SUNDAY SCHOOL

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

TIME: Different timings for each group

DATE: July 14, 2019

Children’s Session
The Sunday School session starts at 10.30 a.m. to 11.30 a.m.

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

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

UPCOMING EVENTS

Friday to Sunday, July 26 – 28, 2019 – ZAH Z-Camp 2019
Wednesday, August 7 to 16, 2019 – Mukted Days
Saturday, August 17, 2019 – Hambandagi, Maachi
Saturday, August 17, 2019 – Navroze Function
Sunday, Sept 29, 2019 – Fasli Mehrgan/Maedyozarem Gahambar
Friday, Oct 11 – 13, 2019 – Annual Library Event
Sunday, Oct 20, 2019 – Picnic – details to be announced
Saturday, Nov 9, 2019 – “It’s a Miracle” – a Play by Shahnaz Sidhwa

REPORTS

Library Report
By Jangoo Mistry

The Annual Library Gala
It’s that time of the year again, when the ZAH Library presents its annual event! The three-day program will start on Friday evening, October 11, and run through the morning of Sunday, October 13. As always, the program will start with a meet-and-greet on Friday evening, continue with a full day on Saturday of talks and discussions, ending with a gala dinner and entertainment. Sunday will be a wrap-up, and face-to-face discussions with speakers and other experts.

The planning for this eagerly-awaited event is already in full swing, and fortunately, well-known Zoroastrian scholars and researchers have committed to share with us their insights and knowledge. Please mark the dates (October 11, 12 and 13) on your calendar for now, and look for further details in the coming weeks.

Enhancement to Purvez Rustomji Room – Stage, Track, Display case

Consistent with our plans for the Purvez Rustomji Room from the time of its inauguration, several additional features have been designed and approved, with the changes now in the implementation stage.
Four display cases have been ordered, similar to the display cases in our Library. Two of them will be on the floor, on either side of a third display case which will be hung on the wall. All cases will be along the common wall between the Rustomji Room and the Library. These display cases will give us much-needed additional showcase space.

To facilitate formal presentations, a 12 ft by 8 ft. (12 in. high) stage is also planned. Additionally, a track close to the ceiling will be installed to display blown-up pictures, posters, and other items as required for appropriate meetings.

Architectural drawings have been prepared and quotes have been obtained. Construction is expected to begin shortly. We are excited to work on these enhancements, and are eagerly awaiting their completion.

Youth Group Report

By: Cyrus Mistry - ZAH Youth Group Vice-President

For June as officers we decided that due to exams and the SAT we were not going to plan any event(s) because everyone was extremely busy.

Tirgan was initially scheduled to be held on July 14th but as requested by Banafsheh Mondegarian, on behalf of the many Iranians we had to assist them celebrate Tirgan on June 30th as this was the day Tirgan is celebrated in Iran and all over the world. Many adults brought food and water supplies to celebrate.

On August 11th we will have our Sunday School from 10 am due to Muktad prayers and our officer elections for the upcoming year after the prayers at 1 pm.

MISCELLANEOUS

MUKTAD CEREMONIES AT ATASH KADEH

The Atash Kadeh Committee is pleased to announce that Community Mukhtad Prayers will be held at the Atash Kadeh for 10 days beginning August 7, 2019 Roj Ashtad to August 17, 2019 Vahishtoisht Gatha.

Timings for the prayers are 6 p.m. on weekdays and 11 a.m. on weekends.

Community Mukhtad Prayer Cost

Flat Rate of $200 which includes up to 4 names of departed family members, and the cost of Sukhar, Loban, Fruits, and Mobeds charges for all 10 days. Flowers are to be provided and replenished every day, by each individual/family.

Private Tables Cost

For those that are interested in Private Tables and Prayers, the total cost for all 10 days is $2,000, which includes up to 15 names of departed family members, along with the cost of Sukhar, Loban, Fruits and Mobed charges for all 10 days. Flowers are to be provided and replenished every day, by each individual/family.
<table>
<thead>
<tr>
<th>MEMBERSHIP DUES</th>
</tr>
</thead>
<tbody>
<tr>
<td>CATEGORY AND RATES</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patron Family Membership</td>
<td>$500</td>
</tr>
<tr>
<td>Patron Single Membership</td>
<td>$250</td>
</tr>
<tr>
<td>Patron Senior Family Membership</td>
<td>$250</td>
</tr>
<tr>
<td>Patron Senior Single Membership</td>
<td>$125</td>
</tr>
<tr>
<td>Family Membership</td>
<td>$275</td>
</tr>
<tr>
<td>Family Senior Membership</td>
<td>$65</td>
</tr>
<tr>
<td>Associate Membership</td>
<td>$275</td>
</tr>
<tr>
<td>Single Membership</td>
<td>$135</td>
</tr>
<tr>
<td>Single Member Head of Household</td>
<td>$150</td>
</tr>
<tr>
<td>Single Senior Membership</td>
<td>$40</td>
</tr>
<tr>
<td>Student Membership</td>
<td>$25</td>
</tr>
</tbody>
</table>

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

Please make checks payable to ZAH, and either mail to the Treasurer at 8787 W. Airport Blvd., Houston, TX 77071, or deposit in the Safe at the Atash Kadeh prior to the commencement of the Mukhtads. Please write “Mukhtad” and Departed Names in Memo of check to assist with proper accounting.

