SUNDAY SCHOOL

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

TIME: Different timings for each group

DATE: March 10, 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 Dotiwala conduct this session.

UPCOMING EVENTS

Sunday, March 10, 2019 – ZAH Annual General Meeting

Wednesday, March 20 to March 24 - Atash Kadeh Opening
See detailed program

NoRouz - March 20 4:58 pm Central time, year of the white pig

Saturday, April 6, 2019 – Surviving an Active Shooter Training

Sunday, April 14, 2019 – ZAH Annual Carnival after Sunday School

Sunday, June 2, 2019 – Maidhiyarem Gahambar (Dai Mahino)

SPECIAL EVENT

INAUGURATING THE FIRST EVER STAND ALONE STRUCTURE -
ATASH KADEH IN NORTH AMERICA

The Zoroastrian Association of Houston (ZAH) proudly announces the grand opening of its new Atash Kadeh. A gala celebration for the opening is scheduled during the Navroze days from March 20 through March 24, 2019. See detailed program at http://zah.org/events/atash-kadeh-inauguration-and-navroze-funtion/
A few days ago the container from India containing all the accoutrements required for the Atash Kadeh arrived. All the boxes were offloaded and kept by the building. Due to heavy rain forecast, I saw four dedicated volunteers, Rohintan Deputy, Aderbad Tamboli, Rustom Setna and Rustom Challa, bring the boxes either by dolly or physically carrying them and store them in the Purvez Rustomji room closet. A chill of happiness went down my spine - there was a kind of thrill to see the boxes knowing full well that a few of them contained the most important and an integral part of an Atash Kadeh – the Afarganyu. You will see the two resplendent Afarganyas very shortly, but before that let me take you to the journey of the metal that became an Afarganyu, which is so important to the Zoroastrians.

The Afarganyu is made of German Silver. But is it silver? Not at all, it is an alloy. The usual formulation is 60% Copper, 20% Nickel and 20% Zinc. It is named due to its silvery appearance which was first developed in Germany in early 18th century, by the German metal workers to be used as a substitute for silver since silver was highly expensive.

The Afarganyu consists of a top piece and bottom piece. They are held together by a very large and heavy bolt and nut. There is a Sarposh (plate) made of heavy gauge copper, to be put on top where the Atash (fire) will reside.

The Atash Kadeh Committee decided to have the Afarganyas in the traditional shape. Since not many in Mumbai make the traditional Afarganyas, a search was undertaken for such a workshop. After asking around, a work shop was located and the order was given to Priti Soni, in Mumbai, India. This is a young enthusiastic husband and wife team - Chandresh & Priti. Chandresh is the third generation in this business; his dad had seen his grandpa make the traditional design.

In order for us to do the opening ceremony in March, a deadline for completion was set for December 31, 2018.

A team was put together in the field of their expertise in metal, forming, brazing and buffing. All of them worked 7 days a week in shifts to accomplish this goal.

It is interesting to note that, a Gujarati couple took the order, a Maharashtrian gentleman, Mr. Nand Kumar provided the expertise in metal forming and shaping, and final forming and buffing was done by Muslims. Exemplary team work!.

All of them worked at lightning speed – sheets of material started piling into the workshop ready to be used. The metal was gradually heated to a specific temperature, then slowly cooled and formed into shape by manually hammering - amazing skill. All the joints are brazed. A lot of time and effort went into buffing and polishing that makes it look like silver.

The finished Afarganyas and Bells, with all the accoutrements,– khumcha (round tray), karasyo (water jug), chamach (ladle), chipyo (tongs); and bells for the inner sanctum, were packed in eleven boxes and crated in wood ready to be shipped.
Legalities required for shipping were completed despite a weekend and the truck left Mumbai (State of Maharashtra) to go the port of Bhuj (Gujerat State) where it was loaded onto a container. Our gratitude to Mr. Vinod Parmar and Mr. Jarinbhai Desai who made the shipping possible for us. The ship took 40 days to arrive from Bhuj to Houston. The container arrived and was offloaded at 8787 W. Airport Blvd., Houston, TX 77071. The journey was completed.

All the overseas operations were supervised and managed by Rohintan Deputy who was in Mumbai at that time. He says it was a coincidence, but I think he planned it so he could see this project through. Thank you Rohintan for all your hard work.

Thank you Feroze and Shernaz for giving us this gift of eternal flame.

Atha Jamiyat Yath Afrinami

ATASH KADEH INAUGURATION PROGRAM VIDEO VOLUNTEERS
You are invited to assist in the creation of a video to memorialize our Atash Kadeh Inauguration March 20-24, 2019.

