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OFFICE 713-963-4229

SUNDAY SCHOOL

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

TIME: Different timings for each group

DATE: July 12, 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 – TRIBUTE TO MEDICAL & HEALTHCARE PROFESSIONALS WILL BE SENT SEPARATELY

SUNDAY SCHOOL

Once again, the July Sunday School sessions were conducted electronically, by ZOOM technology.

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.

Ervad Peshotan is assisted by Ervad Neville Kanga, Ervad Darius Dastur, Mahtab Dastur, Natasha Dungor, 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

By Jangoo Mistry

Oral History Rejuvenated

By now, we are all aware of ZAH Library's Oral History Project that we started back in 2014.

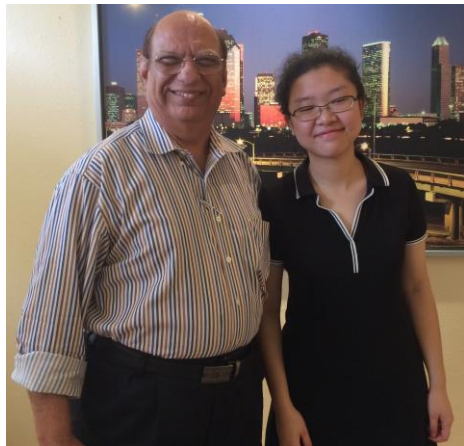
ZAH EXECUTIVE MEMBERS 2020

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
Firozgari, 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

(Late) Noshir Medhora with
Interviewer Caroline Zhu



Our effort to rejuvenate this effort to record the unique experiences of our fellow Zoroastrians was detailed in the March issue of Manashni. Please refer to that write-up to refresh your memory.

Every interview has been recorded and cataloged into the new digital Zoroastrian Archive at Rice University in Houston.

We have recorded 36 stories:

Zarine Balsara	Thrity Desai	Noshir Medhora
Mehli Behrana	Kaemerz Dotiwala	Jehanbux Mehta
Peshotan Bhadha	Fali Engineer	Jangoo Mistry
Jerbanoo Bhadha	Rustom Engineer	Shapur Pavri
Feroze Bhandara	Homi Erani	Yasmin Pavri
Behram Bilimoria	Piloo Ilavia	Meheryar Rivetna
Meherwan Boyce	Katie Irani	Shaheen Rustom
Sarosh Collector	Zenobia Guzder	Aban Rustomji
Nano Daroowala	Vehishta Kaikobad	Vispi Sagar
Homi Davier	Jimmy Kumana	Hoshang Sethna
Rohintan Deputy	Sarosh Manekshaw	Nergesh Sethna
Adi Desai	Percy Master	Bapsi Sidhwa

The value of these recorded stories have proved invaluable and have validated the importance of this project. We have made just a modest beginning. We feel that now is the right time to expand the project to include many more community members who have as yet not had the opportunity to share their unique experiences of early lives before and after they migrated to the U.S.

We are fervently asking those of you who have not yet recorded their oral histories to volunteer for a recording.

Please don't be bashful or downplay your experiences. Historians have recognized that the everyday memories of everyday people, not just the rich and famous, have historical importance. Relating your story will not be a big demand on your time, and we will try our best to make it as convenient as possible for you, recording even remotely from your home.

You can contact Jangoo Mistry (jbmistry@gmail.com) or Arnavaz Sethna (ahsethna@yahoo.com) if you are ready to record your story in the coming months. We are also looking for volunteers to conduct and record the interviews.

**YOUTH VOLUNTEERS
HOUSTON FOOD BANK**
Cyrus Mistry with Feroze Bhandara



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ATASH KADEH
Behram Roj Jashan – June 2020



YOUTH GROUP REPORT

By: Cyrus Mistry

Hello Manashni Readers,

We hope you are all safe and in good spirits. Despite the current situation, your youth group will be busy with the following activities this month.

