

# Hacienda de Guru Ram Das Newsletter

VOLUME 17 ISSUE 9

SEPTEMBER 2008



*Dev Suroop and Sat Kartar Kaur having a good time at the Siri Singh Sahib's Birthday Celebration*

- **Hydrogen Cars**—pg 5
- **Pico de Gallo Recipe**— pg 5

## Table of Contents

Siri Singh Sahib Lecture	1
Ashram Calendar	2
Computer Corner	3
Ads & Tidbits	4
Going Green	5
Food for Health	5
Sangat Birthdays	6
Missal Duties	8

## Ashram News

### Upcoming Fall Events

**Memorial Akand Path for the Siri Singh Sahib at the Ranch**  
**September 8-10** (see pg. 2 for details)

**Yogi Bhajan Remembrance Day**  
**October 6**

**Guru Ram Das Ji's Birthday**  
**October 9**

Eleven days of meditations in Sangat homes leading up to the celebration of the birth of Guru Ram Das will begin Sunday, Sept. 28. We will be chanting *Dhan, Dhan, Ram Das Guru* for 31 minutes each evening and sharing a light meal. All welcome!

We will have our big morning Sadhana, 2½ hours of chanting *Dhan, Dhan, Ram Das Guru*, on the morning of the October 9. There will also be an evening Wish & Dish Gurdwara on the 9th. In addition, the Sunday Gurdwara on October 12 will honor Guru Ram Das.

**300 Sal Guru Gaddi Day**  
**October 20**

The 300<sup>th</sup> anniversary of the day on which the Siri Guru Granth Sahib was installed as the living Guru by the 10<sup>th</sup> Guru, Guru Gobind Singh Ji. Celebration plans will be forthcoming.

### Birth of a Spiritual Nation

*By Member of the Editorial Staff*  
*Beads of Truth, 1972*  
*Summer Solstice Souvenir Edition, pgs. 26-27*

On the morning of June 23, 1972, in Elk, California, Yogi-ji came riding down the mountain on horseback. He rode through-out the camp, checking out tents, the kitchen, the showers and the hot-houses. Then he rode down to the langar, where everyone was finishing up their morning breakfast, and the official flag-raising was about to take place.

At this year's Summer Solstice we were all clearly witnessing the birth of a spiritual nation, and this was our first flag and the first time that we have raised our flag on this new nation. Our new flag was designed by Yogi-ji and made by Colleen Kaur Hoskins. It is a triangle of white and a triangle of gold with a blue Adi Shakti.

Yogi-ji reminded us that, "We are really the greatest hippies, but we have learned to care for our hairs and we have covered them and kept them clean and made them effective to do the job for which God made them. We are the real Woodstock nation, which has come out of the effort, out of deeply grounded foundations. We must establish our foundation on Nam, on faith, sincerity and devotion. We are pioneers and we are making a path and carving a way for generations to follow.

"We will have our own industries, our own businesses, and we will provide our own jobs and our own culture. We will

*(Continued on page 7)*

September Ashram Events	
Sept. 8-10	Memorial Akand Path for The Siri Singh Sahib Ji at the Ranch
Sept. 21	United Nations International Day of Peace
Sept. 23-27	Raag Kirtan Course with Bhai Kulltar Singh. Contact Dev Suroop Kaur for details at 753-8823.
Ongoing Events	
6th of the month	Gurdwara commemorating the martyrdom of the Akal Takhat. This is traditionally a "Wish-and-a-Dish" langar .
Sundays 6:30 am	Ishnaan Seva, washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event.
Wednesday, 6:00 pm	Sat Nam Rasayan classes are held Wednesday evenings from 6:00 to 7:30 pm at Terath Nivas, the home of Guru Terath Singh and Jivan Joti Kaur. Call 505-753-6241 for more information
Every Thursday, 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, 4:00 pm	Return of the Children's Program every Thursday: This program is held in the Langar Hall at 4:00pm each Thursday. There are activities for the children followed by a simple meal prepared by the parents. Guru Simran Kaur from the Ranch coordinates the program.
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 Jivan Joti Kaur.

