

monthly

ZAMZAM

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March 2022



*New Year
New Life
A Gift of God*

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Germany 4.50 €
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**O Conqueror of hearts and sights,
O Planner of night and day,
O Transformer of power and circumstances,
Change our condition to the best of conditions.**

ZAMZAM

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ZAMZAM MAGAZINE welcomes contributions for all sections.

*Promise me you will always
remember:*

*You are Greater than you
believe,*

*Stronger than you seem,
Smarter than you think*



hello
spring

Dear boys and girls,

As you probably know Nowruz is an ancient national feast of Iranians held each year not only in Iran but also in the lands to which Iranians have migrated since centuries ago. This feast, which has continued to have a deep connection with people and also proved the great influence of the Persian or Iranian culture.



In fact, Nowruz is not only celebrated in Iran but is also honored and celebrated in other lands like Central Asia, Caucasus, Iran's neighboring countries including Iraq, Turkey, Pakistan, Afghanistan, the countries of the Southern part of the Persian Gulf, and also in the Balkans and the Indian Subcontinent; where the Iranian culture has found a place. Therefore, as it can be noticed, Nowruz has gone beyond the geographical borders of Iran and has embraced vast areas in the world.

Nowruz, in the Iranian Culture

In every culture, the beginning of each new year is celebrated with a special custom. Yet in the Iranian culture, new year celebrations begin several days earlier adding to its attraction

by involving special arrangements and preparations.

In fact, we can say that Nowruz customs and traditions are of particular importance for the Iranians as they believe this festivity can have very good effects on the cultural relations among nations and promote greater friendship and unity among them. Thus, because of many cultural customs and values by these nations, Nowruz can also promote greater economic, cultural, and political ties between countries.

Certainly, being deeply rooted in history and in human values, Nowruz celebrations and its value-based concept can bring about closer cultural cooperation and improve the social relations and communications among the



nations, giving them a strong collective identity and shaping and promoting common interests. Nowruz gives the message of love and care for human beings, can create unity, and guard the nations' cultural identity.

So, Nowruz is among the most significant festivals of the world nations and that is the reason it has kept its attractions for many centuries now.

Alhoda International Cultural, Artistic & Publishing Institution, has, as in the last year, published a special issue of Zam Zam in order to introduce Iranian culture to other world nations.

We hope our efforts would be a step towards the achievement of the goal of world peace and unity! Happy Nowruz! Happy Spring!

Mohammad Assadi Movahed





The Season of Spring

By Morhardt Carmen Mencita Monoi Angel

The season of spring
weather seems to sing
lovely lovely days
are coming our ways

the season of spring
blooming blossoming
of nature of all kind
let roots unbind

the season of spring
birds unfold their wings
diving high into sky
wish one could fly

the season of spring
nice sound bells ring
new wave new style
faces have on a smile

the season of spring
a new awakening
busy humanity on earth
as if it's a new birth

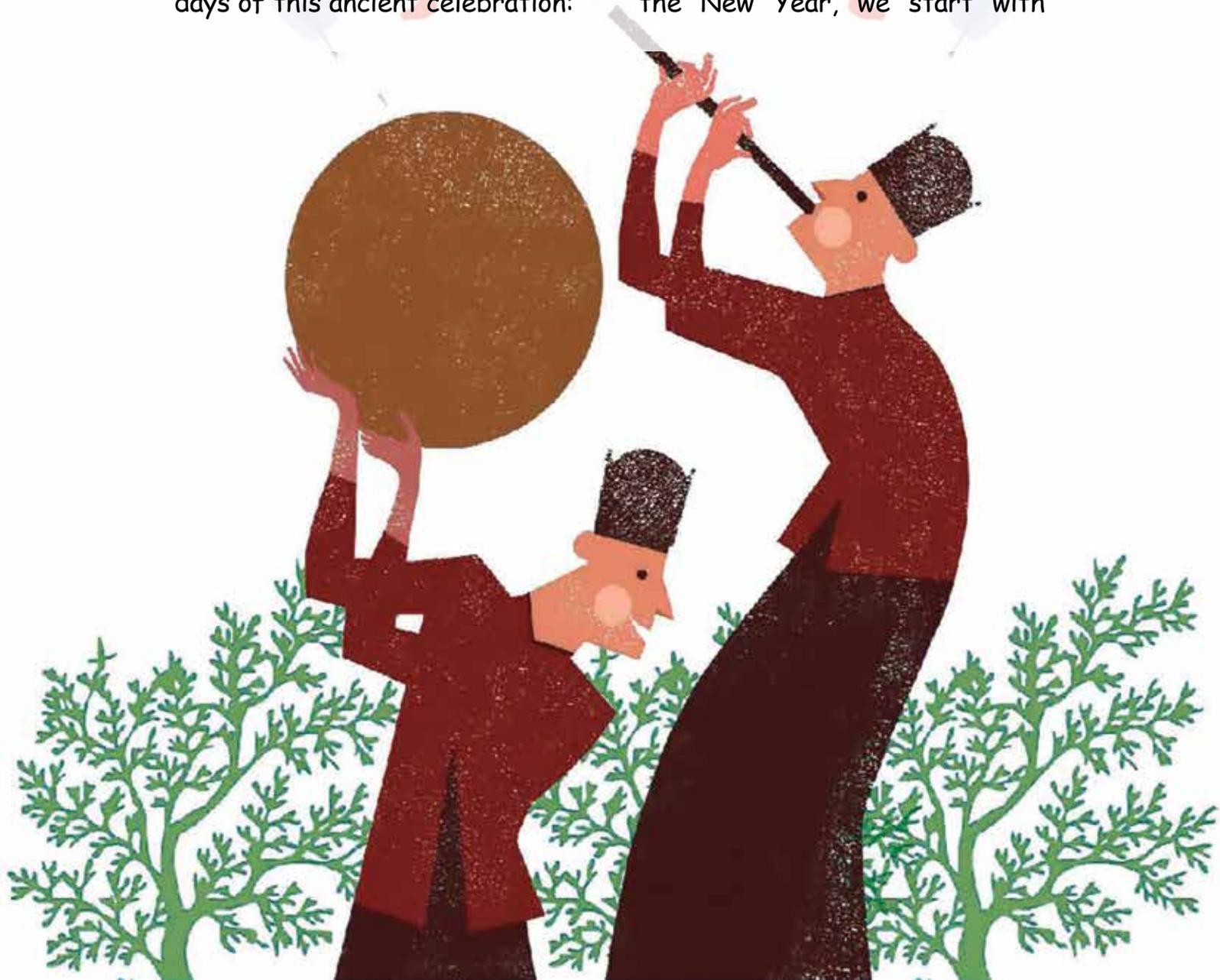
listen to my words
the season of spring is near
now a look into your lovely eyes
and one can see spring is already here

Unforgettable Customs

Amirhossein Seifzadeh

As you know, we are on the way to celebrating the coming New Year, Nowruz. The celebrations begin the moment the earth crosses the vernal equinox. Here are a few things we do during the days of this ancient celebration:

- **Khaneh Takani**; cleaning the house
Everybody likes cleanliness and dislikes dirt. It is part of man's God-given nature. So, to celebrate the coming of spring and the New Year, we start with



cleaning the house. It is part of the preparations for the New Year celebrations.

● Deed-o-baz-deed; this literally means 'to see and see again'. During the 13 days of the beginning of spring, the tradition is to visit friends and relatives, and they, in turn, come to your house to see you. Everyone is ready to be a gracious host during these days and welcome their guests with plenty of sweets, tea, and fruits, of course (which Iranian household doesn't have a giant bowl of fruit ready at all times?). It's customary to visit elders of the family first, and then make your way

through the list of all close relatives, friends, and even acquaintances.

● Wearing new clothes; Iranians usually wear a set of new clothing for Nowruz. This is because spring is a time for freshness and newness and this practice is symbolic of letting go of the old and displaying the new.