- 1. July 1, 15, 29, 2020:** Youth Group Volunteers will partner with Houston Food Bank and Mr. Feroze Bhandara from the Ardenwood Group to distribute food to less fortunate members of our Houston community at Etoile Academy, 6648 Hornwood Drive, Houston 77074 from 9 am - 1 pm.
- 2. July 12, 2020 (After Sunday School):** The Youth Group will welcome new Youth members - Mahtab Dastur, Arnaz Irani, Natasha Kanga, and Neville Kanga as Freshman to the 2020 - 2021 Youth Group.
- 3. July 12, 2020 (After Sunday School):** Current 2019 - 20 Officers will host Youth Group Elections for the 2020 - 21 school year. Due date for the nominations to the vacant positions was met. Existing Youth Members and Freshmen were encouraged to send in their nominations and serve as an officer next year.

Your Youth Group would also like to take this opportunity to wish all Manashni Readers a very happy Independence Day!!!

ATASH KADEH NEWS

By: Persis Behramsha

Atash Kadeh June 2020 News

As we move on along during the Pandemic, we are all figuring out new and different ways to bring normalcy to our lives. A prime example is the steady and unwavering dedication with which our Mobeds have been serving the Atash Kadeh and maintaining all our religious traditions and customs.

We are also very fortunate to have all our well-wishers who support the Atash Kadeh by donating, sponsoring, and giving in various ways throughout the year.

The June Behram Roj Jashan sponsors were Tehmi & Firdaus Dastoor, Mahrukh & Rohintan Deputy, Zarina & Jamshed Elavia, Roshan & Yezdi Engineer, Yasmin & Rustom Engineer, Aban & Homi Erani, Avan & Faroakh Rajkot, Shirin & Bahadur Sarkari, Arnavaz & Hoshang Sethna, and Persis & Naozer Behramsha. We thank all of you for your strong support.

We are happy to continue the weekend Boye and grateful to our special guests: Mobed Soli Dastoor (Florida), Mobed Zerkxis Bhandara (California), Mobed Bahrom Firozgari (Houston), and the special Father's Day Hambandagi with Khushrav & Viraf Nariman, Kayomarz & Yazad Sidhwa, and Khushroo & Freyan Vimadalal. A huge thanks to Ariana Anklesaria, Anosh Irani, Zal Italia and Roshni Chikhliwala, for the lovely translation recitations they rendered,

FATHER'S DAY HAMBANDAGI



COPING WITH LOCKDOWN IN SCOTLAND

Yash Chiniwala in the kitchen



helping us understand the meaning of the Hambandagi prayers. We are so glad you all participated.

As you all are aware, we cannot yet congregate in large numbers, however, those that wish to participate in person for their Machis, or sponsor the Behram Roj Jashans can attend, as long as everyone wears a mask and maintains social distancing.

As always we thank Mobeds Pervez Gonda and Maneck Sidhwa for their hard work and dedication. We continue to livestream our weekend Boyes and virtual Machis via ZOOM, in case anyone cannot attend.

<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.

MISCELLANEOUS

Coping with lockdown in Scotland

By Yohan and Yash Chiniwala – Aberdeen, Scotland

Lockdown gave us an opportunity to spend more time to enjoy and relax with our family. We have taken advantage of the lockdown to have fun. We have been enjoying our time playing various board games indoors and outdoors, as a family. We have also been playing a lot of sports outside in our back garden (only when it is sunny, of course! ;-)). We have also taken advantage of the spare time to learn new life-skills over this period; which includes helping our Dad mow the lawn and paint the fence. We also learnt to cook our favorite meals like omelette, French toast, and mora-daal-chaval, after we pestered our Mum to teach us. Yummm....!

Because the schools are shut, we are still unable to meet our friends and teachers, and like everybody else, we are having virtual classrooms. We have been using Microsoft Teams and Microsoft Onedrive to interact with our classmates and teachers. This has made us quite tech-savvy; to the point that we were sharing tips and tricks often with our parents.

Socializing in the lockdown was made easier using apps like FaceTime, WhatsApp calls, Zoom, Houseparty, etc. Arnavaz Aunty, Nazneen Aunty and Khursheed Aunty went out of their way to organise the virtual Sunday Schools, which would have been impossible otherwise. This meant that we were able to keep in touch with our Zoroastrian friends even though we are miles across the Atlantic. Since everyone was confined at home, we were calling our friends using these technologies, way more often than usual, for 'taila-tappas.'

An important aspect of the lockdown in Scotland, was to recognise the work done by our care-givers, during this pandemic. At 8 p.m, every Thursday (for 9 weeks), we participated in the 'clap for carers', which was a lot of fun. Families would come out on their front porch and show their appreciation by clapping, making noise, clanging pots and spoons, and cheering the carers, for 2-3 minutes.

