

# **DIVERSE CITY**

Magazine

February 2020

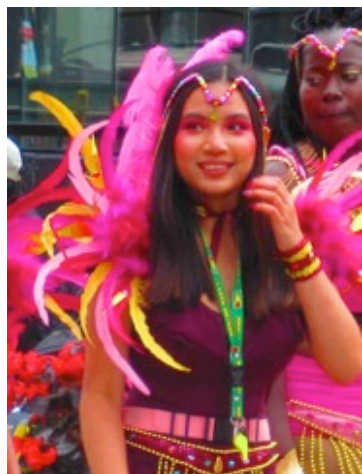


## **THE SOUTH AMERICAN GUYANA'S OIL BOOM**

-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.8)

## **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 (Canada)\_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 1990s SONGS ON CASSETTE CONVERT TO DIGITAL**

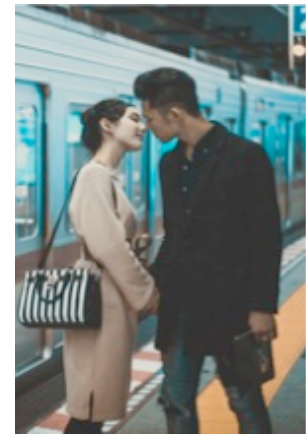
## **YEAR OF THE RAT**

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F. Ally



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

In the past, our *Diverse City Magazine* often came out in the middle of the month after a big celebration to carry pictures of the event. This year my plan is to have a smaller monthly *Diverse City Magazine* coming out at the beginning of the month, and the *Cariwave Magazines* will come out quarterly or more carrying mostly pictures of events a few short write-ups.

### **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 8 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, along with created three CDs with my songs from the 1990s. The upcoming editions will go into more details and along with a series on the artists.

### **Technology, surveillance, and many changes are coming with clear 2020 vision**

I have been writing a lot about surveillance and my personal experiences of being shadowed whether online or out in the world by cameras and billboards. I believe 2020 is the year of many changes and surprising exposures, which is being revealed step by step for the ones that can understand what's taking place in the world, and for the ones that have no clue as to what's taking place, it's already too late. Presidents of the United States have spoken about A New World Order. No doubt it's already here and is slowly being exposed. Last year, very often the words 'New World' were heard in songs. Why is that? The messages are clear that a 'One World Government' exists.

The intrusion on our privacy is clear. The ones involved in spying are also under surveillance. Nobody can escape surveillance. If we're under surveillance in our homes, whether through cell phones, computers, TV, our vehicles, other appliances, gas meters etc...this means we have lost all of our freedom. Our privacy disappeared while we've been excessively too busy enjoying the latest and greatest technologies, hours of TV and Internet, being caught up events after events, 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 forever. 2020 is about clear vision and what's coming. The messages revealed by the elites over the years are clear for the ones with an open ear and doing some of their own research.

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

*Ref: (ca.yahoo.com home page Feb 3, 2020 - ca means Canada)*

I include this section because it’s **Black History Month**, even though the heading in quotes is about ‘people of color’, and not specifically about ‘Blacks.’ ‘People of color’ can be Hispanic, Arabs, Blacks, Indians, Gypsies, Jewish as there are many Jewish people of darker complexion in the industry and many others that are non-white. Therefore I’m addressing this based on ‘people of colors’ and not only on ‘Blacks.’ I had made some changes to the Diverse City Magazine around around 10 pm on Feb 2, 2020 and during that day, completing the section above on p. 4 where I wrote about division and hate, surveillance and seeing things clear. The follow morning, February 3, 2020 around 10am my time, as soon as I opened up **ca. yahoo.com (Canada)**, I saw the following headline staring me in my face: **‘Industry’s clear message is that POC ‘not welcome here’**. I didn’t know what ca. yahoo.com (Canada) meant by POC. I read POC as a word. I thought that it was a strange headline, and I wanted to find out what this website meant by POC - who are the POC that are not welcome here.

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, glancing over some other articles and each and every article I glanced at used ‘people of color’, except for ca.yahoo.com (Canada). Urban states that poc is ‘people of color, as in everybody except caucasians. See - <https://www.urbandictionary.com/define.php?term=poc>

I guess some or I should I say many are still not knowlegeable enough to understand that caucasian is a race, based on a person’s facial bone features and not their skin color, and that many or most East Indians, Pakistanis, Iranians and Arabs of dark complexion are also considered to be caucasians.

