

Hacienda de Guru Ram Das Newsletter

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APRIL 2008



Happy Baisakhi Day!

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Ashram News

Baisakhi Celebration in Espanola Sunday, April 13th

We will celebrate the Birth of the Khalsa, **Baisakhi, on Sunday, April 13th**. All are invited to the Ranch for a delicious **breakfast at 9:00 am** prepared by Bibiji and friends. From there we will form a jaloose (procession) bringing the Siri Guru Granth Sahib Ji across Yogi Bhajan Memorial Highway and up Shady Lane to the Gurdwara. A colorful float full of children and musicians, plus exhibitions of Gatka prowess and martial displays will lead the way.

This is a special occasion of joy and music culminating in a wonderful Langar following our Gurdwara service.



Welcome to Members of the Khalsa Council!

We are happy to once again host the Khalsa Council here at the Mother Ashram. **The Council will open with Gurdwara on the evening of April 23rd**. Meetings will begin the morning of the 24th in the Langar Hall and will continue through April 26th.

Baisakhi Poem

*April 13, 1996
Siri Singh Sahib Yogiji*

The Panth is gathering.
God's heart quivers with joy.

The prayers of his lovers resound
In the heavens of Guru Ram Das.

The pride of Sikhs is the Guru's majesty.

Even the fool awakens
As this light bathes the soul.
He sings the glory of the Shabad Guru
And is honored by the world.

The Yogi speaks with love:
"The future of the world
Is the Shabad Guru."

Then With His Own Hands, Guru Gobind Singh Decorated You

*From Prosperity Paths, April 1999
By Siri Singh Sahib Ji*

You have a blessing, and you have come
from a code of divinity. Your problem is
your absolutely pre-written destiny.

*Paihle banee praaladh, paache banio
sareer.*

*"First the destiny is determined, and
then the body is formed."*

With all your problems, close your eyes
and just hear the call of that destiny to-
day. Guru Gobind Singh gave you a call,
not to your body, not to your mind, but to
your soul. He said, "Come." Guru Go-
bind Singh said, "Come and meet me at
Anandpur." About 85,000 – 90,000 of
you participated; you made it.

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April Ashram Events	
April 13	Baisakhi Day Celebration in Espanola
April 23-26	Khalsa Council Meetings
Ongoing Events	
6th of the month	Gurdwara commemorating the martyrdom of the Akal Takhat. This is traditionally a "Wish-and-a-Dish" langar meaning each person prepares a dish filled with their prayers and wishes to share with the sangat.
Sundays 6:30 am	Ishnaan Seva, washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event.
Every Thursday at 12:30 pm	Langar served in the Langar Hall. All welcome! To help, call Amrit Kaur, 753-7705 for food preparation, and Deva Singh at 927-0988 for general information.
Every Thursday at 4:30 pm	New Children's Program Schedule! The 1st and 3rd Thursday of the month we will be focusing on Sikh Dharma with stories and activities surrounding the Gurus. The 2nd and 4th Thursday we will focus on 3HO and Kundalini Yoga.
Fridays 4:30—5:32 pm Gurdwara or langar hall	Prosperity Meditation to "develop the intuitive business mind and bring prosperity home."
Sunday's after langar	Free healing sessions are held in the Gurdwara. Acupuncture treatments by Guru Mitar Kaur and Sat Nam Rasayan Free Clinic facilitated by Guru Terath Kaur.



The Ashram Mural by Artist Ed O' Brien

Author Unknown

There is a mural in the Sadhana room of Hacienda de Guru Ram Das painted by a master artist, Mr. Ed O'Brien. He studied for years a technique that is known by very few today. This was his last work, dedicated to the Universal mother, and depicting the destiny of the Sikhs. The paint is layered in such a way that as the under layers of paint mature, the painting will look like stained glass.

The twelve astrological symbols frame the mural, showing the all-encompassing effect of the universe and its influence upon man's life. At the top there are four sections showing the universe in creating and repose, and showing life taking form from the cellular world to man. Here the universe is seen in macrocosm and microcosm and in past, present and future, showing God's constant involvement with creation.

