



# What's <sup>Up</sup> BawaZ



## President's Message

Dear Friends,

Thank you everyone for answering the survey we sent out for your feedback about the events we have been organising for our community. In the spirit of community bonding, this committee plans to do more events in the future, that can bring the whole community together, so we can catch up with old friends and make new ones.

We, as a committee, are very happy with the great response to our next get-together in December, which we have very thoughtfully planned for you all to have a really good time. Consider this a celebration to honour all the co-operation you extended towards the Youth Congress that ZANZ hosted at the beginning of this year. We thank all of you who are offering to contribute to this event as sponsors and helpers.

Best Wishes to you all for the New Year and may our community always prosper.

Best Wishes  
Dilshad Shroff  
President

### Inside this issue

Science behind Atash Behram bells .....	2
Update from ZCT.....	3
Recipe for Lagan nu Custard .....	4
Arzan Todaywalla "The Goal Machine" strikes again.....	6
A Young Artist of our Community .....	9
The True Parsi.....	10
Muktads & the connection with loved ones lost.....	11
Invitations for providing articles. ....	14

# The Science behind Atash Behram bells

Most of the old fire temples have large bells 🛎 at the kebla where the fire is kept and you need to ring 🛎 them to indicate the change in Geh.

Temple bells 🛎 have a scientific phenomena; it is not just your ordinary metal.

It is made of various metals including:

- cadmium,
  - ⊙ lead,
  - ⚡ copper,
  - ⚡ zinc,
  - nickel,
  - ψ chromium
- and
- manganese.

The proportion in which each one of them is mixed is real science behind a bell. 🛎

Each of these bells 🛎 is made to produce such a distinct sound that it can create unity of your left and right brain.

The moment you ring that bell, 🛎 it produces a sharp but lasting sound which lasts for minimum of seven seconds in echo mode good enough to touch your seven healing centers or chakras in your body.

The moment the bell 🛎 is sounded, your brain is emptied of all thoughts.

Invariably you will enter the state where you are very receptive.

This Trans state is the one with awareness.

Your mind is so pre-occupied that the only way to awaken you is with a Shock!

🛎 Bell works as Anti-dote to your mind.

During the change of GEH – to awake you and prepare you for taste of awareness is the real reason behind the tradition of ringing the BOI temple bells. 🛎🛎🛎

# Update from ZCT

The ZCT trustees would like to thank the community for their continued support towards our objective to collect funds for the establishment and ongoing management of a community centre and a permanent place of worship.

Our MidWinter Fundraiser this year was themed Royals. Our Parsee New Year festivities was truly a grand affair, and everyone who attended had the privilege of mingling with the Royal Dignitaries ranging from the Sheikh representing the Middle East to Jhansi ki Rani, from India, from the Egyptian princess to the Queen of Sheba.

Our Royal Chef, Mr Hosi Katki had done a splendid job with delicious Parsi Lagan nu bhonu laid our buffet style was a feast fit for a King or Queen!!

A live band Electric Blue were hired to keep the Royals entertained and they did do a great job with the music. All in all a great evening had by all.



Our next upcoming fundraising event is the New Years Eve Dinner and Dance Function and we look to the community for support.

## **2016's New Years Eve Bash – theme – Fire & Ice**

A grand event has been planned to usher in 2017!! It will be a cool party that's just too hot to handle!!

A buffet dinner with lots of dancing!! What better way to bring in the New Year with your near and dear ones.

**Venue :** Holiday Inn

**Date & Time:** Saturday 31<sup>st</sup> December 2016 from 8:00 pm onwards.

The Trustees of ZCT would like to take this opportunity to thank all the donors, volunteers who help out at the fundraising events and all those in the community who support by attending the events.

We need more financial support from the community and urge ZANZ members to join the team of Pledge Donors, who donate to ZCT each month.

Larger the funds we generate, the quicker ZCT can achieve its objective of having a Community Centre and a Place of Worship in Auckland.

For further information on ZCT please contact us on [zcentre@gmail.com](mailto:zcentre@gmail.com) or refer to our website [www.zct.co.nz](http://www.zct.co.nz) or [www.facebook.com/zctnz](http://www.facebook.com/zctnz)

# Lagan nu Custard

To make enough for 8 :

- 5 eggs
- 1.5 litres milk
- 1/3 tin condensed milk
- 300 gm sugar
- 1/2 teaspoon cardamom and nutmeg
- 1 tsp vanilla essence
- Handful of boiled and sliced almonds/pistachios (optional)

First, bring the milk to a boil in a large non-stick pan.



Once the milk has boiled, remove from the heat and stir in the condensed milk & sugar. Cook over a slow fire. Sugar addicts – now is the time to taste the milk. If you feel you need more sugar, add some in. Now comes the fun part – you have to keep stirring this for a good 15 minutes until sugar is melted, the milk sticky and ivory in colour. Remove from the gas and cool.

