

DIVERSE CITY

Magazine

February 2020

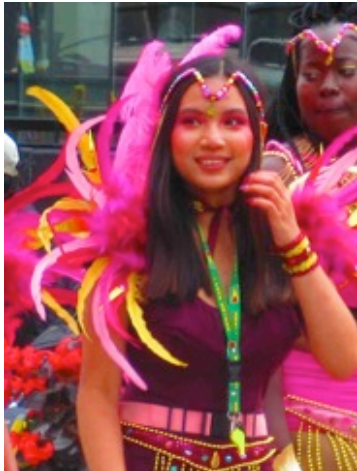


THE SOUTH AMERICAN GUYANA'S OIL BOOM

-Guyana offshore oil production commenced Dec 20, 2019 in the Stabroek Liza Phase I Block. Exxon, Hess and CNooC ramping up production to meet 120,000 barrels in a few months
-Toronto CGX Energy (OYL.V) and Frontera Energy (FEC.TO) to explore the Corentyne and Demerara Blocks (Stocks information on p.6)

CARNIVALS

**BRAZIL, TRINIDAD AND TOBAGO,
TORONTO, EDMONTON**



RECIPES

**GUYANESE SOUTH AMERICAN
PINE TART RECIPE BY NEISHA
SOUTH AFRICAN CURRY BY
PRAVARNI**

BLACK HISTORY MONTH

**Industry's clear, message is that POC
'not welcome here'**

(headline on ca.yahoo.com_feb3, 2020 - see p.5)



HAPPY VALENTINES

ARTISTS

**A GLANCE AT GARRY SANDHU, MUSLIM AUTHOR AND POET
UMA SAMARI, CHUTNEY MUSICIAN TERRY GAJRAJ, FISAL
ALLY'S 1990s SONGS ON CASSETTE CONVERT TO DIGITAL**

YEAR OF THE RAT

CHINESE NEW YEAR - XIN NIAN KUAI LE

INFORMATION

WHERE TO FILE A MEDICAL COMPLAINT

DIVERSE CITY **World Magazine**



Index:

- 4 - F. Ally
- 7 - South American oil boom, Guyana
Exxon, Hess and CNooC
ramping up oil production
Stock information, p.6
- 14 - Festivals & celebrations
Black History, Chinese New Year,
Rio carnivals, Trinidad and
Tobago carnival
See Cariwave for Cariwest 2019
See Cariwave for Heritage 2019
- 16 - Baking
Neisha's Pine Tarts
- 22 - Taste and Cuisines
- 23 - Pravarni's South African curry
- 25 - Neisha's eggplant (bolanje)
Cooking with no oil
- 27 - Fy's shrimp in
- 29 - Medical complaint
- 32 - Artists
Gary Sandhu, Uma Samari,
Terry Gajraj, Faisal Ally
- 41 - Health - Meditation
- 43 - Hacking
- 45 - Business Directory

Contact: ALLYMedia

Email: info@signaturewithlove.com

allyproduction@yahoo.com

Website: www.allymedia.ca

February 2020 Edition (First Edition)

Published February 3, 2020

Discovery Cafe

DAILY HOT DINNERS



ALWAYS FRESH
DISCOVERY CAFÉ
For all your catering needs

We create Home-Made meals only!



780 - 451 - 7661

***312 Westmount Shopping Centre
Food Court
Edmonton, Alberta, Canada***

Enjoy a variety of tasty meals

***Sales77@outlook.com
www.discoverycafe780.com***

BBQ JERK CHICKEN PLATTER
We offer a discount to Students!

***Discovery Cafe has been in business in Edmonton for over 30 years!
We cater to some of Edmonton's big businesses!***

F. Ally



The Diverse City Magazine and the Cariwave Magazine

Wishing everyone the best in the New Year and throughout the year.

In the past, our Diverse City Magazine came out in the middle of the month after a big celebration to carry pictures of the event. This year our plan is to have a smaller monthly Diverse City Magazine coming out at the beginning of the month. The Cariwave Magazines will come out about 5 times a year carrying mostly pictures of the events.

The Guyana oil boom

One of my main focuses this year will be on the Guyana oil production by **Exxon, Hess and CNooC**, which commenced on December 20, 2019. Everyone I have spoken to about Guyana being the newest petrostate are pessimistic about a prosperous future for Guyana, as wherever there's oil there are problems, and the question is, will Guyana face the same fate as Venezuela and other oil producing countries?

Stocks to review

The Canadian companies **CGX Energy and Frontera** are on a joint venture in the Guyana offshore oil fields and were granted permission to explore the Corentyne and Demerara Blocks. See page 6 for stock information.

Artists

This edition presents some short write-ups on the UK songwriter / musician / actor Garry Sandhu, Muslim author and poet Uma Samari, Chutney singer / musician Terry Gajraj, and also on my projects where I have been converting some tapes with my original songs from the 1990s to digital. The upcoming editions will go into details and probably a series of write ups on these artists.

Technology, surveillance, and many changes coming with clear 2020 vision

I believe that 2020 is the year of many changes and unexpected exposures, which is being revealed step by step for the ones that can understand what's taking place in the world. Presidents of the United States have spoken about A New World Order. I believe it's here and is slowly being exposed. I have also written some articles on the surveillance we are faced with in our homes, out in the public, while surfing the Internet and from the digital billboards. The intrusion on our privacy is clear, and the ones that are involved in spying on us are also being spied on. Nobody can escape surveillance. It's clear as to what's coming. We have lost all of our privacy while we're busy enjoying the latest and greatest technologies, hours of TV and the Internet, and worse yet attacking each other through hate and creating racial divisions to even realize what's taking place that will impact our future and future generations greatly - 2020 is about clear vision and what's to come. The messages are clear.

‘Industry’s clear message is that POC not welcome here’

Ref: (ca.yahoo.com home page Feb 3, 2020)

I included this section because it’s Black History Month. I had made some changes to the Diverse City Magazine around around 10 pm Feb 2, 2020 and during that day, completing the section above on p. 4 where I wrote about division and hate and seeing things clear. The follow morning, February 3, 2020 around 10am my time, as soon as I opened ca. yahoo.com, I saw the following headline staring me in my face: ‘Industry’s clear message is that POC‘ not welcome here’. I had no idea what POC meant except that I had read POC as a word. But I find this headline to be strange.

I looked up the abbreviation for POC and found out that it has many meanings and at the very bottom of a long list, POC also means ‘people of color.’ I checked other sources.

Urban states that poc is ‘people of color, as in everybody except caucasians.

<https://www.urbandictionary.com/define.php?term=poc>

I guess some are not knowlegeable enough to understand that caucasian is a race and not a color or a person’s skin and that many East Indians, Pakistanis and Arabs of dark complexion are caucasians.

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

States:

The term "person of color" (plural: people of color, persons of color; sometimes abbreviated POC)^[1] is today primarily used in the United States to describe be any person who is not considered white...The term emphasizes common experiences of systematic racism.

Above says POC is sometimes used, which probably means that many have never heard or use POC for meaning ‘people of color.’ I have only heard others using the term ‘people of color’ and never before used POC. I checked other sources and did not see the abbrev. POC. I only saw POC used on ca.yahoo. com.

On ca.yahoo. com, the headlines next to Phoenix picture says:

‘Industry’s clear message is that POC not welcome here’ and the smaller writings states: Joaquin Phoenix’s remarks were unusual in that Phoenix is known to keep a low-profile at ceremonies and doesn’t often speak to media.

I read up on this at the following link:

Joaquin Phoenix Slams All-White Lineup In Moving BAFTA Acceptance Speech

Mary Papenfuss,HuffPost

<https://ca.yahoo.com/news/joaquin-phoenix-diversity-joker-bafta-034554245.html>

An excerpt from the link above states:

“But I have to say I also feel conflicted because so many of my fellow actors that are deserving don’t have that same privilege,” he added. “I think that we send a very clear message to people of color that you’re not welcome here.”

The above statement was made after Phoenix accepted his award on Sunday night.

Clarity came after I reading up on what Phoenix had actually said. I believe that the headlines I read at ca.yahoo.com (ca means Canada) may be a bit misleading. For one, Phoenix made the statement, not the Industry. I rarely watch movies or TV but in the past I have seen many people of colors on TV shows and in some movies.

