



### President's Message

Welcome to the month of August where summer is in the air. I want to thank everyone who attended the AGM on July 17<sup>th</sup>, whether in person or virtually, your presence was appreciated. Starting from 2023, the AGM package will be sent out electronically in order to save \$7,000 in annual mailing costs. The AGM package can still be mailed out to any senior member who may request one from the secretary.

We wish to sincerely thank the 3 previous committee members who have left us, Afshin Homai, Mahshad Khosraviani and Mashya Amroliwalla. We also wish to thank the 3 new board members who have joined us, Khushro Tarapore, Shiamak Katrak and Farah Cooper. Your 2022-2023 ZSO board members are below:

President	Mitra Jam
Vice-President	Anahita Ogra
Executive Vice-President	Hoofrish Patel
Treasurer	Khushro Tarapore
Assistant Treasurer	Mehrnaz Dehmiri
Secretary	Mandana Moavenat
Assistant Secretary	Ferozsha Ogra
Executive Officer 1	Shiamak Katrak
Executive Officer 2	Farah Cooper

You may [register](#) for Mukta prayers and meals on any of the Farvardegan days from August 11<sup>th</sup>-15<sup>th</sup>, 2022, by clicking on the "EVENTS" on the [www.zso.org](http://www.zso.org)

The 8<sup>th</sup> World Zoroastrian Youth Congress is coming up in London, England in July 2023. For more information please visit <https://www.8wzyc.com/>...early bird registration has already begun!

The entertainment and the youth committees have organized another Sports Night on Sat. August 6<sup>th</sup> at 6pm at the MGDM. For details, please check the pamphlet in the newsletter. Help support us while having an amazing evening. All funds raised will go to sending eligible ZSO youth to the 8<sup>th</sup> World Zoroastrian Youth Congress in UK!

We are inviting all youth between the ages of 18-37 to actively participate in these fundraising events in the upcoming months in order to be eligible to receive financial support to attend the congress in 2023. You must also be ZSO members so please ensure you or your family are registered.

Speaking of which, another wonderful initiative for a fundraiser for the UK Youth Congress 2023, will be the Patra nu Dinner on September 10, 2022, so save the date.

The MGDM is now open for private bookings. For availability please contact Hoofrish Patel [evp@zso.org](mailto:evp@zso.org)

For MGDM hours and all future events you can always visit [www.zso.org](http://www.zso.org).

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



## Shahenshahi Muktab 2022

We are happy to share that with the pandemic restrictions and mandates eased, this year we are observing the **Shahenshahi Farvardegan days** at the Mehraban Guiv Darb-e-Meher (MGDM) from **August 11 – 15, 2022**. The MGDM is open and ready to welcome our community during the auspicious Farvardegan days, where we reflect and pray, remembering our Loved ones who have passed away. With restrictions and mandates eased, we continue to be cautious and careful for the safety of our loved ones and community at large and have some changes to the Muktab Observances.

Here is what you need to know about the upcoming Farvardegan days in August.

The MGDM capacity for serving lunch and dinner is limited to 100 attendees

- Lunch will follow the 11:30am Satum prayer
- Dinner will follow the 7:00pm Satum prayer

The following prayer performances will be in person and via live stream on [ZSO's YouTube channel](#).

- Three Satum sessions (morning, afternoon and evening)
- Afringan in the morning
- Farokshi in the morning
- Evening Satum and Hum Bundagi

### Schedule of Prayers:

Date	Prayer Performance	Time
Thursday, August 11, 2022 Friday, August 12, 2022 Monday, August 15, 2022	Morning Satum	7:00am
	Afringan and Farokshi	7:30am
	Afternoon Satum	11:30am
	Evening Satum followed by Humbandagi	7:00pm
Saturday, August 13, 2022 Sunday, August 14, 2022	Morning Satum	8:00am
	Afringan and Farokshi	8:30am
	Afternoon Satum	11:30am
	Evening Satum followed by Humbandagi	7:00pm

### Including names of deceased in prayers:

If you wish to include the names of your deceased loved ones in the farvardegan prayers, please complete "[Muktab Prayers Form](#)" and send it via email or mail to Ervad Hoshang Udwadia by **August 05, 2022**.

- Email: [religiouscommittee@zso.org](mailto:religiouscommittee@zso.org)
- Mail: Ervad Hoshang Udwadia, 1007 – 10 Parkway Forest Drive, North York, Ontario. M2J 1L3.

***Please be reminded that the priests will only recite four names per form in the prayers. Names from the previous years will not be carry forwarded automatically.***

### MGDM Clean Up:

The MGDM clean up prior to farvardegan days is on Sunday, August 7<sup>th</sup> from 10am to 2pm. We request you all to come in large numbers. We will provide light refreshments and lunch. [Click here](#) to register or alternatively call or text Khushru Chothia (416) 677-7555.

### High School Students and Volunteer Hours:

High school students can use this opportunity to earn some volunteer hours. If you are interested in earning those hours during the 5 days of farvardegan while helping the community, building new friendships and having some fun please contact Pearl or Spenta Chothia (416) 917-7402.

### Attending the Prayers and Staying for a Meal:

Individuals attending the prayers and choosing to stay for a meal **MUST** register online by calling Hoofrishi Patel at (647) 313-9805 - only the first 100 names will be accepted. **Attendees will only have the choice to stay for one meal per day.** This will provide a fair opportunity and help us accommodate more individuals for the meals. ***For individuals ONLY attending the prayers no registration is required.***

## Seniors' Corner



Grandparents Day was celebrated by the Seniors on July 22<sup>nd</sup> at the Darbe Mehr. The children, grandparents and other Seniors had a fun time.

In attendance were Jia and Burzina Amroliwalla (grandchildren of Aban and Firoze Amroliwalla), Zarina and Samira Jussawalla (grandkids of Roshan and (late) Dinyar Jussawalla, and Zarine and Cyrus Madon), Zoe and Kaveh Irani (grandkids of Pervin and Fredoon Khory, and Delbar and Ronny Irani), Kamran, Kian and Mila Jivraj (grandkids of Yasmin and Farouk Khory), Layla and Austin Commissariat (grandkids of Katy and Dara Panthakee), and Cyrus and Arianna Rustomji (grandkids of Dinaz and Shahrukh Rustomji).

