

Presidents Message

It's September and I must say that it was an incredible summer full of social and spiritual events at the Mehraban Guive Darbe Mehr (MGDM), including the successful World Youth Congress in the UK. The wonderful news is that as kids go back to school to begin their "new year", the ZSO also has many more events planned to bring us together for the new season.

Thank you for all those who attended the Mukdad cleanup, the Farvardegan prayers, and the Navroze Jashan. I am so happy that these events are once again so well attended. In addition, Khordad Sal was also a huge event with an amazing dinner.

The Mobeds were appreciated by the ZSO with a token gift, as it is thanks to them that these prayers continue.



Mobeds praying at the ZSO

The paving of the MGDM grounds is planned for this September 6 – 27, 2023, therefore during these 3 weeks, please be patient as there will be significant construction and uneven terrain while parking and walking to the MGDM. Since your safety is our priority, there will be sections that will be completely closed off.

All planned events during the weekdays (Monday-Friday) will be postponed while this essential construction is in progress starting September 6th (weather permitting). However, the weekend events will continue as construction is put on hold on weekends. Parking will be limited; however, there will be some gravel parking and of course on the streets.

Congratulations to Karl Forbes for becoming the recipient of the \$1,000 ZSO scholarship. He will be studying at York University with aspirations of becoming a lawyer. We encourage all grade 12 high school students who plan to attend post-secondary education to apply for the ZSO scholarship in June 2024. We look forward to seeing more applicants.



Karl Forbes who is studying to become a lawyer receives the ZSO Scholarship

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) and help raise funds for the ZSO.



Shiamak & Mitra at Delta Bingo on Aug. 20th, 2023

The Entertainment & the Youth committees have come up with events, starting from the Seafood Bonanza to Sports Night and Hiking for the fall colors. Please support these committees by registering and attending these social events. Please see the flyers attached.

Starting September 10, 2023, the children's religion classes will once again begin at the MGDM organized by both ZSO and Kanoun. For exact dates, times, and details, please visit <https://zso.org/religion-classes> and please email kanoun@zso.org for the Kanoun Children's religion classes.

On a final note, we must do our best to limit the garbage that is produced during and at the end of all of our events. Sadly the majority of times due to improper disposal of recyclables and compost, EVERYTHING is by error thrown into the trash. This must stop.

The solution we have come up with is a simple one. Please use the BLACK garbage bags ONLY for the BLACK bin which is trash. Use the CLEAR garbage bags for the GREEN bin which is compost (including foods, soiled napkins, and paper plates). The BLUE bin is for recycling cans and bottles, which does NOT require a bag.

Once these bags are filled, they must go to the correct colour bins that are by the shed. The bags are repeatedly put into incorrectly coloured bins so they all simply end up as trash. I know we can do better.



Waste Disposal Solution - White bag for compost, no bag for recycling, and black bag for garbage

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 Tendorosti, **Mitra Jam, ZSO President**
president@zso.org

Corrections

The Dastoorji Kookadaroo Saheb baaj will be held at 10:30 a.m. on Monday, September 4th, 2023, instead of 6 p.m. as mentioned in last month's newsletter.

Upcoming Events



UPCOMING EVENTS

SEPT|OCT

SEPT 03

Farvardegan (S) Jashan & Lunch
10:30am

Dastoorji Kukadaroo Baj (S) & Lunch
10:30am

Sept 04

SEPT 16

Seafood Bonanza
6:30pm

Paitashahem Gahambar (F)
11:00am

SEPT 17

SEPT 23

ZSO Sports Night (S)
6:00pm

Maidyozaren Gahambar (S)
6:00pm

SEPT 29

SEPT 30

Jashn-E-Mehregan (F)
6:00pm

The Gourmet Food Fair
1:00pm - 3:00pm

OCT 01

Recurring Events

Table Tennis Wednesday
7:00pm - 8:30pm

Senior Fridays (Sept 22 | OCT 06)
11:00am - 2:00pm

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

Kanoun Senior Tuesday (Biweekly)
10:00am - 12:00pm

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

Advertise in the ZSO Newsletter

Buy your spot at <https://zso.org/page-18181> and email your advertisement graphic to 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 6 pm – 8 pm

Interested? Please email ShahramBastani@gmail.com and Kanoun@ZSO.org





Fravardegan and Behram Roj Prayers September 3rd and 4th

- 1) Fravadin Roj and Fravadin month (Fravardegan) prayers on Sunday, September 3rd @ 10:30 a.m.
- 2) Dasturji Kukadaroo Saheb Baaj prayers (Behram Roj) on Monday, September 4th (holiday) @ 10:30 a.m.

Both the above-day prayers are followed by lunch with a \$10 charge, for each day, which will be collected at the door.

If you are staying back for lunch, please give your names to Ervad Hoshang Udwadia at: 416-499-4957.

Written by: Ervad Hoshang Udwadia

Seniors Corner

Whist Drive Card Games And Felicitation At Seniors Corner

On July 28th the Seniors had a Whist Drive (Hukam Dao/7 hands) card session. Freddy and Kety Mirza had helped to make sure all the packs of cards were in order and sharpened the pencils. Noshir Dastoor had printed out all the scorecards with the rules on the back of them. It was a fun afternoon as Seniors who won their games looked for the next table to move to. At the end of the session, prizes were given to Freddy Mirza and Phiroze Dotiwalla who were the top 2 scorers.

Delicious lunch of Butter Chicken for nonvegetarians, Mutter Paneer for Vegetarians, and Papeta pur Eendu for all, with Gulab Jamun for Dessert, was catered by Percy Daruwalla.

At the Navroze dinner on August 16th, our very own Katy Panthakee was felicitated. She has been with the Seniors Committee since 2010. The amount of work she puts in behind the scenes is truly worthy of praise and very commendable.

