

DIVERSE CITY

Magazine

Christmas 2022



THE GREAT SPIRITUAL AWAKENING

Inspiring verses from the Bible, and Quran on reformers

Former Freemason who is a convert to Islam views on psychopaths; Meditation

MERRY CHRISTMAS & A HAPPY NEW YEAR HAPPY HOLIDAYS



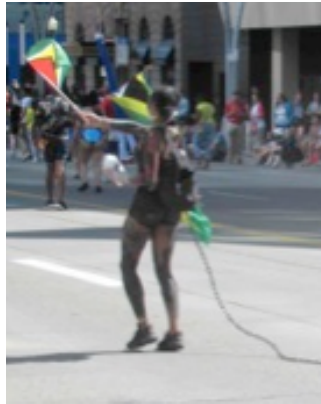
A NEW

CATASTROPHIC CONTAGION OF A 2025 FUTURISTIC SIMULATION WHERE

3 SOUTH AMERICAN COUNTRIES, GUYANA, VENEZUELA AND BRAZIL ARE HIT WITH AN OUTBREAK FROM A NEW INFECTIOUS DISEASE KNOWN AS SEVERE EPIDEMIC ENTEROVIRUS RESPIRATORY SYNDROME (SEERS) 2025. A GLOBAL EXERCISE TOOK PLACE IN OCT 2022.



World Magazine



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Light up my life, light up the world, lets celebrate

IT'S CHRISTMAS DAY

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

*Original Lyrics and Music, Christmas Day by Faisal Ally
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PUT UP A TREE, TURN ON THE LIGHTS

HAPPY HOLIDAYS!
Merry Christmas and A Happy New Year!
CHRISTMAS IS HERE AGAIN



Having a jolly good time and a happy new year

CELEBRATE WITH FAMILY AND FRIENDS



Sing a song and clap along, here we go under the mistletoe

**Follow your passion
With a New Year Resolution
Come on everyone, have a jolly good time and a Happy New Year**



CHRISTMAS MAGIC IN THE AIR



***FOLLOW YOUR PASSION
WITH A NEW YEAR RESOLUTION***



A QUICK AND SIMPLE SOUP MADE BY F. ALLY

Purple Martins Cakes



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For more information or to place an order
Please contact Georgina Martins
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Gobble Gummies

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Young entrepreneurs making waves

**Next page for gobble gummies items
and how we found our product...Safiya & Zarah**

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Premium Canadian Candy Certified Halal 100% Halal Vegan Friendly

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Inspired by Kids!

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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 II) - 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*)

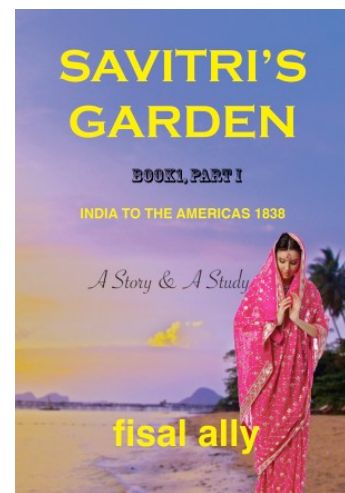
The Trilogy of Savitri's Garden: The Escape for True Love (Book2)
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BOOK 3 (*Historical Fiction*)

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>



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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...

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THE WORLD AT WAR AND ON THE BRINK OF DESTRUCTION

**EACH ONE HAS TO FIND HIS PEACE FROM WITHIN. AND PEACE TO
BE REAL MUST BE UNAFFECTED BY OUTSIDE CIRCUMSTANCES
MAHATMA GANDHI**

**THE MORE WE SWEAT IN PEACE, THE LESS WE BLEED IN WAR
VIJAYA LAKSHMI PANDIT**

**PEACE IS THE ONLY BATTLE WORTH WAGING
ALBERT CAMUS**

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

**GIVE PEACE A CHANCE
JOHN LENNON**

**PEACE, LET'S KEEP THE PEACE,
KEEP THE PEACE FOR EVERYONE
FISAL ALLY**

**WE WANT A NEW CLEAR SOCIETY
NOT A NUCLEAR SOCIETY
FISAL ALLY**

IT'S FLU AND COLD SEASON GET YOUR VITAMINS, NUTRITION AND EXERCISE

An amazing drink for this time of the year

Recipe: Grate 3 sticks of ginger. Bring approximately a 1/2 pot of water to a boil. Add grated ginger to pot and boil for approx. 20 to 30 minutes. During this time, add brown sugar for taste (for example add 3 tbsp. of Demerara brown sugar).
If too strong then add more water or add more sugar.

GINGER BEER Guyanese style





QUICK AND SIMPLE SOUPS MADE BY F. ALLY



Light up my life



*I'll always remember, Christmas day
Those moments we share and treasure, the things we do together*



Editor: Faisal Ally (Brian Ally)

Photo: August 6, 2022 at the Cariwest Parade - 108 St. 99 Ave

Merry Christmas and a Happy New Year and Happy Holidays to everyone celebrating Christmas, and for the ones that are not celebrating Christmas, Happy Holidays and a Happy New Year. Another year is coming to an end as millions across the globe are putting up their trees with decorations and celebrating Christmas, while others are enjoying the holidays.

Due to the destruction taking place against humanity over the past three years, many are looking inward. Covid, the lockdowns, loss of work and not knowing what the future holds for many, both vaccinated and unvaccinated are affected; both are dying and many are being injured and their lives are being ruined and destroyed. Many have lost their livelihood, businesses and means to support themselves.



Throughout my life, I have always enjoyed Christmas and the holidays. During these times I always reflect on back home in Guyana, where we celebrated Christmas every year as most Guyanese in Guyana, South America does. I wrote a Christmas song. We made Christmas cakes, put up a tree and exchanged gifts. In this edition is an excerpt from ‘Signature with love’ about the cats during the Christmas holidays.

With the Great Reset and Digital currency our lives are being changed forever

People are still longing to return to the days and life we had before the year 2020, but that will never ever happen. As can be seen as to what’s taking place with the ‘Great Reset’, an incoming digital currency, and camera spying on us in every possible way, our lives are changed forever, and so will humanity. This edition has an article call the Great Spiritual Awakening, and another article on Catastrophic Contagion where a futuristic simulation is done where Guyana, Venezuela and Brazil are hit with the SEERS virus. Some pictures of events during the summer 2022 of the Cariwest parade and Heritage Days are also presented.

ENJOY YOUR PRECIOUS HOLIDAYS!

THE GREAT SPRITUAL AWAKENING

By Faisal Ally; December 23, 2022

Section I - Celebrating Christmas, and verses from the Bible

Section II - What the Quran says about reformers

Section III - Former Freemason, a convert to Islam views on psychopaths

Section IV - Meditation exercises

Section I - Celebrating Christmas and verses from the Bible

Hundreds of millions of Christians around the world will be celebrating Christmas Day, as the anniversary of the birth of Jesus of Nazareth. We are living in the darkest times ever in humanity's history. An unbelievable time for humanity and other beings (animals). A destructive time with massive human deaths. Many have been robbed of their lives. Many have become injured for the rest of their lives. Due to the covid pandemic many have lost hope, but this is a time for a great spiritual awakening. So celebrate on Christmas Day and everyday from here on as best as you can to rise out of depression and hopelessness. Celebrate life and do not live in fear as the darkest times are hitting us everyday and all day. When you are feeling down and desperate, turn to our Lord. Keep him in our hearts. Do some meditation and exercise and get enough rest.

