work on writing and research.

This year's recipient of the Medal is Armene Modi for her work to empower rural women and girls in Pune District, India through her NPO Ashta no Kai (Japanese for A Better Tomorrow).

Andrew Kay, CEO of the World Literacy Foundation, explains that this award aims to celebrate the valuable contribution of Armene Modi to education in India over the past 22 years.

Congratulations Armene!



## ZSO Scholarship 2019-2020

Attention high school graduates, the application process for the Annual ZSO Academic and Community Service Award is now open. The deadline for receiving completed applications this year is July 20<sup>th</sup>, 2020. All pertinent details are in the application form which can be found [here](#). Good luck to all the applicants.

ZSO Scholarship Committee

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### Update on FEZANA Professorship at the University of Toronto

My Dear Fellow Zarathushtis,

I have good news to share: YOU have the chance to join your fellow Zarathushtis -- who have raised over \$750,000 toward this cause -- in making the FEZANA Professorship of Zoroastrian Languages & Literature, at the University of Toronto, a reality!

This Professorship will ensure continuity of research and teaching related to Avesta (including the Old Avesta of the Gathas), and Pahlavi. This will mean more scholars and experts focused on works that are relevant to our religion, allowing us to learn more about our faith. This will accrue to the benefit of all Zoroastrians interested in learning more about the religion and the historical contexts in which it flourished.

**We are grateful to all Zarathushtis who have come forward to allow us to raise over fifty per cent towards our \$1.5 million fundraising goal.**

There are **two new developments** you should be aware of:

1. The University - which had conditioned its CDN \$1.5 million matching donation on FEZANA's reaching its goal by April 30, 2020 -has now agreed to extend that deadline.
2. The University has committed to investing its full pledged amount *now*, even though we did not meet our goal by April 30<sup>th</sup>, so long as FEZANA commits to raising the balance of its share.

With guidance from FEZANA's attorney, we are formalizing an agreement between FEZANA and the University covering these commitments and addressing terms intended to safeguard our community's interests. The Agreement will be executed **if** a majority of FEZANA member associations vote in its favor.

Even in these challenging times, I am appealing to you to help us achieve our fundraising goal because I believe our community should have a hand in birthing and shaping this significant academic program. [Click here](#) or use the attached form to give whatever you can toward this initiative.

Our large donors are honoring their pledges despite uncertain economic times. They have pooled resources to bring us halfway to the finish line. Now, we need **everyone** to pitch in whatever they can to help us bridge the gap. If you cannot support us with dollars, but you believe this is a worthy cause, help us spread the word and contact others who can financially support this initiative. With your help, we can ensure that the Zoroastrian religion continues to be studied and taught in North America.

Thank you for your support.

Sincerely,  
Homi D. Gandhi  
FEZANA President



## Virtual Religion Class



A global virtual religion class was held on Sunday, April 26<sup>th</sup> at 2:30 PM. The guest speaker was Delnavaz Dastur (nee Mistry) who grew up in Ontario and was a past religion class teacher. She is now living in California. Her topic of "Atash Behram Consecration - A Zoroastrian Miracle" was very interesting and had all the students excited to be interacting online via Pear Deck. The students were made to answer questions by drawing, typing and being creative and the answers were viewed by all participants. Many parents and students enjoyed the session very much and emailed their positive feedback. Two students, ages 5 & 7 even made a "thank you" video to send to the organizer as the session was the highlight of their day. We are looking forward to presenting the next virtual religion class on Mother's Day, May 10<sup>th</sup> at 2:30

PM and we will send out an email with the Zoom details. We had 113 Zoom sessions with 140 students attending from the GTA, Montreal, Vancouver, LA, Bay Area, Maryland, Chicago, Houston, Philadelphia, Seattle and Mumbai!

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## World Zarathushti Chamber of Commerce Toronto Chapter Presents

### Transform Your Health Using Essential Oils

Join us to learn how millions of families are caring for their health and happiness with Doterra Essential Oils.

