SUNDAY SCHOOL

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

TIME: Different timings for each group

DATE: October 13, 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 10.30 a.m. to 12:30 p.m.

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

UPCOMING EVENTS

Sunday, Oct 20, 2019 – Picnic – See attached Flyer

Thursday, Oct 24, 2019 – 6:30 p.m. WZCC Event - Er P. Bajan – See Flyer for details

Friday, Oct 25, 2019 - Talk by Er P Bajan 6:30 p.m. at Atash Kadeh – See Flyer

Saturday, Oct 26, 2019 –Talk by Er P Bajan 11:30 a.m. Atash Kadeh – See Flyer

Tuesday, Dec 31, 2019 – NAZC 2020 New Year’s Eve Fund Raiser – See Flyer

REPORTS

Library Report
By Jangoo Mistry

The Annual Library Gala

For the first time, this annual Library event was presented in conjunction with FIRES and the Society of Scholars of Zoroastrianism. The three-day program started on Friday evening, October 11, and ran through the morning of Sunday, October 13. The whole event was a resounding success, an informative and entertaining package rolled into one that attracted many community leaders from out-of-town. We were able to get well-known Zoroastrian scholars and researchers who committed to sharing their insights and knowledge with us. Look for details of talks from the guest speakers in next month’s November Manashni.

We proudly presented Almut Hintze, recognized worldwide as a scholar of Indo-Iranian studies and Zoroastrianism. Since 2010, she has been Zartoshty Brothers Professor of Zoroastrianism at the School of Oriental and African Studies (SOAS), University of London, and is now the Co-chair of the newly established SOAS Shapoorji
Friday Evening

As always, the program started on Friday evening with a meet-and-greet, a welcome address by Aban Rustomji followed by a short talk by Homi Gandhi (President of FEZANA). In her first talk on Friday evening, Dr. Almut Hintze discussed the fascinating Multimedia Yasna project that for the first time will use Virtual Reality to understand the words and the rituals associated with these hymns of Zarathushtra.

Following a visit to the Atash Kadeh for the Boi ceremony and a tour for out-of-towners, lunch was served at the Center.

Saturday

After the benediction by Kobad Zarolia, Almut Hintze gave her second talk, titled “A Zoroastrian Vision”. Focusing on the fate of the soul after death and its imagery in our Zoroastrian sacred texts, she examined the way in which the encounter of the soul with its belief, or daēnā, is elaborated in the Avesta. The audience was spell-bound and showed their interest by asking several questions.

Our second speaker, who spoke on Saturday afternoon, was Kersi Bhikhaji Shroff, a founding member of the Zoroastrian Association of Metropolitan Washington (ZAMWI), an Attorney at Law, and former Division Chief in the Law Library of Congress. Beginning in 2013, Kersi has traveled extensively in Central Asia and the Caucasus (in Azerbaijan) and volunteered to work with expeditions led by Russian archaeologists at three ancient, pre-Islamic sites in Tajikistan and Uzbekistan.
## MEMBERSHIP DUES

### CATEGORY AND RATES

<table>
<thead>
<tr>
<th>Category</th>
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<tr>
<td>Patron Family Membership</td>
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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

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After lunch, Rohintan Rivetna gave a short talk about SSZ and its

L – R Homi Gandhi President FEZANA; Rohinton Rivetna – SSZ
And Aban Rustomji

Mission followed by Kersi Shroff on his talk on archeological excavations of Central Asia.

Mr. Kersi Shroff took us on one of the great adventures of recent times in the important discovery of the Central Asia. By giving us first-hand accounts of expeditions led by Russian archaeologists that he volunteered for, he revealed how archaeological remains in the ancient regions of Bactria, etc. provide rich evidence of sacred structures, artifacts, and mural paintings that depict the practice of Zoroastrianism.

