

DIVERSE CITY

Magazine

First Quarter, 2021



NEISHA'S KITCHEN

Bake & Saltfish, Provision, Chowmein

CELEBRATIONS

Easter, Ramadan/Eid, Holi,

YEAR OF THE OX

CHINESE NEW YEAR - XIN NIAN KUAI LE

F. ALLY TAKES YOU ON A TOUR BACK TO HIS 1990s INDEPENDENT SONGS

Visit www.allymedia.ca/music & www.fisalally.com/music

He said he doesn't like my singing, well neither do I; then what's the problem? - F. Ally

F. Ally review similarities between his song 'A Kiss Goodnight' from the 1990s Indy Music Scene, and Disney's 'A Kiss Goodnight' (2017) project and song, along with Lady Antebellum (Lady A) Just A Kiss (Goodnight) (2017)

F. Ally had never given anybody permission to sample any of his songs, nor has F. Ally ever made a penny from any of his songs while it looks like others are living off Ally's work, thus Ally will not be giving anybody permission to sample or use any of his songs due to what's been taking place. See short write up on music contract

BLACK HISTORY MONTH: VIOLENCE & RACISM

A glance at the cases of Levan Francis (British Columbia, Canada); Dalia Kafi (Calgary, Alberta, Canada); Godfred Addai-Nyamekye (Calgary, Alberta, Canada)

23 ELDERLY PEOPLE DIED IN NORWAY AFTER VACCINATED EARLY 2021

It was reported that 23 elderly people in Norway had died shortly after taking the vaccine.

A television host asked the doctor on the show, 'how do they assess if somebody is too frail or too old, not well enough to take the vaccine. Is there any sort of standardize practice...? The doctor's response was "it's very difficult to standardize this...this will be a decision made by the physician, the nurses, the relatives and the patients themselves. If you have patients that are very frail, very sick and have a short remaining life span you should do some extra evaluation of the appropriateness for vaccinating..."

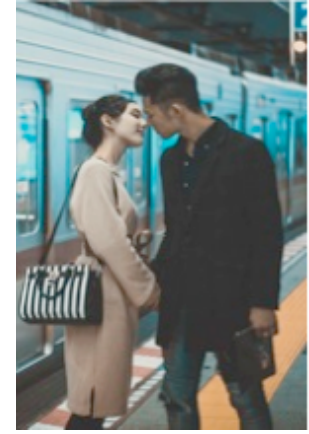
GONE AFTER VACCINATED, BUT THIS DOCTOR'S WORK LIVES ON

A 56-year-old, Dr. Gregory Michael, from Miami Beach, who is an advocate for the vaccine died 2 weeks after taking the vaccine in December 2020

WHAT DO EXPERTS SAY ABOUT COVID RECOVERY

99.9 % of the people that tests positive for covid-19 recovers and that 'you have a 2,473% greater chance of dying in a car accident!'...Excerpt from Dr. Rashid A Buttar's video

DIVERSE CITY **World Magazine**



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Disclaimer: The writer (s) of articles in the Diverse City Magazine has done his best to write on topics presented based on public available information, which may be inconsistent, incorrect or even change over time. If errors are pointed out, the writer(s) will investigate and provide updates. Faisal Ally has stated many times that his writing is being changed to negate what he is saying, and thus after publishing articles and magazines, he WILL go back and check for errors and thus there may be changes along with updated article(s), sections or an updated magazine.



F. Ally report



This edition of the Diverse City Magazine brings some recipes, short write-ups on celebrations, a short review on the covid pandemic and vaccination, and an artist section taking you on F. Ally's 1990s Independent Music Scene. Also included in this edition is a short review of the article called 'The New World: Order Out of Chaos; Part VI: Standing up for our rights to choose not to be vaccinated, By Faisal Ally; First Edition; February 11, 2021. (See page 10 for this review).

While about 16 states in the United States with a much higher population than Canada, have no restrictions such as social distancing and mask mandate and are fully opened with people going to work and about their business, the province of Ontario, Canada is calling for another lock down just before Easter and the Month of Ramadan, once again sending many people home from work.

No long-term studies on the vaccines

By now most people across the world are aware that there have been no long-term studies on the covid-19 vaccines since it's only been around for about a year now, and there are many concerns concerning infertility, side effects, and population reduction. Have you even asked what's inside the vaccines? We are at a turning point in history and it's important for each person to seek knowledge through his or her own research concerning the covid-19 pandemic as our decisions today will affect us, our children, and our future generations. With all of the information out there - good and bad - if you do your research and you are dedicated to finding the truth, you will find reliable sources and you will acknowledge the difference between good information and bad information on many topics.

When the vaccines began rolling out across the entire world in early 2021, it was reported that 23 elderly people in Norway had died shortly after taking the vaccine. A television host asked the doctor on the show, **'how do they assess if somebody is too frail or too old, not well enough to take the vaccine. Is there any sort of standardize practice...? The doctor's response was "it's very difficult to standardize this...this will be a decision made by the physician, the nurses, the relatives and the patients themselves. If you have patients that are very frail, very sick and have a short remaining life span you should do some extra evaluation of the appropriateness for vaccinating..." (Ref 2).** This message clearly states that nobody should be forced to take the vaccine. This statement is stating that you MUST have a choice. Another doctor stated that if your immune system is compromised then you shouldn't be taking the vaccine, and the fact is many people do not have a good immune system nor good health, therefore many people's immune system is already compromised and the vaccine can damage that person. Have you asked, what will be the effect of the vaccine in 2, 3, 5, 10 years? People smoking tobacco did not find out until decades later what the damages are from tobacco.

A 56-year-old doctor from Miami Beach, who was a believer in the vaccine and an advocate for the vaccine had taken the vaccine in December 2020 and died about two weeks after being vaccinated.

Who would have ever thought that a small group of people that runs the world from the top, in a top down fashion, and controls all of humanity would order a world wide lock down across the whole world, sending everyone home from work and bringing the vaccine to the whole world? Will this become a reoccurring vaccination? When I speak of a small group of people that controls humanity and every aspect of our lives, some people thinks that I'm crazy. And I do not mean people from a particular race or religion, but people that wield a lot of power and wealth in the trillions. Secret meetings are held by a few selected people for meetings like the G-8 summit and other meetings, making decisions for the whole wide world? Where are your inputs and mine?

This world belongs to everyone and everyone must have the right to their families, their bodies and their bloodstream. Once we allow the vaccine companies to take control of our bloodstream, we are not getting it back. I have studied a number of YouTube videos by experts those posses decades of professional experience in the medical, science and immunology areas stating that there's about 99.9 % chance of recovering from covid.

Waking up to a new reality

Everyone is waking up to a new reality, and life will never be the same again as it was before the year 2019. Whoever thought that exactly 100 years after the Spanish flu that the whole world would be lockdown due to the covid pandemic? What will it be like 100 years from now if a deadly pandemic hits? What we do know is there will be videos to show of doctors and nurses dancing, jumping around and clapping hands during the 2020 pandemic, along with many serious videos.

Where is humanity heading

When 1984 came and went and having read George Orwell's book called 1984, oh what a relief that was. Many were thankful and reassured that cameras would not be on every street corner monitoring us. But it's now 2001 and cameras are in our homes, street corners, and signals are being used to monitor our every move. Once this pandemic is over, the world would have completely changed. Then 1999 was supposed to be dooms day, which didn't happen - the world did not end. But not long after 1999 around the year 2000, the technology bubble burst and stocks plummeted with many losing their wealth. A New World Order, which many have spoken about over the past decades, including many of the United States presidents, is here, and is being implemented as probably thousands of laws change with new ones coming in. We know artificial intelligence is coming and will most likely watch us and boss us around. And now all we have are GMO crops, fast foods and frozen meals. The fruits and vegetables which Mother Nature or God has provided us with have already been modified by man. It's all man's doing. It's only man that's changing all of our natural and health crops and its only man that poisons the whole ocean and the air, and not Mother Nature or God. What comes after 1984, 1999, 2019 pandemic. Doomsday did not take place in 1999. Many of these are coming true, and I recall hearing, a few decades ago, that the world would end in 2036 or 2039 - what exactly that means I do not know - and if you understand numerology and signs & symbols that rules the world, the last two digits of these two numbers are coded, both being the mark of the beast, 666. Humanity is in for a ride,

we'll never forget, or perhaps never remember, because we may never know or see again the reality we knew before 2019 with Nature being a big part of our lives. Believe what you want, but what I do know is this mRNA vaccine is changing our DNA because something foreign is being injected into our DNA. From my research months ago, a number of experts had mentioned some of the components in the vaccine, and it's not good. So you know what's being pumped into your body, much less your DNA? Many experts in the medical, science and immunology field said they are not taking the vaccine, and that's because they know the science and they know what's going on, and it's not good. They are not anti-vaccine, I'm also not anti-vaccine, and that depends on what is being pumped into our bodies. If it's all healthy and natural substances such as vitamin A, C and D and there are no side effects then I'm all for it. But after hearing what's inside of the vaccine, and knowing that if a person have underlying conditions, a weak immune system, and are taking medications, it's important to do some of your own research to be aware, before injecting something into your body that may cause complications now or in the future. We still do have some rights. I think! Well, I'm not sure if we really do anymore.

And the reality is, artificial intelligence is about to take over as everyone sits at home in front of a computer and cell phone texting and shopping. Recently, I saw a video where a person sitting in front of his computer placed his palm over a ball, which detected his identity, so he can order, online. Is there something in the vaccine injected into our God given DNA makes that ball detect our finger and palm prints?

Slavery and indentured laborers that built this world - 'whose shoulders did we stand on?' one of my cousins reminded us, and that we should never forget whose shoulders we stood on

In the past, I had carried out an intensive study on slave and indentured laborers whose labor had contributed to the development of the Americas and the world. And today I am furthering my knowledge in this area. During those days, we did not have cars, electronics, airplanes, high rises etc...and thus the work was very hard, but it was those people's labor that led to the development of this world and as one of my cousins said 'whose shoulders did we stand on' that gave us a better life, our children's lives and future generations.' Many of those people's shoulders that we stood on are all forgotten, while the ones that had capitalized on their labor and even abused their labor for wealth due to their greed wields a lot of power today from all of our ancestors hard work and labor. Like my cousin said during a speech as one of my uncle's birthday a few years ago, we must remember whose shoulders many of us stood on that made our lives so much better, and we must never forget, and thus we must know our history and our ancestors that worked and struggled so hard for us. About a year ago I came across an article by Yevon Singh called **The portrayal of Scots as abolitionists and liberal champions has hidden a long history of profiting from slavery in the Caribbean.** I already knew a little about the Scottish people in Guyana, but I did not know to what extent they were involved. What I read in this article made my stomach turned because of the cruelty I read about. I knew about the cruelty on the plantations, but I didn't realize that the Scottish were also a big apart of these abuses and that were also assaulting the defenseless female laborers in the field as they worked. This article can be found at: This article which as been modified can be found at this website:

'How Scotland erased Guyana from its past - The portrayal of **Scots as abolitionists and liberal champions has hidden a long history of profiting from slavery in the Caribbean.**

by **Yvonne Singh**; <https://www.theguardian.com/news/2019/apr/16/scotland-guyana-past-abolitionists-slavery-caribbean>

Further reading / video on Scotland in during the slave trade.