Absent were Dylan Belliappa (grandson of Gulu and Yazdi Bharucha), Jayce Jones (grandson of Ashish Italia), and Meher and Maya Zandian (grandkids of Shirin Zandian).

The children enjoyed playing musical chairs, passing the parcel ( in which each child had to act out something - most of them opted for hopping on one leg or doing jumping jacks) and Simon says. All the children were given a take home gift. Chinese food of Shrimp and Chicken Noodles, Vegetable Fried rice and Manchurian Chicken with Mango Malai kulfi and chocolate cupcakes for the children rounded out a fabulous afternoon. The food was thoroughly enjoyed by all who attended.

A big thanks to the entire Seniors committee comprising of Katy Panthakee, Roshan Rabadi, Tahmas Mandagarian, Meher Khandadia, Freny Gandevia, Yasmin Khory, and Freddie Mirza, for helping to make this such a success.

The dates for the Seniors events in August are August 5th and 26<sup>th</sup> at 11:00 am at the Darbe Mehr. Please come out and join us.

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## Gen Z and Beyond – A Global Zoroastrian Survey

*What constitutes a (Iranian / Parsi / Irani) Zoroastrian identity and creates a sense of belonging? Is it through a local or global community, a shared history or ethnicity, or religious beliefs and practices? Is it by engaging in community spaces or being a part of an ethnic and religious minority within a non-Zoroastrian majority population?*

The Gen Z and Beyond Survey will answer these critical questions by conducting an in-depth, online survey to explore different views and practices within the current global (Iranian / Parsi / Irani) Zoroastrian community and those close to it.

This once-in-a-generation Survey will collect and analyse data in three crucial areas:

- Demographic: to include education, employment, language and domestic life
- Behavioural: religious and cultural beliefs and practices
- Attitudinal: socio-religious and ethnic identities

By collecting this information, we will be able to look at the community worldwide for the first time. It will give us greater understanding of the factors that have promoted or inhibited the growth and success of the community in different contexts across the world.

The full survey and details can be found at this link: [GenZandBeyond](https://zso.org/GenZandBeyond).

## Table Tennis - 4 tables, 6 hours and 1 winner later...



On July 10, 2022, the ZSO Youth Committee hosted an action-packed Table Tennis Tournament. The event was a big success, with many rookies and professionals showing up for a competitive Sunday.

The event began at 12:30 p.m. and lasted over 6 hours. Owing to the huge number of participants, there were numerous elimination rounds before anybody could advance to the tournament's final round. We'd like to thank Kerman Katrak for his assistance throughout the competition, as well as Shaimak Katrak for hosting the event.

After multiple rounds of elimination, the final led to a nail-biting duel between Bomi Tamboli and Rashid Khorshidchehr. After seven sets of 11-point matches,

Bomi came back from a surprising 3-1 deficit to win the championship in Game 7. The race for third and fourth place was no less exciting, Cyrus Irani finished third, while Yezdi Contractor finished fourth.

The finals in the women's category were set between veteran Shiromi Bulsara and rookie player Nasha Makujina. Shiromi won the championship after a hard-fought duel, with Nasha finishing second. The third and fourth place winners were Soheila Shidfar and Afreed Mistry.

During the event, everyone was served delicious samosas as well as tea and coffee as refreshments. Dinner was cooked and served after the tournament by Percy and Tahsheen Daruwalla.

The ZSO Youth are planning a Sports Night August 6th with more games, entertainment and raffles, come in large numbers, you can buy your ticket [here](#). We look forward to seeing everyone on August 6, 2022.

Buy tickets [here](#).

*Article Submitted by: Sohrab Bhiwandiwalla*

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## 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](mailto:newslettereditor@zso.org).

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## Condolences

**Rohinton Shokrehkuda**, on July 23, 2022, in Toronto. Husband of Shahnaz, father of Behzad and Farzad Shokrehkuda, father-in-law of Shahrzad and Shirin, son of (late) Daulat and (late) Gustad Shokrehkuda and son in law of Pervin and late Mehraban Dehmeri.

## 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 **Assistant Editor:** TBD

Please note that all requests for inclusions in the ZSO NL should be emailed to [newslettereditor@zso.org](mailto:newslettereditor@zso.org) and [asstnleditor@zso.org](mailto:asstnleditor@zso.org). Please copy Hoofrish Patel 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: Pedram Yazdani at [admin@zso.org](mailto:admin@zso.org)

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

Renting MGDM hall (for post-funeral prayers/rituals or for private functions): Hoofrish Patel 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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## Coffee Chat with International Zoroastrian Youth – Natalie Kanga



**“Future possibilities start with steps we take today, so I would encourage anyone who is interested in becoming involved to not hesitate to take that first step. We made such good connections with youth from all over the world at the 12<sup>th</sup> WZC in New York; we have already promised each other that we will all meet up again at the 8<sup>th</sup> WZYC in London next year!” - Natalie**

Hi Natalie! Welcome to our coffee chat and we’re excited to have you as our seventh guest in this series.

### **Can you please tell us a bit about yourself?**

Hi all, I’m Natalie. I was born in Toronto and grew up in California, where I lived with my dad who is Parsi, my mom who is Canadian, and my sister. I studied Psychology/Human Health and Music at UC San Diego, and then worked as a behavior therapist as well as the manager of a music and arts school. I’m currently back in school completing my Masters in Psychology research at Arizona State University. I manage the Emotion, Culture, and Psychophysiology Lab, where I have multiple projects running regarding police stress and decision-making, exercise treatments for psychiatric patients, and music and arts interventions for children with mental differences. After I graduate in December, I plan to get a job in industry, hopefully with a health-centered tech company such as Google Health or the Calm App.

Apart from my professional life, I am most passionate about developing meaningful connections with friends, mentoring peers and students in their academic journeys, coaching volleyball teams, writing music, traveling, and being outside enjoying nature. I am lucky to be surrounded by gorgeous landscapes and beautiful people daily, and I try my best to live in the moment and appreciate all that I have!

