

March 2016

**KZBM's Navroze Sale**  
**Sun 6 March at 5pm**



Persons interested in placing stalls may book these with Alla Rustomji latest by 1 March 9pm.

We invite the youth of our community to also have stalls to share their talent and skills, and make the mela enjoyable for all age groups.

There will be the usual stalls of KZBM with outfits for ladies, children's clothes, *sadras*, towels, sheets and household items as well as entertainment for children.

**Jashan-e Sadeh** (celebrated last month)

KZBM keeping alive our ancient Persian festival of Jashan-e Sadeh:

(You may press ' Control and + ' to enlarge the pictures for better viewing)





Photos: KZBM Programme Committee

## An Evening of Cards, Bridge & Mahjong

Enjoyed by all who participated:





Photos: KZBM Programme Committee

## Z-Clips: (5 posts: 1-5)

### Era of astronomical discovery: MIT professor Nergis Mavalvala helps build tools to detect gravitational waves



Our community and country are naturally euphoric about Dr Nergis Mavalvala (daughter of ex-Karachi ites Meher and Mino Mavalvala) and her team's detection of gravitational waves - ripples in space and time - hypothesised by physicist Albert Einstein a century ago. This is world news but Nergis herself modestly comments: **“the moment you feel like you have made the discovery, it is followed by a realization that you have actually only opened up more questions that you need to answer.”**

However, Prof Karsten Danzmann, from the Max Planck Institute for Gravitational Physics in Hannover,

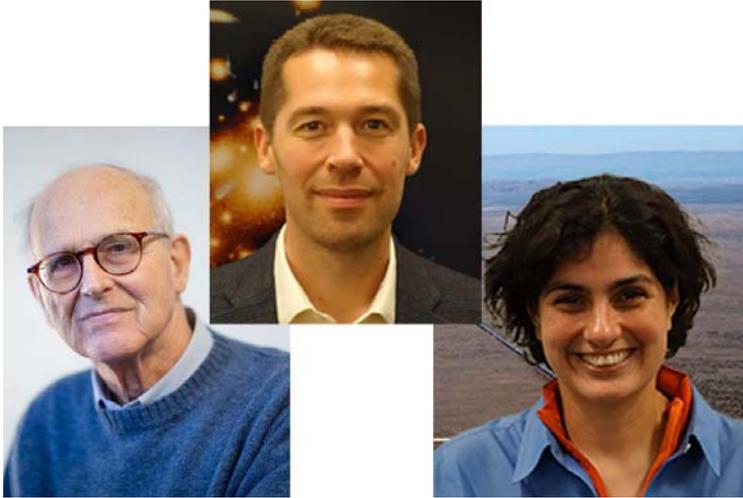
Germany, told the BBC that **“There is a Nobel Prize in it – there is no doubt. It is the first ever direct detection of gravitational waves; it's the first ever direct detection of black holes and it is a confirmation of General Relativity because the property of these black holes agrees exactly with what Einstein predicted almost exactly 100 years ago.”** We will keep ourselves tuned for this news.

*Nergis Mavalvala aimed to detect elusive gravitational waves*

*Photo: MIT News*

**What's on of November 2010 had carried the news** of Nergis being the first-ever Zarthosti to win the coveted MacArthur Foundation genius grant, but she reveals in the Space.com that “it has been 25 years in the making for me, and much longer for the founding fathers (leading to this discovery).”

In 1991 she joined the research group led by Rainer Weiss who recognized early that Nergis was “a product of good mentoring”: From the chemistry teacher in Pakistan who let her play with reagents in the lab after school to the head of the physics department at MIT, who supported her work when she joined the faculty in 2002, she has encountered several encouraging people on her journey.



From left to right: Rainer Weiss, Mathew Evans and Nergis Mavalvala  
Photo: Space.com

**MIT News informs us that, “For much of her professional life, MIT professor Nergis Mavalvala has been devoted to a singular goal: creating a device to detect gravitational waves.” THIS is her contribution in this breakthrough discovery.** The DAWN tells us of a less known 25-year-old scientist Imran Khan from Quetta who also worked with the team that discovered gravitational waves, adding a feather in Pakistan’s cap.

**So what IS the discovery?** It is most eloquently described by an LIGO scientist, “This discovery has ushered in an awesome new era of astronomy. **Before we started detecting gravitational waves, looking out at the universe was like watching an orchestra without any sound. As our detectors start making regular observations of this stuff, it will be like turning on our ears to the symphony of the cosmos!**”

This brilliant Zarthosti astrophysicist recalls for the DAWN her childhood experiences of going to the rooftop of her apartment building in Clifton on certain nights of the year when there were meteor showers and look at meteorites. And, as a 10-year old she would take her bicycle to the bike repair shop and the man at the shop taught her how to do the repairs herself. These childhood interests apparently bloomed to making devices to study the cosmos.