<https://www.theguardian.com/news/2019/apr/16/scotland-guyana-past-abolitionists-slavery-caribbean>

Slavery: Scotland's Hidden Shame (BBC Scotland)

<https://www.bbc.co.uk/programmes/b0brjnkq>

<https://www.bbc.co.uk/programmes/b0brjnkq/episodes/guide>

‘Documentary mini-series exploring Scotland’s role in the transatlantic slave trade.’

A bit on writing the novels ‘The Trilogy of Savitri Garden’ a love story based on slavery and indentured labor in Guyana, South America

Back around the year 2002, I had completed the first version of the novel called Savitri’s Garden after carrying out intensive research on slave and indentured labor and combing through most of the books at the University of Alberta Rutherford library for days and years. As I came across new information, this same novel began to grow with more historical information to blend into the novel making it more realistic, but the love story remained basically the same. After I found a number of pamphlets and papers available online from the British parliament around the year 2009 / 2010, this novel had become extremely big bringing a true history that had actually taken place, but the love story was basically the same, but with more historical facts. And after a friend at the Starbucks coffee shop in St. Alberta located in the Chapters bookstore had asked to read the novel, I began breaking it down into three parts for him to read. From the very beginning family and friends had supported all of my work and provided feedback and corrections, and I could not have complete my work without their assistance, as they are much better than me when it comes to grammar and writing. I’m just creative, an artist, and puts in tons of time and hours into my work since I was a teenager. Back in the year 2010, when I told my brother that I broke down the novel, Savitri’s Garden, into three parts he said, ‘The Trilogy of Savitri’s Garden’ and that became the title of the series. And prior to that after I had completed my first book back in the 1990s while I was busy with my Independent Music Scene and working full time as a computer programmer, where I had given the book it the name something like ‘Laura flew away’ my brother said, ‘Laura Flew The Coup’ and that became the title of the book. When one of my friend’s told me about a girl telling him ‘innocent lies’, that became the perfect name for a song and so I wrote a song called ‘innocent lies’. Many people had read my literature and listened to my songs and provided feedback. And not once had anybody ever told me that any of my songs in the past sounds like someone else’s; they would have known since they read lots and listened to lots of music. Thus my songs and music are all originals and are all unique, created by myself. But beginning in the year 2011, I began hearing samples of my work and what may even be complete songs, being used by others in the mainstream music and writing, and I was never once paid a penny, nor given any credit for any of my work, nor had anybody signed a contract with me, nor had anybody once explained what their plans were with my work. Like the shoulders of the ones we stood on that worked very hard, I also worked extremely hard from early morning till night, seven days a week, writing books and songs, and developing guitar riffs and leads, while working as a computer programmer in those days.



Bake & Salt fish



Provisions

*The next edition of
the Diverse City Magazine
will have pictures of
Neisha's and son's
early spring curry cookup / cookout*

The blend of spices - Do you know the origin of pepperpot?

Years ago, I had written a musical called 'The Blending of Spices' based on cultures coming together and enjoying each other customs and cuisines calling them their own. This edition of the Diverse City Magazine brings us more of Neisha's (known as Naz) cooking. After all of these years of cooking, Nisha still enjoys cooking Guyanese cuisines a few times a week. See page X for dishes and menus. (The dish on the right is called Provisions. The Pepperpot recipe can be found in a previous Diverse City Magazine edition.



What is pepperpot and its origin? Just the other day, I was speaking to Canadian of European background whose spouse is originally from Guyana. He enjoys Guyanese cuisines especially the hot spicy dishes. Guyana is a country in South America that have the best of two worlds, the Caribbean and Latin America and where Guyanese enjoy cuisines such as chowmein, curry, provisions and many other dishes. From what I recall, this friend I was speaking to told me that the only dish of East Indian heritage that was brought to South America in the 1800s, which he finds is a bit more spicy for him is an East Indian dish called pepperpot. I was not surprised by what he said because of the diversity in Guyana and people accepting each other cuisines as their own. I smiled and then told him that pepperpot did not originate in India and that it's an Amerindian (American Indian) dish from Guyana as Guyana has many Amerindian tribes. He was very surprised when I told him that because he always thought that pepperpot was brought from India by the East Indian laborers back in the 1800s because his wife cooks it often and she calls it her own. That goes to show that many people in Guyana have integrated in many ways and is living amongst each other peacefully and with acceptance. The sauce in pepperpot is made with a spice called casreep. And often beef, cowheel or oxtail is used. This recipe can be found in a previous edition of the Diverse City Magazine, and the magazines are uploaded to www.allymedia.ca, unless there's a technical problem. The Amerindians uses a lot of cassava in making their dishes such as cassava bread.

People getting along and accepting each other's cuisines

With this blending of spice, people for all races, religions and colors gets along in Guyana, however, during political times when a certain party or it could be more than one party, that stirs up all kinds of hate, racism and violence to get votes to get into power. Although Guyanese faces racism and division at times, they have accepted each other cuisines as being their own, and during the long Easter weekend, people of all colors, races and religions enjoys the kite flying seasons and kite flying competitions. We still do not see this kind of acceptance in cuisines in places like Canada, England and America where everyone accepts all of these cuisines as their

own as we see in Guyana.

People being tolerant of others

In some of the videos I have viewed on cultures and religions across Latin America, in places like Guatemala, Chile, Peru and others places, where these are Catholic majority countries and where for example people born in these places have converted to Islam, all of the interviewees in these videos have stated that they are accepted in Latin America although there can be some lack of understanding as to why they would want to become Muslims, but they are very disheartened at the violence and racism taking place in places like Europe and America against Muslims. And countries in Europe and America are first world nations, and thus you would think that everyone or most people would have good values and tolerance. But it turns out that some people in these first world nations have fifth world mentality, attitudes and values that are completely out of this world, and thus you must also wonder about their family values since some of these people resort to bullying and violence because they cannot accept others that looks different from them, that they would rather cause destruction, destroy and bring shame to their own nation because of that sick hatred within themselves, while many other nations find ways to accept others such as the countries mentioned above. Of course there's violence and hatred that goes on in all nations, but there's a time for acceptance and learning to get along, especially when those people are not causing you any harm in anyway. I often reflect on how places like Guyana was built on people of many colors, races, religions and ages, and how they found ways to overcome prejudices, come together, and even when tension continues to be stirred up decades later during elections, the blending of spices still says a lot.

A short review of The New World: Order Out of Chaos; Part VI: Standing up for our rights to choose not to be vaccinated, By Faisal Ally; First Edition; February 11, 2021.

(Excerpts below are taken from this article which can be found on www.allymedia.ca under the Diverse City tab. References for the quotes are found in the article)

The article states: ‘Vaccine caution, 23 elderly died in Norway after taking the vaccine...In December 2020, as the vaccine rolled out across the earth, many people had experienced major side effects and in Norway, after taking the vaccine twenty-three elderly people had died which have raised many concerns and questions on who should be taking the vaccine. On Euronews Now, with the highlight **‘VACCINE CAUTION Norway adjusts advice for elderly and frail people after vaccine deaths’**. **On this news broadcast, the host asked “...how do they assess if somebody is too frail or too old, not well enough to take the vaccine. Is there any sort of standardize practice...”** The doctor answered **“it’s very difficult to standardize this...this will be a decision made by the physician, the nurses, the relatives and the patients themselves. If you have patients that are very frail, very sick and have a short remaining life span you should do some extra evaluation of the appropriateness for vaccinating...”** (Ref 2)

The recovery from covid is 99.9 %

Experts are saying that 99.9 percent of the people that tests positive for covid-19 recovers and that ‘you have a 2,473% greater chance of dying in a car accident!’ (Ref 4). Many experts have spoken of herd immunity where the virus will burn out, but people are being told that they have to be vaccinated. If there are more variants of the covid-19, how can we be sure that any of the vaccines will work, and if it’s not going to work, then why take the vaccine, which is an mRNA vaccine that will change our DNA.

A 56 year old Miami beach, who is an advocate for the vaccine died 2 weeks after taking the vaccine

Dr. Gregory Michael at Miami Beach who is an advocate for the vaccine had become ill and died a few weeks after taking the vaccine. ‘Michael ran his own private practice at Mount Sinai Medical Center in Miami Beach for 12 years, according to his website. The Miami native also worked as a clinical instructor and faculty member for the physician assistant program at Barry University and Miami Dade College...The Pfizer spokesman said the company is “closely monitoring all adverse events in individuals receiving our vaccine.”’ (Ref7)

In a video by Dr Rashid A Buttar posted on January 4, 2021 called ‘ALARM CALL TO THE WORLD’ (Ref 4) at time 6:50 into the video he spoke about a post by Dr. Michael’s wife Heidi Neckelmann that can be found on Facebook, Instagram, and at many sources, which Heidi wants to share with others to bring awareness of what happened to her husband after taking the vaccine...her message is: ‘The love of my life my husband, Gregory Michael MD, an obstetrician that had his office in Mount Sinai medical center in Miami Beach died the day before yesterday (sometime first week of January 2021) due to a strong reaction of the covid vaccine. **He was a very healthy 56-year-old active** and loved by everyone in the community, delivered hundreds of healthy babies and worked tirelessly through the pandemic. It’s important

to note that Dr. Gregory Michael is no longer in this world. **He was a pro-vaccine advocate that's why he got it himself. I believe people should be aware that SIDE EFFECTS CAN HAPPEN, that its not good for everyone and in this case destroyed a beautiful life a perfect family and had affected so many people in the community. Do not let his death be in vain, please save more lives by making this information news.**

‘Michael ran his own private practice at Mount Sinai Medical Center in Miami Beach for 12 years, according to his website. The Miami native also worked as a clinical instructor and faculty member for the physician assistant program at Barry University and Miami Dade College...The Pfizer spokesman said the company is “closely monitoring all adverse events in individuals receiving our vaccine.”’ (Ref7)

On January 27, 2021, it was reported by Amanda D'Ambrosio, Staff Writer, MedPage (Ref 8) for 2 weeks, ‘Michael's care team tried to increase his platelets, but their attempts were unsuccessful’, Neckelmann wrote. Doctors scheduled him for a last-resort splenectomy; then, two days before the procedure, Michael suffered a fatal hemorrhagic stroke, according to reports. He died in early January 16 days after he was first immunized. (Ref 8).

Immune thrombocytopenia is characterized by a decrease in platelets, caused by the immune system attacking its own thrombocytes (Ref 8). James Bussel, MD, a professor emeritus of pediatrics at Weill Cornell Medicine in New York, said that there are also two other ITP diagnoses that physicians know of which occurred after vaccination for COVID-19, but those cases responded to treatment. (Ref 8)

Another section in this report refers to ‘Doctors and Nurses have filed law suits against the necessity to be vaccinated.’

A number of points Dr. Buttar made in this video (Ref 4):

Headline ‘Get the COVID Vaccine, But remember the following (meaning that you have taken the covid vaccine but):

1. You can STILL spread the virus
2. You can STILL get COVID again
3. 10-15% chance of adverse effects
4. Anaphylaxis & Bell’s Palsy side effects
5. Increased risk of HIV!!!(WT...???)
6. Becoming sterile almost a certainty
7. ZERO vaccine manufacturer liability
8. Directed by WHO, GAVI (got it wrong)
9. You MUST STILL wear a mask!
10. You MUST STILL socially distance!
11. You get only 2 months of immunity...before you have to do it again!

