

June 2016

KZBM PROGRAMME

Car Rally Followed by Dinner

11 June 2016



Get ready to put your seat belts on, your foot on the accelerator, your brain on the clues of scavenger hunt, as it's time again for an exciting and exhilarating car rally brought to you jointly by PPCA and KZBM. The Rally will begin at KPI from 7:00 pm and there should be maximum 5 participants per car.

Please buy your ticket on time.... hurry and give in your names to the ticket sellers!

Date: Saturday, 11 June 2016

Venue: KPI

Time: 7:00 pm

Ticket per person: Rs 700. **No tickets will be issued at the event venue. Tickets not paid for and collected by the due date will mean cancellation of your name from the list.**

Last Date: Tuesday, 7 June 2016 till 1 pm

In Memory of late Roshni Homi Meherhomji

Last year, Viraf Daroga had announced at the KZBM's Inter Association Quiz Programme that it was the last quiz programme that Perviz and he would be doing.

At the request of KZBM, their daughter, Anushka Kharadi agreed to prepare and conduct the quiz programme for 2016.

Over the years, Roshni Homi Meherhomji had handled the entire paperwork involved in conducting the quiz programme upto 2015. Due to her sudden and sad demise, Viraf wanted to be part of the quiz programme for 2016 in order to dedicate the same to the memory of late Roshni Homi Meherhomji, and he announced the same at the quiz programme held on 23 April 2016.



Thank you from Dilshad Irani Chair-Programme to Anushka Kharadi for preparing and conducting the Quiz

The winning team 'Avcocyco' : l to r Rayomand Kotwal, Zarin F Mavalvala, Natasha Mavalvala, Safna Mama, Hoshidar Kotwal and Roshan Kotwal

Boat-Ride on Sunday 15 May



Z-CLIPS Our Rally Racer Tushna Ronnie Patel



Tushna in thunder and speed at the Cholistan Rally 2016; and later receiving a trophy from Mehshood Ahmed, Minister for Education Punjab. Her husband Ronnie is on the left.

Tushna has been in the news: on the social media and in the press, even BBC World-Asia since the Cholistan Rally 2016 which is considered Pakistan's premier off-road racing event, with impressive racing maestros. Although Tushna lost to her opponent Jamila Asif she says, "For me it is still a win-win situation. Every time a woman participates in a race it means that people's mindsets are changing and also in the bigger picture creating a softer image of Pakistan." This viewpoint puts her in league with other valiant Pakistani women championing for our women.

Her journey on the rough dusty terrain began more than a decade ago accompanying her off-road-racing husband, whom she credits for having "played a very major part in supporting me and he was the one who motivated me to take part in racing and introduced me to the beautiful deserts of Pakistan."

Thus encouraged, she did it on her own pedal-speed in 2013, in the Jhal Magsi Desert Challenge. Being a male dominated sport she came fourth in the Stock Category, but it was a major win of another sort: soon thereafter, the motor sports club of Pakistan introduced the women's category in racing, opening doors for them to participate in Hub Rally and Cholistan Rally subsequently.

Since then she has participated in Jhal Magsi Desert Challenge 2014, Cholistan Desert Challenge 2015, Hub Rally 2014 to 2016, and Cholistan Desert Challenge 2016. She has the distinction of being the first woman ever to participate in the 9th Cholistan Jeep Rally 2014 and, being second in the CJR 2016 in the women's category.

Her story has travelled well beyond our borders and Tushna was interviewed by BBC World-Asia. You may listen to the documentary at the link below: You may copy-paste the link in your browser if you are unable to access it directly.

<http://www.bbc.com/news/world-asia-35582545>

The Patels are a rally racing family with Ronnie now a maestro at the sport and serving on the Committee of Motor-sports of Pakistan and, is a member of the Standing Committee on Automobiles at the Pakistan Chamber of Commerce and Industry. Their 14-year old son Meherwan participated in a Hub race this year and beat his mother in the second round by 13 seconds. At this rate, their 12-year old daughter Dina cannot be far behind to make her start! **SFG**

Two New Parsi Doctors



The Gazder family: Percy, Dr Darayus, Rashna & Noshirwan The Virji Family: Dr Naozer, Safna, Dr Rashna & Dr Perinbanoo

In Karachi we have over 25 practicing Zoroastrian doctors from physicians, general practitioners and gynecologists & obstetricians, to ophthalmologists and dentists as well as an urologist, a neurologist and a psychiatrist. This year we gained two more doctors: Darayus Percy Gazder and Rashna Naozer Virji who graduated from the Ziauddin University. It was a pleasure picking up their thoughts, learning experience and future plans to share with you.