Our events in September will be on September 8th and 22nd. The telephone committee will inform everyone of the event and information about the food.

If any member of the community is interested in joining the Seniors events please contact Roshan Rabadi at 647-341-6731, or Freny Gandevia at 416-888-8851, or Yasmin Khory at 416-733-0699.

Written by: Yasmin Khory

Seniors event on Friday, August 25th, 2023:

On Friday, August 25th, Darbe Meher's main hall was filled with loud laughter by more than 80 seniors during a "Laughing Yoga" session, conducted by Dr. Bahram Jam. Bahram has been a physiotherapist for over 30 years. He completed his Doctorate in Science in Physical Therapy and has a Canadian Diploma in Advanced Manual and Manipulative Physiotherapy. Bahram is the son of the late Jamshed Jam, husband of the ZSO President Mitra Jam, and has been a ZSO member for over 43 years. He has 3 daughters, Nadia, Tara, and Roxana. He conducted the Laughing Yoga session for over 45 minutes. He explained the medical benefits of laughter, some of which include lowering of the blood pressure and improving the blood circulation. The session included numerous imaginary scenarios in real life, some of these included a scenario when a person would be overjoyed with laughter after winning a lottery ticket, having a laugh on a cell phone, or pretending to be Santa Claus and laughing from the belly, or pretending to be child imitating a laughing monkey. He was very ably assisted by two of his three daughters, Nadia and Roxana. Roshan Rabadi presented him with a small token of appreciation from the seniors.



Laughing Yoga Session during Seniors' Corner

Later on, the seniors enjoyed a Persian gourmet delicious lunch prepared by Anahita and Ferozeshaw Ogra and assisted by their young daughter Ava. It included Barberry Rice with Saffron, Chicken Gravy, Chana dal, Gourmet Sabzi Bhaji, and Salad. For dessert, they had Orange Blossom Cake prepared by Anahita along with karak chai. Everyone had a jolly good time.

Written by: Freddy Mirza



Bahram Jam and Roshan Rabadi

Katy Panthakee Recognized For Her Voulenteer Efforts At The ZSO

Katy Panthakee came to Canada in 1980. For the past 40 years she has been a major part of the ZSO community. She started helping out at our Darbe Mehr when Bahmansa Kotwal was there. Her children attended religious classes. She helped with the cooking at Ghambars, New Year, Khordad Sal, and several different events at the Darbe Mehr. She helped Coomie Bhathena with the cooking. Every year she also sponsors one of the gahambars with a group of friends. She also donated bhakras to the OZCF over the years.

She has been a part of the Mukhtad committee for the past 27 years. Here is what Putli Mirza the chair of the Mukhtad committee, had to say, “ We are all very proud of you, Katy, for having been honored at the Navroze function. All your contributions of cooking for one day of the mukhtad, and donating pooris, Bhakras, Vasunu, etc for the prayers throughout all these years. Thank you Katy for being so dedicated and giving quiet service to the community. Wish you the very best in the years to come.”

Katy joined the Seniors Committee in 2010 with Daulat Divecha. Ever since then, she has worked countless hours behind the scenes. She is instrumental in organizing the events, contacting the caterers, informing the telephone committee about the event and the food, keeping accounts on the day of the event, and many innumerable tasks that only she could handle.

We wish Katy continued success with the Seniors as well as the community as a whole.

Written by: Yasmin Khory



Kathy Panthakee was awarded this year's Volunteer Appreciation Award

Iraqi First Lady Honors Prominent Figures In Cultivating Religious Coexistence At ASHTI Temple Ceremony in Kurdistan

Iraqi First Lady, Shanaz Ibrahim Ahmad, wife of the Iraqi President, held a special ceremony at ASHTI Zoroastrian Temple, in Sulaymaniyah, Kurdistan to award a number of prominent personalities who have played a role in spreading the culture of peaceful coexistence and mutual acceptance among all religious and ethnic communities in the Kurdistan Region.



The Iraq First Lady, Ms. Shanaz Ibrahim Ahmad (Left), the wife of the President of the Republic of Iraq, at the ASHTI Zoroastrian Temple in the city of Sulaymaniyah, receives the award of thanks and appreciation.

This ceremony held on Saturday, August 5th, 2023, at the ASHTI Zoroastrian Temple, in Sulaymaniyah city, was organized and prepared by Awat Hesamuddin (Darya), official representative of Kurdish Zoroastrians in K.R.G.

Representatives of eight different religions, including Islam, Sunni and Shiite, Christians, Zoroastrians, Jews, Saba'i Mandai, Baha'i, and Kakai Yarsani, several national personalities, and several organizational managers were honored at the ceremony.

At the ceremony, the First Lady of Iraq, Ms. Shanaz Ibrahim Ahmed, was presented with an honorary award for her important role in supporting freedom of religion and belief, supporting the culture of coexistence, between all religions and nationalities, and protecting their rights.



Part of the presence of the dignitaries who were honored and mediated by the first lady of Iraq

The award of Queen Shabad, one of the most famous figures of Sumerian civilization, which means Queen of Beauty, was presented to the Iraq First Lady, Ms. Shanaz Ibrahim Ahmed. Also, she was presented with the Ashavan Zoroastrian Foundation Award for Music and Culture by Awat Darya, the official Zoroastrian representative.

The link is the video of the visit by the first lady of Iraq, the wife of the President of the Republic of Iraq, Dr. Latif Rashid, at ASHTI Zoroastrian Temple in Sulaymaniyah, Kurdistan, on the occasion of honoring a group of Iraqi Kurdish personalities, which was officially published by Ms. Shahnaz Ibrahim Ahmad, in her social media account.

