



WHAT'S NEW, PRES?

Moms are to be celebrated every day of our lives; Mothers Day in May brings that year-round celebration to its peak, and we wish Mothers everywhere love and our deepest gratitude.

May also brings with it better weather, blooming gardens, and Canada's unofficial (or is it official?) start of summer with the Victoria Day long weekend.

While the weather and the province's cautious re-opening plan – contingent upon two major factors, namely growing vaccination rates and falling critical COVID cases – are both cause for optimism, your Board continues to work hard to complete and mail out the AGM package.

To remind members, the ZSO AGM is scheduled for Sunday, July 18th, 2021. Important dates to keep in mind are:

- Completed [Nomination Forms](#) are due by 11 AM on Sunday, June 13, ensuring your proposers and your membership is renewed for 2021-22. Forms are also in the Newsletter
- Members who have not renewed their membership by June 1, 2021, will stop receiving communications from ZSO after this date. Upon renewal, communications will be resumed
- Membership renewals must be completed by Sunday, July 11th, 2021, to be eligible to vote at the AGM

I am very pleased to inform you that at the last FEZANA AGM held on Saturday, May 8, 2021, on Zoom, it was announced that FEZANA has successfully raised US\$1.1 million for the establishment of the FEZANA Professorship in Zoroastrian Languages and Literature at the University of Toronto, and the University has created the Endowed Fund for this Professorship. ZSO has transferred donations totalling \$166,751 received towards the Professorship to the University of Toronto on April 30, 2021. This is a huge achievement for the Zoroastrian community here in North America and world-wide for generations to come and is the culmination of several years of effort by many individuals, organizations and most of all, the generosity of every single donor. Details coming soon on FEZANA's website.

While Canada, the US and some other countries have acquired and are actively administering vaccines to its citizens, we are reminded that several countries are lagging severely behind. Responding to a recent [appeal](#) to support COVID medical relief efforts in India, your Board has sanctioned a donation of \$1,000 toward the same from ZSO's Medical Aid fund. FEZANA has kindly agreed to receive the donation and collaborate with WZO Trust Funds to help those in need.

I feel fortunate to have received my first COVID vaccine and eagerly await the second dose to be fully vaccinated. I strongly urge you to do the same, with the hope these steps will move us closer to a gradual and safe re-opening in line with Public Health guidelines. Please contact your Board if we can be of any assistance and feel free to reach out to me.

Reminding students that the 2020-21 ZSO Academic Scholarship application is now open. Please click [here](#) for details and to apply.

Tandarosti,
Mashya Amroliwalla, President

MGDM - UPDATE

Keeping the health and safety of our custodian and members as top priority, as well as following the changes under the Emergency Management and Civil Protection Act (EMCPA) for places of worship and the specific conditions which include limiting capacity and ensuring that public health measures are followed such as face coverings, physical distancing and environmental cleaning and disinfecting, the ZSO Board of Directors has decided to CLOSE the Mehraban Guiv Darbe Meher (MGDM) until further notice.

All upcoming visits to MGDM are cancelled except for any post-funeral prayers with a limited capacity of 10 people including the priest and custodian. These bookings MUST be booked by contacting Hoofrish Patel (evp@zso.org).

When visiting the MGDM please be reminded of the following mandatory requirements and guidelines:

- Use the online [self-assessment tool](#) before every visit to the MGDM
- Wearing a non-medical mask/face covering is **mandatory**
- Bring your own prayer book and head covering
- Refrain from bringing Sukhar, loban or other prayer related items from home
- Maintain a social distance of two meters/six feet
- Follow entry and exit signs
- Social gatherings, including those that occur before or after a prayer service remains suspended
- 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

Suspended Services

- Drop in visits
- Social gatherings, including those that occur before or after a prayer service remains suspended
- Navjote, weddings and other close contact activities
- Consumption of food and drink remains suspended
- Indoor singing, use of instruments and choir service
- Sharing and distribution of materials and objects such as books, scarves, caps, water, etc.

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/UC3aC8WOPppyeQFjcTcFcaGQ>

We thank you for your patience and appreciate your cooperation.

ZSO Board

Ontario Expanding Access to Dental Care and Affordable Prescription Drugs for Vulnerable Seniors

The Ontario government is updating the income eligibility thresholds for the Ontario Seniors Dental Care Program and the Seniors Co-Payment Program to allow more of Ontario's most vulnerable seniors to have access to dental care and affordable prescription medications.

- Ontario Seniors Dental Care Program – Details and Application [SENIORS DENTAL](#)
- Seniors Co-Payment Program – Details and Application [SENIORS CO-PAY](#)

Please visit [MINISTRY OF HEALTH](#) for updated news and details on all health matters.

ZSO Annual General Meeting – 2021

This year – subject to prevalent conditions – the Zoroastrian Society of Ontario's Annual General Meeting will be held on Sunday, July 18, 2021 at 11 AM Eastern Time.

The backbone of any religious not-for-profit charity, such as ZSO, is its membership. And ZSO is blessed to have a wealth of selfless, dedicated and talented members, like you, passionate about volunteering to serve and strengthen our vibrant Zoroastrian community together.

Your Board is excited to confirm the following positions become vacant at the upcoming AGM:

President – 2 Year Term
Vice President – 2 Year Term
Secretary – 2 Year Term
Assistant Treasurer – 2 Year Term
Executive Officer 2 – 2 Year Term (1 Year if filled by outgoing President)
Assistant Secretary – 1 Year Term

If you've ever wanted to showcase your talent, air your ideas and collaborate with passionate fellow Zoroastrians, in Ontario, across North America and around the world, complete a nomination form as the first step to bring your vision to life!

