



INDIA COMMUNITY RELIGIOUS & CULTURAL CENTER, INC. (ICRCC)

P.O. BOX 387 DEWITT, NY 13214

<http://www.icrcc.org/>

Founded 1985

Newsletter-April 2009

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President's Message

ICRCC had a couple of interesting events since the February newsletter. We appreciate the initiatives and efforts by Divija Nanavati for the "Holi Milan" program and by Joe Kappil for the Winter (Ice Skating) event. On May 9 we will be holding the Spring Festival at the Lincoln Middle School (on 1613 James St. at Teall Ave.). The cultural program starts at 3.00 p.m. followed by a food bazaar.

Although we published the date for the Spring Festival in the February Newsletter we are still in conflict with the Rabindra Jayanti program which is being held by the Bengali community on the same day. However, the Spring Festival starts quite early. People can attend the Spring Festival, have a bite to eat and then move on to the Rabindra Jayanti program. I hope that members of the Bengali community attend the Spring Festival as they have been doing in the past.

For the last couple of years there has been an enthusiastic display of performances at the Spring Festival by the younger generation. I remember the last time when I was President of ICRCC, in 1998, the cultural program lasted an hour or so. Participants would call in and provide details of their program until a couple of days before the event.

Now even with detailed planning, with participants filling forms in writing, with deadlines three or four weeks before the event, the program is expected to last almost two hours. Filling out forms seems like an unnecessary bureaucracy but in reality it helps the MC organize the program and keep it short in length. If it was not properly organized the program would last a half hour more.

We have to think of the participants and their efforts but we have to think of the audience as well. We need to do our best to keep the program to an acceptable length for it to be interesting. Fortunately, we have a very talented MC in Kaushal Nanavati and he himself could keep the audience entertained for a couple of hours. Of course, in the Spring Festival he fills in with his humor and comments between events. That makes such a big difference!



HEALING HANDS OF REIKI

Sushila Shah

What is Reiki? (Reiki related information is compiled on the basis of various published literature pertaining to Reiki)

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki is a unique blend of energy, when channelised, it becomes an effective form of healing energy. Reiki is a very simple yet powerful technique that can be easily learned by anyone. Many recipients and I have experienced that Reiki has an amazing ability to heal/relieve pain. It is also considered to heal at physical, mental, emotional and spiritual levels.

What can be treated?

- Every known injury including serious problems like multiple sclerosis, heart disease, cancer, skin problems, cuts, bruises, broken bones, headaches, colds, flu, sore throat, sunburn, fatigue etc.
- Reiki works on pain of joints such as shoulder, knee, neck, back, wrist and ankle.
- It complements and beneficially improves the effectiveness of all other types of therapy, without being a substitute.
- Reiki will assist improving the results of medical treatment. Reiki will reduce negative side effects, such as those from chemotherapy, surgery and invasive procedures. In short, the healing time is reduced, pain is diminished and stress is reduced. Improves optimism for life.
- Removes physical and emotional blockages.
- Cleans your body from accumulated toxins.
- Balances energy by balancing energy centers known as Chakras.
- Reiki works on distance healing.
- Similar to humans, Reiki benefits to all living beings such as plants or pets.

Reiki process :

Receiving Reiki for healing is a process of channelising life force/energy by giver to the receiver in a very relaxing environment. Reiki is a non-intrusive process using natural energy and thus has no adverse side effects. Reiki giver's palms move over the receiver to channelise Reiki to the receiver. Recipient does not require any changes or restriction of diet or any alterations in normal activities due to Reiki. Healthy lifestyle is essential.

I know of one person who was having considerable neck pain due to degenerative discs along with knee pain due to her arthritic issues. Her husband and son are both doctors. Treatment required for relieving her pain was essentially surgery but she was not inclined to go through surgery and its potential complications. She underwent the non-invasive Reiki treatment resulting in considerable relief of pain.

Sushila Shah is a retired civil engineer and a certified Reiki Master. For more information on Reiki contact her at 315-638-8807

The India Community Religious and
Cultural Center (ICRCC) Presents

SPRING FESTIVAL

Saturday, May 9 2009

Date: 9th May, Saturday, 2009.

