



ZANC MONTHLY BUZZ



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We invite you to share your life updates for inclusion in future newsletters.

[Email us](#) your news so we can celebrate these milestones together with the community.

All content must be received by the 20th of the month to be included in next month's edition. Thank you! We look forward to hearing from you.

Editor's Note

Dear ZANC Community,

A friendly reminder to **kindly renew your ZANC membership and submit your annual dues by February 28th**. Active memberships are essential to our continued growth. Please renew today so we may begin the year off strong! We applaud the 20 enthusiastic youth who have signed up for their **free youth membership**! Look out for periodic updates on the WZC taking place in Singapore this year, and don't miss information on the \$300 youth subsidy program to share with your kids attending the WZC. Remember to save the date for fun events such as the Navroz gala in March and the youth Z-Camp in July. There are also some exciting local restaurant recommendations in this issue to tempt your taste buds and inspire your next outing.

Finally, mark your calendars for the Special ZANC AGM & General Body Meeting on Saturday, March 7th, where current members will vote on the proposed bylaws (see page 3 for details). Please plan to attend to make your voice heard and your vote count!

Wishing everyone a joyful Valentine's Day filled with lots of love. 💕 Happy Reading!! 💕



REMINDER: RENEW YOUR ZANC MEMBERSHIP BY FEB 28th

Active memberships are the heartbeat of our community! **Renewing gives you access to fun and fabulous *members-only* events**—kicking things off with the Ice-Skating Social—and many more fun filled activities planned throughout the year. **Updating your membership and family information also helps the Board plan, budget, and move forward with the ZANC member directory.** Don't miss out - renew your membership today and be part of all the great things ahead!

CLICK [HERE](#) TO FILL OUT THE MEMBERSHIP FORM



The Board requests all members to update their personal details even if there are no changes. Accurate information will help us maintain proper records and support the creation of a much requested member directory in the future.

FUTURE EVENTS – MARK YOUR CALENDARS!

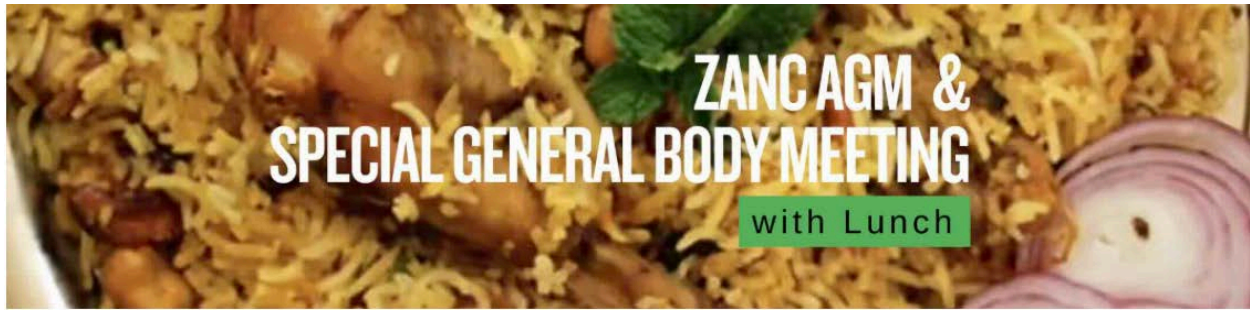
DATE / TIME	EVENT	LOCATION
Sun, Feb 1st, 5:30 - 7:30 pm	Ice-Skating Social @ Winter Lodge	Palo Alto
Sat, Mar 7th, 11am - 2 pm	AGM & Special General Body Meeting	Dar-e-Mehr
March 21st, 11 am	Navroz Jashan and Potluck	Dar-e-Mehr
Sat, Mar 28th, Time TBD	Navroz Function (with PZO)	ICC, Milpitas



ATTENTION ALL YOUTH AGES 13 - 17
SAVE THE DATE FOR Z-CAMP (July 23rd - 26th)
REGISTRATION OPENS MARCH 20TH

Mark your calendars to register for the exciting youth Z-Camp at the Dar-e-Mehr in July 2026! This fun-filled camp offers young Z's a chance to learn, interact, and form meaningful friendships. Registration fills up quickly, so be sure to secure your spot early!

