

Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 5

MAY 2008



Ram Das Singh and Siri Chand Singh served as part of the Panj in the Baisakhi Day jaloose in Espanola.

- [More Baisakhi Day pictures-pg 7](#)

Table of Contents

6th Annual Healing Arts Fair	1
Mother's Day Lecture By Siri Singh Sahib Ji	1
Ashram Calendar	2
Computer Corner	3
Ads & Tidbits	4
Going Green	5
Sangat Birthdays	6
Missal Duties	6
Food for Health	7

Ashram News

6th Annual Healing Arts Fair
Saturday, May 10, 2008
11:00 am—4:00 pm

Welcome back to another opportunity to benefit the vision of a health care building in Amritsar, India, for our children at Miri Piri Academy.

This day plans to be a day of love and support for yourself and to gather with family and friends for some fun. The event will feature a full array of mind/body/spirit treatments offered by licensed practitioners of your choice. This will include chiropractic treatments, acupuncture, Sat Nam Rasayan, massage and more.

Throughout the day yoga classes and personalized readings will be offered. There will also be surprise entertainment for the children.

The admission is \$20 which will include one treatment, a yoga class and lunch. Free admission for children.

Additional treatments will be offered at \$10 for a single treatment and three treatments for \$25.

Heal ourselves and heal the world!

For more information and to volunteer your help email harharisan-tafe@aol.com .

Mother's Day Lecture

Siri Singh Sahib Ji
Los Angeles, CA—May 9, 1971

It gives me a very great satisfaction that I could be such a pure channel that I could do something for the women of America. I am assuring you I will virtually live for this. I am a worshipper of the woman, Bhagwati. Lord Shiva is known to be the God of this earth, and I can kid with him anytime I like, I don't care for him. But for the Bhagwati I do care very much because I worship her in my heart. She is with me and the Divine Mother protects me all the time. I know my faults and my follies and I know my strong protection. That protection is stronger than anything I have realized in my whole life.

Therefore, I feel like just lodging a great protest with the world today. Don't talk about peace, don't talk about spirituality, don't give us a message of Guru Nanak, Jesus Christ, Buddha, Ram, Krishna. We have heard that and heard that. Give us something so that we may stop exploiting our own mother. Give us something that we can relate to this creative power of the God which is the mother. Give us something we can honestly draw in our heart the image of Grace of the Mother. And O Lord of Lords of the time, if you have created this world, create those environments where everybody's mother, sister and every woman on this planet can live with grace and there shall be no circumstances in which she has to sell her beauty, sell her body, sell her being, sell her consciousness, to exist on this planet. I do not know whether my tiny and feeble voice (well, it is very strong, I

(Continued on page 4)

May Ashram Events	
May 4	AAC Constituency Elections
May 10	6th Annual Healing Arts Fair
May 11	Mother's Day
May 18	Wedding of Sat Kartar Singh and Kamalcharn Kaur
May 26	Memorial Day Holiday
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.

"As the Mother Ashram, it is our responsibility to build the community with our own merit. We build it and we must carry it."

—Siri Singh Sahib, 1975

The Greening of HGRD

By Mataji GuruMeher Kaur

What our Community is Doing

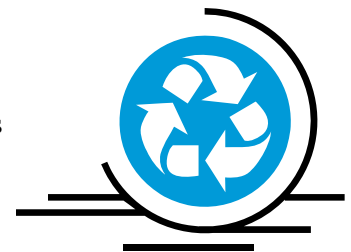
Sat Kartar Singh started using compostable forks from Sysco for Thursday's Langar and we're sure many people did not even notice the difference. The price is very comparable to what we normally pay. All Langars will use compostable dinnerware and recycled paper goods – napkins and plates – which quickly decompose.

Hari Singh and Deva Singh are starting a pilot composting project at Hari's house with just the food prep scraps from Langar to see how difficult it will be to manage. So far, just from one Thursday, they filled a 5 gallon bucket. This compost material will be taken out of the kitchen each day of use. Once they have successfully organized the food scraps, they plan to move on to forks and plates (hopefully). A little bit at a time.

