

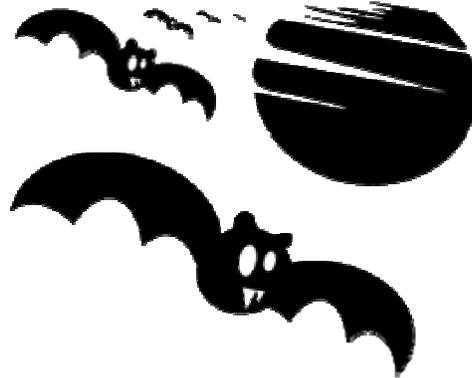
October 2016

**KZBM PROGRAMME**

**TRICK OR TREAT!**

**Halloween Fancy Dress Competition**

**Sat 29 October at 5pm**



Let's have a variety of entries  
As we have planned fun and treats.

Join us in large number for this fun  
as there are prizes to be won!

Parents help us make it a success:  
To you this rhyme we especially address.

Venue: Mandal Hall

Time: 5:00 p.m. to start

Ticket per person: Rs 300/-

Last Date: Tuesday, October 25, 2016 till 1 pm

All children upto age 15 will be given a good bag, so please give their names accordingly when purchasing tickets.



Please note:

1. Tickets reserved but not collected and paid for before the closing date, will mean cancellation of your name from the list.
2. Please give the names of the participant/s (with age and their costume/ character) to Katherina Irani on mobile no 0300 2243063 by Tuesday, 18 October 2016.

3. As we have a little memento for all attending kids, kindly inform the ticket seller how many children are attending, even if they are not participating in the Fancy Dress!

## KZBM Child Chapter

### At Pepsi Cola Factory

Ronnie Daruwalla, Group Director Manufacturing Operations of Pepsi welcomed KZBM group to the Pepsi factory on 27<sup>th</sup> August. Ronnie explained the drink making process to the group of 27 children and their accompanying 7 committee members, concluding with a romp and photos in the factory garden, as well as guzzling the drink! A morning enjoyed by all, including the host!



## Z-CLIPS (4)

We are a blessed community with diverse talent. This month we have achievement of three outstanding ex-Karachi Zarthostis and, a fourth one about to emigrate with her family: Each bringing forth his/her best, and giving us an opportunity to partake in the outcome. Do read on...

# 1

## Niloufer Adil Mavalvala Perpetuating Parsi Cooking



**Niloufer Mavalvala's much talked about Parsi cookery book will be available in Karachi from 3<sup>rd</sup> October. It will be a one-time availability with special rates given by her to the community. (Please see the details under "Postings")**

You will no doubt like to have some details of the book and, how Niloufer's journey into cooking started: Her enthusiasm for sharing Parsi cooking techniques, learnt from various family members, started when she conducted cookery classes in Canada, the UK and Dubai. Most of the recipes included in her cookbook have been passed down for generations in her family.

"I am lucky to be a part of the 'Masterchefs' for at least the three generations that I am aware of. My mother is an extraordinary chef (*having been a student at the Le Cordon Bleu London*). My aunts are all great chefs too. To add to the equation, my mother-in-law is also a brilliant chef. I have shared everyone's personal favorites, included my own, and tweaked the laboriously long winded process in some cases to bring ourselves into a 21<sup>st</sup> century kitchen without losing the authenticity," Niloufer said at one her press interviews.

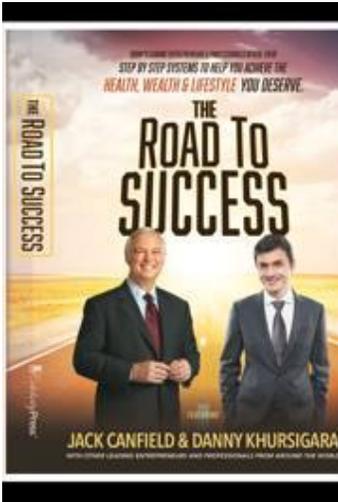
The book is categorized as *pehli*, *beeji* and *teeji vahni* (first, second and third courses). Each recipe is personalized with a short anecdote, followed by tips and trivia that aim to keep the reader engaged. "I have written the book reflecting how I teach. Each recipe has a picture accompanying it – because of course we eat with our eyes!! I have also created a couple of fusion recipes to add to the fun of it all. It is there to share whole heartedly, with anyone and everyone who wants to enjoy a delicious meal with their family and friends."

