



NEWSLETTER OF THE ZOROASTRIAN SOCIETY OF BRITISH COLUMBIA

PRESIDENT'S MESSAGE

Dear members,

Time really flies. To me it feels like yesterday that I started my position as a member of the Board of Directors, but it is two years now that I have served my community with the best of my knowledge and ability.

I really hope that my community members were seeing some positive changes and hopefully, all the hard work and dedication did not go unnoticed. I have gained a lot of experience and learned a lot and for this opportunity, I am sincerely grateful and thank everyone who stood by my side and helped me in whatever way.

However, this time, I would like to thank one special person without whom I perhaps would not be able to get to where I am today. Manochehr Dini, my husband and friend, my biggest critique and the shoulder to lean on when I was exhausted, frustrated, sad... Someone who encouraged me to move on and not to give up when situations became uncomfortable. I really appreciate you being there for me always. I am really grateful to have you in my life.

Now, it is time to say goodbye from the Board of Directors position and welcome the new members to the Board. I wish them all the best of luck and a wonderful time in learning and experiencing and growing from and with our Society.

May Ahura Mazda bless us all.

Anahita Kaviani D.
President/ Education Director

| | | |
|------------------|-----------------------|---------------------|
| Anahita Kaviani | President & Education | President@zsb.org |
| Azita Dehmobed | Treasurer & Secretary | Treasurer@zsb.org |
| Azadmehr Kaviani | Maintenance | Maintenance@zsb.org |
| Farhad Iranfar | Seniors | Seniors@zsb.org |
| Sepand Gojgini | Socials | Social@zsb.org |

In Search of the Truth

Tir - Shahrivar 3756

June - August 2018

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British Columbia
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Canada

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www.zsb.org



ANNUAL GENERAL MEETING



THE ZOROASTRIAN SOCIETY OF BRITISH COLUMBIA

NOTICE OF THE 50th ANNUAL GENERAL MEETING (AGM)

Under the terms of articles 11.6 and 12.1 of our society's by-laws, notice of the 50th AGM is hereby given as follows:

DATE: Sunday, June 10, 2018
 PLACE: Arbab Rustam Guiv Dare Mehr
 6900 Halifax Street, Burnaby, B.C. V5B 2R5

TIME: 2:00 pm Registration
 2:30 pm Commencement of Annual General Meeting

1. To adopt the Minutes of the last AGM held on June 17st 2017.
2. To receive and adopt ZSBC's audited financial statements for the year ended March 20, 2018.
3. To review and adopt the proposed budget for the fiscal year 2018-2019.
4. To appoint auditors for the fiscal year 2018-2019.
5. To elect 7 directors to the Board of The Zoroastrian Society of BC for a period of 2 years, i.e. until 2020 AGM
6. To elect 4 trustees to the Board of Arbab Rostam Guiv Trust for a period of 2 years, i.e. until ZSBC's 2020 AGM
7. Any other business that may arise at the meeting.

The meeting is open to all Zarathushtis and their family members. However, only Zarathushtis residing in BC who are "members in good standing" of ZSBC [those who have paid their 2018-2019 membership fees], will be eligible to vote.

If you are unable to attend the AGM, please exercise your right to vote by completing, signing and giving the attached Proxy form to a member who will be attending the meeting so that he/she can register it with the Secretary at the meeting on your behalf.

Anahita Kaviani Destjerdi

President

Attachment:

- Proxy Form



PROXY FORM

The Secretary
The Zoroastrian Society of British
Columbia, 6900 Halifax Street,
Burnaby, B.C. V5B 2R5

This is to inform you that I/We will not be attending the Annual General Meeting called
on Sunday, June 10th, 2018.

I/We hereby appoint _____ as my/our proxy at the meeting.

Date: _____

Signature(s)

Print Name

Address: _____

Note: A Member shall not hold more than three proxies.



HAVE A HAPPY DAY!

HAVE A HAPPY DAY!

I DON'T CHARGE ANY FEE FOR PHILOSOPHY,
I DON'T ASK FOR ANY MONEY TO BE FUNNY.
ALL I WANT IN RETURN ARE BLESSINGS AND SMILES,
AS THE JOURNEY OF LIFE BECOMES EASY FOR MILES.

