

# Manashni

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## Editor's Report

Welcome to the July edition of *Manashni*.

Reflecting on the past six months, I hope you've enjoyed participating in the celebrations, sporting and youth events that keep AZA vibrant and thriving.

This edition highlights the special moments from the past quarter of 2026. The warmth and spirit of our community were on full display at events such as the Annual Jashan & Gahambar, the Nowruz celebrations, the Sunday School Sleepover and the Amazing Race organised by the youth committee. Each gathering brought people together in different ways, but all shared the same sense of connection and belonging that makes our community so unique.

You will also find inspiring stories of service and leadership, including the wonderful work of the Akka Project and the exciting relaunch of WZCC Australia & New Zealand. At the same time, we pause to remember and honour members of our community who are no longer with us and to acknowledge their contributions to AZA and the wider Australian community.

A heartfelt thank you goes to everyone who contributed articles, photographs and community updates for this edition. *Manashni* has always been a reflection of community members, and every contribution, large or small, helps bring these pages to life.

I would also encourage members to continue sharing milestones, achievements, and updates. Your contributions help preserve the spirit of our community for future generations.

Finally, thank you to all our volunteers, committee members, contributors, and readers for your continued support of AZA and *Manashni*. We hope you enjoy this edition and look forward to seeing many of you at the upcoming events in the months ahead.

**Farhad Khurshed**  
**Manashni Editor**

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Tehmasp Parekh

### Vice President

-

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# President's Report

Dear AZA Members and Fellow Community Members,

Time has a way of slipping past us, and before we knew it, July is upon us along with this edition of Manashni.

In April, I attended the Martin Place ANZAC Day Dawn Service — some of you may have been there too. It is always a poignant and solemn occasion; a moment to reflect on the suffering and struggles unfolding across the world, and to be reminded of just how fortunate we are to call Australia home.

That same spirit of unity and gratitude brings to my mind Banjo Paterson's 1915 poem "We're All Australians Now" — quoted on a few occasions in recent months, and for good reason.

It is a poem that speaks of diversity coming together as one.

Inspired by Paterson's words, I have taken the liberty of adapting them and holding them up as a mirror to our own small but spirited Australian Zoroastrian community. We too are a people who have journeyed from many places, and yet here we stand — together.

*Of past & present, we are all one,  
From Iran and the subcontinent to these southern shores,  
We survive still ~ and always will.*

*With all our petty quarrels done,  
Dissensions overthrown,  
From our earliest arrivals, to our Australian-born,  
We have, through what you have done,  
A history of our own.*

*Our old world differences are dead,  
Like weeds beneath the plough,  
For wherever we may be bred,  
We're one now!*

*So now we'll toast to ourselves,  
With Australia's flag held high,  
Beneath an endless southern sky,  
The flame our ancient faith has laid,  
The legacy our forebears gave ~  
For never shall our glory fade.*

## Celebrating a Community Hero: Noshir Irani awarded the Medal of the Order of Australia (OAM)

It is with great pride that we celebrate Noshir Irani's dedication to our community being recognised with Australia's highest civilian honour, the Medal of the Order of Australia (OAM). You can read more about Noshir's remarkable journey and contributions later in this issue of Manashni.

There are many within our community who have played a stellar role in shaping our AZA, and we offer our eternal gratitude to all who have contributed in various capacities over the years. I find it fascinating to go through our publication Celebrating 50 Years (1974–2021), which holds a treasure of information about our early years and the struggles and challenges we overcame to have what we have today. To Noshir Irani, and to the many others like him, thank you very much.

## Multicultural NSW

Thanks to the assistance of long-time AZA member Zarir Bamji and our senior Working Bee members, we have submitted a Grants Application to Multicultural NSW. The department has advised that our application is one of many worthy submissions received, and that they have been inundated with requests. We will keep the community updated on any positive developments.

Zarir's connections also opened the door to a meeting with Acting CEO James Jegasothy at the Multicultural NSW Parramatta office — a wonderful opportunity to introduce our community, share what the AZA does, and underscore the quiet but meaningful role we play in enriching the cultural diversity of Australia.



*James Jegasothy, Acting CEO, Multicultural NSW — with Zarir Bamji & Tehmasp Parekh*

## ZAV



*ZAV President Sharokh Bharucha  
Melbourne, 6 March 2026*

The AZA Management Committee continues to engage with the ZAV (Zoroastrian Association of Victoria) Management Committee. During a recent visit to Melbourne, I met with ZAV's President, Sharokh Bharucha. Our joint fundraising efforts for medical assistance in November 2025 and April 2026 are fine examples of what our two communities can achieve together, and we look forward to further collaboration.

Like AZA, ZAV organises a variety of events for its members — though unlike us, they do not have their own premises, which is a reminder of just how fortunate we are to have our home at Annangrove.

## Maintenance and Repairs

Our premises, like any home, requires constant care and attention. We are grateful to the small but dedicated group of members who give generously of their time and energy to keep the AZA grounds and facilities in good order. Every opportunity to acknowledge and thank them is one we should take.

Some works, however, call for qualified tradespeople. The repair of the roofing over our extended covered area is one such project — necessary, overdue, and not inexpensive — and I will be reaching out to the community shortly to seek financial support. I trust we will see the same generosity shown during our recent kitchen fridge appeal.

## Membership Renewal

The AZA's ability to organise events, support initiatives, and serve our members depends on your participation and contributions. Membership fees run from July to June, in line with the Australian Financial Year, so now is the perfect time to renew.

We encourage all current members to renew, and warmly invite those whose membership has lapsed to recommence. New members are always welcome. Whether you are renewing, rejoining, or joining for the first time, your contribution makes a real difference to the spirit and sustainability of the AZA.

Together, we keep our community alive and thriving.

## Events Participation

It is pleasing to see strong participation at recent AZA events. As anyone who has hosted a gathering at home will appreciate, there is considerable work behind the scenes. We are grateful to all those who give their time and energy to make it happen.

Events do carry real costs. Booking the Table Tennis Tournament venue alone required an outlay of \$880, with further expenses for lunch, medals, and trophies. I have received queries asking why members pay a participation fee on top of membership fees — a fair question. The simple answer is that participation fees rarely cover costs, and without a sponsor stepping forward, the AZA bears the shortfall. If you are in a position to sponsor an event, please do reach out — your support would make a real difference.

If you have fresh ideas or are willing to volunteer in organising our 2027 programme — yes, 2027, as venues book out months in advance — please do come forward. We would love to hear from you.

## World Zarathushti Chamber of Commerce (WZCC)

The WZCC is a global network that promotes entrepreneurship, professional excellence, and economic collaboration within the Zarathushti community. Urvaksh Cawasji from Melbourne has been appointed Chapter Chair for WZCC Australia, succeeding our AZA member Jimmy Medhora, who has served as the lead WZCC contact for several years. I encourage our younger members to connect with Urvaksh and explore opportunities that WZCC has to offer. His introduction appears in this edition of Manashni.