UPCOMING EVENTS





Hello ZANC Community,


The ZANC Board invites you to our **Annual General Meeting (AGM)**, **Lunch** and a **Special General Body Meeting** to discuss the proposed changes to the [ZANC Bylaws](#).


Please note that while the entire ZANC community is invited for this event, **only current ZANC members will be permitted to vote during the meeting**. For those unable to join in person, we have arranged a **Zoom option** to ensure broader participation.

 **Date:** Saturday, March 7, 2026

 **Time:** 11 AM - 2 PM

 **Location:** Dar-e-Mehr (In-Person)

 **Zoom Option:** Click [HERE](#) – Meeting ID: 817 4823 9198 | Passcode: 103678

 **Lunch:** Register [HERE](#) if you plan to join us for the lunch

Agenda:

AGM (11-12:00 PM)

Lunch (12:00-1:00 PM)

Special General Body Meeting (1:00-2:00 PM) Discussion and Vote for ZANC member proposals for updates to the [ZANC Bylaws](#)

We hope to see you all in person and look forward to a meaningful discussion.

Regards,

ZANC Board

NAVROZ JASHAN AND POTLUCK - MARCH 21st at 11 AM



Let's get together as a community to welcome Navroz with a special Jashan celebrating the New Year with prayers, reflection, and gratitude. After the Jashan, everyone is invited to stay and enjoy a festive potluck and share in the spirit of togetherness.

We kindly ask community members to bring a **savory dish** to share, helping create a delicious spread for all to enjoy.


Location: Dar-e-Mehr

Address: 10468 Crothers Rd, San Jose, CA

Questions? Contact board@zanc.org

Get Ready For Another Youth Event on February 22nd!

TOP GOLF IN BURLINGAME

 **Calling all youth, ages 18–35, to enjoy a high-energy, fun day of golfing!**

Whether you're a novice or a pro, everyone is welcome to join in on the excitement. Enjoy friendly competition, great food, and plenty of laughs with your fellow Z's. No experience required, just come ready to have a good time.

Date/Time: Sunday, Feb 22nd at 11AM

Address: 258 Anza Blvd, Burlingame, CA

Cost: Roughly \$10 - \$25 per person (depending on how many bays/hours and people are attending)

Questions? Contact [Zara Minwalla](#)



[CLICK HERE TO RSVP](#)

RECENT EVENTS



Caring for Caregivers: A talk by Dr. Mukund Acharya



On Sunday, January 18th, participants gathered for an engaging Zoom session led by healthy-aging advocate and expert **Dr. Mukund Acharya**. Dr. Acharya is the Founder and Executive Director of [Sandhya's Touch](#) and [Sukham](#) which are non-profit organizations that help improve the quality of life of families dealing with chronic illnesses and focus on healthy aging in the South Asian community. The talk highlighted the vital importance of supporting those who dedicate their lives to caring for others. Through slides and relatable examples, Dr. Acharya guided participants through key insights on recognizing caregiver burnout, prioritizing self-care, and building sustainable support systems. The session concluded with practical takeaways and valuable caregiver resources for ongoing support.

Zoom recording: [Link](#)

Passcode: &hb0^667

Slides: [Link](#)

Contact Dr. Acharya:

Tel: 602-625-7744

Email: msacharya74@gmail.com

The ZANC community would like to thank Dr. Acharya for the time and effort he dedicated to this session, helping us better understand a complex topic.

🥟 ZANC Foodies Group Lunch Meetup 🥟

Sunday, January 25th - Dim Sum at [Lei Garden](#) in Cupertino, CA



COMMUNITY NEWS

Urgent Appeal: Dar-e-Mehr Maintenance Support Needed

We are reaching out to our community to share the need for your support in addressing urgent maintenance and upkeep at our Dar-e-Mehr. Two important issues have been identified that require immediate attention:

1. **Leaking roof of the Atash-Kadah:** The roof is currently leaking and must be repaired urgently before the next rains arrive to prevent further damage to this space.
2. **Second-floor bathroom maintenance:** The bathroom facilities on the second floor are in need of necessary repairs to ensure safety, hygiene, and continued usability.

The PZO has assessed these repairs and estimated the total cost to be \$28,000. They have requested ZANC's assistance in raising these funds and have asked our community to donate generously toward this important cause. The Dar-e-Mehr holds a special place in our community, and caring for it is a responsibility and privilege we all share in together. Every contribution, large or small, will make a meaningful difference and help ensure that this sacred space remains safe, functional, and welcoming for all.