**Saturday, May 9<sup>th</sup>, 2020 at 11 AM EST**

Zoom Meeting Invite: <https://us02web.zoom.us/j/84287769461?pwd=elhTNHF2UjlRlR2YkxNdm9jb013Zz09>

Zoom Meeting ID: 842 8776 9461

Password: 517781

### **SPEAKERS:**

#### **Rebecca Leonardes**

Rebecca is a certified Ayurvedic healer and is an essential oils expert. She is a woman with a vision for health and wellness in it's integrative form with an audacious goal of reaching families, women specifically to educate on the power of plant medicine. She has a heart aligned with this mission and a passion to serve others in reaching their health goals.

#### **Zarine Bharda**

Zarine is intentional about leading a natural lifestyle. Essential oils expert. Engineer. Lover of food. Travel enthusiast. Hustler for causes she's passionate about. And above all else a mother of three.

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## Darbe Mehr Major Initiatives – Landscaping

The Board in conjunction with the ZSO House & Garden committee are moving forward with the next major initiative to update the Darbe Mehr. The Landscaping project is now in the Request For Quote stage.

Details of the RFQ including the scope of the project are included in this NL and are available online at the ZSO website in the NEWS section – or by clicking [here](#). The deadline for submission of all quotes is **May 31<sup>st</sup>, 2020**.

The RFQ will also be sent via email to the community and we welcome any and all referrals for this work. Please direct any questions or comments to [secretary@zso.org](mailto:secretary@zso.org).

ZSO Board of Directors and H&G Committee



## Staying Cyber Safe

Members are reminded that legitimate emails from ZSO are always sent from an address ending with @zso.org such as: [communications@zso.org](mailto:communications@zso.org) or [admin@zso.org](mailto:admin@zso.org). If it comes from other email services such as Gmail, Hotmail or Yahoo!, etc. it was NOT sent by ZSO.

Beware of and report spam to your email service provider, disregard its contents and do NOT click on any links or open any attachments.

Here are a few tips from Microsoft for reducing email spam:

1. **Take advantage of the Junk E-mail Filter in Microsoft Office Outlook:** Office Outlook helps to mitigate the problem of spam by providing the [Junk E-mail Filter](#), which automatically evaluates incoming messages and sends those identified as spam to the Junk E-mail folder.
2. **Limit the places where you post your e-mail address:** Be cautious about posting your e-mail address on public Web sites, such as newsgroups, chat rooms, bulletin boards, and so forth. When visiting public sites, you might want to use an e-mail address that is different from your main e-mail address. Remove your e-mail address from your personal Web site. Whenever you list or link to your e-mail address, you increase your chances of being spammed.
3. **Watch out for check boxes that are already selected:** When you shop online, companies sometimes add a check box that is already selected, which indicates that it is fine with you if the company sells or gives your e-mail address to other businesses (or "third parties"). Clear this check box so that your e-mail address is not shared.
4. **Don't reply to spam:** Never reply to an e-mail message — not even to unsubscribe from a mailing list — unless you know and trust the sender, such as when the e-mail message comes from a service, an online store, or newsletter that you have signed up with. Answering spam just confirms to the spammer that your e-mail address is an active one.
5. **Don't forward chain e-mail messages:** Besides increasing overall e-mail volume, by forwarding a chain e-mail message you might be furthering a hoax — and meanwhile, you lose control over who sees your e-mail address.



