



Shree Kshatriya Association Newsletter

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Temples Rituals and Symbols in Hinduism

A talk by: Professor Raman Gokal

On Sunday 26th March 2006, the SKA Hall was filled with around 90 members wanting to listen to the presentation.



The talk began at 3pm by explaining the role of temples, in highlighting the path one takes on our spiritual journey. Temples represent a number of things, the most important being a reminder of the role of human beings in achieving oneness with the Almighty. Even the temple architecture is symbolically designed, with the deity at the centre and 3 passageways, representing the human body (Body mind and intellect - with the Atma at the centre).

The temple also houses many Deities (Ganesh, Ram-Sita, Radha-Krishna, Durgama, Shiv-Parvati). These all have enormous significance. For example Ganesha represents the first VIBRATIONS (ENERGY) or SHABDA 'AUM' or 'OMKAR' when Creation began; hence Ganesha is always associated with beginning. The ancient seers transformed the 'AUM' first into a symbol & then anthropomorphised it into an image for meditation purposes – the image was a mythological human form with a head that resembled an elephant head. The image has enormous significance as each aspect is meaningful in our daily lives as we pursue a spiritual path.

Editor: Pravin Shantilal Kapadia Tel: 020-8493 1060 ska@KhatriNews.com
Assistants: Kiran N Kapadia (English) , Bhavin S. Khatri (Gujarati)



મદદગારોની નામાવલી

સાથી હાથ બઢાના સાથી રે...

સંસ્થા દ્વારા વર્ષ દરમ્યાન વિવિધ કાર્યક્રમો આયોજીત કરવામાં આવે છે. આ કાર્યક્રમોનું પુર્વનિયોજન કમિટી મેમ્બર્સ કરતા હોય છે. તે છતાં દરેક કાર્યક્રમો ના દિવસે સંસ્થાને મદદની જરૂર હોય છે. આથી કમિટી એવા જ્ઞાતિજનોનું રજીસ્ટર તૈયાર કરી રહી છે જેઓ આવા કાર્યક્રમોમાં આવી મદદરૂપ થઈ પડે.

કાર્યક્રમોની શરૂઆત થાય તે પહેલા આયોજન માં કે પછી કાર્યક્રમની સમાપ્તિ બાદ સફાઈમાં, જે પણ મદદ કરી શકશો એ અમારા માટે લાભદાયક થશે.

નામ નોંધાવા માટે સંપર્ક સાધો : કિરણ નરહરી કાપડીયાનો 020 8909 2830

પ્રવચનનો અહેવાલ

હિંદુધર્મ માં મંદિરો, ચિહ્નો અને ધાર્મિક ક્રિયાનું માહત્તમય

પ્રવક્તા : પ્રો. રમણ ગોકલ

૨૬ માર્ચ ૨૦૦૬ ના રોજ આયોજીત આ કાર્યક્રમમાં લગભગ ૮૦ જેટલા જ્ઞાતિજનો એ હાજરી આપી હતી અને હિંદુધર્મ વિષે માહિતી મેળવી હતી. કાર્યક્રમ સાંજે ૬ વાગે પરિપુર્ણ થયો હતો.

ૐ નમ: શિવાય. શ્રધ્ધાંજલિ

આથી સર્વે જ્ઞાતિજનોને દુઃખની લાગણી સાથે જણાવવાનું કે નીચે જણાવેલ જ્ઞાતિજનોનું તાજેતરમાં દુઃખદ અવસાન થયું છે.

સ્વ. શ્રીમાન મોહનલાલ નરોત્તમ સોલંકી ઉ.વ. ૭૭ તા. ૨૧ માર્ચ ૨૦૦૬. તેમના પરિવાર તરફથી સંસ્થાને ૬૨૫ ની ઉદાર ભેટ મળી છે જેબદલ તેમનો હાર્દિક આભાર માનીએ છીએ.

સ્વ. શ્રીમાન શાંતીલાલ નરસઈ ખત્રી ઉ.વ. ૭૬ તા. ૪ એપ્રિલ ૨૦૦૬

પ્રભુ સદ્ગતના આત્માને ચિર શાંતિ આપે અને એમના પરિવાર પર આવેલ આ આઘાતને સહન કરનાની શકિત આપે.