Here are some quotes from the Bible that can uplift all of us during these dark times. "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)

"Light shines on the righteous and joy on the upright in heart" (Psalm 97:11)

John 10:10

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

Luke 10:19

Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.

And on that day you will say, 'Give thanks to the LORD, call on His name. Make known His deeds among the peoples; make them remember that His name is exalted.' Praise the LORD in song, for He has done glorious things; let this be known throughout the earth.' (Isaiah 12:4-5)

John 3:16 "For God so loved the world that He gave His only begotten Son, that whosoever believes in Him should not perish but have everlasting life."

God's creation was perfect until Adam and Eve disobeyed God and introduced sin into the world.

When we make our decision to trust God, His Holy Spirit immediately starts to live in our lives. Our sin nature is replaced with a new nature. The Holy Spirit provides strength, peace, and guidance in our daily lives. And we receive God's promise of life forever in Heaven after we die. This is called Salvation in the Bible.

John 10:10

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Luke 10:19

Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you.

Mark 10:27

Jesus looked at them intently and said, "Humanly speaking, it is impossible. But not with God. Everything is possible with God."

Psalm 91:9-10;14-16

If you make the Lord your refuge,
If you make the Most High your shelter,
No evil will conquer you;
No plague will come near your home.
The Lord says, "I will rescue those who love me.
I will protect those who trust in my name.
When they call on me, I will answer;
I will be with them in trouble.
I will rescue and honor them.
I will reward them with a long life
And give them my salvation."

Proverbs 4:20-23

My child, pay attention to what I say.
Listen carefully to my words.
Don't lose sight of them.
Let them penetrate deep into your heart,
For they bring life to those who find them,
And healing to their whole body.
Guard your heart above all else,
For it determines the course of your life.

Quotes can be found in the Bible and also from websites as mentioned below.

Kingdomway.ca/39-verses-to-meditate-on-when-you-need-healing/

Kingdomway.ca/39-verses-to-meditate-on-when-you-need-healing/

loveworthfinding.ca/discover-jesus

Section II - What the Quran says about the reformers (backbiters)

There are tyrants out there that want to destroy humanity and it's happening right before our eyes, every single day, especially over the last three years and this is going to go on for decades to destroy humanity. The Quran says.

Quran: Chapter 2 (Surah Al Baqara)
An excerpt:

8 - And among the people are those who say, 'We have faith in God and the Last Day,' but they have no faith.

9 - They seek to deceive God and those who have faith, yet they deceive no one but themselves but they are not aware.

10 - There is a sickness of the hearts; then God increased their sickness, and there is a painful punishment for them because of the lies they used to tell.

11 - When they are told, 'Do not cause corruption on the earth,' they say, 'We are only reformers!'

12 - Look! They are themselves the agents of corruption but they are not aware.

Section III - Former Freemason, a convert to Islam views on psychopaths

Former Freemason, and a convert to Islam, Dr. Omar Zaid, have given many lectures and discussions on the ones responsible for destroying humanity. He has written a number of books and articles. A book which he wrote is called Freemasonry & the empire of the hidden hand. In a number of youtube videos Dr. Zaid discussed the problems with the world. He has written on political agendas and psychopath, sociopath in politics, conspiracies and their connection to the evil ones and how they are manipulative, cunning and are liars.

Dr. Zaid spoke about the end times where he says, "Good is call evil and evil is called good." He says, '...people who are tyrants, they lose this (referring to true faith) and then they have to become tyrants, so they then becomes control freaks and they want to control everything...'

The host of the video (see ref a), Shiek Baloch says, 'When you are in a state of fear, you become a tyrant'

In the video, Sheik Baloch said, 'You have written quite extensively on political agendas and being a psychopath...and you even go on to enumerate political...on the nature of adjusted for political services...I would like to talk about sociopath and conspiracy which is another article you have written...you then go on to discuss the quality, the profile of a sociopath...when you think of sociopath in politics, these sociopaths that are in politics and their connection to the evil ones, you know from the dark side...talk about superficial charm, manipulative, cunning... pathological liar, almost every major politician in the last decade or so, lack of remorse, shame, guilt...'

On their discussion on psychopath, Dr. Zaid says, “he (referring to the psychopath) is not aware of guilt, he has no guilt and he has no empathy for other people. When you add that to the profile aside from the evil intentions, then you have the complete profile of an evil persona, someone who doesn’t care, who cannot care and you can say to a certain extent has chosen not to care.” Dr. Zaid went on to discuss that some psychologist and psychiatrist will disagree with him because he’s stating they have made a choice. He went on to explain that they understand what caring is that they pretend to care when it’s to their advantage...” He says, “somewhere along the line these people have lost their abilities to be decent human beings.”

Many in the world today wants to move up the ladder very fast, without even working for it and putting in the time. They would do anything to get there. They would turn their backs on you and on the truth and engage in wicked behaviors. We live in a wicked world.

Dr. Zaid discusses an archetype Kabeel verses Habeel. He refers to the scriptures (The Quran) where Kabeel becomes one of the selfish ones...what you are describing as a psychopath is these selfish individuals. He says he is talking about somebody who completely given over to selfishness.

Below is the link to the video on the discussion between Sheik Baloch and Dr. Zaid. There are many other videos with Dr. Zaid that you can also watch.

Reference a

Sheikh Omar Baloch

Organized Evil, How it starts - Dr. Omar Zaid

[Youtube.com/watch?v=ZzoOoq6ZXbE](https://www.youtube.com/watch?v=ZzoOoq6ZXbE)

Section IV - Meditation exercises

Rejuvenation Seminar by F. Ally March 7, 2014

This article takes some excerpts from the seminar with some modifications.

We are living in troubling times, the darkest times ever in history and its only going to get worse as the days, weeks and months go by. While this is taking place, each one of us must do our best to care for ourselves, which will help us care for our love ones and others around us. Regardless of our situation, we need tools. One of the tools I will discuss in meditation, which can be used to clear our minds and to rejuvenate us.

Be mindful of what's going on in your mind

What happens to your mind during the day? Do you notice how your mind is rambling on with stories, chattering, living in the past and the future? We need to live in the present moment. To do so we need to silence our mind for periods of time. Do you notice how we can waste hours engaged in these story lines that’s rambling on and on in our minds? Do you notice how much energy we lose? Do you notice how we stress ourselves out when we are engaged in these chatters taking place in our heads?

Guard your thoughts

We want to guard our thoughts. Sometimes or even often our thoughts can harm us more than others trying to harm us. We must catch ourselves when are we caught up with these storylines and chit chattering going on in our head. The goal is to silence our mind for period of times. Silence is golden.

Meditate by using a mantra

Mantras can be found on the Internet? People that belong to a faith may have a line of words, which they can be repeated over and over. For example in Islam, Muslims do dhikr, which is the same as meditating, where a line such as 'Subhanalah' is repeated over and over. If you do not have a line to use as a mantra, then you can do a search online to find one that works for you.

