

# DIVERSE CITY

Magazine

Christmas 2017



## MERRY CHRISTMAS & A HAPPY NEW YEAR

Happy Holidays!

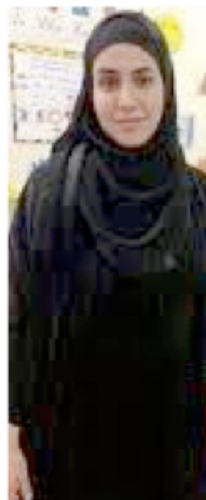
### HEALTH

Rejuvenate and Celebrate

### NEISHA'S KITCHEN

Baking a sponge cake

Making ginger beer



### NADIA ATWI

Missing from Edmonton since December 8

### CULTURE

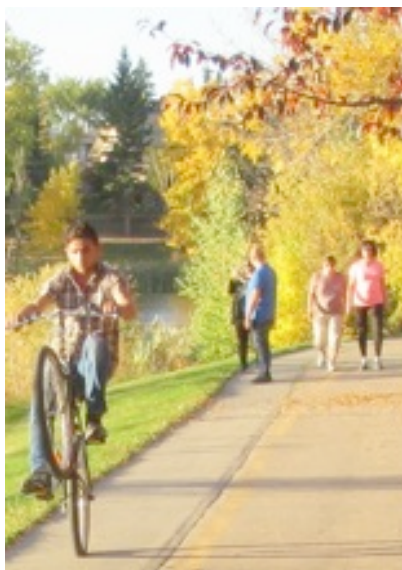
The Guyana Canadian Pepperpot Club

Bamboo Folk Group

Pepperpot Domino Club

Pepperpot Book Club

### REFLECT AND CELEBRATE



# *DIVERSE CITY*

## World Magazine



### *CHRISTMAS MAGIC*

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*Edition 1.1 published February 5, 2018,*

*where some corrections were made to p. 6*



**Editor**

Another year is coming to an end and many across the globe are taking some time to reflect and celebrate. We have had our challenges with our new Diverse City Magazine launched on March 5, 2017.

Our September edition of the Diverse City Magazine was delayed due to some unforeseen problems with our main article write up. Some information provided for the article was not up to our expectations, as there was some plagiarized material that was sent to me for the article. If I had published that article, I could have been framed for plagiarism, but I had already read between the lines and pulled the article from the magazine. The article was removed and thus the September Edition was delayed and not released on the expected date. However, a short version of the original September Edition was created, and will be uploaded during the holidays.

**SOME ARE USING TECHNOLOGY TO SCHEME AND PLOT**

Beware of the use of technology today and over the past few years. As I have stated in our editions, I have no doubt that our work is stolen through various technologies as we write, type and create our work in real time, and where the schemers and plotters are probably taking credit for our work before we can get our work published, and of course they will then try to frame us fo theft and plagiarism.

**KEEP THE PEACE**

Today there's lots of fear across the globe, and there's lots of racism spreading through our societies. I have recently wrote on my experiences on racism and hate directed towards me and a few others in a short book called, Standing up against racism.

*Continue on p. 20...*

	<p style="text-align: center;"><b>NADIA ATWI</b></p> <p style="text-align: center;"><b>32 YEAR OLD FEMALE</b></p> <p style="text-align: center;"><b>WENT MISSING ON DECEMBER 8, 2017</b></p> <p style="text-align: center;"><b>IN EDMONTON, ALBERTA, CANADA</b></p> <p style="text-align: center;"><b>ANYONE WITH INFORMATION PLEASE</b></p> <p style="text-align: center;"><b>CONTACT THE EDMONTON POLICE</b></p> <p style="text-align: center;"><b>780 - 423-4567</b></p> <p style="text-align: center;"><b>NADIA WAS LAST SEEN ON</b></p> <p style="text-align: center;"><b>DECEMBER 8 AT 6:30AM</b></p> <p style="text-align: center;"><b>HER CAR WAS FOUND IN THE DITCH</b></p> <p style="text-align: center;"><b>AT RUNDEL PARK</b></p> <p style="text-align: center;"><b>A search went on for many days</b></p> <p style="text-align: center;"><b>with over 200 people</b></p>	
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## ***Celebrating the Christmas holidays with a taste from Neisha's Kitchen - Ginger beer and sponge cake***



Enjoying a glass of ginger beer and sponge cake over the Christmas Holidays.

