



Zoroastrian Society of Ontario

Newsletter – November 2020
Volume 47, Number 4

MEHRABAN GUIV DARBE MEHR

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WHAT'S NEW, PRES?

The month of October brings together the Zoroastrian community in a unique way. We have Mehregan to start the month and Halloween to close it out! The first is our traditional ancient Persian Autumn Festival, with the community coming together to give thanks for a bountiful harvest as well as look forward to the next Norooz. Mehregan also marks the mid-way point on the Zoroastrian and Persian calendar. Like so many other events before it, this year, Mehregan was celebrated with the community online, live-streamed from the Mehraban Guiv Darbe Mehr. Check out the detailed report and pictures in the Newsletter!

The Board acknowledges and thanks our past Treasurer, Artadner Farhadi for helping complete and file the Annual Charity Return together with Treasurer Afshin Homaie, as this year's AGM was near the filing deadline.

Thanks to Mitra Jam, our Wednesday Yoga sessions continue online and are truly appreciated by all who attend. If you have not joined one yet, what are you waiting for? Oh, Wednesday, right! Yes, do join next Wednesday from 6 to 7 PM; look out for an email reminder or set one up on your own!

These past couple of months a spark has been growing into a fun movement – Basic Farsi Fun! The brainchild of Mehrnaz Dehmiri, Nadia Jam, Fravash Chothia and some of our enthusiastic community-members, this is a Facebook group formed to share and learn Farsi with Zarthushti flair! For those who want to learn from scratch, it is a great place to start, where you're among friends and will get 100% encouragement, 0% judgement. For those of you who are fluent, do share your Farsi knowledge and help spread our beautiful ancient language! Join BFF today by clicking on this link [BFF \(Basic Farsi Fun\)](#).

Quiz Nights made a come-back after a summer hiatus! And the theme was... you guessed it, Hallowe'en! The Youth did it again, organizing another successful online Quiz night – thank you to our sponsors, organizers and most importantly, participants. And congrats to the winners! Do look out for the next event soon!

The end of the month brings Hallowe'en, which while celebrated differently this year, just like everything else, will indeed be celebrated.

In November, as we do each year, the Board expresses its gratitude to ZSO's dedicated and selfless volunteers. Communication for this year's Volunteer Appreciation event will follow soon.

As always, I would like to encourage you and your Zarthushti family and friends to continue to support ZSO and please help grow our membership. The easiest way is by clicking Join Us at www.zso.org

Till next time, stay safe and enjoy the extra hour of sleep on Sunday, November 1st, when Daylight Savings Time ends.

Tandarosti,
Mashya Amroliwalla
President

Darbe Mehr – Re-Opening Guidelines

As a reminder, the MGDM is now open for visits with below revised hours of operation:

Tuesday 5pm - 8pm
Saturday 9am - 12pm

All visits to the MGDM remain by appointment only and **MUST** be booked in advance by contacting evp@zso.org OR asstsecretary@zso.org and receiving a confirmation. Please note, ***if you show up at the Darbe Mehr without a confirmed appointment time - your entry may be denied.***

Here is what is allowed as per the COVID-19 Guidelines for stage 3 according to the health and city requirements:

1. Participation of religious services limited to 50 people including the priest(s), COVID-19 dedicated volunteers and cleaning crew
2. Drop in visits to the MGDM are by appointment ONLY - contact evp@zso.org or asstsecretary@zso.org to book your visit
3. Wedding ceremonies are permitted following the guidelines
4. Wearing a non-medical mask/face covering is mandatory
5. Maintain a social distance of two meters/six feet
6. Bring your own prayer book and head covering
7. Follow entry and exit signs
8. Use the online self-assessment tool before every visit to the MGDM
9. Visitors must self-screen with the ZSO volunteer present when entering the MGDM at each visit. The volunteer will record the date, their name and contact information (phone and/or email) and that will only be used for contact tracing for COVID-19 purposes and will only be kept on file for 30 days.
10. Click [here](#) for more details on reopening of **Faith Based Organizations in the City of Toronto.**

Suspended Services:

1. Social gatherings, including those that occur before or after a prayer service remains suspended
2. Navjote and other close contact activities
3. Consumption of food and drink remains suspended
4. Indoor singing, use of instruments and choir service
5. Sharing and distribution of materials and objects such as books, scarves, caps, water, etc.
6. Avoid opportunities for the virus to spread through touch, either directly or indirectly through surfaces and objects, including objects that may be used in rituals or ceremonies.

