

### Presidents Message

I would like to wish everyone a wonderful and hot summer season. July 1<sup>st</sup> will be Tirgan celebration that is the festival of water celebrated by Zoroastrians in Iran for over a thousand years. It has also been celebrated by the Iranian Cultural Kanoun at the MGDM for a few decades.

July also marks the beginning of preparation for the Muktaḍ prayers from August 11-16<sup>th</sup>, 2023. The exact dates and times of the prayers are clearly outlined on Page 3 and the [ZSO website](https://zso.org/).

From the month of July until the end of the year, the ZSO is accepting donations for the daily bread food bank. This initiative is thanks to the leadership of Meher Panthaky. We are requesting members to bring one non-perishable food item such as canned foods to each ZSO event attended. We have dedicated a bin at the MGDM.

Our youth have done it again with another successful Sports Night in June. We are proud of the ZSO youths for their enthusiasm and commitment in the past 2 years. I must personally admit that this group of youths have been the most active, respectful, and organized team of youths I have ever worked with. We all wish them safe travels to the congress in UK that they have worked so hard for to fund.

Remember to save the date Sunday July 9, 2023 for the next ZSO AGM to be held at a new time of 10:00am... SO PLEASE RENEW YOUR ZSO MEMBERSHIP BEFORE JULY 2<sup>nd</sup> if you have not done so already!

The Iranian Zoroastrian Cultural Kanoun (Kanoun) will continue host social pot-luck events on the first Friday of every month, all are welcome on Friday July 7<sup>th</sup> at 6pm.

The Zoroastrian Table Tennis Club (ZTTC) practices have been changed to Wednesday evenings 7-8pm and all are welcome to attend these fun and informal games.

As we continue to volunteer with cGaming we are still seeking volunteers. As a volunteer, you and a partner simply have to attend a Bingo Hall in Toronto for 2 hours a few times a year to simply greet people as they walk in. Interested in learning more and volunteering, please contact Shiamak Katrak ([ExecOfficer1@zso.org](mailto:ExecOfficer1@zso.org)) and help raise funds for the ZSO.



*Volunteers representing ZSO at cGaming Bingo*



Day of the week	Morning	Afternoon
Monday	CLOSED	
Tuesday	10:00 am – 2:00 pm	5:00 pm – 8:30 pm
Wednesday	10:00 am – 2:00 pm	5:00 pm – 8:30 pm
Thursday	CLOSED	
Friday	10:00 am – 2:00 pm	5:00 pm – 8:30 pm
Saturday	10:00 am – 2:00 pm	5:00 pm – 8:30 pm
Sunday	10:00 am – 2:00 pm	5:00 pm – 8:30 pm

We are aiming to have the MGDM ground paving starting this summer. More information will be given once we know.

Please see the NEW MGDM opening and closing hours. If you have any ideas or relevant contribution for the monthly newsletter, please email us the WORD document to [newslettereditor@zso.org](mailto:newslettereditor@zso.org).

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

Wishing you a happy summer season, **Mitra Jam, ZSO President** [president@zso.org](mailto:president@zso.org)

### Upcoming Events



## UPCOMING EVENTS

JULY|AUGUST

**JUL 01**

Tirgan & Maydyoshem Gahambar (F)  
10:30am - 12:00pm

Annual General Meeting  
10:00am - 12:00pm

**JUL 09**

**AUG 11-15**

Muktad Prayers  
Various Hours

8WZYCEvent  
6:00pm - 9:00pm

**JUL 21**

**JUL 25**

8WZYC Event  
6:00pm - 9:00pm

**Navroze**

6:00pm - 9:00pm

**Aug 16**

**AUG 21**

Khordad Saal  
6:00pm - 9:00pm

### Recurring Events

Table Tennis Mondays  
6:00pm - 8:00pm

Senior Fridays (June 2, 30 | July 14, 28)  
11:00am - 2:00pm

Friday Family Fun Night  
6:00pm - 9:00pm

Kanoun Senior Tuesday (Biweekly)  
9:30am - 11:30am

See the attached flyers for more details or the [ZSO Calender](#)



## 2023 Shahenshahi Farvardegan Days

The 2023 Shahenshahi Farvardegan days will be observed at the Mehraban Guiv Darb-e-Meher (MGDM) from August 11 – 15, 2023. During these auspicious days, we reflect and pray, remembering our Loved ones who passed away.