Since water use is also a consideration in our desert environment, we're not sure using the steel plates is the best way to go for serving Langar (as opposed to paper plates). Another problem in this area is that the first wash water we set up has bleach in it for sanitation – this can be very damaging to clothes! If you are really wanting less paper goods used, we suggest you bring your own plates, etc, and take home to wash. But actually, we feel for now the recycled paper plates are a good thing to use. In the future, our new kitchen will be better equipped to handle washing up.

Another area we are working on is recycling cans, glass and such that accumulate in the preparation of Langars. Balwant Singh offers a once a month pick-up service for recycling. The problem we are facing is how to handle these items until pick-up time. Some volunteers feel that the kitchen is not a good storage place because of the space limitations and these items attract flies.

We are at least at a good starting point and we realize there is still a lot to be considered and a lot to do. All ideas and help very welcome! If everyone takes part, no matter how small, we'll be the greenest community before we know it. Let's all help take care of our Mother Earth – she takes care of us so very well.



Computer Corner

Firefox Essentials

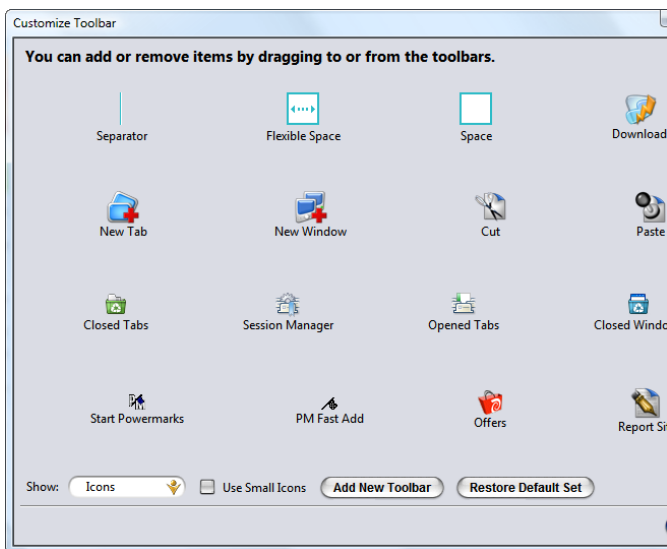
By Guruka Singh

In the past few weeks we've seen the debut of the slick Macintosh Web browser, Safari, on the Windows platform. Yes, Windows users, you can now have a browser that looks just like the one on a Macintosh! <http://www.apple.com/downloads/>

Oh, that's not a big deal to you? Okay.... Well, I must admit I've tried Internet Explorer (yes, that's the browser that comes with every Windows computer,) Opera, MYIE2, Firefox and Safari and my favorite browser is still Firefox. Why? Well, it uses quite a bit of memory and it's not the absolute fastest Web browser around (though you CAN make it faster – see “Fasterfox” below) but as my everyday default browser it beats the others because of all the great add-ons that are available for it.

If you're using Firefox without add-ons you are missing more than half of the fun. To get add-ons for Firefox go to: <https://addons.mozilla.org/en-US/firefox/> and register to create a login name and password.

Remember, you can customize your Firefox toolbar by clicking on *View – Toolbars – Customize*.



Here is my list of current Firefox must-have add-ons and what they do:

Noia 2.0 (eXtreme) This first add-on is technically a “theme.” It “skins” Firefox to make it prettier. I just love the gorgeous, easy-to-read colorful buttons. Here's what the Firefox toolbar looks like when you apply the Noia theme:



And if this theme isn't your cup of tea, you can download dozens of others from the Firefox add-on Web site. Hey, you can even make Firefox look just like IE 7 or Safari, though I'm not sure why you would want to do that.

Adblock Plus—Duh! It blocks annoying ads on Web pages giving you a “clean” browsing experience and making pages load faster. Ads are so yesterday!

Adblock Filterset.G Updater—Keeps Adblock Plus updated automatically with the latest Ad definitions.

Clipmarks—A very cool tool that lets you clip and save just the stuff you want from any web page.

Close All Tabs—A Toolbar Button To Close All Open Tabs

ColorfulTabs—Colors every tab a different color and makes them easy to distinguish, and hey, it makes Firefox really pretty!

Coupon Craze - Coupon Notifier—When you shop on the Web do you look for discount coupons and codes to save money? Well, no need to go looking any more. This little add-on automatically checks for deals and coupons on popular shopping websites.