The basic structure of the mural is formed by two equilateral triangles forming as a six-pointed star, one rising from the earth toward the heavens, the Lady of Guadalupe combined with the Eastern symbol, the Adi Shakti. This combined symbol is the Universal Mother for all man, the purity and power of feminine principal. It takes form as it comes from eternity, through the sphere of sound, down through the color spectrum, into physical form. Above her shoulders are two Eastern goddesses, Saraswati and Bhagwati, representing the aspects of beauty and balance in the life of a God conscious being.

On both sides of the Adi Shakti are portraits of the ten Sikh Gurus, and to the side of each portrait is a miniature painting detailing a virtue from a significant event in the life of each Guru.

The left side of the mural represents the formation of Sikh Dharma in the western hemisphere. Here is a picture of Yogiji with no pillow of rest behind him, showing the time and work spent in preparing the destiny of this country. His foot rests on the United States, symbolizing his mission of coming to this country to train teachers and inspire many to a new way of life. The right side represents the activity and projection of the Khalsa into the next 5,000 years. The man represents a Sikh man of the future with the attributes of Guru Ram Das. The pillow behind him symbolizes our widespread popularity in the east and the proph-

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Computer Corner

Windows Vista Marches On

By Guruka Singh

Spring has sprung and among the gifts of the season, Microsoft has sent us Service Pack 1 for Windows Vista. So, if you are running Vista, you should see SP1 available to you via auto-updates. You can always download it yourself if you wish at the Microsoft Download Center <http://www.microsoft.com/downloads/>

What you want to download is "Windows Vista Service Pack 1 Five Language Standalone (KB936330)"

I recommend installing it because it improves Vista's speed, compatibility and reliability. It's a large download and it takes about an hour to install (!) and requires three to four reboots during the process, so don't try to use your computer while you are installing it.

What? You don't like Windows Vista? Okay. Better get yourself an XP system while you still can.

It's getting harder to buy a new computer with Windows XP installed and — after Microsoft stops selling XP on June 30, 2008 — it will become nearly impossible.

As manufacturers stop producing XP drivers, finding hardware that still supports XP is becoming a challenge, but I've produced one last shopping guide for you before the clock runs out.

Microsoft's widely used Windows XP operating system had a stay of execution a few months ago, when the Redmond company announced that it would continue sales of XP through June 30, 2008. Sales had previously been scheduled to end in January 2008. But the new, June deadline doesn't leave much time for those who don't like Vista, but need to buy new hardware and want XP as their operating system.

To be sure, your license to use XP does allow you to remove it from an old machine and install it on a new one. But, as hardware manufacturers direct more resources to Windows Vista, it may be harder to find drivers for video, audio, and other computer components that support the older operating system.

In addition to extending the XP sales deadline, Microsoft has also stated that buyers of Vista Business and Vista Ultimate can "downgrade" to Windows XP Professional.

When you buy a new computer, participating companies may (a) include a copy of XP in the box, (b) include a special "downgrade disk," which I'll describe below, or (c) make you buy XP through a completely separate ordering process. It's the manufacturer's choice, not yours.

For the moment, however, you do still have some options if you want XP instead of Vista. You can buy a computer with XP preinstalled or make sure that a Vista computer you buy comes with an XP downgrade disk.

Believe it or not, most major computer manufacturers still offer systems with XP preinstalled. The only exception I've seen is Gateway, and I would NOT recommend buying a Gateway computer. If XP comes standard on a new machine, you're pretty much guaranteed to have a system with all the necessary XP drivers up and running.

Here are some tips I uncovered during my research:

- Online shopping offers you a better chance of finding an XP system (or a system that comes with an XP downgrade disk) than going to your local superstore.
- It's getting harder to find desktop computers that come with XP preinstalled. You'll have a greater variety of choices if you shop for an XP notebook instead.
- In general, a Web site's home-user or small-office computers will not offer the best selection of XP machines, if the site shows any models at all in this market segment. It's very likely that you'll want to shop in the business division of a manufacturer's site.

For the best of both worlds, consider buying a system that has Vista preinstalled but comes with a downgrade disc, often called an XP recovery disc. Using a recovery disc wipes out a PC's existing operating system and everything else that was on the computer, but that's exactly what many people with Vista aversion want.