● Haft-seen; during these days,



Iranians have a special table set up in the house called the haft-seen table, filled with symbolic items that represent spring, and seven items the names of which begin with the Persian letter 'seen'. These include items that represent prosperity, freshness, rebirth, love, and

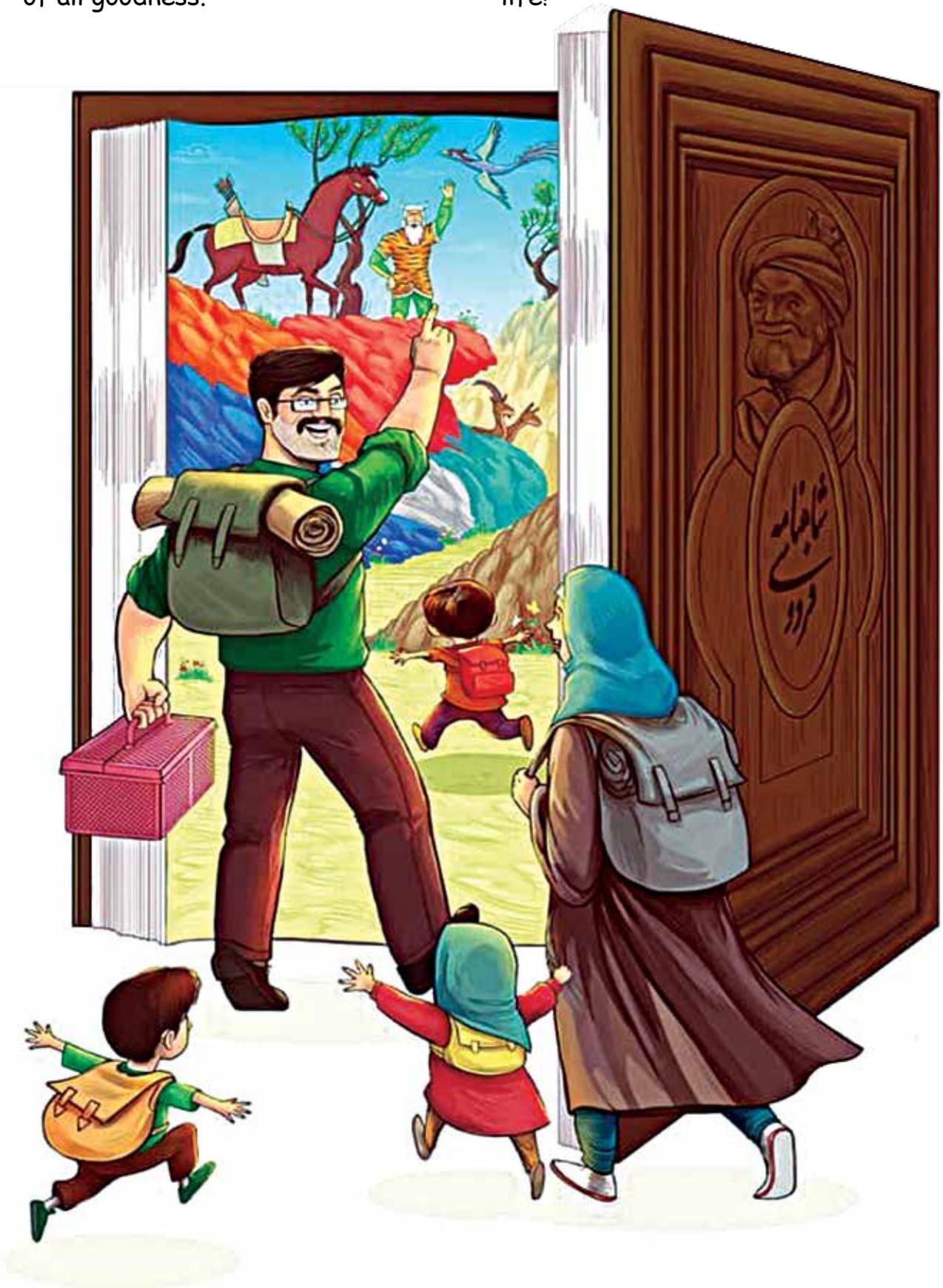
life, and that represent the new start provided by the new season. One of the most important elements of the Nowruz haft-seen table is wheatgrass, which is sprouted from grains a few days before the new year and is thrown into water on the 13th day of Nowruz.

- Seezde- Bedar; 13th day of the first month of spring, namely the month of Farvardin (according to the Iranian calendar) is the last day of the Nowruz celebrations. On that day, Seezde-Bedar (out with 13) Iranian families go out for a picnic and enjoy the fresh spring



breeze. They firmly believe that all blessings, including the nicest springs, should be enjoyed with thankfulness to God - the Source of all goodness.

Hopefully, those who celebrate Nowruz, have an opportunity this year to visit some new friends and make some fresh starts in their life!



Inner Feelings

Write to us about your good and bad feelings, as your Iranian friends have written about their fears.



I'm afraid of big houses because I can't see everywhere. It's so good that we have a small house.

Naghmeh Hosseini

Everyone has fears. Some people are afraid of everything but some people are not. Sometimes I'm not afraid of beasts, but sometimes even a fly scares me.

Yasamin Alimazandarani



Whenever someone shouts at me, I get scared and feel uncomfortable.

