

Hacienda de Guru Ram Das Newsletter

VOLUME 16 ISSUE 3

MARCH 2007



Kulwant Kaur & Susan Roybal of the San Martin de Porres Soup Kitchen inspire a new ashram seva project. See page 8 for more.

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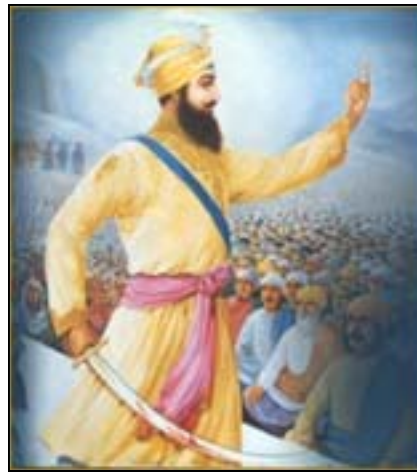
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Ashram News

Baisakhi Celebration

The Espanola sangat will celebrate Baisakhi on Sunday, April 15th. Keep your eyes open for the schedule of events to be announced soon.



The Bridge of Faiths with Music will be held on **Saturday, March 10th**. It will include the participation of many different religious organizations in an event of unity and peace in our troubled world. The event will bring together many denominations of faith to explore how a group of people can join together in tolerance to achieve rational life here on earth. It will be a celebration as well as an amalgam of different ideas and concepts by people who live in this small world.

The event will be held in the **Saint Francis Cathedral** in the center of Santa Fe, and will start at **7:00 pm and end at 9:30 pm**. Participating in the event will be members of the Roman Catholic Church, an Islamic Imam, Rabbi's of the Jewish community, different Protestant churches, Sikh members and other communities of faiths. The

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FOOD: THE HUMAN MEDICINE

By Siri Singh Sahib Ji

Beads of Truth, Winter, 1982

To begin with, all food was considered as human medicine and as something to live with. Food is the medicine which creates equilibrium. That is the beauty of food.

There are two types of food, nutritious food and sustaining food. Nutritious foods are those which allow you to help your body and give you strength. Sustaining foods are those that do the medical job for you, those that maintain your metabolism. So the basic properties of a food must be that it should be nutritious and it should be sustaining. The food should be a balanced food. Balanced food is that food which can be digested without drawing on your health. It should not put a strain on the body of the child or the person.

There are many different foods, but that food which sustains you will always give you more joy in life. Any food which pushes you is going to kill you. You don't grow old by years, you grow old by food. Your sexual behavior, your communicative behavior, your personality behavior, all is understandably important. But the bottom line is, not how much you know, the bottom line is, how much you eat and what you eat.

We take medicines to get rid of disease. What does medicine do? It fights the disease and gives the body a chance to recuperate. What is medicine? It is a sustaining food. Chemical medicines are produced because they are inexpensive. The difference between organic medicine and chemical medicine is that chemical medicine is direct, while organic medicine is indirect. Organic medicine affects us slowly but effects us long term. Eating tasty food is nutritious, but eating right food is sustaining, too. Eating

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March Ashram Events	
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.
Saturdays 8:00 pm—11:00 pm	Ishnaan Seva , washing the marble floors in the Gurdwara. All are welcome to participate in this uplifting event.
Wednesdays 12:00—1:00 pm Gurdwara	Kundalini yoga class for members of the Secretariat and the sangat. Theme is for “relaxation into personal transition.” Donations will go to the Thursday langar program.
First Friday of the month, 4:30 pm	Children’s Program in Langar Hall. Stories, music, games, food and arts & crafts inspired by our history and the Gurus. Guru Simran Kaur (Ranch) coordinates the program.
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.
Fridays 4:30—5:32 pm Gurdwara or langar hall	Prosperity Meditation to “develop the intuitive business mind and bring prosperity home.” (Originally taught by SSS at a business course in Hamburg, Germany in 1990.)
Sunday’s after langar	Free healing sessions are held in the Gurdwara. Acupuncture treatments by Guru Mitar Kaur and Sat Nam Rasayan Free Clinic treatments.

Dear Sangat members,

As some of you may know, I am planning a trip to South Africa to treat children who are in orphanages and their caregivers as well as teach yoga and massage. To raise money for this endeavor, I am hosting a 'treatment-by-donation' day every first Saturday of the month from 9:00-12:00 pm at my home. There will be a \$20 minimum donation (no maximum). It is better to schedule a time ahead to avoid waiting. You may contact me at 927-7970.

Blessings, Dr. Arjan

Community Growth Fund

Give to YOUR Community Growth Fund. Yogi Bhajan told us that **everyone who lives in this community meditated for thousands of lifetimes for the blessing to be here.** Because of that, we have a spiritual and earthly responsibility to grow and maintain this sacred healing place. To help fulfill our earthly obligation, every member of the community is requested to give \$100 a month for the upkeep of the ashram. If you can't give \$100, give what you can.

