# ZAGNY



ZOROASTRIAN ASSOCIATION OF GREATER NEW YORK

# Issue 25 - September 2005 Newsletter

# 150 Days and Counting...... by Homi Gandhi

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# ZAGNY BOARD

President HOMI GANDHI president@zagny.org

Vice President NAWAZ MERCHANT vicepresident@zagny.org

Treasurer MINOO BENGALI treasurer@zagny.org

**Secretary** KHURSHEED DUSAJ NAVDER secretary@zagny.org

JOINT Secretary KERMAN N. DUKANDAR jointsecretary@zagny.org

Members at Large VISPI KANGA vispi@zagny.org

SHERAZAD MEHTA sherazad@zagny.org

FERZIN PATEL ferzin@zagny.org

MICHEL REID michel@zagny.org During the history of ZAGNY, each successive Board of Directors has had the benefit of having the continuity by a majority of the members of the past Boards or experienced hands, so when the current Board was elected (with only Vispi Kanga and yours truly from the past Board) at the last Navroz function, many members wondered how things would pan out!! However, thanks to the numerous committed individuals from our community, the present Board with its new arrivals has done very well and if I may say so put its own stamp on community activities.

Beginning with the continuity of the Newsletter, our new Secretary, Khursheed Navder, and Joint Secretary, Kerman Dukandar, have kept up the tempo of bringing out info-packed issues of two Newsletters (this being the third one). Khursheed even coordinated the production of the 2005 edition of the ZAGNY Directory from all the way in India during her summer vacation. And those few of you who were present at the North American Mobed Council Seminar hosted by ZAGNY would be proud to appreciate the dedicated efforts and the organizational skills of our new Vice President, Nawaz Merchant. Your new Treasurer, Minoo Bengali, has taken the reins of the finances and the books and records of ZAGNY, and you can expect to see the results when the financials are presented at the next annual general meeting. Our member at large, Ferzin Patel, has put her heart and soul in organizing almost each of the activities; ZAGNY picnic, Muktad prayers, Pateti function and dinner, and religion class set up. She has been ably supported by all Board members but had the benefit of our experienced board member, Vispi Kanga, who has continued to guide each activity

energetically. Sherazad Mehta, has been busy taking care of the Scholarship distribution to our college-bound members besides organizing the youth activities. And Michel Reid has rendered a yeomen service by building a very practical website for the benefit of the community. It would be futile to add that in these days of "on demand services", we would not be doing justice to our community if we did not use the technological resources of our Board members in delivering quick and relevant community news to our members and to the larger Zoroastrian community. So folks, watch out for the ZAGNY website and bookmark <u>www.zagny.org</u> as one of your favorite sites so that you can visit the site regularly to get the most updated community news. You may even contact Michel at webmaster@zagny.org for any help, guidance, or information.

It would be needless to add here that the new Board has received considerable help from all committed members, both old and new, without which this would not have been possible. Credit for this "seamless continuity" also goes to the immediate past Board members, who gave their invaluable guidance, directions, documents, etc. in setting up the new Board on the road to success. Some of the past Board members even took time off their busy schedules to come to the first Board meeting of the new Board and explained in detail to their counterparts everything they knew and some more! Past officers, like Arnavaz Patel, Secretary, and Jasmin Kotwal, Treasurer, continue to help when needed. Goolu Baria has continued to help with the Muktad prayers, and Usheen Davar has volunteered to carry the torch for us in the future for the community's participation in the Revion Run/Walk program. I say thank you to each one of them who have contributed to the efforts of the new Board members. May this spirit of cooperation and contribution continue in the years ahead!

-Homi Gandhi

#### NEW RELIGIOUS CLASS OPENS FOR OUR TINY TOTS

This year we welcome our 4-year olds to a new class which will be taught by Pearl Ball. Pearl is educated to teach the Montessori system and will use her expertise to start the kids off on their religious education.

