
Presidents Message

The ZSO board members wish everyone a wonderful and healthy new year. Our goal is to make 2023 our best year ever with respect to organizing community events to bring all of us together at the Mehraban Guive Darbe Mehr (MGDM).

We thank the youth committee for organizing a sold-out New Year's Eve event at the MGDM. The youth committee also ran a successful winter donation drive. It is truly amazing to see the involvement of the youth growing with each passing year. We are proud of them and I feel happy that they are our future.

In conjunction with the ZSO youths, the Zoroastrian Youth of North America (ZYNA) are also organizing a "Social Night" on January 13th at the MGDM. Please see attached pamphlet.

The ZSO and the entertainment committee are excited to announce a KHUSHALI NU JASHAN on Sunday, January 15th at the MGDM. Details will be on the ZSO website and the newsletter.

Kanoun organized a successful Yalda dinner and show filled with entertainment and children's songs as we celebrated the symbolic birth of the Sun on the longest night of the year. It is essential to teach the new generation that the Holiday season may be Christmas, Hanukah or Kwanzaa for some, but it is Yalda for Zoroastrians.

Jashne Sadeh which is the festival of fire will be celebrated on the 28th of January. This is a festival to celebrate the purity, warmth, and light offered by fire. Information on Sadeh will be emailed to all ZSO members and will be posted on the ZSO website.



Children Signing at Yalda celebration

The 100th Toronto Scouts are organizing their annual Valentine's day dinner on Saturday, February 11th. Please see the pamphlet for details.

As you may know, Farokh Farhadian, our custodian will be leaving us at the end of this month due to personal reasons. Thank you to those who applied for the replacement position; the interview process has now finished and the ZSO board will announce the new custodian for the MGDM by the end of the month via email.

If you have any ideas or relevant contribution for the monthly newsletter, please email us the WORD document to newslettereditor@zso.org.

The MGDM is now open for private bookings. For availability please contact Hoofrish Patel evp@zso.org.

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

*Wishing you all Tandorosti, **Mitra Jam**, ZSO President*
president@zso.org

Meet the Editors

The ZSO recently appointed new newsletter editors in October, below is a little bit about them. You can reach either of them at newslettereditor@zso.org for anything regarding the monthly issue.

Araash Chothia



Currently studying at Toronto Metropolitan University pursuing a Bachelor of Commerce. Araash loves taking walks, reading, and writing. Also a member of the ZSO Youth Committee he enjoys planning events at the DBM for people of all ages to come, mingle, eat and have a good time. If you've been reading the newsletters you'll know that he enjoys writing on current events, and highlighting local businesses and people who are making changes within the community. He wants to share our community's local stories to inspire Zoroastrians to start and continue doing great things around the world.

Bahram Jam



Hello, this is Bahram Jam. I had my Sedreh pooshi (Navjote) done at the MGDM in 1981. My father Jamshid Jam made sure that our family remained members of the ZSO every year since then. The MGDM has been a place of spiritual growth and social connection for me from my childhood until now. My 3 daughters Nadia, Tara, and Roxana have also experienced growth by attending events at the MGDM. My wife Mitra Jam who is the current ZSO president spends so much time on ZSO finances, meetings, etc. has done so with great pride. In a nutshell, I have quite a bit of motivation to make the ZSO newsletter something the members enjoy reading.

Scouts Coffee Fundraiser

This Winter, show kindness, generosity, and gratitude by supporting Scouting. Celebrate togetherness with a fresh pot of Scout Coffee! Your next bag of coffee can support your child, family member or neighbor in Scouts to learn new skills, make new friends, and become a better leader.

Scout Coffee fundraiser allows Scouting Groups to enhance their programming to help develop youth into well-rounded, more resilient individuals. 35% of the sales go back to local Scouting Groups to fund their adventures and over 5% directly supports the No One Left Behind program. Here's how you can order, visit <https://scout-coffee.ca/> - during check-out select "100 Toronto Scouts Group" in the Choose a Scouts Group section.



Scouts Canada

Written by: Scouts Canada – 100th Toronto

Seniors Corner

On November 18th, Mr. Rustom Chothia had given a short talk on Zoroastrianism.

On December 2nd, we had a country singer, Michael Danckert, who entertained the Seniors with his toe-tapping, foot-stomping music which was enjoyed by everyone. A few ladies did line dancing to some of his tunes. Freddie Mirza accompanied him on his harmonica for a few songs too. Yummy mutton Dhansak and Chicken kabab were catered by Khushnuma and Hoshedar Bamboat, and ice cream for dessert.