## World Zoroastrian Congress 28-30 December 2026

The 13th World Zoroastrian Congress will be held in Singapore from 28th to 30th December 2026, hosted by the Parsi Zoroastrian Association of Southeast Asia (PZAS). The Congress brings together Zoroastrians from around the world. It would be wonderful to see strong representation from Australia at this event — if circumstances allow, do consider making the journey to Singapore. More details on the Congress are in this Manashni edition.

## Feedback Welcome

As always, I welcome your thoughts, ideas, and feedback. Please feel free to reach out to me or any member of the Management Committee — constructive suggestions are always warmly received. Thank you for your continued support and commitment to our community.

Regards, **Tehmasp Parekh, President**  
For and on behalf of the AZA Management Committee

# Upcoming Events for the Second Half of 2026

As we look ahead to an exciting second half of 2026, we are delighted to share a wonderful line-up of community events that bring us together in friendship, celebration, remembrance and healthy competition. From cultural and religious observances to sporting activities and social gatherings, there is something for everyone to enjoy.

These events are more than just dates on a calendar, they are opportunities to reconnect with old friends, welcome new faces, strengthen community spirit and create lasting memories together. Whether you are joining us for a lively game of carrom, celebrating Navroz with family and friends, testing your knowledge at Trivia Night, or participating in our Annual General Meeting, your presence and participation help make our community vibrant and meaningful.

We warmly encourage all members and families to mark these dates in their diaries and take part wherever possible. We look forward to seeing you at the many exciting events planned for the months ahead, in addition to our regular monthly activities:

Event	Date & Time	Venue
Carrom at AZA	Sunday, 12 July 2026. All Day	AZA
Mukhtad Farvardegan Prayers	Wednesday, 5 August 2026 and 10–14 August 2026	AZA
Parsi New Year – Navroz Dinner Event	Saturday, 15 August 2026	Revesby Workers Club
Volleyball	Sunday, 20 September 2026. All Day	Blacktown Leisure Centre, Stanhope
Trivia Night	Sunday, 18 October 2026. Dinner Event	Torwood Lounge Function Centre
AGM	Sunday, 15 November 2026. 3:00 pm	AZA



## Regular Monthly Activities

- Sunday School — 1st Sunday of each month
- MAGS — 3rd Sunday of each month
- Working Bee — Last Sunday of each month

# Keep our Community Thriving . . .

## RENEW YOUR AZA MEMBERSHIP

Membership renewals for AZA fell due on 1st July 2026, and we kindly encourage all members who have not yet renewed to do so at their earliest convenience.

Every membership contribution plays an important role in sustaining and strengthening our community. Your support helps maintain our Darbe Meher and community facilities, enables us to host religious, cultural, and social events, and ensures that future generations continue to enjoy a vibrant and connected AZA.

AZA has always been more than just an organisation. It is a place where friendships are nurtured, traditions are preserved, and our community spirit continues to flourish. By renewing your membership, you help keep that spirit alive.

<input type="checkbox"/> <b>ORDINARY SINGLE \$50</b> For singles 25 years of age and over	<input type="checkbox"/> <b>ORDINARY FAMILY \$100</b> For couples and families with children < 25 years of age
<input type="checkbox"/> <b>ORDINARY SENIOR \$30</b> For individuals 65 years of age and over	<input type="checkbox"/> <b>ORDINARY LIFE MEMBERSHIP</b> 30 x applicable category of annual membership
<input type="checkbox"/> <b>ORDINARY SENIOR COUPLE \$60</b> For couples 65 years of age and over	<input type="checkbox"/> <b>ORDINARY TEMPORARY STUDENT VISA \$30</b> Overseas students under 25 years of age
<input type="checkbox"/> <b>ORDINARY TEMPORARY WORK VISA \$30</b> Temporary resident on work / professional visa	<input type="checkbox"/> <b>ASSOCIATE \$50</b> For individual non-Zoroastrians 25 years of age and over

Renewing is simple:

Wire your contribution directly to **AZA's NAB account**,

**Account Name: Australian Zoroastrian Association**

**BSB: 082514**

**Account No.: 442274084**

**Reference: Membership for (Name)**

- OR -

Visit [aza.org.au](http://aza.org.au) to renew or sign up online.

*Let's keep the AZA  
strong, united, and  
thriving together!*



# *Singapore Awaits: be part of the 13th World Zoroastrian Congress 28-30 December 2026*



The 13th World Zoroastrian Congress will be held at the iconic Marina Bay Sands Convention Centre in Singapore, a spectacular venue for what promises to be a truly memorable global gathering of Zarathushtis from around the world.

More than simply a conference, the Congress is a unique opportunity to celebrate our shared heritage, strengthen connections across generations and continents, and participate in meaningful discussions that honour our traditions while exploring future aspirations for the community.

A range of optional pre and post-Congress events will also be held, including the World Zarathushti Chamber of Commerce Annual Convention, a Youth Mixer, and a New Year's Eve celebration, ensuring there is something for every age group to enjoy.

The Congress registration fee includes:

- Access to all Congress sessions from 28–30 December 2026 (with age limits applicable for Youth and Children's Tracks)
- Lunch and tea/coffee breaks on each day of the Congress
- A sit-down Gala Dinner followed by a dance party on Wednesday, 30 December 2026

Please note that the registration fee does not include breakfasts, dinners on Day 1 and Day 2 of the Congress, accommodation, or travel expenses.

For more details and to register, please visit [wzcsq26.com](http://wzcsq26.com)

# A New Chapter for WZCC in Australia & New Zealand

By Urvaksh Cawasji



The World Zarathushti Chamber of Commerce (WZCC) is proud to announce the relaunch of its regional presence as WZCC Australia & New Zealand - a renewed and energised entity focused on fostering entrepreneurial, professional, and business growth within our community.

My name is Urvaksh Cawasji, and I am honoured to serve as Regional President for Australia & New Zealand alongside Tehmus Mistry of New Zealand, who will serve as Regional Vice-President. Together, we look forward to building a vibrant network of entrepreneurs, business owners, and professionals across the region.

Our mission is to support Zarathushti entrepreneurial and professional growth by fostering connections, collaboration, mentorship, and new opportunities.

As we relaunch this chapter, our vision is to create an engaging and forward - looking platform for established professionals and the next generation of leaders alike. Through networking events, seminars, business forums, and community initiatives, we hope to strengthen relationships across Australia, New Zealand, and the wider global WZCC network.

A little about myself — I have lived in Australia for over 25 years and have held senior leadership roles in the telecommunications industry before starting my own business. Outside of work, I enjoy tennis, badminton, yoga, pilates and horse riding.

We are excited about what lies ahead and look forward to welcoming members to participate, contribute, and grow together.

## Get involved with WZCC Sydney

To help bring this vision to life, we are seeking enthusiastic volunteers from Sydney to join the WZCC Committee in the following roles:

*Chapter Lead* – to lead the Sydney chapter, organise local events and initiatives, and represent Sydney on the regional steering committee.