The South American country, Guyana, was conquered by the Spaniards, and later developed into the country it is today by the Dutch, French, and later the British who brought the ginger beer drink to Guyana. A glass of ginger beer is also good for sniffles and colds.

### **Baking a sponge cake during the Christmas holidays**



The ingredients below will make two sponge cakes: a ten inches and a six inches in diameter

Prep time approximately 1 hour.

Baking time approximately 1/2 hour to 40 minutes.

### **Ingredients for baking a ten inches and a six inches in diameter sponge cake.**

A dozen eggs. Neisha used 9 eggs.

1 lb. sugar, 1 lb. butter or margarine.

Use an eggbeater or blender to mix the butter and sugar for 5 to 10 minutes.

Add 1 lb. flour to mix. Add and blend for a few minutes.

Add 1 teaspoon baking power and mix.

Oil inside of pan.

Cut greaseproof paper and place in pan. Rub some flour on the inside of the pan to prevent cake from sticking to paper and pan.

Add mix to pan.

Turn on stove to 200 degree Celsius.

Add cherries. Cherries will sink into the cake. If you prefer to have some cherries at the top of the cake, then after approximately ten minutes of baking, pull out pan and add some cherries to the top.

Bake for approximately 1/2 hour to 40 so the cake turns to a golden brownish color.

Use tooth pic to test firmness of cake while baking.

*The following page shows the steps for baking a sponge cake...*

## **Neisha's Kitchen - Steps for baking a sponge cake**



1) Baking pans, margarine, cherries



2) Neisha used 9 eggs



3) A scale used for weighing the sugar, flour and butter



4) An eggbeater for mixing or use a blender



5) In a bowl add sugar to butter



6) Blend for 5 to 10 minutes



7) Add eggs to mix



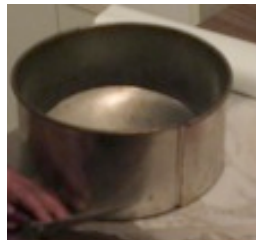
8) Blend



9) Weigh flour



10) Add flour to mix



11) Cutting out grease paper



12) Place grease paper in pan. Add some flour



13) Add mix to pan



14) Mix in pans



15) Place in oven and bake



16) If didn't add cherries already, add cherries after about 10 minutes



17) Bake at about 200 degrees Celsius



18) Test firmness with a tooth pic



19) Bake until a golden or brownish color

**ENJOY  
YOUR  
HOLIDAYS**

## **Celebrating the holidays with a taste from Neisha's Kitchen - Ginger Beer, a tropical delight**



**Prep time - 10 minutes**

*Making Ginger Beer Guyanese style, an English drink*

*Grate approximately six ginger sticks. Boil water for approximately 5 minutes on high. Add approximately 7 tablespoons of white sugar or to taste. Lower heat to medium and let it boil for approximately ten minutes. Taste in between to get a ginger taste. Add more sugar if required. Cover pot and let it boil. Taste. Add more sugar if required and boil for another five minutes. For example add three more tablespoons of sugar. The smell of ginger filled the air and you can bet that back in Guyana, the neighbors would be craving for some. In this batch a total of eleven spoons of sugar were used. Let it sit on stove for a day. Strain using a strainer to remove the orange peels. Bottled and store in fridge. If too strong, can dilute by adding water.*

### **Neisha's Kitchen - Steps for making ginger beer**



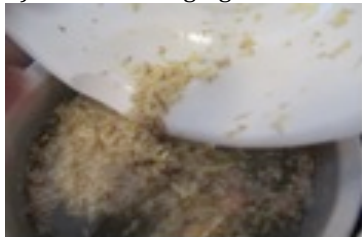
1) About 5 or 6 ginger



2) Grate approx. 5 to 6 ginger



3) Boil the water



4) Add the grated ginger to the pot



5) Stir



6) Brown sugar



7) Add sugar



8) Taste, add more sugar



9) Complete. Let sit for a day and then strain to remove ginger.

In places like Guyana and the Caribbean, ginger beer, also goes great with tennis roll and cheese, salara cake (coconut bread), and Chinese cake.

