MESSAGE FROM YOUR BOARD

Dear ZAQ community members,

It is with great pleasure that we announce the return of ZAQ Newsletter. We are hoping to have 4 issues per year, once every season.

Our goal is to bring to you the news of the Zoroastrian community in Quebec, as well as from other regions around the world, but more specifically from Iran, India, and North America.

The editorial team is composed of Negin Atashband, Arman Sarfehnia and Abtin Jahanbakhshzadeh. However, we count on all of you to be reporters for this Newsletter. The aim is to bring our community closer together through means of sharing knowledge, culture, history and ideas. We can only continue this effort with your help and support.

We would like to ask every ZAQ member to communicate with us the news and articles that are desired to be shared with other members of the community. The editorial team is looking forward to receiving your articles related to any of the following topics: Zoroastrian pride of our community; children’s corner; recipe exchange; introduction of an artist, poet, author or a historical figure. We also welcome advertisements for your business. Simply send us the information and we will include it in the next issue of the Newsletter.

Please communicate with us at newsletter.ZAQ@gmail.com, and feel free to send us your suggestions.

This Newsletter is sent to all members of ZAQ community via email. If you do not wish to receive it, please inform us by emailing newsletter.ZAQ@gmail.com.

Enjoy reading this first issue of ZAQ Newsletter!

Faranak Firoozi
President, ZAQ
SADEH CELEBRATION
By Vida Fereydoonzad

Close to 70 guests joined together on Sunday January 30th, 2011 to celebrate Jashn-e-Sadeh, the mid winter festival. This was the 3rd time ZAQ gathered its members to commemorate this historic tradition.

Mobed Gev Karkaria and Mobed Khushroo Mirza performed prayers with the help of three young ladies, Negin Aidun, Vesta Behboodi and little Shiraz Austin, who lit the fire according to the tradition. The Atash Niyesh prayer and Aringan-e-Dahman prayer were recited for this occasion.
Following the prayers, Vesta Behboodi read the mythological story of Houshang Shah, and Faranak Firoozi, with her presentation, allowed us to travel back to Iran through pictures and understand the historic significance of this celebration.

We were also delighted to welcome Concordia students – members of the Multi-Faith group – who came to learn about the Zoroastrian religion.

The evening ended with a feast of Persian food, music and good company. This was great opportunities for the community to get together and celebrate the traditions amongst family and friends.

Photos by Farshid Behmardi.
More About Sadeh

Sadeh is an ancient Iranian festival to honor fire and to defeat the forces of darkness, frost, and cold. It is said that once Houshang Shah (the 2nd king of the mythological) was climbing a mountain with his friends, when all of a sudden, he saw a snake and wanted to hit it with a stone. When he threw the stone, it fell upon another and since they were both flint stones, fire broke out. This way he discovered how to light a fire. According to religious beliefs, Jashn-e Sadeh recalls the importance of light, fire and energy; light that comes from God is found in the hearts of his creatures.

Sadeh in Persian (in the Pahlavi language words) means “hundred” and refers to one hundred days and nights past the end of summer (or the beginning of long-winter known to start at the end of summer in ancient Iran). Sadeh, is an ancient Iranian tradition celebrated 50 days and 50 nights before Nowruz.

© Photo by Farshad Palideh – www.frashadPix.com

Sadeh, est une ancienne fête iranienne. Il a été une fête en l'honneur de feu et de vaincre les forces des ténèbres, le gel et le froid.

Il est dit qu'une fois Houshang (le roi de la deuxième mythologique), a été l'ascension d'une montagne avec leurs amis, le Roi Houchang a vu un serpent noir sur un rocher, il s'empara d'une pierre et la lançà vers le serpent. Le caillou ne le toucha pas mais la roche qu'avait choisie le Roi était une pierre à feu et elle heurta une autre pierre à fusil au sol. Lors du choc, les deux pierres produisirent une gerbe d'étincelle ce qui embrasa un arbrisseau qui se trouvait à côté. Dans le même temps, le serpent pris rapidement la fuite.