*Women's Lead* – to help drive programs, networking, and initiatives focused on empowering women in our community.

*Youth Lead* – to engage and inspire the next generation through youth-focused events and opportunities.

These roles offer a wonderful opportunity to contribute, connect, and help shape the future of WZCC in our region. I would be delighted to speak with anyone interested in learning more or getting involved. Please feel free to reach out to me.

Warm regards,

**Urvaksh Cawasji**

**Regional President – WZCC Australia & New Zealand**

Email: [urvaksh@hotmail.com](mailto:urvaksh@hotmail.com) Mobile: +61 455 061 077

# Muktad Prayers at AZA Darbe Meher

**Peshotan Katrak and Mithi Daver**  
on behalf of AZA Mobeds and the Muktad Helpers' Team



A team of our Mobeds will be reciting the Muktad Prayers at AZA Darbe Meher:

- on the first day of Muktad (Wednesday 5th August) after setting up 'Karasyas' (flower vases)
- and on each of the five Gatha days from Monday 10<sup>th</sup> to Friday 14<sup>th</sup> August;
- there will be no muktad prayers at AZA Darbe Meher from 6<sup>th</sup> to 9<sup>th</sup> August
- Prayers will start at 10 AM on each day
- Muktad prayers will conclude with the 'Pachli-raat-nu-afargan and Farokshi' (night prayers) at 12.45 AM on 15<sup>th</sup> August

All Zoroastrians and their families – AZA members and non-members - are welcome to attend.

Submit the name of each departed relative in the following format to Mithi Daver by email ([mithidaver@gmail.com](mailto:mithidaver@gmail.com)) or call her on 0414470410:

<b>Prefix</b> <b>Behdin/Osta/Osti/Ervad</b> (select one)	<b>First</b> <b>Name</b>	<b>Prefix</b> <b>Behdin/Osta/Osti/Ervad</b> (select one)	<b>Father's or</b> <b>Husband's</b> <b>Name</b>
<b>FOR EXAMPLE</b>			
Behdin	Rustom	Behdin	Sohrab
<b>OR</b>			
Osta	Rustom	Ervad	Sohrab

1. A charge of \$50 will apply for up to two departed relatives' names and \$100 for a maximum of up to 6 names. All proceeds (after expenses such as fruits and nuts) will be donated to AZA.
2. To allow Mithi and Pervin to prepare the full list of names for our mobeds, the deadline for submission of names will be Saturday 1<sup>st</sup> August.
3. If you would like Mithi to purchase flowers for your vase/s for an additional charge of \$25, please let her know. Alternatively, you can prepare your own vase with flowers, and have this ready at the Darbe Meher before 9 AM on 5<sup>th</sup> August.
4. Arrange to pay Mithi in cash for the prayers and flowers by Sunday 2<sup>nd</sup> August. Payment can be made either by cash to Mithi, or you can deposit the amount in the AZA Main Account BSB: 082-514, Acc No: 44-227-4084. Please advise Mithi and the AZA Management Committee [committee@aza-committee.org.au](mailto:committee@aza-committee.org.au) immediately after you have deposited the money.
5. Ensure that your karasyo/vase (labelled with your name) is delivered to Mithi before 2<sup>nd</sup> August. Volunteers will set up the table and vases on the 2<sup>nd</sup> at our Darbe Meher. Flowers will be arranged on Tuesday 4<sup>th</sup> August.
6. You must collect the karasyo/vase after the prayers conclude.
7. Please contact Mithi if you are happy to help her with arranging the flowers on 4<sup>th</sup> August, replenishing the flowers on 10<sup>th</sup> August, or any other tasks.

A note about Muktad in two places: Ervad Ramiyar Karanjia, Principal of Dadar Athornan Institute has advised that as per our rituals although the vase should be placed only at one place of worship, muktad prayers for a departed person can be recited in more than one location.

# AZA Jashan & Ghambar

24 May 2026

The AZA Annual Jashan & Ghambar, held on Sunday, 24th May 2026 (Tir Roj, Dae Mahino), was a truly memorable occasion, a joyful celebration of faith, community, and togetherness.

The weather gods were kind, and the conditions added to the warmth and festivity of the day. Over 330 community members gathered at the Darbe Mehr, making it one of the best-attended AZA events in recent memory.

## The Jashan Prayers

The highlight of the morning was the Jashan ceremony, performed with great devotion by a wonderful gathering of 12 Mobeds. A special mention goes to brothers Arash and Marzban Kotwal, aged just 11 and 9, who recently completed their Navar ceremony on 1st January 2026 at the historic Vadi Dar-e-Meher in Navsari, India. This remarkable institution, over 850 years old, is the oldest surviving Parsi priestly seminary in the world, standing proudly near Navsari's grand Atash Behram. That two young boys from our community were ordained in such a hallowed place is a moment of immense pride for us all.

Ervad Cherag Tadwalla served as Zoatar, the officiating priest, with Ervad Darian Shalori as Rathwi, the assisting priest. They were joined by Ervads Arish Panthaky, Zarvan Kotwal, Arash Kotwal, Marzban Kotwal, Mayav Madon, Kai Madon, Jamshed Bhanja, Rishad Katrak, Peshotan Katrak, and Behzad Panthaky.

The prayers were deeply appreciated by all in attendance. The clarity of the ceremony was further enhanced by a professional audio setup, generously provided and managed by a community member, ensuring every word of our ancient prayers was heard clearly across the congregation. Many attendees were pleasantly surprised to learn that the sound had been amplified - a testament to how seamlessly it had been arranged.



Annual Jashan Mobeds lined up in front of Atash Kebla

From L to R: Mobeds Ervad Rishad Katrak, Darian Shalori, Arish Panthaky, Cherag Tadwalla, Arash Kotwal, Peshotan Katrak, Marzban Kotwal, Kai Madon, Mayav Madon, Behzad Panthaky, Jamshed Bhanja, Zarvan Kotwal.



## Keeping Our Traditions Alive

It was pleasing to have our Iranian Zoroastrian brethren with us. For those not from the subcontinent, the opportunity to participate in a large and vibrant community Jashan, which is not so uncommon in the subcontinent, is something special, and it clearly resonated deeply with all.

It was equally heartening to see so many children in attendance. How else will our young ones come to know and appreciate the ancient traditions and rituals of our faith? Every time a child sits through a Jashan, watches the Mobeds at prayer, or shares in the Gahambar, a small but important seed is planted. Our community numbers are dwindling, and that is a reality we cannot ignore. But gatherings like these give us hope. Each one is a small and essential step towards keeping our traditions alive for the generations that follow. May we continue to come together, year after year, so that our children grow up knowing who they are and where they come from.

A brief address by AZA President Tehmasp Parekh was met with spontaneous and resounding applause, as he acknowledged the Mobeds and expressed heartfelt gratitude to all who had gathered, before leading everyone into the Gahambar.

