



## NEWSLETTER OF THE ZOROASTRIAN SOCIETY OF BRITISH COLUMBIA

### PRESIDENT'S MESSAGE

*In Search of the Truth*

Khordad - Amرداد 3752

June - August 2014

Volume XXIII, No.2

#### CONTENTS

President's Message	1
Scholarships	2
Adv. Rates	2
Advertisement	2
Membership	3
Announcements	4
6 <sup>th</sup> Annual Walk	4
Donations	5
Healthy Drinks	5
9 <sup>th</sup> Annual Gatha	6
Upcoming Events (E)	7
Upcoming Events (F)	8
Fun for Kids	9
Nomination Form	10
46 <sup>th</sup> AGM Agenda	11
Proxy Form	12

The Zoroastrian Society of  
British Columbia  
6900 Halifax Street  
Burnaby, B.C. V5B 2R5  
Canada

Telephone (604) 420-3500  
[www.zsbc.org](http://www.zsbc.org)

Congratulation to you all, ZSBC has been awarded the hosting of the XVIII North American Congress by FEZANA. The bid that we presented was a call to identify and discuss the changes that are happening in our North American community.

It is time to end the stereo type of the congress, the congress where people come together just for the sake of coming together, where no matters of importance or concern are discussed. Where we bury our heads and don't want to ruffle any feathers. For that very reason we either have our world congress in Dubai where discussing any other religion is forbidden by the Islamic law of the country, or create diversion by infighting like in Mumbai.

ZSBC's bid was clear about its aim; the theme was "Let's Imprison Zahaak". We have all heard about "Zahaak" but it is his tyranny that is always highlighted. The underlying message of the story is rarely brought up, namely the symbolism of Zahaak feeding the two snakes on his shoulders with the brain of the youth. Although in both Gujrathi and Persian we have the expression –"Mathu bhejoo khaie giyo" – "Maagz-am Ra Khord". In neither of the languages do we mean the physical eating of the brain. So also with Zahaak he was not physically feeding the brain of the youth to the snakes. He was in fact brainwashing the youth, and snake in mythology represents evil. Faraydoon captures Zahaak but does not kill him he imprisons him. Beliefs cannot be killed but the evil ones can be imprisoned.

Our brains have been fed with certain beliefs which in North America we are struggling to keep up with. Are we lesser Zarathushtis, will we end up in hell, or is there a deeper meaning to it all?

The proposed topics up for discussion over the four days will be Fire in the Gathas, Calendar, Last Rites and After Life, and Conversion.

We are lucky to have the North American Mobed Council which is an enlightened council and not only recognizes the need for transition but has been leading in the process.

To succeed in this endeavour we all have to come forward and give each other a helping hand. Let's set our registration target to 1,000 delegates from all over the world. Let's set a bench mark for future congresses. Our neighbours in Washington State have also offered to give us a helping hand. They are a very young community and they did put up a grand show, hosting the FEZANA AGM.

ZSBC AGM is coming up; please join us in large numbers. It is election year and time for a new slate of directors. It has been a pleasure serving the community and I would like to thank you all and specially the volunteers without whom nothing would have happened. A special thank you to all the teachers of the Zarathushti Study Classes for their dedication and a bigger thank you to Noshir Fitter from whom we all need to learn.

*Fariborz Rahnamoon  
President*

## SCHOLARSHIPS

### THE ZOROASTRIAN SOCIETY OF BRITISH COLUMBIA (ZSBC)

For very many years, ZSBC has been awarding scholarships to members' children who have completed their Higher Secondary School examination. These are based on merit, community involvement and service, etc., and are available for continuation of post-secondary studies in a college, university or technical institution. These scholarships will be available after passing Grade XII with no less than 71% marks to be eligible for consideration. **The closing date for applications is Wednesday, September 10, 2014.** You are advised to look at the [www.zsbc.org](http://www.zsbc.org) web site for the application form with criteria.

