SUNDAY SCHOOL

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

TIME: Different times for each group

DATE: July 8, 2018

Children’s Session
The Sunday School session starts
at 10.30 a.m. to 11.30 a.m.
This month the session will be
focused on learning about the
Gathas

Middle Group: The Sunday School
session at 11.00 a.m.

Youth Group: Sarosh Collector,
Kaemerz Dotiwalla conduct this
session.

NAVROZE MUBARAK
MANASHNI WISHES ITS READERS A VERY HAPPY NAVROZE

UPCOMING EVENTS

Tuesday, August 7 to Thursday, August 16, 2018 – Mukad Prayers

Friday, August 17, 2018 – Hambandagi & Maachi
Humbandagi - 6:30 p.m. Maachi - 7:00 p.m.

Saturday, August 18, 2018 – Navroze Function
Celebrating 40th Anniversary of the Zoroastrian Association of Houston and
20th Anniversary of Zarathushti Heritage & Cultural Center
See attached flyer

Sunday, September 9, 2018 – ZAH Annual Carnival
1:00 pm - 6:00 p.m. – Save the date, details to be advised

Friday, September 14, 2018, 6.30 pm to 8.30 pm – ZAH and WZCC Joint
event – What you eat and How you eat could be killing you.. and what you
can do to stop it ! RSVP by 7th September. See flyer for details

Sunday, September 30, 2018 – Fasli Mehrgan & Maediozarem Gahambar
11:00 a.m. – 3:00 p.m. – Save the date, details to be advised

Saturday, Ocober 6, 2018, 1 pm to 4 pm - Preparing for College
Dr. Farrokh Mistree and his wife Dr. Janet K. Allen will be coming to
Houston to conduct this seminar for kids (8th to 12th grade) and parents to
know the entire college application process, applying for scholarships etc. See
flyer for details

Saturday, October 26, 2018 – Library Event
Save the Date – details to be advised

Saturday, October 27, 2018 – Retro Night
8:00 p.m. – Midnight – Save the Date, details to be advised

Friday, December 7, 2018 – Library Event – Movie Night
Save the Date – details to be advised
REPORTS

VISION 2020 PROGRAM PROVIDING FINANCIAL STABILITY AND MAINTAINABILITY FOR ZHCC

Dear Friends,

As y'all know about our Grand Anniversary Gala on August 18, 2018, it has been 20 years since our Center was inaugurated and has allowed us to enjoy and relish the immeasurable benefits that it offers. Although we cannot list the enormous intrinsic value it has provided us, let us reflect on the Top Five benefits the entire community, especially our kids, have and will take advantage of:

1. Since 1998, we have never had to look for a place to celebrate our functions & religious occasions making them extremely affordable and cost effective for all.

2. Our Sunday school classes serve as a platform for our kids (members & non) to enrich their knowledge of our religion, make lifelong friendships & eventually shape them into future Leaders.

3. The Legacy scholarship program has benefited numerous families since 2007 in supplementing their financial needs for their kids’ higher education.

4. Irrespective of our religious beliefs, we can have our Muktad prayers for our departed souls every year, a blessing not easily available to our Zarathushti friends in most cities and states.

We have a place to hold our Z-camps which allow our kids to acquire skills and get ready to face challenges in their future endeavors besides making new friends across North America.

Although not all, these activities clearly demonstrate that our Center is being utilized over 100% capacity and is solely due to our visionary leaders and elders who thought about the idea of having a Center. As recipients of these benefits, it is incumbent upon us and is our responsibility to look after our Center. So, let's unite and make sure we take care of our assets per YOUR CHOICE.

We started our strategic Vision 2020 program in 2013 and have come a long way. We wholeheartedly thank all those community members who have accepted the gauntlet of making sure that we develop a corpus for a solid financial foundation and donated to this noble cause. We shall be coming up with a unique “Recognition Wall Plaque for all the donors” very soon. For all others who are still procrastinating, please spare some time to reflect and think in true Zarathushhti spirit how you can fulfill your obligation that we ALL have towards our awesome ZHCC. Don't miss the chance to get on the recognition plaque.