## The Ghambar

Following the prayers, the community came together for the Gahambar - a joyful sharing of food generously contributed by attending families. The traditional Chasni of fresh fruits, nuts, malido, and ravo was followed by a lovely spread of dar, rice, kebabs, and kachambar. The atmosphere was warm, simple, and harmonious, filled with a wonderful sense of goodwill and fellowship.

The day was a reminder of what makes our community special - the spirit of sharing, generosity, and togetherness that unites us year after year.

## Volunteers and Community Support

The success of the day would not have been possible without the enthusiasm and effort of our many volunteers, who stepped up to help with the wide range of tasks that go into making an event of this scale run smoothly. A heartfelt thank you to each and every one of them.

*The AZA Management Committee extends its deepest gratitude to our Mobeds, volunteers, and all community members who contributed to making the AZA Annual Jashan & Gahambar 2026 such a resounding success. We look forward to celebrating with you all again at our next event.*





## Member Spotlight

### Celebrating Noshir Irani Awarded the Medal of the Order of Australia (OAM)



Our Noshir Irani has been awarded the Medal of the Order of Australia (OAM) in the 2026 King's Birthday Honours List.

The Order of Australia is the nation's highest civilian honour, recognising Australians who have made significant contributions to their community and country. This prestigious award acknowledges Noshir's decades of service to the NSW community, his work with multicultural organisations, and his dedication to helping others.

Originally from Mumbai, Noshir migrated to Australia with his family in 1979 after being transferred here by the pharmaceutical company he worked for at the time. He often speaks of how warmly Australia welcomed him, his wife Maggie, and daughters Hilla and Homaxi. Following a successful corporate and business career, including a period working in Dubai, Noshir retired in 2006 and decided to dedicate his time to giving back to the community that had given his family so much.

Although Noshir has been actively involved with the Australian Zoroastrian Association of NSW (AZA) since 1980, retirement allowed him to expand his community service beyond the Zoroastrian community. Over the past two decades, he has devoted his time to not-for-profit organisations focused on aged care, community welfare and multicultural engagement, with a particular passion for supporting elderly and vulnerable Australians.

A three-time nominee for Senior NSW Volunteer of the Year, Noshir's OAM recognises a lifetime of service across a wide range of community organisations.

One of Noshir's longest-standing commitments has been with Meals on Wheels, now known as The Village Chef. This is a NFP delivering healthy subsidised meals to vulnerable Australians, helping them maintain wellbeing and independence in their own homes. Since 2007, Noshir has personally delivered meals to elderly, frail and vulnerable residents across Sydney.

Now in his nineteenth year of service, Noshir understands that meal deliveries are about much more than food.

“*What may seem like a simple meal delivery often provides reassurance, connection and a valuable point of contact for those who may otherwise feel isolated and lonely. It also provides the opportunity to ensure the residents are safe and well,*” he says.

The friendships formed over the years are what he treasures most. He fondly recalls one client who always had a piece of fruit from his garden ready as a thank-you, and another wheelchair-bound client whose positive outlook and gratitude for each new day never failed to inspire him.



Ku-ring-gai Neighbourhood Centre (KNC Care) is a community-based not-for-profit organisation that provides the community with essential health and social support services. The Centre provides much needed guidance to navigate the health and social care system, helps older people and people living with disability to achieve their goals, live independently, and thrive.

Noshir has been involved with KNC Care for more than 13 years, including serving as a Board member. In 2019, he played a key role in planning the organisation's 40th anniversary gala fundraiser. Today, he continues to volunteer at KNC as a Justice of the Peace, helping community members access important services and support.



*On JP Duty*

Also serving as a NSW Justice of the Peace since 2014, Noshir volunteers as a JP several times each week across several locations.

For many people - particularly retirees, students, migrants and those on lower income - the free JP service provides access to important document certification and witnessing legal services without the cost of legal fees. Through this role, Noshir helps create a vital chain of trust relied upon by courts, government agencies and legal professionals.

Noshir has long believed that Australia's cultural diversity is one of its greatest strengths. He feels it is important to help migrants connect with one another and help them retain their culture and traditions but equally important to foster better understanding and assimilation into the local community and the Australian way of life. Alongside his broader community work, he has played an active role in strengthening cultural and business ties between Australia and India.

Noshir's contribution to the Australian Zoroastrian Association of NSW has been substantial. He served as President in 1981, 1982, 1988, 1989 and 2001. Previously, he was also actively involved in the 3rd World Zoroastrian Congress held in Bombay (Mumbai) in 1978 as a Management Committee member of the organising committee.

Among his many contributions, one stands out as particularly significant. In the 1980s, shortly after AZA acquired the Annangrove property that is now home to our Darbe Meher, objections from neighbours resulted in the Baulkham Hills Shire Council restricting its use. In 1990, AZA challenged the decision in the Land and Environment Court.

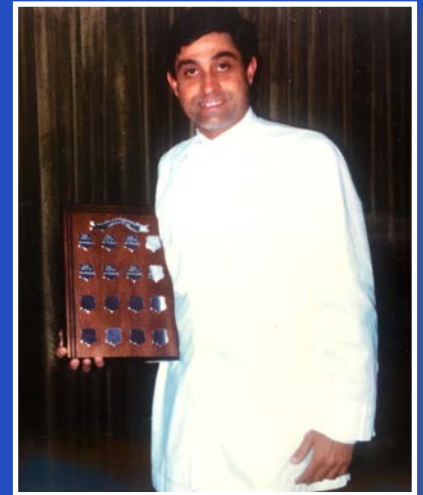
Despite having no legal training and balancing a demanding full-time career, Noshir represented AZA as its sole spokesperson throughout the proceedings. Over days of hearings, he explained the values of the Zoroastrian community, its contribution to Australian society and its vision for the future. The Court ultimately ruled in AZA's favour, securing the community's right to use the property. Today, the Annangrove site remains the heart of the NSW Zoroastrian community, bringing generations together to celebrate, learn, socialise and worship.

As then AZA President Dr.Purviz Kolsawalla summed up in the AZA newsletter Manashni (Oct 1990) *"If ever there was one person who has been totally involved in this case from the inception to its successful completion, it is our immediate past President Noshir Irani. The whole community in NSW & our coming generations owe Noshir a huge debt of gratitude. It is very fortunate that the community & the Association had Noshir at the helm during those trying & frustrating years."*

Noshir has also served twice as an AZA Trustee. In recognition of his contributions, he was named "Zoroastrian of the Year" in 1990.

For Noshir, his multicultural community service has also extended beyond the AZA.

He served as President of the Indo-Australian Cultural Society in 1984 and 1985. Along with his wife Maggie and daughter Hilla, he also hosted and organised a major fundraiser called "India Night" supporting the Paraplegic and Quadriplegic Association of NSW. He has also served on the India Australia Chamber of Commerce and represented the Indian community in media discussions during significant historical political events affecting India.



*Zoroastrian of the Year 1990*

Away from his community service, Noshir is an enthusiastic golfer and previously served as Golf Convenor for the Pymble Probus Club.

