SUNDAY SCHOOL

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

TIME: 11:15 AM.

DATE: December 13, 2009

Children’s Session: Vehishta will conduct the session.

Middle Group: Arnavaz Sethna and Pearline Collector conduct this session.

Senior Group: Sarosh Collector conducts this session

Adult Sunday School Classes – If you are interested in joining Adult Sunday School classes, please contact Nazneen Khumbatta, preferably at nazneekhumbatta@yahoo.com

UPCOMING EVENTS

Sunday, December 13 – Christmas Party after Sunday School

Cost for luncheon: $5 per person. Under 3 gratis.

Lunch is for adults and children. When responding for this party, please give the total number that includes adults and children.

Each participating child will bring a wrapped gift valued between $5 - $10. Boys will bring boy gifts and girls will bring girl gift. No names to be written on the gifts. Just write boy / girl so we know if the item is suitable for a boy or a girl. Santa has agreed to give Vehishta’s group their presents first as many little kids may want to leave early. However, if some of them want to take part in the White Elephant gift exchange with the older kids, their gifts will be placed separately with the older kids. White Elephant gift exchange will be primarily for the middle and youth groups, and anyone from Vehishta’s class who want to participate (Vehishta’s group, cannot participate in both).

Naushad Mehta has graciously agreed to cater the food. Nazanin Sarkari has volunteered to bring drinks and chips.

If we could have some patrons to donate door prizes then we will arrange for games according to the number of prizes we have, as Nazanin, our party planner, would like to give atleast 1st, 2nd and 3rd place prizes for each event. Let us know if you want to give a few more gifts as door prizes.

Please definitely give Nazanin Sarkari the money before the Sunday School starts.
MEETINGS

<table>
<thead>
<tr>
<th>ZARATHUSHTI INVESTMENT GROUP</th>
<th>Third Thursday of each month at 7:00 PM. Interested? Please call Yazdi Sidhwa 281-265-0589.</th>
</tr>
</thead>
<tbody>
<tr>
<td>BUILDING CONSTRUCTION COMMITTEE MEETING</td>
<td>Third Thursday of each month at 6:00 PM. Interested? Please call Yazdi Sidhwa 281-265-0589.</td>
</tr>
<tr>
<td>GOLDEN GROUP</td>
<td>Fourth Sunday of each month. Interested? Please call Zarine Balsara at (281) 304-6611</td>
</tr>
<tr>
<td>LIBRARY COMMITTEE</td>
<td>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 <a href="mailto:aban@coatingengineers.com">aban@coatingengineers.com</a></td>
</tr>
</tbody>
</table>

REPORTS

YOUR EXECUTIVE TEAM REPORTS

No report at this time

LIBRARY REPORT – by Jangoo Mistry

Movie Screening: The ZAH Library Committee is planning to screen Tenaz Dubash’s film: “Crisis in Faith: Zoroastrians Today” on Friday, February 5, 2010. Ms. Tenaz Dubash, who is a Cornell-educated film maker and S.I. Newhouse School graduate, has also filmed “In the Footsteps of our Forefathers” which follows thirty-five Zoroastrian youth as they search for the roots of their religion in Iran.

Her latest movie, which we are screening in February, is an observance of the current challenges facing the Zoroastrian community. The hour-long documentary focuses on the assimilation of the Zoroastrian community into North America by documenting the personal stories of individual Zoroastrians. In the process, the movie also sheds light on the religion’s rich history and heritage. Ms. Dubash has conducted companion lecture series during the launch of this new film in Harvard and Washington, D.C., and is planning to fly down to Houston and Dallas for the screenings that weekend. Please mark your calendars for this event – the usual discussion that follows our Library movies promises to be lively and controversial this time.

Other News: The first three volumes of Parsi Prakash, an invaluable source for Parsi history that is mostly in Gujerati, have been digitized by Duke University and are now available on CDs for purchase at: http://www.humancomp.org/prakash/. Parsi Parakash is available in our Library as well.

Also, be sure to check out some new books that we have added to our collection: (1) Sasanian Iran: Portrait of a Late Antique Empire by Touraj Daryaee, (2) Thrity Umrigar’s new book The Weight of Heaven, and (3) The Heritage of Zarathushtra, donated by the author Pallan Ichaporia.

