



# NEWSLETTER OF THE ZOROASTRIAN SOCIETY OF BRITISH COLUMBIA

## IN SEARCH OF THE TRUTH

Farvardin-Khordad 3756

March – May 2018

Volume 27, No. 1

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

Telephone (604) 420-3500  
[www.zsbc.org](http://www.zsbc.org)



## PRESIDENT'S MESSAGE

NOUROOZ PIROOZ

# 3756

Dear members:

Only few days left before we celebrate Nowrooz, the New Day.

These days, everyone is busy cleaning and preparing for the upcoming New Day. Everyone is wishing for a better year ahead; for better health, success, love, happiness, prosperity and many things more.

We, ZSBC Board of Directors, also want to wish all of you the best; may the coming year be better than the all the previous ones.

**HAPPY NEW DAY/YEAR AND WITH ALL THE BEST WISHES!**

Now, a few of you might remember, in my last message, I gave you all the chance to take over and write a message and thought maybe one, or even more people will see the possibility to speak up and say what they would like to say, but unfortunately, no one took advantage of this rare opportunity for whatever reason. Well, if you want to be heard, you need to say something, but at the right time and right place, otherwise you will not be heard, and this was one of the moments you missed out to be heard...

With that said, I hope that you all will have a lovely Nowrooz surrounded by family and friends.

May Ahura Mazda watch over us.

Anahita Kaviani Destjerdi  
President

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



# ASHO ZARATHUSHTRA'S BIRTHDAY AND NOUROOZ CELEBRATION

You are cordially invited to

## ASHO ZARATHUSHTRA'S BIRTHDAY & NOUROOZ CELEBRATION



**Venue:** Executive Hotel, 4201 Lougheed Hwy, Burnaby, BC V5C 3Y6  
**Date:** Saturday, March 24, 2018  
**Time:** Reception 6:30 pm; Program starts at 7 pm sharp

### Dinner and Dance With Live music

|               |  |
|---------------|--|
|               | <b><u>March 4 to March 15, 2017</u></b>  |
| Members       | Adults: \$60 Kids (4-10): \$30           |
| Non-Members   | Adults: \$85 Kids (4-10): \$35           |
|               | <b><u>March 16 to March 19, 2017</u></b> |
| Regular rates | Adults: \$85 Kids (4-10): \$35           |

### NOTE:

Guests who paid their memberships for 2017 that starts from March 21, 2017 to the date they buy their tickets are considered as 'Member' and are eligible to get their tickets at member's rate.

To get your tickets, please contact one of the following Directors between 6 pm to 9 pm:

**Azadmehr Kaviani** 604-230-0405  
**Anahita Kaviani** 778-708-6035  
**Sepand Gojgini** 778-246-3488

We would be grateful if you helped in sponsoring us for Nourooz event.  
 The amount a sponsor may contribute is flexible.  
 Please contact us for more details by email [Farhad92579@hotmail.com](mailto:Farhad92579@hotmail.com)

### Cancellation Policy:

**Cancellations by March 15<sup>th</sup> will be subject to a cancellation fee of 15% of ticket price.**  
**Cancellations made after March 15<sup>th</sup> subject to no refunds.**

*Please note that ZSBC informs all patrons not to drink and drive. ZSBC assumes no responsibility for individuals drinking and driving. Please have a designated driver amongst yourselves to reach home safely. All photographs taken at any ZSBC events are and will be the sole property of the ZSBC and ZSBC reserves the right to print the same in their Newsletter as well as upload them on the ZSBC website.*



## RETURN TO ROOTS

### ZSBC youth attend Zoroastrian Return to Roots Program:

During this past holiday season, 25 young Zoroastrians from Canada, India, New Zealand, Pakistan, UAE, UK and USA participated in the fourth installment of the Zoroastrian Return to Roots (RTR) program in India. This 12-day trip from December 22, 2017 to January 2, 2018, brought together 20 first time participants and five alumni making it the largest group of participants on a single trip yet! The group visited prominent Zoroastrian agiaries, atesh behrams, orphanages, infirmaries, businesses, restaurants, hospitals, senior's care homes, farms and various land marks. Tours and talks were given by local scholars, business professionals, and priests. Some of the many cities visited include Mumbai, Surat, Dhanu, Bordi, Gholvad, Nargol, Sanjan and the villages of Vandsa Taluka.