With an unstoppable passion, Niloufer is already planning her next cook book: a vegetarian version of Parsi Cooking and add to it "all the delicious sweets that many in the next generation have not even tasted nor heard off. It is after all about reviving an ancient cuisine."

She concludes that, "If I can know in my heart that this ancient culture and tradition now lives on for the next three generations thanks to this book, I think I have achieved the best reward ever." If you wish to preserve our cuisine, why not buy a copy for your grandchildren.

## 2

### Danny Rustom Khursigara Is one of the co-authors of “The Road to Success”



We are living in interesting times: for some success in life is good social status and personal achievements, others seek fulfillment by finding their purpose in life and maximising their potential.

As a Certified Success, Life and Executive Coach, Danny Rustom Khursigara - son of our Roshan and Chum Khursigara - suggests three very inspiring steps for success in life, beyond the mere corporate success:

1. Be clear why you're here. Discover your life purpose. Ask what makes you come alive and then go do it.
2. Assume 100% responsibility for the quality of your life: no blaming, complaining and excuse making
3. Adopt powerful success habits

He lucidly elaborates the above points in a TED Talk whose link appears below. *(If the link does not give direct access, please copy-paste it in your browser.)* **The talk is addressed to the youth who will receive a very different perspective on life than one they maybe living with.** The talk is bound to move any listener who is seeking deeper meaning in life.

<https://www.youtube.com/watch?sns=fb&v=xSwCEirS8tw&app=desktop>  
Why we need to live with purpose | Danny Khursigara | TEDxYouth@WISS

Danny started his career as an accountant in PricewaterHouseCoopers and later become the Chief Operating Officer and Chief Financial Officer at ABN AMRO Bank and RBS Bank with opportunities to live in Tokyo, Manila, Hong Kong, Karachi, and Shanghai. His employments include ABN AMRO Bank, Royal Bank of Scotland, Standard Chartered Grindlays Bank, and ANZ (Australia & New Zealand Banking Group).

**Despite having much of his career focused in the corporate world, Danny has a much greater calling in mind. His purpose is to inspire and empower others to become successful through leading happier and more fulfilling lives and becoming the best version of “themselves”.**

He has been mentored by Jack Canfield, the co-author of ‘Chicken Soup for the Soul’ series and ‘The Success Principles’. In May 2016 he teamed up with Jack Canfield and several leading experts from various industries to release a new book, *“The Road to Success: Today’s Leading Entrepreneurs and Professionals Reveal Their Step-By-Step Systems To Help You Achieve The Health, Wealth and Lifestyle You Deserve”* which has been published by CelebrityPress.

**Living his purpose in life to inspire and empower other people, Danny intends to place the book in e-version, for free download, on his website.**

Earlier this month, Danny along with other authors of the book, received a well-deserved recognition by the Quilly Award for best-selling authors around the world, for their contribution to education, enlightenment and the advancement of business.

KZBM is proud of Danny’s remarkable achievement and would like to follow where his future takes him next.

### 3

## Dr Sheheryar Kairas Kabraji Studying 'Dormant' Cancer Cells And Hoping To Develop Novel Treatment



Sheheryar is the son of Aban and Kairas Kabraji. He has the distinction of having graduated from prestigious Ivy League Universities and is currently doing Fellowship at a cancer centre. Here are the details:

University / Institution	Degree	Field of Study
Yale College, New Haven, CT, USA	B S	Molecular, Cellular, Developmental Biology
University of Cambridge, Cambridge, UK	B A	Medicine
University of Oxford, Oxford, UK	B M, B Ch	Medicine
Dana Farber Cancer Institute/Massachusetts General Hospital Cancer Center, Boston, MA, USA	Fellowship	Hematology/Oncology

Dr Sheheryar Kabraji is currently doing research on Hematology/Oncology studying how dormant cancer cells are responsible for resistance to chemotherapy in patients with breast cancer. He has developed a novel method for finding "sleeping" cancer cells in human tumours using automated microscopy. This has the potential to be a new way to identify which patients will respond to existing treatment as well as help develop novel treatments in breast cancer.