Note that this is not the same as a manufacturer simply tossing a copy of Windows XP into the box a PC comes in. A truly useful XP downgrade disc is a recovery disc of XP, complete with all the necessary drivers. (Such a recovery disc will probably include some junkware programs, too, which is par for the course.)

In many cases, a PC with an XP downgrade disc will also include another disc with an image of the Vista operating system, in case you want to switch from XP back to Vista. If a Vista disc isn't included, make an image backup or a Vista recovery disc before downgrading.

I recommend avoiding Vista systems that merely come with a vanilla XP install disc (or the option to order one). This is the most you can expect from Dell systems, for instance.

Simply having an XP license does not guarantee that drivers are available for all the devices in your new computer. Even if working drivers can be found online, you'll have to go looking for them, as Dell notes on its instruction page for its manual downgrade process. Fortunately for Dell fans, the company still sells a wide variety of machines with XP preinstalled. Some systems — like those from Acer, Fujitsu, HP, and Sony — include a downgrade disc in the box for some qualifying

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A call was given three hundred years ago, and with no means at our disposal, thousands of you gathered there. Out of the blue, Guru Gobind Singh asked for a head of a brave one for the mission. Not one, but five, came forward, one after the other. He dressed them, he baptized them, taught them strength, glory, and grace. That established the Panth Khalsa. And for the first time in the world, the Khalsa baptized Him as Guru, and honored Him as Guru of the Khalsa.

You gave your heads to get this dress called bana. When you are in perfect radiance and glory of bana, it affects others who see you, and they know you are not for sale.

You stood the test of time. It was just a gracious test to understand that the impossible doesn't exist for you. Then with His own hands, Guru Gobind Singh decorated you. With His own heart, He adopted you, and with His own strength and courage, He shared with you the legacy of tomorrow. That is how you came to be on this planet.

This is not a religion of a man or a philosophy; it is a religion of those who put their head on their hands and walk on, making the way for others to follow. It is a process in which you, by your example of purity and your trust in the oneness of yourself and God, have found the grace of God within you. You have found God is with your every limb, with every shred of your being.

Remember on this earth, to see and imagine the entire planet Earth, with Mother Earth and Mother Nature ready to serve you, because they want to please His most exalted son, Guru Gobind Singh, and his family. You are called "Umath Khalsa," the strength of purity which will multiply in many bodies and many spheres and shall grow into the essence of life. This essential essence of life will be with you forever.

Kar ishnaan simar parabrahm, ant paaiaa roгаа.
"Get up in the ambrosial hour, take your ishnaan (bath) and then meditate with your God, and your mind and soul will be free, healthy, and without disease."

Give your worries, your discomforts, your calamities to the Guru, and walk with comfort, grace, and ease. The future for you is evident. Your role in the Sikh Nation has been defined. It is classified. It is destined. It is prophesied. The prophet has already said and spoken, "Remember your identity as a Khalsa is pure, is perfect."

Ads & Tidbits

Siri Singh Sahib Gurdwara Lectures-Available through Ancient Healing Ways at:
<http://www.a-healing.com/> or call 1-800-359-2940.

I am doing an internship at an agency in Albuquerque called the **Endorphin Power Company (EPC)**. Simply said, we help people stay sober and clean and offer a sober living environment and community. The EPC also promotes volunteerism and mental and physical health (hence the endorphins!) and helps all types of people. **Every Wednesday night we have a lecture from 6:00-7:00 pm** and I would love to have folks from our community offer their wisdom on various topics. Topics range from Chinese Medicine to Homeless Veterans to "Abundance" and Non-Violent Communication. We even have Bhangra lined up with Ravi!