TO DONATE: [CLICK HERE](#)

(please select the “*Dar-e-Mehr maintenance or repair*” option)

Thank you for your continued support, generosity, and commitment to our community!

Dilnavaz's “Dil-icious” Recs - Local Favorites Worth a Visit

[DUMPLING TIME RESTAURANT](#), Stanford

Favorite: Lobster Siu Mai with Truffle Oil

Any time is dumpling time on Planet Dilnavaz, but if you combine lobster and truffle oil and it ends up in siu mai, I will basically build a shrine to it and worship for life.

Honorable mentions: Pork Xiaolongbao and the unusual Tom Yum Xiaolongbao.

[PIZZERIA CARDAMOMO RESTAURANT](#), Redwood City

Favorite: Pesto Pasta (currently not in season, much to my heartbreak). You won't even care that it's vegetarian, I promise!

Honorable mentions: Tagliatelle Bolognese, Mortadella and Pistachio Pizza, Pear salad, the original Tiramisu.

Shared by Dilnavaz Bamboat
stay tuned, more coming soon....

RECIPE OF THE MONTH



DUM KA CHICKEN with Binaifer Dumasia

INGREDIENTS

- 2 pounds Chicken with bones or boneless
- 4 tbsp Cashews
- 2 tbsp Almonds
- 1 cup Fried Onions (approx. 3 sliced onions)
- 1 tsp Red Chili Powder
- ½ tsp Garam Masala Powder
- 2 tsp Ginger & Garlic paste
- 6 Green Chilies, slit
- 1 bunch Mint
- 1 bunch Coriander
- 2 cups Yogurt
- 2 tbsp Oil
- 10 to 12 strands Saffron
- Salt as per taste
- Charcoal
- 1 tbsp Ghee
- Garnish: Fried Onions, Mint & Coriander



SHARE YOUR RECIPE!

Get featured in the "Stirring Up Stories" community recipe collection project.
Email sanobar3104@gmail.com for info!

ABOUT THE CHEF

Binaifer learned this dish by watching her mother cook it throughout her childhood. Now it's a family favorite often requested by her children for birthdays and by many friends. Over time, she made the recipe her own, including using coal to give the chicken a smoky finish (a technique her mother used occasionally but she uses every time!). The dish is closely tied to memories of home and cooking it fills her with love and nostalgia. It reminds her of her mother cooking in the kitchen and of her father, a devoted foodie who always praised Binaifer's cooking, and for whom she would have loved to make this dish just once. Binaifer encourages you to experiment and add personal touches, but **Chef's Tip:** she emphasizes the importance of some ingredients like saffron and yogurt to achieve a thick, rich and flavorful gravy!

DIRECTIONS

6 Servings

1. Grind cashews and almonds together into a fine powder.
2. Thoroughly clean chicken and pat dry.
3. In a large bowl, mix chicken with all ingredients *except* for charcoal, ghee and garnishing. Ensure chicken is evenly coated. Cover the bowl and refrigerate for **at least 24 hrs** for maximum flavor absorption.
4. Before cooking, keep chicken at room temperature for 1 hr.
5. Pre-heat oven to 400 F. Put chicken in an oven proof dish and cover with foil. Bake for 30 to 45 mins.
6. Remove foil and continue baking till top is browned and chicken is cooked. Let rest for 15 to 20 mins.
7. Just before serving, make a small foil bowl and place in center of the chicken baking dish. Light a piece of charcoal and, using tongs, place into foil bowl.
8. Add 1 tbsp of ghee to the hot charcoal and quickly cover the dish to trap charcoal's aroma and enhance smoky flavor.
9. Before serving, remove the charcoal and foil bowl (let cool before discarding).
10. Garnish with fried onions and chopped mint and coriander.

Written by Sanobar Mehta

Z-CLASS UPDATES

Little Hands, Big Impact: Z Class makes a difference



In February 2025, [Z Class](#) children joyfully decorated eggs in celebration of Navroze. In most years, these creations are taken home to be displayed on family Navroze tables. Last year, however, inspired by our class theme of service, each child decorated an extra egg with a greater purpose in mind. These special eggs remained at the Dar-e-Mehr and were sold at the Nowrooz Bazaar.

