



**manashni**

**Volume 34 Issue 06 - June 2020**

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**SUNDAY SCHOOL**

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

**TIME:** Different timings for each group

**DATE:** June 14, 2020

**Children's Session**

The Sunday School session starts at  
**11.00 a.m. join in by Zoom**

**Middle Group:** The Sunday School  
 session at **10.30 a.m. by Zoom**



**Youth Group:**



**MANASHNI SPECIAL EDITION HONORING MEDICAL  
 & HEALTHCARE PROFESSIONALS COMING SOON**

**SUNDAY SCHOOL**

Once again, in May the Sunday School was conducted electronically, by ZOOM technology.

This month the Children's group students and teachers organized a tribute to **our Houston Zarathushti Men Healthcare Givers/Nurturers** – both active and retired (last month the female healthcare givers were honored). Several doctors and healthcare givers attended, shared their experiences and encouraged the kids to follow their dreams. Tribute was also paid to our heroes who are departed yet have left an indelible mark in the lives of the ZAH children. Innovative and beautiful cards prepared by Sunday School kids were displayed. Darius Dastur and Neville Kanga chanted the prayers of good health. Middle Group and Youth Group Sunday School joined in as well, after their sessions.

With Zoom technology, children and parents from out of town (Austin and Dallas, TX; Denver Colorado, Seattle, WA and Los Angeles, CA) joined in - it was not just out of town, but children and parents from out of the country, (Vancouver, Canada and Aberdeen, Scotland) participated too.

Middle Group session was a regular one with the kids learning Jamvani Baj followed by explanation of Gahambar.

**COPING WITH COVID-19**

**PRAYER VIGIL**

Ervad Peshotan Unwalla continues to conduct a daily humbandagi prayer session at 5:30 pm Central to combat the pandemic and for the health of the community and humanity. Click on below link to join. We welcome everyone to join him.

## **ZAH EXECUTIVE MEMBERS 2020**

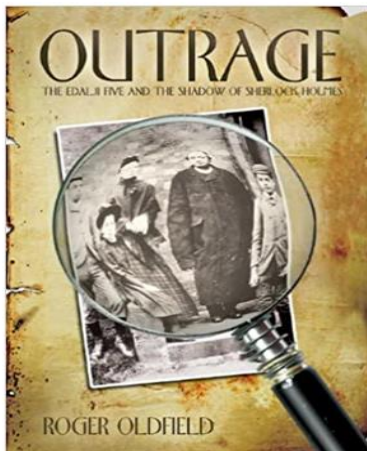
Dungor, Nozer – Chairman  
Gandhi, Kamalrukh  
Hormazdi, Khursheed  
Katrak, Percy  
Khumbatta, Kershaw  
Dastur, Khursheed – Secretary  
Billimoria, Farokh – Treasurer

## **OUR ERVADS (PRIESTS)**

Boomla, Noozar  
Buchia, Kyrus  
Dastur, Barjor  
Dastur, Darius  
Desai, Adi  
Desai, Farokh  
Firozgargy, Bahrom  
Gonda, Pervez  
Kanga, Neville  
Katrak, Rayomand  
Katrak, Vispi P.  
Khumbatta, Noshir  
Kotwal, Zubin  
Masani, Dara  
Nariman, Khushrav  
Nariman, Viraf  
Pavri, Shapur  
Sanjana, Bahmanshah  
Sanjana, Kurush  
Sidhwa, Kayomarz  
Sidhwa, Maneck  
Sidhwa, Yazad  
Unwalla, Peshotan  
Vimadalal, Freyaan

### **OUTRAGE**

BY Roger Oldfield



Ervad Peshotan is assisted by Ervad Neville Kanga, Ervad Darius Dastur, Mahtab Dastur, Natasha Kanga, Cyrus and Neville Masani, and Sabrina and Sanaea Warden.

## **Daily Prayer session link:**

<https://us04web.zoom.us/j/72166471218?pwd=dWhFamZZVmloQnVnZUZrY2ILOG1Xdz09>  
Meeting ID: 721 6647 1218  
Password: NIRANG  
(Password is case sensitive)

## **SUBCOMMITTEE NEWS**

### **LIBRARY COMMITTEE**

New Book Awareness by Aban Rustomji

### **Sir Arthur Conan Doyle and the George Edalji Case**

In January of 1907 Conan Doyle walked into the lobby of a hotel. He was to meet with a man who was trying to clear his name. Doyle spotted the man he was looking for, George Edalji and in a flash Conan Doyle knew that Edalji was innocent of the crime for which he'd served three years in prison.

