

AUGUST 2013

KZBM PROGRAMME

Dumb Charades followed by dinner

31 August 2013



Form a Team to play your favourite 'Dumb Charades' and prove that gestures can certainly speak louder than words!! A parlour game in which one team member acts out word/phrase and other team members have to guess the same.

Join in large numbers and make it a fun evening. Kindly make your team each of six members. There will be special and separate rounds for kids - so kids do participate too. Team leaders please give your names to Katherina Irani by 27 August 2013.

Venue: KZBM Garden
Time: 7:30pm onward
Ticket per person: Rs 400
Last Date: August 27, 2013 till 1 pm

Tickets available from:
Phiruza Birdie - 35895057
Zareen Patel - [0321 2628167](tel:03212628167)
Parveen Banaji - 32767347
Furengeez Tampal - 32782961
Roshan Vannia - 32250127

KZBM CHILD CHAPTER

Workshop on Zoroastrian Festivals

by Tashan Mistree Byramji

On 30 June 2013 at the Beach Luxury Hotel



25 children attended this full-day workshop, where Tashan explained the Mukhdad ceremony, Pateti, Chula noo Varas and Ava Roj noo Parab. It was an interactive session which allowed each child to participate. Everyone thoroughly enjoyed the session. KZBM would like to thank Tashan for the fun learning she is giving our children about our religion.

OUR FRIENDS

Anjuman Bagh Get-Together

Movie: Ghanchakkar & BBQ Dinner

Fri 23 August 2013 at 8pm



Ghanchakkar: Bollywood suspense comedy with 35 crores bank robbery and the thief who is losing his memory.... come and enjoy the rest.

Dinner: chicken tikka, malai chicken boti, chutni fried fish, paratha, kachori with tarkari, Lub-e-Shireen (dessert), ice-cream and drinks. *Rooh Afzah on sale.*

Charges: Rs 700 per head

Tickets: Aurush Patel and Kairus Mistry:

YMZA / Dastur Dr Dhalla Institute



(a) Hilla & Noshir Jamasji Drawing & Painting Competition

Date: Sunday, August 4, 2013

Time: 11am

Place: BEACH LUXURY HOTEL Banquet Hall

TIME LIMIT: 2 hours

CATEGORIES:

PAPER:

3 & 4 yrs age group - A4 size paper
 5, 6 & 7 yrs age group - 9"x11" size paper
 8, 9 & 10 yrs age group - 11"x15" size paper

11, 12 & 13 yrs age group - 11"x15" size paper

14, 15 & 16 yrs age group - full poster size paper

17 & 18 yrs age group - full poster size paper

MEDIUM ALLOWED: ONLY Pencil colors, crayons, oil pastels & water colors will be allowed- which participants need to bring themselves.

Following will NOT be allowed- Markers, glitter, pens, etc. (these will NOT be allowed)

- TOPICS SHALL BE GIVEN ON THE COMPETITION DAY
- Drawing papers shall be provided by YMZA
- Judging & results will take place after the Competition and prizes given immediately

(same day).

- Parental guidance/prompting will NOT be allowed.
- **Parents will NOT be allowed to sit in the same Hall while competition is going on**

Names should be given by July 23, 2013 to Behroze Khambatta, Shahrazad Irani, Dinaz D. Divecha, Kaizer Irani, Natasha Mobed or Natasha Mavalvala.

(b) Navroze Dance Competition on

Saturday, August 24, 2013 at Beach Luxury Hotel at 8pm. Doors open at 7:30pm.



Please provide the following information by Aug. 15, 2013 – Solo, duet or Group routine; Name(s) & age(s) of team member(s); Name of Song; Dance style (eg. Salsa, Foxtrot, Waltz, Contemporary, Indian, etc). You will need to provide YOUR OWN music CD latest by Aug. 20th to one of the undersigned (USBs will not be allowed/entertained).

Competitors may participate in multiple routines. No Age restriction and no Dance Style restriction.

Time limit- Less than 5 minutes. Judging categories/criteria (subject to change on competition day)- Overall Performance; Costume & Makeup; and the Dance itself. Snacks & beverages available on payment.

Names To – Behroze Khambatta, Shahrazad Irani, Kaizer Irani, Natasha Mavalvala, Dinaz Divecha Or

Natasha Mobed By August 13th.

MILESTONES

Janam

Kayan, a son to Parinaz and Shiroy Patel on 7 July

Rosheen, a daughter to Roxanne and Neville Mehta on 9 July

Maran

Noshir Jehangir Kotwall on 10 July

Rohinton (Elvis) Rustom Patel on 13 July

Arnawaz Darayus Irani, ex-Karachiite, on 13 July in USA

Khurshed Bhikaji Birdie on 16 July

Nargis Rusi Dubash on 26 July (She was KZBM's Honorary Secretary from 1965 to 1998:

Eulogy to honour our Nargis aunty will be published in the next issue.)

