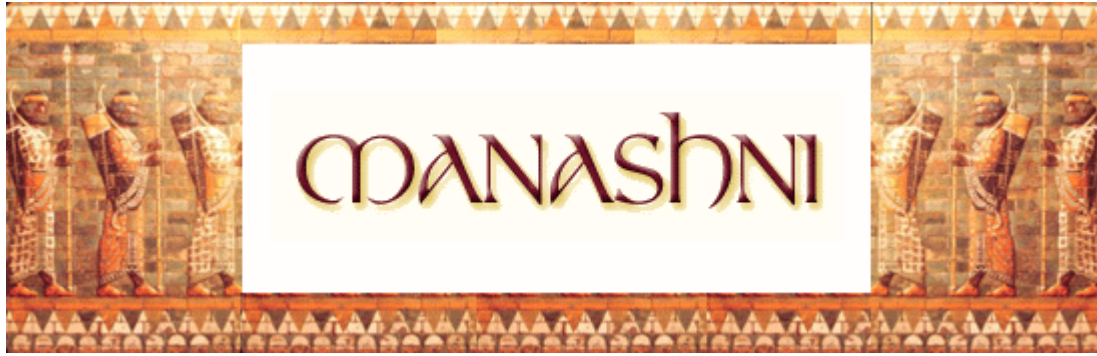




Zoroastrian Association of Houston
8787 W. Airport Blvd.
Houston, TX 77071



SUNDAY SCHOOL

PLACE: ZHCC, 8787 W. Airport Blvd., Houston, TX 77071 Tel: 713-270-9339
TIME: 11:00 AM
DATE: June 12, 2011

Children’s Session: This month the “**Let’s Learn Gujarati Together**” session will start at 11 am and we will continue with the “Gujarati Alphabet”. Please bring atleast one item each, beginning with Ka and Kha for the show and tell. **Sunday school will begin promptly at 11.30 am.**

Middle Group: This group is for the children in the middle school. Last year they learnt about the ceremonies, this year they will be learning the Kusti prayers and their meanings. If your child falls in this age group, do please bring him/her to the Sunday School.

Senior Group: Sarosh Collector conducts this session. See a write up by the Youth Chair.

UPCOMING EVENTS

Saturday, May 22nd, 1.30 pm- Creative Dance Class – Dance recital.
 Vehishta would like to invite the Sunday School children and their parents and all members of ZAH and friends to attend the Dance Recital of her Creative Dance Class to be held at the ZAH Center on Sunday May 22nd at 1:30 pm. Please RSVP to Vehishta at salveh@comcast.net, if attending. Thank you.

Sunday, June 5th, 11 am – Shahenshahi Dae Month **Gahambar – Maidhyairem**
 Nominal charge of \$5 ; Kids upto 3 years is gratis.
RSVP at zahrsvp@yahoo.com

Saturday, June 11th – 1 pm to 5 pm – ZAH Center - Youth Career Mentorship Program. Our first get together will be on Saturday, June 11th from 1pm to 5pm. Light snacks will be served in the afternoon. RSVP to Zarir Sethna at zarirs@sbcglobal.net

Sunday, June 19 – Picnic -Fun and games. Details coming soon

Friday, August 19 – Shahenshahi Navroze Humbandagi

Saturday, August 20 – Shahenshahi Navroze Function

MEETINGS

GOLDEN GROUP	Fourth Sunday of each month. Interested? Please call Zarine Balsara at (281) 304-6611
LIBRARY COMMITTEE	First Sunday of each month at 11:00 AM. Interested in helping? Or would like more information, please call Aban Rustomji at 281-493-1275 or e-mail her at aban@coatingindustries.com

REPORTS

LIBRARY REPORT

By Jangoo Mistry

The ZAH Library Committee took pride in presenting Houston's own Nina Godiwalla at a book discussion and signing ceremony held in the main hall of our Center on April 8. Ably interviewed by Aban Rustomji, the large gathering got a chance to hear Nina give her insights into the "story behind the story" – her personal journey from the challenges of a superficial corporate world to a more rewarding career choice that balances both personal and professional aspects of one's life. The audience had several questions and comments for Nina that showed the strong pride and interest of our members in Nina's accomplishment.

In case you have not read it yet, the book: "*Suits: A Woman on Wall Street*" is a riveting read, and a fascinating page-turner that will keep you engrossed until the end. The book has been described by critics as "heartwarming, heart-breaking, and hilarious", a "gripping read", and a "vibrant snapshot of an immigrant family with big dreams". Thanks to a generous anonymous donor, the ZAH Library has several copies of the book for you to check out.

There are several other additions to our book collection at the ZAH Library that will give you ample material for your summer reading – whether you are sitting on a bench in the park, lying on the beach, or just curled up at home in your favorite chair.