Testimonial:

When I first moved here, I showed up at Mataji's door (Gurumeher Kaur, Secretary of Sikh Dharma and general lifesaver) for orientation. It was fairly informal but she did give me a phone list and showed me around and talked about the missal system. The other thing she mentioned was the Community Growth Fund and that Yogiji had asked everyone to contribute \$100 per month for the maintenance and growth of the community.

At first I thought to myself, how am I going to do that? I barely make enough to make ends meet. I had been marginally broke and living on under \$12,000 a year for almost 10 years prior to my coming here. I had a long history of poverty consciousness in my adult life that came along with certain political views, such as, if you make more money you should pay more.

The idea that everyone paid the same regardless of their circumstances was very puzzling to me, and yet, I wanted to feel that I was fully contributing to the community here. I longed to feel like I was a part of something and I was tired of feeling like I was being carried. Bottom line, I was ready to grow up.

So, I bit the proverbial bullet and began making regular, full payments to the Community Growth Fund. It was hard and some months I didn't want to do it. But I remembered that everyone has a Praan Shabd, a line from the universal consciousness that speaks particularly to them. Mine is "manne

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“Love is the ultimate state of human behavior where compassion prevails and kindness rules.

- Yogi Bhajan

Computer Corner

The Best Free Software You Can Get!

By Guruka Singh

I'm going to start of this month with one more word about Windows Vista and then on to the good stuff.

Windows Vista won't like your monitor m-Microsoft has decided to make Vista even tougher on DRM (Digital Rights Management) in order to prevent piracy. The new DRM (Digital Rights Management - read: "copy protection") "features" of Windows Vista require that your monitor be compatible with something called HDCP - which stands for "High-Bandwidth Digital Content Protection." When you are trying to play a digital video file of any kind, Vista will check to see whether or not your monitor is HDCP compliant. If it is, then you're fine and everything plays just as you would expect. However, if your monitor is not compliant with HDCP Vista will make the picture fuzzy. The problem with this is that there are currently very, very few monitors that support the HDCP standard. In fact, you can be fairly certain that any monitor you already have (or are about to buy) does not have this feature! So, if you thought you were going to just upgrade your operating system, or even your computer's internals, you may be sorely disappointed when you find that your digital video files refuse to play without distortion. I'm sure the monitor industry and the MPAA (Motion Picture Association of America - the folks in the movie business) is loving this, but I doubt that you will find it quite as appealing.

The Best Free Software

Okay, on to the fun stuff. Here are some great free programs you can use everyday, at work and at home, for all kinds of tasks—photo editing and DVD burning, database work and intrusion detection, VoIP calling and stargazing. They're tried and tested, the best tools you can get—and they're all free. Many of these programs are open-source, with their source code available for use and modification as others see fit.

Security

AVG Anti-Virus Free Edition-free.grisoft.com-This program splits its user interface between Control Center and Test Center, which can be a bit confusing. But it does what an anti-virus app should: It scans files on access, on demand, and on schedule. It also scans e-mail, both incoming and outgoing. According to Grisoft, it's free and it's totally Vista-ready.

Comodo Firewall-www.comodogroup.com-The new kick-ass choice for free firewall protection, Comodo Firewall keeps hackers out and keeps -unauthorized programs from accessing the Internet, even tricky ones that sneak around normal -program control. And it resists being forcibly terminated. It works as well as all but the very best for-pay firewalls.

McAfee SiteAdvisor-us.mcafee.com-McAfee's back-end servers crawl the Web to evaluate sites. Does the site host

malicious software? Will it spam you? Are there exploits in the code? If SiteAdvisor red-flags a site you're visiting, get outta there! It evaluates all the links from Google and popular search engines so that you need never find yourself on a red-flagged site.

SpyCatcher Express-www.tenebril.com-When I last tested it, Tenebril's SpyCatcher did very well both at cleaning out spyware and at preventing further infestation. The free SpyCatcher Express edition has almost all the features found in the paid version. It lacks antiphishing and a few high-end tools, and you have to check for updates manually, but it does the job.

StartupMonitor-www.snpsoftware.com-StartupMonitor alerts you to programs that try to install themselves whenever you boot up Windows. Unlike most similar utilities, this one is unobtrusive and won't interfere with program installations that reboot automatically.

ZoneAlarm-www.zonelabs.com-The venerable ZoneAlarm doesn't have all the features of ZoneAlarm Pro's firewall. Its program control asks you whether to allow programs rather than consulting the SmartDefense Advisor database. It doesn't have the component control or OSFirewall features, so it won't block "leak test" techniques. But it's tough as nails; malware can't disable it.

