



SHAI
SEPHARDIC
HERITAGE ALLIANCE

*Celebrating Our
21st Anniversary!*



Happy Passover
MARCH 2013

VOICE OF SHAI

OFFICE ADDRESS

770 Middle Neck Road
Great Neck, NY 11024

MAILING ADDRESS

P.O.Box 1025
Great Neck, NY 11023

WEBSITE

www.shaiusa.org



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Pargol Khadavi

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Rebecca Yousefzadeh Sassouni

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Dear SHAI Family,

Passover reminds us of our humble beginnings and revitalizes our appreciation for the blessings of living in a free land. As SHAI celebrates its 21st year, our non-profit organization continues to accomplish, to educate, to nurture, to validate, and to fortify our future. We have made it our mission to promote the well-being of the Persian Jewish community that has embraced its American home with open arms.

As you leaf through the pages of this issue, you will see examples of SHAI's multi-faceted impact across generational lines. The SHAI Scholarship Fund continues to provide need-based scholarships to our financially-deserving students toward their pursuit of education. As an update, in the past 3 years alone, SHAI has distributed approximately \$550,000 to over 470 students in the U.S. and Israel. Overall, since inception, the SHAI Scholarship Fund has distributed over \$1.55 million dollars in scholarships to students who demonstrate a financial need.

SHAI's new Persian Culture Committee subdivision hosted a very well attended Shabe Yalda celebration in December. We are looking forward to our Nowruz concert on April 21st. Our new Family Outreach Committee took young families, in excess of 150 people, to celebrate fall at a local farm festival. Our increased Health and Wellness programming provides consistent educational forums for young and old alike. Our Young SHAI division has been busy holding social gathering for our young professional and college students. Our Saturday night Youth Activities program, under the leadership of Vice President Raymond Eshaghoff, continues to successfully target boys and girls ages 5-12. And of course, SHAI's program at the Great Neck Senior Center, under the leadership of our Vice President Parvaneh Khodadadian, continues to bring smiles in the way of complimentary kosher food, programming, and exercise to our senior citizens several days a week. SHAI continues to branch out to other organizations, including the Jewish Heritage Museum in its remembrance of Yom HaShoah on April 7th.

This month marks the one year anniversary of our 20th year Gala with His Majesty Reza Pahlavi II as keynote speaker. Our gala is held bi-annually and we are already busy planning for next year. Over the years, SHAI's mission has stayed the same but our vision continues to grow. SHAI will continue to bring honor to our people by giving back to the communities we are so fortunate to call home.

On behalf of the Board of Trustees, I would like to extend our very best wishes for a healthy and happy Passover of reflection and validation for what we have accomplished together, as a people. Chag Sameach!

Sincerely,

Pargol Khadavi

President

SEPHARDIC HERITAGE ALLIANCE INC.

SHAI's Family Outing at White Post Farms

SHAI launched its Family Outreach programming on Sunday, October 21, 2012 at White Post Farm's Fall Festival in Melville. Families with young children enjoyed a beautiful day of hay rides, pumpkin picking, bouncy houses, live entertainment, pony rides and animal interaction

at the farm's petting zoo. SHAI gave a kosher pizza lunch to all under a shaded tent while the children frolicked in the pumpkin patch. Over 150 were in attendance as part of the SHAI group. An annual tradition has been born!



SHAI Keeps Persian Culture Alive

On Sunday December 23rd well over 100 members of the community gathered at the main library to celebrate Shabe Yalda.

The performer for the event was The Amir Vahab Ensemble.

Vahab, a Persian music master, recited poetry and played traditional instruments for a rapt audience.



*SHAI's next Persian Cultural Event :
Sunday, April 21st
Nowruz Celebration, 3-5PM, Main Library featuring
Shabla Nikfal and Bahram Sadeghian*

SHAI CULTURAL SERIES PRESENTS

PERSIAN DANCE CLASS

Join SHAI in celebrating the Persian Culture through dance with your children in a four session series!

