



**MANASHNI SPONSORED BY**

**SETHNA FINANCIAL GROUP LLC, ZARIR J. SETHNA, CLU®, ChFC®, LUTCF®**  
**WWW.SETHNAFINANCIALGROUP.COM**  
**OFFICE 713-963-4229**

**SUNDAY SCHOOL**

**PLACE:** ZHCC  
8787 W. Airport Blvd.  
Houston, TX 77071  
Tel: 713-270-9339

**TIME:** Different timings for each group

**DATE:** July 10, 2022

**Children's Session:** The Sunday School session starts at **1.30 a.m. in-person and by Zoom**

**Middle Group:** The Sunday School session at **11:00 a.m. – in-person & by Zoom**



**Youth Group:** The Sunday School session at 11:00 a.m. **In person**



**Disclaimer and Authorizations – When attending any events at ZHCC premises, please abide by all the State of Texas and Harris County regulations prevalent on the day. The attendee(s) will NOT hold ZAH or any board member or the organizer(s), responsible for any COVID-19 related or any other sickness, accidents and/or mishaps either to themselves, to their vehicles or any other vehicle(s), person(s) and/or property. All the rules, regulations and disclaimers are effective upon members entering ZHCC premises on the "day of the event" and shall remain effective until they leave the ZHCC premises that day.**

**UPCOMING EVENTS**

- Saturday July 23, 2022 - ZAH Youth Fundraiser 2022 – See flyer**
- Friday July 29 to Sunday July 31, 2022 - Z-Camp 2022 – See flyer**
- Saturday August 6 to 15 – Muktaad Prayers at Atash Kadeh**
- Wednesday, August 16, 2022– Navroze Hambandagi at Atash Kadeh**
- Saturday, August 20, 2022 – Navroze function**
- Sunday, September 11, 2022 – Carnival after Sunday School**
- Sunday, October 2, 2022 – Fasli Mehrgan & Maedyozarem Gahambar**
- Friday, November 11 & 12, 2022 – Library Event**

**NARGESH SETHNA**



**September 19, 1928 – June 18, 2022**

**A Tribute Delivered by Aban Rustomji**

Nargesh Sethna played a significant part in my family's life. This statement will resonate with a number of you today. Loved and

**ZAH EXECUTIVE MEMBERS**

Katrak, Percy – Chairman  
Gagrat, Nikita  
Hormuzdi, Khursheed  
Khumbatta, Kershaw  
Mistry, Jasmine  
Dastur, Khursheed – Secretary  
Billimoria, Farokh – Treasurer  
Sarkari, Nazanin – FEZANA Rep

**OUR ERVADS (PRIESTS)**

Boomla, Noozar  
Buchia, Kyrus  
Dastur, Barjor M  
Dastur, Darius  
Desai, Farrokh  
Firozgary, Bahrom  
Gonda, Pervez  
Kanga, Neville  
Katrak, Rayomand  
Katrak, Vispi  
Khumbatta, Noshir  
Kotwal, Zubin  
Masani, Dara  
Nariman, Khushrav  
Pavri, Shapur  
Sanjana, Bahmanshah  
Sanjana, Kurush  
Sidhwa, Kayomarz  
Sidhwa, Maneck  
Sidhwa, Yazad  
Unwalla, Peshotan  
Vimadalal, Freyaan  
Vimadalal, Khushroo

**BEHRAM ROJ JASHAN  
SPONSOR**



respected by all in Houston, she will be missed by our extended ZAH family circle. Nargesh was special. Her radiant smile will be missed, but I will carry a smile on my face each time I think of her. She was fun to be with. She was always present behind the scene to make things right.

When we arrived in Houston in 1979, it was at the Sethna residence. We had not known of them before, but she opened her home, loaned us her car so we could go to our job interviews, helped us to find a home, and looked after us for over a month till we were settled. She did that for everyone, not just us.

The Sethnas, Nargesh, Aspi and their son Darius – have been an institution since they immigrated in 1975. They opened their homes to countless Parsis who had chosen to immigrate to Houston, but were not ready to start a home of their own.

My family was one of those lucky immigrants. I remember arriving in Houston in September 1979 at the Sethna home where we would stay for the next month. Each family member taught us something. Nargesh amazed us with her marvelous pineapple upside down cake. Darius introduced my kids to the coolest music, Aspi was a model of purity and honesty. But it was Nargesh who was a guide and a loving person who embodied what America seemed to mean: working hard, living honestly, and being kind. Our kids grew up knowing that Nargesh and Aspi and Darius were always there for them from the very beginning.