Plan to take photos and videos during the event. Send the photos/videos you want included in the ZAH video via email to: Atash2019ZAH@gmail.com

Provide the names of the individuals in the email and insure that all people photographed agree to be included in the ZAH video. (example a family celebrating at the Navroze or Grand Gala dinner or Library event Dinner with .....then list the family members?)

Be sure to get video/photos of your friends and family at the dinners - Navroze and Grand Gala Celebrations - as no group videos/photos will be taken by other volunteers.

We will video the guests/speakers while speaking and while seated at the organizer’s table for the dinners.

Help make this ZAH Video great. Plan to attend then contribute your photos/videos.

Please help make your emails containing videos/photos easier to organize.

On the subject line include: DAY EVENT NAMES
example: 20 Collection Sandalwood Jimmy Kumana
example: 21 Navroze Dinner Jimmy Kumana & JudiAnn Carlsson
List additional names in the email.

Send via email to: Atash2019ZAH@gmail.com
Jimmy Kumana & JudiAnn Carlsson

QUESTIONS? email aban@coatingindustries.com; axtamboli@windstream.net; yezdiengineer@gmail.com
REPORTS

AN EXCITING LIBRARY EVENT
By Jangoo Mistry

The ZAH Library is hosting the evening events on Friday, March 22, one of the five days of celebration planned for the Atash Kadeh opening.

The program kicks off at 6:30 pm with a wine and cheese soirée. At that time, an interesting never-before-seen exhibit will be unveiled in the Library. A talented Exhibit Committee has been working hard for months to present a display, “Down Memory Lane”. Come and relive the past as you take a delightful walk into our culture and way of life. You will be amazed at the various artifacts and items that have been collected for display in their natural surroundings created around the room.

Around 7:00 pm, the program continues with a talk by Vada Dasturji Khurshed Dastoor on “Zarathushti Way of Life in Today's World”. A Persian Dinner will provide a fitting end to a memorable and enjoyable evening.

YOUTH GROUP REPORT
By Yazad K Sidhwa, ZAH Youth Group President

In February this year, we had our college planning session with Mr. Shiroy Aspandiar. We had about 7-8 kids and some parents in attendance and he went over some questions we had about college and how to strive to get into some of our amazing Texas state schools.

This month we have a very important event in the history of ZAH, which is the inauguration of our new Atash Kadeh beginning from March 20th all the way to March 24th. As a Youth Group we have offered our help and assistance to the committees during the last EC meeting. We are extremely excited and really looking forward to the event.

We have an important volunteering event coming up at the Houston Food Bank on March 31st from 9 am to 12 noon at their Warehouse location. We have reserved spaces for kids 6 yrs and up including chaperones. If you are interested in volunteering and would like to register please register soon on this link:


It will be a great experience with a lot of fun as always. If you are a new user, you will have to create a profile and once you register you will receive your own QR code in an email. This time we have invited our Middle Group members and parents to be a part of our ZAH Youth Group as we believe this is a very important contribution that we make towards our Houston community members who are not as fortunate as us and lack basic meals for the day.

The address to the location is 535 Portwall St., Houston, TX. 77029.

Besides the volunteering event, we have our ZAH AGM 2019 coming up on March 10th. All Officers, teachers, mentors and youth parents are working very hard and have planned a lot of exciting activities throughout the year. Please try and participate in as many activities as we need all your support as always to make all activities a huge success.
MEET THE ATASH KADEC COMMITTEE

At the ZAH AGM on March 10, 2019 after various reports were presented, the Atash Kadeh Committee took the floor and gave some highlights of the Atash Kadeh inauguration celebration. In particular, Khushrav Nariman gave details about how the Atash will be taken from the Prayer Room to the Atash Kadeh in the small Afarganyu by senior mobeds and hand over to the younger mobeds to be put in the Afarganyu in the Atash Kadeh.

Meet the Atash Kadeh Committee (Right to left)

Ervad Khushrav Nariman
Feroze Bhandara
Shernaz Bhandara
Persis Behramsha
Nazneen Khumbatta
Parvin Behroozi Bagherpour

BIRTH

A baby girl born on February 19 at 9.50 p.m. to Dina and Ian Kuecker. Grandparents, Sarosh & Pearline Collector and Parents, Dina & Ian Kuecker happily welcome Natalia Shirin Kuecker to the family.