### **Having grown up in San Jose, California and living between Phoenix and Los Angeles how do you manage to get involved with the local Zoroastrian Community?**

Our Zoroastrian community is so interconnected worldwide, and I have used that to my advantage wherever I have moved. I love that everyone knows everyone, and even if they don’t, their grandmothers probably went to school together! I find it’s been easy to get to know the community if you’re willing to just put yourself out there, connect with friends of friends, and sometimes show up without knowing anyone. That’s when new friends are made!

### **Can you please tell us about your active role with the community? How did you get involved in hosting Z Camps for kids in Southern California? Do you ever have joint events with LA and other sister organizations?**

I have taken on an active role in the San Jose community over the past decade or so and it really started when I attended the summer Z Camp when I was 18. I met so many friends and had such a fun time competing, putting on shows, etc. that I returned the next year, and every year after that, as a counselor.

Once people saw me getting involved, doors started to open, and people would come to me with ideas for projects they wanted to do in the community. Over the past few years, I have completed a few projects: I worked with a friend to produce a fine art photography book showcasing Parsi and Irani Zoroastrians in the San Francisco Bay Area, and the book and professional portraits were sold to raise funds for the new center. I also helped to create a mini documentary showcasing the diverse voices of our Bay Area community, young and old, involved and not involved, and from many different countries of origin. The message that rang loud and clear through the entire documentary is the fact that we all agree much more than we think we do, and we all want our community to survive and thrive.

For those interested, the documentary is available at the following YouTube link: [https://www.youtube.com/watch?v=Moghghf\\_ek&ab\\_channel=ZThoughtsBayArea](https://www.youtube.com/watch?v=Moghghf_ek&ab_channel=ZThoughtsBayArea).

I am also on the building committee which is working on fundraising and purchasing a center for the new Northern California Zoroastrian Center. I am especially excited about this initiative because it will be the first organization and center in California that combines both sides of our community – Parsi and Persian. Having the American culture in common will aid the unification of our communities, and I strongly believe that sharing and appreciating one other's cultures will allow our communities to unite to build a stronger presence in North America and worldwide.

As for future involvement, I am going to be revamping the Z Camp for teenagers and moving it to be based in Los Angeles. Historically the camp has done a good job of bringing youth from all over California (and a handful from across North America and Iran) together, but we welcome teenagers from all over to attend, so please reach out if you know of anyone who is interested! Camp was how I made some of my closest Z friends and it is truly the catalyst that got me involved in the community.

**How do you think you can collaborate with FEZANA and other international sister organizations to stay connected and exchanging ideas?**

This is a great question! I do think our community would benefit from developing stronger connections and sharing resources. For example, there are several Zoroastrian communities in North America that have started or would like to start fundraising to eventually purchase a Zoroastrian center, however the task is daunting and time consuming. If we can make better use of our connections and resources across communities, we can save time and stop reinventing the wheel. I have thought about widely sharing the template for the documentary project, as well as the planning materials we use for the Z camp so that other communities can take these ideas and run with them. The massive WhatsApp group for Zoroastrian youth, as well as the Worldwide Zoroastrians Facebook group, are both a great start in getting people connected and sharing ideas across distances.

**You recently attended the 12<sup>th</sup> World Zoroastrian Congress in New York City, USA, can you tell us more about it and how it felt being around 1200 Zoroastrians from all over the globe in one single hotel for four days?**

The 12<sup>th</sup> WZC was an unforgettable experience! Right when I stepped out of the taxi in front of the hotel, I spotted Parsis – it was like a Zoroastrian takeover of Manhattan! I attended a number of wonderfully thought-provoking, inspiring sessions which dusted off the cobwebs of some incredibly important, timely topics. I got to experience beautiful entertainment and listen in on impressively progressive dialogue. I explored the city with old and new friends and made memories I will cherish for years to come. The entire four days were a treat and I left feeling so full of light, hope, and love for my community.

**Are you excited for the 8<sup>th</sup> World Zoroastrian Youth Congress in London, UK next July? Would you recommend it to someone who has no idea what a congress is? How do you think you can spread the word and increase the excitement around the once-in-a-four-years global youth event? What ideas would you suggest for someone who wants to attend but is looking for sponsorships to enable them to attend next year's congress?**

I absolutely cannot wait for London 2023!!! Meeting the London crowd in New York really sealed the deal – we made such good connections with youth from all over the world at the 12<sup>th</sup> WZC in New York; we have already promised each other that we will all meet up again at the 8<sup>th</sup> WZYC in London next year! For anyone who isn't sure about attending or who hasn't been to a congress before, I would say to expect to be surrounded by people that "get" you. People that have the same roots, people that want to make friends, people that want to be involved and make a difference... Think about congress as an opportunity to explore a new city, meet new friends, and have important conversations about religion, culture, and community.

Spreading the word for London is honestly easy now because we are all on such a high after coming out of the 12<sup>th</sup> WZC in NYC! I think that word of mouth is the most powerful, personal way to get people excited. So, tell your friends, friends of friends, cousins, and anyone who will listen! The London team is really bringing the heat!

As for people seeking sponsorships to attend, I would say to reach out to your local community as a first step. Our community is so giving and well connected. Even if there is no sponsorship program already set up in your area, people like to come forward to help youth become involved. After all, we are the future!

**Being born of mixed races did you face any challenges growing up – with respect to identity and belonging?**

I think I was very lucky to grow up with the family I did. My mom is White, yet she cooks all the Parsi food, hosts potlucks, sits in on conversations that slip into Gujarati and nods along and listens for the English... and importantly, the San Jose community accepts her and my family fully. Ask anyone in San Jose – my mom is seen as an honorary Parsi! Of course, growing up I did notice I didn't have as much knowledge as some of my friends about certain ceremonies or traditions. I don't speak Gujarati and I had to learn how to wear a sari from my grandma when she was visiting, and aunties in the community would help me when I arrived at parties. Despite these minor challenges, I feel so grateful to have grown up with a mix of two cultures. I recognize my privilege in having this positive experience being mixed and I understand that our community has a long way to go to before my experience becomes the norm. I stand as an example of the good that can come from acceptance, and in an ever-diversifying society, I think this acceptance is essential for a successful future.