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

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

All of the following prayer performances will be in person.

- 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
Friday, August 11, 2023 Monday, August 14, 2023 Tuesday, August 15, 2023	Morning Satum	7:00am
	Afringan and Farokshi	7:30am
	Afternoon Satum	11:30am
	Evening Satum followed by Humbandagi	7:00pm
Saturday, August 12, 2023 Sunday, August 13, 2023	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:

Please complete the “**Muktaad Prayers Form**” to include the names of your deceased loved ones and send it via email or mail to Ervad Hoshang Udwadia by **August 06, 2023**.

- 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 from each form in the prayers. **Names from the previous years will not be carried forwarded automatically.***

### MGDM Clean Up:

The MGDM clean-up prior to Farvardegan days is on Sunday, August 6<sup>th</sup> from 10am to 2pm. We request you all to come in large numbers. We will provide light refreshments and lunch. You can register online on our website or call or text Khushru Chothia (416) 677-7555.



### High School Students and Volunteer Hours:

High school students can use this opportunity for their volunteer hours requirements. If you are interested in earning those hours during the Farvardegan days while helping the community, building new friendships and having fun, please contact Pearl or Spenta Chothia at (416) 917-7402.

### Donations:

Sandalwood donations are appreciated to help maintain the supply at MGDM. Worshipers are encouraged to bring their own sandalwood offerings when possible.

Donations of fruit, flowers, food (Malido, papri, ravo, mithai, etc.) are gratefully accepted.

For those who cannot visit the MGDM and wish to make an offering, please do so from the ZSO Store by clicking [here](#).

We are grateful to all our donors and well-wishers and request everyone to donate generously using any of the options below;

Cash Donations	Cheque Donations	e-Transfer Donations	Online Donations
Drop off in the ZSO safety deposit box	<ul style="list-style-type: none"><li>• Make Cheque(s) payable to 'Zoroastrian Society of Ontario'</li><li>• Complete the <a href="#">donation form</a> and attach it with your cheque<ul style="list-style-type: none"><li>○ Provide your email address if applicable to ensure timely and accurate issuance of donation receipts.</li><li>○ Deliver the cheque and completed form together to our custodian or send it by mail</li></ul></li></ul> <p><b>NOTE:</b> Cheques made payable to ZSO are not acceptable by the bank and are rejected</p>	To: <a href="mailto:payments@zso.org">payments@zso.org</a> Question: [Enter Your Phone Number] Answer: "ZSO3590" Message: Muktaad donation	Visit the ZSO website and follow the steps. <a href="http://www.zso.org">www.zso.org</a>

I'm looking forward to seeing you all at the MGDM during the Farvardegan days and thank you for your continued support and dedication.

*Written By: Putli Mirza, Chair – Muktaad Committee*

### Advertise in the ZSO Newsletter

Buy your spot at <https://zso.org/page-18181> and email your advertisement graphic to [newslettereditor@zso.org](mailto:newslettereditor@zso.org) for next month's edition. Your contribution helps keep the Monthly Newsletter in circulation. Thank you.



**Free Voice Lessons at the MGDM**  
***Do you have a passion for singing?***  
***Then come out and join the Asha choir!***



Location: MGDM  
Time: Every Tuesday 6pm-8pm  
interested? Please email [ShahramBastani@gmail.com](mailto:ShahramBastani@gmail.com) and [Kanoun@ZSO.org](mailto:Kanoun@ZSO.org)



## An Unforgettable Night at the ZSO Sports Night

Sports events have a unique way of bringing people together and promoting a sense of unity. Let's dive into the memorable Sports Night that took place Saturday, June 10<sup>th</sup> at the ZSO. The event was filled with laughter, excitement, and an overwhelming sense of community. Participants of all ages and backgrounds came together to enjoy friendly competitions, celebrate each other's achievements, and create lasting memories. What makes this event even more exciting was that it was the last fundraiser dedicated to the subsidy for the upcoming 8th World Zoroastrian Youth Congress happening in London.