Une autre histoire, Sadeh aussi traduit par Sadé, qui veut dire littéralement "centaine" en Persan (la langue Pahlavi), et se réfère une centaine de jours après la fin de l'été (ou au début du long hiver connue pour commencer à la fin de l'été dans l'ancien Iran). Sadeh est célébrée 50 jours et 50 nuits avant la fête de Nowrouz.

جشن سده از زمان‌هایی یکی از فریادگار ماه‌های است و جشن پیدا شد اتاق است. روزی همچنین شاه به همراهی باران خود به کوه می‌روید در راه به مار تنومندی برخورد کرد و یا سنگی برخورد جریه‌هایی یا سرنوشت کرد به سوی مار پرتاب می‌کند. سنگ به سنگ دیگری برخورد کرده جریه‌هایی یا کرد و خار و خاشک اطراف شعله‌هایی کرده می‌کند و اتاق فروزان پدیدار می‌گردد و از آن پس جشن سده برگزار می‌گردد.

به روایتی دیگر سده از واقعه‌ی ساده در زبان پهلوی امضاء می‌شود و معنی این صد می‌باشد. به‌در بخش شکسته‌ای ایران باستان از غورودین روی ایرانی‌ها ماه فروردین نیست و از اول ابان تا پایان اسفند را به‌سازمان بزرگ‌تری نامیده‌اند. سده هنگامی است که صد روز زمستان می‌گذرد و یا به روایتی امرور ۵۰ شنبه و ۵۰ روز به جشن نوروز ماه‌های است.
UPCOMING EVENTS

Save these dates in your calendars and we hope to see all of you at these events in Montreal.

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>March 13(^{rd}) 2011</td>
<td>Zarthusi classes and adult session</td>
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<tr>
<td>March 27(^{th}) 2011</td>
<td>Norouz Celebration (Lunch time activity) – see registration form on the next page</td>
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<tr>
<td>April 17(^{th}) 2011</td>
<td>Zarthusi classes and adult session</td>
</tr>
<tr>
<td>April 22(^{nd}) to 24(^{th}) 2011</td>
<td>FEZANA AGM</td>
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<td>May 7(^{th}) 2011</td>
<td>ZAQ AGM</td>
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5\(^{TH}\) WORLD ZOROASTRIAN YOUTH CONGRESS

Will be taking place from June 30\(^{th}\) to July 5\(^{th}\), 2011 at the University of British Columbia (UBC), in beautiful Vancouver, British Columbia, Canada.

NOROUZ 1390 (Iranian Calendar)

Celebrate with the community on Sunday March 27\(^{th}\) 2011. Registration form is available on the following page.

Norouz 1390
Starting time of the New Year:
Sunday March 20\(^{th}\), 2011, 19:20:45 Eastern Day Time

Norouz Pirouz!
ZOROASTRIAN ASSOCIATION OF QUEBEC
Registration Form for Norouz 1390 (2011)

Spring is approaching and as it is our tradition every year, we are happy to welcome it by celebrating Norouz Jamshidi.

Date:
Sunday March 27th

Time:
11h00 am

Hall Address:
Chalet Arthur-Séguin,
365, St-Louis
Pointe-Claire Qc

Help us to better plan and prepare for this event by sending in your registration before March 20th. This will allow us to have a better idea of the number of participants.

Please confirm to us your participation by sending this registration form accompanied with a cheque payable to the ZAQ to the below address:

Gev & Shireen Karkaria
38 Brome
Kirkland, QC
H9J 2N3

Tickets:
Advance payment or confirmation
Adults: $16
Children aged between 12 to 17 years old: $8
Children under 12 years old: FREE

(All confirmation, either by sending a cheque or verbal confirmation to your ZAQ representative should be received before March 20th)

Members who do not confirm prior to March 20th
Adults: $20
Children aged between 12 to 17 years old: $10
Children under 12 years old: FREE

I, ....................................., am interested in buying ....... tickets for the Norouz celebration.
Number of adults: .......
Number of kids (aged 12 to 17 years): ....... Number of kids (aged under 12 years): .......
Cheque enclosed in the amount of $ .................
DONATIONS RECEIVED

THANK YOU!