Rustom Engineer – Introducing Kersi B Shroff
Kersi B Shroff – Speaking

A short tea break was followed by a panel discussion from our young Mobeds: Noshir Khumbatta, Zubin Kotwal and Bahrom Firozgarry. The Mobeds, moderated by Khushrav Nariman, gave the audience an interesting perspective on what is required for our religion and culture to thrive and grow in the future.
The group reassembled in the evening for dinner and an enjoyable entertainment program that was unique with lots of fun. Mitra Khumbatta MC’d the evening, starting with Nozer Dungor who, as the ZAH Executive Committee Chairman, welcomed everyone and then started the entertainment. Zoro Choir, led by Lyla Daroga, sang Chhaiyye Hamay Zarthoshti and Deep in the Heart of Texas; Natasha Dungor and Mahtab Dastur performed a Mexican Dance choreographed by Vehishta Kaikobad, piano recital by Tayte Choudhury ending with rendition of Hallelujah by Chloe Choudhury. Tenaz and Chesley Choudhury have donated the piano to the ZAH. A big thank you to: Lyla Daroga and Vehishta Kaikobad for organizing the evening entertainment, to all the performers and to Tenaz and Chesley for the gift to ZAH of the piano.

On Sunday, a small group took the opportunity to engage in face-to-face discussions with speakers and other experts.

Art Displays in Purvez Rustomji Room

In a previous issue of Manashni, we had talked about the enhancements to the Purvez Rustomji Room that included tracks close to the ceiling to display blown-up pictures, posters, and other items as required for appropriate meetings.

We now have pictures of Agiyaris and Atash Behrams in India, Pakistan, and Iran displayed beautifully on the walls of the Purvez Rustomji room. Darayus Kolah, Yezdi Engineer, and Cyrus Rivetna selected some from their collection of pictures and worked hard to frame and hang them attractively. The pictures provide a nostalgic and religious setting that complements nicely the new room and the excitement of our new Atash Kadeh. Check it out next time you are at the Center. You will love it. To give visual relevance of the topics of the event, the four display cases exhibiting artifacts of Central Asia and implements of the Yasna Ceremony were artfully arranged by Vehishta Kaikobad.

Agiaries and Atash Behrams
India, Iran & Pakistan
Youth Group Report
By Niousha Bastani

In the month of September, ZAH held Ghambar in which the Youth Group volunteered to help the adults cut fruits and to assist with anything needed for set up. Due to availability issues, we were not able to have our blood drive but are working on having it ready for the next Ghambar.

In October, we will have volunteers helping out at the food bank on the 26th from 8-12 pm. An updated email along with information will be sent out soon on location, times and what is required to be brought. With that we also have our college seminar coming up on the 13th and Cyrus has sent our information about that already. In the month of November, we have our Dallas lock-in approaching on the 29th and 30th.

GOLDEN GROUP OUTING ON SEPTEMBER 14
By Jehanbux R. Mehta

When the idea of a visit to a mandir was mooted as an outing for the Golden Group, several members, including I, were skeptical of attracting a decent number of attendees. Well, we were all proved wrong when 28 persons signed up for the event held on September 14. The visit to the Shri Swaminarayan Mandir located in Stafford, Texas, was not a simple walk through. Our ladies of the Helping Hands, namely, Diana Balsara, Anita Kavina and Lyla Daroga, had to go through a great deal of labour to make the event a memorable one: meeting with the authorities of the mandir for arranging a guided tour, persuading the canteen management to make seating for all of us on a busy Saturday afternoon, and what not.

A good number sportingly took the tour leaving the few hobbler, not brave enough to walk through the temple, to sit comfortably in the cafeteria to await the return of the others. You could see from the faces of the “tourists” that they were awed by what they saw. On their weaving way around this splendid structure, the guide pointed out that it took 28 months for the building to be constructed from its commencement in 2002. It is a unique piece of architecture as it comprises over 33,000 pieces of marble and Turkish limestone, painstakingly hand crafted by more than 2,400 artisans in India over a period of several years and then shipped to Houston in 150 containers. And, it was mind boggling when we were informed that there was not a single piece of iron or steel in the entire structure. Wow! Our group found the recitation of the Arthi when there, very soothing and peaceful. Some mentioned that it was an emotional experience for them.

With everybody together, it was time for a hearty lunch of self-served veggie thali food. Very delicious! I am sure those who were unable to attend must now be squirming. The adage “seek out and thou shall benefit” rings true.

Safety and Crime Prevention information: Per our announcement in the last issue, we will be including important safety and crime prevention information in some issues of Manashni so please keep looking out for those. “Senior Citizen Crime Prevention” brochure from the Houston Police Department is included in this issue. Future issues may include topics like “Back to School Safety”, “Burglary Prevention for your Home”, “Cyber Safety”, “Sexual Assault Prevention”. If you have any questions or feedback, please contact Sweta Sethna at swetasethna@hotmail.com or (832) 316-5845.
Parking Lot Pavers

A reminder to all those community members who have not yet sent in their message/wordings for the parking lot pavers to email them to Sheroy Haveliwala (hwala@hotmail.com) and Jasmin Katrak (jasminkatrak@gmail.com). Also, for any members who have not yet participated; this is your last chance to get your name on the paver wall. Contact any member of the Parking Lot Committee for details.