Oh and did we mention, this year ZSO proudly completes its 50th year.... Yes, it's the organization's Golden Jubilee year; such a memorable milestone in our ongoing journey!

We certainly feel tremendous gratitude to the visionary founders and volunteers who have achieved so much for ZSO in it's first 50 years. And by the Grace of Ahura Mazda, we are thrilled to start the next 50 years and more, with you leading the way to realize the vision of the next generation!

So what are you waiting for? Just complete and mail the [nomination form](#) to the address below or email to secretary@zso.org by 11 AM Eastern Time on Sunday, June 13, 2021:

Secretary
Zoroastrian Society of Ontario
3590 Bayview Ave
Toronto ON M2M 3S6

It's your turn to make a positive impact on our shared Zoroastrian destiny!

Membership Renewals – 2021/2022

Your ZSO membership renewal was due on April 1, 2021. ZSO recommends completing your renewal online, securely, at www.zso.org and receive immediate confirmation. Click [here](#) for a step-by-step guide.

We are happy to announce that we currently have over 55% of our members renewed to date. Of these – over 50% have renewed online. We encourage all members to renew as soon as possible to avoid missing any communication from the ZSO. If renewal is not completed by June 1st – then you will no longer receive regular emails/newsletters or auto-dialler messages.

If you need additional help or have any questions, please email secretary@zso.org. For technical questions – please email admin@zso.org.

ZSO Academic Scholarship 2021

Calling all Students – below is a link to the ZSO Scholarship application for 2021. The deadline to receive applications is 19th July 2021 and as per past practice, the selected recipient will be announced during the Shenshai Navroze celebrations on August 16th 2021.

Please visit the link below to download and complete the application and feel free to forward to any Zoroastrian youth who may be eligible.

[ZSO Academic Scholarship Application 2021](#)

FEZANA Scholarships – Applications Now Being Accepted

Did you know that FEZANA awards more than \$70,000 in scholarships every year? The application portal is now open and will close on July 1, 2021 at 23.59. EST. For more information and for the application, please visit: <https://fezana.org/scholarships/>

Scholarships are available for students who are pursuing graduate studies, undergraduate studies, performing and creative arts, culinary arts, and sports. Scholarships range from \$1,000 to \$10,000 and are based on academic standing, community service, and financial need.

Candidates can apply in multiple categories by filling out the same common application form.

FEZANA Scholarship Committee academicscholarships@fezana.org

Parliament of World Religions – FEZANA

FEZANA will be participating in the **8th Parliament of World's Religions** and invites you to register (see Early Bird registration info below) and participate in the **8th Parliament of the World's Religions**, hosted for the **first time virtually, this year on 17-18 October, 2021**.

The theme of this parliament is ***"Opening our Hearts to the World: Compassion in Action."***

Three programs we'd like to focus on submitting on behalf of FEZANA are:

- *Panel Discussion on Zoroastrian Perspective on Environmental Sustainability and Climate Action*
- *Music Performances (vocal and instrumental)*
- *Religious Ceremony or Observance (e.g. Navjote ceremony, Mukta observance/ceremony, jashan ceremony)*

If you'd like to participate as a speaker, performer, or be a part of the creative team for **programs submitted by FEZANA**, or if you would like to lead the production of a program, please contact us with your interest as soon as possible, but latest by 11th May, 2021. We highly encourage the youth of our NA Zoroastrian community to actively engage themselves in this parliament.

If you want to submit your independent proposal for a program or an event independently, please go through all the information at <https://parliamentofreligions.org/webform/2021-program-proposal-form>

You can take advantage of the **Early Bird registration of \$50/person** ending on **31st May 2021** (versus the regular registration of \$90/person) by registering at <https://parliamentofreligions.org/webform/2021-parliament-worlds-religions-registration>

Darbe Mehr Initiatives

As part of the Board's ongoing commitment to ensure the upkeep of our Darbe Mehr – the following key initiatives are in scope for 2021:

- Flashing and metal cladding of our external roof wooden panels,
- Repairs to our 2nd floor balconies, windows framework, main gate entrances (Bayview and Creekside)
- Asphaltting the outdoor premises
- Repair mesh and repainting of our stucco walls
- Rewiring as required
- Interlocking and Patio

As communicated in the February 2020 Newsletter – a process has been put in place to ensure fairness, transparency and best value. An RFQ form for each of the work items will be shared accordingly.

While this is subject to change based on practical needs and situations, the intent is to deliver the best value to the ZSO, conduct the entire process transparently from start to finish, comply with all applicable laws & regulations and keep ZSO members as well as the Rustom Guiv Foundation (Ontario) (ZSO's lessors) informed every step of the way.

We are confident ZSO members and the Zoroastrian community will come together to bring these and other future initiatives to fruition so that future generations continue to enjoy this beautiful property nestled in the heart of the GTA.

Any questions and/or interest in submitting a tender for any House & Garen initiative should be sent to Kersi Khambatta goldkk101@gmail.com or Mehernaz Dehmeri AsstTreasurer@zso.org.

Together we can do so much; alone, so little. Let us come together!

Staying Cyber Safe



Protect your personal email ID - do not share it in public or social media forum

Protect the email IDs of people you know. When sending emails to several of your contacts, do NOT add email addresses in the TO or CC field; add them in the BCC field instead so they are only visible to you

Report and delete spam - if you don't recognize the sender's email address, do NOT trust the email's contents

Beware of scams as they may come your way by post, phone, text message, email, social media and other means

Beware of phony offers - if it's too good to be true, it almost certainly isn't

If in doubt, always check with someone you trust - Cyber-safe is Cyber-strong!

