

May 2016

Expected Heat-wave



In June last year we lost a number of elderly to the heat-wave.

Since yesterday (Friday 22nd April) the temperature has already risen to 38 degrees Celsius and is expected to reach 40 degrees by Sunday. **It will be nice if the caring ones amongst you are involved with old persons in your neighbourhood - especially the ones living alone - and ensure that:**

- They do not go outdoors (even on their balconies), unless unnecessary.

- Remain in air-conditioned room: if not possible then under a fan in a ventilated room.
- Have ice-packs - simple tap water frozen in polythene bags, closed with rubber-band will serve the purpose – available in their freezer. Place these on their neck, back and underarms to bring down their body temperature, if required.
- Encourage them to drink water or a cool drink as often as they can manage. This is very helpful.
- Wear loose and light-coloured clothing.
- **One can get a heat-stroke even when indoors so if a person gets heat cramps, feels dizzy or appears exhausted, arrange to remove to a hospital. If the internal temperature rises above 40 degrees Celsius, vital organs are at peril and if the body cannot be cooled, death follows.**
- Heat-waves are silent killers for the elderly, the very young, ill and the poor. So please inform your servants as well.

Be alert, be safe.

KZBM PROGRAMME



Evening Boat-Ride at Sea On Sunday 15 May

Summer is here and what better way to drive away the heat than an evening out at sea. Enjoy the boat ride viewing a beautiful sunset as the sky changes its colours, while enjoying delicious snacks packed in individual boxes. An evening Karachi-ites are fortunate to enjoy at sea.

Date: Sunday, 15 May 2016

Venue: Kemari Pier Point

Time: 5:30 pm - meeting time and 6 pm boats to depart

Ticket per person: Rs 500

Last Date: Tuesday, 10 May 2016 till 1 pm

Z-Clips:

Navroze Celebration at the BMH Parsi General Hospital On Friday 25th March 2016



The BVS Parsi School band** along with the band instructor, Zoroastrian staff / students and art teacher Ms Hureen went over to the BMH Parsi General Hospital on Friday 25th March 2016 to entertain the aged in celebration of Navroze.

The school band enthusiastically played many tunes like the National Anthem, BVS school song, "*chaiye hame zarthosti*", "He's a jolly good fellow", "Congratulations and Celebrations", etc. These tunes were thoroughly enjoyed by all the patients of the hospital, so much so that a patient with a broken leg, who could not be brought out, got out of her bed to see the band from her room's window. Old aunties clapped and swayed to the music in their wheel chairs and ex-Virbaijeeite uncles sang the school song along with the band. The band played for long and entertained not only the patients of the hospital but also the doctors, nurses and other staff members.

A week prior to this event Karim Hashwani from the School's IT Department had taken photos of each and every patient. These photos were developed and then framed. Beautiful colourful frames were made by the students of Grade 5 under the supervision of their talented primary art teachers Ms Hurain, Ms Batool and Ms Samreen. On the day of the event each patient was presented a gift bag with his/her photo frame, a mug and bath-soap. Everyone has placed his/her photo-frame on their bed-side unit as the photos are a treasure for the patients and their families.

****For the interest of our readers we add that Mr Fakirjee Cowasjee started the school band in 1927 with a generous donation by the Cowasjee family. It was named the "Cowasjee Variava Band".**

Every Monday a General Assembly is held where the school band is played. The entire school is assembled, grouped in four houses and marches in front of all the teachers, with the Principal accepting the salute. The tradition has continued to this day since 1927.

Source: <http://www.bvsparsischool.edu.pk>

Natasha Piran Karanjia's Account of 2016 Return to Roots Experience



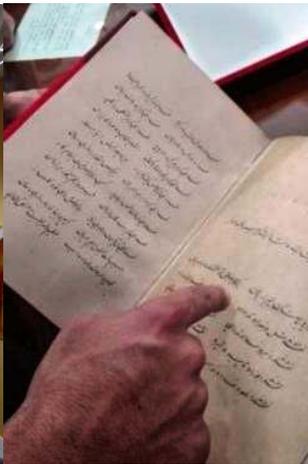
Busy stuffing ourselves with the ever-famous Berry Pulao at the Britannia Café in Mumbai



Bawa resolutions at Sodawaterbottleopenerwala, New Delhi: Success ratio: Nil!!



Tree of Life made entirely from kusti, at the "Threads of Continuity" Exhibit at N.Delhi



Preserved manuscripts at the Meherjina Library, Navsari



Celebrating Navroze the Bawa Style!