#### Honors & Prizes

- 2005 Jennings Prize, University of Cambridge, UK
- 2008 Radcliffe Infirmary Prize, University of Oxford, UK
- 2013 Best Clinical Vignette, Massachusetts General Hospital Research Day, Massachusetts General Hospital, Boston, MA, USA

#### Further research

- MGH Cancer Center Sovereign/Santander Hematology/Oncology Fellowship 2014-present
- The Jerry Younger, MD, Grants for Clinical and Translational Breast Cancer Research 2015-2017

KZBM would like to add that with Sheheryar's exceptional scholastic record one can expect a successful outcome of his research and may he earn the gratitude of millions of cancer sufferers and their families. Our community is proud of you Sheheryar!

## 4

### Kaizer Behram Irani In “Actor in Law”



Most of us Karachiites have seen Kaizer Irani (nee Chowna) on Parsi stage, and just as many must have - by now - seen her as the Parsi mother of the heroine in the Eid-released Pakistani movie “Actor-in-Law”: A landmark achievement for a self-taught amateur actor to be picked by the producers for the role. MOK (Maharukh Bhiladwala) also has a one-shot appearance in the movie. You have to see the film to find out more, if you have not already!

Kaizer came on stage at age two in an elocution contest, but it was when she played Eliza Doolittle in 'My Fair Lady' at her school's Talent Show in Class 7, and performed the same for the Parsis that her flair for acting was noticed. This talent was honed through roles in plays written by Farishta Dinshaw and directed by Zavare Tengra (Air Farohar, Maneck ni Maasi and Mind Your Language) and the IRM's Padharo Paigambar.

By then, she also directed and played the lead role in 'Kaklaati Cooverbai' translated by her from the Urdu play 'Aaraam o Sukoon' and, a skit she wrote and acted with her own mother to entertain the elderly at Katrak Hall Compound where she lives. She went on to adapt the Canadian script of “Boeing Boeing” and staged it for KZBM as part of their centenary celebration in 2012.

Before then she had also spread her wings and played a Parsi Secretary in Geo TV's sitcom 'Afsar shohar aur biwi' in 2003, and for the same channel acted in an episode in the series 'Saas jawan bahoo pareshan'. Kaizer also performed as a Television Anchor in Arts Council's commercial play 'Lovengers' in 2012.

All said and done, the community's accolade apparently warms Kaizer's heart the most because her fondest memory is of the skit “A flower of a different colour” written, directed and lead role played by her as a mentally challenged young girl. It had an entire caste of children aged 5 to 12 years offering a challenge to make them play their role. The skit was the Winner at Inter Colony Skit Competition and Kaizer the Best Actor.

Life being what it is, our young talented ones are moving to greener pastures and so will Kaizer with her family early next month, but she will always partly belong to us, and we will share any achievement of hers in the future as well.

**SFG**

## OUR FRIENDS

### YMZA / Dastur Dr Dhalla Institute Minwalla Music Competition 2016

Sunday, October 23, 2016 at 4 pm (participants must be present by 3:30 pm) at Avari Towers

Age categories: The Music Competition is open for all Zarthostis:

- Under 6 yrs
- 6 & 7 yrs
- 8 & 9 yrs
- 10 & 11 yrs
- 12 & 13 yrs
- 14 & 15 yrs
- 16 – 17 yrs
- OPEN category - 18 yrs and above

Musical category: ANY musical instruments. ALL age categories can be performed solo, in a duet or in a group.

Singing & Music category: Performances for this category will be from 12 years and above. This singing and music represents actual music on the stage and not a CD. ALL age categories above 12 years can be performed solo, in a duet or in a group.

Participants should give their name(s) along with their age, instrument, name of tune (specifying solo, duet or group) and advise since WHEN they have been playing to the **following committee members by Wednesday October 19, 2016: Shahrazad Irani, Behroze Khambatta, Natasha Mavalvala, Perin Mama and Cyrus Khursigara**

#### NOTES:

- Judging of all categories will be at the sole discretion of judges.
- Where age category in a duet or group is different, they will be placed in the older age group.
- Depending on age groups & number of participants in each, these categories may be either further sub-divided or combined together, at the judge's discretion.
- Only the Piano will be available on competition day. Any other musical instruments are the responsibility of the participant.
- Children in audience below 6 yrs of age will NOT be allowed in the hall during the competition.

### RESULT of The YMZA/Dastur Dr Dhalla Institute's SHAHOOKAR DANCE COMPETITION held on Saturday, September 17, 2016 at the Beach Luxury Hotel.

There were 29 participants: some of whom performed solo, and others as groups being the trend of Bollywood dances today.

