DIVERSE CITY

Magazine

July 2023





Scams, Fraud & Grooming

A look at the college admission scandal, and other scams. Are you being groomed to steal someone's songs, books and other possessions? Are you collaborating with someone such as friend or relative to steal other people's songs and music? Did you get a lawyer, witnesses and contract to include who provided you the music, song, book, who owns the songs etc...Did a relative or friend drag you into a scam or fraud you will regret? AI is now creating music and movies!

Body Builder Jo Lindner dead at 30; p. 68 Guyana (South America) Oil Auction; p. 90 The Great Spiritual Awakening

Life's Journey - The Law of Detachment and more...F. Ally

Dave Anthony Martins

From the band 'The Latins' then the 'Debonairs' and then the famous 'Tradewinds' band formed in Toronto in 1966. Martins is of Portuguese background from Guyana, now 88 years old, back living in Guyana with his wife Annette Arjoon-Martins, as he continues to sing and play his songs on his guitar, and also does radio interviews and comedy

Slave & Indentured laborers

-The Scottish historian, Dr. David Alston, and others exposing Scottish involvement in the slave trade -Western Europe with an estimate of 10,000 to 20,000 enslaved Africans during slavery in Britain







DIVERSE CITY

World Magazine









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100 - Health techniques

Contact: ALLY Media 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. Fisal 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.

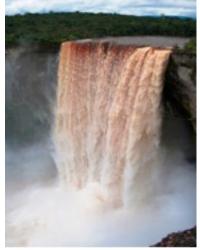


Photo of the Kaieteur falls licensed from www.depositphotos.com

<u>Disclaimer:</u> 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. Fisal 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 Fisal Ally/ Brian Ally do not do videos, write articles, books, or edit 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 those are again fabricated lies as part of a 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 my self 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

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

A tour of songs and books written by songwriter/musician/writer Fisal (Fizal) Deen Ally can be found on www.allymedia.ca

F. Ally has made many independent tapes and CD's that were published and handed out over the decades with his songs (and different versions of his songs). Friends and relatives are aware of these songs, books and CDs. Anybody can have a copy of his independent songs and books, but he has never given anybody permission to break his work into pieces and for others to use his work commercially and for others to take credit for his decades of hard work.

I HAVE A VOICE MY VOICE

Being an independent songwriter/musician/writer

I chose to be independent because this gives me the freedom to use my work as I please and not someone else to dictate to me what I must write, say, how to use my work and how to live my life. I was put here to live my life not for someone else to tell me how to live to benefit themselves.

GO ON YOUR OWN JOURNEY

Write your own songs Write your own books

Do NOT collaborate with others to steal other people's work such as songs, music, books...

When producer told Lennon and McCarthy that the plan for the Beatles were to sing songs written by other songwriters, Lennon and McCartney refused and insisted on writing their own songs and look what happened - HIT AFTER HIT. Look at all of the other bands that wrote all their songs - they didn't steal songs and music from other songwriters. Go on your own songwriting, writing songs, books or what ever journey you're on. Do NOT let other pull you into a scam and fraud and do not try to steal the work of others, you will sooner or later get caught and your life will be ruined! It's not worth it!

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

DIVERSE DISHES: COOKOUT

2 veggie dishes, 1 shrimp, and dhal...cooking 4 dishes at the same time, depending on your stove and current your stove handles. In recent years, I've learned most of my mom's cooking because Guyana brings a large variety of diverse dishes from Amerindian (American Indian), African, Chinese, East Indian, Portuguese and other Europeans. In the past few years, my mom and I have been doing a spring cookout, where she does some of the dishes and I do some...Fisal Ally



MY HOME

Music and Lyrics by Fisal Ally, Written at age 17/18 with some modifications over the years Visit www.allymedia.ca

My Home, I remember this place, I have grown, Walking in the park and throwing stones

Sometimes, it seems so far away, we've done our best to get this far

Now my memories are fading, they're buried deep I know

Yesterday, it's far away it's been so long Since I've seen people places and things that captured my heart

You've given me wings to fly away
You've given me hope to carry on
Windows of the past, thank you
I'm still walking in the park and throwing stores

Yesterday is far away, it is gone We've done our best to carry on

Now my memories are fading, they're buried deep I know

My Home, I remember this place, I have grown, Still walking in the park and throwing stones

Give me wings to fly back home
Give me strength to carry on
Windows of the past, thank you
I'm still walking in the park and throwing stones

Windows of the past My home, Thank you

DIVERSE CITY



Photo by Fisal Ally at Calgary Carifest Masquerader originally from Guyana, holding Cariwave, The Caribbean Magazine

Upcoming Events in Edmonton

Cariwest Festival 2023

Downtown, Edmonton At Sir Winston Churchill Square August 11, 2023

Cariwest parade is on August 12, start time is noon, end time is 2:30 pmand starts at 108th St and 99th Ave, down Jasper Ave and it's destination is Churchill Square.

www.cariwest.ca

Heritage Festival 2023

Celebrating 50 years
This year's location is:
Edmonton Exhibition Lands and Borden Park
August 5th (12pm -9pm)
August 6th (10am-pm)
August 7th (10am-8pm)

Upcoming Events in Calgary

Carifest Parade - Calgary Caribbean Carnival

Carifest in the park Saturday, August 19, 2023 www.carifestcalgary.com

Upcoming Events in Toronto

2023 Toronto Caribbean Carnival - Caribana Thursday, Aug 3, 2023 to Monday, Aug7, 2023

THE 1990s INDEPENDENT MUSIC SCENE TOUR

A tour of songs and books written by songwriter/musician/writer
Fisal (Fizal) Ally, originally from Georgetown, Guyana can be found on www.allymedia.ca
F. Ally has made many independent tapes and CD's that were published and handed out
over the decades with his songs (and different versions of his songs). Friends and relatives
are aware of these songs, books and CDs. He has never given anybody permission to break
his work into pieces and to take credit for his decades of hard work. As an independent
artist recording his songs, he has entered many recording studios in Edmonton where some
he has met during his recording sessions are some of the best musicians in Edmonton,
Alberta, Canada, and possibly some of the best in the world.

SUMMER TIME

Fisal (Fizal) Ally in an independent songwriter / musician that often plays all the instruments on his songs. I began writing songs at age 13/14 and have written well over 100 songs and at least 15 books. It's way more than those numbers. Some of my songs and books are posted on www.allymedia.ca. All songs and book are copyright and for decades now others have been aware of all of my work, where I also recorded songs in the best studios in Edmonton with many amazing session players. My songs were completed as independent songs because of cost. Some of the players are from famous bands in Edmonton, and also played in orchestras.

Original songs (Lyrics & Music) by Fisal Ally

Visit www.allymedia.ca for original songs written by Fisal Ally (Music & Lyrics)

Instrumental versions of songs written by Fisal Ally

Visit www.allymedia.ca for original instrumentals of original songs, where all instruments played by Fisal Ally, where F. Ally played rhythm guitar, lead guitar, picking guitar, bass, keyboards and used a drum machine. In the instrumental for Blue Caribbean Sea, F. Ally played guitar, bass, keyboards, and Rob Chizek played saxophone.

Songs with different versions by Fisal Ally

The song Lisa has two versions

Wide Eye Innocent has two versions

The song 'Party till we (they) feel alright has two versions. The other version is 2CanPlay Some songs have some different lyrics and other verses because there were always extra lyrics, and certai ones were selected for the recordings, but the other verses and or lines are sometimes used.

MUCH MORE TO COME ON THE 1990S INDY MUSIC TOUR - THE JOURNEY OF A MUSLIM SONGWRITER/MUSICIAN

IN THIS EDITIONS F. ALLY DISCUSSED HOW HE CREATED THE BASS LINE FOR SONGS SUCH AS WIDE EYED INNOCENT, OUT OF CONTROL, SAY NO, A KISS GOODNIGHT AND MORE...

Free digital books download Written by Fisal Ally

Copy link and paste into your URL to begin your historical journey with Fisal Ally 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



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

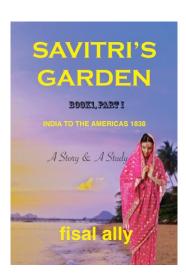
BOOK 4 - A SHORT STUDY GUIDE

Debunked The Use Of The Label Coolie In Guyana

https://www.smashwords.com/books/view/647830

'Signature with Love' (a book on cats) by F. Ally can also be download from www.smashwords.com

F. Ally's song lyric book & many songs are uploaded on www.allymedia.ca



HEALTH & WELLNESS

In these times, people are researching and searching for health products and information

Vitamins and detox information from Zelenko labs www.zstacklife.com

https://zstacklife.com/?ref=BestProtocol

Disclaimer: This information does not offer any medical advice, but is only providing information. It's important to seek advice from your doctor and from qualified professionals in these areas.

Taking lessons from Furrari

Getting some sunshine coming through the window







Editor / writer: Fisal Deen Ally (Brian Ally)

This edition looks at grooming, scams, and frauds. There's an article on the Guyanese musician of Portuguese background, Dave Anthony Martins from the band 'Tradewinds.' A short write up on The Great Spiritual Awakening. Recipes, Caregivers, Guyana oil, slavery and indentureship. There's an update on graphene in the following Diverse City News, and also Guyana's oil auction in the article on oil.

William Shakespeare said 'all the world's a stage.' What did he mean by that? He is one of the most well known writer in history, thus what he said must have a lot of truth in it. Simply, he is stating that the world is a stage, meaning there are actors and scripts playing out through history. The globalists or the ones pulling their strings always tell us what they are planning years before so when it happens it will be easier for us to accept there agenda, and that's called predictive programming, or you might want to say brainwashing because its always to bring about their agendas - what they plan for their audiences, 7 to 8 billion of us. Even Fauci had told us about an upcoming pandemic in 2017 with all of the details, as describe in previous editions of this magazine. What he wrong? He was 100 percent correct. We are now being told that covid-19 was a test, an experiment. How is that for scheming against the mass. And the ones that dances to the tunes of the ones at higher levels will no doubt have their pockets limed - 'dance baby dance can you dance dance dance, dance baby dance can you dance' (lyrics from the 1990s song by F, Ally, Dance baby dance). 'All the world's a stage' no doubt means that major events are staged, along with many smaller events that are also staged, as part of their agendas. They also create heroes who will then lead and bring comfort to their audiences. Once covid-19 began, hundreds or thousands of new laws were passed for the 'Great Reset' to take place - you will own nothing and you will be happy - changing over the entire world, to meet their agendas. And hundreds more are coming. Not only with CBDC, electric cars and population reduction, and with AI taking over, but also with transhumanisn - you may not know if you are a male or female, so there will only be one sex, and you can have a lab baby. How is that for what people have allowed to take place and just accepting it all for their children growing up? Great life ahead for children? The Great Reset cannot just take place; it has to be planned out carefully. As a matter of fact, they've been planning a lot of what's taking place today for decades now. They organize and direct the events on their world's stage, and while they pull the strings as their pawns and puppets dance to their tune (Dance baby dance), as often seen on the mainstream media, they are accomplishing hell on earth - as Satan the devil (Iblis) said, he's taking all of Adam's children to hell with him. Not only humanity but also many other life forms, such as animals and birds. And Bill Gates will be giving us cricket burgers to live on. We've seen war after war with millions of people being killed over and over and being injured and living miserable lives. We've seen invasion after invasion. Does that make any sense? Does it make any sense to enter another land and start bombing the civilians and destroying their infrastructure? Of course not! Don't you believe that wars are carefully planned as part of an agenda? All of that has led up to The New World Order with the Great Reset taking place. We're in it! What's coming is only going to get worse. What's coming is not good. Not good for anybody, any life on earth, nor for the earth. Where are we heading? Where is this world heading? I wrote about this in a song decades ago when I was probably about 22 years old or even younger because I had the common sense to differentiate between fantasies and facts. What's been coming, is hell. We are in it! But people are too distracted to even see it.

The destruction of the world was foretold Greed and evil will lead us to Armageddon, the last battleground Lyrics by Fisal Ally from the song, New Clear Society

Some believe fiction to be real and facts to false. Knowledge is powerful, so do your research.

What are we witnessing?

The sky is red, I'm feeling blue, smog clouding up my head Lyrics by Fisal Ally from the song, New Clear Society

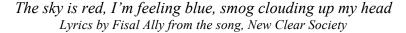
Some are playing God, and telling us how we must live,

Is this our fate, to live in a destructive age, it's what man has created, fantasizing he's so great *Lyrics by Fisal Ally from the song, New Clear Society*

We're seeing the destruction of humanity and the earth every day and they are blaming us and not themselves...F. Ally

It's us we're doing all the damage,
Cause you-you say we'll manage,
And us-we're all going to have to pay,
Because the birds won't come my way
Lyrics by Fisal Ally from the song, The Birds Won't Come my way

A few decades ago we heard a lot about pollution and acid rain. And what do we see today?





Cause every time I look at the sky and I see it turning gray,
I keep wondering why the birds won't come my way
I wanna feel the earth every single day beneath my feet
Don't think it's worth the pain and all the heat
Lyrics by Fisal Ally from the song, The Birds Won't Come my way

The 'world's all a stage' Shakespeare said. Look where we are today. We see one event after the next which leads to censoring the news on social media. It's all leading up to something.

Wake up!

DIVERSE CITY

NEWS

Diverse News: Graphene raining down from the sky and also found in the rain

In the past, we heard a lot about acid rain and many were being careful not to drink rainwater. Today there are studies from Scientists claiming that graphene oxide is being sprayed in the sky, and when graphene oxide is mixed with other chemicals, it becomes harmful and toxic to all life forms on the earth, in the air and in the water. Some scientists, based on their research, said that the air in heating up due to graphene oxide being sprayed in the air. Some are saying that this is a way to inject the unvaccinated with that stuff the vaccinated got. So no one is safe. No wonder we keep hearing about those bunkers underground for the rich, which is most likely made for some to escape the hell on earth Satan and his followers has created for us, and from what's coming from the sky, and most likely also from man made disasters and floods to come.

According to scientists when polyethylene glycol is combined with graphene nano particles it can cross the blood brain barrier and get into the cells and do some serious damage to the person and other life forms. They are saying that 45% of US water has forever chemicals which people are consuming. (See ref 54), (Ref 34). Looks like I had a taste of it - all recorded in a blog, which took place almost two months ago, and nobody is addressing my complaint of what I had consumed by getting back to me from what I was told was a part of their procedure - nor the manager of the place of my purchase, nor the division that handles the complaints - in other words nobody called me back to even apologize.

Some information on Graphene:

-Google: Graphene, with its sharp edge properties, has the potential to cause cell damage during the penetration of cell membranes. Its aggregation can also lead to cytotoxicity (retrieved on July 25; 3:20pm)

-Google: What dissolves grahpene oxide in the body? The detailed mechanism for graphene oxide biodegradation is a subject for further investigation, but the findings of the latest study are clear. Graphene oxide breaks down in the presence of hydrogen peroxide, in a reaction catalyzed by the myeloperoxidase enzyme. (Retrieved July 25, 2023; 3:25pm)

Does graphene oxide affect the heart? ...GO at higher concentrations (0.41mg/mL) induces significant embryonic mortality, increase heartbeat, delayed hatching, cardiotoxicity,

cardiovascular defects, retardation of cardiac looping, increased apoptosis and decreased

In a report called 'FOOD & TAP WATER POISONED! - Government Makes HUGE Admission In Study! - 98% Of Population At RISK! World Alternative Media (Ref 34), the headline from the Daily Mail.com says 'Nearly Half of tap water in US is laced with hormone-warping 'forever chemicals; linked to cancer and infertility, major government study finds - with worsthit areas in Cali Eastern Seaboard, Great Lakes, and Great Plains.'

Diverse News: AI spying and monitoring a person's every move

hemoglobinization (Retrieved July 25, 2023 at 3:27pm)

Aside from climate change, which many claims that the ones that's controlling humanity is deliberately spraying chemicals in the air and on the earth to create the climate change we're experience to meet their Great Reset agenda, which is most likely to create forms of destruction to depopulate the world; the Georgia Guide stones had a number of points for their future world,

and one of the points were to have a future population of 500 million. It's easier for the globalists and the ones pulling their strings to monitor and control a population of 500 million with AI and with people living in 15-minue smart cities, instead of being scattered all of a province or state, where people's thoughts, every movement and whereabouts are tracked than trying to control 8 billion people; it would be impossible for these advanced technology to track 8 billion people the way they want it too, and to store all of the data in clouds (data banks) and to access all of that information at the same time. It certainly would be easier with a population of 500 million people. And also with everything becoming electrical, if a person tries to leave their 15-minute smart city the controllers can easily send a signal to cut of their electric vehicle, or if a person is making noise all night, then the controller could send a signal to shut of their power and to lock the person inside their home. And if a person is getting out of control a radio frequency (RF) signal can be shot at that person and knock that person out; and this will be a reality for all of us, not a play on the world stage with their actors, but a living hell hole and nightmare created to enslave all of humanity, while they continue their experiment on humanity and all life forms, playing God. Their time is coming!

Diverse News: AI taking over jobs

The talk amongst many is on AI taking over jobs. Many jobs are already automated, such as cashiers, and very often when you make a service call you end up communicating with a machine. The future is AI, and it does not look good, as many will become unemployed and have to depend on handouts until gotten rid off being called useless cricket burger eaters, but many are already dying and many have cancer, myocarditis and other diseases. I wondered how that happened within 2 years, as it was not like this before the injections rolled out and many were forced by people a few levels up (dance baby dance) to make sure all of their work staff get jabbed else they cannot work, meaning that they cannot pay their bills, eat and live. People actually allowed this to happen?

Diverse News: AI taking over the movie industry and script writing; actors on strike

In the podcast (ref 54), at time 27:02 into the video, the host says 'Studios want to replace background actors with AI after paying them for only one day.' What he is most likely saying is, once the background actors are filmed, then AI technology will take over to create the rest of the characters, sceneries, script etc...

AI is taking over acting jobs and script writing and that 'much of Hollywood is almost on strike grinding the film industry to a halt' (ref 54). While the big names actors that have good connections or even connected by blood to people that controls a lot of our wealth will most likely not have to worry about being out of work, while thousands of small time actors face the risk of loosing their jobs, and thus they are protesting. 'Ever since the WGA went on strike a month ago, the conversation revolves around AI and how it can destroy the lively hood of both writers and actors.' Excluding the big actors where some or many are related or have connections to the people that owns and runs the world.

There's an article called 'AI is a concern for writers, but actors could have even more to fear by Chris Isidore, CNN, July 18, 2023, New York (CNN) states, 'How many actors does it take to make the movies and shows produced by studios and streaming services? SAG-AFTRA, the actors union that has had 160,000 members on strike since last week, is afraid that artificial intelligence will lead to far fewer employed actors the future' (Ref55). The host (Ref 54) says, 'The fact is that AI can write scripts for movies now and even artificially create a whole movie by just using some one's face, using computer generated faces.' Computer-generated imagery, or

CGI, to create virtual actors and extras is somewhat old hat in Hollywood. But just as computers allowed replacing animation artists who used to draw 24 frames of artwork for each second of film, AI allows much easier, and cheaper use of CGI to generate performances by actors who aren't there. Thus SAG-AFTRA says the studios want to use AI to eliminate acting jobs' (Ref55). They are already doing it. And it's certain that this technology will take over the movie industry and the music industry.s

Diverse News: AI talking over the music industry

In the last edition of the Diverse City Magazine, I wrote along the line that due to all of the scams and fraud taking place in the music business, that will surely destroy the music business and the movie business. And surely, I'm now seeing more information on this. With AI taking over, the music business would not have to worry about the ones defrauding the industry and stealing other people's songs/music and then going through the backdoor to make millions have destroyed the music industry because of the fraud they are always carrying out, and then they harass the artists that created the work so the artists either dies, gets sick or lives in poverty. With AI taking over, the crooked ones will also sooner or later taken out.

Diverse News: Drake AI album which Drake had nothing to do with

The host (ref 54) said, 'We're seeing entire albums now being created by AI. AI was used to create a complete Drake AI album along with others. Thus creating Drake AI music, which he is not even involved in. In other words, Drake's handlers can do whatever they want to do because they most likely have control over Drake and everything he does in music. Soon they will not even need the real Drake. This means that musicians will not be needed, and also people are claiming that the music created by AI are amazing (See ref 54). However, that's unfortunately because this is the end of human art, at least human art that comes from the general public. Exactly what's planned for humanity, where AI becomes the artist, the singer, the musician, the scriptwriter.

Diverse News: Frauds, scams & scandals

Are you collaborating with others to make some music, write a book? Did they provide some lyrics, ideas etc...Did you write the details in a contract with a lawyer and witnesses? No? Then how do you know where they got those songs from? How do you know that they didn't steal that work and is pulling you into their scam? Are you being groomed but you're too naïve to see it? Is your best friend or close relatives grooming you, so you do not question their acts? Are you willing to take the blame? Most likely not. How do you know that the ones who are stealing books and music, didn't intentionally select you to frame you so they get off? There are lots of scams and it's getting worse by the day as AI take over and people are losing their jobs and where many produce companies are closing down destroying the economy. The Great Reset is taking place, and WE'RE IN IT! This is all a part of it. In this edition of the Diverse City Magazine, there's an article on Fraud, scams & grooming.

Diverse News: Entertainment - Dave Anthony Martins from the 'Tradewinds' band formed in Toronto in 1966

For entertainment, F. Ally presents an article of the Guyanese musician of Portuguese background, Dave Martins from the 'Tradewinds.' In Guyana, while Martins was growing up, he played mostly Latin music. He later formed a band called 'The Latins' and then 'The Debonairs' and then in late 1966 in Toronto, Canada, Dave Martins formed what would become the long

lasting 'Tradewinds' band with many hit songs. Toronto is no doubt the place for opportunity, growth and acceptance and thus like Martins, there were many other upcoming talents such as Sammy Baksh also of Guyanese background that were also doing shows in Toronto.