Please register by July 21, 2019, by either emailing AtashKadeh.ZAH@gmail.com or calling Persis Behramsha at 713-294-7747. Please state your preference for morning or evening prayers if you are requesting a Private Table, so we can start scheduling and accommodating everyone’s choices as best as possible.

We are very grateful to our Mobeds for helping us to continue with our tradition.

**GOLDEN GROUP GET-TOGETHER**

Write-up by Jehanbux Mehta

As the Golden Group, which had been quite active for many years under the able stewardship of the late Zarine Balsara, had not met in a fairly long period of time, Diana Balsara and Sillie and Jehanbux Mehta felt it was time to get it going again. Three others, namely, Lyla Daroga, Arzin Italia and Anita Kavina, joined in as volunteers to form the core team, self styled “Helping Hands” or just HANDS. Twelve persons enrolled as members in the last four weeks on learning that the Group was being revived.

A lunch was planned for June 29 and it was heartening that 31 members and two volunteers attended. Before beginning the event, a minute’s silence was observed in memory of members who had passed away. Tributes were paid to Dilnavaz Meer, Freany Khumbatta, Zarine Balsara and Khorshid Mondegarian by Diana and Jehanbux. The team of Hands present in town was then introduced by Jehanbux. When asked how often the Group should meet, an enthusiastic number put up their hands for monthly gatherings. That is what will be aimed at.

Lunch of deliciously prepared vegetable stew, mutton dhansak and katchumber prepared by Gulmohor Bharucha was had but not before a generous swig of well chilled beer; shandy for the less hardy. What better than ice-cream on a hot day for dessert, and that too not just one variety, but four. Then followed games of Bingo with a cuppa tea and batasas to call it a day. Jeevta raho dear Seniors. Other than the catered lunch, all other items were provided compliments of Hands.

It was after four hours, at around 4:00 p.m., that members decided to reluctantly leave for home; sign of an enjoyable afternoon. Thank you, colleagues, for the wonderful joint effort in making the event noteworthy and thanks also to the several others who offered rides to those who had transportation difficulties.

**GRADUATION**

Kyrus Buchia graduated from GRACELAND UNIVERSITY in Iowa with a Double Major Degree – Business & Criminal Justice.

Kyrus played basketball for the University for 4 years from 2015 - 2019 (see picture attached). The University won the NAIA Division I national basketball championship in 2017-2018.
Z-CAMP - July 26 - 28, 2019
Register NOW to reserve your spot at Z Camp 2019! Limited spots are available and are going quickly! You don't want to miss out on all the fun!

The ZAH Z-Camp is back after 6 very successful years and will be held from July 26th - 28th, so please register soon at this link http://zah.org/events/zah-z-camp-2019/

Calling all kids ages 5-25: Come see your old friends and make new ones at a weekend camp that’s always a good time!

Test your brainpower and learn new skills, we'll have Iron Chef/Chopped, Field Day games, Impossible Engineering, and plenty of time to hang out with your friends... but perhaps also some things never before seen at Z Camp...

Online Registration closes on July 8th, 2019, or earlier if capacity reached. No late registrations will be allowed!!! Only 20 Out Of Town spots available, please book soon!

- When: Saturday, July 27th, 2019 10:00 am – Sunday, July 28th, 2019 (Friday, July 26th 8:00 pm onwards Pre-Camp sleepover for out of town and over 14 attendees ONLY)
- Ages 10 and Up – Camp overnight (Bring your sleeping bag and pillows)
- Ages 5-9 – Day Camp Only (Sat 10:00am – 11:00pm and Sunday 9:00am – 4:00pm)
- Cost: $30 per attendee

Parents/Grandparents and guests please join us on Saturday, July 27th at 7:30 pm for "Camp Dinner with Kids" ($15 pp - Registration required) and on Sunday, July 28th at 1:30 pm for the final event, awards and more!

As the prices are extremely subsidized please consider being a Sponsor or Donate towards the camp. If interested, please email Kayo Sidhwa at kaysid@hotmail.com. We look forward to seeing you!

