



ISSUE 23

ZOROASTRIAN ASSOCIATION OF GREATER NEW YORK

MAY 2005 NEWSLETTER

NAVROZ MUBARAK 2005

On March 19th, ZAGNY celebrated Jamshedi Navroz. The evening began with a Jashan performed by our mobed, **Ervad Rohinton Madon**. Following the Jashan, the Annual General Meeting was called to order by President **Homi Gandhi** who thanked the retiring board for their services over the last three years. Treasurer, **Jasmin Kotwal** then presented the 2004 Financial Statements, which were unanimously approved by the members. **Arnavaz Patel** gave the highlights in her Secretary's Report to the community. Current ZAGNY members then cast their votes for the nominees of the 2005—2008 Board. With the required quorum being met, the new board was elected.

The Navroz celebrations kicked off with scrumptious appetizers and dinner catered by our very own caterer extraordinaire--**Kamal Davar** who once again did an outstanding job not only with the yummy food for adults and kids but with the ambiance as well. Many got a good workout later on the dance floor. The well attended celebration was a success and we all thank the previous board for making this celebration an enjoyable one.

PASSING THE TORCH –SERVICE TO THE COMMUNITY CONTINUES

Our new ZAGNY board was elected for a three year period (2005—2008) at the Navroz function. It was the prodding, and constant reassurances of support from previous board members like **Tony Ghadially, Vispi Kanga, Jasmin Kotwal, and Goolu Baria** that convinced and encouraged the new board members to take on leadership positions. There are many things we would like to accomplish for our kids, teens, young adults and seniors and we look forward to the continued support of all our members to make this a vibrant and involved community. We look forward to hearing from you at secretary@zagny.org.

REVLON RUN/WALK 2005

Under a sea of confetti, our ZAGNY team started out shoulder to shoulder in Times Square and completed the 5K Run/Walk in Central Park's East Meadow on 30th April. Even the rain could not dampen our spirits as our team of about 25, led by captain **Usheen Davar**, participated in this worthy cause united in the fight against women's cancers. We were able to once again raise \$5,633 till date (sponsors can continue to donate until June 1), with **Sheroo Kanga** and **Homi Gandhi** topping the list by raising \$1,862 and \$1,001, respectively!

ARTICLES:

CALENDAR & UPCOMING EVENTS	2
NEWS & ANNOUNCEMENTS	3-4
KIDZ CORNER	4
NUTRITION SPOTLIGHT	5
JAMBALAYA CROSSWORD	5
WHAT'S COOKIN'?	6
FEZANA SURVEY 2005	7

ZAGNY BOARD:

