

DIVERSE CITY

Magazine

July 2018



SNO-KONES

On a hot summer day, with condense milk

FESTIVALS

Carnivals across Canada

HEALTH - AT AGE 70

No two bodies are alike

They felt old and thus became old

SIGNATURE WITH LOVE

Meet the Bengal cat, Ferrari

Cat Series



POTATO BALL RECIPE

A Taste from the Indo-Caribbean Cook Book

FAMILY PARTY SNACKS

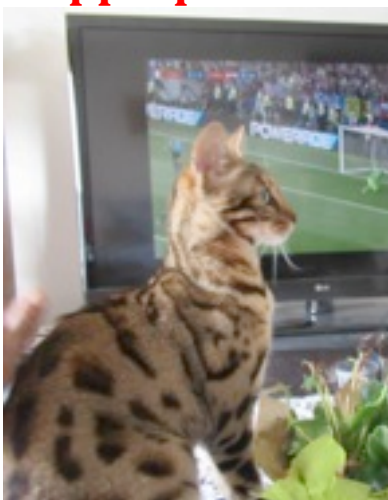
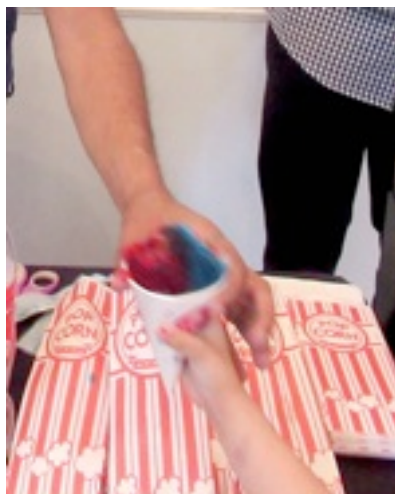
Party Till We Feel Alright

NEISHA'S KITCHEN

Pepperpot, an American Indian Dish

Roti, an East Indian Flat Bread

Pepperpot Club Humanitarian Work



DIVERSE CITY

World Magazine



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Minor updates on July 18, 2018

Minor updates on Nov 23, 2019

A new series of books, known at the

'Standing Up' series of books

by Faisal Ally

***STANDING UP
AGAINST RACISM***



There's nothing like a cool and thirst-quenching snowcone on a hot summer's day. Making refreshing snowcones and popcorn at a one year old birthday party.

SNO-KONES ON A HOT SUMMER'S DAY



Pouring on the condense milk...

Pictures taken at a birthday party celebration for a one year old

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to 20% of your company's benefit costs.

MAKING SNO-KONES

SUMMER FUN! FUN! FUN! FUN!



Add ice cubes to the top - press down top lid which crushes the ice cubes...



Out comes crush ice at the bottom. Use scoop to scoop crushed ice into a cone cup



Add syrup on top from pump bottle

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Adding syrup to top from pump bottle



Add condense milk to make sweeter (or leave out)



Make a design using condense milk



Sharing the joy with children and adults



A girl enjoying her sno-kone with two flavors

A brief history on this sno-kone machine used at the one-year-old birthday

Alberta Friends of Guyana Association (which have not functioned in the past few years) came to life in 1978, bringing the few Guyanese that lived in the city of Edmonton together. The Association was the first to begin selling sno-kones during the Heritage Days festivals where the lineups were very long, thus starting the sko-kones tradition at heritage days. By the next year or a few years later, some of the other pavilions had joined in the fun also bringing sno-kones to the children and adults, cooling them down under the hot summer sun. This sno-kone machine as shown above, have been around for decades now and still works great.

FESTIVALS 2018

Carnivals livening up the cities with Mas Bands, Street Parades, and Costumes Extravaganza.

***Caribana Canival** (*North America's largest street festival*). Bravo for contributing to an everlasting Canadian tradition and economy

Aug 4 to Aug 6

Grand Parade Saturday, August 4, 2018

***Cariwest (Edmonton)**

August 10-12, 2018

Downtown, Edmonton

***Carifest (Calgary)**

Saturday, August 25, 2018

***Carifesta (Montreal)**

Parade Saturday, July 7, at noon.

***Soca Reggae Festival (Winnipeg)**

Saturday July 13, 14 & 15, 2018

***Vancouver's Caribbean Days Festival**

July 28-29.



