



Volume 28: Issue 3

March 2015

SUNDAY SCHOOL

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

TIME: 11.30 a.m. - Middle Group/ 10.30 am - Children's group.

DATE: March 8, 2015

Children's Session: Sunday School starts at 10.30 am. Navroze Haft Seen Table display

Middle Group: This group starts at 11:30 a.m. and is for the children in the middle school. If your child falls in this age group, do please bring him/her to the Sunday School. They now have their own "governance" and have officers who are elected by the kids. It is a very interactive group and children have fun while they learn.

Youth Group: Sarosh Collector conducts this session.

UPCOMING EVENTS

Saturday, March 14, 2015 1pm to 4pm – AsiaSociety Nowruze Program

Last year this was a hit with ZAH Members. Many learnt art with Avan Bhathena and were surprised that they could paint. This year, this Spring Festival is focusing on traditions in four cultures where Spring is celebrated – Persian, India, Thai and Japanese. There will be projects and activities for young children and adults and as also music and dancing for entertainment. To avoid the hassle of parking, a bus can be arranged provided there are more than 35 people who would like to use this facility. Cost will be \$5.00 per person. **If interested, please e-mail Ahsethna@comcast.net for head count.** **TICKETS** - Free for Members, \$5 Nonmembers, \$15 Families of Four, \$20 Families of Five. Call 713.496.9901 for group rates.

Sunday, March 15, 2015 10:00 am – ZAH Dar-ni-Pori Bake-A-Thon. See details below.

Saturday, March 21, 2015 – 7 pm – Norouz Humbandagi followed by Machi by Ervad Bomansha Sanjana

- This year Norouz is on 20th March at 5.45 pm CST. The Norouz color is brown and the animal is sheep

Saturday, March 21, 2015 – 7:30 pm – Jamshed-i-Norouz Celebration

- **RSVP Deadline is 15th March 2015, after which the rates increase. Please see attached flyer for details**

Wednesday, March 25, 2015 – 6:00 pm – Avan Yazad Parabh Jashan at residence of Yazdi & Shahnaz Sidhwa. See details below

Thursday, April 2, 2015 – Library Event – visit to Museum of Fine Arts

Friday, April 3, 2015 – Library Event

Sunday, April 12, 2015, 12.45 pm – ZAH Annual Carnival. See details below

MEETINGS

GOLDEN GROUP

Fourth Sunday of each month. Interested? Please call Zarine Balsara at 281-304-6611

LIBRARY COMMITTEE	First Sunday of each month at 11:00 AM. Interested in helping? Or would like more information, please call Aban Rustomji at 281-493-1275 or e-mail her at aban@coatingindustries.com
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REPORTS

LIBRARY REPORT

By Jangoo Mistry

Upcoming Library Event

On Thursday, April 2, the ZAH Library has arranged for a special tour of the Museum of Fine Arts of Houston. The tour, conducted by Vehishta Kaikobad, will offer us a unique opportunity to view a collection that reflects how ancient cultures of Iran, India, Greece and China created the art forms labeled as "Arts of the Islamic lands".

The tour is going to be limited to only 12 people and will be from 6:00 to 7:00 pm. If there are more people interested, we will offer a second tour from 7:15 to 8:15 pm, but that will also be limited to 12 people. Admission to the Museum is free on Thursdays, so the tour will be of no cost to you. Please RSVP to Arnavaz Sethna (281-499-1832), or email her at: ahsethna@yahoo.com to be included in the tour.

Please see the flyer for further details. We ask that you plan on being at the Museum at least 15 minutes before your tour starts.

Save these Dates

The ZAH Library is planning its annual gala function for **October 9, 10 and 11**. We have already received commitments from Rashna Writer and Roshan Rivetna to present issues vital to the future of Zoroastrianism in North America. More details will be forthcoming as the time draws near, but for now, please put these dates on your calendar for an informative and entertaining event that is not to be missed.

MISCELLANEOUS

ZAH MAWA-NI-PORI BAKE-A-THON

Having heard all the requests from our members to do something different than Dar-ni-pori our DNP committee has decided to shake things up a bit this year. This year the DNP committee is going to be making Mawa-ni-poris instead of Dar-ni-poris so please send in your orders as soon as possible.

