

DIVERSE CITY

Magazine

Holidays/Christmas 2024



REFLECT & CELEBRATE

Christmas, Holidays, and Reflections

Follow your passion with a New Year's Resolution

Shine on you shine on, Rain Go Away go away

It's like Magic in the air, Just like magic in the air

DAVE MARTINS OF THE TRADEWINDS

The passing of Guyana's superstar Dave Martins from the band 'The Tradewinds' of Portuguese ancestry passed on at age 90; he played his songs until the end- great example.

If you're white, black or any color...It should never be about the color of a person's skin... there are many complaints in Edmonton, Alberta, Canada of people not being hired because of the color of their skin

Reparation talks for descendants of en-slaved Africans...

Humza Yousaf: '...so much of Britain's and Scotland's wealth is a product of slavery...'

F. Ally 2024 Holiday Acoustic Guitar Jam

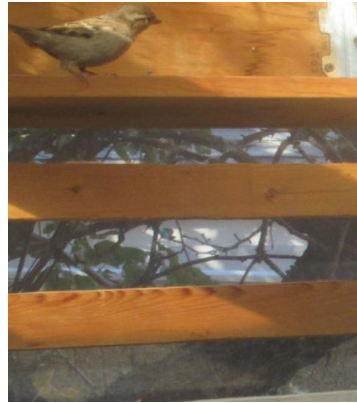
Posted on www.allymedia.ca, under Music-Books

Grooming, Fraud, Scams

A discussion with relatives on fraud and theft of people's songs, books taking place and not to get dragged into their filthy schemes and getting framed. In the continuation of Savitri's Garden- Dr. Faaz while in the hospital was attacked, all set up by Jack to steal his poems, while songwriters, Jay (Jibriel) and Anwar are tracked 24/7 and are harassed...p. 34



World Magazine



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All photos taken and copyright by F. Ally

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Website: www.allymedia.ca

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Disclaimer: The writer(s) of articles in the Diverse City Magazine has done his/her best to write on topics presented based on public available information, which may be inconsistent, incorrect or even change over time. If errors are pointed out, the writer(s) will investigate and provide updates. Faisal Ally has been video taping his reports as he types as proof of his research and work, and has multiple copies of his work as his work evolves.



Disclaimer: *The opinions conveyed in this magazine are those of the writer(s) and do not reflect the opinions of the publisher, others posting information such as advertisements, pictures etc...*

The views of the writers are his/her views and does not represent others in the magazine. The writer(s) of articles in the Diverse City Magazine has done his/her best to write on topics presented based on public available information, which may be inconsistent, incorrect or even change over time. If errors are pointed out, the writer(s) will investigate and provide updates. Faisal Ally has been video taping areas of his reports as he types as proof of his research and work, and has multiple copies of his work as his work evolves.

Information presented in this magazine are subject to changes. When embarking on a trip, vacation, a place of service such as a restaurant etc...you must verify and or confirm the information presented in this magazine, as information can change quickly, even immediately after this magazine is published. It's important that anything to do with health and meditation as presented in this magazine that the person seeks professional advice, for example from their doctors, researchers etc...

Ally Production and or Faisal Ally/ Brian Ally do not do videos, write articles, books, songs for anyone, nor edit books and articles for anyone. In the past I have done some weddings videos and around 2010 completed a half an hour comedy episode and a mock up movie.

There is another company by a similar name, Ally Production that does movies; I have no connection to them. If any body tells you that I will write songs, books articles for others or gives audition, those are all made up fabricated lies and have nothing to do with me.

Anyone can have a copy or copies of my songs and books, however, if anyone tells you that you can sample my songs, books etc... for commercial use and rewrite to make it better according to your taste thinking it's better, those are again fabricated lies as part of their scam, as I have never signed a contract with anyone to sample any of my songs and books or to use any of my songs/music and books commercially. In this industry scams and tricks can be played on you and you can easily be mislead pulling you into a scam and or situations you will regret. Beware of people pulling you into their scams and having you take the blame for them! They will set you up, frame you and make you take all the blame, while they're on their beach getaway enjoying their paradise on earth, and they are well protected by a system that protects them, but scam people like myself for their gains and benefits. People on our email lists have been getting spams with the subject 'Ally Production(s)'; I never use this name in the subject line - those emails are not from me...F. Ally





Naz (Neisha) enjoy spending time in the kitchen with her son, teaching him Guyanese traditional cooking and baking. This edition Naz and her son make Chinese cake and Pine Tarts

HUMANITY ON

THE BRINK OF DESTRUCTION

**IF YOU WISH TO EXPERIENCE PEACE,
PROVIDE PEACE FOR ANOTHER
TENZIN GYATSO, THE 14th DALAI LAMA**

**GIVE PEACE A CHANCE
JOHN LENNON**

**WE WANT A NEW CLEAR SOCIETY
NOT A NUCLEAR SOCIETY
F. ALLY**

New Clear Society

Original song by F. D Ally; all songs Copyright Protected

The destruction of the world was foretold
People's greed and evils will lead us to Armageddon
The last battle ground

The aids epidemic is plaguing the world
Nostradamus predicted worldwide disasters at the turn of the century

Get your act together now, get your act together now
Get your act together now, let's act together now

D day 1944, 1945 atomic bombs dropped on Hiroshima
On Doms Day, The sky will be on fire

Is this our fate, to live in this destructive age
It's what man has create, fantasizing he's so greate
People likes to imitate, Politicians they dictate
Dropping bombs and nuclear waste, Destroying the world and causing hate

Polluted seas, polluted skies, drug abuse is on the rise
Open the gates, it's getting late, Join hands everybody

Politicians, Bureaucrats, you rule our lives Bourgeoisie
You took our souls; you got control, divide nations with your ideologies

Sit relax and meditate, sip your tea and communicate
The sky is read, I'm feeling blue, Smog clouding up my head

New clear Society, New clear Society, New clear Society
Don't want a Nuclear Society

We're living in a destructive world, Do we really know what we're heading for
Politicians preach, drop the nuclear bomb, The people says get rid of the bomb

The ocean's on fire, the sky's on fire, The world's on fire, our heart's on fire

Children dying from hunger and disease, People just doing what ever they please
Drug abuse and aids are out of control, You better watch out before you loose your soul

Put out the fire, put out the fire, put out the fire

Get your act together now, get your act together now
Get your act together now, let's act together now
Sit relax and meditate, sip your tea and communicate
The sky is read, I'm feeling blue, Smog clouding up my head

New clear Society, New clear Society, New clear Society
Don't want a Nuclear Society

REFLECTIONS SUMMER 2024

As we say goodbye to 2024

Photos by F. Ally during the 2024 Cariwest Parade in Edmonton



**ALL THE BEST AND SUCCESS
ALL THE GOOD THINGS LIFE BRINGS
FOLLOW YOUR PASSION WITH A NEW YEARS RESOLUTION**



GUYANA, SOUTH AMERICA PARADE BAND

REFLECT & CELEBRATE

ANOTHER YEAR GONE BY

Christmas

Original by F. D Ally

Put up a tree
Turn on the lights
It's magic tonight
Have a merry little Christmas
And a Happy New Year