In smaller writings it states: Congratulations! You’re immunized...against a virus you had a 99.9% chance of surviving! FYI, you have a 2,473% greater chance of dying in a car accident!

(see original article on www.allymedia.ca for references referred to in this short view)

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? You are being harassed, sexually abused, being ganged up on? Get this information out ASAP to stop the abuse and stop the abusers from abusing others.

Do something about it and do it immediately. Don't let it slip!

Let others know. Let your community know!

Keep a log and records of changes made, dates, time and names

In a hospital, who to contact

Floor manager; Family doctor; Patient Relations; College of Physicians

With the College of Physicians, depending on where you live, you may only have a year to file your complaint, however, it's important to file a complaint immediately as soon as you detect a problem. It's also important to provide as much information as possible. It's also important to contact your own family doctor and to take immediately actions for preventative measures.

Make notes, get names, log medications being replaced with new medications along with date time the changes take place. Write down the doctor(s) and or staff names.

In Emergency - Always have a list of your medications when entering emergency and other are of the hospital. 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. If you have any concerns contact your family doctor and others that can assist you immediately for explanations and to have problems resolved.

Short update: Recently, a case concerning a doctor was brought to light on the news and its stated that 'The College of Physicians' is investigating. Based on my own experience and opinion, you cannot always depend on professional organizations, and thus you should look at all your options, such as carrying out a private investigation, as biases can and do take place within professional organizations. It's very important to note that if you have to go through an appeal process, you may not get far and you may not be allowed to make a second appeal and thus left hanging and dissatisfied. When filing your report, consider all of your options and move quickly on it.

...F. Ally...March 31, 2021.

The South American oil boom

Guyana oil production commenced over a year ago on December 20, 2019 and continues to move forward

By Faisal Ally

Guyana's oil production commenced over a year ago on December 20, 2019 and continued to ramp up. Presently, Guyana's oil production is very small as compared to the major oil producing countries, but there's lots of hope for the people of this small South America nation. And even when Guyana's oil production reaches its maximum, the production will still be lower than many of the major oil production countries, but this will be a giant step for this small South American country. According to the article, *Guyana: Global Oil's New King Of The Heap*; Wood Mackenzie Contributor Wood Mackenzie Individual Contributor that came out over a year ago on March 6, 2020, Guyana's future oil production looks great. Its 'senior analysts Luiz Hayum (Latin America Upstream), Peter Martin (Economics), and Graham Kellas (Fiscal) states': 'The giant oil fields will deliver untold riches to this nation of only 800,000 people. Guyana will, as output builds, rise to be king of the heap. Production per capita will eclipse even that of the leading Middle East producers, Kuwait, UAE and Saudi Arabia' (Ref 1). This statement says a lot for Guyanese, as Guyana will become the richest country in the world per capita, based on the royalties received from its offshore oil production. Fast forward a year from when Guyana commenced its production, recently on March 21, 2021, Stabroek News which is one of Guyana's main news outlet article's called 'President sees at least seven oil platforms by the end of 2027' reported that the recent incoming President, Ali, said '...the Stabroek block offshore Guyana has a proven reserve of around 9 billion barrels of crude oil'(Ref2). Ali said, 'Guyana is set to become an economic and energy epicenter in the Western hemisphere adding that the country will be propelled not only by the Oil and Gas sector but also by other sectors such as tourism.' (Ref2)

With the covid pandemic, Guyana's tourism has been affected tremendously as Guyana face many struggles. Guyana's yearly Rupununi rodeo which takes place in the savannah area closer to the Brazilian border was cancelled last year, along with the tours through the savannah that ends up at the rodeo. In this part of Guyana, the people do not have much in common with the Caribbean, but have more in common with the Brazilians. People from across Guyana, other places in South America, the Caribbean, America and around the world enters this small South American country for the tours and for the rodeo, where the Brazilian vaqueros (cowboys) enters Guyana on the Easter Long weekend to compete with the Guyanese cowboys. And this is one of the reasons why Guyana has the best of the Caribbean and Latin America, as during this time there will be massive signs and posters that's written in Portuguese, and Brazilian music will be resonating through the air of Guyana, while the kites are singing and dancing above the Atlantic Ocean in Georgetown and across Guyana, not to mention that Venezuela still claims most of Guyana. During the year, people from Brazil and Venezuela drives to Guyana to go shopping at the big mall in the savannah area and or to tour Guyana.

Guyana's has one of the largest cattle ranches in the world located in the savannah area, which used to be the world's largest. A lot of the beef production from the ranch was sold to Brazil, but with the covid pandemic and the downturn in the economy most or all of the production has been stopped due to not being able to supply Brazil with its beef, and the locals in

the area are concerned that they may never recover from this downturn, and their lives would have changed forever.

But there's hope! There's hope for Guyana with its growing oil production. President, Ali said, 'a number of development plans' includes large-scale agricultural investments and mega infrastructural projects which include bridges, a road to Brazil, a deep-water harbor, housing communities and urban centres, port facilities and digital technology-backed industrial parks and energy development (Ref2). Guyana will be involved in some upcoming business plans for development that involves Brazil, French Guiana and Dutch Guiana (Suriname).



Neisha's Kitchen
TROPICAL TREAT



Bake & Saltfish

Ginger Beer

Chowmein

Provision

Burger

Bake & Saltfish



A tropical treat for breakfast or lunch
Add a ginger beer or mauby and you have a tropical delight.



A serving of Bake & Saltfish



If bake is a little stiff, then cut through the middle of the bake and microwave for approx. 15 seconds to soften. Break bake into pieces and take one piece at a time with some saltfish.

BAKE & SALTFISH RECIPE BY NEISHA

Serves: 6 to 10

Approx. cooking and preparation time: 1 hour and 40 minutes

Preparation time: 20 minutes

Time to make bake: 1 hour

Time to make saltfish: 15 minutes

Tbsp. (table spoon)

Tsp (tea spoon)

Normally, Neisha's recipe for bake and salt fish uses cream of tartar for making the bake, which makes the bake, soft, however, this recipe omitted the cream of tartar because her son was too lazy to go out and get some - he did not know where to purchase it from. If you do not have cream of tartar, you can add something else to the flour to make the bake soft. Since Neisha did not use cream of tartar or anything else, when you are ready to have some bake and salt fish, at that time you should microwave the bake for about 15 seconds to make it softer.

You can make the salt fish moist or dry. In this serving, the salt fish was made dry by cooking it for about 10 minutes longer. To make the salt fish moist, then only cook for about 2 to 3 minutes.

Ingredients: approx. 1 bag boneless salt fish, 6 cups flour, canola oil (approx. half cup), salt, baking powder, 1/2 teaspoon cream of tartar if you have it, 5 to 7 cloves of garlic, 1 onion, 4 to 7 hot red peppers, salt to taste, cooking pan

Soak and wash saltfish to remove salt. Cut or break salt fish into pieces
Cut and slice onions and garlic

Making the Bake

Cooking time: 1 hour

See pictures below

Preparing dough to make bake

Make approx. 25 to 30 bake

Fill bowl 1/3 flour, which would be about 4 cups of flour

Add 1 tsp. salt

Add 1 tsp. baking powder

Add 1/2 teaspoon cream of tartar. (*Note: If you do not have, you may know of a substitute. If you do not have anything, then continue, but the bake will be a bit stiff and will have to be microwaved for about 15 seconds to soften*)

Note on cream of tartar. Although Neisha did not add cream of tartar, it's best to add cream of tartar to make the bake soft. Add approximately 1/2 teaspoon cream of tartar (it's similar to white flour) to the flour.

Mix by adding water to flour, and mix into a paste

Break paste into 2 pieces of dough

Flatten one dough a bit with hand

Add some flour to dough to avoid sticking

Use rolling pin to flatten out dough, turn over and roll, repeat a few times until flatten to about 3/8 inch thick

Take knife and cut rolled out dough into pieces, about 4 inches long and 3 inches wide. You can make different shapes such as triangles, rectangle etc....

Repeat process for the second dough

Frying the bake

(*See pictures on the following page*)

Set stove to Hi

Use a circular pot similar to Neisha's if have, else use a regular one.

Add enough oil to fry in (approx. 1/2 cup canola oil)

Add one piece of uncooked bake to the pan, and then add another and fry for approx. 15 seconds on one side and then turn over, and fry until slightly brown, but do not burn or overcook. If stove is too high then lower setting to 5. Remove the ones that's fried and add another. Depending on the pot, you may be able to fry more than 2 or 3 at a time.

Note: Place 2 layers of paper towel in a plate or bowl to absorb oil as you place fried bake into plate or bowl. Add paper towel when required to absorb oil.

Frying Salt Fish

Cooking time took 20 minutes

Set stove to Hi

Use same oil, which should be approx. 3 Tbl corona oil, else can also add new oil.

Add spices (onion, garlic, pepper) and fry in pan for about 6 to 8 minutes. Cook so onion is slightly brown.

Add saltfish to pan and mix

Continue cooking on Hi for approx. 2 to 3 minutes and stir and then cook on low for another one to two minutes. The salt fish is moist for eating. If you prefer the saltfish to be more dried, then continue cooking for another 2 to 5 minutes depending on how dry you want it. In this case, Neisha made the salt fish dried and slightly burnt by cooking for another 5 minutes.







Provisions





Serves 8 to 12
Total time: 2 hours
Cooking time: 1 hour
Preparation time: 30 minutes

This root vegetable dish was often cooked on the plantation during the days of slavery. The smell of provisions and the smell of ginger from making ginger beer brings a nice aroma in your home.

A healthy dish consumed during the long and harsh work hours on the plantations.

Served with a ginger beer and you have a tropical delight.

Provisions served with salt fish and ginger beer
Add some screaming hot red peppers

Ingredients:

5 ripe plantains
6 potatoes
7 carrots
12 dashdeen
3 sweet potatoes
1 cassava
1 1/2 onions
10 cloves of garlic
5 to 8 hot red peppers
1 bag boneless salt fish

Instructions:

Wash all items, peel and cut up.

Boil each item separately, or boil two or three items together that have the same softness so they complete at the same time. While boiling you will check for softness by using a fork or a knife, and also by tasting small pieces to see if it's completed. If boiling two or three items that should take the same time to boil, but finds out that one of the items boil quicker than the other, then remove the finished item using a big spoon and place into a bowl, and continue boiling the other until it's completed. You can also plan to boil for example two or three items at the same time that takes different time to boil, and during the process remove the one that boils first and continue boiling the others etc....it's good to have a big strainer on hand for straining out the water.

In the pictures below, Neisha uses a big strainer, purchased at the dollar store at that time for \$4 (price subject to changes).

Set stove on Hi

Add water to pot

Add cassava first and let it boil because the cassava is hard and can take a longer time

In another pot add water, and boil carrots and dashdeens at the same time

Continue boiling and test for softness about every 5 minutes by using a fork or a knife, and you can also taste small pieces

Approx. 20 minutes later, dashdeen. Remove dashdeen using a strainer and a big spoon as seen in the diagram below. Dashdeen took approx. 20 minutes to boil.