**PARENTS ARE REQUESTED TO ENSURE THEIR CHILDREN WHO ARE UNDER THE AGE OF 18 YEARS AND COMPLETING**

**HIGHER SECONDARY SCHOOL EXAMINATION THIS YEAR, APPLY FOR THIS SCHOLARSHIP, IF THEY MEET THE ELIGIBILITY CRITERIA.**

### MEHRBAN & PARIDOKHT ZARTOSHTY EDUCATION FUND ASSOCIATION

Scholarships which are granted under the above association's scheme are offered to those residents of British Columbia who are going to pursue their education in the second or subsequent year in a college, university or technical institution in Canada or the United States of America. Scholarships under this fund are based on merit, community involvement and service, financial need, etc. **The closing date for applications is Sunday, August 31, 2014.** You are advised to look at the [www.ancientiran.com](http://www.ancientiran.com) website for the criteria and application form, plus other details.

## ADVERTISING RATES IN NEWSLETTER

(All advertisements in ZSBC newsletter will be in black and white only)

- Business card size ad in one issue \$30
- Quarter page size ad in one issue \$40
- Half page ad in one issue \$60
- Full page ad in one issue \$100
- To sponsor an issue and get recognition: \$300



Your support by advertising in ZSBC newsletter will be highly appreciated.

## ADVERTISEMENT

### “HOME MADE TIFFIN SERVICE SPECIALIZING IN PARSİ CUISINE”

In this hustle bustle of busy life, people tend to compromise on the quality and amount of food they eat causing many health issues.

If you are looking for nutritious, healthy and wholesome home cooked meals, please call

**HUTOXI at 778 571 1272**

Email: [hutoxid@hotmail.com](mailto:hutoxid@hotmail.com)

Our menu changes daily, so you will be savoring different dishes every day. We also cater to special diets including- low salt, low sugar, gluten free, dairy free, etc.



## MEMBERSHIPS

### PAY YOUR MEMBERSHIP FEES ONLINE ... NOW AVAILABLE!

A concerted effort has been made by the ZSBC Board of Directors to set up a system that will allow members to pay their dues and donations online. If you prefer this method of payment, please visit [www.zsbc.org](http://www.zsbc.org) and use your credit card. The ZSBC Board of Directors urges you, your family, and Zarathushti friends to pay the annual membership fees on time. This will enable our Society to better budget projects and to continue to thrive and survive. We thank you in advance for your cooperation and generosity!

#### MEMBERSHIP FEES for 2014:

Family: Husband and wife, including children under 18	\$50
Senior (65 years and over)	\$15
Full time student (18 years and over and not working)	\$15
Individuals (18 years and over, even those living with parents)	\$25

Become a  
**MEMBER**  
JOIN TODAY

Our Board of Directors will be available to collect your membership fees. You can pay fees by cash, cheque, or online by credit card. Please feel free to contact any of the Directors, on any issue relating to our Society and/or convey your views.

### BENEFITS OF MEMBERSHIP

- 1- Students whose parents are members in good standing can qualify for scholarship.
- 2- Children get to learn about their culture and religion & meet and make friends with community children.
- 3- Seniors get to attend programs for seniors.
- 4- Marriage Registration on behalf of the Government of Canada is available to members.
- 5- Event tickets (e.g. Nou Rooz and Parsee New Year, etc.) are available to members in good standing at subsidized rates.
- 6- Dare Mehr community hall is available for rental at a very nominal fee to members in good standing.
- 7- Reference letters can be provided to members in good standing and who have become Canadian Citizens to apply for Canadian passport.



## ANNOUNCEMENTS

### NAVJOTE/SEDREH PUSHI

**Armaan Jangi**, son of Borzu and Niloufar Jangi, on Saturday, April 12, 2014, in Coquitlam.



### MARRIAGES

**Mehernaz Buzorg and Farhood Forooghi**, children of Mahdokht Arghavani & Parviz Buzorg and Goly & Farrokh Forooghi, on Saturday, March 8, 2014, at Las Vegas, Nevada.

### DEATHS

**Golbai Kaikhosrawi Bandari**, 89 years, wife of the late Bahman Bandari, mother of Ardeshir, Mitra, Lal and Esfandiar Bandari, and grandmother of Bahman & Saam Bandari, Arya & Atria Namvar, and Nairika Varza, on Tuesday, March 11, 2014, in West Vancouver, BC.

**Houri Kiani**, 67 years, wife of the late Khodarahm Kiani, mother of Nooshin and Shirin, mother-in-law of Kourosh Edalati, grandmother of Tiana, Anita and Kia, on Thursday, March 27, 2014, in North Vancouver, BC.