Time: 3pm to 8pm

Venue: Lincoln Middle School

1613 James Street (at Teall Av.)
Syracuse, NY.

Come and enjoy Dance, Drama, Comedy, and Songs by young members of our community. Join us to encourage and support our artists.

The Food Court will open at 5:15 PM. Enjoy foods and snacks from many regions – North, South, East and West of India; and celebrate the arrival of spring in Central New York.

Looking forward to seeing everyone blossom at the Spring Festival.

Holi Milan

Holi Milan on 14th March at the Village Center Auditorium was a great success. It was a fun filled event well attended by community members. Everyone was able to have a little fun with Gulal and the children enjoyed Face Painting.

Our main attraction of the afternoon was the multilingual singing of Mrs. Rujuta Dholakia from Rochester. Rujuta has performed at multiple venues in India including on radio and television, and has organized Raas and Garba events in Ahmedabad. For the afternoon she sang songs both old and new. She also brought one of her young students from Rochester who gave a wonderful performance and was brought back for an encore performance on a Telugu song due to audience request.

Once the music program concluded, Deepaben Patel's Samosas and Dhokla delighted the palate of all those who attended and friends mingled while others forged new friendships. After all, this is what being part of a community is all about!

We would like to acknowledge the help and support of all Board Members, and more specifically, Ashok Sangani, Anju and Sunil Gupta, Charu and Rajeev Saini, Neerja Vajpayee, Rekha Balaji, George for Audio support, and our President, Mr. Dilip Bhole, for arranging the venue. We apologize if we have inadvertently forgotten to mention anyone's name.

Divija and Kaushal Nanavati

ICRCC Ice skating Event

ICRCC organized an Ice skating program - winter sport event on March 28 at the Cicero Ice Rinks location – an indoor stadium.

Our objective was to bring everyone especially kids from the Indian community together with variety programs. There were 22 children and a few adults participating in the program. They had great fun and the event was a learning experience for the newcomers.

We plan to organize a similar program during the School winter break next year. On behalf of ICRCC, I would like to thank all participants and their parents for the encouragement.

Joseph Kappil

INDEPENDENCE DAY PICNIC
SATURDAY, AUGUST 15, 2009

PACK YOUR AFTERNOON WITH FUN, GAMES, ENTERTAINMENT, AND
FOOD

Ryder Park, Dewitt

Start time: 3 p.m.

Program: The following is a preliminary program. The program will be finalized later.

3 pm – 4 pm: Free time for games. If interested in cricket, bring the equipment. Only tennis balls can be used in cricket.

4 pm – 5 pm: Entertainment and Vote of Thanks. If you are interested in performing, please contact Kumar Ashutosh at 446 3989 or Dr.ashutosh@verizon.net.

5 pm – Picnic will include special fun and Games for kids under 12.

Dinner to follow the games.

For the dinner, each family is requested to bring sufficient food for themselves and three more people.

We need volunteers to be the lead persons to sing the U.S. and Indian National Anthems. Please give your names to Kumar Ashutosh.

Essay Competition: Essays are invited from students. There will be three groups of students; **(a)** Elementary School **(b)** Middle School **(c)** High School

Subject for all the groups: **“My Family.”**

The essays should be sent to Kumar Ashutosh at 26 Cross Road, Syracuse, NY 13224.

All entries will be recognized. Essays will be judged by a committee and a prize given for one judged best in each category.

Directions: From 481 take exit 3W, turn right on Erie Blvd. After Shopping Town Mall, turn right on Kinne Road, immediately after crossing the overpass on 481, turn left. After about a ¼ mile, Ryder Park Entrance is on the right.

Welcome Anju Gupta

ICRCC Board welcomes Anju Gupta as a Board member. She was elected to the Board at their March meeting. She has also assumed charge as Membership Coordinator. If you need any information regarding membership, please contact her at amgupta@twcny.rr.com 469 6770

Thanks Smt. Anju Varshney

For the last three years the Deepavali functions had real Deepas with decorative bronze lamps given by Smt. Anju Varshney. The lamps added the right touch for the function as a symbol of Deepavali. On behalf of the ICRCC I extend my thanks to Smt. Anju Varshney.