#### ZAPANJ GAHAMBAR October 9<sup>th</sup>

At the Lions Lake Banquet Facility, 620 Berlin Road, Voorhees, N.J. 08043. For details contact Khorshed Vakil-Unwala at 610-831-0716.

#### HURRI CANE KATRI NA RELI EF EFFORT DRI VE Collections on Oct. 23<sup>rd</sup> and Nov. 6<sup>th</sup>

We commend The Zoroastrian Association of Houston (ZAH) for their role in helping people in the Superdome. In order to continue with their relief effort they have asked for the following items--canned and packaged food, baby food, baby diapers and "gently used" clothing (for men. women children). Please bring your contribution to the Darbe Mehr on either Sun., Oct 23<sup>rd</sup> or Sun., Nov. 6<sup>th</sup>. We will assemble and box the items during the religious class. ZAGNY will pay the postage and mail them off to Arnavaz Sethna who is co-ordinating ZAH efforts in Houston. ZAGNY will also send \$1,000 from its Critical Assistance Fund to help the victims. If you have any questions please contact Nawaz Merchant (908-237-0116) or Khursheed Navder (973-402-1813).

#### CELEBRATION IN HONOR OF ERVAD DR. JEHAN BAGLI-Oct 22<sup>nd</sup>

The Zoroastrian Association of Quebec celebrates his life-time achievements on Sat., Oct 22, 6.00 pm, Mehraban Guiv Darbe Mehr, Ontario (ZAGNY is supporting this event). TICKETS: \$30 per person (space limited to 200) cheque to ZAQ, RSVP Oct 7th and mail to: Shirine & Gev Karkaria, 38 Brome, Kirkland, QC H9J 2N3, karkaria@videotron.ca

#### UDVADA ATASHBEHRAM LUNCHEON October 23<sup>rd</sup>

This annual luncheon will be held at the Pomona Darbe Mehr on Sun., October 23<sup>rd</sup>, 2005, at 11.30 AM. All are cordially invited to attend this worthy cause. Last year, **Erach Munshi's** tireless efforts raised over \$ 23,000. Please contact either **Mehru or Lovji Cama** (201-569-7359) or **Erach Munshi** (212-865-6683) to register for or donate towards this event.

# ZAGNY HALLOWEEN PARADE

November 6<sup>th</sup> Religious Class We will have our annual Trick or Treating costume parade for our young (and young at heart) following religious class. Be there in a costume! Or Beware!! (Parents, it would be great if

kids could briefly enact their characters at the parade.

#### ZOROASTRIAN INTERFAITH GROUP (ZIG) November 19<sup>th</sup>

ZIG is excited and proud to sponsor a ZAGNY event to bring more visibility about our active group. Imminent speakers like Professor Kaikhosrov Irani and Khorshed Jungalwala will speak at this session. You will also hear from our youth who will share their experiences raised in intermarried families. We hope to have a healthy, animated exchange of ideas in our moderated question/answer session. Dinner will follow. So **mark your calendars for this exciting, enlightening, educational upcoming event!!!** For more information contact Viraf Ghadially (732-972-6527); Ferzin Patel (845-354-5163) or Khursheed Navder (973-402-1813). Agenda will be posted on our ZAGNY website <u>www.zagny.org</u> closer to the date.

#### NEW YEAR'S EVE BASH December 31st!!

Get set to party!!! You are invited to Usher in the New Year with Friends, Family, Fun, and Fizz. Join us as we countdown to 2006 with great food n music. Come prepared to have a *helluva* time. We'll kickoff the evening with cocktails at 7 PM followed by dinner at 9:30 PM. Stay tuned for further updates.