I DON'T ASK FOR ANY REWARDS FOR MY JOKES,
I DON'T WANT SADNESS AND SORROW FOR ALL MY FOLKS.
HUMOR SPREADS HAPPINESS FOR IT DEFIES LAWS OF MATH,
THE MORE YOU DIVIDE IT, IT MULTIPLIES ON EVERY PATH.

I AM IN
CHARGE
OF HOW I
FEEL AND
TODAY I AM
CHOOSING
HAPPINESS.



HAPPINESS IS MY UPBRINGING, RELIGIOUS OR OTHERWISE,
FOR THIS IS A WAY TO PRACTICE HOW TO BE WITTY AND
WISE.

THERE IS ENOUGH DESTRUCTION AND HURT OUT THERE,
ISN'T IT TIME WE ALL ARRIVED WITH HUGS TO SHARE?

THE THREE WISE MEN BROUGHT GOLD, FRANKINCENSE
AND MYRRH,

THEY MIGHT AS WELL HAVE BEEN BOLD AND BROUGHT
COMMON SENSE AND MIRTH.

IF GOOD THOUGHTS, WORDS AND DEEDS CAN BRING
PEACE, JOY AND PROSPERITY,
THEN WHY ARE WE BRINGING POVERTY AND MISERY,
INSTEAD OF FRASHOKERETY?

FIRDOSH MEHTA
May 10, 2018

ANNOUNCEMENTS

CONDOLENCES



Vancouver, BC.

Parvin Anousheh-Khosravi; Wife of Shahriar Khosravi, Sister of Paridokht Anousheh-Soroushi; Mother of Homa, Sima, Bahram, Shahram Khosravi; mother-in-law of Shahbahram Mavandadi, Khashayar Anjam, Louisa Khosravi, Anahita Bonshahi; grandmother of Sam, Sepand Mavandadi, Arya, Persia Anjam, Vista, Arvin Khosravi; passed away on Sunday May 6, 2018 in North

BIRTH

Ario Behi, a boy, to Mandana Namdari and Mobed Ardeshir Behi of North Vancouver on May 20, 2018.



MEMBERSHIP FEES

PAY YOUR MEMBERSHIP FEES ONLINE ... NOW AVAILABLE!

A concerted effort has been made by the ZSBC Board of Directors to set up a system that will allow members to pay their dues and donations online. If you prefer this method of payment, please visit www.zsbc.org and use your credit card. The ZSBC Board of Directors urges you, your family, and Zarathushti friends to pay the annual membership fees on time. This will enable our Society to better budget projects and to continue to thrive and survive. We thank you in advance for your cooperation and generosity!

MEMBERSHIP FEES for 2018:

| | |
|---|------|
| Family: Husband and wife, including children under 18 | \$50 |
| Senior (65 years and over) | \$15 |
| Full time student (18 years and over and not working) | \$15 |
| Individuals (18 years and over, even those living with parents) | \$25 |

Become a
MEMBER
JOIN TODAY

Our Board of Directors is always available to collect your membership fees. You can pay fees by cash, cheque, or online by credit card. Please feel free to contact any of the Directors, on any issue relating to our Society and/or convey your views.

BENEFITS OF MEMBERSHIP

- 1- Students whose parents are members in good standing can qualify for scholarship.
- 2- Children get to learn about their culture and religion & meet and make friends with community children.
- 3- Seniors get to attend programs for seniors.
- 4- Marriage Registration on behalf of the Government of Canada is available to members.
- 5- Event tickets (e.g. Nou Rooz and Parsee New Year, etc.) are available to members in good standing at subsidized rates.
- 6- Dare Mehr community hall is available for rental at a very nominal fee to members in good standing.
- 7- Reference letters can be provided to members in good standing and who have become Canadian Citizens to apply for Canadian Citizenship and passport.

NOTE: *To be eligible to vote for the upcoming ZSBC Board of Directors elections, you must be a member for **at least three consecutive months prior to the election date** and to become a candidate to run for BOD you must have been a Zarathushti member for at least two years prior to the voting date. If annual membership dues are not received before March 20th of each year, the membership will be lapsed resulting in discontinuity affecting voting and election privileges.*

ADVERTISING RATES IN NEWSLETTER

(All advertisements in ZSBC newsletter will be in black and white only)

- Business card size ad in one issue \$30
- Quarter page size ad in one issue \$40
- Half page ad in one issue \$60
- Full page ad in one issue \$100
- To sponsor an issue and get recognition: \$300

Your support by advertising in ZSBC newsletter will be highly appreciated.