The night began with a vibrant greeting from friends setting the tone for the night. The participants, ranging from children to seniors, gathered around the beautifully decorated hall. The atmosphere was electric, buzzing with anticipation and a shared spirit of friendly competition. The Sports Nights are never solely focused on physical games such as Basketball but also it emphasize inclusive and welcoming environments for everyone to participate in all levels of competitiveness from intelligence in chess and cards to reactive games like table tennis.

Throughout the event, I interviewed two people going from game to game while enjoying themselves - Farzad Sarkari, a visitor from the United States, and Farhan Ghandy, a local ZSO member. Farzad said that the sports night was a blast! The energy, camaraderie, and competition created an unforgettable experience that left everyone with smiles. Farhan said he truly enjoyed meeting new people and getting acquainted with friends from the past. The part of the night he enjoyed the most was the basketball games, which he won quite a bit.

Late during the event, the moment awaited by many members since the last 6 months finally arrived, the 70" TV was ready to be raffled off. The host added everyone's number through a random number generator, where one of the audience



*Joy was captured in all youth after an exhilarating Sports Night.*

members stopped the counter and it landed on our past ZSO President, Russi Surti. When he was informed of his winnings Rusi generously re-donated his winnings back for a re-raffle. Later awarded to Rustom Chothia who accepted the 70" TV. He gives thanks to the ZSO for their efforts in holding this raffle and to Billa Appliance for donating the valuable TV.

Please keep monitoring our website at <https://www.zso.org/events> or follow us on Instagram at @zsoyouth. Where you'll find the most up-to-date information about our upcoming events. We regularly update the website with details such as dates, times, and any changes or additions to our event schedule. Thank you to Hanoz Kapadia for sponsoring this sports night.

*Written By: Kayishmand H. Chothia*

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**Please note the following Dates for Seniors Corner This Month**

**Friday, July 14, 2023.....11:00 am.**

**Friday, July 28, 2023.....11:00 am.**

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## Religion Class Annual Day Function

The Religion Education Classes held its year-end Annual Day function on Sunday, June 4, 2023. Family and friends gathered to watch the religion class students' display their religious knowledge and enjoy the delicious lunch catered by Hormuzd Chothia. Topics of the presentations included our prayers, the Zoroastrian Calendar, The Life of Prophet Zarathushtra and our scriptures. The performances were informative and entertaining.

Prizes were presented to the winners of the Poster Competition held earlier in the year. As well, each participant in the contest received a certificate in recognition of his or her effort. The Guests of Honour, ZSO President Mitra Jam, and OZCF President Adil Bhesania were on hand to present the awards.

### Poster Contest Winners



*Religion class annual day*



#### Group 1

1st place – Karmen Rivetna  
2nd place – Shanaya Pastakia  
3rd place – Zoe Irani

#### Group 2

1st place – Julian Cooper & Spenta Pastakia  
(tie)  
2nd place – Jack Bhandara  
3rd place – Molly Bhandara

#### Group 3

1st place – Zofia Irani  
2nd place – Fiona Bhathena  
3rd place – Arshan Bozorgi

#### Group 4

1st place – Shirin Kola  
2nd place – Sofia Panthaky  
3rd place – Arianna Cooper

#### Group 5

1st place – Aryana Mahmoudzadeh  
2nd place – Anaita Beesley  
3rd place – Zarius Hajiani



Registration has begun for the following year. The Religion Classes provide a unique opportunity for our community's children not only to meet, but also to learn about the Zoroastrian religion and its traditions. Our goal is to promote an understanding of the religion and to foster a sense of Zoroastrian identity among our students. We hope to see all of our current students and many newcomers in the fall. Children born in 2017 and earlier are welcome to join. Please go to [www.zso.org/religion-classes](http://www.zso.org/religion-classes) to register.

