



## ISSUE 24

# ZOROASTRIAN ASSOCIATION OF GREATER NEW YORK

## JULY 2005 NEWSLETTER

### MUKTAD PRAYERS

August 14 – August 19, 2005

Our Zoroastrian community is invited to participate in the Muktaḍ Prayers for all five days from August 15th through August 19th, 2005. In order to accommodate workday schedules, ZAGNY is offering the community prayer services in several locations around the tri-state area with the generous help from some of our members. Our thanks go out to the host families who have graciously volunteered their homes and to the Priests who have kindly agreed to perform the prayers.

The muktaḍ prayers at the Darbe Mehr will be held on Sunday August 14<sup>th</sup> at 11:00 AM. Lunch will be served after the prayers. Our Mobeds will recite submitted names on all six days at the following locations.

| Date         | Sunday<br>August 14                | Monday<br>August 15  | Tuesday<br>August 16         | Wednesday<br>August 17       | Thursday<br>August 18        | Friday<br>August 19             |
|--------------|------------------------------------|--|------------------------------|------------------------------|------------------------------|---------------------------------|
| Place        | Pomona,<br>New York                | Still open.<br>If<br>interested<br>contact<br><b>Ferzin</b><br>(845-354-<br>5163). | Queens,<br>New York          | Princeton Jct,<br>New Jersey | Queens,<br>New York          | Hawthorne,<br>New Jersey        |
| Time         | 11:00AM                            |  | 6:30 PM                      | 6:30 PM                      | 6:30 PM                      | 6:30 PM                         |
| Hosted<br>By | ZAGNY<br>(Pomona<br>Darbe<br>Mehr) |  | Teshtar &<br>Noshir<br>Irani | Jasmin &<br>Maneck<br>Kotwal | Teshtar &<br>Noshir<br>Irani | Behroze &<br>Astad<br>Clubwalla |

Please complete the form on **page 6** of this newsletter. Should you have any other questions, please contact **Ferzin Patel** (845-354-5163), or **Nawaz Merchant** (908-237-0116).

### PATETI FUNCTION

– August 20, 2005

ZAGNY will hold its Pateti function on Saturday, August 20th, at the Pomona Darbe Mehr. We have a fun filled program and all are encouraged to attend.

*Registration will start at 5:00 PM. The program will begin with a "Atash Niayesh" prayer at 5:30 PM, followed by cocktails, between 6 and 7 PM ONLY.* Once the cocktail hour has closed, we have Mathew Furman—the #1 professional magician and mind reader who will entertain both the young and the old from 7-8 pm. This will be followed by dinner, and dancing. So folks, go to the registration form on **page 7**, fill it out and mail it to reach us by August 6<sup>th</sup>, 2005.

#### ARTICLES:

|                      |   |
|----------------------|---|
| ZAGNY YOUTH CAMP     | 2 |
| NAMC SEMINAR         | 3 |
| ZAGNY SUMMER PICNIC  | 3 |
| ANNOUNCEMENTS        | 3 |
| NUTRITION SPOTLIGHT  | 4 |
| KIDZ N' TEENZ CORNER | 4 |
| WHAT'S COOKIN        | 5 |
| OTHER ANNOUNCEMENTS  | 5 |
| MUKTAD REG FORM      | 6 |
| PATETI REG FORM      | 7 |
| MARK YOUR CALENDARS  | 8 |

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**ZOROASTRIAN YOUTH CAMP 2005**  
**June 3-5 at Darbe Mehr**



Our terrific, tireless, twenty-six, 6 to 16 year old campers rated the annual Zoroastrian Youth Camp a total "BLAST."

The two-night camp started with kids trickling in on Friday evening (June 3rd). Our veteran campers immediately started off with their water gun fights and new comers quickly caught on and joined in. Parents of the little ones were sort of hesitant to leave after dinner, but all lingering parents were ruthlessly kicked out by the impatient kids who did not want their camp turning out to be a PG event.