I have never seen or read that POC means people of color before, but I have just learned that POC have many meanings and it’s not unique to ‘people of color. When I read the highlight on ca.yahoo.com and said POC as a word, it reminded me of a few words, but also reminded me of a smiliar word used in Canada and the UK especially in the 1970s, but not in the United States, to show hate and racism towards East Indians and Pakistanis to trigger hate, hurt and anger and can sound like POC depending on who is pronouncing the word.

The wikipedia definition speaks about ‘systematic racism.’ When it comes to hate, it’s not always a bad word that’s used to trigger of the hate, hurt and anger. The person’s own nationality can be used, making it sound negative and knowing that way it’s used will trigger off hate, hurt and anger.

I wanted to discuss this headline I saw on ca.yahoo.com because it’s also Black History month, and the message Phoenix is sending is about Blacks and others of diverse backgrounds that are not being included in the business he’s in and he’s upset about it and thus spoke up instead of remaining silence.

The South American oil boom

Guyana oil production commenced on December 20, 2019

By Faisal Ally

Guyana has been making headlines around the world and it's not about the Jim Jones massacre or for its gold, but for being amongst the top countries known for oil and being the newest petrostate. This small South American country, which has once supplied Canada with bauxite for making aluminum, and has a vast gold mining industry employing many Brazilians and others is now producing black gold - oil. Guyana, which was once said to be El Dorado, the city of Gold, and in the 1700s known as the colonies of Demerara, Essequibo and Berbice and becoming British Guiana in the year 1831, was also one of the biggest sugar producer in the world along with its famous Demerara rum and Eldorado rum. In the past Guyana has made headlines for the Jim Jones massacre, which had taken place in 1978 where 909 people were given cyanide poison to drink, except for two, but today Guyana is making headlines anticipating to become one of the richest countries in the world per capita.

Guyana, one of the poorest countries in the Americas

Even with all of its resources and a place know for its pristine beauty which has the world's largest single drop waterfalls and one the world's largest ranch, over the decades, this country has become one of the poorest in the Americas and in the world, where many people began leaving in the 1960s for America, Canada and England, and in the 1980s for neighboring Venezuela where today about 50 to 70 thousand Guyanese and their descendants live, most in eastern Venezuela and where many speaks Spanish.

Exxon Mobile, Hess and a CNooC interests in Guyana's offshore oil

Brazil was anticipating an oil deal with ExxonMobil and other companies showing interest in their pre-salt off shore province in the Lula field with four pre-salt blocks up for sale where Brazil was hoping to gain around 26 Billion, but that did not happen. Too much politics may have been involved and Exxon turn to neighboring Guyana exploring the waters of Guyana, and in less than 5 years in exploring the waters of Guyana, Exxon, including China's CNooC and Hess has set themselves up with 'an offshore 6.6 million acre Stabroek block in Guyana' which is now said to have over 8 billion barrels of oil.

Ref: <https://www.fool.com/investing/2019/11/17/exxon-demand-for-carbon-fuels-is-still-growing.aspx>

Why ExxonMobil's Guyana Success May Have Hurt Petrobras

The top driller in Guyana took a pass on Brazil. (John Bromels (Tmfruth2Power)

Nov 20, 2019 at 7:28AM))

RAMPING UP PRODUCTION IN THE 'EXXON LIZA PHASE 1' STABROEK BLOCK

This small South American country is said to have 13 to 14 billion barrels of oil reserves. The oil is offshore and most of the drilling presently is being done in the Stabroek Block. Oil production, which commenced Dec 20, 2019 in the 'Exxon Liza Phase 1', is ramping up to meet 120,000 barrels of oil a day within a few months. Guyana will earn approximately one million US dollars in royalties a day or about 300 million dollars a year. Production will continue to increase reaching about 750,000 barrels a day by 2025, and will continue to rise reaching its maximum by the year 2030.

OIL EXPLORATION BY CANADIAN COMPANIES, CGX AND FRONTERA, IN THE CORENTYNE AND DEMERARA BLOCKS IN GUYANA ANNOUNCED

The Toronto exploration company, CGX Energy Inc. (OYL.V) ("CGX") and Frontera Energy Corporation (FEC.TO) ("Frontera") 'announced that the Government of The Cooperative Republic of Guyana has approved the farm-in joint venture agreement covering two shallow water offshore Petroleum Prospecting Licenses in Guyana , the Corentyne and Demerara blocks.'

The article states that 'Frontera will acquire a 33.333% working interest in the two blocks in exchanged for a US\$33.3 million signing bonus, paid by way of offset of \$24.6 million of debt payable to Frontera by CGX plus a cash payment of US\$8.7 million paid by Frontera to CGX.'
See link below for more information

Their plan is to begin drilling in the Demerara block in 2020, which was originally planned for February 2021.

Quotes above are from this article: CGX Energy and Frontera Energy Received Approval of Strategic Joint Venture from the Government of The Cooperative Republic of Guyana - Toronto, May 3, 2019 Corporation (FEC.TO) ("Frontera") - CGX Company Profile, 333 Bay Street, Suite 1100, Toronto, ON M5H 2R2 Canada ... 416-364-5569...<http://www.cgxenergy.com>

STOCK INFORMATION

CGX Energy Inc. (OYL.V) ("CGX"), 0.71000.0000 (0.00%)
at close: 2:24PM EST (Feb 1, 2020)
Ref: <https://finance.yahoo.com/quote/oyl.v?ltr=1>

Frontera Energy Corp (TSX: FEC-T), 9.41 CAD TODAY'S CHANGE -0.09
decrease -0.95% decrease VOLUME 339,137 PRICE QUOTE AS OF 01/31/20

Ref: <https://www.theglobeandmail.com/investing/markets/stocks/FEC-T/pressreleases/3446788/>

Disclaimer: The above information is presented for your information only and no advice is being given. Stocks are volatile and a person can lose even thing in a second. Anybody investing must do their research and seek professional advice in this area.

Will the people of Guyana prosper and have a good life because of oil?

It certainly didn't happen with sugar, rum and gold. Guyana has been politically unstable since the 1950s as the country was moving towards independence, which had taken place in 1966. Guyana is a very unstable country and also has problems with neighboring Venezuela that still claims most of Guyana belong to them. Even in the recent past, Exxon had some unwanted encounters with Venezuela during their sea explorations, as there are concerns about not only the borders of the country, but the borders of the waters during oil exploration and oil production. Since the oil is offshore, oil production should be stable and so should the country.

According to the article below, Guyanese are onto a 'Good Life.' I do not believe that such writers actually knows much about Guyana, its corruption, and oil. Below is a quote from the article.

<https://www.aperianglobal.com/growing-guyana-offshore-energy/>

Excerpt

Now: Onto the “Good Life...”

‘Many are hopeful that the Sovereign Wealth Fund and Green State Development Strategy will be structured and managed well, allowing Guyana to prosper as an oil-rich state. On the other hand, “What rain can’t full, dew can’t full.” This Guyanese Creole proverb means “if after all that time and work it wasn’t successful, then nothing will make it successful.”’

The original blog was posted on Jan 29, 2020 on www.allymedia.ca and modified for this magazine.

Disclaimer: The writer of this article has done his best to write on this topic based on other public available information, which may be inconsistent, incorrect or even change over time. Readers are encouraged to review some of the links below. If errors are pointed out, the writer will investigate and provide updates.