Jasmin Katrak, Lyla Daroga, Kayomerz Sidhwa, & Sheroy Haveliwala

The Fasli Mehrgan Gahambar
And Maediozarem Gahambar
By Entertainment Committee

The Fasli Mehrgan and Shehanshahi Maediozarem Gahambar was celebrated at the ZAH Center on Sunday, September 29th, 2019 and was attended by 220 persons (including kids). ZAH received estimated $2400 from this event.

Thanks to the sponsors of this gahambar- Sam Bhadha, Tehmi and Firdaush Dastoor, Mahrulk and Rohinton Deputy, Zarina and Jamshed Elavia, Roshan and Yezdi Engineer, Yasmin and Rustom Engineer, Aban and Homi Erani, Zenobia and Jal Guzdar, Shaheen Rustum, Yasmin, Neville and Ashdin Mehdora, Arnau and Jangoo Mistry, Avan and Farrokh Rajkot, Shirin and Bahadur Sarkari, Arnavaz and Hoshang Sethna, and a well wisher.

ZAH Hall was decorated beautifully by the Entertainment Committee and the Youth Group Volunteers. The Entertainment Committee had requested ZAH youth group volunteers to help cut fruits and help set up the hall. We would like to thank the ZAH youth for their help in cutting fruits.

We would like to thank Ervads Bomansha Sanjana, Noshir Khumbatta, Maneck Sidhwa, Khushrav Nariman, Pervez Gonda and Zubin Kotwal for conducting the prayers at AK. Chasni and Malido were served at ZAH. Malido was graciously donated by Shireen Mehta, Yasmin Medhora and Mahrulk Deputy.

The yummy and delicious lunch was provided by Naushad Mehta of Cillie’s. Everyone thoroughly enjoyed the goat meat dhansakh, kabobs, papeta par eedu, kachubar, and tres leches cake and jalebi for desert.

ZAH Entertainment Committee would like to thank all the volunteers who worked so hard to make this a successful event and a special thank you to the youth group volunteers who came out specially to help us cut fruits and help us setup the hall.

OBITUARY

Aspi Jamshed Colah, husband of Persis Colah, father of Ziba and Zubin Colah, peacefully passed in his sleep on September 23, 2019. Aspi 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 family.
IN MEMORIUM
By Shahnaz Sidhwa

In the summer of 1998, we moved over a thousand miles from Flint, MI, to Houston, TX. Having lived there for 15 years, I was concerned, about how we would make new friends. And then we met Aspi Colah and his family at a Zoro camping weekend. Walking by a lake, Aspi introduced himself to Yazdi and me. The customary conversation, soon took a turn for the exceptional, when Aspi revealed he had moved from Iran. My interest in the history of the Persian Empire was the glue that forged a deep friendship between Aspi and me. And a common link between Persis and myself was the kind of books we both enjoyed reading.

Aspi a devoted husband and father was a true Zarathushti in every sense of the word. At every religious event, especially during the Mukhtad days Aspi would be there from the early morning hours to help the mobeds, long before we filled the halls to attend the ceremony.

Despite his grueling and time-consuming culinary business, Aspi made time to painstakingly work on creating magnificent sets for the stage. He was a gifted artist and craftsman. His love for our history and culture drove him to design the Pillars of Persepolis, the wilderness scene where Cyrus the Great was banished, and many other sets and props that will be remembered with awe in the ever grateful hearts of the community. His creative works of art, like the beautiful red stage curtains, will always stand as a testimony to his genius.

His passing is an indescribable loss to the community. May Ahura Mazda grant him garothaman behest. And may his family be blessed to bear this enormous loss with all the happy memories that Aspi left behind. Amen.

TALKS BY ERVAD PARVEZ BAJAN

ZAH Library Committee, WZCC – Houston Chapter and North American Mobed Council (NAMC) are happy to invite you to listen to Ervad Dr. Parvez Bajan, Panthaki (Head Priest) of the Mevawala Agiari in Mumbai, talk on October 24, 25 and 26 as shown below. (See the below two flyers)

Dr. Bajan is on a lecture tour sponsored by NAMC, starting from Chicago and ending with three locations in California. We are very thankful to NAMC for offering us this opportunity to have him with us in Houston from October 23 to 26.

