

President's Message

On behalf of the ZSO board of directors, we wish everyone a happy new year with many more wonderful things to come in the upcoming 2024. I must express my gratitude for making 2023 such a great year for our Zoroastrian community especially thanking the current board.

The Volunteer Appreciation Day on December 2nd was a great success and an event that filled the MGDM. The evening was filled with great food, and entertainment by our Zoroastrian youths and special thanks went out to all the amazing previous Muktad committee members which was headed by Putli Mirza. The food was prepared and arranged by your board of directors as a way of thanking all the ZSO volunteers who help keep our community active and engaged.





Volunteer Appreciation on December 2nd

Jashne Saddeh which is the ancient celebration of fire will be celebrated at the MGDM on January 27th, 2024.

Tickets for the semi-formal Norouz celebration will be available for sale by Kanoun members during Saddeh. Please get your tickets early before they sell out and take advantage of the early bird price.

If you have not yet done so, please support the 100th Toronto Scouts Group Valentine Masquerade Ball to be held on February 10th. Please see the attached flyer.

The ZSO senior's get-together is held every second Friday at 11 a.m. New participants for this informal social event are always welcomed. The Zoroastrian Table Tennis Club (ZTTC) organized by the Kanoun is to recommence on Wednesdays at 7 p.m. New participants are always welcome.

We are still seeking cGaming volunteers which helps raise much-needed money for the upkeep of the MGDM. As a volunteer, you and a partner attend a Bingo Hall in Toronto for 2 hours a few times a year to greet people as they walk in. Interested in learning more and volunteering? Please contact Shiamak Katrak at (ExecOfficer1@zso.org) and help raise funds for the ZSO.

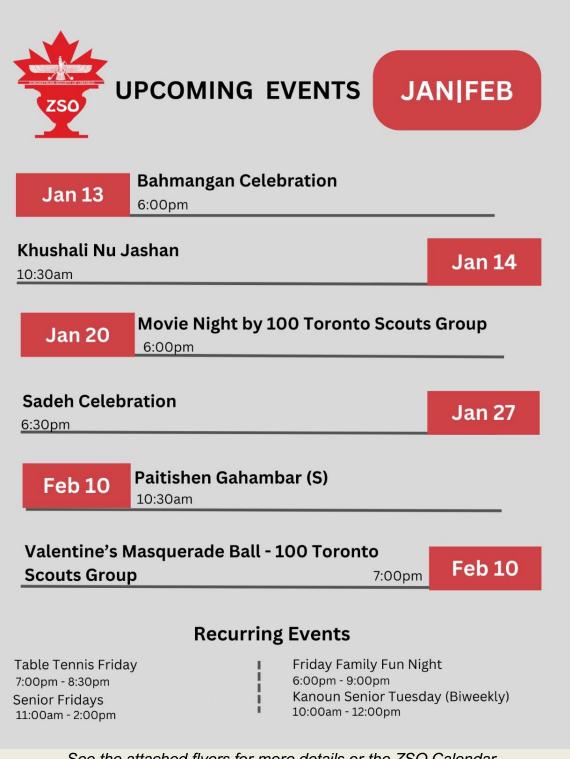
If you have any ideas or relevant contribution for the monthly newsletter, please email us the WORD document to newslettereditor@zso.org.

> https://zso.org/ January 2024

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

Upcoming Events



See the attached flyers for more details or the ZSO Calendar

Toronto Scouts Celebrate Christmas at ZSO

In the spirit of festive cheer, the 100th Toronto Scouts group hosted a Christmas party on December 17th, 2023. The event brought together beavers, cubs, and scouts, to celebrate the holiday season.

The ZSO venue provided the perfect setting for an afternoon filled with laughter, music, and the warmth of the holiday season. The festivities kicked off with the regular flag ceremonies and a welcome by the joint group commissioner Ferozshaw Ogra. The beavers and cubs wore festive attire and eagerly waited to participate in the activities planned for them.

One of the highlights of the afternoon was the Christmas gingerbread cookie decoration activity organized for the beavers and cubs. The creativity of beavers and cubs decorating the cookies and Christmas music created a festive ambiance truly capturing the Christmas Spirit.



