

JANUARY 2016



**Let us celebrate
And happiness create
Let us also remember
Those in pain and suffer.**

Happy New Year, dear readers.

Youth Member on Managing Committee of KZBM

If you are a lady between the age of 21-30 years and can attend twice monthly managing committee meetings of Banu Mandal on 2nd and 4th Wednesday of the month, **do come forward to show your spirit of service.** You may respond at kzbm1912@gmail.com

KZBM PROGRAMME Jashan Sadeh followed by Snacks Friday, 29 January 2016



Sadeh is an ancient Iranian tradition celebrated 50 days before nowrouz. Sadeh in Persian means "hundred" and refers to one hundred days and nights left to the beginning of the new year celebrated at the first day of spring on March 21 each year. It was a festivity to honor fire and to defeat the forces of darkness, frost, and cold.

Legends have it that King Hoshang, once was climbing a mountain when all of a sudden he saw a snake and wanted to hit it with a stone. When he threw the stone, it fell on another stone and since they were both flint stones, fire broke out and the snake escaped. This way he discovered how to light a fire. Hoshang cheered up

and praised God who revealed to him the secret of lighting a fire. Then he announced: "This is a light from God. So we must admire it." And that's how Jashn-e Sadeh started!!!

So come let's celebrate Jashan e Sadeh in Karachi and recall the importance of fire, energy and light.

Venue: KPI

Time: 7 p.m. to start

Ticket per person: Rs 350

Last Date: Monday, January 25, 2016 till 1 pm

Honouring our *Banus*



On taking office as the new President of KZBM, Kermin Soli Parakh honoured the retiring members of the Managing Committee.

Navaz Kawas Aga



Chairperson-Programme: 1992 to 2009
President, KZBM: 2009 to 2015

Navaz had a very long association with the Mandal of 47 years in all. Kermin said she would not try to fill her shoes but learn from her.

Sarfaraz Feroze Golwalla



Honorary Secretary, Medical: 1992 to 2015
Honorary Secretary, Welfare: 1992 to 1998
Honorary Secretary, KZBM: 1998 to 2015

Sarfaraz's ability to record Minutes was remarkable, being entrusted it in all above positions. She also had the distinction of having three generations of her family serving the Mandal, with the fourth generation making its presence at the Maan-pattar!



Dinaz Noshir Irani



Programme Chairperson: 2009 to 2015

Dinaz, once having assumed the responsibility, commendably fulfilled it despite her health problems.

Photos: Dilshad A Irani

Three New Graduates From the Indus Valley School

Three Zarthushti students graduated from the Indus Valley School of Art and Architecture (IVS). They won awards and accolades, and honoured the community with a documentary and a Facebook page, all of it will put a smile on any face, hard to erase!

Each one has graduated from a different discipline showing the diversity of choice our youth now make. KZBM heartily congratulates each one of them.

Rushad Adil Dastoor Bachelor of Architecture



- **Distinction in Thesis** (placed On Honours List)
- **Agha Hasan Abedi Gold Medal:** Award for Excellence in Architecture. (for Highest CGPA in Architecture)
- **Agha Hasan Abedi Cash Prize**

- **Founders' Award.** The Official Award Narrative reads:

"Founder's award is presented to an outstanding student who has not only done consistently well in academics, but who also, through his/her actions and deeds, showed a strong commitment to the School and the chosen profession, participated in extra-curricular activities and community service within and outside the School, has been caring, humble, open minded and mature in dealing with faculty members and with fellow students and has shown exceptional organizational and leadership qualities. In other words, the Founder's Award gives recognition to the Graduate-Student who most closely reflects the philosophy of the School as envisaged by the Founders."

- **Mehdi Ali Mirza Award** from Institute of Architects of Pakistan.

Rushad's journey in his own words:

"It had not always been my plan to become an architect, but there was always a sense of giving back to the community within myself. With the admission into IVS, this sense grew further. I opted for architecture as a tool to

enhance what my surroundings have given to me, specifically the Parsi community. Had my elders not left generous gifts of knowledge and utilities to this country, my ambitions would perhaps have been different. Residing in Saddar, observing the beautiful architecture that the place had to offer, I wanted to contribute to the land with my own

signature. My thesis was thus, a rejuvenation of the same surroundings that enfolded the Parsi community and neighborhood.

At IVS, the learning experience was the same as that of a family, nurturing their child. Especially in architecture, with every step you feel you may have achieved something big but the correction and consciousness of putting each detail forward teaches you patience and that you still have a long way to go. This seemingly long journey along with such diverse students and mentors of architecture and other departments has really shaped my personality.

An Architect graduate has a lot of opportunities, but like every other decision the next step also involves wisdom and patience. To support one's ambitions one needs to filter prospects that involve money, commercialism and less learning to those involving learning, experience and growth of ideas and independence. Here on the graduate has to choose for himself.

Towards a general outlook, architecture is for a specific use in a specific place in a specific time for a specific society. Each project is only complete if the architect's passion has been into it. One would always prefer a sound sleep and a mind at ease. I had wanted it to be no different. However, for me it was only possible after a constant effort to take my work to the limit that I was certain I left no detail unthought-of. Furthermore, my participation in extra-curricular activities involved interaction with numerous people and the ability to give back to my society and surroundings, always gave me added pleasure and a sense of achievement."

