

# MARCH 2015

## KZBM PROGRAMME



KZBM is organizing a cooking demonstration by 'Junior Chefs' on Saturday 11<sup>th</sup> April 2015.

First 4 school-going children (not more than 15 years) to give names will be given an opportunity to display their culinary art and be the Junior Chefs.

So if you or your near and dear ones want to give a cooking demonstration hurry up and contact Katherina Irani **latest by**

10<sup>th</sup> March 2015.

## NAVROZE MELA

Sunday 15 March at 5 pm  
at the Mandal Hall



We offer you:

- Outfits for ladies, children's clothes, sadras, towels, sheets and household items
- Wide variety of home-made food
- Games for children.

Book your stalls as early as possible with Alla Rustomji or, with Nilofer Noshirwani: after 4pm

## THE BVS PARSI HIGH SCHOOL

The School will be indebted to anyone who has a copy of any Virbaijeeite dating from 1950 to 2005. The school will make a copy and return it to the owner.

If anyone has school pictures to share, the school will make a copy and return these too in original to the owner.

Thank you  
BVS Management

## Z-CLIPS

## e-cookbook free download

Niloufer Mavalvala, an ex-Karachiite is celebrating 50,000+ on her food blogs and has put together a new e-cookbook for FREE download. You may visit: [www.NiloufersKitchen.com](http://www.NiloufersKitchen.com) and click on **Your free cook book**

## Dr. Dhun Noria, Receives Order of Ontario



Dr. Dhun Noria, a distinguished South Asian doctor who is The Scarborough Hospital's Chief of Laboratory Medicine and Medical Director of Laboratories, was presented with the Order of Ontario by Lieutenant Governor Elizabeth Dowdeswell at an investiture ceremony on Tuesday.

The Order of Ontario is the province's highest official honour. It recognizes any current or former long-time resident of Ontario who has demonstrated a high level of individual excellence and achievement in any field benefitting the people of Ontario or anywhere in the world.

Dr. Noria was recognized with this prestigious honour due to her unwavering commitment and steadfast dedication to TSH, Scarborough and the Ontario medical community.

"I am humbled to be honoured as a recipient of the Order of Ontario," said Dr. Noria. "I have been blessed to have had so many opportunities to serve communities right here at home and internationally. It is in my blood; it is my passion. The Order of Ontario is a prestigious recognition; however, it is the relationships that I have with individuals and with the community that I cherish the most."

Dr. Noria once told an interviewer: "I have had the privilege of studying in India and a lot of what I have achieved today in Toronto can be traced back to a rock-solid education I was exposed to while growing up there."

Dr. Noria's passion for and dedication to enhancing health care has motivated her to participate in many philanthropic activities, including contributions to TSH designated to the Women's Clinic to support the early diagnosis and treatment of breast cancer – an issue close to her heart.

As a two-time breast cancer survivor, Dr. Noria understands that life can be short and hopes to help as many people as she can, and has no intention of slowing down anytime soon. She admits, "There is so much to do that will keep me busy and active. I can't imagine myself ever retiring and going into the sunset."

For complete article: <http://www.voiceonline.com/?p=37657>

## OUR FRIENDS

### New date for Dr Pithawala's Poetry & Prose Competition

Please note the Dr Pithawala Poetry and Prose competition will now be held on 22<sup>nd</sup> March, 2015 instead of 15<sup>th</sup> March, 2015. The venue remains the same i.e. Banu Mandal Hall

## Mushkil Asaan Prayers

**Friday, March 6, 2014**

### **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.

### **The Shreen and Godrej Kandawalla Endowment Fund**

#### **Annual Report for the Year 2013**

The Shreen and Godrej Kandawalla Endowment for Patient Welfare at the Aga Khan University Hospital, Karachi (AKUH,K) was established in 2005 through the generosity of the Shreen and Godrej Kandawalla family and the Kandawalla Trust. It came into effect from January 01, 2007.