As part of our V2020 program, our Commit-4-5 initiative allows everyone to choose the cause they wish to support and be a part by committing to a specific amount. The lowest category ($12.50 a week) is less than what most of us spend on ONE family meal. If you are not interested in committing an amount, you can donate a Lump sum amount each year per your desire and capacity.
MEMBERSHIP DUES
CATEGORY AND RATES

<table>
<thead>
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<th>Category</th>
<th>Rate</th>
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<tr>
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<tr>
<td>Student Membership</td>
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Manashni Surcharge $15
For Printed/Mailed copies

Definition of Categories

Family Member
Parents and their children under 18

Family Senior Member
One spouse is over the age of 65

Single Member
Unmarried individual over age 18

Single Senior Member
Individual over the age of 65

Single Member Head of Household
Single parent with children under 18

PLEASE MAKE YOUR CHECK PAYABLE TO:  ZAH

AND MAIL TO:

ZAH Treasurer
8787 W Airport Blvd.
Houston, TX 77071

Or pay online:
http://zah.org/?event=zah-annual-membership-2018

All donations are tax deductible and in case of any queries please feel free to contact Kayo Sidhwa at kaysid@hotmail.com or Aderbad Tamboli at axtamboli@windstream.net.

Thank you,

Kayo Sidhwa
V2020 Strategic Projects Committee

Library Committee Report – by Jangoo Mistry

A Very Happy Navroze to ALL

The years fly by, and it seems yet another New Year is upon us before we know it. The ZAH Library Committee would like to extend its best wishes for a happy, healthy, and exciting new year for all our members. We have collectively participated in some interesting and educational programs through the years, and we cherish their memories with pride. In the new year, with new spirits and new resolutions, we will strive to do even better for our patrons. For those who have not come to any of our programs so far, we ask only that you come to at least one Library event in the new year.

To all, we wish: Hold the smile, and let the tear go. Keep the laugh, and lose the pain. Look for joy, and abandon the fear. Happy Navroze!

Delightful New Book for Children

This is the right time for a wonderful new book that the ZAH Library has just acquired. “Every Month is a New Year” by Marilyn Singer is a fascinating compendium of new years around the world. In many places around the globe, the New Year starts on January 1. But not everywhere! Chinese New Year is celebrated in January or February. Iranians observe Nowruz in March. For Thai people, Songkran occurs in April. Ethiopians greet the New Year at Enkutatash in September. All these diverse cultural, regional, and religious observances have deep-rooted traditions and treasured customs.

Acclaimed poet Marilyn Singer has created a lively poetry collection that highlights sixteen of these fascinating festivities, some well-known and some less familiar. Together with Susan L. Roth’s captivating collage illustrations, the poems take readers to the heart of these beloved holidays. Every month of the year, somewhere in the world people celebrate with joy and good wishes for a happy new year. Old and young alike will find the book (5-Stars on Amazon) fascinating. Be sure to check it out.

ZAH Youth Group Report

By Yazad Sidhwa (ZAH Youth Group President)

Hello Everyone,

We had our ZAH Youth Group Officer Elections on July 8th 2018, and congratulations to all who have taken up the challenge and were elected officers for the 2018-2019 school year. I am very happy to be given this opportunity to lead this group of very talented youth members. We will work very hard and do our best to serve the entire youth group, our ZAH community and our Houston neighborhood. Here are the newly elected officers:

- Yazad Sidhwa - President
- Cyrus Mistry - Vice-President
- Zara Italia – Treasurer
- Natalya Mehta - Secretary
- Dina Hormuzdi - Historian
- Zubin Master – Webmaster
We would like to thank our out-going President, Nerius Mehta for his services for 2017-2018. We would also like to welcome our incoming freshmen Shanaya Vakil and Isabelle Irani into our Youth group and encourage them to give ideas and participate because we have a great group of friends and awesome teachers, mentors and parents. We had a meeting on July 15th 2018 and have finalized and set up our new calendar of events, assigned officer duties and it can be viewed on our ZAH Youth Group website http://zahyouthgroup.wixsite.com/zahyouthgroup.

We would like to inform y'all that Dr. Farrokh Mistree and his wife Dr. Janet Allen will be coming to Houston to conduct a seminar on "Preparing for College" on Saturday, October 6th from 1 pm to 4 pm at our Center. This is a great opportunity for kids (8th to 12th grade) and parents to know the entire college application process, applying for scholarships as well as the dos and don'ts. Please RSVP Yazad Sidhwa at yazsid01@yahoo.com or text at 832-640-4798. A Flyer is attached for details.

Youth members please try and attend Sunday school sessions and youth events and your ideas and suggestions are always welcome.

Let's make this year the best one yet!

Regards,
Yazad Sidhwa - ZAH Youth Group President

MISCELLANEOUS

ZAH ZCamp 2018
By Jasmin Mistry

ZCamp 2018 held at the Zoroastrian Heritage and Cultural Center (ZHCC) in Houston, TX on July 27, 28, 29 had 72 registered Zoroastrian attendees from Austin, California, Dallas, Houston, and Seattle, 22 volunteers who also registered as attendees, and 20 speakers, session hosts, judges and panelists.