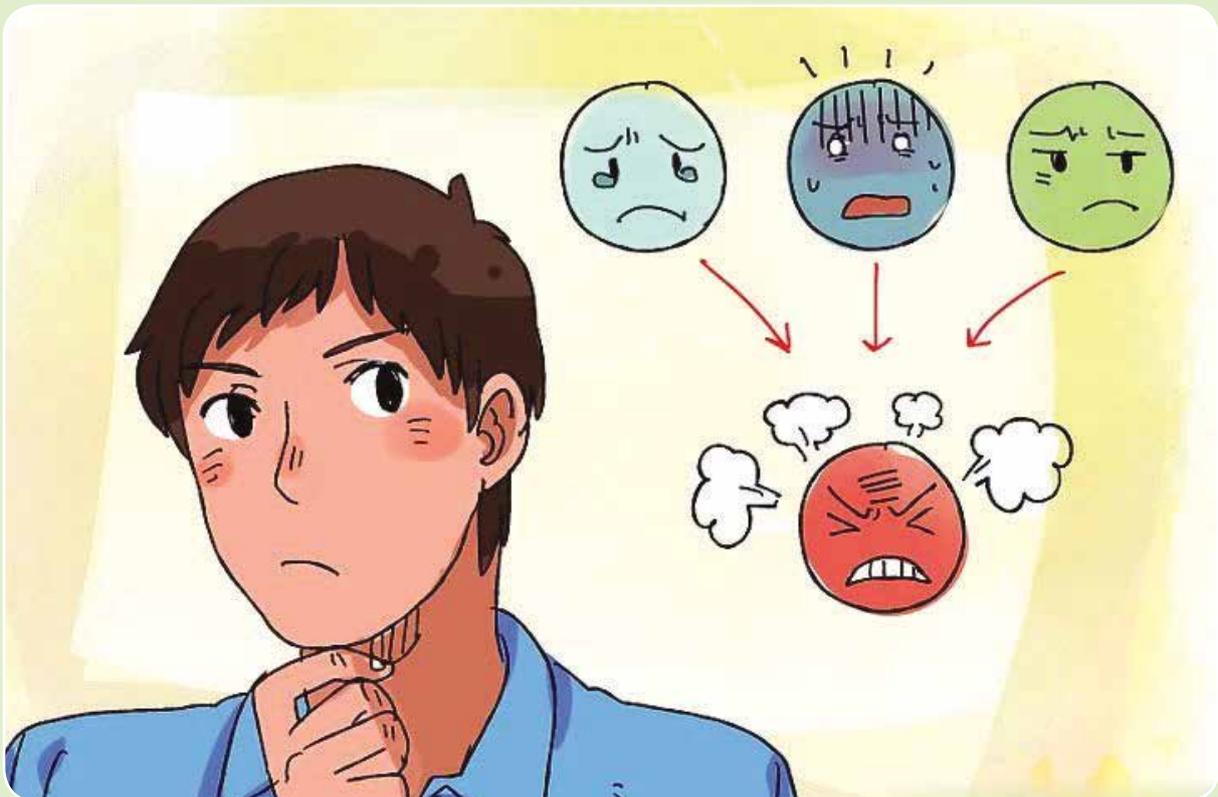
Fatemeh Ja'fari

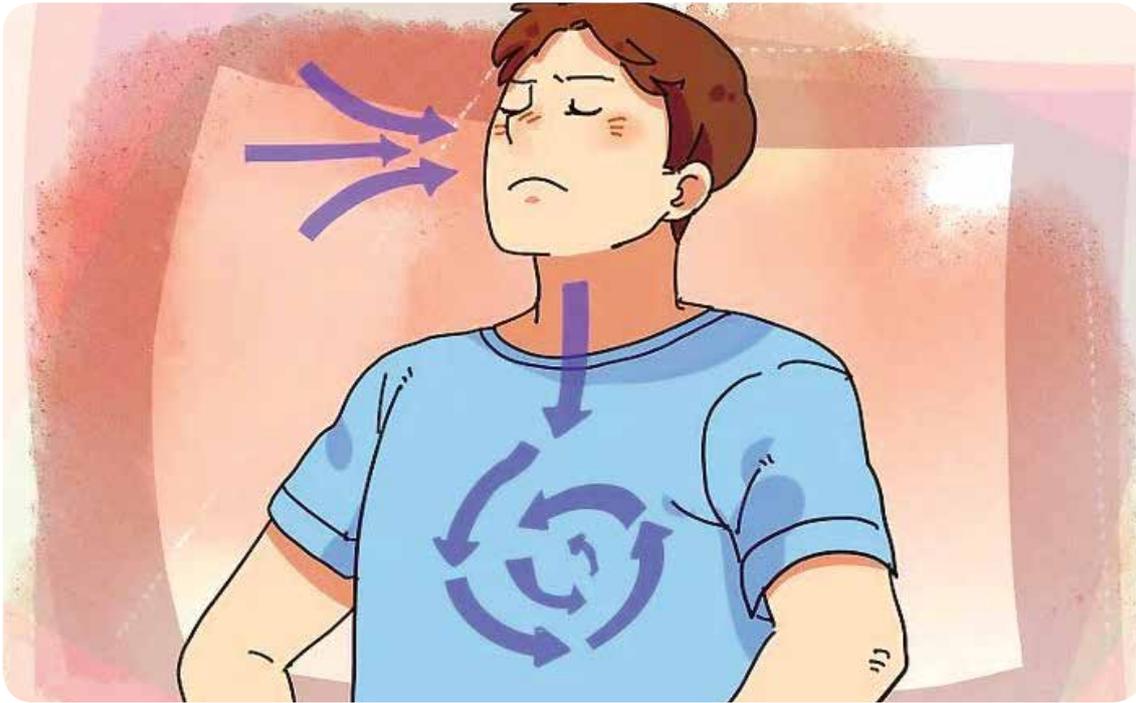
Controlling Anger

By: Elham Salimi

Becoming angry is obviously an unpleasant experience for everybody. When angry, we feel hot, unable to breathe normally and so uncomfortable. Of course, these and other undesirable feelings are the natural reactions of our bodies to situations in which one faces unwanted conducts and/or conditions. But the feelings of anger, like other natural feelings, can and should be controlled and

directed properly, otherwise, very harmful results will be experienced, both by the person who, for any reason, has become angry and by the others around. There are some people who get angry frequently and worse, are not able to overcome their anger when they need to do so. Such people usually have few, if any, friends, because nobody likes to have a friend who is mostly





resentful and intolerable. And on the contrary, calm, kind and tolerant persons can have many friends, just because of their good temper.

This is a fact and should be remembered by all of us who, as human beings, need to communicate with others in proper and beneficial ways in order to find good friends. As Imam Ali (as) has advised, "Try to find good, sincere friends for yourselves, for, otherwise you will have no choice but to make friends with bad people." Of course, as we know, this world's life is not a piece of cake, all sweet and soft. Rather, it has its hard times and so should be tolerated with wisdom and patience. Even as children, we may

have experienced bitter moments of anger and displeasure, when, for example, we imagined our parents loved our younger brother or sister more than they loved us or when a sibling annoyed us (unintentionally, no doubt) by tearing our notebook into pieces or making our new shoes muddy. As one grows up and life becomes more serious, feelings of anger may get more serious too. One might not be able to forget about unpleasant moments as easily as was possible in childhood, and reactions can sometimes be too hard and very damaging. That is why learning the art of self-control and learning how to deal with anger properly becomes most needed, particularly for young-



sters, because they are going to start their lives as adults sooner or later and so should get to know the shoulds and should nots. Here are some guidelines to control your anger:

- To begin with, try to think about the things which make you angry. They can include: receiving an injury, hearing abusive words, facing aggressive conducts, being ridiculed, feeling neglected or ignored, losing or not having access to the desired object, and the like. Each of these things might make you feel angry and unhappy, while the fact is that, through practice and tolerance you will be able to overcome the bitterness and control yourselves, thus, reacting in a proper way. For example, when somebody at school says something bad to you or

makes fun of you, you can show indifference instead of showing anger. Also, you need to remember that on many occasions we resent the others while, in fact, they had no intention of annoying us. As for losing or not getting what you like, the best way of controlling your feelings is to remember that such things are part of life and can happen to everyone, not just to you. Unfortunately, some even beat and/or hurt the others in moments of displeasure, while they could 'take it like a man or a lady' and behave maturely. This, of course, does not mean that one should remain calm and indifferent all the time and in all situations. Rather, in certain conditions, strong reactions are the only solutions. For example, if you see a bully doing

something wrong to someone who is unable to defend him/herself you should feel concerned enough to do your best to stop the rude boy or girl from wrong-doing and from annoying others. These, of course, you should do through wise manners and without doing any unnecessary thing. For example, if you find that the bully will stop bullying if somebody rushes to stop him or her through words, you may not need to do other things. Anyway, remember that if your anger is out of good motives, such as defending your rights and the rights of others, you will, by God's will, get desirable results from it and likewise,

if you get angry for selfish reasons, such as jealousy then you need to try to overcome it, otherwise you will not be able to have a healthy lifestyle. Regarding control of anger, we are advised in an Islamic saying (hadith) as: "Change your position whenever you get angry - sit down if you are standing, stand up and walk if you are seated...."

And really, dear youth! Always keep in mind a very significant fact, namely the fact that one needs to keep his/her heart pure and away from evil in order to be able to lead a fruitful life.



A Lesson from Nowruz

Sahar Haghdoost

Hello friends! I am Sahar, 11 years old. I live in a small town in Southern Iran. I love my country, my hometown, and my family and friends very much and I also like the Nowruz holidays very much. Here I would like to talk to you about one of the best lessons I have learned from Nowruz. It is the lesson that teaches us if we do good to others, we will feel very happy inside. For example, when I spend the money I have saved on buying gifts of sweets and clothing for the poor children, I feel that I have pleased my God and so feel glad, in

fact, gladder than when I receive nice presents from the elders. My parents also try to save some money each year in order to be able to buy new clothes for orphans. Last year, my mother even sold her gold necklace to get the money she wanted to spend on buying new clothes and gifts for the children in a nearby orphanage. My parents believe one should share his or her joys with others and never neglect the duty of doing good in any possible way. They are very kind to our neighbors too. I try to be like them.