Scouts kick off the Christmas party with the regular flag ceremony, then jump into Christmas decorative activities

The ZSO venue was transformed into a winter wonderland all thanks to the volunteers who played a crucial role in ensuring the event was seamless. They helped in the kitchen to cook the delicious meal from 8:30 a.m. and were also dressed up as Elf and Santa for the photo booth. Anyone could click a picture with them for \$2. The proceeds of the same would go towards fundraising for the Scotland Jamborette 2024.



Santa Claus and his Elf!

A sumptuous feast awaited the scouts, featuring an array of delicious treats and traditional holiday dishes. The scouts, leaders, and their families cumulating over a hundred people enjoyed a delightful meal together, further strengthening the bonds of friendship within the scouting community.

The Christmas party held at ZSO by the Toronto scouts was not only a celebration of the holiday season but also a testament to the values of unity, friendship, and community that are at the heart of scouting.

In the end, the event left everyone with memories and a sense of gratitude for the opportunity to come together and celebrate the magic of Christmas.

The Toronto Scouts at ZSO truly showcased the spirit of scouting, reminding us all that the bonds

formed in the scouting community are as enduring as the festive joy that fills our hearts during this time of the year.

Written by: Sohrab Bhiwandiwala

Upcoming Seniors Corners

January 19th, 2024

February 2nd, 2024

February 16th 2024

Return To Roots 7 - Making It's Way Through India

The 7th Return to Roots Program hosted in India this year is making its way from Bombay to Nargol to Udvada to Navsari then through Surat, then finally making its way back to Bombay. The trip started on December 21st, 2023 and is running till January 3rd, 2024. With 4 out of the 28 participants coming from Toronto, The Zoroastrian Return to Roots (RTR) trip is a youth initiative designed to strengthen the idea of Zoroastrian identity among the global youth. The program birthed from an increasing disconnect between Zoroastrians in the diaspora and their ancestral communities in Iran and India. The trip fosters and facilitates community links and identity by taking small groups of youth to explore their religious, social, and cultural heritage. Follow their journey through India on the Zoro Roots Facebook and Instagram Page @Zororoots.



RTR Fellows sit by the Bhikha Behram Well listening to Khojeste Mistree speak about the architecture and culture of South Mumbai.

Written by: Araash Chothia

Message From The New Library Committee Chair – Armaity Homavazir

I am extremely pleased to be taking on this position. Many thanks to Aban Amroliwalla who successfully kept the library going for so many years.

I hope that with the support of our community, we can create a world-class library that not only draws our Zoroastrian students, but high school and university students from across the GTA. One of our first tasks involves building new shelves for our collection and organizing the current collection. Another goal will be to complete the digital list of our collection and barcode all the books that we currently hold. If you have a background in Library Science, we would love to have you join us.

We kindly ask you to please hold off on any donations until the new year. Book donations can be made by contacting Armaity directly. Please do not dump any boxes or bags until notifying us first. Stay tuned for more exciting announcements in the early months of 2024!

Advertise in the ZSO Newsletter

Give back to your community, buy your yearly or monthly 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.

Araash Chothia - Newsletter Editor

Q&A Session With Diana Katgara

The ZSO recently organized a highly informative event for university and college applications. It was attended by approximately 10 participants, including high school students and parents, providing invaluable insights into the university application process. The event was skillfully hosted by Diana Katgara and Nasha Makujina. Diana spearheaded a 45-minute presentation, which delved into the intricacies of applying to universities and colleges in Ontario, offering a comprehensive overview of the entire process.

There was a special guest Anisa Ostad, hailing from the United States, who shared her expertise on applying to post-secondary education across the border. Attendees were captivated by Anisa's insights into the American application system, providing a well-rounded perspective for



Diana sits with high school students to walk through the application process, and tips for an outstanding application

those considering international options. Moreover, the event featured personal anecdotes and experiences from Taronish Kotwall, Nasha, and Anisa, shedding light on their own university application journeys and subsequent experiences. The diverse array of speakers made the event engaging and relatable, creating a dynamic platform for participants to gather valuable information.

Feedback from attendees unanimously echoed appreciation for the event, expressing a desire for future iterations. One suggestion was to organize a similar event in person, preferably around the middle of October, preceding the university application season that typically kicks off in early January. This feedback highlights the value participants found in the event and their enthusiasm for more interactive sessions that could potentially enhance the learning experience further.