All the best and success
All the good things life brings
Follow your passion
With a New Year Resolution
Put up your tree, Turn on the lights

I'll always remember Christmas Day
Those moments we share and treasure
The things we do together

Taking rides on Santa's sleigh
To see the lights on Candy Cane Lane
Smile with me, Shout with glee
Put up a tree turn on the lights

Light up my life, light up the world,
let's celebrate
It's the love we share, the love that gets
so high and higher

All the best and success
All the good things life brings
Sing a song and clap along
Here we go under the mistletoe
Smile with me, shout with glee
Put up a tree turn on the lights

Christmas day (we celebrate our love)
Christmas day (we celebrate)

Christmas day (our love gets stronger)
Christmas day (we celebrate)

Precious Holidays

Original by F. D Ally

The good times fly
Another year gone by
There's magic tonight
Have a precious holiday
And a Happy New Year

All the best and success
All the good things life brings
Follow your passion
With a New Year Resolution
The good times fly
Another year gone by

I'll always remember the good times
Those moments we share and treasure
The things we do together

Taking rides on Santa's sleigh
To see the lights on Candy Cane Lane
Smile with me, Shout with glee
Precious holidays and a happy new year

Light up my life, light up the world,
let's celebrate
So have a precious holiday and a happy new
year

All the best and success
All the good things life brings
Sing a song and clap along
You can't go wrong with a hug and kiss

Smile with me, shout with glee, the good times
fly, another year gone by

Precious holidays and a happy new year

KEEP THE PEACE

Music and Lyrics by Fisal (Fizal) D. Ally, Copyright Protected

When I think of those better days
Holding hands and singing a song
When we listened to each other
Reaching out across the sky

Make this Earth a better home
For all lives under the sun
On the land or in the sea
And up above the earth

You say you're white, black, whatever color
It should never be about the color of a person's skin
Lend a hand and you will understand
The meanings of Love

And if you're rich, poor or in-between
You shouldn't judge anyone by what you see
If you look deep down inside
You will find peace of mind

Peace Let's keep the peace
Keep the peace for everyone
Every country across the seas
Sharing love in the world

Put an end to all the wars
Yesterday today and for tomorrow
If you search for the answers
You will find peace of mind

It shouldn't matter what you are
Your religion class color or your race
Walk together and not against each other
Let's live in harmony

Peace, let's keep the peace
Keep the peace for everyone
Every nation across the land
Sharing life on this earth

Let's forgive and learn to compromise
Ease the pain sorrows and no more hunger
And the children will have some peace
In this land we call free

Can you imagine a world that is one
There's no limit to what we can do
Reach out for another
And have a change in heart

Peace Let's keep the peace
Keep the peace for every one
Every country across the seas
Sharing love in the world

Peace Let's keep the peace
Keep the peace for everyone
Every nation across the land
Sharing life on this Earth

Peace let's the peace
Let's keep the peace
Keep the peace for everyone



Editor / writer:
Faisal Deen Ally
(Brian Ally)

Merry Christmas and a Happy New Year to the ones celebrating Christmas. Happy Holidays and a Happy New Year to everyone.

As a boy in Guyana, South America Christmas was special to me and my family, and also to most family, regardless of religion and race. Guyana has people of many origins such as descendants of Africa due to the barbarism of slavery, and Indentured laborers from the 1800s such as the Portuguese, Indians from India, Chinese, Maltese, Syrian/Lebanese, British, Germans and other ethnicities that built the nation. And like all South America countries, Christianity is the main religion. In school we said the Christian prayers and sang all the Christian hymns, and at Christmas we sang all the Christmas carols and celebrated Christmas like most South Americans and Caribbeans did...F. Ally.



Year End Edition

This edition has two of my mom's Guyanese recipes for Chinese cake and Pine Tarts. I had made a modification to a batch by adding shortening for a bit more crisp, whereas my mom would just use butter. I have collected as many of my mom's original Guyanese recipes, while we cooked our Guyanese traditional dishes such as pepperpot, chowmein, curry, provision, bake and salt fish and much more that were all brought to the small South American nation by the enslaved people from Africa, and the Indentured laborers that arrived in the 1800s such as the Portuguese, East Indians, Chinese, Syrians, Maltese and other European, except for pepperpot which is an original South American dish made by the Amerindians (American Indians). We call all the dishes our own, in the way we call the Essequibo region our own-every blade of grass, and that's the beauty of being Guyanese, sharing each other cultures as a way of life.

We are now into the holiday, with Word War III on the horizon, genocide of Palestiians, especially the cruelty to children of Palestine where at least 20,000 children have lost at least one limb. No doubt this is a world war on the people to bring in the Great Reset, to depopulate the world, and to restructure the world; As per World Economic Forum (WEF) You will own nothing and you will be happy, and also as WE America's dominance is over. By 2030, we'll have a handful of global powers (Nov 11, 2016).

News on reparations have recently made headlines again, due to the genocide of slavery of the Africans who were kidnapped and brutally beaten, whipped and tortured and hung in places like Guyana in South America, other places in South America and the Caribbean, and the rest of the

Americas.

I did a short write up on a real country boy from Cotton Field, Anna Regina, living in Cotton Field, where our home overlooked a big pasture with birds, horse and cows.

I have been doing a 2024 Holiday Acoustic Jam, recording my original songs with a small camera as I sing and play my acoustic guitar, also waiting for a few friends to drop by with their guitar if they can find the time. I have been uploading some of these quick unrehearsed videos on www.allymedia.ca under the tab 'Music-Books.' And the music goes on.

THE GREAT RESET TAKING PLACE BEFORE OUR EYES

Humanity in danger with the worse to come

We're all witnessing what's taking place in the Middle East, as the attacks move from one place to the next, destroying those nations and taking control of them.

Henry Kissinger stated who controls the food supply controls the people, who controls energy can control whole continents, who controls money can control the whole world.

World Wars and the Great Reset

Not only at the very beginning of the war between Israel and Gaza, Netanyahu said that they were restructuring the Middle East, but the Georgia Guide Stones states the world to have a population of 500 million. As the Middle East is being restructured, the West is also under restructuring as Greater Israel comes to life being the next superpower, while the American Empire ends by 2030 according to the World Economic Forum. In the past the invasion of Iraq, Libya and other places had taken place to restructure those places around the Middle East, and the attacks are going from one country to the next, Gaza, to Lebanon, Syria, Yemen, while Russia and Ukraine wars get worse, pulling North Korea and others into it. Many places that's being destroyed weather by wars or the wars of nature onto them will be rebuilt into 15 minute cities with cameras everywhere, spying on us and tracking our every moves; already for some people selected this already exists.

