



MANASHNI SPONSORED BY

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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: November 8, 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:



UPCOMING ZOOM EVENT

ZAH Legacy Scholarship Webinar For College Bound Students – Sunday, November 15, 2020 – 4:00 to 5:00 p.m. See flyer below

WZCC Webinar - Moving Forward On Your Own Thursday, November 19, 2020 – 8:00 p.m. to 9:00 p.m. – See flyer

SUBCOMMITTEE NEWS

LIBRARY COMMITTEE

By: Yasmin Pavri

We are thrilled to receive a gift from our good friend Ervad Soli Dastur of Florida. He has sent us a treasure trove of letters, lecture notes, newspaper clippings and photographs of Dastur Dhalla. They were gifted to him by Shahrukh and Karen Marker, great grandson of Dastur Dhalla. The items were meticulously collected and preserved by Shahrukh's mother Shirin Marker.

The collection includes several newspaper clippings at the time of Dastur Dhalla's death in 1956 as well as remembrances of his scholarship on the 100th anniversary of his birth in 1975. There are also pictures spanning his life, including his time at Columbia University. But the real treasures are the lecture notes on several Shahnameh stories written in Dastur Dhallas' beautiful handwriting, with comments, observations and notations. This stunning collection is presently being sorted and will be placed in acid free archival boxes for preservation. We hope to digitize the collection at a future date. Arnavaz Sethna helped to translate the Gujarati text and Yasmin Pavri recorded each item. Together with Aban Rustomji they had an inspirational morning reading snippets of each item and marveling at the beautiful handwriting of Dasturji Dhalla in both Gujarati and English. The letters and lectures will be important for future scholarly research, but they are also interesting and fun for non-scholars to see a more personal side – candid, vulnerable and human - of a revered scholar of our times.

**ZAH LIBRARY PRESENTED
TO AMANDA FOCKE, RICE UNIV.**



**Amanda Focke
In appreciation
From
ZAH Library
Oral History Program**

ZAH EXECUTIVE MEMBERS

Dungor, Nozer – Chairman
Gandhi, Kamalrukh
Hormuzdi, 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, Farrokh
Firozgari, Bahrom
Gonda, Pervez
Kanga, Neville
Katrak, Rayomand
Katrak, Vispi
Khumbatta, Noshir
Kotwal, Zubin
Masani, Dara
Nariman, Khushrav
Pavri, Shapur
Sanjana, Bahmanshah
Sanjana, Kurush
Sidhwa, Kayomarz
Sidhwa, Maneck
Sidhwa, Yazad
Unwalla, Peshotan
Vimadalal, Freyaan
Vimadalal, Khurshroo

Felicitating Amanda Focke

The last few months we have been reporting on ZAH's Oral history project and our success at adding valuable life stories of our members. All our oral histories are stored at The Woodson Archives at Rice University. Bapsi Sidhwa's letters and first editions are also stored there. Amanda Focke, who heads the Archives, is instrumental in helping us preserve these invaluable items. At our November Library meeting, Debra Kolah, Jangoo Mistry, and Rustom Engineer paid tribute to Amanda for her kindness, accessibility and encouragement to motivate us with this continuing process. A trophy was presented to her and Amanda writes: *Thank you again so much for your very kind words yesterday at your meeting - you all really are the most gracious and positive group. It's such a pleasure working with you. I was so very surprised by your honoring me - I thought we were going to be having a bit of a chat about the project and what's going well/what needs tweaking! While I don't feel deserving of the honors, I do appreciate it very much and am very touched.*

YOUTH GROUP REPORT

By: Roshni Chikhliwala

On October 18th, 2020, the youth group participated in the Annual ZAH Carnival. The youth group sold Turkey Cutlets, Beef Sheekh Kabobs, Bhajiya, and Rotli. We made approximately \$263. A special note of thanks to the following folks: Tanaaz Machhi, who generously donated \$100 along with the Bhajiyas and Rotli; Minaz and Nozer Dungor donated 60 Sheekh Kabobs; Lyla and Raymie Daroga donated drinks and sodas; Tanaaz and Edul Chikhliwala donated 50 Turkey Cutlets. On the day of the Carnival, the youth group showed up early, set up the tables, and ran the stalls. Thank you to all the youth parents for their support and donations.