**Tatreli Kaleji (Pan Fried Chicken Livers)** – *courtesy of Zarin Bhathena of Halifax, NS*

**Ingredients:**

**Chili Paste:**

2 cloves garlic  
1 TBSP Jeera  
8 Green Chillies (or less to taste)  
1 bunch coriander – *(include thin stems but trim off the thick ones)*

Grind all ingredients together to fine paste and store in refrigerator until ready to use. *Note: I usually double the recipe and keep in the fridge as can be used to marinate any meat or chicken or even fish.*

**Chicken Livers:**

½ lb chicken livers – cleaned, washed and cut into 1 inch pieces.  
½ tsp. turmeric  
½ tsp red chili powder  
½ tsp dhansak masala  
2 medium sized red onions – finely sliced in half rounds  
Vegetable oil for frying

**Method:**

1. Fry onions in 2 tbsp of oil until golden brown.
2. Add 1 tbsp chili paste and cook for 2-3 minutes – stirring often.
3. Add dry spices and cook for another 2-3 minutes.
4. Add chicken livers and cook over low heat till done. *Hint: If you want some gravy with the livers then cover while cooking over low heat -otherwise leave uncovered stirring often.*

Serve hot with chapattis or bread – add a squeeze of lime for additional zest!

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**MOIST AND PERFECT BANANA BREAD** – *courtesy of Dina Amroliwalla*

½ cup butter (at room temp)  
¾ cup sugar (if using raisins or chocolate chips – reduce to ½ cup)  
2 jumbo eggs OR 3 large eggs (at room temp)  
1 cup (about 4-5 medium) mashed very ripe bananas  
1 shot strong espresso (use instant if you must)  
2 cups flour OR 1 cup AP flour + 1 cup almond flour  
1 tsp baking soda  
½ tsp each baking powder and salt  
Optional: 1 cup raisins, chocolate chips or chopped walnuts

- Cream butter and sugar together
- Beat in eggs one at a time until smooth
- Add mashed bananas and espresso, blend
- In a second bowl, stir flour with baking soda, baking powder, and salt
- Add slowly to banana mixture stirring only to moisten, then stir in nuts or raisins
- Transfer to greased 9x5x3 inch (23x12x7cm) loaf pan or jumbo muffin (with papers)
- Bake in 350F oven for about 1 hr. (40 min for silicone pan or 25-30 min for muffins) until inserted toothpick comes out clean
- Let stand 10min. Remove from pan and place on cake rack to cool. Wrap to store.



## 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-effort 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 Afreed Mistry at [evp@zso.org](mailto:evp@zso.org) for approval.

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## Miscellaneous

### ZSO Contacts:

*Emergency situations:* Khushru Chothia (416) 677-7555

*Messages on the auto-dialer:* Rostam Khosraviani (416) 277-7416 email: [autodialler@zso.org](mailto:autodialler@zso.org)

- **Please copy Mashya Amroliwalla at [president@zso.org](mailto:president@zso.org) for approval**

*Renting MGDM hall (for post-funeral prayers/rituals or for private functions):* Afreed Mistry at [evp@zso.org](mailto: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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## Zoroastrian Studies Projects International

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## اهنودگات - یسن ۴۳ - بند ۱

خدای دانا و همه توانا، فرسندی به کسی ارزانی می دارد که به هر کس، فواه هرچه باشد، فرسندی می بفتشد. من برای پیشرفت آیین راستی، فواستار نیروی تن و روان هستم. مرا از راه آرامش، آن پرتو بفش که زندگانی نیک منشی اش می خوانند.



گل سوسن - نماد جشن خوردادگان

## جشن خوردادگان (جشن جوانان) خجسته باد

فرداد یشت چهارمین یشت اوستا است و جشن خوردادگان، جشنی در ستایش و گرامیداشت «فرداد» (= خورداد) که در اوستایی «هَکُورَوَات» و در پهلوی «فُردات» خوانده می شود، و به معنی رسایی و تندرستی و کمال است و نام یکی از هفت امشاسپند در فرهنگ ایران می باشد.

در این یشت، به شفافیت بیان شده "که خداوند یاری و رستگاری و رامش و سعادت را از سوی امشاسپند فرداد به جوان پاک دین می بفتشد."

روزگاران در پی یکدیگر می آیند و می روند و نسل ها با کوله باری از تجربه و عشق به زندگانی در پی آنند که این هدیه گرانبها را بدست نسل های جوان و برومند پس از خود بسپرد. در فرهنگ بالنده و پیش برنده زرتشتی که همواره به کوشندگان راه راستی ستایش شده است، جوانان از جایگاه بسیار بالا و ارزش مندی برخوردارند.