Pictures taken and copyright by Faisal Ally

HEALTH

At age 70 no two bodies are alike



When a person is 20 years old, his/her body may look like most 20 year old, but by the time a person reaches age 70, no two bodies are alike, since our experiences are unique.

Chronological, Biological, Psychological Age

According to Dr. Deepak Chopra, author of Ageless Body Timeless Mind, a person’s age depends on three different ages: Chronological age is measured by the calendar; Biological age is a measurement of how organs and tissues have aged over time, thus biological age tells us how our body has actually aged; Psychological age which tells us how old we feel is more personal.

Out of the three measurements, chronological age is the most unreliable measurement of age. An example is where a 50 year old person is almost as healthy as when he was 25 years old, whereas another 50 year old may have the body and health of a 60 year or even a 70 year old.

They felt old and thus became old...
Continue on the next page...

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They felt old and thus became old and looks old

According to Dr. Chopra, biological age tells us how old we really are as over time, our organs and tissues ages differently as compared to people with your chronological age. He states that some of the elements that accelerates the aging process are: Depression; Feelings helpless to change oneself and others; Loneliness; Lack of regular daily routine; Job dissatisfaction; Financial burdens; Habitual or excessive worry.

The above article is a subset from the article Reversing The Aging Process, published in the Cariwave, The Caribbean Magazine, Fall 2002 Edition

Further reading and Reference: Ageless Body Timeless Mind, Cariwave, The Caribbean Magazine, Fall 2002 Edition

FAMILY PARTY SNACKS

Party Till We Feel Alright



PARTY TIME

**PARTY TILL WE FEEL ALRIGHT AND DANCE TILL THE SUN COMES UP
WITH DELICIOUS SNACKS**

POTATO BALL RECIPE

A TASTE FROM THE 'INDO-CARIBBEAN COOK BOOK'



For the batter, mix the pea flour and the plain flour together with 1 tsp. salt, 1/2 tsp. geera, and 1Tbsp. onion. Add enough water to make a soft batter. Peel potatoes, boil (not too soft) and mash. Add the rest of the geera, salt, onions, garlic and thyme. Add beaten eggs and mix well. Form the potatoes into small balls, the size of small eggs. To deep fry heat the oil. Dip the potatoes into the pea mixture, turning it around so that the potato is covered with batter. Put into deep oil to fry until brown. Add more pea flour to batter if too thin; Add more water to batter if too thick.

Ingredients

Potato Balls (a recipe from the Indo-Caribbean Cook Book)

10-12 potatoes, 2 cups pea flour, 1 cup plain flour, 1 clove garlic, 2 cups water, 2 tsp. salt, 2 Tbsp. onion, 1 1/2 tsp. geera, 1 tsp. thyme, 2 large eggs



Pictures of some tasty potato balls with mango chutney

HACKING YOU



A hacker at work, hacking systems - he is wicked and is deceitfull

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.

WELCOME TO THE REAL WORLD! HACKERS AT WORK

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 criminals.



*Hackers stealing personal information
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**YOU DO NOT HAVE TO BE CONNECTED TO ANYTHING
AND YOUR WHEREABOUTS OUT IN THE WORLD
CAN EASILY BE TRACKED
THIS TECHNOLOGY EXISTS ALTHOUGH YOU ARE NOT AWARE
THEY DO NOT CARRY OUT THEIR CRIMINAL ACTIVITIES TO GET CAUGHT
THEY ARE DECEITFUL AND TWO FACED
AND WILL SHIFT ALL THE BLAME ON YOU
IT'S DONE SECRETLY AND BEHIND THE SCENES
AND TO HAVE YOU FRAMED
AND THE CRIMINALS ALWAYS GET AWAY WITH IT**

SIGNATURE WITH LOVE Cat Series

MEET FERRARI



Ferrari is precious, cool and calm Bengal cat who is just one and a half year old. He love the indoors and outdoors. If you would like to read a book on cats, F. Ally has published the book, 'Signature with Love' in 2012, a true story about Mustapha, Salima and their cats. In Peter's Hall, Mustapha and Salima had four cats named Daoud, Raouf, Sneeze, Sulley, and after immigrating to New York, they had found a kitten at their door and named him Tom. Years later, they got another cat named Whitey, a good company for Tom.