The poris will be around 3-4 inches in diameter— the cost will be \$12.00 per order (2 poris in an order). We are restricting the amount per household to 2 orders only with extras given on a first come first serve basis based on production.

Please pick up your poris after 4:00 p.m. on Sunday, 3/15/15 as the poris will not be ready for dispatch before then.

In order to standardize the poris and make sure everyone gets the same product we will do some quality control - our poris makers have been practicing since 2 weeks to make sure that everyone gets the best mawa ni pori.

The main kitchen staff that will be actually making the poris will comprise of the volunteers mentioned below:

- Filling prep - Nargis Cooper, Roshan Behramsha, Mahrukh Deputy
- Pori stuffers and rolling - Delna Minwalla, Kamalrukh Gandhi, Yasmin Medhora
- Dough Handlers - Jasmin Katrak, Jasmine Mistry, Meher Rustomji
- Overall guidance - Freny Sanjana

We will need volunteers to roast the poris, package the poris and dispatch the poris.

We will also need the usual aluminum foil, parchment paper, electric skillets, plates, plastic ware, etc.

We would appreciate donations in cash to help defray the cost of ingredients.

If you wish to volunteer for any of the categories above, please call or send an e-mail to Roshan Engineer or Nargis Cooper so they can put you on the list.

All volunteers are expected to report to the Center at 10:00 a.m. on Sunday, 3/15/15 to kick off our Mawa-ni-pori bake-a-thon for 2015.

Let's make some dough for our ZAH!
Your Bake-a-thon Team

ZAGNY FUND RAISER

Zoroastrian Association of Greater New York (ZAGNY) has undertaken the sale of the Lladro Zarathushtra Votive as a Fundraiser for their new NY/New Jersey/Connecticut Darbe Mehr. Initial reaction has been outstanding. This is a unique opportunity to purchase a collectible item. You can order them online at <http://zagny.org/lladro-lithophane-votive-zarathustra/>

ZAGNY is offering free shipping if the votive orders are mailed in bulk to a local coordinator(s) who would then distribute it to the individuals.



MATRIMONIAL SITE

A new website has been developed for Zoroastrians on the same platform as Shaadi.com etc. and it is free. Zoroastrians are encouraged to visit www.zoroastrianmatrimony.com

AN INVITATION TO PARTICIPATE IN A RESEARCH STUDY TO DETERMINE GENETICS OF METABOLIC DISEASE IN PARSI FAMILIES

Dr. Saroja Voruganti is continuing her study on genetics of metabolic disease in Parsi families. She and her team will visit Houston April 10-12, 2015, for a followup study and everyone is invited to participate. This is a follow-up of the initial demographic study. Those who participated in the initial study are also encouraged to participate in this study. Dr. Voruganti and colleagues will set up an in person meeting at the event with each participant for blood spots and saliva collection – 15 minutes of your time. You can fill the questionnaire at the site, or home and mail us back the questionnaire or access our secure website through a username and password provided by the research team and fill out questionnaire on the website. Please see the attached flyer for details.

WE HAVE MOVED

Bomi & Dilshad Hormazdi have moved. Their new address is:

27623 Brentsprings Run Lane
Katy TX 77494
Telephone: Home 832-913-6990
Dilshad cell phone: 713-254-1828
Email address: cbhormazdi@aol.com

WELCOME TO NEW MEMBER

Rashna Patel & Jaideep Barge are new to Houston area and have become members of ZAH. Their address is:

1716 W Dallas Street, Unit #1
Houston, TX 77019
Tel: 210-445-4767

BIRTH

Zarina & Faraidoon are the proud parents of their second daughter Aaria Pundole born on 5th March 2015. Ava Pundole is delighted to have a younger sister