References and further reading links and articles

<https://finance.yahoo.com/news/world-newest-oil-boom-gets-170000308.html>

The World’s Newest Oil Boom Gets Another Twist

July 31, 2019

Road Map: Why Guyana’s 13 to 15 billion barrels of oil reserves are on the cards

<https://www.stabroeknews.com/2019/02/17/sunday/guyana-and-the-wider-world/road-map-why-guyanas-13-to-15-billion-barrels-of-oil-reserves-are-on-the-cards/>

Guyana 12th in oil reserves league

By Staff Reporter - August 14, 2019

<http://guyanachronicle.com/2019/08/14/guyana-12th-in-oil-reserves-league>

OIL 06 Sep 2019 | 20:07 UTC Houston

Oil exploration in Guyana-Suriname Basin heats up

<https://www.spglobal.com/platts/en/market-insights/latest-news/oil/090619-oil-exploration-in-guyana-suriname-basin-heats-up>

Article: CGX Energy and Frontera Energy Received Approval of Strategic Joint Venture from the Government of The Cooperative Republic of Guyana - Toronto, May 3, 2019 Corporation (FEC.TO) ("Frontera") - CGX **Company Profile**, 333 Bay Street, Suite 1100, Toronto, ON M5H 2R2 Canada ... 416-364-5569...<http://www.cgxenergy.com>

Article: Frontera Energy Announces Approval for Resequencing of Work Programme in Guyana PR Newswire - Fri Aug 2, 2019 3:30PM CDT

Sazna Services

Lawn Maintenance and
Snow Removal
Edmonton AB
Imran Khurshed
780-909-1102
Ongoing Maintenance: Pruning, Lawn
Care, Grass Cutting, Fertilization, Leaf
Removal, Snow Removal

Hair Flaire

Complete Hairstyles for
Men and Women
Perms, Colors, Relaxers,
Hairweaves & Hair Extensions
Unit 3, 4433 - 118 Avenue
Edmonton AB, T5W 1A8
(780) 477-1051
www.hairflaire.ca
email: hairflaire@gmail.com

Ray Bacchus

68082-162 Bonnie Doon Mall Edmonton,
Alberta T6C 4E3
(780) 429-1243
Email: ray_cweg@telus.net
Email: raybaach@ecn.ab.ca
Fax: (780) 425-3168 / (780) 433-7717
-Transferrable credit/mortgage coverage.
Tax Free cash refunds. Cheaper than your
current lender/mortgage provider.
Tailored and customized plans that reflect
your changing investment needs.
-Compares how your company's retirement
plan compares against your competitors by:
1) employee service & communication
maximizing and 2) Investment returns to
achieve retirement goals.
-Mutual type funds with guarantees.
Guaranteed pension income for life plans:
takes worry out of the 'ups and downs' for
investment highs and lows.
Employee health and dental benefits
New strategies that may reduce between 5
to 20% of your company's benefit costs.

**Natasha Events
and Travel**

*Travel Consultant, TICO Certified
Wedding & Event Specialist,
WPICC, DWC
Certified Mexico Destination
Wedding Specialist*

Natasha Chand-Mohammed

1-877-428-0171

*natasha@natashaeventsandtravel.com
www.natashaeventsandtravel.com*

Natasha
Events & Travel

Freedom 55 Financial

Financial Security Advisor
Suite 1400 - 10250 101 St. NW
Edmonton AB T5J 3P4

(587) 594-5290

Rav Narayan

Email: ravinesh.narayan@f55f.com

Individual life insurance, Segregated funds
policies, RRSPs and TFSAs, Payout annuities,
RRIFs and LIFs, Individual critical illness
insurance, Individual health and dental
Insurance, Group insurance and retirement
plans, Mortgages, New to Canada insurance

FESTIVALS & CELEBRATIONS

By Don Silva



***BLACK HISTORY MONTH, CHINESE NEW YEAR, CANIVALS -
RIO, TRINIDAD & TOBAGO, CARIBANA, CARIWEST...***



SEE CARIWAVE MAGAZINE FOR CARIWEST 2019, HERITAGE 2019 PICS

BLACK HISTORY MONTH



Black History Month 2020 commences in America, Canada and the UK on February 1 and throughout the month of February. There will many discussions, shows and dinners reflecting and education us on the contributions of Blacks. Many had contributed to the growth of the world, but often not recognized such as the inventor Lewis Latimer. Manu stood up and spoke out and stood up against slavery and the bondage of human beings so many can profit from.

Many do not know that slavery had also existed in Britain with enslaved Africans and not only in the Americas in places like America, Brazil, Guyana, Jamaica etc...

Disclaimer: The photo on the left may not have anything to do with Black History months, but were licensed from www.depositphotos.com for writing this article.

Slavery began in 1619 in North America where the last slave ship as we are told arrived in the US in 1859. In Guyana the slave trade was abolished in 1838 where ships were not allowed to traffic enslaved Africans, but an internal slave trade had continued amongst the countries and islands in the Americas, so slavery was not abolished when the slave trade had ended.

EVENTS

(Publicly available information)

The Reel Film Noir: Evolution of Black People in Film and the Music Behind It

Feb 1, 2020 in Edmonton, Alberta, Canada

Being Black in Canada Screening & Gala

February 29, 2020 in Halifa, Nova Scotia

With diversity upon us many celebrations will be felt across the entire globe. In libraries such as the Toronto Public library there will be literature and programs that celebrates and honors Black Heritage.

VALENTINES



Valentines is on Friday, February 14, 2020 where many around the world will be sharing precious moments over lunch, dinner, giving flowers, a card, chocolate and other precious gifts such as a diamond ring, and not to forget romance will be in the air, a time also for romance. Like many celebrations, valentines may have roots in pagan traditions, but for many this day is a cultural celebration.

For friendship a yellow rose signifies friendship, and a red rose signifies love. But most of all this day is about the heart, about kindness and thoughtfulness. 'Whether it's a kiss goodnight or a kiss goodnight, valentines should be everyday and not just one day out of the year.'

CHINESE SPRING FESTIVAL AND NEW YEAR YEAR OF THE RAT - *Xin nian kuai le*

Chinese New Year begins on Saturday, January 25, 2020, which also marks the arrival of Spring with the warmer weather coming in, and ends on February 4, 2020. It's the year of the of the RAT and Chinese in China and across the world will be celebrating. Some Chinese can be very superstitious and are hoping for good fortune and to avoid taboos as many clean their homes and decorate their homes. This is a grand celebration which 20% of the world will be celebrating. The Lantern Festival preparation begins on February 5, and the celebration takes place on Feb 8.



Chinese around the world

Back in the 1800s thousands of Chinese arrived in the Americas in places like Cuba, Jamaica, Trinidad and Guyana contributing to the growth of the New World. In Guyana, back in the 1800s, it is said that the Chinese laborers had introduced kite flying which is one of the biggest event during the Easter weekend. And in Jamaica, Byron Lee whose father was Chinese had become one of the biggest musician in Jamaica, traveling across the globe, and had also started the Jamaican carnival in 1990.

Chinese are hard working and progressing and for centuries they have contributed to the development of many places around the world.

CARNIVALS AROUND THE WORLD

*The next 3 photos were taken by Faisal Ally at the Cariwest carnival in 2019
Location: Jasper Ave, Edmonton, Alberta, Canada*



RIO CARNIVAL

Rio de Janeiro carnival begins on Feb 21, 2020 and ends on Feb 29. It is the biggest carnival celebration in the world where the streets will be filled with dancers, masqueraders in vibrant and extravagant costumes on colorful floats moving to the beat of intoxicating music, with the streets jammed packed with bystanders also swaying and dancing to the vibrant music as Rio comes to a standstill except for the celebrations. The parades at the Sambodromo will be exciting with people swaying and dancing to the samba. People and partygoers from across the world will be in Brazil for the celebration and some wild parties, but the parties will continue into March.



TRINIDAD AND TOBAGO CARNIVAL

Trinidad and Tobago boasts it's diversity people of many ethnic backgrounds such as the Africans, East Indians, Chinese, Syrians/Lebanese and many more. This carnival is 'known as the biggest street party on earth.' It is one of the biggest carnivals in the world, which begins on Monday, February 24, 2020 and ends on Tuesday, February 25, the day before Ash Wednesday.

Calypso, Soca, Chutney, Steel pan music all originated in Trinidad

This small Caribbean island will be filled with colorful floats, dancers and masqueraders filling the streets jumping up and down with hands in the air and swaying and dancing to the hottest soca, calypso and steel pan music on the planet as the steel pan which came to life in the 1930s in Trinidad is the national musical instrument of this island, and calypso also known as Kaiso was also originated in Trinidad, and where the hot and fast moving soca music origins is from calypso. Even chutney music originated in Trinidad which has its roots in Indian music with artists such as Kanchan from India arriving in Trinidad to experience chutney music.