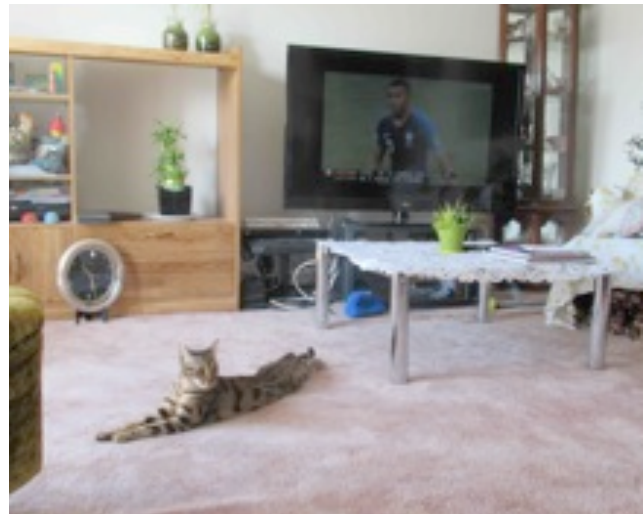
On top the sowing machine



Looking out the window



Just relaxing with my pals



Stretching out



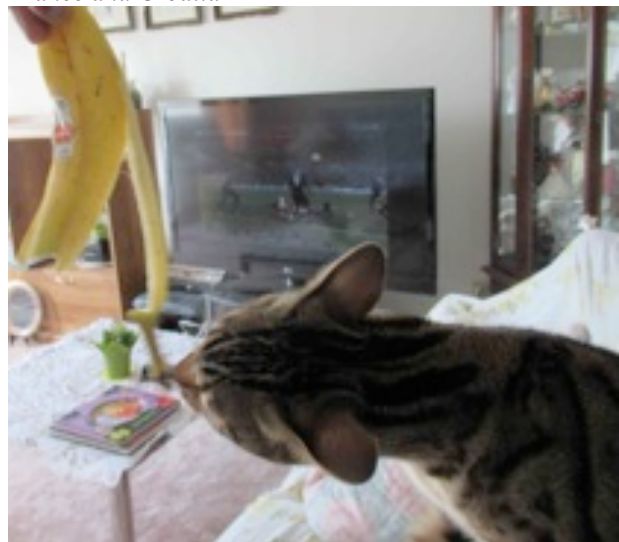
A curious cat



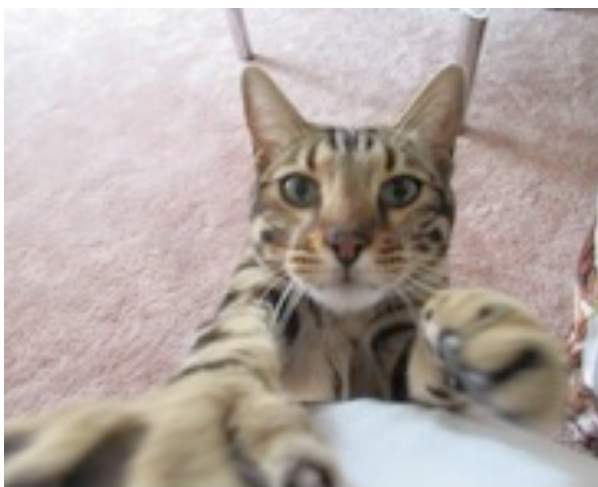
Checking out the 2018 world cup finals between France and Croatia



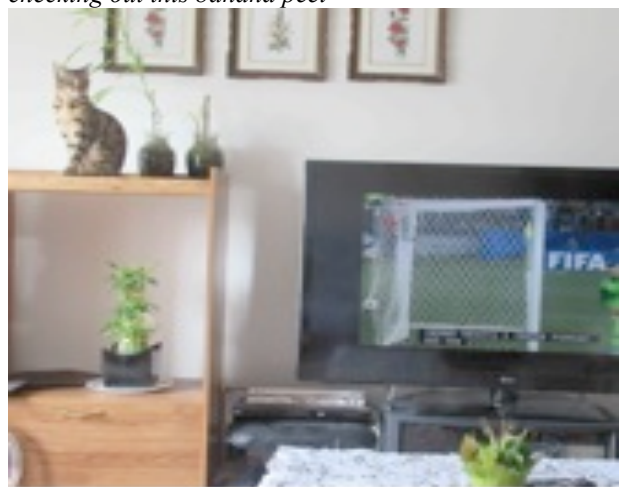
He likes to nibble on this plant and some other plants