Veera Burjor Rustomji **Bachelor of Fine Art**



- The **Dr. Saleem – uz – Zaman Siddiqui Award** for Best Dissertation
- **An Overall Distinction Award** for obtaining a CGPA above 3.25
- **The Sher Asfandyar Khan Award** for Academic Excellence in the Department of Fine Art
- **The Abu Shamim Arif Award** for Academic Research set up by FOMMA Trust

Veera's experience and views on study of Fine Art:

"A degree in Fine Art is largely underestimated for its flexibility and career opportunities. With a major in Painting and a minor in Miniature, I am still amazed by the multidimensional approaches to Fine Art. Being an artist does not mean you are restricted to tangible mediums – you have to learn how to be a researcher and a designer while incorporating a sense of identity yet questioning normative values which stunt societal growth.

Responding to history, cultural ethics and of course aesthetical values are just a few key components which broadened my perspective on studio practices. I think retrospectively, the Fine Art department at IVS provided me with a lot of opportunities such as talks & discussions, public interventions and internship opportunities which helped me grow as a human being. My work really benefited from the exposure to the tiny artist community in Pakistan and I'm very grateful for the encouragement they provided me with."

Minocher Naval Vakharia **Bachelor of Communication Design**



Communication Design, a relatively new discipline, teaches the use of visual language to communicate ideas. Minocher took the challenge of creating a documentary and a Facebook Page: “Karachi Parsis” as his final year’s project portraying the community elders, and giving the opportunity here and abroad to share our stories and memories. Do visit and post an interesting picture or story on: <https://facebook.com/KarachiParsis>

Karachi Parsis

“One may well ask who are the Parsis? Today a small number remain – having lived all their lives in Karachi. Due to migration of the younger generation, over 65% of the community is in their senior years. Mostly the not so young, but young at heart, are content to spend the evening of their lives doing the things that give them pleasure and passing their days in quiet contemplation.

Through my lens, I am showcasing fragments of life of those elderly Parsis who chose to stay in Karachi. I am also attempting to connect the residents in Karachi to the community abroad, through shared stories and memories on Facebook and Instagram.”

Same day as IVS Graduation, there were graduation ceremonies in other Universities in the city, and it may be apt to conclude by quoting a chief guest at one of the convocations: “Your parents and teachers have made you capable of what you are today and you cannot repay them... Be ambitious. Try harder but don’t be greedy. Do something that also benefits society.”

OUR FRIENDS

Senior Citizens Evening



Hosted by ‘Friends of KPI’

For Zarthosti Seniors (60 years and above)
Come and enjoy

MUSICAL EVENING WITH DINAZ HEERA

Who will entertain you with melodious songs

Followed by dinner

At KPI on Sunday 17th January 2016 at 6:30 pm

The YMZA/Dastur Dr Dhalla Institute

Hosting a Musical Evening on Saturday, 23 January 2016 at the Beach Luxury Hotel at 8 p.m.

Tickets for Rs. 500/- Snacks on payment.

Band in attendance – “Nuts and Bolts”

Mushkil Asaan Prayers

January 8, 2016 at 5:00pm

Jamshed Baugh Club House

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

MILESTONES

Navjote

Teah daughter of Shirin and Hormuzd Mana on 22nd December

Zeus, son of Zeena and Behram Aga on 24th December

Zara, daughter of Perin and Kaizad Mavalvala on 25th December

Lagan

Gulshan Dhunjishaw Ferozepurwalla and Aurzin Behram Patel on 12th December

Farishteh Rustam Dastur and Spitaman Roeinton Shroff on 20th December

Shahpur Kairas Kabraji and Nyresa Zarir Cama on 23rd December in Mumbai

Maran

Narges Keki Gyara, m/o Kamal Hansotia, g-m/o Fiona and Hoshang Sukhia on 29th November.

Ex-Krachiite: Soonu Kharadi, m/o Roy and Darius Kharadi, expired in Toronto, Canada on 9th December.

Arnaz Noshir Subedar, m/o Cyra and Cyrus Noshirwan, sister of Vera Sohrab Sidhwa, on 11th December.

Jimmy Kaikhushroo Lawyer h/o late Hilla on 18th December.

Ex-Karachiite: Aspi Divecha, h/o Villy, f/o Shaun, Narius, Neville and Daniel Divecha in Toronto, Canada on 22nd December

POSTINGS

Bai Awabai Ardesir Cooper Agiary, Lahore

Apartment Available From 1st January, 2016

Applications are invited from Zoroastrian families for leasing a one storied, 3-bedroom apartment with 3 baths, drawing/dining, kitchen, store, car porch, garden patch in the compound of the Lahore Agiary. The apartment which

is in congenial surrounding, is available on reasonable terms. Please apply to Perin Boga, Honorary Managing Trustee, perinboga@gmail.com Tel # 042-35724764

The French Bazaar



Get the real taste of the French cuisine from Quiches to Gateaux at the Food stalls. Browse for artifacts and collectable art-ware at diverse stalls, AND MUCH MUCH MORE!