A big event is the music competition where bands will compete for ‘Band of the Year Title.’

Panorama

Before the grand carnival at Queen’s Park is the annual competition known as the Panorama with many steel band competitions.

CANADIAN CARNIVAL MAKING WAVES



On Saturday, August 1, 2020, the streets of Toronto will become lively with the biggest carnival in North America as the Carabana parade will take over the streets of Toronto.

From August 7 to August 9, 2020 is the Cariwest Caribbean Arts Festival in Edmonton, Alberta, Canada taking over Jasper Avenue as the masqueraders dance down Jasper Avenue to the Legislative Grounds.

BAKING

Neisha's Kitchen

Pine tarts



**The Christmas Holidays Baking Was Fun
We will continue with Neisha's pine tart recipe**

NEISHA'S PINE TART RECIPE

Depending on who is making pine tarts, the size, taste and looks will vary. For this batch of pine tarts, Neisha had made most to be around 4 inches in length.

Ingredients: Sunspun piece pine apple 2.84 L 100 Fl oz, white sugar, 1 lb margarine or 1 lb. butter, 2 lb flour, 6 eggs

A circular cover (e.g a peanut butter cover), a blender

Neisha's stove settings: Lo 1 2 3 4 5 Hi

Time for preparing pineapple pieces (boiling): approx. 1 and 3/4 hrs. depending on your stove
Time for blending boiled pineapple pieces: 20 minutes

LET'S MAKE THE DOUGH AND COMMENCE BAKING

Three steps in making pine tarts

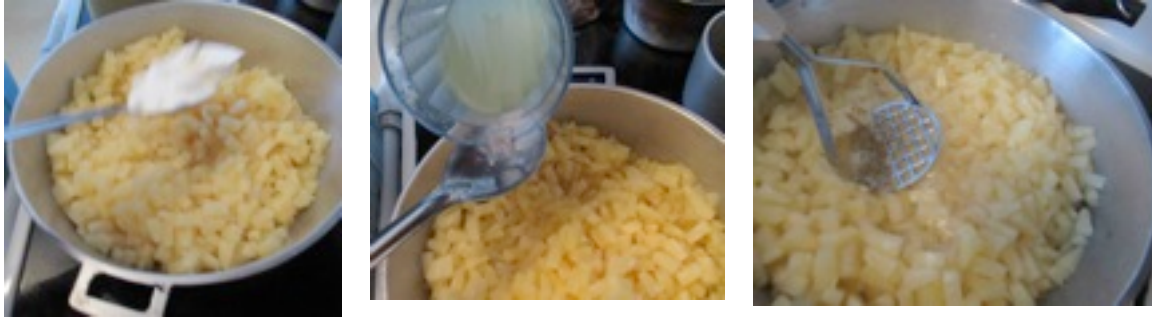
- 1) Making the pineapple jam
- 2) Making the dough
- 3) Making and baking the pine tarts

1) Making the pineapple jam

A big spoon sugar is equivalent to approx. 3 tablespoon (Tbsp.) sugar



Open can with an opener. Strain pine apple pieces and keep the pine apple juice in a jug.
Set stove to Hi. Add pineapple pieces to pot and stir.
10 minutes later lower stove to 4



Add 1 big spoon white sugar (equivalent to 3 Tbsp.) and stir
Two minutes later, add 2 big spoon of the pine apple juice to pot (this step allows pine apple to boil in the pine apple juice)
5 minutes later, turn stove to Hi and stir
Test pineapple pieces for softness by mashing with a mashing utensil (at this point in time the pine apple pieces will still be hard)
25 minutes later, add a cup of juice to pot and stir
Scoop a piece of pine apple into a spoon and taste



25 minutes later, add another big spoon of white sugar (stove still on Hi)
15 minutes later, test for softness by mashing with masher (should be soft now)
5 minutes later, liquid should almost be dried down
5 minutes later, turn stove off

Use a blender to blend pine apple pieces into the jam

Add half of the boiled pineapple to a blender and blend for only 5 seconds. Empty blended pineapple jam into a bowl. See picture on the right. Repeat process for blending the rest of boiled pineapple.



2) Make the dough, which will be used for making the pine tarts

Weigh 2 lb. white flour

Weigh 1 lb. butter or margarine (Neisha used margarine)

Use your hand to break margarine into smaller pieces and then mash margarine with hand by squeezing (this will take approx. 10 to 20 minutes)

Slowly add 1 cup water to the flour and mix with hand into a dough

Next use your hand and mix dough and butter together

3) Break dough into small balls and making the pine tarts

Break pieces of dough and use your hand to roll into balls about 1 to 2 inches in diameter.

Use a roller (belna) to flatten out dough

Use a circular cover about 4 to 6 inches in diameter - depending on how big you want to make your pine tarts - such as the cover of a peanut butter jar and press into a rolled out dough to make a circle shape and then remove the excess outer edges and reuse.

Add pineapple to the top of dough. E.g add a Tbsp of pineapple.

Fold 3 sides to form a triangular shape.

Repeat process until you have all the pine tarts ready for baking

Bake at 220 degree Celsius

Optional: Blend 6 eggs, which will be used for brushing on top of pine tart.

While baking, keep an eye on the pastry to make sure it does not get burnt. The pastry will turn light brown.



Bake for 15 minutes and then take out trays and brush a layer of eggs on top each pine tart. (You can leave this step out and bake without brushing the egg on top the pine tarts)

Place back in oven and continuing baking at 195 degrees Celsius.



Bake for approx. 15 minutes

Keep baking until the pine tarts have a light brown color or a golden color. (Keep an eye on the pastry to ensure it does not get burnt).



A batch of pine tarts brushing on an egg layer



The pine tart at the top of the three was made without brushing on the eggs

<p>Usman Lawn & Snow 12820 53 St NW, Edmonton, AB, T5A 0B5 (780) 970-3839 Landscape Maintenance, Industrial Landscape, Commercial Landscape, Commercial Grass Cutting, Snow Removal, Parking Lot Sanding, Parking Lot Sweeping, Lawn Maintenance</p>	<p>ALLY Format books and ebooks, graphics design, book cover designs Website: www.allymedia.ca email: info@signaturewithlove.com</p>
 <p>AUTO / HOME / BUSINESS 16403-111 Ave NW, Edmonton AB www.clearcutinsurance.ca</p> <p>Dina Ghani Ph: (780) 965-7449</p> <p>Asik & Alyssa Ph: (780) 994-0080 / (780) 700-5148</p>	<p>USHEDA</p>  <p>Psychic Tarot Card reader Shamanic Practitioner</p> <p>Contact info. Email ushanks@shaw.ca Cell. 780.221.0602</p>
<p>Hair Flaire Complete Hairstyles for Men and Women Perms, Colors, Relaxers, Hairweaves & Hair Extensions Unit 3, 4433 - 118 Avenue Edmonton AB, T5W 1A8 (780) 477-1051 www.hairflaire.ca email: hairflaire@gmail.com</p>	<p>Alberta Appliance Installers EXCEPTONAL SERVICE!</p> <p>Adbul Kariim Ph: (780) 807 - 8619 www.albertaapplianceinstallers.ca</p> <p>Dishwasher OTR/Microwave Washer/Dryer Gas/Electric Ranges Cooktops Wall-Ovens Shower Door Ceiling Fan Hot water Expansion...</p>

TASTES & CUISINES



Pravarni's curry chicken

PRAVARNI'S KITCHEN

SOUTH AFRICAN CHICKEN CURRY



Canola oil- enough to cover base of pot generously
1 whole onion chopped
2 kg chicken thighs (boneless, skinless OR breast fillets)
6 potatoes (cut into quarters)
Canned diced tomatoes (may be pureed)

Chili powder- 2 tbs (hot is good!)
Turmeric powder- 2tbs
Salt- 2tsp
Ginger puree- 1 tbsp
Garlic puree- 1 tbsp
Cumin powder (optional)- 2 tbs
Coriander powder (optional)- 2tbs
Curry leaves (optional)- 12

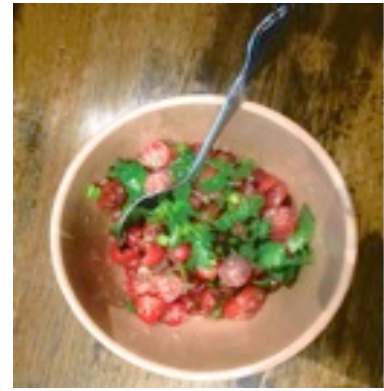
...Continue on the next page...

