



**INDIA COMMUNITY RELIGIOUS &  
CULTURAL CENTER, INC. (ICRCC)**  
P.O. BOX 387 DEWITT, NY 13214

<http://www.icrcc.org/>  
Founded 1985

## ***Newsletter-June 2008***

### **President's Message**

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It is with great pleasure that I welcome two new members to our board: Divija Nanavati and Neerja Vajpayee.

I was delighted to see so many members of our community at the Spring Festival on May 3. The entertainment was great and the food fabulous. The weather was splendid. All these made the festival a great success – more about it later in the newsletter.

We plan to have our Independence Day picnic at Van Buren Park on August 17. This will be another occasion for the children in our community to show their talents.

Suryanarayana

**Spring Festival:** On a glorious, warm, and sunny day, the Festival was held on May 3 at Lincoln Middle School. There were a large number of people, estimated at about 250. The program started with a short welcome speech by the President followed by entertainment and food court. The entertainment by the local children was greatly appreciated by the audience. The food was great and not much was left at the end of the day. Many persons contributed to the success of the festival and they are recognized below. If there are any omissions my apologies. IC RCC thanks all the persons who helped in making the festival such a success.

*Entertainment:* Coordinators: Rekha Balaji and Kaushal Nanavati.

Performers: Aishwarya Varakantam; Manisha Manda; Adithya & Nidhi Nivarthi; Leann Thayaparan; Rachael Thomas; Suchetan & Sneha Dontha; Megna Babu; Anupama Irri; Koshala, Vinosh, & Aravinth Mathuranayagam; Shreay Babu; Pranathi Adhikari, Abhiram Sishtla; Shruti, Yatin, & Richa Zairath; Suchetan & Sneha Dontha; Jabili & Shalini Kandula; Karthik Krishnan; Sucheer Rao; Mohan Tamjidi; Dhaneel Jagjivan; Apoorva & Rhea Gupta; Milan Gupta; Aayushi & Aman Agarwal; Shelly Verma; Anshuman Narayan; Shalini Sakamoori; Padmini Sisira Pullela; Anu; Ishan & Inika Gajra; Dhruv Nanavati; Rati & Rhea Saini; Harshal Nanavati; Shivam Nanavati; Trisha Maini; Aditi, Samhita; Arvind Mahanjan; Nihariaka & Rahul Reddy.

*Food Court:* Vanaja Ramarao, Mala Pal, Sailaja Sishtla, Harini Dabir, Usha Gokul, Sudha Raj, Rekha Balaji, Anuradha Dontha, Bhagiradhi Adavikolanu, Sunitha Kandula, Sheila Nayak, Vakula Narayan, Rani Thammana, Anita Rajan, Lakshmi Kaveti, Sumathi Krishnan, Vijaya Vutla, Vidyul Srinivasan, Aparna Nivarthi, Divya Nanavati, Pankaj Dalal, Kirna Shaw, Ranjana Patel, Lopa Patel, Shilpa Patel, Sunanda Sanyal, Rajani Simlote, Madhu Gupta, Athreyee Banerjee, Vidya Goyel, Rama Mehrotra, Geeta Roy, Neera Seth, Charu Saini, Jayshree Prasad, Geeta Sanghani, Charu Saini, Neerja Vajpayee, Sabita Ashutosh.

*In the background:* Dilip Bhole, Abraham Thomas, Kishan Mehrotra, Ashok Sangani

The program was such a great success that some people suggested that we should have a similar program in the fall. This suggestion is under consideration by the board.

N.V. Suryanarayana

**Upcoming Events:**

Independence Day Picnic: August 17 See details elsewhere in the newsletter

Garba/Rass: October, 2008

Dance by Nirupama and Rajendra: October 19, 2008

Deepavali: November 8, 2008

INDEPENDENCE DAY PICNIC  
SUNDAY, AUGUST 17, 2008

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

Place: Van Buren Park, Pavilion C.

Start time: 3 p.m.

Program:

**3 pm – 4 pm: Free time for games.** Baseball, badminton and birdies, waffle ball, bat, rubber horseshoes, stakes etc will be available. If interested in cricket, bring the equipment. Only tennis balls can be used in cricket.

**4 pm – 5 pm: Games and sports for kids under 12**

**5 pm – 6 pm: Entertainment and Vote of Thanks.** If you are interested in performing, please contact Kumar Ashutosh at 446 3989 or Dr.ashutosh@verizon.net.

**6 pm: Dinner.**

**For the dinner, each family is requested to bring sufficient food for themselves and three more people. Kindly contact Rama Mehrotra (446 9036) who is coordinating this part.**

**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 two groups;  
12 years – 17 years (High school seniors): Subject – What Indian Traditions Mean to You.

Under 12: Subject – Story Involving a Family Known to You.

The essays should be 250 – 300 words long. They 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 provided there are at least five entries in that category.