Diverse News: 15 babies hit with myocarditis in Whales and England

Many children are having heart problems today. Many have myocarditis, cancer and other illnesses. People are dying more than ever now since the roll out of the covid-19 injections began. In the 'New World: Order Out of Chaos' article later in this edition, amongst many topics, there is one section titled '15 babies hit with myocarditis in Whales and England' where 47:09 minutes into the podcast (Ref 4) there's a headline: 'WHO warns of 'Unusual' surge in severe Myocarditis in babies by Tyler Durden'. The report states 'UK authorities are investigating an 'unusual' surge in severe myocarditis which has hit 15 babies in Whales and England and has killed at least one, the World Health Organization has announced.'

Diverse News: Many continues to drop and die - the destruction is taking place

In past editions, there were information on many athletes dropping on the field and dying. The deaths are pilling up. On July 10, 2023, it's reported 'Stadium staff and medic go into cardiac arrest at Ed Sheeran concert in Pittsburgh as 17 more hospitalized'; many had cardiac arrest. (See Ref 54). Many of us have been to packed and sold out concerts and I can say that I have never once heard of anyone fainting, collapsing, or ending up dead at any of these concerts; it's possible but not with so many dying an collapsing as we're seeing since the injections began. We are certainly witnessing the destruction of the world as we transition into the 'Reset (Great Reset) with population reduction; no doubt resetting the population to what a band of actors see fit for the earth.

Diverse News: 30-year-old bodybuilder, Jo Lindner, died suddenly

What caused his death? Was it the four covid-19 vax injections he took because of peer pressure as he said, or was it caused by other substances bodybuilders take such as steroids, or did his body gave up due to they strenuous workouts? See p. 68 for the youtube interview and what Jo and his doctor said caused his death.

Diverse News: A glance at how the Scottish hid their involvement in slavery and betrayal of indentured laborers in places like British Guiana (Guvana)

I have been writing on slavery and indentured laborers for years now, and we've always heard that Britain and other places were heavily involved in trafficking en-slaved Africans to places like Guyana and the Caribbean, but most have never heard that Britain itself had enslaved African people on British soil. Studies are exposing that there were about 15,000 enslaved Africans in Britain back during the days of slavery; another study states the number as being 10,000 and as high as 20,000. Yes, Western Europe had slavery taking place on British soil, which is rarely ever heard of. We always hear of slavery with the enslaved Africans taking place in the Americas, but never in Western Europe. We always hear of the West making great laws for humanity, but do they ever follow these laws? Probably only when it suits them. We always hear that England was highly involved in the slave trade, and this edition has an article where a Scottish historian, Dr. David Alston, Yvonne Singh and Indranie Deolall exposes the Scottish involvement in the slave trade.

Diverse News: Caregiving; a view of how family members care for their elderly

Recently, in the mainstream news, there have been some articles exposing some well-paid caregivers as mistreating the one (s) that requires care. We have also seen articles in the past where professional care giving stall in homes for the elderly and other caring facilities that requires care have been abused. This edition presents an article that provides information why it's important for family members to do their best in caring for their elders at home and sharing the responsibilities. However, at times other options are taken depending on the situation.

WHERE ARE WE HEADING

The lyrics of the next songs says it all
I wrote this song, predicting the future around my early or mid 20s
And here we are today...F. Ally

The destruction of the world was foretold Greed and evil will lead us to Armageddon, the last battleground

NEW CLEAR SOCIETY

People likes to imitate, some likes to dictate
Dropping bombs and nuclear waste, destroy the world and causing hate
Visit www.allymedia.ca for a version of this song
Sit relax and meditate, sip you tea and communicate
The sky is red, I'm feeling blue, smog clouding up my head
...Fisal Ally

New Clear Society

Music and Lyrics by Fisal Ally, Copyright 1990s to the Present From the 1990s Independent Music Scene

The destruction of the world was foretold Greed and evil will lead us to Armageddon, the last battleground The aids epidemic is plaguing the world, Nostradamus predicted worldwide disasters

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

D-day – 1944. Two atomic bombs dropped on Hiroshima and Nagasaki in 1945 On Dooms 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 great

People likes to imitate, some likes to dictate Dropping bombs and nuclear waste, destroy 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

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

We want a 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 Some preaching (politicians preach), drop the nuclear bombs, The people says to get rid of the bombs

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

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 red, I'm feeling blue, smog clouding up my head
We want a New Clear Society, New Clear Society, New Clear Society
Don't want a nuclear society

Photos of some fires in May 2023 in Edmonton















Chem Trails continues to spread over the sky of Edmonton, Alberta, Canada Helicopter in the sky

BIRDS



NEIGHBORHOOD GARBAGE DUMP KEEP IT CLEAN



Grooming, Scams, Frauds, and Scandals

By Fisal Ally

First published on July 18, 2023; 12:15pm on www.allymedia.ca Edition 1

Disclaimer: The researcher/writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. Reports may get updated, and links may change. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications.



Introduction

Section I - Being groomed to steal someone's songs, books and other possessions?

Section II - Grooming by sexual predator

Section III - Scammed out of thousands - a friend with bit coins...

Section IV - Phone scams

Section V - A more in-depth look at the college admission scandal

Conclusion

Introduction

There are various types of scams and frauds taking place, where this article looks at various examples in being groomed, scams, fraud, and also a more in-depth look at the college admission scandal, which was once again in the spot light. Have you been scammed? Do you know someone that's been scammed? Do you know someone that's being groomed to steal someone's songs, books and other possessions? Almost everyone has come across someone trying to scam them over the phone by getting their credit card number. We often get email spams and have no clue why we're getting them even if we're just using an online email service where the emails to do get to our computer. At times we get emails and if download or open then you may end up with spyware where someone is tracking your online whereabouts and may even try to hack you. At Other times by opening up a link sent in an unknown spam email, it takes you to another website where the website could even have pornography and then it makes it looks like you are deliberately going to these websites when you are not. A person can easily become the victim of a scam, fraud, groomer or handler.

Update: as I was editing this section on July 18, 2023 at 11:10 I received a call from the phone number 416-800-1669 and when I answered, there were no sound or noise and nobody answered on the other end. I have no had one of these calls in a while. I looked up the number on good and it says 'Robocaller Warning!' It also gives other description as to who is calling such as 'is a customer call' spam calls detected' location Toronto, 'left voicemail saying they were from xxx (

I decided not to put the company) and wanted to check in on my account. I haven't had a xxx account in several years so it's either spam from xxx or a scam caller with an old list of xxx client phone numbers.' I find it odd that I'm editing this particular report and I received this call; I have not received such a call in a while, at least 2 weeks or more.

It's obvious that the ones that are masterminding the scams and frauds are getting something out of it, and could even get a good amount of money from scamming you or defrauding the system? Or else they wouldn't be doing it. In the college admission scandal, in the article called Rick Singer, mastermind of college admissions bribery scandal, gets 3.5 years in prison (ref 8)' published on Jan 4, 2023, where Rick Singer was the mastermind of college admissions bribery scandal and ends up with 3.5 years in prison. In the end many do regret their involvement in these scams and frauds. Loughlin said, "I made an awful decision. I went along will the plan to give my daughters an unfair advantage in the college admissions process." She said, "In doing so, ignored my intuition and allowed myself to be swayed from my moral compass' (ref 11). Singer 'said he unethically facilitated college admission for children in more than 750 families' (ref 12).

Elizabeth Warren, United States Senator from Massachusetts (where all the criminal cases were led), told news media that the scandal represented "just one more example of how the rich and powerful know how to take care of their own" (ref 12), referring to the college admission scandal. The law sooner or later catches up with the ones involved.

Section I - Being groomed to steal someone's songs, books and other possessions?

We often hear of people being groomed, even children and very often it's for sexual favors. But others are also groomed on how to scam the work of others and the victims can be collaborating with someone in these scams and not being aware of it.

Like the US college admission scandal that took place a few years ago, where many famous people were brought to justice, many musicians that were using other people's work was brought to justice a few years ago. But still many have not been caught nor brought to justice. It could be that by the time they are brought to justice, many would have accomplished their agenda and gained and enjoyed a lot of stolen money.

Pulled into a scam and being groomed

Are you being groomed by a handler or mastermind or even a friend or a best friend to steal someone's songs, music, books and or other possessions? Have someone told you that you will be a star if you sing a song, or use a part of a song or modify a part of this song, but that song belongs to someone else? Are you being encouraged to modify the work or part of the work, such as a song or music that belongs to someone else that will benefit yourself and the one you are collaborating with? What if you are being pulled into a scam, where in the end you will regret it? What if the mastermind you are collaborating with is setting you up to take the blame? What if you are being framed for something? Did someone befriend you and is that person grooming you? Are they dragging you into a scheme, which you will regret? How do you know they didn't film you doing something and then will use it to blackmail you? This can happen to anybody. Always be safe and get a lawyer and witnesses to draw up a legal contract to ensure you are not being pulled into a scam.

I have heard people stealing songs and breaking them into pieces and suddenly those samples are

showing up all over the world in many songs. The same thing happened to my songs and books, even though I've had many professional players on the recordings, and many also helped me to edit my books as proof of my work, yet the people involved in these frauds do not care because all they care about is wealth and their paradise on earth all from our hard work. And if they get caught or by the time they get caught they would have accomplished their agenda and made lots of money.

In the way people used the side door in the college admission scam, don't you think the same thing is happening in music, where people are stealing our songs and going through the backdoor and side door to make tons of money? Even wealthy people are involved in these frauds.

The rich are involved and collaborating in many frauds. Elizabeth Warren, United States Senator from Massachusetts (where all the criminal cases were led), told news media that the scandal represented "just one more example of how the rich and powerful know how to take care of their own" (ref 12), referring to the college admission scandal. Another article states, 'The punishment for Rick Singer, 62, is the longest sentence handed down in the sprawling scandal that embarrassed some of the nation's most prestigious universities and put a spotlight on the secretive admissions system already seen as rigged in favor of the rich' (ref 8).

Section II: Being groom by sexual predators

We often hear of children being taken advantage of by sexual predators, but people of various ages are also groomed by sexual predators for sexual favors. In the article, We heard about the actor 'Kevin Spacey trial - live: Actor called a 'predator' who was 'grooming' alleged victim' where 'Spacey denies 12 charges including sexual assault and indecent assault.' Grooming takes place more than we hear about. Some are real and some fabricated. An excerpt from the article says, 'Kevin Spacey's four-week trial is under way 'Spacey told alleged victim he would "introduce him to A-list stars", court hears.' Where it's true or not, similar situations do take place where a groomer promises the victim something important, such as becoming a star, getting a role in a movie, or making an album and playing in front of big audiences, all in return for something such as sexual favors and or riches. A groomer often have something to give, and at times others will go along with what the groomer wants so they can become famous, rich, get work contracts etc...

In an article called 'It is like he thought he could groom me' – Kevin Spacey's first alleged victim' by Josh Payne and Gwyn Wright, published on July 3, 2023, an excerpt states, 'An alleged victim of Oscar-winning actor Kevin Spacey told a police officer the Hollywood star's sexual advances were "like he thought he could groom me", a court has been told.'

There are many examples from over the years of someone with some kind of status grooming a person that wants a favor. At other times the groomer have nothing but promises the victim something the victim would like to have.

Section III: Scammed out of \$450K

Sometimes we hear that an elderly person was scammed out of their savings and or retirement savings. Other times we hear of a younger person pretending to like an older person that have wealth. I person know someone that was scammed out of \$5,000 about two years ago, where the scammer called him saying that they were from CRA and that they were demanding \$5,000 in bit coin to pay up for tax owing, and the person believed the scammer.

Just recently, in an article called, 'I was in a trance': A tech executive was scammed out of \$450K as part of a cruel romance grift called 'pig butchering' — here's how it works and what to watch out for' published on July 2, 2023 explained how an executive was scammed out of a large sum of money. An excerpt from the article is, 'Shreya Datta had been swiping through dating apps for months before she met "Ancel Mali," a purported wine trader from France, on Hinge. After they chatted online for a couple of months, exchanging flirty emojis and selfies, he ended up conning her out of \$450,000.' This goes to show how people are easily fooled, whether they are being fooled into stealing someone's song or parts of that song and using it, or conning someone out of their savings.

Section IV: Phone scams

I've had many phone calls claiming something to do with my Amazon account. First of all I don't have an Amazon account. I rarely answer such calls because I don't have time to take to solicitors. But sometimes, I think the call is from someone important and I end up answering the call. However, many people do answer those calls and tries to call back. A few times I called back those numbers thinking that those were calls that I was expecting. An example of this is in the CBC article, 'Tired of getting spam calls? Here's why you may never be rid of them (ref 4) by Sophia Harris · CBC News · Posted: Jun 03, 2023, 'There's no silver bullet' to the problem, CRTC official says. According to the cybersecurity expert Ritesh Kotak from company in Toronto, he said that "These scammers are financially motivated and driven." He said that the scammers spend time in 'research and development and figuring out ways to circumvent the system" (Ref 4). 'He said scammers are able to bypass STIR/SHAKEN by purchasing and making calls from legitimate Canadian phone numbers — from anywhere in the world' (ref 4).

The article states, 'According to the Canadian Anti-Fraud Centre, 1,973 people lost a total of \$20.6 million to phone scams in the first three months of this year,' and that it's much more than that...' This article further went on to say that recently Selvaraj had 'recorded and posted a scam call on his YouTube channel. In the call, the fraudster tried to convince Selvaraj that a mysterious \$1,534 had been charged to his Amazon account. He called out the scammer who quickly hung up.

The amount of \$1,534 as mentioned in the example above is small compared to other scams, but for some this amount is a lot of money and is used for groceries and paying rent.

There are other kinds of fraud, such as scamming shareholders in a new construction building, and the scammer takes off with all of the money. In an article called 'Christian radio host Dave Ramsey faces \$150 million lawsuit from listeners who say they were defrauded by a timeshare exit company he promoted. Why Sam Bankman-Fried is charged with perpetuating one of the biggest frauds in US history; Ryan Hogg post on Sat, June 3, 2023 (Ref 5) where the article states, 'Christian radio host Dave Ramsey is facing a \$150 million lawsuit from 17 listeners who claim he played a role in defrauding them by promoting a timeshare exit company.'

In an article called '12 Dangerous Scam Phone Numbers and Area Codes To Avoid Written by Clark.com, Staff October 13th, 2022 (ref 7)' says 'When an unfamiliar number comes in, you're better off waiting for a voicemail so you can determine if the call is legitimate before calling back. You can also Google the phone number itself. If the number is a scam, chances are good that others will have posted warnings about it.' So if you answer that call and it's a long distance call then it could cost you a lot of money. A few times I thought the calls were legitimate so I called back. It rings and no answer, you call back again and it says number does not exist. I was

expressing concerns on March 20, 2023 as to why a number should not be given out on any social media and email and immediately after I sent the email I received a call from 1 587 570 8803 and when I answered the line went dead. I called back the number and it was a busy tone. The area code 587 which is from the province I live in. It's as if someone is listening in on my emails and did exactly what I didn't want anybody to do - I rarely ever get anonymous calls.

And this is exactly what the next example in the article (ref 7) says. 'If you pick up, the robocaller just drops the line. But the bigger danger is if you miss the call. Like many people, you might think it's an important call and dial that number right back. Bad move. Turns out the area codes are largely located in the Caribbean and could cost you \$15 to \$30 between international fees and per-minute charges!'

Section V: The college admission scandal

The last edition of the Diverse City Magazine include a short write up on the college admission scandal. This report goes into more details. The children of the parents involved are the victims. The ones who were robbed of their entrance are also victims. In the same way that the person who wrote songs and books, which were stolen, is the victim being ruined, destroyed and robbed of their future and wealth in songs and books.

The college admission scandal was more than a scandal; it was fraud, scams and crimes that was mastermind. In the article called Rick Singer, mastermind of college admissions bribery scandal, gets 3.5 years in prison (ref 8)' published on Jan 4, 2023, where Rick Singer was the mastermind of college admissions bribery scandal and ends up with 3.5 years in prison. It's stated that 'The mastermind of the nationwide college admissions bribery scheme that ensnared celebrities, prominent businesspeople and other parents who used their wealth and privilege to buy their kids' way into top-tier schools was sentenced to 3 1/2 years in prison Wednesday' (ref 8). 'The punishment for Rick Singer, 62, is the longest sentence handed down in the sprawling scandal that embarrassed some of the nation's most prestigious universities and put a spotlight on the secretive admissions system already seen as rigged in favor of the rich' (ref 8). "It was a scheme that was breathtaking in its scale and its audacity. It has literally become the stuff of books and made-for-TV movies," Assistant U.S. Attorney Stephen Frank told the judge Wednesday' (ref 8).

There were many in the college admissions scandal. They wanted the best for their children when it comes to success. 'Two wealthy mothers--sought-after interior designer Caroline and Bethany, owner of a successful financial-services firm--share an obsession with getting their teenagers into the best possible college. (Ref 9)

It was a 'brazen cheating scheme' (ref 10) according to the New York Times as reported by Kate Taylor on October 8, 2021. For some it was one child, for others it was two, but it gets worse where their children are taking up spots that should have gone to others. The 'Former Pimco C.E.O. Gets 9 Months in Prison in College Admissions Case' (ref 10). 'Most parents were accused of crimes to get one child, maybe two, into an elite college. Douglas Hodge, the former chief of Pimco, paid bribes for at least four children, prosecutors say.

Those names are not known to most, but some names are known across nations. In the article 'The Biggest Names Associated With the College Admissions Scandal: Where Are They Now? By By Sarah Hearon from March 14, 2023 (Ref 11). 'Lori Loughlin, Felicity Huffman and several college coaches and officials were indicted in the nationwide college admissions scandal on March 12, 2019 — and the fallout and prison sentences are still making headlines.' That's the

consequences one pay when involved in scams and fraud' (ref11). 'According to court documents, the Full House alum and her husband, Mossimo Giannulli, allegedly "agreed to pay bribes totaling \$500,000 in exchange for having their two daughters designated as recruits to the USC crew team — despite the fact that they did not participate in crew — thereby facilitating their admission to USC" (ref 11). By the parents aiding their two daughters to get on to this crew, would they have been even to prove their skills. Perhaps it's a dream, but you still have to prove your skills else sooner or later their will be major conflicts, or perhaps one can pay their way with extra coaching to develop at a good pace.

Loughlin and Giannulli are the parents of daughters Bella and Olivia Jade.

Covid-19 had a put a twist on many things with all of the lockdowns and shutdowns, 'Loughlin and Giannulli faced the judge in August 2020 via Zoom amid the coronavirus pandemic. During her statement, she got emotional' (ref11).

"I made an awful decision. I went along will the plan to give my daughters an unfair advantage in the college admissions process," she said. "In doing so, ignored my intuition and allowed myself to be swayed from my moral compass. I thought I was acting out of love for my children, but in reality, I had only undermined and diminished my daughters' abilities and accomplishments."

Varsity Blues Scandal

Many are involved in the college admission scandal, and it's a long list. An article called 'Varsity Blues scandal' located at https://en.wikipedia.org/wiki/Varsity_Blues_scandal (Ref 12) looks at some of the reactions when the news broke. 'After the scandal broke, multiple American news sources including The Atlantic, Vox, Rolling Stone, and The New York Times characterized it as a symptom of a broken college admissions system. Alan Dershowitz, professor emeritus at Harvard Law School, said it was "the worst scandal involving elite universities in the history of the United States". Elizabeth Warren, United States Senator from Massachusetts (where all the criminal cases were led), told news media that the scandal represented "just one more example of how the rich and powerful know how to take care of their own" (ref 12).

How did the news get out? Things have a way of getting out and being tracked without others knowing about it. 'In 2019, a scandal arose over a criminal conspiracy to influence undergraduate admissions decisions at several top American universities. The investigation into the conspiracy was code named **Operation Varsity Blues**. The investigation and related charges were made public on March 12, 2019, by United States federal prosecutors. At least 53 people have been charged as part of the conspiracy, a number of whom pleaded guilty or agreed to plead guilty. Thirty-three parents of college applicants were accused of paying more than \$25 million between 2011 and 2018 to William Rick Singer, organizer of the scheme, who used part of the money to fraudulently inflate entrance exam test scores and bribe college officials. Of the 32 parents named in a Federal Bureau of Investigation affidavit led in U.S. District Court in Boston, more than half had apparently paid bribes to have their children enrolled at the University of Southern California (USC).'

The Varsity Blues scandal report states: 'Singer controlled the two firms involved in the scheme, Key Worldwide Foundation and The Edge College & Career Network (also known as "The Key"). He pleaded guilty and cooperated with the Federal Bureau of Investigation (FBI) in gathering incriminating evidence against co-conspirators. He said he unethically facilitated college admission for children in more than 750 families. Singer faced up to 65 years in

prison, and a fine of \$1.25 million. In January 2023, he was sentenced to three and a half years in prison plus forfeiture of over \$10 million.

The report states that 'Singer primarily used two fraudulent techniques to help clients' children gain admission to elite universities: cheating on college entrance exams and fabrication of elite sports credentials.' And that 'Singer arranged to allow clients' children to cheat on the SAT or ACT college admission tests.' The report states that 'Singer also bribed college athletics staff and coaches.'

The report provides information on the universities and programs. In this article a lot of the information was removed to give a brief look as follows.