Please contact me if you are interested in speaking (on any Wednesday) or know someone who may be interested. I would love to hear from you!! Also, the lecturers speak on a voluntary basis, however Krishan Shiva and I will feed you and would love to have you at our home if that makes the journey easier. Check out the website at www.endorphinpower.org Thank you, Sat Darshan Kaur, satdarshankaur@hotmail.com, cell 505-927-7386, home 505-266-0204

Clothes Swap—There is much interest in the continuance of our Clothes Swap. The date for Spring has not been set but April 19th or May 10th are most probable. The Langar Hall will not be available to us in April, nor for at least the first two Saturdays in May. We are considering other locations and are open to additional possibilities. Please bring your donations to the Swap, preferably on (metal) hangers. Help will be needed to move the clothing and racks now in storage to the Swap location, and for setup, breakdown, and cleanup. Usable bana and other appropriate clothing and yogic/dharmic items will be need to be returned to storage. I will transport it from there to the Hospitality building at Summer Solstice for our annual give and take box. Please bring men's bana with you to Solstice, NOT to the Swap. Please contact me if you are interested in helping with this team effort. We believe that as times become more challenging their value will increase. Love & Blessings, Jai Jeet Sangeet Kaur jaijeetsangeet@kriteachings.org, 505-753-1655 (w), 901-1409 (cell)

Big Brothers Big Sisters Annual Bowl for Kids Sake! This is their biggest fundraising campaign of the year. Big Brothers Big Sisters provides quality one-on-one mentoring services for children in need in our community. This year we will be bowling on **Sunday, April 27, 2008 at 1:00 pm** at the Bowling Alley in Pojoaque. Last year we raised over \$1,200! If you would like to participate in this years event, please **contact Guru Meher Kaur, Jr.** Each of our five bowlers need to

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raise a minimum of \$100 each. I will be at langars with a pledge sheet. Everyone in the sangat can participate (even if you are not bowling) by making donations to the bowlers of \$10 or 10¢ per pin they score. We had a lot of fun last year and hope to do the same this year. Kulwant Kaur has told me the Pojoaque Bowling Alley is very nice. Show your community spirit by pitching in for this worthy cause!

Ashram Administrative Council Representative Elections—Baisakhi Sunday, April 13th

Each member of our community may vote for one new representative from within their constituency. As we have 4 constituency groups, we will elect 4 new representatives to serve for two-year terms. They will join the 4 serving representatives who will be completing the second year of their two-year term. Each constituency group will then have overlapping representatives; one new representative to serve for two years and one representative who has already served one year and will complete the second year of their term.

Call for Candidates!

Anyone, whether you have served previously as a representative or not, may stand for election within their constituency group. Candidates must be able and willing to attend one monthly evening meeting of the Ashram Administrative Council (AAC) each month. Each representative must be able to stay in contact with the members of their constituency and show an eagerness to act as a conduit of ideas to and from their constituents. Representatives are able to vote on matters before the AAC. Candidates may only be nominated by themselves by contacting GuruMeher Kaur via email (GurumeherK@sikhdharma.org) or at 367-1315 **before April 10th.**

If anyone has any election questions, email Pritpal Singh (Constituency Jethadar) at: pritsalkhalsa@gmail.com Check to see which Constituency you are in by checking the "Constituency" page on the ashram website at: www.espanolaashram.com.



Going Green

Going Green in the Gurdwara

Posted by Anandica / Tuesday, March 4, 2008

We as a community can do an enormous part in contributing to the preservation of our planet. Our Gurus were environmentalists, and looking at the values they gave us, we can see that we should be ahead of the game.

Some of us might be doing our small part each day: Maybe you recycle your newspaper after reading it or even better, subscribe to the news online; maybe you drink free-trade coffee and tea; or maybe you eat organic cereal and drink a healthy shake of organic fruits; or maybe you turn off the tap while you brush your teeth to save some water? These are all great steps! But there are some additional steps we can take as a community.

Our Gurdwaras are not the most environmentally friendly places, but that is due to our own responsibilities. That can change! If we start taking even one of the following steps, we can look forward to a greener Gurdwara in our future, and additionally teach the next generation about preservation and the importance of Seva.

Recycling

By providing onsite placement of recycling bins we can do our part by recycling materials such as plastic, paper products, glass and cans. Unfortunately there are not many programs established yet to recycle Styrofoam, which happens to be the largest part of the waste in Gurdwara due to plates and cups. In order to involve everyone, there should be signs on the recycle bins in English and Punjabi, so everyone can do their part and understand the importance of recycling. A brochure explaining the importance of recycling would be good to display so the Sangat can feel inspired to continue this act when they are at home also.

