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MANASHNI WISHES ALL ITS READERS NOROUZ PIRUZ / JAMSHEDI NAVROZE MUBARAK.

UPCOMING EVENT
Sunday, March 21 – Norouz Celebration – Lunch – See Flyer
Sunday, March 28 – ZAH Annual General Meeting – See Notice

REPORT
UPDATE ON ZARATHUSHTI HERITAGE & CULTURE
By: Nozer Dungor
On behalf of The Executive Committee

When the going gets tough – the tough get going.

We Houstonians take great pride in our weather and our mild winters. We are amazed how our friends and families up in Northern climes deal with the frigid weather. Well, Mother Nature decided to provide us an experience right here at home with freezing temperatures and no electricity to boot.

On a more serious note, many in our community members were impacted. We heard numerous stories of frozen and busted pipes and days without water and power. We have all heard stories of delays in getting plumbers and contractors. Not to mention delays with insurance adjustors and filing claims.

Our Center was also impacted. You may have seen the pictures of the damage. Our team sprang into action especially our dedicated Building Maintenance Team of Yezdi Engineer, Aderbad Tamboli and Sheroy Haveliwala. Water leaks and busted fire sprinkler pipes were fixed and sheetrock repaired. Our BMSC team spent hours working with the janitorial staff and making sure they worked fast and hard on drying up and ensuring that any wet areas like the carpet beneath the stage were removed. The EC along with a select team worked quickly on updating the dance floor and making sure that we were back to shape as soon as we could. The Atash Kadeh committee fixed the AC unit that had its blower conked off and needed to be replaced.
The whole community came together to show its resilience, commitment and responsiveness. Many despite their own personal situations gave it their all. We are now back in action and our center is more beautiful as ever. We invite you all if you are comfortable and able to see the updates for yourself at the Navroz Function on the 21st or the AGM on the 28th. I am sure you will be delighted with the changes.

All’s well that ends well.
Navroz Mubarak/ NoRouz Piruz

LIBRARY REPORT
By: Jangoo Mistry

Sooner or later it was bound to happen.
Meheryar Rivetna, a long-standing member of the ZAH Library Committee has written and published a book: “Zarathustra: The Man and the Message”. An avid reader of religious literature, Meheryar has read more books from our collection than anybody else I know. He would often lament, and sometimes berate, what was presented in a publication -- thoughts and opinions that would conflict with scholarly research. His book has emerged out of this frustration and is an attempt to “set the record straight”, as it were, in so many important facets of Zoroastrian doctrine and beliefs.

Any religion is, to a certain extent, an article of faith. But beliefs, based on truth tend to strengthen and endure. Zoroastrian religion is a very rational and practical faith. Meheryar’s book debunks all the myths and fantasies that have crept into our religion over centuries, when there is ample scholarly evidence to the contrary. It is full of wisdom, and shuns many of the beliefs commonly held to this day. It is simple, yet very profound, in its teachings. Many of the beliefs and practices of contemporary times make the religion sound like a fairy tale diminishing the greatness of Zarathustra and his teachings.

Meheryar’s book covers a wide swath of topics: from Zarathustra’s early days to the concept of God, Heaven and Hell, and conversion. The book also shows how the religion has influenced not only other religions but also philosophical thought, from the Greeks down to modern times. It shows that Western civilization owes a tremendous debt to Zarathustra and his teachings. Perhaps the most important parts of the book are the essays that present an explanation and interpretation of the Gathas that is based on scholarly research by several experts.

We have presented numerous books over the years that deserved our attention. This book gives us special pleasure and pride to highlight and present to you. If you are like me, whose knowledge of religion is garnered from fragments of literature, talks, or beliefs we just grew up with, this book gives us a chance to learn, to reflect, and to absorb a comprehensive understanding of our religion.

Copies of this book are available from Arnavaz Sethna (ahsethna@yahoo.com) for only $10. Mailing to your desired address will cost you a couple of dollars more. Meheryar has generously offered to donate all the proceeds from the sale of the book to the ZAH Library. So order your copy now, and help yourself and your Library.
YOUTH GROUP REPORT
By Natasha Kanga - Toiletries Drive for School Students

Homi Uncle Davier represents ZAH at the Fort Bend Interfaith Community and he advised us of a donation drive to undertake for toiletries for the students. Since this is a wonderful project for the ZAH Youth and Community to work together as a team, an e-blast was sent to the ZAH community to collect and donate toiletries for the Fort Bend ISD students in need - see attached flyer (Please no cash donations).