The venue is:
Alliance Française de Karachi.
Near Clifton Teen Talwar, Karachi
Entrance Ticket: Rs 300/-



WHAT'S MORE

GOOD LIFE

Deepak Chora offers:



H stands for happiness
S for set point in the brain
C for conditions of living
V for voluntary choices and actions

Deepak Chopra an Indian American author and public speaker, asks, "What do we really know about happiness? **Most people think that if they are successful in achieving their goals or have good relationships or if they are healthy, they will be happy. In fact it is the other way around. If you are a happy person you are likely to have healthy habits, nurturing relationships and great success in life.**"

Let's take each point of the formula:

Set point in the brain is our outlook on life. Happy people see their life's experiences and situations as opportunities, whereas the unhappy ones see them as problems. The set point comes about from our childhood conditioning, but this set point is not fixed. We can overcome our self-limiting beliefs through reflection and changing our interpretation of situations. It is well worth it because 50% of our happiness on a daily basis depends on the set point or our outlook on life.

Conditions of living refer mainly to material success and personal wealth, but this determines only 10% of our daily happiness experience. If we win a lottery we will be happy for a few months, but after a year or even six months we will return to our set point.

Voluntary choices represent choices that we make on a daily bases. For personal pleasure shopping, entertainment, good food can give happiness but this can be transient. So add to it other choices like having a purpose in life,

having concern for others and developing creativity. We can expand our awareness further by choosing selfless actions, be of service to others and make others happy. 40% of our happiness depends on the daily choices we make.

Let us find our happiness from within, be with happy people and make others happy. **SFG**

Reference: Deepak Chopra website

To ward off cooking ordour

Place a bowl of vinegar next to a lighted candle in the kitchen while cooking. No ordour will go out of your kitchen into your other rooms or that of your neighbours' apartment. You can save the vinegar in a bottle and reuse for deodorizing.

To ward off flies

Cut a lemon (or any soft fruit) into half and stick into it cloves (*loang*) and place on each table if you have a garden party, or when sitting on your balcony to enjoy your morning tea and toast.

(Helpful Tips by Roshan Mana)

OUR FAITH

Shabe Yalda:

Celebration of Light



Between 20-23 December the winter solstice occurs, marking the shortest day and the longest night of the year. Our Persian ancestors celebrated the night as Shabe Yalda, which celebrates the triumph of 'light' as the days grow longer and give more light. The festival continues to be celebrated in Iran today and has been revived in North America as Zoroastrian numbers are growing there.

The theme of FEZANZA Journal of Fall/September 2015 is "Yalda and other winter solstice celebrations". Farishta Dinshaw has explained in the Journal that "because balmy temperatures in December (in the sub Continent) did not delineate winter into the defined season" we lost the significance of Yalda.

Much like the Nowroze celebration, Yalda centres round a table of food for the obvious reason of our pastoral ancestry. A low square table covered with a thick cloth and dried fruits and nuts with the essential inclusion of pomegranate and water melon - latter's red colour symbolizing dawn and glow of life - marks the celebration. Shabe Yalda is a night long vigil at which family and friends "recite poetry and play music, tell jokes and stories, talk and eat and eat and talk until the sun, triumphantly, reappears in the morning", writes Najmieh Batmanglij (hailed as the guru of Persian cuisine by the Washington Post) in her prologue to her recipes for Yalda in the FEZANA Journal.

This festival of light has commonness with Diwali of Hindus, Tazaungdaig of Burmese and Thai; Hanukkah of Jews and many other nations and people. Its celebration can take us back to our roots and connect with others, but everyone's calendar here in Karachi in December is pre-marked for copious celebrations. Yet, some may like to know Yalda's significance: ancient Persians believed that evil forces were dominant on the longest night of the year and that the next day belonged to the Lord of Wisdom, Ahura Mazda. At the end of the night, darkness is defeated by light and therefore they celebrate the whole night.

This brings us to the subject of ancient Mazdayasni calendar which celebrates festivals when they happen in nature. This calendar is well explained by Fariborz Rahnmoon but more of that in the next issue of the newsletter. **SFG**

Reference: FEZANA Journal Fall/September 2015 and Wikipedia

AND...

A guy took his girlfriend to her first football game. They had great seats right behind their team's bench. After the game, he asked her how she liked it.

"Oh, I really liked it," she replied, "especially the tight pants and all the big muscles, but I just couldn't understand why they were killing each other over 25 cents."

Dumbfounded, her boyfriend asked, "What do you mean?"

"Well, they flipped a coin, one team got it and then for the rest of the game, all they kept screaming was...

'Get the quarterback! Get the quarterback!'

I'm like...Helloooooo?

It's only 25 cents!!!!"

Editor: Sunnu F Golwalla

Despatch: Last Saturday of the month.

Previous Issues: www.banumandal.com/what's on

Change of email: inform on kzbm1912@gmail.com to ensure continuity of receipt of newsletter.

Input from Community Members only: on kzbm1912@gmail.com latest by last Thursday of the month. If received later it will be placed in the following issue.

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