Not only does he like nibbling on plants, but he's checking out this banana peel



He's Reaching out



Hanging out on top the desk

NEISHA'S KITCHEN

Making Pepperpot and Roti

PEPPERPOT



Pepperpot is a national dish from Guyana.
Origin is Amerindian (American Indian)

Total cooking time using a pressure cooker is approx. 1 hour
Total cooking time without a pressure cooker is
approx. 1 hour and 45 minutes

Prep time approx. 15 minutes

In Guyana, pepperpot is often eaten with fresh homemade bread, by breaking a piece of the bread and dipping it into the gravy.

Serves about 10

Pepperpot

If use pressure cooker (will take half the time). Using a regular pot will take twice as long.
Although Neisha used the pressure cooker, the pressure system of the pot had malfunctioned, and thus the dish had taken over one and a half hour to cook.

Ingredients and price

Beef - .935 lb / .424kg - \$7.00

Oxtail - 1.615lb / .733 kg - \$14.52

casreep

Can use one or both

Often cow heel or oxtail is used

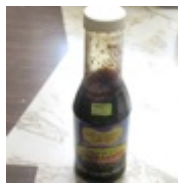
Approximately 1/2 onion and 6 cloves garlic



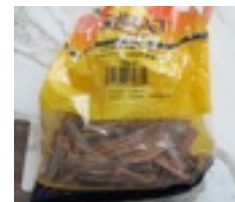
Ox-tail



Beef



Casreep - This sauce is used for making the pepperpot sauce



Spice - cinnamon sticks



Garlic, one cinnamon stick, Pressure cooker top



1) Place beef and oxtail



2) Wash and rinse meat by pouring 1/2 cup pure vinegar into bowl, then wash and rinse.



3) Fill 1/4 of pot with water and cover. Turn stove to Hi and boil water.



4) 10 minutes later, as water boil, add meat to pot



5) Add approx. 1/2 tablespoon salt or to taste.



6) Let the meat boil. Add 1 cinnamon stick and garlic (approx. 5 or 6 cloves)



7) 10 minutes later, add approx. 4 tablespoon of casreep



8) Keep boiling



9) Put cover on pressure cooker, or on pot



10) About 10 minutes later, add 2 tablespoon sugar. Cover.



11) 30 minutes later, remove cover and taste pepperpot stew.



12) Tasting the sauce



13) Add another spoon sugar. Put cover back on and cook for another fifteen minutes



14) Stir



15) 10 minutes later, add approx. one more tablespoon casreep. Stir and a two minutes later, turn off stove. Pepperpot is completed.

ROTI (INDIAN BREAD)

Also called oil roti



Roti is another national dish of Guyana, known as Indian bread. Origin is East Indian, brought by the East Indian laborers to Guyana, Trinidad, Jamaica and other places in South America and the Caribbean starting back in 1838.

Cooking time: 1.5 hours

Roti is used with most dishes of Indian origin such as curry dishes, fried okra, fried baigan, fried potatoes (aloo), plus many more.

Ingredients: 1/2 bag flour, Baking powder, Tawa or big frying pan for baking

Keep some flour in a bowl on the side for rubbing on top of the flour balls so they do not stick to your hand and to the pan.

Will make approximately 15 rotis (8 inches to 9 inches in diameter)



1) Add 1/2 bag flour to bowl

2) Add 2 tablespoon baking powder to flour

3) Add approx. 4 cups of water slowly and mix flour into a paste,



4) Put some flour from the side bowl in your palms to prevent mix from sticking on your hand

5) Mix and continue adding water slowly

6) Add approx. 2 tablespoon oil to flour and mix so the paste becomes softer



7) Continue mixing

8) Add some more oil so mix becomes softer



9) Break flour into small pieces and make into a ball (about 4 to 5 inches in diameter)



10) Make round



11) Flatten a little and dip into flour so it does not stick



12) Place on table and use a ROLLER to roll and flatten out



13) Making into a square shape



14) Rub on some oil and then fold into a square



15) Use roller to flatten out square.