Return to Roots (RTR) is a trip to India focusing on connecting the young Zoroastrians with their religious and cultural identity: in essence connecting with their roots. I was lucky to be part of the RTR in its third year of running.

The main objective is to bring together youth from the entire Zoroastrian diaspora and give them a chance to interact and learn from each other. The participants came from USA, Canada, Iran, Australia, Pakistan and even India.

The trip started in Mumbai with a screening of Qissa-e-Parsi and with a video chat with the filmmaker Divya Cawasjee. This was followed by visiting Esplande House which was Jamshedji Tata's home in Mumbai. It has been declared a national heritage and is now being renovated to its past glory. Praying at the Wadiaji Atash Behram, was followed by sessions with Ramiyar Karanjia, Khojeste Mistree, Jimmy Mistry, and the man himself - Mr Ratan Tata.

Visiting Mumbai is not complete without the yummy Parsi food which it has to offer, but at first we relished the famous Iranian Berry Pulao at the Brittinanna Café with Behram uncle (the owner's) tales and his love for the British Crown. And then.. tamater per edu, papeta per edu, kid ghost, dhansak and many more delectables, not forgetting the mithoo! But one thing is for sure, we Parsis love eggs in our cuisine and it serves as a core ingredient for breakfast, lunch, dinner, or just plain snack! One participant even remarked "*everything is edu per....*"

We also went to Udvada, Navasari and Surat. We visited the Atash Behram in all 3 cities. Standing on the shores of Varoli River near Sanjan on which our ancestors had landed in India made us realise of the magnitude of the migration which our ancestors had undertaken. We were also shown the site of the first *Dokhma* used by Zoroastrians for burial purpose.

We were also shown the plight of the poor Zoroastrians in Gujarat when we visited the children at the orphanages in Surat and when we visited the people on their farms in Gujarat. This was a real eye opener for many of us, as we had never seen such poverty within the community. Work is being done to uplift these farmers and make their farming more sustainable but it has a long way to go.

The third pit stop was New Delhi, where we were invited to attend the opening ceremony of "The Everlasting Flame" exhibitions. These exhibitions are being held till the 31st of May and are part of a programme by the Indian government to showcase and highlight the contribution of Zoroastrians to the Indian Society. These exhibitions are wonderfully curated and contain old scriptures, statues and artifacts. We celebrated Navroze with a traditional "*patra nu bhuno*".

The RTR trip overall was an amazing experience. The tour was well planned, and everything from accommodation to travelling was well managed. I have forged new friendships with Zoroastrians from all over. My knowledge about my religion and our practices has increased. Things which we felt had no meaning to us earlier, now have an entire theory behind them. The importance of our cultural and traditional practices was emphasised. At the end of the day, I walked off more enriched in terms of my knowledge about Zoroastrianism and my pride in being called a Zarthushti!

You can read more about our travels on: <http://zororoots.org/> & <https://www.facebook.com/ZoroastrianReturnToRootsProgram/?fref=ts>

OUR FRIEND

Mushkil Asaan Prayers

May 6, 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 Zarthushtis to attend.

MILESTONES

Janam

Aryana, a girl to Vera-Dinshaw Springett and Steve Springett, in Chicago, Illinois, USA, on 2nd March 2016: grand-daughter to Kaizer and Mehelli B Dinshaw

Nadir, a boy to Rashna and Sohrab Dinshaw in Boston, Massachusetts, USA on 10th April 2016: grand-son to Yasmin and Farokh Mehta and Farida and Russie Dinshaw

Maran

Gool Rustom Bharucha (nee Bhamgara), formerly of Karachi and Lahore, in Singapore on **21st March**

Dhun Dhunjishah Ghadialy, m/o Homi (Watchly) Ghadially, Alla Rustomji and Rashna Ghadialy Karanjia on 28th March

Gool Burjor Sethna, m/o Jehangir, Yazdi and Nilofer Shahveer Noshirwani on **1st April**

Roshni Meherhomji, w/o Homi J Meherhomji, m/o Jamshed & Phiroze Meherhomji, d/o Minocher(late) & Mani Patel, Sister of Cyrus Patel and Vinkey Mistri on **1st April**

Manijeh Adar Wadia, w/o Adar Wadia, m/o Soonita and Neville Wadia, mother in-law of Farahnaz Wadia and sister of Kaikobad Golwalla

on **18th April**

Heero Feroze Ghandi on **21st April**

POSTINGS

Meheranghiz Irani

Address: Anjuman Bagh

Mobile: 0334 3217523

You may place your order for: Channa /Aloo Choola and the popular Iranian Seerog (Purri)

