



Presidents Message

Welcoming the spring season was so exciting as the Darbe Mehr again was home to several in-person gatherings with prayers and jashans as the community got together.

On March 13th we had the 100th Scouts children's Norooz party where the MGDM hall was filled with children's laughter as they painted eggs, grew their own sabzeh for the haft-seen table, watched a Norooz animation movie and received treats from Amoo Norooz.



Farvardegan (panjeh) prayers were held from March 16th to March 20th and we thank all the Mobeds and volunteers who donated their time to continue our traditional prayers in remembrance of our loved ones who have passed.

We were delighted that the March 21st Jashan prayers was at maximum capacity as the community tried to get back to "normal".

In honor of International Women's Day, ZSO recognised Sharmin Mistry and Bitia Shakiba for their contributions to the ZSO and Kanoun. Sharmin, who is part of the youth committee, was the organizer of the winter clothes drive that ran a successful campaign with support from the



Zoroastrian community. Bitra helped with a number of the in-person Kanoun events. We thank them both for their continued contribution.

The semi-formal Norooz party organized by the Kanoun was a great success with a large youth turnout. It is wonderful to see the youth who are our future take pride in these ancient celebrations.

And finally, on March 26th the Kanoun organized Zad Rooz Ashu Zartosht's / Khordad Saal where the evening was filled with music, poetry, singing, dancing and delicious traditional Persian dish called Aash.



Although in the past 2 years, some have unintentionally allowed their ZSO membership to expire we are happy that our membership is once again growing. In order to maintain the Darbe Mehr, we continue to depend on funds gathered through membership fees and through donations. We are excited of a new feature on www.zso.org which allows individuals and families to not only pay for their membership online, but to also tick a box with the option of automatic annual renewal which should make renewal much easier for everyone.

If however you still wish re-new your membership the “old fashioned” way, I am happy to send you a membership form where you can mail in a cheque. Simply call me at 416-575-1134.

We are also excited to announce the upcoming Bollywood Music/Ghazal night to be held on Sat. April 9th at the MGDM. Please see attached pamphlet for ticket information.

Reminder for all High School students that applications are now being accepted for the 2022 ZSO Scholarship. All details can be found by accessing the [2022 Scholarship Application](#). Deadline is July 18th, 2022.

For April we aim to get price quotes to repair the necessary repairs and maintenance of the MGDM grounds and the driveway. Stay tuned for additional details in the coming months.

For MGDM hours and all future events you can always visit www.zso.org.

*Wishing you all Tendorosti,
Mitra Jam, ZSO President*

Norooz Celebrations in Iraq

On March 20, 2022, as a member of the committee preparing for Nowruz celebrations in Sulaymaniyah province, Kurdistan, among 16 members, I as the representative of the Zoroastrians and Azad Saeed, director of Yesna Organization for the Development of Zoroastrian Philosophy in Kurdistan, we celebrated with all the Zoroastrians in Sulaymaniyah, it was happy celebrations, where more than ten Thousands of Zoroastrians and non-Zoroastrians participated in this event.



It was broadcasted live on numerous TV and Radio channels, and we as Zoroastrians gave an example of how the celebrations of Nowruz were conducted in the time of the Sassanids when the Zoroastrian religion was spread in the homeland of the Aryans (ancient Iran), which extended from the borders of India to the borders of China, passing through Asia Minor in Tajikistan And Azerbaijan, Uzbekistan, present Iran, Kurdistan and Mesopotamia along the eastern side of the Euphrates River, where we presented a play that embodies the spirit of celebrations on Nowruz festivals at that time,

to make people understand that Nowruz holidays have become part of the heritage and traditions of the Aryan peoples who still celebrate it as a Feast.

On behalf of the Zoroastrians of Kurdistan and Iraq, we congratulate you on the holidays of Nowruz, hoping that it will be the beginning of goodness, love, peace, prosperity and happiness for all human beings in the world.

And most importantly, the Prime Minister of Iraq, has declared NoRooz as a National Holiday (after so many centuries)



Ushta. Awat Darya



12TH World Zoroastrian Congress 2022

Reminder that registration is now open for the 12th WZC to be held in New York City from July 1st to July 4th, 2022. Discounted registration is still available until May 31st.