While this is happening, in a steel bowl beat the eggs, vanilla, nutmeg and cardamom until frothy



Stir this mixture into the cooled milk. If the milk is too hot, your egg is going to get scrambled so don't rush this step! Once it's all mixed, grease a large baking dish and pour the mixture in. You can even bake the custard in individual pots like I've done above if you want to make these a little bit fancy.



Put the dish in a pre-heated oven and bake until golden (at least an hour on about 220 degrees celcius). Garnish with the nuts and pop it back in the switched off oven.

Chill and serve – it tastes best the next day once the custard is set. Cut into small pieces and serve the family to ensure all eight people do indeed get served.





# Arzan Todywalla " The Goal Machine" strikes again !!

By Rashna Dorab Tata ( Past President The Zarathushtrian Association Of New Zealand and Trustee World Zoroastrian Association – New Zealand

15 year old Arzan Todywalla of Auckland, New Zealand has had the privilege of going to the United Kingdom thrice in last three consecutive years, and it has all been due to his immense passion & talent for football.

Arzan has made his third trip to UK this year in July.

He was selected to represent New Zealand at the famed international youth football tournament, the Super Cup NI 2016 ( formerly known as Milk Cup NI )

The Super Cup NI tournament is an international tournament, started in 1983 with 16 teams from neighbouring countries

Today this tournament has grown to accommodate more than 50 teams, from across the continent representing six FIFA Confederations.

A select group of young footballer players from New Zealand were sent on a once in a lifetime tour of Europe.

They visited London and Barcelona, where his team played matches against professional teams in both cities.

Arzan won recognition as the "Star Player" and was also awarded "Player of the Tour" by AM Sports Tours, for being the highest goal scorer, in the Under 16 MS Select New Zealand Team.

He scored a hat-trick against the Alset, Columbia team and was awarded the Alset Columbia Football Club flag as he was declared "Player of the Day".

Arzan's team were also the "Salver Medal Winner" at the Super Cup, in Northern Ireland in 2016.

His consistent wins and awards speak well of the high regards, international coaches and talent scouts hold this budding footballer in.



His talent & sporting abilities, his dedication & passion for the game have been recognized & acknowledged at every game he has played.

He is fast gaining a name for himself both nationally and internationally, as being one of the best soccer players of his age.

One of his coaches has gone so far as to name him "The Goal Machine"

He over delivers at every game he plays in, and is being watched keenly by international bigwigs.

In a few years Arzan Todywalla is a name the football world, will be very familiar with.

The small but thriving Zoroastrian community of New Zealand, will have one more reason to celebrate and be proud of one of their own !!

Arzan has just returned from playing in the Under 16 Squad at the "NZF National Youth Futsal Championship 2016" in Palmerston North in New Zealand.

He was awarded the "Golden Boot" in his age group, scoring a staggering 17 goals in six games.

Futsal is a modified form of indoor soccer played by only 5 players. A very fast, creative and technique driven game which again he excels at.

This young lad trains all 7 days of the week.

Come rain or shine or biting cold, he is always there at every practice session

He already has the rich experience of playing in different states in New Zealand , international clubs & countries and in many different teams

Sometimes with players way above his age group but yet he makes a mark in every game

As a student at the prestigious Saint Kentigern College in Auckland, young Todywalla plays striker for the school team and for his football club the Fencibles United AFC.

A prestigious soccer club in Auckland which has recently celebrated it's 20th anniversary.

It was a double celebration for the club in its anniversary year , as the Fencibles United AFC emerged as "Champions of the League" and Arzan was once again awarded the " Player Of the Year " for his sportsmanship and scoring the highest number of goals in the season.

His proud and supportive parents are with him, at every step and encourage him to achieve well beyond his own aspirations and ability.

They have pushed him hard and pushed him well.

They had full faith in the raw talent their son possessed.

Arzan has lived up to every expectation and much more !!

All this came at a huge financial cost to his parents, who never once shirked from their obligations to their talented son.

It also involved many hours of practice and training each week for Arzan, managing his playing, along with his school work which has never been allowed to suffer.

When he was younger his parents spent every weekend driving him to games far and near and were there on every sideline to cheer him and his team thru

& they remain at every game even today

His long hours of practise, strategy discussions and intense playing tactics, has today put him in the category of top players in New Zealand.

He has carved out a name for himself in the international arena as well.

His family is his pillar of support , but the expenses involved when you turn professional are astronomical and way above most families means to cater on their own.

It is hoped that the community and concerned sponsors will one day recognise and help Arzan bring his talents & career to total fruition .

It is certainly a first for the Zoroastrian community worldwide, to one day have a budding international Zoroastrian football player.