And to anyone else who is of mixed heritage: You are perfect as you are! You bring diversity and a unique beauty to our community and most Zoroastrian people love and accept you just as you are. Your lived experience is valid, and people will listen to you and support you. You can be as involved as anyone else, you can express your voice, and you can make a difference!

**Lastly, what message do you have for our young members reading this and in what ways can they make an impact?**

I would encourage my generation to step forward and be a part of the movement – it is an exciting, important time in our history, and it is up to us to decide what the future of Zoroastrianism holds. What will the Zoroastrian reputation will be in North America? Will we be known for our altruism, as the Parsis are in India? Will we be environmentalists? Will we step forward to help other communities in need? All these future possibilities start with steps we take today, so I would encourage anyone who is interested in becoming involved to not hesitate to take that first step. Reach out to someone, become involved in a small way, and doors will open that you didn't even know existed.

**Thank you so much Natalie, for your positivity and phenomenal work you do for the local community. You are such an amazing role model for our current and future youth!**

## اشتودگات - یسن ۲۹ - بند ۶

خدای دانا که از راز زندگانی زیبا آگاه می باشد، گفت: پس هیچ کس را نمی شناسی که از روی راستی و تنها راستی سرور هستی و رهبر درستی شود؟ اما ای اش، من تو را برای مردمانی آفریده ام که خود آباد باشند و دیگران را آباد سازند.

## جشن شهریورگان بر همگی شاد باد!

براساس گاهشماری زرتشتی جشن شهریورگان از جشن های ماهیانه است که در روز شهریور از ماه شهریور که برابر با ۲۱ آگوست است برگزار می شود. کلمه شهریور از شکل «خَشْتَره ویری» اوستایی است که به «شهریاری خواسته شده» ترجمه می شود. درباره چگونگی برگزاری این جشن در دوره باستان آگاهی چندانی نداریم.

## گردهم ایی ورزشی و تفریحی و شام!

در روز شنبه ۶ آگوست ساعت ۶ پسین گردهم ایی ورزشی و تفریحی در درمهر برگزار می شود. می توانید برای ورزش و تفریح در این برنامه شرکت کنید یا این که برای تماشا و دیدوبازدید به درمهر بیاید. در پایان برنامه، با شام از شما پذیرایی خواهد شد. برای آگاهی از این برنامه به پوستر آن در بخش انگلیسی مراجعه کنید.

## سخنرانی و گهنبار توجی

در روز یکشنبه ۷ آگوست ساعت ۴ پسین سخنرانی درمورد «مهارت مدیریت خشم» در درمهر برگزار می شود. این سخنرانی توسط دکتر نگار خدادادی است. پس از این سخنرانی در ساعت ۵:۳۰ گهنبار توجی خوانده خواهد شد. با شرکت در این برنامه هم از این سخنرانی بهره ببرید و هم پس از آن در گهنبار شرکت کنید.

## بازگشایی درمهر مهربان گیو

با توجه به شرایط، از ماه مارچ درمهر در روزهای بیشتری از هفته: دوشنبه (بعدازظهر)، سه شنبه (صبح و بعدازظهر)، چهارشنبه (بعدازظهر)، جمعه (صبح و بعدازظهر)، شنبه (صبح و بعدازظهر) و یکشنبه (صبح و بعدازظهر) باز می باشد. ساعت های باز بودن درمهر را حتما از روی تارنمای انجمن ببینید. بسیار مناسب است که مانند گذشته رفتن به درمهر را در برنامه هفتگی خود بگذارید.

## پرداخت حق عضویت

با پرداخت حق عضویت خود، هم انجمن را از نظر مالی پشتیبانی کنید و هم این که همزوری 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. فرزندان تان که به خوشحالی بزرگ شده اند و زندگی جدیدی تشکیل داده اند و دوستان و آشنایان خود را برای پیوند به انجمن از راه پرداخت حق عضویت برانگیزید.

**پشتیبان مالی انجمن را به یاد داشته باشید**

به دلیل وضعیت موجود در پیوند با ویروس کووید-۱۹، برنامه ها و گردهم آیی های در محل درمهر و انجمن هنوز مانند گذشته برگزار نمی شود. با توجه به عدم حضور افراد در محل درمهر، کمک های خیراندیشی 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.

انتقادهای، نظرها و پیشنهادهای خود را با کانون فرهنگی زرتشتیان ایرانی با ایمیل [kanoun@zso.org](mailto: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>

**گردهم آیی ماهیانه بانوان**

با توجه به این که شرایط امکان از سر گیری بسیاری از فعالیت ها فراهم شده است. بسیار مناسب است که بانوان مانند گذشته و با برخی پیشگیری ها گردهم آیی های ماهیانه خود را از سر بگیرند. بانوانی که در گذشته هماهنگی این برنامه را انجام می دادند، در صورتی که هر نوع هماهنگی یا زمان و روشی که در نظر می گیرند را برای آگاهی رسانی در خبرنامه به کانون هم اعلام نمایند.

**مناسبت ها و رخدادهای ماه گذشته**

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

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

**جشن تیرگان برگزار شد**

جشن تیرگان در درمهر گیو با گردهم آیی در روز جمعه اول جولای از ساعت ۱۱ صبح در درمهر برگزار شد. در این روز خانواده ها هر کدام در داخل درمهر و بیرون آن با دیدوبازدید، گفتگو و نیز آب به روی هم پاشیدن این جشن را گرمی داشتند.

**مجمع همگانی انجمن زرتشتیان اونتاریو برگزار شد**

در روز یکشنبه ۱۷ جولای ساعت ۱۱ صبح به صورت حضور در درمهر مهربان گیو و نیز از راه پیوند زوم مجمع همگانی سالیانه انجمن زرتشتیان اونتاریو برگزار شد. در این برنامه اعضای انجمن که حق عضویت خود را پرداخت کرده بودند حضور داشتند و مراحل مختلف مجمع همگانی با بحث و گفتگو و رای گیری انجام شد. در یکی از بخش های این مجمع اعضای جدیدی به هیات مدیره پیوستند. با سپاس از افرادی که پیش از این در هیات مدیره برای جامعه امان تلاش کردند و با آرزوی موفقیت برای اعضای جدید.