During 2013, the endowment served 5 Zoroastrian patients for a total of 40 visits/admissions. The cumulative financial assistance provided through the fund, since its inception in 2007 is PKR 3.11 million enabling 37 inpatients and 323 outpatients of the Zoroastrian community to avail of the high quality of medical services at the Aga Khan University Hospital. All Zoroastrian patients who requested for support were provided financial assistance from the Endowment.

As per the terms of The Shreen and Godrej Kandawalla Endowment Fund, half of the income annually available for distribution is utilized for Zoroastrian patients and the balance, if any; is transferred to the General Welfare pool for the benefit of non-Zoroastrian patients.

The system to facilitate easy accessibility to the Endowment Funds is functioning smoothly with the sub-committee comprising of Ms. Thrity Spencer and Mr. Nadir Noorddin, Manager Patient Welfare at AKUH, who continue to receive requests for assistance from patients and/ or their family members. In the absence of Ms. Thrity Spencer the person to contact for assistance is Ms. Zarin Kakalia.

The community is advised to contact the following at AKUH, when requesting for assistance through the Kandawalla Endowment.

1. Nadir Noorddin, Manager Patient Welfare  
Off: 021 3486 1476
2. Gul Akbar Khawaja, Sr. Patient Welfare Officer  
Off: 021 3486 1475

Additionally, community members may also contact

Yazdyar S Haveliwala  
Off: 021 3486 2970

for any information that they may require.

## **MILESTONES**

### **Janam**

Zahan a baby boy to Sanaea and Meherzad Aga on 6<sup>th</sup> February in Singapore

### **Maran**

Banoo Fali Anklesaria, w/o (Late) Fali Anklesaria, m/o Rohinton, Gayve, Hoshi Anklesaria and Vahishta Kavasji on 1<sup>st</sup> February

**Bhikoo Kaikhushroo Sethna**, sister of Khorshed Jehangir Malbari, Villie Godrej Motishaw, Bahadur Sethna & Amy Piloo Jariwalla. Aunt of Katy Hoshang Khambatta on **4<sup>th</sup> February**  
**Hoshi Dinshaw Patel**, h/o Kaity Patel, f/o Zain, Zermina and Gary, on **8<sup>th</sup> February** in Toronto, Canada  
**Feroze Sohrab Nargolwalla**, h/o (late) Kay Nargolwalla, f/o Pervez Jamula, Tanya Nargolwalla and Charis Wania, brother of Mani Divecha, Sam Nargolwalla, Nari Nargolwalla and Dinaz Rustomji, on **17<sup>th</sup> February** in Toronto, Canada  
**Jerbanu Ardeshir Bhesania**, m/o Roshni Shroff, Perveen Katila, Homi, Pervaiz and Hoshang Bhesania on **20<sup>th</sup> February**

## POSTING

### **Burjise Bhadha Pakistan Chawk**

Sukhur , kusti, Toppi and other items. Available from 1<sup>st</sup> March 2015



## WHAT'S MORE

### **Food for Thought**

An Anthropologist proposed a game to the kids of an African tribal area.

He placed a basket of fruits near a tree, and made them stand 100 meters away. Then announced that whoever reaches first would get all the fruits in the basket.

When he said ready steady go .... Do you know what these children did? They caught each other's hand and ran towards the tree together, divided the fruits among them and ate them together.

When the Anthropologist asked them why they did so? They said 'Ubuntu' which meant: 'How can one be happy when all the others are sad?' Ubuntu in their language means: 'I am because, we are!'

Let's carry this attitude within us and spread happiness, wherever we go.



*(Courtesy: Shahrazad H Irani)*

## OUR FAITH

### **The Better India Special: 'The Welcome Shores of Nargol – A History of the Parsi Community in India'**

A few years after settling down in Sanjan, the Parsis requested the king to allow them to build a Fire Temple.