*Written by: Kermin Mehta*

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*The Library Launch Project started in November 2022. Around 8 youth participated in sorting, cataloguing and shelving the growing ZSO library collection. As part of their volunteer hours, each student also wrote a book review. This month we present...*

**Book review By Naomi Khushrooshahi**

**Title of Book:** I AM READY FOR MY SEDREH PUSHI **Author:** Mobed Fariborz Sohrab Shahzadi  
**Genre:** History **Pages:** 41

**Summary:**

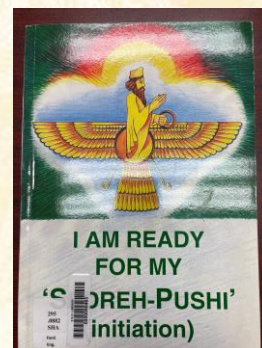
I am ready for my Sedreh Pushi, is a fantastic book about the Zoroastrian religion. Ahura Mazda, Asho Zartosht, three divine principles, Holy Gathas, Fravahar, Amesha Spentas, Five Gahs, Fasli Calendar, Jashns, Sedreh, Koshti and Sedreh Pushi ceremonies are all explained in detail in the book.

**Opinion (What did you think of the book? Why?):**

I really enjoyed the book. It talks about the Zoroastrian religion in great detail. I loved how the author wrote the book in an easy way of understanding. Overall this was an enjoyable and interesting book to read.

**Recommendation (Would you recommend this book to others? Why?):**

I would recommend this book to anyone interested in learning more about Zoroastrian history. This book is wonderfully written and is great for all ages.



*I AM READY FOR MY  
SEDREH PUSHI  
(initiation) by: Mobed  
Fariborz Sohrab Shahzadi*

*Written by: Naomi Khushrooshahi*

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**Return to Roots is Back in India December 22<sup>nd</sup> - Jan 4<sup>th</sup>**

Zoroastrian Return to Roots is pleased to announce the opening of applications for Return To Roots 7 tentatively scheduled for Dec 22nd 2023 to Jan 4th 2024. Applications from any part of the world are encouraged.

All applicants need to fulfill all four of the following conditions. These terms are non-negotiable.

- Applicants to be between the ages of 22 and 35 years old as of Dec 15, 2023.
- Applicant must be a practicing Zoroastrianism.
- At least one parent of the applicant is a Zarathushti.
- All applicants have had their Navjote/Sudreh Pushi ceremony performed.

To apply: <https://zororoots.org/apply/application/> for more information go to: <https://zororoots.org/>

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**With Thanks – To the Newsletter Editors**

In appreciation of the work done by the ZSO Volunteers who put the monthly newsletter together that is posted in the mail, Dina and Hosie Austin have donated \$500 towards the monthly newsletter.



## A Weekend of Camping, Bonfires and Great Company

The energy of Zoroastrian youth in North America was through the roof June 16<sup>th</sup> – 19<sup>th</sup> when over 30 youth members from across Toronto and North America set out to Muskoka in Ontario, Canada to enjoy a weekend of camping, bonfires, games and more.

After everyone settled in, and all tents were setup, we headed into our first activity, a treasure hunt to explore the trails at our campsite. While the group showed great sportsmanship, all but one item was found, and everyone thoroughly enjoyed the icebreaker as an amazing way to get to know one another. Next up, Fravash Chothia and Tahsheen Daruwala, who worked round the clock to ensure we were all comfortable throughout the weekend, led the opening ceremony, to brief us on the agenda and inform us of a few safety ground rules. The night ended with karaoke and dinner by the bonfire, with biryani and brownies much to everyone's delight.