MISCELLANEOUS

“CHAIYE HAME ZARATHUSHTI NIGHT” – AN EVENING TO REMEMBER

Continuation

Continuation from last edition…..
Thank you very much to the Silent Auction donors for the following items:

**Mega Energy** - 2 Gift certificates, Amici Restaurant and Perry's Steakhouse;

**Ghulam Bombaywala** - 2 gift certificates, MichelAngelo's;

**Gift Basket with gift certificates and goodies** - Nargis & Homi Cooper, Yasmin & Rustom Engineer and Bakhtawar & Kershaw Byramji;

**Beautiful Indian Outfit** - Roshan & Yazdi Engineer;

**Mitha Law Firm** - Standard Last Will & Testament;

**4 Original Oil Paintings** - Kian & Khodadad Peshotanizadeh;

**American Express Gift Certificate** – Yasmin and Noshir Medhora

**Parsettes, 2 gift certificates, Massage Envy** - Rosh, Meher, Thrity, Parinaz, Farzana, Nilufer, Yasmin, Baku, Dili, Nuzhat.

A very special thank you to the recipients of the silent auction items who generously contributed to the ZAH fundraiser

**Ali Poonawalla** – for purchasing 3 silent auction items

**Cyrus & Shenni Boga, Darius & Farzana Wania, Barjor & Khursheed Dastur and Yasmin & Noshir Medhora** – for purchasing 2 silent auction items each

Ronnie & Elvia Patel , Vispi & Pervin Sagar, and Kershaw & Bakhtawar Byramji – for purchasing 1 silent auction item each

**UPDATE ON THE TOTAL FUNDS RECEIVED:** After the final calculation, the funds received at this Gala together with Sari Raffle and silent auction is **$19,983.00**

**ZAH YOUTH GROUP COLUMN** by Bahrom Firozgary

With every new school year comes a new group of intelligent and proactive Desi youth known as the Zoroastrian Association of Houston's Youth Group. This year, the group of over fifteen teenage Zoro's is led by President Bahrom Firozgary, Vice Presidents Khubyar Behramsha and Josh Balsara, Treasurer Noshir Khumbatta, Secretaries Cryus Byramji and Fram Haveliwala, and historians Zenia Sunavala and Cyra Byramji. The youth group held a lock-in during Labor Day weekend in Galveston and learned a tremendous amount about the Jashan Ceremony and the meaning of some of our daily prayers from the extremely brilliant Ervad Soli Dastoor. They plan on volunteering during the Christmas holiday and also throughout 2010. Behroze Daruwalla and Sarosh Collector added two more commanding officers to their squadron, Tanaz Sunavala and Zal Sethna; all four help out a great deal and help orient the youth in the right way.

**ZAH YOUTH GROUP FOOD DRIVE**

*Dear members and friends of ZAH,*

The Youth group of ZAH is doing a food drive in Dec 2009. We will be collecting food cans and donating those to a charity organization, The Houston Food Bank. We would like to help the needy in this holiday season.

**WE NEED YOUR HELP**

1. Please donate a few cans of food. You may drop off the cans at ZAH on **Sunday 13th Dec 2009**.
2. If you do not have time to buy the canned foods, you may also donate by cash/check and the youth will go to the store and buy the cans. Please make out checks to the ZAH (food drive).
3. If you need assistance for someone to come and pick up the cans, the youth group can arrange for that as well, please contact

Khubyar at 281-856-7076  
Email: khubyar@yahoo.com  OR

Bahrom Firozgary at 281-558-1963  
Email: dabom191@yahoo.com

Please do come and donate whatever you can. Every little bit counts.