Exercise

Repeat your mantra over and over trying to block any thoughts from entering your mind. By blocking these thoughts, your mind will start to become quiet. Slow down your mantra so the gaps widen. Those gaps should have silence. Keep slowing down your mantra so the gaps keeps getting wider with silence. Continue to widen the gap and let your mantra fade slowly by repeating your mantra slower and then a little bit slower etc... Your mantra should fade and when this happens, remain as silent as long as you can. The chatter will start coming back, because we've been conditioned to having these dialogues going on and on all day, and night when we are awake. You may even become restless. Do this for 15 minutes. The longer you do it the better.

When I began meditating a few decades ago, I was eager to see results, and in the morning as soon as I open my eyes, I would start saying my mantra to block these unwanted dialogues. Then I would sit for about 40 minutes to an hour to do my meditation. At nights before going to bed, I would also meditate for a while. Most people said I was very calm and while they were becoming uptight in meetings, I would be cool and calm. After about a year, sometimes I would slack off, but because I've already done so much, I can easily mediate even when I'm sitting or walking for a few minutes. I'm not as eager as I used to be, but I still meditate. However, I plan on adapting more of this practice.

I had taken Primordial Sound meditation a few decades ago. You can do a search for Dr. Deepak Chopra to get more information on this program.

Especially in the morning, sometimes for 1 hour, any thoughts that enter your mind, let go of them. Why? You will notice that you are often dwelling, blaming and conjuring up ideas, thinking about the past, the future. It's a good practice, else when the chattering began sometimes it's hard to stop it, and it can go on and on. We want to stop some of it or most of it. Try to remain in the present moment, by letting go of all thoughts. You are rejuvenating.

Throughout the day, catch yourself when you are lost in thoughts such as dwelling, blaming etc...And let go, but starting your mantra, even if it's for 30 seconds at different times during the day.

GUYANA, SOUTH AMERICA



**Imran Usman
Guyana, South America**



**Imran Usman
Guyana, South America**

THE NEW WORLD: ORDER OUT OF CHOAS

Part XI - A simulation of a future virus known as SEERS 2025 by Fisal Ally

A NEW CATASTROPHIC CONTAGION OF A 2025 FUTURISTIC SIMULATION WHERE 3 SOUTH AMERICAN COUNTRIES ARE HIT WITH AN OUTBREAK FROM A NEW INFECTIOUS DISEASE KNOWN AS SEVERE EPIDEMIC ENTEROVIRUS RESPIRATORY SYNDROME (SEERS) 2025

Disclaimer: The writer of this article does not offer any advice, but is only providing information, along with his opinions and views. This is a research paper that touches on a number of topics. While working on this report, some digital copies were made during the process along with some video taping of parts. There may be an updated version of this report and also error corrections. This research is based on public available information, where some reports may be taken down, updated, or link locations may be changed or removed.

Introduction

A look at futuristic pandemics

In 2017, a futuristic fictional simulation known as SPARS 2025-2028 was carried out, where a vaccine known as Corovax was introduced. Two years later, another pandemic simulation known as Event 201 based on a hypothetical corona virus outbreak had taken place in 2019, and shortly after, the covid pandemic which humanity faces today was announced. Then two years later, in 2021 another simulation was run where a Monkeypox outbreak had taken place, and about a year later in June 2022 a real Monkeypox outbreak was identified. Just recently in October 2022, an even newer contagion simulation of a virus outbreak known as SEERS 2025 was ran, where a team of ten people carried out exercises for preparedness in the event the virus spreads around the world, which would become more deadly than covid. Can the recent SEERS virus become a reality? And it also begin in the countries in the simulation? (Reference b, c, d)

Section I - catastrophic contagion simulation



Photo of the Kaieteur Falls (Essequibo, Guyana) licensed from www.depositphotos.com

On October 23, 2022, at the Grand Challenges Annual Meeting in Brussels, Belgium, a fictitious scenario of a new virus simulation on Catastrophic Contagion had taken place, carried out by 'The Johns Hopkins Center for Health Security, in partnership with WHO and the Bill & Melinda Gates Foundation' (Ref b). In the video created for this new new simulation (Ref c), at time 2:30 the host Jeanne Meserve of GNN states:

‘Official in 2 Latin American countries alerted the WHO on several outbreaks on a new infectious disease that's mysteriously appearing across the region, Severe Epidemic Enterovirus Respiratory Syndrome (SEERS), 2025.’

The host continued:

‘In the past six weeks alone, there have been 500 confirmed or suspected cases reported. The virus could cause a severe pandemic if early containment and mitigation efforts are not successful.’

At time 1:18 in the video, a map of the northern part of South America is shown and is divided into two sections, an approximately north and south division with two colors. To the north is the orange colored area labeled as Neuva Esperanza and the second half to the south is a yellow area called San Rafael. In the video, a chart is then showed with the number of cases in each region where the cases for Neuva Esperanza continues to grow over a period of six weeks and the cases of San Rafael remains very lower.

Section II - The countries in the catastrophic contagion simulation



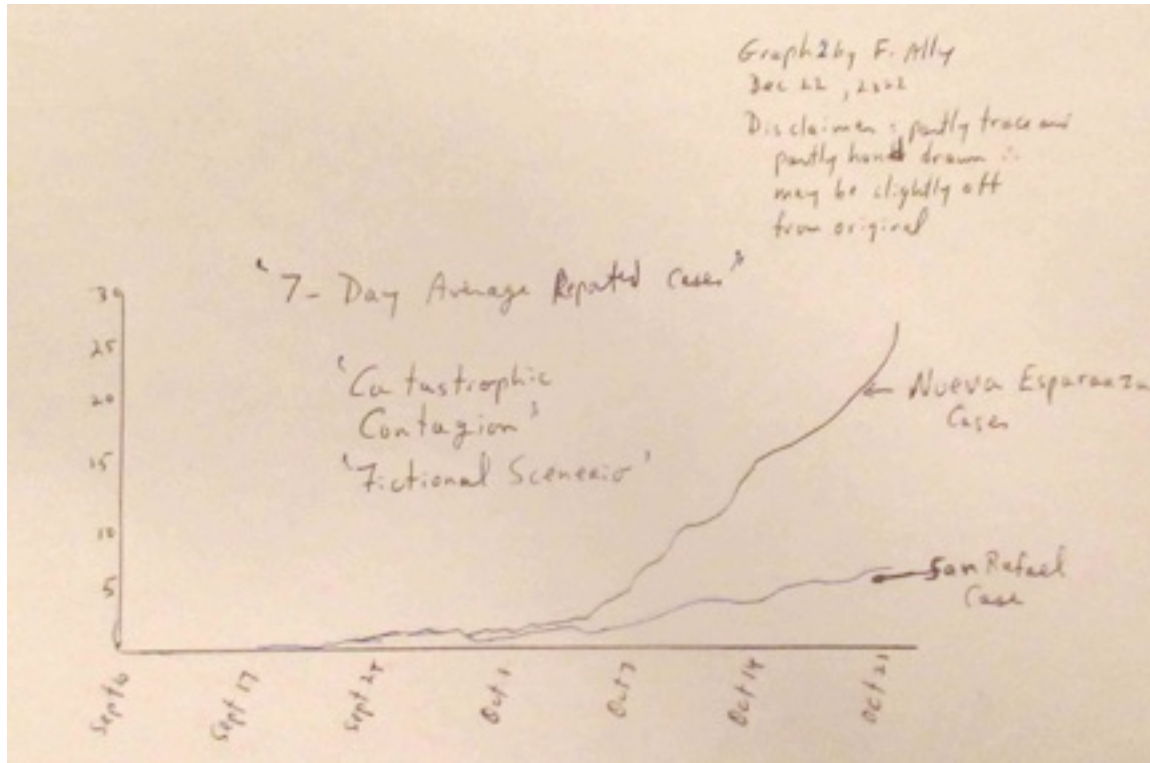
In the original map for the two regions in the video, the countries in Latin America are not mentioned. Being originally from that area, I immediately recognized which countries are in the simulation. See Graph 1 above in this report where I created a map with the two regions and also outline one of the main countries not outlined in the original video. The three countries in the simulation are located in South America. The countries are:

Guyana
Venezuela
Brazil

On the map, a part of eastern Venezuela, which is directly attached to Guyana, a part of northern Brazil also directly connected to Guyana, and all of Guyana area a part of the SEERS 2025 simulation.

Note in map in Graph 1, the bigger dot in Guyana is in the capital city, Georgetown, which obviously indicates more cases. There are also two smaller dots in Venezuela. There's also another dot in Guyana, not too far from where the Jonestown massacre had taken place where most of the people in community, adults and children, were poisoned by their leader Jim Jones and his medical staff by giving them poison to drink and also using syringes to give them the poison, resulting on the destruction and death of the people, except for a few that had managed to escape. Guyana had already seen lots of catastrophic. Also in the region there have also been a

lot of chemical spills in Guyana gold mining, poisoning many rivers and species in this Amazonian country.



In the video the host says, 'If a new virus called SEERS, Severe Epidemic Enterovirus Respiratory Syndrome 2025 spread across the world. This time a deadly virus that is more infectious than covid it harms more children.'

Section III - Exercise - Participants in the Exercise

In this global exercise that took place in Belgium, there were ten participants in the meeting, who were the 'former Health Ministers and senior public health officials from Senegal, Rwanda, Nigeria, Angola, Liberia, Singapore, India, Germany, as well as Bill Gates, co-chair of the Bill & Melinda Gates Foundation' (Ref b). One would think that since this simulation involved three countries in South America, that there would have been representatives from Guyana, Venezuela and Brazil that understands the area, which is all a part of the Amazon, but that wasn't the case. Not many in the world would have known Guyana is a part of the simulation based on the two regions on the map that was shown in the video. The only reason I immediately recognized that all of Guyana was a part of the simulation is because I was born in Guyana and lived there as a boy.

Discussions were on 'how to respond to an epidemic located in one part of the world that then spread rapidly, becoming a pandemic with a higher fatality rate than COVID-19 and disproportionately affecting children and young people' (Ref b).

Section IV - A new pandemic that could be much worse than covid

In the video the host says, 'If a new virus called SEERS, Severe Epidemic Enterovirus Respiratory Syndrome 2025 spread across the world. This time a deadly virus that is more infectious than covid it harms more children.' Why would he say 'if?' Could this actually happen? Are they planning for it, in the way the other simulations such as Monkeypox became a reality. Could it even start in the area of Guyana, Venezuela and Brazil as in this simulation?

How dangerous could such a Catastrophic Contagion become

Time: 24:32 Host of GNN : "**As of today there has been an estimated 1 billion cases world wide with more than 30 million deaths including nearly 50 million children. Many are alive but left with paralysis or brain damage.** The most successful countries are those which invested in preparedness and trained for this moment years in advance - this include having pandemic preparedness and response which conducted operational planning and tested those plans through exercises and drills. If more countries have participated and heeded the guidance the death toll might have been much less."

Section V - How dangerous is Enteroviruses

Below are some excerpts taken from Wikipedia at the following link.

<https://en.wikipedia.org/wiki/Enterovirus>

Diseases caused by enterovirus infection

Enteroviruses cause a wide range of symptoms...Enteroviruses affect millions of people worldwide each year and are often found in the respiratory secretions (e.g., saliva, sputum, or nasal mucus) and stool of an infected person.

Enteroviruses can cause anything from rashes in small children, to summer colds, to encephalitis, to blurred vision, to pericarditis. Enteroviral infections have a great range in presentation and seriousness. Non polio enteroviruses cause 10–15 million infections and tens of thousands of hospitalizations in the US each year.

Section VI - Enterovirus D68

In a youtube video dated September 16, 2022 called: **CDC warns about Enterovirus D68, virus raises rare risk of neurologic complications in kids**

<https://www.youtube.com/watch?v=1ssKctNXtc4>

It states, 'The CDC is urging doctors and hospitals to be on the lookout for enterovirus D68 in children. The infection can lead to AFM - acute flaccid myelitis – a disorder that causes extreme muscle weakness.

In the video, Dr. Partha Nani says there's no vaccine for Enterovirus D68.

If there are no vaccines for Enterovirus D68, this most likely mean that there's no vaccine for 'Severe Epidemic Enterovirus Respiratory Syndrome 2025' and another experimental vaccine will be forced on the masses.

Section VII - More on Spars Pandemic 2025 - 2028

In the video of Ref e, at time 38:09 looks at another futuristic pandemic by The John Hopkins Center for Health Security' called 'The Spars Pandemic 2025 - 2028 which is a futuristic scenario for Public Health Risk Communicators at 'The John Hopkins Center for Health Security'. The video states that the assimilation was completed on October 2017. According to Ref c, the outbreak began in St. Paul, Minnesota, and then in other states, and then in Mexico, Canada, Brazil, Japan, and several European countries, and then continued across the globe (Ref c). An upcoming vaccine called Corovax was then released in 2026, and the public was advised to get vaccinated against SPARS, and like covid-19 there were the anti-vax and pro-vax people. As a part of the exercise, 'The Spars Exercise Predicts' giving five of points. In the exercise, the vaccine used in the simulation is called Corovax.

Below are two points from the exercise with comments (see Ref e):

1. Parents of children whose children suffered neurological symptoms (due to vaccines) will file lawsuits.

3. "Demanding removal of the liability shield protecting the pharmaceutical companies responsible for developing and manufacturing Corovax" - driven by a lawsuit.

Comment below is: 'Wow. So they will admit to the fact that there are innumerable side effects and issues, but nobody cares. This sounds awfully familiar as to what is happening right now.'

On P. 64 of the simulation states: 'It was further recommended that Secretary Nagel consult with President Archer about the possibility of acknowledging the emotional toll of SPARS during a future public appearance

Conclusion:

Can the Severe Epidemic Enterovirus Respiratory Syndrome (SEERS) 2025 become a reality? In the simulation, there's no vaccine. Will another experimental vaccine be pushed on people? After the covid-19 vaccines were rolled out, according to VAERS (the vaccine adverse effect reporting system) thousands were reported as having died after taking the vaccine and many also became injured. About a year after the Monkeypox simulation, Monkeypox was identified in the public. Will SEER 2025 which was ran in October 2022 become a reality? Out of chaos should come order but we're seeing lots of deaths and injuries after the roll out of the covid-19 vaccines. SEERS 2025 is suppose to be much worse than covid-19. Will it also destroy the Guyana oil industry, as Biden goes to Venezuela for oil, and also states that oil will not be needed in the future?