- $5,464 by the late Mehru Desai, (sister of Kersi Desai)
- A picture of Ashu-Zarthust on carpet donated by Mrs. Farangis Aidun (Mehrabani)

SCHOLARSHIPS

FEZANA ACADEMIC SCHOLARSHIPS (2011-2012)

All scholarships are open to Zarthusti applicants who have obtained admission for attendance at institutions of higher learning (accredited degree-granting colleges or universities) in USA or Canada.

Scholarships for the academic year 2011-2012 will be awarded in September 2011.

Applicants will be rated on Scholastic Achievement (40%), Financial Need (40%), Extra-curricular Activities (10%) and Community Service (10%).

The Mehraban and Morvorid Kheradi Endowment Scholarship of $5000 and the 20th anniversary FEZANA Scholarship will be awarded to post graduate students for scholastic excellence.

The Khorsheh Panthaky Endowment Scholarship of $3000 and The Banoobai and Maneckshaw Kapadia Endowment Scholarship of $1000 will be awarded for undergraduate studies to a student with good academic standing who demonstrates financial need.

Application: Application forms are available from the FEZANA website at www.fezana.org or from Dr. Dolly Dastoor (dollydastoor@sympatico.ca)

MOOBEED FARIDOON ZARDOSHTY RELIGIOUS EDUCATION SCHOLARSHIP

The Moobed Faridoon Zardoshty Scholarship(s) is to be awarded to selected Zarthusti individual(s) for higher studies and research in Zarthusti religion at a recognized institution of higher learning anywhere in the world. These scholarships are awarded for a period of five years. An amount has been budgeted for each academic year and may be divided between one or more selected individuals. The Religion Education Committee of FEZANA will manage the eligibility of selection of awards. Awardees will be required to allow FEZANA and/or Zarthusti community to receive the tangible benefits from their study and/or research.

All interested Zarthusti individuals can request an application for scholarship from Lovji Cama Ph.D Chair, FEZANA Education, Scholarship and Conference Committee 58 Leroy Street, NJ 07670, e.mail idcama@verizon.net 201-569-7359
THE PERFORMING AND CREATIVE ARTS SCHOLARSHIPS

The Performing and Creative Arts Scholarship is accepting applications for the 2011 year. This scholarship is for US and Canadian residents who are studying in the field of performing and creative arts. So if you are studying to be a dancer, artist, singer, actor, etc please apply.

Applications are due by May 31, 2011. Applications are on www.fezana.org. You can also contact Sherazade Mehta, Chair of the P&CAS committee at 972-385-4847 or sherazadem@yahoo.com for further information.

AWARDS

NORTH AMERICAN ZARTHUSTI COMMUNITY AWARDS

It is with great pleasure and pride that I announce the winners of the 2010 North American Zarthusti Community Awards. They were presented at the 15th North American Zarthusti Congress hosted by the Zoroastrian Association of Houston and sponsored by the Federation of Zoroastrian Associations of North America, December 30, 2010.

Rohinton Rivetna Outstanding Zarthushti Award
Ervad Dr Soli P. Dastur, Florida

Jamsheed Pavri Humanitarian Service Award
Farrokh Namdaran, Vancouver, BC

Jamsheed and Shirin Guzdar Excellence in Business or Profession Award
Dr Noshir A. Langrana, New York NY

Dinshaw Framroze Joshi Excellence in Performing Arts, Literature or Painting Award
Kayhan N Irani, New York NY

Shirin Nariman Dastoor Outstanding Young Zarthushti Student Award
Dinyar P.atel, Harvard University

We congratulate these fine men and woman who have excelled in their fields and make the community proud.

We also thank Shehernaz Joshi Verahrami and Navroz Gandhi, co-chairs of the FEZANA Awards Committee for organizing these biennial North American Zarthushti Community awards.

