

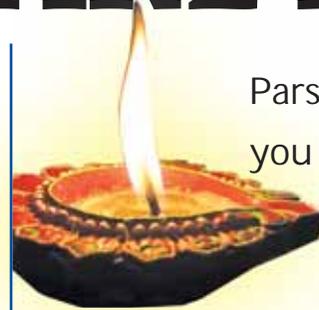
PARSI TIMES

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VOL. 1 - ISSUE 26 :: PAGES 24 :: 2

SATURDAY, OCTOBER 22, 2011

DIWALI CHEERS ARE HERE!



Parsi Times shares with you an enlightened week gone by and bright future prospects.

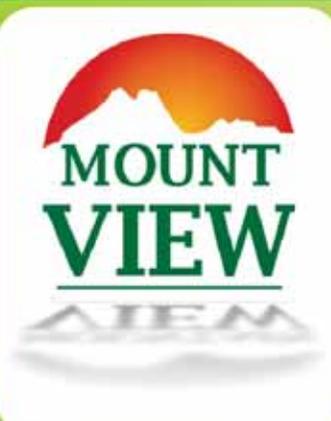
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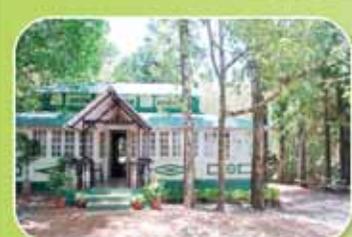
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WE BUILD TRUST, ALWAYS !!

FROM THE EDITOR'S DESK

Dear Readers,

Diwali is coming! For all you enthusiastic fataka busting youngsters... Parsi Times has a list of places where you can get some good quality crackers and lessen the damage to the environment. If you are going to burst crackers, it might be worth your while to go knocking on your colony doors and give the older aunties and uncles some bribe worthy mithai and cotton balls! If you are not, you can always enjoy the season painting diyas, making sweets and sharing stories in the light of the flame. Better yet, spend the day reflecting on how Good overcomes Evil in the larger scheme of things, the essence of the festival and the belief within our religion.

The past week has brought in some lovely guests at the Parsi Times office. One of them was a Dasturji from Iran. His sweet words are shared in our pages.

I must thank a lovely lady Mrs. Meher Sutaria, for taking the time out to write to us. She writes about her 11 year old granddaughter reading the Parsi Times. Knowing that we at Parsi Times can engage the hearts and the keen interest of young promising community members like Mrs. Sutaria's granddaughter, is the best gift this Diwali could bring. The thought truly lights us up from within!

Another Diwali Gift; advertising bursts onto our pages! Community members, we promise you information and the best places to get what you want through our ads.

The rage and hurt sentiments of the Community over the use of the Doongerwadi property pour out in Letters to the Editor. So many that we can't even print them all. Actions speak louder than words and we hope that our pages celebrate improvements on the part of the management from here on instead of complaint after complaint about them.

Happy Reading

Freyan

freyan@parsi-times.com**LETTERS TO THE EDITOR****SODAWATERWALLA REVIVAL**

Madam,

I regularly get a complimentary copy of Parsi Times.

The articles published therein especially articles on Parsi Religion culture, heritage and 'Parsi-ness' makes interesting reading.

As recently as 8th Oct. 2011 you published a write-up "Revival Story of Sodawaterwalla Dharamshala-Udvada".

It is heartening to note that the nearly 80 yrs. old structure which had fallen to dismal state was revived by a Parsi heritage architect and a Parsi philanthropist, so that the institution could be of service to our Community member who frequently visit Udvada to pay homage to Shree Paak Iranshah.

Please keep-up with good work. May the blessings of Ahura Mazda and our prophet Zarathushtra be upon you.

Regards,

Jamshed Shroff**IF YOU LIKE ME TELL ME**

Dear Freyan,

To begin with, I would like to

congratulate you for bringing out such a wonderful weekly like the "Parsi Times". Its contents are informative, interesting and trendy.

I am a grandmother and while I simply love going through the contents of your newspaper, it gives me immense pleasure to see my 11 year old grand-daughter reading it and taking keen interest in matters pertaining to our community. Keep up the good work.

Recently, while going through my collection of interesting articles and poem, cut out from various magazines and newspapers, I came across this poem (source unknown) titled, "If you like me tell me". I would like to share it with your readers, more so, because in this hectic fast paced world, no one has the time to utter a few words of praise and appreciation to friends and loved ones. By the time one realises the true worth of a person, it is just too late. This poem might help to strike a chord in the hearts of your readers and help them to avoid a "too little too late" kind of a situation.

With Warm regards,

Meher P. Sutaria**(Poem contribution on Pg. 16)****PARSI TIMES VARIETY**Dear Editor & Parsi Times Team,
Good reading.

I truly appreciate the range of issues dealt in your Parsi Times but would suggest maximum variety of articles to satisfy to different tasks for young and Sr. people (old) generations. Also there should be Question and Answer space on savings. All avenues of Investments and of Hobbies, etc.

Much thanks for your article on Religion and about Parsi History Series (Shahnama).

Hoshang T. Sethna**TOWERS OF NOISE**

Dear Freyan,

By the grace of DADAAR AHURAMAZDA, this will find your goodself & your dear family members in the best of health.

Kindly accept my heartiest congratulations, for very boldly & courageously reporting & printing with photos on Article, viz. "TOWERS OF NOISE" of another erupting scandle created by the Team of New Trustees of B.P.P. for the sake of some Lakhs of Rupees for cacophony

giving on at our sacred place, viz. "DOONGERWADI" as also at "KHAREGHAT COLONY" for the night shoots. It is very shameful when Vada Dasturji of UDVADA tried to contact Mr. Khojeste Mistree, Trustee & in charge of Doongerwadi, on phone & the reply that he received from his wife & daughter "He is sleeping & not to be disturbed".

After repeated phone calls by Dasturji & personal visit of Mr. Gustad Irani to his residence, he replied negatively that he does not know anything and inquire with Mr. Dinshaw Mehta (So called "Chairman" of B.P.P.).

Even when Dasturji summoned, Er. Cyrus Dastoor – the Brain & Idea behind such incidents – given to Mr. D. Mehta, for the sake of Lakhs of Rupees; just washed of his hands, as it is not a burning issue of Parsee Community.

It is very shameful on the parts of Mr. K. Mistree & his family, as well as for Er. Cyrus Dastoor.

Freyan, you may believe it or not, but DADAAR AHURAMAZDA.

Contd. on Pg. 3**selvel****Since 1945****www.selvel.com**

Contd. from Pg. No. 2

in the Form of a "FARISHTA/MASIHA" must have sent Dasturji who summoned you & your team for Report & Photos.

Secondly, your articles on various Baugs/Colonies are very interesting & thought provoking. Your Review & Photos on celebration of URAN AGIARY's Salgreh, is interesting. Atashpadsa Saheb will certainly Bless you.

Freyan, may the choicest Blessings of Almighty God be showered upon your goodself and may you always have PEACE, PROSPERITY, HAPPINESS & ZEAL to work for the Community (in General) and for your "Parsi Times" (in Particular) in the years to come.

With kindest Thoughts and Best Regards.

Sincerely Yours

PT Reader wishes to remain Anonymous

KHAREGHAT SHOOTOUT

The Editor,
Parsi Times,

This refers to a letter appearing in your paper's issue of the 15th October authored by Khojeste Mistree. Normally, I do not read letter from this individual in minute detail but since the same pertained to issue raised by High Priest of Udvada and since the matter was about the welfare of residents of a Parsee Colony viz Khareghat Colony, I read Mistree's View Point carefully to be fair to him.

Mistree has said that on the relevant date he was tired and had gone to sleep. Fine, a person does need rest. Using Mistree's own chronology of events, he returned home at 10.30, was asleep at 11.00 p.m. when Gustad Irani rang doorbell of his house. So far

so good but how did he wake up to attend to Meheli Colah's phone as well as Jimmy Mistry's phone call later on? That is quite intriguing.

Mistree has made a grievance about the Parsee press 'ganging up' against him. The same if true is reflective of his popularity index. Mistree cannot expect every Parsee to forget his poll promise to declare assets upon being elected, which he has not adhered to after passage of three years.

Mistree has also added that 'Those who want the collapse the Dokhmashini system are already busy with their nonsense'.

In this context my questions are:

1) The entire community knows that the system as it existed say thirty years ago has already collapsed and there is nothing anybody can do further to add to its collapse. The reason why Parsees opt for this defunct 'system' is due to denial of sacraments by the Priestly class. If there was a alternative available, there would be hardly two Ruvans a month, deciding to allow their mortal remains to rot.

2) Mistree has been a Trustee of B.P.P. for now three years and in what way he has been able to revive this dead system? If the system were working then there would be no need for Solar Concentrators which because of climatic constraints can operate only during seven months in a year since for five months Khurshed Yezad is covered by clouds which fact will be vouched even by a school going kid.

3) Does any tenet of our faith permit Solar Concentrators? Where does the system allows the bodies to be sprayed with brownie urine? Where does the system allows use of ozone

gas / exhaust? Just to refresh the memory it was High Priests Dr. Firoze Kotwal & others objected to solar concentrators stating that even a nail cannot be nailed in Dokhma since they are religiously consecrated. No doubt he took summersault within no time under your his pressure. I would like to add that I too am a traditionalist and "bhunnar gunnar" but that does mean that I should cover my vision with mask and bid good bye to common sense and reasoning. The mischievous distortion that all those who believe in practicing the collapsed system alone are traditionalists and those who disagree are lesser Parsees is laughable considering the double standards of those wearing the label of Traditionalists.

Instead of admitting his limitation, Mistree has chosen to deflect the blame for defunct funerary system. He was vocal for Aviary since over a decade and his scorecard on this front after becoming Trustee of B.P.P. does not add to his C.V. or Performance Appraisal and so he plays the game every politician plays viz. blame game.

Madam Editor, please publish this letter in toto in our Weekly,

Lastly I appreciate the

efforts of Parsi Times to be impartial in its reporting views of both sides.

With regards,

Homi Dalal (9920705713)

HAS THE PARSI TALIBAN ARRIVED?

Madam,

Apropos Letters to the Editor PT 15 Oct., wherein you have published an anonymous letter "Shooting at Cusrow Baug."

Following thoughts raced through my mind:

What is the reason for this guy to request you not to publish the name?

1. Could it be that he/she is afraid that a Fatwa may be invoked, and he/she may be treated like a renegade, and prevented from parking his cars/two wheelers at his favorite place, or denied entry in the club?
2. Could it be that he/she is afraid that Parsi pehlwans will bash him/her up as was done to old Moose, and the Russian Zoroastrian?
3. Could it be that he/she is on "Leave and License", which has expired or about to expire and the fear that it may not be renewed and he/she will be care of footpath outside Aga Bros, shop?
4. Will Parsis in the 21st

century, have to live, like the Jews, of Europe had to, under Hitler regime, in the last century?

Has the Parsi Taliban arrived?

As for the shooting I feel there should be no objection as long as some bodyguard doesn't starts shooting Parsis and sending them to Doongerwadi for their last journey. Shooting should take place in every baug so that Parsis can shake hands with their favorite Bachchans, Kapoors, Khans, and their favourite actresses, like Smriti, Kajol and so on. After all Parsis are fond of Hindi movies/songs.

As for parking problem, Parsis can resort to double or triple parking or drive out to Taj, Oberoi, during those few hours and while their time at the Cigar Lounge or some Cabaret.

Also for peace and tranquility this is a good excuse/opportunity to get out to Lonavla to some Dela Bungalows, or Goa, or Panchgani, Satara, etc, to destress themselves.

Parsis are very broadminded and sporting too. Parsis have one Bill Gates with 500 crores in his hip pocket, so what is the harm if a Parsi/Irani becomes a Cecil B DeMille of Bollywood, and shoots in our baugs? We

Contd. on Pg 16

	Dr.Kalania's VASTU & FENG SHUI TIP
Dr. Kalania with Lillian Too	Temple Should Be Always At The North East Corner, North Or East Wall Of The Home Gives Business Prosperity, Get Cosmic Help – Enhancement Of Cosmic Energy - Place 40mm Shree Yantra In The Temple, Citrine Crystal Pyramid & Lit Yellow Bulb.
<p>→ Is Your Home Square Or Rectangular...? → Do You Have Missing Areas In Your Home? → Is Your Bathroom And Toilet At The Right Place...? → Are You Praying Towards The Right Directions...? → Is Your Kitchen Gas And Water Sink At The Right Place...? → Is Your Main Door Of The Home At The South Bad Direction...?</p> <p>Meet Dr.Kalania For Free Consultation With Rough Layout – Map Of Home, Office, Factory Etc... Vaastu Defects Correction Without Any Alteration Through Scientific Cures And Remedies.</p> <p><small>Feng Shui Art Gallery, Shop 4, Opp Milan sub-way signal, S.V. Road, Next To NOKIA, Santacruz-W. PH: 022 - 6691 9909 Mob - 9820219050 Email – dr.kalania@gmail.com website- www.fengshuiin.com A To Z Vaastu And Feng Shui Articles, Certified Precious And Semi Precious Stones Available</small></p>	



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PARSI TIMES *Community Coverage*

The BPP Matrimonial Bureau Lives it up!



The second picnic of the year for the BPP Matrimonial Bureau was held on the 16th October 2011. 79 youngsters piled onto a bus and headed out to Della Adventures in Lonavala for what proved to be an immensely fun filled day! The journey begun at the pick-up points in Khareghat and Dadar Parsi Colonies in Mumbai. The staple bus singing and snacking turned 79 strangers into 79 friends well before they reached Lonavala!

After indulging in the lavish spread at breakfast and being formally introduced, the youngsters set off for adventure rides such as Moto-Cross Dirt Bikes, ATV rides, Archery, Paintball, Zorbing and Flying Fox. A few even slowed down the pace at the Spa.

Not everyone was outgoing and to make sure that each person made his or her presence felt, post lunch games were organized to get everyone out of

their shells. By tea-time numbers and email addresses were exchanged and pictures were clicked away!

If anyone had seen the bunch on their bus ride home you would never have guessed that they had all just met for the first time that morning! More games and more fun accompanied them back to Mumbai!

The picnic was sponsored by the Bombay Parsi Punchayet and discounts and concessions were offered by Jimmy Mistry of Della Adventures (also a BPP Trustee).

The event was put together by Mrs. Arnavaz Mistry, (BPP Trustee) and the core group of Mrs. Zarin Havewala, Mrs. Shiraz Guard and Mrs. Kashmira Khambatta.

The last Matrimonial Picnic was held in January 2011 and was attended by 75 youngsters. It is good to see the meeting grounds growing!

LETTERS TO THE EDITOR

Dear Editor,

The viewpoint of Mr. Khojeste Mistree in the Parsi Times of 15th October 2011 with regard to the 'shooting incident' at the Doongerwadi is an obvious attempt, albeit a feeble and unconvincing one, at a cover up, which if read carefully reveals more than what he tries to conceal.

If as Mr. Khojeste mentions, the matter was sorted out in the evening itself, why was this simple fact not conveyed to Dasturji Khurshed and the others who had assembled at the Doongerwadi after 11 pm? How did he manage to answer calls from Mr. Mehli Colah et al after 11 pm. and was not willing to take calls from other concerned community members?

If, as claimed by Mr. Mistree, the food and the festivities had already been stopped at Mr. Dinshaw Mehta's orders and the portable toilets removed, how did the Parsi Times photographer manage to shoot shots of the buffet table and the toilets? How come food was seen being cooked and the cast & crew dining away oblivious to the heated situation?

Oh! What a tangled web Mr. Khojeste Mistree tried to weave but all he has achieved has been to fall

flat on his face.

As for Mr. K. Mistree's outrage that he should have been contacted before publishing the report in the Parsi Times, was he not fast asleep after burning the midnight oil for 3 previous nights and did not take any calls? And the icing on the cake has the WAPIZ page ever checked the facts & fallacies with those they have criticized, now that Mr. Khojeste expects such courtesies to be extended to him! As you sow, so shall you reap.

Mr. K. Mistree may not have been a party to granting the permission for the use of Doongerwadi premises, but he has miserably failed in his duty as a Trustee and as a 'religious scholar' to protect the Doongerwadi from being desecrated.

I will henceforth remember Mr. Khojeste Mistree as the 'Sleeping Trustee'. He has shown that he and Nero are of the same ilk - one fiddled whilst Rome was burning, the other slept whilst Doongerwadi was being desecrated and misused.

The community deserves to know the truth on this entire unfortunate episode and we want the whole truth and nothing but the truth!

Rusi Nariman
Bandra

A Good Waste of Space!

The 2 day Waste Management and Waste Water Treatment National Conference, in Mumbai at the Bombay Exhibition Centre (Goregaon, East) ends today. Yesterday, the first day of the Conference, Mr. Perses Billimoria, CEO and Founder of Earthsoul India Pvt. Ltd. spoke to the audience about Compostable bags for wet waste collection and was on an illustrious panel of people who have joined together to create better ways for us all to manage our waste and conserve

our planet better.