Dates: **Four Sundays**
April 7, 14, 21 & 28

Time: **1:30-2:30**

Instructor:
Michele Tabaroki

Location:
Zumbrazil of Great Neck
634 Middle Neck Road

Price: **\$40 for all four weeks**

For ages 4-11 *Parents must be present

Contact **Tania Friedberg to register:**

taniaproductions@aol.com

(space is limited, no walk-ins please)



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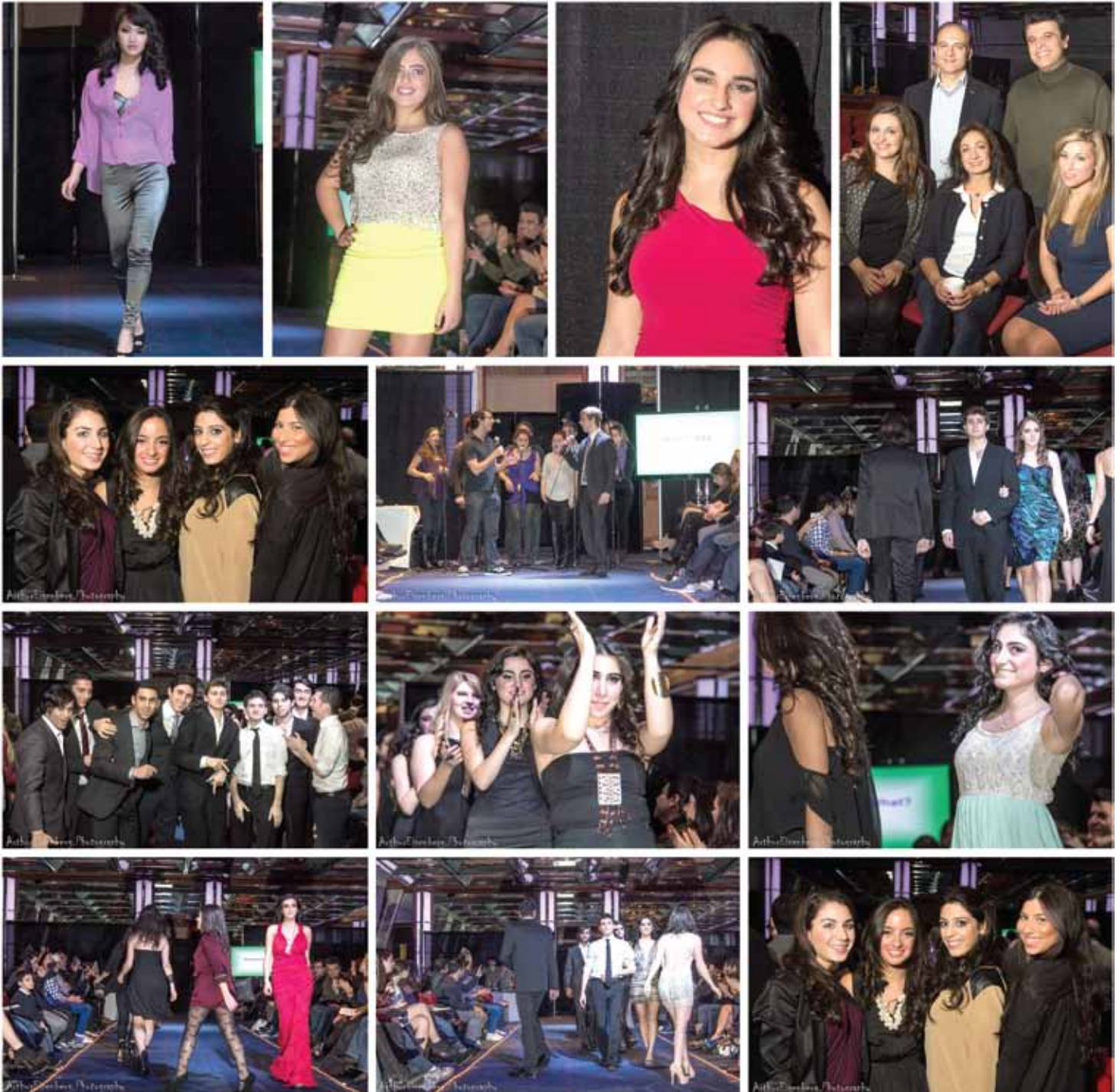
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SHAI Sponsors NYU Persian Student Association Fashion Show

The Iranian Jewish Club of New York University held their fabulous Fifth Annual Benefit Fashion Show this winter benefitting One Family Fund. One Family Fund is a non-profit philanthropic organization based in Israel, which helps victims of terror attacks to rebuild their lives, rehabilitate, and reintegrate through assistance programs. Using up and coming designers, student models, and professional hair and makeup to attract diverse audiences, the organization has helped raise

thousands of dollars for various causes over the past five years. This fashion show is one of the largest Jewish life events on the NYU campus and its effects reach people all over the world from America to Israel and all the way to Africa through organizations such as Save a Child's Heart, The Aleh Foundation, and Innovation Africa (formerly Jewish Heart for Africa). NYU Iranian Jewish Club is grateful to SHAI for its support.