شوربختانه تعداد اعضای ایرانی حاضر در نشست بسیار ناچیز بود که جا دارد در مورد دلایل آن گفتگویی در جامعه انجام شود.

## **The 12th World Zoroastrian Congress (1<sup>st</sup> July to 4<sup>th</sup> July 2022) achieved**

### **: BRIDGING THE GLOBAL ZARATHUSHTI EXISTENCE.**

Kudos to each of those who contributed to a most eventful and informative 12<sup>th</sup> World Zoroastrian Congress. It was a joy to attend with my Mother Jerou. The 12th WZC was excellently put together by Arzan Sam Wadia , Astad Clubwala, Aban Rustomji, Keki Dadachanji and others.... and featured Inter-Faith Leaders, Elders, Youth, children's programmes ... a well orchestrated event. I was delighted to participate along with my Mother Mrs. Jerou Panthaki RamMohan who was the Ambassador for the North American Mobeds Council to guide and teach the Youth and little children the importance of our Ervads, Mobeds and Dasturs along with the significance of our daily Prayers and the Navjote ceremony and the continual wearing of the Sadrah-Kushti.

The WZC team, Leaders and Participants celebrated and included Community and individual work. Representatives from all parts of the Community: our Revered Priests, Scholars, Scientists, Politicians, Youth, Elders, Groups and Individuals were included in presentations. A true achievement of USHTA ...Harmony and balance.

It was a positive start to the year building up to the 8th Zoroastrian Youth Congress being hosted by the Zoroastrian Trust Funds of Europe (London). The YZs were ably represented by the ZTFE team.

The most important take away from this Congress for which we express our deepest reverence and gratitude to Vada Dasturji Khurshed Dastoor Saheb was his guidance on truly being Zarathushti without any barriers. His contribution to the Inter-Faith Panel and his address to the Congress was inspiring and motivating.

The Congress began with a Prayer benediction at the Aatarsh which was spiritually inspiring, uplifting and a joy to behold. It was beautifully done. The Prayers were very soulful and were conducted harmoniously by Ervad Pervez Patel and Ervad Tehmtan Mirza together with Priests and Mobedyaars holding lights. The Ball room of the Hilton Midtown New York resonated with the vibrations of the holy Manthravani.

A pageant representing 16 countries involving a senior and Youth from each country followed. The UK flag was carried by Dorab Mistry (OBE) who was accompanied by our very own young Maya Amani Azari. This was most elegant and awe inspiring.

The most important session to me was the Mobed Panel (on Day 3 Sunday 3<sup>rd</sup> July) with Vada Dasturji K

Hurshed Dastur and was moderated by Ervad Arda E Viraf MinochrHomji. It built upon Dasturji Khurshed Dastoor's message with added voices of Ervad Yazad Bhadha , Ervad Sheherezad Pavri and Ervad Kaivan Antia. The message of how the **ZTFE** has set up a position for a resident Mobed was the most important take away from this session as the model can be emulated by other Zoroastrian organisations outside India. The role of the programme 'Empowering Mobeds' presented by Ervad Pavri described how the Zoroastrian community worldwide has started to come together to support the Mobed fraternity : by training Mobeds in Rituals, soft-skills and providing monetary support to enable Mobeds to give their services fulltime.

On Friday the 30<sup>th</sup> of July a select group of 200 participants of the WZC were invited to the Rustom Guiv Dar-E-Meher where Prayers were followed by a lecture on the building of the Centre. We were absolutely delighted to partake of the Prayers and the beautiful serene ambience of the garden. The lit afarganyu with a fire is surrounded by a fountain – reminding one of the end of the Aatarsh Niayesh where both the Aatarsh and Ava Ardvisurbanu are venerated along with all the holy righteous Souls. The group photography conducted by Arzan Wadia with a drone delighted us all.

The Congress began with a bang – with a keynote speech by Justice Rohinton Fali Nariman who delivered the K.D. Irani memorial lecture highlighting many case studies and judicial analyses on 'The rights of Parsi

Women after the advent of the constitution of India'. The audience roared with applause.

<https://zoroastrians.net/2022/07/23/rohinton-nariman-gender-equality-rights-of-parsi-women-after-advent-of-the-constitution-of-india/>

The WZC InterFaith Programme led by Ervad Tehempton Mirza involved Inter-Faith Leaders Dasturji Khurshed Dastur, Father Brian McWeeney, Rabbi Jusoph Potasnik, Swami Sarvapriyananda and Bhai Sahib Satpal Singh ji. They highlighted the commonalities that link us all together so that we create a Spiritual renaissance in humanity to overcome global challenges.

In the session : 'Custodians of Zamyad – The spirit of the Earth – Dr. Rashneh Pardiwala explained her years of work (which she has previously highlighted in three webinars – The Good Mind Nurturing Nature – A Zoroastrian Perspective on Sustainable Development for Progress Together (May 2021), in the ZTFE Inter Faith Webinar Progressing Sustainably Together (Oct, 2021) as well as at the Parliament of Worlds Religions. Other panellists effectively complemented the delivery of a wholistic approach and included Anahita Berahrami and Dr. Daniel Sheffield moderated by Aban Marker Kabraji.

The ZASHA project highlighting the good work by Zoroastrian Women worldwide was announced by Zerbanoo Gifford following a dialogue between Shahin Bekhradnia, Katayun Kapadia, Freny Nina Pavri, Arzan Sam Wadia and Rashna Writer Moderated by Mrs. Gifford with the support of Facilitators Mantreh Atashband, Shazneen Munshi, Aban Rustomji and Benafsha Shroff.

On Saturday 2<sup>nd</sup> July there was a spontaneous unrehearsed conversation between Dr. Jamsheed Choksy and Dr. Yuhan Vevaina moderated by Dr. Nerina Rustomji which highlighted the importance of further research into the Culture, artifacts, languages and philosophy of Zoroastrianism highlighting the rich heritage.