We continue to hear that countries around the world where the births rate are on the decline. Most of the cars world wide by 2035 will be electric, thus oil will not be as important, and how will this affect places like Saudi Arabia and Qatar? America will no longer be a super power by 2030. Immigrants are flooding America's border which will change its demographics and also create a lot of disorder to bring down America.

There's a vast changing of demographics in the Western world. Within a few short years, Edmonton has become very diverse, where often many other languages are heard and not only English. Sometimes I rarely ever hear English in the malls now. Recently, I was told that for example Fredericton is now 20% Indians. That's only Indians. Then there are others such as Filipinos, Arabs, Africans, Chinese etc...This means that the demographics of Canada have completely changed within a short time. And if you go up north, you will find the exact same thing.

Ukrainians arrival in Canada where they contributed to the development and growth of Canada

According to Ref 6: The first two Ukranian settlers arrived in Canada in 1891 followed by tens of thousands until the start of the First World War...The vast majority of these immigrants

settled in Manitoba, Saskatchewan, and Alberta.

Quotes from

Bac-lac.gc.ca/eng/discover/immigration.immigration-records/immigrants-ukraine-1891-1930/Pages/introudcition.aspx

Syrians arrived in America, South America and the Caribbean over 100 years ago to work and to contribute to the development to the Americas

The first major wave of Syrian immigrants arrived in the United States from Ottoman Syria in the period between 1889 and 1914. A small number were also Palestinian. According to historian Philip Hitti, approximately 90,000 “Syrians” arrived in the United States between 1899 and 1919.

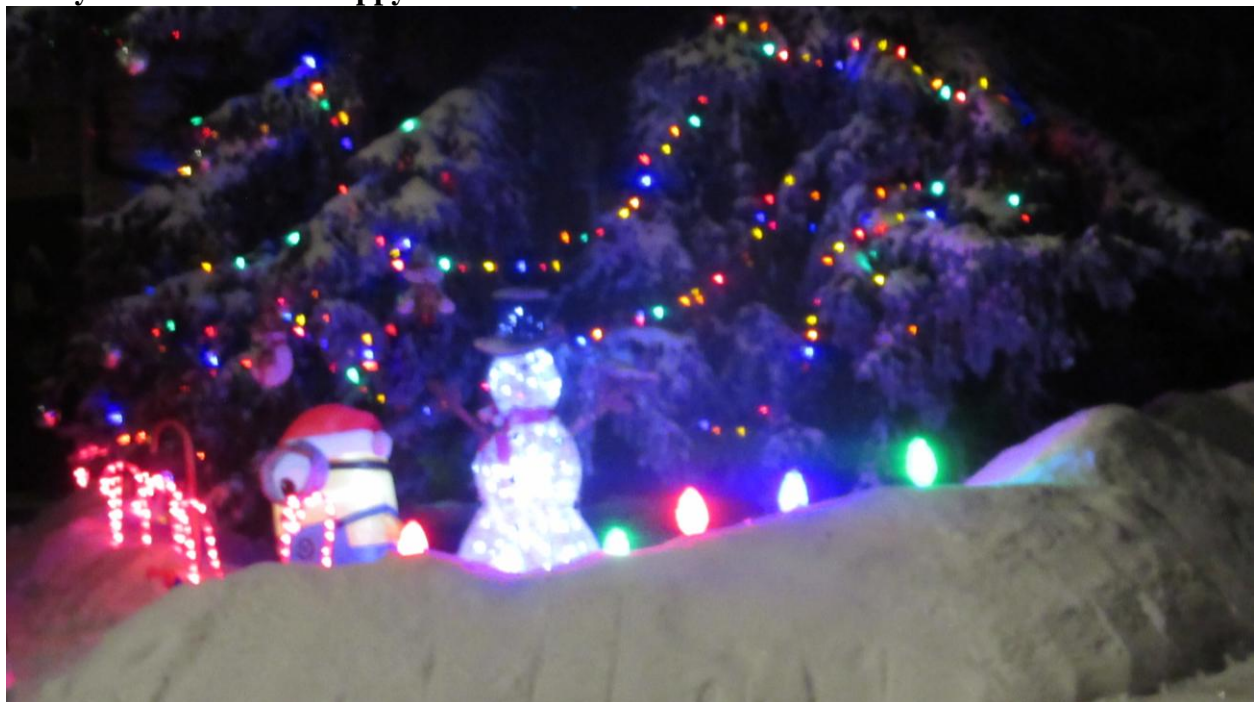
‘Syrians, like most immigrants to the U.S were motivated to pursue the American Dream of economic success....Thousands of immigrants returned to Syria after making money in the United States, these immigrants told tales which inspired further waves on immigrants. Many settlers also sent for their relatives.

Quotes from En.wikipedia.org/wiki/Syrian_Americans

Syrians in South America

Being a descendant of that first wave of Syrians to the Americas, I have been reflecting on the area of Syrian, Lebanon and Palestine, appalled at the destruction taking place, and what’s to come, not only for them, but also for myself and millions, if not billions. My father’s grandfather (my great grandfather) was one of those brave Syrians that ventured out on ships into the Americas and landed in South America. From my research most of the Syrians came out of Lebanon as in those days Lebanon was a part of Syria, and they were all called Syrians. A small ship would travel from a port like the Port of Beirut to Marseilles in France and from France the Syrians would board a bigger steam ship which would take them into the Americas to work ...F. Ally

Merry Christmas & A Happy New Year



Christmas photos taken by F. Ally



DIVERSE NEWS



COULD THE SMALL SOUTH AMERICAN COUNTRY GUYANA BECOME A SUPERPOWER BECAUSE OF ITS OIL?

The small South American country with only a population of 800,000 as there are much more Guyanese living outside of Guyana due to past political and socioeconomic problems, this country today has the fastest growing economy in the world. 'Guyana's future is looking bright,' the host said of a youtube 'What will happen if Guyana becomes the World's Biggest Superpower?' asked.

Having lived across Guyana as a boy, seeing the people and the land, and traversing by car, boat, speedboats, in those days when Guyana was a very poor nation, even with its gold industry, and producing sugar and rum for the world, but today this small South American country is making waves with its oil discovery.

Could Guyana become a super power?

But also by 2035 most cars will be electric and not gas. Thus oil and gas will not be in demand as much as we see today. Will Guyana be the country to produce this oil? It's very possible. Only time will tell. However, having lived in an oil rich province in Canada, which is Alberta, even when the economy was booming from its oil sands, there were still many people who were struggling to pay their bills, as there was inflation and other situations to be faced. It will be no different for Guyana even with such a small population.

THE SEERS 2025 SIMULATION AND FUTURE OUTBREAKS

We are heading into the year 2025. I have been writing about the SEERS 2025 simulation for a few years now.

Looking back a few months ago, Mpox outbreak was declared as an emergency on August 14, 2024 affecting children.

