

Satsang Sandesh

A monthly news magazine of

India Temple Association, Inc.

Hindu Temple, 25 E. Taunton Ave, Berlin, NJ 08009 SOUTH JERSEY + DELAWARE + PENNSYLVANIA (Non-Profit Tax Exempt Organization, Tax ID # 22-2192491)

Vol. 39 No. 9 Phone: (855) MYMANDIR (855-696-2634) www.indiatemple.org SEPTEMBER 2013

Religious Calendar September 08 Sunday • Kevada Trij September 09 Monday • Shri GANESH CHATURTHI Celebration in Mandir

September 10 Tuesday

Rushi Panchami

- September 15 Sunday
- Parivartan Ekadashi
- **Pran Pratishta in Mandir** September 16 Monday
- Shri Vaman Jayanti September 18 Wednesday

Shri Anant Chaturdashi

September 19 Thursday

• Purnima / Satyanarayan Katha

September 20 Friday Mahalayarambh—Shraddh Paksh starts September 30 Monday

Indira Ekadashi

October 04 Friday

• Sarva Pitri Amas—Shraddha Paksh concludes

Monthly Activities

September 06, Friday

• Vishnu Sahasranama Parayanam @8:00 PM Kshama Raghuveer (610) 642-2875

September 14, Saturday Sundarkand Path @ 10:00 AM

September 19, Thursday Shri Satyanarayan Pooja @6:00 PM

Monthly BhajanSeptember 20 Friday, 8-9 p.m.• Satya Sai Baba of MedfordP.K. Prabhakar (856) 596-3147

P.K. Prabhakar (856) 596-3147 Sesha Vemuri (856) 751-0867

September 27, Friday, 8-9pm Shree Ji Bhajan Group contact: Urmi Upadhyay (856) 424-9328; Charu Sheth (856) -662-8754 Dear parents, grand parents, children and friends,

Welcome! welcome to Bal Vihar 2013-14, yet another session of learning, sharing and enjoying our Vedic heritage. In 30 years of my Vedanta studies, the knowledge that I received has never ceased to astonish me. It has always left me in awe of our Rishis who discovered so perfectly that this creation, including every one of us, is non-separate from God. It gave us freedom to worship and to love all beings as creation of God. Actually, as my guru Pujya Swami Dayananda says, there is nothing but God. Besides the awe inspiring feeling, I feel how blessed I am to be born in this tradition. How profound the Vedic knowledge, prayers, mantras and our epics are that it continue to inspire you to live the life to its fullest. That profound knowledge through simple stories is taught to our Bal Vihar children. In addition, they discover the sense of pride, love for God and the deities we worship, along with the joy of celebrating festivities with friends and families! Bal Vihar is an Yagna and we all participate in, to keep this priceless knowledge and traditions going! Please, join our Team of volunteers!

In today's global culture, a child can be lost. But having lived in the US for 43 years, I know that one can never shed one's identity she or he is born with. One can become even the president of USA but still his/her background and connections to race or birth will always remain an integral part of who he or she is. That's why giving our children the positive identity they are born with, is very important. Bal Vihar has grown into a big family and we owe it to my predecessors and also to many volunteers who work and teach tirelessly to keep the program running smooth.

I truly hope you register your children from ages 4-12 or from grade Pre KG - 7th grade. Sooner you do it the easier it will be for us to organize classes and assign teachers. I hope to see you on Sept. 8th, our first day of Bal Vihar, at Cherokee High School in Marlton at 10:00 AM. Bappa Moriya Re! Children will chant to begin their auspicious studies. We will also commemorate Sept 11, 2001 heroes by honoring our local fire fighters with God bless America!

Hari Om! Lata Pimplaskar Director, ITA Bal Vihar

Special Prayers

ITA has a program whereby you can have prayers performed on your behalf every year on a special day in your life by pledging \$301. Also, at your request, Shri. Bhupendra Shuklaji will perform a special puja on your behalf, or the regular temple puja performed on the designated day will be dedicated in your name. Below are the donors for this month.

