



# **Thank you for Proclaiming March Persian Heritage Month**

Newmarket, Ontario

March 17, 2025





# ***Norooz***

# ***The Persian***

# ***New Year***



## The story of Norooz

- **Norooz – means “new day” in English (no=new, rooz=day)**
- **Spring equinox**
- **Secular, cultural festival**
- **Celebration of spring**
- **3000 years old**
- **Celebrated by many ethnic groups, including Iranian, Pakistani, Afghan, Turkish, Tajik, and Kurdish.**



# “Haft-Seen” Norooz Table



“Seer”

Garlic

Health

“Senjed”

Oleaster Berry

Love



“Samanoo”

Wheat pudding

Forgiveness



“Somaq”

Sumac

Sunrise



“Seeb”

Apple

Beauty

“Serkeh”

Vinegar

Patience



“Sabzeh”

Sprout

Rebirth



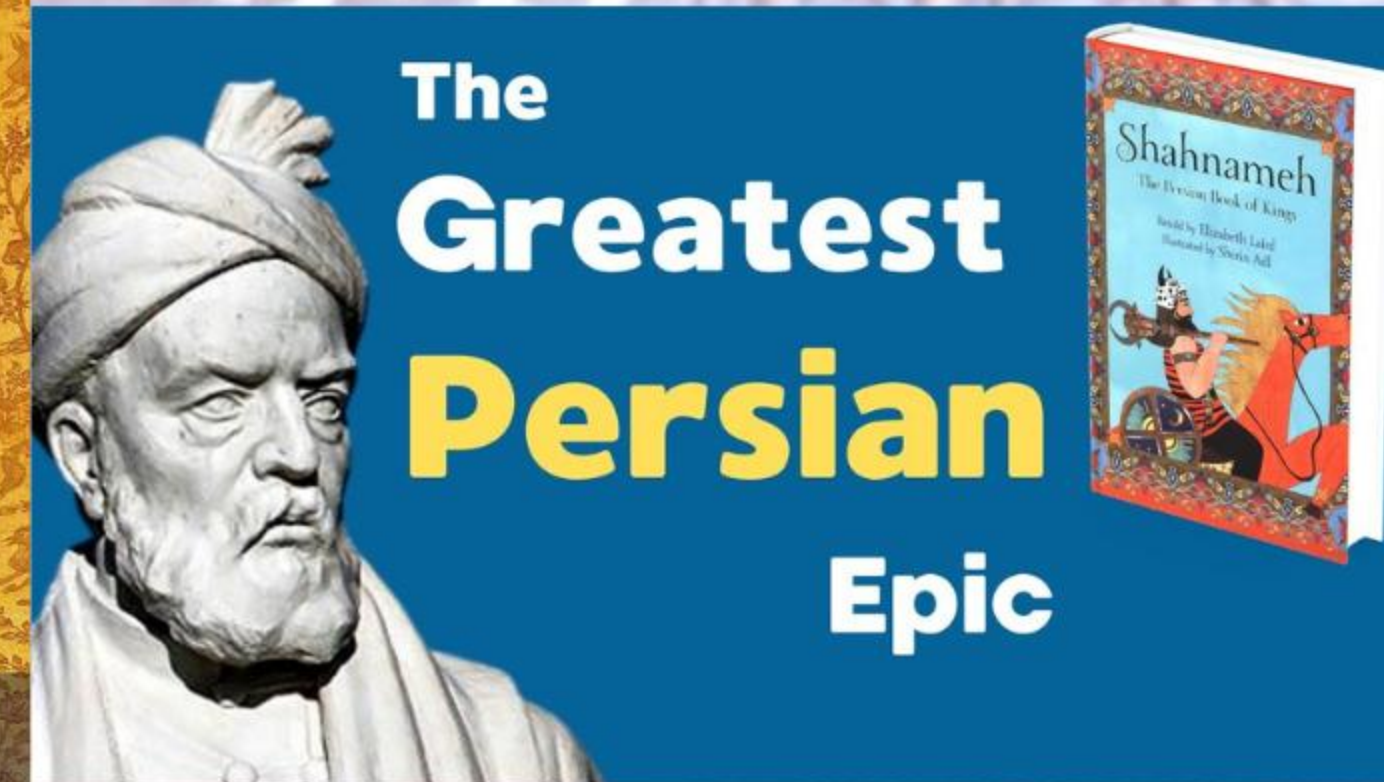
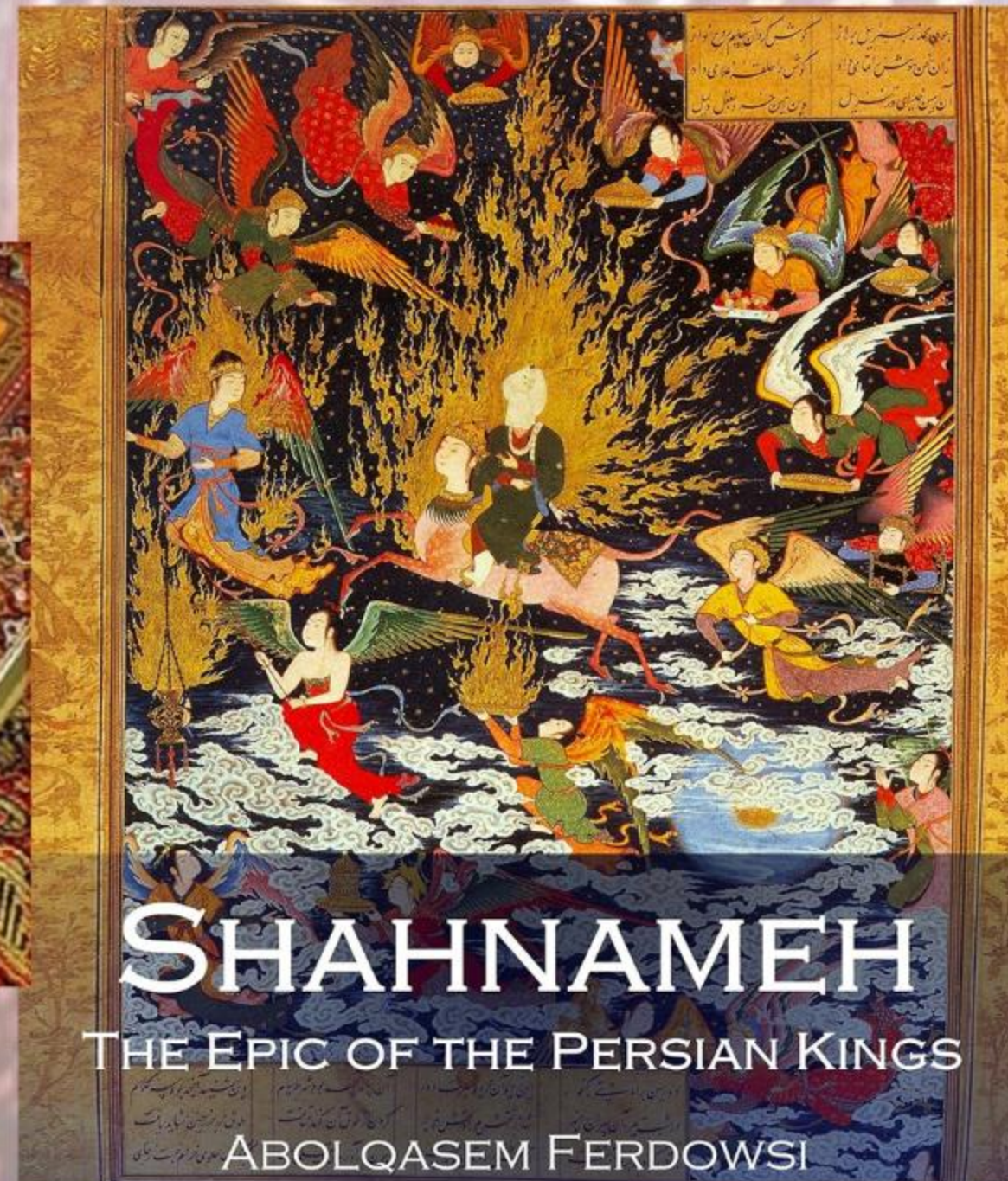
# The Haft Seen





# About Shahnameh

- Persian poet Ferdowsi between c. 977 and 1010 CE and is the national epic of Greater Iran.
- 50,000 "distichs" or couplets
- Took 30 years to complete Shahnameh
- One of the world's longest epic poems written by a single author







*“Norooz-eh-ton Peerooz”*  
*Thursday, March 20, 2025*  
*5:01:30 a.m. EST*



# Thank You



**Seniors Iranian Multicultural Association**

**SIMA** 

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