Continue boiling carrots and cassava in their separate pots. As the water boil down, add more water to the pots and continue boiling.

Carrots took approx. 40 minutes to boil

Cassava too approx. 45 minutes to boil

Boil potatoes and sweet potatoes in same pot which took approx. 30 minutes to boil.

Boil plantain in a pot. Plantain took approx. 25 minutes to boil.

Cooking salt fish

Approx. 6 Tbl corona oil to pan

Set stove to Hi

Cook garlic, onions, and peppers for approx. 10 minutes on high, let burn onions burn slightly.

Then add salt fish to pot, mix in and cook for approx. 5 to 10 minutes

Add salt to taste and spices (black pepper, Oregon leaves). Did not add paprika pepper since added some hot red peppers already.

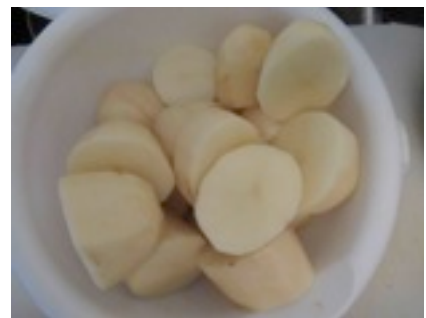
Cook provision together

Reuse pot with gravy

Keep gravy and add the plantain, cassava, potatoes to the pot

Add 3 tbl oil to another pot and add the sweet potatoes and carrots

Cook both for approx. 7 minutes





Chowmein



CHOWMEIN WITH SHRIMP AND VEGETABLES

By F. Ally, using Neisha's recipe book and modified slightly by adding different spices



A tropical delight

The chowmein dish was brought to Guyana, South America by the Chinese laborers during the 1800s while they worked on the sugarcane plantations in Guyana. Guyanese of all religions and races consider this dish to be their own and you will always see this dish being a part of their cuisines and taken to other places in the world. Enjoy this dish with a glass of ginger beer, mauby, tea or cream soda.

Serves 8 to 12

Time: 1 hour and 15 minutes

Cooking time: 1 hour

Preparation time: 15 minutes

No oil used

Ingredients: A bag of chowmein, green peas, cut green beans, 2 carrots, 1 bowl broccoli, 1 bowl cauliflower, 4 to 7 hot red peppers depending on your taste, 2 Tbsp. butter, spices (black pepper, 4 red peppers, oregano leaves, salt to taste or leave out), black pepper, paprika, oregano leaves.

Preparation: 1 pack shrimp, remove shell and wash
Wash vegetables

Boil vegetables

Set stove to Hi

Add 1/3 water to a pot and bring water to a boil

Add approx. 1 bowl green peas, 1 cup bowl cut green beans, 2 carrots peeled and cut into thin slices so it boils with the other vegetables, 1 bowl broccoli, 1 bowl cauliflower

Add vegetables and shrimp to the pot and boil for approx. 10 to 15 minutes so that they are ready for consumption

Add spices: black pepper, paprika, oregano leaves and mix

Boil chowmein

Set stove to Hi

Add 1/3 water to a pot and bring water to a boil

Boil chowmein for approx. 20 minutes

If there's excess water, drain water, or let water boil down

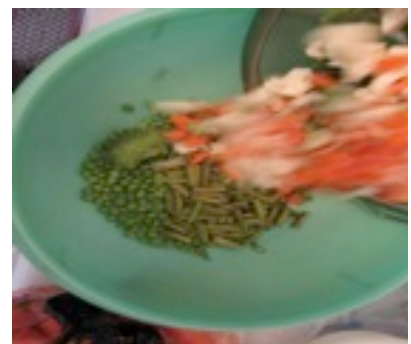
Add 2 tsp. butter, spices (black pepper, 4 red peppers, oregano leaves, salt to taste or leave out) and mix

Add 4 to 7 hot red peppers or less depending on how spicy you want it and mix

Add spices: black pepper, paprika, oregano leaves, 2 Tbsp. butter

Add already boiled vegetables to the chowmein

Mix everything together and cook on medium for 5 minutes and then simmer on low for 15 minutes.





Spices added to vegetables which will be mixed in

Spices added to chowmein which will be mixed in



Burger

QUICK MEAL / SNACK

Made by F. Ally





Baking time: Half an hour
Preparation time: 15 minutes

Ingredients: Burger patties or mincemeat, buns, onions, garlic, pickles, tomatoes
Require oven mitts
If using mincemeat then form into balls and flatten out into burgers

Rub on just a thin later of oil on the baking pan so burger does not stick. Once the burger starts to bake, it will give off its own fatty oil.

Set oven to 220 degrees celcius

Bake one side for approx. 15 minutes so it turns brown. Remove pan from the oven using oven mitts and turn burgers over with a spatula or big spoon and bake for another 15 minutes. You may turn over several times to ensure it's baked the way you want it. Bake longer if necessary, or bake for less time if required.

Once complete baking, place burger onto a bun (you may toast the buns first) and add onions, garlic, and anything else you would like, such as mustard, relish, ketchup.



Ginger Beer

Made by F. Ally, using Neisha's recipe

Ingredients: 2 tbsp. Demerara brown sugar (or use other name brown sugar), 3 sticks ginger

Boiling instructions:

Wash ginger and grate 2 or 3 sticks of ginger using a grater

Bring 1/2 to 3/4 pot of water to a boil

Add ginger and boil for 10 minutes

Add sugar to taste (Note: Add less sugar for a more gingery taste)

Stir pot to mix in sugar

Cover pot 3/4 ways and boil for another 15 to 20 minutes

Leave pot out to cool off and let the ginger brew for 1/2 day or over night

Use a strainer and pour ginger beer into a jug or bottles and store in fridge.

(Note: You should use out ginger beer within a week. Don't make too much and try to store for weeks; it will spoil after a week. It's easy enough to make that you can just make enough to last for a week)

(Note: When sugar sits for months, it becomes hard and you will have to use something heavy to break into pieces. As shown in the diagram, a chunk was taken and placed into the pot.)



FESTIVALS & CELEBRATIONS

Easter

Ramadan

Black History

Chinese New Year

Valentines

Easter celebration



Lent had begun on Ash Wednesday, February 17, where many Christians have been fasting abstaining from a variety of foods for forty days, not counting Sundays. The date for Lent is calculated each year depending on the date for Easter Sunday. The first day of the Passover was on March 27 and Palm Sunday was on the 28th. Upon completing Lent, Good Friday arrived on on April 2, a day for celebration. Some Christians will attend church, while others attend online services and others will celebrate in their own special way. The last day of Passover is on Saturday April 3. Easter Sunday falls on April 4 where Christians from across the world will celebrate the rising of Christ, followed by Easter Monday. Orthodox Easter is May 2, 2021. Due to the covid pandemic, the parades and drumming will not echo across the world as seen in the year 2019 and before, and many will have a quiet celebration at home eating chocolate, and enjoying some exotic drinks and cakes.

Kite flying



Kite flying is one of the Guyana's biggest traditions, where the kite flying season has already begun weeks before Easter, and is celebrated by people of all faiths, races and colors, along with kite building and competitions. By now many have found ways to get around the covid pandemic and are finding enjoy life in their own special way as their kites mount the sky, singing and dancing. *(Singing kites made by F. Ally)*

The Month of Ramadan

The months of fasting for Muslims around the world is called Ramadan where millions of Muslims will fast for 30 days, abstaining from food and water between sunrise and sunset. The beginning and ending of the month of Ramadan can vary by a day depending on the country you are in. Some experts concludes that Islam is the largest religion with nearly 2 billion Muslims worldwide, because in the Christian faith, as stated by experts, the Protestant and Catholic sects are very different, whereas in the Islamic faith even with the few different main sects, the religion or ‘the way’ is still mainly the same and where Muslims can carry out their salah (prayers / reflection / meditation) together. For the year 2021, Ramadan commences on or around April 12, 2021 and ends 30 days after on or around May 11, 2021. After a month of purification, over a billion Muslims worldwide will celebrate Eid al-Fitr on or around Wednesday May 12, 2021.

Holi, Festival of Colors

The covid pandemic did not stop Hindus across the world from celebrating Holi, also known as the ‘Festival of Colors’ or the Spring festival, celebrating the arrival of spring in India as winter drifts away bringing in the warm weather. The celebration began on Sunday, March 28 and ended on Monday March 29, 2021 and with the covid pandemic and guidelines in place, the practice of the tossing color powder known as gulal and spraying color liquid was still enjoyed by many celebrating in their own special way as their white and colorful traditional attires were painted in many colors.



Black History Month



Black History Month 2021 in America, Canada and the UK began on February 1 and continues for the month. Through the covid-19 pandemic, people have turned to social media to carry out their seminars, discussions, educate and to reflect on many great contributions made by 'Blacks' in our societies and in the whole world. Many have contributed to the growth and development of the world, but often they are not known nor recognized because of their color and race. For example, not many have heard of one of the greatest inventor named Lewis Latimer. There are countless gifted educators, artists, musicians, actors, athletes and others from the United States of America that made America what it is today to the world and what America means to the rest of the world.

Can you even imagine a world without Muhammad Ali and Michael Jackson? Racisms bring about the destruction to nations, as we can see what's taking place in America today and in the past. Racism does not benefit any working class citizens regardless of race and religion. Below mentions a few people in Canada who were beaten by our authorities for no reason or all, and where racism in the work place had destroyed that person's life. Why would members of the authorities allow such evils and barbarism to continue in our societies as the whole world looks on.

Levan Francis (British Columbia, Canada) by F. Ally

As Black History Month commenced on February 1, 2021, here is a case that had taken place in Canada and was recently concluded. Levan Francis who is 51years old had filed a complaint back in 2012 while working in Corrections at the North Fraser Pretrial Centre in Port Coquitlam in British Columbia, Canada as a correctional officer where he was faced with repeated racial slurs and also physical attacks, attacking him because of his race and color (Ref 1). His career ended in 2013. According to the news (Ref2) 'In final submissions, his lawyer said that Francis was labeled a "rat" and had a "target on his back" once he complained.'

This has done a lot of damage to him financially and mentally and his lawyer said he had lost 1.2 million in wages. In her decision, Juricevic said Francis faced attacks and retaliation after he filed his complaint and was labeled with stereotypes such as "lazy Black man," despite an excellent work record. Francis will receive \$964,197. This amount will certainly not make up for the damages to his life and where he now has PTSD.

(Ref1) <https://ca.yahoo.com/news/b-c-ordered-pay-964k-193151781.html>
 B.C. ordered to pay \$964K to former correctional officer targeted for being Black

Updated Mon., February 1, 2021, 2:12 p.m.