- Hudson James
- Patel Vinod N
- Giyanani Mulchand
- Patel Kashiben
- Patel Ajay
- Kochhar Omila
- Patel Krina
- Maheswari Arun

Sep 01	Soni Devendra	Sep 17
Sep 03	Shah Nagindas & Champaben	Sep 19
Sep 04	Mistry Nathu	Sep 22
Sep 08	Aggarwal Girish	Sep 23
Sep 10	Doshi Kirti	Sep 23
Sep 14	Patel Babubhai	Sep 27
Sep 14	Patel Thakor	Sep 28
Sep 17	Vijay & Asha Gupta	Sep 30

Condolences

Mrs. Vidya Sunderlal Thakur, Mother of Manoj Thakur left for heavenly abode on Saturday, August 3rd, 2013. Sheela Bagaria's mother Mrs. Gaytri Puranmalka passed away in India on Wednesday August 7, 2013. Dr. Surendra Bagaria's mother Mrs. Gayatri Devi Bagaria passed away on Saturday August 10th, 2013 Mr. Rameshbhai Darji, one of our ITA members, Urmilaben's husband passed away on August 19, 2013

ITA and its Board extend their sincere condolences to Thakur, Bagaria, and Darji's families.

Senior Citizens' Program

Thursday September 12, 6:30 pm to 9:15 pm and Thursday September 26, 6:30 pm to 9:15 pm

Sept. 12: Yoga and Dance Poses: Our multi-talented member - Mrs. Ritu Pandya - wants you to get healthy. She is going to warm you up with the demonstration of yogic exercises and body-fitness-dance poses/movements that you will surely enjoy. The arts of Yoga and dance are physical, visual, as well as spiritual. They are a great way to stay in shape and remain active. A note of **caution:** Persons with medical problems are advised to just watch the demonstration. Also visit doonya.com.

Sept. 12: Executive Council Nominations: The time has come to nominate for the new Executive Council. According to the Constitution of the Hindu Senior Citizens of South Jersey, we need to nominate and elect all 10 members of the Executive Council every two years. No individual can hold the same office for more than 2 terms (i.e., 4 years). For 2013, the date is set for Sept. 12 (the first meeting date of this month). The elections will be held 2 months later in November (Nov. 14, the date of the meeting). You are urged to participate in this bi-annual democratic process for nominating qualified members to serve various programs of the Association. You will get another chance for nomination on Nov. 14, the date of the election. The nominees should be willing to volunteer time and services for the Association and have aptitude and qualifications in accordance with the By-laws.

Sept. 26: Music Program: The talented musician Sri Chandan Modi, accompanied by Smt. Arti Shah and students of Sri Modi will present a music program for the entertainment of senior citizens. This group has performed for us on several occasions earlier. This year, the theme will be old movie songs, both light and classical. Sri Modi will also distribute copies of his latest CD that he created during his visit to India. As you know, Sri Modi passionately trains our children and grand-children for vocal and instrumental Indian music we love and cherish so much. We thank him..

Membership Dues Increasing: Beginning January 1, 2014, our dues are increasing for both the Yearly and the Life memberships. This will be the first raise since the inception of the Association. Our membership is Individual (not Family), on a calendar year basis. All yearly memberships end on December 31st of the same year. The Yearly membership will be \$5 per individual and the Life membership will be \$50. All of our members are volunteers. Volunteering is what we do. Members are urged to encourage non-members to take advantage of the current lower dues and join us. The strength is always in numbers!

Contact Info: Suraj Bhan Singh (856) 582-5035 <u>sbsingh1@hotmail.com</u>

GANESH CHATURTHI CELEBRATION September 09, Monday 7:00 to 9:00 PM IN OUR MANDIR

"Seven Hindu Spiritual Laws of Success" By SWAMI BODHANANDA SARASWATI Tuesday September 10th 6:50 pm - 8:30 pm at our Mandir

Come take a journey with Sri Swamiji into the minds of ancient rishi's. His programs are presented in English. He has published many books and articles. You can check Swamiji's websites <u>www.sambodh.us</u> and <u>www.sambodh.org</u>. **His books will be available for a donation.**

TOPIC 7:00-8:15 pm Lecture

8:15-8:30 pm Question / Answers and individual blessings by Swamiji.

For more information, please contact Madhu Gandhi at 609-223-0500 or madhugandhi16@yahoo.com

Bal Vihar 2013 - 2014 ITA _Bal Vihar Program will begin on Sept 8th 2013 Time: 10:00 AM - 1:00 PM

Location: Cherokee High School in Marlton, NJ

Teaching Vedic Heritage Giving Our Children Positive Identity!