Our sincere thanks to **Anahaita and Zubeen Shroff** for organizing this event. They had all details planned out--from the Zoroastrian camp logo T-shirts to ensuring that each kid had his/her own can of shaving cream for their fights. We'd also like to thank our chaperones, **Imroze and Percy Kavarana** for tirelessly cleaning up after the kids and ensuring that the Darbe Mehr was in good shape for the Sunday morning Jashan. Thanks also to **Rashna Madon, Cyrus Bhote, and Shiroy Ranji** for helping drive our kids to the Bear Mountain and accompanying them on their hiking and boating trails. Thanks also to **Jasely Dukandar, Tehnaz Bamji, Daisy Randelia** and **Kashmira Karai** for bringing in snacks and dinner for Friday evening.

Here's what some of our kids had to say about their camp experience—

This year camp was soooo cool! I am definitely going next year to see all of my friends! My favorite part was the shaving cream fight, even though it was really messy! (**Spenta Bamji**)

I definitely think that this year's camp was AWESOME!! I can't wait to go next year. I wish I could share all of the major highlights with everyone, but there are too many. I always love to come and see all of my friends here since I only get to see them once a month (other than parties & gatherings). I had way too much fun at camp!!=  
(**Zarina Bamji**)

Camp was a LOT of FUN. Since I could not get my shaving cream can to spray I did not like that fight and also think it was way too messy. My favorite part was staying up late in the girl's room talking and chit-chatting and thinking about how to trick those boys and ways to keep them away from our room. I'd like to thank all the parents that helped and hope it was fun for them too! **P.S:** Could we have some more water activities next time please?  
(**Natasha Dusaj**)

Since more kids came to camp this year, it was a lot more fun. My favorite part was hiking up Bear Mountain. I also liked all the other things we did---our water gun battles, shaving cream fight, playing soccer, going boating, roasting marshmallows, etc. Even the indoor stuff--name-game, and the skits were cool. I hope that camp can be longer next year so that we can have more time to have more fun☺. (**Neville Dusaj**)

This year the ZAGNY camp was by far the best. For once, I did not break any bones or get deep gashes on my knees! I especially enjoyed the shaving cream fight, although at first I was a bit upset because I was the first one to get attacked by the sneaky boys waiting outside to get the girls. I loved all the activities - the indoor games like the "name game" and the "guessing game" were a lot of fun. The hiking and boating were tiring, but fun to do as a team. The two days went by very fast and before we knew it, it was over. I had a great camp experience and would love to go next year as well! (**Zarah Kavarana**)

In camp we played games, had a shaving cream fight, and we had water gun fights very often. Me, my brother, and all our friends had a great time and thanks for sending us all. (**Sam Merchant**)

Some of my favorite things we did in the camp were the shaving cream fight, water gun fight, Bear Mountain outing, making smores, the barbeque, playing games, boating and staying up late. Thanks to everyone who made this camp possible and a joyful experience to all of us. Looking forward to be a part of the camp next year. (**Friya Randelia**)

Some of the things which I enjoyed at the Camp were the water gun fights, shaving cream fight, the barbeque, making smores, hiking to Bear Mountains, boating, playing on play ground and playing cards when we were inside. Looking forward for next year camp. Thanks to everyone for making this a joyful and enjoyable experience to all of us. (**Farah Randelia**)

**So parents, if your kids were unable to attend camp this year do make sure to send them next time cos as you can see these kids sure had loads of FUN!**

## NORTH AMERICAN MOBED COUNCIL SEMINAR July 30<sup>th</sup> 2005

NAMC meetings take place in North America every two years. Various subjects pertaining to religious needs of Zoroastrian community will be discussed. **We hope that all ZAGNY members will show their support for this important event by their presence in large numbers.** If attending, kindly RSVP **Nawaz Merchant** (908-237-0116) by July 15.

### ZAGNY'S SUMMER PICNIC AUGUST 7th, 2005

**IT'S ALMOST PICNIC TIME!!!** Come join us with kids and families for our annual ZAGNY picnic at the Shepherd **Lake Recreation Area** located in **Ringwood State Park** (Ringwood, NJ). The spring-fed waters of the 74-acre Shepherd Lake offer swimming, boating, canoeing fishing, hiking trails etc. The park is open from 8:00am to 8:00PM daily. **THERE IS NO RESERVED SPACE SO PLEASE ARRIVE EARLY AROUND 9:00 AM.** Some of us will try and get there early to save a few tables for our ZAGNY group. Since the park does not allow signs, we will have someone meet you in the parking area to direct you to the picnic location. There is no per person admission charge, however the park charges a parking fee of \$10.00 per car.