Install energy efficient lighting

There are many online resources that can provide information on how to efficiently install lighting so you use less energy and also save money. Contact your local PG&E representative and have them come out to do a free assessment to improve energy efficiency and

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save a lot of money on your energy bill. The insulation around the Gurdwara will also be assessed as this can sometimes decrease the effect of keeping heat inside a room, thus using more energy, and consequently costing you more. Once lighting is installed, it is important to turn off lights when not in use, and also to turn off electrical appliances not in use.

Install air dryers.

Paper towels are constantly wasted and found on the floor around the gurdwara. Instead of one napkin, many people will grab a few and end up throwing them away. By installing air driers and sinks outside where Sangat can wash their hands before/after Langar, we can decrease the use of napkins and paper towels. This is better for the environment, and would cost less money.

Bring back the Thaalī

Gurdwaras in India and around the rest of the globe use steel thaalī to serve langar. In the U.S. we use plastic trays, or Styrofoam. This can be an initiative a Gurdwara works towards, by implementing a small number of thaalī and eventually not having plastic trays. Convenience will be lost, but long-term, we would be doing something very positive for the environment. This would also allow for some seva from the Sangat to be able to wash the thaalīs langar. Just imagine how many thaalīs are washed daily at the Harmandar Sahib!

We could even incorporate some organic, chemical-free washing liquids, to make it that much greener.

Carpool

Families that live close-by to one another could be smart by carpooling to the Gurdwara. Reduce your carbon footprint, and save from polluting the air. People can build relationships this way too and are ultimately helping the environment.

Plant a tree

Have your children plant a tree. By planting a tree, you are combating the deforestation that is occurring on a daily basis. Put something back in the earth and teach future generations about positive giving. Incorporate Earth Day into your life, and teach children that giving back is part of our values.

April Birthdays

- 1st Harimander Kaur (daughter of Fateh Kaur)
- 2nd Sat Kaur
- 3rd Pavitar Kaur, Mexico
- 6th Hari Kaur (Santokh S.)
Guru Ganesha Kaur
- 7th Nirijan Kaur (COS)
Marc aka Siri Mukta Singh
- 8th Hari Bhajan Kaur
Ravijit Singh (son of Guru Darbar S. & Guruprakash K.)
- 9th Sarb Sarang Kaur
Sat Darshan Singh
- 11th Sat Nam Kaur (Didar S.)
- 12th Siri Karm Kaur
Atma Singh
- 13th Birthday of the Khalsa!
- 15th Daya Kaur (Ravi S.)
- 18th Bir Singh
- 19th Siri Trang Kaur
- 20th Mukhia Jethadar Amrit Singh
- 21st Siri Ved Singh
- 24th Harimandir Singh (son of Siri Deva S. & Ranjit K.)
Gurufateh Kaur (Gurudatta S.)
- 25th Dharmatma Kaur
Ardas Kaur
Wahe Guru Kaur
- 26th Dr. Sadhana Kaur
Sat Guru Singh
- 29th Dharm Singh (Guru Kirin K.)



Food for Health

Yogurt Curry

By Siri Guru Nam Kaur

1½ c. diced onions
½ c. minced gingerroot
5 cloves garlic, chopped



Sauté in oil or ghee. When onions are cooked, put in blender with one cup tomato sauce. Pour back into pan and add the spices:

3 tsp. turmeric
1 ½ tsp. cumin powder
2 tsp. coriander powder
1 tsp. crushed red chili
2 tsp. poppy seeds

Sauté all these spices with the mixture along with 2 cups of water and simmer for 20 minutes.

6 c. yogurt
½ c. chickpea (garbanzo) flour
1 c. water

In a small bowl blend water with chickpea (garbanzo) flour and add to yogurt. Add mixture to the spices and cook for an additional 30 minutes, stirring frequently.

Serve over lemon or cilantro rice.

Cilantro Rice

2 c. rice
4 c. water
1 zucchini, sliced
Several scallions, sliced
1 ½ tsp. cumin seeds
2 lemons, grated peel and juice.
Cilantro
Ghee
Oil

Wash and drain rice. Add 2 T. oil to rice and bake in a 200 degree oven for 15 minutes.