**Mehrbanoo Sohrabi**, 86 years, mother of Parichehr, Iraj, Parviz and Anoush Oshidari, mother-in-law of Namdar Oshidari, Golnar Keshavarzi, Sima Abourai, and grandmother of Azita, Babak, Parham and Pedram Oshidari, on Saturday, April 5, 2014, in North Vancouver, BC.

**Tara Shapoor Surty**, 80 years, mother of Zoobin and Yasmin Sharook Kapadia, grandmother of Benafsha, on Easter Sunday, April 20, 2014 in Mumbai, India.

## 6<sup>TH</sup> ANNUAL WALK

Once again it is time to go on our popular annual walk. The Trustees of Arbab Rostam Guiv Trust has been holding this walk for past five years. Funds collected will be used for renovation of our Dare-Mehr.

**Day & date:** Sunday, July 27, 2014

**Place:** Deer Lake, 5435 Sperling Avenue, Burnaby

**Time:** 10:30 a.m.



Registration: \$20 (includes BBQ lunch)

There is plenty of free parking. Lots of other activities like boating, Children's playground, beautiful and pristine surrounding around lake. Register early with **Behramsha Mizan: (604) 270-4077** or e-mail to **Homi Italia: homiitalia@hotmail.com**. Please download the sponsorship form and get friends and neighbours to sponsors and support your walk.

**SURPRISE GIFT FOR PERSON WHO COLLECT \$200 OR MORE IN SPONSORSHIP.**



## DONATIONS

All donations paid to Arbab Rostam Guiv Trust to help with Dare Mehr's renovation costs are acknowledgeable by the Arbab Rostam Guiv Trust exclusively. Tax deductible receipts will be issued by the Trust. Please donate generously. With interest rates



being very low the Trust has no other source of income and depends on your donation to keep the Dare Mehr in shape. Donations made toward ZSBC will be acknowledgeable by ZSBC and Tax Deductible receipts will be issued likewise by ZSBC.

New ONLINE option to donate to ZSBC is now available on [www.zsbc.org](http://www.zsbc.org)

### Donors of this quarter:

*Bella Tata \$151, Zarine Dastur \$100, Rusi & Banoo Bharucha \$55*

*Goolnar & Dara Rupa \$110, N & G Balsara \$200, M. Mehin \$33, Farrokh Namdaran \$500*

*Khushrave & Kashmirira Dastur \$110; Roya and Jahangir Mojjani \$2,000*

*Shahrukh Bomanbehram: 2 pcs carpets; One placed in front of Fire in praying room*

*And the other one is in the main hall. Homi Italia donated 100 brand new chairs for the worth of \$3,510.*

*And other donors that supported our society with their cash donations*

## HEALTHY DRINKS

### **KIDNEY DETOX BLAST**

- ½ regular size cucumber with skin (or a whole organic mini Persian cucumber)
- 1 celery stalk cut up in chunks
- 1 small handful of cilantro
- 1/8 cup fresh squeezed lemon juice
- 1 peeled carrot cut up in chunks
- ½ cup unsweetened pure coconut water



Fill to max line with filtered or spring water

**Cucumber with skin:** Made up of 95% water and helps to hydrate the body and flush out toxins. Also known to reduce certain cancer risks and help with kidney stones.

**Celery:** Has cleansing properties, hydrates, alkalizing and loaded with vitamins.

**Cilantro:** Cilantro is well known for having anti-inflammatory properties, promotes healthy liver function and helps to detoxify the body.

**Lemon:** Flushes out toxins and helps to maintain PH levels

**Carrots:** Loaded with vitamins and adds flavor to this drink.

**½ cup pure unsweetened coconut water:** Great for added hydration and taste

[Source](#)





## BLACKBERRY RASPBERRY BLAST

Blackberries and raspberries are powerful super foods. They may be little, but they are big on antioxidants! Delicious and full of vitamins, they are the perfect breakfast solution for my morning Blast and they work great as a snack, too.

Antioxidants are the nutrients in foods that prevent or slow the oxidative damage to our body. When our body's cells use oxygen, they naturally produce free radicals, which can cause damage. Antioxidants act as free radical scavengers, preventing and repairing damage done by these free radicals. They also enhance your immune system and reduce risk of infections.