Going back to 2023 a simulation called The SEERS 2025 simulation ran in October 2023 predicts that a in 2025 there would be an outbreak, which affects children where the big outbreak is in the northern area of South America in western Venezuela and neighboring Guyana and in the northern part of Brazil. 'Will the SEERS 2025 simulation ran in October 2023 come through

where this region in South America is affected the most with a deadly contagion? Or will this contagion affect the whole world? My guess is something very dangerous is coming in 2025, and that's only the beginning and a taste of what's to come over the next 25 years as the Great Reset takes place.

And if this happens we could be seeing lockdowns, injections and martial law declared. Thus, it's important to be stock up on can groceries.

As of December 13, 2024, 'Covid-19 activity is beginning to increase from low levels in some areas of the nation...CDC estimates that from October 1 through November 30, 2024, there have been between 64,000 and 110,000 hospitalizations due to COVID-19. (Ref1)

REPARATION

Britain is in the news again for their involvement in slavery.

On October 20, 2024, Douglas Dickie wrote "The SNP MSP for Glasgow Pollok has been accused of being 'disconnected' from the public who want to see their politicians standing up for their communities. He is referring to Humza Yousaf. An excerpt states, 'Humza Yousaf wants Britain to pay slavery reparations as former FM continues obsession with 'fringe' issues. (Ref2).

In places like Canada, there's a lot of news coming out on the past mal treatment of the Indigenous people as seen in the short write up below, and does that mean that anyone that speaks about this is disconnected from their community? Most likely not. There's always a place for history. I have been writing on slavery and indentured laborers for decades now, so does that mean that I am disconnected from the community I live in because I'm studying past history and writing about it? Most likely not. The past tend to come to life and sneaks up on you when you least expect it to.

Yousaf states, 'Some countries, especially in the Caribbean, want the UK to fork out billions of pounds in reparations.'

'He claims "so much of Britain's and Scotland's wealth is a product of slavery" and that talking about it "doesn't make you anti-British, it doesn't make you anti-Scottish. On the issue of reparations, he said: "There's no way that we're ever going to be able to compensate for the sins and crime of slavery in its entirety" (Ref2).

THE DESTRUCTION OF THE INDEGINOUS PEOPLE

Recently in the news, there were more talks on the devastating history of the indigenous people.

The article from November 14th 2024 by Darryl Greer 'Law suit alleges abuse, cultural devastation at Indigenous group homes' states, 'A proposed class-action lawsuit against the Canadian government says Indigenous people removed from their communities and placed in group homes beginning in the 1950s suffered physical, sexual and psychological abuse that "was commonplace, condoned and , arguably, encouraged" (Ref3).

'An Every Child Matters poster in Maskwacis, Alta., Monday, June 27, 2022' showing seven Indigenous children with the words 'They found us.'

The article 'Racial Segregation of Indigenous Peoples in Canada by Jennifer Brant Thecanadianencyclopedia.ca/en/article/racial-segregation-of-indigenous-peoples-in-canada?European Settlement and the "Indian Problem" provides some important information on the history of the Indigenous people.

An excerpt from the article states: 'Historically, Indigenous peoples were considered a threat to European settlement and expansion. During the creation of the Numbered Treaties (1871-1921), for example, the federal government made agreements with various First Nations as a means of development their territories for industrial development and White settlement. While many Indigenous signatories were reluctant to sign the treaties, the eventually did so because of a lack of food (due to the declining bison on the plains) and the vast spread of infectious diseases, among other reasons' (Ref4) .

The article further states: 'After the signing of the Numbered Treaties from 1871 to 1921, Indigenous peoples were pushed on small tracts of land that were "reserved" for them. In many cases, these lands have been described as less desirable and posed significant challenges for agriculture and traditional sustainability such as hunting, trapping and fishing.'

Thus the agreements made did not benefit the indigenous people in any way, shape or form, but had destroyed their lives in many ways.

COMPLAINTS THAT THEY ARE NOT BEING HIRED BECAUSE OF THEIR SKIN COLOR

If you're white, black or any color, It should never be about the color of a person's skin...lyrics from the song 'Keep The Peace' by F. Ally.

The demographics across places like Canada have changed considerably, especially in the last few years and many people have been complaining that they are not being hired. These may not be lawyers or doctors or people in certain professions, but the fact many people feels that they are being targeted because of the color of their skin. Well, it is about the color of a person's skin. In the past, I felt that I was not being hired because of my skin color. But, in recent years, it's been many 'whites' who have been complaining that they are not being hired. I can speak for that. I told a friend to drop his resume off at the stores in the malls around him, and he had told me that no one will hire him because he is white. Some people told me that some areas in the city of Edmonton are not hiring whites. If hiring practices were fair over the past decades and also at the same time including the ones that have disadvantages then maybe none of this would be happening today, and for example there would have more indigenous people in the work place already. When decades ago, many shops, cafes, stores, groceries had mainly white employees, today many of those places have a diverse group of people of colors and hardly any whites. This shows a breakdown in society and what I would say bias hiring practices. Yes, some do care about the color of a person's skin.

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Humza Yousaf wants Britain to pay slavery reparations as former FM continues obsession with ‘fringe’ issues

‘The SNP MSP for Glasgow Pollok has been accused of being ‘disconnected’ from the public who want to see their politicians standing up for their communities

By Douglas Dickie’ 20Oct 2024

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Canada’s National Observer

Law suit alleges abuse, cultural devastation at Indigenous group homes by Darryl Greer: November 14th 2024

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Racial Segregation of Indigenous Peoples in Canada by Jennifer |Brant

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‘European Settlement and the “Indian Problem”

Reference 5

THE SMALL SOUTH AMERICAN NATION OF GUYANA

What will happen if Guyana becomes the World’s Biggest Superpower?

Acb King TV

[Youtube.com/watch?v=dBFnAbGCKb0](https://youtube.com/watch?v=dBFnAbGCKb0)

RELIGIONS & CULT

SIGNS & SYMBOLS - SECRET SOCIETY / OCCULT



Wikipedia

‘A secret society is an organization about which the activities, events, inner functioning, or membership are concealed.

Recently, I have been looking deeper into religion for answers and solutions and I was very surprised at my findings. With good morals and practices you’d be surprised of its power. While at the same time I have been noticing certain signs & symbols creeping into our home. I took pictures of them and placed them in a document posted on www.allymedia.ca under the ‘Diverse City’ tab. The picture of the guitar above shows when I went out someone had stayed with my mom and when I returned I noticed the broken on my guitar where 3 strings are now at the front and the other 3 strings are now on the side. Another incident is when I went out and someone stayed with my mom, and when I returned I later found a paper airplane which does not have a pointed end but a folded end and where the back is shaped like a 3 and the front is shaped like a 3. Notice those 3’s? And a few are always playing with the toilet paper, making some shapes out of it.

What does Islam say about the devil? See below.