What was unique about ZCamp 2018 was that the planning, brainstorming, and hosting of most sessions was done by our young Houston graduates who were past ZAH ZCamp participants. All our session judges, panelists, mentors and coaches were young Houston Zoroastrian Doctors, Lawyers, Engineers, Accountants, IT Project/Security Managers, Business Development and Proposal Managers, and Entrepreneurs. What was truly gratifying was to see these young professionals taking time off their busy schedules to plan and participate in ZCamp sessions such as Z-Fitness, Relationship Building, Enneagram Quiz, Iron Chef, Dental Hygiene and Wellness, Basketball, Generation Z Changing the World, Mission Impossible, Starting your Own Non-Profit, Making Portraits of Zarathushtra, Water Games, and a Puppet Presentation.

All in all, it was a weekend of networking, team building, and camaraderie!!! The happy faces of participants and volunteers said it all...The end result was phenomenal.

All of this was possible thanks to our hosts and volunteers, some young and energetic and others not so young, who made sure all sessions were moving along on time, team scores were logged, pictures were taken, meals, snacks, soft drinks, and desserts were served, and most importantly that the kids were having fun...And they did it all while laughing and joking, and having fun themselves...
Here’s what one of our team members had to say...

“ZCamp 2018 was a great success due to the hard work and dedication of all involved. Congratulations to the team! It is very apparent that this was a labor of love and you gave wholeheartedly and selflessly. Our community is blessed and I hope it continues to be as the next generations lead by example.”

Three cheers for our participants, hosts, judges, panelists, volunteers, donors and sponsors, who showed their unconditional love and support to make ZCamp 2018 a grand success!!!

GATHAS

The Gathas, consist of seventeen hymns composed by the great prophet Zarathushtra around 1200 BC. They are arranged into five groups:

- Ahunavaiti Gatha (Y28, Y29, Y30, Y31, Y32, Y33, Y34)
- Ushtavaiti Gatha (Y43, Y44, Y45, Y46)
- Spentamainyush Gatha (Y47, Y48, Y49, Y50)
- Vohukhshathra Gatha (Y51)
- Vahishtoishti Gatha (Y53)

The Gathas are religious hymns that are addressed to Ahura Mazda. Some of the hymns are directed simply for Ahura Mazda. In these hymns, Zarathustra expresses his respect and admiration to Ahura Mazda. In other hymns directed towards Ahura Mazda, Zarathustra asks for Ahura Mazda to bestow the gifts of Good Mind, the Truth, and the Spirit of Benevolence on Zarathustra and his followers so they can live a holy and pious life.

Other passages from the Gathas have Zarathustra’s teachings in them. There is no one set place in the Gathas where his teachings can be located. The teachings of Zarathustra are interspersed throughout the Gathas.

NAVJOTE

Daraius Subawalla, son of Shara Godiwalla and Cyrus Subawalla of Chicago, IL, had his Navjote performed in Houston on July 15, 2018. Many of his relatives from out of town and overseas came especially for this auspicious event.

Zarius & Cyrus, sons of Daneshmund & Nali Desai, had their Navjote performed on July 21, 2018. Many of their relatives and friends came from out of town especially to witness their auspicious event.

Reagan Rash, daughter of Sonia Behrana & Ron Rash, had her Navjote performed on July 21, 2018. She prayed her Navjote prayers with confidence when wearing her kusti.

WEDDING

Zal Sethna, son of Zarir & Roshan Sethna, was married to Tatiana Thu-Thao Nguyen daughter of Thu & Nick Nguyen on August 4, 2018 in Cancun, Mexico.
PREPARING FOR COLLEGE

Hello Everyone,

Hope y'all are having a good summer so far.

We would like to inform y'all that Dr. Farrokh Mistree and his wife Dr. Janet K Allen will be coming to Houston to conduct a seminar on "Preparing for College" on Saturday, October 6th from 1 pm to 4 pm at our Center. This is a great opportunity for kids (8th to 12th grade) and parents to know the entire college application process, applying for scholarships as well as the dos and don'ts. This seminar is extremely informative and some of us have really benefitted from it in the past to know what we needed to do from 8th grade onwards. A Flyer is attached for details.

Please mark your calendars and remember to take this great opportunity. Please RSVP me (Yazad Sidhwa) at yazsid01@yahoo.com or text me at 832-640-4798 so we can get an accurate headcount for seating and catering purposes.

