

# AUGUST 2015

## KZBM PROGRAMME

**Dumb Charades followed by Dinner**  
**Saturday August 29, 2015**



This programme was to be held in June but was postponed to August.

You may now form Teams to play your favourite 'Dumb Charades' and prove that actions can speak louder than words! Join in large numbers and make it a fun evening. Kindly make your teams of six members each.

There will be separate rounds for kids - so kids please do

participate too.

Team leaders to give their names to Katherina Irani by Monday, August 24, 2015.

Venue: KZBM

Time: 8 p.m. onwards

Ticket per person: Rs 500

Last Date: Monday, August 24, 2015 till 1 pm.

## There will be no Navroze Mela

But the Mandal will remain open on:

- Saturday 25<sup>th</sup> July and
- Saturday 1<sup>st</sup> August

from 11 am to 1 pm

for those requiring outfits for ladies, children's clothes, sadras, towels, sheets and household items

## Z-CLIPS

**Heat Wave in Karachi**



Last month we lost 15 Zarhosis, within days, when Karachi sizzled in a heat wave. The community would like to thank those who took extra stress and rendered exemplary service.

**BMH Parsi General Hospital** accommodated 42 patients in their 33 bed facility, placing 2-3 patients per private ward as these have air-conditioning. Due to care of in-house doctors and

guidance by Dr Beroze Mistry, no life was lost at the hospital due heat. Overwhelming generosity of the community here and overseas has provided funds to install air-conditioners in the general wards and semi-private rooms at the Hospital, to be used in such emergencies, as reports inform us that higher temperatures are to be expected in future.

**Personal attention and care of Gulbanu Bamji, Homi Ghadialy and Ronny Byramji during this period call for special mention.**

**Mobed sahibs:** We lost one, another was hospitalized and third sustained bone injury, leaving only 2 practicing mobeds who with the help of 2 young Ervard cousins managed the last rites of all the Zarhostis. This was commendable service rendered with courtesy and kindness.

**Nassesalars:** We have 4 of them. Despite sweating profusely and having to rush from locations, they too rendered yeoman service.

May Ahura Mazda bless them all and other unknown gentle-souls: We are a blessed community for the care and kindness we receive in time of trouble.

### **Pond's Miracle Women 2015 Rashna Gazder and Zarnak Sidhwa**



Many of you must have read the names of Rashna Gazder and Zarnak Sidhwa as the Pond's Miracle Women chosen by their respective Mentors 2015 Dr Mahnaz Naveed Shah and Nadia Hussain.

*Some background is added for better understanding of the subject by our readers: The Pond's Miracle Journey was established in 2014 to celebrate the achievements of women across Pakistan. The idea behind the movement was to highlight the accomplishments of Pakistani women who juggle the demands of their professional careers, maintain a home and bring up their children with grace and style, day in and day out. The Mentors in turn chose Miracle Women making it the Miracle Journey.*

*Pond's Miracle Mentors 2015*

*The Pond's Miracle Journey is the brain child of GolinHarris, a new global communications company in Pakistan, headed by Fareshteh Aslam known for her work previously in the LUX Style Awards and the PFDC Sunsilk Fashion Week.*

*7<sup>th</sup> May was launch of the Pond's Miracle Journey 2015 at which Miracle Mentors were selected and they in turn chose The Ponds 100 Miracle Women between 25 and 55 years of age, professionals, well-groomed and mothers who balance family and professional life: Rashna and Zarnak are among them.*

**Zarnak Sidhwa** is travelling so we could not get her details, but hope to in future.

**Rashna Gazder** was available to inform us that she was chosen as a Miracle Woman by renowned Eye Surgeon and Glaucoma Specialist, Dr Mahnaz Naveed Shah (one of the Miracle Mentors 2015), who has been Rashna's husband Percy's eye doctor since the last 3 years.

Dr Shah appreciated the fact that Ms Gazder bravely faced her husband's eye problems and continued to run his business along with her own classes teaching the French language and piano: In her Mentor's words, "I cannot think of anyone better than you. You are brave, courageous, talented and enormously passionate about the work you do."

In April 2015 issue of the What's On (see [www.banumandal/whats on > archive > April 2015](http://www.banumandal/whats_on_archive/April_2015)) we read about Rashna and the piano recital she organized, raising Rs 52 lakhs for the LRBT. She is determined to host more shows in future to raise funds and awareness for medical charities.

This energy-dynamo also successfully runs, since 15 years, an embroidery business 'Stitchcraft' employing poor ladies to make household items and embroidered towels, and is also currently learning the Spanish language, hoping to teach it within the next 2 years!

Despite it all, Rashna's equal priority is her sons Darayus, a fifth-year medical student at Ziauddin University and Noshirwan, a first-year medical student at the same university. She is grateful to her husband Percy and her sons for their constant support and encouragement in her work.