Five groups of Bal Vihar:

• Prithvi Pre KG for 4 years old only. This group will learn about gods, chant shlokas and bhajans, stories and arts & crafts.

 \cdot Saagar KG and 1st graders:. KG: Stories and forms of Shiva, and Three goddesses, Arts and Crafts. 1st graders: 10 stories from Ramayana.

• Pavan 2^{nd} and 3^{rd} graders: 2^{nd} : Story of India. 3^{rd} : Puranic Tales.

· Aakash $4^{th} \& 5^{th}$ graders: 4^{th} : Mahabharata Part II 5^{th} : Dharma _ understanding universal values such as Satyam, Ahimsa. Agni $6^{th} \& 7^{th}$ graders: Principles of Hinduism.

Bal Vihar sessions meet second and fourth Sundays of every month (September through May). Please visit <u>www.indiatemple.org/balvihar/</u> for 2013-2014 calendar. Registration began August 1st, 2013, and will be on first come first served basis. Registration is limited to 225 children and there are only a few spots open. Registration fee is \$100.00 per student and the parents must become ITA members to enroll their children. Registration fees include cost of lunches, Pujas and festivals, school rental. etc. There will be additional cost for the Annual Day and field trip. All donations are welcome. All registration fees, membership fees and donation are tax deductible! Please direct all questions to Bhavesh Patel 1-855-696-2634 x 3 or <u>balvihar@verizon.net.</u>

Yuva Darshan Program 2013-2014

ITA _Yuva Darshan Program will begin on Sept 8th 2013 Time: 9:45 AM – 1:00 PM

Location: Hindu Mandir, 25 East Taunton Ave., Berlin, NJ 08009

Schedule for Yuva-Darshan:

9:45 – 10:00: PRAYERS / CHANTING 10:00-10:30: YOGA / MEDITATION 10:30 - 11:15: CLASS / DISCUSSION 11:15 - 12:00: ACTIVITY 12:00 - 1:00: ARATI, LUNCH & CLEAN-UP

Please visit <u>www.indiatemple.org/youth/</u> for 2013-2014 calendar. Registration will be on first come first served basis. Registration fee is \$100.00 per student and the parents must become ITA members to enroll their children. Registration fees include cost of T-shirt, bags, notebook, Pujas and festivals, school rental, field trip. There will be additional cost for the Annual Day and field trip. All donations are welcome. All registration fees, membership fees and donation are tax deductible! Please direct all questions to Sangeeta Rashatwar <u>1-855-696-2634 x 4</u> or <u>SangeetaRashatwar@gmail.com</u>

ITA Seva Samiti update

Sadhna Kothari

The Sandwich program/Lunch Bags for the disadvantaged in Philadelphia is going strong.

You will have read the details in past issues, but if you are interested in joining the effort and need a refresher, please reach out to Hina Desai at 856-424-1934 or <u>hinamdesai@hotmail.com</u>

Here are some individuals who are making a difference:

Ladies Group: Sheela Kapoor, Veena Malhotra, Duru Shivlani, Manju Goel, Nalini Bhavnani, Lila Sethi, Preet Batra, Devika Mansukhani, Usha Singal, Prabha Puri, Romi Malik, Nishi Bhalla, Surjit Singh and Sunita Gupta

Seva Samiti Youth Group members: Shelja Bhatt, Vipul Bhatt, Rashmi Devadiga, Roshan Giyanani, Kishen Patel, Rutu Patel and Sahil Patel

Many other groups are hard at work on this program and we will be acknowledging and showing our appreciation – please look out for more groups and names in the coming issues.

As summer winds down and the crisp fall weather approaches, we will re-energize and ramp up our service projects. Your thoughts, ideas and comments count. Our Seva Samiti chair is Lata Pimplaskar, who can be reached at <u>latap@comcast.net</u>

India Temple Association





Admission

Sun to Thur: \$3, Fri: \$5, Sat: \$8

Contacts

October, 6,7,8,9,10 Palace Of Asia (TENTATIVE) Cherry Hill, NJ 08002 7.30 PM To 11:00 PM

Childxen (11-17) Under 11 Free Sun to Thur: \$3, Fri / Sat: \$5 Season Pass: \$20