**Memorial Akand Path for the Siri Singh Sahib at the Ranch – September 8-10**

Dear beloved sangat,

Every year at this time we begin to remember the passing of our beloved Siri Singh Sahib. Next week at the Ranch, there will be a memorial Akand Path done in honor of his 4th death anniversary. Ragi Gurdeep Singh and his Jetha are coming to Espanola to do the Akand Path. We hope all of you can come and have the chance to sit in the Ranch Gurdwara, pray and listen to the Guru.



This year is also the 10th death anniversary of Sukhmani Singh, the son of our dear friends Swaran Singh and Amarjit Kaur from Vancouver. Swaran and Amarjit will be coming to Espanola next week to honor the memory of their son during this Akand Path. Ragi Gurdeep Singh Jetha will be here for this, as well.

Here is the schedule for the week's events:

**Monday, Sept. 8th at 10 am**

Start of the Akand Path at the Ranch Gurdwara

**Tuesday, Sept. 9th at 6:30 pm**

Kirtan outside of the Dome with Ragi Gurdeep Singh Jetha - followed by langar

**Wednesday, Sept. 10th at 11 am**

Bhog Ceremony at the Ranch Gurdwara - followed by langar.

*Love to all of you and please come,*

*Bibiji*

## Computer Corner

By Guruka Singh

### REALLY GOOD FREE STUFF

This month we'll explore some very useful free web services and free downloadable programs you can start using right away. The first one is something that a lot of people have asked me about...

### FREE YOUR IPOD

Have you ever lost your music? Have you ever wanted to share your music or back it up OUTSIDE of iTunes? Well, Apple doesn't want you to do that. But actually, you CAN very easily change, backup and share the music on your iPod. Just head on over to <http://www.getsharepod.com/>

Download Sharepod (there's no installer - just put the file on your desktop and run it.) Voila! You can now add and remove music, videos, playlists and artwork on your iPod. You can backup all those tracks you just can't bear to lose from your iPod onto your computer and you can even import them easily into your iTunes library. You can also transfer all of some of your music between iPods, yours or anyone else's! SharePod can even run straight from the iPod itself, so you can use it travelling, at work, school, home - wherever you and your iPod are.

SharePod is simple and easy to use and works! Here's some of what you can do with it:

- Add & remove music and videos from your iPod
- Add, remove and edit playlists
- Add & remove album art
- Copy music, videos and playlists from your iPod to PC
- Import music/videos into your iTunes library, including playlists and ratings
- Tag editing
- Drag n' drop to and from File Explorer
- Simple, clean interface
- Quick to load and use - no complicated or unnecessary features

SharePod is completely free. It was designed from the start to be lightweight, quick and responsive. It's the perfect way to bring your music under your control.

### DOWN FOR EVERYONE OR JUST ME?

We've all had moments where we just can't seem to get to a site and wonder if it's the same for everyone or just us. You can ask that question at <http://www.downforeveryoneorjustme.com/> and get a quick answer.

### SMARTYPIG

SmartyPig (it's an online piggy bank, get it?) at <http://www.smartypig.com> offers a savings account earning 3.9% when I last looked. To join up, you have to set a savings goal dollar figure (which can later be changed) and can opt to make that goal public so others can contribute toward your account by entering your email address or clicking on an optional widget you've placed on your blog or MySpace, Google, Live, or Facebook personal pages. When you've reached your goal, you can cash out with a check by snail mail from SmartyPig, or they can help you buy one of their partners' products or a gift card. As with everything that sounds great, do be sure to check out the fine print first.

### TRANSFER BIG FILES

Here's the easiest way I've found to send large files to anyone. I've mentioned some of these services before (e.g., [www.Yousendit.com](http://www.Yousendit.com) and [www.Xtreak.com](http://www.Xtreak.com)) but they all do have some file size limits. What if you need to send someone a REALLY large file? Well, mosey on over to <http://www.transferbigfiles.com/> and you'll find that there is NO file size limit. That's right; you can send any size file to anyone for free. Like its sister site, [www.PhotoDrop.com](http://www.PhotoDrop.com) it's designed to be easy to use and free of intrusive advertising and gimmicks. There is no spyware, no popup ads and no data mining or selling of any kind. What's the gotcha? Well, the recipient has to download the file you sent within seven days because after that it will "evaporate." So this site's not for long-term file storage (Use Xtreak.com or Gspace for that) but for quickly getting a very large file to anyone for free. Thanks to Gurumustuk Singh for finding this one.