TRICKS OF THE SHAITAN (Satan / Devil)

They are tricksters

He turns people against you to make you give up on your practice and work. He’ll go and whisper to your cousins, to your friends, to the people around you

‘...the shaitan means literally in Arabic, anyone who deludes someone from truth to falsehood and anyone who deludes someone from good to bad, from benefit to destruction.

EVERYTHING IS FROM GOD, SO BLAME GOD FOR ALL YOUR PROBLEMS?

In Islam it is said that all things are from God, so some blame God for all their problems instead of taking responsibility and accountability. In Islam it says everything is from God, but also Islam says that God also gives you freewill. Do the ones complaining also read that our freewill also comes from God?

RECIPES

Pine Tarts

Chinese Cake

By Naz (Neisha) Ally



■

Safety: Use cooking gloves when handling anything hot. When using an instant pot or pressure cooker, take precaution when opening. It's important to release pressure completely before opening a pressure cooker, to avoid any kind of harm to face, eyes, etc...

Guyanese Pine Tarts



Bake time: Approx 30 minutes on 175 degrees celcius which is approx. 350 degrees farenheight

Preparation time: 45 minutes

Ingredients: We used small cans of 398 ml Dole crushed pine apple (you can also use fresh pine apple). 3 cans will make approx 30 pine tarts; 4 cups flour; 3/4 cup butter (we used unsalted butter, you may also use salted butter), approx 2 ½ Tbl shortening (we used vegetable shortening); 1 Tsp cinnamon (In mom's traditional recipe shortening was not used and thus more butter was added and also often cinnamon was not used; it was used for a bit of flavor. Approx ½ cup brown sugar used (we used Demerara brown sugar – add more for taste)

(You can use 3 cups flour with ½ butter, which will make approx 20 pine tarts)

Used big cup for cutting out circles

Preparation:

Strain crush pine apple to remove juice.

Cooking instructions for pine apple to make jam

Boil pine apple and then let it dry down, but not too dry - for approx. 30 minutes.

Add approx 1 Tsp cinnamon; you may add more to your taste. Approx ½ cup brown sugar used (we used Demerara brown sugar – add more sugar depending on your tasted for sweetness.

Make dough

Add 4 cups flour to a bowl, add 3/4 cup butter that's already cut into small pieces. (If you want to make 20 pine tarts then use 3 cups flour and ½ butter for the dough); Blend together, or use your hand and mix the butter with the flour. You may use a potato masher to Slowly add water. Do not make sticky, make firm. Then mix in approx. 2 Tbl of shortening(we used vegetable shortening) to give it some flakiness (You could make a bit more flaky by adding 3 Tbl shortening, but if add too much the dough will become too flaky and will be hard to work with the dough when rolling and folding into shapes, so you do not want it too flaky.

Make dough into a ball, and then wrap in ceramic wrap or put in a plastic bag and put in fridge for half hour to 2 hours; keep it cold.

Making pine tarts

Cut dough in half. Work with first half,

Sprinkle flour on the table so it does not stick

Use rolling pin to roll out down to about 1/4 thick.

Use a container such as a cup to cut out circles by pressing the container into the dough

Use rolling pin to roll out thinner to about 1/8 of an inch or a bit thicker.

Use spoon or scoop, add pine apple to dough in middle and spread out.

(On the outer edges where the jam is, you may brush on egg wash (see below) to when fold sides in and pull sides together, it will help the sides stick.

Fold in sides into a triangle and bring the corners together.

Make egg wash and brush on

Use one egg, add some water and mix

Brush on on egg wash to give it a yellowish color.

Place foil in pan. Place unbaked pint tarts in pan

Set oven to 350 degrees farenheight (approx. 175 degrees centigrade)

Bake for approx 10 mins. Switch top to bottom and vice versa

Bake for another 10 mins. Repeat switching

Bake for another 5 to 10 mins. Do not burn.

Guyanese Chinese cake



Bake time: Approx. 20 to 30 mins

Preparation time: 45 minutes

Ingredients: 1 cup black egg beans to be soaked overnight. Pressure cook to make soft. You can use an instant pot to pressure cook.

3 cups white flour (will make approx 20); 1/2 cup cold butter, approx 2 1/2 Tbl shortening; 2 Tsp cinnamon (Note in mom's traditional recipe shortening was not used and thus more butter was added and also often cinnamon was not used. We added shortening and cinnamon. Approx 1/2 cup brown sugar.

Used big cup or a container for cutting out circles

Cooking instructions

Pressure black eye peas until soft

Use potato masher to mash or use a blender to mash

Add sugar brown sugar to taste. We added approx 1/2 cup brown sugar to start off and then taste the beans; then added more about 2 more Tbl to our taste. If you want it to be sweeter then add more sugar and keep checking. Add 1 Tsp cinnamon, or you may add more for taste.

(we used Demerara brown sugar – add more sugar depending on your taste for sweetness)

Make dough

Add 3 cups white flour in a bowl, add 1/2 cup cold butter that's already cut into small pieces.

Blend together, or Guyanese style use your hand and mix the butter with the flour. Add water.

Do not make sticky, make firm. Then mix in approx. 2 Tbl of shortening to give it some flakiness.

You may have had 3 Tbl, but if add too much the dough will become too flaky and will be hard to work with.

Put in fridge for half hour to 2 hours; keep cold

Cut dough in half. Work with first half,

Sprinkle flour on the table so it does not stick

Use rolling pin to roll out down to about 1/4 thick.

Use container to cut out circles.

Roll out to about 1/8 of an inch or a bit thicker.

Use a spoon or scoop to add beans to dough in middle.

Fold in sides in a circular motion to make a circle and bend the back.

(On the outer edges where the jam is, you may brush on egg wash (see below) to when fold sides in and pull sides together, it will help the sides stick.

Fold in sides into a triangle and bring the corners together.

Make egg wash and brush on – this will have a bit of a yellow color from the egg yolk.

Use one egg, add approx 2 Tbl of water and mix

Brush on egg wash to the top to give pastry a yellowish color.

Place foil in pan. Place unbaked pint tarts in pan

Set oven to 350 degrees farenheight (approx. 175 degrees centigrade)

Bake for approx 10 mins. Switch top to bottom and vice versa

Bake for another 10 mins. Repeat switching

Bake for another 5 to 10 mins. Do not burn.

LIFE'S JOURNEY

HEALTH - MEDITATION

by F. Ally



STRESSED AND YOUR MIND RAMBLING?

Often, our minds ramble on during the day and even throughout the night with stories, judging, blaming and fantasies swirling through our heads, and even when we're engaged in prayers / meditation.

This article uses excerpts from the previous edition of the Diverse City Magazine and modified.

I began the Life's Journey series of articles two decades ago published in the Cariwave, The Caribbean Magazine. Let's continue this journey. The following passages below are taken from different articles which I have written in the past.