Yohan & Yash Chiniwala - Scotland



GIVE FROM THE HEART



THOUGHTS AND PRAYERS FOR NUSHAFREEN



In Scotland, few things are a little bit different from Houston. Over here, we are still easing out of lockdown, very slowly. Hence, we can't yet go to parks and other public places. But, we can go on walks and meet family members, in groups of up to eight people, outside our own houses.

We pray to Ahura Mazda that this lockdown and pandemic will end soon and we are able to get back to our normal routines. We also look forward to the day when we are able to travel freely to Houston and see you guys!!

MEDICAL APPEAL Give from your heart

FEZANA has received the following medical appeal.

Katy and Dara Palsetia of Mumbai, India are requesting for financial help for their 33 year old daughter Nushafreen.

Nushafreen had a relapse of Non Hodgkins Lymphoma, Diffuse Large B Cell Lymphoma, double express or phenotype, an aggressive form of cancer.

She will be going through two cycles of salvage second line chemotherapy. Her oncologist has advised that soon after the chemotherapy, during the short period of complete or partial remission she needs to go for CAR-T or high dose chemotherapy followed by Stem Cell/Bone marrow transplant.

That treatment is not available in India, it is only available in the USA, UK, Israel and some European countries. Upon researching they have found that Israel would be the most financially practical option and that the cost would be in the range of USD \$200,000. This amount will include a one month hospitalization for necessary treatment and follow up.

Katy, Dara and the extended family have exhausted their savings and are looking for help from the global Zarathushti community to help support their daughter's medical expenditures and facilitate her recovery.

We urge our generous community to support this family with any financial contributions they can afford. A tax receipt will be issued from the US on behalf of FEZANA.

Or you can send a check to
Rooky Fitter
FEZANA Treasurer
PO BOX 266
SUNSET BEACH, CA 90742

May Ahura Mazda bless you for your generous support always.

ZANT T-SHIRT



Fund Raising By ZANT Dallas Association

By: Autusa Behroozi

Dear ZAH Community,

Typically this time of year, our centers have an annual lock-in and invite the others to join in a weekend of fun and religious education. At the end of the event, the youth say their goodbyes with full tummies and sleep-deprived eyes, **wearing a T-Shirt that represents the cherished memories that were made that weekend.** Because in today's reality we cannot gather, the ZANT youth thought of organizing and designing a T-shirt would help the community feel more connected even at a six foot distance.

The Zoroastrian youth have designed a T-shirt for ZANT, and are fundraising the upfront cost of the shirts from benevolent donors such that the full price of every T-shirt purchased will be donated back to the community. We are offering ZAH members the opportunity to purchase a shirt to not only support their fellow Zoroastrian Center and the youth, but also feel connected to their community in these difficult times.

The design is as shown in navy and maroon with gold ink. **Each shirt will cost \$15**, and members who pre-order will **pay on delivery**. The T-shirt delivery day is to be decided.

To order your T-Shirt, please contact Niousha Bastani of ZAH Youth Group with your choice of color and size S M or L. Youth Group reps Niousha and Zara will be taking care of the deliveries. Payment details will be announced. Niousha can be contacted at 408-466-7866 and Zara can be contacted at 832-829-2811.

Please contact Niousha or Zara if you have any questions. T-Shirt pre-orders end on **July 31st**, so make sure to call your friends, family, aunties, and uncles all over the world to get shirts!



OBITUARY

Ervad Hoshang Jamasp Buchia, husband of Perin H. Buchia, father of Khursheed B. Dastur, Goolzar and Parizad H. Buchia, father-in-law of Barjor M. Dastur, grandfather of Mahtab and Darius B. Dastur, passed away in Mumbai during early morning of 21st June 2020, on Roj Adar, Mah Bahman.

MANASHNI and its readers send their heartfelt condolences to Khursheed Dastur and her family.

ZAHCARES

Make the most out of this time at home with 5 good habits for life...



We've all seen the posts on social media. Some people are baking bread from scratch, doing daily yoga, learning a new language, and organizing every room in their house—all before 9 a.m.

If you're not that ambitious, but still want to do something productive with your time, here are some ideas to help you get started.