The last Seniors event for the year was on December 16th. It was an event to remember. 66 Seniors were brave enough to attend the Bingo session, despite having awful rain and snow the day before. Fortunately, with Ahura Mazda's grace, the 16th morning turned out to be a day without any snow, rain, or wind. Lunch consisted of delicious Dhan Daar, patio, and fried fish, catered by Prochy and Adil Gazdar, with Sev and



Freddie Mirza and Michael Danckert entertaining the Seniors

Tiramasu for dessert. We took this opportunity to bid farewell to our Custodian, Farokh Farhadian, who will be leaving us in January. We will miss him, and wish him well. Dates for the Senior's events in January are the 13th and 27th. However, these dates are weather permitting. The Telephone committee will contact the Seniors accordingly.

I would like to take this opportunity to thank all the Senior committee members: Katy Panthakee, Tahmas Mandagarian, Roshan Rabadi, Meher Khandadia, Freny Gandevia, and Freddie Mirza for all the effort they have put in to ensure the smooth running of all the Seniors events throughout the year.

Happy New Year 2023 to each and every one. May the New Year bring good health and happiness to all.

Following are the dates for Seniors' Events for January 2023:

Friday, January 13, 2023.....11:00 am. Friday, January 27, 2023.....11:00 am.

Written by: Yasmin Khory



Rustom Chothia (Second from left) gave a speech on Zoroastrianism – Nov 18th

Library Project for Volunteer Hours for High School Students



Library Project updating the ZSO database

The ZSO Library committee is calling for volunteers who are interested in being a part of the Library Project. Students who would like to add volunteer hours for the school year are welcome. We meet on Saturday mornings at the Darbe Mehr Library. Dates in 2023 are February 4th, 11th, 25th, and March 4th from 11 am - 1:30 pm, followed by a brief lunch. We will meet to stamp, barcode, label, catalog, shelve books, and write reviews of books to improve writing skills.

The volunteers don't need any experience in the field as long as they are willing to learn and help with the work. It would be a pleasure to have anyone who is interested in being a part of the team. This would be a great opportunity for those who are interested in getting familiar with our collection and Zoroastrian History. Thank you and we are looking forward to meeting you! For more information, please contact: Spenta Chothia at 647-287-2215 call/text, or email at spentachothia@gmail.com

Written by: Spenta Chothia

Winter Donation Drive 2.0

Just like last year, the youth committee of the ZSO conducted a winter donation drive, this year with the thought of giving back to the less fortunate. The donations were given to the Refugee families of Syria, Afghanistan, and Ukraine. A big thank you to each and everyone who contributed to the winter donation drive, every donation does a lot for the community. During the winter, these clothes will be used and appreciated by people who are in need. The committee will have more donation drives in the future and want to know from you, what you would like to see planned.

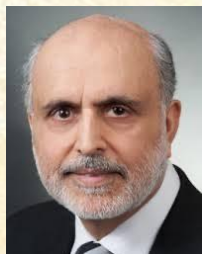


Clothes collected for refugees

Please message the ZSO youth on Instagram or Facebook. Also, for more news on our upcoming events and updates, please follow us on: Instagram - ZSOYOUTH & Facebook - ZSODM
To check the photos and videos from the drive, [CLICK HERE](#).

Written by: Sharmin Mistry

Dr. Navil Sethna Recognized For His Exceptional Contributions to Pediatric Anesthesiology and Pain Medicine



Dr. Navil F. Sethna, MD, MA (Hon.), FAAP
Professor of Anesthesiology, Harvard Medical School

Dr. Navil Sethna, MB, ChB is the 2023 recipient of the prestigious American Academy of Pediatrics (AAP)/Society of Pediatric Anesthesia (SPA) Robert Smith Award in recognition of his outstanding contributions to the field of pediatric anesthesiology and pediatric pain medicine. Navil has been a leader in all aspects of acute and chronic pain management for more than 35 years, and his countless scientific contributions have shaped how we care for patients. He has mentored a generation of physicians, many of whom serve as leaders in the field. His research for improved pain treatment led to his collaboration with Dr. Charles Berde, MD, Ph.D., to create the Pain Treatment Service at Boston Children's Hospital in 1986, the first comprehensive pediatric pain service in the US. He also developed the foundations for the Headache Clinic and Pediatric Pain Rehabilitation Center, where he currently serves as Clinical Director and professor at Harvard Medical School. Navil is a passionate, kind, and tireless clinician, researcher, and educator who continues to be the expert, always willing to share his knowledge and advice. His work has changed the lives of the many patients he has cared for over the years and those who have had the pleasure and honor of working with him.