(Ref 2) <https://www.cbc.ca/news/canada/british-columbia/former-correctional-officer-targeted-for-being-black-seeks-compensation-1.5884837>

B.C.'s human rights tribunal has ordered the province to pay \$964,197 in compensation to former corrections officer Levan Francis, who faced repeated racial slurs and physical attacks while working at the North Fraser Pretrial Centre in Port Coquitlam. (Ben Nelms/CBC)

Dalia Kafi (Calgary, Alberta, Canada) by F. Ally

In Calgary, Alberta, Canada a female named Dalia Kafi was brought into the police station after she was caught breaking her curfew. While she was standing to take her photo, it looked like she was asked to remove her scarf and it looked like the scarf was around her neck. From the video, it seems as though the officer that brought her in and who was standing next to her pulled or touched her hair and she resisted moving away. The officer then gripped one of her arm and flipped her into the air as if he was wrestling a big strapping man. As seen in the video her as she's coming down her head first smashed into the side wall which looked like aluminum and as her body hit the floor it looked like her head slammed onto the floor first before her body hits. There was blood on the floor. When someone's head hits a hard surface that can result in brain damage and a lifetime of trauma. About four officers appeared slowly, one at a time, and although blood was on the ground, it does not appear as if anybody called an ambulance to get her to the hospital to have her examined for damages that can become permanent, unless they did after.

Reference: <https://calgaryherald.com/news/crime/officer-charged-with-assault-says-he-believed-suspect-had-slipped-cuffs>; Officer charged with assault says he believed suspect had slipped cuffs

Godfred Addai-Nyamekye (Calgary, Alberta, Canada) by F. Ally

In Calgary, Alberta, Canada, in the year 2012, a twenty-six year old student, named Godfred Addai-Nyamekye from Ghanna, Africa was the designated driver after a Christmas holiday party. Their vehicle slid from the road and got stuck in the snow. A police vehicle arrived and according to Godfred, the officers were not helpful, and he was tackled to the ground by the officer(s). Godfred alone was taken in the police vehicle and in the opposite direction from his home to a desolate construction area.

It was now around 3:40am in Calgary on December 28, 2013 when the two police officers in a police van had dropped off the twenty-six year old student at an isolated construction area in the middle of nowhere and drove away, leaving him in penetratingly biting and freezing cold winter temperature knowing that he was only dressed in his track suit and running shoes, with no winter jacket and no head wear or gloves and left there in the freezing cold in -28 degree Celsius temperature.

Starlight tours

This life threatening occurrence is reminiscing of a practice, dating back to the 1970s' called 'starlight tours' where people, mostly indigenous men were arrested for a minor infraction and taken out to the middle of nowhere and left to freeze to death' (Ref1). In an interview with

Godfred, the host said, "...No cop has ever been held accountable for that and it seems like no one has been accountable in your case either" says the host Camille Dundas editor and chief of a Youtube channel called ByBlacksdotcom with the video titled 'Godfred Addai is one of the subjects of CBC Doc "Above The Law" exposing Calgary Police Violence. (Ref 1)

Stranded in freezing cold temperatures only dressed in a tracksuit and running shoes with no headwear and winter jacket can cause frost bitten ears and or fingers and even brain damage. What if this student from Ghana didn't have a cell phone? Would he still be alive today? It just happened that his phone had died, but luckily for him he had picked up one of his friend's phone and had it on him. Over the decades, the world has changed and we are living in a global and diverse world where people from all walks of lives are living away from home, working and studying. If only Godfred knew that this would be his fate in Canada, he would have remained in Ghana or traveled to another country, so he could have a good education and a good life, where he would be treated as a human being, and where he could find a good job and help his family in Ghana. He could not believe what was happening to him in Canada, known to be one of the best countries in the world to live in - but definitely not for Godfred.

He dialed 911. The female answered as the 26 year-old student pleaded for help. "Please, Calgary, I'm freezing. Please. The police dropped me of here." They hung up on him and he had to call back. About fifteen minutes later a police vehicle arrived in the desolated construction area. The street sign says 5 St SE. (Ref 1). One could only imagine the relief Godfred must have felt, knowing that a Canadian police officer came to rescue him. The Constable exited his police vehicle approaching the student, the student's nightmare was only about to get worse. The officer told him to stop calling 911 (Ref1) and instead of getting the student in tracksuit and running shoes out of the freezing cold and into his vehicle, the constable pushed him. Godfred did not commit any crime but his torture was about to continue in Canada. "I got up, and tried to run from him, he tasered me so quick, he put handcuffs on me... this guy just start beating me up, punching me in the face, knee to the back," Godfred said in an interview (Ref 2).

It was now around 4:15 am. This was not a dream, but it was reality for the student from Ghana as his life, dreams and hopes were about to be shattered forever in Calgary, Alberta, Canada.

Police violence and racial profiling

Godfrey was on the ground with hand's handcuffed behind his back. The officer picked him up, dragged him up and pulled him up. Godfred was now on his knees as the Constable held one of Godfred's hand, and then pulled him and threw him onto the ground. As Godfred laid helplessly, the constable began to slam his left hand into the student's face. The constable held the student kneeling over him and began ramming his knee into the student's back six or seven times. A dentist uses an activator to align the discs in a person's spinal chord. What do you think a heavy leg slamming seven times into a person's back would do to that person for life? The constable was now on top of the student landing blows after blows into him.

But there will be evidence of this torture. This violent beating by the Calgary's Constable was recorded by a helicopter high up in the black bleak sky, while another police vehicle arrived at the bleak and desolate area. The officers ran out from their vehicle and stopped the beating. What if there were no helicopter and the other police officers did not show up, how long would the beating have gone on for? Would Godfred even be alive today, or would he have been left paralyzed and or brain damaged for life? He ended up with a black eye and busted lips. Would

there even be any accountability for what had taken place? The video from the helicopter has a time stamp of 2013-12-28 04:15:42.

Godfred Addai-Nyamekye life had almost ended and his dreams and hope for a fulfilling future was now buried. His face bleeding, lips busted and swollen.

The Court case against Godfred

Godfred was accused of assaulting the police officer, even though he didn't. The host of this video, Duncas said, "They still went ahead with the trial know that the evidence existed." (Ref 1)

'In January 2016, Godfred files a lawsuit against the constable that had beaten him, the other officers, and the crown prosecutors.' (Ref 2)

Godfred wants to see a diverse police workforce

Godfred said, "I want to see more indigenous people in the police force, I want to see more black people in the police force, I want to see more Spanish (people), I want to see a multicultural police force. I think this is going to help." (Ref 1) He believes this will be better for the society he lives in which today is now very diverse and multicultural. He is clearly stating that if the police force is more diverse people then there would be more compassion for others that looks different. And on the scene if you have a diverse team, chances are you will see less aggression against people of colors. Godfred says the system is broken and has to be fixed.

It's now the year 2021 and Godfred has not seen any justice from the attack on him. "Hopefully one day I will get to see some justice, and ah have this case resolved, I can move on with my life." (Ref 1)

Reference 1

<https://www.youtube.com/watch?v=dTYW2u7QoKc>; Godfred Addai is one of the subjects of CBC Doc "Above The Law" exposing Calgary Police Violence; Jul 10, 2020

Reference 2

<https://www.youtube.com/watch?v=sQIm5VLFptY>; #CBCdocsPOV #AboveTheLaw; Police brutality in Calgary: who holds officers accountable? | CBC Docs POV; Jul 16, 2020

Valentines



Valentines was on Friday, February 14, 2021. It's a time for everyone and many look forward to this day as it only comes once a year, but for some valentine is all year round. Some of the best gifts for valentines is sharing moments, giving kindness, being thoughtful and most of all valentines is about your heart and also romance. It's a good day to give flowers, chocolate, a card, and even a diamond ring to your sweet heart. During the covid pandemic, people around the world shared precious moments in their own special way. Many went out to restaurants and cafes while social distancing, while others stayed home and enjoyed their time together in their own special way. It's important to give to the elderly, your parents, and people that have nobody. Kind words are important and so is a hug and or a kiss. Whether it's a kiss goodnight or goodbye, or a hug in the morning or at night, valentines should be celebrated every day in the year.



Chinese Spring Festival and New Year

YEAR OF THE OX - 'Xin nian kuai le' (Happy New Year)

Chinese New Year 2021 which also marks the arrival of spring commenced on Friday, February 12th, 2021. It's the year of the OX and Chinese in China and across the world found ways to celebrate during the covid-19 pandemic. Some Chinese are very superstitious and avoid taboos, while many cleaned and decorated their homes, hoping for good fortune. The spring festival celebration goes on for 16 days from February 11 to February 17 where the first seven days are public holidays for Chinese on the Mainland of China. The celebration concludes with the Lantern Festival February 26. Many began celebrating three weeks before by cleaning their homes. This celebration creates 'the biggest human migration in the world as over 400 million people will empty the cities and return to their rural homes across the country' (Ref 2). Chinese New Year eve is always special as many look forward to the upcoming celebration and where people greet each other and even letting go of the problems they face with each other. Some of

the dishes enjoyed are fish dishes, dumplings, rice cakes, rice balls and spring rolls. You will find Chinese everywhere around the world also celebrating Chinese New Year, even in places like Cuba in the Caribbean and Guyana in South America, reminiscing of the past where the Chinese have brought the chowmein and the Chinese cake made from black eye peas to Guyana and where both of these dishes are treasured and loved by all Guyanese and have become a big part of the Guyanese culture.

A backlash on many people of Chinese origin and people mistaken for Chinese are taking place in America and around the world, as men beats defenseless females and men in the streets of places America, in the way these acts are also being carried out on Muslims which continues today, where cowardly men are beating defenseless females and men in parking lots and in the streets. Is this what people wants to go down in history? Imagine 20 years from now when people are reading these stories, how awful it would sound living in places like America and Britain where defenseless people who have nothing to do with any of these events, politics and or agendas are being beaten by aggressive and cowardly men. Not long after Chinese New year, a cowardly man had attacked a 75 years old elderly defenseless woman in California giving her a black eye, but the angry woman, although frail and weak, turned around and gave the coward a beating he had never expected, where an ambulance had to be called in to take him to the. The beatings continue. Are these first world nations? No doubt the people carrying out these barbarism have 5th world attitude and values.

References and for further reading:

- 1) <https://chinesenewyear.net/>
- 2) <https://www.chinahighlights.com/travelguide/festivals/when-chinese-new-year.htm>
Chinese Festivals and Events; Chinese New Year 2021 Date; By Fercility Update Jan.30.2021
- 3) Diverse city magazine February / March 2018

More celebrations

St. Patrick's Day - March 17, 2021
Spring Equinox - March 20, 2021
Palm Sunday - March 28, 2021
Easter Sunday - April 4
Easter Monday - April 5
Ramadan begins - April 12
Mother's Day - May 9, 2021
Ramadan Ends - May 11
Eid Al-Fitr - May 12
Canada Day - July 1
Eid al-Adha commences - July 19
Eid al-Adha completes - July 2

**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

The 1990s Indy (Independent) Music Scene



To listen to Bollywood cover tunes sang by Fazil Rahman:

<https://www.youtube.com/playlist?list=PLI29SF6U-W8LNdjZhDc-8zMzHISNYUVjB>

<https://allymedia.ca/music>

To listen to original independent recordings mainly for the 1990s Indy Music Scene by Faisal Ally:

<https://allymedia.ca/music>

Stories in Music

He listened to some of my songs on www.allymedia.ca and then told me he doesn't like my singing

A friend at the coffee shop who listened to my songs from the 1990s Independent Music Scene, was smiling and saying things like don't get mad, don't take this serious etc...don't get upset. If he thinks he's going to upset me, then why bother telling me? (Joke - smile) He then said, "I don't like your singing." But I had news for him because I also do not like my singing. Then what's the problem?