Also at the event was Mr. Viraf Mehta, of Greentech Solutions. In the Parsi Times Section on Green G h e r ,



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we covered the Waste Management System that Mr. Mehta has placed in the Vasai Parsi Colony which has helped

residents adopt environmentally friendly garbage disposal techniques. This article received action oriented and positive feedback from Parsi Times readers and Mr. Mehta can hopefully be able to help more Baugs and Parsi businesses include better living into their lifestyles.

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PARSI TIMES Community Coverage

SOCIAL MEDIA MARKETING



You will find her at every party, in every conversation and in-the-know about everything! PT Reporter Swati Kalra loves a chat and is passionate about pretty much everything! She is easy to pick in a crowded room. Just look for her smile and bubbly enthusiasm!

Social Media is not just a 'marketing tool'. It is a phenomenon whose full power is waiting to be unleashed. In view of the growing popularity of social media like Facebook, Twitter, Linked In, You Tube and others for business promotion WZCC Mumbai Chapter organized a lively and informative presentation on 'Social Media Marketing' last Saturday at Della Tecnica office at Dadar. The speaker Hareesh Tibrewala is the joint CEO of Social Wavelength, a leading Social PR Outsourcing firm.



In a knowledge-packed 1.5 hours, Hareesh initially took the participants through the world of Social Media Advertising - what it is, how big it is and the outstanding reach it has built over a period of time. He then went on to explain strategy building and the 10-step method to build your own Social Media presence. His lively talk was full of real life examples of how Social Media has helped in real life cases for

big and small brands. A notable campaign was of Blendtec - a relatively unknown Blender manufacturer - who made it big by putting up a series of Videos on YouTube under the title of "Will it Blend?"

He ended with a brief overview of pros and cons of Social Media and how, if handled badly, it could damage one's brand irretrievably. The participants asked many questions which paved the way to a healthy interaction and understanding of the various issues and strategies involved.

WZCC has its own Social Media presence with open Groups on Facebook and LinkedIn. Community members are encouraged to join these Groups for networking to grow their business and share their ideas with other members of the Group from across the world. Enthusiastic Z's must join these Groups to further their Business and Career prospects irrespective of whether they are members of WZCC or not.



NOTICE

Borivali & Surburban Zoroastrian Association (BASZA) Annual General Meeting was held on Saturday, 17-9-2011 at Rustomjee Primary School - Dahisar, Mumbai to elect Members to the Executive Committee for the next three years.

The following Executive Committee Members unanimously elected.

- | | | |
|---------------------------|---|------------------|
| 1) Mr. Minoo Khan | - | President |
| 2) Mr. Marazban Mehta | - | Vice President |
| 3) Mr. Khurshed Pastakia | - | Secretary |
| 4) Mr. Jimmy Adajania | - | Jt. Secretary |
| 5) Mrs. Perviz Minoo Khan | - | Treasurer |
| 6) Mr. Yezdi Motiwalla | - | Committee Member |
| 7) Mr. Minoo Kotwal | - | Committee Member |

NOTICE

Watch "Kisse-Zarthustian" (Part-III) on 23rd October, 2011. This Tele-Serial is Designed and Directed by Ervad Dr. Cyrus Dastoor. The serial is presented by Frohar Films.

In last week's article 'Honouring talent', contributed by Engr. Edul Jal Cassad, Parsi Times wishes to add that the Outstanding Contribution to Concrete Technology 2011 Award was presented to Mr. Cyrus K. Pithawalla by Mr. Badwe, Chief Engineer Roads of the Municipal Corporation Greater Mumbai.

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- Most Seasonal
- Fruit
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Fruit Squash

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- Lemon Ginger
- Pineapple
- Guava
- Orange
- Kokum
- Ginger

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- Patra Machi
- Saas
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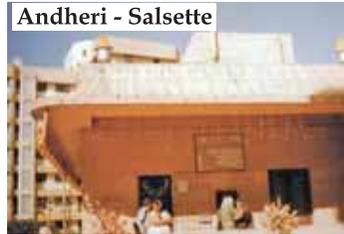
THE SETH PHEROZESHAH ARDESHIR PATEL DAR-E-MEHER



The founders



Patel Agiary



Andheri - Salsette

The Seth Pherozechah Ardeshir Patel Dar-E-Meher was built in 1908 (Roj Adar, Mah Adar, AY 1277) in Andheri. At that time there were only 8 to 10 Parsi families living there. Today it is home to more than 10,000 Parsis, who religiously visit the Agiary on a daily basis.

The Agiary was built by Ardeshir Bhikhaji Patel who also built a building in the same compound in 1909 in memory of his wife Late Ratanbai Adershir Patel. It was meant for poor Parsi

Zoroastrians who maintained the Dar-E-Meher. The building comprises of 13 rooms and is let out to poor Parsis at a very economical rent. Late Adershir Bhikhaji Patel had also given donation of Rs. 13000/- for the building of the Towers of Silence in Salsette and inaugurated the same in 1923. He had taken a loan of Rs. 1000/- from the Government in those days, to build it. He also enabled the building of the Mandvi Dharamshala in Surat in 1900.

He was instrumental

Andheri

As you get out of the Andheri station, and step onto the road, you will be surrounded with dust and grime. But just off the main road, you will find nestled a beautiful structure with its exquisitely coloured glass panels. It exudes tranquillity and splendour. Parsi Times pays respect to The Seth Pherozechah Ardeshir Patel Dar-E-Meher, Andheri.



Panthaky Er. Kersi H. Katila



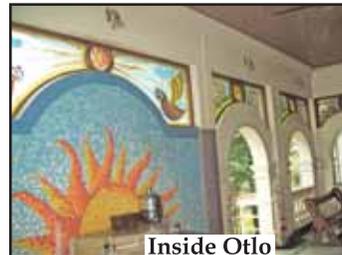
Plaque on the building



The Jashan



Devotees attending the 100th Salgreh



Inside Otlo



The holy well

in building a new building for the Mahuva Dar-E-Meher which was originally established in 1959 by the then local Anjuman. In 1910, Seth Adershir Bhikhaji Patel built a new building for the Dar-E-Meher and a Community hall named Manekwadi. The fire was re enthroned on 29th October 1910 (Roz Sarosh, Mah Ardibehesht)

His grandson Adershir Patel followed the footsteps of his grandfather and contributed by building the

Seth Ardeshir Bhikhaji Patel Dadgah at Salsette in Andheri (E) on 23 January, 2000. He also built the Manecksha A. Patel Co-operative Housing Society in 1997 which houses 56 Parsi families and which is situated behind the Patel Dar-E-Meher and named it after his father. In addition, he reconstructed the Agiary as the old structure had developed dangerous cracks on the walls.

Contd. on Pg. No. 16



The entrance



The club - Carrom table

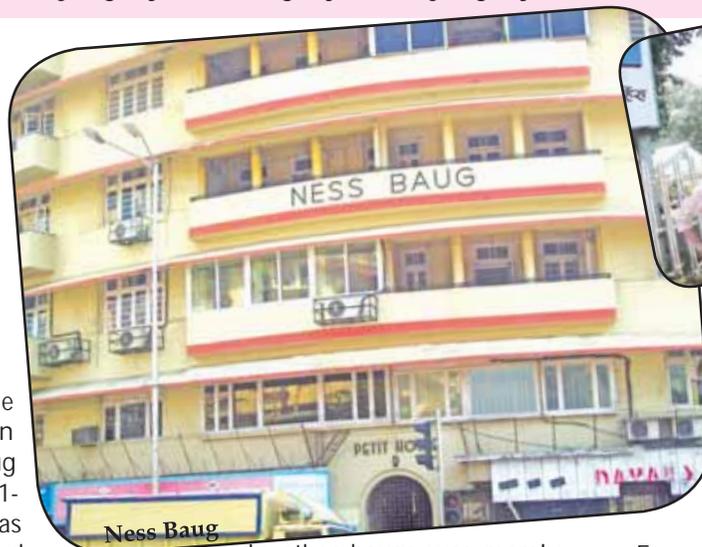
Ness Baug is centrally located and has easy access to all types of transport. There are many Agiaries situated close to Ness Baug, like Aslaji Agiary, Sethna Agiary, Soonaji Agiary.

The construction of Ness Baug began in 1931-32 and was completed by 1935-36. Originally, it comprised of A, B, and C blocks. And one of the first tenants was Mr. Meherwanji Colha. It was earlier known as the "Petit House", as it was built by the Petit family. The flats constructed earlier were not meant for the poor, but for the elite. At that time, the rent

NESS BAUG

LOCATION:

Ness Baug is centrally located and has easy access to all types of transport. There are many Agiaries situated close to Ness Baug, like Aslaji Agiary, Sethna Agiary, Soonaji Agiary.



Ness Baug



Main Gate



Manager & Secretary of Ness Baug



The club - Table Tennis

in other baugs was merely 15 to 20 rupees, compared to the rent in Ness Baug which was 149 rupees.

All the flats were furnished with a servant quarter and modern amenities, like showers, basins, and white tiles, which were considered luxuries in that period. In 1951-52, the Petit family

handed over the trusteeship to R.R and R.N Wadia Trusts. It was thus renamed as Ness Baug.

From 1951 to 1961, the Wadia trusts constructed 3 additional buildings known as annexes 1, 2, and 3. This was done to accommodate more Parsis. All the buildings had been originally constructed with 5 floors and in the year 1968, an additional floor was built. Today, Ness Baug houses 74 flats, in total.

Currently, the trusteeship of the Wadia trusts properties have been handed over to the Bombay Parsi Panchayet.

The President of the Ness Baug Parsi Zoroastrian Tenant's Association is Mr Fali Poncha, who is the ex-director of Tata Housing. Earlier the Association used to organize Jashans and different programs for the residents.

The celebrities who reside here are Dr. Darayus Soonawala, Mr. Mehli Colah and Mr. Farokh Khambata of Josh.

THE SEARCH IS ON...

Girls and boys! Send in your boring pictures at answerthis@parsi-times.com or just mail them across to our office. The famous Arshis Javeri will pick a lucky few for a Diwali makeover! You get a chance to get some real stylish makeup tips and hints and be totally glam! It wouldn't hurt to have a good facebook pic as well now! So hurry and mail us to be the

Parsi Times
Fatakro
of the Month!



A creative junkie by nature Arshis Javeri is obsessed with colour and art. After hopping around the world and flying and training for India's premier airlines he followed his dream of making people look gorgeous and headed overseas to study from make-up schools like Make-up Forever Professionals in UAE. Besides being a freelance make-up artist and hair stylist Arshis is a trainer for an academy sponsored by international brand Max Factor. With Bridal's, Photo shoots, Makeovers, Stage shows, Portfolios and Editorials being his forte he has a passion for fashion and style.

F1 RACING

Dear Readers,

Are you taking the fast track to the F1 race at Noida on Sunday, 30th October, 2011???

Then meet us at the finish line and send in your pictures at contribute@parsi-times.com.



Class with Miss Azmin!

Dear Kids!

This Diwali save one diya and paint it for us. Send in your diya and / or your picture holding it at our address contribute@parsi-times.com. The three best diyas will get Rs. 501/-

PRIZE
Rs. 501



*Last date for entries is Friday, 4th November, 2011 by 5.30 pm. Hurry! And don't forget to read the "Safe Diwali" tips on page 13.



Nooshin Kotwal



Natasha Dotiwalla



Mahafreenn Sarkari



Nazneen Dastur



Merzi Anklesaria



Anahita Dotiwalla

ARE YOU READY FOR VIBES?

This year preparation is in full swing at Godrej Baug for the VIBRATIONS Show! Our Godrej Baug P.T. pals grab a look behind the curtain and found everyone practicing furiously! Choreographers Merzi Anklesaria, Mahafreen Sarkari, Anahita Dotiwalla, Natasha Dotiwalla, Nooshin Kotwal, and Nazneen Dastur come every day to M Block basement and teach the enthusiastic children. Vibes may be on the 26th of November this year but the special VINES bonding and memory making has already begun!

Navroz D. Siganporia (Sigi)

Sigi
interior designer

Mast Realty Services

Resi: 24166777 • Mobile: +9198210 13734
E-mail: navrozsiganporia@yahoo.co.in



Tushna Mehta

A shopaholic who fills her cupboard with the spoils of professional styling. Tushna Mehta has worked with the famous blunt hair professionals for a while and is ready to share her knowledge and passion for tresses!

Wavy hair is extremely versatile. It can be worn in various ways, either straight or scrunched

Many people don't understand the concept of scrunching hair. If your hair has any bit of waviness to it, you can increase its volume without inviting dry, frizziness just by scrunching it. Don't forget that all hair is different and it won't come out the same as another person's. (if layers are

Wavy Hair

long the scrunch will fall flat so ask your stylist to enhance your layering through a haircut and add more curl).

Waves and curls are where the fun and volume is according to me. I feel someone with curls and waves are more approachable people rather than pin straight hair. Everyone has their own way of scrunching that works best for their hair type, but this is a great way to start!



Shampoo and condition with products formulated to improve your hair's texture and flexibility.

Towel dry your hair so that it is damp, not dripping.

Apply a firm hold styling aid from the root area to the ends. Curl cream used with the combination of a serum is usually better for thick hair and Styling Foam or Mousse usually works for fine hair. You may have to experiment to see which works for you.

To dry your hair, you will either use a diffuser or let it dry naturally. Either way, you must be patient to not

RECIPE



Purveen Dubash is a chef with many knives in her pretty home kitchen

cabinet. From TV anchor to educator to author she is armed with culinary skills to put your tummy into a hypnotic state. We are proud to present to you her recipes which have the unique distinction of being not only simple to follow but yummy to taste!

Caramel Custard

Ingredients:

1 tin condensed milk
4 cups whole milk
6 egg yolks
3 tablespoons sugar
A handful of almonds/
raisins

Directions:

In a heavy-bottomed deep vessel caramelize the sugar till light brown. Pour the yolk and milk mixture over the caramel.



Place on a trivet. Pressure-cook for ten minutes. Cool completely and remove the lid. Place in the fridge. Invert before serving.

rush the drying process.

Grab a chunk of hair, squeeze and push the ends up towards your head, causing it to 'crinkle'. If you are using a diffuser, direct the air flow toward the chunk of hair you are working with. Drop that piece of hair and grab another chunk. Repeat the process until

you have worked with all of your hair. Go over it again and again until your hair is dry.

Grabbing small chunks of hair and working more slowly will give you more curl.

Larger chunks of hair will give a larger wave effect.

b:blot



- ★ If you are attending a party and have no time to wash your hair, dip your comb in a glass containing beer and comb well. Combs can be cleaned by dipping them for a while in a solution washing soda and warm water.
- ★ Dislodge blackheads with tomato slices. Drape over nose, chin, forehead for ten minutes.
- ★ For a quick clean polish, rub leather shoes with the inside of a banana skin. Leave it to dry without buffing.
- ★ Eyebrow Pencils sharpen more easily if left overnight in the refrigerator to harden.



The importance of getting enough sleep just can't seem to be repeated enough times. The recovery time is just as crucial to your muscle as the nutritional part as well as the actual workout is. Without the proper amount of sleep, the muscle will end up in a catabolic state, which means the muscle will break itself down during and after the exercise.

The body releases a lot of essential hormones for muscle recovery and muscle growth while we sleep. Without proper sleep, we cannot function for very long, not physically nor mentally. Our body is depleted of important nutrients such as vitamins and minerals, if we are sleep deprived.

Bodily growth and repair only occur during rest or sleep,

PROPER SLEEP Weight Loss & Proper Sleep

never during exercise. One of the most important hormones, growth hormone is being released while we are sleeping. Growth hormone is

stored in the pituitary gland and the body releases it in response to sleep, exercise and restricted food intake. It's of great importance to us to have a sufficient level of growth hormone in our body because of all the benefits it provides us with. Growth hormone can help you burn fat and convert it into energy and muscle.

A healthy growth hormone level helps your body to strengthen your ligaments and tendons, enhance protein synthesis for muscle growth and keep the connective



tissue strong and healthy. Not getting your sleep is trying to drive a car without putting any gas in it, it just won't drive very well at all. Studies show that

the over training syndrome occurs primarily because of insufficient amount of rest and sleep. The other common result from not getting enough sleep is the weakening of your immune system. If you are over trained and are not getting enough rest you are subsequently much more susceptible to infections of any kind.

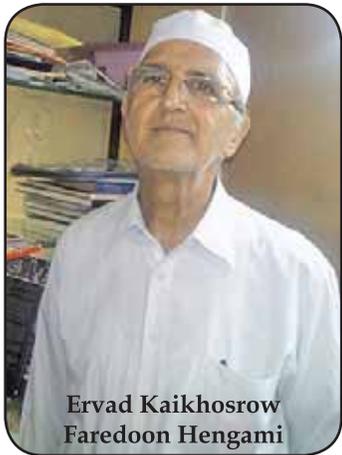
Suffering from a lack of sleep while trying to get through a tough workout could result in not only your body breaking down energy wise but you

are also more prone to injuries like tendon and ligament injuries because your whole system is weak from lack of rest. If you increase your exercise intensity you also need to increase your rest and recovery time in between workouts. If you fail to do so you will most likely end up sick or injured and this will set you back from training even further. The secret to injury free training is to carefully balance training and rest.



A sign of over training is insomnia. If you know that there is no reason for you not to be able to sleep at night you are most likely not getting your well needed 7-9 hours of good rest.