Thank you,
Yazad Sidhwa
ZAH Youth Group President

SPORTS COMMITTEE UPCOMING ACTIVITY
MARK YOUR CALENDAR

Brought to you by your Sports Committee, the 2018 ZAH Annual Bowling Event is back - now on Sunday Oct 7th!!

Date: Sunday, Oct 7, 2018

Time: 1 to 2:30 PM

Place: AMF Stafford Lanes
4919 S. Main Street,
Stafford, TX 77477

$8 per person; includes shoe rental, pizza & drinks, and $10 Arcade Card to spend on arcade games after bowling.

Don't want to bowl - no problem; bring your favorite board game. Play cards, mahjong, whatever, gossip, or just sit back, relax and watch the bowling.

All attendees must pre-register. Pre-register at http://zah.org/?event=2018-zah-annual-bowling

Those who had registered for the earlier event do not need to register again.

Contact: Sheroy Haveliwala, 281-217-3243 or hwala@hotmail.com
Percy Behramsha, 281-818-0663 or percyymb@sbcglobal.net
Noshir Medhora, 832-651-9868 or chiefnosh@sbcglobal.net
ITEMS REQUIRED FOR FUNERAL

Items to keep on hand – must be used – **should not be new**

ALL ITEMS MUST BE WHITE

a. Towel  
b. Cap/Scarf  
c. Sudreh  
d. Pajama  
e. Kusti  
f. Sheet

Please contact

ROSHAN ENGINEER  
281-545-3467 (Home)  
832-766-8720 (Cell)

OR

MAHRUKH DEPUTY  
832-532-7394 (Home)  
248-504-0067 (Cell)

PRE-NEED FUNERAL ARRANGEMENTS

Dear ZAH Members:

I am providing the following information to members who are interested in making Pre-Need Funeral Arrangements for themselves or their loved ones or in case there is a need in the future. We have mostly used 2 funeral homes for members of our community in the past, they both are owned by the same funeral company, Dignity, and they are both aware of our religious requirements and customs. But there is a significant difference in their pricing.

1. Garden Oaks Funeral Home and Crematory:  
This is located on Bellaire Blvd. near Eldridge in far west Houston. This funeral home offers both pre-need and post need packages which are almost the same in price, however for the pre-need packages they may offer monthly payments.

Their prices are extremely reasonable (as long as we mention to them that we are part of the Gujarati Samaj) and their basic funeral service and cremation will cost in the range of $3,200 to $3,600. Please note this does not include extras or the priest costs. Their phone number is 281-530-5400 and please ask for Claude or Cindy.

2. Chapel of Eternal Peace:  
This is located on Dairy Ashford just north of Westheimer Rd. in West Houston. They also offer both packages and their prices for a basic funeral and cremation package is in the $7,200 to $8,000 range. Again these are estimates and do not include priest costs or extras. Their phone number is 832-348-3210 and our contact person is Ray Brokken.

In the unfortunate situation of a death occurring at your residence, you will have to first notify the Sheriff/Police, who will come to your residence and make a report, and also call the deceased's doctor to confirm the cause of death. If they determine that the death was by natural causes then you would call the funeral home to come and take the body.

I would also encourage members to contact their chosen priest and discuss the prayers and other religious requirements with them directly since each priest has his own requirements and costs.

If you need any more information or help you are welcome to contact me at zzkersizz@aol.com or call me at 713-553-5151.

Thank you

Kersi Engineer
The congress 2000 legacy is an award program of the Zoroastrian Association of Houston

SEMINAR – PREPARING FOR COLLEGE

Dr. Farrokh Mistree and his wife Dr. Janet K. Allen, members of the ZAH community shall be conducting a seminar for College bound students and their parents

Day and Date: Saturday, October 6\textsuperscript{th} 2018
Time: 1.00 pm to 4.00 pm
Place: Zarathushti Heritage & Cultural Center (ZAH)
RSVP: Yazid Sidhwa at yazsid01@yahoo.com or 832-640-4798

Topics are very well designed to help students (8\textsuperscript{th} thru 12\textsuperscript{th} grade) and parents are encouraged to attend:
✓ Admission dos and don’ts for college
✓ Application process for Colleges
✓ Application for Scholarships
✓ Questions regarding SAT, ACT and Importance of AP courses, etc.
What You Eat and How You Eat Could be Killing You...

and what you can do to stop it!