We continue to encourage all our members to watch our prayers online.

Please subscribe to the ZSO YouTube channel at the following link and turn notifications ON to be alerted of all upcoming events.

<https://www.youtube.com/channel/UC3aC8WOPppyQFjcTcFcaGQ>

North American Mobed Council and FEZANA Joint Statement on COVID-19 – Risk Mitigation for Places of Worship

FEZANA and NAMC have joined forces to offer guidance on reducing risk exposure for our mobeds, priests and congregations. The full report can be found [here](#) or www.zso.org under COVID-19 Updates.

Mehregan Celebrations 2020



After over 30 years of celebrating Mehregan in person with a packed audience at the Mehraban Guiv Darbe Mehr, Toronto; the year 2020 brought this to a virtual celebration.

The program started with prayers and explanation of Mehregan in Farsi and English by Mobed Kerman Katrak. The speech outlined the significance of the Festival; how it originated and why has it survived for so many thousands of years.

Next, were Gatha recitals and translations in Farsi and English by Soheila Shidfar and Kerman Katrak.

The celebration continued with a speech on the "History of Mehregan" by Bahman Moradian, who has a Master of Arts in Cultures and Languages of Ancient Iran and a Ph.D from Paris, France. Boman has also taught Old and Middle Iranian Languages in Universities, is a Founder of Bondahish Research Center and writes regularly on Amordad Website.

The Festivities continued with our own youths entertaining us virtually with a Violin and Piano Recital by Raiti and Radman Behdinan and a rendition by Tara Jam, who not only is a professional singer, but composes, choreographs, and releases her own music. Mehregan Music videos by other artists were also played virtually.

This was followed by a speech from ZSO President, Mashya Amroliwalla.

The Community would like to extend their thanks and appreciation to Kanoun, numerous volunteers including Rostam Khosraviani, who is in charge of the Farsi edition of the Newsletter; our Custodian Farrokh Farahdian and the tireless and selfless contributions by our IT group, especially Pedram Yazdani, who ensures that all virtual events go without any technical glitches.



The full program can be watched by anyone online at [www.youtube.com/Zoroastrian society of ontario](http://www.youtube.com/Zoroastrian%20society%20of%20ontario).

Article submitted by Kerman Katrak.

Condolences

Thrity Madon, on October 9th, 2020 in Oakville, Ontario. Wife of late Russy Madon, mother of Khurshed Madon, Hutokshi Madon and Kermin Byramjee; mother-in-law to Sharon Madon and Marzi Byramjee, sister to Asad Talati, Freni (deceased), Keki (deceased) and Purvez (deceased). May her soul rest in peace.

Perwin Irani, on October 9th, 2020 in Mississauga, Ontario. Mother to Niloofar Irani and Navazer Irani (Bombay), mother-in-law to the late Jamshed (Jumbo) Irani and Sanobar Irani (Bombay). Grandmother to Natasha, Karl, Cyrus and Elsa and great-grandmother to Zain, Zaahan, Mackenzie and Stirling. May her soul rest in peace.

Condolences

Kyoumars Azargoshasbi on October 25th. Husband of Mahnaz Farhadi, father of Atoosa Azargoshasbi, father-in-law to Shahryar Mehrazar, grandfather to Nikita and son-in-law of Freny Farhadi (Behboodi). May his soul rest in peace.

Beman Khosraviani, on October 22nd in Tehran, Iran. May his soul rest in peace.

Mind is Medicine – Mickey Mehta

The ZSO Entertainment Committee along with the OZCF Youth Committee co-hosted an interactive talk via zoom led by the acclaimed Dr. Mickey Mehta, “Mind is Medicine” which was well received by the community. Dr. Mehta is a leading Indian holistic health and wellness expert and fitness guru.