Recent program highlights include:

“A Conversation with Dr. Jamshed Choksy and Dr. Yuhan Sohrab-Dinshaw Vevaina”, and “Conquering the Unquite Mind: A Guide to Mental Well-Being” with Mehernaz Madon and Khushro Unwalla.

Please visit the Congress website for registration details and more information at <https://wzc2022.nyc/>.

New Entrepreneurs in Town ~ ZeeV's- 2 Year Anniversary

I welcome you to the Zeev's family! Started by two courageous entrepreneurs, Zenia Wadia and Vamshi Krishna, celebrating 2 years of opening this February. Located a 10-minute drive from the ZSO, by Victoria Park and Steels Ave.

Zeev's serves a variety of mouth-watering drinks from Loaded Teas, Gourmet Shakes to Pre/Post workout shakes. The Nutrition Studio is a great place for people who want a drink to complement their workout or fill them up on their way to work. You can sit for hours working, talking, and enjoying the ambiance. I ordered the Tiramisu Shake made with a vegan soy protein with essential vitamins absolutely guilt-free, and my favourite part is the drinks are not more than 250 Calories! I recommend anyone in the Greater Toronto Area that's looking for a yummy but healthy drink, stop and visit.

I sat down with Zenia and asked her about her idea and the place.

"We've

always wanted to start and have our own place. We moved to Canada knowing we would start a business we loved to do." When she was visiting New Orleans, she saw these types of stores on every corner, "I loved the concept and told Vamshi we have to bring this to Toronto". On expanding, "Our plan is to open up a lot of these Nutrition

Studios across the Greater Toronto Area and help other people start their own business journey." I asked her about running her business during the COVID-19 pandemic and she said, "We quit our jobs to start the business, so it's been hard to deal with the lockdowns, but it's taught us to love the process. Now we are seeing our dreams come true, so at the end of the day it's all been worth it".

Next time you're on your way to the ZSO or off to the Gym, the ZeeV's family will serve you with open arms to their best seasonal drink!

Address: 3614 Victoria Park Ave, North York, ON M2H 3S2

Instagram: [zeevsnutritionstudio](https://www.instagram.com/zeevsnutritionstudio)

Article Submitted By Araash Chothia



Seniors Jashan



70 ZSO Seniors (majority over 70!) celebrated their annual Jashan at the Darbe Mehr on Friday, March 25th.

Grateful thanks to Ervad Athavian Bamji who performed the prayers and led the Hambandegi for the congregation. That was followed by (what else!!) a delicious lunch of dhan-daar and kolmi-no- patio plus a variety of desserts including our traditional sev, ravo, fruits, nuts, and Gulab Jamun.



Chair of the Seniors Committee, Yasmin Khory made a few announcements of the birthdays of Vispi Patel and Meher Khandadia. That was followed by a spontaneous throaty rendition of Happy Birthday. All in all, a pleasant and enjoyable afternoon enjoyed by all those present.

We encourage our community members to come out more often to our Seniors get togethers, which are held twice a month on Fridays. If interested, please contact Yasmin Khory, Katy Panthakee, Roshan Rabadi, or Daulat Divecha.

Upcoming Dates:

Friday, April 15, 2022.....11:00 AM

Friday, April 29, 2022.....11:00 AM

Condolences

Behram Pirozshaw Kavasji, on March 18th in Toronto. Husband of late Armin Kavasji, father of Shireen and Rustom Kavasji. Father-in-law of Faridoon Daruwalla and grandfather of Aresh Daruwalla. May his soul rest in peace.

Nargis Saher (nee Sethna), on March 2nd. Sister of Noshir (Banu), Rumi (Hilda) and sister-in-law of Shavak. Predeceased by her beloved husband Rustom, sisters Freney, Roshan and brother-in-law Adil. Loving aunt of Cyrus, Danny, Natasha, Khurshed, Pearl, Kermin, Sharon, Rashna and Marzban. May her soul rest in peace.

