

JANUARY 2015

KZBM PROGRAMME

Ek Minute ~ Sat 24 January at 8 pm



Banu Mandal brings to you yet another entertaining game 'Ek Minute'. Each person from a team of 6 persons will be required to perform a dare within one minute. It will challenge contestants to complete all kinds of wacky tasks in one minute.

So young and old, buckle your belts, roll up your sleeves, make a team of 6 persons and give team names to Katherina Irani at your earliest as only the first 7 teams will be accepted.

Participating will be thrilling, watching will be fun and dinner will be yummy. So hurry and buy your tickets now

Venue: KZBM Hall

Time: 8 p.m.

Ticket per person: Rs 500

Last Date: Jan 20, 2015 till 1 p.m.

Tickets available from:

Phriuze Bridie

Zareen Patel

Parveen Banaji

Furengeez Tampal

Roshan Vannia

OUR FRIENDS

Rashna Gazder and Her Pupils Announce

"Harmony In Helping Hands "



A Musical Extravaganza collecting funds for LRBT Eye Hospital, on Sunday March 1st 2015 at Avari Towers.

Come and enjoy a heartwarming performance of Well Known Melodies and Old Favourites performed by Rashna, her pupils and professional artists. Introducing Visual Screen Displays for the first time.

Tickets will be announced next month. To avoid disappointment please book your

seats in advance as the Show is open to the public. Children below the age of 7 will not be allowed.

Those of you who are interested in donating to this worthy cause please contact Rashna on 0321 2732 787 or Percy on 0333 213 6600.

Y.M.Z.A. / Dastur Dr Dhalla Institute / Athornan Mandal's Macca Darab Sachinwala Gujrati Elocution Competition

on: Sunday, January 18, 2015

at: 11 am

at: Banu Mandal Hall



This Gujrati Elocution is open for all school & college-going Parsi Zarthostis in the following age categories on ANY topic of interest -

- Montessori & Class 1
- Classes 2, 3 & 4
- Classes 5, 6 & 7
- Classes 8, 9 & 10
- Classes 11, 12, 13 ("O" & "A" Levels)

(Depending on age groups these may be either further sub-divided or combined together)

Judging:

- **Delivery** (style of talking / attention of audience/speech content interesting / conversational tone)
- **Voice Projection** (clarity / loudness)
- **Diction** (pronunciation/ choice & use of words / use of EVERYDAY Gujrati (not "SHUD" Gujrati)
- **Topic** (arouse interest/attention in audience)

Conditions:

- UPTO **3 minutes** per speaker (to be strictly enforced for ALL age categories)
- Spoken language should be everyday Gujrati and not high-end, "shud" Gujrati.
- Passages need not be necessarily be on religion & preaching- but can also be a story
- Creative & older children are encouraged to speak about personal experiences.
- Children must speak in a conversational tone to arouse interest in audience

Please give names to: Shahrazad Irani, Behroze Khambatta, Kaizer Irani, Natasha Mobed, Natasha Mavalvala

Last date for names: January 11, 2015



Mushkil Asaan Prayers Friday, January 2, 2014 Jamshed Baugh Club House

In our previous notice we were uncertain about continuing the prayer meetings, due to low attendance. However, a ballot was conducted in December whether to continue

It is said that tiny steps taken in the same direction can take you far. By that token, some new habits can be life changing if followed regularly. Here are a few to make a start:

For Physical Health

- Drink a glass, preferably two, of water first thing in the morning: it will flush toxins from your body.
- Add a small quantity of nuts to your diet: it will get healthy nutrition and help you feel full BUT keyword is small quantity.
- Stand up and stretch as often as you can: it strengthens the muscles of your back making them less susceptible to tear.

For Mental Health

- Ask questions and then listen to the answers, with the intent to learn.
- Indulge in art in any form, it will take away stress.
- Pour out everything that's on your mind before you sleep: it will help you sleep better.

For Better relationship

- Stay connected: phone, text or email your friends or family.
- Express your appreciation, it has no value otherwise.
- When stressed, frustrated or angry take a 5 minute break: Take a walk or a drive, even go to the loo!

For Better Community

- Say hello to your neighbours and chat for a minute or two.
- Help out when you can.
- Set aside money to giving, without any strings attached.

OUR FAITH

The Towers of Silence:

(Official trailer at: <https://www.youtube.com/watch?v=dMXvsg1bN-s>)



'The Towers of Silence' explores the fundamental question faced by every small community, namely how to preserve one's traditions in a rapidly changing and modernizing world. The film focuses on the story of the ten-year-old Dinshah Magol and the decision he has to take between following his fate in becoming the priest of his Zoroastrian community, thus preserving them from extinction, or pursuing his dream of one day becoming an engineer. The expectations of the whole community rest on his small shoulders as he contemplates this decision while waiting to grow tall enough to perform the key rituals to potentially become the world's youngest Zoroastrian priest in living memory.

Produced by Schadenfreude Films

Producer/Co-Director: Magnus Briem

Director : Fani Behraki

Camera: Pavlos Roufos, Eleni Zervopoulou

Editing: Pavlos Roufos

Sound Engineer: Fondas Kontopoulos

Courtesy: Shahrokh Mehta, USA

To access YouTube you may go the google chrome and type www.ytpak.com When the page opens, copy-paste the link in 'search' and voila!

<https://www.youtube.com/watch?v=dMXvsg1bN-s>

ALSO READ

Ancient Faith in the Modern World

<http://pluralism.org/religion/zoroastrianism> (The Pluralism Project – Harvard University)

AND...