<https://fb.watch/mv2-rxVAnD/>

Written by: Yazdi – This article was extracted and condensed from Zoroastrians.net

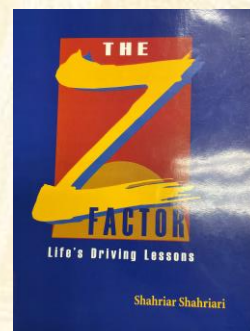
The Library Launch Project started in November 2022. Around 8 youth participated in sorting, cataloguing and shelving the growing ZSO library collection. As part of their volunteer hours, each student also wrote a book review. This month we present...

Book Review by: Burzina Amroliwalla **Title of Book:** The Z Factor **Author:** Shahriar Shahriari

Genre: Non-Fiction **Pages:** 85

Summary:

This book is about a young boy who lives in a rough neighborhood and wants to buy a car. At first, his intentions for buying the car were to impress a girl he liked, but when he met the person he was buying the car from his views and morals completely changed. He wasn't doing it for the girls or anything else, he learned important lessons for his life and that's what mattered. Not the girls or the materialistic things.



The Z Factor by:
Shahriar Shahriari

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

I think this book is good for ages 14+ because you have to be able to understand certain things in order to understand this book, I think it's a very good book and it has some good lessons that everyone not only children can learn from.

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

I highly recommend this book for teenagers and adults, if you like books about morals and life lessons definitely check this book out.

Written by: Burzina Amroliwalla

Sunday Scriptures – Translated Yasna 28.1

Gatha Ahunavaiti, Yasna 28.1

Ahya yasa nemangha
ustana zasto rafedhrahya
mainyeush Mazdao pourvim spentahya
Asha vispeng shyaothana
Vangheush khratum Managho
ya khshnevisha Geushcha Urvanem.



To Him do I pray with humble adoration,
Hands uplifted in blissful veneration!
To thy Holy Spirit, Mazda, at the very start,
Through deeds all inspired by Righteousness at heart,
For Vohu Mano's gift of intellectual treasure,
That I may bring Mother Earth too, the deepest pleasure.

The Poetry Of the Prophet by Jimmy Nadershaw Sidhva

A Report from the Parliament of the World's Religions



First photo is of the author Pablo Vasquez. Second photo is of members of the Zoroastrian Association of Chicago in the Parade of Religions before the start of the Parliament.

As I tell people often, the Parliament of the World's Religions, the world's largest interfaith event representing over 150+ different religious traditions, is important to my own Zoroastrian development and directly responsible for my conversion. Before it, I knew next to nothing about Zoroastrianism, thinking it to be the dead religion of the ancient Persians. Yet here it was, at the FEZANA booth, where I met the Rivetnas, the first Zoroastrians I ever met. They gave me, like so many other attendees walking amongst the booths representing countless religious traditions, something I had never imagined would even exist, a pamphlet with some basic information and a book. With this simple act, by the time of the next Parliament, I was already a Zoroastrian, sedreh and all! In fact, I was there for this year's Parliament in Chicago volunteering with FEZANA telling many curious attendees who, like me previously, had no idea our faith was even still around. This is only a portion of the power, influence, and life-changing experience of the Parliament of the World's Religions with its more than 10,000 attendees who are able to sit and dialogue with each other every four years in ways that rarely happen in our day-to-day lives.



Leading figures including Ervad Mirza and Arzan Wadia marching at opening ceremony

Founded in 1893 at the World's Fair in Chicago, the Parliament of the World's Religions was the Upper Western World's first exposure to so many of the world's varied religions. Swami Vivekananda represented Hinduism there, receiving a standing ovation from an audience that included many who had never ever seen a Hindu before, and our own Sir Jivanji Jamshedji Modi delivered a paper prepared by both Dadabhai Naoroji and Ervad Sheriarji Dabadhahi Bharucha that gained the attention of many there. It cemented the Zoroastrian community's stalwart involvement with the Parliament that continues to this day with not only a booth where attendees can buy books and learn more about our beautiful faith but also with Zoroastrians as invited major speakers to address the Parliament, including Justice Rohinton Fali Nariman and CNN reporter Parisa Khosravi, and with Zoroastrians on its board of trustees such as Mahrukh Motafram and Dolly Dastoor who have made our presence there all that more impactful. This year, as we have before, Zoroastrians even took part in the Parade of Faith both before and during opening ceremonies where both the head of FEZANA, Arzan Sam Wadia, and the head of NAMC, Ervad Tehemton Mizra, were present showing that once again our beautiful community, despite our numbers, packs an outsized punch in global affairs. As Mr. Wadia himself puts it: "Every four years, the Zoroastrian faith shines brightly at the Parliament thanks to the hard work of our leadership teams

and respected speakers who showcase the beauty and majesty of our storied religion...We always look forward to participating and joining arms with our fellow co-religionists for what is a memorable and impactful week of interfaith dialogue and collaboration".

This sort of interfaith work is important because we're able to not just increase knowledge about our own faith and traditions but also help increase wisdom and understanding in a troubled world where so many are scared to even talk to their neighbors, or go into certain neighborhoods because of what they believe, who they worship, and the like. In matters of interfaith, I am proud to say that our community has not just been at the forefront consistently throughout North America and the world, but has a sacred calling towards it. Zarathushtra proclaims in the Gathas, in Yasna 30.9, that "We thus desire to be those who will bring magnificence to what exists, Oh Mazda and you other Ahuras, alongside the renovators and Asha, when we have centered our thoughts wherever wisdom and understanding may be found." Zarathushtra declares that his followers will not only seek wisdom and understanding wherever they can but also be the ones to help renovate existence, make our reality all that much better, and bring us closer to the Frashokereti, the "making beautiful" of our world. Interfaith work, if anything, is building and seeking wisdom and understanding with our global neighbors and with events like the Parliament, where through panels, speeches, ritual performances, informative lectures, and even simple conversations over lunch, we accomplish the duty set forth to us by Zarathushtra thousands of years ago.