Homi Erani has generously donated a rare, much sought-after book he brought back from India for our library: "*The Last Tourist in Iran: From Persepolis to Nuclear Natanz*", by Nicholas Hagger. This tour of Iran explores the rich history of the country, from the Achaemenians and the Zoroastrian religion of 2,500 years ago to the Revolution which dethroned the Shah and made Iran an Islamic Republic. Hagger, the author of over 30 books, has written what is billed as the "the first book on Iran to combine travelogue with historical reflection".

Our very own Shahnaz Sidhwa has published a beautifully illustrated bedtime story book, "*Farmer Brent*" for children ages 5 and up that they will enjoy. The story teaches how a difficult situation can be salvaged in a humorous manner. If you wish to buy the book for your youngster you will be able to purchase it at a discounted rate by contacting Shahnaz at (281) 741-5557.

If reading biographies is your thing, we have two new biographies: (1) Fali Nariman's: "*Before Memory Fades*", and (2) the famous diplomat Jamsheed Marker's: "*Quiet Diplomacy*".

And as always, for lighter reading, your ZAH Library has lots of fiction books by well-recognized Parsi authors like Rohinton Mistry, Thrity Umrigar, Bapsi Sidhwa, and Boman Desai. Try any book from any of these authors, and you will be hooked.

ZAH YOUTH GROUP REPORTS By Fram S. Haveliwala – Youth President

At our previous Sunday School, we discussed about our prophet: Zarathustra. Zal and Hoshang uncle led this session and went in depth about Zarathustra as a man, his family, and his life. It was fascinating to not just listen, but understand our prophet's way of life and key role in Zoroastrianism.

Hoshang Subawalla, one of our assistant teachers, will no longer be teaching Sunday School class due to his work commitments. We will miss you dearly Hoshang uncle and your fine knowledge about our religion. On behalf of the Youth Group, "Good luck, have a safe flight, and we will miss you very much!!"

At the ZAH Carnival, the Youth had their annual stall with delicious food and goodies. Thank you to all the parents and friends who donated their items. A very special thanks to Rustom Uncle for supporting the Youth through his out-of-this-world Tikka stall! Also, thank you to Behroze Aunty and Diana Aunty for conducting our sari-raffle booth! The lucky winner will be announced in the next edition of Manashni. We also held our Spring Youth Car-Wash which was another big hit so thanks for always supporting us. The Youth would like to thank a few people for taking time out of their carnival fun and helping us:

- Aderbad Tamboli

- Jenisteen Davier
- Kamalrukh Gandhi
- Khushrav Nariman
- Noozar Boomla
- Percy Master

We truly appreciate all your help and effort. Thank you!

In the next edition, a report on the fantastic evening at the “**HOLLYWOOD MEETS BOLLYWOOD – Youth Group Extravaqanza!**”

MISCELLANEOUS

ZAH CARNIVAL (By Yasmin Medhora)

The 13th Annual Carnival celebrating the anniversary of the ZAH Center was held on April 10 after Sunday school. With the hard work of all you guys, a total of nearly \$5000/- was donated to ZAH.

Thanks to each and every one of you who attended the Carnival, purchased food, played games, volunteered, cooked food and donated items. The team work put in at the ZAH stalls and the Rental stalls paid off.

A very special thanks to Rashna Oak who worked for months with children of all ages to make beautiful art work, glass painting and pecan pies. The silent auction, sale of items and canister raffle made \$1,222/- for ZAH. ZAH thanks all the parents and children, helpers and Rashna and her family in this effort.

Food donations: Grilled chicken tikkas by Rustom Setna; Dhansak, Jasmin & Yazdi Mistry; Haleem Roshan Gazdar; Bhel and Dahi Poori by Jasmin Katrak; Curry and Chicken rolls Yasmin Medhora; Potato Kamal Unwalla; To-Go Kheemo Kamalrukh Gandhi; Meat Sandwiches and Dalpoli/Tea stall Nargis Cooper; Youth area coordinated by Tenaz Sunavala,; Variety of Cakes by Anita Kavina; Pizza Maneck Nariman; Sodas by all Youth group families; Curry Masala Thrity Kharas; Green Chutney, Plant and DVD sale by Yezdi Engineer (his late mom’s recipe); Faloodo by Maharukh Deputy; Parsi Custar Farzana Sidhwa and Arna Mistry; Mithoo Dahi Perviz Sethna; Watermelon Juice by Mahnaaz Firozgary; Rice by Yasmin Engineer (for curry); Diana Balsara rice for curry and kaando for bhel; Potatoes for bhel by Nergish Davier, Pervin Sidhwa, Ava Bhatthena, Fareeda Divecha and Roshan Engineer;

Games, Rental, Other: Atrium games manned by Nazanin & Farzad Sarkari, Lyla Daroga and Rashna Kaikobad & Vehishta. Pinata and Egg Hunt coordinated by Meher Rustomji. Bingo by Villi Bhappu and Shernaz Boomla. Bingo first prizes by Naushad & Natasha Mehta (plus 2 given for Desi Night to the Youth group) and Sharmeen Irani. Parinaz Irani for Bingo second prize and Anonymous donor for many gift certificates out of which some were used and some are given to the Youth group for the Desi Night and the rest will be used next year for the 2012 Carnival.