NewsLetter Editor – Open Position

ZSO is looking for new ideas for our Newsletter to keep our community moving forward – and a Newsletter Editor that can help take us there. If you want to give back to your community, share your creative ideas and are not afraid to challenge the status quo – then please send your interest to newslettereditor@zso.org.

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 **Assistant Editor:** TBD

Please note that all requests for inclusions in the ZSO NL should be emailed to newslettereditor@zso.org and asstnleditor@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 Mitra Jam 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.



HARDWOOD LAMINATE CARPET GRANITE

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

4 1 6 - 6 7 7 - 7 5 5 5

Re-sanding Refinishing & Stairs
Washrooms Kitchens Renovations

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

info@pearlknstructions.com

www.pearlknstructions.com



Zoroastrian Studies Projects International

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



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

ای پرودگارا : برای برخورداری از شادمانی و خوشبختی مرا توانایی ببخش تا با نیروی معنوی و منش پاک و مهر ورزی به دیگران و دلی روشن به درک راستین تو نایل ایم (یسنا هات 33 بند 13).

آیین پنجه

برگزاری پنج روز پایانی اسفند که به پنجه نامور است ، و بر پایه متون مذهبی زرتشتی فروهر درگذشتگان در پنج روز پایانی سال از آسمان به زمین می آیند و به خانه میروند تا از شادی برکت و بخشندهگی بازماندگان خود خشنود میشوند و خانواده ها در پایان آخرین روز سال با برافراشتن آتش بر پشت بام های خانه ی خود برای بدرقه فروهر ها آتشی روشن میکنند و با ظرف آب و سبزه ی نوروزی و چراغ روشن و یک ظرف میوه و با نیایش پروردگار آنها را به سوی آسمان بدرقه میکنند و آغاز نخستین روز از سال نو را اعلام میکنند .

به همین مناسبت از 16 تا 20 مارچ اوستا خوانی و مراسم پنجه در درمهر برگزار شد .



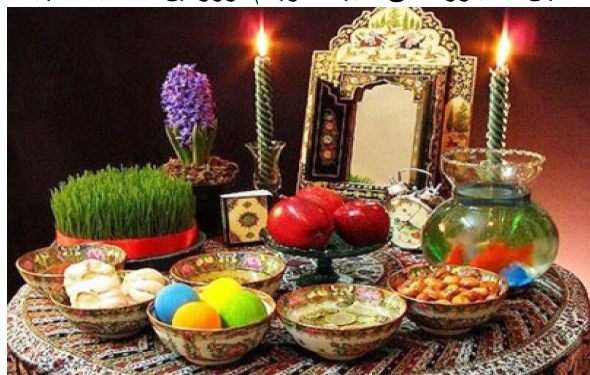
جشن نوروز

آغاز سال 1401 را بر عموم زرتشتیان جهان به خصوص هموندان زرتشتی تورنتو تبریک گفته .

پیوند مستقیم نوروز با طبیعت و دگرگونی جوی و ستاره شناسی و رهایی از شب های سرد زمستان و برابری شب و روز و آغاز فصل کشاورزی دلایل محکم بر دوام نوروز در درازای تاریخ بوده . نخستین دیدار نوروزی از خانواده ای آغاز میشود که سال پیش

درگذشته ای داشته و این آیین جا سبزباش برای کسی که در سال نو در میان خانواده نیست و در کنار دید و بازدید ارزوی تندرستی و دلخوشی برای میزبان دارند . فرزندان برای دیدار نوروزی نخست به خانه ی بزرگ ترها میروند و پس از آن آیین دیدار و شاد باش

گویی نوروزی به خویشان و اشنایان به باور سنتی تا بیست و یکم فروردین ماه دنباله میابد .



ششم فروردین زادروز اشوزرتشت اسپنتمان

روز ششم فروردین از ماه فروردین در گاه شماره ی زرتشتی « خورداد» نام دارد . در این روز اشوزرتشت، پیامبر ایرانی از مادر زاده شده و در سن 30 سالگی در همین روز به پیامبری برگزیده شده است. ششم فروردین یکی از مهم ترین جشن باستانی است و در اولین روزهای سال برگزار میشود.

