



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

A non-profit organization founded in 1984
 1990 Meadowbrook Drive, Syracuse, NY 13224

www.icrcc.org | www.facebook.com/ICRCC | email: shridevi@icrcc.org

Summer 2023

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Upcoming ICRCC Events Summary:

Event	Date	Place	Contact	Additional Notes
Gandhi Jayanti	01-Oct-2023	India Center	Jayshri Prasad	
Diwali	Nov-2023 (tentative)	TBD	Sunil Gupta	date and venue being finalized
Christmas	17-Dec-2023	India Center	Ari Chakraborty	

President's message

Happy summer days to all! I am excited to present some updates at ICRC since my last message to you in Spring.

In June we hosted two cultural events that brought our community together. The annual Spring Festival which gave our community artists an opportunity to showcase their diverse talent, was a big success. This was followed by a memorable classical music concert by MIT Shruti – a talented group of musicians from the Boston area, each with a connection to MIT. These two events were supported in part by a small grant received from CNY Arts.

We are very pleased to announce that ICRC received a generous grant of \$44,324 from CNYCF. This grant will enable us to replace the current non-functioning elevator, ensuring it meets the latest safety standards and accessibility codes. A heartfelt thank you to the CNYCF team for considering and supporting our grant proposal. This upgrade will make our Community Center accessible to those with mobility challenges.

While our team of dedicated board members continues to organize great events, we would love to see more involvement from our community. If you have ideas for programs or events, please reach out to us. Your input is invaluable.

ICRC is a special place, not just a building. It is the hub for our community, and it is also available for holding personal events. We would love to see more of our members (and non-members) utilize this venue.

Owning a building involves added responsibilities for its upkeep. If you can help in any way, please reach out to us.

We wish all the graduates in the community our heartiest congratulations as you embark on the next exciting chapter of your life!

Stay connected and enjoy the rest of the beautiful summer.

Best wishes.

Shridevi Karikehalli

shridevi@icrcc.org

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Written material can be mailed to:

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Building Committee Update

by Kishan Mehrotra

Our primary responsibility is to oversee all aspects of maintaining ICRC's home. The committee continues to discharge this very important function in conjunction with a lot of selfless hours given generously by our very supportive community.

1. The entire basement, except some parts (due to reasons explained in the following), has been painted and the baseboard glued. It looks much better now. Part of the foyer, as you enter the building, has also been fixed and painted. I would like to take this opportunity to express my sincere thanks to my fellow painters Rama Mehrotra, Lakshmi Kavety, Jayshri Prasad, Chilukuri Mohan, Uday Banerjee, and Ashok Sangani for their commitment and hard work.
2. As we progressed with painting, we noticed that one exterior wall felt wet, and mold could be seen in a few parts. This was a serious problem that we could not tackle right away. We obtained several estimates from professionals to fix the problem. Knowledgeable members of the board and the building committee also weighed in. We have decided on a course of action and I hope that the problem will be resolved soon and the basement will be fully usable.
3. Thanks to our grant committee, ICRC has received a grant from Central New York Community Foundation (CNYCF) to replace the existing elevator in the building. Our building has wheelchair access from the outside into the foyer area – but, from the foyer area one has to either go up to the main level OR down to the basement level – there is no way to get to the main level or to the basement without using stairs. This has proven to be a challenge for anyone with physical impairments. The grant will make our facility more accessible to the community. The most appropriate contractor to do the work has been identified, and we expect a new elevator to be in place in the next few months.

Like any other home, ICRC's home also needs constant attention – we make improvements and then we are faced with the next challenge. Thanks to the dedication of the committee and the community, we continue to meet this challenge head on.

Membership Information

by Chaitanya Halbe

A big Thank You to all our permanent members as well as 2023 members!

If you are not a member of ICRCG yet, we would like to urge you to become one. Our members are the key component of ICRCG. We seek your active involvement to further improve the organization.

Key Membership Benefits:

- Discounted ticket pricing to many events catering to various age groups as well as the regions of India
- Opportunity to be a part of a close-knit group and forming strong friendship and network
- Participate in the General Body Meeting and voice your opinions on the events or policies of the organization
- Membership makes you eligible to be on the Board of Directors, thereby taking an active role in the functioning of the organization

So, please become a member and ask your friends and colleagues to do the same.

ICRCG Membership

- Regular Yearly Membership: Family = \$50, Single = \$30
- Permanent Membership: Family = \$1000, Single = \$750

Payment options:

- Online: icrcg.org (preferred)
- Mail: ICRCG, 1990 Meadowbrook Drive, Syracuse, NY 13224

If you have any questions, please contact the membership committee:

Chaitanya Halbe: chaithalbe@gmail.com

Falguni Vora: falguni@icrcg.org

ICRCG is a Not-for-Profit Corporation under Section 501(c) (3) of the Internal Revenue Code. Your donations and contributions to ICRCG may be tax deductible. Kindly check with your tax advisor.