Sharmeen Sohrab Giara

Address: Avari Colony

Mobile: 0334 3103861 (Sohrab)

Homemade Paneer (plain or with zeera)

Chocolate Cupcakes

Seasonal Fruit Jam

Car for sale

Toyota Corolla GLI, Metallic Gray, 2012 Model, 20,000KM, Rs 14,50,000

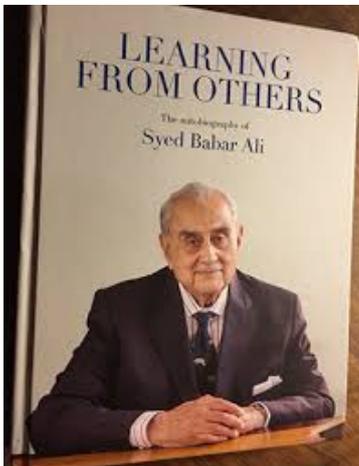
Serious Inquiries Only: Framji Minwalla 0302-824-4155



WHAT'S MORE

GOOD LIFE

Learning from Others



Is the humility with which Syed Babar Ali has titled his autobiography, but his work contradicts the title. He is the man behind Packages Limited, Nestle-Milkpak, Interbank, Ali Institute of Education and, Lahore University of Management Sciences (LUMS).

His career as an entrepreneur, philanthropist and public figure has been multidimensional and the list of his achievements is rather exhaustive. Besides his diverse roles, he contributed largely to revolutionise the Pakistani educational system by evolving Harvard equivalent university in Pakistan, the LUMS. Syed Babar Ali's foresight coupled with sincerity of purpose helped raise the bar of competition in the education sector.

Being two decades older than Pakistan and having witnessed every turbulent twist in its history, he thinks that our country urgently needs sincere leadership. He is of the view that, as a developing nation, more time is needed to create a system that places value on fairness and merit and punishes corruption.

There is so much richness of thought in the book that it would be a missed opportunity if some of his inspirational thoughts on conduct of one's life are not shared with our readers, more so because the book is not on sale but was distributed to his friends and limited copies sold to LUMS alumni.

Lifetime of Learning: "There is no such thing as excellence. Life is an on-going challenge and it is always relative. You have got to keep on improving and challenging yourself to do better. No plan, programme or concept is cast in concrete; you have to keep on modifying and improving it." Also, "There is enough knowledge to be learnt from nature itself. You must have seen how some of the big eagles land : they land the same way as the Concord used to land, which was only mimicking nature."

Perseverance: "You can stay at home and do nothing or you go out and bat to the best of your ability and leave the rest to Providence. To bat till the last ball of the match, I regard as a physical and personal therapy: You have to stay engaged and do things with passion, you have to get involved."

Money: "You have got to make sure that you have enough resources plus a contingency because resources disappear very quickly if there is an over-run. If you have two rupees, you should not spend more than one and half." His father's friend Sir John Abercrombie said to his father, "Money is like a poison to a young man. Don't give them more money than what is allowed by the school as pocket money."

Improving lives of others: "Rather than build a larger factory, one should support others. God has been very kind to me and I have always been blessed with resources. If somebody needed help of any kind and I was fortunate enough to have the means, I have tried to help. I have never expected anything in return."

Friendship: "I have always believed that in friendship you just give and not take." His younger khala (aunt) said to him when he was a child, "Do you know what 'do-satti' (friendship) means? "Do" means two, and "satti" means making sacrifice. Then you have *dosti!*"

Family: Their love and support strengthens you, as much as complete trust by each member keeps the bond intact.

Spiritual obligation: “By visiting *dargahs* (shrines) and the family graveyard I get peace of mind. I find that it brings one down to earth, seeing how people live and making me feel that I am no special person, but one of the masses. It is a chastening exercise and reminds me of my own mortality.”

Back cover of the book has a couplet by the Persian poet Saadi which translates as: “My companions’ virtues elevated me/ Otherwise I am the same humble creature that I was.”