ૐ શાંતિ: શાંતિ: શાંતિ:

બેસણા માટે હોલની વ્યવસ્થા

જ્યારે કોઈ જ્ઞાતિજનોનું અવસાન થાય છે ત્યારે આપણે શ્રધ્ધાંજલિ આપવા સ્વર્ગસ્થની ધરે જતા હોઈએ છીએ. ઘણી વખત આ આવરો જાવરો ઘણા દિવસ સુધી ચાલુ રહે છે. સ્વભાવિક રીતે સ્વર્ગસ્થના અંગતના પરિવારનું રોજીંદુ જીવન ખેરવાય જાય છે. તો આ દુઃખની ઘડીમાં જો સ્વર્ગસ્થના પરિવારવાળા ઈચ્છતા હોય તો મંડળનો હોલ મફતમાં બેસણાની વિધિમાટે (એક બે દિવસ) વાપરી શકશે, જેથી જ્ઞાતિજનો ત્યાં જઈ સદ્ગતના પરિવારના દુઃખમાં સહભાગી થઈ સ્વર્ગસ્થને શ્રધ્ધાંજલિ આપી શકે.

પરદેશમાં રહેતા સદસ્યો

કોઈ પણ જ્ઞાતિજનો જે હાલે યુકે માં સભ્ય ફી ભરે છે અને પરદેશમાં કાયમનો વસવાટ કરે છે, અને આ ન્યુઝલેટર (તથા

બીજા મેઈલ) મેળવવા માંગતા હોય તો મહેરબાની કરીને તમારા સરનામાની જાણકારી સંસ્થાના સેક્રેટરીને આપશો. જેઓ સભ્ય નથી અને પરદેશમાં રહે છે, તેઓ પણ સભ્ય ફી ભરી આ પ્રાપ્ત કરી શકે છે.

સેક્રેટરી : જીતેન્દ્ર ઠાકોરલાલ 020 8205 3103

સોશિયલ ઈવનીંગ

ગત સોશિયલ ઈવનીંગ ૭ એપ્રિલ ૨૦૦૬ ના રોજે હતી જેમાં જ્ઞાતિજનોએ વીણા ખત્રી દ્વારા ચીકન કરી અને ઈદિરા કાપડીયા દ્વારા ચના મેથી પનીર ની ડીશનો આનંદ ઉઠાવ્યો હતો. આવતી સોશિયલ ઈવનીંગ તા. ૨ જુન ૨૦૦૬ ના રોજે છે, તો આવવાનું નહી ભુલતા.

લાઈફ મેમ્બરશીપ

વાર્ષિક સભ્ય ફી કે પછી વનઓફ સભ્ય ફી? આ વિષય પર કોઈ નિર્ણય નથી લેવાયો, અમે માત્ર તમારા વિચારોને ગતિમાન કરવા માંગીએ છીએ. આ બાબત માટે તમારો શું અભિપ્રાય છે? જણાવો સંસ્થાના સેક્રેટરી જીતેન્દ્ર ઠાકોરલાલને 020 8205 3103

હોલ નું ભાડું

મંડળના હોલના ભાડા માં વધારો કરવામાં આવ્યો છે. નવા ભાવો સદસ્યો માટે: ૬૨૦ કલાકના (મીનિમમ ચાર કલાક)

સદસ્યો ના હોય તેના માટે: ૬૩૦ કલાકના (મીનિમમ ચાર કલાક)

હોલની સાફ સફાઈના ૬૨૫.

સંપર્ક સાધો : ભરત વખારિઆનો 020 8451 1018

ક્રિકેટ અને મનોરંજન

તારીખ : ૧૬ જુલાય ૨૦૦૬ સવારે ૧૧ વાગે છેલ્લા ત્રણ વર્ષની માફક આ વર્ષે પણ સંસ્થા તરફથી આ કાર્યક્રમનું આયોજન કરવામાં આવ્યું છે.

વધુ માહિતી, મેનુ અને બુકીંગ ફોર્મ માટે અંગ્રેજી વિભાગ વાંચો.

ક્રિકેટ રમવા માટે સંપર્ક સાધો : ભાવિન શાંતિલાલ ખત્રી નો 020 8931 4290

લગ્ન સમારંભ પાર્ટી : અભિનંદન : આભાર

શ્રીમતી મિનાક્ષીબેન અને શ્રીમાન ભરત નગીનદાસ સગર ના સુપુત્ર કલ્પેશના રજીસ્ટર લગ્ન શ્રીમતી સુમીત્રા અને શ્રીમાન રમેશ દુલભભાઈ વખારિઆ ની સુપુત્રી મેઘા સાથે તા. ૪ માર્ચ ૨૦૦૬ ના રોજ વલસાડમાં થયા હતા.