Written by: Pablo Vazquez (Zoroastrian Center of Austin)



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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 Hoofrith Patel at evp@zso.org and Mitra Jam at president@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): Hoofrith 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 Behdian
Mr Shahram Goshtasbi

Mr Shervin Iranzade

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Inserts: \$2160 | Quarter page/Business card: \$594 | Half page: \$810 | Full page: \$1350 | Misc. two-liners: \$162



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اھنودگات - یسن ۳۰ - ۴ ٲند

ھنگامی که این دو نخست به ھم رسیدند، زندگانی و ضدزندگانۃ را آفریدند و تا پایان هستی، بدترین اندیشه برای دروغکار و بهترین اندیشه از آن راستکاران خواهد بود.

پیام فرنشین انجمن

ماھ سپتامبر است و باید بگویم که تابستانی ٲر از برنامه های اجتماعی و دینی را در درمھر مهربان گئو ٲشت سر گذاشتیم که از جمله آنها کنگره جهانی جوانان در انگلیس بود. خبر خوب این که در ھمان حال که دانش آموزان به مدرسه می روند و سال تحصیل جدید شروع می شود، انجمن ھم در تلاش است که برنامه های جدیدی را تدارک ببیند تا در این فصل جدید گردهم آیی ها بر ٲا باشد.

سٲاس از ھمه کسانی که در ٲاکسازی مکتاد، مراسم های ٲنجه و جشن های نوروز شاهنشاهی شرکت کردند. بسیار خوشحال ھستم که این برنامه ها به خوبی برگزار شد و افراد زیادی در آنها شرکت کردند. به علاوه، برنامه خرداد سال ھم بسیار خوب برگزار شد و ٲذیرایی ھم بسیار خوب بود. از موبدان ھم که در برگزاری مراسم ها و اوستاخوانی زحمت زیادی کشیدند با ھدیہ آیی سپاسگزاری شد.

بازسازی محوطه درمھر از ۶ تا ۲۷ سپتامبر ۲۰۲۳ برنامه ریزی شده است، بنابراین در طول این سه ھفته لطفا صبور باشید، زیرا حجم زیادی کار بازسازی و برداشت خاک در محوطه ٲارکینگ و محل ٲیادہ رو درمھر انجام خواهد شد. به دلیل این که ایمنی شما ھم ھم است بخش هایی از مسیر به طور کامل بسته خواهد شد.

ھمه برنامه هایی که در طول ھفته (دوشنبہ تا جمعه) برنامه ریزی شده بود، تا زمانی که این بازسازی محوطه در جریان است به عقب خواهد افتاد. اما برنامه های در روزهای شنبہ و یکشنبه ادامه خواهد داشت چون کار بازسازی در این روزها تعطیل است. محل های ٲارکینگ ھم کمتر خواهد بود؛ اما محل هایی در نظر گرفته خواهد شد و ٲارکینگ های در خارج از محوطه و در خیابان ھم در دسترس است.

شادباش به کارل فوربس که کمک هزینه ۱۰۰۰ دلاری انجمن را دریافت کرد. او در دانشگاه یورک ادامه تحصیل خواهد داد تا وکیل شود. ما ھمه دانش آموزان سال ۱۲ که ھدف ادامه تحصیل در مقطع عالی را دارند، تشویق می کنیم که برای کمک هزینه از طرف انجمن در ماھ جون ۲۰۲۴ اقدام کنند.

انجمن در حال ادامه برنامه سی گیمینگ است و برای ھمین نیاز به داوطلب می باشد. به عنوان داوطلب، شما و ھمراھتان فقط برای ۲ ساعت با به یک سالن بینگو در تورنتو بروید و به افرادی که وارد می شوند خوش آمد بگوئید. اگر می خواهید داوطلب شوئید یا بیشتر بدانید لطفا با سیامک کاتراک تماس بگیرید excofficer1@zso.org. این کار باعث می شود که کمک هزینه آیی برای انجمن ٲرداخت بشود.

کمیته جوانان و سرگرمی برنامه های مختلفی را تدارک دیده است که اولین آن برنامه غذای دریایی، شب ورزش و ٲیادہ روی ٲاییزی است. لطفا با ثبت نام و شرکت در این برنامه ها از این آنها حمایت کنید.

از اول سپتامبر ۲۰۲۳، کلاس های دینی کودکان در درمھر دوبارہ شروع خواهد شد. این برنامه توسط انجمن و کانون خواهد بود. برای آگاهی از زمان و تاریخ ها لطفا به تارنمای انجمن مراجعه کنید و لطفا به ایمل kanoun@zso.org تماس بگیرید.

آخرین نکته این که باید تلاش کنیم که تولید آشغال را در جریان گردهم آیی ها و برنامه ها به حداقل برسانیم. متاسفانه در اغلب موارد به دلیل عدم رعایت موارد درباره مواد بازیافتی و کمٲوست، ھمه اینها به داخل سطل آشغال ریخته می شوند. موضوعی که باید متوقف شود.

راھ حل سادہ آیی که وجود دارد این است که لطفا توجه کنید که کیسه های سیاه در سطل های سیاه فقط برای آشغال است. کیسه های سفید فقط برای مواد غذایی و قابل کمٲوست است. ظرف های آبی نیاز به کیسه ندارد و فقط برای بطری و قوطی نوشابه است و نیازی به کیسه ندارد. ھنگامی که این کیسه ها ٲر شدند باید در سطل های مناسب که در محوطه درمھر قرار دارند گذاشته شوند. متاسفانه مرتب این کیسه ها در سطل ها اشتباه گذاشته شده اند و به ھمین دلیل آشغال در نظر گرفته شده اند. می دانم که بهتر از این می توانیم این موضوع را مدیریت کنیم.