FOCUS

Billions of people around the world are engaged in prayers, meditating, tai chi, chi-gong and other practices that are beneficial and can calm down a person and help a person focus.

During prayers and or meditating thoughts can easily pop into our heads and will come and go, thoughts that are bothersome and can even stress us out while praying or meditating. So it's important to catch yourself, and start focusing on the mantra (phrase) or dhikr in Islam or on your breathing, and phrases during prayers. .

SOME BENEFITS FROM PRAYERS AND OR MEDITATING

Relieving stress and anxiousness, allows us to let go and wind down, achieving stillness and silencing of the mind, stop judging and blaming. This can result in lower blood pressure along with many other health benefits.

HOW TO QUIET THE MIND

You must first catch yourself in these moments of when the mind is very active or restless, else it can go on for hours, days, months, years. Once you catch yourself, you can apply tools such as

meditation where you focus on a mantra (or in Islam focus on dhikr), or focus on your breathing, or spend time in prayers focusing on the words. There are many other relaxation techniques which you can use.

STILL CAN'T LET GO

Letting go is not easy. How do we let go? Even during meditation and prayers it's not easy. It takes a great deal of practice.

One technique is to k

Keep a notepad and pen next you and write down whatever it is that you are trying to remember, recall or bothering you and now let go of them. Now that you know it's written down and you won't forget about them, and you can deal with them after.

BELOW ARE SOME VALUABLE INFORMATION

I will refer to the mantra as a phrase. Here are four phrases; there are many which you will find on the Internet.

1) Om shanti shanti (*Mantra in Sanskrit*)!2) Om Namah Shivaya (*Mantra in Sanskrit*)!3) Maranatha (*phrase used in Christian meditation*)!4) Subhannalah (*phrase used in Islam during dhikr and prayers. Dhikr is similar to meditation or is basically the same as meditation.*

TRY THESE TECHNIQUES

Sit comfortably with palms on lap. Close your eyes for a few minutes? What happens? All kinds of thoughts come and go.

Close your eyes, sit and relax and begin saying your phrase over and over for a few minutes. Focus more on the phrase. By saying the phrase over and over, the phrase should replace the stories and blaming that goes on in your head. You now have a simple phrase now swirling through your head instead of rambling thoughts or blame? As a beginner, your thoughts and rambling stories will surface over and over. When this happens, the goal is to catch yourself and start repeating and focus on the phrase saying it over and over. Buried thoughts, hurts and anger will surface. Let them surface, deal with them and let them go, and then start repeating your phrase over and over. If you let them go, then write them down and deal with them later.

As you repeat your phrase, a method I learned is to slow down the phrase, so there will be gaps of silence in between the phrase. Continue to slow down the phrase and let the silence gaps between your phrase get bigger so you have more silence between your phrase. Let the phrase become slower and fade, and when the phrase fade remain in silence as long as you possibly can. As they say, silence is golden. The thoughts will come back. Repeat the process. Over time a person gets better at it. Trying doing this for 15 to 45 minutes every morning for a year and you will become a much calmer person. I learned this method during a weekend seminar by Dr. Deepak Chopra. You make do some research on his techniques to assist you.

You can also apply silence during prayers. For example after saying a few lines during your prayer, remain in silence for a few seconds and then continue.

Reference: see the Diverse City Magazines for meditation

For anyone interested in meditation, it's import to seek professional training.sign up for a

meditation seminar, where the classes can be done online or in a group, and where you will receive the guidance and expertise of a trained and experienced practitioner so you benefit the most.

Disclaimer: In this article, the writer is sharing his experience and knowledge with the readers. Before embarking on a meditation journey, it's important to seek professional advice in meditation, as there can be complications during your practice. These meditation steps are based on the writer's understanding of the techniques the writer had learned in a three day Primordial Sound meditation course two decades ago by Dr. Deepak Chopra and his team many, along with other methods learned.

Diverse

ENTERTAINMENT

DAVE MARTINS OF THE TRADE WINDS BAND PASSED AWAY AT AGE 90

Dave Martins born and raised in Guyana, South America and of Portuguese ancestry was in the bands called The Latins, then the Debonaires, and then the famous Trade Wind band was created. Dave was a true Guyanese. He enjoyed the local Creole Patois language and he spoke it well. He's a Guyanese legend, a true Guyanese that brought so much to this small South American country. Dave Anthony Martins passed away in Guyana at age 90 on August 19, 2024

FISAL ALLY'S SONGWRITING JOURNEY



FIZAL (FISAL) DEEN ALLY

AT AGE 16, PLAYING HIS COPY OF A LES PAUL, AND STILL PLAYS THIS SAME GUITAR TODAY, BUT RECENTLY SOMEONE ENTERED HIS HOME AND BROKE THE BRIDGE ON THE GUITAR WHERE 3 STRINGS WERE IN FRONT AND THE OTHER 3 STRINGS ON THE SIDE; THAT DOES NOT HELP FOR AN ANTIQUE GUITAR.

All of Fisal (Fizal) Ally's songs are copyright protected.

F. Ally have never given anyone permission to use any of his songs or books to profit off and to use commercially. Many songs and books can be downloaded from www.allymedia.ca for listening and reading. Over the years many recordings were handed out for people to listen to and to share with others to listen to.

A COUNTRY BOY FROM COTTON FIELD where there were cows, sheep, horses, birds on the pasture over looking our home in Cotton Field. We admired the horses on the pasture. We even had sheep in our yard.

Later in life as a boy in Edmonton in Canada, I used to listen and sing Hank Williams song all the time, over and over, when I was about 11 years old; that's what I listened to in those days. My dad had a few albums and the Hank Williams album is listened to over and over. A few years later while living in Calder in Edmonton, when I was around 13 or 14 years old, my sister brought home a Beatles CD a friend had loan her; it was one of the Beatles first Album where they sang a lot of cover tunes. Not knowing who the Beatles were, I used to listen to that album over and over. And in grade 10 I became serious about writing down lyrics and making up songs; I had already made up two songs around age 13/14.

Going way back to when we were babies and children living in COTTON FIELD, my mom sang us songs like Sad Movies, Rail Road, Little Red Valley. Later in life, I learned to play Rail Road and Little Red River Valley on a small blues harmonica, and I still do today. I also play the melodies on my guitar, along with instrumentals like Turkey in the Straw.

In the last year of high school, I joined the performing arts class for a year, and then after that attended a program in the performing arts for a very short time, where I learned more theory. However, I do not use theory when I'm creating songs, I just create what I hear instead of trying to figure out the scale and the chords for that scale. And yes, I do know enough music theory, but theory is not my focus in song writing, but I do understand music theory. For example, when playing the 12 blues jam, I would mix up both the major and minor pentatonic scales when playing, instead of just playing in lets say the minor pentatonic scale. And so it goes, the music goes on.