આ શુભ પ્રસંગે શ્રીમતી અને શ્રીમાન ભરત નગીનદાસ સગર તરફથી સંસ્થાને ૬૨૫ ની ઉદાર ભેટ મળી જેબદલ તેમનો હાર્દિક આભાર માનીએ છીએ.

શ્રીમતી ભારતીબેન અને શ્રીમાન ભરતકુમાર ઠાકોરલાલ જરીવાલાની સુપુત્રી સીમાના શુભ લગ્ન શ્રીમતી જયશ્રીબેન અને

Temples Rituals and Symbols in Hinduism cont/.

And then there are the various sacred symbols – Aum, Swastik – which represent an aid in the understanding of abstract concepts of Atma, soul, Omkar, creation etc. Swastik represents the world-wheel or life-cycle, the eternal changing world around a fixed unchanging centre or God. It's like the centre with 4 limbs, an impression of perpetual motion and a symbol of welfare and spiritual development.

Finally, we perform many rituals in the temples (ringing the bell, prayers, puja, aarti, blowing the conch, performing the Yajna). These are in one way or another a call from the devotees heart to gain guidance from the Almighty and pay our respects and gratitude for all that He gives unreservedly – the biggest lesson is selflessness and gratitude.

It is important to understand the significance of what we see and do in the temples – therein lies our salvation of attaining peace and happiness and eventually oneness with the Almighty.

The event finished at around 6pm.

Watch this space for future talks.

શ્રીમાન ધીરજલાલ મોતીરામ કાપડીયા (કેનેડા) ના સુપુત્ર વિશાલ સાથે તા. ૩૦ એપ્રિલ ૨૦૦૬ ના રોજ થયા હતા. આ શુભ પ્રસંગે બંને પરિવાર તરફથી સંસ્થાને £૫૧ ની ઉદાર ભેટ મળી જે બદલ તેમનો હાર્દિક આભાર માનીએ છીએ.

શ્રીમતી ઉર્મિલાબેન અને શ્રીમાન મધુસુદન ઈચ્છારામ ખત્રી ની સુપુત્રી જેનીના શુભ લગ્ન શ્રીમતી ભારતીબેન અને શ્રીમાન ભુવેન્દ્ર કેસુર (સાઉથ આફ્રિકા) ના સુપુત્ર પ્રશીલ સાથે તા. ૩ મે ૨૦૦૬ ના રોજ થયા હતા.

આ શુભ પ્રસંગે શ્રીમતી અને શ્રીમાન મધુસુદન ઈચ્છારામ ખત્રી તરફથી સંસ્થાને £૫૧ ની ઉદાર ભેટ મળી જે બદલ તેમનો હાર્દિક આભાર માનીએ છીએ.

પ્રથમ જન્મદિવસની ખુશહાલી

શ્રીમતી અને શ્રીમાન પ્રવિણ ગીરધરલાલ બલસારા (વેન્કુવર, કેનેડા) ના સુપુત્ર જયની પ્રથમ વર્ષગાંઠ નિમિત્તે તેના દાદા, દાદી શ્રીમતી અને શ્રીમાન ગીરધરલાલ બલસારા તરફથી સંસ્થાને £૫૧ ની ઉદાર ભેટ મળી જે બદલ તેમનો હાર્દિક આભાર માનીએ છીએ.

રમુજ

તમારી આ લહેરાતી ઝુલકો ને કાબુમાં રાખો
લાખોના દિલ ધાયલ કર્યા, તેમાં જરા તેલ તો નાખો

બોલ્યા કરે એ મૈત્રી, ચુપ રહે એ પ્રેમ
મિલન કરાવે એ મૈત્રી, જુદાઈ સતાવે એ પ્રેમ
હસાવે એ મૈત્રી, રડાવે એ પ્રેમ
તો પણ લોકો મૈત્રી મુકીને કેમ કરે છે પ્રેમ!!!

Hall Hire

The current cost of hiring the SKA Hall has not changed in about 15 years!!

The cost now will be:

£20 per hour to the Members,
minimum 4 hours hire.

£30 per hour to non-Members,
minimum 4 hours hire

£25 for the cleaning of the Hall.

For Hall hire please contact

Bharat Vakharia

SKA Helpers Register Would you like to help your community and SKA?