On November 15th, we will be hosting a college orientation seminar with Dr. Farrokh Mistree and Dr. Janet Allen, University of Oklahoma, and we will also have a ZAH Youth Alumni Round table. Finally, a big thank you to our Mentors, Teachers, the Youth Group Officers and ZAH members.

MISCELLANEOUS

ATASH KADEH NEWS

By: Persis Behramsha

We are enjoying some lovely weather of the Fall Season, and hope that the upcoming Holiday Season surely brings in good cheer and good health for everyone.

Due to Daylight Savings Time Change, there will be changes in the Boye/Machi timings. Havan Geh Boye - 11:00 a.m.

Rapithwan Geh Boye - 1:30 p.m.

Ujiren Geh Boye - 4:00 p.m.

Aiwishuthrem Geh Boye - 5:45 p.m.

Please note that timings may need to be adjusted based on changes in sunset times, and/or requests for Machis/Jashans.

JASHAN



ATASH KADEH



Atash Kadeh Prayers ZOOM Link:

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

Zoom meeting ID: 4192191997

Password: JASHAN

Contact Persis Behramsha 713-294-7747 for any Machis, Jashans, Volunteering requests or any questions. All Atash Kadeh Committee members are always happy to help.

ONLINE LEARNING



Thank you community members for planning your visits to the Atash Kadeh on an ongoing basis. Our Mobeds are very happy to see you and enjoy interacting with you.

Our monthly Behram Roj Jashan was sponsored by *Bakhtawar & Kershaw Byramji and family, Feroze & Rubina Byramji and family, and Pearline & Sarosh Collector and family.*

Requests for Machis and Tandarosti prayers keep rolling in. Hats off to our dedicated Mobeds Maneck Sidhwa and Pervez Gonda, who work tirelessly especially during multiple Machi requests with Jashan prayers on any given day.

The Atash Kadeh can accommodate about 35 to 40 attendees at a given time, because we have the facility to do so, while maintaining Social Distancing Guidelines.

Masks are still mandatory for now, until further notice. The Atash Kadeh Committee thanks everyone for adhering to the policies.

Mobed Soli Dastur who often joins our Weekend Boye and Hambandagi via Zoom keeps us well informed and interested in our prayers.

Our Weekend Hambandagi prayers would not be the same without our wonderful youth who join in to recite the translations so eloquently. Thank you Shireen & Ariana Anklesaria, Kaya & Cyrus Kapadia of Austin, Emma Kolah, Ariana Pavri of Philadelphia, Diana Sabawalla, and Shanaya Vakil - all of you are wonderful at this and hope to see you again.

Once again many thanks to our Tanaaz, Edul and Roshni Chikhliwala for volunteering to clean the Atash Kadeh as often as they have been doing. We are so fortunate to have your family in our community - your dedication does not go unnoticed.

All community Prayers are Live Streamed including the weekend Boyes at 5:00 p.m. CST, on Saturday and Sunday to allow everyone to join in remotely and feel connected.

ONLINE LEARNING

By Ariana Anklesaria – 4th Grader

Middle Group Sunday School Student



My topic is about my experience with online learning. First, I'd like to tell you that I do like online learning but it's not the best.

My favorite part of online learning is that I get to stay at home! I am really comfortable, the lunch is always nice, fresh and warm. When we were at school, we would have to eat a cold lunch since we were not allowed to warm up the food. I love the fact that I have to wake up almost 30 minutes later for online school than I used to if I went in person. I eat breakfast get ready and BAM I am in my chair and ready for school. The chair is super comfy, and I have a great setup with an adjustable desk and drawer in my own home.