One of the several highlights of the program was the three-day Iranshah Utsav in Udvada bringing together a global community of Zaratusthi's from at least four continents congregating for speeches, presentations, entertainment, and glamour. This RTR trip also had three B.C. residents attend the program; Afshin and Aubtin Yazdgardian from Maple Ridge and Kayras Irani from Richmond. Aubtin, Afshin and Kayras would like to express their DEEPEST gratitude and appreciation to Anahita Kaviani, Azita Dehmobed, Farhad Iranfar, Azadmehr Kaviani and Sepand Gojgini of the ZSBC board of directors for approving three \$500 subsidies for the young men to offset their registration costs for the trip. ZSBC has been proud supporters of the RTR program for a few years now and they believe in this program as much as the rest of the global Zaratusthi community do. Kayras would also like to say a special thank you to Dr. Pouran Rostamian and Ms. Bella Tata for their personal donations for the last three trips that Kayras has attended. Their donations have provided meals, medicines, clothes and other supplies for the less fortunate people in the orphanages, senior's centers and even the hospitals.

"RTR is a youth-initiated program designed to strengthen community identity amongst Zoroastrian

youth the world over." It brings Zoroastrian youth to places where there is a strong presence and exposure to the religion and community. Since the very first RTR trip in 2013, there have been five B.C. area youth that have participated in each program. The next program is anticipated to take place in 2019, with BIG hopes of a trip to Iran. If you know a youth that is between the ages of 22 and 35, please do encourage them to visit the website: <http://zororoots.org/> for more details about the program as it truly is a one of a kind experience.



## WE PROUD OF YOU

**Dolasa, Natasha from Coquitlam, BC**

*Parents:* Binaifer (mother) and Hormazd Dolasa (father)

*Hobbies/activities:* Drawing, painting, swimming, travelling, creating decorative items from paper and card-board

*Favorite music artist:* “I enjoy all types of music.”

*Favorite book:* Ms. Bookie

*Favorite school subjects:* Art, craft, journal writing, reading, computers, gym, outdoor exploring

*Public works:* “‘Mr. Nickle’ is my first ever story written.”

*Ambitions:* Pediatrician

*Artist:* Picasso

*Personal statement:* “I am only seven years old. To have my story published in Poetry Institute of Canada publication has made my parents, family, and teachers very proud. Thanks for selecting my story!”



## JASHAN

**NEW THIS YEAR—ADAR MAH, ADAR ROJ JASHAN, SUNDAY, 22 APRIL 2018**

ZSBC is pleased to inform members that this year an additional Jashan ceremony has been organized at the Darbe Mehr ,6900 Halifax Street, Burnaby, to celebrate Adar Mah, Adar Roj, per the Shahenshai calendar.

**Sunday, 22 APRIL 2018 (Adar Mah/Adar Roj)  
11:00 AM**

The Jashan ceremony will be followed by a simple lunch of dhan daar-khimo-achar-chasni.

As this is a new event we'd really appreciate volunteers to cater to this event—need 1 person to make mori daar (25 persons), and 1 person to make khimo-potatoes (25 persons).

Please feel free to bring along any food items to complement the meal (can include a small bowl of something sweet for the prayer offerings).

A **charge of \$5 per person for the meal** will apply as all events at the Darbe Mehr need to be self-supporting. Further, this collection will assist in the establishment of a seed fund for such events in the future. Mark your calendars now to attend!