SECRETARY@ZAGNY.ORG

PRESIDENT

HOMI GANDHI

VICE PRESIDENT

NAWAZ MERCHANT

TREASURER

MINOO BENGALI

SECRETARY

KHURSHEED DUSAJ NAVDER

JOINT SECRETARY

KERMAN N. DUKANDAR

MEMBERS AT LARGE

VISPI KANGA

SHERAZAD MEHTA

FERZIN PATEL

MICHEL REID

MARK YOUR CALENDARS FOR THESE UP-COMING EVENTS

- **FEZANA Annual General Meeting** to be held in Pittsburgh---**May 28th & 29th, 2005**. The Zoroastrian Association of Pennsylvania (**ZAPA**), will host this meeting which will be held at Spring Hill Suites by Marriott, 239 Summit Park Drive, Pittsburgh, PA 15275. For those who wish to attend the meeting, please visit www.fezana.org
- **ANNUAL IVY F. GANDHI ZOROASTRIAN YOUTH CAMP—JUNE 3-5**. Even though it doesn't feel like Spring yet, our summer youth camp is just around the corner. Do consider sending your kids (open to 6-18 years). It's not just a fun-packed weekend but is also a great way to strengthen old friendships and build new ones. The camp is being held early this year to accommodate families who vacation in July and August. It starts at 6 pm on Friday, June 3rd and ends at the start of our Jashan/Religion class on Sunday June 5th. The cost is \$40 per child. If you are interested in attending please email **Anahaita Kotval** at Kotvala@gcm.com.
- **JASHAN ON SUN. JUNE 5th**. A Jashan will be held on Sun., June 5th to celebrate the auspicious day of Roj Behram in Month Dae at 11:30 am at the Darbe Mehr. The Jashan will be followed with prayer refreshments. Religion classes will start at 1 pm followed by our annual BarBQ at 3:30.
- **WZCC HEALTH AND WELLNESS SEMINAR, JUNE 12**. Speakers: **Dr. Shahriyour Andaz**, Director, New York Center For Minimally Invasive Thoracic Surgery, Lynbrook, NY will speak on "PREVENTIVE MEASURES FOR HEART ATTACK & LUNG CANCER." **Dr. Charusheela Andaz**, Associate Director of the Maimonides Woman's Breast Center, Brooklyn, NY. will speak on "PREVENTION AND DETECTION OF BREAST CANCER." Lunch will be served at 12PM and the meeting starts at 1PM sharp.
- **NORTH AMERICAN MOBED COUNCIL SEMINAR (NAMC)—JULY 30, 2005 (by Pervez Patel)**
The next NAMC will be hosted by ZAGNY at our Darbe Mehr. The delegates will arrive from all over North America (and some Ervads from India) the night before and will stay with host families in our area. We are expecting about 30 delegates, some with their spouses and we would appreciate if ZAGNY members come forward and volunteer to host them in their homes for two nights - Friday and Saturday. They will return back to their homes on Sunday.

NAMC meetings take place in North America every two years to discuss various subjects pertaining to religious needs of Zoroastrian community that fall especially within the purview and domain of the priest community. This year's meeting is scheduled to have discussions on subjects such as Early History of Zarathushti Religion, Zoroastrian Scriptures - Changes from the time of Zarathushtra - Why are they in different languages, Primal Principles of Zarathushti Life - Doctrinal aspects as well as workshops on five different topics. Certain other matters of importance to the mobeds as they relate to policy matters etc. are usually discussed and if needed put to vote at these meetings. After the Seminar, there will be a get-together of the delegate guests with the local Zoroastrians, which will be followed by a dinner, courtesy of ZAGNY.

If interested in hosting delegates or attending seminar and/or dinner, please respond immediately (**no later than May 31**) at secretary@zagny.org. **It is requested that all ZAGNY members show their support to this important event by their presence in big numbers.**

- **ZAGNY PICNIC—SUNDAY, AUGUST 7th**. Plan on joining us with family and friends at Shephard Lake Recreation Area in Ringwood State Park (Ringwood, NJ). Details to follow in next newsletter and via email.
- **MUKTAD PRAYERS – Hosting families**. Families willing to host muktad prayers during August 15th to 19th please inform us at secretary@zagny.org by May 31st. The muktad prayers at the Darbe Mehr will be held on Sunday, August 14th. Lunch for August 14th is going to be donated by one of our members.

■ **PATETI FUNCTION-AUGUST 20th**. Plan to usher in our New Year with fun and festivities at our Darbe Mehr. If your kids would like to participate in our entertainment program please inform us at secretary@zagny.org. Stay tuned for more details in our next newsletter.

■ **SCHOLARSHIPS (2005-2006)**

FEZANA ACADEMIC SCHOLARSHIPS: Eligible candidates of Zarthusti faith who have demonstrated scholastic achievement and academic excellence will be awarded Mehraban and Morvarid Kheradi Endowment Scholarship for post graduate studies (Masters degree and above). Application forms are available from the FEZANA website at www.fezana.org or from Dr. Dolly Dastoor (dollydastoor@sympatico.ca). Completed application forms should be post-marked **August 1, 2005**.