Contd. on Pg. No. 16



Ervad Kaikhosrow Faredoon Hengami

From Iran with Love

What do you find is the difference between the Dasturjis of Iran and those in India?

In Iran I have such a blessed life. As a Dasturji I am very well taken care of in terms of salary and also respect. There is an immense value attached to Dasturjis. I get taken care of by the Anjuman of Kerman. I have retired now but I still get a good pension and a lot of benefits. I live in my own house and can take care of my family without the need for a second job or career. I can concentrate on being the best Dasturji I can be.

In India I find it really sad that the Dasturjis have to ask for money from the Community for performing prayer and take ten twenty rupees here and there at the Agiary. They must be supported by the religion well enough to not have to do that.

Here they take multiple jobs just so that they can support their prayer. It is sad that in order to feed themselves they are forced to pray even when they are ninety years old.

The Panthaki System is not good at all. In Iran we do not have it.

On the other and when someone passes away in India the rituals of mourning

are very respectable and in keeping with the sadness of the occasion. In Iran I find it

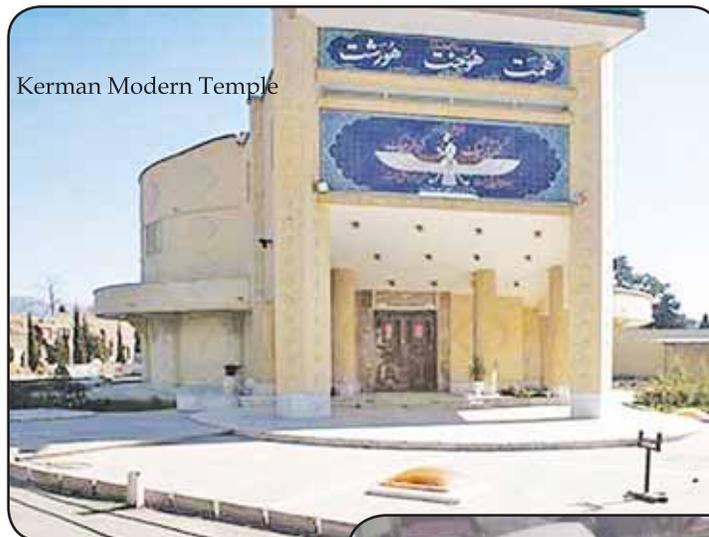
properly on the praying aspect and not the hundred other things. What is the matlaab

praying. I am angry when people are distracted by their cell phones while praying.

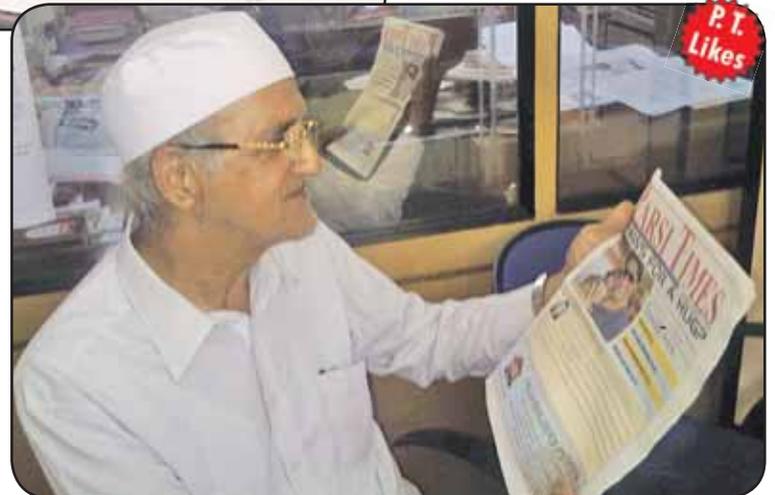
The most important thing when you come to pray, is to pray.... And not to display lavish fruits and other things. That is all for our pleasure.

What do you think of Parsi Times.

I like the paper very much. I have read it during this trip! I got a lot of knowledge, understood a lot and enjoyed it! I like your recipe section... please add some more recipes. Also please increase your Gujarati section as we would like to read and practice our Gujarati in Iran!



Kerman Modern Temple



P.T. Likes

harsh when people celebrate death and cut goats, drink and enjoy themselves when someone passes away. I find it cruel and feel bad for the immediate family.

When you visit Mumbai which Agiary do you like to go to?

I absolutely love the Banaji Aatash Behram. Here the Dasturjis are dressed well and great care is taken to keep fresh fruits and keep the place clean and neat. It is a pleasure to go pray here.

I feel during prayer people need to be told to concentrate

of lakhs spent on fruits and sukho mevo if you cannot concentrate on the pure

Would you like to take some copies!
Of course! I must!



PARSI TIMES Donation Box

Mrs. Wadia wishes to donate a **Wooden Chair.**

You may contact her on 23896096 / 9833556545, Monday to Wednesday 12pm to 2pm

LOCATION

Kerman, the capital of Kerman Province, is located to the south of Tehran, is a wonderful place. It is difficult to approach by road, so people prefer to travel there by air.

HOW TO GET THERE?

Modern Kerman is connected to all such centers by air (daily flights), railway and first-class asphalt roads, on Tehran-Bandar Abbas-Zahedan routes. The train station is 4 km southwest of Kerman and the airport is also to the southwest, but the bus station (terminal) is in the south.



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02602345688 / 09920533921

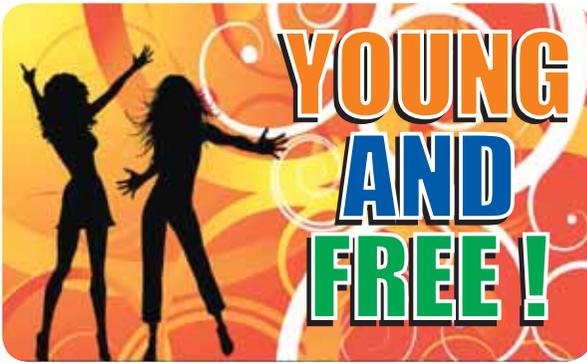


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PLEASE CONTACT

ERIC TADIWALA - 02602345211 (Extn. 9), Mob. : 9920533921
(NEXT TO PAK IRANSHAH ATASHBEHRAM)

**Natasha Mehenty,**

Age : 18 years

Profession : Student

Politics is the subject of my interest. I am trying to closely study the political activities happening in our community as well as our country. It is interesting to read about the various activities of the BPP as well as it's trustees, who are no less than heroes for us. We are the ones who elect the trustees and therefore, we must have faith in their performances too.

A newspaper is like a garden which is a shelter for many different trees. Similarly, **Parsi Times** must cover inspirational & uplifting articles and also include various other topics which are based on current affairs of our community, but surely it should not concentrate only on the fights between people on political matters.

I have heard from many people that Trusts are just for the name and their trustees are partial. But some also say that their houses run well due to the help received from the Trusts. Some of my relatives and friends are themselves trustees or in some or the other way connected with the activities of the Trusts. I have always seen them putting in efforts in order for the trusts to improve their funds & they are trying their level best to help the needy people and alleviate their financial crisis.

Penaaz Damania

Age : 19 years

Profession : Advertising Student

It depends on how the **Parsi Times** is framed. Currently it feels like a tabloid; a leisurely newspaper to read on a Saturday evening after work or college. Inspirational and uplifting is fine, but I believe that a newspaper should have both sides of everything. Not that sensationalism is needed. We get that already on television and it definitely should not seep into a good print medium, but being aware about things that make a difference to our lives is important. How new policies and ideas will affect our lives is what a newspaper needs to include. I agree that I enjoy reading about news that concerns our community because it is way easier to relate to and discuss within the family circle or colony friends.

Meherzad Patel

Age : 23 years old

Profession : Director and Writer at Silly Point Productions – Theatre Company.

Interesting or not – facts are facts. If portrayed correctly then the interested reader will read it. Conflict is what makes a news paper sell and if that works then so be it. Politics should never enter the realms of a TRUST to begin with – as a trust begins and ends on faith – not on power.

Parsi Times chats with young Parsis and asks for their unbiased take on important Community issues. We are proud to feature our unedited, young minds. Maybe their voices can be heard!

P. T. QUESTION OF THE WEEK

Are you interested in reading about politics and questionable activities of the BPP that we seem to be pulling out from under the sheets? Would you prefer that P.T. only cover inspirational/uplifting articles? Are alleged facts about misuse and breach of trust affecting you & does such alleged misuse of power interest you?

Danesh Mistry,

Age : 17 years,

Profession : Student

I don't think that it is a bad idea to publish facts about the politics and the questionable activities of the BPP as the entire community can be made aware about the happenings and the activities of the BPP. It is the right of every Parsi to know what is happening inside the community. At the same time **Parsi Times** must also cover inspirational and uplifting articles as they teach every individual a lesson. It is quite common nowadays to hear about facts of misuse and breach of trust. I guess the only solution is to work on them and ensure it does not reoccur!!!!

Rishad Surti,

Age : 18 years,

Profession : Student

Yes, I am definitely interested in reading about the politics and questionable activities of the BPP. As the BPP is the apex body responsible for the proper governance of our community, it is essential for everyone to know what kind of activities they enter into. Also due to this, any kind of activities which may hamper the interest of the community members can immediately be found and prevented. I would prefer that **Parsi Times** covers inspirational and uplifting articles, but along with that articles which affect the common interest of the community should also be covered. An in-depth analysis of important activities should be undertaken. Facts about misuse and breach of trust surely affect me and probably the entire community. Those entrusted with power, should not misuse the trust that the community members have bestowed upon them, as they are the ones who are elected to represent us and solve our problems. Articles regarding such facts should be made public, as we get an account of what our representatives are doing for our betterment!

Hey there! Register your YOUNG AND FREE voice on contribute@parsi-times.com Just mail in your name, age and contact number. Our questions can range from the serious to the sensational. Let us join hands in making a voice today for our tomorrow!

Sanaya Dinshaw

Age : 21 years

Profession : MBA student

Yes, I would love to read about what's going on behind the doors of the BPP. Now that BPP follows adult franchise we are interested in knowing how our elected representatives are handling their positions effectively, & to what extent are they helping the community grow. **Parsi Times** should not only cover inspirational articles about BPP but also state the facts so that we come to know what's happening amongst the leaders of our community and be careful during voting the next time.

Mehrzaad Mogrelia

Age : 18 years

Profession : Student

Yes, I am very much interested in reading about the politics and questionable activities of various organizations that appear in **Parsi Times**. This makes me aware of what is really going on in the Parsi Community. Such questions are usually interesting to read. Well, **Parsi Times** should definitely publish articles which are inspiring and uplifting because according to me, our community needs such encouragement, but at the same time **Parsi Times** should cover other fields as well in order to make it a more successful and complete newspaper, so that Parsis of all age groups can read the newspaper.

No, the facts about breach and misuse of power do not have a real impact on me, but sometimes I do feel hurt when certain people who you trust and hand over the reins of a community to, misuse the power allotted to them and hence break the trust we show in them.

Articles about misuse of power do interest me because the true character of a person is exposed to the entire world, though sometimes such accusations about misuse of power maybe false as well.

Dinaz Driver,

Age : 18 years,

Profession : Commercial Arts Student

People are engrossed in themselves. They don't have time for others. This is a continuous act. It goes on. Everyone is tired of it. I dislike politics and want to stay away from all this. Not only the BPP but politics in general. Whenever we read something about the BPP in the news papers we think, "*arey aa BPP nu lafru pachhu saru thai gayu*". I think **Parsi Times** should carry more of inspirational stories rather than dirty politics related things. For e.g. I want people to know what commercial arts is exactly because whenever I tell them that I am studying commercial arts, all I get is blank looks. I want people to know that you can do different things, whacky stuff rather than the same B.Com or BMS. We should know what is going on in the Community but *kantalo awi jay atlu nai*. Everything should not be merged in to the BPP and politics.

Karina Patel,

Age : 18 years,

Profession : BMS Student.

To be really blunt I personally feel politics is kind of boring! PT should cover more of motivational, inspirational and uplifting articles as well as a bit of politics. To get the best of both sides! :)



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P. T. QUESTION OF THE WEEK

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Name : Mr. Viraf Kapadia
Age : 56 years.
Address : Godrej Baug

Of Course, Parsi Times has come out very boldly to expose the corrupt trustees who are full of double standards. They say we do so much for the poor but they do nothing at all. Only people who are greasing their palms and are influential are getting the benefit from them where as the poor are still suffering. People get 2 flats and break the wall in between and Trustees don't say anything. Baugs are meant for Parsis Zoroastrain but there are so many Non Parsis staying in the Baug and Trustees are not doing anything about it. Trustees while standing for elections say we will convert Leave & License into Tenancy but once they get elected they forget all about it.

As a newspaper you have to carry all news. Press is an independent body and you have to give all facts whether a particular news the Trustees will like it or not. Some people give advertisement in the paper and think nothing bad about them will be given in the paper, this should not happen. In Democracy, Press plays a nuclear weapon, it plays an important role. For. Eg you featured the Khareghat Colony, now if you as a Parsi Press would have not covered it then people object if such things are written in National Press. To avoid any community news to appear in the National Press, you must cover such things. Another example is about the house in Khareghat colony that got floored now if Trustees allow illegal construction in people's houses and when their houses get floored where can they go, not everyone can afford to go to the court.

Name : Mr. Hoshang B. Balsara
Age : 65 years.
Worked as Extra in Film Industry

Address : Grant Road

I am interested in reading about what the BPP is doing about the property that it has and the crores of rupees that it has in it .PT should go and question all the trustees as to what they are doing for the betterment of the community and not for the betterment of their pockets. We are a small community and if the ones taking care of our accessorial belongings misuse our trust they should be punished.

Name : Mrs. Behroz Patel
Age : 65 years. Housewife.
Address : Mahim

Actully I live in a cosmopolitan colony and don't know about the BPP but all my friends live in colony and all they talk about is the BPP. Yes it is a good thing that your newspaper is digging out things it is the duty of the press to show the community what is being hidden It is also good to read encouraging articles and would request your press to feature people who contribute to the community, like social workers, doctors and people who do things without personal gains.

Name : Mr. Hormaz Tata
Age : 59 years. Retired.
Address : Santacruz.

I am home 24 X7 as I am unable to move I spend my day mostly seeing TV and reading newspaper as I live in a cosmopolitan society I am not so much in tune with the activities happening in the community. I started getting PT about 2 months back and I am quite impressed with what it has achieved in a short span a lot of my family and friends are talking about it. Every human's nature is to know what is happening in the neighbour's house and also want to know what is unknown. If your newspaper believes in speaking the truth then it is best you come out and express your views.

Name : Mr. Homi B. Balsara
Age : 71 years. Retired.
Address : Vikroli.

It is definitely very interesting to read of what the BPP is up to, it is we who have elected them Infact Mr. Jimmy Mistry before had assured the voters that he will bring transparency in the BPP and every one would know on what has been happening in the BPP office but unfortunately he has only become transparent and no one can see him. What is the meaning of starting a newspaper in the community if you are not going to put the facts in front and only write how to make your hair and take care of your skin and show a very rosy picture. My advice is dig and dig deep.

Name : Mr. Farok D. Patel

Age : 72 years. Retired.

Address : Tata Colony, Bldg No. 6,
Room No. 2, Tardeo.



I am very happy that PT is taking interest in community matters and opening up the the secrets of the BPP trustees They should continue and not get afraid and stop. You should put in your paper articles that would encourage our younger generation to grow in their life.

Name : Mr. Homi Avari
Age : 71 years. Sells Sandalwood in Agiary
Address : Nallasopara

No I am not interested in knowing what the BPP is doing because I know they are doing nothing for the poor they are only interested in taking money and giving houses to the rich. I have no faith in them.

Hey there! Register your OLD N WISE voice on contribute@parsi-times.com Just mail in your name, age and contact number. Our questions can range from the serious to the sensational. Let us join hands in making a voice today for our tomorrow!



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**Yazdi Tantra**

(yazdi@on-lyne.com)
(Technical Director, WZCC) is a first generation entrepreneur, actively involved in developing Entrepreneur Development and Encouragement programs.

ENTREPRENEURS ARE MADE, NOT BORN!

Do I have it in me?

The first step to entrepreneurship is to answer a very simple question "Do I have it in me?" There are many in Silicon World who have been outstanding entrepreneurs - Dan Bricklin (the inventor of the first electronic spreadsheet - Visicalc), Bill Gates and the unforgettable Steve Jobs. What is unique about such people? What are their personal traits and backgrounds? And, of course, whether I have those traits or whether I could cultivate them.

Many websites and books ask the following common questions:

- Do I have the passion for my project?
- Can I tolerate a high level of risk? Am I willing to put my personal funds at risk?
- Am I an overachiever?
- Do I have the discipline?
- Can I sublimate my ego?
- Am I a self-starter?
- Am I flexible and opportunistic?

If the answer to most of the above is "YES" - you are on! Yes, ideas are important - but they need to be supported by personal traits which will make the ideas work.

HBS professor Walter Kuemmerle, who has studied more than fifty start-ups in twenty countries, says entrepreneurs today should take a litmus test of five questions.

- Do you have the patience to start small?
- Are you a deal closer?
- Are you prepared to make powerful enemies?
- Are you comfortable stretching rules?
- Are you willing to shift strategies quickly?