جای دارد تا با سربلندی جشن خوردادگان را که جشن جوانان است را جشن بگیریم و این آداب پیشینیان را به نیکویی به یاد همگان آوریم. بیایید با یکدیگر، تلاشهای پی در پی و دست آوردهای جوانانمان را پاس بداریم و با این جشن، سپاسگزاری از جوانانمان را به دیگر جوامع انسانی گوشزد نماییم. باشد که این حرکت کوچک، یک سپاسگزاری از تلاش ها و دست آوردهای فرزندان تلاشگرمان برای سافتن آینده ای فراتر از نسل های پیشین و بهتر برای نسل های کنونی باشد.

## کانال تلگرام کانون فرهنگی زرتشتیان ائتاریو

کانون فرهنگی زرتشتیان ائتاریو در راستای هماهنگی و به روز رسانی سازمان (جامعه) کانال تلگرامی را راه اندازی نموده است. از همه شما گرامیان خواهشمندیم تا در جهت گسترده نمودن این کانال لینک و نشانی این درگاه را به دوستان، آشنایان و فواستاران دیگر آگاهی رسانی نمایید. مُشنود فوایم شد تا پیشنهاد های فویش را به ایمیل آدرس [kanoun@zso.org](mailto:kanoun@zso.org) برای ما ارسال فرمایید.

<https://t.me/zsokanoun>

## گهنبار چهره میدوزم گاه

مراسم گهنبارخوانی چهره میدوزم گاه در روز یکشنبه ۳ می (Sun. May 3<sup>rd</sup>) در ساعت ۱۱:۰۰ بامداد در بهر مهره بان گیو برگزار می شود. با توجه به در فواست وزارت بهداشت کانادا و به منظور جلوگیری از گسترش ویروس کرونا، مراسم اوستا خوانی آن همزمان از کانال یوتیوب انجمن زرتشتیان ائتاریو برای همکیشان پخش می شود. برای دسترسی روی این لینک کلیک نمایید:

<https://youtu.be/g6m16brBIMM>

هما زور بیم و هما زور هما اشو بیم

## ورزش و سلامتی

با توجه به در فواست وزارت بهداشت کانادا و به منظور جلوگیری از گسترش ویروس کرونا در بین افراد جامعه همه گردهمایی ها و رویدادهای ورزشی برگزار نخواهد شد امید داریم که با همکاری و رعایت دستورالعمل های بهداشتی هر چه زودتر این بیماری ریشه کن و دوباره با سلامتی به دور هم گرد ایم.



تجاس با ما

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

## گردهمایی ماهیانه بانوان

با توجه به در فواست وزارت بهداشت کانادا و به منظور جلوگیری از گسترش ویروس کرونا در بین افراد جامعه همه گردهمایی ها و رویدادهای ورزشی برگزار نخواهد شد



# Coronavirus Disease 2019 (COVID-19)

## Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

[Printer friendly version](#) 

### How to Wear a Cloth Face Covering

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape



### CDC on Homemade Cloth Face Coverings

[CDC recommends](#) wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

### Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

Yes. They should be routinely washed depending on the frequency of use.