Thanks to the following for renting tables:- Villie Daboo, Dilnavaz & Feroze Meer, Gulmor Bharucha, Ketu Tamboli and Cillie & Jehanbux Mehta. C&J Mehta also donated \$400/- of their proceeds to the ZAH. Thanks.

2 large trays of onion rings cut and donated by Shernaz Boomla; money for naan (for haleem) and kachooabar ingredients by Pervin Sagar; money towards bhel ingredients by Bakhtawar Byramji; money for limbo, tea and all paper products by anonymous donor; money for (for potato) by Thrity Engineer; bunches of kothmir and other items cut by Kershaw Byramji family, money donation Roshan N Sethna aunty and Roshan Behramsha.

More volunteers Rohinton Deputy and Bomi Gazdar as Accountants for the day, Zenobia Guzder, Sherry Sethna, Ouvi Mehta, Kamalrukh Gandhi, Aban Umrigar, Noshir and Ashdin Medhora, Rustom Engineer, Niraj Oak, Faredun & Kashmiri Bhader, Farooq, Kayo Sidhwa, Percy Katrak, Khursheed & Mahtab Dastur, Yasmin Haveliwala, Rayhan Nariman, Fiona Setna, Naomi Bhappu, Percy Master. Also thanks to families of all Youth group, Middle group and Kid group.

Thanks to anyone else who volunteered or donated in any way to the Carnival.

WZCC YOUTH CAREER CONNECT MENTORSHIP PROGRAM

The WZCC Houston Chapter is proud to announce the launch of a new career mentorship program for ZAH Youth. The **Youth Career Connect** program will help match local Youth with career Mentors from the community.

Seeking a Career Mentor?

The WZCC invites Youth (15-35) to register for this program. If you (or your child) would like to be matched with a Career Mentor, please email zarirs@sbcglobal.net and include:

- Summary of education and work experience to date
- Career aspirations over the next 5 years and the next 20 years
- Description of the ideal mentor (industry, function, experience level, age, gender, etc)

Interested in becoming a Career Mentor?

Based on local Youth who have already expressed interest in the program, WZCC is actively seeking Career Mentors of various ages (25+) and experience levels in the following areas:

- Education / Teaching
- Engineering / IT / Architecture
- Finance / Accounting / Investing / Insurance / Real Estate
- Medicine / Life Sciences
- Sales / Marketing / Advertising / General Management / Consulting
- Small Business / Entrepreneurship

If you you'd like to Mentor in one of the above areas (or any other), please email zarirs@sbcglobal.net and include:

- A short summary of your education and work experience
- The number of mentees you'd be willing to mentor
- The number hours per month you'd be willing to commit

ZAH DIRECTORY

New 2011 ZAH directory is in the works with a target distribution date at Shehanshahi Navroze function. To make this a self funded project, ZAH would greatly appreciate your support for a page of advertisement/greeting from you and your family. Below are the rates for the ads. Anyone wishing to volunteer for obtaining ads, may please respond to asethna@comcast.net

BACK OUTSIDE COVER	COLOR	\$ 3,000 SOLD
FRONT INSIDE COVER	COLOR	\$ 2,000 SOLD
BACK INSIDE COVER	COLOR	\$ 1,000
CENTER SPREAD	COLOR	\$ 2,000
FULL PAGE	COLOR	\$ 300
FULL PAGE	B &W	\$ 100
HALF PAGE	B &W	\$ 50

With your membership checks, we have received your information to be included in the directory. However, if you have not paid your membership dues but would still like to be included in the book, please complete the attached form and either e-mail it to asethna@comcast.net or mail to 8787 W. Airport Blvd, Houston, TX 77071.

The Executive Committee has decided that each family member will get one complimentary copy. Extra copies to be sold for \$5.00 each. Non-members will not get a complimentary copy, but can buy at \$5.00 each.