ZAGNY SCHOLARSHIPS: We invite applications for financial assistance (Scholarship/Loan) for the academic year 2005-2006 from members who are studying at accredited institutions in the United States. Applicants should be full-time students. The last date for filing an application is **August 31, 2005**. Application forms and information can be obtained from the scholarship committee chairperson: Sherazad Y. Mehta, 405 West 48th Street, Apt 1FE, New York, NY 10036; Tel: 212-307-1712; Email: sherazad.mehta@arup.com

NEWS AND ANNOUNCEMENTS

■ **WZCC-NY Chapter's ENTREPRENEUR DAY** (Feb 20th, 2005) was a major success. Darbe Mehr in Suffern, New York rocked with 17 Exhibitors and over 60 attendees. New and Established business owners and professionals participated in this first meeting of 2005. The event started with reading of the WZCC mission statement by **Professor Eruch Munshi**. Then each Exhibitor spoke about his/her products and services. It was a great opportunity for exhibitors and attendees to interact with each other and exchange ideas. WZCC-NY Chapter raised \$539 for TSUNAMI Funds with 50/50 raffle. **Meher Hodiwala** gave up her winnings of \$160; **Roshan Mountwala**, Mahwah Florist her \$117 from flower arrangements sold; **Avan Patel**, raised \$104 from Chocolate Divines. A check for \$438 will be mailed to FEZANA and \$101 to SSF-Phuket project to rebuild Kamala Child Development Center in Phuket. **Rusi Gandhi**, NY Chapter thanked **Arnaz Maneckshana**, Public Relation Director for organizing this successful Entrepreneur Day meeting. WZCC-NY Chapter raised another milestone in membership, 33 members.

■ **PLEA FOR A KIDNEY DONOR:** A thirty-five year old from Cambridge, Boston has been diagnosed with end-stage kidney failure. She is on peritoneal dialysis and urgently needs a kidney transplant. Her blood group is B -ve, but the donor can have either blood group B -ve, B +ve or even O. For more information, email <<removed by request of above>>. _____

■ **WELCOME TO OUR NEW MEMBERS:**

- Sohrab, Behnaz, Sanaya and Zara Mistry and Sanober Langrana, 735 Park Ave., Middletown, NJ-07748

■ **CHANGE IN INFORMATION:**

- Edul and Niloufer Daver: 66 Rock Road East, Glenbrook, NJ 08812. (908) 756-5649
- Nergis and Adi Unwalla: Email: nergisadi2@aol.com
- Zarir and Kashmira Karai: 7404 Hana Road, Edison, NJ 08817. (908) 510 9747. Email: kashzee@gmail.com
- Pheroza and Rohinton Sethna: 160 West End Ave, Apt. 8H, New York, NY 10023. (212) 769-2671 Email: sethna39@yahoo.com

■ **CONDOLENCES:** To Vispi and Sheroo Kanga on the demise of Vispi's sister Armaity Sarosh Dordi in Nagpur, India. May her soul rest in peace.

■ **ZAGNY DIRECTORY 2005.** New directory will be published soon and distributed at the Pateti function. Please let us know of any changes to your family status, contact address, phone and e-mail so we can correctly publish your information. Send updates to secretary@zagny.org by May 31st.

■ **NEED KUSHTI?** Hand woven kushti by a Zoroastrian housewife in Yazd, Iran is available for sale. Kushti can be ordered custom size or choose from the available stock. Please contact Farah Bhojti at 609-799-7757 or e-mail at farh@bhopti.com

■ **HOW ABOUT RECEIVING OUR NEWSLETTER ELECTRONICALLY?** Please let us know your feedback on receiving periodic ZAGNY newsletter electronically. Please contact Secretary or Joint secretary at secretary@zagny.org

■ **FEZANA SURVEY FOR THE YEAR 2005**

This is the first survey on this scale to be completed in North America! Many Zoroastrians from our area have completed the form directly from the Fezana website www.Fezana.org However, we have been informed that the response from our area has not been very good. For your convenience, the survey form has been incorporated at the end of this Newsletter (detailed instructions are available at www.FEZANA.org). **We request all who have not yet done so, to please take a few minutes to fill it out** and send it directly as soon as possible, **but no later than 21st of May**, to Noshir Jesung, 7121 Nimrod Drive, Huntington Beach, CA 92647.