HAVING FUN AT PREVIOUS YEAR'S CARNIVAL



CARNIVAL Pre-ordered Food Packets For pick up



Sheekh Kababs



One of the biggest things I miss from in-person school is that I don't get to play and be with my friends. I miss recess and playing on the balance bars or being on the swings and running around. I also do find 'the technical difficulties' of online school, such as being kicked out of my calls, or the printer jamming while I am scanning my documents is really tiresome. The worst part of online learning is that I have to post everything on my Schoology app by 3:25 PM or else it will be late. In person school was a little more flexible when you did not finish your work; however, my spelling and grammar is better thanks to Microsoft Word 😊.

In the end, I am very happy that we have such fantastic technology and are able to be flexible with either online learning or in-person.

Thank you for reading my article. I hope you enjoyed an 'online kids' viewpoint of the times 😊.

21ST ANNUAL ZAH CARNIVAL

By: Yasmin Medhora

The 21st Annual ZAH Carnival was held on Sunday, October 18, 2020. A total of \$10,000/- plus was donated to the ZAH (est. \$6,600 food and \$3,500 cash donations). Thanks to each and every one of you who attended the Carnival, cooked food, purchased food online or at the Carnival and volunteered your time. Some families drove by to pick up their pre-ordered food and left. The others parked their cars, bought snacks and relaxed in the parking lot catching up with their friends whom they met after seven months! The parking lot ambiance was precious with everyone sitting with their masks on, social distancing, enjoying the lovely music by our very own D.J. Gary. Roshan Behramsha commented "Our Carnival was a great success. It was a very hot day ~86F but I loved the outdoor feel so much – kinda reminded me of the old school fair".

This year the Carnival model was changed given the current situation. 24 food items were placed on the ZAH website for pre-order purchase. All food items were cooked and donated by various families mentioned here: Tanaaz & Edul Chikhliwala prepared Fish Sas and khitchri, Turkey Pattice and Turkey Cutlets; Yasmin Medhora Fish chutney cutlets, 3 types of Mithai and Mango & Pista kulfis; Minaz & Nozer Dungor Chicken Dhansak and rice; Arzin Italia Chicken Curry and Rice; Diana Balsara Chicken Curry; Yasmin Engineer rice for curry; Farzana Sidhwa Sali Margi; Naushad Mehta Chicken papeta with cashew; Delna Minwalla Chicken Kaleji; Khursheed & Barjor Dastur Goat Meat Kabobs; Nargis Cooper Beef Rolls; Rustom & Fiona Setna Grilled Chicken Tikka legs and breast; Persis Behramsha French Beans and fried Fish; Roshan Gazdar Paapri and rotli; Kamal Unwalla Potatoes; Tannaz Machhi Poories, Rotlies, Bajas; Viloo Gonda Egg Chutney Pattice (Gulmohar); Pervin Sagar Akoori masala (Gulmohar); Yezdi Engineer Green Chutney boxes and Plants; Farida Divecha Dahi; Tehmi Dastoor and Arnaz Mistry Parsi Custard.

The snacks sold on the day of the Carnival, not mentioned above, were prepared and/or donated by: Jasmin & Percy Katrak Bhel and Dahi Batata Poori; Roshan Behramsha Falooda; Arnava Sethna, Nazneen Khumbatta and Khursheed & Barjor Dastur contributed for Chicken & Beef Samosas for Middle group; Nozer & Minaz Dungor contributed for Beef Sheekh Kabobs for Youth group, Lyla Daroga

Bhel Puri Stand



Crafts Table



DJ GARY



MIDDLE GROUP – SAMOSA STAND



Water and Sodas; Khursheed Hormuzdi coordinated all food items for Middle and Youth group from Farida behn; Meher & Fiona Anklesaria, Becky & Cyra Byramjee boiled 10 lbs potatoes, cut lemons, kothmir, chillies, etc. for bhel stall; Pervin Sidhwa 5 lbs potatoes for bhel.

Cyrus and Delna Surveyor with the encouragement of their parents made wooden projects, bead magnets and tote bags during summer and donated \$520/-. Rashna Oak sold beautiful handmade envelopes and cards and donated \$331 of sales/match.