We look forward to seeing as many of you there as possible. Don't miss this chance for some religious anchoring and socializing.

**Questions:** Kashmira Suraliwalla ([kashmira@shaw.ca](mailto:kashmira@shaw.ca)) OR Sherna/Meher Kasad ([kasadsherna@gmail.com](mailto:kasadsherna@gmail.com)) or [mehernoshkasad@yahoo.com](mailto:mehernoshkasad@yahoo.com))



## FUN FOR EVERYONE

# ZONE BOWLING

**SATURDAY, MAY 5<sup>TH</sup>, 2018**



#16-228 Schoolhouse Street  
Coquitlam, B.C. V3K 6V7  
Telephone: 604-525-2695  
For Google Maps directions, [click here](#)



\$20 per person and for all ages. Kindly bring exact cash on the day of the event.

This event is open to people of all ages. We invite members of ZSBC and their family, friends, work colleagues, school kids, etc. outside of the community but known to ZSBC members.

2 hours of bowling (with check in prior to bowling and clean up afterwards, total duration will be 4:30pm - 7:15pm from beginning to end)

All participants must be there at 4:30 PM (for registration, payment collection and shoe sizing)/  
Bowling begins at 5:00 PM sharp!

### **WHAT IS INCLUDED?**

- 2 hours of bowling time (5 pin or 10 pin)
- 1 hour of cosmic bowling (bowling in the dark) during the 2-hour reservation
- Shoe rental
- 1 large pizza and 1 bottle of soda per 5 players per lane
- Gratuity for food and drinks
- Taxes
- Free parking

### **WHAT YOU NEED TO DO?**

Fill out [this doodle](#) to confirm your attendance.

Please provide your full name, phone # and email address (i.e. John Doe - (123) 456 - 7890 - [john.doe@gmail.com](mailto:john.doe@gmail.com)). It's a small box, but your details will fit in it. Please add only one participant per entry. Do not combine multiple names on the same line. Don't forget to tick mark the circle as well!

**A week before the bowling event, participants will be contacted and put into teams of five per lane. You will be asked about pizza preference and shoe size as well.**

### **WHAT IS THE DEADLINE TO RESPOND?**

Midnight on Thursday, April 10<sup>th</sup>, 2018.

Please dress comfortably. Only a maximum of five players can be on one lane. Pizza and soda will be served at approximately 5:30pm. You can bring your own food and beverages from home to the bowling alley. Alcoholic beverages are NOT permitted.

If you need more information, click here: <http://zonebowling.ca/> or feel free to contact Kayras Irani at 604-763-7820 or via email: [ikayras@hotmail.com](mailto:ikayras@hotmail.com).



## SHARING A THOUGHT

I would like to share my thoughts on Peace through a poem I wrote more than 11 years ago.

When I was transferred by my employer from Calgary to Texas, I was returning home one evening and was inspired by an unusual sight of the countryside Water Tank lined up with the rising Moon. The vision was something like this: (HOLD UP THE PICTURE)

Hence, I pulled over and penned my thoughts. Here is my poem titled.....



**Firdosh Mehta**

### Moon over Weatherford.

One late Friday evening, I am driving to my home,  
over the hills of Northern Texas, where wild horses roam.

The full moon is rising over the eastern horizon,  
in full glow and splendor over the grazing bison.

The twilight landscape in purple and pink,  
sliding under the lunar watch as I wonder and think.

I am fixated to the deep orange hue of the moon  
as I lumber for home to see my loved ones soon.

At times its moving, and at times its steady,  
standing behind Weatherford tank, straight ahead and ready.

I see an awesome sight that is so worthy to behold,  
the silhouette of the tank, a slender angel with an aura of gold.

Moved to say a prayer for all I am thankful for,  
I wonder with so much beauty around us, what are we fighting for?

Absorbing the tranquil moments in the deep corners of my mind,

I bow in reverence for  
**PEACE ON EARTH and GOODWILL TO MANKIND.**

I would like to leave you with a final thought .....