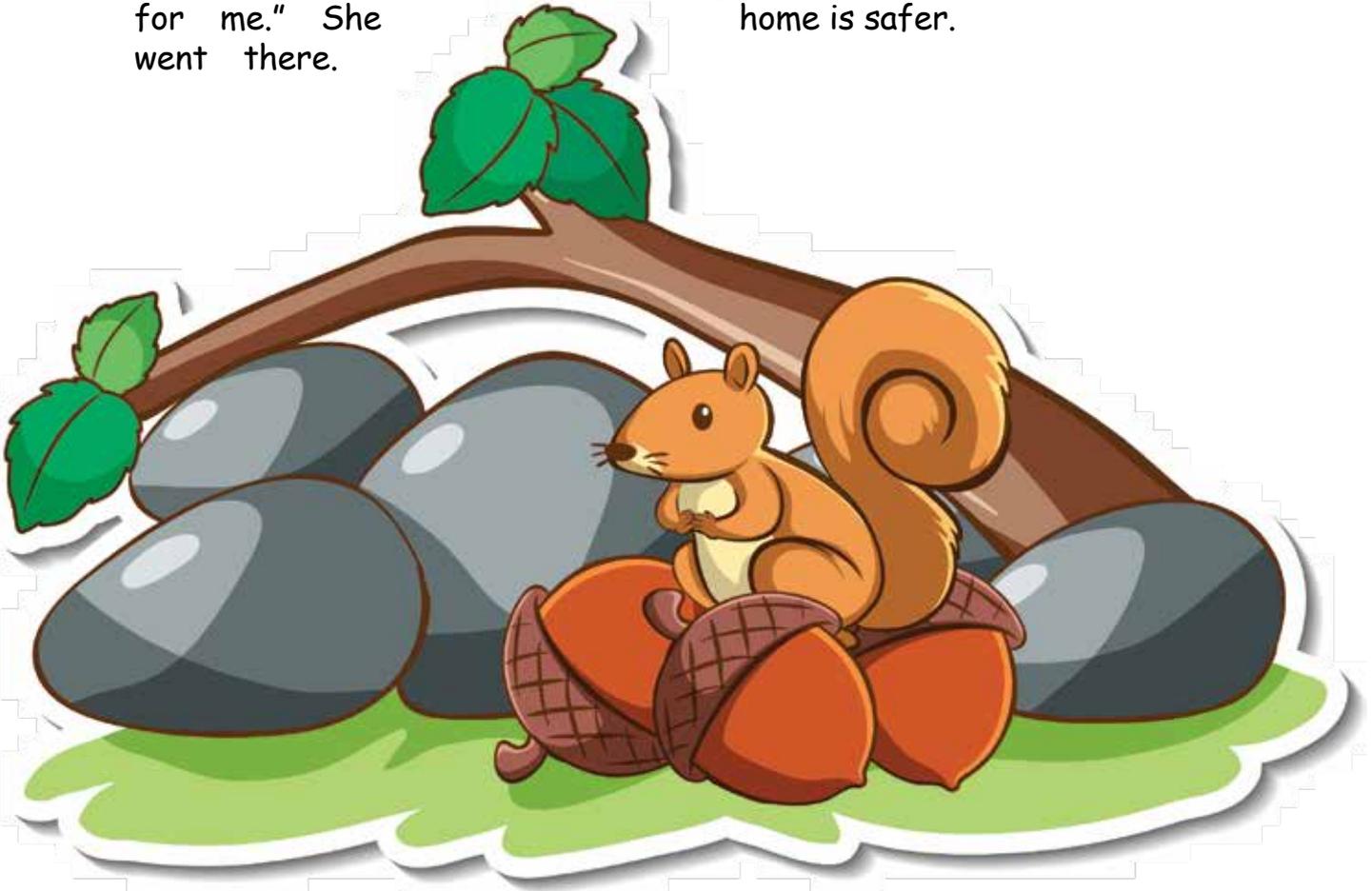


The Little Squirrel

By: Zahra Abdi

One day, the little squirrel said to her mother, "Mother, I want to live in another house, a house for myself only." Her mother was annoyed to hear this and said to her, "But my dear daughter, I will miss you if you leave this house." In answer, the little squirrel said, "Do not worry mother, you can come to my house and see me whenever you want to. I have already chosen my new house. It is on the next tree. It can be a nice home for me." She went there.

But the little squirrel felt unhappy that night because she heard noises from the tree, which made her afraid. She couldn't go to sleep and so went to her mother's home and asked her mother if the noises were the sound made by the owl, but her mother said that it was the bat, which made that sound. The little squirrel then knew that it would be best for her to live in her mother's home and she did so. That night gave her the lesson that 'parents' home is safer.



Journey to the Heaven

Mehri Mahooti

Prophet Muhammad (pbuh): "If you act upon what you know, God will give you the knowledge of what you do not know."

Sarah put a flower in a glass of water and placed the glass near a window. The flower received enough sunlight and water and grew stronger and stronger every day such that after a few days more leaves appeared on its stem and so it was time for it to be put in the garden. Sarah's father taught her how to plant her flower in the flowerbed and she did so happily. It was the first flower she had planted in her life. And she did many other good things as she grew up like a lovely plant.

Prophet Muhammad (pbuh): "Teach without showing anger."

Mr. Ahmadi was a teacher of calligraphy. In his class, there were several pupils. There was some noise in the class because the pupils had to sharpen their pencils repeatedly and sometimes they dropped their pens several times. Amir was one of the pupils who, of course, unintentionally annoyed his teacher with making such a noise. One day, Mr. Ahmadi got angry and went towards Amir to take the paper out of his hand, but was stopped by the beautiful sentence he had written on the paper. That sentence was a hadith (saying) from Prophet Muhammad (pbuh) in which he had advised the teachers to be patient with pupils and to avoid getting angry while teaching. Reading that hadith made Mr. Ahmadi become calm and he decided to be more patient and tolerant with his pupils, and not to show anger while teaching.

Imam Ali: "Learn the best from any knowledge, just as honeybees choose the best from every kind of flower."

The little butterfly was following honeybees in the garden, full of plants of various kinds and flowers of different colors. She continued to do so till sunset and then her father told her that it was time for them to return home, just as honeybees were returning to their beehives, and then added: "You should try to learn new things. You are young enough to learn many skills and other things."

The little butterfly answered: "There are many things to learn, just as there are many flowers. I think I should choose the best of them just like honeybees who choose the best of flowers."

Imam Ali (as): "Stand up as a mark of respect before your teacher, even if you are a governor."

The young boss was busy with his work in his office when the secretary informed him that a guest had just arrived and wanted to see him. And the secretary led the guest into the room and left. The boss raised his head to see who the guest was and to his surprise he saw an old man with a walking stick, slowly stepping in. He knew the old man. He was his teacher in his school years. The boss got up, went to the old man greeted, embraced him warmly, and kissed his wrinkled face. They both shed tears of joy and started talking about the good old days.

Maryam returned home from school and then started helping her mother with the housework. After an hour she got tired and said to her mother: "I wish we could have everything ready and without having to work for it."

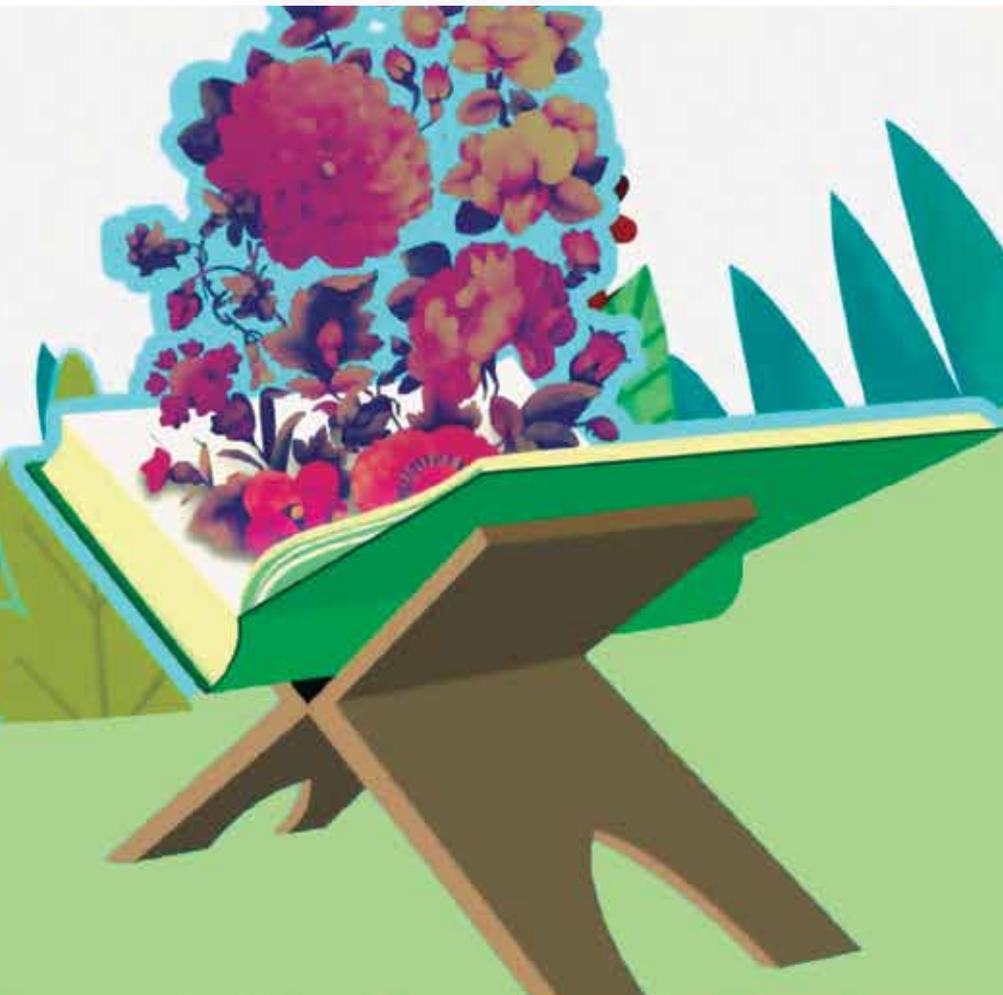
Her mother taught her a good lesson by narrating this Hadith (Islamic saying) from Imam Sadiq (as), "God has created everything human beings need. But human beings should work and make the efforts to get them. Life would become boring if everything could be got with no work."