Nargesh represented what it meant to be Zoroastrian. When we moved into our first new home, it was Nargesh who arranged for a Jashan and Aspi who did the prayers.

Nargesh enriched our lives. A woman of great compassion and authenticity she made the most of every moment of her life. And every life she touched was in turn impacted and uplifted.

She leaves behind her a legacy of accomplishments, service and dedication that will continue to inspire and challenge us to use our gifts and talents to the fullest.

**REPORT**

**ATASH KADEH**

By: Persis Behramsha

We are in the midst of our hot Texas summer and needless to say, it is sizzling.....

Schools are out, kids are having fun – oh yes they certainly are having fun, practicing for their Annual Youth Fundraiser which we are all anxiously awaiting to attend. This year they are very generously donating 50% of the proceeds to the Atash Kadeh. Our kids are our future and this is a great example to prove what they are made of. Thank you Jasmine Mistry for suggesting this donation and to the Youth for agreeing to share !!!

Our last Behram Roj in June was graciously sponsored by Mahrukh and Rohintan Deputy. The highlight was the huge attendance that filled up our Atash Kadeh. It was indeed very gratifying to see so many attendees. We hope to continue every Behram Roj Jashan this way.

**MAIDHIAYERAM GAHAMBAR  
YAZDANI FAMILY**



**YOUTH FUNDRAISER**



Thank you both for the lovely spread of food at the end of the Jashan. I am sure Mahrukh was happy to see (in her own words) “Vaajtu Gaajtu Aapru Atash Kadeh”

Soon after, the generous Yazdani family sponsored the Maidhiayeram Gambhar which was hosted on Sunday June 5, 2022. Our Atash Kadeh was brimming over with attendees and once again it was wonderful to see the gathering and hear so much chatter outside during Chasni.

A special mention and shout out to our Mahrukh Deputy for the Sparkling Prayer Utensils, Diva Glasses, Prayer Sheets and much more she does on her own – such a blessing to have you looking out for the Atash Kadeh at any given time.

Though we thank our Mobeds whenever we see them, it is important that we point out how much they are appreciated and valued. I have personally seen how much Mobed Pervez Gonda does to keep our Atash Kadeh spotless and inviting. We have also seen our Mobed Maneck Sidhwa take pride in performing various prayers and encouraging our Youth Mobeds to participate. Countless thanks to

both of you. 🙏🙏🙏

A reminder that every Wednesday, the Evening Boye will be performed at 5:30 p.m.. All other days, the Evening Boye will be held at 5:00 p.m.. Morning Boye is at 11:00 a.m. as always. Evening Machi requests can be accommodated at a slightly later time, if needed.

*If anyone is interested in sponsoring the **Farvardin Mahino Farvardin Roj**, Farvardegan Jashan, on Saturday September 3, 2022, please let us know.*

**MISCELLANEOUS**

**ZAH PRESENCE AT THE WORLD ZOROASTRIAN CONGRESS WILL BE CARRIED AS A SPECIAL EDITION MANASHNI. KEEP A LOOK OUT FOR IT.**

**YOUTH FUNDRAISER – JULY 23, 2022**

Hello ZAH Family and Friends,

We hope you are having a great week and are excited about our upcoming Middle and Youth Fundraiser, an entertaining evening with a Fashion Show, Flash Mob Dancing, Standup Comedy, DJ, Silent Auction and more planned for Saturday, July 23, 2022 at ZAH.

The last day to register for this event is **Sunday, July 10, 2022 before midnight**, (this has since been changed to register till capacity reached) so please register at your earliest to avoid disappointment - <http://zah.org/events/zah-youth-fundraiser-2022/>. We need a good count to confirm the caterer.

If for any reason you are unable to attend, please make a generous donation [ONLINE](#) as it will be matched dollar for dollar by a magnanimous ZAH donor, which means you can double your donation. You can also purchase raffle tickets [ONLINE](#) to win a beautiful hand embroidered stole and batwa (purse) set generously donated by our very own Farida Dordy. You do not have to be present to win. We will hand deliver your winnings to your door step!