Power of Mindfulness – Relieving Anxiety

Breath in (hold 4 seconds) Breath out (4 Seconds). From Dubai, Delna Mistry who's a professional Mediation and Wellbeing coach sat with the ZSO members on the morning of May 8th for a refreshing presentation on breathing techniques and anxiety relieving practices.



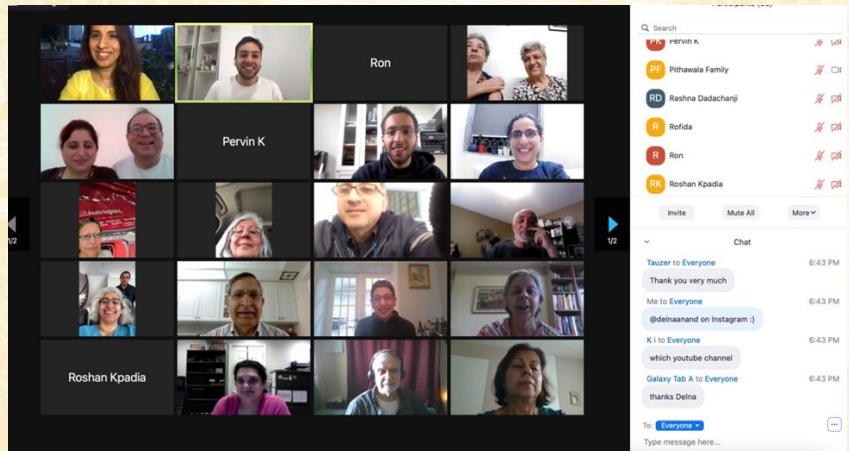
Delna showed us the many breathing methods and when to use what depending on our unique situations; whether that be for concentration, anxiety or better sleep. For example, Brahmiri breathing is used to improve concentration; also called humming bee breathing.

Delna dove into the practice of mindfulness and controlling our emotions as a way to avoid letting external distractions ruin our mood. She talked to us about the power of focusing on one thing at a time, and using our breaths as a touchpoint and anchor when we get overwhelmed.

Meditation is a great way to calm your mind and help you focus on your emotions and how to control them better. Learning about meditation is very important, and daily meditation is a great tool to improve our physical and mental health.

To close out the session, Delna walked us through a 10 minute relaxing meditation using her gong and singing bowl that made the attendees melt into their chairs filled with higher vibrations. A great start to Sunday morning that left everyone rejuvenated for the day.

And if you missed it, don't fret, we have the recording up on our ZSO Youtube page where you can watch the whole session!
<https://youtu.be/J2cOVbGugsA>



Submitted by Fravash Chothia

GEN-Z - Terminology



Gen-Z terminology, definitions and common usage:

1. Clapped-out: Worn out from age or heavy use.
2. Bussin': TikTok slang meaning "very good".
3. Sheesh: TikTok slang used to express amazement.
4. For vibes: For the good times.
5. Hit different: Something that you've experienced before doesn't feel the same as it did or has a new feeling to it when it happens again.

ZSO Youth – Coffee Chats hosted by Zamyad Meherji

This is the first in a series of interviews that will be featured in the ZSO and hosted by Zamyad Meherji. The spotlight is on Zoroastrian youth around the globe sharing their views on our community and how they are inspired to give back. We hope you enjoy this initial interview.

Coffee Chat with International Zoroastrian Youth - Danny Master

“Never underestimate the power of one. If you have a calling to add value to your community, start right away. Permit yourself to begin, create, and collaborate with like-minded people to build on that idea if needed.” – Danny



Can you please tell us about yourself? (brief background)

I'm 33, and by the time I was 16, I had already lived in four countries. I spent most of my adult life in New Zealand with my family. Picked up a Commerce degree and a Post Grad Diploma in Management along the way, while working in the IT Sales sector. 4 years ago, I decided to move to London, UK, seeking adventure and growth. Turned out to be one of the best decisions of my life as I got married, sunk my teeth further into the IT industry, started a karate and fitness side-hustle, and collaboratively started a Zoroastrian angled podcast with a few close friends.

You've lived in over 5 countries; Can you highlight some differences and similarities overall that you've experienced through your eventful journey?

The Parsi cultural identity, which I'm far more familiar with than the Iranian Zoroastrian identity, is very distinct no matter which part of the world you're in. One of the wisest choices my parents made was to immerse our family of four in with the local Zoroastrian communities, be that in Bombay, Bahrain, Dubai or Auckland. Looking back on it, I think it was their way of giving my sister and myself a consistent community experience, no matter which part of the world we were in. That and Zoros know how to have fun. However, while we all smile and have fun the same way, how we communicate, resolve conflict, or get things done varies depending on which part of the world you're in. That's where you start seeing shades of the local area you're in. And because it's such a subconscious difference, almost no one can prepare you for it.

Have you always wanted to get involved with the Zoroastrian community wherever you've lived?

This is something I grew into. Community work can often be as intimidating as learning a new language - you want to say the right things the right way. It just started making sense for me to start somewhere over the last couple years, be comfortable making mistakes and learning from them, and trusting that what I had to say or so would be received in good faith and understanding.

Why do you like to get involved, what drives you, and when did you start?

Emulating one of my idols and Sensei, Mr. Adil Sarkari, who for the last 20+ years, has run a community focused dojo in Auckland NZ, I started offering Karate Classes to the Zoroastrian community in Central London early 2020, with the full support of the ZTFE. When the classes were unceremoniously discontinued at the time due to the initial Covid-19 lockdown in the UK, I realised that I enjoyed bringing people together and adding value to their physical and mental wellbeing. This has led me to continue sessions over Zoom, while also teaching and training newer students face-to-face as lockdown restrictions eased over the past few months. Concurrently, my new London friends and I also wanted to start having an open discussion about current and Zoroastrian-centric events/topics, which led to the collaborative creation of Zoroverse podcasts (Season 1 available on Youtube and Spotify).