Georgetown University - Men's and women's tennis Stanford University - Sailing

University of California, Los Angeles (UCLA) - Men's soccer

University of San Diego (USD) - Men's basketball

University of Southern California (USC) - Women's soccer; Men's and women's water polo

University of Texas at Austin (UT) - Men's tennis Wake Forest University - Volleyball

Yale University - Women's soccer

Conclusion

Sooner or later, the truth will surface and the collaborators and masterminds will be caught, at least we hope. In conclusion the Varsity Blues scandal report states: 'On March 12, 2019, William Singer, the CEO of Edge College & Career Network who masterminded the scandal, pleaded guilty to four criminal charges involving racketeering conspiracy, money laundering conspiracy, conspiracy to defraud the U.S. government and obstruction of justice. On January 4, 2023, William Singer was sentenced to 3.5 years in federal prison, 3 years of supervised release, and forfeiture of over \$10 million.'

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Reference 1

Yahoo News UK

Kevin Spacey trial - live: Actor called a 'predator' who was 'grooming' alleged victim Spacey denies 12 charges including sexual assault and indecent assault Chris Parsons, Stuart Henderson and Tom ButlerMon, July 3, 2023 at 9:23 a.m. MDT https://ca.yahoo.com/news/kevin-spacey-trial-live-actor-predator-grooming-victim-152305370.html

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PA Media: UK News

'It is like he thought he could groom me' – Kevin Spacey's first alleged victim Josh Payne and Gwyn Wright, PAMon, July 3, 2023 at 5:55 a.m. MDT https://ca.yahoo.com/news/thought-could-groom-kevin-spacey-103353130.html

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Tired of getting spam calls? Here's why you may never be rid of them https://www.cbc.ca/news/business/spam-scam-calls-crtc-1.6863952 'There's no silver bullet' to the problem, CRTC ocial says Sophia Harris · CBC News · Posted: Jun 03, 2023 2:00 AM MDT | Last Updated: June 3

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Christian radio host Dave Ramsey faces \$150 million lawsuit from listeners who say they were defrauded by a timeshare exit company he promoted

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Rick Singer, mastermind of college admissions bribery scandal, gets 3.5 years in prison Education Updated on Jan 4, 2023 3:23 PM EDT — Published on Jan 4, 2023 11:02 AM EDT;https://www.pbs.org/newshour/education/rick-singer-mastermind-of-college-admissions-bribery-scandal-set-to-be-sentenced

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The College Admissions Scandal TV Movie; 2019

Reference 10

College Admissions Scandal
Complete coverage of a brazen cheating scheme.
https://www.nytimes.com/news-event/college-admissions-scandal

Reference 11

The Biggest Names Associated With the College Admissions Scandal: Where Are They Now? By Sarah Hearon March 14, 2023 https://www.usmagazine.com/celebrity-news/pictures/college-admissions-scandal-where-are-they-now/

Reference 12

Varsity Blues scandal

https://en.wikipedia.org/wiki/Varsity_Blues_scandal

"Operation Varsity Blues" redirects here. For the documentary lm about the scandal, see Operation Varsity Blues: The College Admissions Scandal.

Dave Anthony Martins of Guyana,

From 'The Tradewinds' band - Now 88 years old, still playing and singing his songs

By Fisal Ally
July 18, 2023; updated July 25, 2023
Edition 1 was first published on www.allymedia.ca
and modified for this edition

From 'The Latins' to the 'Debonairs' and then the famous 'Tradewinds' band with hit after hit

Disclaimer: The researcher/writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. Reports may get updated, and links may change. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications. The writer noticed that many articles on Martins had different information. There will most likely be a 2nd Edition to this article to make clarifications.

Dave Martins of Guyana formed a band in late 1966 while he had already migrated to Toronto and was living in Toronto where there were already many people from Guyana and the Caribbean. He called the band 'Tradewinds' which became famous with hit after hit.

Most would have thought that The Tradewinds was formed in Guyana or in the Caribbean, but although the music was geared towards Guyanese and people from the Caribbean, this was band was formed in Toronto, Canada in the late 1966.

In the 1950s, Dave Martins sister 'who had migrated to Canada suggested that he join her there. He studied some music theory and made friends with a musician from the Bahamas and another from Toronto. The three friends started a group called The Debonairs' (Ref 3). At the time they were just playing for fun and they were recognized as being good musicians. They auditioned and got some gigs. "...and before we knew it we were having enough work to play music full time," Martins said (Ref 3). He said, "I formed the Tradewinds in late 1966, which was a kind of an oddity. We were living in Canada, and I had formed a band aimed at Caribbean people."

Dave Anthony Martins was born and grew up in West Coast, Guyana, South America in a place called Hague. 'He attended the Sacred Heart Primary School and later St. Stanislaus College, travelling the long journey by bus and ferry' (ref 3). According to an interview last year he stated that he was 89 years old and thus in 2023 his age would now be 90 this year. However, that may be incorrect. In the article 'Guyanese icon Dave Martins is enjoying the simplicity of life' by Cindy Parkinson, which was published on April 16, 2023, states that the legend is now 88 year old (ref 5). His ancestry goes back to Portugal, where his ancestors came from the Portuguese island of Madeira to work on the sugarcane plantations in the small South American country as indentured laborers, in the way the East Indians and Chinese and others had done.

Martins had three sisters, and him being the forth child and then another sister after him; he does not have any brothers. From Hague, his family moved to Vreed-en-hoop where he attended St.

Stanislaus High School. During this time, he became friends with the Henry brothers that lived down the road from him. In an interview Martins said that the Henry brothers were Douglas, meaning they come from a mixed background of Indian (East Indian) and black (African). In Guyana, there's a lot of mixed heritage, and thus we often try to explain our mixed heritage to identify ourselves and our ancestry. He stated that they are still friends today..." (Ref 1). The two brothers were Joe and Jack Henry. Joe and Jack knew to play box guitars, and 'around the age of 14, Dave Martin was captivated by their playing that he became more interested in music, which would lead him on a long journey of music. "I started hearing these guys. They would go around the village playing music. I fell in love with the sound and that drew me to them." (Ref 3)

They formed an instrumental band; it was five of them. "We played a lot of Latin music, a few calypsos. We used to go to people's houses just for fun...(Ref 3)

While in Guyana, he 'worked at Atkinson Airport for four years' (Ref 4). In 1956 he arrived in Canada where 'he became exposed to Trinidadians that had a good record collection and the music wrapped him and held him in awe. Dave says that some of his early songs were influenced by that era' (Ref 4).

It was a long and gradual process - it didn't happen overnight

Today we see people stealing people's songs and music and collaborating with the wicked ones who are well protected to continue their crimes; they become rich, famous because they want it all overnight, instead of working for it. For Martins, 'it was a long gradual process' referring to music. He said, 'it didn't happen overnight.' In Guyana he listened 'to all kinds of music, jazz, rock and roll, classical.' He said, "I became interested in classical music because I was drawn by the long structures...' While he was in Toronto, he started a little band. 'I named it the Latins - that was a business move. I knew from living in Guyana, Latin music, unlike now, Latin music was very popular in Guyana at that point ("Ref 1).

Guyana was home to Martins until he left for Toronto, but later Martins retuned to live in Guyana, as Guyana is really home for many who leaves and then returns because of the love for the place. To understand how Martins' music evolved from playing Latin and then to a blend of music of Guyana and the Caribbean, you must understand the Guyanese culture.

Guyana is very diverse due to having six main races, which are the American Indians (Amerindians), Africans where many arrived during the days of slavery, but also during the days of indentureship from plantations that were closing down in the Caribbean, and the Portuguese, East Indians and Chinese that arrived as indentured laborers to work in the sugarcane fields. The Germans were also field workers. Indentured laborers from Germany and Malta also did hard strenuous field labor cutting sugarcane and working in the factors. The British, such as the English and Scottish were the plantation managers and field managers on horseback and whips in their hand, as they were slave drivers.

Some plantation owners lived outside of Guyana, such as living in Britain. For example Gladstone who owned many slave plantations in Guyana and Jamaica had never seen the torture, injuries and deaths talking place on his own plantations. Many slaves and indentured laborers succumbed to diseases such as the Maltese, Germans, Portuguese and Indians (East Indians). Thus India and Portugal had banned their people from going to British Guiana (Guyana) and stopped sending their people to Guyana a number of times when they learned about the brutality and deaths the laborers had faced from the Scottish planters and other planters. Syrian/Lebanese began arriving in Guyana during the 1880s and worked as merchants in Guyana, selling items such as cloths and thread; by that time, Guyana's indentured labor conditions were much better.

The Syrian/Lebanese mostly came out of Lebanon, where at that time, Lebanon was a part of Syria, where many left from ports like the Port of Beirut and entered a small ship to France and from France, they entered a big steam ship to cross the oceans to the Americas, where they ended up in different places such as New York, Argentina, Brazil, The three Guyanas, Trinidad and about everywhere in the Americas, where the Americas became the new home for many.

Before the British took control of the colonies of Demerara, Essequibo and Berbice, the French were also in Guyana and began the development of Georgetown. In the 1660s, the Dutch were the first to be granted an area for development from the Spaniards, where they had enslaved the Amerindians. Thus you will find names of places in Guyana called Georgetown, Richmond, Anna Regina, La Penitence, La Bon Intension, New Amsterdam, Vreed-en-stein etc... Guyana being in South America and having people of many backgrounds are actually in a Latin American region, although a big part of the population lives on the Atlantic Ocean coast and identifies more with a British Commonwealth Caribbean (or West Indian culture meaning the West Indies.) Not only does Guyana have many ethnicities, but also many dishes and music; in the 1800s Guyana was very diverse. In the 1950s, many Guyanese began moving abroad for one main reason and that was because of Guyana's political situation, where there were lots of looting and destruction to people's properties. That destruction continued for decades due to the corruption of politics and dividing the population based on people's race; we see the same card playing out worldwide destroying countries based on religions and people's races. There's Reggae, Calypso, Latin, Bollywood and others, and a blend of music also. Guyana is also spelled as Guayana, Guiana, Guianna. Guyana with the various spellings is actually a land that spans through part of Venezuela, Brazil and the three Guyana (Br., Fr, and Dutch Guyana).

Martins formed a group called 'The Latins', and then formed the 'Debonairs' where they played less Latin music and more Caribbean style such as Calypso. 'He would play only on weekends but the music kept calling him... They began playing more, but 'the hectic schedule took its toll on Martins' life and he gave up the weekly gig in 1963 (Ref 4). But, Martin's life was about to take a big turn when he saw 'an advertisement in a Toronto newspaper from someone that wanted to start a Caribbean band' (Ref 4). After following up on the AD, a group of four musicians was born. The band sounded good and soon they began playing six nights a week in a club that accommodates about 200 people. He completely drifted from Latin music and more into a new style that reflected the culture and music of his home country, Guyana, and of the Caribbean style music.

Thus it was in 1966 when Martin formed an all-Caribbean band and called it 'Tradewinds.' Martin said that a metamorphosis occurred. "I discovered and appreciated Caribbean music by being away from it" (Ref 4). In other words, you don't know what you have, until it's gone, but he managed to later return to Guyana to live.

'He exposed the new band to the Caribbean and after writing four songs he decided to go to the Trinidad carnival. In three months, one of the songs topped the charts and by 1967 the Tradewinds was a household name in the Caribbean. The band toured Guyana and played at the Astor cinema to sold out crowds' (Ref 4). The Tradewinds became a part of the Guyanese and Caribbeans, as this talented group continued to write song after song that brought them many hits.

He said that 'when stardom came, it arrived quickly. The Tradewinds, which included two Trinidadians, decided to make a trip to the birthplace of calypso music. By then, Dave Martins had written and recorded four songs, including "Meet me in Port of Spain" and "Honeymooning Couple." "We...thought 'Meet me in Port of Spain' would be a big hit, but nobody paid any

attention to it," Martins remembered with a laugh. "Then we went back to Canada, played a lot of free shows, and we thought that was that. But about two months later I started getting calls from Trinidad. "Honeymooning Couple" was a big hit; all the stations were playing it. "In the space of six months we went from being a nonentity to a chart-leading band in the Caribbean" (Ref 3). The group was on a roll followed by many hits: Mr. Rooster, You Can't Get, Copy Cats, Cricket in the Jungle. His songwriting continued. Some of his other famous songs are: Not a blade, Is we own, A long time ago in Guyana, Chanderpaul, Boyhood days. In an interview Martins explained how he came up with the hit song 'Not a blade of grass.' He said 'the idea came from Pat Cameron, a broadcaster at Radio Demerara. She suggested to Dave that he should write a song about the Guyana-Venezuela border dispute' (Ref 4).

Back home Guyana is once again home for Martins

Dave Martins has relocated back in Guyana around 2008, and continues his songwriting journey along with live performances.

'Dave Martins and the Tradewinds have performed at venues such as Madison Square Garden and Vancouver's Queen Elizabeth Theatre. His country has shown its appreciation for his contributions by awarding Martins the Golden Arrowhead of Achievement. In 2002, the Guyana Folk festival Committee presented him with the Wordsworth Mc Andrew Award' (Ref 3).

In an interview last year, Dave stated that he was 87 years old, therefore this year he will be 88 years old.

A songwriter

Anyone can write a song, but it takes practice and dedication when it comes to writing song after song. 'Martins said, 'To be a good songwriter, you have to have a lot of interest in a lot of things, you have to see in a song a lot of things most people will pass over not pay no attention to. Honeymooning Couple is a joke, my brother-in-law told me this joke...I ain't tell e notin but I tink to myself this is a song...the music is generally you, it's part of what the songwriter is, the song writer is a guy who is dissecting, opening up and looking...you probing and sometimes you probe and boy you think this is a hit and it turns out its not, and sometimes you're probing and you say this is no good - that's the hit - it's mysterious.' He's produced over 100 songs, several advertising jingles, and an award-wining play' (Ref 3).

A blend of African & East India music and more

In his interview with Freddie Kissoon (ref 2), he said on writing his songs that 'it sets it apart, nobody can copy it, you can try, its just a simple rhythm with a simple bass beat, and a simple drum beat, it's different from pop style, it has a Latin, American flavor to it, the African flavor to it, but other than that it's just music...other musicians come along and say I could do like dah (that)...you're building a body of music that comes from ONE SOURCE, LARGERLY AFRICA, IT'S MOSTLY AFRICAN AND INDIAN. THERE'S ALOT OF INDIAN STUFF IN CARIBBEAN MUSIC YUH KNOW. I'M TALKING ABOUT INDIAN FROM INDIA, THERE'S ALOT OF IT BUT THE RHYTHMIC FLAVOR IS SO STRONG, IT TENDS TO DOMINATE..." Kissoon said, "a Portuguese guy that put Guyana on the map of the Caribbean that's singing some fantastic calypso songs, how do you explain that?" Martins reply was 'You can't because its art -- it's art that comes from SOME MISTERIOUS PLACE IN THE HUMAN PSYCHE."

What I have noticed in beats, is what Martins stated about it's a blend of music which includes

India, as the people that originated from India played the tassa drumming beat which became very popular across the Guyana and the Caribbean. Even a few years back while walking through the mall in Edmonton, I would hear the India tassa beat in popular North American songs, but if only people knew that that beat came from India back in the 1800s and wasn't recently invented. I certainly recognized the beat as coming from India, which the Indian indentured laborers brought to Guyana and the Caribbean, and which spread through the Americas, but only if people knew that.

The creative person

Martins said, "The creative person whether he is a painter, or a musician or a novelist, or a composer, whatever it is, he's a different head, he's a different soul, he is seeing stuff and being caught by stuff, that other people don't even notice, so its hard to say how it actually works ... you have to want to do that, that is something that is often missing, because you just can't force it, it comes to certain people... the vast majority said ah it's gone - once you become interested in it, once you see...you can't find a song about anything...nobody will say it the way you say it, or see it the way you see it...'

Martin - just me and my guitar

Dave Martins, who has five children, had returned to Guyana about a year ago and insists that he's there to stay. He has no problem with playing at age 75? "I am active. I like to plant...I like to fix things.' He has produced about 100 songs, and he's not short of ideas for writing new songs. He has taken some new directions. He said, "but what I enjoy doing now is one-man shows where I weave the comedy and the music about Caribbean life and all its forms, just me and my guitar."

Family life

The love of Dave Martins life is his wife, Annette Arjoon-Martins. According to one of his interview, he said that he has five children. He said, "I never got interested in liquor, or drugs. I have seen very talented people in the Caribbean and North America who have been wrecked ...They are walking around practically begging, or they are dead" (Ref 3). He 'cares deeply about the welfare of young people. He said that their success is influenced by their upbringing and they must not forget their roots' (Ref 4)'. Martins enjoys doing lots of things. He 'makes furniture and plant trees in his spare time and he is a good handyman as well' (Ref 4). He said that 'the Caribbean should honor its artists and heroes in a big way. Dave makes furniture and plant trees in his spare time and he is a good handyman as well (Ref 4).

'Dave said that music will always be a part of his life. He credits his parents Zepherina and Joseph Francis for values they imparted in him as a child that have enabled him to treat people with respect and honesty and kindness' (ref 4).

References:

Reference 1

DAVE MARTINS: THE MAKING OF THE MUSIC https://www.youtube.com/watch?v=ApSHopAHz2s Published March 31, 2022

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Below info came from the link below, by F. Ally on June 18, 2023...interview in Guyana

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Most of this article is posted on www.allymedia.ca on June 18, 2023 by Fisal Ally...modified with new additions and updates on July 18, 2023.

Family members caring for loved ones

By Fisal Ally

First edition published July18-2023; 11:15 pm on www.allymedia.ca and was modified in this edition.

Parts of this report were taken from other reports previously published in the Diverse City Magazine.

Disclaimer: The researcher/writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. Reports may get updated, and links may change. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications. The writer noticed that many articles on Martins had different information.

Section I - Caring is our responsibility

Section II - An innate love for our parents

Section III - None of us get paid to give care; we do it out of love, else it's our duty

Section IV - Our home program and care

Section V - Serve the creator - he told us what our responsibilities are

Section VI - It's a great sin and crime to abuse a person that requires care

Section I - Caring is our responsibility

As a boy in Guyana I saw how people took care of each other. Some had full time jobs and others didn't have jobs. Some faced illness. Some were elders with their own sufferings and need caring. Everyone in the household contributed to that caring. It was not the or a business for the elders, but normally always the person was cared for at home amongst family members. There are always exceptions; some do not have anyone to care for them or the illness may be very severe that other options has to be taken, but in general most are cared for at home amongst family members until they die. And no body got paid to carry out that caring, nor did they receive anything for the government. It was often a shared responsibility. Not that they though of it that way, but it was a normal process to provide the time to provide care. As far as I remember, nobody got paid to carry out that caring. Its done out of love, and also it's a duty and a responsibility for family members. And today, I certainly do not get paid by anyone or by the government to care my mom. I do it out of love. It's also our duty and our responsibility. I'm not here to judge anybody, as I understand that there are times when other options are taken. Everyone has to decide what they are capable of, and of course when all the load falls on one person or on one couple, that breaks down the people involved. So it should always be a shared responsibility amongst family members.

Section II - An innate love for our parents

I had watched DVD called 'Why Man Should Recognize God' by Shaykh Khalid Yasin, who had converted from Christianity to Islam back in the 1990s who stated, 'we have an innate love for our parents, from the time we were born to the time they depart from this world, and in the same way we also have an innate love for God when we where born. That's a very important message, as I have seen many showing that love to their parents and trying their best.

Also an important message from the Holy Quran is:

"And our of tenderness, lower to them the wing of humility, and say: "O My Lord! Bestow Your Grace upon them as they had cherished and reared me when I was a child." (Quran, 17:24)

Where does it say that it's the government responsibility or the responsibility of an institution? Where does it say that it's always a senior's home responsibility? It clearly states that it's the children's responsibility. Often there are others involved, such as spouses, or the child or children of their children etc...and this is often done at home in the family environment. It worked great in Guyana, but I cannot say the same thing for Canada because most people are too busy working and paying bills.

Comments on the verse above

(1) When the parent was strong and the child was helpless, parental affection was showered on the child: when the child grows up and is strong, and the parent is helpless, can he do less than bestow similar tender care on the parent? (2) But more: he must approach the matter with gentle humility; for does not parental love remind him of the love with which God cherished His creatures? There is something here more than simple human gratitude: it goes up into the highest spiritual region. Another excerpt from Ref 14 is: "A strong sense of spirituality will help us face the challenges of living in today's modern world. A strong spirituality is one that enables a believer to be confident in fulfilling their religious duties wisely and responsibly. A confidence that is based on spirituality will lead to a serene heart that will help one to face and overcome the stresses of life in today's modern world..." "Let us not be among those who forget the obligation to be kind to others, especially to our parents and family members simply because we are too tired from work or we are facing difficult problems. Be fair and do not take it out on our family members who are in need of our love, care and concern."

 $Reference\ 14\ : readnreap. word opress. com/2015/08/02/24-practical-islam-advice-from-quran-to-be-respectful-and-caring-to-parents/$

Section III - None of us gets paid to provide care for our parent (s) that requires caring due to some illnesses; we do it out of love, else it's our duty

I do not carrying out care giving to be paid. I do it out of love and it's also a duty and a responsibility. I don't get paid to do this. The government does not pay me anything to do this. I do not get any kind of credits to do this. I have to make a sacrifice; it's much easier to go out and work full time and do as you please and earn money and buy this and that and go traveling, but I know what my duties and responsibilities in life are. I still have to get out there and work, as I do have bills to pay. I chose to make a sacrifice as I know what my duties are, and what life is all about, but many do not understand this, and thus today all of that has led to the destruction of the world and a reckless future for children where the word 'parent' will not even be heard of, as there will be no parents in the future. Thus, this is a last opportunity to show love and to take care of your elder ones that need help and try to make a difference.

Caregivers are very important. Many are paid and many are unpaid. In Guyana we didn't use terms like caregiver, because caring for an elderly or an ill family member was normally a part of the family's responsibility, and no body got paid, everyone took care of each other.