**“IF PEACE IS TO BE, THEN IT IS UP TO ME”**

## 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](http://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 for at least 3 years 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](http://www.zsbc.org)



### DONATIONS RECEIVED

|   |                           |        |   |                     |
|---|---------------------------|--------|---|---------------------|
| Dabestani, Alayar                           | <i>Sedreh pooshi fund</i> | \$ 100 | Deshmukh, Maharookh & Rustom                | \$ 101              |
| Namdaran, Farrokh                           | <i>Humanitarian fund</i>  | 1,250  | Shoghli, Maheen                             | 100                 |
| Mehta, Furdon                               | <i>Senior's fund</i>      | 50     | Dr. Rostamian, Pourandokht                  | 700                 |
| Rashidi, Fereidoun                          |                           | 288    | Hamavand, Hengameh                          | 100                 |
| Keypour, Gohar                              |                           | 100    | Irani, Kayras                               | 20                  |
| Mehin, Kourosh & Patricia                   |                           |        | Mehin, Manouchehr & Shirin                  |                     |
| <i>Banoo Khanizadeh-Mehin Gahanbar Fund</i> |                           | 7,000  | <i>Banoo Khanizadeh-Mehin Gahanbar Fund</i> | <u>33</u>           |
| <b>Total donations received:</b>            |                           |        |   | <b><u>9,842</u></b> |

*And other donors that supported our society with their cash donations*



## ANNOUNCEMENTS

### CONDOLENCES



**Piroja Pirojshaw Ustad**; 97; Wife of Late Pirojshaw Burjorji Ustad; Mother of Homi, Hoshang, Aspi Ustad (Vancouver) and Gool Darayus Vevaina; Mother-in-law of Darayus Vevaina, Maharukh and Zeenia Ustad, passed away on Feb 28, 2018, in India.

### MARRIAGE

**Azin Yazdani and Odinn Helgason**, children of Rostam & Behin Yazdani (North Vancouver, BC) and Mr. & Mrs. Helgason, on January 20, 2018, in Vancouver, B.C.





## HEALTH BENEFITS OF SPICES

The health benefits of spices are innumerable. They protect the body by fighting infection, boosting the immune system, reducing inflammation, preventing cancer, improving heart health, inducing sweating, keeping the skin healthy, regulating the metabolism, and detoxifying the body. They are also good for aiding in weight loss, increasing appetite, strengthening bones, reducing stress, improving digestion, protecting against diseases, curing colds, protecting oral health, and balancing the hormones.

### What are Spices?

Spices are the dried form of various seeds, roots, fruits, barks, vegetables, and other plant substances primarily used for adding coloring, flavoring, and preserving the food. They are found everywhere in the world and form an essential part of the culinary practices of all the cultures. Their original use was as a flavoring agent which then demonstrated antimicrobial properties by keeping the food fresh for longer durations and improving the health of those who ate them regularly.

One of the best things about spices is that when prepared, dried, and stored properly, they can last almost forever.

Also, since they are so low in calories, being ground up in tiny forms, there is no danger of any side effects. In fact, they contain proteins and other organic compounds that are necessary in trace amounts for overall health.

### FLAVOR PROFILE OF SPICES

#### Bitter

Bitter spices are believed to have an acquired taste.

Some spices that are considered bitter are bay leaves, fenugreek seeds, horseradish, mace, cloves, cumin seeds, etc.

#### Earthy

The earthy flavor in spices comes from goemin. These spices display a taste which resembles where they come from.

Cumin and saffron are spices that have an earthy flavor.

#### Hot

Hot spices are those that add a strong flavor to the food and make it spicier.



Pepper, chilis, mustard seeds, garlic are all hot spices.

#### Sweet

These spices are slightly sweet in taste and can be used with sour and bitter flavors.