Saba complained to her mother about the grades she had been given at school, saying: "I haven't got my right."

But her mother advised her to work more, and taught her the following Hadith from Imam Ali (as) which made her decide to study more in order to get better grades: "One cannot get his or her rights unless one makes the effort for them."

David's father told him: "My son! try to learn useful things while you are young and have the needed energy and time, as Imam Ali (as) has taught us, "Try to benefit from the treasures of knowledge before the opportunities are lost. Losing opportunities lead to regret."

Mohsen was respected by all relatives, friends, and neighbors, and he was always happy and satisfied. It was because he was always helpful to others and would do anything he could for those who needed help. He was, in fact, a follower of the Infallible Imams (as) who have taught us, "The one who helps others with their needs, has by so doing pleased God's Messenger (pbuh)."



Nowruz; New Year, New Life, New Clothes

By: Roozbeh Tazhibi & Nastaran Rabani

The cold winter gives its place to the pleasant, nice spring, the season full of freshness and beauty, the season of reviving rain, refreshing breeze, flowers, fruits, and the season of enjoying more power and energy for starting a new year and hoping for better works. The golden rays of the sun in springs add to the beauty of nature and revive every living being. The first day of spring is called Nowruz (the new day) in the Persian language and is celebrated with joy and eagerness by not only Iranians but also by several other na-

tions. In fact, Nowruz celebrations in Iran last till the 13th day of the first month of spring each year. This has been a very significant custom observed by Iranians since ancient times and is now observed with even greater ceremonies, including special prayers, visiting family members, neighbors, and friends, exchanging gifts, and wishing a happy year for the others.

Several days before Nowruz, people start cleaning their houses and buying new clothes, and preparing special foods and sweets for Nowruz.

Illustrated by: Manli Manouchehri





Preparation of the Haft-Seen table is also of significance and interest to people. Haft-Seen (seven S) includes seven items the names of which start with the letter Seen (S) in Persian, including Sib (apple), Serkeh (vinegar), Sir (garlic), Sabzeh (usually wheat or lentil sprouts), Samanu (a type of pudding), Somaq (ground sumac berries), Senjed (the sweet, dry fruit of the lotus tree). Before the start of the new year they say prayers to God for having a year of best spiritual happiness. They wear new clothes on this occasion and try to feel happy and hopeful. Upon the start of the New Year, they congratulate each other, eat sweets and exchange gifts.

Nowruz visits start with visiting the elders who then return the visits. Children receive gifts during the Nowruz visits and guests are offered various kinds of sweets, dried and fresh fruits, tea, sherbet, and the like. Also, traditionally, people prepare Sabzipolo-mahi (rice cooked with mixed chopped vegetables and served with fried fish) for Nowruz. The 13th day of the Nowruz holidays is called Sizdeh-bedar. On this day, families usually go outdoors to enjoy the beauty of nature. They take food, fruits, and fresh vegetables with themselves for the Sizdeh-bedar a sort of picnic which is particularly liked by children and youngsters.

Fun & Frolic

Every child and every youngster likes sweets - many kinds of sweet, if not all kinds of them. But they must also be careful about their teeth and so they had better limit the amount of sweets they eat and also brush their teeth at least three times a day and if possible after having had something sweet. Serving and eating sweet things is one of the nicest parts of the celebrations, including the New Year (Nowruz) celebrations. While wishing you the best Nowruz, we would like to serve you with some sweet jokes (instead of candies and pastries), so enjoy them and make your life sweet.

Father:

"My son! Know that you shouldn't put off what you can do today for tomorrow."

Son: "All right my dear father! So please give me the rest of the sweets to eat now, instead of tomorrow."

The patient: "Oh Doctor! Please tell me what to do. I can't sleep at night at all."
Doctor: "You should have some hobbies like painting." The next day the patient called the Doctor and said: "Thank you very much, Doctor. Your advice was very good. I painted fifteen tableaux throughout last night."

The little boy was moving in the street with his hands on the ground. His friend asked him: "Why are you walking on your hands?"

The little boy said: "Because my father has told me not to put my feet into the street."

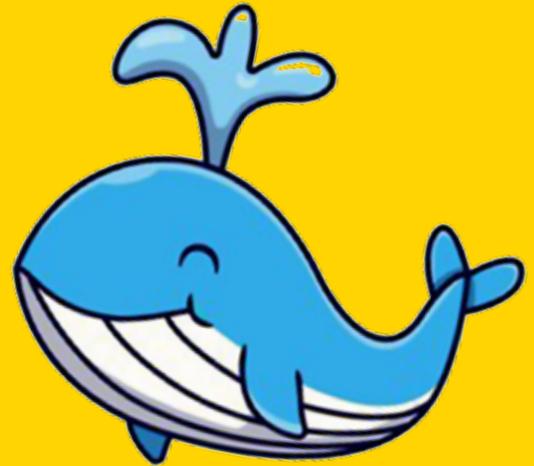
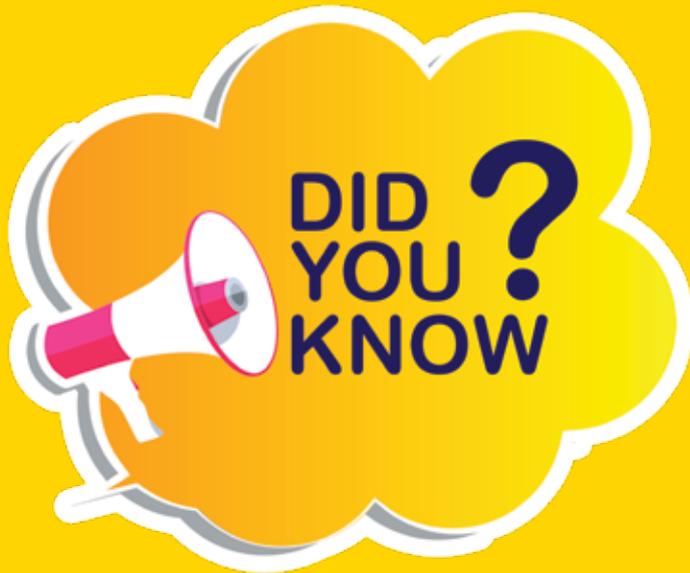
Father: "I can't go to sleep at night, but I fall asleep at my office each day."

Son: "Well father! You should bring your desk home and instead take your bed to your office."

DID YOU KNOW?

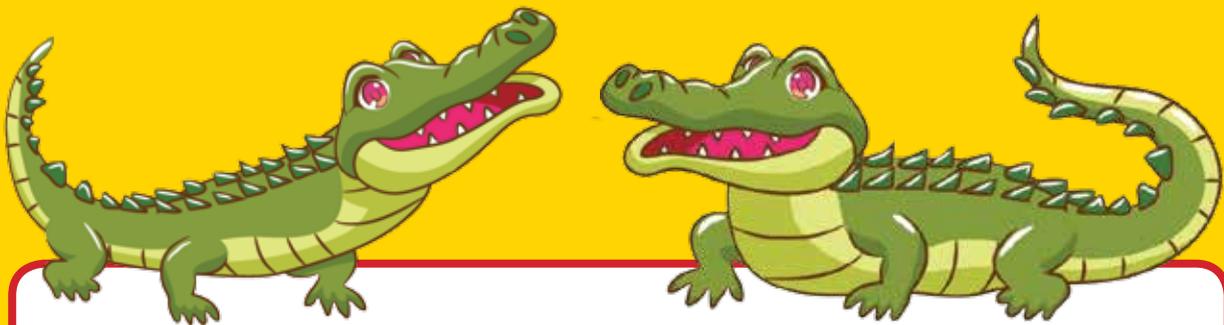


● There are two kinds of elephants: The African that is taller and has larger ears and the Indian that is smaller and has smaller ears.