> Committee Chair Devang Parikh: 609-481-8062 Ghanshyam Dave: 856-596-7531 Rakesh Kohii: 856-751-8688 Pankaj Desai: 856-751-8688 Pankaj Desai: 856-795-5406 Ashok Patel: 856-985-1976 Lailt Patel: 856-616-8608 Bhupendra Shukla: 856-768-6785 Jyotish Shah:: 856-424-6353 Nila Kohii: 856-751-6688 Surendra Sheth 609-519-5445

October 5, 11,12 & 19 Moorestown High School (TENTATIVE) Moorestown, NJ 08057 8:30 PM To 12:30 AM

> Seniors (65 and Above) Sun to Thur: \$3, Fri: \$5, Sat: \$8 Season Pass: \$20



Adults (18-64)

Season Pass: \$25

ITA President Sangeeta Rashatwar 609-685-2755 Harshad Patel: 609-760-8851 Mukund Modi: 856-424-1605 Akshay Kothari: 856-424-1605 Akshay Kothari: 856-731-9831 Girish Talati: 856-751-2861 Kanu Patel: 856-396-3088 Anuradha Joshi 856-616-2460 Kamiesh Dave: 856-751-6541 Jaysukh Sheth: 856-662-8754 Bhavesh Patel: 856-524-3935 Dhiru Saparia 856-287-1415

Clacking dandiyas, the precision movement of the Garba dancers, the cheering of crowds on the sidelines, the energy of our young folks and the mature getting together of their parents are all part of Navratri Celebrations. Do come and join us in this unique experience. It is a time to make new friends and connect with old ones.

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ITA Scholarship—Fourth Place Winner—Ms. Nikita Shukla

Role of Hindu Temples in USA

ABCD. No, I am not referring to the alphabet, but rather the acronym used for an Indian like me: American Born Confused Desi.

My father came here with two suitcases, one hundred dollars, and infinite dreams. He built his goals, aspirations and family on Hindu ideals and tried to immerse his children in the culture that he had left behind years ago. But to a first generation Indian residing in America, it can be incredibly challenging to establish one's identity.

This is where Hindu Temples come into play as they imbibe the literal meaning of the proverb "it takes a village to raise a child." In the absence of familial and cultural infrastructure a temple becomes that village.

It was not until I went to the temple that I began grasping the meaning of Hinduism. It was at the temple where I learned about the importance of Shiva's matted hair, the inherent power of shlokas and the significance of various rituals that otherwise did not impact me. By celebrating various festivals with children from similar background I found a sense of belonging which helped me assimilate as a Hindu.

My bi-weekly trip to Sunday classes (Bal-Vihar) for nearly 9 years helped me gain a better perspective towards my religion and prepared me to answer questions by my non-Hindu friends with confidence. I took the lessons learned at the temple and reinforced at home to merge my Hindu life with my "American" life. By tying together both halves of my life, I started to feel comfortable in my community. I realized that my parents with the support of temple instilled in me the core values which enable me to recognize and appreciate my roots.

Hindu temples in America are the focal point for cultural and religious awareness .They play a vital role in helping new generations find their identity in society Temples allows people to ask constructive questions about their tradition, and thus develop new ways of thinking about it. They provide clear explanations of practices, beliefs, and traditions and help apply Hindu ideals to the American context, to understand that while the problems encountered here may be American, solutions can be developed consistent with Hindu values. Temples help us integrate while keeping us grounded to the life our parents had lived. .

Today, I know who I am: an American proud of my roots. Ultimately the biggest role for Hindu temples across America is to redefine ABCD to American Born Content Desi by being the village that is needed to raise a Hindu child in America.

Annual Pran-Pratishtha Mahotsav

Our Temple Idols were consecrated with Pran-Pratishtha ceremonies nearly 28 years ago. The Temple has been celebrating this event every year to commemorate the occasion by a special Puja, attended and participated by many devotees from our community. This year we plan to celebrate this event by a special Puja on September 15, 2013.

The special Puja will commence at 9:00 AM sharp in the main hall - upstairs in the front of our deities. At the conclusion of Puja of all deities (estimated to be at around Noon), all participants will share Falahar and Fasting food in the tent in the Temple's Parking Lot. Homa/Havan ceremony will commence at around 1:00 PM in the Tent and will conclude at around 4:00 PM. While most of the Puja Samagri (Items) will be provided, all Puja participants are requested to bring their own Kalash (Water Pot) and a Stainless Steel Thali (Dish).