### GSPACE: Firefox + Gmail = online file storage

Google's free Gmail service lets you access a free e-mail account from any place in the world that you can get an Internet connection. One of the really cool things about Gmail is that you currently get more than 6.6GB of online storage space with your inbox. That's a lot of space!

(Continued on page 4)

(Continued from page 3)

You can use it for more than just e-mail by installing the Gspace add-on for Firefox 3, which converts your Gmail account into an online file-storage facility. <http://www.getgspace.com/>

You can store documents, data files, music and video files, photos, and other items and reach them from any other PC anywhere in the world.

After you install Gspace, you launch it by selecting "Tools" - "Gspace." A window appears that looks a lot like a standard FTP client. Click "Manage Accounts" and fill in your Gmail account details. Now you're ready to upload and download files.

In the Gspace window, the left pane is your local hard drive and the right pane is your Gmail storage area. To upload a file, simply select it in the left pane and click the right-pointing arrow between the two panes. To download a file from your Gmail storage, select it in the right pane and click the left-pointing arrow. It's as simple as that.

Be sure to check out the brief demo at the Gspace site, where you'll also find the latest version for Windows, Linux, and OS X.

**GET TOP-FLIGHT ANTIVIRUS WITHOUT SPENDING A DIME**

You know, you can protect yourself from viruses and other online threats while skipping the annual subscription fees. You won't get any frills as you will with a full-featured AV program like Norton 360, but you will still get first-rate virus detection.

Until recently, the antivirus freeware I recommended was Grisoft's *AVG Anti-Virus Free Edition*. Grisoft recently introduced Version 8 of the program and discontinued virus-definition updates for the previous Version 7.5.

But now there's a new leader. If you simply want to prevent all viruses, trojans, and worms from infecting your system without reporting time-wasting false positives then try Avira AntiVir Personal at <http://www.free-av.com/>. It is the only free antivirus program I know of that also detects and removes rootkits, which is malware that takes control of your system without your knowledge.

Avira is a top performer in a range of independent anti-virus tests. Not only did the program pass the hardest

(Continued on page 8)

*Ads & Tidbits*

**Fall Clothes Swap scheduled for October**

Jai Jeet Sangeet Kaur is now collecting ladies clothing, especially Bana, for the Fall clothes swap. As you clean out your closet in preparation for the winter months, please set aside anything you are no longer "attached" to for distribution. Someone else may "fall in love at first sight"!

This bi-annual swap day is for sharing and no charges are involved. This is seva on the part of Jai Jeet Sangeet Kaur and lots of fun for everyone! Complete details on donating items will soon be available.

**Experience the Naad of the Shabd Guru**

through Santhya - correct pronunciation. All Welcome! These classes are scheduled for every Monday and Wednesday early evening. For more information call Ravinder Singh at **917-825-5000**.

**Ancient Healing Ways—**To order Siri Singh

Sahib lectures, call us at (800) 359-2940 or (505) 747-2860

Gurdwara Date	Topic	Lecture Date
8/3/08	Anand & Sikh Dharma	1/6/88
8/10/08	Bheta (Offering)	12/31/87
8/17/08	Victory & Soul	3/22/87
8/24/08	Gurmat (Wisdom of the Guru)	9/13/87
8/31/08	Merits & De-merits	1/3/88

## Food for Health

### Pico de Gallo

<http://www.mex-recipes.com/pico-de-gallo-recipes.html>

Wondering what to do with all the fresh tomatoes and jalapenos in your garden? How about a fresh tomato condiment?

**Pico de gallo** (Spanish for "rooster's beak") is the term generally referring to a fresh condiment made from chopped tomato, onion, and chiles (typically jalapeños or serranos). Pico de gallo can be used in much the same way as Mexican salsas or Indian chutneys, but since it is less liquid, it can also be used as a main ingredient in dishes such as tacos and fajitas.

6 medium fresh tomatoes, diced  
 1 medium onion, diced  
 1/4 cup fresh cilantro, chopped.  
 2 to 4 fresh serrano or jalapeño, seeded and minced  
 1-2 garlic cloves, minced  
 Salt to taste

Mix all ingredients and refrigerate at least six hours. Keeps refrigerated for 4-5 days.