اگر ھر نوع ایده یا نوشته آیی در ارتباط با خبرنامه دارید، لطفا آن را در یک متن وورد و به نشانی ایمل newslettereditor@zso.org بفرستید.

درمھر برای ھر نوع رزرو برنامه های خصوصی قابل دسترس است. برای این لطفا به ھوفریش ٲتل evp@zso.org بنویسید.

با آرزوی تندرستی برای ھمه شما، میترا جم، فرنشین انجمن، president@zso.org

خبرنامه

گردهم ایی ماهیانه سالدیدگان

سالدیدگان ایرانی در محل درمهر در روز سه شنبه ۵ سپتامبر از ساعت ۱۰ گردهم می آیند. این دورهمی با گفتگو، دیدوبازدید و صرف چای و شیرینی خواهد بود.
با شرکت در این دورهمی دیدوبازدیدی با دوستان داشته باشید.

گردهم ایی ورزشی!

جمعه ۱ سپتامبر از ساعت ۷ پسین گردهم ایی ورزشی در درمهر برگزار می شود. می توانید برای بازی تنیس روی میز در این برنامه شرکت کنید یا این که برای تماشا و دیدوبازدید به درمهر بیاید. اگر می خواهید تنیس یاد بگیرید، هم می توانید در این برنامه شرکت کنید.
در این گردهم ایی ورزشی و دیدوبازدید شرکت کنید.

بازگشایی درمهر مهربان گیو

روزهای باز بودن درمهر عبارتند از: دوشنبه (بعدازظهر)، سه شنبه (صبح و بعدازظهر)، چهارشنبه (بعدازظهر)، جمعه (صبح و بعدازظهر)، شنبه (صبح و بعدازظهر) و یکشنبه (صبح و بعدازظهر). 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

با پرداخت حق عضویت خود و نیز تشویق جوانان و افراد دیگر زرتشتی به عضویت، به وضعیت مالی انجمن کمک کنید.
همینطور با شرکت در برنامه ها و نیز رفتن مرتب به درمهر تلاش کنید که بخشی از نیازی های مینوی و اجتماعی خود را برآورده کنید.
امیدواریم مانند همیشه پشتیبانی و کمک شما اعضای انجمن ادامه داشته باشد. کمک های مالی خود را با فرستادن چک یا پرداخت آنلاین انجام 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>



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



A KANOUN EVENT



TABLE TENNIS EVERY WEDNESDAYS! FROM 7 - 8:30PM

3590 BAYVIEW AVE, NORTH
YORK, ON M2M 3S6

ALL ZSO MEMBERS OF ALL
AGES ARE WELCOME



MGDM New Pavement

Starting Wednesday, Sept 6th

3-4 weeks

MGDM remains open during construction
Be aware of uneven grounds

NO PARKING at MGDM ground
Use Street Parking

Some events may be impacted
Check out for alerts via ZSO Communication Channels





NAMC
INSTITUTE OF
ZOROASTRIAN STUDIES

For application form
use QR code, [link](#), or email:
registrar.izs@namcmobeds.org
<https://forms.office.com/r/c3vyA0B1Xz>



ONLINE COURSE

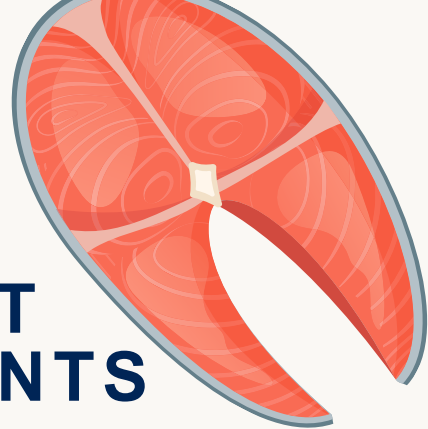
Introduction to Zoroastrianism

Saturdays at 2pm EST
September 9, 2023 to October 7, 2023

**Instructors: Ervad Tehemton F. Mirza, Mobedyar Khushroo Mirza,
and Mr. Kayomارش P. Mehta**

This course will provide the student with a brief introduction to Zoroastrianism, its doctrines, rituals, practices, and history, giving the student a window into Zoroastrianism and its influence on other succeeding faiths and raise appreciation of this ancient, relevant, and living faith in our modern society.





**ENTERTAINMENT
COMMITTEE PRESENTS
SEAFOOD BONANZA
&
LIVE MUSIC**

SATURDAY SEPT 16, 2023 6:30PM ONWARDS

MEMBERS: \$25

NON-MEMBERS: \$45

REGISTER ONLINE AT:

ZSO.ORG>EVENTS>SEPT 16>REGISTER OR

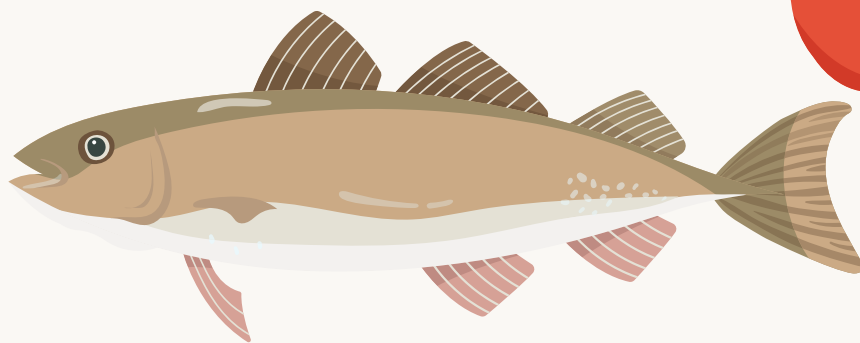
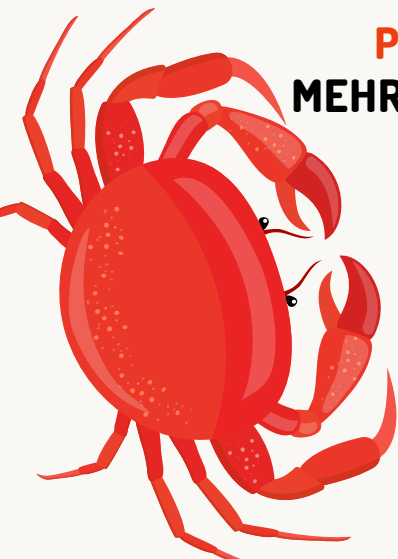
E-TRANSFER: ENTERTAINMENT@ZSO.ORG