The winners were:

#### Up to 7 years age group

1<sup>st</sup>: Shahrzad Spitaman Cooper, 2<sup>nd</sup>: Nazish Maresban Patel, Shane Farzain Messman & Nerina Farzain Messman; 3<sup>rd</sup>: Sharmin Hoshang Sukhia; Special Prize: to Jehangirshaw Maneckshaw Cooper

#### 11 - 13 years age group

1<sup>st</sup>: Azman Ratanshaw Makujina, Arshan Zubin Irani & Zermesh Behram Irani; 2<sup>nd</sup>: Safna Dadabhoy Mama, Selena Ardeshir Wania, Iyanah Aspi Bhathena, Freya Ardeshir Wania, Nadya Dadabhoy Mama, Zara Kaizad Mavalvala, Teah Hormuzd Mana; 3<sup>rd</sup>: Dina Ronnie Patel; Special Prizes to: Rhea Hormuzd Muncherji, Auzita Sohrab Giara & Zarita Sohrab Giara and Usphan Namiranian & Shahan Behram Irani

15 and above age group

1<sup>st</sup>: Natalia Darius Karanjia; 2<sup>nd</sup>: Nauzer Jamshed Patel, Farshad Vispi Billimoria, Naozad Jehangir Billimoria & Shaun Eruch Malbari; 3<sup>rd</sup>: Nasha Ratanshaw Makujina & Zarah Zubin Irani

## MILESTONES

### Maran

**Eruch Framroze Talati**, brother of Roshan Kamdin, uncle of Nauzer, Yazdi and Marazban Talati on **3<sup>rd</sup> September**  
**Betsy Nariman Patel**, w/o (late) Nariman Patel, m/o Shiroy Nariman Patel, sister of Roshan Farrokh Patel, mother in-law of Parinaz Patel, and grand-mother of Kayan Patel on **6<sup>th</sup> September**  
**Tehmina Framroze Putloo**, sister of Jerbanoo, Daisy, (late) Cyrus and (late) Persis Putloo on **11<sup>th</sup> September**  
**Perin Ferozepurwalla**, w/o (late) Feroze Ferozepurwalla, m/o Nauzer, Dhunjishaw and Armeen Vakil, mother in-law of Jasmine Nauzer Ferozepurwalla, Shernaz Dhunjishaw Ferozepurwalla and Adil Nariman Vakil, grand-mother of Nadirshah, Shireen, Gulshan, Farah, Jehangir and Feroza on **22<sup>nd</sup> September**

## POSTINGS

### “The Art of Parsi Cooking reviving an ancient cuisine”

Available from 3<sup>rd</sup> October with special rates and in limited stock:

Hard back - 200 copies – Rs 2,500

Soft back - 150 copies – Rs 1,900

Please be kind enough to give the exact amount.

Artistically executed, both editions are identical in style with all images in colour.

Available from: Nerges P Bharucha, Parsi Colony [after 12:30pm] : Zarine T Mavalvala, Avari Colony :  
Toxy Cowasjee, Bath Island.

### House No. 6-A Cyrus Minwalla Colony

On sale or rent.

Contact Ardesheer Kavasji on Mobile: +1-647-200-1861 - on WhatsApp, Viber or Facebook – or, on Email:  
[akavasji@yahoo.com](mailto:akavasji@yahoo.com).



## WHAT'S MORE

## GOOD LIFE

### Aluminum Foil Treatment for Back and Joint Pain, You Have Never Heard Before!

Chinese and Russians have been using aluminum foil for a long time to relieve back pain and joint pain. This article will help you understand how you can use aluminum foil to ease your back, neck, knee or joint pain. This may look somewhat implausible to you, but you will be surprised to know how aluminum foil can magically help you get rid of pain.

The procedure of this old Chinese and Russian method is very simple, you just need to wrap the affected area with aluminum foil and the pain will be gone in a short span of time. Many famous Russian doctors like A V Skvortsov have suggested that aluminum foil is a great alternative of expensive and harmful drugs, due to which the use of aluminum foil have become common in this decade.

#### Method of Application



To ease back and joint pain, you need to take a piece of aluminum foil and wrap it to the affected area with the help of a bandage. Keep it there for at least 8-12 hours, depending on the intensity of the pain. You can practice this before going to bed, in order to get a good deal of time to let the foil work on your body. Make sure you take a break of 1 week before repeating this process.