Rashna who comes from a family of doctors was at first daunted seeing her 'mummy, daddy, *dadi* and *kaka*' working around the clock but the gratitude of patients and pride of some in announcing they were delivered by her '*dad*' enthused her to pursue the profession. Darayus on the other hand does not have any doctor in his immediate family but was interested in the medical field from a very young age, and also as a student he was keen on sciences and mathematics which made medicine a natural choice for him.

Having made the choice, they both secured admission at the Ziauddin University and look back on their learning there with warmth. "The curriculum was difficult – but the manner in which the subjects were taught to us, as well as the hands-on training afforded to us, went a long way in making the task of studying easier and more involving," informs Darayus. Rashna has a delightful woman's recall: "Looking back, every memory seems wonderful and dear, even though there was a lot of crying involved during the five years. We cried over exams, we cried for our patients, cried with our patients and we often laughed so hard that we cried." The practical aspect of dealing with patients "truly provides me satisfaction – often, all it takes is saying a kind or comforting word to a patient to make his/her day better – which in turn, is extremely rewarding for me." says Darayus. For Rashna "the exams were a nightmare, but losing a patient or a morbid diagnosis would leave us in a hangover of helpless frustration for days. "

Both of them also have credit-worthy scholastic achievements in their study of medicine: They both stood among the top five graduates in their batch and were on the Dean's List 2015 at their university: Darayus having secured distinction in six subjects and Rashna obtaining distinctions in five subjects. Darayus has published four medical research articles in reputed medical journals and Rashna has two articles in the Journal of Pakistan Medical Association to her credit.

Going forward Darayus wants to set up a professional practice focusing on Internal Medicine and becoming an Intensivist, providing special care for critically ill patients in the intensive care units. While Rashna's interest for now lies in chest medicine, pulmonology and ICU patient care, but with a year of house job she "hopes to make full use of the time to learn and at the same time make an informed decision regarding what field to pursue henceforth."

When asked about their interest in research and academics, Rashna believes they "outlive a person's lifespan, having the ability to stretch far beyond geographical constraints, time limits and possess the luxury to adapt. Practicing medicine without teaching, or research is as useful as an item with an expiry date. Thus, I would hope to practice professionally, taking teaching and research side by side." On the other hand, Darayus would like to be a dedicated professional, who would devote some time to academics.

About a doctor's legendary hours of work, Darayus makes it light with, "it isn't anything more than the next driven profession like a lawyer, an investment banker and others who also put-in long hours." Rashna on the other hand accepts: "The working hours, the responsibilities, the need to always put the patient's needs before your own, although rewarding, is often challenging, especially when you have to do it after 24 hours of being awake. Yet, you wrap all of it up like a neat handkerchief, tuck it in inside your pocket and be the doctor your patient needs you to

be.” And she adds, “After all, as Hippocrates said, wherever the art of medicine is loved, there is also a love for humanity.”

As these bright minds go forward we wish them success, and hope they live up to the repute of legendary Parsi doctors for their dedication and practical approach to treatment. **SFG**

Kainaz Porus Billimoria

is our newly qualified B Ed with A* grade in her final exam, having topped in Karachi. We congratulate Kainaz and wish her a fulfilling a career ahead.

OUR FRIENDS

BMH Parsi General Hospital

OPD Details

Days: Mondays to Saturdays

Timing: 11 am to 1pm and 3pm to 5 pm

Charges: Rs 100 per patient

Patients: All ages, including children

KPI DADABHAI PAROJI GHAMBAR



DATE: SUNDAY, 5TH JUNE 2016
SPONSORED RATE: RS. 500 FOR ZARTHOSTIS
& RS. 1100 FOR NON-ZARTHOSTI GUESTS

PROGRAM:
Jashan at 5:30 p.m. | Entertainment at 8 p.m. | Dinner at 9:30 p. m.

TICKETS TO BE PURCHASED FROM:
Shahrazad Irani: 03009276062 | Natasha Mobed: 03008222616
Natasha Mavalvala: 03343659002 | Kaizer Irani: 03002182633
Ratanshaw Makujina: 03009296809

Senior Citizens Evening at KPI

Sponsored by Dr. Jamshed Wania's family in commemoration of his 25th Anniversary
For Zarthosti Seniors (60 years and above)

TAMBOLA EVENING

followed by Snacks

At KPI on Sunday, 19 June 2016

Meeting Time: 7:00p.m.

Tambola to begin: 7:30p.m.

Please register your names **by Tuesday, 14 June**

Mushkil Asaan Prayers

June 03, 2016 at 6:00pm

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.