**Directions:**

*From Syracuse:* Take 690 West to Van Buren Road exit (past intersection of 690 and 90), and turn left on to Van Buren road. Go past the 690 bridge and take the first turn to the right (about 0.5 mile) on to Connors Road. Proceed about 1 mile to the stop sign at the junction of Connors and Canton. Turn right on Canton. The park entrance is a short distance (less than ¼ mile) on the right. The picnic is in pavilion C.

*From Liverpool:* Take route 370 West to Baldwinsville. At the first light in Baldwinsville, you will be facing a Burger King. Turn left at this light (Genesee Street?). At the next traffic light turn left on to Route 48. Go to the second traffic light and turn right on to Downer Street, then take the very first left (Canton Street). Shortly you will pass over the 690 bridge and pass Ironwood Golf course on your right. The very next left (less than ¼ mile) is the entrance to the park.

For those of you with a GPS the address is: 7350 Canton Street, Baldwinsville, NY 13027

## Directory – 2007

N.V. Suryanarayana

### Corrections to the Directory as of May 2008:

Page 26: Change last name Bhabani to Babani.

Page 27: Under last name Crane, add phone number 315 474 4526.

Page 30: Add Kashmir Groceries and Imports, 118 Seeley Road, Syracuse, NY 13224, 315 251 2571, [www.kashmirship.com](http://www.kashmirship.com).

Page 31: Change zip code of Mahajan, Gayatri & Shirish from 13126 to 13104.

Page 36: Delete underscore in email address of Sangani. The correct address is [geetasangani@hotmail.com](mailto:geetasangani@hotmail.com).

Page 37: The house number in the address of Sharma, Madhuri & P.K. is 3 (and not 9) and zip code is 12211.

Page 38: Change phone number of Suri, Kusum & Darshan to 315 218 7152 and add email address: [surifamily75@hotmail.com](mailto:surifamily75@hotmail.com)

Page 41: Correct email of Pradeep Zirath to [pkzirath@yahoo.com](mailto:pkzirath@yahoo.com)

If any entry in the directory is to be corrected or modified, please contact Suryanarayana ([nvsuryan@yahoo.com](mailto:nvsuryan@yahoo.com)).

**Directory Distribution:** Additional copies by those listed in the directory can be obtained at \$5/copy.

### Exquisite house for sale by owner

Beautiful Fowler built home with 5 bedrooms, 3 and ½ baths, plus game-room; contemporary with airy, open plan and two lovely fireplaces; soaring cathedral ceiling, dramatic smoked glass mirror in living room; warm hardwood floor & unique, Fowler-designed fireplace in family room; generous master suite with an inviting bath that has a Jacuzzi and skylight; gorgeous guest suite with bedroom, living room, full bath on separate level; private backyard with stone patio plus deck - perfect for entertaining; loads of storage; JD schools; on safe, quiet, cul-de-sac; prestigious Bradford Heights neighborhood 3 miles and 10 minutes to SU and Upstate/Crouse/VA hospitals. Move-in condition!

- 5310 Aquarius Drive. Approx 3500 sq ft; \$350,000
- Contact Anita Dewan 446-1014

## Kicking Your wWy Out of Cholesterol

Chilukuri K. Mohan

Twenty years ago, I had to cut down on pizzas, give up on “royal banana splits” and “jim dandies,” and move to skim milk. My cholesterol numbers budged a little, but not enough. “You need regular exercise,” said my doctor, as he started me on statin drugs.

What exercise? I ran, in fits and spurts; we also bought a treadmill, and I used it for a week or two. Knees hurt, and I didn’t keep up the running. Other exercise equipment made its way into our home. It’s still in pristine condition, unless we gave it away. I swam, occasionally. Swimming makes me hungry, but didn’t make much of a difference to me nor to my cholesterol levels. I had great fun playing badminton once a week, followed by two days pretending that my muscles did not ache. But once a week wasn’t enough to please my lab technicians.

Five years ago, my daughter and I walked into a Karate studio. Two ten-year old girls were kicking the guts out of two targets, and that fired her up to begin training. A few months later, I was tempted to see if my body could also withstand martial arts.

Life hasn’t been the same since then. It started off with two half-hour sessions per week at the white belt level, moving on to three 45-minute sessions, then to three one-hour sessions, as I advanced through successive belt levels. At each level, what had seemed incredibly hard became feasible, and I found myself ready to push myself a little harder, week by week. If you’d like to see how we end up, there’s a black belt award ceremony with interesting demos by our karate school on June 14<sup>th</sup>, 6:30PM, at the Civic Center (tickets need to be purchased online or from the Oncenter box office).

Will it hurt? Some muscular distress is inevitable: old muscle fibers do get torn up before new muscle builds up. Stretching exercises are a critical part of the routine, to prevent injury and improve flexibility. Interestingly, perhaps because of the improved state of various muscles, my knees no longer hurt after a long run!