16) Put stove on Hi Place roti on tawa or in pan to cook



17) As roti cook, after about 30 seconds, rub on some oil



18) Use spatula to flip onto other side



19) Rub on some oil. Flip a few times



Be careful not to burn roti



Roti completed

***MORE TO COME FROM
NEISHA'S KITCHEN
In the next edition of the
Diverse City Magazine***

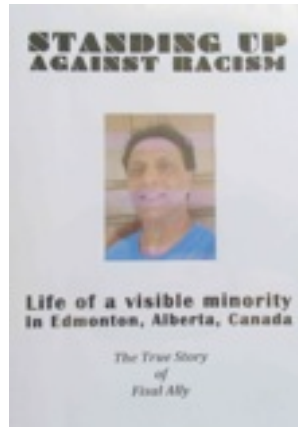


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'STANDING UP' Against racism

A new series of books in the work by F. Ally known as the 'Standing Up' series of books.



This first small book was released Dec 14, 2017. This book discusses some of the harassments F. Ally have been experiencing since the year 2011.

The second book released June 22, 2018. This book also brings to life how four small children traveled from Georgetown, Guyana heading for Trinidad, making it through the crowded Toronto airport and then headed to Edmonton to join their parents. Ally discusses what it was like living in Edmonton and Toronto decades ago and some of the discrimination he has faced. Although the first two books in this 'Standing Up' Series of Books are on Faisal Ally's experiences.

Ally have covered racism against Caucasians in the Diverse City Magazine, May 2108 Edition on p. 69 under the heading 'Discrimination and racism against Caucasians are also taking place in the work place.' This section will most likely become a part of Book 3 in the 'Standing Up' Series of books.

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AROUND THE CITY

Road Work



Obstruction

Cracked Ceiling

Slow Down

Read the signs

Don't Tailgate

KEEP AN EYE ON THE SPEED LIMIT

WATCH OUT FOR THE HOLES



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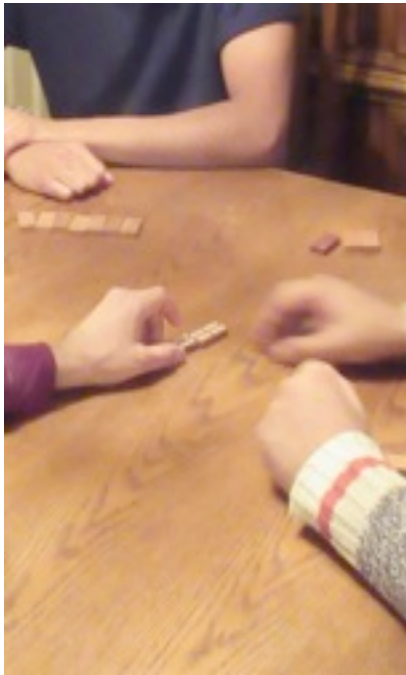
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FIXING A HOLE - CITY AT WORK



July 2018



PEPPERPOT CLUB HUMANITARIAN WORK

(LOCATION: EDMONTON, ALBERTA, CANADA)

Now collecting clothes and books for another donation!

email to info@signaturewithlove.com



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

PEPPERPOT CLUB

HUMANITARIAN WORK

CLOTHES AND BOOKS DONATED TO GOODWILL IN JUNE 2018

During the past few months books and clothes were collected from people's homes. People often have new clothes packed away for years, or clothes that looks new that they want to get rid of. Books from over the years also take up space. Faisal Ally has donated about 5 boxes of books his grandmother used to read, where many were romance books; she read lots of books and had read until her passing when she was 88 years old. Other books, such as comics, school books, and others were also donated.

THE PEPPERPOT TEAM IN EDMONTON, ALBERTA, CANADA WILL BE COLLECTING MORE CLOTHES AND BOOKS TO MAKE ANOTHER DONATION.