**Dr Mavalvala has also said that “I grew up in a family where the stereotypical gender roles were not really observed, so I grew up thinking women can, must and should do anything and everything. That is very important for me.”**

On this note KZBM extends warm felicitations to *apri* Nergis Mavalvala and who knows, one of our young *banus* maybe inspired by this modest, brilliant Karachi-ite: She has stolen our hearts with her fetching smile, modesty and exceptional achievement. **SFG**

*References: Pro Pakistani, the DAWN, the Express Tribune, Space.com and MIT News*

2  
**Shaan Kandawalla’s My Little Pony: Twilight’s Kingdom  
Nominated for Kidscreen Awards 2016**



Shaan Kandawalla set up PlayDate Digital Inc in 2012 (*you can read at <http://www.banumandal.com> > What's On > December 2014*) publishing mobile educational software for children. Her "My Little Pony: Twilight's Kingdom Storybook Deluxe App", was nominated for the Kidscreen Awards 2016 in the Best E-Books category.

Kidscreen Awards celebrate the year's best work in kids' television programming and broadcasting, as well as digital media and for Shaan to be nominated for this prestigious award is a

remarkable achievement and KZBM congratulates her.

You may read about the Company and its products on: [www.playdatedigital.com](http://www.playdatedigital.com) and, may also 'like' it on Facebook page "PlayDate Digital Inc."

### 3 Dr Dolly Dastoor Placed on 2016 A-List of Indo-Canadian High Achievers



'The A-List' features Canadians who through their careers and community efforts foster stronger ties between Canada and their home country. Dolly Dastoor is among fifty Indo-Canadians honoured.

Carleton University in Ottawa hosted a glittering event on 4 February 2016 at which the above were recognised. The President of Carleton University, Roseann O'Reilly Runte, commended the efforts and services of those who made the Indo-Canada list in fostering stronger ties between Canada and India. She called their stories "very extraordinary." She acknowledged the growing ties as "a great partnership" and that it was special because Canadian and Indian collaboration in education has a rich history and currently the University has partnered with other universities in India where students embark on exchange programmes.

Dr Dastoor has a PhD in Clinical Psychology from Concordia University, Montreal and is active in teaching, research, and clinical work. She is also the current editor of the FEZANA Journal of North America and past President of FEZANA. She has also been an active member of Zonta International, a service organization empowering the status of women and has served at its local, national and International levels.

KZBM is proud to see Dr Dolly Dastoor earning this special status in Canada, and applaud her professional and communal accomplishments. **SFG**

*Reference: Parsi Khabar*

## Investing in the living



Anu Aga speaks candidly about managing personal egos, making life changes, and living and learning from death. Her humility and honest appraisal of her weaknesses are inspirational, and her bravery in the face of personal tragedy is instructional.

Anu was Director and former Chairperson of Thermax, and steered Thermax to success for 15 years. With a standing ovation from the audience, her life introspective is not to be missed.

*Recorded at INK2011, Jaipur, India*

<http://www.inktalks.com/discover/76/anu-aga-investing-in-the-living>

*(Courtesy: Godrej K Randeria, Houston, Texas, USA)*

5

### Reet Rivaj - for Parsees

You may like to click on the website below and download the book, or save it as your 'favourite':

<http://heritageinstitute.com/zoroastrianism/marriage/indian/index.htm>

*(Courtesy: Zarin M Patel)*

## OUR FRIENDS (4 posts a-d)

### KPI's Founders Day

All successful students of

- SSC Part II (Matriculation)
- O-Level
- Bachelors
- Masters
- PhD

are requested to give in their names to Umer in KPI, along with their Mark Sheets, and for Masters and PhD along with their certificates **latest by the 12<sup>th</sup> March, 2016.**

KPI will shortly announce the date for celebrating its Founders Day at which they would like to present prizes to the students.

b

**The YMZA/Dastur Dr Dhalla Institute**  
**Dr Pithawala English Prose and Poetry Elocution Competition**  
**Sunday, 3 April, 2016 at 11 am at KZBM Hall**

This Elocution is open for all Zarthosti children on any topic of interest in the following age categories -

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

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

Conditions:

- UPTO 3 minutes per speaker (to be strictly enforced for ALL age categories)
- Delivery (style of talking / attention of audience /speech content interesting / conversational tone)
- Voice Projection (clarity / loudness)
- Diction (pronunciation/ choice & use of words)
- Topic (arouse interest/attention in audience)
- (No hand gestures will be allowed)

