



What's ^{Up} BawaZ



President's Message

Dear Friends,

The Law of Attraction is simply that what goes around comes around. This is true of the law of Karma too. Physics proves that every thought, emotion and spoken word, has a vibration.

Everything is just vibration. Be it a rock or a person. Like attracts like.

Your vibration is related to your thoughts, emotions and words. Good thoughts are high vibrations, which attract high vibrational people, joy, success and prosperity, back to you.

Good deeds are doing the right thing and helping others. So when our religion asks us to practise Good Thoughts, Good Words and Good Deeds, it's not just to be a good person or for the good of others, but to raise our own vibration and benefit from it, and also evolve spiritually. That is the purpose of our life. What can we think, say and do, that will help our soul. Life after life, we come to experience and evolve.

Don't forget that we are spiritual beings having a human experience. So make the most of it.

Remember to cherish the people who love you, be it family or friends. Be kind to others and look out for the people in your community who need your support and assistance. Loving and caring is all that matters.

"A life isn't significant except for it's impact on other lives." - Jackie Robinson.

Best Wishes
Dilshad Shroff
President

Inside this issue

Understanding Osteoarthritis.....	2
Young Achievers.....	3
6th WZYC Registration Poster.....	5
Article on Keynote Speakers at the 6th WZYC.....	6
Business Advertisements.....	8
Invitations for providing articles.	9

Understanding osteoarthritis - a degenerative disease

Article by Shawn Lawyer

There are 27 million people around that world that currently suffer from osteoarthritis (OA). To put it simply, OA is a chronic condition where the joint degenerates, thus making it difficult to place weight on the joint. This article will be of interest to the members of the Zoroastrian community who wish to know about OA. This explains the physiological process, describe the signs and symptoms and explore possible treatments for OA.

The physiological process of OA is relatively easy to understand. Firstly, microscopic cracks appear on the joint surface either through natural degeneration or via acute external force. These cracks weaken the first layer, which, comprise of uniquely shaped collagen fibers that prevent pulling forces. The second step is when the crack seeps into the second layer of the joint cartilage. The second layer has a high concentration of proteoglycan shaped like Roman arches. The main function of proteoglycan is to resist compressive forces. The final step of OA is when the crack reaches the bone. When the crack reaches the bone then the cartilage is unable to function as a load bearing structure since the weight of the adjacent bone is compressing on the bone nerves.

The physiological process leads to common signs and symptoms, such as, pain that last 30 minutes after waking up in the morning, pain that last the night, a dull gnawing pain in a single load bearing joint like the ankle, knee, hip or lumbar spine. However, OA may also affect the fingers, neck and even toes. Usually people with OA complain about pain when walking, climbing stairs or performing other daily activities.

Those who suffer from the signs and symptoms of OA can manage their condition.

However, there is no cure for this disease. The most complex treatment is getting a joint replacement, but, this option is only available to those who are at an advanced stage of OA and must be willing to adhere to an exercise program. A cheaper alternative is to maintain muscle strength during the early stages of OA. Studies have found that by performing simple exercises three times a week for 30 min during each session can drastically reduce the effects of OA over time.

In conclusion, OA is a chronic condition that affects all three layers of the joint cartilage. Its signs and symptoms are distinct and bothersome; however, it can be managed by simple exercises at home. In the future, methods of managing OA will become more sophisticated and a possible cure may emerge.

Young Achievers

ARZAN TODYWALLA

International Soccer Star in the making

A Zoroastrian teenager is fast acquiring the attributes of a fine soccer player with the promise of becoming of an international star.

Thirteen years old Arzan Todywalla is regarded as one of the best players of his generation, winning accolades, citations, medals and trophies at soccer matches held at School, City, District, National and International levels.



Bucklands Beach to Birmingham

The greatest triumph in the young athlete's carrier occurred recently when he was selected to undergo a special training and trial at the Birmingham City Club in Birmingham (United Kingdom).

Arzan was arguably the first New Zealander Indian to make it to Birmingham, which has the distinction of having established the world's first football league in 1888. The Coaches were so impressed by Arzan's skills that they selected him to play for the Under 13 Birmingham City Club Team in Birmingham and later they took him to Derby too.