2024 HOLIDAY ACOUSTIC JAM

Playing and singing his original songs mainly from the 1990s

As stated in many of my writings, I continue to do my independent music projects every year, whatever it may be. For the 2024 holiday seasons and going into 2025 until spring, I'm just strumming my acoustic guitar and singing while at the same time recording with a small camera. Some of the songs I'm doing are: Precious Holidays / Christmas, Estos Sentimientos / These Feelings, Candle That Burns, Keep The Peace, Keep Mae Fire Burning, Blue Caribbean Sea, Gia Carangi (The Italian Model), Lisa, True Love, and many more over the next few months.

Songs are posted on www.allymedia.ca under the 'Music-Book' tab.

SOME MUSIC PROJECTS BY FISAL (FIZAL) ALLY



Looking Back on 100 songs by Faisal Ally; Part I with 8 songs was completed on Aug 19, 2015 (This CD included the song True Love)

ALLY - Original home grown music (February 18, 2012); Nine songs recorded - ALLY - All instruments played by F. Ally. Drum machine used Recorded at Ally Studio (February 18, 2012). Unauthorized use is strictly prohibited.

Songs are: All He Wanna Do, Wide Eyed Innocent, She's Off Limits, Champs, New Clear Society, In A Special Way, The World's Online, Action Speaks, Space & Time

ALLY - 2011 RECORDINGS OF Christmas, That's Crazy Love, No Perfect Man, The Birds Won't Come My Way, A Kiss Goodnight, Sometimes (instr), True Love, Sometimes, Happy New Year, Nobody Wanna Say Goodbye, Lisa, Happy New Year (instru). Unauthorized use is strictly prohibited.

Archive of 22 songs (2011); Songs written by Faisal Ally; instruments played by Faisal Ally

Fyzal Deen, Sweet Paradise (September 1994 - on cassette)

New Clear Society, Sweet Paradise I, The Birds Won't Come My Way, SoCrazy4U, 2CanPlay, Rain Go Away, ReggaRock, Out of Control, Wide Eye Innocent, New Clear Society (music), Sweet Paradise II

Fyzal, Candle That Burns (June 1995 - on cassette)

New Clear Society (music), Lisa (music), Rain Go Away, Candle That Burns, Dance Baby Dance, Only A Fool Breaks His Heart, Sometimes, Modern Day Gypsy, Moon Child (music), True Love, Wide Eye Innocent, Planet Earth, Lisa, Little Magic Wand, Reaching Out, Estos Sentimientos (These Feelings), Return To Kashmir, Moon Child (music)

Fyzal Deen Ally (December 1995 - on cassette)

I'm Running, Missing You Just Like Crazy, Keep Mae Fire Burning, A Kiss Goodnight, Blue Caribbean Sea, Gia, Love Is Strong, Blue Caribbean Sea (Instr. 1), Keep Mae Fire Burning (Instr), Wild Wild Wild, Love Has No Religion, On Christmas Day, Keep Mae Fire Burning (Instr.2), Hope You Never Will, Say No (Instr)

FYZAL DEEN (1990s - on cassette)

Christmas Day Rock, A Kiss Goodnight, We Party Till We Feel Alright, SoCrazy4u

FYZAL DEEN, CHRISTMAS (1999)

Songs on this CD: A Kiss Goodnight, True Love, Christmas, Keep the Peace

LOOKING BACK ON 100 SONGS BY FISAL ALLY (Part 1 - 8 Songs), Original songs, Lyrics and Music written and composed by F. Ally. The songs are: *That's Crazy Love, True Love, The Birds Won't Come My Way, No Perfect Man, Sometimes, Nobody Wanna Say Goodbye, A Kiss Goodnight, Story of my life (2010), Reflect and Celebrate, Precious Holidays*

(All songs copyright Protected by Fisal Ally. All Rights Reserved)

Websites: www.allymedia.ca / www.signaturewithlove.com

FISAL (FIZAL) DEEN ALLY'S INDEPENDENT ORIGINAL MUSIC & BOOK TOUR

A TOUR of songs and books written by songwriter/musician/writer Fisal (Fizal) Deen Ally who is originally from Guyana, South America
PLEASE VISIT www.allymedia.ca

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PLEASE SHARE WITH OTHERS

***Ebooks can be read or downloaded from: <https://allymedia.ca/fisal-ally-books>

***Ebooks can also be read or downloaded from: www.smashwords.com; do a search for Fisal Ally

***First 3 ebooks can also be read through the Edmonton Public library

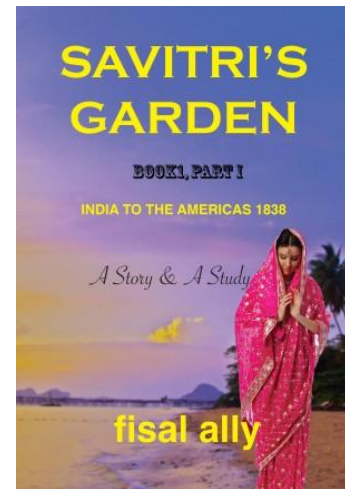
(Links are subject to changes)

BOOK 1 PART 1 (*Historical Fiction, recreating history with a love story*)

The Trilogy of Savitri's Garden: India to the Americas 1838, (Book1, Part I) - India Rising on the Horizon of the Americas
<https://www.smashwords.com/books/view/634521>

BOOK 1 PART II (*Historical Fiction*)

The Trilogy of Savitri's Garden: India to the Americas 1838, (Book1, Part II) - India Rising on the Horizon of the Americas
<https://www.smashwords.com/books/view/634522>



BOOK 2 (*Historical Fiction*)

The Trilogy of Savitri's Garden: The Escape for True Love (Book2)
<https://www.smashwords.com/books/view/634528>

BOOK 3 (*Historical Fiction*)

The Trilogy of Savitri's Garden: Rebellion and Reunion (Book3)
<https://www.smashwords.com/books/view/634530>

BOOK 4 - A SHORT STUDY GUIDE

Debunked The Use Of The Label Coolie In Guyana
<https://www.smashwords.com/books/view/647830>

A true love story about Mustapha & Salima and their cats in Guyana and in New York. Copy and paste link into URL for free download
<https://www.smashwords.com/books/view/914439>

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Second Edition – December 25, 2018



The Continuation of Savitri's Garden by Fisal (Fizal) Ally

By Fisal Ally

See below for excerpts from the last edition

THE GARDEN IN MODERN TIMES

BELOW ARE BRIEF SUMMARIES OF WHAT'S TAKING PLACE IN THE GARDEN WORLD

Jack have been terrorizing his victims with the use of AI, commercials and other means, as he continues to profit from the theft of people's hard work, the theft from their songs, books, art and more. as also brought thousands of immigrants to labor for him, and he blames them for changing the demographics of his city, when he as a leader should be blamed. He his victims 24/7 in their homes and out of their homes, as he has the means to do so. He also tracks his wife and also harasses her.