Very often the ones taking care of family members are unpaid and give their time because of love, as in myself being a caregiver along with other family members being involved in our

mom's caring and program. I also assist others in taking them to the doctor, for physiotherapy, for an outing etc...And we don't call it caregiving, we call it love. It's our duty regardless. We're all unpaid as caregivers, and I could say the same for about all families I know of that are originally from Guyana and living in places like Edmonton, Toronto, New York, Florida and other places.

Some are in positions where they cannot care for a family member at home because of situations. We may all end up in that situation, but as long as I'm alive I will do my part to my best ability. I'm not judging anyone by writing these articles. These articles are not being written to judge any of my relatives, friends or anybody. All I'm doing is sharing my experiences and our way of life with others.

We all learn from each other. For example when we were younger, we didn't understand what dementia is and the behaviors that came with it.

Section IV - Our home program and care

For my mom, she does certain activities every week. There are other things such as getting out and going for a drive and for coffee. For example during the week of June 1st, 2023, we went to the bank as my mom likes to do her own banking. Her math is still very good, as seen with when other family members doing math, questions and puzzles with her. After the bank, we drove into the university area, then Whyte Ave and then to a McDonalds on the Southside for coffee. While on the south side we almost always drive by the apartment building we used to live in when we first arrived in Canada, pass the Junior High School I went to, the elementary school my brother went to, along with other schools family members and relatives attended. And we also always drive by some of the homes our relatives used to live. On the way back, as we drove down Jasper Avenue, I asked my mom if she'd like to visit one of her relatives and she said yes. I was surprise when she said yes, because normally she would not feel up to it. After visiting our relatives which also surprised them, we were then on our way home and we stopped at the cemetery to visit the graves of my dad, grandmother and uncle. How often would some one in a old folks home get to do these things?

And at home we have a cat, who my mom really adores and helps to keep her active and smiling. These are all benefits to the person. The following week I planned to take my mom and my aunt for a drive and coffee, but my aunt could not make it, but we went out for the drive and coffee.

Section V - Serve the creator - he told us what our responsibilities are

When we worship the creator, we are serving him, therefore in many instances worshipping is the same as saying serving. Note how the word worship and serve are used interchangeable. When you take care of your parents, orphans, giving charity to the poor etc and you are following the guidance from God, you are worshipping him, in other words you are serving him with what he asked you to. It's easily to go astray and to forget our duties. Many of us strives in the remembrance of God through out the day, else the devil and his followers can easily throw us off the straight path and make us forget our responsibilities, as the shaitan (devil) and his followers are waiting for us on the straight path to lead us astray in the way Iblis (Satan) had done to Adam.

Section VI - It's a great sin and crime to abuse a person that requires care

Recently, in the in the mainstream media there have been some articles concerning the caring of a person with illnesses or an elderly person where abuse were involved. That abuse also has happened in seniors home.

Below is a recent example of where the ones that requires care are abused by the caregiver.

Care home worker jailed for abusing residents with dementia almost 40 times https://ca.yahoo.com/news/care-home-worker-jailed-abusing-145131940.html by Callum Parke, published July 3, 2023

The article states: 'A care worker has been jailed for abusing three care home residents with dementia almost 40 times.' 'Sharlene Bosita was seen on CCTV making it look like she was about to elbow residents, slapping them with gloves and pulling and pushing them, the Crown Prosecution Service (CPS) said.'

They are paid lots of money to provide care, yet many are not paid a penny but still provide care out of love and compassion

In the example above, the care givers are paid well provide care, yet have done a terrible job. What if that care is done by a more loving, caring and compassionate family member and that family member gets paid something, so that family member does not always have to rush out looking for some work to pay bills etc...

Conclusion

As it is, the family structure is broken badly, and it's about time that people learn to live together take care of each other and share the responsibilities before it's too late and each and every one of us are thrown into old folks home. I believe that's what's being planned for all of us. This is probably the world's last opportunity to come together and take care of each other. 1) When the parent was strong and the child was helpless, parental affection was showered on the child: when the child grows up and is strong, and the parent is helpless, can he do less than bestow similar tender care on the parent? (2) But more: he must approach the matter with gentle humility; for does not parental love remind him of the love with which God cherished His creatures? There is something here more than simple human gratitude: it goes up into the highest spiritual region. This will be our last chance to make a difference for our loved ones that requires care, as the way things are going, everything is becoming a business and many doctors and professionals are pushing this only to end up ruining their own families in the future, and in the future there will most likely be no parents, thus enjoying your parents and caring for them while you can.

The Great Spiritual Awakening Life's Journey

Part III - There's a place where everything's all right by Fisal Deen (Brian) Ally

By Fisal Ally

Published in this Edition on July 19, 2023 in this magazine

(This article: Life's Journey: There's a place where everything's all right by Fisal Deen Brian Ally was first published in the Cariwave, The Caribbean Magazine; Summer/Fall 2003) Below is the same exact article with a few corrections.)

Disclaimer: The researcher/writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. Reports may get updated, and links may change. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications.

Some quick techniques to beginning your day

As soon as you wake start slow breathing techniques and focus on your breath. Don't wait for later, because once your mind is filled with a roller coaster of thoughts, it's hard to stop. Of course it can be stopped, but it takes practice, where you sit for at least 20 to 40 minutes in the morning and start repeating your mantra. If you find it hard doing, just do 2 slow breathing. Even do it when halt in traffic. Then work up to 5 times and then ten times. And to gain more focus as you breathe in focusing say the mantra slowly and as you breathe out. Like any sports, practice brings improvement. Or start repeating a mantra to block all kinds of rambling roller coaster thoughts.

Life's Journey

There's a place where everything's all right by Fisal Deen (Brian) Ally

THERE'S A PLACE OF SANCTUARY IN EACH ONE OF US IT'S A SIMPLE MATTER OF UNDERSTANDTING THAT THIS PLACE EXISTS AND THAT WE CAN GO TO THIS PLACE ANYTIME WE CHOOSE

IMAGINE the alarm clock beeping at 6 am and immediately your inner world gets filled with endless thoughts of roller coaster loops while your tired and restless body says five minutes more. You escape into our inner world of fantasies, wishful thinking, making revisions to the past and how the future must turn out. Another half-an-hour slips by before dragging your tired body out of bed. You crawl into the shower, grab a coffee and rush out the doors. While driving with the radio blaring, you become preoccupied with your inner world of thoughts and revisions of the past, so your past experiences turns out the way you think they should have turned out. Suddenly your subconscious senses the change in traffic lights, from green to orange and you spontaneously react by slamming on the brakes, bringing your conscious mind into focus and back into the present moment, spilling coffee on your clothes. Ouch! You bellow, becoming

anxious, uptight, tense and stressed as your blood pressure rises and your breathing becomes choppy.

In each one of us there's a place where everything's all right. In this place there's no need to keep escaping to your inner world of fantasies and to keep revising the past. This place exists in the present moment and can be accessed through present moment awareness. When you retreat to this place, you will find stillness, sanctuary, acceptance, peace and harmony. You will become more relaxed, less tense, less stressed and, as a result your health will improve.

Techniques to find this place of stillness sanctuary

Tools such as meditation, yoga, deep breathing, prayers and Tai Chi can be used to find stillness and sanctuary in the present moment where every's all right. For example meditation is a tool used to silence the over active mind from driving us mad. Once the mind become quieter, we start to get a glimpse of this place where everything's all right. Our body starts to heal as stress and tension disappear and we realize there's no need to dwell in the past or to constantly escaping to our inner world filled with revisions of how things should have been and how the future must turned out. You will find acceptance, peace, happiness, and relaxation.

Meditation through breathing techniques

From the few Yoga classes, which I have taken, one form of meditation is to lie on the floor, on your back, with your arms out and body relaxed. You inhale and exhale slowly paying attention to your breath. Remember that when you inhale, your diaphragm expands pushing out your stomach and as you exhale your stomach goes down. As you inhale, feel the air moving through your nostrils, your windpipe, lungs and back up through your windpipe and nostrils.

Another method is as you inhale, in your mind's eye picture a light moving down your spine and as you exhale picture the light moving up your spine. You should become more focused on your breathing or on the light moving up and down, quieting your over active mind that's driving you mad. Your body will become more relaxed and less stressed.

Meditation using a Mantra

I had the opportunity to learn transcendental meditation from a seminal led by Dr. Deepak Chopra, head of the Mind-Body Center, back in 1994. At the seminar I was given a mantra. Although different types of mantras are used during meditation, mine was made up of a few words from the Sanskrit language and was based on the vibrations of the universe at the time I was born. While in a sitting position, with your eyes closed, the mantra is repeated over and over. Your over active mind becomes more quiet as the mantra is repeated quieting your roller coasting thoughts. The mantra should slowly fade leaving your mind in complete silence, peace and harmony. Your breathing will improve and you will become more relaxed, peaceful and healthy.

Mediation through Prayers

A lot of people pray for money, fame, a big house or to be better than someone else. But little do they know the essence of prayers. Prayer is a form of meditation, which is extremely beneficial when done correctly. I personally believe that the more a person prays correctly, the more he or she will see the benefits, especially when it comes to health, something each and everyone of us seeks. I believe that during any prayer, the mind must be emptied of all distractions and unwanted thoughts, quieting the over active mind making the body more relaxed, peaceful and healthy. What more can we asks from our prayers?

The Law of Detachment

It is important to realize that during meditation or prayers the law of detachment must be applied and practiced. This law allows you to detach from your over active mind. It's important to deal with your problems and let go of them and not to become a prisoner of these thoughts. The law of detachment does not mean detaching from your loved ones or from your passion, what it means is, you are detaching from your inner world of roller coasting thoughts or of you trying to forget about the thoughts and leave them far behind. Once detached from your over active mind, you will regain that healthy and peaceful feeling.

Conclusion

During Life's Journey, each one of us has access to this place of stillness and sanctuary where everything's all right, anytime we choose. We can get there by applying health prescriptions such as meditation, prayers, and only wanting peace as opposed to wanting war which allows destructive thoughts to invade and spread through our cells like the plague. When you find stillness and sanctuary, you will find peace, no need to support wars, and most of all, you will find your true self and the true meaning of life where you will regain that feeling of healthy living.

(This article: Life's Journey: There's a place where everything's all right by Fisal Deen Brian Ally was first published in the Cariwave, The Caribbean Magazine; Summer/Fall 2003) Below is the same exact article with a few corrections.)

Slavery & Indentured laborers

Scottish and English involvement in the slave trade

Researched by Fisal Ally First edition published on July 18, 2023; 10:00pm Second edition published on July 19, 2023

Disclaimer: The researcher/writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. Reports may get updated, and links may change. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications.

Preface

The Scottish Historian, Dr. David Alston discusses the Scottish involvement in the slave trade. Yvonne Singh and A whisper behind the silence by Indranie Deolall Indranie Deolall also provides their reports on the crimes the Scottish perpetrated during the slave trade and in British Guiana (Guyana).

In his book states, "Scots were involved in every stage of the slave trade: from captaining slaving ships to auctioning captured Africans in the colonies and hunting down those who escaped from bondage. This book () focuses on the Scottish Highlanders who engages in or benefitted from these crimes against humanity in the Caribbean Islands and Guyana, some reluctantly but many with enthusiasm and without remorse. Their voices are clearly heard in the archives, while in the same sources their victims' stories are silenced - reduced to numbers and listed as property."

The Scottish involvement in the slave trade where the Scottish historian, Dr. David Alston provides research into the slave trade, along with Yvonne Singh and Indranie Deolall in their articles on the Scots involvement in slavery and indentureship

This report draws quotes and excerpts from the following sources:

- 1) The Trilogy of Savitri's Garden by Fisal Ally
- 2) A whisper behind the silence by Indranie Deolall, October 8, 2021 (Her report is based on Dr. David Alston (a Scottish historian)s
- 3) How Scotland erased Guyana from its past- 'The portrayal of Scots as abolitionists and liberal champions has hidden a long history of profiting from slavery in the Caribbean by Yvonne Singh
- 4) En.wikinpedia.org/wiki/Slavery in Britain (Retrieved on July 18, 2023 at 7:40pm)
- 5) Slavery and the Slave Trade; Nrscotland.gov.uk/research/guides/slavery-and-the-slave-trade#
- 6) Slavery and Scotland; Nrscotland.gov.uk/research/learning/slavery Retrieved July 18, 2023 at 8:26pm.

Slavery in Britain

7) History & culture, The 1833 Slavery Abolition Act published in Cariwave, The Caribbean Magazine (Summer/Fall 2003 edition) a magazine published and owned by Fisal Ally

Introduction

Section 1 - The love story, 'The Trilogy of Savitri's Garden, and Slavery and Indentured laborers Section II - Slavery in Scotland

- The Scottish involvement in the slave trade where a Scottish historian, Dr.

David Alston provides the research, along with Yvonne Singh article

- How Scotland erased Guyana from its past Yvonne Singh
- Slavery and bondage in Scottish collieries
- Enslavement markets and auctions

Section III - Slavery in Britain

-10,000 to 20,000 enslaved Africans on British soil

Conclusion

Introduction

The Trilogy of Savitri's Garden is a love story where indentured laborers from India first arrived in British Guiana (Guyana in South America) in 1838. This book also goes into slavery and the slave trade. So far when it comes to slavery in Guyana and the Caribbean, I keep coming across articles where the Scots where highly involved in the slave trade and profiting for these crimes against humanity. I also did some searches online on this topic and continue to come across the Scots involvement in British Guiana in South America.

Many in the Americas know what slavery was all about, and also what indentured labor was all about. It was basically the same.

For example when the Indians from India arrived in the Americas, they were treated as slaves, they were beaten and mistreated and worked to death until their contracts were cancelled and that happened a number of times, and taking indentured laborers by the British to British Guiana was banned a number of times because of the cruelty taking place in the plantations across British Guiana.

Section 1 - History & culture, The 1833 Slavery Abolition Act

This section was taken from Cariwave, The Caribbean Magazine (Summer/Fall 2003 edition) a magazine published and owned by Fisal Ally

Background

In the 18th century, the West Indies (includes many of the islands in the Caribbean and British Guiana (Guyana) in South America had become a main trading center due to the enslavement of human beings, first the Amerindians (American Indians) and then the en-slaved Africans. Although the enslaved people fought for their rights and freedom, the could not defeat this evil, inhumane, terror and disgraceful act, which continued for hundreds of years for the accumulation of wealth.

William Wilberforce

A British by the name of William Wilberforce, born in 1759, learned that the British public was not aware of the horrors of slavery, some thing taking place thousands of miles across the oceans. Wilberforce was not blinded the way the mass was. He was brilliant and could see what others could not see. He fought against slavery and succeeded when slavery was abolished throughout the British Empire. In 18078 it became illegal for British ships to carry enslaved

Africans torn from their homes and families, however, this did not prevent planters in the Americas (and in Britain) from demanding slaves as the evilness of slavery continued where the planters continued to accumulate wealth through the bondage of humans.

Wilberforce continued to work towards stopping this evil profit making business and in 1833, his perseverance and his good for humanity finally paid off. The Abolition of Slavery Act was passed on August 24th 1833 by the British Parliament which became law on August 1st 1834 where emancipation took place, meaning the act of slavery by the plantation owners against people who were enslaved was now abolished.

Section II - The love story, 'The Trilogy of Savitri's Garden, and Slavery and Indentured laborers

After researching for about 15 years and writing and rewriting the novel 'Savitri's Garden' which was first published in 2002 and then updated over the next few years. As I discovered more information, I continued to make this same identical story from 2002 more historical to teach the history of indentured laborers to British Guiana (Guyana in South America). This novel grew into a trilogy with a study guide. The first book had to be broken down into two parts, thus there were four novels and the study guide, a total of 5 books, which are being given away for those interested in this work.

Ex-slaves in the Trilogy of Savitri's Garden

But most of all I learned a lot about slavery while researching, and included ex-slaves as a big part of the book. The novel included fictional characters that were ex-slaves who were Cooper (Coop) now a servant; Jamal Thomas; Joseph now an African driver; Lillian (Lilly), Kwesi a mulatto driver.

From the glossary at the back of book I, Part I are some very important definitions:

Abolishment of slavery - took place in 1838 in the British colonies, while slavery continued in other places such as America, Brazil and Cuba and was not abolished till after the 1860s.

Apprenticeship period - after slavery was abolished on August 1 1834, the Africans were placed on an apprenticeship program, where the agricultural workers would work for six years, and the non-agricultural workers would work for four years, but the work was harder and the hours were longer. During the apprentice period the Africans worked forty and a half hours a week with no pay, and they were given the option to work for wages for thirteen and a half hours or they could have used this time to work on their own provision ground. The apprentice periods had ended on July 31, 1838 for all apprentices (Source: The West on Trial by Cheddie Jagan)

Section III - Slavery in Scotland

The Scottish involvement in the slave trade where a Scottish historian, Dr. David Alston provides the research, along with Yvonne Singh article

A whisper behind the silence by Indranie Deolall, October 8, 2021 Stabroeknews.com/2021/10/08/features/first-person-singular.a-whisper-behind-the-silence/(Reference) For more than 20 years, the historian Dr. David Alston (a Scottish historian) has been on an often lonely road, carefully researching the extensive role of Highland Scots in the transatlantic African slave trade, and the profitable plantations of the Caribbean, but especially the prized jewel British Guiana (Guyana in South America), where they came to seek, make, keep and add to their fortunes.

'Due for release this month as a scholarly book of the same name subtitled "Silenced histories of Scotland and the Caribbean," his 400 page publication by Edinburgh University Press, is an important and courageous collection of evidence that seeks to help correc the national narrative including the myth that the Scots were more egalitarian than the English, and that they did not engage in the slave trade.

"Scots were involved in every stage of the slave trade: from captaining slaving ships to auctioning captured Africans in the colonies and hunting down those who escaped from bondage. This book () focuses on the Scottish Highlanders who engages in or benefitted from these crimes against humanity in the Caribbean Islands and Guyana, some reluctantly but many with enthusiasm and without remorse. Their voices are clearly heard in the archives, while in the same sources their victims' stories are silenced - reduced to numbers and listed as property."

He adds, "but these voices remain a whisper. And yet even that whisper is difficult for us to bear. We (The Scots) are indeed 'well wadded with stupidity' and are inclined too readily to wrap ourselves in comfortable narratives of Scottish and Highland victimhood,"...

In 1833, Britain's Parliament finally abolished slavery.

How Scotland erased Guyana from its past - Yvonne Singh

How Scotland erased Guyana from its past

'The portrayal of Scots as abolitionists and liberal champions has hidden a long history of profiting from slavery in the Caribbean by Yvonne Singh

Theguardian.com/news/2019/news/apr/16/Scotland-guyana-past-abolitionists-slavery-caribbean

Excerpts below:

It's hard to process that a network of Scotsmen from here and the surrounding area used Guyana as a "get-rich-quick-scheme", exploiting for profit the trafficked humans (both slaves and indentured labourers) who were my ancestors. A "gold rush" with no thought of the tragic human consequence. Says Singh

'As I wade through research and testimonials of the fate of slaves in Guyana. it's difficult to suppress the anger I feel: up until 1826 (nearly two decades after the abolition of the slave trade in 1807), "the 11 o'clock flog" was administered in Berbice's searing heat to men and women who flagged in their tasks; sexual abuse was so endemic in the same district that, in 1819, one in 50 of the enslaved population was the child or grandchild of a white European.'

She then recalls a troubling story. "Granny said that he Indian women would be working out in the rice fields and it was then that most of the rapes would take place. No one would hear them screa...it was only nine months later that they had to deal with the consequences.

'Today, steps are being made to acknowledge Scotland's slaving past'

Slavery and bondage in Scottish collieries

For nearly two hundred years in the history of coal mining in Scotland, miners were bonded to their "maisters" bya 1606 Act "Anent Coalyers and Salters". The Colliers and Salters (Scotland) Act 1775 stated that "many colliers and salters are in a state of slavery and bondage" and announced emancipation, those starting work after 1 July 1775 would not become slaves, while those already in a state of slavery could, after 7 or 10 years depending on their age, apply for a decress of Sheriff Court granting their freedom. Few could afford this, until a further law in 1799 established their freedom and made this slavery and bondage illegal.

Nrscotland.gov.uk/research/learning/slavery Retrieved July 18, 2023 at 8:26pm.

'Significantly, Scotland and the Scottish people benefitted from the wealth and opportunities that slavery generated. This legacy is still present in our Georgian buildings, statues and street names. Scottish men and women played a strong part in the development of this trade, as well as its abolition.'

Google retrieved (July 18, 2023 at 8:10 pm)

Slavery and the Slave Trade Nrscotland.gov.uk/reseach/guides/slavery-and-the-slave-trade#

Enslavement markets and auctions

Following the union of parliaments in 1707, Scotland gained formal access to the transatlantic slave trade. Scottish merchants became increasingly involved in the trade and Scottish planters (especially sugar and tobacco) began to settle in the colonies, generating much of their wealth enslaved labour.

Section III - Slavery in Britain

En.wikinpedia.org/wiki/Slavery_in_Britain (Retrieved on July 18, 2023 at 7:40pm) All quotes below:

In 1772, Somerset v Stewart held that slavery had no basis in English law and was thus a violation of habeas corpus. This built on the earlier Cartwright case from the reign of Elizabeth I which has similarly held the concept of slavery was not recognized in English law. This case was generally taken at the time to have decided that the condition of slaverly did not exist under English law. Legally ("de jure") slave owners could not win in court, and abolitionists provided legal help for enslaved black people. However actual ("de facto") slavery continued in Britain with ten to fourteen thousand slaves in England and Wales, who were mostly domestic servants. When slaves were brought in from the colonies they had to sign waivers that made them indentured servants while in Britain. Most modern historians generally agree that slavery continued in Britain into the late 18th century, finally disappearing around 1800.