Productivity

EditPad Lite-www.editpadpro.com-Windows Notepad works—that's about the only good thing we can say about Microsoft's built-in text editor. EditPad Lite, on the other hand, has lots going for it, including a tabbed interface for editing multiple files, line numbering, auto-indenting, and printing blocks of text. This is my default text editor. Much better than Notepad!

OpenOffice.org-www.openoffice.org-If you're looking for an alternative to Microsoft Office, try OpenOffice.org. Though not as full-featured as the offering out of Redmond, the suite includes a very capable word processor and spreadsheet that are compatible with MS Office files. There's also a presentation app, a diagramming tool, and a database. OpenOffice.org may be all the suite you need.

WordPress-www.wordpress.org-Ready to start blogging? WordPress is among the most powerful of the many free personal blogging tools around. You can host WordPress on your own server or get a free blog at wordpress.com. Unlike most other free hosted blogs, you can have multiple contributors, customize the looks, and get the word out via RSS. What's RSS? Okay, that's a topic for a future column.

Utilities & PC Management

AllChars-allchars.zwolnet.com-AllChars lets you type foreign characters such as ñ or ü in any application. Just tap the program's hot key (Right Ctrl or any other shift-style key) followed by two characters such as n and the tilde or u and a double quotation mark, and the combined character you want appears in your document. It can also type boilerplate text such as your name or -address.

Clipomatic-www.mlin.net-Clipomatic is the most compact and

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Ads & Tidbits

Siri Singh Sahib Gurdwara Lectures—Tapes are available through Ancient Healing Ways, 747-2860 or 800-359-2940.

Gurdwara Month	Date	Lecture Topic	Lecture Date
February	4	Guru Teg Bahadur	12/12/88
	11	Chitr Gupt Tere Sang Patahay	12/4/88
	18	Communication	12/11/88
	25	Story of the Akal Takhat	8/6/87

Japji Sahib Course in Crestone, Colorado with Ek Ong Kaar Kaur Khalsa

Saturday evening, April 21 through Monday morning, April 23, 2007

In the last years of his life, Yogi Bhajan worked with Ek Ong Kaar Kaur on a unique and beautiful translation of Guru Nanak's *Japji Sahib*. Join her in the cozy mountains of Crestone, Colorado for an in-depth weekend on the power of Japji Sahib to transform and heal your life.

\$108 for the course and \$25 a night for lodging if you register now. For more information on the course, contact Sue or Dan at—Tel: 719.256.4036 or Email: retuta@crestonehac.com

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March Birthday's

- 1st Mahan Kaur
Hari Arti Singh
- 2nd Guru Sadhana Kaur
- 6th Guruprem Kaur
- 7th Gurukirn Kaur (Ranch)
Sat Bachan Kaur (Hari Jiwan Singh)
Shabd Surat Kaur (daughter of Guru-Hukum Singh)
- 9th Aradhana Singh
Guru Jaswant Kaur
- 10th Sat Nam Singh
Jaap Kaur
HariMandir Singh (Guru Sadhana K.)
- 11th Siri Dyal Kaur (Amrit S.)
- 13th Dr. Balkar Singh
- 16th Sangeet Kaur
- 17th Hari Har Singh (Guru Mitar K.)
- 18th Guru Rattan Kaur, Ph.D.
- 19th Nam Hari Kaur
Sat Atma Kaur
- 20th Sardarni Guru Amrit Kaur
Siri Guru Nam Kaur
- 24th Gurumustuk Singh
- 25th Sada Simran Singh (Shanti Shanti Kaur)
- 28th Siri Deva Singh
Kirpal Kaur



March Missal Duties

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

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usable of dozens of clipboard extenders. It stores text that you copy to the Windows clipboard for pasting into any application. You can also store boilerplate text such as names and phone numbers. But avoid it if you use version 7 of Acrobat or Adobe Reader, because it blocks them from saving to the clipboard.

eCleaner-ecleaner.tripod.com-Ever need to extract text from an e-mail message or Web discussion, but the message is full of angle brackets (>) or other symbols? Or maybe it's got little bits of HTML strewn about. eCleaner quickly goes through these files and strips out the detritus. It's not fancy, but it works.

Foxit Reader-www.foxitsoftware.com/pdf/rd_intro.php-Adobe Acrobat, the ubiquitous software for PDF viewing, can slow older systems to a crawl—or even crash them. Foxit Reader lets you get your PDF goodness without the Adobe bloat. It runs small and swift, either as a standalone app or from within your browser.

Gaim-gaim.sourceforge.net-Gaim hooks into most any chat service you could possibly want. It's a multiprotocol instant-messaging client that works with Google Talk, AIM and ICQ (Oscar protocol), MSN Messenger, Yahoo!, IRC, Jabber, Gadu-Gadu, SILC, Novell GroupWise Messenger, Lotus Sametime, and Zephyr networks. With Gaim, you can talk with one person on AIM while chatting with another on Yahoo! Messenger.