Navroze Collection

Traditional collection that the Nessessalars make from the community for *Papeti*, they intend to commence in end-June. This is for your information and contribution as you deem appropriate.

MILESTONES

Maran

Freddie Temul Cooper, son of Temul and (Late)Gailoo Cooper; brother of Fali and brother-in-law of Gulshen Cooper on **9th May**

Nina Rustom Wania, w/o (late) Rustom Wania, m/o Jamsheed Wania and Scheherezade Zarkis Daroga on **23rd May**

Pourandokt Oshidari, w/o (late) Shahriyar Rawanian, m/o Firouzeh Majidulla, Farida Goshtasbi and Fareshteh Rawanian on **26th May**

POSTINGS

“Figuratively Speaking” (an exhibition)

At Canvas Art Gallery (site map attached to this email)

24 May to 2 June 11 am to 8pm
(excluding Sunday 29 May)



Veera Rustomji with three others has her canvas on display. Here is a sample of her work to whet your appetite.

The exhibition review is at:

<http://www.dawn.com/news/1260705/figuratively-speaking-opens-at-canvas-gallery>

More at:

<https://www.facebook.com/canvas.gallery.karachi/>

Pakistan Mercantile Exchange Limited are seeking candidates for the following IT positions:

1. TL Information Security/ Technology Risk & Business Continuity Management System
2. TL Service Desk & Technical Procurement
3. TL Business Applications Support
4. Business Applications Support Analyst
5. Software Engineer
6. TL Networks
7. IT Officer - Networks
8. IT Officer - Networks
9. Desktop Support Officer

Interested persons may apply to Syed Jawaid Raza, Chief Technology Officer at email: jawaid.raza@pmex.com.pk
You may visit their website: www.pmex.com.pk to know about the company, before applying. It is a semi-government organization

Burjise Bhada

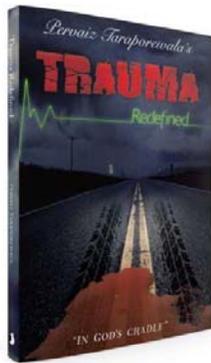
You may contact for: Indian sukhar, kakra, kustis, topi, kori nu loban, veher and many more items: all items are at reasonable prices.

Behroze Khambatta

For seasonal Chutneys and Pickles:

1. Mango Kasaundi
2. Mango Chutney
3. Kerj, Kismis & Orange-peel Chutney

4. Methambo
5. Date & Lime Chutney



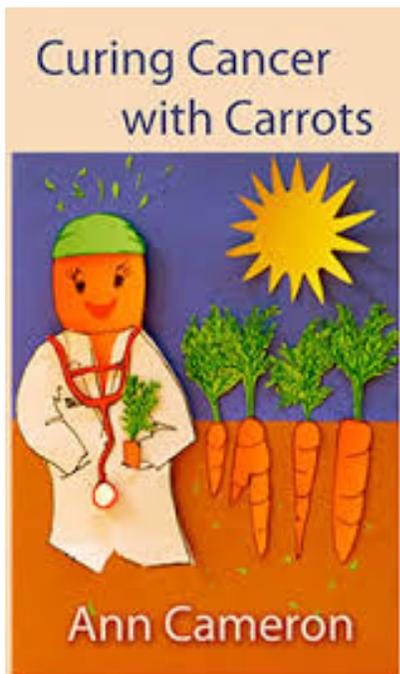
Pervaiz Taraporewalla's "Trauma Redefined" is up for sale. Interested readers may visit his website www.ingodscradle.com There is a tab that says "Order now". The book has been available since the first week of May.

The first six pages of the book can be viewed on the website. You can leave your comment on the book/excerpt on the website.



WHAT'S MORE

GOOD LIFE



In 2013, Ann Cameron cured Stage 4 colon cancer without chemotherapy or radiation, by drinking carrot juice. Since then, others with a variety of cancers have reported similar successes. Cameron wanted to find out why such an apparently simple cancer cure--just carrots--works.

Based on her extensive reading in scientific journals focused on nutrition and cancer, her ground-breaking book describes the details of the carrot treatment and the scientific evidence for its power.

In this book, she shares little-known research that is revolutionizing scientific thinking about cancer and how to treat it. The research comes from the exciting new field of epigenetics--the study of how chemical switching mechanisms in our bodies change the expression of our genes. Our environment, the foods we eat, and the way we live can silence pro-cancer genes or turn them on, set anti-cancer genes on alert or turn them off.

Genes aren't our destiny. Neither is cancer.

Cancer develops when the body loses its ability to recognize and eliminate rogue cells--cells that take over the body if they don't quit dividing. In some cases--probably many--carrots can restore the body's natural power to regulate growth and kill defective cells.