What are some of the challenges you've faced and how have you overcome them?

Broadly, the organisational structure has been a challenge. If sub-committees are tasked with responsibilities, they should also be enabled with autonomy and authority.

What are your plans/hopes for the future for the Zoroastrian community in the UK and globally?

I hope to be part of a change in our community towards open-minded dialogue and mindsets, where the organisational structures are meritocratic.

How would you encourage the youth to get involved and what programs would you suggest they could start with?

Local volunteering, World Zoroastrian Youth Congress participation, etc.?

Know yourself first. You are the most important person so focus on what you can contribute that also makes YOU grow. Is it a helping hand, skill, ability, or experience etc. Once you know what makes you happy and helps you grow, you can then start socialising with the community to identify like-minded people who you can respect, be friends with, and work with. Start small, be respectful, and keep asking questions.

What advice would you give our youth to inspire them to serve the community in their respective countries?

Never underestimate the power of one. If you have a calling to add value to your community, start right away. Permit yourself to begin, create, and collaborate with like-minded people to build on that idea if needed.

Thank you, Danny, for your continued community service and for inspiring future leaders.
We wish you all the best!



**ON SUNDAY, JUNE 20TH AND ALL YEAR ROUND, TO FATHERS
FROM EVERY WALK OF LIFE – HAPPY FATHER'S DAY!**

Obituary – Feroze Pallonji

Feroze Pallonji, 83, of Toronto, ON, Canada, passed away on May 6, 2021 after his battle with illness.

Feroze was born on Jan 1st, 1938 to Minoo and Roda Pallonji in Kanpur, India. He was raised in the Zoroastrian faith and was a proud Parsi. As a fellow Zoroastrian, he was an active member of the community and the ZCC (Zoroastrian Cricket Club) here in Ontario.

He emigrated to Canada in 1979 with his wife of 50 years, Anne Pallonji, and his young son Adil Pallonji. While residing in Canada he made a career for himself as a Currency Controller at CIBC and expanded his family in 1984 with the birth of his daughter, Vanessa Pallonji.



Feroze was a force of nature, determined to provide for his family and give them the life he felt they deserved. His family meant more to him than anything else in the world, something he often mentioned. He was unendingly proud of Adil, Vanessa, and Anne and always tried his best to support them.

Feroze was always composed, calm and loved to draw others into conversation with a good joke. In his younger days, you could find him on the cricket fields, tennis courts, or detailing his car to pristine condition. Some would say that the love he had for his vehicles could rival the love he had for wife.

Over time, he was blessed to see his family grow with the addition of his daughter-in-law, Elizabeth Dos Santos and his future son-in-law, Federico Sanmartin and two wonderful grandchildren, Lara Pallonji and Xavier Pallonji who always kept him active and vibrant.

Anyone who knew Feroze knew that he was the most loving father and caring husband a family could ask for.

Obituary – Soonu Dali Mama

SOONU DALI MAMA



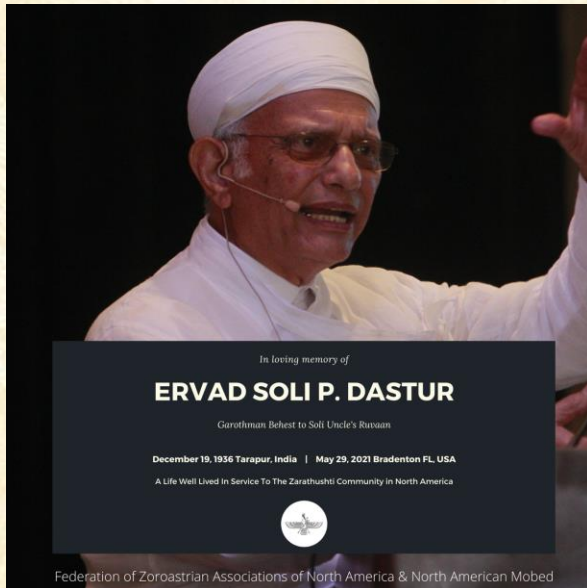
15 June 1927 – 23 May 2021

Adored wife of late Dali Dadabhoy Mama. Beloved mother of Danny (Nilufer) Mama and Adil (Margaret) Mama. Doting grandmother to Michelle, Darius and Sophia Mama.

Much loved aunt to several neices and nephews in Canada, USA, UK, UAE and Pakistan.

May her soul rest in peace.

Obituary – Ervad Soli P. Dastur



In the passing away of Ervad Soli P. Dastur on May 29th, the North American Zarathushti community has lost one of its leading lights. Soli Uncle, as he was fondly called has left a huge legacy and touched the lives of thousands he came in contact with.

As the youngest of 11 children Soli was born in Tarapur, a small village, to a priestly family from Udvada. He joined the M. F. Cama Athornan Institute, where he completed all the requirements for becoming Navar, Martab and Saamel and was initiated as a full-fledged Mobed in the Udvada Iranshah Atash Behram.

On completing his B. Chem. Eng. from the Bombay University, and M. S. and Ph. D. in Chemical Engineering from the Northwestern University, Evanston, Illinois. Soli joined the Procter & Gamble Co. in Cincinnati in 1964 and after retiring in

1994, he worked as a partner in the Partnering Group for 5 years.

An active member of the North American Mobed Council (NAMC) Soli has been performing Mobed duties all over Florida and North America wherever requested. In 2009 he started and continued for 8 years the first ever annual all Florida Mukta Gatha prayers in Miami, has conducted Religious classes in Tampa, Orlando and Miami started a teleconferencing ZRC and conducted 17 Tele Classes. Soli has published 395 Weekly Zoroastrian Scripture Extracts (WZSE) with translation and audio recitations, distributed to over 900 people. He has contributed articles in WZO Hamazor and FEZANA Journals.