February 2020

Sauté onion until soft & slightly browned
Add curry leaves & sauté for a minute
Add spices & sauté for 30 seconds (don't burn!)
Add chicken & coat all surfaces with spice mixture, cook for 5 minutes
(Add a bit of water if too dry)
Add potatoes & mix in well
Add enough water to almost cover chicken & potatoes
Bring to a boil, then simmer on low heat for about 30 minutes
Once potatoes have softened, add canned tomatoes
Simmer for another 5- 10 minutes until curry has reduced
Let sit for ½ hour

**CURRY CHICKEN
SERVED**

Garnish with chopped cilantro
Serve over a bed of rice



NEISHA'S KITCHEN

SOUTH AMERICAN, GUYANESE STYLE

FRIED BOLANJE (BAIGAN / EGGPLANT)

No water added, no oil - just simple and fresh



Fried bolanje (eggplant) served with roti

Preparation time: 20 minutes. **Cooking time:** 20 to 30 minutes. Serve with roti, rice, pita bread or other... Serves 4 to 6

Stove knob (Low 1 2 3 4 5 Hi)

Ingredients

2 eggplants (baigan also called bolanje), 3 cloves of garlic sliced up, 1/4 onion thinly sliced, 2 potatoes, 1/2 tps. salt or salt to taste, 1 Tbsp oil

No microwave used in this recipe as seen in a previous edition for cooking a similar dish

Cooking instructions

Cut off stem from eggplants, cut in half, peel skin off eggplants and cut into slices long way and wash

Peel 2 potatoes, cut into small pieces and wash

Add potatoes to bowl with eggplant

Set stove on Hi
Add oil
Add garlic and mix
Add eggplant and potatoes to pot



Add 1/2 tsp. salt or salt to taste
Approx. 5 minutes later, cover pot
About 3 minutes later, set stove to 5 (down 1 notch)
Approx. 10 minutes later, remove cover and mix



Set stove to notch 2
About 4 minutes later, stir and continue cooking on 2



About 7 minutes after cover and continue cooking on 2

Approx. 15 minutes later, stir, and you should see liquid produced from the eggplant bubbling

Turn stove to notch 5 (Not on Hi), and continue cooking to let liquid dry down some more

Approx. 15 minutes later, stir and check potatoes and potatoes will still be a bit hard (not finished cooking)

Set stove to 3 and cover

Approx. 15 minutes later, stir and check potatoes with spoon. Potatoes should be soft

Cooking completed

FY'S SHRIMP IN CURRY SAUCE

Quick and simple



Preparation time: 20 minutes. **Cooking time:** 20 to 30 minutes. Serve with roti, rice, pita bread or other... Serves 4 to 6

Serve with rice, roti...

Ingredients

1 pk shrimp, 3 cloves garlic, 1/8 onion thinly sliced, 1 Tbsp. curry powder, 1 Tbsp oil

Cooking instructions

Add oil to pan and set stove to Hi

Add garlic and onions and cook for 3 minutes



Add shrimp to pot and mix and cook for a minute

Add 1/4 cup water to make curry sauce and mix

Cover and cook on Medium for 5 minutes

The turn stove to Low and cook for 8 minutes

STANDING UP SERIES

Medical complaint

You feel that something isn't right with the way you, your loved ones, or someone you know is being treated?

Do something about it and immediately

Don't let it slip

Let others know / keep a log and records of names

Who to contact

Floor manager

Family doctor

Patient Relations

College of Physicians (Normally you only have a year to file your complaint)

Make notes, get names, log new medications provided, and old ones removed and or replaced.

In Emergency - enquire about medications. Are any being removed and why? What are the replacements, if any? If no replacement, find out why? If something does not seem right it's important to keep a record of medications, doctor name(s), people you spoke to. Having witnesses are very important for future references.

**Adam Physio &
Sports Clinic**

In-home physiotherapy and wellness

Edmonton AB

Ph: (780) 906-6262;

Elderly care,
Pediatric care
Sports injury

Baker Optical

Eye care center
10025 106 St NW,
Edmonton AB. T5J 1G4
Phone: (780) 423-2117

ALLY

Format books and ebooks, graphics
design,
book cover designs
Website: www.allymedia.ca
email: info@signaturewithlove.com

**Alberta Appliance Installers
EXCEPTONAL SERVICE!**

Adbul Kariim
Ph: (780) 807 - 8619
www.albertaapplianceinstallers.ca

Dishwasher OTR/Microwave
Washer/Dryer Gas/Electric Ranges
Cooktops Wall-Ovens Shower Door
Ceiling Fan Hot water Expansion...

Mary Browns

Famous chicken & Taters
(Includes halal)

Location: Spruce Grove
100 King St, Spruce Grove
Ph: (780) 960-5030

Location: Mayfield Common
Mayfield Common, 358 Mayfield
Common Northwest, Edmonton AB
Ph: (780) 489-7667

Location: Red Deer
6858 50 Ave #2, Red Deer, AB
Ph: (587) 273-3080

Biagio Luggage

Unit #2367, Phase III - 2nd Level, West
Edmonton Mall (Across from the Ship),
8882 - 170 St, Edmonton AB T5T 4J2.

Ph (780) 413-0460

Luggage, Backpacks, Tote bags,
Wallets, Handbags, Business Cases,
Travel Accessories,
Small Leather Goods

**OUR 24 HOUR A DAY
DEPENDENCY OF BEING ONLINE
IS DESTROYING OUR TRUE NATURE**



Photo from www.depositphotos.com

***HEADS DOWN!
BUSY TEXTING?***

‘We don’t talk anymore,
we just text, we say hi and go, no we
don’t talk...’

TRY THIS!

**Pick up the phone and talk. When
you are having a family get together
or with friends, turn off your cell
phone and engage in face-to-face
conversations.**



China

ARTISTS

A glance at:

Gary Sandhu

(Singer, songwriter, actor)

Uma Samari

(Muslim author, poet)

Terry Gajraj

(Chutney singer / musician)

Fisal Ally

(Converting cassettes with original songs and music from the 1990s)

GARRY SANDHU

Singer, Songwriter, actor

Garry Sandhu is an Indian singer, songwriter and actor from the UK. He made his singing debut in 2010 with the song "Main Ni Peenda, and in 2014 acted in the film Romeo Ranjha. Over the years he has been busy singing, writing songs and acting in Bollywood movies. During the Christmas holidays he had performed at the Union Hall located at 99 Street NW, Edmonton on December 21, 2019

References:

<https://www.todocanada.ca/city/edmonton/event/garry-sandhu/>

UMA SAMARI

A Muslim author and poet

“A safe space means the opportunity to speak,
to exist, to create without having to defend our humanity”

Quote from link below

Uma Samari is a teacher and poet from Calgary who has been writing since the age of 12 and began performing around age 19. She is also the author of two collections of poetry called “Ina Kwana” published in 2016 and “Black” published in 2017.

During an interview (see link below). She was asked, “Why do you think it’s so important for Canadian Muslims to express themselves artistically and have this forum to do so?” She says, “Providing Muslims in Calgary with a forum or a home base where their creativity is respected and accepted is crucial because most of us have grown up in this community where we are taught to be critical thinkers and taught to be creative in our endeavours.”

According to the article: Racialized artists in Calgary building safe spaces for the future generations by Anya ZoledziowskiStarMetro Calgary, Samari said, “A safe space means the opportunity to speak, to exist, to create without having to defend our humanity. She says, “...we see the need and we know we need to fight for it. But it’s exhausting. It’s exhausting work and it’s constant.”

Reference: <https://www.thestar.com/calgary/2018/09/29/racialized-artists-in-calgary-building-safe-spaces-for-future-generations.html>

<https://muslimlink.ca/stories/nurturing-a-muslim-art-movement-in-alberta>

Publicly available info from 2018

TERRY GAJRAJ

Chutney singer / musician

Terry Gajraj is a chutney singer originally from Guyana and lives in the United States. He is a songwriter / musician that travels, performs across North America, Guyana and other places. Terry is known for his many songs, albums, and also cover tunes. He is well known for singing the song Guyana Baboo, slightly modifying the original song called Bengali Baboo.