KIDZ CORNER

Puzzle 1:

All Zoroastrians believe in *Good Thoughts, Good Words, and Good Deeds*. Unscramble the letters to find the answer.

Hint: What are the Avestan words for *Good Thoughts, Good Words, and Good Deeds*?

A H H U K R U S H V A T A T H A H U T A M A

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Puzzle 2:

Do you know the meanings of these words? If not solve these math problems to find out.

Asha = $2(3+2)+(8 \times 3)/2$

Ava = 4^2+3^2

Khorshed = $(17+9)-(8-2)$

Asman = $(6-2)(6+3)/3$

Ushta = $(11+5)/4$

Water=25; Sun=20; Happiness=4, Righteousness=22, Sky=12

CROSSWORD JAMBALAYA: ACROSS: 2. Sauté; 3. Baigneté; 6. étouffée; 10. Purée; 11. Entrée. DOWN: 1. Crème brûlée; 2. Sundaes; 4. Tempéte; 5. Soufflé; 7. Flambé; 8. Filet; 9. Sorbet; 10. Pâté.

STUCK!!! Ok, here are the answers- Puzzle 1 for kids is: HUMATA HUKHTA HUVARASHTA

Nutrition SPOTLight

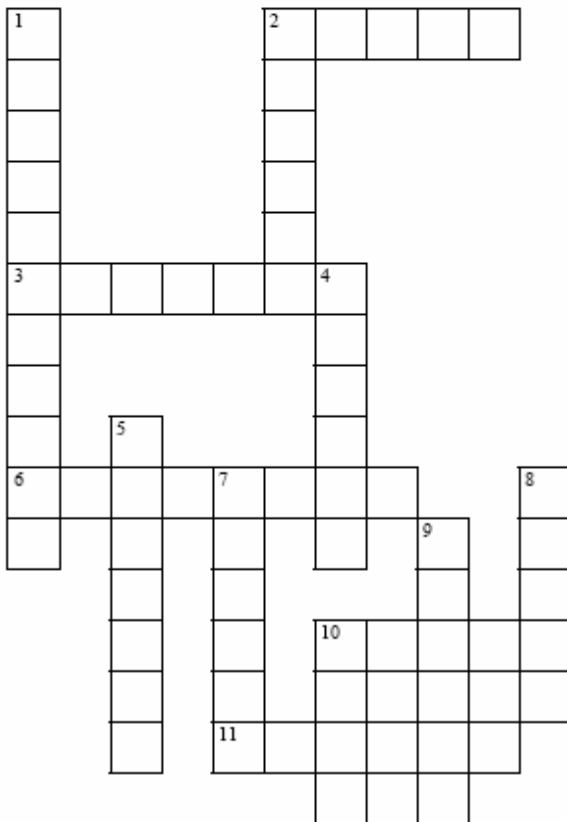
DID YOU KNOW THAT.....

Cinnamon is not just for apple pies any more!

Preliminary research suggests that regularly adding about 1/2 teaspoon of ground cinnamon to your daily diet could help **lower blood sugar and blood fat levels**. The natural components in cinnamon that seem responsible for these effects are water-soluble polyphenolic polymers. These polymers also have antioxidant effects. They are not present in cinnamon oil, which is largely fat-soluble. The active components are not destroyed by heat.

So how can one increase its consumption? Add ground cinnamon directly to cereal, juice, toast, coffee before brewing, salads, meats and other foods. What are potential side effects, if any, from eating 1/2 teaspoon cinnamon daily for a long time? Do different types of cinnamon have the same effect? More evidence from large clinical studies is needed to answer these questions.

CROSSWORD JAMBALAYA-- Think you're a pro with your cooking terminology? Solve this puzzle to find out. (Answers are somewhere in this newsletter).