#### WZCC-NY CHAPTER MEETING November 13<sup>th</sup>

Ms. **Zareen Karani Araoz**, President of ZWIN and Managing Cultures *will speak on The Challenges of Managing Across Cultures*: This lively, interactive session will discuss ways to enhance our effectiveness and communication as we work across cultures, and some of the subtle cultural issues that can critically affect the success of our ventures. So come ready to share your relevant questions and your insights. Lunch will be served at 12 pm. Session will start at 1 pm sharp. For more details and RSVP, please contact *rusi@garden.net*, noshd@hotmail.com, avan.p.patel@mhn.com, or amanecksha@aol.com

#### ZAGNY SCHOLARSHIP UPDATE

Congratulations to this year's ZAGNY scholarship recipients- Farzad Damania, Sarosh Patel, Shahryar Shroff, and Amy Suntoke. They are all great assets to our Zoroastrian community. We wish them success in all their future endeavors!

This newsletter will be made public on the ZAGNY web-site. If you do not want your personal information to appear on the website, please do not submit it to the newsletter for publication. Page 2

# **ANNOUNCEMENTS** (contd.)

#### CONGRATULATIONS



**WEDDING:** To Viraf and Toni Ghadially and Khurshid Mehta on the marriage of their children Temilyn and Darius, on 26th August at Smithtown, N.Y

**NAVJOTE:** To Nazneen and Shahvir Vimadalal on the Navjote of their daughters Farah and Perri on Juy 9<sup>th</sup>, 2005 in Connecticut.



**IT'S A BOY!** To Cyrus and Lily Mehta on the birth of their son on Aug 13, 2005.

**ANOTHER BABY BOY!!** Maharukh and Firdosh Mehta of Springfield, N.J. were blessed with a grandson --FREYAAN on August 22, 2005. First child to their daughter Parynaz and Khushroo Vimadalal of Summit, NJ.

#### WELCOME TO OUR NEW MEMBERS:

Ava Anklesaria, Nariman Hormuz, Rohinton and Roshni Kapadia, Khurshid Mohta, Hoshrav Patel, and Ali Salimi.

CHANGE OF ADDRESS: Beheram Shahparast, 200 Winston Dr. #2608, Cliffside Park, NJ 07024. (917-741-9999).

LOOKING FOR A FRI END!!! Eskandar Bahram Nabatian has lost contact with his friend Goshtasb Kiamanesh who used to live in Tehran on Kuche Pir Jamali (Goshtasp's brother is Anooshirvan, mother—Shireen, father— Bahman). If you know of Goshtasb or his family please contact Eskandar at 613-234-7711.

KUSHTIS FOR SALE—Hand woven by a Zoroastrian housewife in Yazd, Iran. Order custom size or select from in-stock by contacting Farah Bhopti (609-799-7757); farah@bhopti.com

#### DONATIONS

CRI TI CAL ASSI STANCE FUND				
Hirjibehedin , Farokh and Pouru	501			
Mistry, Firoz and Piloo	100			
GENERAL FUND				
Bamji, Zarina	11			
Cama, Mehru, Lovji and Kaizad	100			
Cama, Rohinton	50			
Dadina, Rohinton	101			
Davar, Virasp - United Way	91.77			
Davar, Virasp – United Way – through Pfizer Inc	641.65			
Dubash, Mehru	100			
Kapadia, Rohinton and Roshni	50			
Madon, Yasmin and Rohinton	25			
Merchant, Nawaz and Hoshi	20			
Patel, Framroze and Armaity	46			
Press, Rusi and Piroja	25			
Salimi, Ali	60			
Shahparast, Beheram	50			
Vimadalal, Shahvir and Nazneen	21			
NEW BUILDING FUND				
Dutia, Noshir and Kashmira	100			

#### **ZAGNY DIRECTORY 2005**

While great care was taken to compile the information from membership forms, you may find some inaccuracies. Please notify us (<u>secretary@zagny.org</u>) of any errors or subsequent changes so we can inform the community.

We would also like to take this opportunity to thank **Sheroo Kanga** for her immense help in contacting various advertisers that helped ZAGNY defray the cost of this publication.