### How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a face covering.

### How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing.





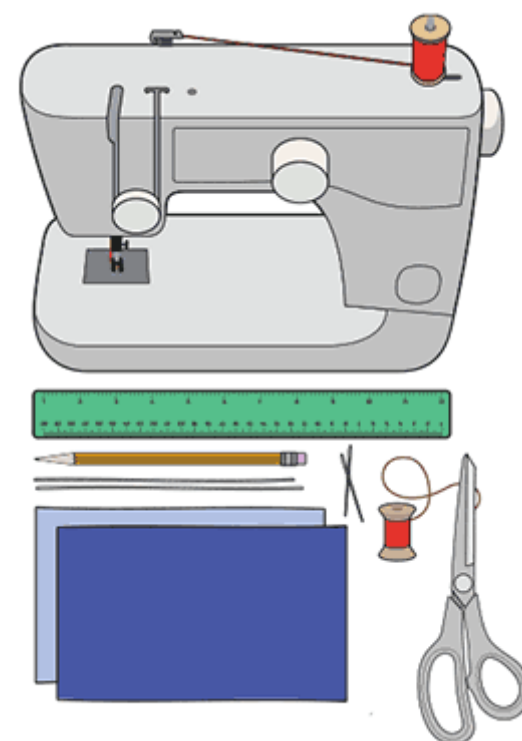
# Sew and No Sew Instructions

## Sewn Cloth Face Covering

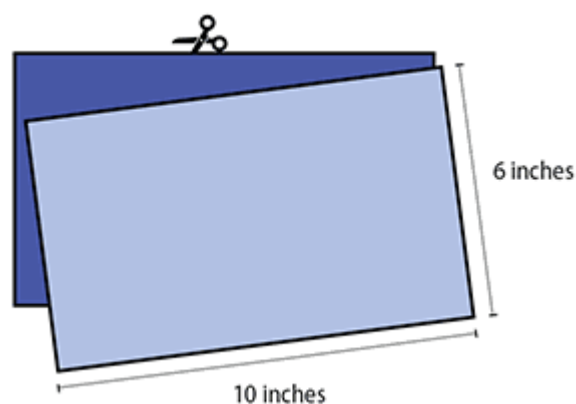
### Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

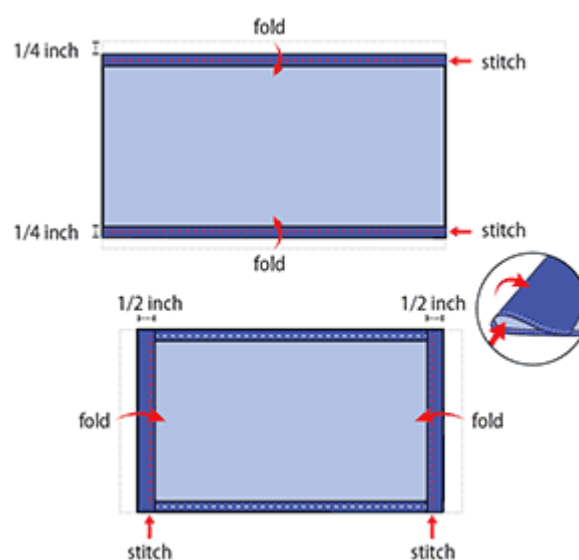
### Tutorial



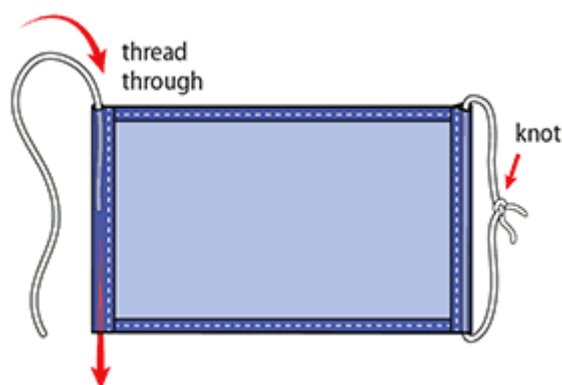
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the mask as if it was a single piece of fabric.



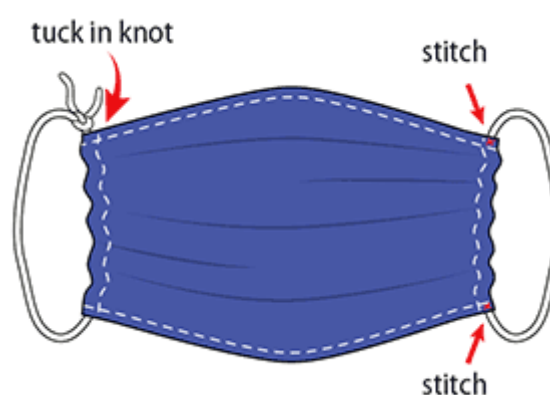
2. Fold over the long sides  $\frac{1}{4}$  inch and hem. Then fold the double layer of fabric over  $\frac{1}{2}$  inch along the short sides and stitch down.