Everyone knows the events that are organised throughout the year do not happen by themselves. They need lots of planning beforehand and effort is required on the day before the event in setting things up and afterwards to tidy things away.

This is why the SKA Committee is looking to set up a register of people who are willing to offer themselves to help on one or more events.

There is absolutely no obligation. If manpower is likely to be short then you may be called. If you are free on the day you can come and help. Even if you are able to help on only one event a year, that WILL be of great help.

Not everyone can join the Committee but can you not help out occasionally?

The Committee and co-op Members are volunteers; is it really fair to leave all the work to them? Most of you come to the event and then leave early.

How about staying a little longer to assist in the event that you have enjoyed and where OTHERS have spent time organising it for YOU?

We are aiming to have a list of about 25 volunteers who can be called upon when required so please contact:

Kiran Narhari Kapadia
to put your name forward.

Bereavement Free Hall Hire



When someone we know passes away we naturally go to their home to pay our respects. Many of us are aware that these visits continue for many days and weeks at all times of the day. Unavoidably the bereaved family do not have any privacy with their family at this difficult time, nor are they able to proceed with their lives in an orderly manner.

To assist in these sad times, if the bereaved family wishes, the SKA Hall will be made available for their use at no charge. The hall will be made available at certain times on about two occasions so friends and other relatives may visit them to pay their respects. This will only apply if there is no prior hall booking on those days.

Contact:
Bharat Vakharia

QUOTE...

Give Yourself the Lift You Need!

The main reason we must always remember to hold our chin up whenever negative thoughts try to drag us down is because whichever direction we choose first in that moment is what the rest of us will follow.

Life Membership

An idea has been raised where a Member can pay a one-off Membership fee instead of the current annual £5. This note is really to get you talking to find out if people would be in favour.

The size of the one-off fee would need to be decided. There is advantage to SKA in less administration and advantage to Members in not having to pay every year.

We would like to get your feedback. Contact:
Kiran Narhari Kapadia

Members Living Abroad



If there are Members who permanently live abroad and would like to receive SKA newsletters and other normal mailings the please let the Secretary know of their non-UK address. Also if there are non-members who live abroad and would like to be kept informed with these mailings then they can become Members by paying the annual Membership fee.

Contact:
Kiran Narhari Kapadia



Obituary....

It is with great regret, to report the passing away of:
Mr Mohanlal Narottam Solanki on 21st March 2006 in London at the age of 77 years.

SKA would like to thank their family for their donation of £25.00

We all pray that his soul may rest in eternal peace.



It is with great regret, to report the passing away of:
Mr Shantilal Narsai Khatri on 4th April 2006 in London at the of 76 years.

We all pray that his soul may rest in eternal peace.

Change of Address

(address Correction)

Mahesh Natverlal Narottam
Kenton, HA3 9AG

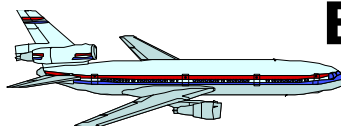
Kishore Mohanlal Parmar
Neasden, London NW10 1AH

Upendra Mohanlal Khatri
Edgware, Middlesex HA8 6AH

Sunil & Nina Khatri
Wembley Park, Middx HA9 8JN

Correction to SKA Directory

Please add the Miss **SONALI**,
daughter of **Mrs Veena Khatri Pugh & Mr Martin Pugh** to your SKA directory.



Bon Voyage & Welcome

- **Mrs Minaxi & Mr Bharat Nagindas Sagar** with **Kalpesh**
- **Mrs Savitaben & Mr Uttamlal Motiram Khatri**
London – India – London
- **Mrs Falguni & Mr Kamlesh Ratilal Motiram** with
Monica & Sanjay *London – South Africa – London*
- **Mrs Aarti & Mr Dipesh Natverlal Tailor** with **Kevin and Dhanisha** *London – New Jersey, USA - London*

Welcome to UK

Mrs Naliniben & Mr Chandrasen Nagindas Solanki
India - London
Mrs Bhanu & Mr Dilip Rathod –*Toronto–London–Toronto*
Mrs Deepa & Mr Manish Kshatriya with **Vinay**
Toronto - London
Mrs Jayshree & Mr Dhiraj Motiram Kapadia with **Mira**
Toronto - London
Mrs Madhuben & Mr Sharad Ratilal Balsara
Mumbai, India – London – Toronto
Mr Harilal Motiram Kapadia – *India – London*
Mrs Kalpana Prakash Kapadia *San Fransisco – London*
Mrs Ramilaben & Mr Dhansukhlal Khatri (Makrani)
Toronto – London – Zimbabwe
Mr Nagindas Nathubhai Sagar
Basda, India - London

NOTE: *Please inform the Editor of any visitors and guests you have from abroad so we can publish them in the newsletter for the benefit of our members.*

Social Evening



The menu of 7th April social evening was Chicken curry and Chana Methi Paneer.