This was followed by a panel discussion by James Ball, Homa Dashtaki , Narges Kakalia and Anne Khademian moderated by Keki Dadachanji on 'Identity, Belonging and Community in Zoroastrianism'. The speakers related their life stories, sources of inspiration and answered questions.

The world Zarathushti Community Awards were presented at the awards Luncheon consisting of Parsi Lamb Curry rice, salad and dessert and other delights. During this time awards were presented:

The Iconic Zarathushti Award was presented to Padma Vibhushan Fali & (late) Bapsi Nariman which was received by their grand-daughter Khursheed

A second Iconic Zarathushti Award to Dr. Cyrus Poonawalla (our ZTFE nomination) was announced but presentation was deferred to the next day to be received by Lord Karan Bilimoria on his behalf

The Community Service Awards to Dr. Shernaz Cama was presented by our very own Rusi Dalal.

A second Community Service Award was presented to Edul Daver.

Award for Science/technology/engineering/medicine to Dr. Firuza Parikh.

Social Entrepreneur awards to Zerbanoo Gifford, Ruyintan Mehta, Zarina & Ronnie Screwvala

Creative art/design/literature/culture award to Bapsi Sidhwa

Diversity award to Farah Bala and Michelle Mama

Rising Outstanding Young Zarathushti Stars awards to Tanya Hoshi, Parshan Khosravi, Mehrzaad Mogrelia, Ervad Sheherazad Pavri and Rishad Surti.

The afternoon session consisted of a talk by Mahzarin Banaji on the ‘Hidden biases of Good people’.

A parallel session was a talk by Dr. Sarah Stewart on the GenZ project. She also covered some of the Zoroastrian Theology from her understanding including punishment and reward after death with references to the Bundaishn and other texts.

An interesting immersive learning experience was conducted in the Regent room by Tashan Mistree-Byramji and her team explaining the relationship of days of the month and other concepts to living a Zoroastrian life. The morning session was for children and the afternoon was for adults. There were models of Agiaries in the central exhibition.

In the afternoon there were four parallel sessions. In the main Ball room Dr. Viloo Morawala Patell presented the Avestagenome project. This was a detailed presentation of the genetic analysis of the Zoroastrian genome including diseases and epigenetic changes over time.

The Teenagers were given workshops during the Congress by Mrs. Dastur, Mrs. Vahishta Kaikobad and others. For this Prof. Farrokh Mistree, Ervad Vispi Karkaria and myself conducted a UN roundtable style event with the teenage group linking the Agiary model building to the Mazdayasni Zarathushti Prayers. I was honoured to prepare some of the slides for this session.

The Global Working Group then presented an excellent overview of their work. The Speakers Sam Balsara, Alayar Davestani, Ervad Xerxes Dastur, Katayun Kapadia, Firoz Pestonji, Rohinton Rivetna and ArZan Sam Wadia were ably moderated by our very own Dorab Mistry. In addition the 8<sup>th</sup> Youth Congress Co-Chairs Sanaya Khambata and Sheherazad Kapadia made a presentation of their ideas.

Three parallel sessions overlapped the GWG:

‘Conquering the Unquiet Mind’ – by Dr. Firdaus Dharbhar, Khushro Unwalla and Delna Palia Moderated by Farin Bakhtiari.

A program for Youth and Young Adults titled ‘We’ve got the power, now we’re getting Louder’.

‘Engage, Educate, Empower religious education for all developmental stages’ by Persis Driver and Artemis Javanshir.

The day ended with a performance by the World Zoroastrian Orchestra (with other professionals too), a chamber ensemble of instrumentalists, individual and group vocal performances. A singular delight.

Day 3 began with a dialogue between the moderator Mathew Barber and the Iraqi Kurdish speaker Faiza Foad titled ‘One Zarathushtra many Zoroastrians: Iraqi Kurds reclaim their heritage.’

This was followed by the Distinguished Speaker address by Lord Karan Bilimoria on ‘Leading through crisis the Zoroastrian way’ with an excellent introduction of Lord Karan Bilimoria by Mr. Dorab Mistry <https://www.youtube.com/watch?v=UWurTWU1oro> : the most inspiring talk of the Congress which included actionable lessons. This built upon the themes addressed by Lord Bilimoria at the Said Business Centre Oxford in June 2022.

In parallel with both these talks was the ‘Global Innovations in Religious Education’ session by Havovi Antia, Khursheed Choksey, our very own Shazneen Munshi and Kainaz Shroff moderated by Persis Driver.

The Iconic Zarathushti Award awarded to Dr. Cyrus Poonawalla was accepted on his behalf by Lord Karan Bilimoria on Sunday 3<sup>rd</sup> July 2022 in the presence of our very own Dorab Mistry

Following a coffee Break an interesting session in the Ballroom ‘ Leaders asking leaders’ Q&A with Youth Leaders was presented featuring Delzin Banajee, Tanya Hoshi, Parshan Khosravi, our ZTFE Shazneen Munshi and moderated by Benafsha Shroff and Pearl Mistry. They shared their experiences and guidance.

There were two parallel sessions at the same time : one on Zoroastrian Genes and Diseases by Ushta Davar Canteenwalla, Freny V. Modi and Saroja Voruganti moderated by Dr. Viloo Morawala -Patell

The second titled ‘Zoroastrian Digital Humanities’ by Jerry Beersdorf II, Ruzbeh Hodiwalla and Aban Rustomji moderated by Kersi Shroff

This was followed by a play on the ‘Story of Creation’ in the Ballroom, which was much appreciated by all despite starting about 45 minutes late due to the length of the interesting previous dialogue.

Following lunch there was a delayed start.

The World Zarathushti Chamber of Commerce (WZCC) Panel coordinated by Prof. Farrokh Mistree consisted of Percy Master (WZCC President), Prof Porus Bulsara, Dr. Darayus Mehra, Ruintan Mehta, Mira Mehta, Piruz Khambatta and Ervad Jehan Kotwal who presented their experiences The synthesis relating Entrepreneurship (Intellectual, Economic and Social) and Giving back to the Zarathushti Daena by Dr. Karishma Koka was followed by a conclusion by Lord Karan Bilimoria. This was titled the most interesting Panel discussion by many.