George Edalji grew up in Great Wyrley, northwest of Birmingham. His father was a Parsee Indian who had converted to the Church of England and became a vicar. He married an English woman and they had three children, including George.

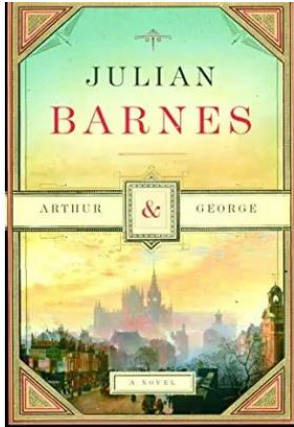
The Edulji family endured much racial intolerance. There was name-calling and practical jokes and anonymous disturbing letters. In 1903 something much more troubling happened in Great Wyrley area. Sheep, cows and horses were being maimed and killed and George Edalji was named as the person behind the hideous crime.

Edalji was a successful solicitor but didn't seem to have many friends. Evidence was gathered and a trial was held where George Edalji, vicar's son and former solicitor, was found guilty and sentenced to seven years hard labor.

Not everyone who was aware of the case was convinced that justice was done. A petition was organized to protest Edalji's conviction and to press for his release. Ten thousand people signed the petition. Because of the publicity Edalji was released after three years but as he was convicted, he couldn't practice as a solicitor. Edalji decided to publish an account of the entire matter.

Conan Doyle read about the Edalji case and felt compelled to act. He wrote a series of articles for the *Daily Telegraph* and outlined his findings in detail. In 1907 Conan Dole proved Edalji's innocence and he was re-admitted to the Law Society.

**ARTHUR & GEORGE**  
By Rodger Oldfield & Arthur



**JASHAN**



**DIVA**



**CURBSIDE DELIVERY OF CHASNI**



It is important to note that as a result of this case the Court of Criminal Appeal was established in 1907. So not only did Conan Doyle help George Edalji, his work helped to establish a way to correct miscarriages of justice.

If you are interested in the George Edaljis Case FIRES recommends two books that are in our collection. It is also a PBS Masterpiece Series that you can view.

**Outrage:** by Rodger Oldfield and **Arthur and George** by Julian Barnes

**ATASH KADEH NEWS**

By: Persis Behramsha

Machis, Jashans Ghambhars grew even more popular in May 2020.

Behram Roj Jashan sponsors were Lyla-Danny Aga, Ruby-Bejun Anklesaria, Kashmira-Faredun Bhader, Shireen-Adil Bharucha, Huty-Farokh Billimoria, Jessica-Jamshed Dubash, Kamal Dubash, Lillian-Cyrus Irani, Aban-Savak Patel, Roshan N. Sethna and Shahnaz-Yazdi Sidhwa. Thank you all so much, for maintaining this monthly Jashan tradition.

Evening Weekend Boyes are Live Streamed every Saturday and Sunday at 5 p.m. We are grateful to our special guests Mobed Zarrir Bhandara (California), Mobed Soli Dastoor (Florida) and Mobed Bahrom Firozgari (Houston) who led us in Hambandagi prayers, after the Boye Ceremony by Mobeds Pervez Gonda & Maneck Sidhwa. Thank you Shireen Anklesaria and Natasha Dungor for so eloquently reciting the translations that help us understand the meanings of the Hambandagi prayers. Great job ladies!

We ended the month with Virtual Gahambar Jashan on May 31 with *curbside chasni pick up*. Persis and Shernaz made up ziplock bags of fruits and nuts. As the cars came, they went to pick up the chasni first and then to the Center for curbside pickup of Dhan Sak.

Atash Kadeh was graced with many lighted Divas; the Jashan area was abundant with Sukhar, Flowers, Fruits, Nuts, and Malido. We thank those that sent in their Sukar Diva offerings, and the Web Team for monitoring it live while the Jashan was in progress. Many thanks to our dear Mobeds Maneck Sidhwa, Pervez Gonda and Khushrav Nariman for conducting the Boye and the Jashan prayers, and to Yasmin Medhora and Pervin Sidhwa for donating the delicious Malidos.