I'm not a singer, I'm an artist

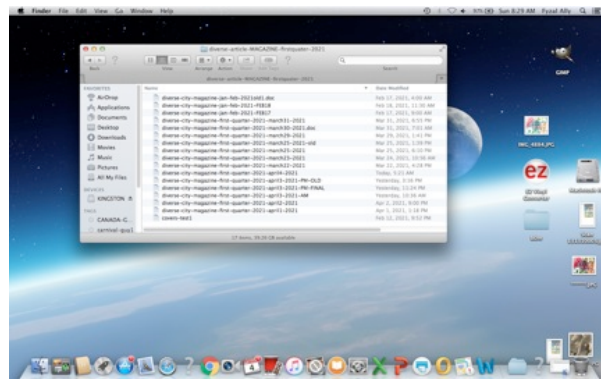
I never once told anybody that I'm a singer. I agree with my friend because I do not like my singing either. So he did not surprise me at all with his statement, but he made it sound like it was bid deal. I did not create songs for him or anybody to like. I would never create songs

commercially. I would never let anybody tell me what I should write and what I shouldn't write, and THIS IS WHY I AM INDEPENDENT! I create my work for me to like, for me to be pleased, and I'm very proud and happy with all of my songs and literature. If someone likes my work then listen to it and read it. If somebody does not like what I do then don't waste time listening or reading my work. You won't cause any damage to me. Decades ago when I was writing and recording songs, and writing books, I was already provided with feedback many times. I do not plan on changing my songs and literature now. Not for anybody! It's done. That era is over! That's my work in what I call the 1990s Indy Music Scene. And these are the recordings and literature I had accomplished. Also, I did have a vocal injury at age 17, so I already knew my limitations, but that doesn't mean that I will stop doing what I do. As an artist, I continue to write songs, creating guitar and bass riffs, play lead guitars, and I quickly put down my vocals. I do not spend time on vocals. My recordings in the past were not competed as professional recordings and this was based on funds. If I had the funds I could have had my vocals worked on in the studio by going over lines and having it tuned up in the studio in the way most singers do. That's what goes on in professional studios, they do things over and over and even use electronic equipment to get a singer vocals in tune, pitch and even change the sound.

I have countless tapes, possibly 100 or more existing tapes from over the years, from the time I was a teenager, along with many copies of literature all dated, as my work evolves from it's very inception. For example, as I work on this edition, I have many copies as I develop the magazine and make changes. Yet after all of these years, in the year 2011, I began hearing what looks like my original work in the mainstream media for the biggest singers in the world, and as I write about this, some of my writings are being changed to negate what I am saying. I have already made some of this information public over the years. For example as I worked on this edition of the Diverse City Magazine, when I rechecked my work, on the version of the magazine dated March 25, 2021, it states...‘My theft of their work...’ why would I even write that in a magazine? I would have written ‘Their theft of my work...’ This is the same thing that's happening over and over as I type. I'm just surprised that I was selected be harassed by a network of people that's reaping the benefit from my years of hard work. Does it sound like just any hacker doing this, or does this sound like a network of people that's well organized and are in high places? It has to be the latter. No doubt!

Finding ways to continue writing while being harassed

Having witnessed frauds taking place and people being tracked, I am now video taping my work as I go through the process, in the way I have countless copies of my songs and literature as they evolved from ideas to complete songs. Below is a snap shot showing about 16 files of this edition of this magazine as it evolves with changes. There are about 5 more copies.



Similarities

In past editions and other literature, I have written on the similarities to my work, lyrics and melody of my song called 'A Kiss Goodnight.' The lyrics and melody 'with a kiss goodnight' is sang over and over in Disney's 'A Kiss Goodnight' song, which came out around 2017 while I was promoting my songs. My song 'A Kiss Goodnight' is about a kiss good night and only in this song, from what I recall, I've used the word valentines. In Disney's 'A Kiss Goodnight' their project is also about valentines. In 2011 after I handed a CD to someone at Starbuck coffee shop in the Chapters bookstore building (located in St. Albert) to listen to my songs so I can get some feedback as he claimed he was a producer and knew everything about music, and not long after that was when Lady Antebellum's (Lady A) came out with a song called Just A Kiss (Goodnight) which has a very similar ending to my song 'A Kiss Goodnight' with the melodies and lyrics, but they added the word 'Just' to the words 'A Kiss Goodnight' and to the ending lyrics, such as 'Just with a kiss goodnight.' I have no doubt that they actually took my whole song and re-engineered it. I was also kicked off Facebook and locked out of my account around the year 2017 when I created two pages called 'A Kiss Goodnight' and 'True Love' to discuss my songs and some similarities to Lady Antebellum and to Disney's work?

In upcoming editions - To look at lawsuits in the music business

I will also be reviewing the theft of songs samples by mainstream artists such as Ed Sheeran, One Direction, Farwell Williams & Robin Thicke and many more.

Music contracts

It's important to note that if someone gets you involved in someone's music, literature or invention, as there are many scams taking place, you should not to take part in these scams and deceptions. It's important to always have a contract drawn up with the person's lawyer and witnesses. Do not play games with anybody. Nor do not try to deceive anybody. You will get caught. If you do not have a contract with someone then you should never use their work, nor send it anywhere without that person's written consent and with witnesses involved. The masterminds of thefts do make lots of money, so they can hire you to get involved and take the blame, and they will of course be working on plans to frame you, so they get away with their scams. I have not signed any contract with anybody concerning my songs and books, nor will I be signing any contracts with anybody or any company or organization because of what has taken place with my work, and since I'm being tracked and followed starting from 2011 until this day.

A TOUR OF THE 1990s INDY MUSIC SCENE

Fisal Ally was a part of

(The information below was copied directly from <https://allymedia.ca/music> on April 3, 2021 at 4:15pm as a record of F. Ally's songs that can be viewed)

To listen to F. Ally recordings, visit www.allymedia.ca/music

FISAL ALLY (AKA BRIAN ALLY / FYZAL DEEN)

The 1990s Independent Music Scene (Edmonton, AB, Canada)

1990S INDY SCENE - FISAL ALLY WRITING & RECORDING ORIGINAL SONGS/MUSIC, while working as a computer programmer. (Photo on the left is from the 1990s). I play lead guitar, rhythm guitar, bass, Keyboards/piano, harmonica, some drums. I'm not a trained musician. I'm mostly self taught. For example I learned to play bass, Keyboards/piano, harmonica and some drums on my own. I can remember at age 17, where I would listen to songs over and over and over and try to pick out the lead guitar etc... by ear.

SECTIONS BELOW:

- 1) Ally's Protest song, 'The Birds Won't Come My Way' written 1988 (Not the original)
- 2) 1990s SONGS WRITTEN BY FISAL ALLY - check out My 1950s style songs, 'LISA' and 'TRUE LOVE' and note the similarities between True Love (Intro and middle) to Bruno Mars 24 Karat Magic...When I wrote 'True Love' I realized that I was writing a 1950s style song, and I had alot of extra lyrics and Lisa is a spun off from True Love.
- 3) More original songs from the 1990s - Another protest songs NEW CLEAR SOCIETY
- 4) Precious Holdiay SONGS WRITTEN BY F. ALLY - check out Nobody Wanna Say Goodbye3) 5) CHRISTMAS HOLIDAY SONGS WRITTEN BY F. ALLY - Another protest song Keep The Peace
- 6) SIMILARITIES TO BRUNO MARS, LADY ANTEBELLUM, LADY GAGA & ARIAN GRANDE - AT THE BOTTOM AND OTHER WRITINGS EXPLAIN MANY SIMILARITIES TO ALLY'S WORKING STARING IN 2011.
- 7) BOLLYWOOD COVER TUNES SANG BY FAZIL RAHMAN (LIVES IN TORONTO)
- 6) MORE ORIGINAL SONGS BY FISAL ALLY (1990s/2000s) - Check out No Perfect Man - I played all the instruments in this song, like I've done on many others.
- 7) INSTRUMENTALS AT ALLY STUDIOS (all instruments played Fisal Ally (used drum machine) & all songs written by Fisal Ally
- 8) MORE ORIGINAL SONGS FROM THE 1990s BY FISAL ALLY (TO BE UPLOADED SOON)

Note: The first song below, 'The Birds Won't come my way' is not the original recording from 1988. During the radio interview that's went I was told that the song was Protest song. I had no idea I was actually writing protest songs until I was told that's what I had done.

My personal website with my views: www.fisalally.com

SONGS COPYRIGHT PROTECTED

All of Fisal Ally's songs are copyright protected. Tracks were converted from cassette tapes to digital. The backing Tracks from the 1990s were used in Rain Go Away and some overdubs were done in March 2020, but the song is the same as the original.

Original songs written by Fisal Ally (Music & Lyrics). Songs recorded between 1989 to 1999

Ally's protest song 1988 -The Birds Won't Come My Way

a-the-birds-won't-come-my-way-aug9-2015-1990s-song-fisal_ally-played-all-instruments (mp3)

fisal-ally-song-book-original-songs-original-music-recorded (pdf)

ALLY TAKES YOU BACK TO THE 1990S INDY MUSIC SCENE

1990s SONGS WRITTEN BY FISAL ALLY

01-blue-caribbean-sea-(instr)fisal_ally-chizek-on-sax-ally-on-keyboard-bass-guitar)1990s (mp3)

02-lisa-fisal_ally(koliger-lead-guitar)1990s (mp3)

04-out-of-control_fisal-ally1990s(ally-lead_guitar) (mp3)

05-socrazy4u-fisal_ally(ally-lead-guitar)1990s (mp3)

[https://img1.wsimg.com/blobby/go/ba8ecdfe-4f69-4d63-a922-006bae89a273/downloads/05-socrazy4u-fisal_ally\(ally-lead-guitar\)1990s.mp3?ver=1615960057622](https://img1.wsimg.com/blobby/go/ba8ecdfe-4f69-4d63-a922-006bae89a273/downloads/05-socrazy4u-fisal_ally(ally-lead-guitar)1990s.mp3?ver=1615960057622)

06-rain-go-away-fisal_ally(ally-harmonica-guitar-bass)1990s (mp3)

07-keep-mae-fire-burning-fisal_ally(cooke-reggae-keyboard)1990s (mp3)

08-gia-carangi-the-supermodel-fisal_ally(ally-keyboard)1990s (mp3)

09-thats-crazy-love-fisal_ally(ally-lead-guitar)1990s (mp3)

1990S INDEPENDENT MUSIC SCENE

ON RECORDING SONGS

WRITING SONGS AND RECORDING WITH SOME AMAZING MUSICIANS AND STUDIOS IN THE 1990s

IT WAS 1988 or 1989 WHEN I WROTE THE SONG 'THE BIRDS WON'T COME MY WAY' AND ANOTHER SONG. AFTER HEARING THE TWO SONGS ON THE RADIO, I BECAME EVEN MORE MOTIVATED TO KEEP WRITING SONGS AND BEGAN RECORDING MY SONGS AT HOME ON ADAT MACHINES AND 4 TRACK RECORDERS where I played all the instruments. I THEN BEGAN ENTERING SOME PROFESSIONAL MUSIC STUDIOS. A friend from work, Rob Chizek, played saxophone on the instrumental version of Blue Caribbean Sea. Another friend, Roxana Avalos-Calderon played violin on A Kiss Goodnight. Some session players came into play on some of the tracks: Gary Koliger, Tim Lent, Phil Anderson, John Cooke, Carmine Caligiuri, Mark Puffer, Matt Robertsons, Tim Anderson. Songs and backing tracks were recorded at Beta, Powersound, Big Records, and in my home studio at the time called BackAlly Music Studio but now simply Ally Studios.