Should you have any questions please feel free to contact your youth leaders or email me back. My e-mail address is:  khubyar@yahoo.com

Thanks much for your participation, in true Zoro spirit.
Best Regards,
Khubyar Behramsha
ZAH Youth Group

LIFE IN IRAQ - by Anosh Gonda

Facts about living in Iraq: Almost all US government contractors live on military bases or in secure compounds in Iraq, surrounded by concrete blast walls, guard posts, chain link fences and concertina wire (a type of barbed wire). Security is very strict with all contractors required to carry military identification cards. All travel is done by either armored convoy (with armored SUVs) or by helicopter. All contractors traveling outside of compounds wear protective body armor vests and helmets while traveling. In more dangerous locations you may be required to wear your body armor and helmets during the workday or at least have it with you. All locations are subject to mortar or rocket attacks, some occasionally, and some almost daily. Warning systems and bunkers are provided for these events

Money and Shopping All locations have some access to a Post Exchange (PX), the Army Air Force Exchange (AFFES). The PX may be a trailer or a building. The small ones have basics like soap, deodorant, candy, sodas, magazines, books, toothpaste and just necessities. The larger the base the more that is available, to include: TVs, computers, microwaves, irons, coolers, chairs, cleaning supplies, frozen meats, BBQ grills, clothing, games, DVDs, canned food, microwave food and military souvenirs. US Contractors have access and can pay with cash, debit or credit card for items.

Living Conditions: Most US Government contractors in Iraq live in containerized housing. This consists of a prefabricated building made of metal with two separate bedrooms that share a flush toilet, sink and bath. You may be in similar quarters with a joint shower and bath unit located close by. In more primitive remote sites you may live in a tent with wooden floors and walls. All living accommodations for US Government Contractors will be air conditioned. Typically you have a desk, a chair, a single bed with mattress and some type of wardrobe for your clothes.

Recreation: We are a captive audience in Iraq. No one goes outside the safety of the bases without a good reason and security. You do have free MWR facilities (Morale Welfare and Recreation) on all the bases. This goes from Red Cross free books, cards and letter materials, to recreation centers with free to use computers (internet cafes), phone banks (you pay) and free pool tables, cards, TV, DVD checkout and sports programs. AFN (Armed Forces Network) is available for a charge at most bases and is free at recreation centers and dining facilities. Larger camps have swimming pools, hold sports rallies, have USO shows, may have a movie theater and hold events on base, they may also have a continuing education center for online education.
Food: US Contractors in Iraq will usually eat at a Military Dining Facility. The food is good and plentiful with a great variety of fresh fruits, vegetables, entrées and desserts, the larger the dining facility the bigger the variety. Steak, lobster, shrimp, hamburgers, chicken and fish are regularly served. The PX also offers meats for BBQ and sandwiches, frozen entrees for your microwave and a full line of non alcoholic beer and drinks. Alcohol is illegal in the war zone to US Contractors and US Military personnel in Iraq, as part of the US Government contracting agreement.

GENETIC STUDY FOR TEXAS PARSIS

Dr. Saroja Voruganti, a postdoctoral scientist at the Southwest Foundation for Biomedical Research in San Antonio is conducting research on a genetic study of Parsi/Zoroastrians in Texas. She solicits ZAH members for help to complete her study.

Description of the study:
The proposed study aims to identify the genetic and environmental influence on the prevalent health problems in the Parsi community in Texas. In this pilot study, information related to family structure, basic demographics, dietary patterns, health habits and medical histories, along with simple anthropometrics and blood pressure measures will be collected from members of Parsi families. All individuals 18 years or older can participate; there is no upper age limit for participation.

Benefits of the proposed study:
This study will also help create a comprehensive database of the Parsi community in Texas that will include information related to various traits, socio-demographics, dietary intakes and health history. This preliminary information will help us in developing a larger genetic study in the Parsi community in the United States that proposes to identify genes affecting the prevalent health problems in the Parsi community.

Tentative timeline for study

**December 2009**
Call or email Dr. Voruganti to participate - we need 400 minimum participants - this includes Dallas participants as well.

**January –Aug 2010**
Dr. Voruganti and colleagues will set up interview with each participant to fill out data – 1 hour of your time – see attachment.

**Aug – December 2010**
Data from all over Texas will be put together in a comprehensive database and analyzed.

**December 2010**
Results of the study will be presented at NAZC 2010

To participate in this study or for more information or concerns, email Dr. Saroja Voruganti @ svorugan@sfbrgenetics.org or call 210-258-9795.