Before 1066

From before Roman times, slavery was prevalent in Britain, with indigenous Britons being routinely exported. Following the Roman conquest of Britain, slavery was expanded and industrialised.

Enslaved Africans on British soil

By the mid-18the century London had the largest African population in Britain. The number of black people living in Britain by that point has been estimated by historians to be roughly 10,000 though contemporary reports put that number as high as 20,000. Some Africans living in Britain would run away form their masters, many of whom responded by placing advertisements in newspapers offering rewards for the returns.

Some of these people fled their slavery in an attempt to create a new life for themselves in the streets of London.

Google retrieved July 18, 8:20 pm

Whilst slavery had no legal basis in England, the law was often misinterpreted. Black people previously enslaved in the colonies overseas and then brought to England by their owners, were often still treated as slaves.

Conclusion

Slavery has been taking place for thousands of years, and it continued all the way throughout the 1800s. It's about exploitation and often genocide was involved. The abolitionists stood up and slavery came to an end. But today it's a new form of slavery, modern day slavery.

New World: Order Out of Chaos

Part XIII - Our future with digital currency, vaccine passport, lockdowns, news censorship, GMO and AI

By Fisal D Ally

This report also includes views and opinions by Fisal Ally

First edition; Published July 16, 2023; 1 pm

This is an unedited edition. The upcoming second edition will include more examples.

Disclaimer: The writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. It's important to carry out your own research and to also seek advice from your doctor and from medical professionals. There may be errors due to unclear words in the videos, links may be removed, and articles and videos maybe updated. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications. Introduction

Section 1 - A digital future with Artificial Intelligence and 15-minute cities CBDC, a future of robots, The Line, Electric cars and less ownership

Section II - Smearing and censoring truth tellers: Dr. Rashid Buttar, Dr. Michael Yeadon, Dr. Daniel Nagase

Section III - Censoring of Social Media

Section IV - The vaccines, and Covid-19, the test of Social Responsibility, Vaccine Passports and not soon not allowed to travel

Section V - mRNA vaccines for animals

Section VI - Long Covid and the vaccines deaths and injuries

Section VII - GMO mosquitoes and 'The world's deadliest diseases are coming', Spraying, GMO's and the decline of bee population

Section VIII - Forever chemicals in our food consumption

Section IX - 'Biodigital Convergence' and W-Fi radio frequency

Introduction

As the Great Reset continues with a future that bleak for humanity and all lives on the earth, we see a part of the globalist plan is to have the earth's population move away from the rural areas and into the cities as 15-minute cities. A project that's spoken of nowadays is the NOAM project in Saudi Arabia with 15-minute cities. We're heading into a digital prison with CBDC and artificial intelligence. As the Great Reset continues, We continue to hear on a daily basis on the covid-19 jabs, the injuries and deaths and on the WEF website it says: 'Covid-19 was the test of Social Responsibility. We now hear more of mRNA to be in our foods supply and for animals also. Our brain can be hacked and our thoughts can be read is not a fallacy, it's real. Yuval Harrari who is an advisor to the WEF says that humans are now hackable animals and that humans can be manipulated. And with the advancement AI, this can easily be accomplished. AI has it's benefits but it's mostly used for the destruction of humanity. AI is also capable of evils such as creating child pornography. We continue to hear about population reduction. Boris Johnson's father: Speaking on population control where the host asked about a world population. He answered, "Well Britain I put it at 10 to 15 million...as a limit 20 to 25 million" referring to

now it's 70 million (Ref 11). And we continue to hear about lots young people who are athletic dying from myocarditis and other illnesses. And we continue to hear that Covid was man-made, and that covid was an experiment and a test of social responsibility. Many young people have myocarditis and many are also dying and becoming ill. There's 'Shocking brain disorders' as myocarditis and cancer is on the rise. And discussing 'long vax' and long covid as doctors are baffled by the Covid-19 shots with its brain disorders. With the Great Reset and you will own nothing and be happy. The rich gets richer as the middle class slowly disappear where the poor can barely maintain themselves. With the Great Reset you will own nothing and you will be happy. Thinks are getting worse. Are we happy?

Section 1 - A digital future with Artificial Intelligence and 15-minute cities

Henry A Kissinger said, 'If you control the food, you control the nation. If you control the energy, you control a region. If you control the money you control the world (Ref 17). This obviously indicates by now that its one small group of people now controls all of most of Earth's wealth. 'With all of this wealth in the hands of a few who now have control over Earth and with their 'Great Reset' plan, 'our society is moving very rapidly to become digital' (Ref 10).

Going digital

We can see the digital world unfolding everyday. We hear about it in the media everyday. At time 29:25 in a podcast listed in Ref 10, the Prime Minister, Andrew Holness, of Jamaica said 'in the coming weeks and days I'll be making certain announcements regarding the acceleration of Jamaica's intention to become a fully digital society. We are well on our way to this. We have established the national identification system. We have put in place our digital currency. We have given direction to our ministries to digitalize our operations. Most of ministries are now moving from paper-based systems to digital systems. Our military is transitioning. Our society is moving very rapidly to become digital. Our banking consumers are seeing it as well because the banks are moving very rapidly to digital. You have something now called ARTIFICIAL INTELLIGENCE. Very soon disposition of a human being exchanging cash and so that is going to disappear from the banking system very soon. And you are going to have to interface with machines.'

Andrew Holness tells it like it is as Jamaica evolves into a digital society, like what we've been hearing will happen over the past few years. It's unfolding right before our eyes and there's no escape from this 'digital prison' humanity is being sucked into, the hell most of humanity will have to live under.

'The WHO says that the 'Covid Emergency' is over as it allowed them to create a Digital ID program to keep people 'safe.' This will be tied to a global CBDC. Translation: Only fully mRNA compliant people will have access to their accounts when the next health crisis hits' (Ref 8) time 47:45 of the video govt.exe is corrupt"govt_corrupt. Jun29 /BREAKING. At time 48:57 of the video, the speaker says 'in reference with the CBDC, the CENTRAL BANK will have absolute control on the rules and regulations that will determine the use of the expression of central bank availability, also we will have the technology to enforce - those two issues are extremely important that. (There may be some errors in this transcript due to the lack of clarity in some parts of the speech).

The definition from Google retried on July 10, 2023 at 8:50pm for CBDC is 'Central bank digital currencies' 'are the digital form of a government-issued currency that isn't pegged to a physical commodity.'

The speech by the Jamaican Prime Minister what's coming and what's unfolding before our eyes. According to World Alternative Media with a report published on July 10, 2023 with the title: GLOBAL CBDC ANNOUNCED! - The Gold Backed BRICS Currency Is A TRAP!, the Global CBCD (Ref 21) was recently announced. The host of the podcast said, "We have to be very careful when we talk about the gold backed currency, that is BRICS.' BRICS is the abbreviation for Brazil, Russia, India, China and South Africa. We don't see the United States as a part of this plan. At 18 seconds into video, the headline says 'Russia confirms BRICS will create a gold-backed currency by Neils Christensen; July 7, 2023. The host said, 'What they are actually building is their gold I owe you's based on very little actual physical gold, it's what they did in the United States for decades which led to Charles de Gaulle, President of France, coming to New York harbour and the gold be repatriate - and they could not give that gold back and so they went into the Fiat system under.' A definition of fiat from Google is 'Fiat money is a government-issued currency that is not backed by a commodity such as gold.' The video gives this headline 'Natural News headline' 'Worse than CBDC's: Gloablists publish plan for worldwide financial enslavement under "unified ledger"; Mike Adams; July 10, 2023 (Ref 21). The host says that 'they will give you the digital version while they claimed its based on gold and of course for that reason it will be more sturdy as a currency but they will never disclose where that gold is, they will never disclose how much of that gold they really have and they will eventually tell people that they must succumb to the CDBC.' The host continues at time 1:50, 'We are seeing the move into a full fledge cashless system...We have Fed now coming out July 18...We have the move to basically shut down all banks overnight coming out back on July 1...' He stresses that 'this beast system is exactly what Klaus Schaub wanted for the Great Reset.' 'The official announcement is expect to be made during the BRICS summit in August in South Africa.' '41 countries have applied for BRICS membership.' He says 'as the dollar collapses we see inflation at levels we haven't see before, we see wars, we see the banks go down.' He continues, 'Saudi Arabia and the United Arab Emirates are moving away from the US dollar into a Petroyuan.'

The Google definition for Petroyuan is a form of the official Chinese currency, the Yuan intended at least initially for oil trading. On March 26, 2018, the Chinese Government issued...'

The host continues, 'There you have oil, there you have gold in the BRICS system. This will all link into your social credit score and carbon credit score to your bank account.' Many are seeing a downside in having a cashless society with CDBC where everything we do will be tracked; every penny we spend or exchange with someone will be tracked. Our freedom is being taken away. The headline of another source (Ref 14) refers to the CBDC as 'The Currency of Satan'

A future of robots

Like the Jamaican Prime Minister Andrew Holness said, 'You have something now called ARTIFICIAL INTELLIGENCE. Very soon disposition of a human being exchanging cash and so that is going to disappear from the banking system very soon. And you are going to have to interface with machines,' China is leading the way and demonstrating to us what our future will be like. In the video at Ref 11 at time 17:09, it says, 'Industrial robots in China pushes people out of jobs, slash wages.' At time 18:03, Hong Kong (CNN): 'The country's population fell in 2022 to 1.411 billion, down some 850,000 from previous years 'almost a million people as compared

to last year'. Reuters says, 'China's first population drop in six decades sounds an alarm on demographic crisis.' So we see a future of population decreasing, as Bill Gates and others wants while robots takes over more jobs. The population being reduced is showing up everywhere. For example, Boris Johnson's father (Ref 18) speaking on population control where the host asks about a world population and he said, "Well Britain I put it at 10 to 15 million...as a limit 20 to 25 million" referring to now where it's 70 million and the future population will be much less.

Urban living with 15-minute cities - Neom - The Line

Some places are denying that they are setting up 15-minute cities, while other places are telling us that they are implementing 15-minute cities, where a 15-minute city will have everything we need, such as shopping, outing, entertainment, restaurants etc... In the podcast (Ref 10) at time 12:40, a BBC headline states '15-MINUTE MADNESS.' At time 13:12 it states that 'The Line is being built in Saudi Arabia' with the headline 'The Future of Urban Living' 'THE LINE is a civilization revolution that puts humans first providing an unprecedented urban living experience while preserving the surrounding nature.' It says 'No roads, cars or emissions, it will run on 100% renewable energy and 95% of land will be preserved for nature.'

The Line is a part of the NEOM project in Saudi Arabia. To many, this futuristic city project is impossible and is just a fantasy or fiction seen in a movie. But construction of this project has already begun in the province of Tabuk in north-western Saudi Arabia, which starts from the Red sea and runs 170 kilometers east going across the desert, mountains and valleys. It's planned to be 200 meters wide and 500 meters high. And the cost is predicted to be \$725 billion dollars and is planned to be completed in 2025. This is only a small part of the NEOM which is said to be 26,500-square-kilometers. NEOM will also include an airport.

A future of electric cars and less car ownership

With the Great Rest, Klaus Schaub says you'll own nothing and you'll be happy. In the article (Ref 25) REDUCE CAR OWNERSHIP BY 75% AND THE GREAT RESET4, WW3: China TAKES CUBA! - A New Cold War! - China's ATTACK On U.S. For Support Of Taiwan! Published on June 19, 2022 at time 14:18 states, the headlines: WEF demands you give up your car and move to smart city (June 19, 2023) - It states: 'The WEF has recently published a blueprint titled 'Benchmarking the transition to Sustainable Urban Mobility,' which aims to reduce individual car ownership by 75% by the year 2050 and encourage the transition to smart cities.'

Section II - Smearing and censoring truth tellers

A brief look at the following people:

Dr. Rashid Buttar

Dr. Michael Yeadon

Dr. Daniel Nagase

In the video (Ref 9) at time 1:58:28 on June 23, 2023 headline states: 'First major world politician apologizes to the unvaccinated: 'You were right, We were wrong.' She says, 'I can apologize right now. I am deeply sorry" she said, 'for anyone who was inappropriately subjected to discrimination as a result of their vaccine status, I'm deeply sorry. For any government employee that was fired from their job, because of their vaccine status, and I welcome them

back if they want to come back.' This politician was Alberta Premier Danielle Smith of Alberta, Canada.

Throughout covid-19, many have stood up to the tyranny that's taking place and not going along with the covid-19 narrative, and some have lost their lives such as Dr. Rashid Buttar at age 57, who said he was poisoned. Dr. Michael Yeadon has been speaking up, and so is Dr. Daniel Nagase.

Why would any of them put their lives on the line by telling lies? It makes no sense that they would do that. These are all professional people. It makes sense that they are trying to get some very important message out to the people. It's been over three years since the covid-19 have begun. So after three years, do you actually believe they were telling lies? Have you at least checked the VAERS records to see all of the people that died and were injured from taking the covid-19 jabs? Those records were signed off by medical professionals. Do you see all of the people that are getting myocarditis and are dropping dead? Have you read some of the pFizer's documentations that were released?

In the video (Ref 8) time 51:35 headlines 'Britain must prepare for harder lockdowns says Matt Hancock by Neil Jackson and Tony Diver, 27 June 2023 (10:19 pm)

Heroic doctor and a friend of humanity who may have helped to save millions of lives, Dr. Rashid Buttar, have died

Dr. Rashid Buttar have put his life on the line from the very beginning warning people across the world about the problems with the covid vaccines, social distancing and wearing a mask. The 57 year doctor is no longer with us, having died on May 18, 2023 where he had stated before that he was poisoned.

Dr. Buttar, a friend of humanity, a friend forever for many of us. Because of him many are alive today. There have been tributes to him. One of the videos called HERO (DR. RASHID BUTTAR) DOCTOR DIES AFTER SAVING MILLIONS BY WARNING OF VAX INJECTIONS (Ref 21); First published at 21:29 UTC on May 20th, 2023.

Says, 'In Loving Memory of Dr. Rashid Buttar, 1966-2023 Written By: Sayer Ji, Founder https://greenmedinfo.com/ It is with sadness, yet great appreciation, that we pay tribute to my friend and colleague Dr. Rashid Buttar, who passed away on May 18th.'

Another video called HERO DOC WAS INTENTIONALLY POISONED WITH 200X THE DOSE FINAL TESTIMONY (Reference 22), First published at 03:03 UTC on May 21st, 2023.

Another video is: HOW THEY WILL CONTROL THE ANGER OF THE VAXTERMINATED (Reference 23)First published at 13:21 UTC on August 9th, 2022.

'Dr. Buttar says that everyone who has had the Vaccine has a Ticking Time Bomb inside them.' The other word he used in his video is a 'payload.' Many believe that the news he was coming out with to warn the world about what has been placed inside many people's bodies and how it will affect us had caused him his life, to silence him, as a big conference was about to be held where he was one of the main speakers. He never made it to the conference. There's lots of discussions taking place on electromagnetic frequencies (EMF) when released at different frequencies how it will affect our brain, our health and lives.

Dr. Michael Yeadon, pFizer past Vice President

In a video (Ref 36), the past Vice President of pFizer Dr. Michael Yeadon said, 'We've been lied to by government officials and corporate types on absolutely about everything on this virus pandemic. The severity of the public health threat, the necessity to lockdown, asymptomatic transmission, the use of mask, mass testing, and the vaccines. Every single part of the narrative is a lie. And I know the people like Fauci...were lying.' He said they had 'the same training at the same time at the university, which means they had the same training in immunology. And when they said things I knew were not true, I knew that they knew that too. And I know they were lying to you. They are not scared of people like me, because they figure that I will not be heard.' Yeadon encourages people to share his message where he said, 'memorize three things I said, and tell 10 other people. The only way we'll win is if you tell 10 other people. The mass media will not tell them....I think they will make digital ID mandatory. You will not be able to shop, travel or work without it, and get healthcare. The other think they will do is withdraw cash and replace cash with central bank bank currency (CBDC). Yeadon message came out a while back and people called him a conspiracy theorist, and today we see what he said are all coming true.

In another video called 'Ex Pfizer scientist Dr. Michael Yeadon says Covid was implemented on a global scale. I'd like to believe him over any government agency' (Ref 37), Yeadon said, 'When I saw not only my country locking down at the same time but many countries also, there's no way that could be true..therefore it must have occurred a level above, whether it was the WHO or world economic forum (WEF), others I don't know....they won't sue me. He said he would love to see them in court. 'They won't sue me.' 'WHAT THEY DO IS SMEAR ME AND CENSOR ME...we are facing some thing much more than an alleged virus...at the least the things they are injecting us with, people being injured with a so-called vaccine. I wish I can tell you its accidental, but it wasn't accidental. I spent 32 years in rational drug design. I knew...with my hand on the Bible and in court, I would say that these injections have been made to injure people and to may even kill them."

Dr. Daniel Nagase of British Columbian

During the covid19, Dr. Daniel Nagase was video taped a number of times where he spoke out against the covid-19 narrative, and where he was called a conspiracy theorist.

At time 47:21 (Ref 4) Dr. Daniel Nagase states '...a genetic toxin has been put into the entire human genome. A genetic toxin that is capable of hiding and skipping generation. This is what has been done to us.' Many are saying that globalists or the ones behind the globalists are playing with human lives and are experimenting on us.

What is Nagase talking about?

In the video called THE AGENDA 2030 DIGITAL PRISON EXPLAINED FOR DUMMIES! [03.06.2023] published on June 5, 2023 (Ref 2) at time 22:40 into the video, the host says that 'Moderna says they are installing an operation system in you with their vaccines. This is a nanotech being put into a person...' This is definitely toxin to our bodies, as we're not fully biological anymore. Can this nanotech get imbedded in our genetics and be passed down through generations?

In a CBC video at the following link: Cbc.ca/news/Canada/british-columbia/Daniel-nagase-lawsuit-1.6900086; British Columbia 'Anti-vaccine doctor's fans flood court, claiming to be

'common-law grand jury' in his \$66.6M lawsuit by Bethany Lindsay (Ref 38) posted july 7, 2023, states, 'Daniel Nagase is suing the B.B Supreme Court over his children's vaccination against covid-19. The doctor no longer holds a medical license. 'He has resigned his license to practice medicine in' British Columbia. 'The hearing concerned a claim filed by Nagase earlier this year, accusing B.C. Supreme Court Master Grant Taylor of violating, among other things, his "right of protection and preservation of the vessels of my bloodline [and]... the vessels of the souls of my children." "It accuses Taylor and the court of exposing Nagase's children to "future consequences untold and not yet realized of myocarditis, thrombosis, cancer and sterility."

His children received 'what he describes as "a prima facie MEDICAL EXPERIMENT commonly known as COVID-19 vaccination." Nagase is asking \$33.3 million in damages. The writer also states that 'In October 2021, Alberta Health Services issued a warning about Nagase's public claims of using ivermectin to cure COVID-19 in elderly patients, stating that neither the veterinary nor human versions of the drug have been proven safe or effective treatments for the virus.' It's true that in America and Canada, the use of ivermectin was stopped, but the fact is ivermectin was and is being used across the world in many other countries and were proven safe according to those countries, and there are claims that because of the use of ivermectin, many had prevented illnesses. In one of the pass edition of this magazine covers the use of ivermectin in places and India where many had avoid illnesses.

In another video from Cbc.ca/news/Canada/british-columbia/Daniel-nagase-anti-vaccine-speech-effigies-disciplinary-hearing-1.6602820; Doctor who gave anti-vaccine speech in front of effigies of officials being hanged faces discipline hearing by Bethany Lindsay, Oct 1, 2022s (Ref 39) says 'Dr. Daniel Nagase also spread false claims about COVID-19 vaccine causing stillbirths at B.C hospital.' The video further states, 'The College of Physicians and Surgeons of B.C posted a notice of Thursday announcing that a citation has been issued alleging misconduct by family physician Dr. Daniel Nagase.' 'Nagase, who has resigned his license to practice in B.C., is accused of violating professional standards by "making public addresses regarding the COVID-19 pandemic and related issues that included his making misleading, incorrect, or inflammatory statements about vaccinations, treatments and measures for COVID-19," the public notice says.

The VAERS records have proved that there were many deaths and injuries after people have taken the covid-19 jabs. There were also many still births. Even during the Pfizer trials there were injuries. In a video (Ref 9) at 45:14 minutes into the video, the host states 'as endless stories of perfectly healthy people drop, we see the distractions ramping up...' with the Russian mobilization and other distractions the same week when - 'the 80,000 pages of Pfizer data, basically admitting and confirming the shots are depopulation weapons...the vaccine cause symptoms attributed to long-covid. If these are all true then how is Dr. Nagase 'making misleading, incorrect, or inflammatory statements about vaccinations, treatments and measures for COVID-19," the public notice says' when according to many doctors and scientists this kind of information brings awareness to the people for them to evaluate their situation and to think about what they should do instead of running out and getting injections that have caused many deaths, injuries and is also responsible for people still dying, getting injured and ending up with myocarditis. And how are his statements inflammatory and many are claiming what he is saying to be true?

Section III - Censoring of Social Media

What do people do first thing in the morning or when on breaks? The article 'Why some governments ban social media and how to still access it; Veepn Research Lab; May 31, 2023; Veepn.com/blog/ban-social-media/ (Ref45) states: 'Role of social media' What do people do first thing in the morning? Drink coffee, take a show, or scroll through their Instragram feed? The last one most likely takes the first for many....It's the source of instant information, socializing, entertainment, and news...' 'Blocked social media: Why governments restrict access' 'If social media is so great, why do some countries block it or restrict access? Wee, governments usually claim to be responding to public safety issues when they block social media. But the real reason is often to curb political unrest or suppress citizens' freedom.'