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

**Last date of names: 30 March, 2016**

C

**PRIZE WINNERS of the YMZA/Dr Dastur Dhalla Athornan Mandal Macca Darab Sachinwala Elocution Competition held on Sunday 21 Feb 2016 are:**

**Classes 2, 3 and 4**

Shield and 1st – Shahan Behram Irani

2nd – Shane Farzain Messman

3rd – Framroze Purveyor

Special Prize- Fardeen Felfeli

**Classes 5, 6 and 7**

Shield and 1st – Zermesh Behram Irani

2nd – Hufriya Mondegarian

3rd – Farzad Ardeshir Najmi

#

d

**Mushkil Asaan Prayers**

**March 4, 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

*This section can only have details that become known to me or, emailed to Fram Framji in case of 'maran'. If any milestone is missing, the family is requested to email the details to [kzbm1912@gmail.com](mailto:kzbm1912@gmail.com) and will be included next month. Sunnu Golwalla*

### Janam

**Kashmira** a girl to Niloufer and Kerbad Jamshedji in Toronto, Canada on **29<sup>th</sup> January**

### Lagan

**Natasha Jehangir Sethna** and **Rustom Homi Irani** on **19<sup>th</sup> February**

### Maran

**Armaity Jal Khambatta** sister of Framroze Khambatta, Hoshang Khambatta (New Jersey, USA) and late Nergaze Unwalla (in Pune) on **2<sup>nd</sup> January**

**Dina Sohrabji Shahookar**, sister of Dhun Shahkookar on **4<sup>th</sup> February**

**Dhun Sohrabji Shahookar**, on **5<sup>th</sup> February**

**Merzban Meherwanji Shroff**, h/o Mani Shroff and f/o Shahveer and Parinaz Shroff on **13<sup>th</sup> February**

**Roshni Eruch Chinai**, d/o (late) Eruch and (late) Hutoxy Chinai on **13<sup>th</sup> February**

**Shirin Rustom Irani**, w/o Rustom K Irani, m/o Ronney, Adil, Sohrab and Farhad Irani on **17<sup>th</sup> February**

**Roda (Dolly) Rustom Kalapesi**, w/o (late) Rustom, m/o Farida Vania and Eruch Kalapesi on **17<sup>th</sup> February**

**Resident of 'Pindi: Roshan Bejon Kanga**, w/o (Late) Bejon Kanga, m/o Shernaz Rustom Darrah, Rustom Kanga and Feroza Kanga in Rawalpindi on **18<sup>th</sup> February**

**Dhun Solan**, aunt of Maneck Solan and Darius Solan on **24<sup>th</sup> February**

**Bomi Dorabji Daruwalla**, h/o late Khorshed Bomi Daruwalla, f/o Meher Hodiwalla and Kairasp B. Daruwalla on **24<sup>th</sup> February**

**Ex-Karachiite: Avan Aspi Irani**, w/o Aspi Bejon Irani, m/o Mithra Ramaley & Manizeh Rimer, sister of Fali Balsara (Houston) and Jimmy Balsara, Mississippi, (USA), in Geneva, Switzerland on **25<sup>th</sup> February**

## POSTINGS

### Aban Cowasji, Cyrus Colony

For Gajar meva achar and Limboo chutney

### To Assist You:

#### For Hassle-Free Travel Documents

An experienced Gujarati-speaking gentleman, well-versed in filling all kinds of International Visa Forms and answer travel-related inquiries. He can come to your house to fill the necessary documents. Contact: AKBAR JIGAR: [0300 2000865](tel:03002000865). Recommended by Nusserwanji Ogra.

#### For Odd Jobs and House/Window Cleaning

An honest and reliable man for above jobs. Call: PRADEEP: [0347 2242199](tel:03472242199). Recommended by Nusserwanji Ogra.

## Holiday in South Africa 14– 25 September 2016



Aspi and Dilshad irani will be doing their usual enjoyable tour, and this time to South Africa. Basic details are as follows. Interested persons will no doubt contact them for complete details.

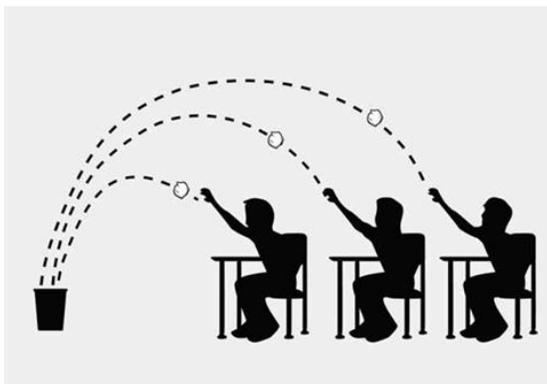
- . Can only accept maximum 30 persons
- . Give your names as early as possible to avoid disappointment
- . Last date to join 1 July 2016

**Contact Dilshad / Aspi**



## WHAT'S MORE

### GOOD LIFE



### Privilege of Education

I once saw a high school teacher lead a simple, powerful exercise to teach his class about privilege and social mobility. He started by giving each student a scrap piece of paper and asked him to crumple it up. Then he moved the recycling bin to the front of the room.