Health Screening Guidelines

by Dr Kumar Ashutosh

An old adage is “Do not fix it if it is not broken.” But could a break be detected or at least minimized beforehand?

The answer is yes.

Many medical organizations have come up with their own recommendations for screening diseases. I use the guidelines recommended by the [United States Preventive Services Task Force](#) (USPSTF) and [American Cancer Society](#) (ACS) as they are authoritative, clear and complete.

Given below are some basic guidelines taken from the above organizations, and they should not be a substitute for sound medical advice from a health care provider. As guidelines get updated periodically and frequently referring to the official medical society websites (links above) would be advisable.

At Age (Yrs)	Frequency	Test/Procedure	Identify Risk	Comments
18	Annually	Measure Blood Pressure	Hypertension	
35	Every 5 yrs	HbA1c OR 2 hour PPBS	Diabetes	Bi- annually if family history or obese
45	Annually	Stool Occult blood	Colon Cancer	
45	Every 10 yrs	Colonoscopy	Colon Cancer	
75	Continue OR Personal preference	Colonoscopy	Colon cancer	Stop at age 85 yrs
45	Every 5 yrs	CT Colonoscopy		
45	Every 5 yrs	Flexible sigmoidoscopy		
50	Annually	Low dose CT chest	Lung Cancer	Current or past Smokers
65	Once	Bone Density CT	Osteoporosis	Post menopause
40	Optional	Mammogram	Breast Cancer	Women
45	Annually	Mammogram	Breast Cancer	Women
55	1 to 2 yrs	Mammogram	Breast Cancer	Women
20	Periodic	Breast examination	Breast cancer	Could be self, if trained
50	Annually	Rectal exam/PSA	Prostate Cancer	In Men only

Note: Most of the above tests require order by a healthcare professional. Everyone should have a regular primary care health provider who would follow the test results, provide appropriate advice, and follow up.

Update on ICRCC Events

Earth Day Cleanup

by Chaitanya Halbe

Earth Day is an annual event, held on April 22 all over the world to raise awareness about and promote environmental protection. 2023 was the 53rd year that this event has been held. The theme for the year 2023 is “Invest In Our Planet”.

ICRCC actively supported Earth Day by organizing a cleanup event on Saturday, April 22nd at the India Center. The event was held from 10 am to 2 pm. Fuelled by the delicious cookies provided by one of our board members, the cleanup work started in the backyard of the Center. Empty bottles, cans, spoons and forks, paper and other trash were picked up. The flower beds surrounding the India Center were raked to remove dead grass, leaves and twigs and the organic waste was collected for composting. Broken pieces of wooden furniture were also disposed of. The lawn behind the Center was also cleaned of trash. This event was registered with the Onondaga County Resource Recovery Agency (OCRRA), who provided assistance with picking up the collected trash.

Community members and students participated in the cleanup. As appreciation for their efforts in cleaning the India Center and the surrounding areas, the students were given volunteering certificates. The event saw good participation from the board. All volunteers were rewarded with hot lunch, snacks and tea, graciously provided by one of the board members.

Many thanks to all who participated and supported this event. We plan to continue celebrating this event next year, and hope for more participation from the community, especially students.



Spring Festival

by Falguni Vora

Spring Festival took place at Nottingham high school on June 3rd and was attended by about 150 people.

The cultural program was held in the school auditorium. The stage looked beautiful with aesthetic decorations that included a new ICRC Spring Festival banner. 16 items were presented that were colorful, energetic and full of variety and they represented deep roots of artistic heritage and cultural diversity within vibrant India. Participants as young as 4 years old to adults filled the stage with their beautiful costumes and magnificent performances. The audience was treated to novel and inspiring performances of Bharatnatyam, Kuchipudi, Kathak, Bollywood, vocal and instrumental items. The cultural segment was enhanced by two young emcees who conducted the program efficiently and flawlessly.

Local artists from the community had tables setup in the hallway to exhibit their beautiful and creative artifacts that were also available for sale. It added a wonderful dimension to the Spring Festival.

And how can any Indian function be held without tasty Indian food? With great community support (including board members), we had a whole spectrum of delicious food from north to south and east to west which was enjoyed and appreciated by everyone.

Overall, Spring Festival was an evening to cherish and remember for a long time.