Allspice, caraway, fennel, cardamom, nutmeg, poppy seeds, sesame seeds, star anise seeds are all considered as sweet spices.

### HEALTH BENEFITS OF SPICES

Let's look at the exciting benefits that many of the world's most popular spices can contribute to our overall health!

#### Allspice

Allspice is a soothing, anti-inflammatory, and carminative spice. It has been positively linked to reducing cancer, improving oral health, stimulating digestion, facilitating bone growth, boosting the immune system, reducing blood pressure, and acting as an analgesic or anesthetic substance.

#### Anise Seed

This powerful spice has antioxidant capabilities, as well as a stomachic, anti-spasmodic, carminative, antiseptic, digestive, expectorant, and stimulant properties. It is a great source of vitamins and minerals like iron, potassium, copper, and manganese, and helps increase the circulation and oxygenation of body parts while boosting the immune system and improving the quality of your skin.

#### Arrowroot

Arrowroot helps in growth and development, reducing blood pressure, increasing circulation, and improving the digestive system.



### **Bay Leaf**

Bay leaf is a very popular spice throughout the world and is praised for its ability to prevent cancer, boost immunity, reduce neural tube defects, protect oral health, improve health and beauty of your hair and skin, improve nervous system function, regulate body metabolism, and prevent blood-related conditions like anemia.

### **Black Pepper**

Perhaps one of the most common spices in the world, black pepper is important due to its ability to reduce inflammation and excess gas, optimize gastrointestinal action, regulate enzymatic reactions, control heart rate and blood pressure, and prevent cancer due to its antioxidant capabilities.

### **Cayenne Pepper**

Cayenne pepper can clear the sinuses, increase urination, eliminate toxins from the body, help manage diabetes, prevent cancer, lower blood pressure, optimize the metabolism, regulate hormonal activity, and perhaps most importantly, fight against all foreign invaders, toxins, and potential infections, due to its powerful antioxidant properties!

### **Capers**

Capers prevent cancer, reduce illness, boost immunity, strengthen blood vessels, reduce clotting, lower cholesterol levels, increase circulation, and provide a huge wealth of vitamins and minerals, including vitamin A, vitamin K, niacin, riboflavin, iron, and copper.

### **Caraway**

Caraway seeds can improve digestion, reduce constipation, lower blood cholesterol, reduce excess gas, neutralize free radicals and prevent various diseases like cancer. They also regulate blood pressure, eliminate atherosclerosis, and provide a healthy source of thiamin, pyridoxine, riboflavin, niacin, iron, copper, calcium, potassium, manganese, selenium, zinc, and magnesium.

### **Cardamom**

The health benefits of cardamom include its ability to aid digestion, reduce spasms, lower blood pressure, increase the metabolism, increase circulation, and increase frequency and volume of urination. It also gives the body many of its necessary vitamins and minerals, including riboflavin, niacin, vitamin C, iron, manganese, and potassium.

### **Cinnamon**

Cinnamon is praised for its ability to reduce inflammation, eliminate pain, manage diabetes, eliminate infections, reduce excess gas, improve heart health, increase cognitive function, build strong bones, prevent cancer, and improve the health of the eyes and skin!

### **Cloves**

Cloves have anti-microbial properties, which help in fighting against oral diseases. They also are good for boosting the immune system, preventing cancer, and preserving bone health.

### **Cumin**

Cumin seeds are antioxidant, anti-inflammatory, and carminative by nature. They improve digestion, increase sperm count, build strong bones, improve eyesight, prevent macular degeneration, manage heart rate, lower blood pressure, act as a co-factor in many enzymatic reactions, increase red blood cell count, and prevent various types of cancer.

### **Fennel Seeds**

Fennel has long been known for its ability to regulate bowel movements, prevent cancer, reduce premature aging through antioxidant activity, increase enzymatic activity, and act as a great source of many vitamins and minerals, including copper, iron, calcium, potassium, manganese, selenium, zinc, and magnesium as well as organic compounds and acids like pinene, myrcene, fenchone, chavicol, cineole, anethole, limonene, and anisic aldehyde.