References:

(Information of this article were posted on blogs on www.allymedia on December 23, 2022, and then later used in this article)

Reference b: centerforhealthsecurity.org/ou-work/pubs_archive/pubs-pdfs/2017/spars-pandemic-scenario.pdf

Reference c: Dec 12, 2022

Original Link to the video: <https://youtu.be/M-skwhRFWe0>
Catastrophic Contagion - A Global Challenge Exercise <https://www.centerforhealthsecurity.o...>
Fictional Scenario of Severe Epidemic Enterovirus Respiratory Syndrome (SEERS) 2025 in
Latin America
<https://www.youtube.com/watch?v=LYDcqpEn-VE>

Reference d: This section added on Dec 20, 2022 at 8:30pm
Severe Epidemic Enterovirus Respiratory Syndrome 2025 (www.allymedia.ca blog: The
destruction of humanity is taking place now links -part 2; December 11, 2022
Reference e: EYESISWATCHIN PODCAST #77 - CATASTROPHIC CONTAGION, COVID
WINTER, DIGITAL SLAVERY; <https://www.bitchute.com/video/CLwVGh1ciIgt/>

A Christmas Story

Excerpt from **Signature with Love**

Carry them back to Adelle Street

Cats had a way of giving back.
They had a way of giving, and putting smiles on people's faces



*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>

First Edition published on December 25, 2012

Second Edition – December 25, 2018

CHAPTER NINE Adelle Street

An excerpt

HOLLIS, NEW YORK - 2003

Note: Tom is their cat in New York

Nandy Park is backhome in Guyana, South America

Mustapha and Salima had some serious discussions about neutering Tom. They were worried about him making kittens out there and not being able to care for them, in the same way he was not cared for when he was a kitten and couldn't fend for himself, and ended up at their backdoor, crying, bleeding and searching for love. There were just too many kittens starving and had to make it on their own. Some had gotten ran over. Others had frozen to death. Some murdered by cat haters. Some kicked, beaten and bullied by humans. They didn't want Tom to be responsible for kittens dying on the cold and busy streets of New York, or begging and eating out of garbage bins. Their hearts went out to the little soul.

"He has his urges and desires and wants to find fulfillment in life, just like anybody," Mustapha said.

"Hon, just the thought of how we found Tom at our backdoor, bleeding and had nowhere to go, I wouldn't want that to happen to another kitten or to anybody." Salima frowned. "I couldn't imagine our cats back in Nandy Park being gibs—and poor Tom. I just can't believe

we're sitting here talking about whether Tom should be neutered or not." Salima shrugged. "He's keeping his name."

"Yes, he will always be Tom." Mustapha shrugged. "But neutering him will change him—it will change him forever."

Salima cried, "Poor Tom!" She gasped. "I don't like the idea. He'll be in so much pain. It would help if the female cats gallivanting out there were all mollies and queens—and—and then our Tom could be a tom instead of a gib."

Mustapha shrugged again. "I don't like the word gib. But it would be impossible to have all the cats out there neutered. Cat owners must be responsible for their cats and we must give this some serious thought."

"Hon, we can't follow Tom everywhere he goes and we can't keep an eye on him every minute of the day. Tom wants his freedom."

Mustapha gestured with his hand and then said, "If these neutering procedures were popular back in Nandy Park, then there wouldn't be so many stray cats, starving."

Mustapha grew silent. He cleared his throat. "Well, not all those small days were that great. Some days were better than other."

"Adellette Street."

"Adellette Street?" Salima asked. "Why did you say Adellette Street?"

"It was Christmas time back in those days."

"Christmas?"

Mustapha tensed up his shoulders, feeling uneasy as he recalled the stray cats that came around during the Christmas holidays.

LA PENITENCE, BRITISH GUIANA - 1950

It was Christmas time and the Christmas spirit was everywhere, spreading throughout most households in British Guiana, regardless of religion and ethnicity.

It was noon and Mustapha was outside sitting on the stairs and chewing on a stalk of sugarcane. He was in his khakis and white short sleeve shirt with his shirt collar up, taking in the humid Atlantic Ocean breeze. Nani's backyard had a section with sugarcanes and also a vegetable garden. The backyard also had many fruit trees: tamarind, grape, star apple, jamoon, ginnip, banana, and guava. His five-year-old sister, Rose, was sitting on the stairs with him, while Ashar and Naz were watering the flowers at the side of the house.

"Kitty, kitty."

"Who is Rose calling?" Ashar asked.

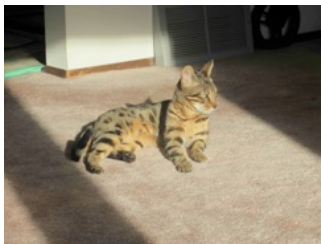
"Rose is calling for Kitty," Naz replied. Naz was twelve and Ashar was fourteen.

"But, I saw Kitty go up the stairs to Nani's home upstairs a few minutes ago," Ashar said.

"Kitty, kitty!" Rose's sharp voice echoed as she ran down the outside stairs.

"Rose, get back here. Where are you going? Kitty is upstairs with Nani," Mustapha said.

He stopped chewing his sugarcane when he saw Rose petting a cat.



Mustapha watched as another cat entered the yard and walked towards Rose. Stray cats had a way of making their way into the yard, whether through a rotted out fence or over

the fence. Sometimes they sprung up the neighbor's trees, and then like a slingshot, jump into another yard.

"Two kitty, kitty," Rose called out, petting the cats. "One kitty, two kitty. Kitty, kitty."

Ashar and Naz exchanged glances.

"Two cats?" Naz said. "But Nani only has one cat." She pondered for a moment. "I know I saw when Kitty went upstairs to Nani."

"We better see what Rose is doing before we all get licks *beat* from Ma," Ashar said. The two girls put down their water buckets and hurried to the front yard. From a short distance, they were surprised to see the cats. They exchanged glances. Naz ran towards the cat and started to pet them.

"Rose, where did the kitties come from?" Naz asked.

"Don't know. Don't know."

"How did they get in the yard?"

"I don't know?" Rose replied.

Ashar walked up to her sisters. "I think they are stray cats."

From the corner of Naz's eyes, she saw another cat jumping over the fence. She got up and ran toward the cat.

Mustapha was observing the girls and the cats. "You're right, they are stray cats," he said, walking up to them. "Be careful—they could scratch." He turned to Rose. "And watch your fingers, Rose. They could bite."

Rose started to laugh. "Oh the kitty won't bite me."

"They won't bite us," Ashar replied. "I think they already like us."

"As long as we treat them nice, they won't bite us," Naz said. "Buddy, where do they live?" she asked.

"Well, yuh know, stray cats are everywhere and many do not have homes," Mustapha said.

"Awwwww, poor kitties," Naz said.

"Awwwww, poor kitties," Rose said, imitating her sister.

"They look so tired and hungry," Ashar said. "We must feed them."

"I will pick some mangoes for them," Naz said eagerly. The mango tree at the back of the house was laden with mangoes. Even a small child could have reached up from the ground to pick the mangoes. Naz also knew how to climb the mango tree and quite often picked mangoes for the family.