Ervad Dr. Parvez Bajan is a sixth-generation priest and serves as head priest of the Seth B M Mevawala Fire Temple at Byculla, which has been managed by his family since the enthronement of the fire in 1851. He trained at the Dadar Parsi madressa from 1958-1963, later went on to take postgraduate degree in law and worked with Union Bank for 23 years. At age 65, Ervad Parvez Bajan earned a doctorate in a rare subject, Avesta-Pahlavi, the language of the Zoroastrian scriptures. His guide was Dasturji Dr Kaikhushroo JamaspAsa, an acclaimed scholar of international repute.
NAZC2020 – NEW YEAR’S EVE GALA
We are extremely excited to kick-off our NAZC2020 fundraising campaign with a New Year’s Eve GALA on Dec 31st 2019, an event you would not want to miss.

We promise you a night filled with surprises as we create a true "VEGAS EXPERIENCE" never seen before and bring in 2020 with a BIG BANG!! It will include separate lounge areas with dance music and Gaming Vegas style, Food from around the world, Midnight snack, "Unlimited" bar package, Balloon drop, party favors, Champagne toast at midnight along with Fabulous Door prizes, etc....

The details are mentioned in the flyer attached and to RSVP please click on New Year’s Eve Gala Registration. There is limited capacity with NO WALK-INs allowed so book your spots very soon and avail of the EARLY BIRD price.

If you have any queries or need help with RSVP or would like to become a Sponsor or donate, please call Yasmin Medhora at (713) 301-1521 or Arzin Italia at (713) 679-4998 or Kayo Sidhwa at (832) 802-3036.

Thank you and we look forward to making this event a huge success with your participation and support!
Another home diversion technique is for perpetrators to come to a residence and ask for a drink of water, use the bathroom, or use a telephone to gain entry into your house. The person will divert the victim’s attention while an accomplice searches for valuables.

Be aware of anyone claiming to represent companies, consumer organizations, or government agencies that offer to recover lost money from fraudulent telemarketers for a fee. As a twist to this same theme, cons sometimes pretend to be officials trying to “catch” a thief with your assistance. Never go along with these schemes.

Be aware of individuals offering to perform various home repair jobs such as your roof or lay down ceramic tiles for cheap. The suspects claims to have materials left over from other jobs. Once the job is completed, the cost of the work is more than the first quote and payment in the form of cash is demanded. Also, the suspects might demand money upfront to buy materials for the job and leaves without coming back.

Emergency 9-1-1
Police Non-Emergency
713-884-3131
For General Information, Contact Your Local Police Station
or
Contact Public Affairs at 713-308-3200
Citizens Help Line Dial 3-1-1
For more information, visit www.houstonpolice.org

ZAH PICNIC
Sugar Land Memorial Park
Saturday October 20, 2019
10:30 a.m. – 3 p.m.
ENJOY A DAY OF FUN AND FOOD
POTLUCK
PLEASE BRING A FOOD ITEM TO SHARE
Covered Entree or similar food item. Please do not bring: Cakes, Cookies, Pies, Soda, etc. in lieu of your covered dish.
FUN ITEMS TO BRING ALONG
Frisbees, soccer ball, football, bikes, and other fun outdoor activity items. Since we have a pavilion suggest bring your favorite board games, cards, etc.
PLEASE BRING YOUR OWN SERVING SPOONS, DRINKS & ICE-CHESTS
DOGS PERMITTED ON LEASH, DOG PARK NEARBY
No Charge - Free Event
ZAH is covering costs for the Venue Rental
Desert, Water & Soda will be provided
CLICK HERE FOR PARK DETAILS
Sugar Land Memorial Park
15300 University Blvd.,
Sugar Land, TX 77479
(281) 271-2885
Event Organized By: ZAH Elderly Advisory Committee
For our young students who are going off to see the World!

Studying Abroad

Planning to spend a semester or explore a gap year abroad, but don’t know how to start preparing for your trip? Use this guide from to help you get ready for safe and healthy travel.