If you would like to announce an event that will occur within the next 3 months or to make an general announcement in the ZAGNY newsletter, please email secretary@zagny.org

# PAST EVENTS

#### WORLD ZARATHUSHTI CHAMBER OF COMMERCE ANNUAL MEETING & BUSINESS CONFERENCE

WZCC AGM meeting and Business conference was held on **June 29**, 2005 in London, UK during the Eighth World Zoroastrian Congress. **Edul Daver**, WZCC Secretary and **Rusi Gandhi**, WZCC-NY Chapter Chair and other Directors Worldwide shared the stage with keynote speaker, cricketer **Farokh Engineer**. Showcasing his success story, **Edul Daver** presented "The Magic of Open Book Management." His presentation discussed how OBM has worked wonders at ACuPowder.

#### NORTH AMERICAN MOBED COUNCIL SEMINAR

ZAGNY hosted the NAMC seminar for the third time on **July 30<sup>th</sup>** and it was a great learning experience for all who attended. Thanks to the **Ervads** for their contributions and a special thanks to **Ervad Parvez Patel** for co-ordinating all the details of this seminar. Thanks to all the generous host families, and to **Darius Antia's family** for their monetary contribution. Lastly, thanks to **Nawaz Merchant** and her parents, **Khurshed and Silloo Parakh**, and to the various volunteers who helped make this event a success.

#### ZAGNY ANNUAL PICNIC

A great time was had by the young, old and restless at our annual ZAGNY picnic on **Aug. 7**<sup>th</sup>. Even though some were sore and stiff from all that cricket (thanks to **Viraf Commissariat**) our sporting crowd had a great time enjoying the food and each other's company. Our thanks to all the volunteers who helped make this day a fun event for us all. Here is what some had to say:

"We give you credit for not only planning our annual picnic but also for organizing the details and more importantly for bringing us together to enjoy each other's company in a relaxed and happy environment. Away from the normal, daily hectic schedule, the few hours of the picnic felt like a mini-vacation, We are sure everyone who participated will echo our views and appreciation for your effort." - **Dinyar and Meher Hodiwala**.

#### MUKTAD PRAYERS

Muktad prayers were held on August 14th at the Darbe Mehr and were attended by 100+ members. Thanks to our priests, Xerxes Antia, Rohinton Dadina, Poruz Khambatta, Karl Khambatta, Rohinton Madon, Jehangir Madon, Pervez Patel and Meheroz Rabadi for the solemn prayers and recital of names. The hall looked somber yet beautiful with the flowers on each side.

It was wonderful to see a small band of dedicated individuals---Kamal and Farokh Daruwalla and Franak Batliwalla---come out to help in more than one way. Our thanks - to Sheroo & Vispi Kanga for the donation of Food & malido, to Goolu & Noshir Baria for the Fresh & dry fruits, to Maharukh & Viraf Commissariat for the beautiful flowers, and to Behroze and Astad Clubwala for the Sukhad. Ferzin, Minoo, & Vispi did a wonderful job in organizing the event.

We would also like to thank our host families---Behroze and Astad Clubwala, Teshtar and Noshir Irani, and Jasmin and Maneck Kotwal—for graciously volunteering their homes to offer the prayer services.

#### A MAGICAL NAVROZ CELEBRATION

**Pateti** function held at the Darbe Mehr on **Aug 20th** was the first of its kind for this new ZAGNY board. Celebrations began with the recital of the Atash-Niyaesh by **Ervads Rohinton Madon and Jehangir Madon**. After a brief welcome announcement by President Homi Gandhi, and the cocktail hour, magician Mike Furman entertained and captivated the young and the old alike—thanks to **Ferzin** for organizing the magic show. Mehernosh Daruwalla of India on the Hudson served a delicious feast with a Parsi flair which was enjoyed by all.