[https://en.wikipedia.org/wiki/Person\\_of\\_color](https://en.wikipedia.org/wiki/Person_of_color)

States: The term "person of color" (plural: people of color, persons of color; sometimes abbreviated POC)<sup>[1]</sup> 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...This says that POC is ‘sometimes’ used, which probably means that many have never heard of or used POC for meaning ‘people of color.’ I have only heard the term ‘people of color’ and never before as POC. I checked other articles and the ones I checked only used ‘people of color’ and not the abbreviation POC. I only saw POC used on ca.yahoo. com (Canada).

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 the write up 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.” This statement was made after Phoenix accepted his award on Sunday night. He also used the word ‘WE.’ Does that mean that he is also sending the message, or is he speaking for the whole industry? And who gave him permission to speak for the Industry.

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 or confusing. 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 movies. For example Jennifer Lopez is Latina and looked mixed meaning she’s not ‘white.’ Even Shakira is half Lebanese. What do they mean by ‘people of color?’ Many stars are also Jewish or mixed with Jewish background and many also came from places like Syria and Lebanon, and I do not believe they are white nor consider themselves to be ‘white’ as based on the North American and European definition of what white means, even if they act as a ‘white’ person in the entertainment business, when many times their complexion do not look ‘white’ as in what Europeans consider to be a ‘white’ person. The industry is also connected from music, movies, TV, the News, entertainment; after all it is a global world today. The star in the Freddie Mercury movie is not ‘white.’ Kobe Bryant received an award? There have been talks about ‘Blacks’ not being treated fairly in the movie industry when it comes to being nominated and given awards, and that’s clear. Things are not always fair and Blacks are speaking out on not being recognized. But the message made by Phoenix is about ‘people of color’ and not only Blacks.

I have seen many ‘people of color’ in the industry from Blacks, East Indians, Pakistanis, Egyptains, Arabs, Chinese, Jewish, Hispanic and many others across the entire industry that are in the movie businss, not only in the movie business, but also in music and TV shows. It’s not always be fair to some, but if it’s true that ‘Industry’s clear message is that POC ‘not welcome here’ then I’m certain ‘people of color’ will stand up for their rights and move forward especially today because we are now living in a diverse and global world.

I have never seen or read before that POC means ‘people of color’, 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 (Canada) and I read POC as a word and not as an abbreviation, it reminded me of a few words, and also reminded me of a smiliar word used especially in Canada and the UK in the 1970s and 1980s - but not in the United States - to show hate and racism towards East Indians and Pakistanis and that word can sound like POC, or sounds exactly 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 hate, hurt and anger in ssomeone. The person’s own nationality can be used against them by making it sound negative, knowing that it will trigger off hate, hurt and anger.

I wanted to discuss this headline which I saw on ca.yahoo.com (Canada) home page because it’s also **Black History month**, and the message Phoenix is sending is about ‘people of colors’ which include Blacks. **Black History month is a reminder of the contributions Blacks have made. If people of color are not welcome in the industry, that’s the industry’s loss; people of color, and that goes for anybody, will coninue to strive regardless of setbacks, racism, islamophobia or any kind of discrimination that robs them of oppertunities.**

## ***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 in the region 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 ruled (some areas) by the Dutch and French, and was also one of the biggest sugar producer in the world, along with its famous Demerara rum, Eldorado rum and Demerara sugar that's sold world wide. 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 because of its population that's under 1 million; it's said that there are more Guyanese living outside of Guyana than in Guyana.

#### **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 (Tmftruth2Power)

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.

February 2020

### **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 every 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 belongs to them. Even in the recent past, Exxon had some unwanted encounters with Venezuela during their sea explorations, as there are concerns not only about the borders of the countries, 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 know much about Guyana, its corruption, and oil and its past. 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](http://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

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# FESTIVALS & CELEBRATIONS

*By Don Silva*



*BLACK HISTORY MONTH, CHINESE NEW YEAR*

*CARNIVALS: RIO, TRINIDAD & TOBAGO,  
CARIBANA, CARIWEST...*



SEE CARIWAVE MAGAZINE WINTER 2020 edn, FOR CARIWEST 2019, HERITAGE 2019 PICTURES

## 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. Many 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](http://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 Halifax, 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, a kiss goodbye, or a kiss in the morning or evening, 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 musicians 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 Fisal 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 boast its diversity with 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 cver (e.g a peanut butter cover about 5 inches in diameter), a blender. The circular cover will be used for pressing on the dough to carve out a circular shape dough.

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

### FIRST MAKE THE PINEAPPLE JAM AND THEN COMMENCE THE 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 approx. 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 or margarine 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 circular 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 approx. 5 or 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 should turn into a golden or light brown color but should not be burnt.