## RAFFLE



## ZAH Z-CAMP 2022

### Attendees of 2021 Z-Camp



### Activity – 2021



Here are some additional details about the fundraiser:

**Event Date and Time:** Saturday, July 23, 2022, 7:00 PM onwards

**Event Description:** International Fashion Show, Flash Mob Dancing, Standup Comedy, Dancing through the night with DJ Cyrus Vakil, and more...

**Cost:** \$35 per person (Children under 5 FREE)

**Purpose:** 50% of the net profits will be donated to our Atash Kadeh, 25% to the Middle Group and 25% to the Youth Group to subsidize Youth Congress fees, ZAH Elementary, Middle & Youth Camps, Middle/Youth Volunteer Activities, Lock-ins, etc.

**Food:** Chaapli Kabab, Chicken Tikka, and Pakodas for Appetizers, Goat Biryani, Kadhayi Gosh, Fish Curry, Daal Makhani, Naan, and Raita for dinner and Zarda, Kheer, and Ice cream for desserts

**Games/Door Prizes:** Two games of BINGO and door prizes through the evening

**Raffle:** \$5 each or 5 tickets for \$20, to win an exquisite hand embroidered stole and matching batwa (purse). You do not have to be present to win!

As always, your ZAH youth are looking to you for your guidance and support. Your generosity will be sincerely appreciated by all ZAH Sunday School members, so please register and join us with your Family, Zarthushti and Non-Zarthushti Friends, and Colleagues.

Thanks in advance,  
Your ZAH Middle and Youth Sunday School Groups

## ZAH Z-Camp 2022

*Another year of games, cooking, masti, and more is on the way at ZAH Z-Camp 2022! We will be hosting the annual camp from July 29 – July 31, 2022, so don't wait and register now as spots are limited. We have some great surprises and events planned for our 10th anniversary and we are looking forward to celebrating with you!"*

**Health and safety is extremely important for us and due to the ongoing COVID-19 pandemic, we are implementing COVID precautions to ensure a safe and collaborative camp for all our attendees. Please see below some of our key safety protocols with detailed guidance to come before the Z-Camp:**

- Strongly recommend masks for all campers and volunteers
- Strongly recommend 2 vaccines and at least one booster (for eligible ones) or negative test results from 48 hours prior
- If anyone not feeling good or running a temperature 7 days in advance (beginning July 22nd) please DO NOT attend the camp in order to protect other healthy kids/parents

## A SESSION IN Z-CAMP 2021



➤ Social distancing, frequent handwashing, and sanitization stations

➤ Thorough cleaning and sanitization of the ZAH

For registration, please visit: <http://zah.org/events/zah-z-camp-2022/>

The camp will start on Friday, July 29 at 7pm for all our out-of-town attendees, ZAH mentors, Youth group members and all 18+ participants. On Saturday, July 30 at 10am, we will welcome all the Middle group and Kiddie group campers. Any young adults (aged between 22 and 28) interested in volunteering for the Z-Camp, or if anyone would like to donate, please contact Kayo Sidhwa at [kaysid@hotmail.com](mailto:kaysid@hotmail.com).

Thanks and see y'all at the Z-Camp 2022!  
ZAH Z-Camp 2022 Team

## MAIDHIAYAREM GAHAMBAR SPONSORS – YAZDANI FAMILY



## MAIDHIAYAREM GAHAMBAR (DAE MAHINO)

By: Entertainment Committee

The Maidiyarem Gahambar was celebrated at ZAH Center on Sunday, 5<sup>th</sup> June, 2022 and was attended by an estimated 145 People (including kids). We would like to thank Bob and Carolyn Yazdani-Beioky and Parvaneh Yazdani for fully sponsoring the Gahambar.

The Gahambar Jashan was performed at the Atash Kadeh. Malido, Chasni and Nuts were served there. After the Prayers everyone moved to ZAH to enjoy Persian Lunch Served by Avesta Restaurant. Everyone enjoyed Beef Kabob (Kabob Koubideh), Chicken Kabob (Chicken Barg), Spinach Stew (Khoreshe Ghormesabzi) and Persian Rice (Berenj). Everyone enjoyed Raja's Jalebis and Icecream.

The Hall was beautifully decorated by the Entertainment Committee. Thanks to our DJ Gary, everyone enjoyed Persian Music as they were eating lunch. We collected \$2141.21 and the entire amount was donated to ZAH. The ZAH Entertainment would like to thank all the volunteers, parents and children of the Middle and Youth Groups who helped in various tasks and helped us make this event successful.