Bring your favorite potluck picnic dish (enough to share with 8-10 people), and come prepared to have a great time! Grills are available for cook-outs. ZAGNY will provide watermelon, iced tea, hot tea and charcoal for the cook out. Call, **Ferzin Patel** (845-354-5163) or **Michel Reid** (856-424-3347) if you plan to attend.

On the day of the picnic, once you are in the park, **Vispi-Sheroo** and **Kerman-Jasely** will have their cell phones switched on in case you need directions to the picnic area. (**Cell numbers for day of picnic 201-248-7208--Vispi; 732-986-2408--Kerman**). Additional details are on the Park's website <http://www.state.nj.us/dep/parksandforests/parks/ringwood.html>. **So folks, grab those cricket bats-balls-wickets, volley balls, frisbees and come prepared to have a great time. Looking forward to seeing you all there!**

### ANNOUNCEMENTS

#### Congratulations-- Wedding:

\*To Aban Chavda and Harry Sadarangani who got married on Sun., March 27, 2005. The reception was held at the Colonial Manor, Old Tappan, NJ. Present besides the guests, were their children, Eric Chavda, Angelina Blyth & Suzanne Atkinson.



\*To Shehriyar Darius Antia and Nerina Rustomji on their marriage on the 18<sup>th</sup> of June in Houston.

\*To Ruby Malwa and John Norwood on the marriage of their daughter Daniella to Brian Bigda on 25<sup>th</sup> of June in New York.



**It's a Girl!** Urmez and Rovena Davar of Glastonbury, CT gave birth to a baby girl, Nergis Urmez Davar on Sat., May 21, 2005. Jamshed Davar, five, is proud brother of his new baby sister.

#### Graduation:

\*Ushtavaity Davar, daughter of Virasp and Kamal Davar of Metuchen, NJ graduated with a Masters in Human Genetics from Sarah Lawrence College on May 20, 2005. She has accepted a position as a Genetic Counselor at Columbia Presbyterian Hospital in Manhattan.



\*Amit Bansal, son of Percis and Rakesh Bansal, graduated as D.O. from New York College of Osteopathic Medicine.



#### CONDOLENCES:

\*To Behroze and Astad Clubwala on the demise in Mumbai of Behroze's father, Eruch D. Driver on June 16, and Behroze's mother, Mehroo E. Driver on June 24. May their souls rest in peace.

\*To Rusi and Villoo Tavadia on the passing away of their brother-in-law, Kersas Batliwala, on June 5<sup>th</sup> in Bombay. Many ZAGNY members had prayed for his recovery from cancer, and donated generously toward his medical bills. Kersas was very appreciative of the overwhelming support from the members of our community. May Kersas' soul rest in eternal peace and may you all accept his blessings for your noble deeds.

### WANTED – CATERERS

In an effort to provide the best and most varied options to the community, ZAGNY would like to collect a list of caterers who can provide food with a predominance of Parsi flavors at functions of various sizes (100 to 300+). Please contact **Nawaz Merchant**, by phone at 908-237-0116, or by email at [vicepresident@zagny.org](mailto:vicepresident@zagny.org), with information on your menu selections and catering capacity.



by Khursheed Navder

## SUMMER SLIMMING TIPS by Khursheed Navder

Now that summer is finally here, slipping into those favorite shorts is something you've been looking forward to all winter long---but the low point comes when the shorts look tighter than you'd hoped! Despair not--with a little effort to lose that extra 5 or 10 pounds, those favorite shorts will fit better than ever.

Safe and long-term weight loss is the method that works best for leftover winter bulges. A **weight loss of no more than 1% of current body weight per week** (1 to 2 pounds/week) is recommended--- experts caution against promises of dramatic weight loss for good reason. Too few calories signal to the body that it's going into starvation mode. The weight will come off, but with a subsequent diminished metabolism. To the contrary, summer is the time to rev up your body's metabolic engine. Eating light and exercise is the perfect strategy.