Written by: Nasha Makujina

Scouts Lock-in Camp

On the weekend of December 9th, the 100th Toronto Scouts hosted their annual lock-in camp at the ZSO. The scouts and ventures do this camp annually as a reset and chill camp for the youth. They enjoy good food, good times, and plenty of fun experiences that we typically don't encounter while camping outdoors.

The weekend kicked off with a culinary adventure, featuring a delectable chicken dhansak and a brownie baking challenge. The subsequent night unfolded with an abundance of popcorn and a

cinematic journey, setting the stage for a Saturday focused on honing cooking skills through a spirited competition. Scouts, working collaboratively in groups, crafted their culinary masterpieces, with the Kemo and Rice group emerging victorious for their outstanding creations, presentation, and teamwork.

The energy of the camp soared with a dynamic volleyball game led by the skilled guidance of Scouter Jason. Following the intense match, the scouts embarked on a meticulously planned night out organized by Scouter Kashmira. The venue of choice,



Scouts at the largest bouncy castle for adults "The Bubble Toronto"

'The Bubble Toronto,' lived up to its billing as the city's largest indoor bouncy castle for adults,

complete with slides, climbing walls, and trampolines. Despite fatigue from the bouncing escapades, the youth insisted on a detour to Yorkdale Mall for a luxury shopping experience, wisely refraining from making any purchases.

As the day drew to a close, the group reconvened for a family-style dinner at a distinguished Hakka Chinese restaurant. This provided a moment of respite and reflection on the day's adventures. A brief Tim Hortons run preceded the return to ZSO, where an impromptu rain dance by the youth added a whimsical touch to the evening. The night concluded with games, movies, and shared moments over popcorn and hot cocoa.

Sunday morning ushered in a collective sense of exhaustion, prompting the decision to wind down camp activities. Scouts rallied to clean up, pack their belongings, and close the camp, enjoying a tranquil period of relaxation until pick-up.



Impromptu rain dance outside the MGDM



Scouts doing various outdoor and indoor activities

Overall, this year's ZSO camp stands as a testament to the success of the Toronto Scouts' endeavors. Beyond its role as a cherished tradition, the event serves as a prelude to upcoming fundraising initiatives. These efforts are aimed at supporting the upcoming Jamborette in Scotland next summer, further reinforcing the scouts' commitment to growth and global connections.

Heartfelt appreciation extends to the attending youth for their enthusiastic participation, and special recognition is reserved for the dedicated leaders who orchestrated the success of this memorable event. As the 100th Toronto Scouts Annual Lock-In Camp at ZSO draws to a close, it leaves an indelible mark on the scouting community, embodying the spirit of celebration, camaraderie, and shared achievement.

Written by: Kashmira Bulsara

Mental Health Corner

If you have had a dog or a cat then please answer this question: Is it possible for a dog or a cat to wake up and NOT stretch?

The truth is that when it comes to self-stretching, monkeys, dogs, cats, tigers, and other animals are instinctively more intelligent than us. They realize that when they get up from sleep or even a short nap, they must stretch out their spine, arms, and legs before they start moving around.

However, perhaps due to our busy lifestyle, many adult humans have lost that instinct. We get up in the morning and the first thing we think about may be, "I have to shower, get ready for work, get my coffee..." and nowhere in the thought process is the instinct, "I Dog stretch should stretch for a few seconds before I face the day."



In an ideal world, every one of us would do an hour of yoga on a daily basis to help us achieve optimal mobility, strength and mental health. The good news is that perhaps just doing even a few minutes, or a few seconds of self-stretching daily may also be of tremendous benefit. After all, dogs and cats don't attend one-hour yoga classes, but they certainly do several short bouts of self-stretches every day!



My daughter Nadia Jam stretching.

In Summary: We need to learn from dogs, and cats that the first thing we need to do the moment we get out of bed is to yawn and stretch our body in every direction possible.

Written by: Bahram Jam

Sunday Scriptures - Translated Yasna 28.4

Gatha Ahunavaiti, Yasna 28.4

Ye urvanem men gaire
Vohu dade hathra Manangha
ashishcha shyaothananam vidush
Mazdao Ahurahya
yavat isai tavacha
avat khsai aeshe Ashahya



I shall lead to its Exalted Home, the soul,
In tune with the Vohu Mano, to Garothman, its goal;
Knowing well the blessings that follow from each deed
Performed in the name of our Ahura Mazda, indeed!
As long as with strength and with power I thrive,
So long shall I teach men towards Asha to strive!