DONATIONS

All donations paid to Arbab Rostam Guiv Trust to help with Dare Mehr's renovation costs are acknowledgeable by the Arbab Rostam Guiv Trust exclusively. Tax deductible receipts will be issued by the Trust. Please donate generously. With interest rates being very low the Trust has no other

source of income and depends on your donation to keep the Dare Mehr in shape.

Donations made toward ZSBC will be acknowledgeable by ZSBC and Tax-Deductible receipts will be issued likewise by ZSBC.

New ONLINE option to donate to ZSBC is now available on www.zsbc.org

GENERAL DONATIONS

| | |
|-----------------------------|--------|
| Amrolia, Piroj | \$ 100 |
| Bomanbehram, Ketayun | 200 |
| Darabna, Jehangir | 50 |
| Dastur, Kashmira & Khushrav | 100 |
| Dr Rostamian, Pourandokht | 600 |
| Farrokhzad, Mahinbanoo | 200 |
| Furnbull, Zenobia | 201 |
| Irani, Bezan | 100 |
| Italia, Homi | 350 |
| Jangi, Viloo | 100 |
| Kabeer, Cyrus | 51 |
| Kamdar, Jamshid & Gohar | 200 |
| Kasad, Mehernosh & Sherna | 151 |
| Kavoosi, Mehrnaz | 400 |
| Keshmiri, Mehrdad | 50 |
| Khajotia, Cyrus and Mahrukh | 200 |
| Khushrushai, Mehernosh | 50 |
| Kooka, Nerges | 51 |
| Madon, Perviz | 136 |
| Mehin, Armity | 101 |
| Mehin, Manouchehr & Shirin | 233 |
| Mehta, Furdon | 50 |
| Mistry, Behroze & Rumi | 51 |
| Mobed, Paridokht | 200 |
| Parakh, Rita | 25 |
| Reyhani, Hormozdyar | 100 |
| Shroff, Hushang & Mahurukh | 350 |
| Turnbull, Zenobia | 201 |

Total donations \$ 4,601

And other donors that supported our society with their cash donations



GROUP SEDREH POOSHI/NAVJOTE



May 26, 2018 dawned bright and beautiful, and so did the Dare Mehr. It was the sedreh pooshi/navjote ceremony for six of our community's children. The event was not made open to all ZSBC members because of the lack of space in the Dare Mehr, as only the children's families and their guests, the Trust Board, the mobeds' families and their guests, past Presidents, Committee members and one guest each, could be accommodated. This was for the family of the six children – Raika Namdari, Aryana Mehin Mehrkhodavandi, Artai and Atrem Shoghli, Arya and Katayoun Kamdar. The place was packed to capacity, but no rules were broken.

Here is the message from Chair of the GSPN Committee to all guests at that ceremony:

“A hearty and heartfelt welcome to all of you who are here. Congratulations to The Zoroastrian Society of British Columbia, for celebrating its 50th anniversary this year.

All of you have received a handout, which gives you some idea of who our new Zarathushtis are. The ages range from 11 to 20! We should be so proud of them. But Zoroastrianism does not end with the wearing of the sedreh and kushti – the good thoughts, good words and good deeds only start in earnest from this day on. So here is my advice to these young people who have embraced the oldest religion in the world. Arya, Artai, Raika, Aryana, Katayoun and Atrem - remember

that you are going to be the leaders of the future, and you need to prepare for that. All of you have the potential – but what you need is the dedication, love for community and ability to sacrifice some of your personal time and pleasures to work for the community. You have musicians and sports enthusiasts among yourselves – think of organizing a small orchestra or holding a tennis tournament – get enthusiastic about what you can do now. Strive to be leaders. Your parents have given you all the opportunities – make use of your talents and interests for your own character building and for the joy you can give others. A big heart will go a long way! Be compassionate and charitable, and always counting your blessings!