Google Desktop-<http://desktop.google.com/enterprise/index.html>-Google Desktop includes a huge collection of widgets for displaying weather, news, file searches, Gmail, translation services, and more. Google's hard drive index searches all standard file formats and it even indexes your Lotus Notes Mail! This one is essential. I love it and use it daily. It's fast!
Mozy-www.mozy.com-Mozy is a Web-based backup system that gives you 2GB of free storage, or 30 GB for \$4.95 a month. Sign up with an e-mail address at which you won't mind getting a Mozy newsletter, download the client, and let it automatically back up My Documents and any other folder you choose.

MWSnap-www.mirekw.com/winfreeware/mwsnap.html-MWSnap doesn't let you capture scrolling windows or have all the features of the best capture tools out there—Hayersnap and SnagIt—but it gives you a lot more control than Windows' native capture utility, and it throws in some cool tools, such as a screen ruler and color picker.

RoboForm-www.roboform.com-RoboForm automatically fills in username and password fields in your browser, with an option to password-protect some or all of the passwords it stores. So you get better protection than you do from the password storage features in IE and Firefox. Its SafeNotes feature stores credit card numbers or other secret data. The free version stores ten log-ins; a \$29.95 Pro version stores an unlimited number.

Tweak UI-www.microsoft.com/windowsxp/downloads/power toys/xppowertoys.mspx-Microsoft's super-tweaker tool for Windows XP is the program to install immediately after installing Windows XP. Tweak UI fine-tunes your Start Menu and Taskbar settings, helps specify which icons appear on

your desktop, sets auto log-in so you can skip entering a password, and much more.

Ultimate Boot CD for Windows-www.ubcd4win.com-

This program helps you create a CD that boots into its own copy of Windows. The disc contains tons of useful utilities, from antivirus and antispyware to network and disk-repair tools. And if you're stuck, there's PacMan and Asteroids to pass the time. Rumor has it you

Music & Audio

Audacity-audacity.sourceforge.net-This is a powerful audio editing/recording software package that doesn't require much training. It works on Linux, Mac, and Windows, and it handles many file types, including OGG, MP3, AIFF, AU, and WAV (but not WMA or AAC). Its features include 32-bit/96-KHz recording and editing (up to 16 channels), independent speed and pitch control, noise removal, a spectrogram mode, and tons of built-in effects. But it's also perfect for quick -recordings and editing long files.

Media Monkey-www.mediamonkey.com-Free yourself from iTunes DRM and sync your iPod with Media Monkey, a robust digital music player for organizing, ripping, burning, converting, and playing your tunes, Media Monkey also has smart tagging, Auto DJ, and a Party Mode that lets you make requests without modifying the library. The free standard version gives you most features but limits MP3 -encoding and slows the burn rate. The Gold version is \$19.95.

dBpowerAMP Music Converter-www.dbpoweramp.com-This do-it-all program for Microsoft Windows lets you rip CDs, convert files, and record audio. It supports MP3, MP4, M4a, WMA, OGG, AAC, APE, FLAC, Apple Lossless, and more. This app integrates with Windows, so you can simply right-click on a file to convert it.

Video & Graphics

DVD Shrink-www.dvdshrink.org-This app backs up part or all of a commercial DVD by running your Nero burning software automatically to copy the DVD directly to a new one in compressed form. Or, if you don't have Nero - installed, you can save the compressed files to your hard drive, then manually burn them to a DVD using your own burning software. For legal reasons, the site has no download link, but it helps you find DVD Shrink on other sites. To the best of our knowledge, using the software is not illegal, as long as you're backing up your own legally bought movies.

GIMP-www.gimp.org-It's not Photoshop, but GIMP is an amazingly powerful and efficient open-source bitmap--editing package that can do most of what Photoshop does. You'll need to get used to its nonstandard menus. If you make your living from graphics or photo editing, you'll probably go commercial, but GIMP gets the job done for free.

Google SketchUp-sketchup.google.com-This 3D modeling

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WHAT IS THE BUZZ ABOUT?

By Guru Nam Kaur

You may have heard about the latest rage sweeping the Ashram and the nation. It is part of the new Aquarian Technologies, once kept to a select few, that are becoming available to everybody.

Do you remember the movie on every Christmas, “*It’s a Wonderful Life*”? The story is set during WWII in the era of the “Greatest Generation.” In the movie Jimmy Stewart plays a young man who starts a bank so all the townsfolk could get mortgages to purchase their own homes (without owing their souls to the mean town miser). Now the story continues in the cusp of the Aquarian Age with the baby boomers and the X-generation taking out mortgages with 30 year notes (some with interest only option).