Sauté cumin seeds and lemon peel in some ghee. Add zucchini, green onions and a handful of chopped cilantro. Add the juice from the two lemons to the water and cook for 20 minutes until fluffy.



Steve Powell, instructor from the Santa Fe Community College, with his World Religion class enjoyed some langar after their visit to our Sunday Gurdwara services.

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systems. Others, like Lenovo, expect you to order the disc separately for an additional charge.

Because downgrade discs that include drivers are specific to a computer system or model series, these discs are generally available only for specific models. Don't expect a company that has downgrade discs to supply them for just any system they sell.

Finding out which systems come with a downgrade disc isn't always easy. A few sites, such as Fujitsu's, have a page listing the model numbers that come with upgrade discs. In the case of Acer, you'll have to make an educated guess. You then contact either Acer or an Acer reseller, state the model number you're interested in, and inquire whether a downgrade disc is included.

Actually, if you have enough free space on your hard disk, you can have your XP cake and eat your Vista too, by setting up your system so you can choose which operating system to boot each time you restart your computer. So, if you're not ready to dive into Vista all at once, there is an answer: set up your Vista computer to dual-boot between Vista and XP.

Before starting, make sure you have your Windows XP install discs ready as well as your Windows Vista DVD. In addition, it's a good idea to make a complete system backup before beginning an operation like this.

Once you've laid that groundwork, you're ready to go to work: **Step 1.** In Vista, click Start, type **diskmgmt.msc** and press Enter. Click Continue if prompted by User Account Control.

Step 2. Right-click a drive (usually your C: drive) and choose Shrink Volume. Specify the amount to shrink, which in this case is the amount you want for your XP partition. At a minimum, you'll need around 2.5GB for XP Pro SP2. I suggest you select a larger partition to leave room for updates and other files that may need to be on the same drive as XP. Because I wanted a 10 GB partition, I typed 10000 (representing 10,000 megabytes) in the available box. Click Shrink.

Step 3. Right-click the newly available area and choose New Simple Volume. Follow the steps in the wizard to assign a drive letter now, or wait until the next step. When prompted, check Perform a quick format to format the volume with NTFS.

Step 4. When the wizard is done formatting the new volume, you can assign or rearrange drive letters as needed. For example, changing drive letters may also put your CD/DVD drive in a more logical order.

To do that, right-click a volume or the CD/DVD drive and choose Change Drive Letters and Paths. If a volume hasn't got a drive letter yet, click Add. Otherwise, select the drive icon in

the dialog box and click Change.

If you're rearranging the letters on existing drives, you may need to change the drives in a particular order. Or you may need to give a drive a temporary letter (such as Z) to free up a letter for another drive; you would change the Z drive to something else later. Make your selection and click OK. Repeat for other partitions or drives until you have the order you want.

Step 5. When you're done with your partitioning chores, exit Disk Management. Insert your XP disc into the drive and restart your system, booting from that disk.

Step 6. Follow the steps to install XP. When asked for the target drive, select your new partition and press Enter. Because you already formatted this partition with NTFS, you can skip the formatting step. At the appropriate screen, arrow down to Leave the current file system intact (no changes) and press Enter. Continue the installation process until it's finished and XP has started.

Step 7. Your system now boots to XP, so we'll need to do some fixing to set up a boot menu. Insert your Vista DVD and restart the computer from it. Click Next in the first screen.

Step 8. Don't click Install when prompted! Instead, click "Repair Your Computer" in the lower-left corner.

Step 9. When the System Recovery Options dialog appears, make sure Microsoft Windows Vista is selected and click Next. In the next dialog box, select the Command Prompt option at the bottom.

Step 10. In the command-prompt window, type the following commands and press Enter after each one:

bootrec.exe /fixMBR
bootrec.exe /fixBoot

Step 11. Close the command prompt and click Restart.

Step 12. When your computer has booted into Vista, click Start, type cmd.exe, and press Ctrl+Shift+Enter to make the command window open with elevated privileges. Click Continue, if prompted by User Account Control.