Dolly Dastoor
FEZANA JOURNAL

2010 RECIPIENTS OF THE PERFORMING AND CREATIVE ARTS SCHOLARSHIPS

Malcolm Cooper is a 20 year old, classically trained tenor from Cherry Hill, New Jersey, pursuing his Bachelor of Music Education at the University of Delaware. Malcolm has received many honors and awards for his talent in both choral singing and as a pianist.

Dina Marawala is 23 year old from Hayward, California is currently studying classical and jazz singing at California State University East Bay in Hayward for a Bachelor of Arts degree. After receiving her Bachelors, Dina would like to further her education to receive a doctorate in jazz studies. Her dream is to become a professor of music and a vocal ensemble director.
Vahishta Vafadari, 21 year old, pursuing an education and career in acting is studying for her Bachelor of Arts at the University of California, Berkeley. Vahishta has performed in many shows and with training in acting, dance and voice, can be considered what the entertainment industry calls a “triple threat”.

Delzin Choksey, 26 year old, originally from Pune, India, is pursuing her Masters of Fine Arts in Animation and Visual Effects at the Academy of Art University in San Francisco, California. She has received many honors and awards for design, photography and cartooning.

Zeena Dotiwalla is a 24 year old, contemporary dancer from Montreal, Quebec. She is furthering her dance training at LADMMI (L’ecole de danse contemporaine). Zeena has performed at many provincial and national festivals. Her long-term goals are to work under contract for a dance company and eventually start her own.

2010 RECIPIENT OF THE EXCELLENCE IN SPORT SCHOLARSHIP

Awtrin Dabestani, 13, of Scottsdale, Arizona, has been awarded the 2010 FEZANA Excellence in Sports Scholarship. At 13 he is already an accomplished table tennis competitor having received numerous titles and awards including a Number One rating amongst players in Arizona under 16. In addition to maintaining an A average as a full-time student, he spends nearly 30 hours per week training for Table Tennis. In future, this enthusiastic and determined athlete aspires to win the Arizona State Championship and make the Junior National team.

NEWS FROM OTHER COMMUNITIES

EIGHT WOMEN MOBEDYARS, NOW IN IRAN

During a magnificent celebration, arranged by the Tehran Anjoman e Mobedan at the Khosravi Community Hall, and on a day that coincided with Jashn e Esfandgan (Rooz Spedarmazd - Mah Spendarmazd, considered to be Mother’s / women’s day, an occasion meant for paying tributes to the spiritual aspects of Spenta Armaiti), a unique ceremony had been arranged to celebrate the position of women within our Society.

Source: www.anjomanemobedan.com
GLOBAL WORKING GROUP PF PARSI/IRANI ZORAOASTRIANS MEETS IN MUMBAI – HAMAZORI REKINDLED

The Coming Together Round Table (CTR), a legacy of the 8th World Zoroastrian Congress (WZC) at London, now renamed the Global Working Group, met in Mumbai on January 8 and 9, with elected community representatives from Federation of Zoroastrian Associations of North America (FEZANA), Zoroastrian Trust Funds of Europe (ZTFE), Bombay Parsi Punchayet (BPP) / Federation of Parsee Zoroastrian Anjumans of India (FPZAI) and representatives of United Arab Emirates (UAE), World Zoroastrian Chamber of Commerce (WZCC) and others, including special invitees. The meeting was a follow-up emanating from the 9th WZC held in Dubai in December 2009.

FEZANA was represented by Bomi Patel - FEZANA President and Behram Pastakia - Chair Information Receiving and Disseminating Committee.

Press Release from Global Working Group

C H I L D R E N ’ S  C O R N E R

Pictures of Zarathusti class participants provided by Khushroo Vatcha.
Asha when you gain
With minds good use
Having realized wisdom
The path to righteousness
The ultimate message of Wisdom
Through words excellent
We shall turn (convert)
Those who do not know
(With tongue) By speaking

Zarathushtra – Gatha - Yasna Ha 28.5 (FR)

Hāfez (1325/26–1389/90) was a Persian lyric poet. His collective works (Divan) are to be found in the homes of most Iranians, who learn his poems by heart and use them as proverbs and sayings to this day. His life and poems has been the subject of much analysis, commentary and interpretation, influencing post-Fourteenth Century Persian writing more than any other author.