KZBM joins Pond's in celebrating the '*husn, hunar and haya*' of our Miracle Women as described by Sadia Dada of Unilever Pakistan Ltd at the launch of the Miracle Journey in 2014.



**A Parsi Celebration to Remember  
(A blog by Niloufer Mavalvala in Canada)**

[http://www.huffingtonpost.ca/niloufer-mavalvala/zoroastrian-community-feast-jashan\\_b\\_7679074.html](http://www.huffingtonpost.ca/niloufer-mavalvala/zoroastrian-community-feast-jashan_b_7679074.html)

**New Darbe Mehr Building  
New Jersey, USA**

Watch the video by clicking the link below

<http://www.dmzi.org/ndmi/audio-visual>

**OUR FRIEND**

**Mushkil Asaan Prayers**

**August 7, 2015 at 5:30pm**

**Jamshed Baugh Club House**

The JB Club Committee is thankful to the community members for their presence at the Mushkil Asaan prayers and invites all Zarthostis to attend.



3. Warm your ice cream scoop the same way, by running it under water, and scoop away to your heart's content.

*(Courtesy Amawaz K Billia)*

## OUR FAITH

Mrs Freny Minoo Desai has a beautiful message for our community: She would like to say that if we live by the two precepts:

1. good thoughts, good words and good deeds
2. "Like sugar in milk" story of Qissa-e-Sanjan

*our life will be good anywhere in the world that we choose to live.*

*I would like to take the opportunity and elaborate on the precepts to help us reflect on them in-depth.*  
Editor

### Good Thoughts, Good Words, and Good Deeds

*(source: [www.zoroastrian.org](http://www.zoroastrian.org))*



"Hear the best with your ears  
And ponder with a bright mind.  
Then each man and woman, for his or her self,  
Select either of the two, the better or the bad mentality.  
Awaken to this doctrine of ours  
Before the great event of choice ushers in."

*(Zarathushtra's Gathas: Song 3.2)*

Zarathushtra's message is based on the triple principle of "Good Thoughts, Good Words, and Good Deeds."

It promotes the human mind and provokes its thinking faculty. It solves the complicated problem of Good and Evil by placing them in the human mind as two opposing "mentalities," not entities. Good serves and promotes human society in an ecologically sound world, while evil damages and retards society's good progress.

A human being, endowed with a discriminating mind, is born free to choose between good and evil. This places a heavy responsibility on an individual. A person is good if he or she chooses to think good thoughts and, in turn, speaks good words and performs good deeds.

One is evil if one chooses to think evil and consequently speak and do evil. Good deeds lead a person to wholeness and immortality, and evil deeds make one suffer and grope in darkness until light is found and truth realized. Moral rectitude, the good and the bad consequences of one's deeds follow every act one performs.

Zarathushtra's divine message advocates that every person should choose to serve God, the society, and the living world. It advocates human progress through harmony with the beneficial nature. It accords perfect equality to men and women.

The message of Zarathushtra is aimed at knowing God, loving people, caring for animals, plants, water, air and minerals, and at promoting the spiritual and material world. The message provokes the mind, sweetens the tongue, and invigorates the body to make life mentally and physically, spiritually and materially progressive, prosperous, peaceful, refreshed, happy, and loving.

## Like Sugar in Milk

(Source: Wikipedia)



Qissa-e-Sanjan - an epic poem written by a Bahman Kaikobad in 1590s - is an account of the early years of Zoroastrian settlers on the Indian subcontinent. In the absence of alternatives, the text is generally accepted to be the only narrative of the events described therein, and many members of the Parsi community perceive the epic poem to be an accurate account of their ancestors.

One interesting, perhaps apocryphal Parsi legend relates the course of the initial meeting between Jadi Rana and the newly landed emigrants: When the Zoroastrians requested asylum, Jadi Rana motioned to a vessel of milk filled to the very brim to signify that his kingdom was already full and could not accept refugees. In response, **one of the Zoroastrian priests added a handful of sugar to the milk: Indicating that they would not bring the vessel to overflow but in fact make the lives of the citizens sweeter.** Whereupon, Jadi Rana gave shelter to the emigrants and permitted them to practice their religion and traditions freely.

*Mrs Desai's message to us is to live by these two precepts, to have a happy and fulfilling life anywhere in the world we choose to live.*

## AND...

"If you want others to be happy, practice compassion.  
If you want to be happy, practice compassion."  
~Dalai Lama~

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**Editor: Sunnu F Golwalla**

**Despatch: Last Saturday of the month.**

**Previous Issues: [www.banumandal.com/what's on](http://www.banumandal.com/what's on)**

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