Three parallel sessions took place

‘Healthy Aging’ by Dr. Firuza Parikh and moderated by Dr. P. Khatibi

‘The era of Divine awakening – hear from Female Mobedyars’ by Teshtar Irani, Panteha Souroushpour moderated by Armita Dalal.

‘Zoroastrians at the United Nations: Opportunities to Engage’ by Freyaz Shroff and Afreed Mistry moderated by Mahtab Dastur.

Following tea there was a session by the Global Mobed Community (reported at the beginning of this document).

In parallel with this were three sessions:

‘How to become a joyful centenarian’ by Neville Sarkari, Frezaz Shroff and Fereshteh Yazdani-Khatibi moderated by Dr. Dolly Dastoor and Nawaz Merchant.

‘Overview of the Kurdish Zoroastrian Movement ‘by Matthew Barber.

‘The future God’ by Arman Ariane.

The evening session beginning at 5.15pm consisted of a main session in the Ballroom by Dr. Sarah Stewart on ‘Zoroastrian Voices from Iran’ with two parallel sessions:

‘Zoroastrian Return to Roots- Looking back to move forward’ by Leea Contractor, Nerissa Mavalvala and Mahfrin Santoke moderated by Kayras Irani.

How to become a Joyful Centenarian: Aging Across the Zoroastrian World with Linda Blanchard and Bomi Parakh moderated by Dr. Dolly Dastoor and Nawaz Merchant.

The WZCC team met with the Zoroastrian Youth Across Borders young individuals. We enjoyed the dialogue with them – bright young individuals with great potential and dedication brought to New York by the Congress. At this event Prof. Farrokh Mistree was also presented with his WZCC award for excellence.

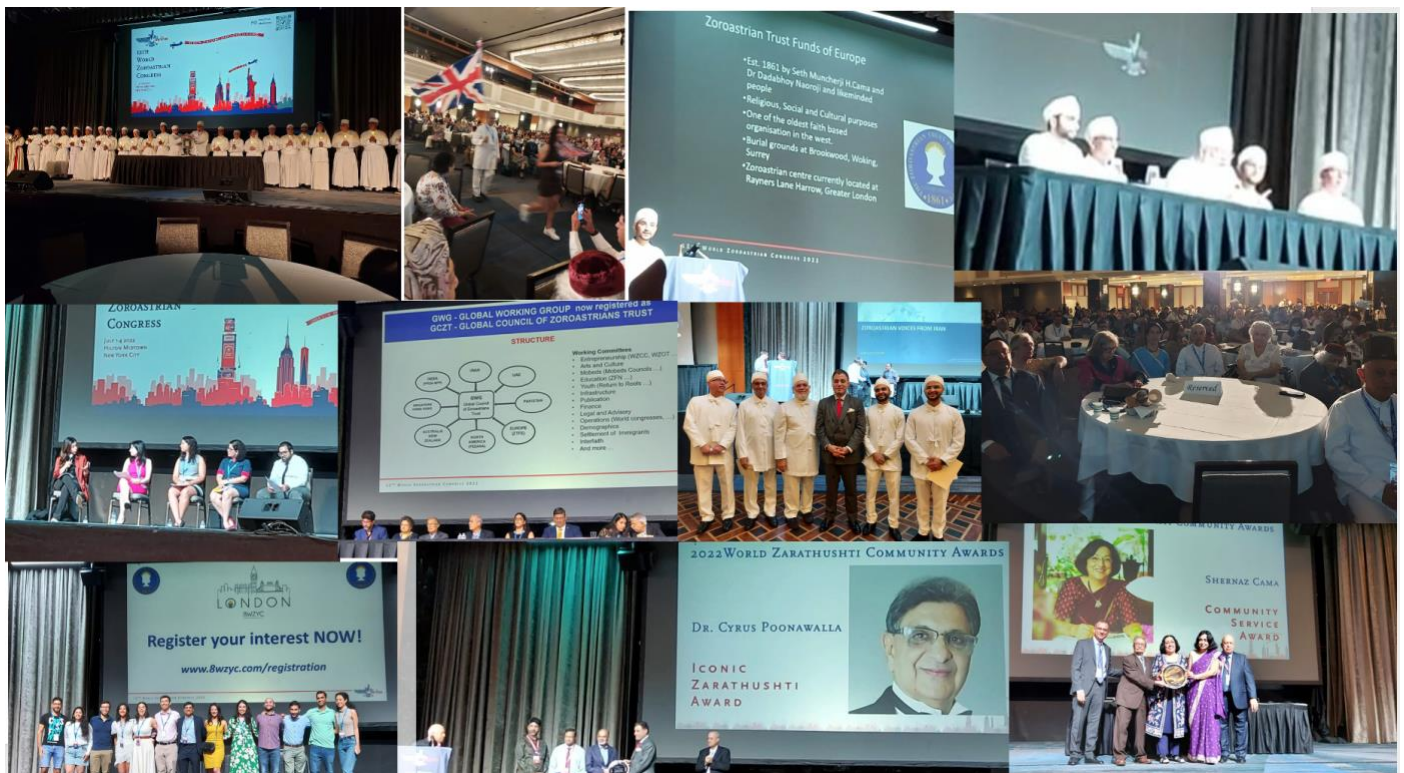
The evening concluded with a the Gala Dinner and Ball, delectable dishes, a rampwalk featuring Parsi embroidery and live music which continued into the early hours of the morning. There were lively discussions in the main hallway until well past 3.30am.

The final day began with a Recap session by Anahita Kotwal and Zal Shroff explaining the them of the Congress. A concluding session on ‘Zoroastrian Footprints’ saw the launch of a Global project by Astad Clubwala and Homi Byramji to document Zoroastrian developments – the audience was invited to continue the dialogue.