● The Blue Whale's whistle is the loudest noise made by an animal.

● The fastest human swimmer can swim 6 miles per hour. The fastest mammal, the dolphin, can swim up to 35 miles per hour.



● A crocodile can't move its tongue and cannot chew. Its digestive juices are so strong that make it possible for it to digest a steel nail.

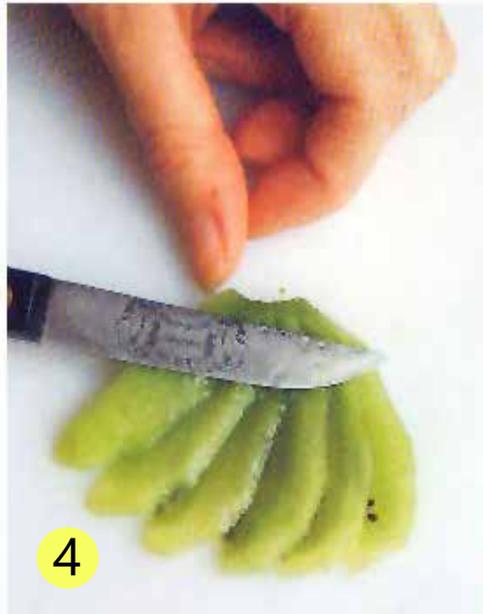
● The smallest bird in the world is the Hummingbird. It weighs 1 oz.

Kiwi Fans



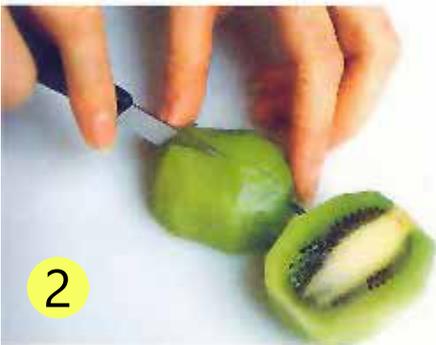
1

● Select firm, small kiwi fruits. Using a sharp knife, carefully and with the help of an adult, peel off the skin.



4

● With the point of the knife, carefully ease the slices open, and fan them out.



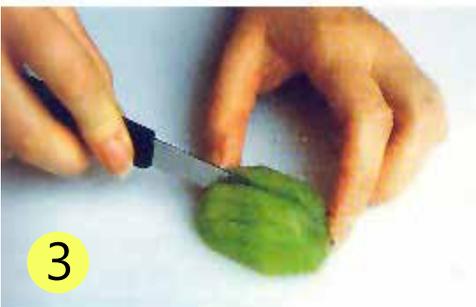
2

● Cut the kiwi in half, lengthwise, and then again into quarters.



5

● A small decorative chive 'bow', or fresh herb sprig, or a small slice of strawberry can add a final touch.



3

● Cut five or six slices along the length of the kiwi as shown, stopping just short of the end.

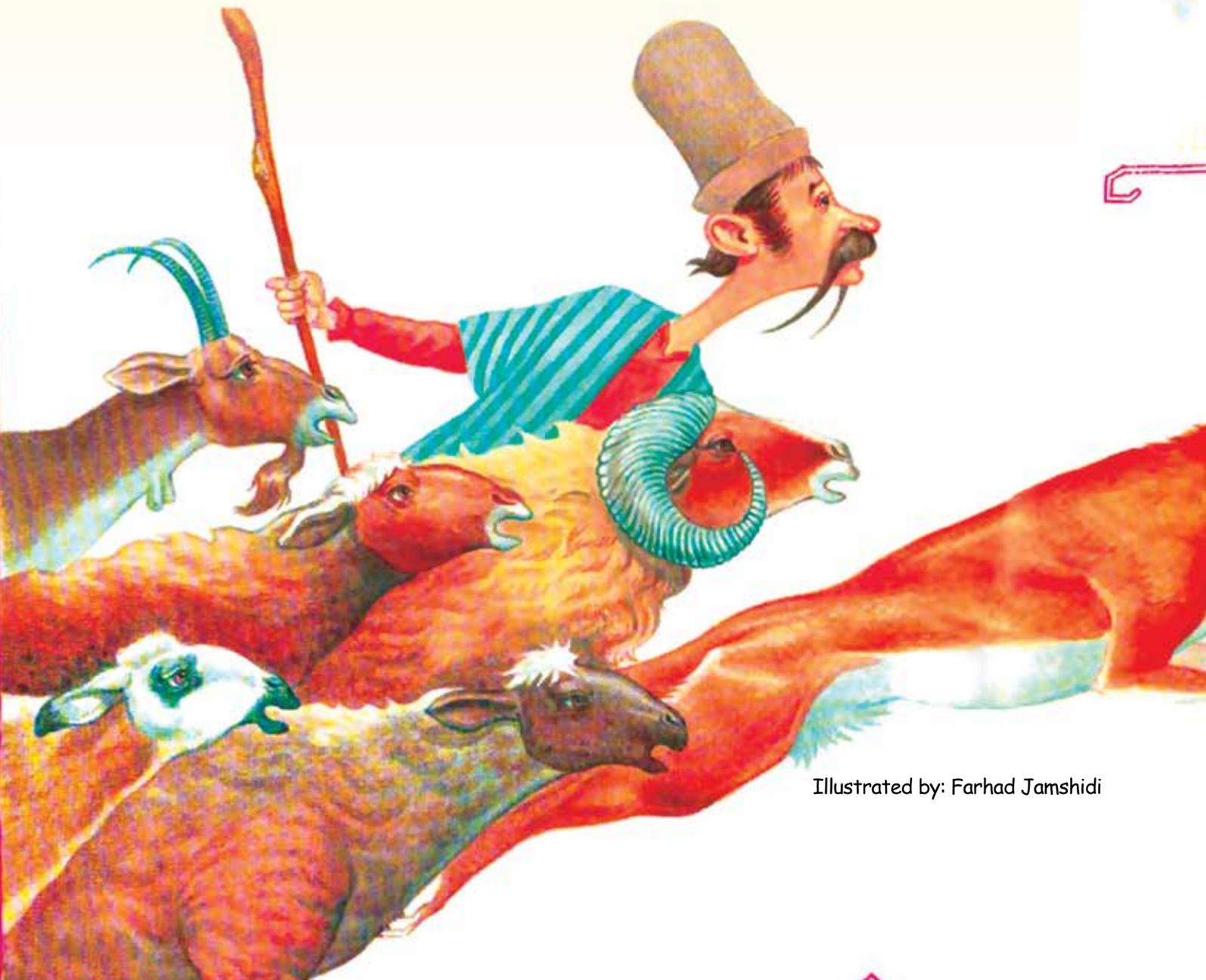
Use as a garnish for:
salad, pates and mousses, fish, chicken, and game dishes, cold meat, platters



The Singing Little Goat

A story from Marzbannameh (Book of Marzban): an early 13th-century Persian prose work. It consists of various stories and fables used as il-

lustrations of morality and right conduct. It was written in 1210-1225 by the translator/author Sa'd al-Din Varavini.