Indian Classical Music Concert (MIT Shruti)

by Chilukuri Mohan



On June 24, 2023, ICRC hosted an in-person music event at the India Center, a well-attended classical music performance by a group from MIT (Cambridge, MA), consisting of Ameya Rao, Aalok Sathe, Devosmita Sen, and Soor Vora, sang beautifully for us, ably supported on the tabla by Shomik Verma and electronic tanpura (operated by Ameya Rao). Several of these artistes had also performed last year at the same venue, and were back by popular demand.

In the concert, the well-known raag Malkauns was first presented, with classical presentations of the raag, as well as introducing Bollywood variations based on the raag. This was followed by the popular bhajan "paayoji maine, raam ratan dhan paayo" (attributed to Mirabai). Post-intermission, raag Maaru-bihaag was presented first, with audience interaction. Each of the singers then presented songs in their own mother tongue languages (Kannada, Marathi, Bangla, and Gujarati); this was a special feature, underlining the universality of music along with the diversity that we find in various parts of India. The concert concluded with a short presentation in raag Bhairavi. The singers have had training with different schools of music, and presented both Hindustani and Carnatic music variations of the raags.

It was wonderful to see these members of the new generation, with excellent academic qualifications, carrying forward the banner of classical Indian music, each adding their own flair and youthful energy to the enjoyment of us all. In addition to singing beautifully, they excelled at "passing the ball" to each other, weaving their voices through the melody, sometimes in succession, sometimes together.

The concert was greatly appreciated by the ICRC audience of about a hundred people, and has built up enthusiasm for more such events in the near future.

India Day Picnic

by Surabhi Raina

This year, we celebrated India Day Picnic on August 13, at Willow Bay picnic pavilions in Onondaga Lake Park. We enjoyed a day full of fun, laughter, mingling with community members, and feasting on delicious food from various parts of India at the sunny and beautiful lakefront. Indian and American flags, along with colorful balloons, vibrant table covers, and Indian music added a festive touch to the pavilion.



Around 3 pm, the picnic kicked off as friends and family arrived, each bringing their own flavorful dishes for sharing. The Indian and American national anthems were sung by a group of talented young children and the entire gathering joined in singing of heartfelt patriotic melodies.

Everyone savored snacks like batata Vada, samosas, Indian sandwiches, cookies, watermelon, chips, a cut fruit tray, bonda, and pizza. Delectable dishes, such as chole, gobhi, chicken curry, a diverse selection of rice including tiranga rice, raita, gulab jamun, kheer, cupcakes, laddoo, and sheera, brought by community members, were also enjoyed by all. Drinks and grilled corn were provided by ICRC.

Children played at the playground on the pavilion's site, a mix of patriotic and Bollywood songs were sung by both children and attendees and enjoyed by all.

Honoring India's 77th independence was made possible through enthusiastic participation by many of our community members and the hard work put in by the board members to make this event unforgettable. We extend a heartfelt thank you to all for your active participation and encouragement. We look forward to celebrating more events together in the coming months.



Community News

Jnana Mandir

by Vidyul Krishnan

Jnana Mandir is a religious and spiritual organization based in Syracuse, NY, serving a global community.

We provide children and adult programming both in-person and virtually. Currently working on introducing youth programming as well.

Registration for children class, *Purna Vidya*, is open right now. If interested, please contact jnanamandir101@gmail.com

We performed Satyanarayana Pooja recently, that was very well received in the community.

We are quite excited that two new Virtual series *Upadesa Saaram* and *Bhakti Yoga* are being launched this week on Mondays and Thursdays respectively.

Our upcoming in-person events are Shri Krishna Janmashtami and Jnana Mandir Anniversary.

All our event details are available at, www.jnanamandir.com



Asian Village at NYS Fair

For the first time in the NYS Fair's 182-year history, the Asian Village has been introduced! Please visit the fair to enjoy ethnic cuisines, crafts, and cultural performances from Asian American, New American, and Pacific Islander Communities.

A vibrant poster for the Asian Village at the NYS Fair. The background is light blue with colorful concentric circles in shades of green, yellow, and red. Silhouettes of people in traditional Asian attire are scattered throughout. The text is centered and includes the event name, location, dates, and contact information.

Asian Village

THE FAIR
THE GREAT NEW YORK STATE FAIR

581 State Fair Blvd
Syracuse NY, 13209

Experience the Beauty and Diversity of Asia!

Tasting of delicious Asian Food,
Arts & Crafts and inspiring
cultural performances

August 23rd-26th, 2023

August 23rd 10am - 10pm
August 24th, 3pm - 10pm
August 25th, 3pm - 10pm
August 26th, 3pm - 10pm

For more information, contact Tai Ngo Shaw
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asianvillage182@gmail.com