If you want examples of what young people can do, you have two of them here who have given so much of their time and energy to not only the adults in this community, but to the children and youth. One or both of them have tried to attend the classes which Ardeshir and Tooraj have held. Do you not think they had other things to do – family, work, friends, just as all of us have? I would like to say a special thank you to Aubtin Yazdgardian and Kayras Irani. However, there is some sad news here for us. Kayras is leaving Vancouver at the end of this month to go to Australia and New Zealand. He has found his Cinderella and may possibly settle down in New Zealand. Kayras, we will miss you more than you can imagine! Thank you for your constant willingness to help each and every one of us, rushing from here to there when you have a full-time job as a paramedic. Aubtin - you are on your own now as your buddy is leaving you; you will have to find another!

I used to have a good singing voice – with age, most of the time I have difficulty speaking clearly. I have left to the end what is most important, and that is my thank you on behalf of myself and of the Group Sedreh Pooshi/Navjote Committee.

Our greatest thanks go to two mobeds who have sacrificed much of their time and energy to preparing classes about the religion, and then teaching the kushti prayers. Tooraj Khodabakhshi and Ardeshir Behi – you have done so much to inspire us that all we can do at this stage is to wish you and your loved ones a long, healthy, happy and prosperous life. Continue to do the good work



you have done – you will see the joy in the eyes of our new initiates.

Thank you also to Firdos Balsara who sat through some of our meetings and has performed the navjote for one of our children, along with his young son, Arzan Balsara. Thank you to you both. Of course, we all know Jamshid Jamshidi – thank you for your time and devotion, and for initiating one of our children. Last, but not the least, Borzoo Rostamirad – how kind of you to have stepped in when we wanted six mobeds for six children – thank you.

Let me not forget the parents who have also been a guiding force behind what their children have become. Gohar and Jamshid Kamdar, Armitiy Mehini and Farhad Mehrkhodavandi, Rostam and Antonia Namdari, and Rashin Mandegarian and Kamran Shoghli. Rashin and Rostam are also members of our Committee.

Thank you to the previous Board of The Zoroastrian Society of British Columbia for supporting this event, and for the current Board for their participation and assistance. Thank you to the donors who came forward to help with the initial costs.

Last but not the least, my thanks to our Group Sedreh Pooshi/Navjote Committee who have also

worked hard for nearly two years to bring this to fruition. It has not been uneventful, but it has been totally worthwhile. How much more pleasure can we get than to steer our younger generation the way of the Zarathushti religion. Every member of this team has brought in their own expertise and talents and for this, as Chair of the Committee, I am truly grateful.

How blessed we are to have had the foresight of our elders who formed The Zoroastrian Society of British Columbia on February 22, 1968 – 50 years ago. We are all Zarathushtis and will remain together as a loving, caring and unified community, irrespective of our different types of food, clothes, customs, etc. Thank you to Jamshed K. Pavri and the other signatories to the Constitution, one of whom is with us today – Noshir Fitter. He works tirelessly at our functions despite health problems and is a true example of how great it is to be humble and hard working. Thank you, Noshir.

In closing, thank you all for being here to celebrate this auspicious occasion with the future leaders of our community. Enjoy every moment of your life with good thoughts, good words and good deeds, and have Ahura Mazda's blessings!"





JASHAN AND WZCC



HEALTHY MELON

BITTER MELON is a small, gourd-like melon that is commonly used as a food in Southeast Asia. It is also considered a medicinal food and it is eaten whole and extracted to aid the treatment of diabetes, cholesterol and infections. Bitter melon can be challenging to cook because, as its name suggests, it has a strong bitter taste. You can prepare this vegetable, which is also known as karela, by lightly frying, boiling, steaming or roasting it.



Wash the bitter melons and pat them dry with dish towel. Cut off the short stalks at both ends. Scrape the outer peel of the bitter melon with a paring knife to remove a thin layer of peel. Bitter melon is not typically peeled because the outer skin is edible; however, removing a thin layer of peel helps to reduce the rough outer texture.

Cut the bitter melon in half length-wise. Remove the seeds and fibrous core using a teaspoon or a paring knife. The seeds and core are edible and can be cooked along with the bitter melon pieces if desired.

Slice the bitter melon halves width-wise into 2-inch thick pieces. Place a frying pan on the stove and turn the heat to medium-high. Pour in a tablespoon of canola or olive oil and allow it to heat up until it is lightly simmering.

Drop in the bitter melon pieces and allow them to cook. Stir the bitter melon constantly with a wooden spoon as they cook. Continue lightly frying the bitter melon until they are toasted.