Download Statusbar—I love this one! It lets you view and manage all your Web downloads from the Firefox statusbar at the bottom of the Firefox window. Clean and easy.

Fasterfox—Here's how to make Firefox faster! Automatic performance and network tweaks for Firefox. I use the “Turbo Charge” setting. It really speeds up your browsing experience.

FireFTP—The best little FTP file transfer Client for

(Continued on page 8)

(Continued from page 1)

know about it) can be heard, and where, but I am pretty sure I will shout from those mountains, I will never rest on that planet on which woman is still being exploited. That is my ultimate goal and my ultimate urge. But I am not fool enough to try single handed. I know my thousands, and hundred thousands and million of children shall be ready, the day shall be ready, we will wipe out this insult to our own generation, out of this planet. God has given me sufficient big heart, I can practice patience better than I can practice Yoga, therefore, I will wait up to that time when the soul in you will become so pure, so awake, so aware, that you will be willing to sacrifice your being to protect the very gentle, sweet being who brought you to what you are today.

With these words, and with this prayer of mine, on this most beautiful day which I relate to, it is a day to be reminded of my own source of energy, I bow to every mother and I also ask to the would-be mother, to be graceful. And I ask every man who would seek peace to realize peace doesn't come by protests and rallies. We know it and are aware of it. Peace comes from peaceful actions and so long as those born of the mother will not learn to respect the woman, there shall not be any peace on this planet. The day on this planet the woman will not be exploited, there shall be peace on earth."



Guru Sadhana Kaur and Siri Sundri Kaur soaking up the sun on Baisakhi Day.

Ads & Tidbits

Home for Lease—Lovely ranch style home on 1/2 acre of landscaped property, 3 minute walking distance from Hacienda de Guru Ram Das Ashram and Gurdwara. Two large bedrooms, 2 full baths, DSL 36" Flatscreen TV, radiant heat, 900 sq. ft. courtyard and mature gardens, complete privacy and hot tub. Treated as a Khalsa home since being built in 1996. Available September 1, 2008. Contact Hari Hari Kaur; home: 505-753-1733 or cell: 505-577-8705.

Sarb Sarang Kaur was one of the chosen artists to display two quilts at the **New Mexico Fabrications Exhibit** at the **Capitol Rotunda Gallery**. **The exhibit is on display at the State Capitol Building in Santa Fe from April 4 through April 22, 2008.**

Her first quilt was based on a pattern by Chris Timmons. Her second quilt (pictured right) was a beautiful rendition of the Siri Singh Sahib entitled, "*The Master's Meditation Between Time and Space*"



and was a joint effort with her son, Miri Piri Singh. Sarb Sarang is a member of the New Mexico Art Quilters (<http://www.nnmqg.org/>).

Bowling for Kids Sake—Big Brothers Big Sister (BBBS) fundraiser—Seven members of our sangat participated in the Annual Bowl for Kids Sake bowling in Pojoaque on Sunday, April 27. Our team, the *Khalsa Kats*, included Guru Meher Kaur (team captain), Varnjeet Kaur, Kulwant Kaur, Devi Dyal Kaur, Sat Want Singh and Siri Deva Singh. Sarb

(Continued on page 5)

(Continued from page 4)

Nam Kaur was one of our fund raisers even though she was not able to bowl.



This year we had the opportunity to bowl at the new bowling alley at the Cities of Gold Casino. It's brand new and very clean and bright due to the large picture windows on the west side.

Our top bowlers were **Varnjeet Kaur** and **Sat Want Singh**, however everyone, no matter what their score, had a great time.

Nikki Harnish, the Community Coordinator for BBBS in Los Alamos and Rio Arriba County, announced that this year's campaign raised over \$100,000 dollars for BBBS of Northern New Mexico. This will provide the means for background checks for many new mentors for the program.

If you think you would like to volunteer as a Big Brother or Big Sister in our local community, please call Nikki Harnish at 983-8360 or email her at nharnish@BBBSNorthernNM.org.