For the longest time we've heard the internet censored in places like China, Iran and Saudi Arabia. Recently a female who criticized the NEOM project in Saudi Arabia was imprisoned. Recently the public has become preoccupied and distracted with mainstream news on the titanic and on the riots in France after a 17 year old was shot by a French policeman. During the mainstream news being aired and keeping the massed preoccupied and distracted from other news, new laws are being discussed and being created that has to do with the censorship of social media.

In the news published on June 22, 2023 states '5 people in underwater Titanic expedition have been lost at sea' (Ref 50), where is was reported that the 5 people 'went mission on June 18 in the Altantic Ocean off the coast of Newfoundland and Labrador' and it was during this time when the masses were preoccupied with this news that according to the CBC news Ref 51, the article headline states: 'Canadians will no longer have access to news 'Canadians will no longer have access to news content on Facebook and Istagram, Meta says' published on June 22, 2023. In a video posted on June 25, 2023 (Ref 9) a headline was CBCNN live states 'Facebook and Instagram to end all news availability for Canadians users following passage of Bill C-18'. Breaking news: Meta axing news availability in Canada. The host of the video says, 'All independent news outlets have been silenced.'

Google: 'Bill C-18 has become law and remains unworkable. The Government has not given us reason to believe that the regulatory process will be able to resolve structural issues with legislation'; June 29, 2023. (ref 43)

Google: many countries have banned or temporarily limited access to Facebook. Use of the website has also been restricted in various ways in other countries. As of July 2022, the only countries to continually ban access to the social networking site are China, Iran, North Korea, Myanmar, Russia, Turkmenistan and Uganda; retrieved on July 14, 2023; 12:10am Edmonton time. (Ref44)

Discussions to censor social media during the riots in France

Days following bill C-18, on June 28 it was reported on BBC that 'Anger in Paris after police kill teen in traffic stop' (Ref 52). According to the news 'Protests and unrest erupted in the Paris region overnight after police shot dead a 17-year-old who failed to stop when ordered to by traffic police.' On Reuter's news (Ref 40) states 'France riots: Minister deploys 45,000 police

amid riots by Layli Foroudi and Charlotte Van Campenhout, June 30, 2023. The news states, 'France's interior minister said on Friday the coming hours would be decisive as he sent 45,000 police onto the streets following three nights of riots since an officer shot dead a teenager at a traffic stop in a working class suburb of Paris.'

During these riots, Social media was being blamed for the riots. According to the article 'Why social media is being blamed for fueling riots in France' (Ref 53) published on June 30, states 'social media companies are once again under scrutiny, this time in France as the country's president blames TikTok, Snapchat and other platforms for helping fuel widespread riots over police shooting 17-year-old-driver.' the fatal of The article states 'During his speech on Friday, Macron did not specify what type of content he viewed as "sensitive," but he said he expected "a spirit of responsibility" from the social media platforms.' In Euronews.com/2023/07/05/violent-protests-prompt-french-president-to-considersuspending-social-media-tools; Macron threatens to cut off social media during protests, after unrest by Una Hajdari; updated 06/07/2023 (Ref41) states: 'French president Emmanuel Macron claims that protesters are using Snapchat, TikTok, and Telegram to film violent events and organize illegal gatherings.' 'French President Emmanuel macron discussed the possibility of banning access to certain social media features, in a meeting with local mayors in the cities that have seen violent protests.'

It's seems as if Canada and France are moving in lockstep censoring social media. Will other nations soon to follow Canada and France censoring news. In the past, very often-social media platforms were already censoring alternative news on covid-19. Accordign to the National Post (Ref 42) published on June 22, 'Meta says it's blocking news on Facebook, Instagram after government passes online news bill.' 'With Bill C-18 on the verge of becoming law, Canadians could soon see news removed form their Facebook pages and Google searches by Anja Karadeglija, published Jun 22, 2023 (Ref42). And excerpt is: "Today, we are confirming that news availability will be ended on Facebook and Instagram for all users in Canada prior to the Online News Act (Bill C-18) taking effect," Facebook said in a blog post on Thursday afternoon.'

Section IV - The vaccines, and Covid-19, the test of Social Responsibility, Vaccine Passports and not soon not allowed to travel

The World Economic Forum (WEF) website says: '1. Covid-19 was the test of Social Responsibility. A huge number of unimaginable restrictions for public health were adopted by billions of citizens across the world' (12 minutes into the video of Ref 9). At time 28:39 into the video, the host says, 'On their own website they are saying covid was just a beta test for social responsibility.'

If it was a test then it was all planned out carefully like any university exam. Some had referred to covid-19 as experiment. So does this mean that humanity was experimented on? All of humanity? Eight billion people were subjected to an experiment where many have died and became injured for the rest of their lives? When it comes to tests, you need something to test or someone to be tested on.

At time 35:19 into the video, the headline says: Covid was man-made virus leaked from Chinese lab claims Scientist - Report: A US based scientist who previously worked at the infamous Wuhan Institute of Virology (WIV) China has claimed that Covid was a man made virus that leaked from the facility'....India Today Webdesk - New Delhi updated Dec 5, 2022, 23:18 IST. Many reports have claimed that covid was man made. Does this mean that humanity - with the

exceptions of some - and the new lab rats, where many have died and became injured, and many are dropping dead with myocarditis? What kind of a social test of responsibility is this?

What are their responsibility to humanity, to people's lives?

In the past when a small amount of death has taken place the vaccines were stopped. During covid many have reported that the vaccines were causing deaths and injuries, and today there are reports coming out stating that the vaccines have caused millions of deaths. But yet, this covid-19 injections were being pushed on people, where many felt they had to get the jab to keep their jobs.

'Danielle Smith, the premier of Alberta, Canada, is the first major elected politician in the world to issue a heartfelt apology to the unvaccinated for crimes perpetrated against their human rights by the government during the Covid lockdowns' tweeted by Prashant Bhushan (twitter.com/pbhushan1/status/1671532632537018369?lang=en

15 babies hit with myocarditis in Whales and England

At time 47:09 of the podcast (Ref 4) title of headlines 'WHO warns of 'Unusual' surge in severe Myocarditis in babies by Tyler Durden, states 'UK authorities are investigating an 'unusual' surge in severe myocarditis which has hit 15 babies in Whales and England and has killed at least one, the World Health Organization has announced.' At time 48:18 referring to the above 'Died suddenly says One baby has died and eight have been admitted to intensive care in a mysterious cluster of infections.' 'Experts are baffled as to what has caused the sudden spike.' At time 47:20 Headlines say: 'Myocarditis affecting vaccinated kids'

Thus the statements made by Dr. Nagase about covid-19 does not seem farfetched when we hear of news such as the above, and hearing Danielle Smith 'issuing an apology to the unvaccinated.' At time 47:21 (Ref 4) Dr. Daniel Nagase states '...a genetic toxin has been put into the entire human genome. A genetic toxin that is capable of hiding and skipping generation. This is what has been done to us.' What is it? Is it mercury? Is it grapheme oxide in our food and in the vaccine? Other metals that's harmful to our bodies?" Lets see what the WHO say about mercury. See below.

World Health Organization' - 'Exposure to mercury

Dr. Rashid Buttar who have recently died at age 57 and claimed that he was poisoned, have spoken out about mercury in the vaccine, which causes autism. In one of the past article in this series of articles and I had written on mercury and some of Dr. Buttar's claims. In the video at time 43:55 (Ref 9) states: 'World Health Organization' 'Mercury and Health' - World Health Organization' - 'Exposure to mercury -even small amounts - may cause serious health problems, and is a threat to the development to the child in the utero and early in life. Mercury may have toxic effects on the nervous system, digestive and immune systems, and on lungs, kidneys, eye, and lungs.'

Shocking Vaccine deaths (Ref 23)

In the video, '13 MILLION DEAD FROM VAX! - Japan Experiences SHOCKING Excess Death Rate!; World Alternative Media; Published around June 24, 2023, at time :24 from The Expose - headline 'Japan experiences super excess mortality post-vaccination campaign; June

24, 2003. At time :38 - The Expose headlines 'Report confirms 632 x increase in child Excess Deaths across Europe since EMA approval of Covid Vaccine for children.' At time 1:59, a doctor said, that the Covid 'vaccines" have killed 13 million people worldwide'. The host said that he has heard estimates as far as 20 million and that 'the excess death has been going up despite less people are getting injected.'

"We have a whole host of threats from lab leaks to bioterror to bioweapons to naturally occurring zoonotic spillovers," said Gostin, author of the 2021 book "Global Health Security: A Blueprint for the Future."

Human-made threats are real

Published October 18, 2021 (Ref 16)

AN EXCERPT - Enough is enough! When are people going to wake up? The Hon. Gladys Berejiklian MP, the Hon. Daniel Andrews MP, and PM Scott Morrison have committed crimes against humanity and should stand trial. The link is: https://rumble.com/vnwt6v-nuremberg-2-vaxnazi-criminal-suspects-exposed.html

Vaccine passports and not soon not allowed to travel

In the podcast (Ref 8) at 45:05 headline states 'Didn't Take long: WHO Global Vaccine Passports go live in Europe; June 8, 2023. At 45:19 headlines

: Exclusive: UK company rolling out digital vaccine passports.

Many of us had chose not travel than to be injected with something that we felt that could harm us. Traveling may become a thing of the past. Although we are not hearing much about the jab injections, at time 100:46 in the video at Ref 4, Pfizer former Vice President, Michael Yeadon who had spoken out against the vaccines **stated '...by 2030 Britain specifically will have no commercial leaving the country** - you will not be able to leave - there will be no ships leaving the country- you will not own private transport - you will have a digital ID to do everything and you will only have electronic money ... I will say at that point you are a slave, and because you can see them coming you should say no ..." With what's taking place today, and with the Great Reset and population reduction, it makes sense that there would be no travel and we will all be on lockdowns as the Great Reset takes place. What if war breaks out around the world and traveling becomes unsafe, then chances are we will not be able to travel and will be on lockdown where we live?

Section V - mRNA vaccines for animals

Nowadays, we are not hearing much about the vaccines and people are being warned against taking more vaccines and boosters, but yet we're hearing about vaccine passports and vaccines for cattle. In Ref 9, at 1:19:20 into the video, the headline states 'Belfast Telegraph says: Northern Ireland will have to lose 1 million cattle and sheep to meet climate targets.' In the recent past we've heard of thousands of cows suddenly dropping and dying in the US. How did that suddenly happen, all in one place? This is all happening while Bill Gates is clearing land to create cricket farms, and you can bet that also has something to do with mRNA. At time 1:19:49 says 'Australia Approves Mandatory Bill Gates mRNA Vaccines for all agriculture; June 14, 2023 (Image shows a person injection cows). Another highlight in the video says: Great Reset: Dutch Govt launches farmer boycott scheme as thousands face shutdown.' This means, many farmers are going out of business.

At time 1:20:16 into the video, the host says 'in India they are reporting that after a mass inoculation of the cows - shown you drone images of thousands of cows dropping dead ... they are already building cricket facilities, the same play book as the Bolshevik revolution, targeting the farmers for basically the same reason. If the farmers are allowed to operate independently, the state can never have total control over their population - control the food, you control the people ... why did Stalin go after farmers? ... Stalin wanted to established ideological control over the rural population by collectivizing - controlling agricultural. -- many farmers rejected collectivizing due to the prospect of losing their property life and traditional way of life -- Stalin launched campaigns to seize their land and property, deporting and imprisoning them and redistributing ... fast forward 100 years, we have something similar, shutting down their farm ...'

Section VI - Long Covid and the vaccines deaths and injuries

World Health Organization; Episode #47 - Post Covid-19 condition who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/science-in-5/episode-47--post-covid; 30 July 2021

Summary: 'If you have recovered form covid-19 but are still experiencing certain symptoms you could have post covid-19 condition or "long covid". What are these symptoms? How long do they last and are there any treatment options? Dr. Janet Diaz explains in Science in 5.' Dr Janet Diaz states: '...some of the most common symptoms of post covid-19 condition or as you said, long covid, include shortness of breath, cognitive dysfunction, which people call brain fog, as well as fatigue. These are the three most common. However, there has been more than 200 symptoms that actually have been reported in patients..." Janet states: 'Out understanding of the duration or how long this condition lasts is still not completely clear..." (The information was retrieved on July 16, 2023)

In the video of Ref 10 and 24:05 minutes into the video headline states 'Rare link between coronavirus vaccines and Long Covid-like illnesses starts to gain acceptance' in small writings 'Studies probe unusual cases of neurological complications, blood pressure swings, and other side effects'

In the podcast (Ref 10) published on July 9th, 2023, at time 3:27, the headline states 'What is 'long vax'? Symptoms linked to Covid-19 shot baffles docs.' #1 Mysterious Brain Disorder by Marc Lallanilla; July 6, 2023. "We are now seeing articles that says that the vax actually causes long covid," said the host of this podcast.

Places in Europe with high death rates after the covid-19 injections

The covid-19 injections continue to be exposed as causing many injuries and deaths across the world. Many had stood up against taking the injections. In 'Expose' news by on June 13, 2023, one of the headline states: 'Government report prove COVID Vaccine has killed hundreds of thousands weekly & confidential Pfizer documents prove your Gov. knew it would happen' (Ref 1). At time 5:20 on the video (Ref 1) states: 'The following chart is taken from the Eurostat's website and was published on 13th of October 2022. It shows excess mortality across Europe..."

These are excerpts directly from the video (Ref 1), where at time 6:25 - the chart shows the Monthly excess deaths for June 2022 (% difference verses average monthly death in 2016 to

2019 - where Spain and Portugal shows the highest, then Greece and a few others. At time 6:25 - the chart shows the Monthly excess deaths for June 2022 (% difference verses average monthly death in 2016 to 2019 - where Spain and

Portugal shows the highest excess deaths, then Greece and a few others.

At time 7:10, the chart shows the monthly excessive death for July 2022 - showing that Ice Land, Portugal and Greece had the highest excess deaths.

The report states: 'The worst week for excess deaths during this period was week 19. This was the week ending 15th May and saw 2,208 excess deaths across England and Wales.' At time 11:50 in the video states: 'Unfortunately analysis shows that the increase in 2022 is due to so many children and young adults now dving on a weekly basis. 'States: 'As of week 37, 2022, Europe had recorded 243, 617 excess deaths.' Big headline states at time 13:50 ' 1 in every 73 Vaccinated people was dead by May 2022 in England'. In large writing the report states at time 16:35 in the video 'Covid-19 vaccines are at least 75x deadlier than every other vaccine combined.' time 17:25 of the video, headline states: Mortality Rates are lowest amongst the unvaccinated in every single age-group.' The report states 9 in every 10 Covid-19 deaths in 2022 have been among the vaccinated population.' time 23:35 states: New born baby deaths are at critical levels & birth rates are falling.' The host said, '...in places like Scotland is absolutely tragic.' Time 24:48 states: 4,113 fetal deaths following covid-19 vaccines (17 months time period). Time 26:05 says: 'Covid-19 vaccination increase the risk of developing cancer.' Time 27:10 states: According to 'Our world in data', as of August 2022, 606 million doses of the Covid-19 vaccines have ministered in teh USA.' Time 30:30 states: 'Pfizer and Medicine Regulators hid dangers of covid-19 vaccination during pregnancy due to animal study finding an increased risk of birth defects & infertility.' Time 30:54 states: Confidential Pfizer documents reveal the covid-19 vaccine accumulates in teh ovaries; now cases of ovarian cancer are at an all time high.' The video showed much more and at time 34:35 states: 'This confirms in black and white that the general public has been taking part in possibly the largest experiment ever conducted and it's and experiment that has made a few extremely rich.' Time 37:26 states: Confidential Pfizer documents reveal tens of thousands of reported adverse events and thousands of deaths in the first 90 days of the covid-19 vaccine roll-out.' The host of the video said, 'It's worth point out that some estimates already put it at over 100 million people world wide-dead, because of the injections...' In big writing it says: 'The government knew it would happen.'

In Ref 8, the chart at time 2:05 headlines 'NZ...there seems to be a pattern forming, the most heavily waxxed countries are up 15% to 20% on all cause mortality 'Vaccines Administered' - 'New Zealand Excess Mortality' - 'Excess mortality: Deaths from all causes compared to projection based on previous years' - 'Highest point of entire pandemic 18.6% excess mortality' (March 2022).

Some vaccine injuries, deaths, myocarditis

On the website, www.allmedia.ca there are blogs that lists some of the deaths of athletes, entertainers and others. That list only has a small number of the deaths. The deaths continue to grow.

Jamie Foxx

In the podcast (Ref 3) states that it was reported that Jamie Fox became blind and had a stroke caused from the vaccine. At time :28 it says 'Jamie Fox left paralyzed and Blind' due to the covid

vaccine' sources claim. At time 1:30:19 the host of the podcast states Jamie Fox suffered a stroke - many are saying that he received a shot so he could be in a movie. I believe it was a booster which gave him a blood clot in the brain - and according to the source Fox did not want the shot but the movie studio forced him to get it if he wanted to stay in the film.' Some of the information on Jamie Fox may be speculation, however, it's known that he was injured and its believed to be from the injection.

Time 1:09:09 (Ref 10) headlines 'May 16, 2023: Mike Tyson claims he heard Jamie Fox had a stroke'. The host says a source claims he is partially paralyze and blind

GMA Developing story 'Jamie Foxx's health battle, Oscar winner remains hospitalized after suffering medical health complications." At time 1:10:12: From the Foxx Family: We wanted to share that, my father, Jamie Foxx, experienced a medical complication yesterday. Luckily, due to a quick action and great care, he is already on his way to recovery...Much Love, The Foxx Family.

Paul Simon

The injuries continues to grow at time 1:29:57 (Ref 3) highlights 'Paul Simon's 'sudden' hearing loss: "Sam Smith abruptly ends concert"; Celine Dione cancels tour'; Jimmy Buffet hospitalized, postponed concert; Enrique Iglesias cancels tour; in smaller prints says: 'George Thorogood cancels tour because of "very serious medical condition" Rainbow Kitten Surprise cancels shows because "one of the members is in a medical crisis" Mark Crispin Miller; May 27, 2023.

Dr. Rashid Buttar, a hero and a friend of humanity

Dr. Rashid Buttar died on May 18, 2023. An excerpt (Ref 5) 'In Loving Memory of Dr. Rashid Buttar, 1966-2023 Written By: Sayer Ji, Founder https://greenmedinfo.com/ It is with sadness, yet great appreciation, that we pay tribute to my friend and colleague Dr. Rashid Buttar, who passed away on May 18th.'

Jessica Andreatta

Time 1:03:08 (Ref 10) headlines 'Dinner with her parents, salt in the room then a thud: Jessica died suddenly at age 24 (Jessica Andreatta).

People being aware that the vaccine contains components that causes harm, people are becoming concerned about the blood from people that took the vaccines. At time 1:03:40 headline 'Indepth: Inquires for unvaccinated donor blood on the rise, contractor says

Julie Power

Time 1:06:58 - New York Post 'Julie Powel, best selling author of 'Julie & Julia' dead at 49.

Time 1:08:12 headlines 'Cardiologist who mocked the unvaxxed suddenly dies in his sleep after 3rd Covid jab'

30 year old bodybuilder, Jo Lindner who had four vax is now dead

Just recently a health 30-year-old body builder died, and thus many continues to ask why are so many young people dying. Jo Lindner death: YouTube bodybuilding star known as Joesthetics 'dies from aneurysm', aged 30; (Ref 20)

"Many young athletic people suddenly dying"

At time 23:28 (Ref 10) headlines "So many young athletic people suddenly dying": Jo Lindner vaccine speculation fears erupt in wake of bodybuilder's death at 30' by Srishti Marwah; July 2, 2023.

He had four covid-19 injections many speculating that had something to do with his death. Others are saying he just died and it had nothing to do with the injections. Jo had an interview where he spoke about the injections and then in the interview he said it's all speculations and he does not believe his death had anything to do with the injections. But then about a month after the interview, he died.

Below is a transcript of the interview. There may be some errors.

The link to the interview is: Joesthetics Found Heavy Metals In His Blood After Getting V@xed Youtube.com/watch?v=Aly-7QpL5NQ

Below is the transcript, some parts were omitted...on the bodybuilder Jo Linder from a youtube video that was done about 1 month ago.

Host: Did you get the vax

Jo: Ya, I got the vax...even four...He said, people are saying "You know you should do it." My friend said, "we should get it, you should get it man.'

This body builder was peer pressured into getting the vaccines.

'Host said, I know you took your blood test all the time (that is being a bodybuilder), then you got the vax and then you took your blood test and now it was different. (He's saying that after taking the shot that his blood test results was not like it was before the shot)

I remember that exactly same kind of peer pressure over and over and over.

When I think of it later, what did I do, but...I did blood cleaning twice after this...with plasma pharoses with taking out heavy metals and all that stuff...I went to the doctor and I did my blood work again...I show it to the doctor and we see these particles...what is this...he said, this is from this...he described the procedure of doing the plasma pharoses of how his blood was taken out put into a machine and cleaned. He did a heavy metal cleaning. He did a d-dimer test, which looks at the clotting of your blood, clotting of the arteries. He did it twice in 6 months period. He said he was so shocked and the doctor said you need to do it if you want to survive after taking these shots. When she (referring to the nurse) took out the blood there was some white thing in there...his friend told him they found this in athletes and that is the reason they die, they have this white blood clots, tons of them in their blood, they have them everywhere. He went to a doctor and this time they didn't see the white stuff, they saw black particles and he said this is heavy metal you have in your blood.

He said when he think about it that it was some kind of a flu and that what it is, and people over reacted maybe, and people maybe saw opportunities for - the host said 'making money'. He said, ultimately, I think there was a kind of over reaction to this.