### **Fenugreek Seeds**

Fenugreek seeds are a very popular and effective spice in certain Asian cultures. They can improve digestion and reduce constipation, lower cholesterol levels, regulate insulin levels, manage fluid levels in the body, and add a powerful vitamin and mineral boost to the body.

### **Garlic**

Garlic is a great spice used to add a unique flavor to the food. It helps fight heart disorders, high blood pressure, and cold and cough.

### **Ginger**

Largely known for aiding in digestion, ginger is a spice that exerts many benefits like preventing cancer, boosting the appetite, improving respiratory conditions, and many more, among others.



**Horseradish**

Horseradish can increase urination, reduce inflammation, soothe the nerves, prevent cancer, stimulate healthy digestion, boost the immune system, and prevent cancer due to its many antioxidant compounds.

**Mace**

Mace can boost the immune system, build strong bones, reduce depression, increase sexual libido, stimulate digestion, reduce excess gas, reduce insomnia, keep the skin healthy, boost hair health, and increase circulation to all parts of the body.

**Mustard Seeds**

Mustard seeds are packed with organic compounds and volatile oils that can boost your overall health. They are also a wonderful source of B-complex vitamins, which are essential for normal functioning of your organ systems.

**Nutmeg**

Nutmeg is a great source of antioxidants, vitamins, and minerals necessary for human health. It can fight fungal infections, work as an aphrodisiac, improve digestion, reduce excess gas, improve hair and skin health, prevent macular degeneration, and reduce the chances of developing various forms of cancer.

**Saffron**

Saffron contains many carotenoids and boosts immune system health in a big way. It also fights infections in wounds, elevates mood, induces sleep, stimulates red blood cell formation, eliminates spasms, modulates hormonal activity, and can reduce blood pressure through the vasodilating properties of potassium found in saffron.

**Turmeric**

Turmeric is best known for its anti-inflammatory properties. It aids in skin care, prevents cancer, eases menstruation, and detoxifies the body.

**Tamarind**

Tamarind is a South Asian spice is very popular because it can improve blood vessels and artery strength, regulate digestion and excretion in a healthy way, prevent cancer, lower blood cholesterol, build strong bones, increase blood circulation and oxygenation, regulate enzymatic activity in the body, and improve the mucous membranes throughout the body as well.

**Vanilla Beans**

Vanilla beans contain a wide array of chemical compounds and volatile oils, all of which have their own health benefits. However, the studies done on vanilla beans have shown that they help control blood pressure, reduce heart rate, soothe nerves, regulate the body metabolism, induce sleep, and build strong bones.

**SPICES BY CUISINE****Indian Spices**

The following spices are included in a variety of Indian dishes: Cardamom, black pepper, curry leaves, fenugreek, ginger, fennel, ajwain, tamarind, bay leaves, cayenne pepper, cumin, coriander seed, turmeric, clove, ginger, nutmeg, paprika, garam masala, curry powder, and cinnamon.

**Middle Eastern Spices**

Middle Eastern cuisines include the following spices: Cumin, nutmeg, cardamom, turmeric, sumac, Baharat, caraway, anise seeds, allspice, cinnamon.

**Mediterranean Spices**

Majority of Mediterranean dishes include these common spices: Cinnamon, oregano, bay leaves, cardamom, cinnamon, allspice, pepper, nutmeg.



## BIG THANK YOU ON 50TH ANNIVERSARY

The Zoroastrian Society of British Columbia (ZSBC)'s affairs are managed by a slate of seven directors, who give hours of valuable service to our community for which we are very grateful and take this opportunity to thank them. The list below gives the names of most of the Directors of ZSBC in the last 50 years.