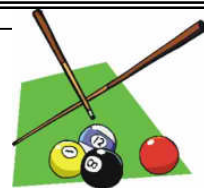
The 5th May social evening saw record breaking members attending and many overseas visitors. The menu was Kababs with Naan, and Stuffed Tomatoes with Paneer for the vegetarians.

Special offers were if you bought double nips of drinks you get a beer free. Come and find out what special offer will be at next month's Social Evening on **Friday 2nd June 2006.**

Don't forget to attend this event.

POOL RESULTS

The results of this year's Pool Competition at **CHISWICK SNOOKER CLUB** are as follows: The winners were:



Men: Winner: Jitendra Pravinchandra Kharti
Under 16's: Winner: Bhavik Vijay Kapadia

Runner Up: Jai Pravinchandra Khatri
Runner up: Krishan Bhupendra Khatri

Girls: Winner: Bhavisha Bhupendra Khatri

Runners up: Trushna Bhavin Khatri



Registered Marriage Congratulations to

Kalpesh son of Mrs Minaxi & Mr Bharat Nagindas Sagar and **Megha** daughter Mrs Sumitra & Mr Ramesh Dulabhbbhai Vakharia of Valsad, India

*The Marriage took place on 4th March 2006
SKA would like to thank Mr & Mrs Bharat Sagar for
their kind donation of £25.00.*



Wedding

Congratulations to

Seema daughter of Mrs Bhartiben & Mr Bharatkumar Thakorlal Jariwala and **Vishal** son of Mrs Jayshreeben & Mr Dhirajlal Motiram Kapadia of Canada

*The Wedding took place on 30th April 2006
SKA would like to thank Mr & Mrs Bharatkumar Jariwala for
their kind donation of £51.00. SKA would also like to thank
Mrs Dhirajlal Kapadia for their kind donation of £51.00*



Wedding

Congratulations to

Jenny daughter of Mrs Urmilaben & Mr Madhusudan Ichharam Khatri and **Prashil** son of Mrs Bhartiben & Mr Bhupendra Kesur of South Africa.

*The Wedding took place on 7th May 2006
SKA would like to thank Mr & Mrs Madhusudan Ichharam for
their kind donation of £51.00*



First Birthday

SKA would like to thank their grandparents Mr & Mrs Girdharlal Balsara for their kind donation of £51.00 to mark the first birthday of **JAI** son of Mr & Mrs Pravin Girdharlal Balsara of Vancouver, Canada .



Need support from the community -

Letter from Mr Rajiv Arun Kapadia

Oxfam Event: Trailwalker

I am participating in a charity event/challenge this summer. It is an Oxfam event and it's called Trailwalker. The challenge is a 100km (62.5 miles) walk in the countryside, in a team of 4 and you have to complete the walk within 30 hours. There's more information on my fundraising website:

<https://www.bmycharity.com/V2/neasdencrew06>

I need to raise money for charity for this challenge (a minimum of £1,000). Your help in helping this cause will be greatly appreciated. Please donate via cheque made payable to "**Oxfam Trailwalker UK**".

Please post your kind donation to my home address:

Rajiv Kapadia

London NW10 0LN.

PUZZLE

Three people check into a hotel. They pay £30 to the manager and go to their room. The manager suddenly remembers that the room rate is £25 and gives £5 to the bellboy to return to the people.

On the way to the room the bellboy reasons that £5 would be difficult to share among three people so he pockets £2 and gives £1 to each person.

Now each person paid £10 and got back £1. So they paid £9 each, totalling £27. The bellboy has £2, totalling £29.

Where is the missing £1?

Why does water not calm the tongue after eating hot spicy food?

The spices in most of the hot foods that we eat are oily, and, like your elementary school science teacher taught you, oil and water don't mix. In this case, the water just rolls over the oily spices.

What can you do to calm your aching tongue?

Eat bread. The bread will absorb the oily spices. A second solution is to drink milk. Milk contains a substance called "casein" which will bind to the spices and carry them away. Alcohol also dissolves oily spices.