Step 13. Type the following commands in the command window, one at a time, pressing Enter after each one. After each command, you should get the response, "The operation completed successfully." A response of, "The specified entry already exists," is OK, too. If not, retype your command to make sure you've entered it correctly. If Vista is installed on a drive other than "C," change the first command below to use the proper drive letter. The curly braces around {ntldr} in each command must be typed exactly as

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shown:

```

bcdedit -set {ntldr} device partition=C:
bcdedit -set {ntldr} path \ntldr
bcdedit -displayorder {ntldr} -addlast
bcdedit -set {ntldr} description "Microsoft Windows XP"
    
```

That's it! The next time you restart your system, you should be see a prompt that will let you choose between Vista or XP. Select the one you want and press Enter. The menu will appear for a few seconds. If you don't press any keys, eventually Windows Vista will start. Fortunately, you can change this if you don't want Vista to be your default operating system. You can also customize the waiting period before the default kicks in. Here's what to do:

Step 1. Click Start. Type **systempropertiesadvanced** and press Enter. Click Continue, if prompted by User Account Control.

Step 2. Under Startup and Recovery, click Settings.

Step 3. At the top of the dialog box, select the operating system you want to start by default.

Step 4. In the box to the right of Time to display list of operating systems, specify the number of seconds for the options to stay on screen. Click OK.

Having two operating systems on the same computer definitely takes some extra disk space.

Please keep letting me know if this column is useful to you and also keep sending me your suggestions for column topics, along with your own tips or cool downloads, so I can share them with the Sangat here. Just email them to me at: guruka@sikhnet.com

April Missal Duties

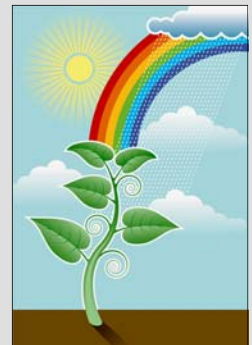
Date	Set-up	Langar	Clean-up	Akhand Path
3/31-4/6	2	3	4	1
4/7-4/13	3	4	1	2
4/14-4/20	4	1	2	3
4/21-4/27	1	2	3	4
4/28-5/4	2	3	4	1

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ecy that our generations would return to teach the Indian continent.

The last scene painted by Mr. O'Brien was the Lady of Guadalupe appearing to Don Diego and telling him of her mission to crush the evil serpent of misunderstanding and abuse of mankind. Her image is imprinted on his pancho to prove her presence and her intentions to the Catholic Church, and in the painting, this is filtered through the Adi Shakti symbol to show the universality of her mission.

The Siri Singh Sahib said of Mr. O'Brien and his work, *"When beyond the faith, in interfaith, God is seen and recognized, that is where man rises above the clouds and sees sunshine. With this Christ consciousness, Ed O' Brien worked with the Sikh Dharma and predicted and depicted, through the mural, the future events of the world, through which mankind will be grateful."*



Dear Gardeners,
Great news! **Scott and Arina Pittman's announce of their Open House!** This will be an official

outing of the Garden Club to see their amazing place that feeds them year round, and has so many wonderful innovations! By seeing it in action, we can better understand working Permaculture first hand! You can review Scott's talk on Sustainability and Permaculture with us at www.sirigian.com/permaculture.html if you like. It includes a description of their place. You can find the following invitation and directions at www.sirigian.com/garden_club.html . But since I am having some great challenges with my site, I suggest that you save this information in a safe place!

Scott and Arina Pittman's 2008 Farm Tour and Community Potluck will be held at the "Lots of Life in One Place" Farm **on Saturday, June 7th, starting promptly at 10 am** (please arrive a few minutes early to allow for a smooth start). Please dress for outdoors, and **bring a scrumptious potluck dish to share**. We ask for a **\$10 donation** per person, but no one will be turned away. Kids are welcome, but dogs stay at home, please. Carpool with others if possible as our parking is limited. We'll take a two hour tour and gather at Scott and Arina's house for meal and conversation. Since Arina is expecting her baby within days from the Farm Tour date, Fran Cole will be co-hosting this event with Scott Pittman. Fran can be reached at 670-7376 with any questions. See you there! *Lots of Love, Siri-Gian Kaur*