The Congress concluded with a grand closing ceremony where the torch was passed to the Zoroastrian Association of Singapore. Announcements were made regarding the 8<sup>th</sup> World Zoroastrian Congress in London in July 2023 where the Youth team of the ZTFE took to the stage and made a presentation. This was followed by a presentation by the WZCC Conclave by very own Shernaz Engineer, Dorab Mistry and team.

Overall a very special and most enjoyable World Zoroastrian Congress was achieved with Global participation which was appreciated by one and all.

Dr. Karishma Koka.





## MUKTAD PRAYERS 2022

Complete this form if you wish to include the names of your departed loved ones. Names submitted in previous years will not be automatically carried over for this year. We will not be accepting and accommodating any names via phone. If the deceased names are same as last year, please send a note in the email mentioning "carry forward the deceased names from last year".

Kindly complete all details below using BLOCK LETTERS and be sure to select/circle the correct status and send the form via email or mail to Ervad Hoshang Udwadia by August 05, 2022.

- Email: [religiouscommittee@zso.org](mailto:religiouscommittee@zso.org)
- Mail: Ervad Hoshang Udwadia, 1007 – 10 Parkway Forest Drive, North York, Ontario. M2J 1L3.

The first names of the deceased are always recited together with their father/husband's name along with their status (i.e., Ervad, Osta, Osti or Behdin as per Zoroastrian custom)

E= Ervad (male who was a Navar)

O= Osta (Male from a priestly family but not a Navar)

Oi= Osti (Female from priestly family)

B= Behdin (male/female from non-priestly family)

K= Khud (child whose navjote was not performed)

Kindly include the following names in the daily prayers during the forthcoming Muktaḍ ceremonies:

Names of the Deceased	Name of His/Her Father/Husband
1. E O Oi B K _____	E O B _____
2. E O Oi B K _____	E O B _____
3. E O Oi B K _____	E O B _____
4. E O Oi B K _____	E O B _____

Thank you.

\_\_\_\_\_  
Full Name

\_\_\_\_\_  
Telephone number



# 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 \$25 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, M2M 3S6

**\*\*All cheques payable to Zoroastrian Society of Ontario**

THE ZSO YOUTH &  
ENTERTAINMENT  
COMMITTEE  
PRESENTS



# Sports Night

AUG 6TH - 6PM

3590 BAYVIEW AVE, TORONTO

CARROM  
TABLE TENNIS  
BASKETBALL  
CHESS/CHECKERS/CARDS

TICKETS: MEMBERS \$15  
NON-MEMBERS \$20  
(DINNER INCLUDED)



PLEASE PAY ONLINE:

ZSO.ORG > EVENTS > AUG 6TH > REGISTER

OR GIVE NAMES TO:

GULOO BHARUCHA: 905-475-8894

OR TAHSHEEN DARUWALA: 647-708-9860

ALL FUNDS RAISED WILL GO TO SENDING ELIGIBLE ZSO YOUTH TO  
THE 8TH WORLD ZOROASTRIAN YOUTH CONGRESS JULY 2023

Anger

به نام او که تندرستی بخش ترین است

یک شنبه 4 پسین 7 آگوست

سخنران برنامه: دکتر نگار خدادادی

متخصص اعصاب و روان از ایران

Management

Sunday August 7<sup>th</sup> 2022 (In Persian)

4Pm With Negar Khodadadi M.D

Psychiatrist from Iran

### درود بر هموندان هازمان زرتشتی انتاریو

کمیته آموزش (Lecture committee) بر آن شده است تا برنامه های آنلاین خود را به شیوه حضوری برگرداند. به همین شوند در وره رام ایزد امرداد ما ۳۷۶۰ زرتشتی برابر با هفتم آگوست ۲۰۲۲ ساعت 4 پسین در درب مهر گرد هم می آیم تا درباره ی مهارت مدیریت خشم با هم گپ بزنیم.

خشم از سهش های (احساسهای) طبیعی آدمی است که یاری می کند انسان از خودش پشتیبانی کند. اما گاهی خشم رفتارهایی می آفریند چون فریاد، ناسزاگویی، یا زیر پا گذاشتن قانون که پس از پایان خشم، انسان شرمند رفتارش خواهد شد. این برخوردها به خود فرد، نزدیکان و هازمان آسیب می رساند. چگونه می توان خشم را به گونه ای مهار کنیم که هم خودمان به هدفمان برسیم، زیر بار زور نباشیم و هم به دیگران آسیب نزنیم. بیایید با هم همفکری کنیم؟

چشم به راه همراهی گرم شما هستیم

Dear ZSO Members,

The Lecture committee of ZSO Invites you to an anger management seminar which will be held on August 7<sup>th</sup> at 4 Pm in Darbemehr.

Anger is a natural feeling that aims to protect us. Whenever we feel scared or vulnerable, we might experience anger to maintain our right and dignity.

Sometimes this anger might be uncontrolled and makes us conduct ourselves in an embarrassing manner. Therefore, we might ruin our reputation or harm our loved ones. Let us share our experiences and find a rational way of controlling anger. We are looking forward to your collaboration

Hot drinks and refreshments will be served.



# Patra nu Dinner

UK Zoroastrian Youth Congress 2023 FUNDRAISER

Saturday, September 10, 2022

6pm onwards

3590 Bayview Avenue, Toronto, ON, M2M 3S6, Canada

**\$80/-**

(Please note this event is open to all but is first come first serve with limited seating!)

Come join us for live DJ, Cash Bar and  
a night filled with entertainment

## Menu

### Non-veg

Gajjar meva achar  
Rotli  
Saria  
Parsi Stew  
Patra ni Machi  
Sali boti  
Chicken pulao  
Dar  
Lagan nu custard

### Veg

Gajjar meva achar  
Rotli  
Saria  
Parsi Stew  
Sali paneer  
Paneer Steak  
Veg Pulao  
Dar  
Lagan nu custard

Please pay online by **SEPT 7**

[ZSO.ORG](https://ZSO.ORG) > EVENTS > SEPT 10 > REGISTER

OR

Call for questions:

Nasha Makujina: 647-231-2240

Pearl Chothia: 416-917-7402