Heartiest Congratulations and Best Wishes to the Pundole family

congress 2000 legacy



ZAH & YOUR LEGACY TEAM IS PROUD TO ANNOUNCE THAT THE

2015 SCHOLARSHIP APPLICATION

IS NOW AVAILABLE AT

<http://zah.org/scholarship/>

THIS YEAR WE ARE DELIGHTED TO HAVE A TOTAL OF THREE AWARDS OF \$3000 EACH. TWO ARE ZAH & ONE IS THE CYRUS DESAI AWARD

THE TIME HAS COME TO START GETTING YOUR DATA TOGETHER

SO THAT YOUR APPLICATION CAN REACH US LATEST BY THE DEADLINE OF

JUNE 1, 2015

TEAM LEGACY WISH YOU GOOD LUCK

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IS ALWAYS ON THE LOOKOUT FOR MORE FUNDS & DONORS SO WE CAN BUILD A LARGER SCHOLARSHIP BASE AND AT THE SAME TIME
LOOK FORWARD TO ADD
A NEED BASED AWARD - HOPEFULLY FROM 2016?

PLEASE DO CONTACT US IF YOU WISH TO JOIN THE DESAI FAMILY
AND CONTRIBUTE TOWARDS ANOTHER AWARD IN THE NAME OF A
LOVED ONE OR YOUR CORPORATION
AS ALWAYS, YOUR CONTRIBUTIONS ARE TAX DEDUCTIBLE.

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Zarathusthi Cultural & Heritage Center
8787 West Airport Blvd, Houston Texas 77071
www.zah.org



Family Day Spring Holidays

Saturday, March 14, 1:00 – 4:00 PM

TICKETS

Free for Members, \$5 Nonmembers, \$15 Families of Four, \$20 Families of Five. Call 713.496.9901 for group rates.

This Family Day celebrates new beginnings through an exploration of spring holidays in Asia. Activities, demonstrations, and performances will explore Holi, the Hindu festival of colors; Nowruz, the Persian New Year; Setsubun, the Japanese spring festival; Shogatsu, the Japanese New Year; and Songkran, the Thai New Year.



houstonartsalliance

THE SIMMONS FOUNDATION

MarathonOil
Corporation

Mitsubishi Corporation (Americas)



Wet Buddhas Thai
Theravada Temple

Zoroastrian
Association
of Houston

Asia
Society



Texas
Center

CELEBRATING
35
YEARS
IN HOUSTON

1370 Southmore at Caroline, Houston, Texas 77004 | 713.496.9901 | AsiaSociety.org/Texas



ZAH NoRouz Celebration Saturday March 21, 2015



At The Zarthushti Heritage and Cultural Center

**Dance The Night
Away!!**

[CLICK HERE TO RSVP AND PAY](#)

**Humbandagi Prayers: 7 p.m.
Entertainment Starts Promptly at 7:30 p.m.**

**Sumptuous
Food!!!**

BYOB

RSVP (Deadline 3/15/15)

We request you RSVP and pay online for this event.

If paying by check, your check payments must be received by 3/15/2015, at :

ZAH
Attn: NoRouz Function 2015
8787 West Airport Blvd.
Houston, Texas 77071

If you have any questions please contact:
Arzin Italia: 713-679-4998

RATES

ZAH Member* : 11 years and up - \$25
ZAH Non-Member: 11 years and up - \$40
Member Children (5-10 years): \$12
Non-Member Children (5-10 years): \$15

IF PAYING BY CHECK: PLEASE WRITE IN THE MEMO:

- No. of ZAH members/non-members (11 yrs and up)
- Number of children (5-10 years)
- Please write "NoRouz 2015" on the envelope

- ❖ *Non-member rates apply for all RSVPs and payments received after 3/15/2015
- ❖ Individuals over 18 years must have separate membership from their parents
- ❖ Member rates apply to out-of-town house-guests of members (if RSVP and payment received by 3/15/2015)
- ❖ Under 5 years gratis

Organized By: [ZAH Entertainment Committee](#)



AVAN YAZAD PARAB



Wednesday March 25, 2015
Jashan Prayers start at 6 p.m.
2027 Glenn Lakes Ln.
Missouri City, TX 77459
(Yazdi and Shahnaz Sidhwa residence)

Please come join us in the prayers, and bring a snack to share.
Chasni, Fruit, Tea and Drinks will be provided.