Two Irish Students died while on vacation

Two Irish Students that knew each other and went to the same school died around the same time at different places while in Greece. While in Greece on holiday, two 18-year-old Irish teenagers, Andrew O'Donnell and his classmate Max Wall, who had recently graduated from the same Catholic school died within a few hours of each other in different cases. 'Local authorities said one likely fell and hit his head. Just hours after his body was found, the other collapsed at a ferry port as they were waiting to leave the island' (Ref 30).

Robert Niro grandson, Leandro, died

'You Were So Deeply Loved' Marissa CharlesMon, July 3, 2023 at 12:48 a.m. MDT https://ca.yahoo.com/news/robert-niro-grandson-leandro-dead-064826779.html

On the Elderly

Whistleblower

Time 53: 31 (Ref 8) headline 'Whistleblower: NHS ordered EUTHANASIA to Inflate COVID-19 Deaths, Patrick Webb - Jun 28, 2023---

MASS MURDER'OF THE ELDERLY AND VULNERABLE BY MIDAZOLAM INJECTION

Dr. John's testimony

Time 53:58 according to the Daily Expose, Dr. John's testimony 'highlights the negative impact of changes in care policies, leading to patients not receiving proper follow-up care and negative outcomes for patients and their families. It also reveals how the British government authorized the essential mass murder of the elderly and vulnerable Injuries by midazolam injection and then told the public COVID-19 was to blame.

Mayor of London, Sadiq Khan

Mayor of London, Sadiq Khan suffered a 'minor heart attach while attending a climate change conference

The Mayor of London, Sadiq Khan suffered a 'minor heart attach at COP26 - Glasgow on May 23 (Ref 26) - MAYOR SUFFERS VAX INDUCED HEART ATTACK & COLLAPSE AT BS UN CONFERENCE

(Ref 27) THE MAYOR OF LONDON, SADIQ KHAN SUFFERED A 'MINOR HEART ATTACK' AT COP26 - GLASGOW (MAY'23) https://www.bitchute.com/video/tfNEt69MxGSa/ Sadiq Khan suffered a heart attack while attending a climate change conference in Scotland, it has emerge..'

Influencer Jackie Miller James

Influencer Jackie Miller James Wakes Up from Medically-Induced Coma a Month After Having Aneurysm

'A 36-year-old whose heart kept racing thought she was entering menopause. She had anemia caused by bowel cancer.' The disease is typically associated with older people, but cases in

<u>younger people</u> have been steadily rising for decades. One in five new cases are in people in their early 50s or younger, the ACS's latest figures show' (Ref 32).

On myocarditis

(Time 120:37; Ref 11) Dr. Simon Goddek says 'Many people have been asking me how I got myocarditis despite being unvaccinated. Two days after spending time with a friend who had just received the vaccine, my heart began to have severe irregularities, and it took me a year to recover. Vaccine shedding is a valid concern.'

Time 54:51 headline Scientists claim placebo vaccines in the EU

Section VII - GMO mosquitoes and 'The world's deadliest diseases are coming', Spraying, GMO's and the decline of bee population

I've asked in my past articles how do they know that these diseases are coming? Of course if you're manufacturing viruses or deadly pathogen and it got out, could this have been planned? Why would you make things that are so harmful? How do they know these things are coming?

At time 20:13 (Ref 8) the headline states, 'World's deadliest diseases are coming to the UK' and they said it's coming because of climate change. 'Mosquitos and ticks carrying viruses with death rates of up to 50% will make Britain home, experts warned MPs by John Ely Senior Health for Mailonline; 14 june 2023. At time 20:27 the headline says, 'Disease-carrying mosquitoes are spreading through Europe: How can we protect ourselves.' No doubt they will also tell us how to protect ourselves and what we need to do. At time 20:36 headline 'Wales Online 'Virus which kills one person a second likely to be heading to UK, scientists warned.' The host of the video says that first they set up a lab to create bioengineered mosquitoes. It continues with the headline 'CDC warns of first local malaria infection in US in 20 years.'

This video takes us back in time 14 years ago, where Bill Gates is discussing mosquitoes, when we thought he was busy with the development of technology. At time 30:55, Bill Gates who is on the TED show says, 'Now malaria from the bite of mosquitoes - I brought some here.' He opens the cover of a clear container and then says, "We will let those roam around the auditorium (the audience laughing)" he continues "there is no reason only poor people should have the experience." He's smiling and laughing as people clap. He then said, "those mosquitoes are not affected." The headline says, "How do you stop a deadly disease that's spread by mosquitoes - so we come up with a few new things (there may be some errors in this part of the transcript due to not making out some of his speech). At time 31:50 of Ref 8, the headlines states 'Bill Gates announce \$168 million dollars to develop next-generation malaria vaccine.' The host of the video says referring to Bill Gates that he's 'here to save us from the GMO mutant mosquitoes he developed in the first place.'

In the article called 'Bill Gates-Funded Firm Releases 150,000 Genetically Modified Mosquitoes In The Wild by Monit Khanna; May 5, 2021 (Ref 46); indiatimes.com/technology/news/bill-gates-funded-firm-genetically-modified-mosquitoes-539802.html states: 'A biotech firm funded by Bill Gates has released 150,000 genetically modified mosquitoes in the US to curb mosquito breeding and gain control over the spreading of diseases like dengue and malaria.'

^{&#}x27;How do these mosquitoes work?'

'According to the study, researchers have bioengineered male Aedes aegypti mosquitoes to mate with the wild female population (females are known to bite their prey and cause dengue/malaria). The genetically engineered males carry a gene that passes to their offspring and kills female progeny in early larval stages. The male child won't die they'll continue to posses the gene that will pass on to future generations. With the death of female mosquitoes, the Aedes aegypti population is expected to drop considerably.'

Spraying and chemicals in the air

The host of the podcast (Ref 8) says: 'We've seen insane amount of spraying, especially over the UK where people have been sending him videos - 'they are being sprayed hardcore - many are saying the vax has some kind of payload ready to off, triggered by an outer force such as EMF waves, which when this is done the symptoms could be similar to haemorragic fever...' The host shows a diagram and says 'the disease share similar symptoms to ebola. The start of infection can trigger muscle pains, it can trigger bleeding from the nose...fever, dizziness, neck pain and stiffness, headaces, sore eyes and sensitivity to light, Host says: 'Bill Gates has been obsessed with genetically modified mosquitoes, opening up a lab in Medellin (pronounced Mayday-yeen), Columbia...they are (according to his website) breeding 30 million bioengineered mosquitoes per week, and they are saying these mosquitoes are allies in the fight of dengue and other viruses inside a two storey osf Medellin, Columbia....then they release them across the country to breathe with mosquitoes than can carry dengue and other viruses threatening and sickening the population of Columbia.... this factory is real and the mosquitoes don't terrorize the population, far from it, they are actually trying to save and improve millions of lives (host: oh of course save millions of lives just the miracle MRNA...)

For a better understanding, this article, Gatesnotes.com/Mosquito-Factory (Ref 47) provides more information on the factory in Columbia. The article states: This factory breeds 30 million mosquitoes per week. Here's why. 'These mosquitoes are allies in the fight against dengue and other deadly viruses, by Bill Gates; April 15, 2022

'Inside a two-story brick building in Medellin, Columbia, scientists work long hours in muggy labs breeding millions and millions of mosquitoes. They tend to the insects' every need as they grow from larvae to pupae to adults, keeping the temperature just right and feeding them generous helpings of fishmeal, sugar, and , of course, blood. Then, they release them across the country to breed with wild mosquitoes that can carry dengue and other viruses threatening to sickening and kill the population of Colombia.'

In the podcast, at time 1:13:55 into the video, Sophia Dhal Tweets (May 13, 2023): Bill Gatesfunded lab breeds 30 million mosquitoes a week for release in 11 countries.;

(Fact check) -Currently Rated Helpful tweeted (May 13) - 'These mosquitoes are not genetically modified. They merely carry bacteria called Wolbachia that blocks them from transmitting dengue and other viruses such as Zika, chikungunya and yellow fever, to humans. They will spread this to wild mosquitoes

Time 1:18:41, the video states: 'CCHF is on the World Health Organization's list of 'priority' diseases, and its found in eastern Europe and now France. Other diseases the UK has been warned to look out for include deadly Rift Valley fever, Zika, and 'breakbone' fever.

Spraying, GMO's and the decline of bee population (Ref 8)

In the article, 'gmoanswers.com/are-gmos-causing-decline-bees, Are GMOs Causing a Decline in Bees? (Ref 48) states: 'The sudden and widespread disappearances of adult bees from hives, termed Colony Collapse Disorder (CCD), became a national concern more than 10 years ago. Claims circulated that certain GMO crops harm bees. These assertions have been refuted by the mainstream scientific community.'

At time 9:20 in the podcast of Ref 8 states, 'Bee species are threatened by multiple factors including harmful pesticides that kill bee populations and habitat loss. Harmful chemicals can paralyze or even kill bees. But the main threat to bee populations? Climate change.' at time 9:35 states: 'Robotic bees - A Solution to the declining population?' by 180 Degrees Consulting Hansraj; Sep 3, 2021.' At 10:05 states, 'These GMO crops were made to self pollinate.' The host says that Monsanto knows that the bees throws a wrench into their plans, as bees naturally creates food.' 'When a bee attempts to pollinate a GMO plant or flower its poisoned and dies.' 'The bee colony collapse has been going on and has been recognized since.' He says Monsanto bought out the largest bee studying plant that's studying the bee collapse. 'Now they turn around and blame you for the decline of insects and animals population, saying your daily intake of carbon are contributing to the sixths mass extinction.'

In the article, Santosorganics.com.au/blogs/planet-based-living/genetically-modified-crops-threaten-bees (Ref 49), Genetically modified crops threaten bees states: 'The world's food supply could be under serious threat. Antibiotic resistant genes from genetically modified crops are suspected of decimating the North American bee population.' 'The US is importing millions of dollars worth of Australian bees to pollinate its food crops. US bees are dying from antibiotic-resistant strains of bacteria, likely to be the result of widespread genetically modified (GM) crops. At the same time, the Australian Federal government is pushing for the adoption of GM crops here, and is reducing support for Australian beekeepers.'

'Friends of the Earth in the UK' 'Reports "Concerns have been expressed by English Nature, the Government's own wildlife advisor, as well as the Royal Society for the Protection of Birds and the Wildlife Trusts that the widespread use of GM herbicide-tolerant crops is likely to threaten wild bee populations."

Section VIII - Forever chemicals in our food consumption

We continue to learn more about how plastic and chemical gets into our food and water supply. It should be obvious that when you heat up plastic containers in a microwave that the container heats up and that some of the components from the plastic can leak into your food. For example when you cook in a non-stick pan, chemicals in the non-stick pan is getting into your food based on the slow degradation of the layer to prevent sticking in the pan. And that is toxic. In an article called 'Plastic mixed in with Canadian paper is making India's air quality worse' published on July 2, 2023, states 'Canada has sent 84,000 tonnes of paper waste to India for recycling, but when plastic is mixed in it is often burned, which makes the air toxic' (Ref 35). The burning of toxic materials does not only get into our food, but in the air and also in the water.

In a CBC report headline, 'Forever chemicals' found in Canadians' blood samples' report from Sat, May 20, 2023 says, 'The government defines PFAS as a class of more than 4,700 human-made chemicals — a list that keeps growing.' **The government report states humans are also**

exposed to "forever chemicals" through the air they breathe, in dust and in drinking water' (Ref 33).

In a report called video called 'FOOD & TAP WATER POISONED! - Government Makes HUGE Admission In Study! - 98% Of Population At RISK! World Alternative Media (Ref 34), the headline from the Daily Mail.com says 'Nearly Half of tap water in US is laced with hormone-warping 'forever chemicals; linked to cancer and infertility, major government study finds - with worst-hit areas in Cali Eastern Seaboard, Great Lakes, and Great Plains.'

In the podcast at (Ref 34), the host said chemicals caused frogs to become gay, having sex with same sex frogs. The host said, 'We already know they are putting hormones in the cattle causing girls to hit puberty younger and boys to have issues getting testosterone and also causing severe psychological issues.' Its evil what they are doing to us; it's a part of transhumanism.' 'they are doing this unpurpose.' We all know that there's a balance of hormones in our body and changes especially during puberty with our hormones such as testosterone, which makes us male or female, and if one is too high than the other then that affects the person' sexuality. Have man played around with male and female hormones to see what would happen when the balance changes?

Graphene raining down (contents below is from ref 54)

We used to talk about acid rain coming down, but now Scientists are talking about Graphene raining down on us, and when mixed with other chemicals it becomes toxic to all lives.

There's lots of talk on climate change and the consequences of our future. At time 3:03 (ref 54) Fox News 'White House reseach document outlines blocking sun's rays to slow global warming. 4:18 'Former google exec warns that AI researchers are "Creating God"

Mo Gawdat believes that the singularity is coming and that AI poses a serous threat to Humanity. They are talking about blocking out and redirecting sunlight. Is AI creating the threats or is it they are creating the threats using advance technology?

6:25 - Testing rain particles that have graphene particles in them

6:53 Graphene rain...scientist sounds alarm

7:05 'Graphene nanoparticles are showing up in almost every rain test we take, along with highly toxic elements.'

7:58 'White House cautiously opens the door to study blocking sun's rays to slow global warming

"We are seeing them spraying at lower and lower altitude'

saying they are spraying graphene down from the sky, they are calling it graphene rain'

CBS News: Forever chemicals found in 45% of US tap water

11:30 A study done with graphene oxide with polyethylene glycol

They combine polyethylene glycol with graphene nano particles and what they found, you gonna be shock at this, they found that when they use this material, this graphene nano particles with polyethylene glycol, this think broke the blood brain barrier, it opened up the pours and now this compound can reach the brain, not having a positive effect, having

Host: Graphene rain Scientist sound alarm on Dave Wit Teton channel on youtube

First phone time 12:12 plastic cup with water pouring into it.



Snap shot taken from the video

Host: Graphene nanoparticles in combination with microplatics help them get into the cells quicker and cross the blood brain barrier. How dangerous graphene is when mixed with other chemicals. This is how dangerous it is when they try to spray it down from the sky, a nation with the forever chemicals, we know this is going to be devastating and have a devastating effect on the health of humanity.

Section IX - 'Biodigital Convergence'

In the video called THE AGENDA 2030 DIGITAL PRISON EXPLAINED FOR DUMMIES! [03.06.2023] published on June 5, 2023 (Ref 2) at time 22:40 into the video, the host says that 'Moderna says they are installing an operation system in you with their vaccines. This is a nanotech being put into a person.' I have heard this statement in a number of videos. How else will they be able to hack our brain? You need a working system in the brain that's hack able. And as we already know, AI is taking over with robots doing a lot of our work. According to the host in a Youtube video called Biodigital Convergence Pt 2 – AI Reading Your Thoughts Through WiFi (Ref 7). At time 9:20 in the video, it shows a snap shot that says '...Tristan Harris and Aza Raskin show how AI is already capable of reading minds through WiFi, discussing how existing AI capabilities already pose catastrophic risks to a fundamental. society.'

I have no doubt that AI can read our thoughts, knows what we are thinking and is providing that information to others, who wants to know what we are thinking and also who may want to harass us by flashing our thoughts on digital bill boards etc...I had written about this in a past article. The technology exists. I know it does. I can also tell by the changes going on in my brain at different times. Below gives some brief explanations on how AI reads your thoughts and reproduce what you are thinking in words and graphically.

Closer to the beginning of the video (Ref 7) shows the two men discussing AI and people's thoughts and how AI produces in words and what they are thinking. This is all done through WiFi signals. In writing at time 10:55 it says, 'We are already experiencing the combination of digital and biological systems through new products, platforms, services and industries.' The host says, 'As Yuval says humans are now hackable animals, we can manipulate the human, we can do things that dictators of the past only dreamed of.' Time 13:07 provides a list:

Biodigital convergence is opening up strikingly new ways to:

- -Change human beings our bodies, minds, and behaviors
- -Change or create other organisms
- -alter ecosystems
- -sense, store, process, and transmit information (relating to your thoughts, what are they doing with your thoughts)

- -manage biological innovation
- -structure and manage production and supply chains

W-Fi radio frequency

In the video (Ref 10), at time 48:50 headline 'Wi-Fi, wireless radio frequency radiation can damage can damage the blood brain barrier.' Studies done on rats prove this to be the case. Even cell phones gives off high power and radio frequency radiation placed next to our your ear drums and the sensitive tiny ear bones, can cause cancer. We've been lucky to have alternative news and views through the Internet and social media that we do not see on the mainstream media.

Unfortunately, a lot of the alternative news have been censored and continues to be censor and removed from the Internet. People that had taken the time to educate themselves with good information from social media and other platforms, other than the mainstream media, for example, many had decided not to take the covid-19 shots, and thus have a good understanding on the problems with vaccines, social distancing and masks. Unfortunately, laws are being passed to stop people from getting these news.

For example about eight years ago, through the internet, I learned that there were many protests taking place in British Columbia against the mechanical gas meter being switched over to a digital gas meter. There were many complaints that the power of the digital meters were causing headaches and ear ringing in people, and thus I had refused the switch over, and because of that I had to pay a monthly fee to keep the old mechanical system. But they had to put in a different mechanical meter, still removing the old one, and claimed that they did not put in the digital one. However, who knows what was in that new mechanical shell or meter they had put it. It could have had monitoring cameras. Everyone else I know went ahead and took the new system, in the same way that almost everyone else I know were begging for the covid-19 injections and the boosters, and were always masked up.

If everyone does some research they would have made much better decisions concerning the covid-19 jabs, but most of the people I know just wants to be spoon fed with news all coming from the mainstream only, and many would argue that anything else is false and is a conspiracy, and that I'm a conspiracy theorist because I'm proving information for them to rethink the decision they were making by begging for injections and boosters that hey have no clue what it does.

There are always benefits to many technologies, but you also have to look at the downside and decide which one is better for you, your family and the world and the future. Unfortunately, most people I know wants the easy way out and they always want to be connected to their friends and love ones through texting, sending videos all day etc...while the same cell phone spies on them they don't mind that. They don't mind being spied on all day and night and being imprisoned through technology. Its now too late for everyone.

AI creating child pornography

The host says that they are uploading all of the data for AI to assess. She also says that AI is also creating child pornography so we can't imagine that it would create anything that's good for the planet or positive interventions which geo-engineering is not. She continues, 'God made the earth in a way that sustains itself, sure human beings could do better when it comes to caring for the planet... the answer is not to spray toxic cancer inducing chemicals into the sky...' She says

explaining the points made above, that 'sense, store, process, and transmit information this is in regards to your thoughts and what are they doing with your thoughts. She explains again, 'manage biological innovation.' She says they are using computer models to create injections and that these are harmful

At time 15:47 the headline says, 'New ways to change human beings - our bodies, minds and behaviors.' Some of the points listed are: 'Machine learning helps scientists predict which genes to target for editing'; 'the world's first babies to have their genome edited born in China'; 'creating new organs and enhancing human functionality'; 'biohacking with implanted digital devices to enhance bodily functions'; 'implanted chips for a highly personal version of two-factor authentication.'

There are always a lot of good with technology, the evil use of technology outweighs the good and has brought about the destruction of many societies through wars, and is now used for the destruction of humanity. The host states that it's all good that limbs can be made to better some one etc..but the problem is 'the technology is being weaponized against humanity.'

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First published at 23:41 UTC on July 1st, 2023.

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First published at 05:09 UTC on July 9th, 2023.

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This section added on FEb 26, 2023; 7:25pm

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Yahoo News Canada

'Unloved: Huronia's Forgotten Children' exposes the horrors of Ontario institution

Elisabetta Bianchini

Wed, February 1, 2023 at 9:23 a.m (Ref 12)

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Richest 1% own 40.5% of India's wealth, says new Oxfam report

Meryl Sebastian - BBC News, KochiMon, January 16, 2023 at 1:53 a.m. MST

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Two Irish teens from the same school die separate tragic incidents in Greece

By ANTHEE CARASSAVA and CHRIS JEWERS

PUBLISHED: 03:51 EDT, 3 July 2023 | UPDATED: 11:21 EDT, 3 July 2023

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ENTERTAINMENT



ALLY ALSO PLAYING BASS ON SONGS
ALLY'S SONGWRITING JOURNEY



Independent artist, dedication to the art for a lifetime

A KISS GOODNIGHT SOMETIMES

Sometimes I close my eyes ah ah aH
All I see is your smiles
Sometimes I drift away ay ay ay
Get lost in your love
...Fisal Ally
WIDE EYED INNOCENT
OUT OF CONTROL

I was a lead guitarist, but on many recordings I also played bass, rhythm guitar and keyboards. I played bass on all of my home recording. Actually I played all of the instruments on my recordings, except for one song where a friend from work Rob Chizek, played saxophone on the instrumental version of Blue Caribbean Sea. In our band formed in high school, the player who was actually a guitar player said he would play bass; he was also a rhythm guitarist and lead guitarist. Our rhythm guitarist also played around with the bass a bit.

Playing the bass line for a recording on 'A Kiss Goodnight'

When I was putting together a 4 song tape where all or most of the recording was done at home, I went to Homestead studio to do a mix and to also get some tapes of the song. It's in these professional recording studios you always pic up some good tips on playing.

While I was redoing some work on 'A Kiss Goodnight' Barry Allen gave some tips on how to play a proper bass line. I already had a bass line for the song, and as I was redoing the bass line, Barry told me to strike each note at the same time with the bass drums. I did and thus the bass line was in sink with the bass drum.