Vishtasp Neville Akolawala, born to Perzen & Neville Akolawala (Spring, TX) on February 13, 2019. Proud grandson to Nadirshaw & Gilda Akolawala (Colombo, Sri Lanka) and Percy (late) & Kashmira Polishwalla (Pune, India). Great grandson to Bomanshaw (late) and Roshan Akolawala (Victoria BC, Canada)

CHANGE OF ADDRESS

Vera Jamshedji
1214 Layla Sage Loop,
Richmond. TX 77406.
Land Line: 281-762-2737
Cell: 713-677-4000

Yazdi & Shahnaz Sidhwa
9406 Sweeney Brook Lane,
Rosenberg, TX 77469
Tel: 281-682-9800 – Cell Yazdi
Tel: 281-682-9802 – Cell Shahnaz

OBITUARY

Freany Kavas Khumbatta, wife of Kavas (Kali) Khumbatta, mother of Kershaw (Nazneen) Khumbatta and Farah Khumbatta, and grand mother of Mitra and Noshir Khumbatta, passed away on February 24, 2019. MANASHNI and its readers send their heartfelt condolences to the Khumbatta family.
MEMBERSHIP 2019

BECOME A MEMBER TODAY - Take advantage of reduced rates for events and support ZAH!

To renew your membership for 2019 online, click HERE [Press Control and Click at the same time]

Please make sure that you select the correct category. For e.g. All married couples, even without children need to opt for Family membership and not Single membership.

To become a new member please contact Percy M. Master (ZAH Secretary) at percyMMaster@gmail.com. You can also pay your 2019 membership dues via check made payable to “ZAH”, and mailed to:

The Treasurer
ZAH 8787 W Airport Blvd
Houston, TX 77071
Please do not forget to include type of membership (Family/Student/Senior, etc) and “Membership 2019” in the memo line of your check.

If you are a member for 2019 already, PLEASE ACCEPT OUR HEARTFELT THANKS AND APPRECIATION!

If you have any questions, or need to confirm your membership for 2019, please email Sweta Sethna at swetasethna@hotmail.com or Mitra Khumbatta at Treasurer.ZAH.EC@gmail.com with proof of payment.

SURVIVING AN ACTIVE SHOOTER TRAINING
We have arranged for training on how to survive an active shooter to our community and friends.

Date: April 6, 2019 (Saturday)
Time: 11 am to 12.30 pm
Venue: ZHCC
8787 W Airport Blvd., Houston, Texas 77071

BELLS FOR THE GUMBAD ROOM

These bells have a story. The first set of bells were rejected – either they did not resonate or just didn’t look right. The contractor just happened to have a set for one of the Hindu Mandirs. Because of our time crunch, he gave these bells saying he will make another set for the Mandir.
Our bodies are the home we live in. They are the physical containers of our experiences, thoughts, memories and feelings. Movement helps us understand and discover our body boundaries in addition to what lies inside of us. When we move, we address thoughts, emotions and feelings that are deeply embedded in our bodies.

Once there is awareness, we can address and find solutions to those issues; thus releasing stress by moving past our problems using the body as a tool. Physiological changes also occur when we move, promoting feelings of well being. It all starts with taking baby steps. People that are physically active develop a greater sense of self-awareness and self-concept. Change occurs not only physically, but emotionally and mentally as well; therefore directly impacting a person's social well-being. Being self-aware and making conscious food choices contribute to maintaining a healthy weight.

Making a conscious effort to stay positive and grateful, eat right, meditate, and exercise for three to five days a week can greatly impact our lives in a positive manner.

Dance/Movement Therapy (DMT) As a Therapeutic Intervention:

Dance has long been fundamental to one's existence as an expression of life itself, as well as being used therapeutically for thousands of years. The use of dance as a healing ritual dates back to earliest periods of human history. Dance/movement therapy works from the premise that the mind and the body are inseparable, such that a change in one effects a change in the other. Our thoughts inform our feelings and our feelings inform our movements. Motion influences the way in which we perceive our bodies and can impact body image and our subconscious attitudes and emotional and mental states.

DMT is a form of psychotherapy based on the concept of using the body as a healing force for emotional distress. The dance/movement therapist intentionally taps into the healing nature of movement by using the art of dance as a combination of an observation and assessment tool. Then choreographing responses to issues and movements individuals bring during a session. The dance/movement therapist responds by, echoing and answering each person's movement, thus promoting feelings of self-worth.

In the case of depression, there are physical manifestations such as a drooping spine, protracted shoulders and a concave chest. Due to this postural change, the breath becomes shallow and constricted. Psychologically and emotionally, there is a feeling of being low. Cognition might be impaired. The depressed person disconnects from the universal energy connecting us all and becomes socially withdrawn.