In order to lose weight, **calories in must be less than calories out**. In other words, one must burn more calories than consumed on average over time. One obvious way to tip the scale in favor of weight loss is to eat fewer calories per day. For example, skip the 2 tablespoons of sour cream and two pats of butter on your baked potato, replace that mango ice cream with mango sorbet, replace that slice of bologna with a slice of lean turkey, and replace 1 cup of whole milk with 1 cup of skim milk. These examples will yield a savings of about 500 calories. Similar changes every day for one week will add up to a **savings of 3,500 calories, the number of calories in 1 pound of fat**.

In the calories-in versus calories-out equation, **there is no getting around the need for exercise**. Not only is it a way to increase the number of calories burned from day to day, but exercise itself helps boost metabolism. So remember----

- ☺ **There is no "magic bullet" when it comes to nutrition.** Short-term diets may help you lose weight, but they are difficult to keep up and are unhealthy in the long run.
- ☺ **Eat regular meals.** Skipping meals can lead to out-of-control hunger, often resulting in overeating. Small snacks between meals can help curb hunger.
- ☺ **Incorporate exercise into your daily lifestyle.** You don't *have to* go to a gym to get your workout. Everyday activities---like vacuuming, mowing the lawn, moving while you chat on phone, using stairs instead of the elevator, taking a short walk during your lunch break, taking the kids out golfing or bowling for fun---are easy ways to sneak exercise in your routine.

Now that school is out, some time during a typical week, you might find yourself stopping at a fast food restaurant. We can't seem to get enough of these foods, but medical science says we get too much of it. Either way, take this quiz and see how fast food savvy you are.

**Fast Food Quiz:** Choose the **lowest calorie** item for each choice below:

1. Wendy's: Homestyle Chicken Strips Salad or a Spicy Chicken Fillet Sandwich (a hit with most Indian tastebuds).
2. Burger King: King-size serving of French fries or a Bacon Cheese Burger.
3. McDonalds: Egg McMuffin or a Sausage Biscuit with Egg.
4. Wendy's: Classic Single Hamburger (1/4 lb) or a Broccoli and Cheese Potato.

### Answers:

1. The Wendy's salad (with dressing) 670 Cals while the spicy chicken sandwich (with everything) has 510. Sometimes a food that sounds healthy is not really that great of a choice when it comes to calories!
2. Surprise! The King sized fries have 600 Cals while Bacon Cheese Burger has 390.
3. This one was easy – The Egg McMuffin contains only 290 Calories while a Sausage Biscuit with Egg has 510.
4. Wendy's Classic Single Burger with everything has 430 Cals while the Wendy's Broccoli and Cheese Potato contains 440.

**So remember—It pays to know before you go!**

## 2005 ZAGNY DIRECTORY

We are in the process of publishing our new 2005 Telephone Directory (to be distributed at the Pateti function on Aug. 20<sup>th</sup>) and are looking for advertisers to help us defray the cost of publication. By advertising in our directory you will be able to reach over 500 Zoroastrian families in the tri-state area.

There is still time to place your Business or Best Wishes ads! Each half page ad is \$125, and full page ad is \$200. If interested, please contact us at [secretary@zagny.org](mailto:secretary@zagny.org) by **July 15<sup>th</sup>**.

# What's COOKIN'?

A sweet and tangy recipe that is not only quick and easy to prepare but is a perfect accompaniment with all your summer BarBQ's.

Did you know that..... Cranberries are an excellent source of Vitamin C and antioxidants, which may protect against cancer, heart diseases, and other diseases.

## Cranberry Chicken *(Submitted by Jasely Dukandar)*

Number of Servings: 15 (~125 g per serving)

### Ingredients

Skinless chicken 3 Pounds  
 French dressing 1 8-Oz Bottle  
 Cranberry sauce 1 12-Oz Can  
 Onion soup mix 1 Envelope (1 oz)

### Directions

1. Preheat oven to 400 F.
2. Clean chicken and set aside.
3. Add the cranberry sauce, french dressing and soup mix in a 13x9 inch tray.
4. Add the chicken. Mix.
5. Bake for 30 mins covered with foil. Uncover and bake for an additional 30 mins or till chicken is well done.