In addition to the antioxidants, berries are considered “juicy foods,” which means they contain mostly water. Both blackberries and raspberries contain 85% water, plus a hefty dose of fiber. They are great for those looking to lose weight because they fill you up quickly. The high water content bumps up the volume, while driving down the calories. One cup of berries contains less than 60 calories and 8 grams of fiber per serving.



- ¾ cup of raspberries
- ¾ cup of blackberries
- 1 cup of non-fat plain Greek yogurt
- 2 tablespoons of honey
- 1 – 1½ grated peeled fresh ginger
- non-fat milk to the line

Add all ingredients to the mixer, extract, and enjoy.

Start your morning right with a healthy blackberry raspberry Blast. The ginger gives it a touch of warmth and flavor to mix in with the berries. A sweet healthy drink, perfect for breakfast, or as an on-the-go snack. This Blast packs fruit, non-fat milk, Greek yogurt, and ginger into one convenient winning combination. Remember, if you can't find fresh berries, frozen berries will do and are just as nutritious. As always, please feel free to take creative liberties.

[Source](#)

## 9<sup>TH</sup> ANNUAL GATHA PRAYERS

**SHAHENSHAI GATHAS: August 13 – 17, 2014 (Wednesday – Sunday)**

Our 9<sup>th</sup> Annual Gatha Prayers (Shahenshai calendar) will be held at the Arbab Rustam Guiv Darbe Mehr.

The format of the event will be the same as in past years:

**Weekdays—Prayers start at 6:30 PM and will be followed by dinner.**

**Weekends—Prayers start at 11 AM and will be followed by lunch.**

Volunteers will be contacted over the next month to help make these meals possible and your

cooperation is valued and much appreciated. A donation of \$5 per meal is recommended.

### VASES & NAMES:

\$60 per vase/maximum of 3 names per vase over the 5 days of the Gathas. We will start off the vases with flowers donated by Roda and Ardeshir Elavia but please ensure you bring replacement flowers to replenish your vase thereafter.

**Drop-off for vases at the Darbe Meher: 3 PM to 5 PM, August 10, 2014.**

Donations and volunteers are always welcome. Please contact Kashmira Suraliwalla at 604 272-3784 or Mehernosh Kasad at 604 214-0578.





## UPCOMING EVENTS

All events are at the Arbab Rostam Guiv Dare Mehr, 6900 Halifax Street, Burnaby, BC unless mentioned otherwise.

DATE		EVENT
June 8, 2014	Sunday	Farsi classes at 10:30 followed by Z-study classes at 11 am
		Verahram Izad day from 6 pm to 9 pm
June 15, 2014	Sunday	Gathering at Shannon Fall, Squamish from 10 am in the memory of Pir-E-Sabz (Chak Chak) in Yazd, Iran
June 22, 2014	Sunday	Farsi classes at 10:30 followed by Z-Study classes at 11 am - Final
June 29, 2014	Sunday	46th Annual General Meeting All Zarathusthtis are welcome to attend the AGM. Registration begins at 1:30 pm. Please refer to the "Agenda of the 46th Annual General Meeting" enclosed with this newsletter.
July 8, 2014	Tuesday	Verahram Izad day from 6 pm to 9 pm
July 27, 2014	Sunday	6th Annual walk for renovation of Dare Mehr, registration fee \$20 per person including BBQ lunch. Contact Homi Italia or Behramshah Mizan.
Aug 7, 2014	Thursday	Verahram Izad day from 6 pm to 9 pm
Aug 13–17, 2014	Wed-Sun.	Muktad/Gatha Prayers. Please see page 6 of newsletter for details.
Sept 6, 2014	Saturday	Verahram Izad day from 6 pm to 9 pm
Sept 7, 2014	Sunday	Annual outdoor sports at Mahon Park, North Vancouver from 10:30am. Registration for next year Z-study class will be on the same day and time.