## ***Celebrating the holidays***

*by F. Ally*



### **Looking back on my Christmas holidays**

As a boy in Guyana, I had lived in a town called New Amsterdam for two years. On special celebrations such as Christmas and Diwali, my dad, mom, and my siblings and I would all be in our car, and my dad would drive down to a shop called ‘Choose’ for ice cream, and as we enjoy our ice cream, my dad would cruise around the town so we can enjoy watching the beautiful decorations and buildings in lights.

### **Baking a sponge this Christmas**

I wanted to bake a black cake this year for Christmas, which would have been the first time for me, but I did not realize that the fruits had to be soaked for a month. I then thought that since making a sponge cake does not require soaking the fruits and waiting for a month, I decided on baking a sponge cake, reminiscing on the days in Guyana when my grandmother would bake the sponge cake, and of course all of her children baked sponge cakes for their children. What I love about the sponge cake are the big red cherries on the cake.

### **The times have changed**

Back in the days when I was a boy in Guyana, life was very simple, and during the Christmas holidays, my siblings and I, and our parents, would spend a lot of time together telling stories and being engaged in conversations with each other. Today is very said, as children are glued to their cell phones, texting and do not interact with family in the way we used to as children. The times have changed, for the worse in many ways, sending us backwards in many ways. Soon we’ll be talking to robots - have you met the A.I Sophie? Not yet! The future looks bleak for humanity. However, these are the holidays, and there’s always hope.

*Continue on p. 20...*

***Celebrating the holidays***





# CHRISTMAS

Put up a tree,  
turn on the lights,  
there'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 a 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 sleight  
To see the lights on Candy Cane Lane  
Smile with me, Shout with glee  
Put up a tree, turn on the lights

Christmas day we celebrate our love  
On Christmas day we celebrate

Light up my life,  
light up the world, lets 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 we celebrate our love,  
On Christmas day we celebrate  
Christmas day we celebrate our love,  
Christmas day we celebrate

*Music and Lyrics by F. Ally  
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## HEALTH

### REJUVENATE AND CELEBRATE



*Information for this article is taken from previous articles in the Diverse City Magazine and Cariwave Magazine written by F. Ally. From Diverse City Magazine, May 2017 Edition Change your thoughts, Change your life, p. 28, and April Edition, A 'No Tough Period' for Rejuvenation. P. 14*

#### **Always on the go?**

'If your body is always on the go with little rest, sooner or later it will break down...The mind is no different from an overworked body that needs good rest to rejuvenate. After a good sleep, our body can recuperate, but what about our minds?

#### **Our Minds are too busy**

Often, our minds ramble on during the day and even throughout the night with stories, judging, blaming and fantasies swirling through our heads.

#### **How do we stop the chattering?**

You must first catch yourself in these moments, else it can go on for hours. Once you catch yourself, you need tools to apply.

*Continue on the next page...*

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### **Tools**

Self-awareness is important and tools such as meditation, breathing techniques, yoga, tai chi can help us rid ourselves of these endless thoughts and stories.

Meditation is used as a tool to quiet the mind, by letting the silent gaps in between our thoughts become bigger, so we are in a state of silence for longer periods of time, instead of being engaged in countless unwanted, harmful and or negative thoughts. Once we are in a state of silence, we are not indulging in those negative thoughts, simply because we are taking a break from those negative thoughts. At first, while meditating, all kinds of things will surface such as hurts, blaming, judging, interrupting your meditation and you can become very restless during your meditation. But from what I had learned and from my experiences, instead of trying to bury these problems, while meditating you can let them surface so you can deal with them and then letting them go, instead of hanging onto them day after day, months after months and for a life time. Over time, these negative thoughts will become lesser and lesser, freeing us from that bondage.

Meditating allows us to transform, becoming more enlightened individuals with more inspiring thoughts. You will not only change your thoughts and your life, but you can also change your environment and inspire others.

### **Focus**

While meditating, your thoughts will come and go. It's important to catch yourself, when this happens and start focusing back on your breath or mantra (phrase).

### **Hard to let go and things keeps popping up in your head**

Keep a notepad and pen next you and write it down and now let go of them, now that you know it's on paper and that you won't forget about them.

### **Becoming engaged in a 'No Thought' period or a period of silence**

1) Pick a period during the day, whether it's for 1 minute, 5 minutes, 30 minutes, an hour or many hours to start this practice...