The Poetry Of the Prophet by Jimmy Nadershaw Sidhva

Gatha Ahunavaiti, Yasna 28.4

Versa four of Ha twenty-eight of the Yasna describes Prophet Zarathustra's firm commitment to uplift the spiritual life of the human race.

He promises to lead each soul with Good Thoughts - "In tune with Vohu Mano" - to its ultimate heavenly destination, Garothman. In a later verse, 46.10, he even declares that he will march such souls "over Chinvat Bridge in triumphant line!"

He reiterates the blessings which are the rewards for good deeds done for Ahura Mazda.

The Poetry Of the Prophet by Jimmy Nadershaw Sidhva



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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.

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 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): Hoofrish Patel at evp@zso.org Kanoun Representatives for September 2023-2024 are as follows, if you have any questions please contact these individuals for Kanoun events:

Mitra Minoo Kamran Behmanpour Katayoon Behdin Kourosh Farhadi Faranak Mavandadnejad Bahram Jam

Advertise in the ZSO Newsletter (1-Year rates):

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



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اهنودگات - یسن ۳۰ – بند ۸

اما هنگامی که این گناهکاران کیفر خود را می چشند، آنگاه توانایی تو را، ای خدای دانا، از راه منش نیک درمی یابند و می آموزند که چگونه دروغ و آزار را رها کرده به راستی روی بیاورند.

ييام فرنشين انجمن

از سوی هیاتمدیره انجمن زرتشتیان سال نو را به تمامی اعضا انجمن شادباش می گوییم و بهترین ها را در سال ۲۰۲۴ برایتان آرزو می کنیم. باید سپاسگزاری خود را بابت سال ۲۰۲۳ برای جامعه زرتشتیان بیان کنم و به ویژه روز تقدیر از داوطلبان که در ۲ دسامبر صورت گرفت، بسیار موفقیت آمیز بود. آن گردهم آیی را با غذاهای بسیار خوب، سرگرمیهایی از جوانان زرتشتی گذراندیم و تشکر ویژه از تمامی اعضای پیشین کمیته مکتاد که پوتلی میرزا سرپرست آن بود. غذاها توسط هیاتمدیره تهیه و ترتیب داده شد، به عنوان نشانه ایی از سپاسگزاری به تمامی داوطلبان انجمن که به پویا و فعال بودن جامعه کمک می کنند.

جشن سده که جشن باستانی آتش است، در ۲۷ ژانویه ۲۰۲۴ در درمهر برگزار خواهد شد.

بلیتهای مراسم نوروز برای فروش توسط اعضای کانون در جشن سده در دسترس خواهند بود. لطفاً بلیتهایتان را زودتر دریافت کنید قبل از اینکه تمام شوند و از قیمت زودرس بهرهمند شوید.

لطفا اگر هنوز انجام نداده اید، از گروه ۱۰۰ اَم اسکوت تورنتو در مراسم ماسکرید بال که در تاریخ ۱۰ فوریه ۲۰۲۴ برگزار خواهد شد، حمایت کنید. (لطفا آگهی را ببینید)

گردهم ایی سالدیدگان انجمن هر دومین جمعه ماه ساعت ۱۱ صبح برگزار میشود. شرکتکنندگان جدید به این رویداد همواره خوش آمدید.

برنامه تنیس روی میز زرتشتیان که توسط کانون برگزار میشود، هم اکنون در ساعت ۷ شب روزهای چهارشنبه مجددا آغاز شده است. شرکت کنندگان جدید همواره خوشآمدید.

ما هنوز به دنبال داوطلبان سی گیمینگ هستیم که به جمع آوری پولهای مورد نیاز برای نگهداری درمهر مهربان گیو کمک میکند. به عنوان یک داوطلب، شما و یکی از دوستان شما فقط باید چند بار در سال به مدت ۲ ساعت به سالن بینگو در تورنتو بروید و به شرکت کنندگان دم در خوش آمد بگویید. اگر علاقهمند به اطلاعات بیشتر و داوطلبی هستید، لطفاً با ExecOfficer1@zso.org سیامک کاتراک تماس بگیرید و به جمع آوری فاند برای ZSO کمک کنید.