(PASSWORD : ZS03590) OR

CONTACT: GULOO BHARUCHA : 905-475-8894

PAY BY SEPTEMBER 14 TO SECURE YOUR SPOT

MEHRABAN GUIV DARB E MEHR 3590 BAYVIEW AVE.





ZSO YOUTH COMMITTEE PRESENTS

ZSO SPORTS NIGHT

OPEN TO ALL!

**COMPETITIONS, TABLE TENNIS, BASKETBALL, CARROM,
CARD GAMES, SCRUMPTIOUS DINNER &
MUCH MORE!**



SATURDAY SEPTEMBER 23

6PM ONWARDS




\$15 MEMBERS & \$25 NON-MEMBERS

KIDS UNDER 5 FREE

ZOROASTRIAN SOCIETY OF ONTARIO

3590 BAYVIEW AVE,

NORTH YORK M2M 356



**TO REGISTER: WWW.ZSO.ORG > EVENTS > SEPT23
OR CONTACT TAHSHEEN DARUWALA: 647-708-9860
OR E-TRANSFER - ENTERTAINMENT@ZSO.ORG
(PASSWORD: ZSO3590)**



ANNUAL GOURMET FOOD FAIR

Brought to you by the ZSO Seniors Committee



**Preorder Online by
Friday, Sept 22**

www.zso.org/event-5261770

01 OCT 2023

1pm - 3pm

Mehraban Guiv Darb e Meher

\$2 Admission

For more information, contact:

Anahita Ogra (vp@zso.org | 647.404.1388)



NAMC
INSTITUTE OF
ZOROASTRIAN STUDIES

For application form
use QR code, [link](#), or email:
registrar.izs@namcmobeds.org

<https://forms.office.com/r/c3vyAQB1Xz>



ONLINE COURSE

Gathas 101 (Gathas Simplified)

Saturdays at 2pm EST
October 14, 2023 to November 11, 2023

Presenter: Dr. Karishma Kavita Koka
PhD Neuroscience, University of Cambridge

In simple, understandable terms, learn the original teachings of Prophet Zarathustra in his own words. Marvel at the simplicity and profoundness of his message. Get inspired by his philosophy, wisdom, and knowledge. Explore the relevance of his teachings in your daily life. This entry-level course will be taught in an open and relaxed environment. Students will be encouraged to ask questions and engage in discussions.





ZSO YOUTH COMMITTEE PRESENTS

COMMUNITY HIKE

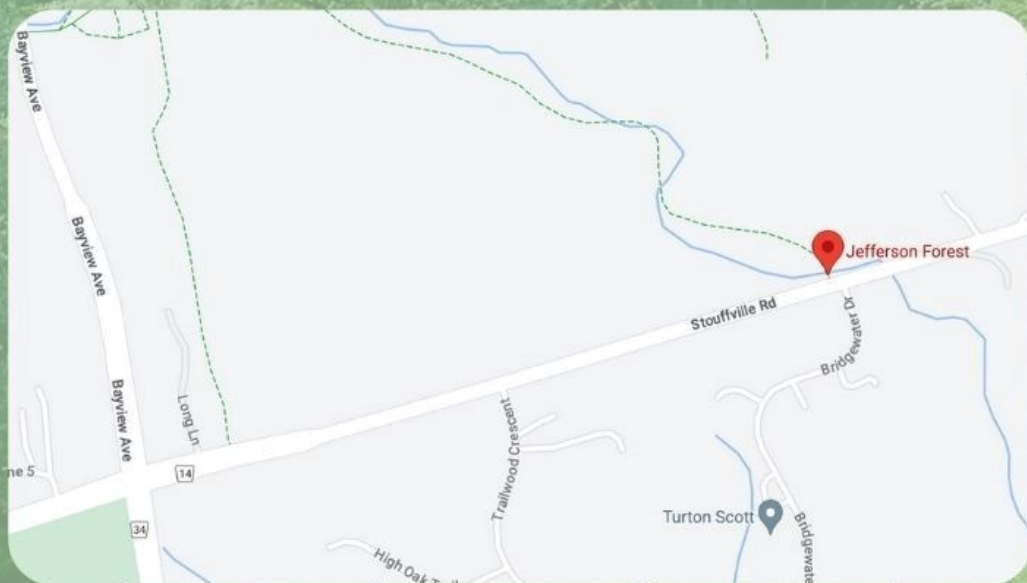
📍 LOCATION:

**JEFFERSON FOREST,
STOUFFVILLE RD, RICHMOND
HILL, ON L4E 5B4**

**COMMUNITY HIKE WITH
SETTING GOOD INTENTIONS
AND GOALS**

SEE THE FALL COLOURS!