## UPCOMING EVENTS IN FARSI



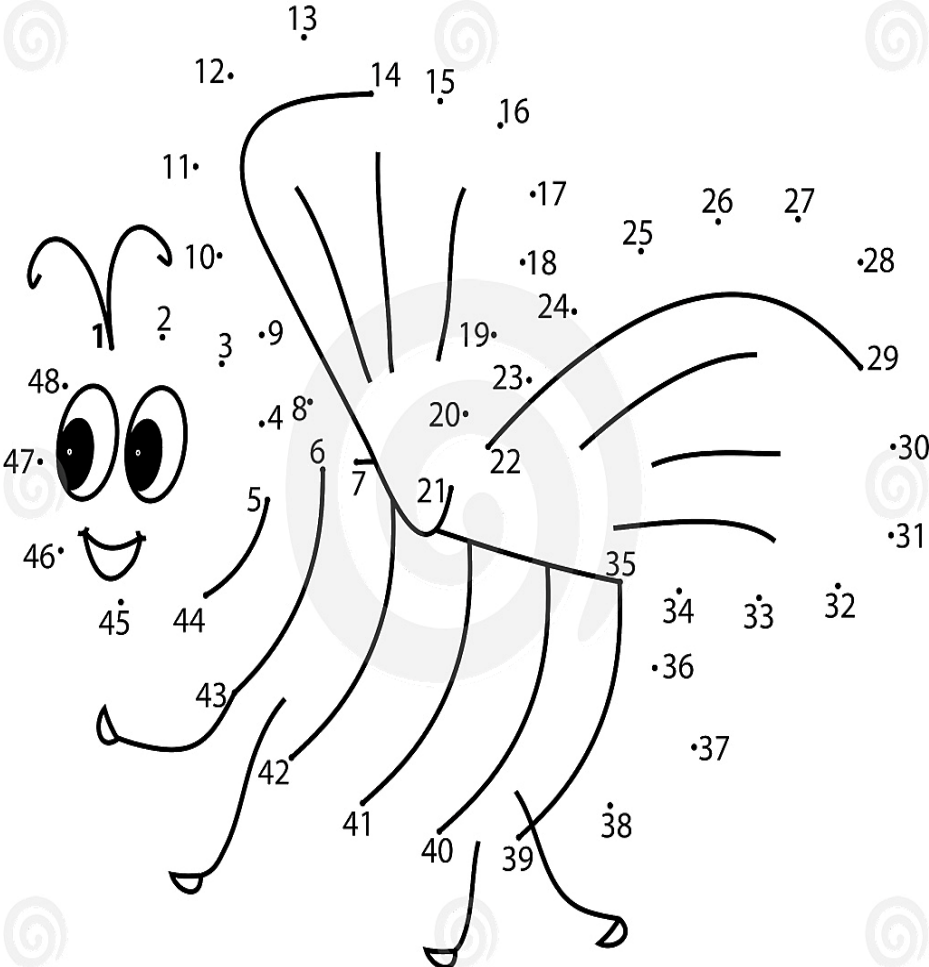
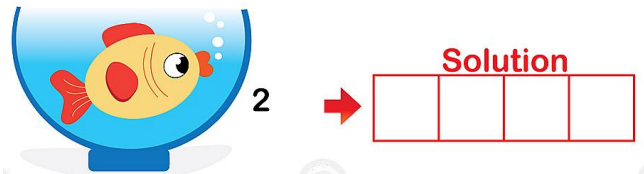
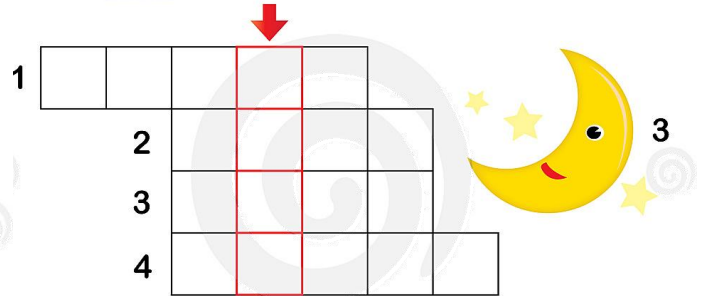
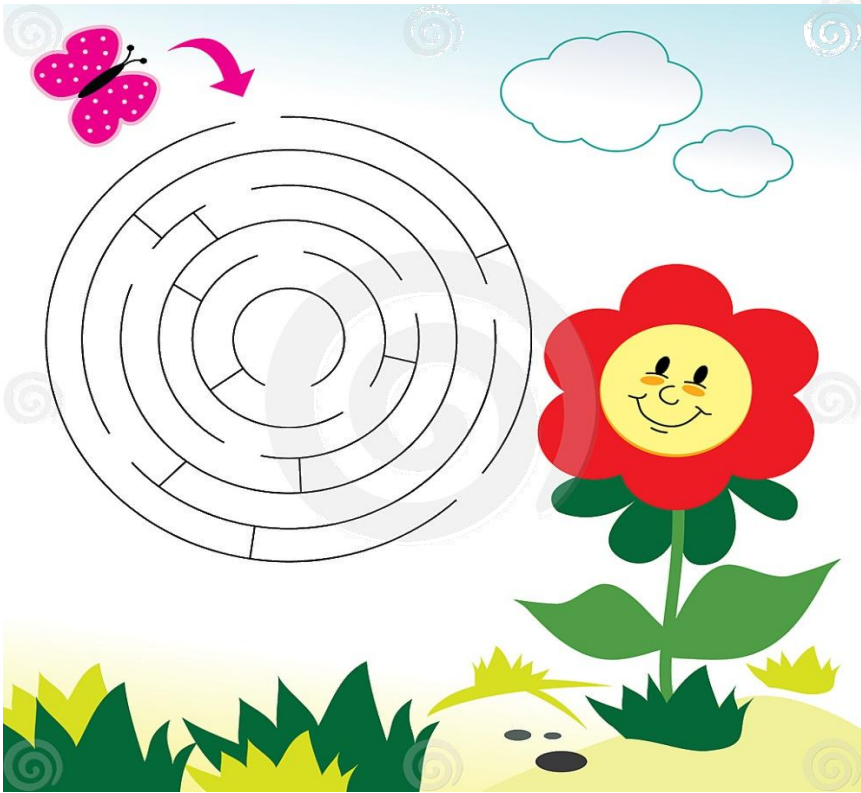
تمام برنامه ها در محل در مهر ارباب رستم گیو واقع در 6900 خیابان هلیفکس شهر برنابی برگزار میشود و در صورت تغییر مکان به اطلاع همگان خواهد رسید.