Bingo was played on Zoom and the winners were sent Amazon gift certificates online by Zia. The Bingo prizes were donated by Zia Anklesaria, Lyla Aga, Jenisteen Davier, Ayesha Wageneck and Ronnie Patel. The Bingo numbers were called by Yasmin Medhora and Ariana Anklesaria. The Fall Décor by Vehishta Kaikobad added a special touch to the front, side and main entrances of ZAH premises. Arzin printed all signs and Khursheed Dastur printed the to go food bag labels. The setup in the parking lot was done by Arzin, Zara & Zal Italia and Aban Chhor.

All proceeds collected by each stall on the day of the Carnival were directly given to the assigned Accountant for that day Barjor Dastur. Later the accounting of the carnival was given to our ZAH Treasurer, Farokh Billimoria. Thanks for the support of the web team rep Kayo Sidhwa for setting up the website, monitoring the site at least twice a day for deleting the duplicate entries immediately, work on issues and sending reports. Thanks also to Arna and Khursheed for sending the several reminders via eblasts.

Last but not the least ZAH appreciates the generosity of the following families for their cash donations: Annonymous, Rustom Anklesaria, Villi Bhappu, Daraius & Zeenia Bhot, Farokh Billimoria, Sarosh Collector, Homi Cooper, Rohintan Deputy, Rustom Engineer, Thrity Engineer, Homi Erani, Sheroy Haveliwala, Sharukh Kanga, Kershaw & Nazneen Khumbatta, Tannaz Machhi, Yasmin Medhora, Jehanbux & Shireen Mehta, Naushad Mehta, Farida Merchant, Dina Mody, Yasmin Pavri, Aban Rustomji, Jal Sethna, Bapsi Sidhwa, Noshir Sidhwa, Pheroze Tamboli, Mondira Tangri, Anita Thakore and Naz Warden.

THANK YOU MERCI GRACIAS

CARNIVAL – Contribution from Middle Group

By: Natasha Dungor

On behalf of Middle Group Officers & Sunday School Teachers

I wanted to take a moment and inform everyone that this year, even with a pandemic, we had a very successful carnival. We, as the ZAH Middle Group, sold 6 dozen beef samosas and 7 dozen chicken samosas in less than 30 minutes! That's a total of 156 samosas and we made a profit of \$281. All 13 dozen were donated by Arnavaz (Sethna) Aunty, Nazneen (Khumbatta) Aunty, and Khursheed (Dastur) Aunty.

Thank you Anu Aunty, Nazneen Aunty, and Khursheed Aunty for your donation! We really appreciate your contribution and dedication to the Middle Group.

CARNIVAL – MIDDLE GROUP



**MORE CARNIVAL PICTURES ON
PAGE 10**

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FEZANA SCHOLARSHIP
Excellence in Sports - Rukshana



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ZAH SOCIAL MEDIA MANAGER
Vispi P Katrak



I would also like to thank Arzin (Italia) Aunty and Yasmin (Medhora) Aunty for organizing a successful carnival.

Finally, I would additionally like to thank all the Officers and their parents for all the effort and hard work they had put in. Everyone came early to help set up and cleaned up the table once we sold out. A special thank you to all our community members as well that supported our stall and supported the ZAH Middle Group. I understand that it can be difficult sometimes with school and extra-curricular activities, but I appreciate your engagement and involvement from the bottom of my heart.

I can't wait to see what our next batch of officers do next year and I hope they achieve more than us. Keep up the good work!

MORE CARNIVAL PICTURES ON PAGE 10

FEZANA SCHOLARSHIP

The 2020-21 FEZANA Excellence in Sports Scholarships (EXISS) have been announced with a single recipient selected for this scholarship cycle. Congratulations to the recipient!

Rukshana Sarkari

ZAH SOCIAL MEDIA MANAGER

Vispi P. Katrak has joined the Publication Committee as ZAH Social Media Manager. He will be the point person with FEZANA Social Media Director, Tanya Hoshi.