Navil is the brother of Jer Tehmul Homavazir and Rita Firoze Sethna of Toronto. Navil was born in Baghdad, Iraq where his family lived for almost 35 years; he studied Arabic and English. He was awarded a scholarship to study medicine at the University of Baghdad/College of Medicine. He practiced medicine in Dubai for a short time before coming to the USA.

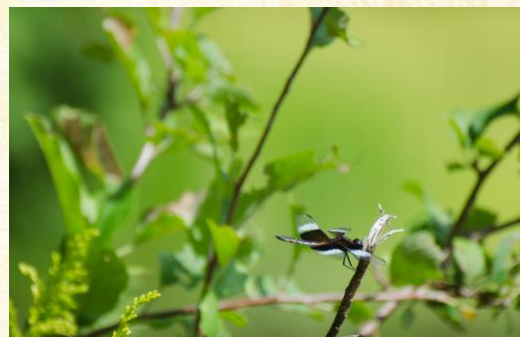
Written by: Jer Homavazir

Environmental Initiatives at the ZSO and OZCF Sites

Come join with fellow Zarthoshtis as we explore healthy, greener objectives for both buildings in our community. We will be hosting a potluck lunch/think tank on **Saturday, January 28, 2023 at 11:30AM** at the MGDM. Bring your laptops and ideas!

Please RSVP to Paruksheen Dhunjisha at paruksheend@gmail.com or Armaity Homavazir at rmyt3993@gmail.com. Members from all associations and ages are welcome in this joint effort.

Written by: Armaity Homavazir



Marriage

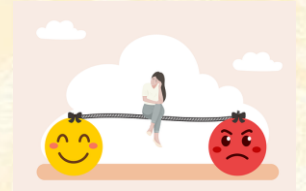
Veera and Sarosh Bharucha are delighted to announce the marriage of their daughter Meher to Darrin Ramcharitar on 15th November 2022 in Cancun, Mexico. The Wedding ceremony was performed by Ervad Adil Minocher-Homji of California.

Written by: Sarosh Bharucha

Mental Health Corner

Overwhelmed? Stressed? Anxious? Or Know Someone Who Is?

Most of us think that mental health is just that - “Mental/depression” ...However, there are lots of physical signs of stress, and it’s good to watch out for them. Constant headaches, not feeling hungry, upset stomach, lump in the throat, neck, and shoulder, back pain, heaviness in the chest, body aches, and tightness. There could be chronic fatigue, anger, procrastination, under-sleeping, or over-sleeping patterns. The World Health Organization has categorized all of these as stress-related symptoms.



The best course is to talk it over with someone you trust ...If on the other hand, you know someone who is going through these symptoms, and is upset, then the best thing to do is to ask...
"Do you want me to listen or would you like my advice?" I can assure you 90% of the time, they just want to feel heard and for you to listen. Let them tell you what they want from you. This is a good way of giving space and yet being there for them.

Let's see what happens when you start to get anxious....

Your heart speeds up, your breath gets shallow and you cannot think straight...to counter these symptoms, let me share with you, some easy tips and techniques to relax and de-stress.

[illegible]

Research has found that the mere act of chanting “Om”, or any other mantra you like has an extremely effective and calming effect. Close your eyes and slowly start humming and stretching out our “Ashem Vohhhhhuuuuuuuu” as much as possible. This really works wonders. I personally find it very effective and calming and can feel my mind slow down and relax and my heartbeat starts to calm down and beat steady.

Here is another exercise everyone can do and it's extremely easy.

Start by sitting straight on a chair, chin up, and square your shoulders and feet flat on the floor. Now just shake your wrists gently and place them on your thighs back...

Take a deep breath (inhale through your nose for a count of 4 seconds, hold your breath for 4 seconds, then exhale through your mouth with a whooooo sound for 4 seconds) and big smile.
Do this at least 4 to 5 times.

INHALE4 HOLD.....4 ...EXHALE 4 BIG SMILE ... tell me how you feel?

Understand that just the act of smiling will make you feel more confident and relaxed...
Deep breathing and smiling have been proven to scientifically help us relax, focus and reduce our stress levels, get rid of any anxiety, and improve our confidence

Blow on your thumb

This may sound strange but you can blow stress away by blowing on your thumb. It is a very effective stress reliever. This mechanism works by cooling off the thumb and calming your pulse with it. Your body has two vagus nerves running down each side from your brainstem and neck into the chest and abdomen. Stimulating these nerves leads to a slowing of the heart, which reduces stress and gets you to calm down. Since your thumbs are not anywhere near the vagus nerve, it may sound weird but they help stimulate the vagus nerves using the correct technique. Place your thumb in your mouth like a baby, thereby creating a seal around it, and blowing hard (without any air escaping) thus creating a kind of pressure inside your body that stimulates the vagus nerve, which then slows down your heartbeats.