### Previous ZSBC Board of Directors

|                        |                      |                         |
|------------------------|----------------------|-------------------------|
| Abtin, Houman          | Gojgini, Sepand      | Namdari, Rostam         |
| Amrolia, Fareedoon     | Gustavsp, Jamshed    | Namdarian, Minoo        |
| Amrolia, Piroj         | Iranfar, Farhad      | Nanavaty, Feroze        |
| Azarkeyvan, Fariborz   | Irani, Bomanji       | Panthaky, Silloo        |
| Bacha, Jamshedji       | Irani, Rashid K.     | Parsi, Diniar           |
| Bacha, Jassi           | Italia, Homi         | Parsi, Soltan           |
| Balsara, Noshir        | Kabolizadeh, Mahsa   | Partovi, Jessi          |
| Baria, Darasha         | Kadkhodayan, Shahnaz | Pavri, Jamshed K.       |
| Bastanipour, Fereshteh | Kapadia, Sharook     | Rahnamoon, Fariborz     |
| Behmardi, Anahita      | Kapadia, Yasmin      | Rostami, Shahram        |
| Betab, Sohrab          | Kasad, Mehernosh     | Roueintan, Farhad       |
| Bhagat, Percy          | Kaviani, Anahita     | Sasani, Rostam          |
| Bhatena, Aspy          | Kaviani, Azadmehr    | Sethna, Jehangir        |
| Bhatena, Thrity        | Kavoosi, Rostam      | Sethna, Shirin          |
| Bhesania, Sheraz       | Khapoliwalla, Sherin | Shahbandari, Khodabaksh |
| Buhariwalla, Pervin    | Khodabakhshi, Tooraj | Shroff, Alamai          |
| Confectioner, Sam      | Kooka, Rashna        | Shroff, Hoshang         |
| Confectioner, Zarir    | Madon, Perviz        | Shroff, Mahrukh         |
| Dabestani, Alayar      | Madon, Sam           | Shroff, Rumi            |
| Daruwala, Pestonji     | Master, Pilsum       | Sorooshi, Homa          |
| Dastur, Khushrav       | Mavalvalla, Zain     | Sorooshi, Mitra         |
| Dastur, Zarine         | Mehta, Parvez T.     | Soroushi, Faramarz      |
| Dehmobed, Azita        | Minwalla, Jamshid    | Suraliwalla, Kashmira   |
| Dini, Manochehr        | Mistry, Farhad       | Talavia, Zenobia        |
| Edalati, Kaikhosrow    | Mistry, Roshan       | Tata, Bella             |
| Eduljee, Eddie         | Mizan, Behramsha     | Wadia, Fareedoon        |
| Engineer, Homi         | Mizan, Dinaz         | Yazdani, Rostam         |
| Gharibshahi, Homa      | Namdaran, Farrokh    |                         |



## UPCOMING EVENTS

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

| DATE      |                | EVENT  |
|-----------|----------------|--|
| Sunday    | March 4, 2018  | Z-study classes from 10 am to 1 pm   |
| Monday    | March 5, 2018  | Verahram Izad from 6 pm to 8 pm  |
| Friday    | March 16, 2018 | Town Hall meeting at 6:30 pm   |
| Sunday    | March 18, 2018 | Gahanbar from 11 am to 1 pm – Potluck event  |
| Tuesday   | March 20, 2018 | Nourooz gathering (Did-o-Bazdid) from 5 pm to 8 pm                                 |
| Saturday  | March 24, 2018 | Asho Zarathushtra's birthday and Nourooz celebration (P.2)                         |
| Sunday    | April 1, 2018  | Z-study classes from 10 am to 1 pm (CANCELLED)                                     |
| Sunday    | April 8, 2018  | Seniors' day from 11 am to 1 pm  |
| Monday    | April 9, 2018  | Verahram Izad from 6 pm to 8 pm  |
| Sunday    | April 15, 2018 | Z-study classes from 10 am to 1 pm   |
| Sunday    | April 22, 2018 | -Adar Mah Jashan from 11 am to 1:30 pm (P.4)<br>-WZCC meeting from 2 to 4:30 pm    |
| Sunday    | April 29, 2018 | Z-study classes from 10 am to 1 pm   |
| Friday    | May 4, 2018    | Gahanbar from 5 pm to 8 pm   |
| Saturday  | May 5, 2018    | Fun at Zone Bowling (P. 5)   |
| Sunday    | May 6, 2018    | Arbab Rostam Guiv birthday celebration from 6 to 9 pm to be sponsored by Trustees. |
| Wednesday | May 9, 2018    | Verahram Izad from 6 pm to 8 pm  |
| Sunday    | May 13, 2018   | Z-study classes from 10 am to 1 pm   |
| Sunday    | May 20, 2018   | Seniors' day from 11 am to 1 pm  |
| Sunday    | May 27, 2018   | Z-study classes from 10 am to 1 pm   |
| Friday    | June 8, 2018   | Verahram Izad from 6:30 pm to 8:30 – Potluck event                                 |