**Variations** - Add any or all of the following:

1 tbsp. lime juice  
 1 habanero chili, seeded and minced  
 1/2 cup whole kernel corn, drained  
 1/2 cup black beans



## Going Green

### Hydrogen Cars

<http://www.hydrogencarsnow.com/index.htm>

For the past 28 years, the Los Alamos National Laboratory (LANL) has been conducting research on hydrogen fuel cells for use in transportation, industry and residential use. According to the LANL, "Hydrogen & Fuel Cell Research at Los Alamos has made significant technological advances in Polymer Electrolyte Membrane (PEM) fuel cells, Direct Methanol Fuel Cells (DMFC), and related technologies such as the electrolyzer (a fuel cell in reverse, liberating hydrogen from electricity and pure water)."

Unlike many of the hybrid and "green" cars currently on the market, hydrogen cars offer the promise of zero emission technology, where the only by-product from the cars is water vapor.



Honda FCX Hydrogen Car

*In 2005, Honda leased the first commercial hydrogen car to a family in Redondo Beach, California, pictured above.*

Current fossil-fuel burning vehicles emit all sorts of pollutants such as carbon dioxide, carbon monoxide, nitrous oxide, ozone and microscopic particulate matter. Hybrids and other green cars address these issues to a large extent but only hydrogen cars hold the promise of zero emission of pollutants. The Environmental Protection Agency estimates that fossil-fuel automobiles emit 1½ billion tons of greenhouse gases into the atmosphere each

*(Continued on page 6)*

(Continued from page 5)

year and going to hydrogen-based transportation would all but eliminate this.

Not only that, hydrogen cars will lessen the United States' dependence upon foreign oil. The so-called "hydrogen highway" will mean less dependence upon OPEC, the big U. S. oil companies, oil refinery malfunctions and breakdowns and less resistance from oil-selling nations like Venezuela and Saudi Arabia or from hostile nations who would rather sell elsewhere. Consumers will finally get a break from the never-ending rising prices at the gasoline pumps.

*Hydrogen cars are not only the future, they are here, now. When hydrogen cars become the status quo, the U. S. can lessen its dependence upon foreign oil, achieve lower prices at the fuel pumps and cut down on the greenhouse gases that produce global warming. The future of hydrogen cars is not a pipe dream, as there are already many hydrogen cars on the road. California and Japan have many hydrogen cars being used as fleet vehicles now.*

President Bush has already allocated approximately \$2 billion in hydrogen highway research. California Governor Arnold Schwarzenegger is pushing to get 200 hydrogen filling stations built by 2010 stretching from Vancouver, British Columbia, all the way down to Baja, California. Since Californians buy one-fifth of the nation's cars, the new hydrogen car technology could simply replace the current gasoline engine automobiles in what is called "disruptive technology" where something so innovative comes along it simply replaces the old technology very quickly.

Then again, a more likely scenario is that dual-fuel automotive systems will be developed that can run on either gasoline or hydrogen as the hydrogen infrastructure is being developed. The conversion from gasoline-powered internal combustion engines to hydrogen powered combustion engines is agreed upon by most scientists and engineers to be a par-

(Continued on page 7)

## September Birthdays

- 2<sup>nd</sup> Dr. Guruchander Singh
- 4<sup>th</sup> Darshan Kaur (Akal)
- 5<sup>th</sup> Jivan Joti Kaur
- 6<sup>th</sup> Saraswati Kaur  
Abinashi Singh
- 9<sup>th</sup> Simran Singh  
Siri Atma Kaur
- 10<sup>th</sup> Avtar Hari Singh  
Guru Kirin Kaur (Yuba City)  
Lakshmi Kaur  
Ravi Singh
- 11<sup>th</sup> Guru Meher Kaur (Noor S.)
- 13<sup>th</sup> Harbhajan Singh (Taos)  
Sat Kirn Kaur (Albq)
- 14<sup>th</sup> Hari Amrit Kaur (Canada)
- 15<sup>th</sup> Guru Dharma Singh  
Hari Har Singh (Silver City)
- 16<sup>th</sup> Manjit Kaur  
Sarab Shakti Kaur (daughter of Hari Jiwan S & Sat Bachan K)
- 17<sup>th</sup> Sadh Bakshish Kaur
- 20<sup>th</sup> Guru Mittar Kaur (daughter of Guruchander S & Kirn K)
- 21<sup>st</sup> Hari Har Kaur  
Sat Mitar Kaur (Sat Guru S.)
- 22<sup>nd</sup> Sampuran Singh  
Guru Tej Singh  
Darshan Singh  
Sat Nam Kaur
- 24<sup>th</sup> Ram Dass Singh  
Guru Dharm Singh
- 25<sup>th</sup> Seva Kaur (Hari Pal S)  
Ram Rattan Singh
- 26<sup>th</sup> Sadhu Singh
- 27<sup>th</sup> Gurnam Kaur (Muktia S.)  
Fateh Singh
- 28<sup>th</sup> Amrit Kaur (Mehtab S)
- 29<sup>th</sup> Hari Jiwan Singh