Through the egg sales, along with the generous support of an anonymous donor, the students raised a total of \$500. The funds were donated to Jamshid Jam School, an elementary boys' school in Tehran, run by Noushin Pashotan, a friend of one of our teachers. The donation directly helped support their Shahnameh classes, an important program in a community where resources are limited and funding is primarily directed toward basic needs.



Z-Class teachers recently received joyous news that the funds are already making a real impact, along with a touching message of gratitude from the schoolchildren in Iran that truly warmed all hearts. Their words were a reminder that small acts of kindness, rooted in culture, education,

and storytelling, can create lasting change for the next generation, all the way across the world.

We are deeply grateful for our thoughtful, generous, and compassionate Z Class students and teachers who continue to demonstrate what service looks like in action 🌸



Questions / Information: Email [Z-CLASS](#)

Photos by Delzin Choksey

YOUTH ENGAGEMENT

FEBRUARY - AUGUST YOUTH EVENTS CALENDAR

Connect, Learn, and Grow Together!

ZANC Youth Meet-Ups for **Bay Area Youth (ages 18–35)** offer a fun and welcoming space to connect, learn, and grow together. Led by ZANC Youth Coordinator Zara Minwalla, these thoughtfully planned gatherings include a variety of activities such as Top Golf and scenic hikes to fruit picking and laid back beach days. Whether you're new to the community or a familiar face, each event is a great opportunity to meet, mingle, and build meaningful connections with fellow Bay Area youth in a relaxed and enjoyable setting. So mark your calendars and be sure to attend as many events as possible - you won't want to miss out on the fun, friendships and memories made along the way!

ZANC YOUTH EVENT CALENDAR				FEBRUARY - AUGUST 2026
FEB Join us for a round or two of Top Golf! What: Top Golf Where: Burlingame 258 Anza Blvd When: February 22nd at 11 am	MAR Get your legs ready for a day of Mount Tam hiking! What: Mount Tam Hike Where: Mount Tamalpais - details to come When: March 22 nd	APR Spring is here and no better way than to be outside! What: Mt. Diablo Hike Where: Mt. Diablo - details to come When: April 18 th /19 th (TBD)	MAY Cherry Season is here! Join us for a fun morning of Cherry Picking What: Cherry Picking Where: Brentwood - specific farms to come When: May 30th	
JUNE Cherries are out but Peaches & Nectarines are in! What: Peach Picking Where: Brentwood When: June 13	JULY Celebrate the summer with a beach day and tacos! What: Pacifica Beach Date Where: Pacifica State Beach When: July 18 th	AUG Time to get our Bay Area pride up with a Bay FC soccer game! What: Bay FC Soccer Game Where: San Jose PayPal Park When: August 23	Note *Please note that all dates/events/times are subject to change. For questions, please text Zara Minwalla at 925-984-0243	

For the remainder of the year, Zara hopes to put on several more fun and exciting events to encourage younger generations to find community and cultural belonging. She will be spearheading an initiative to not only bring youth together, but also to foster knowledge and confidence about participating in ZANC's future.

Questions? Please [Email](#) or Text Zara Minwalla (925-984-0243)

For upcoming youth events make sure to join the NorCal Youth Instagram: [zy_norcal](#)

NCZC (Northern CA Zoroastrian Center) UPDATE



We're excited to share that we are launching **Community Center Info Sessions** - small group gatherings designed to keep our community informed, engaged, and connected as plans for the new ZANC Community Center continue to take shape.

These sessions will be led by members of the NCZC Committee and are intentionally informal, conversational, and interactive, providing a meaningful opportunity to learn more about the Community Center's vision, ask questions, and share your thoughts and ideas in a welcoming setting. An RSVP link shall be sent separately.

Info Session Schedule:

- **Mar 8 (Sun) — In Person, 10:30 AM (Peninsula)**
- **Apr 11 (Sat) — In Person (San Francisco)**
- **Apr 18 (Sat) — In Person, 10:30 AM (San Francisco)**
- **May 31 (Sun) — Zoom, 12:00 PM**
- **Jun 6 (Sat) — In Person, 12:30 PM (San Francisco)**

July–December dates will be shared in a future newsletter

Interested in Hosting?

If you would like to host an in-person info session in your home, or know someone who might, please reach out to the committee at nczc@googlegroups.com.