At the conclusion of Havan ceremony, everyone is requested to go back upstairs for melodious and devotional Bhajan program by Chadan Modi and his group. The Mahotsav will culminate with Maha Aarti of all deities followed by Dinner downstairs.

The Temple administration has humbly requested the Puja participants to make a modest donation of \$51 per couple to help defray the cost of supporting this event. All devotees, whether participating in Puja or not, are also requested to make donation of their choice to support such worthy cause.

The schedule of events for this Mahotsav is shown below:

8:30 - 8:45 AM - Arrive at the Temple

9:00 AM - 12:00 Noon - Puja - Main Hall Upstairs

12:00 Noon - 1:00 PM - Falahar/Fasting food - Inside the Tent in the Parking Lot

1:00 - 4:00 PM - Havan - Inside the Tent in the Parking Lot

4:00 -6:00 PM - Bhajans by Chandan Modi and group in the Main Hall Upstairs

6:00 PM - Aarti (Upstairs), followed by Dinner Downstairs/Tent area

Satyanarayan Puja and Sunderkand Path

We have been having Satyanarayan Puja every full moon day at the Temple. We would like to thank all friends and family who are joining us for the puja. We would like to thank Indian Villa who will sponsor Maha Prasad for all upcoming Satyanarayan Poojas.

We have Sunderkand path every 3rd Saturday. It is a real pleasure to read the Sunderkand Path together with friends and family. Our thanks to Gagan Palace for sponsoring the Maha Prasad for all Sunderkand Paths.

Please join us for the above events and feel the difference. It will be a pleasure to see more children participating and getting the Blessings.

YOGA ABHYAS FOR HEALTH, HAPPINESS & GOD

REALIZATION: A program for adults on Yogasana, Pranayam & Meditation. First Sunday: 9:30 -11:30 a.m. at our Mandir Contact: Virendra Gupta @ (856) 424-9313

GITA STUDY GROUP:

Every Tuesday & Wednesday, 8-9 p.m. at our Mandir Contact: Sharad Pimplaskar @ (856) 985-4785

BHAJANS & STUTI:

Every Friday, 7:30-9 p.m. Contact: Shree Shuklaji or Shri Sudhirji (856) 768-6785

Regular Programs for Children and Youth

BAL VIHAR: For children (ages 4-13), to promote a positive Hindu identity within the diverse U.S. culture. 2nd & 4th Sunday @ 10 a.m. - 1 p.m.

Contact: Lata Pimplaskar (856) 985-4785, Bhavesh Patel 1-855-my-mandir ext 3, Rina Patel (856) 313-5235 for registration and location

YOUTH PROGRAM: A program for young adults (ages 13-18) and parents. 2nd & 4th Sunday, 9:45 a.m. - 1 p.m. at our Mandir.

Contact: Sharad Pimplaskar at (856) 985-4785 or Sangeeta Rashatwar at (856) 424-4211

CREATIVE ART WORKSHOP

1st, 3rd & 5th Sunday @ 9:30 a.m. at our Mandir Contact: Narendra Amin (856) 429-8761

PUJA SERVICE CHARGES, TEMPLE FACILITIES USAGE FEE AND OTHER CHARGES:

The following provides list of applicable charges and fees. Shri Shuklaji /Shri Sudhirji will be available for religious services on request. Please note that 50% of the listed cost of Puja performed outside the temple goes to Pujari in addition to his regular salary. Please check temple availability at www.indiatemple.org; Click on "CALENDAR tab" and, from drop-down menu, Click on "EVENT/RENTAL CALENDAR". Please contact Shri. Harish Shelat at 1-855-MY-MANDIR Ext 1 for the booking of the Temple Facilities and/or scheduling of Puja Services by Shuklaji or Sudhirji.