Spying

Jack who is a cheater, now his wife is cheating on him with one of the immigrant workers. With AI and the advancement of technology, he spies on his wife all day, like he does to his other victims, searches through their computer and make changes as they type, going into their computer and have popups displaying information to harass them, such as 'Hey did you have a Health Check up.' He flashes commercials at them online and when driving and even in the malls and tells them what they are wearing underneath.

Holidays

It's Christmas and as Fadda ChrisMas hand out blank cheques and rob the people, Jack was on the attack because Alb, Albie and Alber and not making hit records anymore and he blames it on Salman for stealing songs that does not have catchy hooks. Jack makes sure his victims cannot get to the police or to the news to report the theft of their work.

Mother crying

Salman because upset at Jack and his associates, because Jack began taking it out on Salman's family members being upset that he is not getting his songs for his associates. Jack tells his doctor friend to change the medication of Salman's mother who was in the hospital and it created some bad side effects. Salman finds out it was Jack's order and they got into an argument.

Dr. Faaz who was in the hospital for a bad flu was attacked

Dr. Faaz is in the hospital. He is a poet and a lyricist. As Abdul and Akbar headed towards Dr. Faaz room, they saw a nurse leaving with a book in his hand. The nurse saw them and began to hurry away. Akbar opened the room and saw Dr. Faaz struggling to breathe. The oxygen he was hooked up to had changed to a very low reading.

Abdul and Akbar panicked.

Stop that nurse, Akbar shouted. Abdul chased the nurse down, as Akbar called the emergency. Emergency arrived and got the oxygen under control and Abdul chased down the nurse, the police was called. Akbar cornered the nurse and Dr. Faaz book fell to the ground as the police arrived. Abdul has seen Dr. Faaz writing his poems in that same book. The thug was caught and was arrested.

Jack

Under investigation for theft and harassment. Jack has created false narratives for his victims. He labeled Anwar as a jigalo and a homosexual, and would have one of the mall managers harass Anwar. Anwar would update his girlfriend on what's happening to him in the malls that Jack owns.

Mall

While in the mall, Jack's wife was walking with her new found love, as they carried their coffee and their coffee flew into the air.

From Jack's office he laughed monitoring them; he had sent a beam to knock the coffee out of their hands. Another time, Jack's mall management friend set off the alarm as Jack's wife entered with her new found love, Mygri.

Friend

Jack targets all of J's, Anwar, and Dr. Faaz friends and family and give them gifts and job contracts and by doing so they now owe Jack and Jack would have them harass J, Anwar, Dr. Faaz and the other victims. It's a form of control.

Why they targeting you and made up a false narrative about you

I stood up for my rights

You did

Yeah

You're not suppose to. They don't like it.

They didn't like it because of their god complex. They see us as being inferior, so the whole gang came out, plotting against us, and doing everything to silence us, but you've heard, many are aware of what Jack and his team are doing to their victims. A world monitoring group knows what's taking place and have been monitoring Jack and his associates and will sooner or later brought charges against them.

Members in meeting

Jack said, 'Toilet paper – we like the triangle shapes. If you want that gift then when you are in their homes you make shapes with the toilet paper and towels.

Okay

Jack said, 'Towel – Make your devil horns with the towels if you want that job and bonus.'

Yes, yes, for sure.

'Each one of you will go to their friends, befriend them, give them a gift and now they will be under your thumb.'

More to come....

BELOW ARE SOME SHORT RECAPS FROM THE PREVIOUS EDITION**In a club**

Salman was happy as he entered. "Where's your flying carpet," Jack said, joking.

Simon laughed and said, "You'll be flying in planes soon."

"That's right. You won't need your flying carpet anymore. He will soon be driving a Porsche," Kaufman said.

People of various backgrounds were talking about fame, music, TV shows and movies and writing scripts for shows and becoming famous. They were engaged in conversations, some having a meeting, and enjoying some snacks and drinks.

Everyone became excited and congratulated Salman.

Salman continued. "I didn't think he would have gotten in because of his height just under five feet ten inches. My son just played his first game and he was great. He scored many points."

Jack took a gulp from his drink and said, "Simon I hear your pockets are getting real heavy."

"One day Jack. Just one day, I'll be as rich as you - I'll catch up to you one day," Simon replied.

Jack began to laugh. His laugh grew louder. "Never!" he exclaimed. "Now give me all your money," Jack sang. "Yeah! I want all the money in the world."

Kaufman grinned. "Power hungry!"

Jack chuckled. "Look who's talking."

Simon started to laugh and he joined in the singing. "That's what I want. That's what I want."

Jack turned to Salman and said, "I got stacks of Qurans for your brother." Jack is highly connected to Alb, Albie and Alber who are facing lawsuits in the music business. (See the last edition for an update on Alb, Albie and Alber).

Salman shook his head. "I mentioned to my brother that music is not for him and that he should go to Saudi for a year to take up Arabic and to do Hajj."

"And," Jack said. "Is he getting the message that rock 'n' roll is only for my people?"

"It's tough," Jack said. "He's an artist, like many and like many he does not care about fame."

"I do," Simon said.

Chico and Chuck shook their head indicating that they also want fame.

"One thing I can say about reparations and exploitation, is Jack is just like his forefathers," John said.

"Still robbing people," Rosie added.

Jack can hear everything they are saying. 'You coolie! How dare you say those things about this brilliant Scottish that have business worldwide. What do you have? Probably nothing!' Jack began cursing as he knocked back his liquor. That's right made in Demerara." The rum he was drinking is called Demerara rum.

(Edition 1 of the above was posted by Faisal Ally, Jan 24, 2024 8pm on www.allymedia.com and was modified for this report. Above is the second edition. The story continues below.)

Public shaming his wife

Cafe

Sometimes they go shopping after meditating and yoga - if you know what I mean," Jenny chipped in.

"Oh. I see," Jay said. "You mean checking out men."

Everyone laughed.

They watched as a male arrived in a red sports car similar to Sarah. He was also wearing a red pants, a red cap and red lipstick. He walked past them with a cell phone in his hand, glanced at Sarah and as he walked away, he pointed to his buttock. Sarah became angry. She was about to get up to confront him, but Anwar held her back.

“That’s called public shaming,” Rosie said. “He and his associates are in competition with Anwar and Sarah and wants to destroy their music.” They watched as he waved at the table with the five men. He sat down a table and had a coffee. “They put him up to it. He’s getting messages on his cell. They know where Sarah and Anwar are. They set him up to do this. It’s called public shaming.”

Jay shook his head. “I know all about it being a songwriter.”

Sarah shook her head. “Don’t tell me they are after your songs also.”

DIVERSE CITY MAGAZINE

ALLY MEDIA

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Diverse City Magazine
DIVERSE CITY MAGAZINE



ALL THE BEST AND SUCCESS
ALL THE GOOD THINGS LIFE BRINGS
FOLLOW YOUR PASSION WITH A NEW YEARS RESOLUTION