Terry was born into a musical family in Guyana, so it was easy for him to get into singing and learning to play the guitar, keyboard and other instruments. Where as chutney singer Rikki Jai is well known in Trinidad for Chutney, along with other chutney singers, Terry is well known for his chutney music in Guyana as there are not many chutney singers in Guyana that takes chutney to the heights that he does.

In Guyana, after graduating he was a teacher for two to three years and then like many, he also immigrated to the United States, where he worked regular jobs and continued performing.

Ref Link: Terry Gajraj: "I miss Guyana so much" | Caribbean Beat Magazine

<https://www.caribbean-beat.com/issue-82/terry-gajraj-i-miss-guyana-so-much#ixzz6Cfww5kZ5>

FISAL ALLY

The 1990s Indy (Independent) Music Scene Converting cassettes from the 1990s to digital



The picture above shows some cassettes recorded in the 1990s

I have many tapes, possibly 100 or more existing tapes from over the years as I practice and created as I write my songs and music and as they evolved shaping my music over the years. It didn't come easy. It's a lot of work and dedication coming up with ideas and shaping and reshaping the song and music, and coming with guitar riffs. I had to give up many things to put in the time. Being an independent musician, the songs were written and then recorded on cheap recorders such as a 4 track Tascam, where I played all of the instruments, whereas in mainstream music rarely do artists play all of the instruments - that's if they play any - and very often their production have a big budget where they can pay for the best studio musicians to play an arrangement, whereas I had to do it all by myself on cheap 4 track tape machines and sometimes an 8 track ADAT tape machine, until I could save some money to enter a professional studio and bring in some session players. Even while in a professional studio I had to get things done in one shot because of the cost, and I was always looking for a cheaper studio, whereas in the main stream professional productions they can redo a part many times and with different players, and with many different takes and tracks of one part and pick the best or mix and match.

2 PROJECTS - Converting cassettes with original songs from the 1990s to digital in January 2020. I refer to my experience in the 1990s (starting around 1989 with the song 'The Birds Won't Come My Way' and another song, as my 1990s Indy (independent) music scene, which continued for a decade until the end of 1999

The converted tapes to digital have **some static and** not the best quality or recording, but they mark a period of time and familiarity for me. The cassettes also contained various versions of **BACKING TRACKS** which I use over the years. For example I may pull out the Backing Track for my song 'Sometimes' which has only the Bass and Drums and I would sing and play along with the guitar. I have a few versions, where for example, the song Sometimes Backing Tracks have drums, bass and keyboards. And this is the same for many of the songs that were done in the professional studio.

1) Songs from about 6 cassettes from the 1990s were converted to digital and placed on CDs (not all tracks on the tapes were converted for the two CDs as many were also Backing Tracks) as seen below.

As of January 5, 2020, these digital files are available f. See below.

PROJECT 1



Songs: 1 True love, 2 New clear society, 3 The birds won't come my way, 4 Party till we feel alright, 5 Sometimes, 6 Keep the peace (ver1), 7 Christmas, 8 A kiss goodnight, 9 Keep the peace (ver2)

Bass & Guitar played by Fisal Ally Drums by Cam Guse Tracks recorded at Alberta Sound Engineering in 1999

Tape mixed down at Red Stripe in B.C on Oct. 26, 1999 and thus published on Oct. 26, 1999. The digital format was released

For this project, I mentioned Red Stripe on January 5, 2020 on the CD because it was a memorable experience flying to British Columbia to enter this studio and download the tracks that was recorded in Edmonton, AB, Canada.

PROJECT 2



The second set of tracks were recorded at Power Sound Studios in 1999

Songs: 1 Party till we feel alright 2 Wide Eyed Innocent (Instrumental) 3 New clear society 4 Keep Mae Fire Burning 5 True love 6 Christmas (ver1) 7 The birds won't come my way (instrumental) 8 Keep the peace 9 A kiss goodnight 10 Christmas (ver2) 11 That's crazy love (instrumental) 12 Sometimes 13 The birds won't come my way

4 CASSETTES FROM THE 1990S CONVERTED TO DIGITAL AND PLACED ON CDs IN JANUARY 2020 (see below)



3 main tapes from 1994 and 1995 were converted to digital and thus to CDs. The fourth CD is shown below with the title SoCrazy4u.

1) Fyzal Deen - Sweet Paradise (September 1994)

1 New clear society, 2 Sweet paradise I, 3 The birds won't come my way, 4 SoCrazy4u, 5 2CanPlay, 6 Rain go away, 7 ReggaRock, 8 Out of control, 9 Wide Eye Innocent, 10 New clear society (instr), 11 Sweet Paradise II

Music and lyrics by Fisal (Fizal) D. Ally aka Brian Ally, Deen Ally, Fyzal Deen
Guitar, bass & keyboard played by Fisal Ally, Drum machine by Fisal Ally
"...you'll feel iree, you'll feel good, man, baby it's a good feelin..."
September 1994: Mixed to cassette at BackAlly Music

Copyright registration: 1134466
Convert to digital on January 16, 2020; mp3 files
Unauthorized use of lyrics and music is strictly prohibited

2) Fyzal - Candle that burns (June 1995)

1 New clear society (instr), 2 Lisa (instr), 3 Rain go away, 4 Candle that burns,
5 Dance Baby Dance, 6 Only a fool breaks his heart, 7 Sometimes, 8 Modern day gypsy,
9 Moon child (instr), 10 True love, 11 Wide eye innocent, 12 Planet Earth, 13 Lisa,
14 Little magic wand, 5 Reaching out, 16 Estos Sentimientos (These feelings)
17 Return to Kashmir, 18 Desert Dancing (instr), 19 Moon child (instr)

Music and lyrics by Fisal (Fizal) D. Ally
Guitar, bass & keyboard played by Fisal Ally, Drum machine by Fisal Ally
June 1995: Mixed to cassette at BackAlly Music
Copyright registration: 1135329
Convert to digital on January 16, 2020; mp3 files
Unauthorized use of lyrics and music is strictly prohibited

3) Fyzal Deen Ally (December 1995)

1 I'm running, 2 Missing you just like crazy, 3 Keep mae fire burning, 4 A kiss goodnight,
5 Blue Caribbean Sea, 6 Gia Carangi, 7 Love is strong, 8 Blue Caribbean Sea (instr 1),
9 Keep mae fire burning (instr 1), 10 Wild wild wild, 11 Love has no religion,
12 On Christmas day, 13 Gia Carangi (instr), 14 Peace, 15 Blue Caribbean Sea (instr 2),
16 Keep mae fire burning (instr2), 17 Hope you never will; 18 Say No (instr)

Music and lyrics by Fisal (Fizal)
Guitar, bass & keyboard played by Fisal Ally, Drums machine by Fisal Ally
Saxophone arrangement by Rob Chizek

December 1995: Mixed to cassette at BackAlly Music
Copyright registration: 1142327
Convert to digital on January 16, 2020; mp3 files
Unauthorized use of lyrics or music is strictly prohibited

4) Fyzal Deen (4 song cassette)

*1 Christmas Day Rock (1997), 2 A kiss goodnight (1997), 3 We party till we feel alright (1997),
4 SoCrazy4u (1997)*

*Music and lyrics by Fisal (Fizal) Ally
Lead guitar, bass, rhythm guitar, keyboard played by Fisal Ally
Rhythm guitar on SoCrazy4u played by Gary Koliger and bass by player at Beta Recorders
Drums on song 1, 3, 4 played by Tim Lent
Drums on song 2 played by Tim Anderson
Violin on A Kiss Goodnight by Roxana Avalos-Calderon
Recording Engineer at Big Records: Dennis Sheehan*

Copyright registration no:1165969

Vocals and bass on A kiss goodnight recorded at Homestead with Barry Allen

Songs mixed to cassette and duplicated at Homestead in Dec 15, 1997

SoCrazy4u recorded at Beta with Gary Koliger.