Place a paper towel onto a plate. Transfer the toasted bitter melon pieces from the frying pan onto the plate. The paper towel absorbs any excess oil in the bitter melon. Add to salads, stews and soups.

Tip

Bitter melon can also be prepared by boiling, steaming or by baking in an oven. It can also be pickled, curried or stuffed with minced meat, herbs or rice.

You can reduce the bitterness of this vegetable by blanching it in boiling water for 2 to 3 minutes or by salting it and letting it rest for 10 minutes before cooking.

The Hindi term for bitter melon is karela. It is also known as bitter gourd, kugua and wild cucumber.

Warning

If you have diabetes, it is important to take your prescribed medication as directed by your doctor or pharmacist. Eating bitter melon and other beneficial foods can help keep you healthy but cannot replace medical treatment.



10TH ANNUAL WALK

The 10th Annual WALK

For renovating & maintaining Dare Mehr

Sunday, July 15, 2018; 10:15 AM at DEER LAKE BURNABY



Money collected goes towards the maintenance of our Dare Mehr. Your past contribution has been utilized to:

- Replace roof,
- Replace prayer hall platform with tiles,
- Kitchen completely redone,
- Toilets renovated,
- Main hall floor renovated,
- Replaced Furnace

Our building is more than fifty years old and need constant repairs, your generous donations are much appreciated.

All cheques should be in favor of 'ARBAB ROSTAM GUIV TRUST'. Tax deductible receipts will be issued on spot for all donations above \$25. You can use the [Sponsor Sign-up Sheet](#) to collect donations from your neighbors, family, or friends. Please [click here](#) to get the form.

Please mark your calendar and make sure to attend in large numbers, bring family, friends, and neighbors.

Walk begins at 10:30 am so please be there on time.

Register early with Fariborz Rahnamoon at fariborzr@hotmail.com or Homi Italia at homiitalia@hotmail.com

Registration fee is \$25 includes BBQ lunch and drink.

Deer Lake Park , 5435 Sperling Ave, Burnaby, BC V5E 2T2; beside the Boat Rental Location

There is plenty of free parking. Lots of other activities like boating, Children's playground, beautiful and pristine surrounding around lake.



SENIORS' FUN DAY



In our Seniors' day, we always do our best to have fun and enjoy our day being together, exercising, chatting, and having lunch all together at one table.

Farhad Iranfar, Senior Director at ZSBC, personally thanked **Ms Berdjis Bahrami** with a gift for volunteering her time every month. These events could not have been a success without her help.

Berdjis is a Certified Fitness Leader, with more than ten years of experience in this field. She has obtained specialized training in Osteofit, Gentle Fit, Adapted Fitness and Minds in Motion. She teaches fitness classes in a number of community centres across the lower mainland, including Kerrisdale, Kitsilano, Hastings, Renfrew and Britannia Community Centre's. She enjoys teaching and looks forward to working out with you on the next Seniors' day.

Also, Farhad thanked **Kayras Irani** with a gift for all his volunteering time at Seniors' day and other occasions at Dare Mehr. He spent a lot of his time helping ZSBC to manage and arrange different programs, such as meetings, celebrations, and gatherings, even opening/closing/supervising the cleaners who were there recently for few days washing carpets and chairs and cleaning the whole Dare Mehr.

Kayras has left Vancouver at the end of last month to go to New Zealand. He has found his dream girl and may possibly settle down there, but he has promised us to come back with his wife to visit us soon.



UPCOMING EVENTS

All events are at the Arbab Rostam Guiv Dare Mehr, 6900 Halifax Street, Burnaby, BC unless mentioned otherwise.