One could take the following tests online and quickly get a fair indication of one's mental make-up for becoming an entrepreneur:

- <http://www.eqjournal.org/?cat=13>
- <http://www.mvp.cfee.org/en/selfassessskills.html>

Many more such tests are available online.

The next question that arises is - if I don't have these skills, can I still make it? The answer is obvious - Entrepreneurs are made, not born! If you don't have skills - cultivate them. If you don't know how to drive, you learn driving! It's as simple as that. And no one is born with ALL the skills - if one aspires to become an entrepreneur, he should be willing to work towards it and build his skills and capabilities. Books, websites, programs, organizations - all are available in plenty for the aspiring entrepreneur. Just seek and you shall find!

So what are you waiting for - just go for it!!

PARSI IN MASTER CHEF INDIA!

Last year we all followed Jimmy Seervai reach the top four on Master Chef Australia. This year the contest back home dishes out yet another Parsi to be proud of!

This weekend settle in and watch Star One as **Shahzad Kersi Variava** of Bharucha Baug cooks his way into the top 50 of Master Chef India Season 2!

Shahzad is currently 26 years of age and previous to his Masterchef gig was working at Pan India Food Solutions Pvt. Ltd. Through the length of the contest he will whip up quite a few Parsi dishes with a signature style and twist. We are hoping for some Wafer par Edu and Chicken Dhansak!

Shahzad's proud and

excited parents are Kersi and Ruxana Variava. While Shahzad is at the Master Chef House they get to chat with him only about once a week. The last report was that the atmosphere in the house was nerve racking and the tension and competition is building up!

Shahzad has always had a passion for cooking and has been gifted with a talented hand in the kitchen. We confidently predict his position in the top ranks of the contest and Parsi Times has already voted him Master Chef India!

Watch this space for more!



Shahzad Kersi Variava



Recipe: **CHOCOLATE MOUSSE**

From the Kitchen of: **Nozar F. Mukadam**



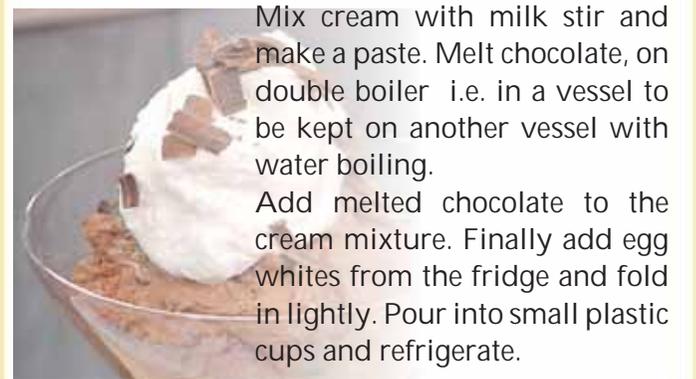
Here is a simple Cake Recipe sent in by P.T. reader.

Ingredients : 5 Egg whites (Only) separated
150 gms. Cream Powder (Blue Bird make)
200 ml. Milk
200 gms. Dark Chocolate

Method : Beat egg whites with electric beater till stiff peaks form. Refrigerate.

Mix cream with milk stir and make a paste. Melt chocolate, on double boiler i.e. in a vessel to be kept on another vessel with water boiling.

Add melted chocolate to the cream mixture. Finally add egg whites from the fridge and fold in lightly. Pour into small plastic cups and refrigerate.



KHUSHNUMA FLORIST

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Buzzing Baugs, Crackling Colonies and Dazzling Diyas



For Khushnum Yezdi Mistry, writing is much more than the profession she has chosen, it is truly her passion. This Bawi is here to rock your world with her musical words and tuned in stories. You have been warned! Happy reading!

When a rocket zooms into Tehmi aunty's house or when Minoo uncle's parda is on fire, you know its Diwali time! It's that time of the year when Parsis/Iranis do rangolis outside their house, place the glittering diyas on their doorsteps and adorn their door entrance with a toran announcing the arrival of the most vibrant festival in India - Diwali. The festival signifies

the victory of good against evil, a core belief even in the faith of Zoroastrianism.

It's a festival that believes in overcoming the darkness of ignorance and stepping into a brighter world. Since, the time Parsis have landed in Gujarat we have always been a part of the celebration of Hindu customs and traditions. Anyways, bawas always just need a reason to celebrate!

This festival of lights makes

the darkest night shine bright. Along with the bonus, it gives you a reason to celebrate and be happy, spread some infectious laughter after a few pegs and make your stomachs purr after enjoying that scrumptious Parsi dinner at the Diwali party. The mere liveliness with the *bumbaradas* in the colony while bursting fire-crackers just makes it feel alive. It's fun to watch the madness that

goes on from your balcony or window as the nallasburst fire-crackers yelling at each other; "Chalni get the loom", "Rustom you'll burn yourself, get away once you light the chakli", "Phuvarakauche?" and "Phuskifatakra".

Parsi Times interviewed bawas and bawis about how their baugs or colonies spend Diwali. This is what they had to say:

Let the enthusiasm fill your soul! Now is the time to light up new dreams, build fresh hopes, discover avenues, and fill the days of your loved ones with pleasant surprises and moments. Parsi Times wishes you all, a safe and happy Diwali



Kelly Pardiwalla, JER BAUG: Diwali is not celebrated with the zest and zing like we used to celebrate when I was a child. Parents are more careful about the safety issues of their child while burning crackers. There are many people in the baug who burst fire crackers and few who like to watch. But let me also mention that the baug does look splendid since almost every balcony is lit with colourful lanterns.



Rushad Daruwalla, NAVROZ BAUG: Diwali is the time where people in my baug organise a long trip. This year they are organising a trip to Rajasthan which I am sure will be splendid since it's Deepavali. Since, it is vacation time for school kids, the baug generally echoes with the noise of the fire-crackers. After eight, you might also hear old aunties exploding, "Aavaj band karo, we can't sleep". He guffaws.



Mahiyar Engineer, RUSTOM BAUG: Diwali is not celebrated on a large platform in the baug. Fire-crackers cause a lot of noise and air pollution and since, there is a hospital besides the baug we like to keep it quiet. Although, kids do come in groups and enjoy their fair share by bursting crackers like small bombs, phuvaras, chakris etc. Since, it is the festival of light we do celebrate by lighting a diya outside the house.

TIPS FOR A SAFE DIWALI

Diwali is the festival of lights, joy and togetherness. It marks the triumph of good over evil and dispels darkness. But, improper handling of fireworks may prove dangerous. Every year a number of people across the country lose their eyesight and sustain burns during the festival. Property is also damaged in mishaps. So this diwali better be safe than sorry, using Diwali Tips from Parsi Times....

- Always ensure adult supervision
- Do not lean over firecrackers whilst lighting them
- Wear thick clothes, that do not catch fire easily
- Always use an agarbatti/candle to light a cracker
- Burst crackers in open spaces, away from cars, trees, buildings, animals, etc
- Keep a fire extinguisher or bucket of water nearby to extinguish any fire.



Parizad Pajnigara, SALSETTE COLONY: I do not spend Diwali in the colony since I am busy at work but when I enter the colony, kids are bursting crackers that completely gives me a feeling of Diwali masti. I guess we Parsis love to enjoy every festival and Diwali has always been one of my favourites.



Rudabe Navdar, GAMADIA COLONY: During Diwali time you will see beautiful lights on the balconies of many Parsis in the colony. You will see enthusiastic kids with their parents bursting crackers. Personally, I do not burst crackers because of the noise and air pollution but we do love to light beautiful diyas on our door step.



Jess B., CAPTAIN COLONY: Our colony organises a rangoli competition for children. The beautiful rangolis and the diyas give a feeling of vibrancy that brings a smile on my face. All the people in my colony, young or old celebrate this festival with gusto and enthusiasm. This festival of lights brings in joy.



Arash Kolah, DADAR PARSEE COLONY: The liveliness of the festival of lights, Deepavali comes to the fore when you enter the colony. It is great to see all generations outside their houses bursting fire crackers and enjoying themselves. For me, Diwali is a perfect way to bring family and friends together.



Natasha Dotiwalla, GODREJ BAUG: All the friends in the baug get together and burst fire crackers. After that we all go for dinner. We spend time with each other and enjoy the true essence of the festival of lights by bringing in laughter and joy.

DIWALI MEANS...

The word "Diwali/Diwali" is a variation of the Sanskrit word "Deepavali" which means "a continuous line of lamps" (The word 'Deep' means "light", and 'avali' means "a continuous line"). Thus, Diwali is the time to celebrate with lights.

FROM OUR READER

A BRIEF GLIMPSE AT IRANIAN MYTHS AND HISTORY

KAI-KAUS

Kai-Kaus was the second king of the Kayanian dynasty. He is known variously as the son or the grandson of Kai-Kobad. Unlike Kai-Kobad who was pious and of clement nature, Kai-Kaus was impetuous, rather whimsical and soon upon his ascension to the throne he invaded Mazenderan, a country of Divs. This action was much against the counsels of wise counselors, Tus, Giv, and Gurdarz. They tried to dissuade him from going on such a hazardous undertaking but their caution fell on the deaf ears. The Divs of Mazenderan were savages in many ways without any refinement, but in science and in war craft they were far ahead of the cultured and polished Persians. It was late in the day when Kai-Kaus with his army neared the city of Mazenderan. He camped for the night on the plains on the outskirts of the city. He was confident of capturing the city the next day. That night the White Demon, Div-i-Sapid who had been summoned by the king of Mazenderan to his aid, threw a blanket of pitch dark smoke and rained down showers of bricks and stones. Kai-Kaus and a majority of his soldiers were stuck with blindness.

Arzang, a Div leader captured Kai-Kaus - bound him and his soldiers in chains and triumphantly marched them to the city of Mazenderan and delivered them to the king who had them thrown in the dungeons.

When the faithful ally of Kai-Kaus, Zal learnt of the plight of the Persian king, he instructed his son Rustom, the greatest paladin the world has ever seen, to proceed immediately to Mazenderan to liberate Kai-Kaus and his



men.

Rustom donned Babre-Byan, his armour, and well-armed he set out on his faithful steed Rakish. The ordinary route, long but safe, which had been taken by Kai-Kaus and his army. It had taken them six long months to reach Mazenderan. Rustom took a much shorter but tortuous and extremely dangerous route which he was able to traverse in just two weeks. He had to pass through Haft Khan, seven frightful stages of the journey. He overcame all the perils on the way. He destroyed all the wild creatures, ferocious beasts and demons that came his way. He

encountered Arzang. He tore off his head from his body. Finally, at the seventh stage he came face to face the Sapid Div who confronted him. He lifted the white demon and dashed him to the ground with such a force that his huge body was shattered and he died. Rustom prayed to God for granting him this victory. James Atkinson (the first person to translate Shahnameh into English) very beautifully describes this scene thus.....

O'er him who seeks the battlefield

Nobly his prisoned king to free,
Heaven will extend its saving shield,

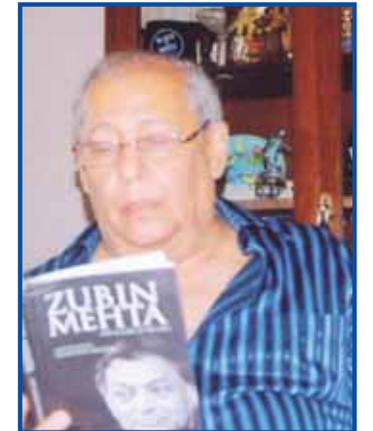
And crown his arms with victory. This deadly combat between Rustom and the Div-i-Sapid has been depicted by many Persian artists and sculptors.

Victorious Rustom also cured the blindness that had affected the eyes of Kai-Kaus and his soldiers by applying the blood from the heart of the White Demon to their eyes.

Rustom turned the catastrophic defeat into a glorious victory for Kai-Kaus. Encouraged by the victory the impetuous King Kai-Kaus led an expedition to Berber whose stubborn and rebellious king had refused to pay him homage and brought him under subjugation. Thus, encouraged by yet another victory he then led his army against Hamavaran (Yemen), Misr (Egypt), and Sham (Syria) who had formed an allied force against him. He defeated them and reduced them to Submission. Kai-Kaus having learnt that the Shah of Hamavaran had a beautiful daughter Sodaba, asked for her hand in marriage. The Shah very reluctantly had to agree to the union and Sodaba became the Queen consort of the Iranian monarch. The Shah of Hamavaran was a spiteful man. A week after their marriage he invited Kai Kaus to be his guest. Sodaba tried to dissuade him from accepting the invitation but to no avail. Kai-Kaus accepted the invitation and set out to the city of Shah with great pomp and pageantry for his rendezvous with the Shah of Hamavaran. The Shah of Hamavaran had conspired with the refractory King of Berber.

Kai-Kaus and his retinue was waylaid, overpowered, overtaken and imprisoned in an impregnable fortress

with Dara Khodaiji



atop of a lofty mountain. The Shah dispatched some of his court ladies to bring back his daughter Sodaba but she refused to be separated from her husband and so she was sent to the dungeon with Kai-Kaus.

The ever ready and ever watchful for any opportunity too lay his greedy hands on Iran, Afrasiab learnt that the throne of Iran was without a King. He collected a vast hoard of Tartars, attacked and secured for himself the throne of Iran.

Rustom heard of the treachery of the Shah of Hamavaran and the resulting capture of the Persian Kingdom by Afrasiab. He collected his troops rushed across to Hamavaran by the shorter sea route in a fleet of galleys.

The triple forces of Hamavaran, Berber and Misr were vanquished and their chieftains were captured. King of Misr was cleft from head to waist by just one stroke of the sharp sword of Zawareh, a brother of Rustom.

Seeing the widespread havoc wreaked by Rustom the wily King of Hamavaran appealed for peace and offered to pay tribute and free Kai-Kaus. **Contd. on Pg. No. 16**

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SPIRITUALITY AND CREATIVITY

FROM OUR READER



Spirituality makes us experience life at a much deeper level. It helps to release the true nature of ours and frees it from the limitations of conditioning. All of this is good fodder for our creative growth.

Spirituality is the quest for our true self, deeply hidden behind the layers of conditioning that creates the personality that we believe is ourselves. Creativity is the ability to make something out of nothing. Creativity brings into being that which was not. It could be a thought, an idea, a poem, a composition, a relationship, a painting. The co-relation between the two terms is innate. Our true self, the sages say, is divine, Godlike. And what is God, if not creative? All of the manifold life that we see around us have sprung out of the Creator and therefore our true nature is wholly creative. Therefore, the more we release this true or the real nature of ours by freeing it from the limitations of conditioning or self-imposed bondages (such as hatred, pride, prejudices, bias, jealousy, greed, etc.), the greater will be our clarity of vision to understand things in their right perspective. In other words, the more we perceive reality or truth, the closer we are to creativity.

When your spontaneity and ease with yourself increases, you might find yourself turning to art or literature as forms of creative

expression. You will be going through expansive states of consciousness and new thoughts and insights will spring up. You will understand experientially the laws of life. Some of its glory reveals itself. You realize you have things to say and show to the world. And you begin to create.

Unfortunately, our educational system is such that it emphasizes learning, logic and memory, at the cost of creativity and spontaneity. We imbibe negative messages carelessly uttered by a parent or a teacher. Whatever

by Viloo Homi Adajania

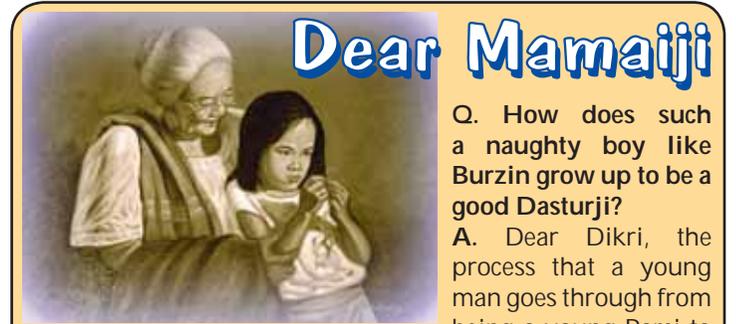
creativity that is left out of all this socialization is channelized and distorted by our prejudices, likes, dislikes, needs and belief systems. Little wonder that most of us are profoundly uncreative or creative only in spurts or in certain aspects of our lives. The truth is that our lives should be a testimony of our creativity, bringing something into being, whether it is an insight or an invention, a smile or a poem.

Spirituality increases our awareness. As long as we are plunged into a self-centered pre-occupation with our thoughts and feelings, we will never fully experience life. The more we free ourselves from tiresome baggage of ourselves, the freer we are to simply be. We notice so much that was



once obscure. The incredible wealth of Nature reveals itself and we notice for the very first time, the awesome intricacy and design behind the meanest flower or tree. We notice people too, and discern their secret aspirations and motivations, their fears and hopes, their essential human selves hidden behind the masked surfaces that they wear.

Now our intuition begins to surface and reveal the profound secrets of life. Depth enters into us and enriches our creative juices. Analogies, metaphors and



Dear Mamaiji

Q. How does such a naughty boy like Burzin grow up to be a good Dasturji?

A. Dear Dikri, the process that a young man goes through from being a young Parsi to

being a fully mature Priest is not a one day ceremony. It takes years of learning and wisdom to grow into that role.