He was awarded the Outstanding Zarathushti Award by FEZANA in 2010 at North American Zoroastrian Congress, Houston, and the Distinguished Scholar Award in 2018 from NAMC at AGM in Washington DC and the Ervad Darab B. Unwalla Award for 25 years of dedicated service to ZAFat the 25th anniversary of ZAF.in 2019

Soli retired and lived in Bradenton, Florida with his wife Jo Ann of 54 years. They have twin daughters, Shirin and Anahita and five grandchildren. Soli was an avid tennis player and dabbled with the computer in his free time.

Condolences

SHIREEN JAMSHED WANIA, on May 15th. Beloved wife of late Dr. Jamshed H. Wania. Mother of Dr. Hormuzshaw and Shireen Wania and Niloufer and Adil Mavalvala. Grandmother to Shamineh and Yazad, Nasha, Jamshed and Freya. Great grandmother to Zahaan. May her soul rest in peace.

MORVARID DINYARIAN, on May 23rd. Beloved mother of Parvin Jam, Golchehr Dehmoubed, Mehraban Mehraian and Mahwash Mehraian. Doting grandmother to 10 grandchildren and 18 great-grandchildren. May her soul rest in peace.

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: Pedram Yazdani at admin@zso.org

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

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

Newsletter advertising rates:

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

Miscellaneous two-liners: \$15

10% discount for 12 consecutive months of advertising.



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اهنودگات - یسن ۲۸ - بند ۵

کی راستی و منش نیک را فواهم دید؟ کی راه فدای بفشاینده را فواهم یافت؟ کی آوای درونی مزدایی را فواهم شنید؟ من با پیام مهین بر زبان، گمراهان را به راه فواهم آورد.

گردهم آیی پیر سنی پیر و پیر سبز و پیر نارستانه

ستی پیر قلعه ای قدیمی در شهر یزد است. اما پیر سبز و پیر نارستانه جایگاهی هستند در اطراف یزد و در دامنه کوه. باوجود تفاوت سنی



پیر با این دو مکان از این نظر، اما هر سه این مکان ها داستان مشترکی دارند و آن این که در مورد سنی پیر، آن قلعه و چاهی که در آن است و در مورد پیر سبز و پیر نارستانه، کوهی که آنها را در برگرفته است؛ جایگاه مخفی شدن و پناه افرادی زرتشتی است که از دست دشمنان، در این مکان ها پناه گرفته اند تا به دست

دشمنان اسیر نشوند. اغلب پرسش می شود که آیا این داستان راست است یا افسانه؟ باید گفت که هسته این داستان انعکاس

واقعی است از فاطرات جامعه ای که مورد حمله قرار گرفته است و طبیعتا دوران بسیار سختی را گذرانده

است و صحنه های جنگ و کشته شدن زنان و مردان را به چشم خود دیده است. سنی پیر و پیر سبز و پیر نارستانه

جایگاهی هستند برای به یاد آوردن و امتراهم گذاشتن به این دوران بسیار سخت. هر چند که زرتشتیان ایران در

هر زمانی برای ستایش و نیایش به این مکان ها می روند اما در مورد سنی پیر، ۲۴ خرداد برابر با ۱۴ جون و در

مورد پیر سبز از ۲۴ تا ۲۹ خرداد برابر با ۱۴ تا ۱۸ جون و در مورد پیر نارستانه ۲ تا ۶ تیر برابر با ۲۳ تا ۲۷ جون (روزهایی هستند که زرتشتیان

از نقاط مختلف ایران برای ستایش و نیایش در این مکان ها گردهم می آیند. نقاشی از ساختمان سنی پیر، پیر سبز و پیر نارستانه در محل

درمهر گیو نصب شده است.



پُرسه همگانی تیر ماه

۲۹ خرداد برابر با روز اورمزد و تیر ماه در گاهشماری زرتشتی و برابر با ۱۹ جون، «پُرسه همگانی اسفند ماه» نامیده می شود. معمولا

«پُرسه» مراسمی است که در ایران بعد از درگذشت یک فرد برگزار می شود تا افراد در آن شرکت کنند و «فدایامری بدهند یا روان شادی

بگویند» و یاد درگذشته را گرامی بدارند. «پرسه همگانی» یادآوری است از درگذشتگانی که به تازگی درگذشته اند که در مراسم نام آنها

فوانده می شود. علاوه بر این به طور سنتی این «پرسه همگانی» به یاد «همه درگذشتگان» است. معمولا برای برگزاری این مراسم افراد

یا به سالن های گردهم آیی یا به آرامگاه می روند برای تازه روانان سفره ای کشیده می شود و عکس گذاشته می شود و بازدیدکنندگان

به درگذشتگان «فدایامری می دهند یا روان شادی می گویند» و یاد درگذشتگان را تازه می کنند.

انتخابات كانون فرهنگی ایرانیان زرتشتی

در این دوران همه گیری کووید ۱۹، شکل و روش فعالیت های اجتماعی نیز به شدت تحت تاثیر قرار گرفت. مخصوصا با بسته شدن مکان های گردهم ایی و نبودن امکان برگزاری جشن ها برای جامعه زرتشتی نیز بسیار سفت بود. اما هموندان انجمن و كانون فرهنگی ایرانیان زرتشتی تلاش کردند که با برگزاری جشن ها و مراسم ها به روش های دیگر آنها را زنده نگه دارند و جشن و شادی را به داخل خانه های اعضا ببرند. بسیار مهم است که با روش های جدید، همآزوری اجتماعی خود را مانند گذشته نگه داریم. در حال حاضر به زمان انتخاب اعضای جدید كانون فرهنگی ایرانیان زرتشتی نزدیک می شویم، برای همین در صورتی که علاقه مند به همکاری و همآزوری در این كانون هستید با آدرس ایمل كانون یا با اعضای كانون که می شناسید تماس بگیرید.