In his position as Social Media Manager, Vispi will create a ZAH Facebook page, a private group for ZAH members to interact and later an Instagram page.



By: Arnavaz Sethna

Niloufer Mavalvala's cook book, *The World of Parsi Cooking* has been placed on display among the top 300 cookbooks published worldwide over the past 25 years at the Alfred Nobel Museum, in Stockholm, Sweden, until mid-November 2020. This is an opportunity for our wonderful ancient cuisine to be shared, acknowledged and revered. This is not just a moment of pride for Niloufer but for the community as a whole.

Niloufer (Wania) Mavalvala hails from Karachi and loves to cook Parsi food. She also conducts classes in cooking ranging from basic papeta per eindu to exotic cakes and desserts.

STORK BRINGS BABY GIRL



ZAH CARES



DR. YASMIN ENGINEER



CONTACT DETAILS OF CAREGIVERS

Davier, Homi	832-428-4285
Balsara, Diana	281-794-2080
Behramsha, Persis	713-294-7747
Chhor, Aban	832-794-0820
Collector, Sarosh	713-882-8465
Dungor, Nozer	832-758-8331
Engineer, Yasmin	832-276-0502
Italia, Arzin	713-679-4998
Katrak, Jasmin	713-320-5075
Khumbatta, Nazneen	832-867-8006
Rustom, Shaheen	713-301-1356
Sagar, Pervin	832-532-2100
Sarkari, Shirin	281-844-1284

Zara Malcolm Irani born on Oct 27, 2020 to **Naomi & Malcolm Irani**. Ken & Villi Bhappu and Khodi & Parinaz Irani became ecstatic grandparents for the first time.

What You Need to Know about Common Vaccines

By: Yasmin Engineer, M.D.

1. INFLUENZA VACCINE

Flu is a contagious disease that spreads around USA every year between October and May. CDC recommends everyone six months of age and older get vaccinated every flu season. Infants and young children, people 65 years of age and older, pregnant women and people with certain health conditions or a weakened immune system are at greatest risk of Flu complications like pneumonia. Flu vaccine prevents millions of illnesses and Flu related visits to the doctor each year. The Influenza vaccine does not cause Flu. Although it does not guarantee that you will not get Flu, but in case you do, it will be in a milder form. It takes about two weeks for protection to develop after vaccination.

2. NEW SHINGLES VACCINE (SHINGRIX)

Shingles is a painful skin rash usually with blisters. Most common complication is long term nerve pain. It cannot be passed on from person to person. It is caused by the same virus that causes chickenpox. After you have chickenpox, the virus stays in your body and can cause shingles later in life. The CDC recommends that healthy adults 50 years and older get the shingles vaccine, which provides greater protection than Zostavax that was used previously. It is given in two doses, 2 to 6 months apart.

3. ADULT PNEUMOCOCCAL VACCINE

Pneumococcal Bacteria can cause pneumonia which is infection of the lungs. It is common in young children, but older adults are at greater risk of serious illness and death. People 65 years or older should get another dose of the vaccine even if they have already got one before they turned 65. CDC recommends pneumococcal vaccination for all children younger than 2 years old and all adults 65 years or older.

4. HUMAN PAPILLOMAVIRUS VACCINE (HPV) - GARDASIL

HPV is quite common in the United States. Most HPV infections go away on their own, but some last longer and they can cause cervical cancer or other health problems, like genital warts. Vaccination can prevent most cases of cervical cancer if it is given before exposure to the virus, but it is not a substitute for cervical cancer screening. Women should still get regular PAP tests. Most of the time, it spreads when a person who has an HPV infection has sex. Since HPV may not cause symptoms, people can have it and spread it to others without knowing. Doctors recommend that boys and girls get the HPV vaccine at age 11 or 12 for best immune response but can be started at age 9 and is given as a 3-dose series.

congress2000legacy



The congress 2000 legacy is an award program of the Zoroastrian Association of Houston

SEMINAR - PREPARING FOR COLLEGE



There will be a session with the past ZAH Legacy Scholarship Award Winners and Youth Alumni, moderated by Farzad Sunavala. This will be followed by an interactive session with Dr. Farrokh Mistree and his wife, Dr. Janet Allen, in an interactive format.