2011 WORLD ZOROASTRIAN YOUTH CONGRESS - VANCOUVER, BC, CANADA
Now accepting submissions for a logo for the upcoming 2011 5th world youth congress.

The following are the criteria for the logo:

1. The logo must have some form of religious aspect to it.
2. The logo should have some Canadian or BC content.
3. The logo must have "5th World Zoroastrian Youth Congress" somewhere on it.

Please send your submissions to congress2011@hotmail.com no later than Monday November 30th 2009.

The winning submission will win a $100 cash prize. We look forward to receiving your submissions. If you have any questions please contact Shiraz @ (604)274-4973.

ACCOLADES

Zarine Boyce has been nominated in the Greater Houston Women's Chamber of Commerce Hall of Fame and will be receiving the award at the Hall of Fame Gala on Thursday, December 10, 2009. This is a great honor for one of our own community member to be inducted into the Hall of Fame by the Women's Chamber of Commerce.
Congratulations Zarine

Dina R. Mody, MD, FCAP, received the 2009 College of American Pathologists (CAP) Lifetime Achievement Award at a ceremony held on October 12, 2009, in Washington, DC.

The CAP Lifetime Achievement Award is presented to recognize and honor members of the College who have made a broad and positive impact on the pathology profession through contributions to one or more areas of the College over an extended period of time.

Dina Mody was honored for her distinguished years of service to the College on the Cytopathology Committee, the Cancer Committee, and the Archives of Pathology & Laboratory Medicine Editorial Board. Her service and dedication over the years has contributed greatly to the advancement of patient care, the specialty of pathology, and to the CAP.

I am the “accidental pathologist” who discovered this field after immigrating to the United States in 1981. “There is no higher professional honor than to be recognized by one’s colleagues and peers,” said Dr. Mody. “I would like to express my deep gratitude to the College of American Pathologists for this distinction.”

Congratulations Dina

IDEAS/ARTICLES FOR MANASHNI
If you have any articles for Manashni e.g. community news, news about our members or anything interesting/fun, please send those to ZAHMANASHNI@yahoo.com. We will try to feature your articles in the upcoming Manashni editions. Please remember to put your first and last name in the email as well.

Thanks you,
Manashni Editorial Board

NAVJOTE
Yasmin Subawalla, daughter of Hoshang and Dilnavaz Subawalla, had her navjote ceremony on November 25, 2009.

Rayomand, Dina and Rohan Hormuzdi, children of Khursheed and Yazdi Hormazdi, had their navjote ceremony on November 26, 2009

Zarius Engineer, son of Kersi and Thrity Engineer, had his navjote ceremony on November 28, 2009

Congratulations to Yasmin, Rayomand, Dina, Rohan and Zarius.

WELCOME TO NEW MEMBERS:
Kersi and Nargis Daroga, parents of Raymie Daroga, have relocated from Karachi, Pakistan. Their address is:

2911 Williams Grant Ste.
Sugar Land, TX 77479
Home phone: 281-302-5184
Kersi Cell: 832-387-1458
E-mail: nargiskersi@hotmail.com
2010 - CALENDAR OF EVENTS

Regularly Scheduled Events

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>Sunday School - Age - up to 9</td>
<td>Second Sunday of each month</td>
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<tr>
<td>Sunday School - Age - 10 to 13</td>
<td>Second Sunday of each month</td>
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<tr>
<td>Sunday School - Age - 13 to 18</td>
<td>Second Sunday of each month</td>
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<tr>
<td>Executive Committee Meeting</td>
<td>Second Sunday of each month</td>
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<tr>
<td>Library Committee Meeting</td>
<td>First Sunday of each month</td>
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<tr>
<td>Zarathushti Investment Group</td>
<td>Third Thursday of each month</td>
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<tr>
<td>Golden Group</td>
<td>Fourth Sunday of each month</td>
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</table>