Do let us know how effective these were for you and which one works best for you. Each individual will have different techniques that work best for them. I will leave you with a beautiful quote from A. D. Posey *“Take a deep breath, Inhale peace, Exhale happiness.”*

Written by: Dilnavaz Shroff

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: Araash Chothia **Assistant Editor:** Bahram Jam

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.

Miscellaneous

ZSO Contacts:

Emergency situations: Khushru Chothia (416) 677-7555

Messages on the auto-dialer: Pedram Yazdani at admin@zso.org

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

Kanoun Representatives for September 2022-2023 are as follows, if you have any questions please contact these individuals for Kanoun events:

Miss Negar Khodadai
Miss Khorshid chehr Zandian
Miss Katayoon Behdin

Miss Faranak Mavandadnejad
Mr Mehran Behdinin
Mr Shahram Goshtasbi

Mr Shervin Iranzade

Please copy Mitra Jam at president@zso.org for approval

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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Email: zstudies@hotmail.com
www.zstudies.ca

اشتودگات - یسن ۲۹ - بند ۱۰

روان آفرینش (پاسخ داد): شما به ایشان (زرتشت و یارانش)، ای اهورا، در پرتو وهومن و اشا، نیروی فرمانروایی ارزانی دارید که بدان وسیله آسایش و آرامش برقرار کنند. من برآستی تو را برترین برآورنده می شناسم.

جشن سده بر همگان گرامی باد!

برآمد به سنگ گران سنگ خرد هم آن و هم این سنگ گردید خرد
فروعی پدید آمد از هر دو سنگ دل سنگ گشت از فروغ آذرنگ
یکی جشن کرد آن شب و باده خورد سده نام آن جشن فرخنده کرد

جشن سده یکی از مهم ترین جشن های سالیانه و از جشن های زمستانی است. همانطور که فردوسی داستان چرایی جشن سده را در شاهنامه به زیبایی بیان می کند، این جشن به مناسبت پیدایش آتش نزد ایرانیان است.



جشن سده در گاهشماری زرتشتی در روز مهر از ماه است که برابر با ۳۰ ژانویه می باشد. معمولاً در روز جشن سده زرتشتیان به گردهم آیی، شادی و جشن می پردازند. یکی از ویژگی های این جشن این است که آتشی نیز افروخته می شود و در سرمای زمستان همگی به دور آن جمع می شوند.



جشن سده را در روز شنبه ۲۸ ژانویه در درمهر گیو با گردهم آیی گرامی می داریم. امیدواریم که این جشن نویدبخش بهار و شادی برای همه مردمان و به ویژه مردم ایران باشد.

گهنبار میدیاریم گاه



میدیاریم گاه نام پنجمین گهنبار سال روز یکشنبه ۱ ژانویه برابر با روز سروش از ماه دی در گاهشماری زرتشتی در درمهر گیو برگزار خواهد شد. در این روز از ساعت ۱۱ صبح در درمهر گیو گردهم می آییم. این جشن همراه با اوستاخوانی، دیدوبازدید و پذیرایی خواهد بود.

از همه افرادی که این گهنبار را با خیراندیشی و نیز همیاری برگزار می کنند سپاسگزاریم و با سپاس از شما نیز که در این جشن شرکت می کنید.

کلاس های دینی کودکان و نوجوانان

یکشنبه ۲۲ ژانویه از ساعت ۲:۴۵ پسین در محل درمهر کلاس های دینی کودکان و نوجوانان توسط کانون فرهنگی ایرانیان برگزار می شود. این کلاس های آموزشی به همراه برنامه های آموزشی و تفریحی خواهد بود. با شرکت فرزندان در این برنامه ها آنها را با دین و فرهنگ خود آشنا کنید.

گردهم ایی ورزشی!

هر دوشنبه از ساعت ۷ پسین گردهم ایی ورزشی در درمهر برگزار می شود. می توانید برای بازی پینگ پنگ در این برنامه شرکت کنید یا این که برای تماشا و دیدوبازدید به درمهر بیایید. اگر می خواهید پینگ پونگ یاد بگیرید، هم می توانید در این برنامه شرکت کنید. هر دوشنبه در این گردهم ایی ورزشی و دیدوبازدید 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.