MORE ORIGINAL SONGS BY FISAL ALLY

01-new-clear-society-fisal-ally-1990s(ally-lead-guitar&keyboard) (mp3)

02-wide-eye-innocent(instr)-fisal-ally-1990s(robertsons-lead-guitar) (mp3)

03-true love-fisal-ally-1990s(puffer-lead-guitar) (mp3)

04-a-kiss-goodnight-fisal-ally1990s(violin-avalos-calderon_picking-guitar-ally) (mp3)

05-say-no(instr)-fisal-ally-1990s(ally-lead-guitar) (mp3)

06-candle-that-burns_Fisal-Ally1990s(ally-guitar) (mp3)

07-reaching-out_Fisal-Ally1990s(ally-bass-guitar-drum_tracks) (mp3)

PRECIOUS HOLIDAYS 2020 SELECTION - ORIGINALS BY FISAL ALLY

1a-precious-holidays-ver2-fisal-ally-original-christmas-song-is-from-1990s (mp3)

2a-incensitive-fisal-ally-this-ver-2015 (mp3)

3a-nobody-wanna-say-goodbye-fisal-ally-this-ver2015 (mp3)

4a-the-birds-won't-come-my-way-aug9-2015-fisal-ally-1990s-song (mp3)

5a-story of my life-Aug9-cAlly2010 (mp3)

6a-a-kiss-goodnight-1990s-song-fisal-ally-ver2015 (mp3)

7a-true-love-Aug8-cAlly-1990s-song-ver2015 (mp3)

CHRISTMAS HOLIDAY SONGS WRITTEN BY F. ALLY

1-keep-the-peace-fisal_Ally-2012 (mp3)

2-christmas-with-church-choir-fisal-ally-1990 (mp3)

3-precious-holidays&a-happy-new-year-fisal_Ally-2012 (mp3)

4-keep-the-peace-with-church-choir-fisal-ally1999 (mp3)

5-reflect-and-celebrate-c2012-fisal-ally-instr (mp3)

6-precious-holidays-c2010-fisal_ally-instr-ver2 (mp3)

7-old-year-Instrumental-fisal-ally-2012 (mp3)

SIMILARITIES

SIMILARITIES EXPLAINED IN THE DIVERSE CITY MAGAZINES

SIMILARITIES TO MY SONG 'RAIN GO AWAY'

I believe that Rain On Me sang by Lady Gaga & Ariana Grande has SAMPLED MY SONG 'RAIN GO AWAY'

Rain Go Away posted on April 20, 2020 on www.allymedia.ca / www.fisalally.com

Rain On Me released around May 22, 2020 as a single

SEE INFO BELOW

Fisal Ally...May 22, 2020

Similarities to Bruno Mars 24Karat Magic (intro and middle very similar) to F. Ally's True Love. Not just the intro, but the intro and the middle. Sing his intro and middle along with mine and see what you get. And Lady Antebellum (Lady A) Just a Kiss (Goodnight) and F. Ally's A Kiss Goodnight, were explained in the Diverse City Magazine. Go to the ending of both songs and you will see the song 'Just A Kiss' has the identical lyrics and similar melodies with changes. They are adding the word 'Just'. Go to the ending of the two songs and see the similarities. It looks like my complete song was also RE-ENGINEERED. Other explanations are in previous edition of this magazine. Disney's 'A Kiss Goodnight' kept singing 'with a kiss goodnight' over and over and that comes right out of my song - identical words and melody. I believe that in all of my songs the only time I mentioned the word 'VALENTINES' is in A Kiss Goodnight, and Disney's book or project called 'A Kiss Goodnight' that came out in 2017 while I was promoting my song 'A Kiss Goodnight' is also about VALENTINES. COINCIDENCE? I DOUBT IT. These are all dead give aways. In songwriting, you can have the same phrases such as 'I love you', 'you're my baby' etc...because that's the way we talk so we write songs in a similar way but with melodies. We write songs using words and phrases. But suddenly there are too many similarities to many of my songs. I only mentioned 3 songs, but this was done to many of my songs starting in 2011, but never before, else I would have know that and I would have been writing about it in my previous magazine and in my literature. Why all of a sudden? What went wrong that I would be targeted. I believe that this is all about showing hate and racism towards people like myself.

Around 2017 when I created a Facebook page on Facebook called 'A Kiss Goodnight' to discuss the similarities between A Kiss Goodnight which came out in 2017 by Disney, while I was promoting my song 'A Kiss Goodnight' I was kicked off facebook, locked out and was not allowed back in even after contacting Facebook about 4 times and got no response. It was also in 2017 when someone told me he sent the CD I had given him to two sisters. And that's when I realized what was actually taking place. This is real where people like myself are attacked by a ground of people working together and carrying all kinds of wickedness and deceptions. Why would Facebook stop me from talking about 'A Kiss Goodnight.' Look what's going on with the 2020 US Election where people who are speaking out are being censored. Obviously there has to be a major reason. Dr. Shiva Ayyadurai, the inventor of email when he was 14 years old and who is running for US senate 2020, has been discussing how Twitter suspended his account for 21 days while running for senate as he exposed the Electronic Voting system with features to change vote counts. Facebook, Twitter and Google are being confronted by US senators and being drilled and you should see the CEO's faces. It was in 2011 countless similarities to my work began when people found out that I had written over 100 original songs and about 15 books; but never happened before 2011. I was targeted as Islamophobia spread and rage on like

wild fire in Edmonton, just to show hate towards me and my religion. It is shocking to see and know what goes on...Fisal Ally...updated Jan10, 2021

1990S INDY SCENE - FISAL ALLY WRITING & RECORDING ORIGINAL SONGS/MUSIC,. AND ALSO WROTE 2 SERIES OF BOOKS (9 BOOKS) IN THE 1990S AS AN INDEPENDENT ARTIST WHILE WORKING FULL TIME AS A COMPUTER PROGRAMMER - IT WAS HARD WORK AND DEDICATION WHERE AT TIMES I HAD TO DRAG MYSELF TO THE STUDIO DOWNTOWN HOPING THAT I HAD PRACTICED ENOUGH TO DO THE RECORDINGS, MANY TIMES PLAYING ALL THE INSTRUMENTS FROM LEAD GUITAR, RHYTHM GUITAR, BASS, AND KEYBOARDS (EXCEPT DRUMS WHERE A DRUMMER CAME IN AND PLAYED) AS I HAD TO COVER ALL STUDIO COSTS BEING AN INDEPENDENT ARTIST. RECORDINGS HAD TO BE DONE QUICK TO SAVE COST, SO I DID WHAT I COULD FOR WHAT I CAN AFFORD! Here is an example of what goes on in the studio. Once at Beta Studios located downtown, I had created all the lead parts at home for SoCrazy4u before entering the studio that evening after work to record the lead guitar, vocals and mix down, but when I was recording the lead guitar break in the middle of the song, it just wouldn't come together. I was so thankful that the recording engineer had taken control and directed me as I come up with a new lead guitar break. I'm always prepared, but this time my lead part was not working, so I had to create a whole new lead guitar part on the fly and quick. For a while it was frustrating trying to make it gel together, probably because I was also drained of energy, having to work all day as a computer programmer and then getting to the studio. It was hard world and dedication to even write songs, play all or most of the instruments and at the same time working as a computer programmer. I have countless home recordings and tapes, probably hundreds. Not anybody can have this kind of mind set, as a lot of time and effort was invested. It was hard work. But as I played, the recording engineer would stop me, stop the tape and start the tape and direct me redoing parts as I created and piece together a new lead for the song on the fly, and he would let me know if the lead was coming together. It all worked out. And that's why its great entering a professional studio with professionals because that's where you learn and grow. See below for my song called SoCrazy4u. On this version of the song in the studio I only played the lead guitar, whereas on a previous home version I had played all the instruments. I had also done a rhythm guitar, but I do not know if it used used in the mix as I just let the recording engineer decide what's best for the mix; being hungry and drained of energy, I also had to get home, eat, and get ready for the next work day.

MORE ORIGINAL SONGS BY FISAL ALLY (1990s/2000s)

1-we-party-till-we-feel-alright_fisal-ally-1997-at-big-records (mp3)

2-no-perfect-man-fisal_ally-2012-in-ally-studios (mp3)

3-true-love-upbeat-fisal-ally-at-bigrecords1997-ally-bass&lead_guitar (mp3)

b-missing-you-going-crazy-1990s-fisal-ally-lead_guitar-by-ally (mp3)

b-sometimes-1990s-song-fisal-ally-this-ver2015 (mp3)

b-that's-crazy-love-aug9-2015ver-1990s-song-fisal-ally (mp3)

b-story-of-my-life-written-in-2010-fisal-ally (mp3)

c-sometimes-aug8-2015-fisal-ally-1990s (mp3)

b-no-perfect-man-ver-aug8-2015-cAlly-2010 (mp3)

INSTRUMENTALSatALLY STUDIOS(all instruments played by F.ALLY)

1-true-love-c1990s-fisal_ally (mp3)

2-a-kiss-goodnight-c1990s-fisal_ally (mp3)

3-nobody-wanna-say-goodbye-c2010-fisal_ally (mp3)

4-story-of-my-life-c2010-fisal_ally (mp3)

5-precious-holidays-c2010-fisal_ally (mp3)

6-reflect-and-celebrate-c2012-fisal-ally (mp3)

7-no-perfect-man-c2010-fisal_ally (mp3)

8-thats-crazy-love-c1990s-fisal_ally (mp3)

9-sometimes-90s-fisal_ally-ver2 (mp3)

10-the-birds-won't-come-my-way-c1990s-fisal_ally (mp3)

11-sometimes-ver1-c1990s-fisal-ally (mp3)

MORE ORIGINAL SONGS BY ALLY COMING SOON

MORE SONGS TO COME...Sometimes, Estos Sentimientos and more...

Picture from the 1990s (note: the picture was not copied from the website)

All songs are copyright protected. Tracks were converted from cassette tapes to digital and thus there are some noise and loss of quality, which is no fault of where the original tracks were recorded. The backing Tracks from the 1990s were used in Rain Go Away and some overdubs were done in March 2020, but the song is the same as the original.

IT WAS 1988 OR 1989 WHEN I WROTE THE SONG 'THE BIRDS WON'T COME MY WAY' AND ANOTHER SONG. AFTER HEARING THE TWO SONGS ON THE RADIO, I BECAME EVEN MORE MOTIVATED TO KEEP WRITING SONGS AND STARTED TO RECORD MY SONGS AT HOME, AND THEN ENTERED SOME PROFESSIONAL MUSIC STUDIOS WHERE I MET STUDIO MUSICIANS THAT PLAYED ON MANY OF THE SONGS ALONG WITH SOME FRIENDS...More to come...