PUJA SERVICE	INSIDE TEMPLE	OUTSIDE TEMPLE	Following listed fees and charges are in addition to the charges listed for Puja Services		
Archana (Panchopachar)	\$11	N/A			
Vahan (Vehicle) Puja	\$21	N/A			
Namakaran/Annaprashan	\$51	\$101			
Birthday	\$51	\$101	TEMPLE FACILITIES USAGE FEE		
Shraddha	\$51	\$101	Prayer Hall: \$200		
Anniversary Celebration	\$101	\$151	Social Hall: \$300		
Seemant	\$101	\$151			
Kesh Mundan Puja	\$101	\$151			
Sodashopchar, Kalash Puja, Punyah-Vachan					
or Blessings	\$101	\$151	OTHER CHARGES		
Satyanarayan Puja	\$121	\$151			
Engagement Ceremony	\$101	\$201	MILEAGE AND TRAVEL TIME TIER		
Havan/Grah Shanti	\$201	\$251			
Vastu Puja - outside service only	N/A	\$251	\$0 for 1 - 25 mile radius		
Sunderkand Path	\$151				
Wedding Grah Shanti	\$201	\$301	\$51 for 26 - 100 mile radius		
Wedding Ceremony per day	\$301	\$351	\$101 for 101 - 150 mile radius		
Upanayan/Yagnopavita	\$251	\$301			
Antim Rites (Funeral Service)	im Rites (Funeral Service) Voluntary Donation		\$151 for 151 - 200 mile radius		
Uttar Kriya per day - outside service only	N/A	\$101 \$251	NON-MEMBER		
Yagna/Laghu Rudra - outside service only Navchandi Yagna - outside service only	N/A N/A	\$351 \$651	\$51 for non-member surcharge		
cablac berrieb only					

NOTE: Charges and availability of other Puja Services not listed above may be discussed with Smt. Chetna Giyanani at 1-855-MY-MANDIR Ext 1

DIRECTION TO BERLIN TEMPLE

A. From Tacony Bridge: Take NJ route 73S; drive for about 12 - 13 miles and follow signs for East Taunton Avenue. Temple is on your right

B. From Ben Franklin Bridge:

Take route 30E to NJ route 70E to NJ route 73S, drive for about 7 miles and follow signs for East Taunton Avenue. Temple is on your right

C. From Walt Whitman Bridge or Delaware Memorial Bridge:

Take I-295N to Exit 29-A for route 30E to Berlin Twp. Turn left on East Taunton Avenue

D. From Central and North Jersey:

Take NJ Turnpike South. Exit 4 for route 73S. Drive for about 10 - 11 miles and follow signs for East Taunton Avenue on your right



President Sangeeta Rashatwar 1-855-my-mandir x 710 president@indiatemple.org

Vice President Ramesh Viswanathan 1-855-my-mandir x 711 vp@indiatemple.org

General Secretary Anuradha Joshi 1-855-my-mandir x 712 gs@indiatemple.org

Treasurer Harshad J Patel 1-855-my-mandir x 713 treasurer@indiatemple.org

Religious Services Facility Rental Temple Manager Magan Kanzaria Harish Shelat 1-855-my-mandir x 1 manager@indiatemple.org

Darshan Schedule

Morning 7:30 a.m. - 12:30 p.m.

> Evening 6 p.m. - 9 p.m.

Aarti 12 p.m. & 8 p.m.

Times may change during special occasions

Please use the front door and ring the bell if locked

India Temple Association, Inc.

25 E. Taunton, Berlin, NJ 08009

EDITOR: **Ramesh Viswanathan** 127 Europa Blvd Cherry Hill, NJ 08003 Editor@indiatemple.org

PLEASE REVIEW YOUR ADDRESS LABEL AND RENEW YOUR **MEMBERSHIP BASED ON EXPIRATION DATE OR SUPPORT ITA WITH YOUR ENROLLMENT IF YOU ARE NOT IDENTIFIED AS A MEMBER**

Please check appropriate items from the following, and mail it to Hindu Temple, 25 East Taunton Ave., Berlin, NJ 08009 Attn: Mr. M. Kanzaria

[] I/We would like to join India Temple Association and I/We are remitting the membership dues (please select one) Individual or Family one year (\$51) Individual or Family five year (\$151) Life (\$1,001) [] I/We are seniors, age 65 and above and would like to join India Temple Association. I am/We are remitting the membership dues (please select one) Individual or Family Five year (\$25) Life (\$101) [] I am adding additional donations:

 Scholarship Fund
 Lifetime Seva (\$301)
 Temple Renovations

 Seva Samiti Fund
 Bal Vihar Fund
 Youth Fund

 I am relocating to the following address

Last Name: _____ First Name: _____ Address:

Telephone: _____ E-mail: _____