We request ZAH members to bring the toiletries in a bag or a box and leave it on the stage in the Rustomji Room. The deadline to drop off these items at ZAH is Sunday, March 21st, 2021. Youth group moms will drop off the toiletries to The FBISD Shares Dream office.

In case you cannot purchase the items, you may give a check, made payable to ZAH, and we will purchase the necessary items. Please do write in the Memo “Youth Toiletries Donation Drive." The check can be personally handed to Kermeen Kanga/Arzin Italia at the NoRouz function, or dropped off in the Rustomji Room in a box provided, or it can be mailed to:

ZAH
8787 W Airport Blvd.
Houston, TCX 77071

If members would like to donate directly through Amazon, please use the link provided below. Please write “On Behalf of ZAH” in the Comments/Message section

Let us help the students by participating in this good cause!

ATASH KADEH NEWS
By Persis Behramsha

The month of February brought some unexpected weather to Houston. Fortunately, the Behram Roj Jashan generously sponsored by Sam Bhahda, Zarina & Jamshed Elavia, Aban & Homi Erani, Arnaz & Jangoo Mistry and Avan & Faroakh Rajkot was hosted prior to the chaos of the winter storm. Thank you for keeping the Behram Roj Jashan tradition alive.

Soon after enjoying the glistening beauty of the snow, we had to contend with extreme plunging temperatures, and the collapse of the power grid and water system.

Despite the havoc created by the weather, both our Mobeds at the Atash Kadeh were very diligent in making sure that all Boyes were performed just as they had been doing over the last two years. Through the frigid temperatures and without power and water, Mobed Pervez Gonda was at the Atash Kadeh tending to our Atash Padshah, checking to assure that it was kept alive 24 hours continuously. He even stayed there overnight, in the frigid cold with no electricity, water or internet. The property gates were jammed with ice and had to be pried open the next morning, so he could go home.
Mobed Maneck Sidhwa promptly came for his duties as soon as the roads were clear enough for him to drive. His wife even joked that he had to dress like an Eskimo to keep warm, to be able to stay at the Atash Kadeh through the day.

We sincerely thank both our Mobeds for their commitment to serve our Holy Fire. We could not have done this without them.

We continue with the Live Stream of the Boyes each weekend along with a short Humbandagi prayer by some of our community kids. We have our monthly sponsored Behram Roj Jashans Live Streamed as well, so please feel free to join any time you can.

We are very blessed to have our wonderful place of worship very generously donated by Feroze and Shernaz Bhandara, and the added bonus of have such dedicated Mobeds who go above and beyond.

We will soon celebrate the 2nd Anniversary of our Atash Kadeh inauguration on Navroze day, March 21, 2021, and are planning a Jashan that will be Live Streamed over Zoom (check [http://zah.org/](http://zah.org/) website for details).

Please feel free to connect with us by Email: AtashKadeh.ZAH@gmail.com or Phone: 713-294-7747.

**ZAH CARES**

**THE LATEST CMS REPORTS SHOW THAT THERE HAS BEEN A REMARKABLE INCREASE IN CHRONIC KIDNEY DISEASE**

Chronic kidney disease (CKD) is a condition in which your kidneys are damaged and can’t filter wastes from your blood as well as healthy kidneys (kidney disease is chronic if it lasts for 3 months or longer). This allows wastes from the blood to remain in the body and may lead to other health issues.

People in the early stages of CKD may not feel ill or notice any symptoms. The only way to find out for sure whether you have CKD is through specific blood and urine tests. Once detected, CKD can be treated with medicines and lifestyle changes, including making healthy choices about what you eat and drink.

CMC estimates that 15% of adults in the United States—37 million people—have CKD of varying levels of seriousness. Your chances of having CKD increase after age 60; CKD is most common among adults aged 70 years or older.

**KEY FACTS: CHRONIC KIDNEY DISEASE (CKD)**

- Adults with diabetes, high blood pressure, or both have a higher risk of developing CKD than those without these conditions.
- Other risk factors for CKD include heart disease, obesity, lupus, and a family history of CKD or kidney failure.
• Risk of developing CKD increases with age.
• If kidney damage is severe and kidney function is very low, this is called kidney failure.
• Not all patients with CKD progress to kidney failure. In some patients, CKD progresses to kidney failure even with proper treatment.
• Among people with CKD, men are 63% more likely than women to develop kidney failure.
• People with kidney failure need either regular dialysis or a kidney transplant to survive.

A WELLNESS CHECK, AT LEAST ONCE A YEAR, HELPS YOUR PHYSICIAN TO FIGURE OUT THE CHANGES IN YOUR BODY AND PREVENTIVE CARE IS BETTER THAN A SURPRISE WAKE UP CALL!