"What if they don't like mangoes?" Ashar asked.

"Then I could get them some ginnip, but—"

"The ginnip tree is too high to climb."

"Then I will get them some aloo and roti."

"Ma will give us licks *a beating* if we give away our lunch," Ashar warned. She frowned. "But we must feed them."

"Oh poor kitties look so hungry and tired," Rose said.

"I'm going inside to get my aloo and roti for them," Naz said, petting one of the stray cats. "I will share with you."

A few more stray cats entered the yard. The girls beamed a sad look at their brother. A bright smile appeared on Mustapha's face. There were now four cats and two kittens amongst them.

"Why—why so many?" Naz asked. Strays came throughout the year, but never so many at the same time. "Where will we get food to feed all of them?"

"Well, yuh know it's Christmas time," Mustapha said. "And we must feed all of them, just like the way we feed the beggars and the homeless on Eid."

"And we can't give away our food," Ashar said. She hesitated. "Ma will get upset at us for giving away our lunch."

Mustapha cleared his throat. "Come on girls, let's see what we could scrape up for the cats." He opened the door and let the girls into the house. Mustapha and his sisters headed towards the kitchen and put the left over aloo and rotis in a plate. Ashar swallowed nervously. "Buddy, did we leave enough food for Ma and Pa?" Ashar asked.

"We must feed the kittens," Naz said. "We must feed all of them."

Mustapha nodded, with an uneasy glance. "Yes, yes. We must feed all the cats. And we've left enough for Ma and Pa."

Their father, Mohammed, was in the living room tailoring a suit for a customer, while their mother was at the market buying fresh fish. He stopped stitching and said, "Children, eat your lunch."

Ashar cleared her throat. "We—we—we will eat," she reluctantly said.

"Alright then," their father replied. "Eat y'all belly full full," he said, and started working on the suit again.

The children exchanged nervous glances. If their mother found out that they were giving away their food to the stray cats, she would not be pleased with them. They hurried out the house, carrying the food. As they exited the door, the cats started to meow like an orchestra—one of them sounded like a soprano, another like a baritone, one screeched like violin, and another sounded like she was bending strings on a guitar with her meows. The children placed the plates in the shade, and the cats hurried over to the plates and started to chomp down on the food. The children's faces brightened up as the cats ate.

"Kitty is eating," Rose said, joyfully.

The girls cheered as the four cats and two kittens nibbled on the food. They exchanged happy glances.

Mustapha smiled. "Common girls."

"Where we going?" Naz asked.

Mustapha laughed a little. "Now that the cats are happy and busy eating, it's our turn to eat."

Naz made a gesture. "I will pick some mangoes."

"I will get the salt and pepper," Ashar added.

The girls made a motion to get the mangoes and salt and pepper, but Mustapha stopped them. "I'm treating you girls with mauby and tennis roll," Mustapha said cheerfully. The girls became excited. How they relished mauby and tennis roll.

"With cheese?" Naz asked.

Mustapha laughed. "Of course with cheese."

"Tennis roll is not the same without cheese," Ashar added.

"I love cheese," Rose said. "And butter too."

Mustapha nodded with a broad smile. "Of course with butter too."

The girls started to clap. Their good deeds had won them a treat from their seventeen-year-old brother. They headed down to the corner shop. Naz and Ashar held Rose's hands, and they skipped along, as Mustapha walked next to them.

They arrived at the corner shop. The girls took their seats at a table and Mustapha ordered for them. And when the store clerk brought out the fresh tennis rolls with cheese and butter, along with the mauby, the girl's faces lit up. They sat and enjoyed their mauby and tennis roll with cheese and butter. After having a nice treat, they returned home, and as they entered the gate, they were happy to see the cats frolicking.

"Kitties ate all their food," Naz said. "Their bellies look full full full." She rubbed her own stomach knowing how much she had enjoyed the mauby and tennis roll with cheese and butter.

“Now that the cats had a good hefty meal, they will have lots of energy to play,” Mustapha said.

Ashar’s smile was wide and bright. “Oh how I love to watch them play and have fun.”

Naz turned to her brother. “You think they know it’s Christmas time?”

“Oh yes. They know it’s Christmas time,” Mustapha answered.

“But how could they know its Christmas?” Ashar asked. “They are only cats.”

“Man, let me tell you—cats are smart,” Mustapha said. “They are good with time. They know our schedules, just like how we know when it’s Eid, Easter, Christmas, and Diwali, and when to get up in the morning and when to have breakfast, lunch and dinner, and then go to sleep.”

“But they are not people,” Ashar said. She pondered. “How could they know?”

Naz turned to Ashar. “They are like little people,” she said.

“Kitties are little babies,” Rose said.

“But they are only cats,” Ashar said. “Buddy, how could they know it’s Christmas time? They don’t have calendars.”

A bright smile beamed on Mustapha’s face, listening to his siblings. He laughed a little. “Well, yuh know, cats are brilliant. Their senses are different from ours. They know when to come and when to go, and they have a way with people. They could sense our emotions. They could brighten up our faces when we are down. They know how to make us laugh. Laughing is a good medicine. Sometimes, they’re like a doctor, curing us from our sadness and depression. Having them around encourages us to go out for a walk—and that’s healthy.”

“Wow!” Ashar exclaimed. “They are smart.”

Mustapha smiled. “Trust me. They know it’s Christmas,” he said.

Naz nodded. “Yes. There’s something special about kittens. Buddy is right. They just know it’s Christmas.”

Hamidan entered the yard just after 2pm. She was tired from the heat, and the long walk to Stabroek Market and back home. She gasped upon seeing all the cats in the yard, but she wasn’t surprised, after all it was Christmas time. There were always stray cats coming and going during the year and she would feed them, and they would eat and leave.

Rose ran up to her mother. “Ma, come and pet our new kitties.” Hamidan held Rose’s hand to take her inside, and as she opened the door to enter the house, she stopped and turned to Mustapha. “Carry them to Adelle Street!” she exclaimed. “Carry them back to Adelle Street!” She entered the house and took Rose inside. The girls sat on the outside stairs, sulking.

From the opened window, they could hear Rose complaining, “I want to go outside. I want to play with the kitties.”

“You stay right here,” her mother told her.

“I want to play with kitties.”

A tear slithered down Ashar’s face, hearing the name Adelle Street. Naz was also sad, sitting quietly. They have heard those words a few times before: *Carry them back to Adelle Street.*

“Buddy, why take them to Adelle Street?” Naz asked.

“There’s a burial ground at Adelle Street,” Ashar said as her lips quavered. She was shaking. “Right—right Buddy.”

Naz frowned. “Buddy, but burial ground is for dead people. Why carry the kitties to Adelle Street.”

A surge of emotions filled the girls. From their facial expression, Mustapha knew they were very upset. He knew his siblings were thinking the worst. He placed his arms around his

sisters' shoulders. He cleared his throat and said, "Well, yuh know, there are lots of stray cats at the burial ground in Adelle Street."

"Why do they go there?" Naz voice quavered.

"That's their home," Ashar answered. "The burial ground at Adelle Street is their home.

Naz shrugged her shoulders. "The cats will never be happy there."

Mustapha remained calm. He turned to them and said, "Well, yuh know, the cats are homeless, and nobody bothers them there—so they make the burial ground their home."