 **Pledge or Donate Today for our New Community Center** 

Donate Online, Via a Check, Bank Transfer, Corporate Matching, Stock Donations
Have questions: email us at nczc@googlegroups.com

Specific donation details can be found on the [ZANC website](#).

Don't forget - [Pledge](#) options are now available!



IN THE SPOTLIGHT

Suhana Patel



This month, we shine the spotlight on a talented young woman who has made a big impact at ZANC as the creative force behind our Instagram over the past year.



Suhana Patel was born and raised in the Bay Area, California, where she grew up with her Parsi father, Indian mother, and two brothers. She completed her undergraduate degree in Psychology at California Polytechnic State University and subsequently worked as a behavior therapist and a research assistant at the University of California, San Francisco.

She went on to earn a Master of Science in Biomedical Sciences at New York Medical College and is currently pursuing her Doctor of Medicine degree there as well. In her spare time, Suhana enjoys volunteering at community health clinics and serves in

the student government as a M1 Student Senator.



Suhana has been involved in the Bay Area Zoroastrian community in various ways over the past several years. In 2023, she attended FEZANA's Return to Roots Program, where she was inspired to deepen her understanding of her Zoroastrian heritage and become a more active member of the community. At the time of this trip, she shared reflections with her Parsi grandfather, Dr. Jijibhoy Patel, who has since passed away, and learned about his role as ZANC's first president and the stories behind the organization's founding. Motivated by this legacy, Suhana decided to join



ZANC in 2024 and became actively involved in establishing its social media presence. With the goal of bringing ZANC into the modern digital space, she created and manages its Instagram account, which has gained a substantial following across the Bay Area. Her efforts focus on connecting with the younger generation, increasing engagement, and sharing event highlights and community updates. In her free time, Suhana enjoys spending time with friends, experimenting with cooking, painting, and running.

IN OTHER NEWS

WZCC Marks 25 Years of Community Impact

The World Zarathushti Chamber of Commerce ([WZCC](#)) reached a distinguished milestone by completing 25 years of dedicated service to the community in December 2025. To commemorate this Silver Jubilee, WZCC hosted a four-day extravaganza from January 8th – 11th, 2026 in Mumbai, India. The event united Zarathushti entrepreneurs, business leaders, professionals, and visionaries from around the world to connect, inspire, and redefine success through innovation and collaboration.

One of the highlights of the event is the ***The Tigers Den***, where budding entrepreneurs present their innovative business ideas to a panel of investors in the hopes of securing funding and gain valuable feedback to refine their business strategies.

CONGRATULATIONS TO THE FOLLOWING ZARATHUSHTI ENTREPRENEURS AND PROFESSIONALS WHO WERE HONORED AT THE WZCC AWARDS NIGHT



Outstanding Zarathushti Professional of the Year: FIRDAUS KHARAS

Outstanding Zarathushti Young Professional of the Year: ARASHASP SHROFF

Entrepreneurs of the Year: ROHAN DOCTOR & HORMAZD SHOLAPURWALLA

Outstanding Zarathushti Young Entrepreneur of the Year: NIKITA SURTY

Outstanding Zarathushti Social Entrepreneur of the Year: VAHISTA DABOO

Source: Parsi Times Magazine (Jan 17, 2026)


IZS AND WZC UPDATES

NAMC INSTITUTE OF ZOROASTRIAN STUDIES

Introduction to Avesta - This course offers a foundational understanding of the sacred language of the Gathas and key Zoroastrian scriptures. Learn its alphabet, phonetics, grammar, and basic vocabulary and to read selected passages of basic prayers in their original language.


Feb 21st to Mar 28th at 8 am (PST)

Courses/Registration: CLICK [HERE](#)
Questions? [EMAIL](#) the registrar



NAMC INSTITUTE OF ZOROASTRIAN STUDIES

For application form use QR code or link:
<https://www.namcsofzstudies.org/gathas-course-registration-page/>




INTRODUCTION TO AVESTA
LANGUAGE OF THE GATHAS AND ZOROASTRIAN SCRIPTURES

February 21, 2026, to March 28, 2026 - Saturdays 11 am Eastern

Presented By: Ervad Nekzad Illavaj,
Ervad Kamran Panthaki & Ervad Zerkxis Bhandara
(Under the guidance of Ervad Dr. Ramiyar Karanjia)

Topics
February 21 - History of Indo-Iranian and Avesta languages
February 28 - Avesta alphabet, its features, and transcription system
March 7 - Word formation: parts of speech (Sandhi, nouns, adjectives)
March 14 - Sentence formation: Verbs, Participles and Derivative Verbs
March 28 - Translating simple sentences and selected basic prayers

This course offers a foundational understanding of the sacred language of the Gathas and several key Zoroastrian scriptures. Learn its alphabet, phonetics, grammar, and basic vocabulary. Learn to read selected passages of basic Zoroastrian prayers in their original language. Explore the historical and religious contexts of its evolution, highlighting its connections and parallels with Sanskrit and other Indo-Iranian languages.