Premier Skills Director, Roger Wilkinson said, "Arzan has been playing with Premier Skills for over 20 months now. He has rapidly developed individuality and game understanding allied to his natural ability and athleticism. He is totally dedicated and never misses a training session. We had no hesitation in sending him to Birmingham City and they confirmed our belief that if he maintains his work ethic and dedication he has the talent in the professional game".

Arzan said, " I am grateful to Mr. Green, Fencibles United AFC and Roger Wilkinson of Premier Skills Academy for giving the amazing opportunity to travel to UK to train at the Birmingham City Football Academy."

Starting Point

Arzan took admission in the Fencibles United AFC Soccer Club when he was six years old. In the very first year itself he won his first trophy, Golden Ball Award for the Most Valuable Player 2007. He is been winning awards, medals and certificates non-stop from that day till date.

Arzan was in Elm Park Primary school and played soccer for his school team too. As a child, he was very active so his parents made him join Okinawa Martial Arts Academy, conducted by Shenshai, Adil Sarkari. Arzan learned to focus and be more disciplined under his training. " Karate classes helped me to improve my strength and stamina which is a blessing on the soccer field." he mentioned.

Arzan is considered as one of the finest striker of his age in New Zealand and hence is also requested by the coaches to play for year 14 and 15. He trains all days of the week and constantly faces the challenges of balancing sports and academic studies.

He plays indoor soccer too. He had joined Auckland Futsal to enhance his speed and skills under coach, Zhang Jiong.

Arzan is also training under Roger Wilkinson's Premier Skills Academy from last two years to improve his soccer skills.

Arzan respects and remembers all his Coaches however attributes his recent success to his coach Justin Green, who has also been his mentor and Co-coach Mark Stockton. Arzan said "I would have never achieved anything without the coaching of Mr. Green and the sacrifice of my parents."

The Year Of Recognition and Rewards

At the beginning of the school year (8) at Bucklands Beach Intermediate School, he was appointed as House Captain.

2014 began with the trip to Australia representing Auckland Futsal Team whereby he made it in the " All Star " Team.

Arzan won Special Award for Excellence in Pursuing Sports (Male 9-14yrs) at the Indian Newslink Indian Sports Awards Presentation.

Then in September he went to Tauranga for AIMS GAMES there Arzan made it into " Tournament Team " twice in a row and the only Bucklands Beach Intermediate student to make in Tournament Team in 2013 and 2014.

Later in October at Fencibles United AFC 2014 Awards he won Player Of The Year (13 Grade)

As he was playing for 15 Grade too at Fencibles United AFC 2014 he won Sportsperson Of The Year (15 Grade)
Arzan at the New Zealand Junior Football Club Cup 2014 was awarded with the Golden Boot.



The young man has been adept in other forms of sports as well.

He broke school records in High Jump (1.52 meter) and Shot Put (9.37 meter with 4 kg ball) at Annual Sports Meet of his School last year.

He was awarded the trophy for the Sportsman Of The Year 2014 at Bucklands Beach Intermediate School.

He also enjoys training budding young players so he helps his Ex coach, Mr. Shane Brown to train young aspiring students and due to his friendly approach and soccer skills children love to train under him. One of his Ex coach Jonathan Burke calls him " Goal Machine ".

In January 2015 Arzan went to Australia for the third time representing New Zealand through Ackland Futsal. This year he as the captain of the team he set a new record of 26 goals in 5 games. Arzan was the only Indian player his coach, Zhang Jiong voted for the All Star Team and he proudly mentioned " Arzan is the best player of year 13 team".

Apart from the soccer clubs, Arzan is also excited and looking forward to play for his Pakuranga College soccer team from this year.

(Pictures by Madeline Thibaud)





THE ZARATHUSHTRIAN ASSOCIATION OF NEW ZEALAND

&

THE ZOROASTRIAN YOUTH OF NEW ZEALAND



Invites you to join in on an

Unforgettable experience

28TH DEC-2015

2ND JAN-2016

REGISTRATION OPEN

FOR ALL INFORMATION OR TO REGISTER
VISIT WWW.6WZYC.CO.NZ



THE 6TH WORLD ZOROASTRIAN YOUTH CONGRESS
DECEMBER 28TH 2015 – 2ND JANUARY 2016
KINGS COLLEGE, AUCKLAND, NEW ZEALAND



KEYNOTE SPEAKERS

INTRODUCING THE JIMMYS

The excitement is building up! No matter where you are in the world, you will find everyone talking about the upcoming 6th World Zoroastrian Youth Congress (WZYC). Being held at Kings College, Auckland, New Zealand, between 28th December 2015 and 2nd January 2016, the Congress not only promises to connect Zoroastrian youth from across the globe but also inspire delegates to carry on the proud Zoroastrian legacy.