It was a pleasant surprise to see that the audience was not limited to individuals from Ontario or Canada but people from all over North America tuned in.

With Afreed Mistry moderating, Dr. Mehta took several questions from the audience on a wide array of topics ranging from yoga, diet, circadian rhythm, Zoroastrian prayers, positive and negative energies and how they influence us and much more.

We got very good feedback after the session with many people who heard Dr. Mehta speak for the first time highly impressed and left wanting more. The Entertainment committee will try to arrange another talk with him in collaboration with OZCF in the coming year.

Submitted by Afreed Mistry

Urgent Appeal – Kiana Aria

Kiana Aria – daughter of Zubin and Brinda Aria has been diagnosed with kidney failure at just 20 years old. Both her kidneys are working below 5% and she has begun Dialysis treatment 4 hours x 3 times a week until a kidney donor can be found. A 'living' kidney donation typically will last Kiana longer and give her better functioning capability in life. All our research shows that humans need one kidney to live a healthy long life. For more information please visit <http://www.kidney.ca>

If you are Blood Type A+ with no pre-existing medical conditions including high blood pressure or diabetes - please consider being a donor for Kiana.

Please reach out directly to Zubin using contact details below.

God bless and we thank you in advance for adding Kiana in your prayers.

Zubin and Brinda Aria
1701 Silverthorn Square, Pickering, ON L1V 5C5
Phone: 416 575 6362
Email : ariazubin@gmail.com

Submitted on behalf of Zubin Aria.

ZSO Scouts Update – October 2020

We had our first regular Zoom meeting on October 4th after the opening and swim up to cubs. Attended by two leaders, Scouter Avan, Scouter Hoofrish and Scouter Zruvan and 4 cubs.



Scouter Zruvan conducted the meeting and did an activity with the youth. We had a brief introduction of each youth and leader. The Cubs learnt different knots and practiced each. We then asked each youth to practise at home and share pictures as well.

During the 2 week break cubs worked on their cooking badge work with each sharing videos of themselves cooking - breakfast somehow became the theme of the cooking badge. Cubs prepared very yummy meals so we have eager cooks for our camps now.

On October 18th, Scouter Hoofrish conducted her first meeting on zoom and had an interesting question/ answer session related to Camping. All youth enjoyed. All 3 Cub leaders and all 5 Cubs attended the meeting.

On October 4th, the Beavers also had their first regular Zoom meeting after the opening - swim ups etc. Mandana conducted the meeting and did an activity with the youth – the meeting was extended to finish off all events. In total we had 8 beavers & 3 leaders attend.

An opening & closing ceremony was conducted to help the new beavers learn the process. Given the virtual environment – this was a bit of challenge we all are learning and growing in this new world together.



October 18th was another regular zoom meeting Kashmira conducted her first meeting on zoom and made all the kids do a Halloween activity. As you can see by the smiling faces – everyone had a great time!. There were 10 beavers & 3 leaders attending.

We look forward to expanding the activities through the ZOOM meetings through out the year.

Submitted by Zruvan Chothia.

City of Toronto - Youth and Family Resources

The City of Toronto has a number of Resources available for free to help support youth and their families. This includes stay and play for children at home, employment connections and mental health support. Please visit the ZSO web site for a listing of all of the available services at this [link](https://zso.org/).

Gen-Z - Terminology



Gen-Z terminology, definitions and common usage:

1. **Fit:** A noun referring to one's outfit and appearance.
2. **Rocking:** A verb describing the action of wearing a garment or representing an attitude.
3. **Fire:** An adjective used to describe an object or event that is stimulating, exciting and pleasing.
4. **Cap/No Cap:** "Cap" is a slang term for "lying"; when used proceeding the word "No" it means "not lying".
5. **Ight:** Abbreviation of the word "Alright".
 - Other forms: "aight"
6. **Basic:** An adjective describing an idea or an object that is unoriginal and mainstream. This term typically has a negative connotation associated with it.