Bake for 15 minutes and then take out trays and brush a layer of egg on top each pine tart. (If you are a vegetarian or do not use eggs, you can leave this step out and bake without brushing the egg on top the pine tarts and the pine tarts will still be and taste good. See picture at the very bottom.)

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 with brushing on an egg layer while baking*



*The pine tart at the top of the three in this plate was made without brushing on the egg*

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## 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

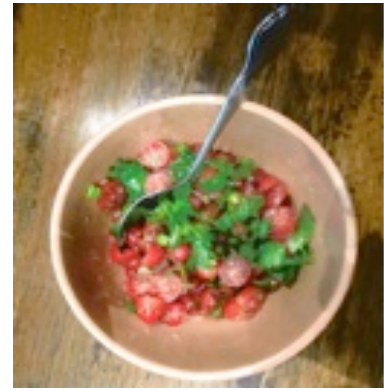
*...Continue on the next page...*

**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.

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***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)

**Fyzaal Deen (Faisal Ally a.k.a Brian 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#ixzz6Cfwk5kZ5>*

## **FYZAL DEEN (FISAL ALLY a.ka Brian Ally)**

### ***The 1990s Indy (Independent) Music Scene***

### ***Converting cassettes from the 1990s to digital***



*The picture above shows some cassettes recorded in the 1990s*

**ON MY NAMES:** *Most people from Edmonton thinks that I adopted the name, Brian, in Canada. The fact is, coming from a place like Guyana, I was also given the name, Brian, at birth and I'm called Brian by all of my relatives. Most of my relatives and friends do not know that Fisal Deen is also my name. Most of my siblings and cousins also have European names; many cannot comprehend this even after I explain it over and over.*

I have many tapes, possibly 100 or more existing tapes from over the years as I write, practice and create 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 giving up lots**

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.

### **Independent verse mainstream**

Some independent artists have a good budget, but for me 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 today 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 cassettes and 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. The songs are complete but the recordings are rushed when you are doing everything by yourself.

### **The studio is where you learn from and where your songs can sound more professional**

The studio is where you learn from and where your songs can be recorded better. 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 mainstream professional productions they can redo a part many times and with different players, and with many different takes and tracks for one part and then 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*** are 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. See below.*

**PROJECT 1**



For this project, I mentioned Red Stripe 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.

**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 January 5, 2020

**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

**Doing vocals in my Home Studio versus doing vocals in a professional studio**

I'm not a singer, so at home my vocals were done quickly, usually in one or two takes by myself, with no direction from anyone, but just to complete my independent projects and have them published. In the professional studio, I'm dealing with professionals and it makes a big difference when the engineer gives you the headphones and add echo so you actually hear yourself better, and then gives you direction and tells you when to redo parts. My cassettes from 1994 and 1995 were published as is, along with others that were all done at home.

## **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) Deen 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)



The CD that says SoCrazy4u with 4 songs was converted from a 4 song tape from 1997.

### 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).



On the left is a CD with only Rock n Roll by F. Ally from the 1990s.

Another CD with songs from the 1990s such as The Birds Won't Come My Way, Sometimes, Keep Mae Fire Burning, Rain Go Away, only a fool beaks his heart, That's Crazy Love, True Love (faster version), Medley and a few others is being put together. The tracks were recorded in the 1990s, and some new tracks will be added.

## 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](http://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](http://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**



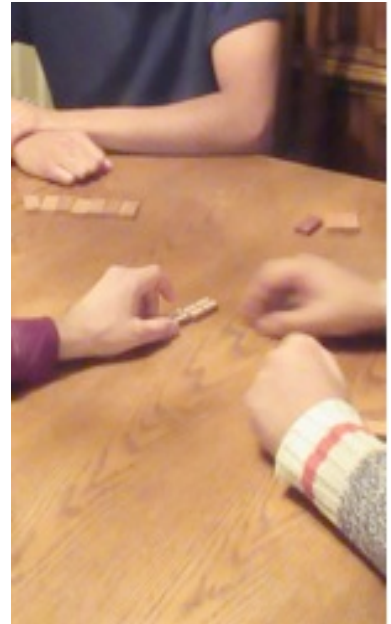
*They secretly scheme and plot against you. They carry out their wickedness and they will shift the blame on you and have you framed. But they've been deceived all of their lives, even though they are afraid to admit it. Illegal activities like conning the elderly out of their life savings, stealing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



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**DIVERSE CITY  
MAGAZINE**

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# Diverse City Magazine

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*Photo taken by Brooklyn  
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