| DATE | | EVENT |
|-----------|---------------|--|
| Sunday | June 3, 2018 | Dae Mah Jashan from 11 am to 3 pm |
| Friday | June 8, 2018 | Verahram Izad from 7 pm to 9 pm – This is a potluck event |
| Sunday | June 10, 2018 | Z-study classes from 11 am to 1 pm Annual General Meeting from 2 pm to 4:30 pm |
| Sunday | June 24, 2018 | Z-study classes from 11 am to 1 pm – Final |
| Saturday | June 30, 2018 | Gahanbar from 5 pm to 8 pm |
| Sunday | July 8, 2018 | Verahram Izad from 6 pm to 8:30 pm – This is a potluck event |
| Sunday | July 15, 2018 | 10 th annual walk from 10:15 am at Deer Lake Burnaby |
| Sunday | July 22, 2018 | Seniors' day from 11 am to 1 pm |
| Tuesday | Aug 7, 2018 | Verahram Izad from 7 pm to 9 pm |
| Sunday | Aug 12, 2018 | Mukhtad prayers from 11 am to 3 pm |
| Monday | Aug 13, 2018 | Mukhtad prayers from 6 pm to 9 pm |
| Tuesday | Aug 14, 2018 | Mukhtad prayers from 6 pm to 9 pm |
| Wednesday | Aug 15, 2018 | Mukhtad prayers from 6 pm to 9 pm |
| Thursday | Aug 16, 2018 | Mukhtad prayers from 6 pm to 9 pm |
| Sunday | Aug 19, 2018 | Seniors' day from 11 am to 1 pm |
| Monday | Sept 3, 2018 | Outdoor Sports Day from 10:30 am |
| Thursday | Sept 6, 2018 | Verahram Izad from 7 pm to 9 pm |
| Sunday | Sept 16, 2018 | Z-classes from 11 am to 1 pm Gahanbar from 5 pm to 8 pm – This is a potluck event |
| | | |

FEZANA BULLETINS

FEZANA's Monthly Bulletins can be viewed at the FEZANA Bulletin Archives:

[Click here](#)



UPCOMING EVENTS IN FARSI



تمام برنامه ها در محل در مهر ارباب رستم گیلو واقع در 6900 خیابان هلیفکس شهر برنابی برگزار میشود و در صورت تغییر مکان به اطلاع همگان خواهد رسید.

| تاریخ | روادید |
|------------------------|---|
| یکشنبه 3 جون 2018 | مراسم جشن خوانی دیمه از 11 بامداد تا 3 پسون |
| جمعه 8 جون 2018 | ورهرام ایزد از 6 تا 8 پسون بصورت سفره همگانی |
| یکشنبه 10 جون 2018 | کلاسهای دینی و آموزشی از ساعت 11 بامداد تا 1 پسون مجمع عمومی سالیانه از 2 پسون تا 4:30 پسون |
| یکشنبه 24 جون 2018 | کلاسهای پایانی دینی و آموزشی از ساعت 11 بامداد تا 1 پسون |
| شنبه 30 جون 2018 | گهنبار از 5 پسون تا 8 شب بصورت سفره همگانی |
| یکشنبه 8 جولای 2018 | ورهرام ایزد از 7 تا 8:30 شب بصورت سفره همگانی |
| یکشنبه 15 جولای 2018 | دهمین سالگرد گردهمایی در کنار دریاچه برنابی از 10:15 بامداد |
| یکشنبه 22 جولای 2018 | گردهمایی سالمندان از 11 بامداد تا 1 پسون |
| سه شنبه 7 آگوست 2018 | ورهرام ایزد از 7 تا 9 پسون |
| یکشنبه 12 آگوست 2018 | ماکتاد از 11 بامداد تا 3 پسون بهمراه ناهار |
| دوشنبه 13 آگوست 2018 | ماکتاد از 6 تا 9 شب بهمراه شام |
| سه شنبه 14 آگوست 2018 | ماکتاد از 6 تا 9 شب بهمراه شام |
| چهارشنبه 15 آگوست 2018 | ماکتاد از 6 تا 9 شب بهمراه شام |
| پنجشنبه 16 آگوست 2018 | ماکتاد از 6 تا 9 شب بهمراه شام |
| یکشنبه 19 آگوست 2018 | گردهمایی سالمندان از 11 بامداد تا 1 پسون |
| دوشنبه 3 سپتامبر 2018 | مسابقات ورزشی در فضای باز از 10:30 بامداد |
| پنجشنبه 6 سپتامبر 2018 | ورهرام ایزد از 7 تا 9 شب |
| یکشنبه 16 سپتامبر 2018 | اولین کلاسهای دینی و آموزشی سال تحصیلی از 11 بامداد تا 1 پسون گهنبار از 5 پسون تا 8 شب بصورت سفره همگانی |

FEZANA Bulletins

FEZANA's Monthly Bulletins can be viewed at the FEZANA Bulletin Archives:

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