#### How Does this Method Work?

The traditional studies of Chinese and Russian scholars assert, when the humans wrap aluminum foil around their affected area the bio-energy that pass through their body returns to the meridians, where it first came from. When the meridian is returned to its natural state the flow of energy is regulated and the pain is relieved.

#### Uses of Aluminum Foil

- You can use aluminum foil for a couple of problems like: neck pain, back pain, or arm pain.
- Research postulates that aluminum foil is very good for Sciatica and Herniated Disc.
- Since this method is used to regulate the natural, i.e. the original state of your body you can also use it for numbness and rheumatoid.
- You can employ the use of aluminum foil for postoperative scars.
- It can be used for relieving common cold and cough.

#### Aluminum Foil as an Anti-Inflammatory Agent



Since aluminum foil works as an anti-inflammatory agent for your body, you can use it to deal with external body swellings. To treat such swellings you need to wrap your affected area with 4-8 layers of aluminum foil and put a cloth or a piece of paper between the each layer. Keep the affected area wrapped up for at least one hour and then remove it carefully. Repeat the process after every two to three hours for 3-7 days depending on the intensity of soreness on your affected organ.

#### **Which Side Should You Use?**

Since, aluminum foil has two sides: one matte and one shiny, so there it has always been a matter of contestation among researcher regarding the appropriate side of the foil. Some scientists and doctors advocate that the patient should put the shiny side of aluminum foil directly on the affected area, while some argue that the matte side should be on the inside. No final consensus has been reached so far, so you can use any side you want and don't worry because both of them are equally effective.

*(Courtesy: Thrity Cyrus Kharas)*

## OUR FAITH

### Zoroastrian Saint Dastur Kukadaru



**Dastur Jamshed Ervad Sohrab Kukadaru** (1831-1900) was a Zoroastrian priest of Mumbai and is revered as a saint. His life was filled with miraculous events which have been documented in Gujarati as well as English.

As a Panthaki of Kapawala Agiary he used to wash his own clothes and ate only one meal a day consisting of rice and ghee (clarified butter). He used to cook it by keeping a vessel of rice in the rays of the sun and reciting the sacred Avestan verses. He did not eat meat, and only consumed milk and fruits. Dasturji Kukadaru made a number of predictions that came true, such as the deaths of Empress Victoria of England and other personalities in India at that time.

He had also performed the famous "Mazgaon Navjotes" in 1882 of people born of inter religious marriages, as per the records in Parsi Prakash, an Orthodox Zoroastrian newsletter. The reformists Parsi groups often cite this as an example of Universal acceptance of all in Zoroastrianism.

It is said about his holiness and "Amal" (power) acquired from Paav Mahel ceremonies that when the Anjuman Atash Behram in Bombay was going to be newly established the managers began to experience paucity of funds. They could not collect the necessary amount and were disheartened. On coming to know of this Dasturji Kookadaru prayed in the fire temple the whole night, performed various religious ceremonies and through his power and expertise in Alchemy, he produced the requisite quantity of gold which on being given the next day to the managers could fetch the exact amount of shortfall necessary in the funds. Thus like former Dastoor such as Ardaviraf, Tansar, Adarbad Marespand, Nairyosang Dhaval and Meherji Rana, Dastoorji Kookadaru was an equally holy Dastoor possessing Amal (power of achievement).

Dasturji Kukadaru during his lifetime was not a Dastur (High Priest) but an Ervad, a medium-level Zoroastrian priest. After he died, at his Uthamna ceremony, Dasturji JamaspAsa declared that his name should henceforth be recited as 'Dastur Jamshed Ervad Sohrab' as a mark of unprecedented respect.

Many years after Dasturji Kukadaru died, Ervad Nadarsha Navroji Aibara a well-known priest of Cusrow Baug rekindled the faith in Dasturji Kukadaru among the Zoroastrian community. Ervad Aibara's spiritual Guru (mentor) was Dasturji Kukadaru who gave him a number of nirangs (short prayers) and instructed him to give these to any person who came to him for help in difficulties. Many people benefited from these prayers spreading the faith in Dasturji Kukadaru in the later part of the 20<sup>th</sup> Century.

*(Source: Wikipedia, the free encyclopedia)*

**AND...**



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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)

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For noting in your diary:

Day/Date	Time	Venue	Event and its details
Sun 23 Oct	3:30 pm	Avari Towers	Minwalla Music Competition
Sat 29 Oct	5 pm	KZBM	Halloween Fancy Dress Competition. Ticket: Rs 300. Last date: 25 Oct