Submitted by Avakhshia Pour-Bemani

RGFO – Board Members

As committed at the AGM held Sunday, September 20, 2020, below is the current list of Board members of the Rustom Guiv Foundation (Ontario), RGFO:

Position	Name
Chair	Shapour Guiv
President	Sam Vesuna
Vice-President and Secretary	Bijan Bahmanian
Treasurer	Aflatoon Aflatooni
Board-Member	Sarosh Contractor
Board-Member	Shahriar Sotoudehnia
Board-Member	Touraj Rahnamoun
Board-Member - ZSO President	Mashya Amroliwalla
Board-Member – ZSO Vice-President	Anahita Ogra

Please contact RGFO directly for any further information.

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

-Oprah Winfrey

Newsletter Requests

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

Editor: Armaity Bamji (newslettereditor@zso.org)

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

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

Miscellaneous

ZSO Contacts:

Emergency situations: Khushru Chothia (416) 677-7555

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

- **Please copy Mashya Amroliwalla at president@zso.org for approval**

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

Newsletter advertising rates:

Inserts: \$200 Quarter page/Business card: \$55 Half page: \$75 Full page: \$125

Miscellaneous two-liners: \$15

10% discount for 12 consecutive months of advertising.



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And much more.....



Pearl K. Chothia # 416 917 7402
241 Kingscross Dr, King City, ON
L7B 1E7
Email: zstudies@hotmail.com
www.zstudies.ca

اهنودگات - یسن ۴۳ - بند ۷

آن گاه ای مزدا اهورا تو را پاک و مقدس شناختم که اندیشه پاک به من روی آورد و از من پرسید: کیستی؟ و از کدام خاندانی؟ هنگام تردید و دودلی چه راهی را برفواهی گزید؟ راهی که به سود برادران و نزدیکان دوست و یا آن که به سود خودت می باشد؟



جشن آذرگان فرخنده باد

آذر به پیم (معنی) آتش است و یکی از چهار آفشیچ (عنصر پاک کننده) نزد زرتشتیان می باشد. از آنجا که آتش بهترین عنصر پاک کننده و گرما بخش است از زمانهای قدیم مورد احترام بوده است. زرتشتیان در جشن آذرگان مانند سایر جشن ها به آذرین ها می روند و با خواندن اوستای آتش نیایش، اهورامزدا را سپاس گفته و پس از نیایش به شادی می پردازند.



ورزش و سلامتی

با توجه به درخواست 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.



کانال تلگرام کانون فرهنگی زرتشتیان ائتاریو

کانون فرهنگی زرتشتیان ائتاریو در راستای هماهنگی و به روز رسانی هازمان (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 خواستاران دیگر آگاهی رسانی نمایید. مُشنود خواهیم شد تا پیشنهاد های فویش را به ایمیل آدرس kanoun@zso.org برای ما ارسال فرمایید. <https://t.me/zsokanoun>

گردهمایی ماهیانه بانوان

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

تماس با ما

انتقادات، نظرات و پیشنهادات سازنده خود را با ما یا ایمیل آدرس kanoun@zso.org در میان بگذارید.