اگر ایده هایی در رابطه با خبرنامه ماهانه دارید، لطفا فایل Word را به ایمل ارسال کنید word و اسلام ماهانه دارید، لطفا فایل

درمهر برای هر نوع رزرو برنامه های خصوصی قابل دسترس است. برای این لطفا به هوفریش پتل evp@zso.org بنویسید.

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

خبرنامه

جشن سده شاد باد!

برآمد به سنگ گران سنگ خرد فروعی پدید آمد از هر دو سنگ

یکی جشن کرد آن شب و باده خورد

هم آن و هم این سنگ گردید خرد دل سنگ گشت از فروغ آذرنگ سده نام آن جشن فرخنده کرد

شنبه ۲۷ ژانویه جشن سده را در درمهر جشن می گیریم. این جشن بهانه ایی است برای گردهم امدن در زمستان. جشنی زمستانی که خود نوید نزدیک شدن به بهار است!

در این گردهم ایی شعر و جشن و شادی و دیدوبازدید شرکت کنید.

گردهم ایی ورزشی!

هر چهارشنبه 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.

گردهم ایی ماهیانه سال دیدگان

سال دیدگان ایرانی در محل درمهر در روز سه شنبه ۲ ژانویه از ساعت ۱۱ 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.

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.**

بدهيد.

بسیار مناسب است که مانند گذشته رفتن به درمهر را در برنامه هفتگی خود بگذارید.

انتقادها، نظرها و پیشنهادهای خود را با کانون فرهنگی زرتشتیان ایرانی با ایمیل <u>kanoun@zso.org</u> 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

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 انلاین انجام



ZSO is pleased to hold it's Annual Khushali nu Jashan this year on

Sunday, January 14, 2024

3590 Bayview Avenue, Toronto, Ontario. S.W. Corner of Bayview & Steeles Ave.

Time: 10:30 am Followed by Lunch & Dessert

Members & Non- Members: \$20 / Children under 5 Free

RSVP before 12th January 2024
Please adhere to this deadline & avoid last minute disappointment.

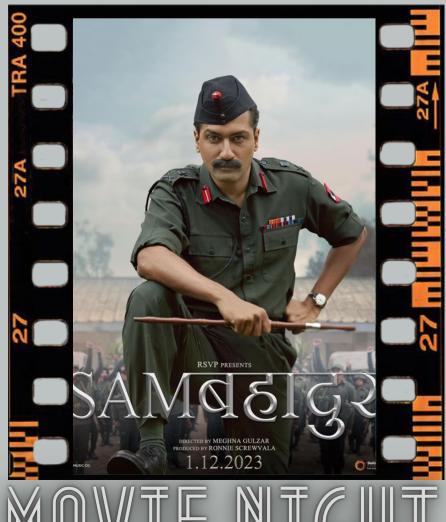
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CONTACT ANAHITA OGRA 647.404.1388 REFRESHMENTS AND SNACKS ARE PROVIDED





DRINK | FOOD | DANCE

Registered Scouts & ZSO Members: \$40 Non Members: \$50

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RSVP Online: www.zso.org/event-5474909

Mehraban Guiv Darb e Meher



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



ZOROASTRIAN SOCIETY OF ONTARIO

3590 Bayview Avenue, Toronto, Ontario M2M 3S6

MEMBERSHIP FORM

Membership Application:	☐ Renewal ☐ Ne	w Member Meml	bership Year April 1 st 20_	- March 31 st 20
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Select your communication Auto dialer voice messages Newsletter: □Email	: □No □Yes: <u>(</u>)		-	[•] Letter Mail
*Newsletter by Letter Mail				20000
DN, M2M 3S6). Please note the	strian Society of Ontario" an e bank will NOT accept chequ	ies payable to "ZSO".	erer (Membership Form) 3590 E om (*available on the ZSO w	
NEW MEMBERS must be int	troduced by two ZSO me	mbers in good standing a	nd approved by the ZSO Bo	ard of Directors (BOD).
Existing ZSO Membe	er Existing ZS	O Member	Approved by the ZSO BO	OD
Print Full Name	Print Full Name	2	□Yes □No	
Signature	Signature		Signature	
A Committee of the Comm	, ,			



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Donation Amount: \$						
lease 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						