N.V. Suryanarayana

Have old slides, gramophone records or cassette tapes?

Like me, if you have old slides, photos, records, and tapes you probably know that they deteriorate with time or they can no longer be played because turntables and cassette players are going out of fashion. What can one do?

Slides and old photos can be scanned, digitized, and stored on a CD or similar storage device. They can be viewed as a slide show either on a computer, TV, or digital photo-frame. To scan and digitize them one needs a good scanner or they can be taken to a professional photo studio.

Records and tapes can be transferred to a CD in a computer or with a dedicated CD burner. To transfer them to a computer, one needs record player or a cassette player with appropriate outputs, suitable software, and some hardware. With a CD burner a computer is not necessary but CD burners are not easily available and can be expensive.

If you need more information on these, please give me a call at 446 7424 or email me at nvsurian@yahoo.com. N.V. Suryanarayana

Why should I become a member of ICRCC?

Many people ask why they should pay \$45 and become members of ICRCC. There are many reasons but some of them from my perspective are:

1. It provides a forum for all our community activities such as Spring Festival, Independence Day Picnic, Ras Garba, Deepavali and so on.
2. Without such an organization we will not be able to bring cultural programs - Shaheed Parvez' Sitar Concert, Dance performance by the Articulate Group and others.
3. We are able to raise funds for the victims of Gujarat Earthquake, 9/11, Tsunami, Katrina and so on.
4. Members pay reduced rates for events organized by ICRCC.
5. Its newsletter is a medium that allows the community to know some of the things happening in the community.
6. It provides an umbrella for many functions organized by individuals.
7. By involving in its activities we come to know many people in the community. This aspect is particularly useful to the new comers to the area.
8. Periodically ICRCC provides a directory of the Indian community at no cost.

On a personal note, my wife and I have benefited greatly by getting to know many of the people in the community. The relocation from Houghton, MI to Syracuse in 2002 was made easy because of this. Without it I doubt if we could have made so many friends here.

If you have any questions, please feel free to call me at 315 446 7424 or our membership coordinator Anju Gupta.

To renew your membership please send your check or complete the form below (**block letters**) if you like to become a new member and send it with your check (\$45 for family and \$30 for single) to: Anju Gupta, 4911 Royal Crab Avenue, Syracuse, NY 13224 (amgupta@twcny.rr.com)

Name: _____ Spouse's name _____

Children's names _____

Address: _____

Phone #: _____ email address: _____

Suryanarayana

Consolidated Corrections to 2007 Directory

Kindly make the following corrections in your directory.

- Page 26: Bhabani: *Change* - Bhabani to Babani
- Page 27: Chevli, Renate & Narendrakumar – *Change* replace phone number 445 2535 to 445 2542. *Add* email address – chevliMD@aol.com
- Page 27: Crane, Lakshmi – *Add* phone number 474 4526
- Page 27: Dewan, Anita & Mantosh – *Change* address to 5205 Silver Fox Dr., Jamesville, Syracuse, NY 13078
- Page 30: *Add* – Kahsmir Groceries & Imports, 118 Seely Rd., Syracuse, NY 13224, Phone: 315 251 2571
- Page 30: Kayastha, Veena & Ved - *Change* address and phone number- 2380 Nott Street East, Niskauna, NY 12309, Phone – 518 952 4666
- Page 31: Mahajan, Gayatri & Shirish – *Change* zip code to 13104
- Page 36: Sangani, Geeta & Ashok - *Correct* email address to – geetasangani@hotmail.com
- Page 37: Sharma, Madhuri & P.K. – *Change* address to – 3 Crailo Court; *change* zip code to 12211
- Page 38: Suri, Kusum & Darshan – *Change* phone number to 315 218 7152; *Add* email address – surifamily75@hotmail.com
- Page 41: Zirath, Rachna & Pradeep – *Change* Pradeep to Paradeep

ICRCC
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Syracuse, NY
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Events Calendar

Event	Date	Venue	Time
Spring Festival	May 9	Lincoln Middle School	3 PM – 8 PM
Independence Day	August 15	Ryder Park	3 PM –
Raas Garba	September 19	F-M High School	
Deepavali Dinner	Oct. 18 or 25		