The scientific information in this book could be a life-saver and a beacon of hope for you or someone you know. Equally helpful, it offers the practical knowledge Cameron gained from her journey through cancer and back to health--how to use the internet to research proposed treatments and the quality of hospitals and doctors; how to reduce the cost of cancer care; and how to arrive at individual treatment decisions that are best for you.

(Courtesy: Toxy Cowasjee)

OUR FAITH

Our Dastur Dr Maneck N Dhalla



Dastur Dr Maneck Nusserwanji Dhalla, was MA, PhD from the Columbia University of USA. The Parsis of Karachi appointed him as their High Priest, in which office he served, not only as a ceremonial dastur, but also a scholar and teacher, for over 45 years until his death in 1956.

Dr Dhalla was the public servant and citizen on whom the British government had bestowed the title of "Shams-ul-Ulema" in 1935. Only three Parsis (Dastur Peshotan, Dastur Darab Sanjana and Ervad Jivanji Mody) had earned this prestigious title before him.

He was a scholar of Avesta, Pahlavi, Persian, Gujarati and English literature, on whom the Columbia University had bestowed the degree of Litt D, (Doctor of Letters) on the occasion of its 175th anniversary, in 1929.

When training at the Athornan Madressa in Bombay, his teachers had instructed him in knowledge based on tradition. But "Tradition", Dhalla averred as "stagnant: knowledge is ever on the move. Besides, tradition is wedded to the time that is dead, and knowledge looks forward to the time to be born."

Dhalla was filled with a longing to proceed abroad for further studies in Avesta-Pahlavi with scholars at Oxford, Berlin or Columbia University. With monthly pledges of Rs 125 from the benevolent Tata Trust funds, Rs 50 from the Karachi Anjuman, and additional amounts from K R Cama and Jivanji Mody, Dhalla left the shores of India in 1905, by sea, via Genoa, to study under Prof A V W Jackson at Columbia.

His wife and four children stayed behind in India. At Columbia, Maneckji devoured the writings of the great thinkers, sages, writers and historians. He got up at 4 am and was the last pupil to leave the library hall at 11 pm every night. For him there was no delight to compare with intellectual delights; and moreover, he felt he was in debt to the entire Parsi community, and wanted to prove worthy of their trust.

On his return from Columbia, Dr Dhalla was a transformed man. His ideas, views and thinking had undergone a metamorphosis. His studies at the University gave him a historical perspective, logical reasoning, and critical acumen. He had sought the truth by coordinating and collating all the philosophies and sciences, which now gave a different colour to the orthodox and staunch views on rituals, ceremonies, social customs and prayers that he had held in the past.

Dr Dhalla later learnt that our religious writings do not contain the teachings of our Prophet alone. They embody a conglomeration of the beliefs, rituals, superstitions, allegories, myths and mysticisms prevailing in the post-Prophet era. Our religious books incorporate both *sacred teachings* and *secular ideas*. With the passage of time, both were recognized as gospel truth, and were passed down to posterity as *religion*.

Dhalla concluded that Prophet Zarathushtra never gave *ceremonies and rituals*, the predominant position they hold in religion today. He affirmed that ceremonies as such were not the be-all and end-all of the Zarathushti religion. Heavenly bliss cannot be gained merely by the performance of death ceremonies. Only a righteous life, a virtuous life, a helpful life on this earth would open up the doors to *Garothman Behesht*.

The inspired may want to read the complete article by Roshan Rivetna from material provided by Dr Dhalla's grand-daughter Pouruchisti Jamshed Bharucha and her daughter Vahishta Canteenwalla through the link below:

AND...

At a wedding ceremony, the Priest asked the congregation if there was anyone who had anything to say regarding the union of the two.

All hell broke loose when a woman from the back of the church started walking towards the front with a child. You could have heard a pin drop!

The bride fainted! The minister asked the woman if she had anything to say. She answered, "We cannot hear anything at the back."

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)

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.

To unsubscribe: Write UNSUBSCRIBE in subject line and email to kzbm1912@gmail.com



For noting in your diary:

Day/Date	Time	Venue	Event and its details
Fri 03 June	6 pm	JB Hall	Mushkil Asaan Prayers
Sun 05 Jun	8 pm	KPI	Entertainment + Dadabhai Naoroji Ghambar Tkt Rs 500
Sat 11 June	7 pm	KPI	KZBM/PPCA Car Rally + Dinner Tkt: Rs 700
Sun 19 June	7 pm	KPI	Senior Citizens Evening: Tambola + Snacks