## GAHAMBAR LUNCHEON



We would also like to thank the AK Committee, the Web team, and the Manashni team for all their help.

Thank you to everyone on the Entertainment Committee for their effort and team work.

Arzin Italia  
(On Behalf of the Entertainment Committee)

## GOLDEN GROUP



## LET'S SING ALONG

By: Jehanbux Mehta

After several weeks of serious practice in the shower or in front of the mirror, to the delight – or was it horror? – of the others in the house, the messos and baritones among our Golden Group gathered on Saturday, June 11 to make music the likes of which has never been heard before in the main hall of our Centre. 31 participants were welcomed by the Helping Hands, new members were introduced, boys and girls born during the months of February to June were greeted with the “happy birthday” refrain, and to the surprise of Nargesh and Kersi Daroga, a beautiful Mikasa fruit bowl, compliments of Anita Kavina, was presented to them for having responded first to the RSVP call.

Before the members started trickling in around 12:30 p.m., the Hands had their hands full, arranging the tables and collecting the event charge. Our thanks to Kersi Daroga for assisting with the latter. Before putting the voices to test, lunch of *tumtumti* daal and fish biryani from Gulmohor’s kitchen was served, supplemented by rotlis from the mandir. Ice-cream followed.

It is to Persis and Nozer Buchia that we owe a lot for making the afternoon so enjoyable. They not only came up with the music that we loved singing to but also brought their own equipment to aid us in doing that. A few days earlier, Lyla and JR sat with them at a coffee shop to make a list of the songs from Hindi movies and old popular English ditties. The Buchias provided the lyrics and Diana took the trouble of printing them and making copies, three of which were placed on each table. That worked out better than projecting them on a screen what with many among us having become myopic over the years. Short sighted but large hearted! Always ready for a good time. Ah, these wonderful golden years!

Ably leading the pack, Persis and Nozer, brought out the best in us. Accompanying the singing were not just swaying hands but also swaying hips on the dance floor by the younger ‘uns among us. The topping on the cake was the bawdy lyrics from Gujarati natak recounted by Nozer to the rapture of the blushing audience. *Chaye hamay Zathosti* rounded off the afternoon.

To sooth the throats after all that singing, piping hot tea was served along with cookies and khara biscotes that simply melted in the mouth (and disappeared as fast from the tray). How enjoyable the afternoon turned out to be was evidenced by our having to shut shop an hour later than the closing time of 3:30 p.m. Our many thanks not only to the Helping Hands but also the volunteers who cleaned up the place before locking up. As at all Golden Group events at the Centre, this time too we provided our own disposable tablecloths, plates, glasses and cutlery, but three cheers of course to BMSC for making the premises available to us and extra ta’s to Mahrukh Deputy for making sure that ice coolers, trash cans, garbage bags and toilet requisites were placed conveniently for our use.

Reluctantly, we retreated to our homes with the lilting tunes still haunting us. Sweet dreams they were that night.

## TIRGAN CELEBRATED



## VESTA DINYARIAN



## SUNDAY SCHOOL CELEBRATED THE FESTIVAL OF TIRGAN

On a sweltering summer's day in Houston 12<sup>th</sup> June 2022, our ZAH kids and Young Adults had a blast splashing in cool water to celebrate the Tirgan festival. Tirgan or Jashne Tirgan is a mid-summer festival from ancient Iran, and it is celebrated on Roj Tir and Mah Tir. "Tir" =means Arrow or "Tishtar" means Lightening – stands for the much-needed rain that boosts the harvests. The story of Tirgan starts with the archer Arash, who was the best archer in the Persian Army. He was asked to settle a border related disagreement between Persia and Turan. He said that he will shoot his arrow and the place where it lands will mark the border between Iran and Turan. He shot his arrow and it landed far away and the place where it landed was declared as the new border. As soon as he shot his arrow, it also began to rain, and this was the first rainfall after many long years of drought. Hence the festival of Tirgan.

During Sunday School on 12<sup>th</sup> June 2022, the Sunday School students learned about Tirgan with a beautiful presentation by Serena and Shawn Desai for the kids Sunday School group, where they explained the story of Tirgan.