He also has a passion for theatre, having performed in numerous Parsi Gujarati productions (such as Lafango, Mooghi Mehra, Carry on Aimai, Aapri Cricket Hastovari, and Becharo Behram), during the 1980s and more recently with Sydney community theatre group Natak Mandali.

Characteristically modest about receiving the OAM, Noshir reflected:

“

*"Throughout my various volunteer roles, I have been driven by a genuine desire to support those who are vulnerable, particularly older members of our community, while helping to strengthen the connections that bring people together. I feel privileged to meet and assist people from diverse backgrounds every day, and through this work I hope not only to make a positive difference but also to encourage others to contribute in whatever way they can. As Australia's ageing population continues to grow, the need for compassionate support becomes increasingly urgent, and I strongly believe that when people come together to help one another, the impact can be profound."*

”

We are incredibly proud to see him receive this well-deserved national honour and extend our warmest congratulations to Noshir and his family.





Celebrate life's most special moments  
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- Family Reunions
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0424 008 791 | 0420 731 239

## *Expression of Interest* The Divine Songs of Zarathustra

This book is a translation of the Gathas into English by IJS Taraporewala.

Publishers are in the process of reprinting the book in Mumbai. Copies can be couriered to the Zoroastrian community in Sydney.

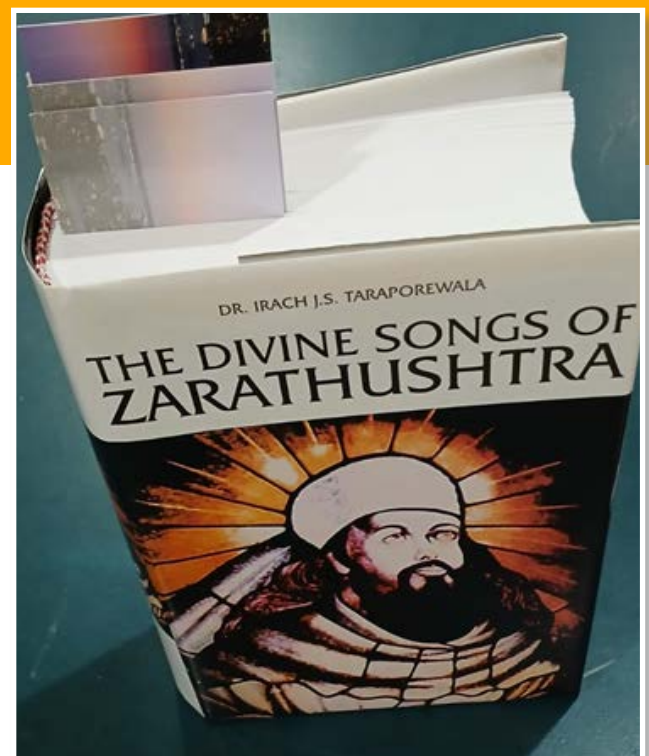
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bpastakia@gmail.com

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# AZA Sunday School May Magic Sleepover 2026

Simone Kasad

The AZA Sunday School May Magic Sleepover was truly one for the books — a night packed with laughter, excitement, friendship, and unforgettable memories! From the moment kids arrived, the energy was through the roof as everyone jumped straight into fun-filled dance games that had the hall buzzing with excitement. The smiles only grew bigger as the children learnt some amazing magic tricks, leaving everyone wondering who the next great magician might be!

After working up an appetite, everyone tucked into delicious pizza for dinner before heading outside for one of the most anticipated parts of the night — the bonfire! Gathered around the warm flames, the kids listened wide-eyed to spooky stories told by Mahyiar Uncle, including the legendary and infamous “Crazy Jimmy Story” that had everyone screaming, laughing, and hiding behind their friends!



Once the scary stories were over, the fun continued back inside with nonstop entertainment including musical chairs, jump jump, and an unforgettable karaoke session where future superstars were definitely discovered!

As midnight crept closer, everyone finally settled down with a cozy movie night complete with buttery popcorn that kept the munching going well past midnight.

Most importantly, the sleepover was filled with joy, strengthened friendships, and moments our Sunday School kids will treasure for a long time to come. What more could anyone ask for?



**A HUGE THANK YOU** goes out to our incredible Sleepover Volunteers who are absolute champions and without whom this magical event would never have been possible:

- \* Simone Kasad
- \* Mahiyar Hira
- \* Anya Panthaky
- \* Aspi Sagar
- \* Tinaz Farish
- \* Zane Mudge

A special thank you also to the wonderful parents who stayed behind to help throughout the evening, and to all the parents who brought their children along to be part of such a fantastic event.

Here's to many more magical memories ahead for our AZA Sunday School kids!



# Nowruz at AZA

Sunday 29 March 2026

## Welcome Address by Nasim Sohrabi

Nowruz marks the beginning of spring in Iran - a turning point and a reminder that renewal is always within reach.

This year has been heavy for many Iranians, wherever we stand in the world. Yet Nowruz holds something unshakable: after every long winter, life rises again.

To our fellow Iranians and to all Zoroastrians, we see your strength and the pride with which you carry and keep your heritage alive. There is courage in continuing, in building, and in holding on to the hope of a better future.

This year we offer more than simply a “Happy New Year.” We wish for renewal where things have stood still, healing where the weight has lingered, and the return of possibilities that once felt distant.

May we stand stronger together, hold on to hope with intention, and move forward with courage and hamāzōri in the year ahead.



## Welcome Address by the President

Tehmasp Parekh, President of the Australian Zoroastrian Association (AZA), welcomed guests and extended warm Nowruz Pirooz greetings to all. In his opening remarks, he reflected on how fortunate the community was to be able to gather together in celebration of the New Year.

Tehmasp noted that the Nowruz gathering was not only a celebration of the community’s rich heritage and traditions, but also an opportunity for reflection and solidarity with events unfolding in not-so-distant lands.

Many attendees had also been present at the January function for the Annual Jashan in memory of the Major Donors and Jashne-Sadeh, where the community had observed a minute’s silence for the loss of innocent lives in Iran in the preceding weeks. Continuing in that spirit of reflection, it was announced that a minute’s silence would again be observed following the Hum Bundagi prayers as a quiet and respectful acknowledgment of the situation in Iran and the wider region.

Tehmasp remarked that there are many threads that bind the community together — shared values, traditions, and a deep sense of belonging. With humility and gratitude, he

thanked everyone present for being part of the gathering — an occasion to celebrate shared values, renew friendships, and connect with fellow members of the community.

The gathering then commenced with the Hum Bundagi prayers, led by Ervad Dr. Peshotan Katrak and young children, following which the community observed a minute’s silence in reflection.



## Main Address by Nazanin Khorshidian

Nazanin Khorshidian delivered an insightful address on the core philosophy and enduring relevance of the Zoroastrian faith. She noted that Zoroastrianism is regarded as one of the world's oldest monotheistic religions, founded by Ashu Zarathushtra nearly 4,000 years ago. Zarathushtra's teachings, preserved in the Gathas, emphasise the development of human conscience and the responsibility of each individual to strive to become a better human being.