Our thanks to **Jasmin and Tina Dukandar** for helping out Sheroo with the flower arrangements, and to our three young men---Shawn Bengali, Sam Merchant and Cyrus Merchant for serving cold drinks throughout the evening. Thanks also to all volunteers and board members who worked so hard in making this function a success.

**Did you know that....Pateti** is the day of repentance (*Patet*). It is the last day of the year, the 5th Gatha Vahishtoisht on which day one is supposed to pray *Patet Pashemani* prayer to repent for all sins of that year and then rejoice the next day—the first day of the new year.

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# YOUTHFULLY SPEAKING

ZAGNY is proud to present this reflection written by one of our youth members (Reprinted from FEZANA Journal, Spring 2005).



Ushta@aol.com

Ushta was born in Karachi, Pakistan and moved to NJ with her family when she was 2. A member of ZAGNY, Ushta attended religious classes for a number of years, and then proceeded to teach the youngest class for 3 years.

She is currently obtaining her Master's in Human Genetics from Sarah Lawrence College in NY and graduated in May 2005. Ushta was also selected for a Fellowship in Neurodevelopmental Disabilities for the 2004-2005 year. For the future, Ushta hopes to use her educational background and experience to understand more about the health needs and concerns of the Zarathushti community.



Like many of you reading this, I was born into the Zarathushti faith. However, it wasn't until after my Navjote that I really started to question what being a Zarathushti meant to me. It was then when I realized that although I knew the basic tenants of the religion, and all my prayers, I didn't really understand what or why I was saying them, or what being a Zarathushti meant to me personally. In essence, I was everything I didn't want to be; a "blind follower".

As I began my quest to understand and reflect more about the religion that I was initiated into, I realized that the teachings were actually quite consistent with some of my personal beliefs and the way that I wanted to live my life. Once I started to understand more about what the Zarathushti religion meant to me personally, I felt more connected religiously and spiritually.

It's been many years since my initial reflection on the religion. Between the time that I began my search for a deeper understanding of the Zarathushti religion and now; my views and feelings about my faith haven't changed much. However, over the past few years, I have noticed that I haven't felt as consistently connected to the religion as I once did when I was younger. Although I still wholeheartedly value and believe in the religion, I've begun to question why over the past few years I haven't felt as spiritual as I once did.

In searching for these answers, I realized that part of the reason why I haven't felt as connected religiously lately is because I have been very content with my life. It seems as though the toughest times are when we seek the greatest guidance. There is a sense of comfort and peace for me when I turn to faith in my times of need. In speaking with many of my peers, I've realized that I am not alone in this way of thinking and that perhaps it is just human nature to turn to religion or spirituality in our times of need, loneliness, and grief. So does this mean that I am less of a religious Zarathushti than I was a few years ago when I felt more connected? I'm pretty sure and would like to think that the answer to that is "no". Conversely, perhaps the reason why I don't feel as spiritually connected "these days" is because I have already sought out what the Zarathushti religion means for me in my life and I am very comfortable with my faith, thus leaving me feeling very internally content with my life.

Although recently I've seen myself turn more to faith in my times of "need", I've also found my self equally reflecting upon my faith and life in times of sheer happiness and being very grateful for the fact that I can feel such contentment. My understanding of and faith in the Zarathushti religion has given me guidance that has ultimately left me with confidence and a positive

Like many of you reading outlook for each day. It has also helped me appreciate life's many experiences including both the sad and happy moments. Our religion encourages us to not "blindly follow", thus I hope that everyone at some point in their life is able to take time out to reflect and question what the Zarathushti religion means to them personally.

"From the beginning you fashioned for us physical bodies, an awakened conscience and a directive intelligence through Your own Mind. You infused life's breath into mortal forms. You granted us capacities to act and true teachings to guide us so that one could choose beliefs at will." (Ys.31.11-13)

#### FUN IN THE SUN

#### **SUMMER VACATION 2005**

Hey kids, even though summer's over, we would love to hear about your summer adventures. Let us know the <u>major highlight(s)</u> of your vacation (send in a picture too if you can). We'll start with a few responses in this issue and hope to print a lot more in our next newsletter!