He inhaled deeply and then continued, "People also worked there, and people make their visits, so there's nothing to be afraid off."

"Buddy, and do people go there to visit the cats?" Naz asked.

"Well, some goes there to see the cats."

Ashar cringed at the thought of hearing about the dead. "Buddy, will the cats starve at the burial ground?"

"People feed them. There's food there for them to eat."

Naz started to pant, taking shallow breaths. She gasped. "Buddy, are we taking the cats back to Adelle Street?"

Mustapha cleared his throat. "No. Ma, didn't mean what she said. Ma get's frustrated having to feed so many of them."

Hamidan pushed opened the door of their ground level suite. She was holding a novel.

"Carry them to Adelle Street!" Rose ran out from the house. Hamidan turned around.

"Carry them to Adelle Street and leave them there!" She went back inside and closed the door. Rose stayed outside with her older siblings.

"Buddy, why can't we keep them right here with us?" Naz asked.

Mustapha looked at the girl's sad faces and quickly said, "You know, it was a hot day and Ma had a long walk to the market and back under the scorching tropical sun and she's very very tired. Watch and see. She will change her mind." He took a deep breath and placed a comforting hand around the girl's shoulders again. "Well, yuh know, Ma is frustrated not being able to help so many stray cats. She would feed all of them if she could. When we add up all the stray cats that come in a year, there are many to feed." The tears started to roll down the girl's faces. They also had goats and chickens and when any of them died, the girls would cry.

Mustapha knew he had to do something to uplift his siblings. "But yuh know it's the season," he said. "It's Christmas time and we must feed all of them."

"Where will we get more food from?" Ashar asked. "Ma will get mad at us if we give away the food."

Mustapha cleared his throat. "Well, if there's a will, there's a way, and by the grace of God we will find a way."

Ashar, Naz and Rose put their trust in their older brother. It was time for the children to go inside, wash up, and have their dinner. They were having their dinner. As soon as their mother turned her back, they slipped half of their food into an empty plate. Ashar and Naz were sneaking out with the food for the cats when their mother caught them.

"Get back here! Eh, eh!" Hamidan exclaimed. The girls' legs started to buckle and their hearts started to pound as their mother walked up to them. Their eyes started to water.

Hamidan cleared her throat. "That is all y'all taking for the cats. Take more. Take nuff nuff food for the cats—it's the season. Give the cats a good treat." The children turned to each other with relief and their faces brightened up. "I'm cooking more food," their mother said. She dished out more food for the cats. "Fatten up the stray cats. Take nuff nuff for the cats," Hamidan urged. "There's lots of them, but it's the season. It's Christmas time. Give them a good treat and make sure they are happy with their treat." Their faces lit up upon hearing those words from their mother.

Mustapha turned to Ashar and Naz. "What did I tell y'all? Ma cares for the stray cats."

"Yeah, yeah, you were right, Buddy," Ashar said.

"Ma loves the poor stray cats," Naz added.

"I love them too," Rose said.

Hamidan dished out more food for the cats and the children took the food out for them. The sun was going down and the stray cats were sitting underneath the outside stairs. And as soon as the cats saw the children, they ran towards them and started to frolic. The cats started to meow as if they were the symphony from Adelle Street. It was their way of singing the Christmas songs to the children. And when the children placed the food in front of the cats, and the cats started to eat, the children felt good.

The children went back inside the house to finish up their dinner while the cats ate. After dinner, Mustapha and the girls sat outside on the stairs with the stray cats. Nani's cat came out to join them.

Cats had a way of giving back. They had a way of giving, and putting smiles on people's faces. One of the strays lowered his front paws with his head up, swaying from side to side, while another stray cat threw a paw in the air and then tried to grab the tail of another cat. The other stray cat pretended to be scoping out his enemy, stretching his front paws out, one at a time, and then sprung into a defensive position. The cats started to frolic, and the children clapped and laughed. The show continued and the children applauded the cats. It was as though the cats were in their own masquerading band frolicking and singing Christmas carols. They must have picked up a tip or two from Samuel and his masqueraders, or it could have been the other way around. The children had never seen so many cats in one place at the same time, and having so much fun. The cats continued as if they were singing and their meows amplified as if they had reached the climax of the show. Hamidan brought out treats for the cats.

The cats had a good dinner with their treats. It was time for the children to go inside. The cats stayed in the yard as darkness crept in. By the next morning, when the children came out to see the cats, they were gone. The children were sad. They were worried about the cats, but Mustapha explained that the cats were on a journey and had to continue on, so they could put on their shows and frolics for the other children, and to uplift the elderly, with the Christmas spirit. "We may see the cats as strays that are hungry, but they came here to give us something special. They came here to put on a show for us, but most of all, they have a way of opening up our hearts with love, compassion, and giving. They will be back next year," Mustapha said.

"Will some of them be back before next Christmas?" Naz asked.

"I believe so. And they never forget," Mustapha said, placing his arms around his sisters' shoulders. "And if they see us on the road they will recognize us. They will know us."

"And we will know them," Naz said.

"Buddy, how did the cats know to come to our home to put on a show for us?" Ashar asked.

"They have a way. They are like angels."

"They are angels," Naz said.

"They are babies," Rose said.

Mustapha rubbed his little sister on her head and continued, "I believe they are on their own schedule."

"And upon completing their shows, where will they go?" Naz asked.

Ashar cleared her throat. "To Adelle Street?" she asked with a sad face.

"I believe so," Mustapha said.

Naz cringed. "At the burial ground?"

"Well, I'm afraid so."

"But why?" Naz cried. "But, why there."

“Well, home is a place where we put up our feet and where nobody bothers us. Home could have different meanings for different people. I may want a small home and another person may want a castle. Home is a place that makes us feel comfortable, happy and welcome. The burial ground is home for many stray cats.”

The girls started to cry. Just hearing the name Adelle Street and the burial ground made them sad.

A smile emerged on Mustapha’s face. “Well, we must look on the bright side. I’m sure the cats are having a great Christmas season with lots of good food and making the children and elderly happy.” Mustapha reassured his siblings that the cats will be okay and that they will come again.

HOLLIS, NEW YORK - 2003

After Salima heard the story about the cats in Adelle Street, she knew what her decision for Tom would be. Mustapha knew what his decision would be. For both of them Tom would no longer be a tom; he would be a gib, but he was keeping his name. Their decision was to go ahead with the neutering procedures for Tom.

Mustapha flinched. “It just wasn’t one stray cat that came to visit us in La Penitence, there were many.” He swallowed deeply. “It was hard to turn them away. Just looking into their eyes, our hearts went out to them. And the girls would cry, especially when they heard the words Adelle Street.” Mustapha grew silent.

Salima’s eyes watered, hearing about the stray cats, chickens and goats, and the tears of the children.

Salima winced. “And at the end of their Christmas journey—”

“I could only guess that they returned home.”

“To Adelle Street in the burial ground?”

Mustapha nodded.

Salima shrugged. “So many unfortunate cats.” She glanced at Tom. “I don’t want Tom making babies out there and the kittens becoming strays, ending up in a burial ground or eating from a garbage bin.”