ANSWER to Puzzle

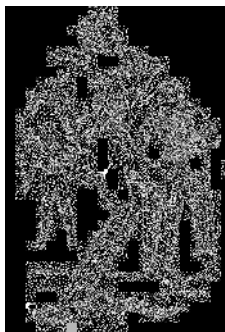
We have to be careful what we are adding together. Originally, they paid £30, they each received back £1, thus they now have only paid £27. Of this £27, £25 went to the manager for the room and £2 went to the bellboy.

Funny Useless Facts

- $111,111,111 \times 111,111,111 = 12,345,678,987,654,321$
- Women blink nearly twice as much as men.
- The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the alphabet.
- Did you know you share your birthday with at least 9 million other people in the world?
- The human heart creates enough pressure when it pumps out to the body to squirt blood 30 feet.
- The strongest muscle in the body is the TONGUE.
- "I am." is the shortest complete sentence in the English language.
- It's impossible to sneeze with your eyes open.
- The average person falls asleep in seven minutes.
- There are 336 dimples on a regulation golf ball.
- Two-thirds of the world's eggplant is grown in New Jersey.
- There are only four words in the English language which end in "- dous": tremendous, horrendous, stupendous, and hazardous.

Cricket Fun Day

This will held on **Sunday 16th July 2006** at:
The Wilf Slack Sports Ground
19 East End Road, Finchley N3 2SU



From 11.00am to 6.00pm.

There is a difference to taste at this years event.
The vegetarian food will be cooked on the premises by professional caterers and served by the caterers!!
Everyone will be given tokens to receive a portion of each of the menu items. This event has been subsidised by SKA.

Entrance Fee (to be paid in advance by 23 June 2006)

Adults **£7**, OAP's (Women: 60 and over; Men 65 and over) and Children 10 – 3years **£5**, Children under 3 **Free**

The actual cost per head is much higher so it is being subsidised by SKA by about 33% for adults and by about 55% for children.

Limited places available

First Come, First Served. Please note the booking form must be RECEIVED by 23 June 2006. After this date the prices will be the full unsubsidised cost of £12 per person including OAP's and children. Entry on the day is not guaranteed but if allowed will be at the full rate.

SKA reserves the right to alter or cancel this event due to severe or adverse weather conditions. In which case all entrance fees will be refunded.

The catered Menu will be:

Starters:

Veg.: Crispy Bajiya and Ragra Petis

Non-Veg.:

Chicken Tikka

Main Meal:

Masala Dhosa, Vegetarian Biryani / Raita

Sweet: Dhodhi Halva.

Booking Terms

(Please note, no tins or bottled beers allowed)

Everyone is invited to join in the fun and participate in what we hope will be an enjoyable and memorable day out for all the community.

Please note:

Although we wish all community members to participate, the club can only accommodate a certain amount of people, set at 350 persons.

Last date of booking 23 June 2006.

To organise this event fairly and effectively, this event will be based on a **first come first served basis**. So, to avoid disappointment please send your cheque for the total amount (so that the SKA can organise the correct attendance) to:
Jitendra Thakorlal
2 Angus Gardens,
London NW9 5LE.

We hope that you and your family enjoy watching a leisurely game of cricket or just meet up with friends and relatives and enjoy the day out.

Cricket Fun Day – Booking Form

Please book the following number of places for the Fun Day on Sunday 16th July 2006.

Entrance Fee	No:	No:	No:
Non-Vegetarians	[....] £7 (Adults)	[....] £5 (OAP & Child 3-10)	[....] FREE under 3

Vegetarians	[....] £7 (Adults)	[....] £5 (OAP & Child 3-10)	[....] FREE under 3
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Please note the booking form must be RECEIVED by 23 June 2006. After this date the prices will be the full unsubsidised cost of £12 per person including OAP's and children. Entry on the day is not guaranteed but if allowed will be at the full rate.

Total Payment enclosed: £

Please make cheques payable to SKA

Those wishing to play Cricket, please complete the details below:

Name: Age: (Min age 15)

Name: Age: (Min age 15)

*Note: Those booked to take part must come before 10.30am. Match will start 11am. Those who do not come on time will not be able to participate. **There will be no entry on the day.** You must book in advance.*

Name: _____

Address: _____

Tel: _____

Date: _____

Post to: **Jitendra Thakorlal**, 2 Angus Gardens, London NW9 5LE.