The ongoing Live Streaming of Jashans/Boyes is the ZOOM work of Father & Son team - Khushrav and Rayhan Nariman. Thank you both for diligently taking on that task for the benefit of our community, so everyone can participate virtually. We also thank Mobeds Pervez Gonda and Maneck Sidhwa for accommodating the virtual Machis through ZOOM.

<https://us02web.zoom.us/j/4192191997?pwd=JASHAN>

Zoom meeting ID: 4192191997

Password: JASHAN

Please check ZAH.org for Atash Kadeh updates, or contact Persis Behramsha at 713-294-7747 for any questions



**Neville & Natasha Kanga**



**HAPPY FATHERS' DAY**



**Ervad Shapur Pavri  
Performing Zerses Kermani's  
Navjote**



## **HAPPY FATHER'S DAY**

By: Neville & Natasha Kanga

"A father is neither an anchor to hold us back nor a sail to take us there, but a guiding light whose love shows us the way." — Unknown

June 21 is a day to celebrate and appreciate all the wonderful dads, and father figures who play a crucial role in every child's life. Dads are usually the fun, laidback parent, yet they can be firm and structured. It is sometimes easier to confide in Dads rather than Moms because you know he will keep calm and only try to help you instead of asking questions, getting emotional or unnecessarily stressed.

Even with their busy schedules, Dads always find time to be available and engaged in all our school and social activities. As much as they appear to be tough and manly from the outside, Dads are sensitive, caring and always concerned for the security and well-being of the entire family. Some dads are not only "role models" for their kids, but they also mentor and inspire other kids in our community. Dads help us in understanding right from wrong and guide us in achieving our goals and dreams. Best of all, fathers are always supportive and encouraging, and give you the best, unbiased advice even during the most difficult crossroads in life. So, on June 21, show your love and appreciation for all that your father has done for you, is doing for you, and will forever do for you.

Daddy dearest we love you with all our heart.  
You have always been there for us,  
Picked up our spirits when we have been down  
Expressed pride in of all our achievements  
Taught us right from wrong  
to be true, giving and kind.

## **IN APPRECIATION**

By: Baku Kermani

Dearest Shapur

You are the best mobed ever, a true Dastur. I still remember 25 years ago how gently and gracefully you did my son Zerses's Navjote, for that act of kindness, hope Ahura Mazda pays you back a thousand-fold. Your dignity, your wisdom, your generosity of share will always be appreciated by me.

Thank you, thank you

## **WORLD'S FIRST VIRTUAL GAHAMBAR.**

Your ZAH Entertainment Committee was in full swing planning for the March Jamshedi Navroze function when the dark clouds of COVID appeared on the Horizon. Despite putting in a lot of work we had to cancel the function. Similarly due to state regulations and Health Reasons we had to cancel the in person Maidhyarem Ghambhar scheduled for May 31

### **CURBSIDE PICK UP**



### **HOUSTON FOOD BANK**



While the community has rallied together in these difficult times and we have come closer with Zoom meetings and Boye's we felt that it was time to do something to get the community together while still keeping our Social Distancing and Hygiene rules in place. We received a very innovative idea to celebrate a virtual Gahambar with curbside lunch pickup catered by none other than Naushad Mehta of Cillie's. While with any innovative idea there is enthusiasm mixed with skepticism the EC along with the Atash Kadeh Committee and the Entertainment Committee got to work on the planning and proper execution. We received invaluable support from our core team of Kayo Sidhwa, Naushad Mehta, Persis Behramsha and Arzin Italia in the logistical details and planning of the event.

On the day of the function we all got together to pack the food and were able to distribute it orderly after the Jashan. The Atash Kadeh committee provided the fruits and Chashni at the AK and then individuals drove to the Center portico entrance to pick up their prepacked lunch of delicious Chicken Dhansak, Kababs and kachumbar. We sold 80 boxes that day (enough to feed 160). The volunteers enjoyed their part in the event. The ZAH Entertainment Committee would like to thank Aderbad Tamboli, Arzin Italia, Khursheed Hormuzdi, Minaz Dungor, Nali Desai, Natalya Mehta, Nerius Mehta, Nozer Dungor, Serena Setna, Yasmin Medhora, and Zia Anklesaria for volunteering to pack the food and to help distribute the food.