How I came up with the bass line for Wide Eyed Innocent

In the 1990s while I was doing some home recordings with a drummer a friend had introduced me to, I played a different bass line on Wide Eyed Innocent. As I practiced this song after those initial recordings, I was beginning to touch on something else. It was a different bass line I was coming up with, with what I think is one of my best bass patters. It took a while to change the rhythm guitar to a more heavy metal time rhythm guitar, and thus I came up with a new bass line. When I was doing some recordings at Power Sound, I was going to play bass on my recordings since I had a bass, but the owner of the studio, Phil Anderson who was a professional bass player and had played in a popular band in Edmonton that had a song on the radio said that he would play bass, and I agree to it, and of course I paid him to play as I did with other players. He played the exact same bass line I had created except for the part in the chorus he played it different which was awesome. Unfortunately, a few years ago, I heard my exact bass line being played somewhere, obviously stolen as these reckless musicians have done to many of my songs just contributing to the destruction of music.

Phil Anderson at Power Sound Studios came up with an amazing bass line for Keep Mae Fire Burning

Initially I had played a bass line for Keep Mae Fire Burning at Power Sound, but it was Phil who came up with an amazing reggae bass line for the song.

Bass line for Out of Control

Out of Control was all done at home and I came up with a bass line. Once again, unfortunately, a few years ago, I was walking downtown and I heard a group playing my song (in other words stole my song) Out of Control.

Bass line for the instrumental Say No

The instrumental called Say No was done at home, and I came up with the bass line. Once again unfortunately, I was walking through the mall a few years ago, and I heard another group playing my song, in other words it was stolen. Who would ever believe that musicians in Edmonton, Alberta, Canada are so wicked? These thefts have led to the destruction of music, as AI is taking over music.

Bass line for Missing you going crazy

I came up with the bass line for this song, and I had done the recording at Big Records where Dennis Shehan was the engineer

Bass line for SoCrazy4u

Initially I came up with the bass line for this song. While recording this song at Beta Studio, the producer's bass player played bass. It was basically the same bass line, but the bass player was a professional bass player and he added a bit of this and that and it sounded great.

Bass line for True Love, and Lisa

I came up with all of the bass lines. At Beta Recorders owned by Gary Koliger in Edmonton, while I was recording Lisa, their bass player basically played the same bass line, but when you are a professional bass player and played for decades like their bass player, they sure add good stuff to the bass line, and it was the same bass player that played bass on SoCrazy4u at Beta Recorders - no doubt a very talented bass player. The intro for Lisa is also played two ways. The original way is where I started of with a piece used in True Love, as Lisa is an offshoot from True Love, but during a JAM SESSION in the 1990s with about 8 of us and with live drumming, a bass player of Portuguese background, who was a good friend of a person I know who was also at the jam session, had played the bass line will a different pattern, and I still use that bass pattern today on that version of Lisa.

FOR A LIST OF ABOUT 70 SONGS

PLEASE VISIT www.allymedia.ca

WHERE YOU WILL FIND MANY RECORDINGS OF MY SONG, ALONG WITH A LYRIC SONG BOOK.

THE SCAMS TAKING PLACE THAT HAVE LED TO THE DESTRUCTION OF MUSIC

Music is a big business. But for some like myself, I enjoy singing my songs along with cover tunes while just simply playing my guitar. And over the past years I've probably made about 100 videos playing and singing.

The journey continues. I do not need any body to tell me what to do with my songs and books, those people are all handler or masterminds and thieves.

Go on your own music journey based on your own credentials

Don't let a friend talk you into something you will regret later and that will stain your life forever.

How did I come up with the song The Birds Won't Come My Way

I was in Ft. McMurray working and I went with a roommate to assist him in getting an engine for his car. I was taken up with the birds in the yard. This song is about pollution. And today we see everything is true in this song. Look at the recent sky over NY and its orange...

When it comes to the art of music, I go on my own journey, doing it for myself

I don't write songs for riches or fame. I write songs for myself. Anyone can do it. Anyone can write a song. But you have to do it yourself and you have to put in the time than to expect others to do it for you. Songwriting is easy, but some songs can take a long time to complete. The more you write the better you become and the more different kind of songs you will come up with. But you have to do it yourself than to expect someone else to do it for you. If you love what you do, you will continue to do it, regardless of what others thing about your songs or voice. As a teenager, we also state that we will write songs the way we choose to write our songs and not to do it because others say we must write a certain way. By the time I was age 21, I had written about 75 songs.

With songwriting you have to put in the time

I had written about 75 songs by the time I was age 21. I didn't sit on my butt and expect the songs to appear. You also grow as a songwriter and musician. I heard about some musicians stealing people's songs and thus I had written a book called 'The copyright scam.'

After what had taken place over the pass 13 years, I will not give anybody permission to use any of my songs

Based on everything I've witnessed, I will not give any of my relatives and any of my friends, nor anyone permission to use any of my songs where others may pull them into scams. Thus I could only try to keep my relatives and friends and myself out of trouble by not allowing others to pull us into their scams. If people wants to rob us and destroy us then that's their choice, but I'm sure they will pay one day - if not in this world, then in the next.

Video taping my original songs

Over the years I would set up a small camera and videotape my own tunes and also cover tunes. I probably have about 100 videos. Recently, I would just pick up an old acoustic guitar, turn on the camera and start to sing some of my songs. It's all raw. I don't even comb my hair. And it's all for fun, and as you can see, my cat, Furrari, is keeping my company as I play and sing. When I look at the video, I'm surprise to see him in the videos, going in and out of the house and deck, and then hanging out my me and listening to me sing at times. s

SOUTH AMERICAN, GUYANA'S OFFSHORE OIL PRODUCTION

Guyana making waves in its oil discoveries and production drawing countries around the world

by Fisal Ally

First edition published on www.allymedia.ca on July 18, 2023 and 7:30pm - the title has slightly changed for this magazine; updated on July 25, 2023.



Photo of the Kaieteur Falls licensed from www.depositphotos.com



Guyana is in pink

Guyana is a small Amazonian South American country that borders Venezuela, Brazil, Suriname (Dutch Guiana) and the Atlantic Ocean and has just under 800,000 people. In the past Guyana was developed by the Dutch, French and British, and thus you will see names such as Vreed-en-Hoop, Vreed-en-Stein, New Amsterdam, La Penitence, La Bonn Intension, Essequibo, Georgetown, Richmond. Many cultures came to Guyana, from the Africans, Portuguese, Indians (from India), Chinese, other Europeans such at the Germans, and the original people are the Amerindians (American Indians). Today there are many Venezuelans and Brazilians living and born in Guyana.

Disclaimer: The researcher/writer of this article is not offering any advice, but is only providing information that's available to the public, along with some of his opinions and views. Reports may get updated, and links may change. If there are errors, once the writer becomes aware of them, he will carry out further research on the topics and make necessary updates and or clarifications There may be a 2nd Edition to this article as more developments take place.

Guyana making waves in oil

This South American country is once again on the map with its oil discoveries. Guyana's oil production continues to increase and is now 383,000 bpd (barrels per day) and it is predicted that by 2027 that Guyana will be producing 1.2 million bpd. Even rumors have surfaced 'about Guyana being invited to join the Organization of Petroleum Exporting Countries (OPED), only to be swiftly denied by the producers' group.' (Ref 6)

'A change of mammoth proportions is happening in Guyana and it has sent oil market commentators scrambling to revise their medium-term global market outlook. That's because this micro-state in Latin America - with a population of less than a million people - is in the midst of a full-blown oil production boom, and is now one of the industry's most promising investment frontiers' (ref 6).

Guyana's auction delayed once more

Once again Guyana has moved it's auction date from July to mid-August. But the new date is not set as yet. 'The government will evaluate comments and suggestions and seek parliamentary approval of the Petroleum Act before the action, Jagdeo said' (Ref7). 'The South American nation has three times before delayed the offer of 14 blocks intended to recruit new explorers and lessen the grip over its oil output by a group led by Exxon Mobil Corp9.' (Ref 7)

'Terms are yet to be made public, but the new PSA could have a 10% royalty clause (Ref 6)' from the 2% royalty when Guyana made it's original contract with ExxonMobil, however even with royalties at 10%, 'it would still be at the lower end of the royalty scale in Latin America' (ref 6).

India and many others has eyes set on this South American nation

The small South American country of only 800,000 people, as there are more Guyanese living outside of Guyana than inside of Guyana, is now known amongst the other leading oil producing countries. India is also eyeing Guyana, as Guyana's oil explorations continue with new discoveries. Guyana oil is drawing people from the surroundings. Although in the Guyana gold mining industry drew many Brazilians to Guyana, now there workers coming from places like Columbia, Venezuela and Cuba.

There are some set backs, where Guyana is in the top ten countries in the world for crimes and thus many Guyanese are still hesitant about going back to live or to even visit Guyana, knowing that one of the main reasons many had left Guyana was because of the high crime rate. Also the government had rushed in it's oil commitment with ExxonMobil and thus from the very beginning, there have been concerns on what would happen if there's an oil spill in the ocean who would cover the cost. It's well know in the Latin America / Caribbean region that there was an explosion in 2010 that caused a massive oil and gas spill flowing throughout the Gulf of Mexico that cost BP \$69 billion. Now, that's a lot of money that any company would want to dodge. And thus Exxon was successful at dodging all costs due to its crooked oil dead with the Guyana government who were desperate at the time to get the oil deal going which would benefit the country and its people. But the discussions on an oil spill in the Atlantic ocean which would not only destroy ocean lives but may wash up on many of the Caribbean countries including

Guyana and other South American countries was always at the forefront of discussions and continued to haunt the government and its leaders.

Guyana oil is contributing to an oil boom in the Americas

In the article 'Oil Market's Latest Drag Is a Flood of Crude From the Americas' published on Mary 4, 2023, states 'For the first time in at least two years, the Americas will be the world's biggest driver of oil production growth' (Ref 1) and Guyana's oil production is a big part of that. In another article called 'Large Production Increases Will Come From the Americas' (Ref 2), where the internet link states 'americas not opec will lead oil production growth'. This growth also includes countries in North America, and states 'Annual oil production, millions of barrels per day for the following countries: US, Canada, Brazil, Mexico, Argentina, Guyana

The article (Ref 2) states, "The Western Hemisphere is the secure supply source the world needs in the medium term to keep oil prices from shooting through the roof," said Schreiner Parker, the head of Latin America for Rystad Energy. "Brazil, Mexico, Guyana, Argentina and even Venezuela will see production increases this year that will help shore up supply in the face of continued OPEC cuts." (Ref 2)

Guyana is not only known for it's gold mining operations, but it's oil exploration and discoveries continues to grow attracting big players from around the world as 'ExxonMobil Confirms Fifth Oil-Production Project in Guyana (Ref 3) stating 'The Uaru development is expected to pump 250,000 barrels of oil at peak.'

'ExxonMobil is preparing to approve its fifth oil-production project in Guyana and may take additional exploration acreage, Alistair Routledge, head of the company's Guyana operations, told Reuters' (Ref 3). While India is eye Guyana, Japan has already made its move for Guyana. 'ExxonMobil has submitted a development plan for the field, and an initial construction contract was awarded last fall to Japan's MODEC. Routledge said the consortium could sanction spending on the project by April if the plan is approved by Guyana's government' (ref3).

A review of Guyana oil auction and upcoming oil expansion

In the last edition of the Diverse City Magazine, the article on Guyana's upcoming oil expansion states: 'A look at Latin America & Caribbean countries pursuing new oil & gas bid rounds by Shikema Dey, published April 20, 2023 states 'Countries in Latin America and the Caribbean, like their counterparts around the world, are forging ahead with plans to accelerate the development of their oil and gas resources. This has seen countries such as Guyana and Suriname (both countries in South America) rolling out bid rounds as reported by OilNOW in recent months.

Guyana keeps changing its date for countries submitting its bid for Guyana's oil auction. 'The operator will consider submitting bids when Guyana holds its first competitive auction for new exploration areas...'(ref 3).

Guyana has hope. In the article 'How Exxon captured a country without firing a shot' Guyana is poised to become Exxon's top global oil producer. Where the company ends and the government begins is increasingly unclear. (ref 3)

Guyana's historical ruling in High Court

There have been a lot of talks about if an oil spill were to occur in the ocean, who would cover the costs. In the original agreement Guyana was left with covering all costs, which many around the world thought that was unfair along with the low royalties being given to Guyana.

'Guyana's High Court handed down a historic ruling in May against both the country's Environmental Protection Agency and Exxon Mobil's subsidiary in the region' (ref3). It's said that 'The case was brought on behalf of two Guyanese citizens, Frederick Collins and Godfrey Whyte. They accused the EPA of failing to enforce the requirements of its own permits by never securing a guarantee from Exxon or its subsidiary, Esso Exploration and Production Guyana Limited, that the company would cover all costs related to a possible oil spill' (ref 3). When it comes to big corp there are always excuses to cut costs. 'That's because Exxon's drilling project in Guyana is the riskiest kind: deep-water offshore drilling, which involves intense pressure bearing down on complex equipment. The conditions are similar to those that preceded the Deepwater Horizon explosion in 2010, which spewed oil and gas throughout the Gulf of Mexico, costing BP \$69 billion. Janki said the ruling should send a message to people on the ground that they have the power to oppose projects like these. "Justice Kissoon put the rule of law above the interests of Exxon Mobil, and that's massive," Janki said.

Oil bonanza - India is looking for a 'slice in the pie'

In the article, Guyana's oil discovery, a game changer, by P Elango and published on June 14, 2023 called 'The huge reserves in the South American nation provide a massive opportunity for Indian companies (Ref 5) says 'there are opportunity for India.' 'In just five years, Guyana will join the coveted club of 20 countries that produce more than one million barrels of crude oil per day and will emerge as a major exporter of oil. This journey will involve multi-billion dollar investments in oil and gas field developments and associated infrastructure.' 'Major oil companies around the world are looking for a slice in that pie. Guyana's Ministry of Natural Resources announced its first international bidding round. This boom in oil production will trigger all around economic development over the next decade. This is a great opportunity for Indian companies both in public and private sector to tap' (ref 5).

Guyana's future

Even with all of it's oil discoveries, Guyana is still one of the poorest countries in the world. And with the New World Order and the 'Great Reset' taking place, along with a cut back on carbon emission and gas vehicles bringing in electric cars, this will affect oil production all over the world, and this means that Guyana may remain one of the poorest nations in the world.

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May 4, 2023 at 10:00 AM MDT

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The Uaru development is expected to pump 250,000 barrels of oil at peak.

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Amy WesterveltJune 18 2023, 6:00 a.m.

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Exclusive: Guyana postpones offshore oil blocks auction to mid-August by Sabrina Valle; June 16,2023, 2:03PM MDT

Reuters.com/business/energy/Guyana-pospones-offshore-oil-blocks-auction-mid-august-2023-06-16/

The information in this article was posted on July 3, 2023 at 7:40 PM on www.allymedia.ca blog and provides some links on Guyana's oil. An update on July 6, 2023 at 3:58am. By Fisal Ally. The information was used for writing this article by Fisal Ally on July 18, 2023.

Diverse Dishes Cookout

Recipes

Curry akra with potatoes Curry bolanje with potatoes Curry shrimp with potatoes Dhal made from Lentil



Breakfast

In Canada, in the morning we often have serials, toast or eggs. In Guyana, we often had aloo (fried potatoes) with roti for breakfast or a vegetable such as akra and roti for breakfast, with tea. In Guyana, Akra also served for lunch and dinner amongst many other dishes.

In this edition, while I made aloo, my mom Neisha (Naz) made Akra. Naz have always enjoy cooking various dishes which she's still does at home with some supervision. So she could enjoy cooking, over the past few years, I have been doing a lot of the prep work and clean up, while she enjoys her cooking. Quality time spent with our loved ones is very important to their well being and my or our well being also, as I feel happy for doing what I do...F. Ally

DIVERSE DISHES

Akra curry with potatoes complete



Curry akra with potatoes made by Neisha (Naz) - frozen akra was used

Bolanje(eggplant)curry with potatoes served



Curry egg plant with potatoes made by Neisha with aloo (potatoes)



Shrimp curry served



Dhal made with lentil completed

Dishes are normally served with roti or rice

Neisha's recipe for curry akra

Preparation time: 10 minutes Cooking time: approx. 50 minutes

Ingredients:

1 pack frozen akra, 1/2 onion, 5 cloves garlic, salt, black pepper, paprika

Cooking instructions:

Add approx. 3 Tbsp. oil to a pot and set stove to Hi. Add onions, garlic to pot and let it cook for approx. 2 to 3 minutes.

Add frozen akra to pot and let it cook for approx. 5 minutes and then stir and mix so the onions and garlic are not at the bottom getting burnt. Let akra cook for a few minutes and then add approx. 2 cups water and mix, which will create the curry gravy sauce

Add to taste: salt, black pepper, paprika Let Akra cook for approx. 20 minutes and then stir

Add tomatoes, stir and cook for another 10 minutes. Add the boiled potatoes to the pot and let it cook for another 10 minutes with stove on medium

Fisal recipe for curry shrimp with potatoes

Preparation time: 10 minutes Cooking time: approx. 30 minutes

Ingredients:

1 pack frozen shrimp, 1/2 onion, 5 cloves garlic, salt, black pepper, paprika Wash shrimp and remove shell

Cooking instructions:

Add approx. 3 Tbsp. oil to a pot and set stove to Hi. Add onions, garlic to pot and let it cook for approx. 2 to 3 minutes.

Add shrimp to pot and let it cook for approx. 5 minutes and then stir and mix so the onions and garlic are not at the bottom getting burnt. Add to taste: salt, black pepper, paprika Let shrimp cook for approx. 20 minutes and then add approx. 2 cups of water and stir. Add tomatoes and boiled potatoes to the pot and let it cook for another 10 minutes with stove on medium

Neisha's recipe for curry bolanje (eggplant)

Preparation time: 10 minutes Cooking time: approx. 50 minutes

Ingredients:

2 egg plant, 1/2 onion, 5 cloves garlic, salt,

black pepper, paprika

Slice egg plant into pieces and wash

Cooking instructions:

Add approx. 3 Tbsp. oil to a pot and set stove to Hi. Add onions, garlic to pot and let it cook for approx. 2 to 3 minutes.

Add sliced egg plant to pot and let it cook for approx. 5 minutes and then stir and mix so the onions and garlic are not at the bottom getting burnt.

Add to taste: salt, black pepper, paprika Note: No water is added to the egg plant pot Let egg plant cook for approx. 20 minutes and then stir. Add tomatoes, stir and cook for approx. 10 minutes. Add the boiled potatoes to the pot and let it cook for another 10 minutes with stove on medium

Fisal recipe for making dhal from lentil

Preparation time 10 minutes Cooking time: approx. 10 minutes Ingredients:

3/4 cup lentil (you could add more depending on how much dhal you want to make), black pepper, salt, whole jeera, paprika Soak approx 3/4 cup of lentil in approx. 4 cups of water. Let it soften for about 5 to 10 minutes or you could have already have it soaking for an hour or more; the softer it is then the easier it is to mash. Take mashing took (see photo) and mash up. Place on stove. Set stove to Hi. Cook for approx. 10 minutes and as the lentil becomes soft continue to mash.

Boil potatoes which will be added to the akra and also to the bolanje

Boil approx. 8 potatoes peel and cut - don't boil too soft, boil to medium softness and then will add the potatoes later to the pots and cook for approximately 10 minutes with the other dishes....

LETS BEGIN OUR COOKING OUR 4 DIVERSE DISHES COOKOUT



Ingredients - tomatoes, shrimp, onions, garlic



Onions and garlic in 3 different pots - Add approx. 3 The oil to each pot



Frozen akra



Boil potatoes for approx. 10 minutes so it's half cooked - potatoes will be placed in pots about 10 minutes before each dish is completed



Curry power is added to each pot



Stir each pot



Neisha stirring pot with egg plant



Add shrimp to one pot, add egg plant to the other pot, add frozen akra to the other pot and stir



Neisha stirring the pot with akra Add approx. 2 cup of water to the pot with shrimp



Shrimp with aloo completed



This pot shows that the potatoes that was already boiled was added to the akra about 20 minutes before completing, the same was done to the bolanje



Akra completed

Dhal (lentil)

Dhal is often served with rice, roti and other dishes or served as a soup, or it can be drank also. Add spices such as geera, paprika, salt to take, black pepper





Add approx. 3/4 cup lentil to pot



Add approx. 3 or 4 cups water. The more dhal you want to make then add more lentil and water



Cook on hi and mash. Add spices such as black pepper, paprika and whole jeera



Mash with mashing tool so it becomes like a soup



Dhal complete

HEALTH TECHNIQUES



Most religions and other practices are set in a way that it rejuvenates you. You can simply rejuvenate through your practice during prayers. During prayers keep a focus on the word throughout your prayers and to the creator to prevent the mind from wondering, which is beneficial where you will find more tranquility. When your thoughts drift, catch your self and continue to focus on the words and on the creator. It's like focusing on a mantra.

Even before commencing your prayer, close your eyes and let go of thoughts coming and going, or even focus on your breath. When doing dhikr or meditating just by repeating a phrase, focus on the words so your thoughts does not come and go. By saying the phrase over and over, this phrase should replace the stories and chattering that goes on in our head that drives us mad, stresses us out or make us depress...F. Ally

Disclaimer: The writer is only sharing his experience 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.





PEPPERPOT CLUB

(LOCATION: EDMONTON, ALBERTA, CANADA)





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

BEWARE OF HACKERS STEALING YOUR IDEAS, INVENTION, ORIGINAL SONGS, MUSIC, ORIGINAL LITERATURE, YOUR WEALTH etc... AND THEN FRAMING YOU



A hacker at work, hacking systems

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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DIVERSE CITY MAGAZINE

ALLY MEDIA

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Diverse City Magazine DIVERSE CITY MAGAZINE