Burzin comes from a Priestly family. That means at least one person.... his father, grand father, great grandfather or great great grandfather was a Dasturji. Only because of that he too has the privilege to become a Priest. That is to say at least 1 Priest every 5 generations keeps a Priestly family going.

The first step towards becoming a Priest or what we call an Ervad/ Dastoor is when a boy becomes a Navar. This is done at approximately 14 years of age at a ceremony. After studying his prayers and learning under the guidance of senior Dasturjis in the Athornan or an Agiary near home, the boys perform special tasks over 29 days. Once this is completed they are rightfully called Navars. These rituals are very interesting but I know that you are excited to go buy Diwali crackers so I will tell you about them next week.

figures of speech come easily to us. Everything that we see inspires us.

Another aspect of creativity is the ability to feel. All artists are profoundly emotional. It is their ability to be touched and moved by the world that has created the masterpieces that are the glory of mankind. Spirituality is the movement from the head to the heart. We become more open to our feelings and learn to experience and express them. As our material needs and desires drop and we become more established in our own self, we remove the shields and fronts with which we faced the world and become more vulnerable and open to the world around us. All of this makes us experience life at a much deeper level than we permitted ourselves earlier and all of this is good fodder for our creative growth. There is therefore much ecstasy inherent in their creation.

Spirituality is also the way

to abundant life. The more we free ourselves, the smoother and stronger is the flow of the life force within us, bringing energy and dynamism in its wake. We are alive and charged and in moments of charged creativity (like sports and other similar activities), participants experience a changed state of consciousness in which the doing is effortless.

To conclude I will say that spirituality calls for reorientation of the mind and the heart. It is transformation of the self to its true nature free from self-imposed bondages. It is an endless process of soul's search for Divine Wisdom through a series of awakenings to realities. Our creative expressions are a natural corollary. This is a long process extending perhaps to several incarnations; but, as we come closer to perceiving reality or truth, our creativity will grow steadily and infinitely with sincere and sustained practice.

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A BRIEF GLIMPSE AT IRANIAN MYTHS AND HISTORY **KAI-KAUS**

Contd. from Pg. No. 14

Kai-Kaus now turned to regain his Kingdom from the usurper Afrasiab.

Afrasiab desperately tried to hang on to the throne of Persia. He urged his soldiers to fight as they had never fought before. He promised the hand of his daughter in marriage and to bestow a kingdom and the title of Sapehbud, (commander of the Forces) upon any who would kill the "Sagzi" (Pun on the word Saki, inhabitant of Sakestan or Sistan to which Prince Rustom belonged and Sagi, meaning a dog). With the rich prize at hand the Turanians fought

furiously to slay the valiant Paladin Prince but they were no match for the great warrior. They all courted death. Two thirds of the Turanian army was decimated. Afrasiab fled the field and made his way to Turan. Kai-Kaus was once again saved by his loyal and noble vassal Rustom. He issued a royal proclamation elevating Rustom from vassalage and conferring upon him the dignity and honour of sovereignty. He bestowed upon him hereditarily the dominion of Nimruz. He was given the title of Jehan-Pehelwan and Tehamtan (Strong-bodied or Powerful). He was also presented with

a kingly crown, a costly amulet, jewels and many other gifts befitting his great achievements.

Kai-Kaus was a good man and he settled down to rule with wisdom justice and was a very liberal king. Iran prospered.

But as said before he was impetuous and also restless and ere long he was lured into yet one more dangerous enterprise by a cunning Div who had entered his service disguised as a servant. One day the wily Div offered him some flowers and sang softly in his ears a song.

Thou art lord of all things here,

But thou can't fly.

There remains for thee to know

Things above as things below,

How the planets roll;

How the sun his light displays,

How the moon darts forth her rays,

How the night succeed the days;

What the secret cause Betrays,

And who directs the whole?

(From Atkinson's translation of Shahnameh)

This was music to the wandering lusting ears of the adventurous King Kai-Kaus. He simply couldn't resist the challenge. He ordered an aloe wood throne to be made for him. Four powerful okabs, eagles or vultures were harnessed at the four

corners, and the royal flight was clear for the take off. They flew on and on till the birds were exhausted and the Royal flight came crashing down. Fortunately Kai-Kaus escaped unhurt. He had landed somewhere in a desert in China. And who else but Rustom, along with Gurdarz and Tus came to his rescue and they escorted him back to his palace safe and sound.

Kai-Kaus, at the end of his reign of 150 years became a recluse and abdicated the throne in favour of grand son Kai-Khushru, son of the fair and fatal Prince, a gentleman Prince who became a victim of lust and court intrigue.

PATEL AGIARY

Contd. from Pg. No. 06

On 26th April 2000, the Atash was re-enthroned after performing the required Vendidads. The evening Jashan was performed by 15 priests including Panthaki Ervad Kersi Hormusji Katila and was also graced by High Priests Ervad Firoze Kotwal and Ervad Hormazdyar Mirza.

The Agiary celebrated its 100 Salgreh on 24th April, 2008 and was attended

by hundreds of devotees. The current Chairman is Mr. Adershir M. Patel and the current trustees are Mr. Manekshaw A. Patel, Dr. Firoze Kotwal, Mr. Shahrukh D Irani, Mr. Sam D. Patel (Retd. ACP), Mr. Hoshang D. Mirza, Mr. Viraf D Irani.

The tremendous contribution of this family towards our community is phenomenal.

LETTERS TO THE EDITOR

Contd. from Pg. No. 03

should all feel very proud and welcome this wholeheartedly. "Apro Boman of Bollywood." Boman should enact a Ben Hur on the well manicured lawns of Cusrow Baug. What's wrong in that? It is a great publicity for the community. Till now Parsis are always projected as idiots, buffoons, stupid asses, Pavli-kum, in Bollywood movies. Once they see our baugs they will also want to come and stay and apply to be included in the MERIT LIST for deserving, needy ones wanting a roof over their heads.

Nomo Khodo Boman Aka Cecil B. DeMille welcome to our baugs.

There is however one small request to Boman Aka Cecil B. DeMille, for every shoot, he must arrange 5 star food for the Parsis of the baug. For instance if the shoot is at Cusrow Baug he should

arrange Taj Catering (which is just next door) with some Royal Salute or Johnny Blue Label for starters, and after the bumper dinner some Camus "grand VSOP" or "Napoleon Very Old" cognac. As for the finale "Irish Chocolate Mint Liquor" or "Crème de Menthe" will do fine.

Lastly Boman Aka Cecil B DeMille should not forget garib goorba Parsis like me who have no roof in these elite baugs. He should invite us people for his shoots to these elite venues, to tuck in some Marghi, Macchi, Palav-daar and Lagan nu custard. In a billion dollar production this will be just peanuts and can be treated as sundry/petty expenses.

Long live the Parsis.....
In Utopia.
Thanking you.
Yours truly,
Behram Aga.

PROPER SLEEP

Contd. from Pg. No. 08

A great percentage of the American population suffers from insomnia and other sleeping disorders. While you can always pop a pill to be able to sleep, there are other ways to improve your sleep. Drink an herbal relaxing tea before bedtime like a chamomile, valerian root or bedtime mix tea. This will help you unwind from your busy day and make you relax so you can fall asleep.

Eating certain kind of foods can also interfere with your sleep.

Having a large dinner with red meat late at night could keep you awake due to the difficulty your body has to digest red meat. Eating anything high in sugar before bedtime can give you horrible nightmares and prevent you from getting into that deep sleep you need to feel rested in the morning.

The best thing to eat before bedtime if you are hungry is protein. That will make you sleep well and the digestion of the protein won't affect the release of hormones in your body while you sleep.



IF YOU LIKE ME TELL ME

If with pleasure you are viewing

Any work that I am doing,

If you like me or you love me

Tell me now.

Don't withhold your approbation

Till the Father makes oration.

And I lie with showy lilies o'er my brow.

For no matter how you shout it,

I won't see how many teardrops you have shed.

If you think some praise is due me

Now is the time to slip it to me

For I cannot read my tombstone when I'm dead

More than fame and more than money,

Is the comment warm approval of kin and friend.

For it gives to life a savour

And it makes me stronger, braver

And it gives me spirit to the end.

If I earn your praise, bestow it;

If you like me let me know it;

Let the words of encouragement be said.

Do not wait till life is over

And I'm underneath the clover,

For I cannot read my tombstone when I'm dead.

Contributed by Meher P. Sutaria

PARSI TIMES Subscription

Parsi Times: DONATION DRIVE REGISTER TO RECEIVE CHARITIES WE LIKE



Parsi Times has received news that the Young Rathestars would not like contributions through the paper and so we would like to redirect our readers to the wonderful cause of the The New Bombay Zoroastrian Association Charitable Trust AGIARY Fund in our Donation Drive. All our readers who have already sent in cheques for the Young Rathestars, we apologize for the inconvenience and will be contacting you shortly to redirect the funds. We hope you understand.

WZO TRUST FUNDS

The World Zoroastrian Organization Trust / WZO Trust Funds has, from its inception acted on behalf of and for the Zoroastrian Community worldwide.

The Fund holds multiple fund raising activities for relief efforts across the world and in India. Some of their international aid projects are the Pakistan Flood Relief Funds and the Sri Lanka and Thailand Tsunami Fund.

In India the WZO Trust Funds have spearheaded a movement to rehabilitate poor Zoroastrian farmers of South Gujarat since August 1990. WZO Trust Funds extend support to extricate the poor farmers from the mire of poverty and bring them back into the mainstream of society. This helps them create sustainable economic revenue streams. So far they have rehabilitates 419 families in 176 villages of Gujarat, expending Rs.53,683,651 in the

process. Some of their projects in India have included:



WZO TRUST FUNDS

Providing decent residential facilities for poor farmers by converting their huts into cottages. Till end December 2010, 136 huts of poor farmers have been replaced into cottages.

- Establishing two centres for senior citizens at Navsari where 55 elders spend the evening of their lives in a happy and vibrant atmosphere, residing in peace and tranquility free from stress and worry.

The WZO Trust Funds uses the

funds through donations to:

- Provide relief from poverty to the old and infirm.
- Extend financial support in case of illnesses and hospitalization.
- Financially support the pursuit of higher education
- Support elderly and Young Mobeds.
- Send the elderly and the recuperating from illness for holidays.
- Organize Annual Gambhars.
- Encourage and supporting youth to taking up sports.
- Motivate achievers in education by giving them awards.

WZO Trust Funds extend interest free financial support towards promoting 'self employment' (micro credit) projects.

So far just over 700 Zoroastrians have been supported in this venture between 1995 and 2010.

The New Bombay Zoroastrian Association Charitable Trust Agiary Fund

The New Bombay Zoroastrian Association Charitable Trust, is in the process of building an Agiary/Dadgah and a Community Hall, Charitable Dispensary, Old Age Home etc. at Navi Mumbai to meet the religious and Social needs of our ever growing Zarthosti community.

They have been allotted a plot by CIDCO of 850 sq. metres for the same. The total cost of the plot works out to Rs. 63 lakhs (including Stamp Duty and registration). However, even if we extinguish all our investments and bank deposits, we will have with

us Rs. 42 lakhs. Sharukh Mahiar Doctor, the President/ Managing Trustee of the Fund has contributed Rs. 20 lakhs plus, The Framji H. B. Settna Legacy Trust through the good offices of Mr. Rustom J. Vakil has contributed Rs. 10 lakhs, The Sir Shapoorji Burjorji Broacha Charity Trust through the good offices of Mrs. Katy Mehta has contributed Rs. 1 lakh and the remaining has been contributed by the Zarthosti Residents of Navi Mumbai as well as sundry Zarthosti Humdin from all over the world.

A fellow Humdin has

assured them that he will construct the Agiary at his cost and manage and maintain the same provided we give his family name to the Agiary, which the Trust has agreed to do.

Today they fall short of Rs. 21 lakhs which has to go toward paying for the plot. They also say mention that no amount of donation is too small.

Parsi Times would love to help them build this sanctuary of religion and comfort for the Community members with the help of your donations as well.

THE ZOROASTRIAN TRUST FUNDS OF INDIA

The Zoroastrian Trust Funds of India was started in August 2009 as an initiative to streamline the funds correctly and appropriately for the welfare of our Community. The organization is extremely active and some of the areas of their work include:

- 1) Relief of the poor.
- 2) Education.
- 3) Medical relief.
- 4) Concessional or subsidized housing.
- 5) Amelioration, development



and socio-economic emancipation of Parsi/Irani Zoroastrian Community.

- 6) Social Audit including identification, monitoring and evaluation of charity projects.
- 7) Heritage conservation.

Some of their projects have included:

1. The Monthly Monetary Health Programme which gives doles to over 500 deserving people.
2. Feed a Family which is currently feeding over 30 families across Mumbai
3. Youth camps and Pilgrimage Trip to Udvada

The organization consists of a management committee, volunteers of all ages and the Trustees.

Dear Readers,

Parsi Times has taken a 'New Year Oath' to reach out to the less privileged people within our Community. We would like to offer our readers an opportunity to help us support a cause with a voluntary donation.

The minimum amount for the 'donation toward subscription' is Rs.51/- This includes 50 regular issue and 2 special issues (One in March and one in August). (Larger donation amounts are welcome too.) This subscription is valid for issues from our issue dated 3rd September 2011 to the last issue next August.

This amount will be forwarded by us to a charity of your choice from this list.

- 1) WZO TRUST FUNDS
- 2) NBZA AGIARY FUND
- 3) ZTFI

If you do not tick off a choice we will place your 'donation toward subscription', with any one of the above, at our discretion.

- The subscription offer is completely voluntary and is a gesture toward helping out in our Community where it is needed most.
- Here is what you have to do:

1. Please fill out the form on the right
2. You can get it to us in any of the following ways:

- a. Mail it to Parsi Times, 102, Vikas Building, 11 Bank Street, Mumbai 400001
- b. Drop it in our dropbox outside the office
- c. Wait for a Parsi Times Staff Member to visit your home (if you reside in heavy Community pockets and Baugs) and collect it over the month ahead. Please note: Each Parsi Times Staff Member will carry an authority letter and a Parsi Times receipt for you.

3. The donations should be in cash or cheque favoring Parsi Times. Please do help us with this initiative and help Parsi Times do more for our wonderful Community!

Thank you

Parsi Times Team

Basic Details

Name _____
 Age _____
 Sex _____
 Other residents at the same address: _____

Contact Details

Address _____
 Contact numbers _____
 Email addresses _____

Feedback

Favourite section of the Parsi Times _____
 Suggestions for the team _____

Donation Details

- Charity of choice (select)
- WZO Trust Funds
 - NBZA Agiary Fund
 - Zoroastrian Trust Funds of India

Reason for choosing that particular Charity _____

Amount of donation _____
 Details _____

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Technical Details

- Full colour printing
- Offset Newsprint printing on Web offset machine
- Weekly published every Saturday
- Each issue contains English and Gujarati matter
- Complimentary scheme ongoing
- Size of printed page 30 x 5 columns
- No of columns per page 5 columns
- Column height 30 cms
- Column width 1 column = 4.5 cms
- 2 columns = 9.5 cms
- 3 columns = 14.5 cms
- 4 columns = 19.5 cms
- 5 columns = 24.5 cms

Terms and Conditions

1. All advertising matter (ready for print) must reach **Parsi Times** by 5:30 pm on the Thursday before print. (Please note office timings as 10 am - 5:30 pm.)
2. All final matter must be in one of the following formats: Corel (CDR-15), TIF, PSD and PDF, in CMYK.
3. Payment for all advertising must be done in Cash / Cheque / Demand draft in favour of **Parsi Times**.
4. No Classified advertising is accepted for the SPECIAL ISSUE. The rates are provided here only for reference and future use.
5. In case a preferred page is unavailable due to space shortage or prior booking **Parsi Times** reserves the right to place the advertisement on any other page of the paper.
6. The management reserves the right to:
 - Refuse publication of advertising material not in spirit of the publication itself.
 - Alter the advertisement shape to fit the general size / style of the publication.