TIRGAN FESTIVAL
By Banafsheh Mondegarian

Tirgan (Fasli Calendar Tir Mah Tir Roj) is a mid-summer festival. Since Tir is considered to be connected to water, the celebration starts by splashing water on each other, dancing, reciting poetry. This year it was celebrated on June 30th at the ZAH from 11:00 to 3:00 as a potluck event. About 30 people attended. As they entered, they were greeted with a splash of water on their faces for starting a cool and fun season filled with happiness and good health.

Lots of food, fruits and deserts, which people had for lunch around 12:00 noon. Later everyone celebrated Tirgan with Dolche which is a jar filled with water, oregano and rose petals and an item from whoever wants to participate. This ceremony begins with a young child picking up one item at a time and the person who owns the item makes a wish. An elder person reads a poem from Hafez book which strangely pertains to the wish.
In Iran when people have a wish they refer to Hafez poems to give a hint about the wish the person has in heart.

The program ended with kids playing water games and adults singing and dancing.

The Wall of Ancestors Quest –

The ‘Wall of Ancestors’ in our library has been a pride for all of us as it connects our ZAH families to our ancestors back home. There are clues to your family history in old photographs. Nargis Daroga made it her mission to find out who the mystery lady was in one of the pictures that had no caption. She reached out to friends and family and strangers at large and we have an answer. We now need to change and write the rightful names below the photograph. But, wait! We find there are two other photos that need identifying as they have no captions. (See pictures on the side). Maybe you know who they are. If you spend enough time interacting with distant cousins you will eventually find out who they are. Discovering previously unknown family photos from generations ago is like uncovering genealogical gold. Here are the two pictures that we now need to identify. Call any one of the library members and let us know.

WE HAVE MOVED

Homi & Aban Erani have moved. Their new address is:
1302 Layla Sage Loop
Richmond, TX 77406

Yezdi & Shahnaz Sidhwa have moved. Their new address is:
406 Sweeney Brook Ln
Rosenberg, TX 77469

OBITUARY


Sam Nowrozji Haveliwala peacefully passed away in Karachi on Saturday July 6, 2019 in the morning. He was the husband of (late) Mani Haveliwala, father of Sheroy, Yazdi, Behroze and (late) Marzban, father-in-law of Yasmin, Neena & Burgise; and grandfather of Kevin, Fram, Natalya, Zal & Naomi.

Gordafrid Kolah, wife of Late Noshir Kolah, mother of Darayus, Dilnavaz & Behram, grandmother of Ramona and Emma, peacefully passed away in Mumbai on Friday, July 12, 2019.

Noshir K Medhora, husband of Yasmin Medhora, father of Neville and Ashdin Medhora, and brother of Dinyar Medhora (Mumbai), passed in an air crash on July 13, 2019. Noshir was very much involved with the community and was loved by all. He will be sorely missed.

MANASHNI and its readers send their heartfelt condolences to the bereaved families.
Minorities and Women Are at Greater Risk for Alzheimer's Disease

Are you more likely to get Alzheimer’s disease? Read about who is at risk and what you can do.

Cases of Alzheimer’s disease among African Americans will increase four times over today’s estimates.

Hispanic and African Americans in the United States will see the largest increases in Alzheimer’s disease and related dementias between 2015 and 2060. Dementia is not a specific disease but rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities.

Alzheimer’s disease is the most common type of dementia. Current estimates are that about 5.8 million people in the United States have Alzheimer’s disease and related dementias, including 5.6 million aged 65 and older and about 200,000 under age 65 with younger-onset Alzheimer’s.

By 2060, the number of Alzheimer’s disease cases is predicted to rise to an estimated 14 million people, with minority populations being affected the most.

- Cases among Hispanics will increase seven times over today’s estimates.
- Cases among African Americans will increase four times over today’s estimates.

Health conditions such as heart disease and diabetes may account for these differences, as they are more common in the Hispanic and African American populations. Lower levels of education, higher rates of poverty, and greater exposure to adversity and discrimination may also increase risk of Alzheimer’s disease.

Among all races, women are nearly two times more likely to be affected by Alzheimer’s disease than men. The difference is due primarily to women living longer.

Understanding the disparities in Alzheimer’s disease and related dementias is the first step toward developing prevention strategies and targeting services to those most at risk for developing the disease.

Get Your Doctor and Family Involved

Older adults, especially women, Hispanic, and African Americans who are experiencing symptoms of memory loss should have an assessment performed by their health care provider. Doing this early can help focus efforts on timely care for patients and their caregivers. It also provides the opportunity to rule out other possible reasons for memory loss, such as medication side effects, stress, or vitamin deficiencies.
Save The Date
Dec. 29, 2020 – Jan 1, 2021

ZOROASTRIAN ASSOCIATION OF HOUSTON

XVIII NORTH AMERICAN ZARATHUSHTI CONGRESS

NAZC 2020 HOUSTON

Generation Z: Propelling Zarathushti Resurgence

Join us for a thought provoking, informative and entertaining Congress