Will you get injured? Injuries can occur in martial arts, as in any vigorous sport, but I am living proof that one can go through martial arts training without injuries worse than stubbing toes. Safety concerns need to be stressed repeatedly, as is frequently done at the Manlius (Lavallee’s) “dojo” where I train. It is important to know how much to push oneself at each point, and adjust one’s exercise routine according to one’s limitations. Sparring partners must exercise enough control not to hurt each other. There have been instances when the probability of injury appeared to be high, and I was brave enough to tell my sparring partner to cool it, or to stop sparring with that person.

Will it put a hole in your wallet? Yes, as much as 2-3 tankfuls of gasoline for your automobile, per month. A friend of mine was asked by his teenage son: what does it mean to be rich? His answer: to be healthy. How much would you spend to be rich?

Are you too old for this? Some of the people who train with me are in their fifties, and I’ve met a few in their sixties. They may be a bit slower than most teenagers, and sometimes modify

some exercises to fit their physical state, but find it useful enough to keep coming back. And yes, some of them are physicians.

A few months ago, as I progressed into Black Belt candidacy and the intensive exercise level that entails, I decided to suspend taking the statin medication that I had been taking for over fifteen years. Good news: my LDL and triglyceride levels are at “acceptable” levels despite not taking the medication. I was also surprised to find that despite increased amounts of physical exercise, there was considerable reduction in the aches and pains I used to feel, which makes me attach some truth to anecdotal reports about muscle pain as a side-effect of statin drugs.

Would it be worthwhile for you to try out martial arts? You tell me.

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### **Invitation to all community members**

We would like to make the newsletter more relevant to the community. If you have any items of news (arrivals of new people, births, honors etc.) or if you like to submit an article please get in touch with me at [nvsuryan@yahoo.com](mailto:nvsuryan@yahoo.com) or call me at 446 7424.

Suryanarayana

#### **Children’s Club of CNY**

The South Asian Children’s Club of CNY now meets twice a month (on Sundays 4 pm - 5 pm) at the Hindu Mandir of CNY.

The club provides a meeting ground for children of South Asian origin. We use Hindu mythology to provide children a window into their rich cultural heritage. The children are grouped by age. Children between the ages of 4 and 12 years are welcome to join.

The club is steered by parent volunteers. For details, please contact:

Neerja and Ajeet Gajra – [neerjajeet@hotmail.com](mailto:neerjajeet@hotmail.com)

Charu and Rajiv Saini- [charusaini@msn.com](mailto:charusaini@msn.com) (638-7395)

Divija and Kaushal Nanavati – [kbnmd@yahoo.com](mailto:kbnmd@yahoo.com) (720-1963)

#### **Sathya Sai Baba Center, Syracuse.**

##### **Education in Human Values Classes:**

##### ***“The end of Education is Character”***

Sri Sathya Sai Baba Center of Syracuse is offering classes on “Human Values” for children ages 6-15 years. The Sathya Sai Education in Human Values (SSEHV) is a character building program that aims to develop the innate goodness in each child by awakening the innate Human Values like Truth, Love, Peace, Right-action & Non-Violence. These Spiritual Classes are Held every Sunday from 11AM – 12:30PM at 5 Lock Street, Baldwinsville NY 13027.

##### **Seva Projects:**

##### ***“The Hands that serve are Holier than the Lips that Pray”***

Sathya Sai Baba Center of Syracuse is serving the Homeless people in Syracuse from the last 10 years. We make Sandwiches every second Sunday of the month and on the last Tuesday of the month Pizza, and serve them to the Homeless people at Oxford Inn in Syracuse.

**For further in please information please contact: Madhu Gupta (458-7680), Mansukh Shah (652-4448), Sathyajit Chadha (652-7149), Ravi Dabir (638-7317)**

**ICRCC Deepavali Banner:** The board decided to replace the banner as it has become old and contains a spelling error. We welcome designs with a deepavali motif for the new banner. Please submit your designs as an email attachment to Suryanarayana at [nvsuryan@yahoo.com](mailto:nvsuryan@yahoo.com). A committee will chose the design to be adopted.

**Invitation: We need more members to sustain our activities. Some of the reasons for becoming members are given below. Please renew your membership. If you do not see the notation 2008 or 2100 at the end of your name on the address label, it means your membership has expired.**

To renew your membership please complete the form below (block letters) and send it with you check (\$45 for family and \$30 for single) to: Vakula Narayan, 4373 Winding Creek Road, Manlius, NY 13104 ([vakula02@yahoo.com](mailto:vakula02@yahoo.com)).

Name: \_\_\_\_\_ Spouse's name \_\_\_\_\_

Children's names \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ email address: \_\_\_\_\_

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**Why should I become a member of ICRCC?** 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, we (my wife and I) have benefited greatly in 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.

Suryanarayana

ICRCC  
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U.S. Postage Paid  
Non-Profit Organization  
Syracuse, NY  
Permit No. 210

Events Calendar:

Independence Day	August 17	Van Buren Park	3 pm -
Dance: Nirupama/Rajendra	October 19	Details to follow	
Deepavali	November 8	Holiday Inn, Liverpool	