Going Green

Same thrill, no bill

By Sam Silverstein Posted Fri Apr 18, 2008 4:02pm
(*Sam Silverstein is the editor of Yahoo! Green.*)

I'm sure my family would enjoy our backyard campfires just fine if we'd paid for our fire pit. But the fact that the hammered-copper disc landed in our backyard for free adds luster to those starry evenings. I also get a warm feeling when I see the same model for sale at Smith & Hawken for \$300.



Getting stuff through a Freecycle group is satisfying that way. It's like a shopping buzz without the hangover — or bill. You get the same thrill of the chase, the same satisfaction of telling the story behind your discovery. Each Freecycle item is one less deposit to the local landfill, which is good.

And it's free. All that's required is effort. And not much at that.

Instead of throwing out unwanted furniture, dishes, bikes, or electronics, people in "reuse groups" give them away to other people in their community who want them. The givers and takers find each other online. The first step is to sign up for the reuse group nearest you (minimizing travel time when spot something you want).

The granddaddy of all reuse groups is [Freecycle.org](http://www.freecycle.org), (<http://www.freecycle.com>) with more than 5 million global members the globe and counting. Search here to find the Freecycle group nearest you. (<http://www.freecycle.com>)

Other reuse groups are less well known, but are just as successful in putting perfectly good stuff in people's happy hands. Yahoo! has compiled a master list of reuse groups around the world and plotted them on a

(Continued on page 6)

(Continued from page 5)

map. Use it to find a reuse group near you. <http://green.yahoo.com/earth-day/find-a-group.html>

The next step?
Check your email.

Stuff you want to give away, you post as "offered." Whoever wants it responds to you directly, and off you go.



For stuff you see offered and want to go get, it's the same process in reverse. Let the giver know you're interested, and set up a time and place to make the handoff. Yes, the whole thing is based on trust. It also works.

Reuse groups keep an estimated 300 tons of waste out of landfills every day, according to a University of Iowa study. This profile of [Freecycle founder Deron Beal](http://green.yahoo.com/earth-day/find-a-group.html) (<http://green.yahoo.com/earth-day/find-a-group.html>)

further illustrates the power of the idea in words and pictures.

In our own home, we've given away golf clubs, children's toys, and outgrown bicycles, clearing space in our garage. We've added: the fire ring, a garden hose, and a guitar that works fine but sounds awful. Talent is harder to pass around.

May Missal Duties

Date	Set-up	Langar	Clean-up	Akhand Path
4/28-5/4	2	3	4	1
5/5-5/11	3	4	1	2
5/12-5/18	4	1	2	3
5/19-5/25	1	2	3	4
5/26-6/1	2	3	4	1

May Birthdays

- 1st Ek Ong Kaar Kaur
Gurushabad Singh (son of Guruka Singh & Kaur)
- 2nd Har Har Singh
- 7th Hari Nam Simran Kaur
Seva Simran Siri Singh
Gurupurkh Kaur
- 9th Hari Jiwan Kaur
- 14th Darshan Kaur (Sarb Jot S.)
- 15th Guru Amrit Kaur (Guru Dham S)
- 16th Sadhana Singh
Karamjeet Singh (son of Siri Dyal K. & Amrit S.)
- 19th Adi Kaur
- 25th Awtar Kaur (daughter of Har Har S & Hari Dharam K)
- 26th Dharam Kaur (Dharam S)
Guru Atma Kaur
- 27th Shanti Shanti Kaur
Tarn Taran Kaur
Har Pal Singh
- 30th Amrit Mantar Singh

To celebrate your birthday why not sponsor a Thursday Langar? If not the entire meal, any donation can make it a special event for you. There is no better why to acknowledge our many blessings of being part of this time and space than by sharing Langar with everyone! Call Deva Singh @ 927-0988.



Food for Health

From the Moosewood Cookbook
By Mollie Katzen

This is a delicious recipe which is always a big hit. Try it with corn and green chili for a real treat!

Delicious Corn Bread (makes one 8-inch pan)

¼ c. honey
1 cup buttermilk or plain yogurt
1 egg replacer
1 cup yellow corn meal
1 cup unbleached white flour
3 Tb. melted butter
2 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
Optional:
1 cup defrosted and drained frozen corn
½ cup chopped green chili

Preheat your oven to 425 degrees. Beat together egg replacer, buttermilk and honey. Mix together all dry ingredients. Combine wet and dry ingredients, including melted butter, and mix well. Spread into buttered 8-inch square pan and bake at 425 degrees for 20 minutes. Serve hot with butter or a chunk of cheddar cheese.