Here comes the sequel! “*How to Pay off Your 30 Year Mortgage in 12 Years.*” We as Khalsa are in the forefront leading this financial revolution. The program fits our virtues and values to a “T”. It is about prospering and bringing everyone along with us.

This program uses web-based software as a financial planner along with a home equity line of credit to pay off first mortgages, credit cards, car loans, student loans, etc. quickly and thus cutting down thousands of dollars going toward interest. You may have heard about it at langar already.

Guru Lal Singh and Varnjeet Kaur came upon the **Money Merge Account** (MMA) program while working as real estate appraisers. They began using the program and telling other people about it. They saw it as a gift to prosper, excel and serve others. Guru Lal Singh and Varnjeet Kaur were just presented an award as the nations lead salesmen in the company United First Financial.

Our merry band of warrior agents include: Rama Singh and Nirnijin Kaur, Ravi Kaur, Fateh Kaur, Bir Singh, Mukhtiar Singh, Kartar Singh and Gurbani Kaur, Devi Dyal Kaur and is growing daily. Many sangat members and community members are already using the product or are in the process of applying for it. It is a real and genuine product. We envision it bringing prosperity for the Khalsa and helping uncountable American homeowners.

In our rich country a majority of people work and struggle their entire lives to pay off their home mortgage. The MMA program gives people access to the equity in their homes to help pay off their mortgages sooner. Instead of paying tens of thousands of hard-earned dollars toward interest, the program uses a reverse strategy to save those dollars and keep them in the home owner’s pocket. This money can then be invested toward college funds, retirement, etc.

My husband came to the product in his search to grow and improve the Klean World Laundromat. After 6 months of having heard about the product from Guru Lal Singh and one

month of careful study, Mukhtiar Singh understood it was a genuine tool to give people leverage over their financial obligations.

Requirements for using the MMA program are: home ownership with a mortgage, \$10k equity, and a credit score of 550. Research is currently underway to include modular and manufactured homes.

Some people grasp the concept of the software program immediately. For others it is a new financial concept and it takes longer to grock. To learn more and have your personal financial numbers analyzed to see the advantage of the program for yourself, you can contact Mukhtiar Singh at 505-450-2803, mukhtiar@newmexico.com or any of the above sangat members.

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ki gath kehai na jai, jay ko kahai pachae pachatae" (sp?),
 “Sublime is the mind of the one who obeys.”

Early on in my studies of Kundalini Yoga, I was struck by Yogiji's teachings on the "foul words" in the West: obedience, surrender, humility. For me, rebellion had always been a theme, so when I bowed to the Guru and gave my head, it was this one line from Japji that led me there. It was the grace of obedience that allowed me to have the sublime experience of being a gursikh. So, when I balked at that \$100 some months, I remembered to simply obey and that same, simple obedience has allowed me to fully participate in the Community Growth Fund (even if I'm a little late sometimes) each month since I moved here. It has also allowed me to finally grow up.

I wish I had a fabulous story about a turn in my finances because of this obedience, but instead, I continue to get by, month-to-month, and I trust that I am taken care of by you, my community, and the Universe.

Be blessed to obey—give regularly to the Community Growth Fund! Sat Nam.

**Hacienda de Guru Ram Das Newsletter
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If you would liked to place an ad, please call GuruMeher Kaur, Sr. at 505-367-1315 or email to: gurumeherk@sikhdharm.org

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tool matches what its developers call the "pencil" stage of designing—when you make quick, slightly rough-edged drawings of -solid objects, complete with shadows but without the photorealism of commercial packages. This is the least intuitive of Google's software offerings, but it's easier to use than any rival 3D programs.

IrfanView-www.irfanview.com-IrfanView displays almost all standard bitmap image formats, is startlingly fast, and uses one--keystroke commands for the quickest-possible access to features such as saving in a different format or flipping upside-down images. You don't get WordPerfect Graphics (WPG) support, but every-thing else is there. Make this one your default -image viewer.

Picasa 2.0-picasa.google.com-This photo-management tool from Google creates a library of the images on your computer (or on a particular drive), sorted by date. From Picasa you can edit images with a decent set of editing tools, send photos via Gmail, burn them to CD, or upload them to blogs, photo printing sites, or Picasa's own Web albums.

QuickTime Alternative and Real Alternative-www.codecguide.com-These apps let you play QuickTime or Real videos without Apple or Real's bloated, in-your-face proprietary players. While you're at the download site, get the up-to-date, extensive codec package and check the FAQs for advice on MPEG decoders and demuxers.

VLC media player-www.videolan.org-The recently upgraded VLC media player plays -almost any multimedia file in almost any format, in a more compact and efficient interface than any commercial product. It can't handle Real Media and a few other proprietary formats, however. Even if you prefer Windows Media Player or QuickTime, keep this one handy for files that won't play in -either of them.