SHAI STRENGTHENS BODIES AND MINDS

SHAI Youth Sports Program Thrives

Every Saturday night during winter, after Shabbat, kids get together to play soccer and basketball. SHAI is pleased to support this healthy outlet for the next generation.



SHAI supports the Sephardic Day Camp at Beth Hadassah. Contact Samira Agajani at 516.348.3757 for more information



SHAI Hosts Wellness Workshops

The SHAI WELLNESS WORKSHOPS continue to be a great success. Two events “Increase energy and decrease stress” in October and “Rejuvenate from head to toe part 1,” in February were well attended by women of all ages and backgrounds.

Claudine Sarraf-Amirian LAC, MSTOM Licensed Acupuncturist and Herbalist who also serves on the SHAI board, shared secrets of foods, herbs, Acupressure and Qi gong to becoming more energetic, beautiful and staying young. The women were introduced to qi-gong exercises, health shakes, pressure points and more to rejuvenate and become more beautiful.

The following are just a sample of the TOP TEN TIPS TO REJUVENATE YOUR BODY AND INCREASE ENERGY:

1. To stay young, nourish your kidneys with miso, seaweed, kidney tonics herbs, and acupuncture.
2. Strengthen your memory with tree pose, fish oil, walnuts, green tea, berries and shi-shen cong acu treatment.

3. Revitalize and re-grow your hair with seven star treatment, eating avocado, salmon, sweet potato, spinach and grow hair herbal formulas.

4. Maintain painless muscles by eating pineapple, fish-oils and doing acupuncture.

5. Nourish your face by drinking more water, using sunblock, a diet packed with greens in the morning and jade roller treatment.

6. Indulge yourself with Acupuncture and Biosyntonie treatments to achieve balanced hormones, healthier, pain free, stress free mind, body.

7. Manage weight, beauty and hormones with the living beauty elixir, avocado, coconut, and acupressure seeds.

8. Maintain optimal nutrition by eating rich foods like almonds, and green leafy vegetables.

9. Exercise: your right to be happy! Have an outlet for your stress. Breathe deeply by doing acupuncture, exercise and/or meditation.

10. Use BEAN (Balanced lifestyle, Exercise, Acupuncture and Nutrition) to ban yourself of what's weighing you down, reduce your wrinkles, pain, hair loss, and stress to create balance from inside out.

[Enjoy these steps to proactive health.](#)

SHAI Co-Sponsors "Iranian Schindler" Event at Holocaust Memorial and Tolerance Center of Nassau County



The Holocaust Memorial and Tolerance Center recently held an event and featured an exhibit regarding Abdol-Hossein Sardari, "The Iranian Schindler." Sardari was a Diplomat and rescuer of Jews during the Holocaust. The event featured remarks by distinguished scholar and author, Dr. Fariborz Mokhtari, pictured, above left.



The Holocaust Tolerance Center continues to make efforts to highlight important aspects of the Sepharadic Culture and experience.

SHAI is pleased to continue working with the Center.



SHAI Partners With Israel Bonds



Members of the Board of Israel Bonds recently gathered at the SHAI office for a strategic discussion regarding Israel Bonds new initiatives and goals for the North Shore Region. The annual Israel Bonds

community - wide event will be held on Tuesday May 21st at Temple Israel of Great Neck. Israel Bonds capital is one of Israel's most valued and strategic resources for over six decades.

SHAI's Cooperation With Great Neck Senior Center Means Smiling, Engaged Seniors

Thanks to SHAI and project Independence hundred of local seniors have a wonderful home-away-from-home at the Senior Center. They celebrate birthdays, holidays like Purim, entertain each other and youngsters.



SHAI's annual Blood Drive will be held on Sunday, May 19th from 10-12 at Beth Hadassah Synagogue. Please donate.



Did you know SHAI offers highly confidential need-based Scholarships? Inquire at www.shai-online.org



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*March with SHAI in the
Celebrate Israel Parade
Celebrate Israel's 65th
Anniversary
Sunday, June 2, 2013
(Details to follow)*

Happy Nowruz!