The 13th World Zoroastrian Congress (WZC) **Monday, Dec 28th - Wednesday, Dec 30th**

The World Zoroastrian Congress is the global gathering of the Zoroastrian diaspora, held once every four years. It offers a platform for the community to come together, celebrate our 3000-year heritage, and shape a stronger shared future. This 13th Congress will be hosted by the [Parsi Zoroastrian Association of Southeast Asia \(PZAS\)](#) and will take place at the Marina Bay Sands Expo & Convention Centre.

The Congress will take place from Monday, Dec 28th to Wednesday, Dec 30th 2026 with the following 'optional events' taking place before and after these dates:

- Sat, Dec 26th - WZCC Annual Convention
- Sun, Dec 27th - Pre-Congress Youth Mixer
- Thu, Dec 31st - Post-Congress New Year's Eve Party

The program will feature moderated discussion panels with thought leaders, religious scholars, youth leaders, and will include breakout rooms for different age groups, workshops, and niche topics along with exhibitions showcasing Zoroastrian arts. It's sure to be one exciting event and a meaningful opportunity to learn and connect!

[Website](#) | [Facebook](#) | [Instagram](#) | [Tiktok](#) | [YouTube](#) | [Newsletters](#) | [Contact](#)

CONNECT AND CONTACT

Join ZANC WhatsApp Groups, Facebook and Instagram



- WhatsApp: [CLICK HERE](#) to join WhatsApp
- Facebook: [CLICK HERE](#) to join Facebook
- Instagram: [CLICK HERE](#) to follow Instagram



Stay engaged with other Zs, post pictures, and strengthen our community connections.

NOTE: You will still continue to get the ZANC monthly newsletter and event notices via email.

Maintain Active Membership: Active memberships are vital to ensuring the continued growth and success of our community here in Northern CA. Your membership dues go toward maintaining our Dar-e-Mehr, sustaining ZANC's operations, and funding valuable programs that benefit all members. [CLICK HERE](#) to join or renew your membership.



All feedback & suggestions are welcome & encouraged:

General questions: email the [ZANC BOARD](#)

Membership: email the [ZANC SECRETARY](#)

Volunteering: email the [EVENTS COORDINATOR](#)



THE NEWSLETTER COMMITTEE:

Stay connected with the ZANC Newsletter — your source for community news, announcements, and upcoming events. Please [EMAIL](#) us your personal milestones so we can celebrate and acknowledge them with the community. **All content must be received by the 20th of the month.**

Editor: Dianne Patel (newsletter@zanc.org)

Collaborators: Delzin Choksey, Kathleen Chothia

Contributors: Recipes (Sanobar Mehta) and NCZC (Erin Press)

And Finally...

Announcing an exciting opportunity for ZANC youth members attending the WZC in Singapore **Apply for the \$300 Youth Subsidy Today!**



What is It: The Youth Subsidy Program provides financial support to eligible youth members attending the World Zoroastrian Congress in Singapore

Who is Eligible: ZANC members ages **13–25** (at the time of the congress)

Subsidy Amount: **\$300** (awarded on a first-come, first-served basis to **15 youth**)

Application Deadline: **February 15, 2026**

Eligibility Requirements:

- ZANC membership in good standing and resident of Bay Area
- Must be registered for the World Zoroastrian Congress
- **Ages 18-25:** Commitment to participate in two (2) ZANC youth events and one (1) ZANC event in 2026
- **Ages 13-17:** Commitment to participate in three (3) ZANC events in 2026.

How to Apply:

- Complete the Registration [Form](#)
- Early application is encouraged as funding is limited

Please Note: Recipients who receive the subsidy but fail to meet the eligibility requirements, thereafter, will be required to repay the full subsidy amount.