Winamp-www.nullsoft.com-This is a classic alternative music player, free but owned by Time Warner. It's tiny and infinitely skinnable, but the reason you want it on your system even if you use iTunes is that it supports virtually every audio format (except for DRM-encrypted ones) via its enormous plug-in library.

Networking & Mobility

NetStumbler.com-www.netstumbler.com-NetStumbler detects 802.11b, 802.11g, and 802.11a wireless LANs. Run it on a laptop and you can get a good overview of your own Wi-Fi network (or that of others). It seeks out poorly covered spots, and detects overlapping networks that might be generating interference (including unauthorized rogue networks).

PowerGramo-www.powergramo.com-A great Skype add-on that -records your conversations. The free version will save the audio for your records, but you'll need to upgrade to PowerGramo Pro (\$19.95) to record each person on a different track, which is useful if you use Skype to do interviews for podcasts.

Skype-www.skype.com-Skype is by far the most popular PC-based VoIP service; it also works in dedicated telephones and other handheld devices. The Version 3.0 beta adds click-to-call to dial regular phone numbers from your PC, and Skypecasts—moderated discussions with up to 100 people.

UltraVNC-www.ultravnc.com-The simplest free solution to access your work PC from home is LogMeIn Free. For a more powerful Windows remote-access solution, try UltraVNC. It adds file transfer and text chat and is considered the best-performing flavor of the open-source -VNC (Virtual Network Computing) protocol.

Fun & Games

BZFlag-www.bzflag.org-This multiplayer 3D tank battle is one of the most popular open-source game projects, with more than a million downloads. It's available for Irix, Linux, BSD, Microsoft Windows, Mac OS X, Solaris, and more. Drive your tank around and destroy your opponents, or pick up an opponent's flag and bring it back to your base.

Cartes du Ciel-www.stargazing.net/astrocp-With Cartes du Ciel (Sky Maps), it's easy to find out what constellations and planets are visible -tonight. It displays the night sky for any location on Earth, at any date and time. For basic star charts, Cartes du Ciel outclasses many commercial astronomy programs.

ConWare IconArt-www.conware.org-This efficient utility lets you create and edit icons and cursors. You can draw the entire image using simple tools such as a pen, spray, and fill. You can also import an image (or part of it), edit it, and save it as an icon.

Freeciv-www.freeciv.org-In this turn-based multiplayer strategy game for Linux, Mac, and Microsoft Windows, you can become the leader of your own civilization and strive to attain greatness. Win by either conquering all opposing civilizations or by using scientific knowledge to build a spaceship to send to Alpha Centauri before your rivals can do so.

Google Earth 4 Beta-earth.google.com-Put the world at your fingertips with this virtual globe to help you plan trips (map driving routes, find restaurants, lodgings, and so on) or have fun as an armchair explorer. Includes content from Google Earth's user community, National Geographic, the UN Atlas of Our Changing Environment, the National Park Service, the Travel Channel, and more. You can also create your own overlays. The downside: It's a resource hog, and without a good graphics processor, it may crash or freeze your system.

Nexuiz-www.nexuiz.com-This 3D first-person shooter, available for Linux, Mac, and Microsoft Windows, is entirely GPL and is continuously tweaked and modded. The multiplayer death match, which has minimal hardware requirements, will keep you on your toes. Choose from 15 different player models and kill, kill, kill!

Tux Racer-tuxracer.sourceforge.net-In Tux Racer, you play as Tux the Linux Penguin (though it's for Microsoft Windows and Mac as well as Linux). You must steer through the flags on a slalom course while picking up Tux's beloved herring. Realistic physics means you'll notice a difference between fluffy snow and slick ice. Change

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the right food is a cure in itself.

Sometimes you wonder about what can make you healthy. What has happened with modern medicine is that they have removed the curing properties of food. They have taken those direct properties, filled the medicine with them, and have shoved it into people. When you take a medicine with the original as well as with the embraced faculty of it, there is hardly any negative reaction. What's more, there are a lot of foods available to us today that were not part of the Ayurvedic tradition. This knowledge which I am sharing with you has not been added to: there is nothing which is not in the traditional knowledge. We have to keep the knowledge pure from our own ego, and we won't change the information taught by our teachers. We are very proud of this and we want to keep our pride alive. We don't want to go left or right.

A Good Cleansing Diet—Mung Beans and Rice

It is good for the kidneys and helps in higher meditation. Mung beans are an easily assimilated protein. This diet will work on the colon and the digestive organs. For forty days eat only mung beans and rice at mealtimes with lots of green vegetables cooked into the same dish. Fruits may be eaten between meals whenever desired and Yogi Tea may be taken. This is a good winter diet and is recommended for people over forty.