She explained that Ahura Mazda, the Wise Creator, represents a divine presence beyond gender, form, or colour, whose influence can be seen throughout creation. In Zoroastrian thought, human beings are not merely servants of God but co-workers in creation, endowed with free will and responsible for shaping their own destiny.

A central concept in Zarathushtra's teachings is Asha — the principle of truth, order, and righteousness that governs both the natural universe and human conduct. Through the exercise of free will, individuals choose between good and evil, guided by their thoughts, words, and deeds. Nazanin also highlighted the religion's progressive values, including the emphasis on equality between men and women and the importance of respecting and protecting nature.

Concluding her address, she reflected on the remarkable endurance of the Zoroastrian faith over nearly four millennia. Its guiding principles — truth, justice, wisdom, free choice, and care for the natural world — continue to offer meaningful guidance for humanity today, embodied in the timeless Zoroastrian ideal of "Good Thoughts, Good Words, and Good Deeds."

## Poem in Persian and English recited by Nasim Sohrabi



سلام ای نقشه‌ی زخمی، بلندای زمین خورده

*O wounded map, brought low upon the earth,*

درود ای درد حاصلخیز، رویایِ وجین خورده

*O fertile pain, a dream denied at birth*

بهار جنگلات را باد وحشت برده بر دوشش

*Your forest spring was taken by the wind,*

بَرَت را زاهد بی آبرو با نام دین خورده

*Your harvest was lost in faith that masked the sin.*

خلیج از موج مویات مویه‌خوان است و خزر در بغض

*The Gulf laments like waves within your hair,*

صدای گریه‌هایت را گلوی آستین خورده

*The Caspian chokes on grief it cannot bear.*

لبت را بسته زیبایی، صدایت سحر در زنجیر

*Your lips are sealed, your voice in silence bound,*

دو چشمت مست خواب و دامنت دریای چین خورده

*Your eyes in restless sleep, your truths shut down.*

تو را بی درد و عاشق پیشه و خوشحال می‌خواهم

*I dream you whole, in love, released from pain,*

وطن! ای زخم‌های بی‌نهایت بر جبین خورده

*O homeland, free, and standing whole again*



The afternoon continued in a warm and celebratory spirit as members of the community gathered to mark the arrival of Nowruz, the Persian New Year and the advent of spring. The beautifully decorated hall and the traditional Haft-Seen table added to the festive atmosphere, reminding everyone of the rich cultural heritage and symbolism associated with the occasion.

Guests enjoyed the opportunity to reconnect with old friends and welcome new members of the community. Families, children, and elders came together in the true spirit of fellowship that characterises AZA gatherings. A delicious Persian lunch with plenty of kababs prepared by Surena Caterers was served, and the lively conversations and laughter around the tables reflected the joy of the New Year gathering.

The event also included a raffle draw, enthusiastically supported by the attendees, with children happily assisting in selling and drawing the winning tickets. The afternoon concluded on a cheerful note, with many expressing their appreciation to the volunteers and committee members whose efforts made the celebration possible.

The Nowruz gathering once again demonstrated the strength of community spirit within AZA and the importance of coming together to celebrate traditions while supporting one another.

# Race Around the Harbour

14 March 2026 by Kyrene Bandorawalla

Picture this. It's a warm March morning, five teams of young Zoroastrians are huddled at Wynyard Park, nerves buzzing, eyes darting at their rivals. Before anyone can move, there's one catch - every team must first solve a Tangram puzzle to unlock their first clue. The 2026 AZA Amazing Race had begun.

Organised by the AZA Youth Subcommittee on 14 March 2026, the Amazing Race brought together Zoroastrian youth for a city-wide adventure. With the Sydney CBD as their playground, teams of six were randomly assembled and set loose — armed with clue sheets, competitive spirit, and varying degrees of navigational confidence.



## The Teams

The five teams (with names such as The Winners, Parsi Powers, Dhansak, The Latecomers) each brought their own energy to the start line.

## The Race

The course wound through some of Sydney's most iconic spots - The Rocks, Circular Quay, Darling Harbour - with teams racing to complete eight mandatory checkpoints in any order they chose, plus six bonus challenges for the truly ambitious. Strategy mattered as much as speed.

The challenges themselves were a delightfully chaotic mix. At one point, teams found themselves body-spelling "SYDNEY" in front of the Opera House, limbs and arms waving as tourists stopped to stare. At another, two brave souls from each team were handed either a WeetBix or a Vegemite-smothered Tim Tam and told to finish it — fast. The expressions on their faces said everything.

Then there was the 74-gram challenge: assembling a pile of random sticks and rocks to a precise weight. And for the puzzle-minded, a secret message decoded using M=1 cipher logic, and the anagram "FLOATY WRIST" - Hint for all the readers to solve - a famous singer!

Teams also hunted down Jack Munday's plaque, sweet-talked strangers on ferries into giving peace signs, tracked down a hidden musical instrument, and counted fake grass blades at Customs House to find the miniature city model tucked inside. For the time-pressured, one bonus challenge required arriving at a specific clock tower at exactly 3:30 pm. Not 3:29 pm. Not 3:31 pm.

And of course, no Amazing Race would be complete without a crowd moment. Teams were required to perform the Nutbush in front of the busy Circular Quay crowd. Some committed fully. Some did not. All were cheered.

After finishing the race teams had to present a coin minted in either 2000 or 2020 as proof of completing the final task.

### And the Winners Are...

After hours of racing, laughing, and arguing over maps, it was the Parsi Powers who reached the final pit stop at Observatory Hill first. Sanaya Tantra, Rachel Daruwalla, Aryenish Kavarana, Kerfegar Parekh, Kyrene Bandorawalla, & Rishad Katrak claimed the 2026 Amazing Race title with medals to prove it.

The whole group then gathered for photos at the finish line - sunburnt, sweaty, and thoroughly satisfied - before heading down to the harbour for a well-earned lunch. The competitive energy softened into laughter and storytelling as teams relived the day's best (and worst) moments.

Special thanks to Farzaad Parekh and the SZY (Sydney Zoroastrian Youth) for organising the brilliantly fun event.



IN THE SPOTLIGHT

# IMALI BAMJI



*Imali receiving the Award from the NSW Governor Honourable Margaret Beazley at Government House*

## A Young Life of Quiet Service

At the heart of Zoroastrianism are three enduring principles: Humata, Hukhta, Hvarshta — good thoughts, good words, and good deeds. Simple in expression yet profound in meaning, these values are quietly lived across generations in the Bamji family.

Zarir and Sandra Bamji's son, Danesh, and his wife, Jill Hellemans, have built their lives around service, compassion, and community. As a teenager, Jill began volunteering with the Parikrma Humanity Foundation in Bangalore, India, eventually becoming its first international volunteer. Those formative experiences inspired her lifelong commitment to education, inclusion, and youth development.