- January 30       Saturday       Jashn-e-Sadeh.
- February 5       Friday         Library event
- February 14      Sunday         Car Rally
- March 13         Saturday       Dar-ni-Pori Bake-a-thon
- March 20         Saturday       Fasli Norouz Function
- April 10         Saturday       Library Event
- April 11         Sunday         Carnival (after Sunday School)
- May 31           Sunday         Shehanshahi Dae Month Gahambar - Maidhyaiya (16-20 Daê)
- July 10          Saturday       Dinner Theater (Tentative)
- August 19        Thursday       Shehanshahi Navroze Humbandagi
- August 21        Saturday       Shehanshahi Navroze function
- October 3        Sunday         Fasli Mehrgan Gahambar
- October 9        Saturday       Library Event
- November 14      Sunday         ZAH Annual General Meeting after Sunday school
- December 12      Sunday         Christmas Party after Sunday school
- December 28      Tuesday        Early Registration for the Congress
- December 29      Wednesday      Congress Opening
- December 30      Thursday       Congress Day 2
- December 31      Friday         Congress Day 3 and New Year’s Eve Gala
Holiday Recital

You are cordially invited to the Creative Dance Class Presentation of “Peter and the Wolf”

Date - Saturday, December 12th, 2009
Time - 11:00 a.m.
Place - Zarathushti Heritage & Cultural Center
8787 West Airport Blvd.
Houston TX 77071

Refreshments to follow.

RSVP - Vehishta Kaikobad
Email: salveh@comcast.net
Tel: 281-564-1148
# Registration Form

<table>
<thead>
<tr>
<th>Attendee</th>
<th>Attendee 1</th>
<th>Attendee 2</th>
<th>Attendee 3</th>
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<tr>
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<td>Emergency contact &amp; Phone #</td>
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<td><strong>Registration options (please refer to page 2 and check appropriate boxes)</strong></td>
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<td>Registration package (see rates on Page 2)</td>
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<tr>
<td>Parsi Gujarati Natak by Nozer Buchia followed by music by Adi Tamboli (Dec 30) Snacks. $30.00</td>
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<tr>
<td>Meal preference</td>
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<td>Non-veg</td>
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<td><strong>Credit Card Information</strong></td>
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<td>Card Type (Visa or MasterCard only):</td>
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<td>Cardholder Signature:</td>
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Total to be charged to credit card for all attendees (please fill in from rate sheet):
Registration Package Rates (US$):
Included with registration: 2 daily coffee breaks; 2 lunches (Dec 29 and 30); 2 dinners (Dec 29 and 31).
Does not include dinner on Dec 30, or lunch on Dec 31.

<table>
<thead>
<tr>
<th>Under 16</th>
<th>16-30 years</th>
<th>31-65 years</th>
<th>66 and above</th>
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</thead>
<tbody>
<tr>
<td>(accompanied by adult)</td>
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<tr>
<td>Early bird (upto June 30)</td>
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<td>Regular (Jul 1 - Oct 31)</td>
<td>175</td>
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<td>275</td>
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<tr>
<td>Late (Nov 1 - Dec 24)</td>
<td>225</td>
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<td>325</td>
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<td>After Dec 24, 2010</td>
<td>500</td>
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</tbody>
</table>

Instructions
- Direct all inquiries to: NAZC2010.Registration@zah.org or call Hoshang Sethna (1-281-499-1832) or Manek Nariman (1-281-313-2654)
- Mail completed forms with credit card information or check to: Yazdi Sidhwa, 2027 Glenn Lakes Lane, Missouri City, TX 77459 or Fax completed form with credit card information to 1-281-763-2623

Accommodation information
- Intercontinental Houston 2222 W. Loop-South, Houston, TX, 77027 1-713-627-7600
- Reservations to be made directly with the hotel - use code FV9 to get NAZC negotiated rate of US$89+tax for upto 4 person occupancy.

Cancellation Policy:
- Cancellations before Nov 28, 2010 will incur a 10% penalty.
- No refunds after Nov 28, 2010.
- Refund checks mailed 30-45 days after event.
- Registration and admission to the event are subject to availability.
- ZAH reserves the right to cancel the event in case of inadequate interest or circumstances beyond its reasonable control.
- ZAH is not responsible for hotel reservations and accommodation. Registrants are advised to handle these independently.
- ZAH is not responsible for any issues that the registrants may have with the hotel authorities.