Christmas Day Rock, A Kiss Goodnight, We party till we feel alright recorded at Big Records with Dennis Sheehan

Cassette from 1997 converted to digital on Jan. 16, 2020

Unauthorized use of lyrics and music is strictly prohibited

NEW CDs CREATED IN JANUARY 2020 USING SELECTED SONGS FROM THE 1990s (see below)



1) FYZAL DEEN, A KISS GOODNIGHT (ballads and soft tunes)

Songs:

1 Lisa (1997) Lead guitar: Gary Koliger; 2 True Love (1999) Lead guitar: Mark Puffer;
3 SoCrazy4u (1999) Lead guitar: Fisal Ally; 4 A kiss goodnight (1999) Violin: Roxana Avalos-Calderon; 5 Gia Carangi (1995); 6 Candle that burns (1995); 7 Reaching out (short ver.)1995); 8 Christmas (1999); 9 Estos Sentimientos (These Feelings) (1995);
10 Blue Caribbean Sea (instr) Sax: Rob Chizek (1995); 11 Keep the peace (1999);
12 Lisa (instr) Lead guitar: Fisal Ally (1995)
Copyright registration: 1165940

Session players: Gary Koliger (Guitar), Bass player at Beta, Tim Lent (drums), Saxophone: Rob Chizek, Phil Anderson (bass), Carmine Caligiuri (drums), John Cooke (keyboard), Mark Puffer (guitar), Matt Robertsons (guitar), Roxana Avalos-Calderon(violin), St. John Bosco Church Choir, Fisal Ally (guitar, bass, Keyboard

Music and lyrics by Fisal (Fizal) D. Ally, aka Brian Ally, Deen Ally, Fyzal Deen

Songs recorded at Beta Sound Recorders, Powersound Studios, BackAlly Music

For example Fisal Ally played all the music in song 10, including the guitars, keyboards, bass and drum machine, except for the saxophone

Selected songs recorded in the 1990s; written by Fisal Ally

CD created on January 20, 2020; mp3 files

Unauthorized use of lyrics and music is strictly prohibited

2) FYZAL DEEN, WIDE EYE INNOCENT (upbeat tunes)

Songs:

1 Party till we feel alright (1999), 2 Wide eye innocent (instr) (1999),
3 Wide eye innocent (1997), 4 New clear society (1997), 5 Keep mae fire burning (1999),
6 Missing you going crazy(1997), 7 Say no (instr) (1995), 8 Out of control (1994),
9 Only a fool breaks his heart 1995), 10 1990s 2CanPlay medley, 11 1990s reaching out medley,
12 1990s wild wild wild medley, 13 The birds won't come my way (instr) (1999), original aired in 1989), 14 New clear society (instr) (1994), 5 That's crazy love (instr) (1999); 16 Sometimes (1999)

Copyright registration: 1165972

Session players at Powersound on song 1, 2, 5, 13, 15, 16: Phil Anderson (bass), Carmine Caligiuri (drums), John Cooke (keyboards), Matt Robertsons (guitar)

Song 3, 4, 6 at Big Records: Fisal Ally (guitar, bass, keyboards), Eng. Dennis Sheehan, Drums Tim Lent

Other songs: Fisa lAlly (guitar, bass, keyboard, drum machine)

Music and lyrics by Fisal (Fizal) D. Ally, aka Brian Ally, Deen Ally, Fyzal Deen

Tracks recorded at Powersound Studios, Alberta Sound Eng., Red Stripe, Big Records, BackAlly Music in the 1990s

Convert from cassette to digital on Jan. 18, 2020; mp3 files

CD created on Jan 22, 2020, Unauthorized use of music or lyrics is strictly prohibited

3) FYZAL DEEN, REACH OUT AND TOUCH YOU (world beat tunes)

Songs:

1 Reaching out (1995), 2 Modern day gypsy (1995), 3 The birds won't come my way (1997) (original aired in 1989), 4 Keep the peace (1998), 5 Keep mae fire burning(1999), 6 Love has no religion (1995), 7 Estos sentimientos (1995) (These feelings), 8 Dance baby dance (1995), 9 Blue caribbean sea (1995) instr1) Sax: Rob Chizek, 10 Regga Rock (1995); 11 Planet Earth (1995); 12 New clear society (1999), 13 Return to Kashmir (1995); 14 1990s Reaching out medley, 5 1990s Dance baby dance medley; 16 Sometimes

Copyright registration: 1165971

Sax on song 9 by Rob Chizek, Drums on song 4: Cam Guse

Song 5, 12: Bass : Phil Anderson, Drums: Carmine Caligiuri, Keyboard: John Cooke

Fisal Ally played: guitar, bass, keyboard, Drum machine

Music and lyrics by Fisal (Fizal) D. Ally, aka Brian Ally, Deen Ally, Fyzal Deen

Session players on Keep mae fire burning (1999): Phil Anderson (bass),

Carmine Caligiuri (drums), John Cooke (keyboards)

Tracks recorded at BackAlly Music,

Alberta Sound Eng., Red Stripe, Power Sound Studios in the 1990s and mixed to cassette

Convert to digital on Jan. 20, 2020; mp3 files

CD created on Jan 22, 2020

Unauthorized use of music or lyrics is strictly prohibited

The 4 songs CD was only converted with the 3 CDs that was placed above. The CD is now called SoCrazy4u where as the 1999 tape was just called Fyzal Deen (and had 4 songs).

HEALTH - MEDITATION

by F. Ally



STRESSED AND YOUR MIND RAMBLING?

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

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

HOW TO QUIET THE RAMBLING MIND

You must first catch yourself in these moments, else it can go on for hours. Once you catch yourself, you can apply tools such as meditation, focusing on a mantra and or the breath, focus on prayers, and other relaxation techniques.

FOCUS

Billions of people around the world are engaged in prayers, meditating, tai chi, chi-gong and other practices that are beneficial and can calm down a person. Even during prayers and or meditating thoughts can easily pop into our heads and will come and go, thoughts that are bothersome and can even stress us out while praying or meditating. Again, it's important to catch yourself, and start focusing on the mantra (phrase), breath, and phrases during prayers. For the time you are focused on the mantra, breath etc... changes are your mind it not on those unwanted thoughts.

STILL CAN'T LET GO

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

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

SOME BENEFITS FROM PRAYERS AND OR MEDITATING

1) Relieving stress and anxiousness 2) Allows us to let go and wind down 3) Achieving stillness and silencing of the mind 4) Lowering blood pressure 5) Stop judging and blaming

BELOW ARE SOME TECHNIQUES

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

1) Om shanti shanti (*Mantra in Sanskrit*)!2) Om Namah Shivaya (*Mantra in Sanskrit*)!3) Maranatha (*phrase used in Christian meditation*)!4) Subhannalah (*phrase used in Islam during zikr and prayers. Zikr is similar to meditation or some say it is a meditation, which is a part of the prayer*)

MEDITATION STEPS

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

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

As you repeat your phrase, a method I learned is to slow down the phrase, so there will be gaps of silence in between the phrase. Continue to slow down the phrase and let the silence gaps between your phrase get bigger so you have more silence between your phrase. Let the phrase become slower and fade, and when the phrase fade remain in silence as long as you possibly can. As they say, silence is golden. The thoughts will come back. Repeat the process. Over time a person gets better at it. Trying doing this for 15 to 45 minutes every morning for a year and you will become a much calmer person. You can also apply silence during prayers. For example after saying a few lines during your prayer, remain in silence for a few seconds and then continue.

Reference: see the Diverse City Magazines for meditation

For anyone interested in meditation, it's import to seek professional training. For professional training visit www.chopra.com (or go to another reputable website) and sign up for a meditation seminar, where the classes can be done online or in a group, and where you will receive the guidance and expertise of a trained and experienced practitioner so you benefit the most.

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

HACKING, SPYING, FRAUD, CORRUPTION



WE'RE LIVING IN A WORLD OF DECEPTION, SPYING, CORRUPTION AND FRAUD

You do not have to be online or be connected to any service to be tracked. And you don't have to do anything wrong to be tracked, hacked and robbed by deceitful, conniving, two-faced criminals.