Thank You to those that came out to show their support. We wish that we see an end to this virus and we can soon get together for an in person function at the center (like old times ☐)

Thanks

Your ZAH Entertainment Committee

### **HOUSTON FOOD BANK – DISTRIBUTION**

By: Cyrus Mistry – On Behalf of ZAH Youth Group

Although, most ZAH parents and youth are still social distancing, a few parents and youth joined Mr. Feroze Bhandara in his efforts to donate and responsibly distribute produce and meats to underserved community members of Houston on Saturday, May 30th from 9am to 2:30 pm at Plaza de Americas (Sharpstown Mall).

A BIG THANK YOU to the following seven ZAH members who attended the Houston Food Bank volunteer event and helped distribute food.

Berzin & Perendi Bhandara, Feroze Bhandara, Jasmine Mistry & her son Cyrus, Nilufer Surveyor & her son Cyrus.



## HOUSTON FOOD BANK DISTRIBUTION



Khubyar & Ava



GETTING STARTED



As Mr. Bhandara stated "Hunger in our community is a big problem due to the unemployment caused by the Covid pandemic." The food distribution at Sharpstown Mall lasted for nearly 2 hours longer than originally planned. We served approximately 3,000 cars and 1,000 walk-ups. Unpacking boxes and loading cars in the hot sun for six and a half hours was a lot of work but all our volunteers felt good about serving folks in need especially during these difficult times when our local community needed our support the most.

We were also visited by Houston Mayor Sylvester Turner who posed for photos with ZAH volunteers.

There were other volunteers from the Ardenwood Group who also joined hands with ZAH to help at this event and we have thanked them for their support as well.

On another note, youth group elections will be held virtually next month during Sunday School and I am putting together all the necessary documentation for the same.

## NEW ARRIVAL/MEMBER

Avan Behramsha, (daughter of Persis and Feroze Sethna), relocated from Mumbai in Feb 2020 to join her husband Khubyar Behramsha (s/o Roshan & Percy Behramsha) in Houston, TX.

They were married on Jan 11, 2019, in India. Professionally, Avan is a Hairstylist and Makeup Artist and has been offering services in the beauty field for the past 8 years.

She is excited to being actively involved with our vibrant ZAH community. ZAH welcomes you to Houston, Avan!

## **Congress2000Legacy**

### ***Tips for successful remote learning!***

By Farzad Sunavala

### **School from home? Work from home?**

Having trouble adapting to a new way of learning due to COVID19? Use this guide to help working from home WORK for you...

### **Getting Started Set up your workspace**

Find a space in your home where you can concentrate. If you're somewhere with background distractions and on a Zoom call, consider blurring/changing your background for respect for your peers. Consider investing in ergonomic equipment to avoid discomfort and injury. Very important to be comfortable!

## COMMUNICATE



## VIRTUAL MEETING



## STAYING CONNECTED



## FUN GAMES



## Communicate, communicate, communicate

Your rhythm of working from home might look different than it does in school. Decide how to split up your available study hours and clearly communicate this with your friends and family ensuring they don't have to chase you down in order to get a hold of you. Let them know when it's OK to reach you. Also, it's all too easy for miscommunications to occur which result in someone feeling frustrated. Small simple gestures like a nod, smile, or the tone in which something is said in person are so important that in their absence, we can end up with communication frustrations.

## Maintain healthy boundaries

Without the normal end of day school day signals, like a commute, it can be harder to unplug. Research shows that those who work from home are more likely to overwork. Make sure to take time to stretch, stay hydrated, and give yourself opportunities to relax from remote working at the end of the day.

## Attend virtual meetings

### Embrace online meetings with fellow students and teachers

We lived in a world where Zoom, Skype, Teams, FaceTime, and many more virtual video conferencing tools exist. Take advantage of these to communicate and effectively group study with your friends.

### Be mindful and inclusive

A crowded conference call can make it difficult for people to share their opinions. The presenter should pause frequently to allow time for questions and remind attendees to use the chat window to ask questions and share thoughts.