P.T. YOUR AD SPACE

FULL PAGE

REGULAR (150 cc)	30 cm x 5 cc	Rs.22,500.00
FRONT	-	-
BACK (150 cc)	30 cm x 5 cc	Rs.37,500.00
CENTRE (150 cc)	30 cm x 5 cc	Rs.30,000.00

HALF PAGE

REGULAR (75 cc)	15 cm x 5 cc	Rs.11,250.00
FRONT (65 cc)	13 cm x 5 cc	Rs.19,500.00
BACK (75 cc)	15 cm x 5 cc	Rs.18,750.00
CENTRE (75 cc)	15 cm x 5 cc	Rs.15,000.00

60 cc

REGULAR		Rs.09,000.00
FRONT		Rs.18,000.00
BACK		Rs.15,000.00
CENTRE		Rs.12,000.00

40 cc

REGULAR		Rs.06,000.00
FRONT		Rs.12,000.00
BACK		Rs.10,000.00
CENTRE		Rs.08,000.00

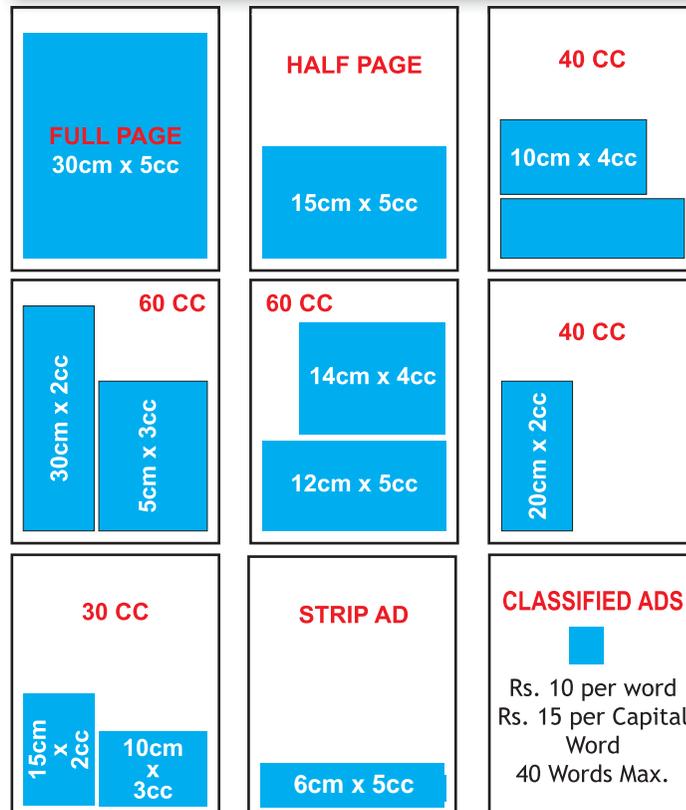
30 cc

REGULAR		Rs.04,500.00
FRONT		Rs.09,000.00
BACK		Rs.07,500.00
CENTRE		Rs.06,000.00

Parsi Times Strip Special

REGULAR	Rs. 1,500.00	Rs.04,500.00	Rs.03,000.00
FRONT		Rs.09,000.00	Rs.07,500.00
BACK		Rs.07,500.00	Rs.06,000.00
CENTRE	Rs. 1,500.00	Rs.06,000.00	Rs.04,500.00

UNDERSTAND YOUR AD SPACE



પારસી ટાઈમ્સ

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શનિવાર, ઑક્ટોબર ૨૨, ૨૦૧૧

ભાઈબંધ હિન્દુ કોમને પારસી કોમની શુભેચ્છા સાથે નુતનવર્ષાભિનંદન



વેપારી કોમને હોજો,
આજનું મુબારક નવું સાલ,
કુટુંબ-કબીલા સાથે,
રહેજો સદા ખુશખુશાલ.
વેપાર ઘંઘામાં વૃદ્ધિ થાય,
ને રહેજો સદા તદ્દીન,
એવી દુવાઓ હમારી,
હોજો તમને સદા આમીન.

- રૂસી એમ. કાપડીયા અને ફિરોઝ એમ. કાપડીયા (બ્રધર)



જન્મ તારીખના આધારે ભવિષ્યવાણી

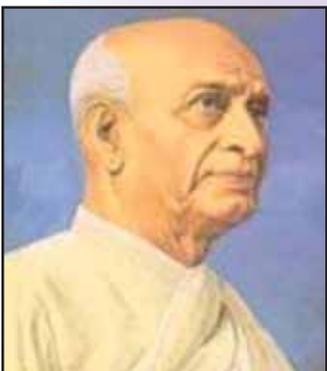
જો તમારો જન્મ ઑક્ટોબરની ૨૨ તારીખે થયો હોય તો..

જીવનની શરૂઆતમાં નાણાંકીય સ્થિતિ નબળી હશે. મનગમતી નોકરી નહીં મળી હોય, પરંતુ પાછલી અવસ્થામાં આ સ્થિતિ નહીં રહે. એમ છતાં પૈસાનો ખર્ચ તમારે સમજી-વિચારીને કરવો. તમારી ઈજ્જત સારી રહેશે જેને કારણે સમાજમાં માન-પાન જળવાઈ રહેશે. તમારા જીવનમાં ઘણી ચડતીપડતી આવશે. પરિસ્થિતિ કાબુ બહાર જશે. એમ છતાં તમે એનો હિંમતપૂર્વક સામનો કરશો. તમે ઘણી વખત અયોગ્ય વ્યક્તિથી ખોટી રીતે પ્રભાવિત થઈ જશો. તમે નિંદાને ઘિક્કારશો. તમે શાંતિ અને સત્યપ્રિય હશો. ગમે તેવી કડવી વાત સામી વ્યક્તિને મોઢામોઢ કહી દેશો, જેથી મિત્રો તથા કુટુંબની વ્યક્તિઓ તમારો વિરોધ કરશે. તમે સ્વતંત્ર વિચારધારા ધરાવતા હશો. લગ્ન બાદ ભાગ્યોદય સારો રહેશે તેમ જ સંઘર્ષમય જીવનમાં પ્રગતિ સાધી શકશો. ભાગીદારીથી દૂર રહેવું. આગ, પેટ્રોલ, કેરોસીન, ફટાકડા વગેરેથી સંભાળવું. કેમિકલ, પ્લાસ્ટિક, લોખંડ વગેરે ક્ષેત્રથી લાભ થાય. નાક, ગળાના તેમ જ સાંધાના રોગોથી સંભાળવું.

શુભ રંગ: નારંગી, શુભ નંગ: પ્રવાળ

આ વર્ષમાં કોઈપણ ચાદગાર બનાવ બની રહેશે: ૪, ૮, ૧૩, ૧૭, ૨૨, ૨૬, ૩૧, ૩૫, ૪૦, ૪૪, ૪૯, ૫૩, ૫૮, ૬૨, ૬૬, ૭૧, ૭૬.

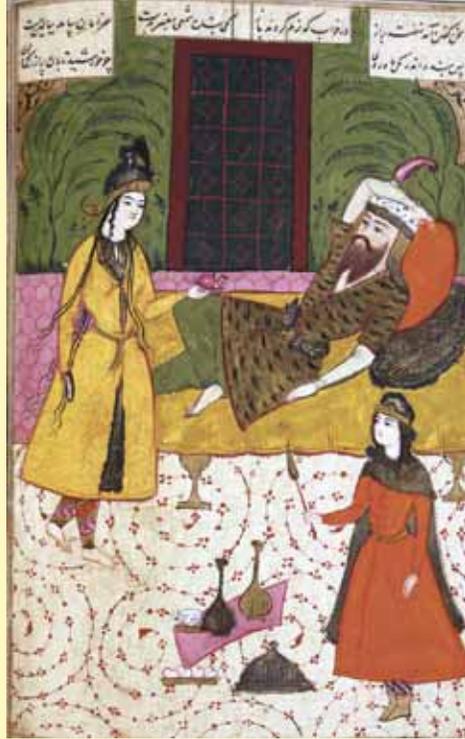
- નુપુર



વદ્દલભાઈ પટેલ

સરદાર વદ્દલભાઈ પટેલ હતા લોખંડી પુરુષ;
રહી વડાદાર દેશને, કીધા ભારતીયોને ખુશ;
દાખવી કુનેહ કર્યું દેશી રજવાડાઓનું એકીકરણ;
રચ્યું અખંડ ભારત, દેશ થયો તેમની પર કુરબાન;
પડખે રહી બારડોલી સત્યાગ્રહના બન્યા સરદાર;
ટેકો આપ્યો જવાહરને બની, ભારતના તારણહાર;
લખાયેલી રહેશે કીર્તિ સરદારની વિતશે સાલ હજાર;
શાપુર કરે પ્રાર્થના, મને સ્વર્ગમાં શાંતિ અમર.
- શાપુર સ્વાયક્ષ ધંધાકિયા (નારગોલ)

રૂસ્તમ-તેમીના



રૂસ્તમ તેની થનગનતી ભરયુવાનીમાં આવ્યો, તેનો માનીતો ઘોડો રખ્શ હતો, એક દિવસ તે રખ્શ પર સવારી કરીને તુરાન તરફ સમનગાન શહેરમાં શિકારે નીકળ્યો. શિકાર કરીને તે થાકી ગયો, ત્યારે થોડી જ વારમાં એક ઝાડ નીચે ઘસઘસાટ ઉઘી ગયો. આ તરફ સમનગાનના રાજાની પુત્રી તેમીનાએ રૂસ્તમ માટે પુષ્કળ વખાણ સાંભળી હતી. રૂસ્તમે દેવોનો નાશ કર્યો, અનેક યુદ્ધો જીત્યા ઉપરાંત ઈરાનનો શાહ કબેકાઉસ જે માર્ઝદાન અને હમાવજીરાનના પ્રદેશોમાં કેદ પકડાયેલો તેને રૂસ્તમે છોડાવ્યો હતો, આ બધી લડકતો સાંભળી તેમીના રૂસ્તમ પર આક્રમક થતી હતી. તેમીનાને ખબર પડી કે રૂસ્તમ આ સમનગાનના મુલકમાં શિકારે આવ્યો છે, ત્યારે તેને યુક્તિ કરીને રૂસ્તમ ઉઘમાં હતો ત્યારે તેના માનીતા રખ્શને શોધતો શોધતો રાજમહેલ તરફ આવે! રૂસ્તમે જાગીને જોયું તો રખ્શ ગુમ! તેણે વિચાર્યું કે લોકો જાણશે કે મારો રખ્શ કોઈ ચોરી ગયું છે તો મારી પહેલવાની માટે શું વિચારશે? તે રખ્શના પગલા જોતો જોતો સમનગાનના રાજાના મહેલ તરફ આવ્યો, અહીં રૂસ્તમને રાજાએ ભારે આવકાર આપ્યો. રૂસ્તમે રખ્શની માંગણી કરી. રાજાના આગ્રહથી રૂસ્તમ મહેલનો મહેમાન બન્યો. રાત્રી પડી, રાજાની પુત્રી તેમીનાએ સોળે શણગાર સજ્યો અને હાથમાં ચેરાગ લઈને તે રૂસ્તમના ખંડમાં પ્રવેશી પરસ્તાનની પરી જેવી તેમીનાને જોઈ રૂસ્તમના દીલમાં ગુદગુદી થવા લાગી. ચંદ્રમુખી તેમીનાના વસ્ત્રોમાંથી મધુર ગુલાબજળની સુગંધ કંકને સુવાસિત કરતી હતી. તેના સોનેરી જુલ્હાં, ગુલાબ જેવા ગાલો, લીલી દરાખ જેવી આકર્ષક આંખો, તરવામાં ઝાડ જેવી સુક્રોમળ કાયા અને મુખ પર ઝગમગતા ખાનદાની ખોરેલથી અંજાઈ ગયો. બે મિનીટ સુધી તે અજેય

યોદો રૂસ્તમ અને સમનગાનની સુંદરી તેમીના એકમેક પ્રત્યે અનિમેષ નયને નિરખતાજ રહ્યા.

છેવટે તેમીનાએ મૌન તોડ્યું. રૂસ્તમ! તારી દિવેરી અને જવાંમદી પર હું કુરબાન છું. રૂસ્તમે પણ તેમીનાના સૌંદર્ય પર આક્રમક પોકાર્યું.

બીજે દિવસે સવારમાં સૂરજના સોનેરી કિરણો આ પૃથ્વીને સ્પર્શે તે પહેલાં જ તે પ્રેમી-પંખીડા સમનગાનની કુદરતી વનરાજીમાં ફરવા નીકળ્યા. રૂસ્તમને તે હેતવંતી મંગેતરને પોતાની બાણવિદ્યાની કલા દેખાડવાનું સ્કુર્યું. ઉંચી ટેકરી ઉપર પાંચસો ફીટ દૂર એક હરણ બેઠું બેઠું વાગોળતું હતું. તેમીનાને તે હરણ દેખાડીને રૂસ્તમે એવી સાવચેતી અને ગણત્રીપૂર્વક બાણ છોડ્યું કે તે હરણની કેશવાળને હળવેથી સ્પર્શીને આગળ નીકળી ગયું. હરણને લાગ્યું કે તેની કેશવાળી પર માખી બેઠી છે, તેથી તેણે આગલો જમાણો પગ ઉંચો કરી, કેશવાળ તરફ લલાવ્યો. પગ ઉંચો થતાં તેની ખરી અને શીંગડું એક જ રેખા પર આવ્યા ત્યારે તે નાજુક પળે રૂસ્તમે બીજું બાણ તાકીને માર્યું. આ બાણ હરણના પગની ખરીને આરપાર વિંધીને શિંગડામાં ઘુસીને જડાઈ ગયું. શિંગડુ અને ખરી બન્ને જડાઈ ગયા. રૂસ્તમજી બાણવિદ્યા જોઈને તેમીના હરખાઈ ગઈ. રૂસ્તમના બાણે હરણની ખરીને વિંધ્યું, તેમ તેમીનાના હરખે રૂસ્તમના હૈયાને વિંધી નાખ્યું.

સાંજ પડી! ફરી બન્ને ફરવા નીકળ્યા. આ વેળા તેમીના પોતાના ભાવિ ભરથારને ખુશ કરવા માંગતી હતી. તે જે ગાયનું દૂધ પીતી હતી તે ગાયની માવજત તે પોતે જ કરતી. આ જગ્યાએ તે રૂસ્તમને લઈ આવી. ત્યાં એક મદમસ્ત ગાય હતી. તેમીનાએ રૂસ્તમને કહ્યું, વહાલા! તમે તો હાથીને પણ ઉંચકી શકો! તમે એમ માનો ખરા કે આ તમારી તેમીના ગાયને ઉંચકી શકે? સુક્રોમળ મુશ્કરાહટ જાણે એમ દર્શાવતું હતું કે વહાલા! તારામાં આ ગાય ઉંચકવાની તાકાત નથી! બીજી પળે તેમીના ગાય પાસે ગઈ, ગાયના આગલા બન્ને પગો અને પાછલા બન્ને પગોને ફરતા, પોતાના બન્ને હાથો વિંટાળી, માથુ ગાયના પેટની નીચે ટેકવી જોર કરીને તેણીએ પોતાના ખભાઓ પર આખું ગાયનું વજન ઉંચકી લીધું અને નજીકની ટેકરી પર ફૂલનો કોથળો ઉંચકીને ચઢતી હોય તેમ ચઢી ગઈ.

રૂસ્તમ તો નવાઈ પામી ગયો. તેમીનાએ કહ્યું, વહાલા! આ ગાય નાની વાછરડી હતી. ત્યારથી મેં તેને ખભે ઉંચકીને ટેકરી ઉપર ચઢવાનો અને ઉતરવાનો રોજનો નિયમ કર્યો હતો. જેમ ગાયનું વજન વધતું ગયું તેમ મારી શક્તિ પણ વધતી ગઈ.

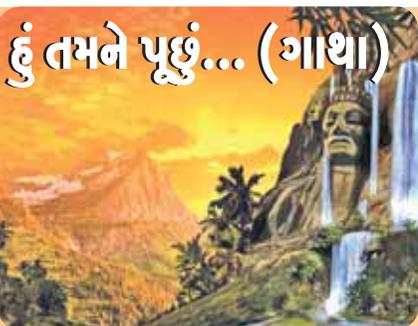
બીજે દિવસે દાનેશમંદ દસ્તુરો સમનગાનના શાહ પાસે ગયા અને તેમીનાના હાથની રૂસ્તમ માટે માંગણી કરી. રૂસ્તમ જેવો જહાંપહેલવાન પોતાનો જમાઈ થાય એ સાંભળી રાજા તો ખુશ થઈ ગયા, ધામધુમથી રૂસ્તમ-તેમીનાના લગ્ન થયા.