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

WICKED, TWO-FACED, DECEITFUL AND GOOD AT GANG STALKING AND THEFT

A hacker at work, hacking you - he is wicked, deceitful and two-face. He resonates with wickedness. He is a deceiver, thinking that he will never be held accountable for his wickedness, but he's the one that has been deceived...

BELOW: Hackers stealing personal information Photos are licensed from www.depositphotos.com For demonstration purposes only

YOU DO NOT HAVE TO BE CONNECTED TO ANYTHING AND YOUR WHEREABOUTS OUT IN THE WORLD CAN EASILY BE TRACKED THIS TECHNOLOGY EXISTS ALTHOUGH MANY ARE NOT AWARE

THEY DO NOT CARRY OUT THEIR CRIMINAL ACTIVITIES TO GET CAUGHT



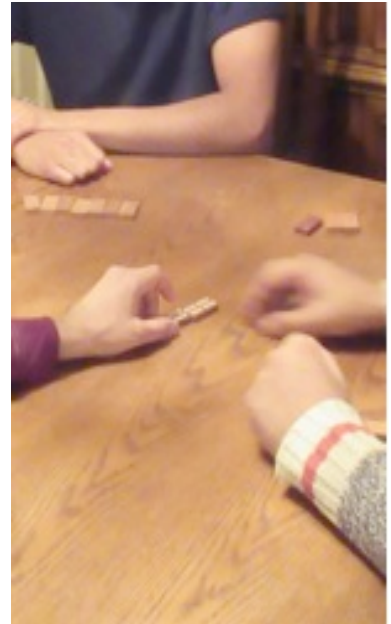
They secretly scheme and plot against you. They carry out their wickedness and they will shift the blame on you and have you framed. But they've been deceived all of their lives, even though they are afraid to admit it. Illegal activities like conning the elderly out of their life savings, stealing people's invention, literature, songs, music and ideas



PEPPERPOT CLUB
(LOCATION: EDMONTON,
ALBERTA, CANADA)

DOMINOES
CHESS
CHINESE CHECKERS

email
info@signaturewithlove.com



FUN! FUN! FUN!
The Guyana Canadian Pepperpot Club
The Pepperpot Book Club
The Pepperpot Domino Club
The Pepperpot Arts Club

BUSINESS DIRECTORY

Edmonton, Alberta, Canada

- Adam Physio & Sports Clinic; In-home physiotherapy and wellness; Edmonton AB Ph: (780) 906-6262; Elderly care, Pediatric care, Sports injury
- Alberta Appliance Installers (Dishwasher OTR/Microwave, Washer/Dyer Gas/Electric Ranges) Ph: (780) 807-8619, www.albertaapplianceinstallers.ca
- Ally (Format books and ebook, graphics design, book cover designs. Website: www.allymedia.ca)
- Anatolia Food Market (*Grocery and restaurant*), 15920 Stony Plain Rd NW, Edmonton AB T5P 3Z8; Ph: 587-521-4004; <http://anatoliafoodmarket.com/>
- Baker Optical (Eye care center), 10025 106 St NW, Edmonton, AB T5J 1G4; Ph: (780) 423-2117
- Biagio Luggage, Unit #2367, Phase III - 2nd Level, West Edmonton Mall (Across from the ship), 8882 - 170 St, Edmonton AB T5T 4M2. Ph (780) 413-0460.
- Clearcut Insurance (Auto and Home Insurance), 16403-111 Ave NW, Edmonton, AB Asik & Alyssa, Ph:(780) 994-0080 / (780) 700-5148
- Clearcut Insurance (Auto and Home Insurance), 16403 111 Ave NW, Edmonton AB; Dina Ghani; Ph: (780) 965-7449
- Discovery Café (For all your catering needs) Enjoy a variety of tasty meals; 312 Westmount Shopping Centre Food Court, Edmonton, Alberta, Canada. Sales77@outlook.com / www.discoverycafe780.com
- Freedom 55 Financial, Financial Security Advisor, Suite 1400 - 10250 101 St. NW, Edmonton AB T5J 3P4; (587) 594-5290; Rav Narayan; Email: ravinesh.narayan@f55f.com. Individual life insurance, Segregated funds policies, RRSPs and TFSA's, Payout annuities, RRIFs and LIFs, Individual critical illness insurance, Individual health and dental Insurance, Group insurance and retirement plans, Mortgages, New to Canada insurance.
- Faisal Ally (website): www.fisalally.com
- Hair Flair, 4433 118 Ave NW, Edmonton, AB. T5W 1A8. Ph: (780) 477-1051. hairflaire@gmail.com
- India Bazar, Indian Grocery Store, 4514 118 Ave NW, Edmonton, AB. T5W 1A9; Ph: (780) 471-2504
- Mary Browns, 100 King St, Spruce Grove, AB; Ph: (780) 960-5030
- Mary Browns, Mayfield Common, 358 Mayfield Common Northwest, Edmonton AB; Ph: (780) 489-7667
- Mary Browns, 6858 50 Ave #2, Red Deer, AB; Ph: (587) 273-3080
- Multi Culture Travel, 5519 137 Ave NW, Edmonton, AB; T5A 3L4. Ph. (780) 456-1192
- Psychic Tarot Card reader, Shamanic Practitioner - Contact Usheda. Email ushanks@shaw.ca, Cell. 780.221.0602
- Ray Bacchus (Financial Advisor), 68082-162 Bonnie Doon Mall Edmonton, Alberta T6C 4E3, (780) 429-1243; Email ray_cweg@telus.net / raybaach@ecn.ab.ca; Fax: (780) 425-3168 / (780) 433-7717
- Sazna Services, Lawn Maintenance and Snow Removal, Imran Khurshed. Ongoing Maintenance: Pruning, Lawn Care, Grass Cutting, Fertilization, Leaf Removal, Snow Removal; (780) 909-1102
- Shamanic Practitioner - Contact Usheda. Email ushanks@shaw.ca, Cell. 780.221.0602
- Usman Lawn & Snow, 12820 53 St NW, Edmonton, AB; T5A 0B5. (780) 970-3839. Landscape Maintenance, Industrial Landscape, Commercial Landscape, Commercial Grass Cutting, Snow Removal, Parking Lot Sanding, Parking Lot Sweeping, Lawn Maintenance...

Toronto

- Charley's West Indian Food Ltd, 1154 Morningside Avenue, Scarborough, ON M1B 3A4
Phone:(416) 283-1441
- Natasha Events and Travel, Travel Consultant, TICO Certified, Wedding & Event Specialist, WPICC, DWC, Certified Mexico Destination Wedding Specialist; 1-877-428-0171; natasha@natashaeventsandtravel.com, www.natashaeventsandtravel.com
- *Disclaimer: Businesses, addresses, phone numbers, emails etc...are subject to changes, and must be verified.*

**DIVERSE CITY
MAGAZINE**

ALLY MEDIA

Contact email: info@signaturewithlove.com / allyproduction@yahoo.com

The Diverse City Magazine

First Edition published on February 3, 2020

This edition may be updated to fix errors or if any incorrect statements were made

This magazine can be shared and downloaded from www.allymedia.ca.

The location of the magazines is subject to changes.

Email addresses are subject to changes.

All articles are owned and copyright by the original writers
All writers are responsible for their contents and not the magazine owner
Ally Media does not own or copyright articles, books and CDs

Design and layout of magazine by Ally Media

Diverse City Magazine is created in Edmonton, Alberta, Canada

A number of photos are licensed from
www.depositphotos.com for writing the articles and for demonstrations

ALLY MEDIA

Disclaimer: The opinions conveyed in this magazine are those of the writer(s) and do not reflect the opinions of the publisher or other writers. If there are errors and wrong information presented, this can be clarified once detect or brought to our attention. Information presented in this magazine are subject to changes. When embarking on a trip, vacation, a place of services or to a restaurant etc...you must verify and or confirm the information presented, as information can become outdated quickly or change quickly, even immediately after this magazine is published. It's important that anything to do with health, prayers, meditation and knowledge that the person seeks professional advice in these areas.

Diverse City Magazine

DIVERSE CITY MAGAZINE



*Photo taken by Brooklyn
Heritage Days 2019 - Edmonton, Alberta, Canada*