جشن آذرگان بر همه همکیشان خجسته باد



ZSO COMMITTEES: 2020-2021

Committee	Chair/Co-Chairs	Contact	Board Liaison
Children's Religion Class	Kermin Mehta Khurshid Engineer (Vice-Chair)	kermin_mehta@yahoo.ca khurshid.engineer@rbc.com	Hoofrish Patel
Constitution	Mashya Amroliwalla (interim)		Armaity Bamji
Entertainment	Pearl Chothia Yezdi Sheriar	entertainment@zso.org	Zamyad Meherji
Helping Hands	Minoo Bharda	m2bharda@hotmail.com	Anahita Ogra
House & Garden	Mehrnaz Dehmiri (interim)		Mehrnaz Dehmiri
Interfaith	Freddy Mirza	Mirzafa2003@yahoo.ca	Mahshad Khosraviani
Investment	Bahram Hakhamaneshi Sam Vesuna Khushroo Tarapore	bahram@me.com sam.vesuna@sympatico.ca khushroo.tarapore@gmail.com	Afshin Homaie
Iranian Cultural Kanoun	Behram Pourbemani	bbemani@yahoo.com	Mehrnaz Dehmiri
IT	Meherwan Wadia	meherwan.wadia@gmail.com	Anahita Ogra
Lectures	Negar Khodadadi	negarkhodadadi@yahoo.com	Dara Panthakee
Library	Aban Amroliwalla	abanpa@yahoo.com	Dara Panthakee
Long Term Planning	Bahman Moradian	bahman_moradian@yahoo.fr	Zamyad Meherji
Membership	Kersi Khambatta Khorshid Zandian	goldkk101@hotmail.com khzandian@yahoo.com	Armaity Bamji Mehrnaz Dehmiri
Muktad	Putli Mirza Khurshid Engineer	pnmirza@gmail.com khurshid.engineer@rbc.com	Mehrnaz Dehmiri
Newsletter	Armaity Bamji	newslettereditor@zso.org	Armaity Bamji
Religion	Ervad Hoshang Udwadia	hudwadia@hotmail.com	Hoofrish Patel
Scholarship	Darius Bharucha	xermgr@rogers.com	Mahshad Khosraviani
Scouts	Kersi Khambatta Rohin Kiash	goldkk101@hotmail.com rohinkiash@gmail.com	Anahita Ogra
Seniors	Yasmin Khory	faryas@hotmail.com	Anahita Ogra
Youth & Sports	Araash Chothia Fravash Chothia	araashchothia@gmail.com fravash1234@gmail.com	Zamyad Meherji
FEZANA Liaison	N/A	evp@zso.org asstsecretary@zso.org	Hoofrish Patel Zamyad Meherji
ZSO Calendar and DM Booking	N/A	evp@zso.org	Hoofrish Patel

October 21, 2020

Dear friends,

This summer, we appealed to all Zarathustis in the United States and Canada regarding our goal to reach \$100,000 donations for the B.D. Petit Parsee General Hospital before the August Shehanshahi New Year. Thanks to you all we reached our goal and sent \$100,000 and the Hospital (Rs7,432,770)! There are no words to express our thanks, from the \$25 to the \$5,000 donations received. We also thank the Zoroastrian Associations who collected on our behalf.

THANK YOU, THANK YOU, THANK YOU.

As the coronavirus continues to spread all over the world and turns our lives upside down, we heard from the B.D. Petit Parsee General Hospital about their unique hardship. On March 26th, they started treating Covid-19 patients and have not stopped. The Hospital informed us that about \$400,000 was needed for the additional COVID-related expenses and the cost of personal protective equipment. Our \$100,000 donation from North America will help fill this void.

The Hospital is very thankful for our generous gift and writes, “The Managing Committee places on record your valuable financial support for this noble cause year after year and convey our sincere thanks for this munificent donation to you, as also to all our donor friends and well-wishers.”

Please stay safe for the rest of this year and next year. We wish all of you good health and happiness and pray that this pandemic will be controlled and life will continue even better than before.

Sincerely,

Yasmin and Jamshed Ghadiali
2686 Belcher Street
Baldwin, NY 11510-3937
(516) 378-4516
ghad@optonline.net



COVID-19

Do you have any of the following:



Fever or chills



Cough



**Difficulty breathing or
shortness of breath**



**Sore throat,
trouble swallowing**



**Runny/stuffy
nose**



**Decrease or loss
of taste or smell**



**Nausea, vomiting,
diarrhea**



**Not feeling well
extreme tiredness,
sore muscles**



**Have you had close contact with a confirmed or probable case
of COVID-19 without wearing appropriate PPE?**



**Have you returned from travel outside Canada in the past
14 days?**



**If you answered YES to any of these questions, go home
& self-isolate right away. Call Telehealth or your health
care provider, to find out if you need a test.**

[TORONTO.CA/COVID19](https://toronto.ca/covid19)

 **TORONTO** Public Health



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 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"/> Family senior
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

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 _____