ورزش و سلامتی



با توجه به در فواست وزارت بهداشت کانادا و به منظور جلوگیری از گسترش ویروس کرونا هیچ گردهمایی و رویداد ورزشی برگزار نخواهد شد.

اما می توانید در برنامه هفتگی یوگا هر چهارشنبه به صورت مجازی شرکت کنید. هر

هفته زمان و نشانی پیوند را در ایمل خود دریافت می کنید. با شرکت در آن به سلامتی خود اهمیت بدهید.



گردهم ایی ماهیانه بانوان:



با توجه به درخواست وزارت بهداشت کانادا و به منظور جلوگیری از گسترش ویروس کرونا هیچ گردهمایی

برگزار نخواهد شد. اما بسیار مناسب است که بانوان با ایجاد گروه های مجازی (زوج، واتس آپ و ...)

گردهم ایی های خود را ادامه بدهند و گزارش یا زمان یا روش آن را برای آگاهی رسانی در فبرنامه به كانون

هم اعلام نمایند.

پشتیبان مالی انجمن را به یاد داشته باشید

به دلیل وضعیت موجود در پیوند با ویروس کووید-۱۹، محل درمهر و انجمن بر روی عموم بسته می باشد. این وضعیت تا آگاهی رسانی دولت استان اونتااریو ادامه خواهد داشت. با توجه به عدم حضور افراد در محل درمهر، کمک های فیراندیشی نیز کاهش یافته است، در حالی که هزینه های ثابت انجمن و درمهر باید پرداخت شوند. امیدواریم مانند همیشه پشتیبانی و کمک شما اعضای انجمن ادامه داشته باشد. کمک های مالی خود را با فرستادن چک یا پرداخت آنلاین ادامه بدهید.

کانال تلگرامی کانون فرهنگی زرتشتیان انتاریو

با پیوستن به گروه تلگرامی کانون فرهنگی زرتشتیان ایرانی از اخبار و برنامه های جامعه آگاه شوید. نشانی این کانال تلگرامی را به آگاهی دیگران هم برسانید. نشانی کانال تلگرامی: <https://t.me/zsokanoun> با کانون به نشانی kanoun@zso.org نیز می توانید در تماس باشید و نظرها، پیشنهادهای و خبرها را بفرستید.

لطفاً حق عضویت خود را به انجمن پرداخت نمایید

با پرداخت حق عضویت خود، هم انجمن را از نظر مالی پشتیبانی کنید و هم این که هم‌اوری خود را با انجمن و جامعه نشان بدهید. حق عضویت خود را می توانید به صورت آنلاین از تارنمای انجمن یا با فرستادن چک و پر کردن فرم مربوط پرداخت کنید.

نشر نوشته در بخش فارسی خبرنامه

در صورتی که مایل به انتشار نوشته هایی کوتاه در مورد تاریخ، دین، سنت یا موضوع های اجتماعی هستید می توانید نوشته خود را به فارسی و حداکثر در هفت خط برای انتشار در بخش فارسی خبرنامه به نشانی ایمیل کانون بفرستید. طبیعتاً این نوشته ها در صورت نیاز پس از نظرخواهی و داوری افراد متفحص منتشر خواهد شد. انتشار نوشته به معنی خبر خبرنامه هم بستگی خواهد داشت.

مناسبت ها و رخدادهای ماه گذشته

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

ضبط شده این برنامه ها را می توانید در این آدرس ببینید: <https://www.youtube.com/c/ZoroastrianSocietyofOntario>

گه‌نبار چهره میدیوزم گاه



اوستافوانی گه‌نبار چهره میدیوزم گاه امسال به دلیل همه گیری کووید ۱۹ بدون مضور شرکت کنندگان روز یکشنبه ۲ می در درمهر برگزار و از کانال یوتیوب انجمن پخش شد. با سپاس از کسانی که فیراندیش های خود را به مناسبت گه‌نبار به صورت آنلاین یا با چک به انجمن فرستادند.