زرتشت پیام اور صلح نخستین کسی که نیک اندیشید ، از نیکی سخن گفت و نیکی به جای آورد را گرامی می داریم.



جشن فروردینگان

فروردینگان یا فرودگ یکی از جشن های ماهانه زرتشتی است و در روز نوزدهم فروردین ماه برگزار میشود. فروردینگان جشنی است برای یاد بود درگذشتگان و از آنجا که در دین زرتشت آیین سوگواری وجود ندارد ، این مراسم به صورت جشن برگزار میشود و مردم روان درگذشتگان خود را در شادی خود سهیم میدانند .



سلامتی و ورزش

برگزاری برنامه ی هفتگی یوگا هر دوشنبه به صورت مجازی برگزار میشود . میتوانید هر هفته نشانی و زمان برگزاری را در ایمیل خود دریافت کنید و با شرکت در این برنامه به شادابی و سلامتی جسمی و روحی خود کمک کنید .
امید است با بهتر شدن وضعیت همه گیری کووید 19 بازگشایی و گرد همایی برنامه ها از سر گرفته شود .

زمان پرداخت حق عضویت

امید است با آغاز سال جدید با پرداخت حق عضویت خود این همازروی هم اندیشی خود را به انجمن و جامعه نشان دهیم .
با پرداخت حق عضویت به صورت آنلاین از تارنمایی انجمن یا فرستادن چک و پر کردن فرم مربوط یاری رسان هر چه بهتر فعالیت های انجمن برای جامعه ی زرتشتی باشیم .

بازگشایی درمهر مهربان گيو

چه بسیار نیکو میباید مانند گذشته با حضور در درمهر از برنامه های انجمن و گرد همایی های ماهانه لذت ببریم . باتوجه به بهتر شدن شرایط کرونا از ماه آوریل در روز های دوشنبه (بعد از ظهر) ، سه شنبه (صبح و بعد از ظهر) چهارشنبه (بعد از ظهر) و یکشنبه (صبح و بعد از ظهر) باز میباید . ساعت های باز بودن در مهر را حتما از روی تار نمای انجمن ببینید . برای ورود به درمهر لازم به ذکر میباید داشتن ماسک و فاصله ی اجتماعی رعایت کنید .

[https:// www.zso.org/covid-19-updates](https://www.zso.org/covid-19-updates)

پشتیبانی مالی انجمن را به یاد داشته باشید .

موجود در پیوند با ویروس کووید 19، محل درمهر و انجمن.
هنوز به شکل کامل بازگشایی نشده است. با توجه به عدم حضور افراد در محل درمهر، کمک های خیر اندیشی 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.

انتقادها. نظر ها و پیشنهادهای خود را با کانون فرهنگی زرتشتیان ایرانی

با ایمیل kanoun@zso.org در میان بگذارید.

با پیوستن به گروه تلگرامی کانون و آگاهی رسانی درباره آن

به دیگران، از برخی اخبار و برنامه ها آگاه شوید.

<https://t.me/zsokanoun>

مناسبت ها و رخدادهای ماه گذشته

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

ضبط شده ای این برنامه ها را میتوان در این ادرس ببیند :

<https://www.youtube.com/c/ZoroastrianSocietyofOntario>



ZOROASTRIAN SOCIETY OF ONTARIO

3590 BAYVIEW AVENUE, TORONTO, ONTARIO M2M 3S6

MEMBERSHIP FORM

Membership Application: ☐ Renewal ☐ New Member

Membership Year April 1st, 2022 - March 31st, 2023

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 _____



DONATION FORM

Please complete the form below and send it along with your donation cheque or money order.

This 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**

ZSO Entertainment Presents Ghazal Night

**@DARBE MEHR
SAT, 9TH APRIL, 2022
7PM TO 11PM**

**MEMBERS \$55
NON-MEMBERS \$65**

Appetizers, Dinner, Soft Drinks & Dessert included.

All COVID protocols will be followed.

**BOOK BEFORE 4TH APRIL
GULOO BHARUCHA #905 475 8894
OR
EMAIL: ENTERTAINMENT@ZSO.ORG**



**KARIM MOOLO
PROFESSIONAL SINGER**