3. Run a 6-inch length of  $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the mask. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the mask behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the mask on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.



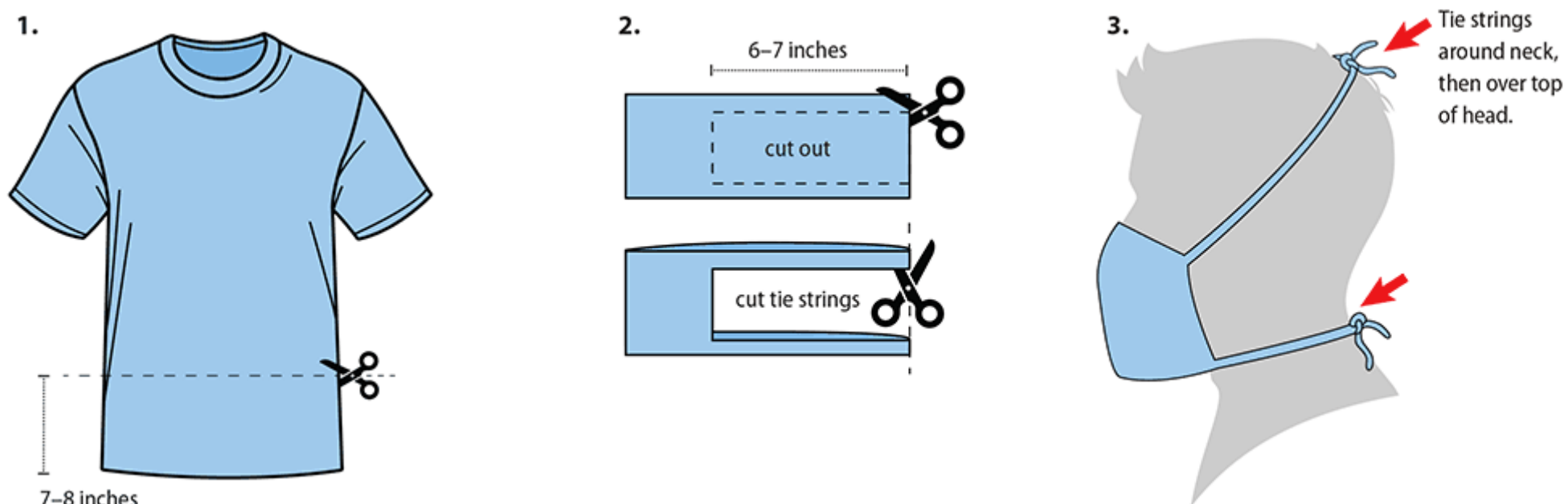
## Quick Cut T-shirt Face Covering (no sew method)