Even if we can emulate a few of his philosophies of life! SFG

OUR FAITH

Sukhar and Loban at Sarosh Prayers



Some of our readers wish to convey that it is traditional for the family of the deceased to offer *sukhar* and *loban* after the Sarosh prayers. Today it is offered by many who attend the prayers leading to excessive smoke, especially when the prayers are in homes of people. **Maybe we could bow before the fire and walk past, to ensure comfort of others.**

Greeting the Family after Funeral Prayers

Some readers have also mentioned that after the funeral prayers, it is customary for men - and women who come after the prayers have commenced - to line-up and do ‘sazdo’ to the expired person. Immediately after that, others start meeting the family. This gives the bereaved family no time to pay their last respect and their ladies to see off their dear departed. **Let us hold back till the funeral van has moved and then, begin to meet the bereaved family.** We are effusive people which is nice, but here restraint will serve everyone better. Trust this request will be taken in the spirit in which it is written.

Jashan Ceremony and its Implications

By Ervad Dr Jehan Bagli



The word Jashan means worship or an offering. A Jashan is performed to celebrate various types of occasions: festivity for a family, celebration of a communal festival of nature, celebration of new venture or for a memorial service. The prayers are appropriately modified to suit the occasion.

Jashan prayers are recited in the Avesta language, with some parts said in the later language, Pazand. The payout for a Jashan characteristically includes all the six elements of creation: starting with fire as the luminary, followed by water, earth, plant, animal, and humans.

In all Zoroastrian rituals, Fire plays an integral role. It is present in all the ceremonies and is continuously tended with fragrant wood and frankincense. Fire is visualised as the actual incarnation of the Creator – Ahura Mazda.

As an incarnate of God, the sacred Fire is, absolute in purity, absolute in truth and benevolence, and commands the highest level of reverence in devotion. The offerings of the devout are thus directed to commune with the Supreme Divinity, Ahura Mazda. To preserve and maintain the highest level of purity and to avoid pollution of the sacred Fire's sanctity, Zoroastrian priests always cover their mouths with a cloth (*Padaan*) when praying in front of the Sacred Fire.

The act of touching the Fire vase with a ladle, while joining hands at the beginning of the ritual, is symbolic of the completion of the circuit of existence between the spiritual and the physical worlds. This is done characteristically through the connection with the Divinity – the Sacred Flame.

Creation by Zoroastrian theology is a composite of dual complements built with its oneness. Initially, it was the creation of the perfect Spiritual domain designated as **Menong**. This was followed in the same manner by the creation of the 'real' world, or the physical existence known as **Getig**.

In the Jashan ceremony there is no limitation to the number of participating priests. However, it is always the two priests in front of the Sacred Fire who play the leading role. Of the two leading priests, one acts as the **Zaotar** (senior priest) and symbolises the spiritual domain. The other is the **Rapsi** (junior priest) who represents the physical domain and usually tends the Sacred Fire.

The flower ceremony has a very important significance. Flowers are arranged in two rows: each consisting of two flowers arranged vertically at the bottom with three other flowers placed horizontally above them. The number three of the horizontal arrangement signifies the execution of the **thoughts, words, and actions**. The two rows symbolize the spiritual and the physical components of the cosmos. These flowers are picked up during the prayers in a specific order.

At a certain point during the recital, the senior priest will, first, pick up the two vertical flowers, wisdom handing one to the junior priest. This is symbolic of the passing of knowledge and from the spiritual to the corporeal. This is followed by prayers that invoke blessings for thoughts, words and deeds. At this juncture the two priests exchange the two flowers reciting the words "May it be so as I wish."

Then at a specific time during the recital, the horizontally arranged flowers from the right row are taken up, in descending order, followed by those in the left row, which are picked up in ascending order. This ascending and descending order signifies the journey of souls descending from the spiritual domain with their thoughts, words and deeds to the corporeal world; the ascending order is symbolic of the souls returning to the spiritual domain. Interestingly the three horizontal flowers are picked up with the actual recital of the words good thoughts, good words and good deed in the prayers.

It is only through harmony between the physical and the spiritual that we can attain the perfection of peace, as individuals and as a civilization. We can then relate with the spirituality among others to bring the Just Peace to the world at large.

An excerpt from his write-up on the subject, in the FEZANA Journal – Winter 2015

AND...

What does love mean to kids

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca - age 8

'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smells each other.' Karl - age 5

'Love is when Mommy gives Daddy the best piece of chicken.' Elaine - age 5

'You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget.' Jessica - age 8

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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For noting in your diary:

Day/Date	Time	Venue	Event and its details
Fri 6 May	6:00 pm	JB Hall	Mushil Aasan prayers
Sun 15 May	5:30 pm	Kemari Pier	A boat-ride + Snacks Last date: Tue 10 May 1pm Tkt: Rs 500