In such cases, the dance/movement therapist demonstrates subtle changes to the existing "shape" and posture of the client's body by mirroring his or her initial posture, meeting them where they are physically, emotionally and mentally. This is the starting point of the movement dialogue. As the session progresses, a process of empathic reflection takes place and the client begins to feel heard and understood. The dance/movement therapist is an observer, validating the gesture/postural expression of the mover, while creating a safe space beyond words.
The dance/movement therapist may then make subtle changes to existing movement patterns, which changes the person’s perception of oneself. When a person’s posture is upright, the breath changes from shallow to deep, the shoulders open up and the head, neck and back rise. A person no longer slouches.

Although this dyad of straightening the back and shoulders creates incremental success for the client, imagine if there is change enhancing every aspect of the participant’s ability to move. Inner stress released through movement creates a process of catharsis. Thus, DMT helps the client release stress, while strengthening the mind-psyche-body connection and enhancing mental and emotional well-being in addition to physical stability. When the body fully engages in movement, the mind disengages from unwanted thoughts and movement takes over. The participant is mindful of being in the present moment in an active and organically induced meditative state.

**About Dilshad:**

Dilshad has intensively worked as a Movement Therapist, both in India and in the U.S. She trained at the Harkness Dance Center, New York. Some of her noted work includes “Movement Therapy for Sports” with the Indian IPL Team Rajasthan Royals (Seasons 3 and 5) and the Canadian Cricket team (during the ICC World Cup 2011). MTS™ has also been adopted by professional golfer Sharmila Nicollet. She was appointed by the ‘GoSports Foundation’ to train India’s current no. 1 Rhythmic Gymnast-Meghana Gundlapally for the World Cup preparation in 2018. She has introduced Movement Therapy to hospitals in India with a view to enhance the psychological and physical well-being of patient populations through her program, Movement for Healthcare (MFH™). She is currently pursuing her Masters in Exercise Physiology from the University of Houston-Clear Lake and has collaborated with a well-renowned company called Rhythm-India, through which she runs both her training programs. Her life's purpose is to positively impact the health related quality of life by spreading the joy of movement, exercise and dance.

**7TH ZOROASTRIAN YOUTH CONGRESS**

Dear Zoroastrian Association of Houston,

California is going to be the host for 7th Zoroastrian Youth Congress in July 2019. We, in California Zoroastrian Center Art Group are proud to be in charge of the congress’ talent show. As we see Texas’ Zoroastrian community both large, and talented, we would like to ask for your help to promote the show in Houston. Please find the attached flyer of the Talent Show, and let us know if it is possible for you to add it to your newsletter or to post the actual paper flyer that we would send you in the Darbe-Mehr area. We would greatly love to see Talented performers from Texas. Looking forward to hearing from you.

Sincerely,

Faramarz Rashidi
California Zoroastrian Center Art Group
### Atash Kadeh Inauguration Program – March 20th to 24th

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td><strong>Wed - Mar 20th</strong></td>
<td>11:00 am to 5:00</td>
<td>Collect Atash Niyayesh &amp; Baj Ceremony, 6:30 pm Humbandagi</td>
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<tr>
<td><strong>Thur - Mar 21st</strong></td>
<td>4:00 pm</td>
<td>7:00 pm Machi in the Prayer Room, Take Ash and Ember to the AK, 8:00 pm Vada Dasturji Khurshed Dastoor’s short address, 8:15 pm ZAH Scholarships, 8:30 pm Navroze Dinner</td>
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<tr>
<td><strong>Fri - Mar 22nd</strong></td>
<td>12:30 to 6:30</td>
<td>6:30 pm “Down Memory Lane” an exhibit, 7:00 pm Commencement of Program, 7:40 pm Vada Dasturji Khurshed Dastoor’s “Zarathushti Way of Life in Today’s World”, 8:00 pm Dinner</td>
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<td><strong>Sat - Mar 23rd</strong></td>
<td>9:30 am</td>
<td>12:15 pm Chasni / Tea / Light Snack, 7:00 pm Doors Open, 7:30 pm Commencement of Gala Program, 8:30 pm Vada Dasturji Khurshed Dastoor’s Keynote, 8:00 pm Dinner</td>
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<tr>
<td><strong>Sun - Mar 24th</strong></td>
<td>11 am</td>
<td>12:30 pm Chasni / Tea Daar ni Pori, 7:30 pm Grand Gala &amp; Celebration Dinner</td>
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**Avan Yazd Parabh**
Jashan – at Atash Kadeh led by Vada Dasturji Khurshed Dastoor