With that being said, the 6th WZYC Organising Committee is delighted to announce the two Keynote Speakers for the event: Jimmy Antia and Jimmy Madon.



Born and brought up in Mumbai, India, **Ervad Jimmy Khushroo Madon** moved to the United Kingdom five years ago where he procured a First Class Honours degree in Computer Science from the University of East London. He is currently employed as a Software Systems Development Engineer at GENE Software Ltd., a Warwickshire based company that specialises in the field of Lean Engineering and Consultancy.

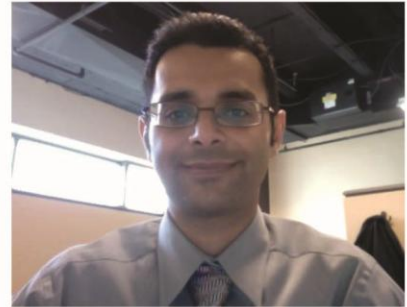
Jimmy is an ordained priest, a 'Navar-Martab', which qualifies him to carry out higher liturgical ceremonies for the Zoroastrian community. He has been actively performing Jashans, Navjotes, Weddings and Funeral Ceremonies for the community over the last decade all around the world. As the youth coordinator of the World Zoroastrian Organisation (WZO)

and the Social Secretary for the Young Zoroastrians of the UK (the youth wing of the Zoroastrian Trust Funds of Europe - ZTFE), he actively helps in organizing community events and also volunteers to teach at the 'Young Flames' religious educational class in London for kids and parents alike.

At the 6WZYC, Jimmy aims to address the modern 'young' Zoroastrian, whether he/she is the sceptic freethinker or the conformist. His presentation promises to be an unconventional discussion on how to practically use Zoroastrianism – beyond the Good Thoughts, Words and Deeds cliché, taking the Jashan beyond the Malido and the Navjote beyond the birdy dance or the 'patra-ni-machi'!

Understanding how to distinguish religion from culture, race and ethnicity while knowing the gist of our simple daily prayers, one can put Zarathustra's time-tested ethical framework to good use. Such a rational take should leave the 'young' Zarathushti wondering if he/she ever truly lived this wonderful way of life called Zoroastrianism.

Jimmy Antia is an International Security and Development Analyst with experience in Latin America and Southeast Asia. His work experience includes working with the U.S. Army Corps of Engineers, where he focuses on working with other components of the U.S. government to promote resilient and sustainable use of water resources.



Prior to this, Jimmy consulted with the Department of Defence where he investigated programs, objectives, and strategic goals to create solutions that enhanced strategic planning process. He also worked with the Environmental Protection Agency to create new programs to increase resource conservation. Jimmy has extensive experience in politics having worked for the 2012 re-election campaign for Barack Obama, and with the U.S. House of Representatives Transportation and Infrastructure committee as well as working on transportation issues post-9/11.

He holds a BA in Urban Planning from the University of Illinois at Urbana-Champaign, an MA in International Relations from the Fletcher School of Law and Diplomacy, and was a 2003 Fulbright scholar to Costa Rica, where he examined sustainable development issues.

He will be addressing the connection between ecology, the mind and how they are rooted in Zoroastrian philosophy.

Do not miss the opportunity to listen to and engage with these intelligent and knowledgeable Keynote Speakers.

Get your applications in quick, as Early Bird registration closes in less than 2 months (12th April, 2015).

Register at: www.6wzyc.co.nz



Alter Me

Designing | Dressmaking | Sampling | Alterations

Designer Indian wear

Made-to-Measure

Clothing Alterations

Event Groups

Garment Remodelling



CALL 021 252 1307

nazneen@alterme.co.nz

www.alterme.co.nz

TANTALIZE...

... your taste buds with cakes and more...



Persis Mory
54-B, Halsey road
Manurewa
021 572 668

Invitation for Providing Articles

Dear Friends,

This is our third edition and would like to invite one and all to send in articles for all to view :

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 (Irani and Parsi) 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

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.