Let's face it – we love Parsi food, or any food for that matter. However, we are blissfully unaware of (or choose to ignore) the consequences of unhealthy eating habits – heart disease (the number one killer in the US), diabetes, hypertension, high cholesterol etc. Taking his own personal time to do so, Dr. Rasi Wickramasinghe, a prominent cardiologist at Memorial Hermann Center for Advanced Cardiology in Sugar Land, will be speaking on how to reign in this seemingly never-ending cycle we seem to be on – gain weight... diet... gain weight....and diet once again. He will be discussing, among other things, how to shop for food like a cardiologist, what to eat, how to eat, etc., to stay healthy and heart attack-free. He will be addressing specific topics such as:

Is red wine really good for you? Are eggs harmful? How about oatmeal? How/what to order at a restaurant? How/what to eat at a buffet? Which diet program is best..........? Atkins, Nutrisystem, Weight Watchers, etc.? And a host of other myths and misconceptions regarding nutrition and diet.

RASI WICKRAMASINGHE, MD. PHD. FACC, popularly known as Dr. Rasi, is Stanford and Johns Hopkins Educated Comprehensive Heart and Vascular Specialist. He is Board Certified in Internal Medicine, Cardiovascular Medicine, Intervention Cardiology and Echocardiography. His clinical interests are Heart disease prevention, minimally invasive treatment of coronary artery disease, minimally invasive heart valve replacement, heart disease management, etc. He has authored and published over 30 peer reviewed journal articles, abstracts, book chapters and presented at numerous conferences around the world. Besides his impeccable qualifications, Dr. Rasi is a very entertaining speaker, blending humor with knowledge. Originally a native of Sri Lanka, Dr Wickramasinghe lives in Sugar Land with his wife and two children.

FRIDAY, SEPTEMBER 14, 2018 (NO CHARGE)

Light Refreshments 6:30 PM — 7:00 PM
Talk 7:00 PM — 8:15 PM
Q & A 8:15 PM — 8:30 PM

RSVP Before September 7, 2018
ahsethna@yahoo.com or Tel: (281) 499 1832

ZHCC—8787 West Airport Blvd, Houston, Texas 77071 Tel. (713) 270 9339
GRAND ANNIVERSARY GALA!!!
SHAHENSHAHI NEW YEAR
COME CELEBRATE 40 YEARS OF ZAH & 20 YEARS OF OUR CENTER (ZHCC)
SATURDAY AUGUST 18, 2018 at ZAH CENTER
Main Hall Doors Open at 7:00 p.m.
Entertainment Starts at 7:30 p.m.
CLICK HERE TO RSVP AND PAY ONLINE

Spectacular entertainment (comedy skit, professionally choreographed Bollywood dances, and a nostalgic tribute to our history in music and dance)

LIMITED CAPACITY

RATES: (Under 3 yrs. Gratis) RSVP Deadline: 8/12/18
ZAH Member: 11 years and up - $29**
ZAH Non-Member: 11 years and up - $49
Member Children (3-10 yrs): $15**
Non-Member Children (3-10 yrs) - $20

FOR FORMAL OR TRADITIONAL ATTIRE PREFERRED

BYOB

DELICIOUS CATERED MENU
Elaborate Gourmet pars Food
Cake Cutting
For questions please contact:
Zia Ankleseria 832-646-0510
zsankles@gmail.com
Arzin Italia (713) 679-4998
sorabitalia@yahoo.com

If paying by check, your check must be received by 8/12/18 at:
ZAH
Attn: Grand Anniversary Gala
8787 West Airport Blvd
Houston, Texas 77071
PLEASE WRITE (IN THE MEMO FIELD):
- No. of ZAH members/non members (11 yrs and up)
- Number of ZAH member/non-member children (3-11 yrs)
- Please write “Grand Anniversary Gala” on the envelope

** Membership rate applies if 2018 membership has been paid by 7/15/18
- Non-member rates apply for all RSVPs and payments received after 8/12/18. Kids over 18 years must have separate membership from their parents
- Member rates apply to out-of-town guests of members (if online RSVP, online payment, and check if applicable) is received by 8/12/18
- Our goal remains to keep these functions as affordable as possible so you as a ZAH member can attend and enjoy. However if you feel that you are unable to attend solely due to the cost please let us know. We have donations in place to subsidize your cost and we will guarantee confidentiality. Financial ups and downs are a part of most families life cycles. In a way, they are a blessing because they allow innovation, dedication and hard work to take root in oneself. Please use this facility and in better economic times, there will be plenty of opportunities to remember and help your own community members and your own association a thousand times over.

Please note this is only available to current ZAH Members in good standing.

Organized by: ZAH Entertainment Community