تاریخ	روادید
یکشنبه 8 جون 2014	کلاسهای آموزش فارسی ساعت 10:30 بامداد و دینی ساعت 11 بامداد
	ورهرام ایزد از ساعت 6 تا 9 پسین مکان: در مهر
یکشنبه 15 جون 2014	گردهمایی در آبشار شانون واقع در شهر سکوامیش به یاد پیر سبز
یکشنبه 22 جون 2014	کلاسهای آموزش فارسی ساعت 10:30 بامداد و دینی ساعت 11 بامداد – جلسه پایانی
یکشنبه 29 جون 2014	چهل و ششمین مجمع عمومی سالیانه انجمن . ثبت نام از ساعت 1:30 پسین شروع میشود. دستور کار به پیوست این خبرنامه میباشد. انتخابات برای اعضا انجمن نیز بدنبال آن برگزار خواهد شد.
سه شنبه 8 جولای 2014	ورهرام ایزد از ساعت 6 تا 9 پسین مکان: در مهر
یکشنبه 27 جولای 2014	ششمین سالگرد پیاده روی برا جمع آوری کمکهای نقدی برای بازسازی درمهر. برای ثبت نام با آقایان همی ایتالیا و یا بهرام شاه میزان تماس بگیرید. ورودیه حداقل \$20 که شامل ناهار نیز میباشد.
پنج شنبه 7 آگوست 2014	ورهرام ایزد از ساعت 6 تا 9 پسین مکان: در مهر
چهارشنبه 13 تا یکشنبه 17 آگوست	ماکتاد/گاتاها خوانی.
شنبه 6 سپتامبر 2014	ورهرام ایزد از ساعت 6 تا 9 پسین مکان: در مهر
یکشنبه 7 سپتامبر 2014	بازیهای سالانه ورزشی در فضای باز در ماهان پارک نورت ونکوور از 10:30 بامداد. ثبت نام برای کلاسهای آموزش دینی سال جدید در همین روز میباشد.