At the gates of the tavern I saw the angels knock
Kneaded this clay we call human, and made it talk.

The residents of the Celestial Court and the heavenly bloc
Drank from the Wine of Love, with me, upon our common walk.

The earth and the skies could not keep this trust of the clock
Yet the poor insane me was stuck with such tough luck.

People find good reason for the wars in which they are stuck
Since Truth they cannot see, to fantasies they would flock.

In our midst, thank God, the dogs of war are put in chain and lock
The angels gratefully drink, gracefully dance, from block to block.

Fire is not a flickering glow that a candle flame would mock
Fire is the flame of a heap of moths that lightning has just struck.

None like Hafiz, the mask of deceitful intellect can pluck
Till the hair of Bride of Verses was brushed lock after lock.

LAGAN NU CUSTARD
By Shirin Karkaria

As a Parsi Zoroastrian from Bombay, I can say with confidence that we all love to eat good food. We enjoy large meals, need no excuse to party and in fact vigorously take part in Christmas, Diwali and other celebrations, so that we can eat, drink, sing and dance. And of course, eagerly look forward to the end of the meal and the rich desserts that we are well known for.

The first recipe for dessert that I would like to give you, is "Lagan nu Custard" which means pudding served at weddings. It can be made ahead of time and can be eaten cold or slightly warm.

1 can evaporated milk
500 ml. cream (35%)
4-5 tablespoons sugar
3 eggs
1/2 cup slivered almonds
1/4 tsp. nutmeg

Pre-heat oven to 350 degrees. In a bowl mix together the milk, cream and sugar. Beat eggs and mix all together. Add almonds and nutmeg, pour into glass dish and bake uncovered for 45 minutes. Cool completely and refrigerate.

KOMATCH
By Mehri Fereydoonzad

There are times you come across a plate of food or a slice of cake which is so tasty that your senses will register it in your memory forever. Every time you think about it, the taste and smell comes to you and you crave for it. KOMACH, is one of those adventures which once you had a piece of, it leaves you craving for more.

It is made by Zoroastrian communities in Iran and each family has its own flavor or texture which makes it unique. Komach is made for Jamshidi Nourooz or religious ceremonies.

I would like to share with you my family’s recipe.

All purpose white flour, 1 cup
Whole wheat flour, 1 cup
Milk, 1 cup
water, 1 cup
Salt, 1 teaspoon
Instant yeast, 1 tablespoon
eggs, 4 pieces
brown sugar, 1 cup
cardamom powder, 1 teaspoon
rose water, 1/2 cup
seedless black raisin, 1/2 cup
chopped walnut, 1 cup
vegetable oil, 1/4 cup
baking powder, 2 teaspoon
 cinnamon, 1 teaspoon
The above recipe fits a Pyrex dish 13" long by 9" wide by 2" deep. This way it will cook equal all the way.

Put all-purpose white flour, the whole wheat flour, salt and instant yeast in a large bowl. Warm up the milk and water (luke warm), and add it to the bowl. Now mix the solution until it becomes a smooth dough. Cover the dish with a cloth and put it in a warm place.

Tip: You can warm up the oven to 100 C and turn it off; it is suitable for storing the dough until it is risen and ready. (i.e. when the dough volume is double the original, make sure the container is large enough).

Now add the rest of the ingredients including the oil to the dough and mix it until smooth without big lumps. Warm up the oven to 370C. Add oil to the Pyrex dish until it is warmed up. Now add some butter to the oil for added flavor. Make sure the oil/butter is hot enough and covers the whole surface of the pan. Pour the dough mixture to the pan and bake it in the oven for one hour until it is cooked.

Tip: To see if the Komach is ready, you can insert a wooden tooth-pick in the Komach and if it comes out easy, it is ready.

Noosh-e-jaan