He said, "The game is simple — you all represent the country's population. And everyone in the country has a chance to become wealthy and move into the upper class."

"To move into the upper class, all you must do is to throw your wadded-up paper into the bin while sitting in your seat."

The students in the back of the room immediately piped up, "This is unfair!" They could see the rows of students in front of them had a much better chance.

Everyone took their shots, and — as expected — most of the students in the front made it (but not all) and only a few students in the back of the room made it.

He concluded by saying, "The closer you were to the recycling bin, the better your odds. This is what privilege looks like. Did you notice how the only ones who complained about fairness were in the back of the room?"

"By contrast, people in the front of the room were less likely to be aware of the privilege they were born into. All they can see is 10 feet between them and their goal."

**"Your job — as students who are receiving an education — is to be aware of your privilege. And use this particular privilege called "education" to do your best to achieve great things, all the while advocating for those in the rows behind you."**

Nathan W. Pyle

*(Courtesy Arnawaz K Billia)*

## Boiling water in microwave oven

Microwaved water and other liquids **do not always bubble** when they reach boiling point, but they can get **superheated**. Leave the cup in the oven for thirty seconds before removing: Better still, place a wooden stir stick or tea bag **before** removing, to diffuse the energy

*(Courtesy: Rashna K Umrigar)*

## OUR FAITH

### The Power of Prayer



*Dr Jehan Bagli, an accomplished Zoroastrian scholar and researcher, says that daily prayers by individuals or priests are rituals; and defines ritual as “any form of repetitive performance enacted to express human sentiments.”*

*“What then is the power of prayer?” I asked him and here is his response:*

**“Prayer is a bond that establishes a relationship between god and the spiritual component - which is the essence of god present in man.**

**In a truly devotional prayer** the human mind is in a state of complete relaxation.

The mind must find itself in tune with the universal mind that is the god. The human mentality must be in total harmony with the holy mentality – *spenta mainyu*, and the human will in accord with the will of god – *asha*.

**God always answers prayers that are in consonance with his will. The answers are not always what we expect, but always in the best interest of the devotee.**

We must learn to recognize the answers to our prayers. Only when we learn to associate the events in our life, as the result of prayers that we can begin to fully appreciate the power of prayers. We must remember that the power that we are looking for is in fact, with the god to whom we pray. All we are doing is to express our thanks, our gratification for the gifts that we have received from him.

**When any human being helps you, it is the energy of god in that person that is helping you.** For every person is an agency of god. Remember, the spark of god is present in each one of us. Our physical body is only a house for that spiritual essence that lives within us. **It is therefore extremely important to look after that house of god, to keep it clean and pure.** Physical cleanliness strongly affects the cleanliness of your mind to keep it in a calm and perfect state. **For your mind is the factory that generates your good thoughts and you are what you think, speak and do.**

Cleanliness triggers a chain of events that has a direct bearing on health. Good health in turn, induces the clarity of mind. A good mind – *vohumanah* - influences the moral fiber of the character through conception of good thoughts. It has been said:

Watch your thoughts for they become your words  
Watch your words, for they become your actions  
Watch your actions, for they become your habits  
Watch your habits, for they become your exemplary character

So you can recognize the power of your prayers if you evolve a good moral and spiritual character.”

## AND...

Mathematician: Can you write 4 in between a 5?

Chinese: Is this a Joke?

Japanese: Impossible!

American: The question's wrong!!

British: Rubbish!!

**Indian: F(IV)E**

This is the reason you find Indians everywhere in the world in finance, business, medicine, engineering and arts... anything to do with optimizing your brain!! *Pakistanis don't lag behind.*

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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)**

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

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**To unsubscribe: Write UNSUBSCRIBE in subject line and email to [kzbm1912@gmail.com](mailto:kzbm1912@gmail.com)**



## For noting in your diary:

Day/Date	Time	Venue	Event and its details
Fri 04 Mar	5 pm	JB Hall	Mushkil Asaan prayers
Sun 06 Mar	5 pm	KZBM Hall	KZBM's Navroze Sale. <b>Book tables by: 1<sup>st</sup> March</b>
Date to be announced	evening	KPI	KPI's Founders Day. Students to give names to Umer latest by 12 <sup>th</sup> March
Sun 03 Apr	11 am	KZBM Hall	Dr Pithawala English Elocution. Last date for names 30 <sup>th</sup> March