You are welcome to attend the prayers at the last moment also,
but in order to make proper arrangements, please email or call

Yasmin Medhora:

(713) 466-3908 or

email: Chiefyas1@sbcglobal.net

if you will be attending.



Organized By: [ZAH Entertainment Committee](#)





ZOROASTRIAN ASSOCIATION OF HOUSTON LIBRARY

A Specially Designed Tour at the Museum of Fine Arts of Houston
Conducted by Vehishta Kaikobad

Join us for an opportunity to view a unique collection that reflects how ancient cultures of Iran, India, Greece and China played an integral role in the creation of the art forms labeled as "Arts of the Islamic lands". Feast your eyes on beautiful metal work recalling Sassanian style. Admire the ceramics bearing Chinese influence and the Greek grandeur in architecture. With the magnificent Moghul jewelry, Ottoman armor and luxurious carpets, the tour highlights a glimpse of Zarathushtra's image in a miniature folio.

Date: Thursday, April 2, 2015

Time: First Tour 6:00 pm—7:00 pm (Be there 15 min earlier)

Second Tour 7:15 pm - 8:15 pm (If more than 12 interested)

Capacity: 12 per tour—Cost: Free

CALL Arnavaz Sethna 281.499.1832 or email ahsethna@yahoo.com
by March 27, 2015

Location: MFAH, Law Bldg, 1001 Bissonnet Street 713-639-7300

****Tours filled in order of RSVP's received.**



17TH ANNUAL ZAH CARNIVAL

SUNDAY, APRIL 12, 2015 AT 12:45 P.M.

(After Sunday school) at ZHCC

Bring your FAMILY and FRIENDS

Enjoy the fun and festivity, variety of food to-go and eat at the event.

Egg Hunt, Piñata and Fish Pond by Vehishta's Sunday School;

Fun Games in the Atrium by the Middle Group;

Sodas, Pizza, Hot Dogs, brownies, cookies, etc. by the Youth group;

Games for adults & kids on the stage, Tarot Card reading, Gift Certificate Walk,
BINGO, Plant Sale, and a lot more.

ALL ABOVE PROCEEDS GO TO ZAH

Visit the Rented Tables for more parsi food, snacks like batasa, bhaakhra, daar pori, murrabo, hand made crafts, paintings, etc.

If you wish to rent a table for display or sell arts & crafts, the rates per table are:

ZAH \$35; Others \$100/-

Contact: Yasmin Medhora at 713-466-3908 to rent tables and donate food items

Donations are always welcome

Go home with a clean car by supporting our Youth for their
CAR WASH (proceeds for Youth group trips)

GENETICS OF METABOLIC DISEASE IN PARSI FAMILIES: A RESEARCH STUDY

OBJECTIVES:

- To identify the genetic basis of medical problems in the Parsi community in the US
- To understand the familial inheritance of these problems
- To identify the lifestyle factors that may increase the risk for the prevalent medical problems



RESEARCH ORGANIZATION: Department of Nutrition and UNC Nutrition Research Institute, University of North Carolina at Chapel Hill.



DESCRIPTION OF THE RECRUITMENT:

- For this study information related to family structure, basic demographics, dietary patterns, health habits, medical histories, anthropometrics and blood pressure measures will be collected from members of Parsi families
- We will collect blood spots and saliva samples for the genetic study.
- All individuals 7 years or older can participate; there is no upper age limit for participation.
- We will email questionnaires and consent forms before the event. The questionnaires will be found on a secured website that can be accessed using a username and password. Those participants who request a hard copy will be mailed. Participants can fill the questionnaires in advance or on the day of the recruitment at the site.

Before filling out the questionnaires, all participants need to fill a consent form agreeing to participate in the study.

Note: ALL DATA WILL BE STRICTLY CONFIDENTIAL AND WILL BE STORED WITH THE PRINCIPAL INVESTIGATOR (Dr. SAROJA VORUGANTI). ALL INFORMATION WILL BE CODED AND ONLY THE CODED AND ANONYMIZED DATA WILL BE AVAILABLE TO CO-INVESTIGATORS FOR ANALYSIS.

If you have any questions or concerns related to the study, please contact

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