(Continued from page 6)

ticularly easy transition and would buy time for hydrogen fuel cell cars to be fully adapted.

But, hydrogen cars are not isolated to those that burn the fuel in internal combustion engines. There are more hydrogen fuel cell cars being built currently than any other kind. Let's also not forget about hydrogen-on-demand vehicles that are either using a hydrogen compound or electrolyzing water to create hydrogen, avoiding the compressed or liquid hydrogen refueling scenario altogether. And, what about adapting hydrogen peroxide for fuel in car since it is currently being used in racecars and jet packs as a propellant?

Hydrogen cars are the future, so why not take a test drive of this website right now and see what you'll be driving a few short years from now. The hydrogen economy is just around the bend. Will you be ready?

<http://www.hydrogencarsnow.com/index.htm>

### Siri Singh Sahib Birthday Celebration pics



*Gurumustuk Singh, Charanjeet Kaur and Prabhu Singh at the birthday celebration*

(Continued from page 1)

grow to be a nation of 96,000,000 Sikhs in fulfillment of the prophecy of Guru Gobind Singh. We will learn the arts of self-defense so that we can have confidence that we can always defend righteousness and Truth.

America will give you what you will give America, and righteous America will be the beginning of righteous living. Let us start living now as righteous Americans. Let us make it happen, that the sun of wisdom may rise in the West and spread its light on the whole globe. This soil on which we are standing, let us feel the radiance of it and return it with the light of soul, loyalty of self and creativity of our great inheritance which was created and bestowed upon us when we were made the sons of this soil.

We are the Householders and we will build families that are solid and together and we will stand for each other. The life of the householder is the highest because he supports the whole world. The saints and the yogis are supported by the householder, he even supports the God."

And to these words our own flag, representing infinity, the creativity, rose high above our family to clearly mark the birth of a spiritual nation.



*Sat Purkh Kaur and Gurucharn Singh take a break from the Teacher Training course to enjoy the birthday celebration*

More pictures on pg. 8

*(Continued from page 4)*

virus detection tests with flying colors, it also got AV-Comparatives' highest "Advanced+" rating in May 2008 for its virus detection, speed, and low rate of false positives.

One important thing to note is that the free version of AntiVir is for personal use only. Avira uses the honor system — naturally — but during installation you must agree not to use the utility for "any kind of commercial or business purpose."

The commercial version, Avira AntiVir Premium (19.95 Euros for a one-year subscription) adds spyware and adware protection, e-mail scanning, and phishing alerts. The fee-based version also updates faster, and upgrading to the paid release eliminates the free version's irritating nag screen.

AntiVir keeps virus protection simple. The program performs daily scheduled system scans, updates its virus definitions automatically, and constantly scans your system's memory for malware. Like AVG, AntiVir lets you schedule updates and system scans but it doesn't scan e-mail.

Please do be so kind as to 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](mailto:guruka@sikhnet.com)

Thanks!

September Missal Duties				
Date	Set-up	Langar	Clean-up	Akhand Path
9/1-9/7	4	1	2	3
9/8-9/14	1	2	3	4
9/15-9/21	2	3	4	1
9/22-9/28	3	4	1	2
9/29-10/5	4	1	2	3

### More Siri Singh Sahib Birthday Celebration pics



*Guruprakash Kaur and Sukhmani Kaur*



*Hari Darshan, Tej and Dev Amrit Kaur.*