پشتیبان مالی انجمن را به یاد داشته باشید

به دلیل وضعیت موجود در پیوند با ویروس کووید-۱۹، برنامه ها و گردهم ایی 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.

انتقادات، نظرها 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 همازوری کردند.

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

آیین درگذشت اشوزرتشت برگزار شد



در روز ۲۶ دسامبر برابر با خیر روز و دی ماه در گاهشماری زرتشتی، آیین درگذشت اشوزرتشت در محل درمهر گیو برگزار شد. این گردهم ایی با اوستاخوانی آغاز شد و پس از آن نیز افراد به دیدوبازدید و گفتگو پرداختند. در پایان برنامه نیز از شرکت کنندگان پذیرایی شد.



با سپاس از موبد برای اوستاخوانی و تمامی افرادی که در برگزاری این برنامه، تهیه غذا و تدارکات دیگر همازوری کرده بودند.



Social Night

Unlimited Pani-Puri & Social

Ages 14-38

Cost - Free

When: Friday, January 13th - 6 pm - 10pm

Where: 3590 Bayview Ave, North York, ON M2M 3S6

Register here -

Questions?



Kashmira Bulsara: +1 (647) 376-3970

Socialize Zoroastrian Youth from Toronto and North America!



ZSO KHUSHALI NU JASHAN

2023

SUN, 15TH JAN, 2023

@10.30AM

JASHAN FOLLOWED BY LUNCH

3590 BAYVIEW AVENUE, TORONTO, ONTARIO.

Members: \$15 Non-Members \$20
Walk In: Members: \$25 Non-Members \$30

RSVP before 12th Jan, 2023

Register Online > ZSO.ORG > EVENTS > JAN 15 > REGISTER
OR

Call / text Hoofrith # 647-313-9805

OR

Email your names & etransfer to:
entertainment@zso.org (password: zso3590)

100th Toronto Scouts Presents our Annual

VALENTINES DAY

Dinner & Dance

Saturday, February 11, 2023

6pm onwards

Mehraban Guiv Darb e Meher

3590 Bayview Ave, North York, ON M2M 3S6

Entertainment



Raffles

Dancing

Love

BLACK TIE FORMAL

Ages 0-5 Free

... Ages 5-10 \$25

Everyone else \$35

**CASH
BAR**

**RSVP VIA
ZSO WEBSITE**



"The valuables we have may impress others, but the VALUE we hold is enough to inspire others!"

"Help where you can, Give what you can".

The Zoroastrian Society of Ontario's (ZSO) Youth committee is actively hosting fundraising events to keep the youth engaged and involved in building a stronger community together. This year most of our activities are focused on raising funds to provide the youth an opportunity to attend the **8th World Zoroastrian Youth Congress (8WZYC) in London, UK (July 21 – 26, 2023)**.

The World Zoroastrian Youth Congress begun 25 years ago with a mission to bring together the Zoroastrian youth from around the world. It happens once in every four years. Over the years these congresses have brought together hundreds of Zoroastrian youth and enabled them to interact with others, as well as collaborate and work towards the challenges we face as a community. The intended age of these youth ranges from 18 to 37 years of age.

With your generosity and support, we are confident that once again we will be able to support our youths to discover new adventures and achieve experiences they would not have elsewhere. These social and engagement opportunities develop them into capable, confident, and successful individuals focused on giving back to their community and helping others.

Our goal is to raise \$40,000 to subsidize between 30-40 youths to give them an opportunity to engage and enhance their knowledge of our religion, create everlasting friendships with Zoroastrian youth from all over the world, and expand their connectivity within Toronto, and their greater worldwide network. The ZSO Youth have a fundraising vision to aid every youth from the ZSO to attend the 8WZYC. The total trip expense is likely to be over \$2,500 CAD per person (including airfare and accommodation).

As a token of appreciation, all official promotional sponsors (Bronze \$500+, Silver \$1,500+, Gold \$5,000+) will have their logo printed on the back of T-shirts given to all the ZSO youth attending the congress. For more information on sponsorship please contact Sohrab Bhiwandiwalla [email: Youth@zso.org | Call: +1(289)-886-2309].

Here is how you can donate;

1. **Online:** www.ZSO.org/donate → Select the option "ZSO Youth 8th WZYC Fundraiser". Electronic tax receipt will be issued right away.
2. **Cheque:** Payable to "Zoroastrian Society of Ontario". In the memo section kindly, mention "ZSO Youth 8WZYC Fundraiser". Please be sure to complete the [donation form](#) and attach it with your cheque. This will ensure we have correct mailing address to send the tax receipt.

We look forward to your continued support.

Thank you,

ZSO Youth Committee



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**