Rain Go Away by Fisal Ally / Rain On Me sang by Lady Gaga & Ariana Grande
Rain Go Away posted on April 20, 2020 on www.allymedia.ca / www.fisalally.com
Rain On Me released around May 22, 2020 as a single

The only thing that makes this song , Rain on me, a little catchy is what sounds like it came directly form Rain Go Away with words modification for disguise. Starting in 2011 when some got hold of my songs, I started to hear many songs with similarities to my songs. Many times the lyrics and or melody would be changed, but I recognize my work.

For my song RAIN GO AWAY uploaded on this website on April 20, 2020, and the new song that just came out on May 22, 2020 called RAIN ON ME that was recommended by YouTube for me to watch, it caught my attention, when I saw the song title a bit opposite to Rain Go Away. Seeing the trend that's been taking place since 2011, I was expecting something soon since uploading these songs. I did hear a similarity to a part of Rain Go Away back around 2016 in a corporate commercial. When I examined RAIN ON ME, I IMMEDIATELY SAW THE SIMILARITIES TO MY SONG, RAIN GO AWAY. Where I sang the words 'Rain Go Away' and 'Rain Go Away, Go Away' that's where the similarities falls under. It seems like they took this part, other artists will have songs coming out similar to the other parts. This trend has been taking place since 2011.

Remember only the Main Stream Music can get their songs out to the public because they own and control all the platforms (including YouTube) and all the medias and they have all the connections to studios and songwriters. Independent musician like myself cannot get our songs out. Our songs can be shredded to pieces and nobody will know. Anybody can come on my website and access my song, or have other access to my songs and they can sell it off to the Main Stream claiming it's their work.

THEY CAN STRIP THE CATCH PARTS (SAMPLE) OUT OF MY SONGS AND INSERT IT INTO THEIR SONGS THAT HAVE NO CHARACTER TO MAKE IT CATCHY. ALL YOU NEED IS A CATCHY HOOK IN A SONG.

In the past I have written on similarities of songs like 'Just A Kiss' to my song 'A Kiss Goodnight' and '24 Karat Magic' to my song 'True Love'.

HERE ARE THE SIMILARITIES (SAMPLING)

Rain go away, go away, Rain go away, go away (this is later in the song)
Rain on me, rain rain Rain on me, rain rain

Rain Go Away (this is the first time I sang this part near the beginning)
Rain On Me

Rain Go Away

[https://img1.wsimg.com/blobby/go/ba8ecdfc-4f69-4d63-a922-006bae89a273/downloads/06-rain-go-away-fisal_ally\(ally-harmonica-guit.mp3?ver=1588959873737](https://img1.wsimg.com/blobby/go/ba8ecdfc-4f69-4d63-a922-006bae89a273/downloads/06-rain-go-away-fisal_ally(ally-harmonica-guit.mp3?ver=1588959873737)

Rain On Me

<https://www.youtube.com/watch?v=AoAm4om0wTs>

POSSIBLE SIMILARITIES

If you listen to other Lady Gaga tunes they do not sound like Rain On Me. She seems to have one style...

Fisal Ally...May 22, 2020...Update May 29, 2020 to reword
F. ALLY BACKGROUND CONTINUES

MORE TO COME

Exercising using a stretchy band during the covid-19 pandemic

By Fisal Ally

Edition 1, published on February 6, 2021 at 9pm (This version ver2 was modified slightly)

Disclaimer: This short article does not provide health or exercising instruction, but only shows how the writer improvises using a stretchy to carry out some exercise during the covid-19 pandemic, while stuck at home. When it comes to your health and exercising, you must seek the advice and training of professionals.

Not having enough events to write on due to covid and the lock down, I decided to write on some simple exercises I do at home using a stretchy band. Most of our fitness centers are closed due to the covid-19 pandemic, and for the ones that do not have any equipment; you can still do some exercises by spending only a few dollars on a few stretchy bands. I purchased a stretchy band with rings on each ends for about \$10. When the bands are on sale, you can get them for under \$5. At some stores you can get 5 bands with different tensions and two handles for under \$15. The bands are color coded for different tension. For example, green gives a 20 lb tension. If I need more tension I can get a 40 lb tension bad or put two 20 lb bands together. I do 3 or 4 sets and do about 15 reps per set.

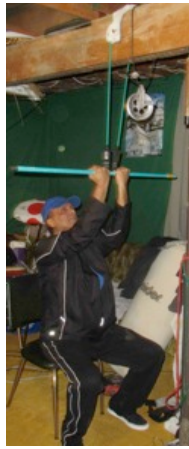
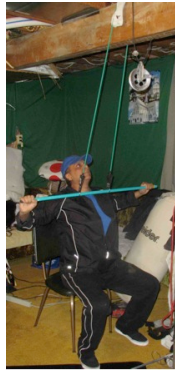
While at home during the pandemic, for cardio many of us have one of the following: a bike, an elliptical and or a treadmill. I use a stationary bike, which I start riding for about half hour about 4 times a week to get some cardio, getting in shape for the warm weather. If I did not have a bike then I would just simply run on the stop for a few minutes, or jump up and down, or step up and down on the lower step. I also have a bench press where I do some lightweights for my chest and legs.

Using stretchy bands

In the undeveloped basement, I placed the stretchy band over the beam and then let it hang down as seen in the diagrams below. If you do not have a beam, you can be creative and come up with something similar. I then placed a broomstick through the two holes of the band to use as a bar.

Pull downs for the shoulders

Sit on a chair, raise arms and place each hand at the end of the stick and pull down to the chest and then back up, and I repeat doing about 10 to 20 repetitions and about 3 sets



Pull downs for shoulder, back, lats and chest

Sit on a chair, place hands closer and pull down to chest and repeat.

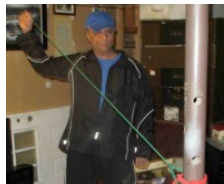


Exercise 1 for rotator cuffs

Loop stretchy band around a post or around a doorknob. Place hand as shown above and pull outwards and back to this position and repeat.

Exercise 2 for rotator cuffs

Place hand as shown and then pull back keeping hand at about a 90 degree angle as you pull back.



Exercise for the lats and back
Hands out as shown above, keep shoulders straight, flex lats and pull in to your chest or to your stomach and back out, and repeat. I do about 10 reps pulling towards my chest and then another 10 reps pulling towards



my stomach



Triceps exercise

From the position shown, pull down towards your leg and then back to this position and repeat.

I can also exercise my biceps by removing the band from the beam, and then step of the band and pull the band upwards, exercise my biceps. For my chest, I can hold the band across my chest and pull outwards and then back in.

I received some amusing comments about my arms getting big

I do not work out my arms, nor do I lift weights or do any kind of exercises that would develop my arms and body or to build muscles, but yet around March 10, 2021, I got a comment where someone said my arms are getting big. Tom said ‘your arms are getting big.’ I had on a t-shirt that was covering my arms. I was just standing there. All I’ve been doing is using the stretchy bands for exercises to strengthen around my rotator cuffs, along with some bench press just using a bar that weights about 15 lbs, and some leg exercises just using 10 pounds. Do you actually believe that this will build muscles? This will not build muscles, but it will tone up the muscle areas and to give more stability. That’s all it’s going to do. Nor do I use any protein supplement. Even if I were doing massive weight training, using weights instead of not stretchy band, it would be very hard for me to even gain half inch on my arms and it could take months. Can you imagine, someone not working out their arms, and just using a few light stretching bands to do some exercises for their rotator cuffs, were told that his arm is getting big? Very amusing. That would be magic! *(I’m just using the name Tom and other names below)*

Another person amused me by telling me that my arms are getting big

A few days later, a friend on the phone said something like, ‘I forgot to tell you when we were at the coffee shop a few days ago that your arms are getting big.’ The problem with that is, at the coffee shop, I had on my jacket. Are these guys reading off a script or what? If he wanted to say something about my arms while we were taking at the coffee shop, he would have said something like, ‘Hey wow! Have you been working out, your arms are getting big.’ Suddenly I am superman? Very amusing. Two people told me the same thing when my arms are not even noticeable? A part of a conspiracy?

I began lifting weights at age 15 and I do have a picture of myself flexing my arm. For that age and for a slim built person, if someone had told me that my arms were getting bigger, I would have been flattered and happy because at that age I was actually working out. For a person’s arm muscles to even grown by an inch it would take massive weight training and using supplements. I told him that my arm are not getting bigger. Harry said, ‘You’ve been lifting weights and exercising your arms?’ I said, “No! I was not lifting weights, nor focusing on my arms. I’m using a bar to do some bench press and I’m not even exercising my arms or biceps, but I’m using

the stretchy bands to build and tone my muscles around my rotator cuffs based on the exercises Jeff Prince, had given to me eleven years ago, which I still have to do.

Oh flattery! Flattery! These guys do not even know each other. I log these experiences for my story and journey which I can just copy and paste into a document for a book. So beware! I'm vigilant! Don't get caught with your pants down!

So do not expect your arms to get big using stretchy bands. It will not happen, unless you believe in fairytales and in your dreams.

A Technology Story

Billions of people around the world use the camera on their cell phone to make videos and post it back on YouTube and that seems to be okay. About a month ago, I took a picture of someone's side profile from a video he had posted, so I can sit back and draw a side profile of Shiva, and then write an article on him. I'm only doing what everyone else is doing, but much less. They are using their cameras to take pictures and or to video tape another videos, but all I did was used my camera to take a picture. I had no plans of using that picture for anything. My only plan was to look at the picture, use a pencil and do a sketch of Shiva. A few days later, as I watched another video by Shiva, I saw an almost identical side profile to the one, which I had taken on one of his old youtube videos (I believe it was an old video), being used as a thumbnail for that video. That thumbnail was not there before. Not only that, while Shiva was doing this new video that same side profile photo was now placed on the background during a part of his new video - more like a green screen thing where you can blend in another layer or picture. Magic again! Am I now a magician? How did that happen? Who would have the ability to know exactly what I'm doing in my home by using my small camera to take a picture on my computer screen, and then get that same or almost same side profile of that same person to use it as a thumbnail and in the background on Shiva's new video?

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...

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

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



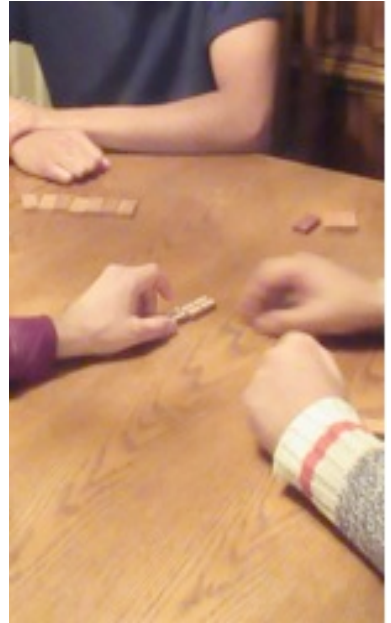
They secretly scheme and plot against you. They carry out their wickedness and they will shift the blame on you and have you framed. But they've been deceived all of their lives, even though they are afraid to admit it. Illegal activities like conning the elderly out of their life savings, stealing people's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



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