*Opening Ceremony prayer led by Dalzin Ghadoiwala*

The next morning, we started out the day with yoga for the early risers - 7:30 sharp! A special group prayer was also held, and we were joined by Arzan Sam Wadia, our very own FEZANA president. We were grateful for his presence, inspiring conversations and most importantly thankful for all his support towards the youth in North America. Shortly after breakfast, there was a group workout planned and yet another fun filled activity organized that helped us bond with each other. The highlight of the afternoon post lunch was a Relationship Building workshop conducted by Kimiya Shahzadi from Michigan, who has a Master of Science in Clinical Behavioral Psychology specializing in relationships and is the CEO of Love Story, a platform to learn relationship skills and receive support from experts. The evening was relaxing for most as we spent time playing card games and chess while indulging in a tasty BBQ for supper. However, the best part of the day was still to come, as several participants competed in a 'Zoroastrians Got Talent' show hosted by Armand Behroozi. Singing, rapping, doing a headstand for 3 minutes, teaching bird calls, and a staring competition were just some of the entries in the show that left us in awe of how gifted a bunch we are. A youth event seems incomplete without some music and dancing, so our hosts organized a one-of-a-kind barn party to close out the night.



*Playing spoons on the deck*

Sunday morning, the group was excited to head out to the beach right after breakfast. While some of us decided to sunbathe, others played games and sports and an even more enthusiastic lot indulged in a friendly workout competition. Delicious meals, hiking and games continued through the rest of the evening. Before we knew it, the lovely weekend had ended, Monday morning was a wrap-up, and the teary-eyed group headed home with lots of memories to cherish and new friendships to treasure. With the youth congress in less than a month's time, the ZYNA California Road Trip and



*31 Camp attendees. Group pic!*



announced the Return to Roots Trip, we look forward to meeting each other again very soon. On this note, we would like to thank everyone who joined us and those who traveled from across Canada and the United States. Special thanks to ZYNA for their support during camp and a huge thank you to the Chothia family for providing their beautiful farmhouse and facilities for us.

*Written By: Nerissa Mavalvala*

*Photos By: Sanaya Nilgiriwala*

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### Religion class update

This year children returned to in-person religion classes. It was great to see children back in person playing and learning together. Of course, Zoroastrians love food and there were some changes to our snack program.

On the east end, our snack time was also used as an opportunity to highlight traditional foods from both Parsi and Iranian cultures. Classes took turns cooking in the kitchen with grandparents and parents. Snack time was an opportunity for children to connect to traditional cuisine and our history. Students were encouraged to try different dishes like keema-na pattice, rotli poro, and ash reshteh; not to forget the loved desserts like falooda, kulfi, and mango ice cream.

A special thanks to all the volunteers in the kitchen and our parents and grandparents that cooked food, donated food items, and/or volunteered in the kitchen to cook with our students. A special shout



*Students making traditional food at the MGDM*

out to Dara and Mehroo Homavazir (ravo, sali-per-edu, mango ice cream), Janine Mancherjee (keemo), Anahita Ogra (tarelu pao), Yasmin Khory (chapat), Beroze Irani (sev), Dinaz Dotiwalla (Parsi pora and laagan nu custard), Ronny and Delbar Irani (subzi platters) and Kathy Behdin (Ash Reshteh). We look forward to more delicious food next term!

*Written By: Zenobia Homavazir*

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## 8WZYC Fundraising Update

The ZSO Youth are proud to announce that they've surpassed their fundraising goal of \$40,000 to help send 34 youth from Toronto to the World Zoroastrian Youth Congress in London. This congress will cost our youth between \$2,500-3,000, due to the funds raised, we were able to make this congress more affordable to those who wanted to attend.

At the congress, they will meet over 500 youth ages 18-37 from around the world to engage in meaningful discussions about the future of our faith, pressing religious issues, and increasing their Zoroastrian networks. These congresses are pivotal for the future of our faith and imperative to growing our religion and educating the next generation. We would like to thank all our sponsors, volunteers, and most importantly our community for coming out to our events, buying our raffle tickets and donating where they could, we appreciate each and everyone one of you. The Youth and Entertainment committee ran 3 raffles and more than 10 events over the course of the year, to engage the Toronto community, bring the youth together, to lead the next generation of the Zoroastrian Society of Ontario.

Check out the T-shirts we will be wearing at the congress representing the ZSO with all of our Bronze, Silver and Gold sponsors on the back.