Before You Go

- **Learn about the country's health and safety concerns** using our destination tool, including other countries you may plan to visit while you’re there.
  - Make an appointment with a travel medicine specialist or your healthcare provider to get needed vaccines and medicines at least a month before you leave.
    - CDC recommends all travelers be up to date on routine vaccines, such as influenza and measles-mumps-rubella (MMR). This year there are measles outbreaks in many popular destinations. Make sure you have received 2 doses of the MMR vaccine prior to travel. Don’t go unprotected!
    - Discuss your itinerary with your health care provider to make sure you get any destination-specific vaccines and medicines, such as yellow fever vaccine or medicine to prevent malaria.
    - Get all your routine health checkups, such as seeing your dentist, *before* you leave, because the quality of dental and medical care may be different in host countries or more expensive than in the United States.
  - Pack a **travel health kit with your prescriptions and over-the-counter medicines (enough to last your whole trip, plus a few extra days), first aid supplies, condoms, and your health insurance card.**
    - Make sure your medicines are permitted and properly packaged and stored for travel to your destination. Medicines commonly prescribed in the United States may be prohibited or unavailable in the host country.
    - Pack your medicines in your carry-on luggage. You don’t want to be stuck without them if your suitcase gets lost!
  - **Monitor travel warnings and alerts** at your destination(s) through the US Department of State website.
    - Enroll with the nearest US embassy or consulate through the Smart Traveler Enrollment Program (STEP) to get safety updates and phone numbers in the event of an emergency.
  - **Prepare for the unexpected.**
    - Leave copies of your itinerary, contact information, credit cards, passport, and proof of school enrollment with someone at home, in case you lose them during travel.
    - Find out if your health insurance covers medical care abroad—many plans don’t! Consider buying additional insurance that covers health care and emergency evacuation.
    - Studying and long term travel abroad may result in culture shock, loneliness, or stress. Discuss coping mechanisms, make a plan for who to contact if issues arise while abroad, and tell your health care provider and your study abroad program about any existing mental health issues.
During Your Trip

- **Follow security and safety guidelines.**
  - Follow all local laws and social customs (including standards of dress and cultural norms). Remember, while in your host country, you are subject to its laws.
  - Be familiar with and follow your educational institution’s study abroad code of conduct.
  - Do not wear expensive clothing or jewelry, to avoid the risk of theft or loss.
  - Don’t travel alone at night; travel with a companion if possible. Avoid dark alleys or other questionable areas.
  - Carry a photocopy of your passport and entry stamp; leave the actual passport in a secure place, such as a safe at your accommodation.
  - Carry the contact information for the nearest US embassy or consulate with you.

- **Always wear seat belts and choose safe transportation.** Motor vehicle crashes are the #1 cause of death among healthy US citizens in foreign countries.
  - Use marked taxis or ride-sharing vehicles.
  - Be alert when crossing the street, especially in countries where people drive on the left.
  - Avoid overcrowded, overweight, or top-heavy buses or vans.

- **Prevent insect bites.** Using insect repellent can protect you from serious diseases spread by insects in many destinations, such as Zika, dengue, and malaria.
  - Use an EPA-registered insect repellent with one of the following ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus, para-menthane-diol, or 2-undecanone.
  - Apply sunscreen first, then insect repellent. Be sure to follow instructions on the label and reapply as directed.

- **Be careful when indulging in the local cuisine.** If you’re visiting a developing country:
  - Eat only food that has been fully cooked and served hot.
  - Do not eat fresh vegetables or fruits unless you can peel them yourself.
  - Drink only bottled, sealed beverages, and avoid ice—it was likely made with tap water.

- **Don't misuse alcohol or other drugs.** Misuse may increase your risk of accidents or injuries, which have serious health consequences. It can also make you a target for crime.

- **Use a reputable travel guide or tour company** if you plan on doing any adventure travel activities like reef diving, surfing, or zip-lining.

- **Seek health care immediately if you feel sick or get injured during your trip.** For more information, see Getting Health Care Abroad.

After You Come Home

- **If you are not feeling well after you come home,** you may need to see a doctor. Some travel-related illnesses may not cause symptoms until after you get home.
  - If you need help finding a travel medicine specialist, find a clinic here.
  - Be sure to tell your doctor about your travel, including where you went and what you did on your trip. This information will help your doctor consider infections that are rare or not found in the United States.

- **If you become sick with a fever or flu-like illness up to 1 year after returning from an area where malaria is a risk,** see a doctor immediately. Tell him or her that you have traveled to a place where malaria is present.