Looking Back on Songs

Some of F. Ally's favorite songs from the past, and which he plays once in a while on the guitar

Ally's Pick

Ballads

Kiss and Say Goodbye
Save The Last Dance For Me
Spanish Eyes, Last Waltz
Please Release Me
The way it used to be
Unchained Melody
You don't have to say you love me
Love me with all of your heart
Always on my mind
A man without love

50s, 60s, 70s, 80s

Under The Boardwalk
Stand By Me, Donna,
La Bamba, Massachusetts
Roll Over Beethoven
Johnny B. Goode, Pipeline
Rock and Roll Music
Heart Break Hotel, Lean on Me
Crazy Little Thing Called Love
Tie a yellow ribbon round the
old oak tree, Wipeout
Stray cats Strut, Samba Pa Ti
Raindrop keeps falling on my
head

Indi songs written by Ally mainly from the 1990s

True Love
A Kiss Goodnight
Keep the Peace
Estos Sentimientos
Nobody Wanna Say Goodbye
My Home, Insensitive
New Clear Society
In A Special Way
Reaching Out
Party Till We Feel Alright
...and many more

NATURE PHOTOS



Crow at Rundel Park

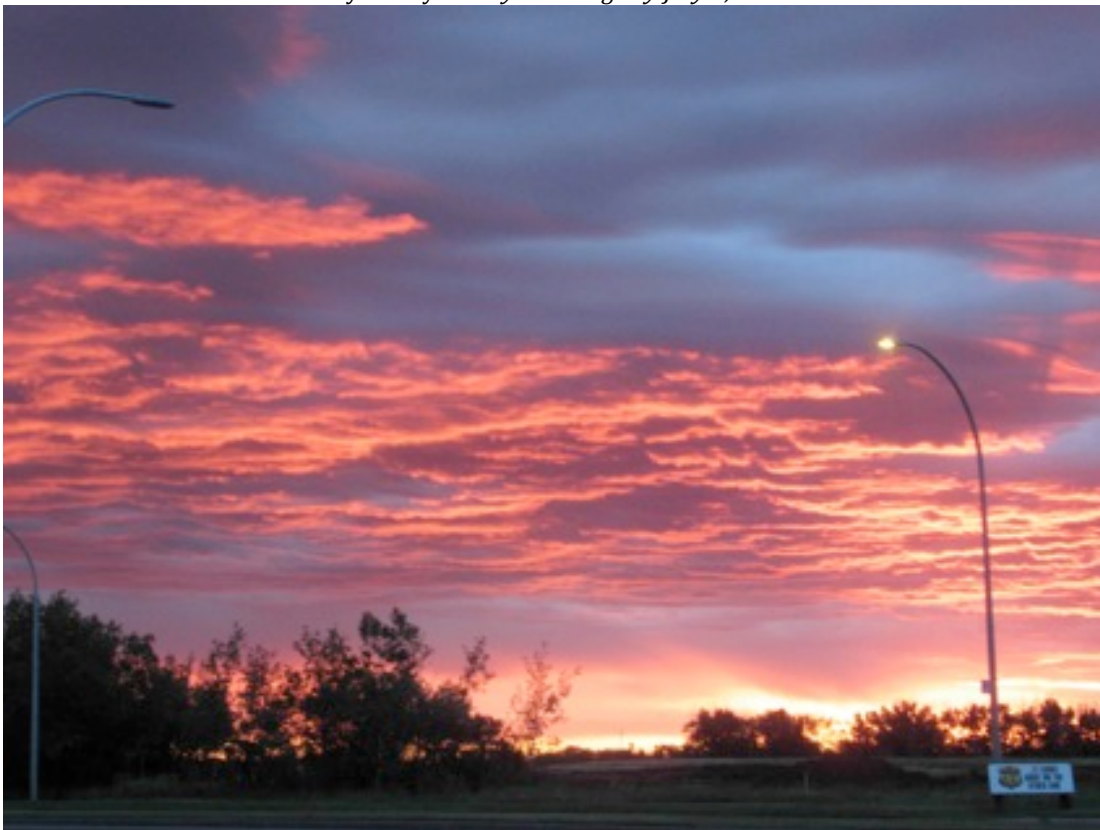


Canoe at Hermitage Park - Pictures by F. Ally

EYES ON THE SKY PHOTOS - SUMMER SKY 2018



Photos take by F. Ally - *Early morning sky July 9, 2018 at 5:15am*



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