1. Become a presentation maestro.

We've all been asked to give a presentation at some point. And while any form of public speaking can be daunting for some people, you can now get personalized tips on how to give more effective presentations with [presenter coach in PowerPoint](#). Presenter Coach evaluates your pacing, use of filler words and informal speech, identifies potential sensitive verbiage, and more, giving you a [summary report](#) at the conclusion of your rehearsal. Start testing your presentation skills now for free in [PowerPoint for the web](#) and become a presentation maestro.

2. Manage your money better.

If you've had changes in your job, or are spending more on food (or toilet paper) than usual, you may be interested in managing your budget more carefully. Or maybe you've been meaning to create a budget for a while, but haven't gotten around to it yet. Take this opportunity to focus on your personal finance journey with better tracking of how you're spending your money. Whether you're looking for help with [family](#), [personal](#), or [wedding](#) budgeting or even [tracking college expenses](#), there are plenty of free templates to choose from and you can use them with Excel or any spreadsheet program.

3. Start writing that best-seller (or simply capture your daily musings).

Maybe you've always wanted to write a book or screenplay, start a food blog, or capture the day's memories for the future. Simply launch Microsoft Word on your desktop (or the free [online version](#)) and get started quickly. Feeling a little rusty? Microsoft Editor is there for you with basic grammar and spell-check assistance. If or when you're ready, you can [share your writing with others](#) for feedback or for fun. There are benefits to writing regularly—it can be therapeutic and it can pay personally or professionally to be a better writer. Looking for tips to get started?

4. Keep moving.

Some days (maybe most days) it feels good to curl up on the couch and binge-watch your favorite TV show after a long day. But [studies](#) show that regular movement is not only good for your body, it's also good for your mind. For some, it can be difficult to get started, and even harder to sustain. Whether your goals are weight loss or to get moving a certain number of times per week, commit to a routine with [an exercise planner](#) that includes tabs to track weight and repetitions. Pressed for inspiration or space? Bing can help with [workout ideas](#) or [exercises that don't require equipment](#). Tracking your progress regularly will keep you motivated and it's a great feeling to get closer to reaching your wellness goals.

5. Get organized today, and create a list for tomorrow.

It can be hard to feel productive, with what feels like a million things demanding your attention every day. Whether you're using this extended time indoors to fix things around the house, making your next shopping list, catching up on your must-watch movies, or daydreaming about all the places you want to travel to one day, creating a [to-do list](#) can help keep your thoughts in order. Star the most important tasks, and enjoy the satisfaction each time.

**With our best wishes for your good health and safety.
Your ZAH Cares Team**

MEET FEZANA 2020/2021 EXECUTIVES



Arzan Sam Wadia



Kayomarz Y. Sidhwa



Rooky Fitter



Percy M. Master



Xerxes Commissariat



EXECUTIVE 2020 | FEDERATION OF ZOROASTRIAN ASSOCIATIONS OF NORTH AMERICA

Arzan Sam Wadia, served as the current vice-president and resigned from his position to take on the new role of the President of FEZANA. Arzan has been involved with FEZANA over the last decade and also served at his home association ZAGNY as a Board Member till earlier this year. Arzan originally hails from Mumbai, India.

Er. Kayomarz Y. Sidhwa joins the FEZANA executive as its Interim Vice-President, to complete the term vacated by his predecessor. Kayomarz has been an active leader at ZAH and has served on the ZAH Executive in a variety of positions, and brings his tremendous organizational and fundraising experience to FEZANA. Kayomarz originally hails from Mumbai, India.

Rooky Fitter was elected for her second two year term as FEZANA Treasurer. She has been involved with ZAC LA for many decades and currently also serves as the President of ZACLA. Rooky originally hails from Mumbai, India.

Xerxes Commissariat was elected for his second term as the Assistant Secretary. Xerxes has been involved with ZACLA and has served on its Board in various capacities. Xerxes originally hails from Karachi, Pakistan.

Percy Master will begin the second year of his second term on the FEZANA Executive. Percy has also been an active member at ZAH and served on its Executive in various roles over the years. Percy originally hails from Mumbai, India.

ZAH is proud to have two of its members, Kayomarz Sidhwa and Percy Master, on the FEZANA Executive Board