## Staying connected

### Make up for missing hallway talk

Without friends or colleagues to talk to, even informally in the cafeteria or break room, it's quite common to develop feelings of isolation or loneliness. Instead, be deliberate about connecting with your friends and coworkers. Set yourself a reminder to check in with people regularly.

### Don't forget to have fun

Think about a 'virtual coffee break'. There are plenty of free online games that you can play with your friends like Poker, Codenames, Charades, Monopoly, and more!

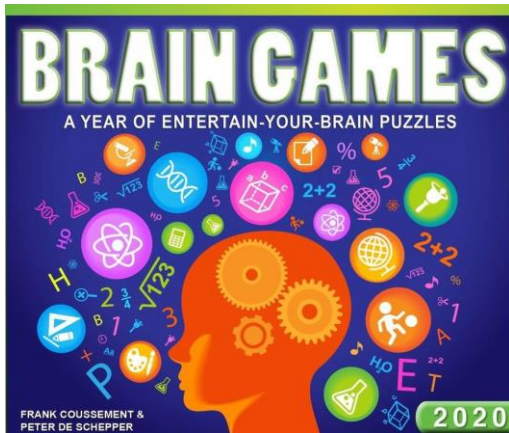
## OBITUARY

Yasmin Bahman Dalal, sister of Rashna Daroga (Toronto, Canada) and Vera Dinshaw (Karachi), passed away in Houston on June 11, 2020.





## STAY ACTIVE



## ZAH CARES

By: Homi Davier

### Alzheimer's Disease [ahlts-hahy-merz]

**Alzheimer's disease is the most common cause of dementia among older adults. 5.7 million Americans are estimated to be living with Alzheimer's disease in 2019.**

It is the fifth leading cause of death for adults aged 65 years and older, and the sixth leading cause of death for all adults. Alzheimer's disease involves parts of the brain that control thought, memory, and language, and, over time, can seriously affect a person's ability to carry out daily activities. Although the cause is still unknown, scientists are learning more every day about Alzheimer's disease and what can be done to prevent and treat this fatal illness.

### Key Facts

- Alzheimer's disease is not a normal part of aging.
- 5.7 million Americans are estimated to be living with Alzheimer's disease in 2018.
- Symptoms usually begin after age 60, but Alzheimer's disease likely starts a decade or more before problems first appear.
- Risk factors include aging, diabetes, high blood pressure (hypertension), smoking cigarettes, and a family history of dementia.
- Alzheimer's death rates increased 55% and the number of Alzheimer's deaths at home increased from 14% to 25% while deaths in institutional settings decreased, from 1999 to 2014.
- More than 16 million Americans provide unpaid care for people with Alzheimer's or other dementias.
- Currently, there is no cure. There are pharmaceutical options for managing symptoms and care planning.

### Prevention Tips

**Some risks factors to brain health cannot be controlled or prevented, like your age or genetics. Other risk factors, like health choices, are under your control. For example, you can:**

- Get active and stay active.
- Manage cardiovascular risk factors such as smoking, diabetes, hypertension, and obesity.
- Learn new things.
- Connect with your family, friends and communities.

More at CDC.gov

<https://www.cdc.gov/aging/aginginfo/alzheimers.htm>

**Keep in touch. It will be nice to hear your experiences of present time. Do give us a call whenever you wish to chat, feel free to call any of the team members shown below.**



## SCHOLARSHIPS



### FALI CHOTIA CHARITABLE TRUST



### NAVJOTE Darien Vimadalal



## FEZANA SCHOLARSHIP

Applications are open for all the FEZANA Scholarships.

FEZANA gives scholarships in various areas

- Academics
- Performing and Creative Arts
- Sports
- Religious Education
- Culinary Arts
- 

Get more details below

<https://fezana.org/scholarships/>

## FALI CHOTHIA SCHOLARSHIP

The Fali Chothia Charitable Trust is now accepting applications for its 30th annual scholarship awards.

Scholarships are open to Zoroastrian students in North America enrolled in four-year or graduate-level programs. Awards are based on financial need, academic achievement, extracurricular activity and community service. They are given as outright gifts or no- and low-interest loans.