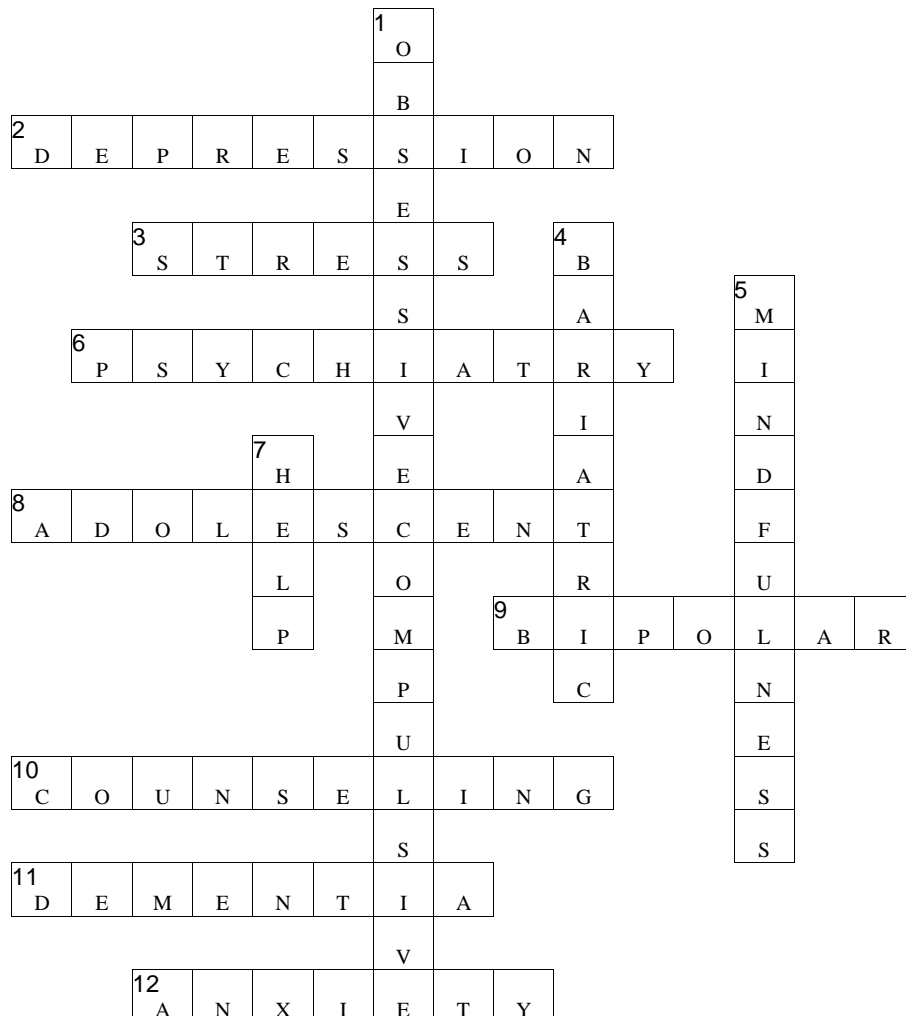
رخدا‌دها

درگذشت مروارید دینیاریان را به فویشان و نزدیکان آن روانشاد آرامش باد گفته و برای بازماندگان تندرستی و دیرزیوی آرزومندیم.

Name: _____

Date: _____

Mental Health Awareness



Across

2. sadness; gloom; dejection.
3. a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal psychological equilibrium of an organism
6. the branch of medicine concerned with the diagnosis and treatment of mental illness
8. growing to manhood or womanhood; youthful
9. a mental health problem characterized by an alternation between extreme euphoria and deep depression
10. to give advice to; advise
11. a state of serious emotional and mental deterioration, of organic or functional origin
12. a state of apprehension and psychic tension occurring in some forms of mental disorder

Down

1. Having a tendency to dwell on unwanted thoughts or perform certain repetitious rituals, especially as a defense against anxiety from unconscious conflicts
4. of or relating to the treatment of obesity
5. a technique in which one focuses one's full attention only on the present, experiencing thoughts, feelings, and sensations but not judging them
7. to make easier or less difficult; contribute to; facilitate

F. S. Parukh Dharamshalla Appeal for Funds



The F. S. Parukh Dharamshalla, a Home for the Aged, situated at Khareghat Colony, Hughes Road, is a boon for the senior citizens of our community.

The Dharamshalla has a capacity of about 100 residents that include some paying residents, who are provided a separate room.

Hospitalization, if required, is also free of cost at the Parsi General Hospital. Medical equipment and supplies including medicine, wheelchairs, walkers, surgical beds, side-tables are also provided. Many of the senior residents need constant medical supervision as well as help with

basic tasks like bathing and usage of the toilet. A few of the residents are immobile and are restricted to their beds.

For the entertainment of the residents there are television sets in each ward. Monthly entertainment programmes are also organized to keep up the spirits of the residents.

The residents are housed in two separate wings for men and women. In order to maintain the premises in an ultra-clean and hygienic condition, there is huge expense on the upkeep, repairs and maintenance, which includes two lifts, furniture, fixtures, electricity bills and appliances. The residents are provided wholesome, nutritious meals. Some meals, however, are sponsored by our donors.



All the above facilities are also provided to the paying residents at a nominal cost of Rs. 7,000/ per month, which does not include the expenses of a caretaker such as a ward boy/ayah. The above facilities are taken care of with the support of BPP and through generous donors. A Ladies Advisory Committee, looks after the needs of the residents, and generally oversees the running of the Dharamshalla. The Committee members, the Managers and support staff ensure that the sunset years of the residents are their 'golden years', and that they remain respected members of the community.

We hereby appeal to you to please donate generously to support our 175 year old Community Institution. The Donors are requested to address their cheques in favour of 'Funds & Properties of Parsi Punchayet Bombay' and forward the same to No.34, Hughes Road, Mumbai 400 007. The donors can credit the Bank Account directly if they wish to do so:

For Indian Rupees

State Bank of India
Hughes Road Branch, Mumbai 400007
A/c no. 10066941969
IFS Code: SBIN0005800

For funds from abroad

State Bank of India, FCRA Cell, 4th floor,
New Delhi Main Branch
11, Sansad Marg, New Delhi 110001
A/c no. 40062270513
Branch code: 00691
IFSC: SBIN000691
SWIFT: SBININBB104

Please inform us on Email: pdharmshala@gmail.com regarding your NEFT, RTGS, IMPS.