CONGRESS 2000 LEGACY AWARDS

The congress 2000 legacy Committee and the ZAH Executive Committee invite applications for the fifth year. **Two applicants will be awarded \$3000.00 this year.** The winning students will be recognized as innovators and leaders for tomorrow's global community at the August Navroze celebrations. By supporting the next generation of great minds we pay tribute to the success of the World Zoroastrian Congress!

Application form is posted on the ZAH website www.zah.org. **Please do note that the deadline for submission of your completed application is June 01, 2011**

NORTH AMERICAN ZARATHUSHTI CONGRESS – DVDs ON SALE

The Fifteenth North American Congress was a great success and everyone has happy memories of the event, all of which has been captured on two sets of DVDs:

Set 1 – Entertainment – 2 DVDs
Set 2 – Sessions – 4 DVDs

The set of Entertainment DVD has been completed and is available for sale at \$30.00 per set. These will be available at the Carnival on Sunday, April 10, 2011

The Sessions DVDs will be ready shortly and will also be for \$30.00 OR \$50 for both the sets. Extra \$5 for shipping.

For Orders or any questions, please contact: Jehanbux Mehta - 281-617-7468 or jehanbux@comcast.net

BUSINESS CORNER

FLOWERS TO TEHRAN

You can send flowers with best prices, your picture, your hand writing and the postal card you select from this website to whoever in Tehran you love. Website: <http://mmgflowers.com>

NUTRITION COACH

Rupina Meer, founder of Zentrition, is offering her services as a nutrition coach. She is based out of California. Anyone who wishes to contact her to get guidance on weight management, the right foods to eat, or simply feel great can email her at rmeer@zen-trition.com or call her at P: 949-709-4539 Cell: 703-447-1811. Her website is www.zen-trition.com.

ZAH DIRECTORY INFORMATION – Please complete the following and either email to asethna@comcast.net or mail to 8787 W. Airport Blvd, Houston, TX 77071, if you wish your name to be included in our next directory:

LAST NAME: _____

FIRST NAME: _____

NAME OF SPOUSE: _____ S/O or D/O: _____

CHILDREN:

1. _____

2. _____

3. _____

DEPENDENTS: 1. _____ 2. _____

TEL: (H) _____ TEL: (W) _____ CEL: _____

SPOUSE: TEL (W): _____ CEL: _____

E-MAIL: _____ E-MAIL SPOUSE: _____

PROFESSION: _____ PROFESSION: (SPOUSE): _____



SHAHENSHAHI DAE MAS (MAIDHYAIYA) GAHAMBAR

WILL BE

CELEBRATED ON JUNE 5, 2011

COMMENCING WITH JASHAN CEREMONY

AT

**ZARATHUSHTI HERITAGE
AND CULTURAL CENTER**

JASHAN STARTS PROMPTLY AT 11:00 A.M.

CHARGES: \$5/PERSON

(Children upto 3 yrs - gratis)

RSVP by 25th May to: ZAHRSVP@yahoo.com

**ZAH Community gratefully thanks all our Sponsors for
generously donating towards the Gahambar and our
Ervads for performing the Gahambar Jashan**





"Health is a state of complete harmony of the body, mind & spirit. When one is free from physical disabilities & mental distractions, the gates of the soul open"
-B.K.S. Iyengar

Invitation to discover Your Highest Wellness

We all love to eat all day, every day. And we all know the adage, "you are what you eat," but nutrition is an evolving science and no one knows what to eat anymore. High protein, low carbohydrate versus low protein versus all raw foods versus vegans and on and on it goes...

Welcome to the innovative field of Health Coaching. No perfect way of eating works for everybody, and as a Holistic Health Coach, I will work with your bio-individuality to help you discover foods that are perfect for your body, age and lifestyle. It's nutrition counseling as unique as you are.

I received my training at the Institute for Integrative Nutrition where we studied with health and wellness luminaries, including the likes of Dr. Andrew Weil, Dr. Mark Hyman and Dr. Deepak Chopra to name just a few. But what's really unique about my training is that we go beyond the food on your plate to lifting the veil on what nourishes your heart and soul. Food can fill you but not fulfill you. Healthy relationships, satisfying career, regular exercise, and spirituality all feed us on a much deeper level. And my approach is to explore all these interconnecting pieces of the puzzle to assess how they impact your health as a whole.

Could one conversation inspire you to change your life?

No one doubts the wisdom of the Chinese adage, "the journey of a thousand miles begins with a single step", but we often get stuck on the "thousand miles" part. I invite you to take that first step (or click) with your mouse by visiting www.zen-trition.com and schedule your free initial consultation today. Or simply call 949-709-4539...your healthiest life is waiting.

Rupina Meer, MBA, HHC
 Founder, Zentrition
 E-mail: rm Meer@zen-trition.com
 P: 949-709-4539 Cell: 703-447-1811
www.zen-trition.com