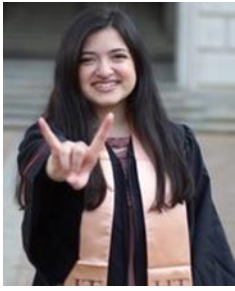
The Fali Chothia Charitable Trust was established in 1988 under the Zoroastrian Association of Metropolitan Washington, Inc. (ZAMWI). The Trust provides scholarships to deserving Zoroastrian students enrolled in universities in North America, regardless of their country of origin. Applications may be downloaded from: <https://zamwi.org/fcct/>

## NAVJOTE

Darien, son of Parynaz & Ervad Khushroo Vimadalal, brother of Ervad Freyaan Vimadalal, grandson of Firdosh & Maharukh Mehta (New Jersey) and late Ervad Dinyar & Kashmiri Vimadalal (Mumbai), had his Navjote Ceremony on December 25, 2019, at Saher Agiary Compound in Mumbai, India.

## GRADUATION

### COLLEGE GRADUATES



**Freya Daroga**

Graduated with a Bachelor's Degree in Business Administration (majoring in Finance) from the McCombs School of Business at UT Austin.



**Michael Adil Ilavia**

Bachelor of Science (Mechanical Manufacturing Engineering)  
Texas A & M University



**Kyle Jensen**

Graduated with bachelor's degree in psychology from UTSA.



**Serena Rustom Setna**

Bachelor of Science - University of Houston (Main Campus) from the Conrad N. Hilton College of Hotel and Restaurant Management.

Magna Cum Laude with University Honors (Honors College/Program)  
Spring 2020

### HIGH SCHOOL GRADUATES



**Dina Hormuzdi**

Graduated from Lawrence E. Elkins High School.  
She will be attending The University of Texas at Austin in the fall.  
Her major is Advertising.





### **Anosh Irani**

Graduated from Elkins High School.  
He will be attending the University of Texas at Dallas and majoring in Computer Science.  
He received the ZAH Legacy Award (shared). He also earned his Eagle Scout Award.



### **Rayaan Irani**

Graduated from Clements High School with a Magna Cum Laude. In high school, he achieved Life Scout and actively competed in Debate tournaments, representing Clements at District and State levels. He will be attending Southern Methodist University (SMU) in Dallas, TX and will pursue the Honors program in Computer Science and Business.



### **Roxanna Irani**

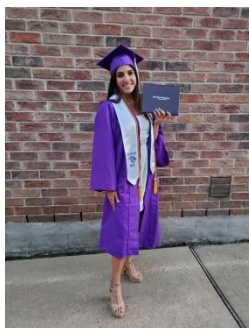
Graduated from The Woodlands College Park High School.  
In the fall, she will be attending Texas A&M University as a member of the Mays Business Honors Program.

Roxanna is a Magna Cum Laude graduate and a member of the National Honor Society.  
She was a ZAH Legacy Award Scholarship (shared) recipient this year.



### **Alex Izad**

Graduated from High School with Honors.  
He was on Dean's list through out the High School  
He is going to attend Houston Community College for the first two years  
His major is undecided



### **Hailey Jensen**

Graduated Cum Laude and is attending UTSA (University of Texas San Antonio) double majoring in data science and international business.



### **Rukshana Sarkari**

Graduated from William P. Clements High School with Magna Cum Laude and achieved Academic Excellence all four years along with a Double letter in both Swimming and ROTC (4x Varsity Competitor). She will be attending the Virginia Military Institute where she will major in International Studies and minor in foreign language. She will be a part of the Naval ROTC Unit, where she will commission into the Navy once she graduates.

Rukshana was also recruited for swimming and will continue to swim in college.



### **Natalya Mehta**

Graduated from Clements High School and will be attending Baylor University as Biochemistry major.

Natalya has been awarded the Baylor Provost Gold Scholarship and Baylor Virtual Event Scholarship.



### **Cyrus Mistry**

Cyrus Mistry graduated with Honors from Stephen F. Austin High School, and two distinguished endorsements - Public Services Health Sciences and STEM Math. Cyrus was also felicitated with the Award of Excellence at the Congress of Future Medical Leaders, and he was a part of Austin High's National Honor Society, National Society of High School Scholars, Mu Alpha Theta Math National Honor Society, and Rho Kappa Social Studies National Honor Society. He was also invited to represent Austin High at the 2019 National Student Leadership Conference.

Cyrus will attend the University of Texas at Dallas and major in Biology with a Pre-Med Concentration.