..LEARN THESE LANGUAGES AND
FEEL THE DIVINE PRESENCE

ONLINE REGISTRATION IS OPEN
SEND YOUR MAIL ID VIA WHATSAPP TO +91-9819555770

EXPLORING SPIRITUALITY THROUGH DIFFERENT PATHWAYS



Presentations | Interactive Q&A | Panel Discussion

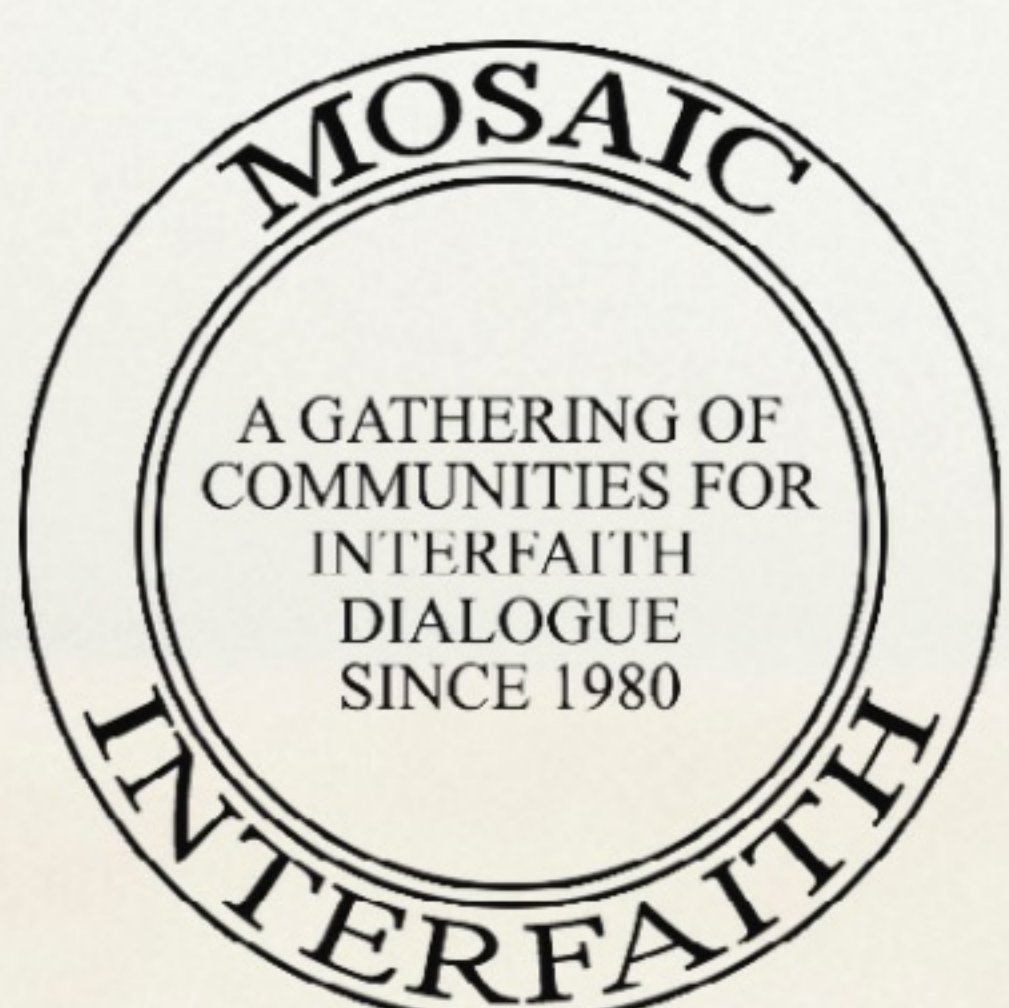
Please join us for two insightful and educational online sessions to learn about the meaning and practice of spirituality in different faiths.

SUNDAY, MAY 30th
2 PM - 4:30 PM

Welcome from Organizers
Introduction - Dr. Liyakat Takim
Christianity - Reverend John Hill
Sikhism - Mr. Ran Perhar
Zoroastrian - Mobedyar Mahshad Khosraviani
Q&A and Break
Judaism - Cantor Rachael Littman
Buddhism - Lama Nyima Dorje
Q&A

SUNDAY, JUNE 6th
2 PM - 4:30 PM

Introduction - Dr. Liyakat Takim
Islam - Mr. David Coskun
Hinduism - Dr. Ragini Sharma
First Nations Spirituality - Ms. Kim Wheatley
Q&A and Break
Summary Presentations - All Speakers
Moderated Panel
Q&A



zoom.us/j/5929544287



youtube.com/islamicherald/live



"TO BRING PEACE TO HUMANITY"





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**



NOMINATION FORM – 2021

(Please print or write clearly and complete all sections on both sides of this Form)

We, the undersigned, being members in good standing of the Zoroastrian Society of Ontario (ZSO), nominate the following member of ZSO who is a permanent resident of Ontario

_____ of _____,
(Name of member nominated) (City)

for election to serve on the Board of Directors as:

(Position)

Dated at _____ this _____ day of _____, 2021.
(City) (Date) (Month)

(Proposer's Name)

(Proposer's Name)

(Proposer's Signature)

(Proposer's Signature)

I, _____ (Nominee), consent to this Nomination, and agree to abide by the Constitution and By-laws of the ZSO and all Resolutions passed by the members of the ZSO at all General Meetings.

(Nominee's Signature)

Please Note:

1. For this nomination to be valid, it must be delivered to the attention of the "ZSO Secretary" before 11:00 AM EST on Sunday, June 13th, 2021, at the registered office of the ZSO. Or Emailed directly to Secretary@zso.org.
2. The Nominee must complete the Bio-data Form overleaf.
3. The Nominee and the Proposers must be members in good standing (up to date with their Membership Fees) on the date that this Nomination Form is signed.



Zoroastrian Society of Ontario

3590 Bayview Avenue
Toronto, ON, M2M 3S6
Tel: (416) 225-7771

Reg# 88897 0241 RR0001
Website: <http://zso.org>

NOMINEE'S BIO-DATA FORM - 2021

Nominee's Name:

Member of ZSO since:

Past Social/Community
Activities:

Education Background:

Professional Background/
Occupation:

Objectives I'd like to
achieve if elected:

Dated: _____



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 _____