**Tina Dukandar**--The number one highlight of my summer was my sister Jasmine's sweet sixteen. It was the party of the year. I was glad that my family could come all the way from India, Florida and Chicago to attend the party. The party was awesome. We danced all night. I danced to two songs; *Kajra Re* with two of my friends from dance school and I also danced to *Dhoom Machale*. My sister Jasmine also danced to the song *Sona Sona* from Bombay Dreams. Jasmine had a big smile throughout the party. It's so great to look at the pictures now and see what a good time everyone had. I can't wait for my super sweet sixteen!

**Neville Dusaj-**-We usually go to India every other summer for the entire vacation. My sister, Natasha and I always look forward to our trips--meeting grandparents, cousins, aunts, uncles---getting presents, and best of all not having any schedules. Even though everyone says it's awfully hot there in the summers, the weather has never bothered me. We attended my *bua* (aunt's) wedding and it was fun hiding the groom's shoes—each of us got paid Rs. 500 by the groom's mom to get his shoes back from our custody (it's a Hindu custom by the way, so most Zoroastrians reading this might not find it funny). One REALLY cool thing, and definitely the highlight of my trip was when my grandpa allowed me to ride a moped (a sort of two-wheel scooter). Since I am only 10, I would never have dreamt of doing this in the U.S.!





**Tanaz Karai**--Over the summer, I went to Chicago and India. The last day of school, we drove to Chicago to attend the graduation ceremony of my aunt, who is here from India. She was the speaker at the graduation and it was very good. I then went to India. It was fun because I traveled alone (19 hours is a very long flight and that's the only part I did not enjoy) as an Unaccompanied Minor and stayed in Mumbai with my grandparents and aunt. Though it was very hot over there, I had lot of fun shopping, eating out and meeting my relatives in Mumbai. On July 26th, Mumbai had the heaviest rainfall in 100 years (37.1 inches). There was no power for 24 hours in Andheri where I was staying. That really scared me. Many people died and many others had a hard time coming home from work because there was flood of water everywhere. When I came back to NJ, I went to two sweet sixteen parties, one of my cousin Jessica and another of my friend Jasmine's. I had fun with my friends and parents in the remaining days of August. We went to Six Flags, Camden Aquarium, Bronx Zoo, and Fantasylsland. The summer was too good and I can't wait for the coming summer.

### IVY F. GANDHI YOUTH CAMP 2005

Here are some facts on Zoroastrianism that our kids learnt in the Ivy Gandhi Summer Camp 2005 from Anahaita Kotwal and Zubeen Shroff. We're quite sure a number of you were not aware of these—

• The three wise men of magi who brought gifts to the baby Jesus are believed by scholars to have been Zoroastrians. They brought three gifts with them, frankincense (*loban*), myrrh and gold.

• A statue of Zoroaster is included on the top of the New York Supreme Court building on 27 Madison Avenue in New York city along with other famous lawgivers. Zoroaster's name is also engraved along with a similar group of famous thinkers on the façade of the Brooklyn Museum.



# Nutrition SPOTLight

# TO SUPPLEMENT OR NOT TO SUPPLEMENT.....?

If you eat a healthy diet, do you need to take vitamins? Not long ago, the answer from most nutrition experts would have been an emphatic "no". Today, though, evidence shows that taking a daily multivitamin makes sense for most adults. What's changed? Not only have scientists determined why we need these vitamins, but they are also accumulating evidence that vitamins do much more than ward off the so-called diseases of deficiency, things like scurvy and rickets. Intake of several vitamins above the minimum daily requirement may prevent heart disease, cancer, osteoporosis, and other chronic diseases.