Illustrated by: Farhad Jamshidi

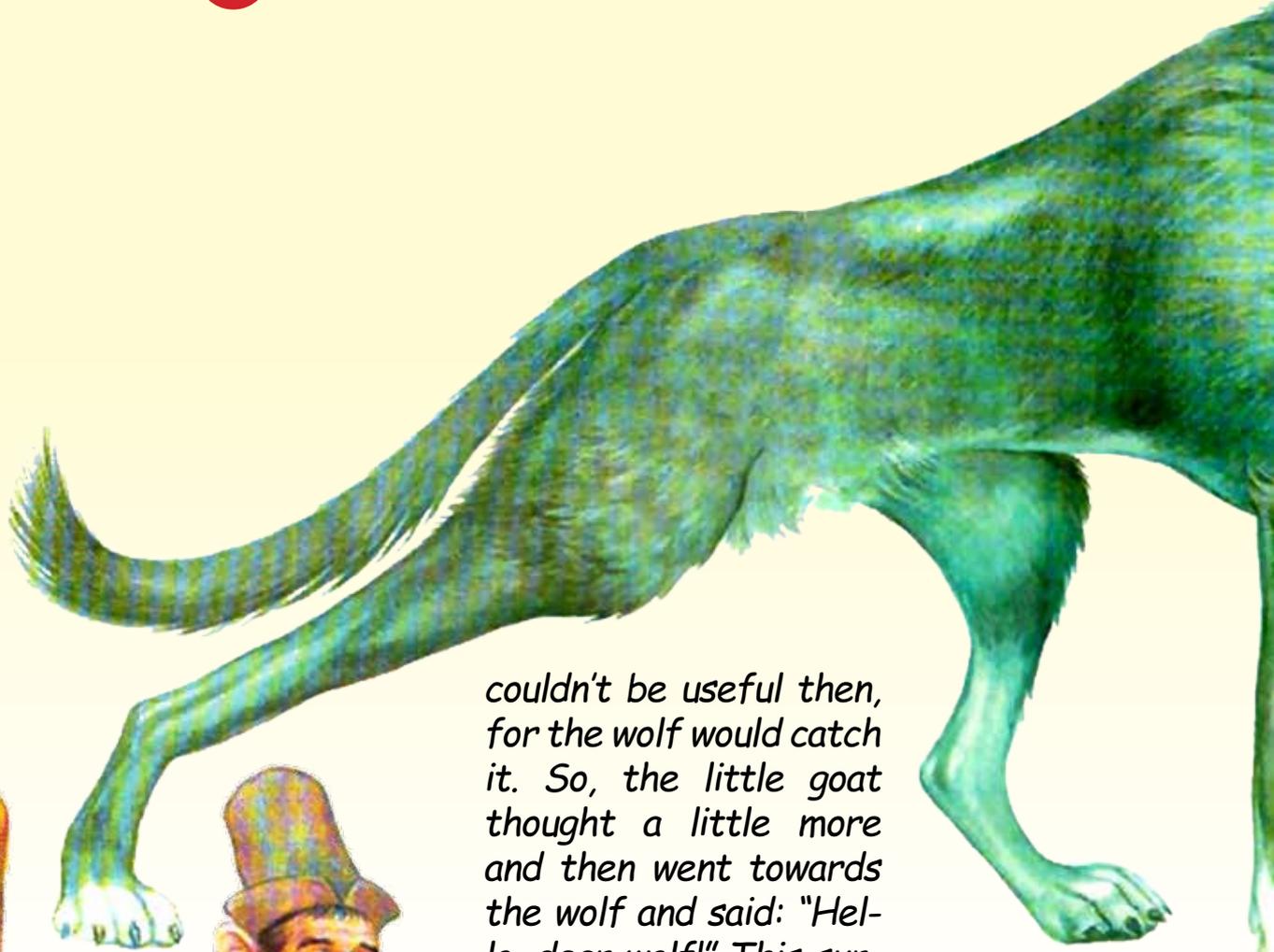


There was once a shepherd living in a village. He would take his cattle out for pasture every day. One day he took the sheep and goats near a forest where they could find fresh herbs. He did not know that there was a hungry wolf in that forest waiting for good food. Suddenly one of the little playful goats jumped into the forest, not knowing anything about wolves.

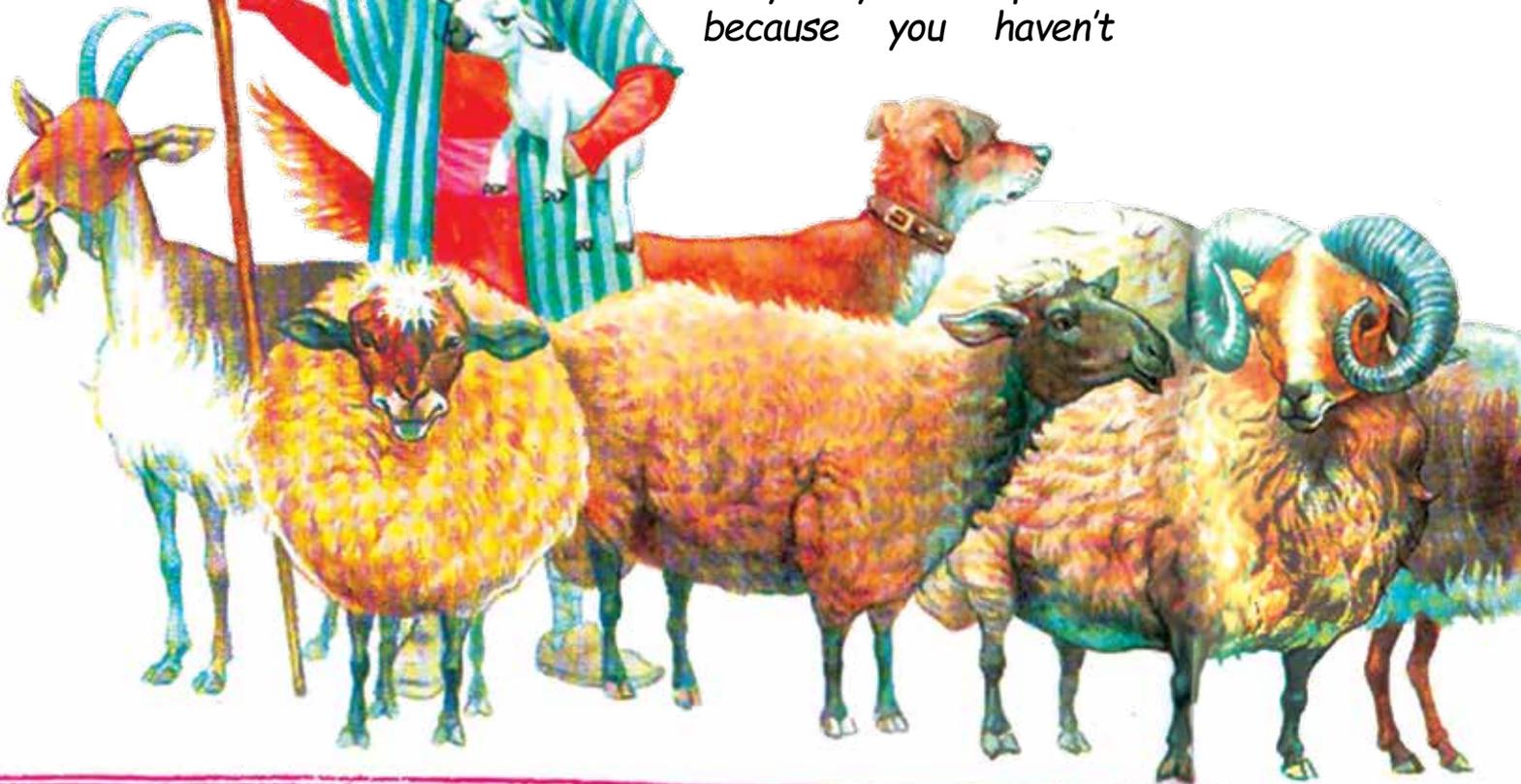
The hungry wolf became glad upon seeing the little goat, for it would become a good dinner.

The wolf started walking towards the goat slowly because it didn't want the goat to get scared, for its meat would become bitter as a result of fear. Certainly, the wolf didn't like to eat bitter meat. But the little goat saw the wolf and became very afraid. Its running





couldn't be useful then, for the wolf would catch it. So, the little goat thought a little more and then went towards the wolf and said: "Hello, dear wolf!" This surprised the wolf. And the goat continued: "I have been sent as a present for you by the shepherd because you haven't





caught any sheep or goats from his cattle for many years. Please come and eat me."

The wolf decided to attack the goat and have its dinner, but the little goat quickly said: "Wait a little! The shepherd has also told me to sing before you eat me because singing makes my meat sweet and delicious."

So the little goat started singing loudly and this made the shepherd run into the forest and hit the wolf with his stick. The wolf ran away and the little goat was saved and returned to the cattle.



Nature and Beauty of Iran

Arman Alimohammadi

Iran is a vast and also a beautiful land. Every tourist who has visited Iran has liked it very much. Through this article,

you can get to know this land better and may be interested enough in visiting Iran accompanying your family.