POSTING

Roeinton Shroff

For: Sandlewood Sticks/Tacho/Diva Kakras/Sandlewood Dust / Loban / Agarbatti



WHAT'S MORE

AN OBSERVATION

Couple of new words “chowlio” and “chowli” have recently been coined for people living in community flats, by people living in houses also on subsidised community land.

Then, there are the ‘khandani’ wealthy, who are also employers. They treat people with dignity, and have uplifted and enriched the life of their people.

Folks, let us not lose our values, oneness and strength: let not the housing divide, divide us.

WELLNESS

Avoid Reusing Cooking Oil



Many of us reuse cooking oil, especially leftover from deep-frying, but research now reveals that reheating cooking oil releases chemicals which can be hazardous to health.

If we are likely to reuse oil, then safer ways are not to heat it beyond 190 degrees C – do not let it smoke -, and to strain it through double muslin cloth when cool, to trap the food particles in it. To test correct temperature for frying, drop a tiny piece of item to be fried into the oil, if it sizzles in a few seconds, oil is at the right temperature.

On the other hand, do not fry in insufficiently hot oil because lot of oil will be soaked up by the fried food. Better choice is to use non-stick pan for frying (**see below tips for correct use of non-stock pans**), with only required quantity of oil in the pan so that little or none is likely to be leftover.

While on the subject of cooking oil some other measures will avoid its excess use:

- Instead of using fried onions, gravies can be thickened with tomatoes
- Freshly pounded ginger and garlic can be browned in small quantity of oil to start a dish with added health benefits: ginger aids digestion and garlic builds immunity, instead of chopped onions every time which consumes more oil
- Use non-stick pans for frying to minimise left-over oil. For the same reason avoid deep-fried foods at a restaurant as they are bound to reuse the oil for economy

Doctors recommend that a litre of oil per person per month as the ideal consumption. See how close you can keep to that!

Tips for using non-stick pans: Of course most of you would know that non-stick pans should not be heated at high temperature as it damages the coating; and that after frying, the pan should be cooled before washing. These measures ensure undamaged coating for all time, as cooking in damaged-coating pan is hazardous to health.

OUR FAITH

Gathas: A Brighter Future for Mankind

ZARATHUSHTRA - GATHA - YASNA HA. 28.11



Everything that is created was first a Thought.
So let your Thoughts be Good Good Thoughts are those
that are in harmony with the Wisdom in Creation
(Nature) Let your Good Thoughts be known through
Good Words For that's when Creation first comes into
being

This is from where we get the most important principle
of good thoughts - good words - good deeds

(Fariborz Rahnamoon)

Contribution from a Member:

WHY DO WE PRAY TO BEHRAM YAZAD

✚ He presides over success & victory. He bestows courage and confidence to people working for a religious cause. He is also known by his epithets – Fattehmand, Perojgar and Dushman jaddar – all of which means “victorious over opponents.”

✚ Behram Yazad is a Hamkar (co-worker) of Ardibahesht Ameshaspand, and his co-workers are Ama and Vanainti Yazads.

✚ Behram Yazad's Chief Opponent is Vyambur Daeva.

✚ Behram Yazad was very popular in Iran during Sasanian & post Sasanian times. Five Emperors of the Sasanian period were named Behram. They are: Bahram I (272-275); Bahram II (275-292); Bahram III (292-293); Bahram IV also known as Kermanshah (388-399) and Bahram V also referred to as Bahramgur (420-440)

✚ The Avestan word for Behram Yazad is Verethraghna, which means “success, victory.” Some of Behram Yazad's functions may be comparable to Ganesha, of the Hindus, whose epithet similar to Behram Yazad's epithet Mushkel Asan – solver of problems.

✚ Behram Yazad is also associated with travel. In that context, he is referred to as Panth Yazad. He is invoked before departing on a voyage or a journey.

(Roshni Shroff)

AND...

Think out of the box!

You are driving on a stormy night and it is raining heavily when you pass by a bus stop and see three persons waiting for a bus:

- An old lady who looks quite sick
- An old friend who had once saved your life
- The perfect partner you have been dreaming about

Which one would you choose to offer a ride to, considering you can take only one passenger in your car?

Be sporting, send your replies to kzbm1912@gmail.com The best one will be published next month with name of the sender.

Editor: Sunnu Golwalla

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