What's The Bottom Line? While a standard multivitamin provides a dozen or so of the vitamins known to maintain health, it doesn't even come close to making up for an unhealthy diet and is a mere shadow of what's available from eating plenty of fruits, vegetables, and whole grains. A standard, store-brand, RDA-level multivitamin can serve as a sort of nutritional safety net. For under \$40 a year, it is viewed by many as the least expensive health insurance they can ever buy!

# KIDZ N' TEENZ (ORNER

Do You Know Why Vitamins Aren't Named A through F? Vitamins as we know them today (A, B-Complex, C, D, E, and K) don't follow alphabetical order because errors were made when vitamins were discovered. They were named in alphabetical sequence, but some substances turned out not really to be vitamins. The letters assigned to these substances were dropped, so the sequence is interrupted.

# Know Your Vitamin ABC's?

1. Citrus fruits are good sources of: \_\_\_\_

2. Needed for absorption of calcium and phosphorus and bone formation:\_\_\_\_\_

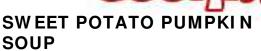
3. This vitamin is found in animal products and microorganisms only: \_\_\_\_\_

4. Needed for vision in dim light: \_\_\_\_\_

5. Essential component of mechanisms that cause blood to clot when bleeding: \_\_\_\_

Answers: <u>1. C; 2. D; 3. B12; 4. A; 5. K</u>

# Once you get past pumpkin pie, many are clueless when it comes to cooking winter squash. Here's a simple but smashingly healthy recipe.



1 Tbs. Olive oil

- 1 cup chopped onion
- 1 tsp Ground ginger
- 1/4 tsp cumin
- 1/4 tsp ground nutmeg
- 2 garlic cloves, crushed
- 2 cups peeled, cubed sweet potato
- 2 cups fat-free chicken broth
- 1 15-ounce can pumpkin
- 1 cup 1% milk
- 3 Tbs. reduced-fat sour cream

11/2 cups water

- 1. Heat olive oil in large pot. Add onion and saute for ~ 5 mins. Add the ginger, cumin, nutmeg and garlic and cook for 1 min.
- Stir in the sweet potato, chicken broth, water and pumpkin and bring to a boil. Reduce heat and simmer for 14-20 mins or until sweet potato is soft, stirring occasionally.
- Stir in milk until heated (don't boil). Ladle into bowls and serve with ½ Tbs. sour cream. (If you like your soup smooth, puree in a blender before serving).

# **Nutrition Facts**

Serving Size: 1 Cup # Serv: 6

### Amount Per Serving

Calories 130 Fat Cals: 35

		%	Daily	Value
Total Fat		4g	6	%
Sat Fat		1.5g		8%
Cholester	ol	5m	g 2	%
Sodium		21(	) mg 9	%
Total Car	b	20	g 7	%
Fiber		4g	16	%
Sugars		8g		
Protein		4g		
Vit A Calcium	350% 10%	, 0	Vit C Iron	10% 8%





E-Mail

#### CALENDAR OF UPCOMING EVENTS—Details inside

### OCTOBER 2005

- 02 ZAGNY RELIGIOUS CLASSES (1 PM START)
- 23 ANNUAL UDVADA ATASHBEHRAM LUNCHEON AND HURRICANE KATRINA COLLECTION

#### NOVEMBER 2005

- 06 ZAGNY RELIGIOUS CLASSES (1 PM START); HALLOWEEN COSTUME PARTY FOR KIDS (AND ADULTS); ZAPANJ VISITS DARBE MEHR; HURRICANE KATRINA COLLECTION
- 13 WZCC NY CHAPTER MEETING
- 19 ZIG SPONSORED ZAGNY NIGHT

# DECEMBER 2005

04 ZAGNY RELIGIOUS CLASSES (1 PM START) 31 ZAGNY NEW YEAR'S EVE PARTY

If you have a skill or talent (cooking, arts/crafts, language, computer, etc) that you could share with adults during religious classes, we would love to hear from you!

ZAGNY

106 Pomona Rd.

Suffern, NY 10901

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