Variation: Mung beans and rice is a very standard fast. It's a poor man's fast. You can live on mung beans and rice and yogurt. You can live years and years and years of a healthy life and you'll never be sorry for it.

People call this the food of the angels. It's very digestible. It has the protein, it has the carbohydrates, it has all the combinations you need. But our recommendation is, if you make mung beans and rice, put a lot of vegetables in it when you make it. You can also add some spices. Make it tasty.

Mung Beans and Rice Recipe

- 1 cup mung beans
- 1 cup basmati rice
- 9 cups water
- 4-6 cups chopped assorted vegetables
- 2 chopped onions,
- 1/3 cup minced ginger root
- 8-10 cloves of garlic, minced
- 1 heaping teaspoon turmeric
- 1/2 tsp pepper
- 1 tsp garam masala
- crushed red chiles to taste
- 1 Tbsp sweet basil
- 2 bat leaves
- seeds of 5 cardamon pods
- salt or tamari sauce to taste
- ghee to taste

Wash the mung beans and rice. Bring water to a boil, add rice and beans, and let boil over medium high flame. Prepare the

vegetables, add them to the cooking rice and beans. Heat oil (about 1/2 cup) in large frying pan. Add onion, ginger and garlic and sauté over medium high flame until brown. Add spices (not salt or herbs). When nicely well done, combine onions with cooking beans and rice. You will need to stir the dish often now, to prevent scorching. Add herbs. Continue cooking until completely well done, over medium low flame, stirring often. The consistency should be rich, thick and soup-like, with vegetables barely discernable. Serve with yogurt or cheese melted over top. If cooking for children, make it less spicy.

Serving the Hungry in Espanola

A new seva group has formed to serve lunch once a month at the Interfaith Soup Kitchen in Espanola. A coalition of faith groups in the valley has joined together to provide a hot meal Monday through Friday for about 30-50



people, and now our sangat is part of this program. Our first meal on January 26th was a huge hit. The food we prepared and served in our Khalsa vibration touched the hearts of those who ate it. They showered us with "God bless you," "You are good people," "When will you come back again?" We were back on Friday, March 2nd, serving enchiladas,



calabacitas, yogi tea and dessert.

If you would like to be a part of this energy, there are a couple of areas where we could use help. We need a large wok, 18" or larger. If you would like to buy one for us, or contribute towards its purchase, that would be great. We make a point of using fresh produce in our meals as this is something which is generally missing in the meal program. If you would like to donate funds toward the purchase of our ingredients, that would be most welcome.

If you would like to participate in any of these ways, or if you have comments or questions, please contact **Kulwant Kaur, 747-6622, kulwant@sikhdharma.org** To make donations **make out a check** to *Sikh Dharma of New Mexico* and mail to, Kulwant Kaur Khalsa, PO Box 1043, Santa Cruz, NM 87567 or hand deliver to GuruMeher Kaur at the Ashram Office.

Going Green

Small Steps to Save the World

By Guru Nam Kaur Adeniji

- Replace the bulbs in the five most used light fixtures in your home with Energy Star-approved compact fluorescent lightbulbs. If every American household did this, the amount of energy saved would be like taking 8 million cars off the road.
- Unplug your small appliances when you leave the house.
- If you keep a refrigerator in your garage to store extra food, getting rid of it can save the average household about \$1,500 over ten years.
- Defrost your freezer. When ice builds up, it actually requires more energy to keep your freezer cold.
- Bring your own bag to the store. Americans throw away an estimated 100 billion plastic bags a year, most of which end up in landfills, where they will remain for the next 1,000 years.
- Buy recycled paper products. It takes about one-third less energy to make a sheet of recycled paper than a sheet of virgin paper.
- March without lifting a foot. Sign up for the virtual march against global warming at stopglobalwarming.org.

Bigger Steps

- Bring your own garment bag to the dry cleaner instead of having them wrap your clothes in plastic.
- Look for the Energy Star label when buying appliances. If you bought your current refrigerator before 1990, replacing it with a new, Energy Star model, would save enough power to light your house for more than four and a half months.
- Call your power company to see if you can switch to renewable sources like wind or geothermal energy. In Oregon, Pacific Power offers Blue Sky Usage plan, which uses renewable energy sources and costs the average homeowner about \$8 more a month. Residents of Madison, Wisconsin, can buy wind power with only a 6 percent increase to their monthly electric bill.