DATE: OCTOBER 8TH - 11AM





The Sweetest Food Taste
2023

Sunday, Oct 01, 2023

Pre-Order by Friday, Sept 22nd

ZSO In person and Pre-order (1pm - 3pm)

OZCF Pre- Order Pick up ONLY (3pm - 4pm)

<https://www.zso.org/event-5261770>

Caterer Name	Menu Item	QTY	Price
Classic Caterer's (Fred Laher)	Parsi Style Chicken Kheema Kebab	6 pcs	\$ 10.00
	Agharni No Larvo PRE ORDER ONLY	380 gr/ 1 pc	\$ 12.00
	Akoori (egg) Pattice	6 pcs	\$ 15.00
	Beef Kheema Cutlet	6 pcs	\$ 15.00
	Beef Samosa	5 pcs	\$ 5.00
	Channa Ni Daar (Veg)	1 box/ 14 oz	\$ 5.00
	Chicken Biryani	1 box/ 30 oz	\$ 12.00
	Chicken Farcha (Drumstick)	6 pcs	\$ 12.00
	Chicken Kheema Cutlet	6 pcs	\$ 15.00
	Chicken Kheema Papeta Pattice	6 pcs	\$ 15.00
	Chicken Samosa	5 pcs	\$ 5.00
	Egg Chutney Pattice	6 pcs	\$ 15.00
	Fried Eggplant Slice	6 pcs	\$ 7.00
	Kebab Roll	8 pcs	\$ 5.00
	Kolmi (Shrimp) Pulao	1 box/ 30 oz	\$ 12.00
	Lagan Nu Custard	1 box/ 14 oz	\$ 6.00
	Laganshala Stew with Dry Fruits	1 box/ 14 oz	\$ 7.00
	Masala Daar (Veg)	1 box/ 14 oz	\$ 5.00
	Masoor (Veg)	1 box/ 14 oz	\$ 5.00
	Papri Ma Kann/Potato	1 box/ 14 oz	\$ 6.00
	Parsi Beef Kheema Kabab	6 pcs	\$ 10.00
	Parsi Curry (Veg)	1 box/ 14 oz	\$ 5.00
	Potatoe Samosa	6 pcs	\$ 4.00
	Sali	1 lb	\$ 12.00
	Spring Rolls	8 pcs	\$ 5.00
	Vegetable Biryani	1 box/ 30 oz	\$ 10.00
	Vegetable Pulao	1 box/ 30 oz	\$ 10.00
	Whole Fried Silver Pomphre Chutney Filled t - PRE ORDER ONLY	600 gr/1 pc	\$ 18.00
	Whole Fried Silver Pomphret - PRE ORDER ONLY	600 gr/1 pc	\$ 18.00

Khushnuma & Hosie Bamboat	Chicken Mayonnaise roll	1	\$	5.00
	Chicken Tikka Paratha roll	1	\$	5.00
	Chicken Tikka Pulao	1 box (3lbs)	\$	13.00
	Chutney cucumber sandwich	1	\$	2.00
	Chicken Cutlets	1	\$	3.00
	Fried Golden Pomphret	1 (whole Fish)	\$	15.00
	Green Chutney (Sandwich Spread)	1	\$	10.00
	Akuri Mixture	1	\$	10.00
	Chicken Kaleji	1 box (2lbs)	\$	12.00
	Chicken Dhansak (Daal & Rice)	Small Aluminium Container	\$	12.00
Parvin Shastri	Cashew Chicken	Small Aluminium Container	\$	14.00
	Eggs on Tomatoe (Tamota per edu)	Small Aluminium Container	\$	10.00
	Goan Shrimp Curry	Small Aluminium Container	\$	13.00
	Malido	200 gr	\$	14.00
	Masala Chicken Liver	Small Aluminium Container	\$	12.00
Percy & Tahsheen Daruwala (Parsi Food by Percy)	Goan Pork Sausages \$10/12oz	12oz	\$	10.00
	Anjir Kulfi \$3/4oz	4oz	\$	3.00
	Beef Kabab \$10/5pcs	5 pcs	\$	10.00
	Beef Samosa (Frozen) \$21.99/25pcs	25 pcs	\$	21.99
	Butter Chk \$10/12oz	12oz	\$	10.00
	Chicken Angara \$10/12oz	12oz	\$	10.00
	Chicken Farcha \$10/3pcs	3 pcs	\$	10.00
	Chicken Samosa (Frozen) \$21.99/25pcs	25 pcs	\$	21.99
	Chikoo Kulfi \$3/4oz	4oz	\$	3.00
	Chk Kabab \$10/5pcs	5 pcs	\$	10.00
	Chk Kaleji \$10/12oz	12oz	\$	10.00
	Goan Pork Vindaloo \$10/12oz	12oz	\$	10.00
	Mango Kulfi \$3/4oz	4oz	\$	3.00
	Mango Lassi \$3		\$	3.00
	Pista Kulfi \$3/4oz	4oz	\$	3.00
	Rum Anjir Kulfi \$4/4oz	4oz	\$	4.00
	Shrikhand \$10/12oz	12oz	\$	10.00
Prochi Gazdar	Vodka Mango Kulfi \$4/4oz	4oz	\$	4.00
	Beef Kheema Potato pattice	1	\$	3.00
	Beef Cutlet	1	\$	3.00
	Beef Puff Pattice	1	\$	3.00
	Chicken Cutlet	1	\$	3.00
	Chicken Farcha (leg & thigh)	1	\$	6.00
	Chicken Frankie	1	\$	5.00
	Chicken Puff Pattice	1	\$	3.00