*Toronto to London shirts to be worn at the 8th World Zoroastrian Congress*

*Written By: Fravash Chothia*

## Mental Health Corner

Have you ever heard of Dopamine fasting? This involves taking a few hours a day to **intentionally avoid** all social media, emails, internet searches, binge-watching shows, or video games in order to allow the brain to truly rest. This fasting and abstinence from immediate pleasure-seeking habits such as regularly checking for messages on your phone will inevitably lead to feelings of boredom which in the long term will help you appreciate the simpler things in life and improve your mood and focus.

The benefits of dopamine fasting are many including, calming the nervous system, improving mood, increase motivation to be more active, reduce stress, and even improve sleep.

Here are a few options if you are interested in trying dopamine fasting into your life on a daily basis:

- ☑ Avoid non-essential screen-time for the first 4 hours of the day (making phone calls is okay)
- ☑ Avoid all social media for the first 8 hours of the day
- ☑ Avoid all screen-time 2 hours before bed time
- ☑ Start regular writing in a journal about my thoughts and positive experiences in the mornings
- ☑ Go for a walk in the mornings ideally in nature
- ☑ Meditate for a few minutes in the morning and at night before bed time
- ☑ Read a book on a daily basis; even if it is for a few minutes

*Written By: Bahram Jam*



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

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

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

### There will be no Farsi newsletter this month

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 Behdinan  
Mr Shahram Goshtasbi

Mr Shervin Iranzade

Please copy Mitra Jam at [president@zso.org](mailto: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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### Advertise in the ZSO Newsletter

Buy your spot at <https://zso.org/page-18181> and email your advertisement graphic to [newslettereditor@zso.org](mailto:newslettereditor@zso.org) for next month's edition. Your contribution helps keep the Monthly Newsletter in circulation. Thank you.

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# SENIORS GET - TOGETHER

Mehraban Guiv Darb e Meher

Join your friends and community  
for a fun filled session

Alternate Fridays 11:00am - 2:00pm

ZSO Members: \$10/person | Non Members: \$15/person

includes entertainment and meal

To book your spot , gather more information  
or volunteer to offer a ride Contact

Meher Khandadia: 647-628-6094 | Katy Panthakee: 647-347-3334



# ZSO VOLUNTEERS AT DELTA BINGO

## Welcome To

*Delta Downsview Charities Association*

Our latest charity, raising funds through Delta Bingo & Gaming Downsview.

*Zoroastrian Society of Ontario*

NATIONAL

VOLUNTEER WEEK



**Delta Downsview Charities Association**  
Support Local

**Charitable Gaming.**  
Community Good.

## Welcome To

*Delta Downsview Charities Association*

Our latest charity, raising funds through Delta Bingo & Gaming Downsview.

*Zoroastrian Society of Ontario*

**THANK YOU TO ALL OUR VOLUNTEERS**

# THANK YOU, DELTA BINGO FOR YOUR SUPPORT TO ZSO







## MUKTAD PRAYERS FORM

Complete this form if you wish to include the names of your departed loved ones.

### Important Notes:

- Names submitted in previous years are not automatically carried over for this year
  - If the deceased names are the same as last year, please send a note in the email/mail mentioning "carry forward the deceased names from last year".
- Deceased Name submission must be done using this form via email or mail. Names are not accepted via phone.

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 a priestly family)

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

K= Khud (a 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





# ZOROASTRIAN SOCIETY OF ONTARIO

3590 BAYVIEW AVENUE, TORONTO, ONTARIO M2M 3S6

## MEMBERSHIP FORM

Membership Application: ☐ Renewal ☐ New Member      Membership Year April 1<sup>st</sup> 20\_\_\_\_ - March 31<sup>st</sup> 20\_\_\_\_

### Membership Category/Fees

<input type="checkbox"/> Family	<input type="checkbox"/> Individual	<input type="checkbox"/> Student	<input type="checkbox"/> Senior	<input type="checkbox"/> Senior Couple
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) and/or E-Mail or \*Letter Mail

Auto dialer voice messages: ☐ No ☐ Yes: \_\_ (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Newsletter: ☐ Email \_\_\_\_\_ ☐ Spouse Email: \_\_\_\_\_ ☐ \*Letter Mail

(\*Newsletter by Letter Mail are only for Senior or Senior Couple members)

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](http://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 \_\_\_\_\_