2) As my thoughts come and go, I let go of my thoughts. As I let go, more thoughts, blaming, judging and stories will pop back into a person's head because people are so conditioned to be thinking and planning all day

*For mantra / phrase and or the breathing techniques, see the March 2017 Diverse City Edition at the website [www.allymedia.ca](http://www.allymedia.ca)*



## **FRIENDS AND NEIGHBORS CHRISTMAS PARTY**

**On Saturday, December 16, 2017, Friends and Neighbors of Edmonton had their Christmas celebration party. The hall was packed and the music was intoxicating.**

**The Reggae band, Jah Cutta, belted out hot reggae tunes as the party goers danced to reggae music as they enjoyed an exotic buffet dinner. The DJ played for a while and then Jah Cutta took over the crowd again.**

**It was a great evening.**

## **CHRISTMAS MAGIC IN THE AIR**



Photos by Rene

*The Guyana Canadian  
PEPPERPOT CLUB*

*Location: Edmonton, Alberta, Canada*



On September 19, 2017, during our pot luck dinner while family and friends played dominoes and also reminiscing about the days of old and some good times, some discussions had taken place amongst a few on having more get together. During the domino games, a favorite past time for Guyanese, it was on this day that the creation for The Guyana Canadian Pepperpot Club was decided on but later given the name, keeping the Guyanese culture and celebrations alive in Edmonton, Alberta, Canada, amongst family, friends and relatives.

During the discussions, it was decided that we would have a domino completion during the year, along with playing pool and some other games. We now have the **Pepperpot Domino Club**.



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*JOIN IN THE FUN*

**A family oriented club**

THE PEPPERPOT CLUB is geared towards family, where children and the elderly will always be an important part.

**Goals**

We also have some humanitarian goals, such as collecting clothes for the needy, and doing some soup and sandwich lunches during the year, along with some picnics or barbecues. A pepperpot cookout competition is planned for May 26, 2018 on Guyana Independence Day, and of course we'll be celebration on Canada day as Canada is the home for many of us.

We have a book club, **Pepperpot Book Club**, where we have some books and magazines can be signed out and there will be a fee for late returns, which will go towards our events. Other events are being discussed. We plan to have a kite building competition day, where contenders will build kites, reminiscing of Easter in Guyana.

**BAMBOO FOLK GROUP**

Folk songs tell stories of the past, and some of the songs are a little sexist, but they tell stories of the past, like back in the 1800s. For us it's about the fun, reminiscing and enjoying our time together. This group plays and sings a mixture or folk songs, some Bollywood classics, and during the games and dinner, some instrumentals Bollywood and other instrumental songs are played.

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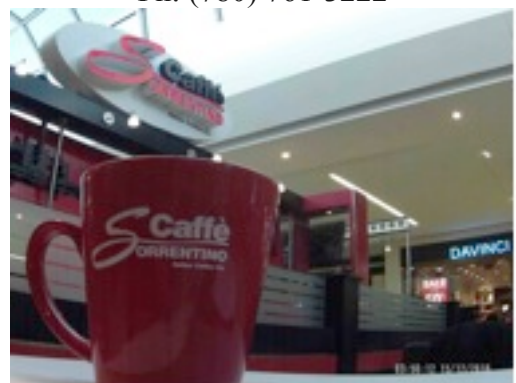
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**ENJOY THE HOLIDAYS**

**WITH FAMILY AND  
FRIENDS**

**FIND YOUR  
TRUE LOVE**

**GIVE  
A KISS GOODNIGHT**

**DON'T FORGET  
KEEP THE PEACE**

**LOVE WORKS MAGIC**

**LOVE CREATES MAGIC**

**SPREAD LOVE**

**AND ALWAYS LOOK  
ON THE  
BRIGHT SIDE**

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# BEAUMARIS LAKE

Pictures by F. Ally



Fall and its changing colors with lots of fun and activities around the lake. Soon it will be spring again and we'll be walking around the lake again.

**A place to enjoy**

**the sceneries and the birds**

**A place to relax**

**Walk**

**Ride**

**Jog**

**Talk**

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**Editor**

*Continued from p. 3*

**THERE'S ALWAYS HOPE**

From all of the reading I have been doing, the future seems very bleak, especially with big changes coming worldwide. I believe many people will become stressed and depressed, and thus in this edition, I have included some excerpts on health from our past editions.