ACROSS

- 2. To cook food quickly in a small amount of oil.
- 3. French doughnut, square shaped, minus the hole, lavishly sprinkled with powdered sugar.
- 6. A thick, spicy stew of crayfish and vegetables served over white rice.
- 10. Any food that is finely mashed to a smooth, thick consistency.
- 11. The main course of a meal.

DOWN

- 1. Chilled, stirred custard, sprinkled with brown or granulated sugar, then caramelized under a broiler.
- 2. A dish of ice cream with a topping including syrup, fruits, nuts, or whipped cream
- 4. A fermented soybean cake, with a texture similar to that of soft tofu and a yeasty, nutty flavor.
- 5. Baked, fluffy dessert or main dish of milk, egg yolks, stiffly beaten egg whites, and seasoning.
- 7. Sprinkling certain foods with liquor, then igniting just before serving.
- 8. A boneless piece of meat or chicken.
- 9. A frozen mixture of sweetened fruit juice and water.
- 10. Various elegant well-seasoned ground meat preparations.



Since, no Parsi birthday, navjote, or wedding is ever complete without this delicious sweet---here's a fool-proof recipe of RAVO.

Ravo (submitted by Khursheed Navder)
Number of Servings: 18 (100 g per serving)

Ingredients

Semolina	200 Grams
Milk, whole	4 Cups
Butter, unsalted	175 Grams
Sugar	235 Grams
Eggs, extra lrg	2
Saffron	1/2 teaspoon
Almonds, sliced	~20 nuts
Raisins	~1/8 C

Directions

1. Melt butter in a non-stick pan. Fry raisins and slivered almonds. Keep aside.
2. Roast semolina in butter for about 10 mins.
3. While semolina is roasting, take half of the milk (2 C) and add sugar. Microwave for about 5 min till sugar is dissolved. To the other 2 C of milk add the eggs and beat slightly till egg is blended.
4. Once semolina is roasted add the milk-sugar mix and milk-egg mix. Stir to avoid lump formations.
5. Disperse saffron in about 2T milk and add to mix.
6. Cook on medium-low flame till mixture thickens and leaves side of the pan--NOTE: this ravo has a thick consistency.
7. Garnish with almonds, raisins, and serve.

LOW FAT VERSION: Cut down the butter to 100 g and use 4 egg whites instead of 2 whole eggs.

Nutrition Facts

Serving Size 1 Cup (100g)	
Servings Per Container 18	
<hr/>	
Amount Per Serving	
Calories 210	Calories from Fat 100
<hr/>	
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 6g 30%	
Cholesterol 55mg	18%
Sodium 30mg	1%
Total Carbohydrate 26g	9%
Dietary Fiber 1g 4%	
Sugars 17g	
<hr/>	
Protein 4g	
<hr/>	
Vitamin A 8%	• Vitamin C 0%
Calcium 8%	• Iron 4%

We'd like to invite you to share your favorite recipe in this section of our newsletter.

Please send recipes to secretary@zagny.org

FEZANA Survey for Year 2005

1. Check or highlight the box if we have your permission to Publish in Directory. If the box is unchecked then we will not print your information anywhere.

2. Which Z-Associations do you belong to? _____

3. Salutation: Circle one from the following: Mr. & Mrs. Dr. & Mrs. Drs. Ervad & Mrs. Mr. Mrs. & Mr. Dr. Ms. Ervad Mrs. Mr. & Dr.

4. Last Name: _____

5. First Name: _____	7. Spouse Name: _____
6. Middle Name: _____	8. Spouse Middle Name: _____
9. Home Address: _____ 2 nd Address Line _____	10. City: _____ 11. STATE: _____
14. Children under 18: _____, _____, _____, _____,	12. Zip: _____ 13. Country: _____
15. Home Phone: _____	16. Cell Phone: _____ 17. FAX: _____

18. Work Phone: _____ Ext: _____	19. Spouse Work Phone: _____ Ext: _____
20. Your E-mail: _____	21. Your Spouse's E-mail: _____
22. Your Father's Name: _____	23. Name of your spouse's father: _____