## Nutrition Facts

|                               |                      |
|-------------------------------|----------------------|
| Serving Size (127g)           |                      |
| Servings Per Container        |                      |
| Amount Per Serving            |                      |
| <b>Calories</b> 200           | Calories from Fat 80 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 9g           | <b>14%</b>           |
| Saturated Fat 2g <b>10%</b>   |                      |
| <b>Cholesterol</b> 75mg       | <b>25%</b>           |
| <b>Sodium</b> 370mg           | <b>15%</b>           |
| <b>Total Carbohydrate</b> 10g | <b>3%</b>            |
| Dietary Fiber 0g <b>0%</b>    |                      |
| Sugars 9g                     |                      |
| <b>Protein</b> 19g            |                      |
| Vitamin A 2%                  | Vitamin C 0%         |
| Calcium 2%                    | Iron 6%              |

*We'd like to invite you to share your favorite recipe in this section of our newsletter. Please send recipes to [secretary@zagny.org](mailto:secretary@zagny.org)*

## OTHER ANNOUNCEMENTS

**WZCC HEALTH/WELLNESS SEMINAR:** World Zoroastrian Chamber of Commerce- NY Chapter sponsored a well attended seminar on Sunday, June 12<sup>th</sup>. Guest speakers **Dr. Shahriyour Andaz**, spoke on Lung Cancer and Cardiac Disease in Zoroastrians, **Dr. Charusheela Andaz**, discussed Breast Cancer—Prevention and Early Detection. Power point slides from both talks can be found on our ZAGNY website at <http://www.zagny.org/zagnydocs.html>. WZCC sincerely thanks both distinguished speakers and volunteers who helped make this informative event happen. A delicious lunch of Dhansak, Kababs and Kachumber was catered by Sheroo Kanga. For information on WZCC: Rusi Gandhi, [rusi@garden.net](mailto:rusi@garden.net), Noshir Dutia, [noshd@hotmail.com](mailto:noshd@hotmail.com) or Arnaz Maneckshana [amanecksha@aol.com](mailto:amanecksha@aol.com).

**CALL FOR SUBMISSIONS—The 5<sup>th</sup> IAAC Film Festival: The Indian Diaspora 2005**—Submit your projects to the IAAC Film Festival and be a part of the event that is dedicated to promoting emerging talent and presenting them on the same platform as established filmmakers from the sub-continent. Filmmakers are invited to submit their films (Feature/ Short/ Doc) for the fifth annual IAAC FILM FESTIVAL: THE INDIAN DIASPORA, November 2-6, 2005. **Deadline Aug. 1, 2005.** For additional information, go to [www.iaac.us](http://www.iaac.us), [iaac@iaac.us](mailto:iaac@iaac.us).

**SCHOLARSHIPS:** Check out our ZAGNY website [www.zagny.org](http://www.zagny.org) for information on ZAGNY, Fali Chothia, and FEZANA academic scholarships.

**ZOROASTRIAN ASSOCIATION OF GREATER NEW YORK, INC.**  
**MUKTAD PRAYERS 2005**

Please complete this form in **BLOCK** letters with the correct status circled for each name and return this form by **AUGUST 6, 2005**, to:

MAIL FORM TO:

**Ferzin Patel**

Attn: Muktab Prayers

137 CampHill Road,

Pomona, NY 10970

**CHECKS PAYABLE TO: ZAGNY**

Kindly include the following names in the daily prayers during the forthcoming Muktab ceremonies.

- I am enclosing herewith my contribution of \$ \_\_\_\_\_ (@ \$5 per name, maximum of 6 names) to defray costs for this event.
- I am enclosing my contribution of \$ \_\_\_\_\_ (@\$5 per person), I/We \_\_\_\_\_ (# of people) will be attending the lunch, after the prayers, on August 14<sup>th</sup>, 2005. These monies will be used to defer the cost of this event.