Khushnuma & Hosie Bamboat	Chicken Mayonnaise roll	1	\$	5.00
	Chicken Tikka Paratha roll	1	\$	5.00
	Chicken Tikka Pulao	1 box (3lbs)	\$	13.00
	Chutney cucumber sandwich	1	\$	2.00
	Chicken Cutlets	1	\$	3.00
	Fried Golden Pomphret	1 (whole Fish)	\$	15.00
	Green Chutney (Sandwich Spread)	1	\$	10.00
	Akuri Mixture	1	\$	10.00
	Chicken Kaleji	1 box (2lbs)	\$	12.00
	Chicken Dhansak (Daal & Rice)	Small Aluminium Container	\$	12.00
Parvin Shastri	Cashew Chicken	Small Aluminium Container	\$	14.00
	Eggs on Tomatoe (Tamota per edu)	Small Aluminium Container	\$	10.00
	Goan Shrimp Curry	Small Aluminium Container	\$	13.00
	Malido	200 gr	\$	14.00
	Masala Chicken Liver	Small Aluminium Container	\$	12.00
Percy & Tahsheen Daruwala (Parsi Food by Percy)	Goan Pork Sausages \$10/12oz	12oz	\$	10.00
	Anjir Kulfi \$3/4oz	4oz	\$	3.00
	Beef Kabab \$10/5pcs	5 pcs	\$	10.00
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	Butter Chk \$10/12oz	12oz	\$	10.00
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	Chicken Farcha \$10/3pcs	3 pcs	\$	10.00
	Chicken Samosa (Frozen) \$21.99/25pcs	25 pcs	\$	21.99
	Chikoo Kulfi \$3/4oz	4oz	\$	3.00
	Chk Kabab \$10/5pcs	5 pcs	\$	10.00
	Chk Kaleji \$10/12oz	12oz	\$	10.00
	Goan Pork Vindaloo \$10/12oz	12oz	\$	10.00
	Mango Kulfi \$3/4oz	4oz	\$	3.00
	Mango Lassi \$3		\$	3.00
	Pista Kulfi \$3/4oz	4oz	\$	3.00
Prochi Gazdar	Rum Anjir Kulfi \$4/4oz	4oz	\$	4.00
	Shrikhand \$10/12oz	12oz	\$	10.00
	Vodka Mango Kulfi \$4/4oz	4oz	\$	4.00
	Beef kheema Potato pattice	1	\$	3.00
	Beef Cutlet	1	\$	3.00
	Beef Puff Pattice	1	\$	3.00
	Chicken Cutlet	1	\$	3.00
	Chicken Farcha (leg & thigh)	1	\$	6.00
	Chicken Frankie	1	\$	5.00
	Chicken Puff Pattice	1	\$	3.00

Taronish Food Services (Hormuzd Chothia)	CHICKEN DHANSAK DAL	24oz portion	\$	9.00
	CHICKEN CUTLETS	4 PCS	\$	9.00
	MUTTON DHANSAK DAL	24 oz portion	\$	10.00
	SALI BOTI (NO SALI)	24 oz portion	\$	10.00
	KHEEMA NA CUTLESS (BEEF)	4 PCS	\$	10.00
	TARELU MACCHI	4 PCS	\$	10.00
	PORK SORPOTEL	24 oz portion	\$	10.00
	LAGAN NU STEW	24 oz portion	\$	9.00
	PLAIN DHANSAK DAL	24 oz portion	\$	9.00
	MASOOR	24 oz portion	\$	9.00
	GHARAB NU ACHAR	1 LB jar	\$	18.00
	WET DHANSAK MASALA	1 lb	\$	17.00
	MAWA NI BOI (small)	Approx. 1lb	\$	12.00
	MALIDO	1 lb	\$	8.00
	RAVO	1 lb	\$	8.00
	VASANOO	1 lb	\$	16.00
Vabeez Valodwala (PVR Eats and Treats)	Batasas	1/2 lb	\$	10.00
	Carrot, Ginger & Vegetable Soup (Vegan)	750 ml	\$	8.00
	Chicken Mayo Salad	300 gms	\$	10.00
	Chicken Tikka Powdered Spice	100 grams	\$	7.00
	Chicken Tikka Wings	1 lb	\$	18.00
	Coconut Macaroons	1/2 lb	\$	8.00
	Goan Chilly Fry Paste	300 gms	\$	12.00
	Goan Curry Paste	500 gms	\$	11.00
	Nan Khatai	12 pieces	\$	7.00
	Nut Free Delight Mawa Cakes	6 pieces	\$	8.00
	Nutty Delight Mawa Cakes	6 pieces	\$	9.00
	Parsi Curry Paste	500 gms	\$	12.00
	Sundrop (Wine Cake) Cookies	100 grams	\$	9.00
	Vindaloo Paste	300 gms	\$	12.00
	Yummy Thai Curry Soup (Vegan)	750 ml	\$	10.00
Beez Food Pop Up (Wahbeez Wankadia)	Badam Pak	1 lb	\$	25.00
	Malido	1 lb	\$	20.00
	Dal Ni Pori	350 grms	\$	20.00
	Khajur ni Ghari	350 grms	\$	15.00
	Kopra Paak	0.5 lb	\$	12.00
	Chocolate Walnut Fudge	0.5 lb	\$	12.00
	White chocolate Fudge with Cranberries & Pista	1 lb	\$	20.00
	Spicy Gathiya	100 grams	\$	10.00
	Chakli Sticks	100 grms	\$	10.00
	Besan Ladoo	4 pcs	\$	8.00
	Rava & Coconut Ladoo	4 pcs	\$	8.00



ZOROASTRIAN SOCIETY OF ONTARIO

3590 BAYVIEW AVENUE, TORONTO, ONTARIO M2M 3S6

MEMBERSHIP FORM

Membership Application: ☐ Renewal ☐ New Member Membership Year April 1st 20____ - March 31st 20____

Membership Category/Fees

<input type="checkbox"/> Family	<input type="checkbox"/> Individual	<input type="checkbox"/> Student	<input type="checkbox"/> Senior	<input type="checkbox"/> 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)

NEW MEMBERS must be introduced by two ZSO members in good standing and approved by the ZSO Board of Directors (BOD).

Existing ZSO Member

Print Full Name _____

Signature _____

Existing ZSO Member

Print Full Name _____

Signature _____

Approved by the ZSO BOD

☐ Yes ☐ No

Signature _____



DONATION FORM

Please complete the form below and send it along 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**