Years later, Jill founded The Akka Project, an Australian registered charity that organises annual volunteer trips to Bangalore for mothers and teenage daughters in partnership with Parikrma Humanity Foundation. "Akka," meaning older sister, reflects the project's spirit of mentorship, friendship, and shared growth.

At the heart of the project is a simple but powerful belief: genuine human connection that transcends cultural, social, and economic boundaries. Through shared activities, conversation, and play, young people discover how much they have in common despite different backgrounds.

Imali (13) and Xylah (15) Bamji, granddaughters of Zarir and Sandra, are already playing an active role in the Akka Project. Both girls help guide and support participating teens, demonstrating maturity, empathy, and leadership well beyond their years.

In March 2026, Imali received special recognition when she was named in the NSW Women of the Year "Ones to Watch" category. The award honours girls aged 7 to 15 who demonstrate courage, kindness, and leadership within their communities. Representing Hunters Hill LGA, Imali was recognised among ten inspiring young women from across New South Wales during NSW Women's Week at Sydney's International Convention Centre.





The Akka Project also helps young people develop resilience and confidence through real-world experiences. From fundraising efforts in Australia to adapting to unfamiliar environments in India, participants are encouraged to step beyond their comfort zones, build independence, and develop a deeper understanding of the world around them.

Imali and Xylah embody this spirit beautifully. Their confidence, warmth, and sense of service reflect not only their parents' example, but also a proud Zoroastrian inheritance grounded in care for others and meaningful action. Through families like the Bamjis, Humata, Hukhta, Hvarshta continues to live on — not simply as words recited in prayer, but as values expressed through everyday life.

Website: [The Akka Project](http://The Akka Project) Email: [info@akkaproject.org](mailto:info@akkaproject.org)



*Imali and Xylah teaching at the school in Bangalore*



# Obituary: *Aspi Sahukar*

Tony Geraghty with Diane, Roshan, Soli and Norman Sahukar

Long serving Dubbo doctor, Aspi Sahukar sadly passed away on 30th July 2025, surrounded by his loving family. Aspi is fondly remembered by friends, colleagues, and all those who knew him, for his kind, courteous and gentle manner, and for his service to the Dubbo community.

Aspi had been born into a Parsi family in Bombay (Mumbai), India in 1933 the youngest of nine children. He was educated at St Francis Xavier's Jesuit School and went to university at Xavier College, graduating with a Bachelor of Science in Microbiology with first class honours.

He entered Grant Medical College in 1953, graduating in 1958. Aspi was successful in obtaining a scholarship to further his studies in the UK, sailing to England in 1960. He sat for his surgical primary in Dublin soon after and obtained his surgical degree (FRCS) in Edinburgh in 1965. He commenced orthopaedic training in Slough where his claim to fame was to treat the actor, Charlie Chaplin, for a fractured ankle.

In 1970, he started work at Lewisham hospital where in 1972 he met a young Australian anaesthetic senior house officer, Dr Diane Kavanagh. They travelled to Australia in 1974, and were married the following year in Hunters Hill, Sydney.

After a brief stint in Wollongong, Diane and Aspi moved to Dubbo in November 1975, where Aspi had been appointed as an orthopaedic surgeon at Dubbo Base Hospital. He continued to practise orthopaedics until 1979, then became a General Practitioner. Their three children, daughter Roshan, and sons, Soli and Nariman, were born in the subsequent years.

In 1983, Diane and Aspi opened a general practice in Dubbo where they continued to practice until both retired in 2013. Both were involved in caring for patients at Lourdes Hospital (now Wallanmara) where a clinical innovation award was named in Aspi's honour. He also spent some years as a police medical officer caring for those in custody.

Parsis are renowned for their civic responsibilities and generous hospitality, traits which Aspi consistently demonstrated in serving the people of Dubbo. Aspi was constantly engaged with the medical and wider communities. As long-term secretary of the Dubbo Base Hospital Medical Staff Council and Medical Society, he was the human glue that kept his professional colleagues together.

He was renowned for his roles in the Dubbo Base Hospital Revues where his most famous character was that of Johnny Mango (with the Chutney Sisters), the fictional Indian Jazz singer. He also played a resurrected Elvis Presley, singing "Blue Suede Shoes". Aspi was a great support to his children in all their pursuits, especially in the vibrant music program at Dubbo South High School.

After their retirement, Diane and Aspi moved to Petersham, in Sydney's inner west, to be closer to their children and grandchildren. They maintained regular contact with old friends from Dubbo, and Aspi organised several reunions of his former medical colleagues.

Despite being a long way from fellow Parsis, Aspi was devoted to his faith and said his daily prayers as well as additional prayers on his favourite days, Meher and Behram Roj.

Though proud members of the Australian Zoroastrian Association, Aspi and Diane didn't regularly attend events, though they did join a few times. Dr Peshotan Katrak, assisted by Aspi's cousin, Cawas Sahukar, performed the prayers at Aspi's funeral, for which the Sahukar family remains very thankful. Prayers were also performed in Mumbai, in the days following Aspi's death, attended by his nieces and nephews. A memorial service was held on 4 August to celebrate Aspi's life with his many friends and family.

Aspi is dearly missed by his wife Diane, daughter Roshan and son-in-law Alan, Soli and daughter-in-law Aya, Nariman and daughter-in-law Claire, as well as his six grandchildren, of whom he was so proud: Eliza, Annabel, Noa, Ema, Rowan and Dali.

### **An Additional Note from Dr Peshotan Katrak**

*Aspi Sahukar was the quintessential quiet gentleman. It was my privilege to have known him for many years and be able to perform his geh sarnu prayers together with his cousin Cawas Sahukar.*

*Not many members of AZA will have known Dr Aspi Sahukar, who was a keen supporter of the Australian Zoroastrian Association from our early days. When AZA established the Foundation Committee (FC) in 1978 to start collecting funds for 'AZA House' with a by-line "A House to Call Our Own", the backbone of our fundraising efforts was a plea to the membership to become "A Donor Member" of the FC by contributing \$2/week or \$104 each year. The Sahukar family from Dubbo was one of only 14 families who donated this amount (or more) every year from 1978 to 1986, when AZA purchased the property at Annangrove with a magnanimous donation from the Ostowari family to whom we will always be grateful – AZA had not received any contribution from the Guiv Foundation at that stage.*

*I would like to take this opportunity to record the AZA Foundation Committee's acknowledgement and gratitude to the Sahukars and all 14 Donor Member families who helped to keep the flame alive in the early days when fund collection was slow and not everyone believed that our goal of acquiring a home for AZA was realistic:*

- |                                       |                                |
|---------------------------------------|--------------------------------|
| 1. Aspi & Diane Sahukar               | 8. Freddie & Soonoo Devitre    |
| 2. Behram & Shirley Mahableshwarwalla | 9. Hirji & Gool Lentin         |
| 3. Cyrus & Silloo Taraporewalla       | 10. Keki & Zamina Irani        |
| 4. Dara & Daphne Baria                | 11. Minoo & Mahrukh Batliwalla |
| 5. Dinshaw & Gooloo Katrak            | 12. Peshotan & Shernaz Katrak  |
| 6. Dorab & Sherna Kotwal              | 13. Rusy & Cecilia Khursigara  |
| 7. Farrokh & Yashfara Mistree         | 14. Russy & Gool Umrigar       |



## *Navjote Mubarak*



**Samara F. Elavia** had her Navjote ceremony on 20 December 2025, in Mumbai, India. She is the daughter of Aban & Farhad F. Elavia of Sydney, and sister of Zahan F. Elavia.