## Materials

- T-shirt
- Scissors

## Tutorial

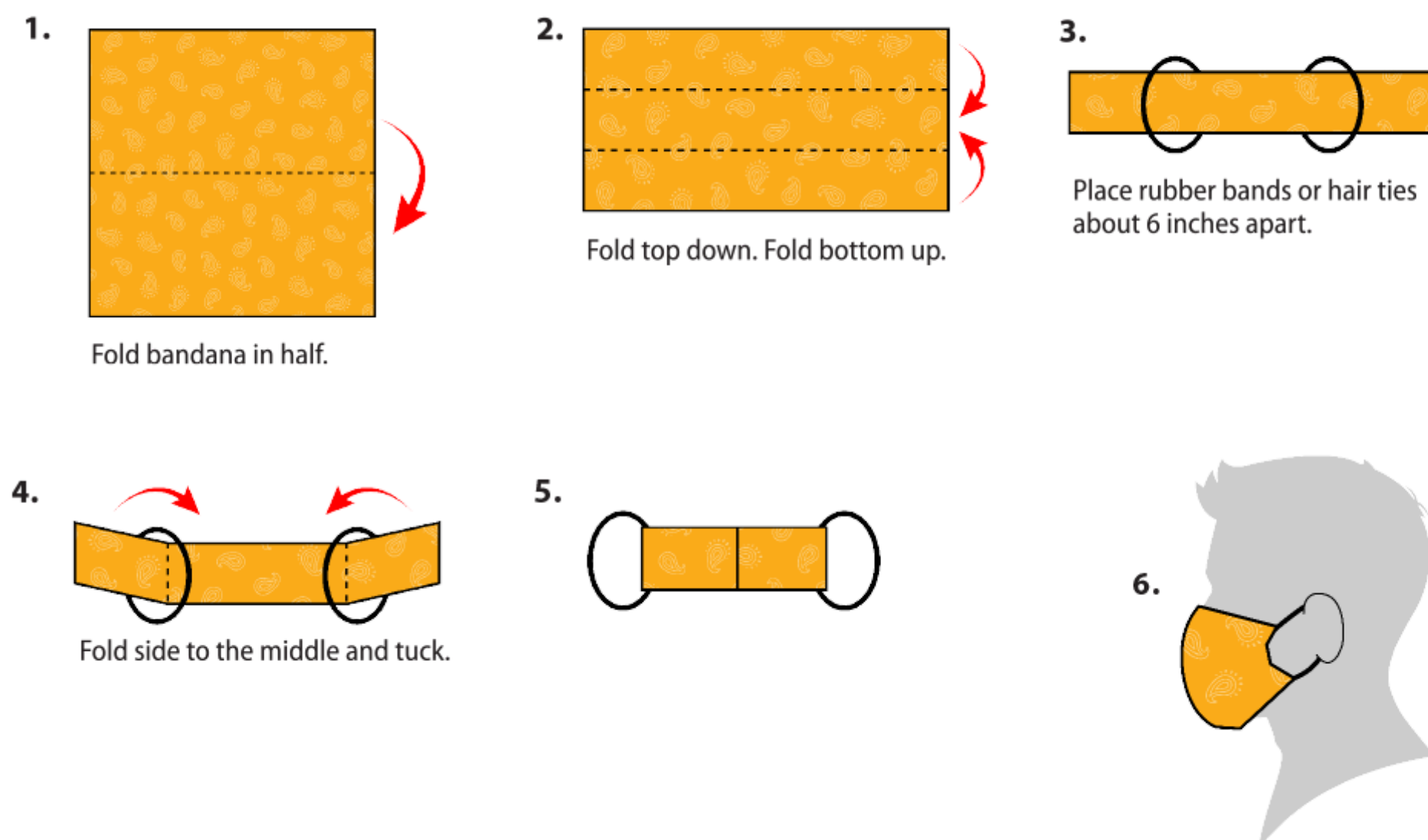


## Bandana Face Covering (no sew method)

## Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

## Tutorial







# 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 \$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**





# ZOROASTRIAN SOCIETY OF ONTARIO

3590 BAYVIEW AVENUE, TORONTO, ONTARIO M2M 3S6

## MEMBERSHIP FORM

Membership Application: ☐ Renewal ☐ New Member      Membership Year April 1<sup>st</sup> 20\_\_\_\_ - March 31<sup>st</sup> 20\_\_\_\_

### Membership Category/Fees

<input type="checkbox"/> <b>Family</b>	<input type="checkbox"/> <b>Individual</b>	<input type="checkbox"/> <b>Student</b>	<input type="checkbox"/> <b>Senior</b>	<input type="checkbox"/> <b>Family senior</b>
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), 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

*(Regular mail will incur a \$5/month charge – payable annually for a total of \$60. Please include this cost in your membership fees total below.)*

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 \_\_\_\_\_