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## UPCOMING EVENTS IN FARSI



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

| تاریخ                | رویداد  |
|----------------------|---|
| یکشنبه 4 مارس 2018   | کلاسهای دینی و آموزشی از ساعت 10 بامداد تا 1 پسین   |
| دوشنبه 5 مارس 2018   | ورهرام ایزد از 6 تا 8 پسین  |
| جمعه 16 مارس 2018    | جلسه مجمع عمومی برای ساختمان جدید در مهر از ساعت 6:30 پسین  |
| یکشنبه 18 مارس 2018  | گهنبار از 11 بامداد تا 1 پسین بصورت سفره همگانی   |
| سه شنبه 20 مارس 2018 | دید و بازدید نوروزی از 5 تا 8 پسین  |
| شنبه 24 مارس 2018    | جشن زادروز اشو زرتشت اسپنتمان و نوروز باستانی (ص 2)   |
| یکشنبه 1 آوریل 2018  | کلاسهای دینی و آموزشی از ساعت 10 بامداد تا 1 پسین (کنسل شد)   |
| یکشنبه 8 آوریل 2018  | گردهمایی سالمندان از 11 بامداد تا 1 پسین  |
| دوشنبه 9 آوریل 2018  | ورهرام ایزد از 6 تا 8 پسین  |
| یکشنبه 15 آوریل 2018 | کلاسهای دینی و آموزشی از ساعت 10 بامداد تا 1 پسین   |
| یکشنبه 22 آوریل 2018 | -مراسم جشن خوانی آذرماه از 11 بامداد تا 1:30 پسین<br>-سخنرانی و گردهمایی اتاق بازرگانی بین المللی زرتشتیان از 2 پسین تا 4:30 پسین |
| یکشنبه 29 آوریل 2018 | کلاسهای دینی و آموزشی از ساعت 10 بامداد تا 1 پسین   |
| جمعه 4 می 2018       | گهنبار از 5 تا 8 پسین   |
| شنبه 5 می 2018       | تفریح دسته جمعی در زون بولینگ (ص 5)   |
| یکشنبه 6 می 2018     | زاد روز ارباب رستم گیو از 6 تا 9 شب که تراست ارباب رستم گیو عهده دار آن میباشد.   |
| چهارشنبه 9 می 2018   | ورهرام ایزد از 6 تا 8 پسین  |
| یکشنبه 13 می 2018    | کلاسهای دینی و آموزشی از ساعت 10 بامداد تا 1 پسین   |
| یکشنبه 20 می 2018    | گردهمایی سالمندان از 11 بامداد تا 1 پسین  |
| یکشنبه 27 می 2018    | کلاسهای دینی و آموزشی از ساعت 10 بامداد تا 1 پسین   |
| جمعه 8 جون 2018      | ورهرام ایزد از 6:30 تا 8:30 پسین بصورت سفره همگانی  |

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