Questions? We are always here for you.

CONGRESS LEGACY SCHOLARSHIP
By: Homi Davier

In the year 2019 we had five Legacy Award Winners, however the horrible pandemic that took not just us but the Global humans by surprise, prevented us from distributing the awards to our winners. So much changed and will keep changing. Once and when the crisis is over we will perceive a completely different world and our winners will be the ones who will be leading the way to the new future, the new way of life and the new world as they will see it. Since their awards were not distributed in 2019, it will be done at this Navorz function.

THE 2019 WINNERS WERE

Natalya Mehta ZAH legacy award
Roxanna Irani ZAH legacy Award (shared)
Anosh irani ZAH legacy Award (shared)
Cyrus Mistry The Cyrus R Desai Award
Dina Hormuzdi Nali and Danesh Desai legacy Award

THE 2020 WINNERS WERE

Zara Italia The Cyrus R Desai Award

We will be looking forward to recognizing these young adults and honoring them for their achievements and your presence there would help validate the fact that we care and are proud of them!

The Legacy Team
We are very excited to be celebrating the Second Anniversary of our Atash Kadeh along with the Navroze celebration on March 21, 2021. While we would like to remain cautious about meeting in large numbers, we invite everyone to join the celebration (while staying socially distanced).

**TIME LINE:**

**March 20, 2021**
5:00 p.m. - Boye, followed by Hum Bandagi with Arnavaz Sethna

**March 21, 2021**
10:00 a.m. - Boye/Machi
10:40 a.m. - A special recorded invocation/message from Vada Dasturji Khurshed Dastoor of Udvada, India, who graced us with his presence during the inauguration on March 21, 2019.
11:00 a.m. - Jashan.
1:00 p.m. - Boxed Lunches for Curbside Pickup or Eat at the Center.

For your convenience we have made provisions so you can sign up for Sukhar/Diva Offerings online.

Machis are available for every Geh on March 20th and 21st on a First Come First Serve.

Please click here for: [Sukhar-Diva Bookings](#)

If you would like to attend the Boye or Jashan in person, please select the RSVP Option on the link, or call Persis Behramsha at 713-294-7747, so we can make accommodations for your attendance. Please be aware that Masks are still mandatory inside the Atash Kadeh premises.

If you are unable to attend in person, please join us via Zoom below. Everyone around the globe is welcome to join. [Link is also listed on the Atash Kadeh page at www.zah.org](#).

https://us02web.zoom.us/j/4192191997?pwd=JASHAN
Zoom meeting ID: 4192191997
Password: JASHAN

Please consider contributing to the Atash Kadeh to help sustain, with one of the options as detailed below.

<table>
<thead>
<tr>
<th>Option</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$5,000/year - 5 year commitment</td>
<td>Includes 5 Machis (with priority for your choice of date/time)</td>
</tr>
<tr>
<td>$3,000/year - 5 year commitment</td>
<td>Includes 3 Machis</td>
</tr>
<tr>
<td>$1,000/year - 5 year commitment</td>
<td>Includes 1 Machi</td>
</tr>
</tbody>
</table>

Our Atash Kadeh is once again open for visits, to everyone. We thank our Mobeds Pervez Gonda and Maneck Sidhwa, who diligently serve the Holy Fire and keep it glowing constantly. Please remember, Masks are mandatory.

You can request prayers such as Machis, Private Jashans, Tandarostis, etc., to be conducted remotely via Zoom. (in some instances we can Audio or FaceTime for short prayers). Please contact Persis Behramsha at 713-294-7747, if you have any questions.

**For questions regarding the Navroze lunch, please contact Arzin Italia at 713-679-4998.**

ZAH Entertainment & Atash Kadeh Committees
Notice of the Annual General Body Meeting of the Members
and
Election of Officers to the ZAH Executive Committee – 2021

The Annual General Body Meeting (“AGM”) of the Zoroastrian Association of Houston (“ZAH”) will be held on **Sunday, March 28, 2021 at 11.30 am** at The Zarathushti Heritage and Cultural Center, 8787 W. Airport Boulevard, Houston, TX 77071 (“ZHCC”).