Waiting for Spring



Pepperpot Club - Donating used clothes

During the year clothes have been collected and donated to the needy. Very often some of these clothes and other items such as running shoes were never worn, or may have been worn a few times.



2022

SUMMER EVENTS

Heritage

Cariwest

FESTIVAL

Heritage Days

















The Cariwest Parade



August 6, 2022, the parade began on 108 Street and turned onto Jasper Avenue, heading east down Jasper Avenue, passing Commerce Place, Cambridge building and then turned left on 100 street, heading down and passing in front of the Westin Hotel, then the Library and City Center, and then the floats made its way into Sir Winston Churchill Square set up with food vendors, a stage with DJs and music playing, and a lot of sitting areas...F. Ally

PARADE DOWN JASPER AVENUE



Security walking at the front, as the parade heads down the Avenue



SWAY ON DOWN THE AVENUE TO THE INTOXICATING BEATS



THE MAYOR OF EDMONTON, AMARJEET SOHI ON THE PARADE ROUTE







Pictures taken by F. Ally

SOUP KITCHEN

**A variety of soups: Vegetables, Vegetables with potatoes,
Chicken, Chicken curry,
Chicken mushroom plus, Beef & Onion**

Making a quick simple broth

Soups

Making a simple broth:

The broth is made by using unused vegetables, frozen vegetables, as seen below, and boiling it for approximately 20 minutes. For example in the summer, I had lots of extra items which were then frozen, such as tomatoes, carrots, zucchini and other vegetables, as can be seen in the picture below. You could add certain types to pot depending on if you want to add a certain flavor. Add garlic, onions, and peppers. The soup was light but taste great after adding beef or chicken and other vegetables, or simply just adding vegetables to make a vegetable soup.

Boil to get some nutrients and flavor.

Strain and keep the liquid. Often I would place the liquid into two different pots to make two different type of soups, such as a turmeric flavor chicken soup and a plain whitish or cream color soup.



Pictures of soups



Veggies with some chicken: spinach, carrots, potatoes



Veggies with some chicken: mushroom, celery and potatoes



Chicken, veggies, onions, celery, turmeric flavor



Chicken with potatoes, turmeric flavor



Chicken with veggies



Beef & onion

Making the soup

The soup was light but taste great after adding beef or chicken and other vegetables, or simply just adding vegetables to make a vegetable soup.

Strain and keep the liquid. Often I would place the liquid into two different pots to make two different type of soups, such as a turmeric flavor chicken soup and a plain whitish or cream color soup.

Making a variety of soups as seen in the pictures above:

Instructions in making soups

Vegetarian soup

Make broth as shown above. Can add other items as you see fit.

Parsley, Brussels sprout, celery, carrots, 1/4 onion, 2 cloves garlic, 1 big mushroom, 2 broccolli stem, 2 jalapeno peppers,

1/4 pot water. Bring pot to a boil

Boil on Hi

Add contents and boil for 1/2 hour.

Strain out contents and use liquid to make the broth.

Beef - Onion soup

Make broth as shown above. Can add other items as you see fit.

Spices for taste: Add black pepper, paprika, add salt to taste...

Peel and sliced approx. 20 carrots small or medium, 8 potatoes,

Prep time: 10 minutes

Cook time: 40 minutes

Cut up beef

Cup up 1/2 onion

Slice 5 cloves garlic

Boil beef in water for 10 minutes

Add beef to broth and boil for 10 minutes

Simmer for 20 minutes on low

Chicken Soup

Make broth as shown above. Can add other items as you see fit.

Prep 45 minutes

1 chicken. 8 potatoes

Serves 15

Serves 15

Spices: Add 1/2 teaspn ground turmeric, black pepper, paprika,

Add turmeric to give a curry kind color - curry turmeric soup....to one pot

In the other pot will have a light color soup.

After 5 minutes add carrots, after another 5 minutes add potatoes
In each pot add sliced up potatoes, carrots, add chicken
Add 1/4 onion to pots, 2 cloves garlic
Test potatoes and carrots for softness after 20 minutes
Simmer for 30 minutes so potatoes and carrots are soft

Soup - potato-carrot

Make broth as shown above. Can add other items as you see fit.

Prep 1/2 hour

Boil on Hi for 1/2 hour

Cook time: 45 minutes

Spices for taste: Add black pepper, paprika, add salt to taste...

Cut up approx. 10 carrots and boil for 5 mins

Cut up approx. 4 potatoes and boil for 15 mins

Add potatoes and boil for another 15 minutes

Add 2 jalapeno peppers (cut up)

Cook for 15 mins

Making chicken soup with veggies. One pot add approximately a teaspoon of ground turmeric to give it a curry look and taste. Boil chicken in a separate pot. Can break chicken up into very small pieces or leave it as big pieces. If potatoes are cut thinly then it will not take long for potatoes to become soft. Add spices such as paprika, salt to taste, black pepper etc...



BEWARE OF TECHNOLOGY

**BEWARE OF HACKERS STEALING YOUR
IDEAS, INVENTION, ORIGINAL SONGS, MUSIC,
ORIGINAL LITERATURE, YOUR WEALTH etc...**

*Hackers at work,
hacking systems,
stealing, and
harassing people
using technology*

*Hackers can switch on the camera on
your TV and cell phones and watch
you as you watch your shows.
Connecting your TV to your home
network allows hackers into your
home.*

There are backdoors and ports to get
in. There are cameras and technology
that exists which most people are not
aware of. You can be tracked, get
hacked, and have your wealth, whether
it's money or valuable work and items,
stolen.

**WELCOME TO THE REAL WORLD!
HACKERS CAN STEAL YOUR INVENTIONS,
MUSIC, LITERATURE AS YOU CREATE THEM
AND CLAIM THAT THEY CREATED THE
WORK AND HAVE YOU FRAMED FOR
PLAGIARISM AND THEFT**

You do not have to be online or connect to any service
to be tracked and you don't have to do anything wrong
to be tracked, hacked and robbed by criminals.



Hackers stealing personal information

***YOU DO NOT HAVE TO BE CONNECTED TO ANYTHING
AND YOUR WHEREABOUTS IN THE WORLD
CAN EASILY BE TRACKED***

***THEY DO NOT CARRY OUT CRIMES TO GET CAUGHT
IT'S DONE SECRETLY AND BEHIND THE SCENES
AND THEY MIGHT EVEN BE IN A THREE PIECE SUIT***

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Happy Holidays!

PRECIOUS HOLIDAYS

The good times fly,
Another year gone by,
There's magic tonight,
So 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
Like taking rides on Santa's sleight
To see the lights on Candy Cane Lane
Smile with me, Shout with glee
The good times fly, another year gone by

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,
The good time fly, another year gone by

*Original lyrics and Music by Faisal Ally
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**THE GOOD TIMES FLY, ANOTHER YEAR GONE BY
THERE'S MAGIC TONIGHT**



PEPPERPOT CLUB

(LOCATION: EDMONTON, ALBERTA, CANADA)

Summer of 2022: Some of us enjoyed some games of dominoes playing late into the night with one of our relatives visiting from Florida.

*The Guyana Canadian Pepperpot Club,
The Pepperpot Book Club
The Pepperpot Domino Club
The Pepperpot Arts and Sowing Club*

DIVERSE CITY MAGAZINE

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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**