- રૂસી ફ. બેસાનીયા

(શાહનામાનાં સુંદર પ્રકરણોમાંથી)

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age ઉ.વ.	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Behroze Jehangirji Mistry બેહરોઝ જહાંગીરજી મીસ્ત્રી	49 ૪૯	13-10-2011 રોજ આશતાદ, માહ અર્દીબહેસ્ત ૧૩૮૧	Dhobi Talao, Mumbai 400002. ૪૬૩, કેરાવાલા દાડવાલા બિલ્ડિંગ, ૧લે માળે, ચીરા બજાર, ધોબીતલાવ, મુંબઈ ૨.	માતાપિતા: જડૂ તથા જહાંગીરજી ફરામજી મીસ્ત્રી, ભાઈ: મરહુમ આદીલ જે. મીસ્ત્રી.
Marzban Eruch Batliwala મરઝબાન એરુચ બાટલીવાલા	67 ૬૭	09-10-2011 રોજ ગોવાદ, માહ અર્દીબહેસ્ત ૧૩૮૧	Matunga, Mumbai 19 વિષ્ણુ વિલા, ૫૧૬, એ.આર.પી. મસાની રોડ, માટુંગા, મુંબઈ ૧૯.	માતાપિતા: મરહુમ અરનવાઝ અને એરુચ બાટલીવાલા, ઘણીયાણી: કેટી બાટલીવાલા, ભાઈબહેનો: યારમીન ફરોખ દેબુ, મરહુમ પરસીસ, બનેવી: ફરોખ, સાળી સાળાઓ: મરહુમો કેડી, બોમી, દીનશાહ, બજી, પેરીન, ફેની, ખોરશેદ, ભાણેજ: રૂઝબેલ ફરોખ દેબુ, સાસુસસરા: આલામાય તથા જહાંગીરજી કરાઈ
Rustomji K. Sarkari રૂસ્તમજી કે. સરકારી	90 ૯૦	14-10-2011 રોજ આશતાદ, માહ અર્દીબહેસ્ત ૧૩૮૧	Agashi Road, Virar-W ૪૦૨-સી, પૃથ્વી અપાર્ટ, પ્રિમીયમ પાર્ક, અગાશી રોડ, વિરાર (વે)	માતાપિતા: તેહમીના તથા કેમ્બુજી સરકારી, ઘણીયાણી: બેપસી, દીકરો: ઝરીર: ભાઈબહેનો: બાઈમાય, મીનોચેર કાપડીયા, દારબ કે. સરકારી, ગ્રેન્ડ ચિલ્ડ્રન: જેનીફર, ઝુબીન, વલુ અનાહિતા, સસરા: મંચેરજી એન. દંગોર.
Khodi Merwan Irani ખોદી મેરવાન ઈરાની	83 ૮૩	14-10-2011 રોજ આસમાન, માહ અર્દીબહેસ્ત ૧૩૮૧	Tardeo Bridge-E, Mumbai-400007 બી-૩૭, શક્તિ સદન, ૪થે માળે, તારદેવ બ્રીજ (ઈ), મુંબઈ ૭.	માતાપિતા: જરબાનુ તથા મરહુમ મેરવાન મોન્ટેગાર ઈરાની, ભાઈ બહેનો: મરહુમ રૂસી, સોલી, હોમી, મોન્ડોક, ગાઉસર.
Dinshaw Ardeshir Behrana દીનશા અરદેશીર બેહરાના	95 ૯૫	15-10-2011 રોજ જમિયાદ, માહ અર્દીબહેસ્ત ૧૩૮૧	Jogeshwari(W), Mumbai 400102. વિલા તેહમીના, ૪૯, માલકમ બાગ, જોગેશ્વરી વે, મુંબઈ ૧૦૨.	માતાપિતા: મરહુમ બાનુબાઈ તથા મરહુમ અરદેશીર બેહરાના, ઘણીયાણી: બચી, દીકરો દીકરી: રોઈન્ટન, ફરોખ, ફરીદા, ભાઈબહેનો: મરહુમ લિલ્લા, મરહુમ હોમાય, ગ્રેન્ડ ચિલ્ડ્રન: કેઝીન, કેનાઝ, ખુશનમ, અરશીશ, પરસી, વલુ જમાઈ: રૂસી, ફરીદા, મહેર, સાસુસસરા: મરહુમ પીરોજ તથા મરહુમ માનેક કોલાબેવાલા.
Dali Pirojshah Katrak દાલી પીરોજશા કાત્રક	- -	11-10-2011 રોજ દીન, માહ અર્દીબહેસ્ત ૧૩૮૧	Nana Chawk, Mumbai 400007. વિમલા સદન, ગ્રાઉન્ડ ફ્લોર, નવરોજ પટેલ સ્ટ્રીટ, નાનાચોક, મુંબઈ ૭.	માતાપિતા: બાનુબાઈ તથા પિરોજશા કાત્રક, બહેન: આલામાય
Beruz Nadirshah Daruwala બેરૂઝ નાદીરશા દાડવાલા	58 ૫૮	16-10-2011 રોજ મારેસ્પંદ, માહ અર્દીબહેસ્ત ૧૩૮૧	Nanpura, Surat. ૪/૧૦, તાતા કોલોની, ૧લે માળે, તારદેવ, મુંબઈ તથા કોતવાલ સ્ટ્રીટ, નાનપુરા, સુરત.	માતાપિતા: મરહુમ પિરોજ તથા મરહુમ નાદીરશા એચ. દાડવાલા, ભાઈબહેનો: રોશન, પેરીન યકદી કાપડીયા, રોદા ધનજીશા મુનશી, હોમી.
Katy Jamshed Bharucha કેટી જમશેદ ભરૂચા	87 ૮૭	16-10-2011 રોજ મારેસ્પંદ, માહ અર્દીબહેસ્ત ૧૩૮૧	Off Napeansea Road, Mumbai 400036. કેર/ઓફ, ગુલ બી. પીઠાવાલા, એમ-૧૦, ગોદરેજ બાગ, ઓફ નેપીયન્સી રોડ. મુંબઈ ૩૬.	માતાપિતા: આલામાય તથા દારબશા એમ. પીઠાવાલા, ઘણીઓ: જમશેદ, ભારવા.
Naushir Pirojshaw Daruwalla નોશીર પીરોજશા દાડવાલા	89 ૮૯	17-10-2011 રોજ અનેરાન, માહ અર્દીબહેસ્ત ૧૩૮૧	Dadar, Mumbai 400014. ૭૪૯, મીકુ વીલા, રોડ નં. ૬, ગ્રાઉન્ડ ફ્લોર, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	માતાપિતા: મરહુમ જરબાઈ તથા પીરોજશા મેરવાનજી દાડવાલા, ઘણીયાણી: ફેની નોશીર દાડવાલા, દીકરા દીકરી: કેરસી, બેહરોઝ, ભાઈબહેનો: મરહુમ મીનુ પી. દાડવાલા, મરહુમ નરી પી. દાડવાલા, મરહુમ પુતલા રૂસ્તમ માછીના, વલુ: સીલ્વુ કેરસી દાડવાલા, સાસુસસરા: મરહુમ નરગીસ તથા રૂસ્તમજી બરડી.
Er. Sam Framroze Katrak એરવદ સામ ફરામરોઝ કાત્રક	70 ૭૦	17-10-2011 રોજ અનેરાન, માહ અર્દીબહેસ્ત ૧૩૮૧	Rustom Baug, Mumbai 400027. ૧૭, એ/૭, રૂસ્તમ બાગ, ભાયખલા, મુંબઈ ૨૭.	માતાપિતા: શિરીન તથા ફરામરોઝ જમશેદજી કાત્રક, ઘણીયાણી: ખોરશેદ સામ કાત્રક, દીકરા દીકરી: પરીઝાદ ઝુબીન બતીવાલા, શ્યામક સામ કાત્રક, ભાઈબહેનો: ફેની ફરોખ કેરાવાલા, ગ્રેન્ડ ચિલ્ડ્રન: વિસ્તારુખ ઝુબીન બતીવાલા, જમાઈ: મરહુમ ઝુબીન જીમી બતીસાલા, સાસુ સસરા: ધન અને મરહુમ નરીમાન હીરજીભાઈ દસ્તુર.
Maneck Ardeshir Kharas માનેક અરદેશીર ખરાસ	80 ૮૦	17-10-2011 રોજ અનેરાન, માહ ખોરદાદ ૧૩૮૧	Grant Road, Mumbai 400007. પુષ્પા નિવાસ, ૪થે માળે, ઉરનવાલા રોડ, પ્રેમજી માર્ગ, ગ્રાન્ડ રોડ, મુંબઈ ૭.	માતાપિતા: બાનુબાઈ તથા અરદેશીર શાપુરજી ખરાસ, ભાઈબહેનો: મરહુમ જાલ એ. ખરાસ, મરહુમ મીનુ એ. ખરાસ, મરહુમ ફલી એ. ખરાસ તથા નરગીસ દારા પુનેગર.
Zarir Adi Ichhaporia ઝરીર અદી ઈચ્છાપોર્યા	48 ૪૮	17-10-2011 રોજ અનેરાન, માહ અર્દીબહેસ્ત ૧૩૮૧	Dadar, Mumbai 400014. ૬૪૬, ગાય બિલ્ડિંગ-એ, બરેઘાટ રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪	માતાપિતા: મરહુમ મીની તથા મરહુમ અદી ઈચ્છાપોર્યા, ઘણીયાણી: ઝીનોબીયા જાલ બુલારીવાલા, દીકરી: ફેયાન ઝરીર ઈચ્છાપોર્યા, બહેન: કેશમીરા અદી ઈચ્છાપોર્યા.
Minoo N. Vazifdar મીનુ એન. વજીફદાર	87 ૮૭	18-10-2011 રોજ હોરમઝદ, માહ ખોરદાદ ૧૩૮૧	Vikhroli (West), Mumbai 400079. એચ-૧૦૧૨, ગોદરેજ હિલસાઈડ કોલોની, એલ. બી.એસ. માર્ગ, વિક્રોલી (વે), મુંબઈ ૭૯.	માતાપિતા: લિલ્લા તથા નરીમાન એ. વજીફદાર, ઘણીયાણી: બાનુ એમ. વજીફદાર, દીકરા દીકરી: આવા એફ. દેસાઈ, રૂમી એમ. વજીફદાર, ભાઈબહેનો: મરહુમ નોશીર એન. વજીફદાર, મરહુમ પેટરસ્પ એન. વજીફદાર, અસ્પી એન. વજીફદાર, અર્દશીર એન. વજીફદાર, ગ્રેન્ડ ચિલ્ડ્રન: મોનાઝ, જમાઈ: ફરેદુન, સસરા: મરહુમ નાદરશા જે. મીસ્ત્રી.



હું તમને પૂછું... (ગાથા)

દાદાર હકીકત જણાવે છે. સરોશ દ્વારા જવાબો મળે છે. જે દયાનત સત્ય જાણવાનીજ હશે તો, અંતઃકરણની

રોશની, ઉશ્તા=મીનોઈ પ્રકાશ અને આનંદ લાવશે. જવાબ મળશે. જરથુસ્ત્રનાં અલુરા માટેના પ્રેમથી છવકાતાં હેયામાં ઉશ્તા પ્રગટ થાય છે અને સરોશની પ્રેરણાથી દાદાર હકીકતો રજૂ કરે છે.

તત થવા પેરેસા, એરેશમો, વઓયા, અલુરા! દરેક ફકરાની શરૂઆતમાં અલુરા પાસ સત્ય જાણવા આ વાક્ય સુંદર રીતે રજૂ થાય છે. સવાલો જોઈશું?

૧) યા અલુરા! તને કેવી રીતે

આરાધું? (તને સરોશ પીછાણે છે. તેઓ મને દોરવશે! અશા અને વોલુમનથી. એટલે અશવલીશતનો કર્મનો નિયમ સમજી લેવાય અને ભલી મનશની હોય તો આરમઈતી, તરફથી જવાબ મળશે.

સરોશની આત્માને દોરવાણી

૨) તારા તરફ મારા આત્માને કોણ દોરવશે? તને (દોરવશે સરોશની પનાહ. સરોશ અને ફરવરદીન યજ્ઞનાં સહકારે આત્માને દાદારની દરબારે દોરવશે. જ્યારે આત્મા જાગશે ત્યારે સત્ય સમજાશે અને એવાં પવિત્ર જીવન ગાળી

સરદારી ભોગવશે.

આશાનો કર્મનો નિયમ

૩) આશાનો દરજ્જો: કોણે નકકી કર્યો કોણે સૂર્ય ચંદ્ર તારાનો માર્ગ અકસ્માત વગર સાચવ્યો? કોણ મહાબોખ્તારને નાનો મોટો કરે છે હે અલુરા? (અશવલીઅ અશોઈનો અચળ કાયદો દાદારે જાહેર કર્યો) (કર્મનો નિયમ સૌને માટે છે. નેક્રીને ભલો અને ભૂંડાને ભુંડો બદલો મળશે. આશાનો (સત્યનો)એ દરજ્જો સ્થપાયો. ગગન ઉપર ફરતા સૂર્ય, ચંદ્ર તારા અને ગ્રહો અથડાયા વગર

અલુરાએ સાચવ્યા. ચાંદરાત, અમાસ, પૂનમ ખુદા સાચવે છે... દિવસની જહેમત પછી રાત્રિનો આરામ ગોઠવાયો. કોની શક્તિથી ધરતી અને આસમાન ટકી રહ્યા છે? ઝાડપાનોને કોણ પાણી પાઈ ઉછેરે છે? પવનને કોણ રસ્તો બતલાવે છે? કોણ પાણીથી ભરેલાં વાદળો હવામાં તરતાં રાખે છે? કોણે માનવીમાં વોલુમન (હલાપણ) અને પ્રેમથી છવકાતું જીવ મૂક્યું? જરથુસ્ત્ર સવાલ કરે છે.

- નોશીર દાબુ
(પ્રેરણા પ્રકાશમાંથી)

પારસી ટાઈમ્સ Apfpd " u ' mppdp,...

ચવચવનો મુરબ્બો

* કરવાનાં અને નહીં કરવાનાં કામોને સાવધાનતાપુર્વક હરહંમેશા, પોતાની નજરની સામેજ રાખનાર, પોતીકા અંતઃકરણના ચોકીદાર, સતપુરુષને ધન્ય છે. એવા એકને નાચીઝના નમસ્કાર હોજો. * બીજામાં રહેલી કોઈ ઈંદતની આપણે એબ કહાડીને તેની મિંદા કરીએ છીએ, પણ તેજ બદી, આપણામાં કેવી સીફતથી છુપાઈને રહેલી હોય છે, તેની આપણને ક્યાં ખબર છે? * જ્યારે આ દુનિયામાંથી ચાલતી પકડીને આપણે પેલી દુનિયામાં જઈશું, ત્યારે ત્યાં આપણું શું થશે? સુખમાં હોઈશું કે દુઃખમાં? તેનો આધાર શા ઉપર છે? માત્ર આ દુનિયામાં કીધેલી આપણી કરણી જ એ વાત નક્કી કરે છે. ભાતામાં જ જો પથરા બાંધી લઈ જઈએ, તો ત્યાં એના પેંડા બરફી થોડાજ થવાના છે? માટે જ બંધુઓ નેકીમાં જ આપણે શુભીએ અને નેકીમાં જ જો આપણે મરણ પામીએ, તો જ ખુદાની પ્રસન્નતા મેળવાય અને ત્યાંનો રસ્તો ખુલ્લો થાય. હમદીનો! તમો માત્ર મનશની ગવશની અને કુનશનીનું જ પાલન કરો. તમોને મારા જેવા એક નાચીઝની શીખામણો અને બોધની શી અગત્ય છે? - આજની મનશનીમાંથી



જરા મને કાંદા ખાવાની આદત છે

દુર્ગુણો તેમજ સ દ ગુ ળા ા િ , પો ત પો તી કી જા ત વા ણા ઓ સાથે હાથમાં હાથ મેળવીને જ ફરે છે. કોઈ પણ દુર્ગુણ કે સદગુણ છે. દુર્ગુણો આપણા શુભનમાં નાના પાયા ઉપર પોતીકો વેપાર શરૂ કરે છે અને પોતીકો ઘંઘો એવો તો વધારી દે છે કે પછી તો આપણાં બધા જ કાર્યોમાં આપ સ્વાર્થ અને પાપ જ જ્યાં ત્યાં ઘુસી ગયેલું નજરે પડે છે. એક માણસ કેવી રીતે બગડે છે? ખુદ ભુંડાઈના કરતાં પણ ભુંડા માણસની સોબત વધારે ખરાબ હોય છે, કારણ કે જો ગટરની પાસે ગુલાબનું ફૂલ પડ્યું રહે તો તેમાંથી ગુલાબની સુવાસ નીકળી જઈને ગટરની જ દુર્ગંધી બહાર આવે છે. હવે દુર્ગુણો એકબીજાની પાંખડી પકડીને કેમ ચાલે છે તે તપાસીએ. એક માણસે નવો નોકર રાખવાનો ઈરાદો કીધો. જ્યારે શેઠે ઉમેદવારને પૂછ્યું કે ભાઈ! તારામાં એવો કોઈ દુર્ગુણ તો નથી ને કે જેથી તું મને આગળ જતાં ભારી પડી જાય? ત્યારે પેલા નવા નોકરે કહ્યું કે ના, શેઠ, ના નિભય રહો, એવો કોઈ મારામાં દુર્ગુણ નથી. ફક્ત મને જરા કાંદા ખાવાની આદત છે. ત્યારે શેઠે કહ્યું કે ભલા માણસ! કાંદા તો આખી દુનિયા ખાય છે; હું પોતે પણ ખાઉં છું. તેમાં શું થયું? ત્યારે પેલો નવો ઉમેદવાર બોલ્યો કે શેઠ? તે પણ હું ક્યાં રોજ ખાઉં છું? એ તો જ્યારે જરા મારાથી જાસ્તી દારૂ પીવાઈ જાય છે ત્યારે શરાબની દુર્ગંધ ઢાંકવા માટે જ હું કાંદા ખાઉં છું. ત્યારે શેઠે પૂછ્યું કે શું તને દારૂ પીવાની પણ આદત છે કે? અરે નહીં રે નહીં શેઠ, દારૂ ક્યાંથી રોજ હું ગરીબ માણસ પીઉં? એ તો જ્યારે જુગારમાં કાંઈ તડાકો પડ્યો હોય ત્યારે જ પીવાય કે ની? શેઠ તો ફાટી ગયા, અરે શું તું જુગાર પણ ખેલે છે? અરે નહીં રે નહીં, શેઠ શું તમે બી ગભરાઈ ને અકળાઈ જાવો છો! એ તો હું જ્યારે ચોરી કરું અને તેમાં પણ જો સારો જેવો હાથ મેં માર્યો હોય તો પછી જાસ્તી પેસાને મારે ક્યાં રાખવા? માટે જ હું જરા બોજ હલકો કરવા જુગાર રમવા જાઉં છું. બાકી મને તો કોઈ જાતની ભુંડી ઈંદત નથી, સાહેબ.. શેઠે કહ્યું કે ભાઈ! મને તારી નોકરીની જરૂર નથી. - આજની મનશનીમાંથી