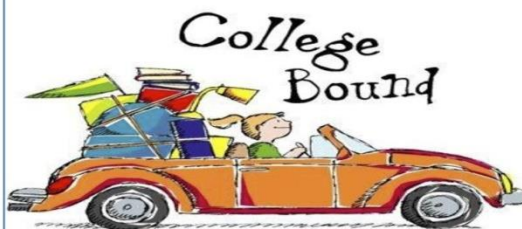
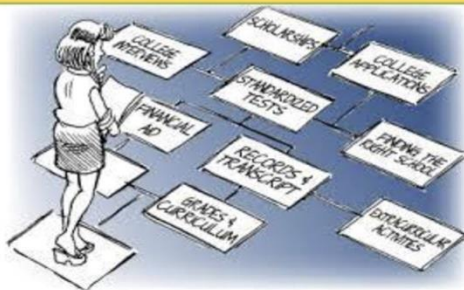
Date: Sunday, November 15th, 2020 Panelists
Time: 4:00 pm to 5:00 pm for ZAH Youth Alumni Panel. 5:00 PM onwards for Dr. Mistree's College Session
Place: On Zoom (**link will only be sent to those who RSVP**)
RSVP: roshnichikhlwala@gmail.com

Panelists for the Past Legacy Scholarship Winners

Katie Master- University of Texas at Austin

Friyana Sidhwa- Texas A&M University

Rayomand Hormuzdi- University of Houston



Topics being discussed are very well designed to help students (8th thru 12th grade) and parents are encouraged to attend

- Admission dos and don'ts for college
- Application process for Colleges and scholarships
- Questions regarding SAT, ACT and Importance of AP courses, etc.
- Information regarding the ZAH Legacy Scholarship



HOUSTON CHAPTER

WORLD ZARATHUSHTI CHAMBER OF COMMERCE

WZCC – Houston Chapter

Invites You to An Interesting and Useful Webinar

MOVING FORWARD ON YOUR OWN

Presented by

Anasuya Kabad, CFP®

Recovering from an **Adverse Life Event** like **Loss of a Spouse/Life Partner** can be very frightening and confusing. A little financial planning and knowledge can make those emergencies and unexpected events much easier to handle when they come your way.

Pre-registration not required.

Date: **Thursday, November 19, 2020**

Time: **8:00 PM – 9:00 PM**

Zoom Link : <https://us02web.zoom.us/j/2356601995>

Meeting ID: 235 660 1995

Password: 1WZ9cc47



Anasuya Kabad, is a CERTIFIED FINANCIAL PLANNER™ practitioner and a Registered Representative for LPL Financial. As a financial advisor at Jaykay Wealth Advisors, Inc., she provides personalized wealth management and cohesive financial planning that integrates retirement income, investment management, tax planning, risk management, estate planning and more. Anasuya graduated with honors from the University of Chicago and has completed the CFP® Graduate Certificate program from Rice University. Outside of her profession as a Financial advisor, she is a board member for Daya Houston and enjoys sharing her expertise with community by hosting and speaking at various events for people of all ages.

Securities offered by LPL Financial, Member FINRA/SIPC. Investment advice offered through Jaykay Wealth Advisors, Inc. a registered investment advisor. Jaykay Wealth Advisors, LPL Financial and WZCC are separate entities.

CARNIVAL PICTURES



Youth Group Table – Sheekh Kabab, Bhajiyas etc



Mask off!! How can you eat with a mask



Bhel Puri in the making



Can you recognize these masked volunteers? Here is your pre-ordered food



Young volunteers at work



Youth Group – Tea Service



Faluda Stand



Home Made Cards



Popular Bhel Puri Stand