" The prosperity of self, and the future of Dharma tied in with the entire Humanity, looks to you as the Mother Center. Mother, the giver of life, prosperity, coziness, calmness, advise and wisdom – the One who nurtures. This is that place where people saw the Twilight and the Mother Figure –even in the sky. Therefore, in the depth of our meditation, we must recognize it."

Words of the Siri Singh Sahib Ji to the Mother Ashram, Espanola, 1975.



Prabhu and Hari Singh led the sangat in beautiful kirtan during Gurdwara on Baisakhi Day.



Ek Ong Kar Kaur looking lovely outside the Gurdwara under the blossoming cherry tree

Hacienda de Guru Ram Das Newsletter
01-A Guru Ram Das Place
Espanola, NM 87532
505-367-1315

Co-Editors: GuruMeher Kaur, Sr. and Guru Meher Kaur Jr. If you would liked to place an ad, please call GuruMeher Kaur, Sr. at 505-367-1315 or email: gurumeherk@sikhdharma.org
Website: www.espanolaashram.com

(Continued from page 3)

Firefox.

FoxLingo—The Ultimate Language Translation Tool add-on. It translates any text or Web page from and to any language.

IE Tab—Enables you to use Internet Explorer right inside of Firefox. That’s right... you heard me. One click and any Web site opens in Internet Explorer right inside of the Firefox window. This is a must-have for those non-standard Web sites that require IE.

Image Zoom—Magnify images. It adds zoom-in, zoom-out functionality for all images on any Web page. Another must-have

IMDb Preview—Preview movie & actor info when hovering over their IMDb links. If you’re a movie fan, this one is really cool. And if you are not using www.imdb.com yet, why not? It’s the best movie resource on the Web!

Media Pirate—The video downloader—The name says it all. It lets you download any video on the Web.

PayPal Plug-In for Firefox—If you use PayPal (and gee, who doesn’t these days?) you never have to use your real credit card number online again. This very cool add-on generates a one-time use disposable Mastercard number that uses your PayPal account. It’s a super-safe way to buy stuff on the Web.

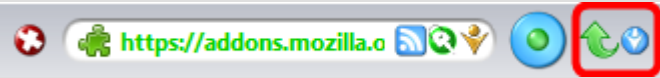
PDF Download—Allows you to choose what to do with an Adobe Acrobat PDF file: download it, view it with an external viewer or view it in the browser as HTML.

PicLens—Wow! You have got to try this one! It turns Web photo albums (Flickr, Snapfish, Photobucket, etc.) into awesome panoramic walls of images. I really can’t describe this in words. Try it!

QuickDrag—Extends the function of the drag-and-drop mouse gesture so that it can be used to load URLs, do a web search of selected text on a page, or save an image on a page. Basically, drag and drop any link on a page to open it on a new tab or do a Google search on it. This is a great timesaver! You’ll wonder how you did without it.

Tab Mix Plus—Gives an added boost to Firefox’s tab-based browsing. Close all tabs on the right (or left) of

the one you are viewing, automatically open pages in new tabs, re-open tabs you have already closed, and much, much more! I find it indispensable.



Uppity adds a toolbar button that lets you navigate up one level (directory) without highlighting and deleting from the URL. This can come in really handy when you hit a 404 error page.

Let me know of any great Firefox add-ons you discover and I’ll try them out.

Recycle your old Computers, Monitors and Printers

Santa Fe Computer Works has relocated to 1209 Parkway Drive #A, off Rufina Street, and has introduced complete computer recycling services. Computers, monitors and printers can be recycled for a fee of \$15 for a single item, while a computer plus monitor and printer costs \$25. There is no charge for cables, mice, keyboards, speakers and cell phones.

Santa Fe Computer Works owner Steve Ewers said he disassembles the computers and other items at his store and sends the metal to Capital Scrap Metals in Santa Fe. The rest is sent to a recycler in Arizona for full EPA-compliant processing. The company is offering free pick up through May 15.

To schedule a pick-up, call Amanda Ewers, Steve Ewers' daughter, at 920-3887. For more information, call 471-5211.

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



Thanks!