**AGENDA ITEMS:** Members For 2021 (as defined below) wishing to include any items for discussion may forward the subject matter to the ZAH Secretary, by e-mail at kbdastur@yahoo.com by Sunday, March 14, 2021 so that they can be included in the agenda. If you do not have access to email, submissions can be made to the ZAH Secretary by post marking your mail to ZHCC before the deadline and follow up with a text message to (281) 948-5319. **Please note that no new agenda items will be accepted after the due date or entertained from the floor at the AGM.**

**NOMINATIONS FOR EXECUTIVE COMMITTEE OPEN POSITIONS:** The following positions on the Executive Committee are up for election in 2021:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Term</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Khursheed Dastur</td>
<td>Secretary</td>
<td>Completed one 2-year term</td>
<td>Eligible for re-election and is running for another term</td>
</tr>
<tr>
<td>Khursheed Hormuzdi</td>
<td>Member</td>
<td>Completed one 2-year term</td>
<td>Eligible for re-election and is running for another term</td>
</tr>
<tr>
<td>Percy Katrak</td>
<td>Member</td>
<td>Completed one 2-year term</td>
<td>Eligible for re-election and is running for another term</td>
</tr>
<tr>
<td>Fezana Representative</td>
<td>Open</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**NOMINATIONS FOR ATASH KADEH OPEN POSITIONS:** The following positions on the Atash Kadeh Committee are up for election in 2021:

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nazneen Khumbatta</td>
<td>Member</td>
<td>Completed one 4-year term</td>
</tr>
</tbody>
</table>

Another position on the Atash Kadeh Committee needs ratification as it was overlooked at the AGM of March 2019. Please see the Resolution on Page 2 that will be presented at this AGM.

**PROCEDURE FOR NOMINATION OF MEMBERS:** A Nomination Form is included with this notice. Only Members For 2021 may send any completed and signed Nomination Forms by **Sunday, March 14, 2021** by e-mail, to kbdastur@yahoo.com. If you do not have access to email, please post mark your nomination by the deadline and mail to the ZAH Secretary at ZHCC and follow up with a text message to (281) 948-5319. **No nominations will be accepted after the deadline and no nominations will be accepted from the floor during the AGM.** The nominating Member For 2021, nominee and a seconder must all sign the Nomination Form for it to be valid.

**While making your nomination, please be guided by the following:**
- All nominees for the ZAH Executive Committee must be regular members for a period of at least six (6) months prior to the election and must be eighteen (18) years of age or older. This means that they should have paid their 2020 membership dues already and would need to pay their 2021 dues by 14th March
- All nominees for the Atash Kadeh Committee must be regular members for a continuous period of no less than ten (10) years prior to the election and must be eighteen (18) years of age or older. This means that they should have paid their membership dues (continuously from year 2011 to year 2020) and would need to pay their 2021 dues by 14th March
No two members of an immediate family shall serve on the Executive Committee, or on the same subcommittee at any one time. However, they may serve on two different subcommittees at the same time.

No member of the Atash Kadeh Committee shall simultaneously serve on the Executive Committee.

Voting will be by secret ballot. Proxy votes will not be accepted.

ONLY MEMBERS FOR 2021 ARE ELIGIBLE TO VOTE, SUBMIT NOMINATIONS, AGENDA ITEMS AND/OR TO ATTEND THE AGM. TO BE A “MEMBER FOR 2021” ZAH MEMBERSHIP DUES FOR 2021 SHOULD BE PAID IN FULL BY SUNDAY, MARCH 14, 2020. NO MEMBERSHIP CHECKS WILL BE COLLECTED AT THE AGM TO MINIMIZE CONTACT AS AN ABUNDANCE OF CAUTION DUE TO COVID RESTRICTIONS

<<RESOLUTION TO RATIFY ONE MEMBER POSITION ON THE ATASH KADEH COMMITTEE>>

Your Executive Committee, upon review of the Minutes of the AGM held on 10th March 2019, notes that Khushrav Nariman, who completed his two (2) year term per Article 10.3(b)* of the ZAH By Laws (as amended in January 2015) was eligible but not nominated for re-election for the next four (4) term per same article.

Based on this review and consideration of the activities of the Atash Kadeh diligently undertaken by Khushrav, the following Resolution needs to be approved at the AGM:

RESOLVED, that all of the actions undertaken by Khushrav Nariman, as the Member of the Atash Kadeh committee since the 10th March 2019 Annual General Meeting on behalf of the Atash Kadeh are ratified and approved.

RESOLVED FURTHER, that Khushrav Nariman is nominated, to continue the second term of the position under ZAH Article 10.3(b), to retroactively begin from 10th March 2019.

<<Voting for this resolution will be by show of hands>>

As an abundance of caution, no Food will be served at the AGM. Only to-go Snack boxes will be provided at the time of departure from the AGM. Please RSVP to kbdastur@yahoo.com by 14th March 2021 for headcount for snack boxes as those will be ordered only per RSVP received.

All attendees at the AGM will be required to wear masks and maintain social distancing at all times.