Iran is situated in West Asia. Iran is home to one of the oldest civilizations in the world. It is the 17th largest country in the world, with a total area of about 636,000 square miles. Iran's natural beauty is breathtaking. The country is a diverse land and has a great variety of geographical environments,

which offer a sense of paradise for all nature-lovers. Iran's climatic diversity is such that some tourists can enjoy winter sports in the mountains while others can bathe in the warm waters of the southern shores, both within a few hours of drive from the main cities. If you are lucky enough to





fly to Iran with your family, be sure to ask for a window seat; you might be surprised by what you see.

Iran is strategically located in West Asia and is surrounded by bodies of water namely, the Caspian Sea in the North and the Persian Gulf, and the Gulf of Oman in the South. This access to water has made it possible for the country to have lush landscapes of greeneries.

Because of this big land area, the country is surrounded by Eurasian countries in the North, which are Armenia, Azerbaijan, and Turk-

menistan. In the west, one can find borders that are shared with Turkey and Iraq, while in the east, Iran shares its borders with Pakistan and Afghanistan. Since Iran is a massive country and is surrounded by different countries with different climates, there are areas in Iran with an abundance of rain, colder winters, and very dry and very hot weather. Comparing these natural attractions with similar wonders in other countries proves that Iran is truly a hidden gem in Western Asia, which is barely recognized and valued.

● **Wildlife of Iran**

The wildlife of Iran includes its plants and animals and their natural habitats. Iran's wildlife is composed of several animal species including bears, gazelles, wild boars, wolves, jackals, panthers, Eurasian lynx, and foxes. Iran is also home to an impressive number of species of birds that vary from residents to breeding birds, migrants, and wintering birds. Among the species of the birds of Iran, you can find waterfowl and wandering birds, a large suite of songbirds, swifts and nighthawks, etc.

● **The Persian Gulf and the Caspian Sea**

There are no major rivers in Iran, but the country borders the Gulf

of Oman, the Persian Gulf, and the Caspian Sea. The coastal wetlands of Southeast Caspian are, due to the number and diversity of birds, of international importance for birdlife. Millions of birds pass through the area each year. The wildlife of the Persian Gulf is diverse, and entirely unique due to its geographical location and its isolation from the International Waters. The Persian Gulf has hosted some of the most magnificent marine plants and animals, some of which are nearing extinction.

● **Deserts of Iran**

Iran is situated in a high-altitude plateau surrounded by connected ranges of mountains. The average





elevation of this plateau is about 900 meters, but several of the mountains that tower over the plateau exceed 3000 meters. The two well-known deserts of Iran are: 1- Dasht-e-Kavir, and 2- Kavir-e-Lut. Except for some scattered oases, these deserts are uninhabited. They are both some of the most arid and maybe hottest areas of their kind in the world.

● **Forests of Iran**

More than one-tenth of the country is forested. The most extensive growths are found on the mountain slopes rising from the Caspian Sea, with stands of oak, ashwagandha plant, elm, cypress, and other valuable trees. On the plateau, there are areas of oak

on the mountains with enough water, and villagers grow the plane tree, poplar, willow, walnut, beech, maple, and mulberry. More than 2000 plant species are grown in Iran. The land covered by Iran's natural plants is four times that of Europe's.

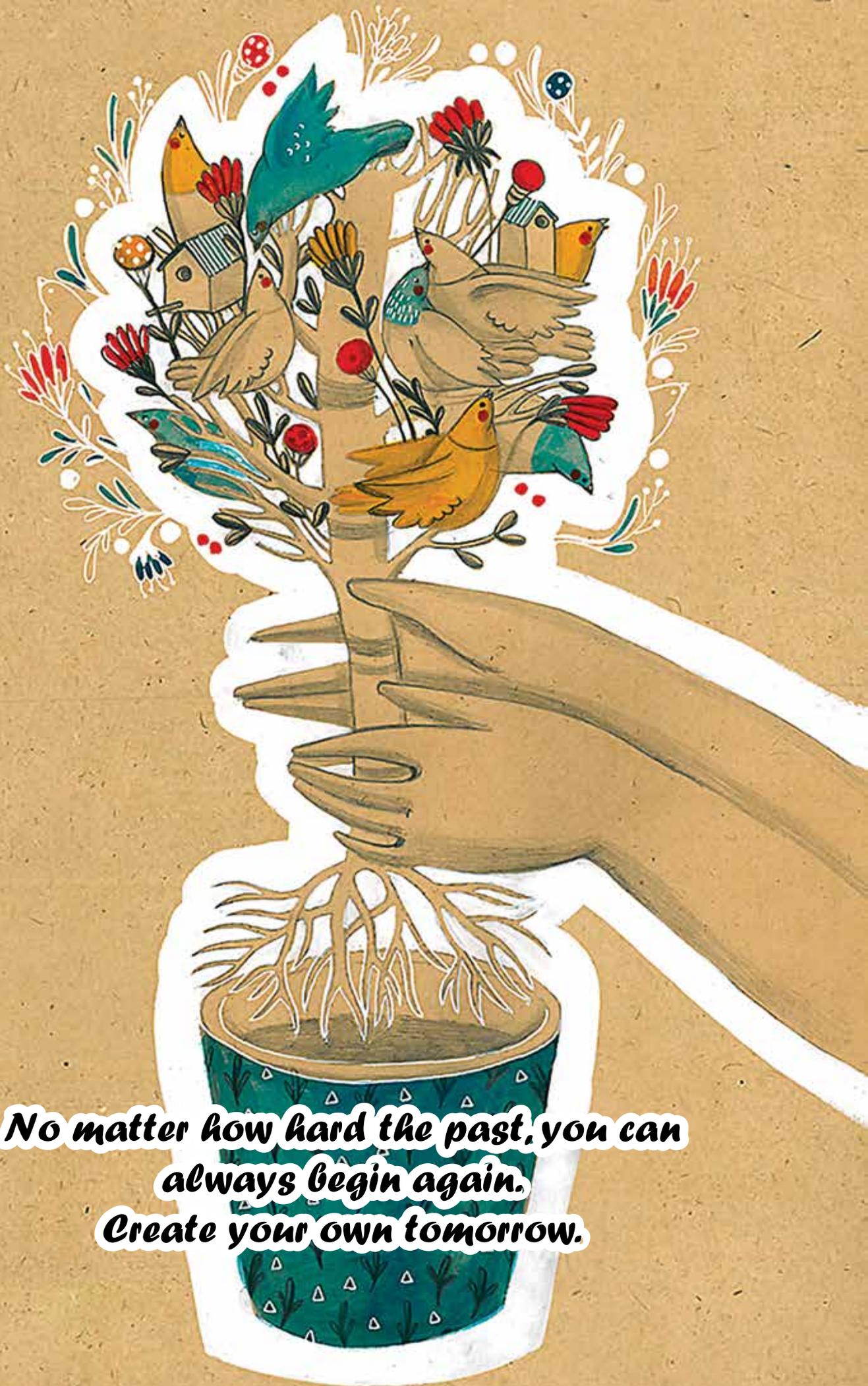
In general, Iran has a dry climate. There is little rain and snow from October through April. In the northwest, winters are cold with heavy snowfall and subfreezing temperatures while spring and fall are relatively mild and summers are dry and hot. In the south, winters are mild and summers are very hot. On the Khuzestan Plain, the summer heat is accompanied by humidity.



Dear young readers! As our final word, once again the staff of Zamzam Magazine sincerely greets you on the occasion of Nowruz and the arrival of spring and pray to Allah to make your whole lives fresh and fruitful like spring, full of blossoms of hope and happiness. Certainly, you will learn new things in the new year and feel better able to plan for your future. It is very good, helpful and indeed necessary for young people to spend their time learning and communicating. Knowledge is power, no doubt, and can be used as a light by the knowledgeable. Through learning more and more, you will become mentally strong and able to step into society more powerfully. Besides, we advise you to spend at least half an hour a day thinking about ways of making life better for others; your parents, grandparents, siblings, other family members, neighbors, and, in fact, the world people. You can do many good things for them in the future if you really want to do that, namely to become God's best servants, as Prophet Muhammad (pbuh) has said: "The best of God's servants are those who are most useful to His servants."

Every single day,
you
make a choice.





***No matter how hard the past, you can
always begin again.
Create your own tomorrow.***