Yours truly,

\_\_\_\_\_  
 PRINT FULL NAME

\_\_\_\_\_  
 TELEPHONE NUMBER

|   |            | Name of the Deceased |       | Names of His/Her Father/Husband |
|---|------------|----------------------|-------|---------------------------------|
| 1 | E O Oi B K |                      | E O B |                                 |
| 2 | E O Oi B K |                      | E O B |                                 |
| 3 | E O Oi B K |                      | E O B |                                 |
| 4 | E O Oi B K |                      | E O B |                                 |
| 5 | E O Oi B K |                      | E O B |                                 |
| 6 | E O Oi B K |                      | E O B |                                 |

The names of the deceased are always recited together with their father/husband's name along with their status, i.e. Ervad, Osta, Osti, Behdin or Khurd, as per Zoroastrian custom. No surnames are recited in the prayers.

E = Ervad (male who is/was a Navar)

O = Osta (male from Athornan or priestly family but not a Navar)

Oi = Osti (female from Athornan family)

B = Behdin (male/female from Behdin or non-priestly family)

K = Khurd (whose Navjote has not been performed)

**NO NAMES WILL BE ACCEPTED OVER THE PHONE OR ONCE THE PRAYERS ARE STARTED DURING THE MUKTAD DAYS.**



# PATETI MUBARAK

THE PATETI FUNCTION WILL BE HELD AT THE

## DARBE MEHR

106 POMONA ROAD, SUFFERN, NY 10805

TEL. #: 845-362-2104

ON

**SATURDAY, 20th AUGUST, 2005**

**PROGRAM:**

5:00 P.M. REGISTRATION  
 5:30 P.M. "ATASH NIAYESH" PRAYER  
 6:00 P.M. COCKTAILS (6 TO 7 PM ONLY)  
 7:00 P.M. **MAGIC SHOW BY MATHEW FURMAN**  
 FOLLOWED BY DINNER AND DANCING



## REGISTRATION: PATETI FUNCTION

|                   |         | NUMBER | AMOUNT |
|-------------------|---------|--------|--------|
| ADULTS            | \$25.00 | _____  | _____  |
| NON-MEMBERS       | \$35.00 | _____  | _____  |
| CHILDREN 5-15 YRS | \$15.00 | _____  | _____  |
| SENIOR CITIZENS   | \$15.00 | _____  | _____  |
| DONATIONS:        | -       | _____  | _____  |
| <b>TOTAL:</b>     |         | _____  | _____  |

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEL. NO. HOME: \_\_\_\_\_ BUSINESS: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Kindly mail your form with check made out to ZAGNY to:

**Mino Bengali**  
 1124 Indian Hill Road  
 Toms River, NJ 08753  
 Tel. No. 732-288-1227

Reservations must be received by  
 August 6th, 2005.

Registration will be non-refundable

Surcharge of \$15.00 per person and \$25.00 per family will apply to all registrations done either at the door or received within 48 hours prior to the function.



**ZAGNY**  
106 Pomona Road  
Suffern, NY 10901

**E-Mail**  
[secretary@zagny.org](mailto:secretary@zagny.org)

**Phone**  
845.362.2104

## MARK YOUR CALENDARS

| JULY 2005      |  |
|----------------|--|
| 15             | DEADLINE TO ADVERTISE IN ZAGNY 2005 PHONE BOOK       |
| 30             | NORTH AMERICAN MOBED COUNCIL SEMINAR ---RSVP BY 7/15 |
| AUGUST 2005    |  |
| 7              | ZAGNY ANNUAL PICNIC                                  |
| 14-19          | MUKTAD PRAYERS---RETURN FORMS BY 8/6                 |
| 20             | ZAGNY PATETI FUNCTION—RSVP BY 8/6                    |
| 31             | ZAGNY SCHOLARSHIP DEADLINE                           |
| SEPTEMBER 2005 |  |
| 11             | ZAGNY RELIGIOUS CLASSES (1 PM START)                 |

ZAGNY  
106 Pomona Rd.  
Suffern, NY 10901

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*We're on the Web!*  
*See us at:*  
[www.zagny.org](http://www.zagny.org)

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**Zoroastrian  
Association of  
Greater New York.**