Proud grandparents: Nergish Elavia & Late Firoze Elavia and Late Bakhtaver & Late Noshir Lam (Mumbai, India)

## *Change of Address*

### **Feroze and Mahrukh Sagar**

68 Kerwin Circle  
Hebersham, NSW 2770  
Phone:  
Feroze - 0490463280  
Mahrukh - 0490463241



### **Jamshed Desai**

607 / 12D Carson Lane  
St Marys NSW 2760  
Phone: 0424 029 195

## *Garothman Behest*

**Karl Irani** passed away on June 9, 2026. Karl was the son of Jasmine and late Rustom Irani, husband to Sarah, father to Shara and Benji and brother to Kaizad and Qiana.

**Yusuf Tayebjee** passed away on May 30 2026. Yusuf was the husband of Freny, father of Alifya, Zia and Murad and grandfather of Nina, Sean, Louie, Anisha, Maya and Zoe.

**Aspi Kaikhusroo Sahukar** passed away on July 30, 2025, in Sydney, Australia. Dearly missed by his wife, Diane, their children and grandchildren. Aspi was the father of Roshan, Soli and Nariman, father-in-law of Alan, Aya and Claire, and grandfather to Eliza, Annabel, Noa, Ema, Rowan and Dali. May his soul rest in peace.  
Garothman Behest  
to the departed souls.





# KIDZ KORNER

## **CAN YOU CRACK THESE?** by Jamie Panthaky

What do you call Santa when he's telling a joke?

***A Christmas cracker***

What happens to a frog when it parks its car illegally?

***It gets toad away***

What do you call a disappearing bread?

***Too late, it's scone***

What's a crocodile's favourite drink?

***Gatorade***

What's a cow's favourite drink?

***Red bull***

Where do heroes get their powers from?

***The supermarket***

What did the bug say to the insect?

***Do you want to meet ant Mary?***

## **EVER WONDERED WHY?** by Farshid Khurshed

Why do people order double cheeseburgers, large fries, and yet get a Diet Coke?

Why do banks leave vault doors open and then chain the pens on the countertops?

Why do we leave cars worth thousands of dollars in our driveways and put our useless junk in the garage?

Why does the sun lighten our hair, but darken our skin?

Why is 'abbreviated' such a long word?

Why is it that doctors and attorneys call what they do "practice"?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called the rush hour?

If flying is so safe, why do they call the airport the terminal?



## The Silly Side

by Surosh Khurshed



### The World's Smartest Goldfish

Mia begged her parents for a pet. Finally, her dad brought home a tiny goldfish.

"This is a very intelligent fish", he remarked proudly.

Mia looked doubtful. "It's a goldfish."

"No, really," said Dad. "Watch this." He tapped the tank and said, "Fish, do a trick!"

The fish swam in a circle.

"Wow!" Mia said.

"Now watch this."

Dad whispered dramatically, "Play dead!"

The fish floated sideways.

Mia gasped. "That's amazing!"

Then her little brother walked in.

"What's happening?"

Dad smiled proudly. "This fish is a genius."

Her brother stared at the tank for a moment and said:

"Dad..."

"Yes?"

"The filter's turned off."

### The Homework Eating Goat

One day, a teacher asked her class, "Why didn't you bring your homework?"

Little Sam stood up and said, "Because my goat ate it."

The teacher crossed her arms. "Sam, that's the oldest excuse in the world."

Sam nodded seriously. "I know. That's why I was surprised it actually happened."

The teacher sighed. "And how exactly did the goat get your homework?"

"Well," said Sam, "Dad said my maths homework was garbage... so I threw it in the bin."

"And?"

"And the goat ate everything in the bin."

The teacher paused. "Fine. Where's the goat now?"

Sam grinned. "At home."

"Good. Bring your homework tomorrow."

"I can't."

"Why not?"

Sam shrugged.

"The goat's still hungry."



# RECIPES TO DELIGHT



## Sweet N'Spicy Chicken

### Ingredients

- 3 tablespoons taco seasoning
- 1 pound boneless skinless chicken breasts, cut into 1/2-inch cubes
- 1 to 2 tablespoons canola oil
- 1-2/3 cups chunky salsa
- 1/2 cup peach preserves
- Hot cooked rice



### Method

- Place taco seasoning in a large shallow dish
- Add chicken and stir to coat.
- In a large skillet, brown chicken in oil until no longer pink.
- Combine salsa and preserves; stir into skillet. Bring to a boil.
- Reduce heat. Cover and simmer for 2-3 minutes or until heated through.
- Serve with rice.

# Gochujang Chicken



## Ingredients

- 1 kg boneless chicken thighs chopped
- 1 tablespoon olive oil for cooking

## FOR THE MARINADE

- 5 tablespoons soy sauce
- 2 tablespoons gochujang (Korean chili paste)
- 2 tablespoons sriracha
- 3 tablespoons rice vinegar
- 2 teaspoons of your favorite hot sauce
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder
- 1 teaspoon spicy pepper flakes + more for serving
- Fresh ground pepper to taste

## FOR SERVING

- Cooked white rice, fresh herbs, extra sliced peppers

## Method

- Add the chicken to a large bowl with all of the marinade ingredients.
- Stir until all of the sauce is combined and has coated every bit of chicken.
- Cover and refrigerate for at least an hour. Overnight will get you the most flavor.
- Heat a large pan to medium heat and add the olive oil.
- Add the chicken with the marinade.
- Stir until the chicken is cooked through, about 10 minutes. (*NOTE: Discard half of the marinade before cooking for less saucy chicken.*)
- Serve over rice with fresh herbs, extra pepper flakes and peppers.

# Thai Shrimp Curry

## Ingredients

- 750 gms of peeled shrimp or prawns.
- Mix of soy sauce and lime juice.
- 1 tin of coconut milk.
- 1/4 teaspoon coconut extract or shaved coconut
- Yellow Curry Paste
- 1 Tin diced tomato
- Palm sugar or brown sugar

## FOR SERVING

Fresh chopped cilantro or parsley, spicy chili flakes, cooked jasmine rice.



## Method

- Marinate the shrimp with fish sauce and salt and pepper and set aside.
- Simmer the coconut milk in a large pan over medium heat until the oil starts to separate from the white cream portion, about 10 minutes, then add the curry paste.
- Simmer to thicken, then add diced tomatoes, fish sauce, and sugar. Simmer, then add the shrimp and simmer to cook them through.