# FUN FOR KIDS



### Colors

E	O	I	S	A	L	P	W	H	I
G	R	N	N	O	M	U	K	B	T
N	A	D	E	L	P	R	N	L	E
O	G	I	O	R	G	P	I	U	K
R	E	H	C	E	E	T	G	E	H
K	N	L	E	Y	N	U	R	A	A
C	W	L	O	U	Q	R	B	Y	K
A	O	O	I	S	E	A	E	E	I
L	R	W	R	E	D	T	I	G	C
B	B	M	A	G	E	N	N	A	Y

Find all the words from the word list (ignore spaces and dashes):

BEIGE	OCHE
BLACK	ORANGE
BLUE	PINK
BROWN	PURPLE
CYAN	RED
GRAY	SALMON
<b>GREEN</b>	TURQUOISE
INDIGO	WHITE
KHAKI	YELLOW
MAGENTA	



# The Zoroastrian Society of British Columbia

## Nomination Form – 2014

*(Please print or write clearly and complete all sections of this form)*

We, the undersigned, being member in good standing of the Zoroastrian Society of British Columbia (ZSBC), nominate the following member of ZSBC who is a permanent resident of BC.

\_\_\_\_\_ of \_\_\_\_\_  
 (Name of Member Nominated) (City)

Dated at \_\_\_\_\_ this \_\_\_\_\_ day of \_\_\_\_\_, 2014.  
 (City) (Date) (Month)

\_\_\_\_\_  
 (Proposer's Name)

\_\_\_\_\_  
 (Proposer's name)

\_\_\_\_\_  
 (Proposer's signature)

\_\_\_\_\_  
 (Proposer's signature)

I, \_\_\_\_\_ (Nominee), consent to this Nomination, and agree to abide by the Constitution and By-laws of the ZSBC and all Resolutions passed by the members of the ZSBC at all General Meetings.

\_\_\_\_\_  
 (Nominee's Signature)

Please note:

- 1) For this nomination to be valid, it must be delivered to the attention of the "ZSBC Secretary" before 6:00 PM on Saturday, June 14<sup>th</sup> 2014 at the office of ZSBC or email to [ZSBC.news@gmail.com](mailto:ZSBC.news@gmail.com).
- 2) The **Nominee and the Proposers** must be members in good standing (up to date with their membership fees) on **the date that this Nomination Form is signed.**





## THE ZOROASTRIAN SOCIETY OF BRITISH COLUMBIA

### NOTICE OF THE 46<sup>th</sup> ANNUAL GENERAL MEETING (AGM)

Under the terms of articles 11.6 and 12.1 of our society's by-laws, notice of the 46<sup>th</sup> AGM is hereby given as follows:

**DATE:** *Sunday, June 29<sup>th</sup> 2014*

**PLACE:** *Arbab Rostam Guiv Dare Mehr  
6900 Halifax Street, Burnaby, B.C. V5B 2R5*

**TIME:** *1:30 pm Registration  
2:30 pm Commencement of Annual General Meeting*

1. To adopt the Minutes of the last AGM held on June 23<sup>rd</sup> 2013.
2. To receive and adopt ZSBC's audited financial statements for the year ended March 20, 2014.
3. To review and adopt the proposed budget for the fiscal year 2014-2015.
4. To appoint auditors for the fiscal year 2014-2015.
5. To report on 18<sup>th</sup> NAZC
6. To elect 7 Directors to the Board of ZSBC for a term of 2 years, i.e. until ZSBC's 2016 AGM.
7. To elect 5 members to the Cemetery Management Committee for a term of 2 years, i.e. until ZSBC's 2016 AGM.
8. To elect 4 trustees to the Board of Arbab Rostam Guiv Trust for a period of 2 years, i.e. until ZSBC's 2016 AGM.
9. Any other business that may arise at the meeting.

**The meeting is open to all Zarathushtis and their family members. However, only Zarathushtis residing in BC who are "members in good standing" of ZSBC [those who have paid their 2014-2015 membership fees, even at the time of registration for this Meeting], will be eligible to vote.**

If you are unable to attend the AGM, please exercise your right to vote by completing, signing and giving the attached Proxy form to a member who will be attending the meeting so that he/she can register it with the Secretary at the meeting on your behalf.

Fariborz Rahnamoon  
**President**

Attachment:

- Proxy Form



**PROXY FORM**

The Secretary  
The Zoroastrian Society of British Columbia,  
6900 Halifax Street,  
Burnaby, B.C. V5B 2R5

This is to inform you that I /We will not be attending the Annual General Meeting called on  
Sunday, June 29<sup>th</sup> 2014.

I/We hereby appoint \_\_\_\_\_ as my/our proxy at the meeting.

Date: \_\_\_\_\_

\_\_\_\_\_  
Signature(s)

\_\_\_\_\_  
Print Name

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Note: A Member shall not hold more than three proxies.**