Put Your Money Where Your Planet Is

- Consider a hybrid vehicle. The Ford Escape Hybrid SUV gets up to 36 mpg. The 2006 Lexus RX Hybrid SUV gets up to 33 mpg. If the average fuel economy in the United States was increased by 5 mpg, we'd save 25 billion gallons of gas a year.
- Log on to americanforests.org to find out how much carbon dioxide you create by burning fuel. The site's online calculator translates that amount into the number of trees you need to plant to absorb your emissions. You donate \$1 per tree and they plant them. (The average American needs to plant 30 trees a year to counteract her emissions, so you can do your bit for about \$30.)

Support a nonprofit that helps us find solutions and educates leaders in Washington about ways to reduce emissions; Environmental Defense (edf.org), Natural Resources Defense Council (nrdc.org), Environmental Working Group (ewg.org), or Sierra Club (sierraclub.org).

Planet Earth on the Discovery Channel

View on March 25th at 8:00 pm

Experience the planet as never before with the most ambitious factual series ever produced about the planet earth. Created by the BBC and shot entirely in high definition, this groundbreaking eleven-part series is the ultimate portrait of the planet, providing an unparalleled view of the world's finest landscapes and incredible footage of creatures that could never be filmed in the wild before.

Four years in the making, the world's premier wildlife cameramen have traveled all over the planet, from the world's greatest rivers and impressive gorges to the mightiest mountains – from the hidden underground world of caves and caverns to vast deserts – to bring viewers a new perspective on some of the planet's most iconic habitats. Imagine the Gobi Desert covered in snow; the view from the top of Angel Falls. *Planet Earth* contains long powerful sequences that have never been filmed before, delivering revelation and wonder in every episode.

Narrated by the legendary Sir David Attenborough and accompanied by a musical score from multiple Academy Award nominee George Fenton, *Planet Earth* blends the best of the visual and musical worlds to bring viewers unprecedented footage of some of nature's greatest spectacles. Included are huge migrations caught on camera, sand storms and plagues of locusts filmed in full force, and animals and landscapes caught on film for the first time. *Planet Earth* reveals that there is so much of the planet that has not yet been explored on television.

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the weather and lighting to add to the challenge.

ZSNES-www.zsnes.com-The ZSNES open-source Super Nintendo emulator, available for Microsoft Windows, Linux, FreeBSD, and DOS, beats other emulators with its superior compatibility, stability, graphics, audio, and usability. The best feature: two-player gaming over the Net. ZSNES can use hardware-accelerated graphics cards, so some games actually look better than they did on the original console.

That's it for March. Enjoy the free software and I'll see you here next month.

**The Crestone Charter School Goes to India
Crestone, Colorado
March 20, 2007**

One of the many goals of CCS is to help students become citizens of the world - to understand that openness to and tolerance of different cultures and traditions is a step toward world peace. The Crestone Charter School sees no better way to expand student awareness than through travel.

Over the past four years the students have developed an interest in India partially through their Kundalini Yoga class. As we do yoga, their teacher Sue Beck tells stories of India and of Yogi Bhajan. She has taught us the Bhangara, a traditional Indian dance. With the help of many interested parties, we are making a trip to India a reality.

Part of what makes the CCS travel program so powerful is the incorporation of academics, service, and cultural awareness. This year we are studying world religions and literature, Eastern and Asian history, geography, and earth science. While in India we will visit a variety of religious sites including Buddhist and Jain Temples, Muslim Mosques, Hindu ceremonial Sites, Tibetan Buddhist centers, Sikh pilgrimage sites, and the Haidakhan Ashram. Throughout the trip we will engage in service projects including helping underprivileged children in Delhi, cleaning the Sikh Golden Temple, and volunteering in a school for orphaned Tibetan refugees. Some of our most powerful learning experiences may simply be traveling through the streets and towns of India - absorbing the sights, smells, sounds, tastes, and feel of life in this foreign country, so unlike our own.

If you have any questions regarding to our proposed adventure, please feel free to contact us at the school: 719-256-4977. Contributions to the Crestone Charter School India Fund may be mailed to P.O. Box 400, Crestone, CO 81131. All donations are tax deductible.

Sincerely,

*Thomas Cleary, Co-teacher
CCS LINK high school program.*

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eight speakers will be representatives of their faiths who will speak briefly (10 minutes maximum) on how the bridge of faiths impacts and is impacted in their community. Each speaker will be preceded by music representing the choice by their community as typical. All people of faith in Santa Fe are invited to participate in the event. All clergy will be invited to join the processional and will be introduced as well as dignitaries.. The event will start promptly at 7:00 pm. Donations for expenses for the event will be accepted.

A reception for all clergy, choirs and representatives will be held from 4 to 6 pm prior to the event at the First Presbyterian Church on Grant Street. All persons attending are asked to provide finger food that is representative of their faith. Hot and cold cider, as well as coffee and tea, will be provided. For more information please contact Dr. Richard Murphy, Saint Bede's Episcopal Church or Lucian or Joan Niemeyer 466-0056 or 992-0010.