**MERRY CHRISTMAS, PRECIOUS HOLIDAYS AND A HAPPY NEW YEAR**

Have a jolly good time and a Happy New Year, and we look forward to writing more articles on our culture in the New Year.

**A KISS GOODNIGHT**

And don't forget to give 'A Kiss Goodnight' or even a hug would do.

**Celebrating the holidays**

*Continued from p. 7*

In places like Guyana in South America, Trinidad in the Caribbean and many other places, Christmas is a religious celebration for many, but it's also a part of the culture, where we all sang Christmas carols, put up a tree, decorated it, received and gave Christmas presents and bake Christmas cakes, and it didn't matter which faith or religion a person practiced. What's wrong with saying Merry Christmas today? Nothing at all, yet many are saying Happy Holidays instead of Merry Christmas.

Although in many countries like Canada, America, England, Guyana, Trinidad, Lebanon and many countries around the world, not everyone celebrates Christmas, but in Guyana, when I was a boy and during my parents and grandparents time, we all celebrated Christmas, wished each other a Merry Christmas, and so I will continue to wish people a Merry Christmas, joining in their happiness and special time of the year.

**The great division amongst people**

Today, in Edmonton and other places, and especially on YouTube videos, people are doing their best to divide one another, bad mouth each other, and also talk bad about each other practices, as if people have lost their ability to reason, to love and to have compassionate and tolerance. In other words, they are taking many steps backward.

For those that celebrates Christmas, have a Merry Christmas and A Happy New Year

...Fisal Ally



*The Guyana Canadian Pepperpot Club,  
The Pepperpot Book Club  
The Pepperpot Domino Club  
The Bamboo Folk Group*

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- Mary Browns, Mayfield Common, 358 Mayfield Common Northwest, Edmonton AB; Ph: (780) 489-7667
- Mary Browns, 6858 50 Ave #2, Red Deer, AB; Ph: (587) 273-3080
- Multi Culture Travel, 5519 137 Ave NW, Edmonton, AB; T5A 3L4. Ph. (780) 456-1192
- Ray Bacchus (Financial Advisor), 68082-162 Bonnie Doon Mall Edmonton, Alberta T6C 4E3, (780) 429-1243; Email [ray\\_cweg@telus.net](mailto:ray_cweg@telus.net) / [raybaach@ecn.ab.ca](mailto:raybaach@ecn.ab.ca); Fax: (780) 425-3168 / (780) 433-7717
- Sazna Services, Lawn Maintenance and Snow Removal, Imran Khurshed. Ongoing Maintenance: Pruning, Lawn Care, Grass Cutting, Fertilization, Leaf Removal, Snow Removal; (780) 909-1102

- Usman Lawn & Snow, 12820 53 St NW, Edmonton, AB; T5A 0B5. (780) 970-3839. Landscape Maintenance, Industrial Landscape, Commercial Landscape, Commercial Grass Cutting, Snow Removal, Parking Lot Sanding, Parking Lot Sweeping, Lawn Maintenance...

## Toronto

- Charley's West Indian Food Ltd, 1154 Morningside Avenue, Scarborough, ON M1B 3A4  
Phone:(416) 283-1441
- Natasha Events and Travel, Travel Consultant, TICO Certified, Wedding & Event Specialist, WPICC, DWC, Certified Mexico Destination Wedding Specialist; 1-877-428-0171; natasha@natashaeventsandtravel.com, www.natashaeventsandtravel.com

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# DIVERSE CITY MAGAZINE

ALLY MEDIA

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The Diverse City Magazine Christmas 2017 Edition 1.0 published on December 24, 2017  
*Edition 1.1 published on February 5, 2018, where some corrections were made to p. 6. The word salt was replaced with sugar, along with some minor changes.*

In the upcoming edition, there will more of Neisha's Kitchen with four vegetable dishes, along with upcoming festivals, cultural events, health articles and more.

This magazine can be shared and downloaded from [www.allymedia.ca](http://www.allymedia.ca).

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# Diverse City Magazine



**PRECIOUS HOLIDAYS!  
CHRISTMAS MAGIC IN THE AIR!  
JUST LIKE MAGIC IN THE AIR!**