શુભનમાં નાના પાયા ઉપર પોતીકો વેપાર શરૂ કરે છે અને પોતીકો ઘંઘો એવો તો વધારી દે છે કે પછી તો આપણાં બધા જ કાર્યોમાં આપ સ્વાર્થ અને પાપ જ જ્યાં ત્યાં ઘુસી ગયેલું નજરે પડે છે. એક માણસ કેવી રીતે બગડે છે? ખુદ ભુંડાઈના કરતાં પણ ભુંડા માણસની સોબત વધારે ખરાબ હોય છે, કારણ કે જો ગટરની પાસે ગુલાબનું ફૂલ પડ્યું રહે તો તેમાંથી ગુલાબની સુવાસ નીકળી જઈને ગટરની જ દુર્ગંધી બહાર આવે છે. હવે દુર્ગુણો એકબીજાની પાંખડી પકડીને કેમ ચાલે છે તે તપાસીએ. એક માણસે નવો નોકર રાખવાનો ઈરાદો કીધો. જ્યારે

Ap
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" u
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Nu

MSf " u fkdgpC



સામગ્રી: ૧ લીટર દૂધ, ૧૦૦ ગ્રામ ખજૂર, ૨૫ ગ્રામ માવો, ૨૫ ગ્રામ નાળિયેરનું ખમણ, ૨૫ ગ્રામ દળેલી સાકર + ૩ ટી સ્પૂન સાકર, ૨ ટેબલસ્પૂન શિંગોડાનો લોટ, ઘી, કેસર, બદામ, પિસ્તા, ચારોળી, એલચી.
રીત: એક વાસણમાં દૂધ ઉકળવા મૂકવું. થોડું જાડું થાય એટલે સાકર નાખવી. કેસરને વાટી, દૂધમાં ઘૂંટી અંદર નાખવું. બાસુંદી જાડી થાય એટલે એલચીનો ભૂકો નાખી ઉતારી લેવું. ખજૂરના બી કાઢી મિક્સરમાં વાટવું. તેમાં માવો, નાળિયેરનું ખમણ અને દળેલી સાકર નાખી નાના બોલ્સ બનાવી શિંગોડાના પાતળા ખીરામાં બોળી, ઘીમાં તળી લેવા. એક કિશમાં બાસુંદી કાઢી તેમાં ખજૂરના બોલ્સ મૂકવા. ઉપર છોલેલી બદામ-પિસ્તાની કતરી અને ચારોળીથી સજાવટ કરી, ફ્રિજમાં મૂકી, રસમલાઈ ઠંડી કરવી.

હસવાનું શું લેશો?



હવે મને મારા કપડાં મારે હાથે જ ઘોવા પડે છે.. કાંચ કાંચ તારી બઈની નથી ઘોતી. નહીં, એ જ્યારે મારી સાથે ગુસ્સે હોય ત્યારે મારો ખાર કપડાં પર કાઢીને બધા કપડાં જોરથી અડારીને ફાડી નાખે છે. *****
બઈની: મને લાગેય કે આપરી બાજુના પડોશીને ત્યાં મારામારી થાય છે.
વર: તું શાની ઉપરથી કહે છે.
બઈની: એ લોકોનો રેકિચોનો અવાજ ઘણોજ મોટો સંભળાય છે. *****
વારસો
આજકાલના શીખેલા ભણેલા વિદ્યાર્થીઓ તોફાનો મચાવે છે, બસો જલાવે છે, સ્કુલ કોલેજમાં ભાંગફોડ કરે છે, રેલના ડબ્બાઓને બાળી નાખે છે યા નુકસાન કરે છે, ભવિષ્યમાં તેઓના છોકરાઓ ખુદ પોતાનું ઘર જલાવી દેશે, અને જ્યારે તેનું કારણ પુછવામાં આવશે ત્યારે તેઓ કહેશે કે હમે તો હમારું કર્તવ્ય નિભાવી રહ્યા છીએ. આ વારસો હમોને હમારા વડીલો તરફથી મળ્યો છે.

sdpfp QdL\$sp rksfpApj dpV\$ SyApj' p" y" , 22

ApS>" pj kyhQpf
નાચીઝ આ સંસારમાં,
બુઢાપો ગાડી-રેલ;
શહેનશાહ બી ચાલતા થયા,
ને પાંટી ભરે જે હેલ.



d" j | h i ' f x \$ d p v \$ r b e l g â p " ' ' u.

by Tarot Reader NUPUR



dj : sp. 21du dpQ® u 20du Arâg

Ap Allhpxkxepdp, sdj gpl' u vif fl hp' ydp' i p; sdpbu S; gpl' u vif fl hp' ydp' i p; sdpbu S; gpl' sd' i dp' sp " I] I pe shtu iel[ys D' f rhöpk d[sp " I]. sd' i kplbu kgpl bu " I] dmi; L[öcl[öS> u i e[aps dpl[öcl[öS " hyLfu i L[öcl[öS



Aries:- 21st March – 20th April (II of Wands & Justice)

You will feel like staying away from people. Don't believe in those whom you don't trust. They might give you the wrong advice. You might receive phone calls for a potential job offer if you have applied for one

h[öc: sp. 21du Arâg' u 20du dj

Ap Allhpxkxepdp, S[ö'u c[öpc Negu hps ep[ö Aph; sdj ^p[ö L[öcl[öS ' f[ö L[öcl[öS i L[öcl[öS p; d[öc[öf[ö D' f S[öhp' p k[öf[ö Q[öpk dmu' i fl i j; S[ödu" Äev[ö[ö dpl[ö k[öf[ö hps[ö ' pe sdS> S[ödu" Äev[ö[ö u gsu[ö[ö u apev[ö[ö ' Z ' i ;



Taurus:- 21st April – 20th May. (V of Wands & VI of Coins)

You will have high expectations but don't forget to keep your feet firmly planted on the ground. You might have to travel this week. Good opportunities are on their way. Some of you might encounter a matter related to property.

rd' y' : sp.21dj' u 20du S[ö'

Ap Allhpxkxepdp, sdp[ö' i sdp[öf[ö âdu L[ö ârd[ö[ö sfa' u k[öf[ö k[öf[ö fl i j; sd' i apev[ö[ö dmsp fl i j; ^[ö p[ö, I i p; s[öbu apev[ö[ö, fl i j; p[ö p[ö p[ö apev[ö[ö dmu' i k; s[öj d[ö, fl i j; sdp[öf[ö rhöf[ö[ö i d[ö h Ap' Ä; s[ö' p[ö u c[ö Nu[ö[ö[ö; L[ö buÄ " jöu apev[ö[ö ' i ;



Gemini:- 21st May – 20th June. (Temperance & II of Wands)

You will be generous and romantic with your partner this week. Try to give her/him time. You will get success in business but in small amounts. As a colleague or a partner, you'll be full of ideas. Be ready to back them up.

L[ö[ö sp.21du S[ö' ' u 22du S[öpc

Ap Allhpxkxepdp, h[öy X[ösp ' p[ösp' p D' f rhöpk " I] f[ö Msp. b" i s[ö kb, ^dp, kds[ö p; f[ö MÄ; Ä; sdp[öf[ö L[ö[ö u L[ö[ö iel[ö[ö ' p[ö[ö kde ' k[öf[ö L[ö[ö dpl[ö k[öf[ö kde Aphu S[ö; sd' i; buÄ " u t[ösp L[ö[ö L[ö[ö sp ' p[ösp' u A " i; ANs iel[ö[ö " u t[ösp L[ö[ö h[ödp, sd[ö' i; " j[ö k[ö " u " I] Aph;



Cancer :- 21st June – 22nd July (II of Coins & IV of Coins)

Don't be possessive about your partner. Try to bring about a balance in your relationship. Be careful in your dealings. You will be able to spare time for your family.

tkl: 23du S[öpc' u 23du Ap[öNö[ö

Ap Allhpxkxepdp, b" u i L[ö s[ö i p[ö f[ö MÄ; k[ö c[ömu' i; hps[öus L[ö h[ödp, d[ö L[ö[ö d[ö, " I] Aph; sd' i; ' k[ö L[ö[ö h[ö L[ö[ö s[ö rhöf[ö[ö h[ö[ö Aphsp fl i j; Ä; i p[ö f[ö Mi p[ö h[öy Ap' y[ö, A " i; d[ö Ädp, Allhpxkxey' k[öf[ö L[öfu i L[ö p; al[ö hps[öusdp, Yep" Ap' Ä;



Leo:- 23rd July – 23rd August (II of Cups & Moon)

Try not to be rude. Words have more power to hurt someone than a weapon. You are also likely to spend more money this week on fun and entertainment.

L[öep: 24du Ap[öNö[ö' u 23du k[öV[ö[öbf

Ap Allhpxkxepdp, sdj h[öy X[ösp Cdp[ö " g b" u S[ö p[ö buÄ " u kgpl ' u ^ " L[ö[ö p[ö i L[ö p[ö buÄ " u kgpl dp' h[ödp, sd' i; " j[ö k[ö " I] Aph; Ä; sdj; p[ö[ö Z[ö srbes dpl[ö by[ö L[ö[ö ' C S[ö p[ö srbes bNX[ö; sdp[öbu M[ö k L[öfu i; dp' p[ö v[ö M[ö h[ö; ' y[ö, NX[ö X[ö u ' f[ö p[ö ' i p[ö



Virgo:- 24th August – 23rd Sept. (IV of Swords & VIII of Cups)

You might feel emotionally weak & due to that you might lack motivation. Follow the advice that is given to you. You might feel uneasy. Take care of your health with respect to headaches & stomach aches.

s[öpc: sp. 24du k[öV[ö[öbf' u 22du Ap[öV[ö[öbf

Ap Allhpxkxepdp, sd' i; " hp L[ö[ö L[ö[ö h[ö Q[öpk dmi; sdp[öbu sdp[öf[ö c[ö L[ö[ö mdp, L[ö[ö L[ö[ö sd' i; h[öy L[ö[ö d[ö, Aph; i; " hyL[ö[ö L[ö[ö h[ödp, ^ufS> f[ö M[ö h[ö u h[öy kam ' C S[ö p[ö



Libra:- 24th Sept. – 22nd October (4 of Cups & 6 of Cups)

New opportunities are coming your way. Past experiences and friendships will stand by you. Do not let your past affect you. It might come in the way of your progress.

h[ö[öL[ö sp. 23du Ap[öV[ö[öbf' u 22du " h[ö[öbf

Ap Allhpxkxepdp, sdj c[ö Nu[ö[ö[ö h[ö[ö L[öfu ' X[ö; sdp[öf[ö fugj " d[öbu MQ[ö h[öy L[ö[ö h[ö; X[ö; S[ö b[öpsdp, ÄZsp I p[ö s[ö dpl[ö h[öy Yep" Ap' Ä; L[ö[ö Cbu b[öpsdp, ' f[ö[ö L[ö[ö p[ö NF d[ö[ö " I] i L[ö kb, ^dp, k[ö p[ö Aph; i;



Scorpio:- 23rd October – 22nd November. (II of Coins & Hanged Man)

This week you will be moody and a little restless. You might have to spend money on your relatives. You might have to take care of things which you did not know before. Don't keep any work incomplete. Finish it. There will be progress in your relationships.

^ " : sp. 23du " h[ö[öbf' u 22du q[öK[ö[öbf

Ap Allhpxkxepdp, sdj ^p[ö i p[ö Of " ysdS> buS[ö; L[ö[ö d[öbu M[ö S> k[öf[ö fus; L[öfu i L[ö p[ö L[ö[ö[ö iel[ö[ö sdp[öf[ö k[ö' i; M[ö p[ö b[öj; i; A' hp sd' i; b" p[ö hp" u L[ö[ö i L[ö[ö i; S[ö fus; k[ö d[ö h[ömp hs® L[ö[ö s[ö fus; sdj Q[ö g[ö Ä;



Sagittarius :- 23rd November – 22nd December (Fool & XI of Sword)

One partner might try to dominate the other. Think before you speak. You might have to lie or manipulate. You will be able to do both house and outdoor work properly if you just think calmly.

dL[ö: sp. 23du q[öK[ö[öbf' u 20du Äp[öyApfu

Ap Allhpxkxepdp, " u Äp[ö; R[ö L[öfu Äp[ö; äd" u h[öy S[ö[öf ' X[ö; sdj ep[ö; ' p[ö p[ö u k[ö' i; k[ö d[ö E[ö L[ö[ö d[ö M[ö S> k[öf[ö fus; L[öfu i L[ö p[ö Ä; sdj; L[ö[ö Cbu gu[ö g d[ö[ö L[ö[ö L[ö[ö p[ö d[ö p[ö d[ö, akp[ö g[ö I i p[ö S[ö S[ö d[ö p[ö sdp[öfu aph[ö, Aph; i;



Capricorn:- 23rd Dec. – 20th Jan. (Ace of Coins & 9 of Coins)

ladies should give love and time to their family. They really need it. Powerful influences are at work. Legal matters or court cases might be settled in your favour.

L[ö[ö: 21du Äp[öyApfu' u 19du ap[öyApfu

Ap Allhpxkxepdp, k[öf[ö k[ö d[ö Q[öf dmi; s[ö k[ö d[ö Q[öf " p[ö Z[ö[ö[ö b[öps dpl[ö bu I p[ö i L[ö L[ö L[ö[ö[ö b[öps" u dpl[ö bu I p[ö i L[ö L[ö L[ö[ö[ö b[öps" u Äy[ö k[öf[ö äkN Aph; i; ' k[ö p[ö kb, ^; sdj v[ö[ö[ö AV[ö Q[ö p[ö V[ö L[öfu i L[ö p[ö L[ö[ö[ö[ö[ö c[ö h[ö p[ö f[ö mu sd' u CÄR[ö ' fu L[öfu i p[ö



Aquarius:- 21st Jan. – 19th Feb. (Knight of Wands & II of Cups)

You might get some good news in the family. This week, you will be able to arrange for money. Save money for your family.

du" : 20du ap[öyApfu' u 20du dpQ®

c[ö Nu[ö[ö[ö dpl[ö Allhpxkxey k[ö p[ö S[ö; buÄ Äp[ö u k[ö' i; M[ö S> k[öf[ö fus; L[ö[ö L[öfu; Allhpxkxey ' p[ö L[öfu i L[ö p[ö L[ö[ö Cbu dpl[ö L[ö[ö[ö u Äp[ö p[ö f[ö Msp " I]. " kubdp, S[ö[ö g[ö I i; AV[ö[ö ydmu S[ö; i;



Pisces:- 20th February – 20th March (VII of Coins & IV of Cups)

Your partner and you will have a good time. There will be harmony and peace in the family this week. Just flow with the time and do not expect too much. You will get only what is written in your destiny.

Mutt



The Lockhorns



SNEAKY CHEAKY

One letter stands for another in this substitution game. Replace it and complete the phrase to find the cheeky saying of the week!

Today's clue: J equals S

G PYH'Z UHYO ZSX UXL

ZY JCTTXJJ, RCZ ZSX UXL

ZY NDGVCQX GJ ZOLGHE ZY

BVXDJX XMXQLRYPL.

SOLUTION (15-10-2011)
People everywhere confuse what they read in newspapers with news

IN PERSON

Hidden in this criss-crossing network of passageways is the name of the well-known community personality shown in the picture. Select a starting letter and trace this name with a continuous line. At no time may any letter or passage be re-used.

SOLUTION (15-10-2011)
DINYAR TIRANDAZ

SUDOKU

			3		5			
	6	9				5	1	
4				6				9
5			1	4	8			7
7	1			3			6	5
8			5	7	6			3
9				2				4
	5	7				2	3	
			8		7			

SUDOKU

SOLUTION (15-10-2011)

8	1	5	4	2	3	6	7	9
6	4	3	5	7	9	1	8	2
2	7	9	6	8	1	4	3	5
1	9	8	7	4	5	3	2	6
4	6	2	1	3	8	5	9	7
5	3	7	9	6	2	8	4	1
3	2	6	8	1	7	9	5	4
7	5	4	3	9	6	2	1	8
9	8	1	2	5	4	7	6	3

Ha! Ha! Harder!

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Part 2

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The best cardiac exercise you can do for your heart is to have a good laugh as this regulates heartbeat and increases the circulation and improves the transportation of oxygen and nutrients throughout your body. Laughing is one way to beat high blood pressure because it releases stress hormones that causes high blood pressure therefore lowering it and preventing hypertension.

Contd. next week.

PT TIP

EXERCISES TO STRENGTHEN YOUR EYE MUSCLES AND IMPROVE YOUR VISION

ZOOMING

This is very easy and quick to do. thumb is about 3 inches in front of your face.

Instructions for zooming
Now move your thumb away again until your arm is fully outstretched.

Sit in a comfortable position
Stretch out your arm with your thumb in the hitchhike position
Do this for a few minutes at a time throughout the day.

Focus on your thumb as your arm is outstretched.
This exercise will strengthen your focussing skills and your eye muscles in general.

Now bring your thumb closer to you, focussing all the time, until your

PT.

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