This talented youngster will make his mark as a major player in the international field and a career with the best and most renowned soccer clubs in the world

Arzan is hugely motivated and has the tough mental capacity and tenacity to never give up on his dreams !!

He is at that stage in his life where, very soon name and fame will be his companions for life

This level headed boy will certainly take all of this and international fame and pressure in his stride.



# A Young Artist of our Community Buddha

by Behzad Mistry



## *The True Parsi*

- \* 1 2 3... 1 long nose, 2 birthdays, & 3 new years.
- \* real superheroes wear sadra kusti not a cape with underwear.
- \* you don't ask for a couples name when invited for a wedding but the Caterer's name.
- \* Baug is not a garden or zoo, that's where we live.
- \* 1 is company 2 a crowd and 3 is a ghambhar.
- \* you look forward for Diwali, we look for fatakri.
- \* Parsi burger is kutlace pau.
- \* marriage is like a Fiat, you have to start and make it work.
- \* before blackberry was raspberry.
- \* before KFC was chicken farcha.
- \* meals are incomplete without anything pur eedu.
- \* bawas are health conscious, they love going to gym-khaanaa.
- \* bawas cure for cancer is "kheemo" therapy.

Khavanu... Peevanu... Paana ramvanu... Whiskey pivaanu... Majjeni life... That's the mantra of a TRUE PARSI.



# MUKTADS & the Connection with Loved Ones Lost

By Ervad Burjorji Antia

Jam-e-Jamshed Weekly, Sunday, August 9, 2015

Who will praise us? Who will meditate upon us? Who will bless us? Who will receive us with food and clothes in his hand and a prayer worthy of bliss? From amongst us whose name will be invoked in this home? Who will worship our soul?" - (Fravardin Yasht XIII, 49)

The character of an individual or race is reflected by his/ their attitude of gratitude. Religious ceremonies for the departed are prescribed in all religions and are practiced by the followers of their respective religions. Amongst Zoroastrians similar solemn days are generally known by two names: Fravardegan or Muktaad.

The word Fravardegan means the ceremony in honour of the Fravashis/ Farohars or the guardian spirits. The human body is made of material elements; but in this material body there are spiritual elements and the power of God, without which a person cannot live. Among the spiritual elements of a person his soul is the most important, because the soul is the spiritual self of man.

Soul is responsible

The Avesta word for soul is urvan, or in Pahlavi it is called 'Ruyan', which may be explained as the "chooser". According to the holy teachings of the Gathas, as mentioned in Yasna Ch. 30, man is free to choose either of the two paths: the good path of virtue, industry philanthropy; or the evil path of vice, laziness, selfishness and wickedness

But at the same time in Yasna Ch. 30, a stern warning has been sounded in explicit terms: man shall have to reap as he sows; man shall have to enjoy the fruits of his actions - good for goodness and evil for wickedness. Man shall have to suffer the consequences of his actions in this life. Hence, the soul is responsible for the actions of man.

In Zoroastrian theology, a unique concept about the Fravashi is developed. The Fravashi is the angelic guardian spirit of man, a constant companion of the soul in this worldly life. The Fravashi accompanies the soul and guides and inspires man in this life to be good, virtuous and lead a pious life.

The Fravashi, therefore, is a friend, philosopher and guide to the soul but the soul is free to accept or reject its advice. Hence, although a constant companion of the soul, the Fravashi is not responsible for the actions done by a man in this life.

Memory and hope

The last ten days of the Parsi year from Roz Astad, the 26th day of the last month Spandarmad, to the day of the 5th Gatha Vahishtoisht, are known as the Fravardegan or the Muktaad days.

They used to be principal holidays for remembrance of the dead. The object of these Fravardegan holidays is to remember and honour the Farohars or the spirits of the departed dear ones. Farvardin Yasht deals with subject of Farohars in whose honour the Fravardegan holidays are observed.

Of course, the relatives also do so on particular occasions like that of the death anniversaries, but the Fravardegan days are general holidays for remembrance of all the departed ones.

The underlining idea behind the Muktdas is memory and hope. Memory for the dead and hope for the future. They are days for keeping green the memory of those who have departed and left us. Nowadays, we are constantly involved in a mad race for our family, business or vocation. Therefore, the arrival of these solemn days calls upon all Zoroastrians to halt their daily routine, to think over the past and plan for the future. Looking at the past, we have not only to remember with respect, esteem and gratitude our departed dear ones, but to take stock of our actions during the year and then hope for the future.

Before the arrival of the Muktdas, the house or fire temple is cleaned and generally white-washed, and flower vases containing water and flowers are arranged on an iron stand or marble-topped table. Fire is kept burning with fragrance viz, sandalwood and frankincense during the day. Visitors at the house or fire temple feed the fire with their own hands and remember at the same time their particular departed ones and pay homage to those in whose memory they have paid the visit.