After Sunday School, there was much excitement in the air. All the kids and youth could not wait to get on the "largest water slide in the world" that Sharmeen (aunty) Irani had arranged to be set up in the lawn outside the ZAH Hall. Its beautiful colors and the gushing water beckoned to them irresistibly. Everyone quickly gobbled up the delicious pot-luck lunch, changed into their swim clothes and ran to the water slide. There was more – in addition to the water slide, there was also a swimming pool, and the little ones went splashing into the pool. There were sprinklers and water fountains and lots of fun. It was great to be splashing and sliding in the water during the 104 degree temperature. Water gun battles, dunking each other, slipping, and sliding, everything was fair game. Many treats awaited - for the kids popsicle sticks brought by Vehishta Kaikobad, delicious cookies baked by Sara Collector and of course the watermelon brought by Barjor M Dastur and cut by Arnavaz Kharas.

Our sincere thanks to our young Adults who helped set up the area – Rayaan Irani, Jeh Mory, Zaal Mory. And special thanks to Sharmeen Irani and all the Sunday School teachers and parent volunteers for making this such a fun and memorable afternoon for the ZAH kids and Youth.

## BIRTH

Baby girl, Vesta Dinyarian, born on May 7, 2022 to Firoozeh Roointan & Arash Dinyarian. Shirin Izadyar and Fereidoun Roointan are happy and proud grandparents.

## WE HAVE MOVED

Anita & Suhrid Thakore have moved. Their new address is:

14143 Barnhart Blvd.  
Houston, TX 77077

## ACCOLADE



Rustom Mody, CEO, VinTech Nano Materials.

Rustom Mody, CEO of VinTech Nano Materials, takes his company to new heights. VinTech Nano Materials was recognized by Applied Technology Review magazine as one of the top 10 Nano Technology Solution Providers for 2022. In its Special Edition on Nano Technologies, VinTech NM made the cover page of this magazine.

Driving VinTech's success is a dedicated team of industry experts who share the same vision of offering exceptional products to clients and disrupting the equipment protection space with nanotechnology. "We're the best-kept secret in the nanotechnology space and our goal is to leverage our deep-rooted expertise to set a new standard in the industry while becoming the go-to partner for our clients," says Mody.

Here is the [Link to the page where the profile is featured](#)



### **ZAHCARES**

A Community Assistance Program

**ZOROASTRIAN ASSOCIATION OF HOUSTON**

You Could Have Long COVID and Not Even Know It.

Not every health issue is a sign of Long COVID. Thousands of people around the world are diagnosed with COVID-19 every day, and many recover without lingering issues. Others experience health problems following but unrelated to their infections, because all the things that made people sick before the pandemic haven't gone away.

But Long COVID affects more people than many realize. In the U.S. alone, roughly one in five adults with a known previous case of COVID-19 currently has Long COVID symptoms, according to [recent data](#) from the National Center for Health Statistics. Others could be living with the condition without realizing it.

FOR THE FULL STORY PLEASE SEE THIS LINK:

[https://time.com/6191655/long-covid-under-diagnosed/?utm\\_medium=email&utm\\_source=sfmc&utm\\_campaign=newsletter+inside-time-saturday+default+ac&utm\\_content=+++20220702+++body&et rid=206552419&lctg=206552419](https://time.com/6191655/long-covid-under-diagnosed/?utm_medium=email&utm_source=sfmc&utm_campaign=newsletter+inside-time-saturday+default+ac&utm_content=+++20220702+++body&et rid=206552419&lctg=206552419)



*Entertainment, Food, Bingo & Activities at the..*  
***International Fashion Show!***

***When?***  
*July 23 at 7:00 pm*

***What?***  
*ZAH Youth Group Fundraiser*

***Where?***  
*Zarathushti Heritage & Cultural Center*

***Why?***  
*To raise funds for our Atash Kadeh and Youth Activities*

***Admission Fee: \$35***



— ZAH Z-CAMP TEAM —  
PRESENTS the ANNUAL

# Z-CAMP 2022

## 10TH YEAR ANNIVERSARY

ZAH CENTER - HOUSTON, TX

JULY 29 - 31 2022



LEADERSHIP DEVELOPMENT | OUT OF THE BOX THINKING |  
LIFELONG FRIENDSHIPS

FOR DONATIONS AND/OR REGISTRATION QUESTIONS, PLEASE CONTACT KAYO SIDHWA AT  
KAYSID@HOTMAIL.COM  
ANY YOUNG ADULTS AGED 22-28 INTERESTED TO VOLUNTEER FOR Z-CAMP SHOULD CONTACT KAYO  
SIDHWA AT KAYSID@HOTMAIL.COM