The Sacred Fire, according to their religion, is the Son of Ahura Mazda, or the Eternal Light. And this Fire is made out of 16 fires. 15 of them come from earthly sources like a brick-maker's kiln, a goldsmith's fire, a baker's oven, a shepherd's house, a crematorium, a king's house etc. The 16th fire is from a fire caused by lightning that comes from the heaven. The consecrated fire then occupies pride of place in the sanctum sanctorum of a Fire Temple.

It took three years to purify this fire, and after it was placed in the Sanjan temple, it burned bright for 669 years, till the Mughals under Sultan Mahmud attacked Sanjan in the 13<sup>th</sup> century.

### *The Commemorative Pillar at Sanjan*

The Parsis who had laid down their arms picked them up again. And 1400 valiant warriors under Ardeshir fought alongside the king's army. The Mughals defeated them after a bitter battle. Fearing the kind of persecution which their forefathers had suffered at Arab hands, the Parsis fled to the mountains of Bahrot, 20 kms away. With the most valuable possession of them all: the Sacred Fire.

The journey of the Sacred Fire shows the supreme will power and the sagacious nature of this community. It was hidden in the caves of Bahrot for 12 years, then taken to the jungles of Vansda for 14 years, then it remained safe in Navsari for 313 years, 3 years in Surat, back in Navsari for 5 years, then in Valsad for 1 year, till it reached Udvada in 1742. Here, at Ground Zero of Parsis the world over, this sublime fire has been burning bright for 270 years at the Fire Temple of Iranshah Atash Behram.

Though they number just 60,000 in a population of 1.2 billion, some of the finest Indians have come from this miniscule community: lawyers and jurists, doctors, army officers, writers, and industrialists. Philanthropy runs in their veins and the greatest charitable trusts are run by them. And they not only take care of their elderly, but have built their Old Homes in the finest of locations in and around Mumbai: Matheran, Lonavla and Mahabaleshwar. And of all communities, they have the deepest concern about preserving nature and wildlife.

At Sanjan, there is no trace of the original Fire Temple, nor are there any quaint Parsi houses. There is only a commemorative pillar that was built a century ago, to mark the place of arrival of the Parsis in India.

Close by is the picturesque Asavli Dam, built painstakingly by hand, stone upon stone, much like how the pyramids were made. The dam has a mosaic of paddy fields on one side and the tranquil blue waters on the other side, encircling the yonder mountains like water snakes. Up among those hills of Bharda are the Bahrot Caves where the Parsis kept their holy fire safe and burning for 12 long years.

Yes, the Parsis have survived against many odds and have done wonderfully well in the land that adopted them. They have indeed been the sugar that for centuries has sweetened the flavour of the Indian ethos.

It is believed that Prophet Zarathustra, unlike other mortal kids, laughed when he was born. Probably, looking at the way the Parsis have integrated so well into this country, he would be smiling now.

By Gangadharan Menon

See more at: <http://www.thebetterindia.com/6785/tbi-specials-the-welcome-shores-of-nargol-a-history-of-the-parisi-community-in-india/#sthash.RzeZOofm.dpuf>

## **AND...**

In a convent in Ireland, the 98-year-old Mother Superior lay dying. The nuns gathered around her bed trying to make her last journey comfortable.

They tried giving her warm milk to drink but she refused it.

One of the nuns took the glass back to the kitchen. Then, remembering a bottle of Irish whiskey that had been received as a gift the previous Christmas, she opened it and poured a generous amount into the warm milk.

Back at Mother Superior's bed, they held the glass to her lips. The frail nun drank a little, then a little more and before they knew it, she had finished the whole glass down to the last drop.

As her eyes brightened, the nuns thought it would be a good opportunity to have one last talk with their spiritual leader.

"Mother," the nuns asked earnestly, "Please give us some of your wisdom before you leave us."

She raised herself up in bed on one elbow, looked at them and said:

"DON'T SELL THAT COW."

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Change of email: inform on [kzbm1912@gmail.com](mailto:kzbm1912@gmail.com) to ensure continuity of receipt of newsletter.

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