The Muktdad days

For the first five days, the chapter of Framraot, which is the chapter 10( of the Yasna, must be recited with the Baj of Ardafravash. If that is not possible, one can recite 1,200 Ashem Vohus with the Baj of .Ardafravash.

During the five days of the Gathas, the 'Has' or chapters of the respective Gathas must be recited. If that is not possible, one must recite 1,200 Yatha Ahu Vairyos.

Flowers play a very important part in all Parsi religious ceremonies. In the ceremonies for the dead, they are necessary in the Afringan ceremony. During the Muktdad days flowers are kept day and night at a separate place of the house or in the Agiary, for the purpose of the ceremonies. Almost all nations connect the memory of the dead with flowers. One of the objects of the ceremonies in honour of the dead is to keep their memory 'green'. So, flowers are the best medium.

According to Para 147 of the Farvardin Yasht (which deals with Fravashis), the Fravashis are associated with water and trees. There it is mentioned, "May the good waters and the plants and the Fravashis of the faithful abide here! May you be rejoiced and well received in his house! Here are the Athravans of the community thinking of good holiness.

Our hands are lifted up for asking help and for offering a sacrifice unto you, O most beneficent Fravashis!"

In this passage we find the origin of the Muk- - tad ceremonies in which water and flowers are placed in a particular clean part of the house or in fire temples where they are invoked by Athravans or priests in the presence of fire and where members of the family, offering flowers and fruits, ask for their blessings.

The vases are known in Parsi Gujarati as Behdas. This term is from the Persian word behereh, which means 'share'. It is like each family contributes its share of such vessels in order to form a temporary garden during those 10 days with water and flowers. The fragrant flowers remind relatives of the past righteous deeds of their forefathers, which spread moral and spiritual fragrance like flowers.

How many years?

A question is often asked as to how many years should the Muktdad ceremonies be performed? To that my answer is though our religious scriptures do not prescribe any specific period for performing Muktdad ceremonies, it is left to each individual to do so according to his means and sense of gratitude and devotion to the departed ones.



Some perform Muktaḍ ceremonies for one year and some get them performed during their entire lifetime and some do not perform at all. However, I may add that in Iran the practice is that they perform Muktaḍ ceremonies for one entire generation - i.e. progeny will perform the Muktaḍs of parents throughout the progeny's entire lifetime.

In Para 51 of the Fravardin Yasht it has been stated that a person who offers prayer, which leads one to righteousness, makes the Fravashis happy and as per Para 52 of Farvadin Yasht the Fravashis, in turn, give blessings to their devotees in the following words: "In this house let there be prosperity and birth of good persons. May they have good vehicles in their house! Those who will pray, will achieve righteousness and such persons will become powerful and leaders of the Anjuman." In the end, I will beseech to my fellow Zoroastrians to observe the Muktaḍ days in all solemnity by offering prayers to the Fravashis of their departed ones and receive their blessings in return.

*Atha Zamyad Yatha Afrinami*

## Invitation for Providing Articles

Dear Friends,

The topics on which you can send us articles / write-ups (original please) are :-

1. Achievers - latest personal, academic, extra-curricular achievements of any Zarathushtrian individuals of New Zealand.
2. BawaZ Jokes / Cartoon Corner / Quizzes / Crosswords / Sudoku - Games, cartoon strips, jokes, etc. (no copyrights)
3. Kid's Corner - Kids can send their artwork or small write-ups.
4. Food Corner / BawaZ Recipes - Great idea to share recipes, all home cooks to shine and also some recipes for foods of significance e.g. sev, ravo, etc.
5. Thought of the Day / BawaZ Wisdom !! - Nice phrase or a moral based short story.
6. Local Community News - Happenings in and around other local communities. e.g. any interesting play, activity at a community centre which might interest the rest of the community.
7. Advertisements of Zarathushties owned Businesses - An A6 size advertisement can be submitted. One free advertisement per Zoroastrian person.
8. BawaZ Navjote Mubarak / Shaadi Mubarak Column - New stock/babies arrivals or additions to Parsi Clan and/or forthcoming Lagans).
9. Matrimonials Column (BawaZ Lagan.com).
10. Obituary - List of Zarathushties maran (death) and also Paidast, Sarosh nu Patru, Uthamnu, Varsi Prayers, Mukhtad/Gatha Prayers at Dadgah, etc.
11. Job Vacancy / Situation Vacant.
12. Rentals / tenancy wanted / House to sell / Business to sell

Do send in your write-ups, notices, adverts etc via email to [newsletter@zanz.org.nz](mailto:newsletter@zanz.org.nz)

Also kindly note that no religious controversies will be allowed in this Newsletter. Also the ZANZ editorial committee reserves the right as to which articles may make it to the final newsletter and which may not.