24. Your Age Group: Please select only **one** from below.

25. Your Spouse's Age Group: Please select only **one** from below.

<input type="checkbox"/> Check here if your age is 18 or under.	<input type="checkbox"/> Check here if your Spouse's age is 18 or under.
<input type="checkbox"/> Check here if your age is between 19 and 31.	<input type="checkbox"/> Check here if your Spouse's age is between 19 and 31.
<input type="checkbox"/> Check here if your age is between 32 and 54.	<input type="checkbox"/> Check here if your Spouse's age is between 32 and 54.
<input type="checkbox"/> Check here if your age is between 55 and 64.	<input type="checkbox"/> Check here if your Spouse's age is between 55 and 64.
<input type="checkbox"/> Check here if your age is between 65 and over.	<input type="checkbox"/> Check here if your Spouse's age is between 65 and over.

26. Your Education Level: Please select **one** from below.

27. Your Spouse's Education Level: Please select **one** from below.

<input type="checkbox"/> Check here if you have High School or Less.	<input type="checkbox"/> Check here if you have High School or Less.
<input type="checkbox"/> Check here if you have some College education.	<input type="checkbox"/> Check here if you have some College education.
<input type="checkbox"/> Check here if you have a Bachelors degree or Tech school certification.	<input type="checkbox"/> Check here if you have a Bachelors degree or Tech school certification.
<input type="checkbox"/> Check here if you have a Masters degree.	<input type="checkbox"/> Check here if you have a Masters degree.
<input type="checkbox"/> Check here if you have a doctorate degree or a medical Dr.	<input type="checkbox"/> Check here if you have a doctorate degree or a medical Dr.

28. Marital Status: Please choose **one** from below as your marital status.

<input type="checkbox"/> Never Married	<input type="checkbox"/> Currently Married	<input type="checkbox"/> Separated or Divorced	<input type="checkbox"/> Widowed
--	--	--	----------------------------------

29. Preference for retirement planning: Please rank the following items from **1 to 5**, 1 being the most preferred and 5 the least preferred.

Please do not give the same rank to more than one item.

____ Medical facilities should be nearby	____ Easy access to shopping facilities	____ To be around Zarthushties:	____ Part time/full time employment opportunities. nearby	____ Moderate winter area
--	---	---------------------------------	---	---------------------------

30. Location for retirement: Where would you most prefer to retire? Select one from below: Or add your own in other.

<input type="checkbox"/> Houston	<input type="checkbox"/> Florida	<input type="checkbox"/> California	<input type="checkbox"/> Calgary	<input type="checkbox"/> Toronto	<input type="checkbox"/> Other: _____
----------------------------------	----------------------------------	-------------------------------------	----------------------------------	----------------------------------	---------------------------------------

31. Country of Birth: What is your country of birth? Select one from below: If your selection is not here then fill in other.

<input type="checkbox"/> Canada	<input type="checkbox"/> USA	<input type="checkbox"/> Iran	<input type="checkbox"/> India	<input type="checkbox"/> Pakistan	<input type="checkbox"/> Other: _____
---------------------------------	------------------------------	-------------------------------	--------------------------------	-----------------------------------	---------------------------------------

32. Country of Your Spouse's Birth: What is your spouse's country of birth? Select one from below: If your selection is not here then fill in other.

<input type="checkbox"/> Canada	<input type="checkbox"/> USA	<input type="checkbox"/> Iran	<input type="checkbox"/> India	<input type="checkbox"/> Pakistan	<input type="checkbox"/> Other: _____
---------------------------------	------------------------------	-------------------------------	--------------------------------	-----------------------------------	---------------------------------------

33. Migration Year: Write the year you migrated to NA. _____

34. Spouse's Migration Year: Write the year your spouse migrated to NA. _____



ZAGNY
106 Pomona Road
Suffern, NY 10901

E-Mail
secretary@zagny.org

Phone:
845.362.2104

ZAGNY
106 Pomona Rd.
Suffern, NY 10901

We're on the Web!
See us at:
www.zagny.org

**Zoroastrian
Association of
Greater New York.**