

DIVERSE CITY

Magazine

Spring 2019



U.S COLLEGE ADMISSION FRAUD

SOME OF THE WEALTHIEST USING THE 'SIDE DOOR' FOR GUARANTEED ADMISSION TO THE MOST PRSTIGIOUS COLLEGES IN THE U.S FOR THEIR CHILDREN WERE EXPOSED AND CHARGED

NEW ZEALAND 2019 MASSARE

Children, elderly, women and men gunned down while worshipping. The terrorist who is an immigrant says immigration is a problem and also attacked 'whites' that were worshipping

LATIN AMERICAN CRISIS

Venezuela's mass migration - food shortage, high inflation, low oil production, as neighboring Guyana offshore oil will be a 'powerhouse' for Latin America

BENDING STRINGS

ALLY'S 1990s RECORDINGS

SESSION AT BETA RECORDERS

**Ally's project with producer/ guitarist Gary Koliger
Session drummer Tim Lent
Recording songs such as: SoCrazy4u,
Lisa, 2 Can Play (Party Till We Feel Alright)**

SPRING FESTIVALS

Chinese New Year, Holi, Rio Carnival, Trinidad and Tobago Carnival, Rodeo (Guyana), Easter



HEALING BY USHEDA

Shamanic Practitioner, Psychic Tarot Card Reader

TASTES & FLAVORS FROM

NEISHA, ASHAR, BROOKLYN'S KITCHEN

**Cost Economics for some quick home made meals
Chowmein, Channa Masala, Pasta**



STARTING YOUR GARDEN

Some seeds, dirt, egg trays, sunlight and water

HEALTH - Meditation steps

DIVERSE CITY

World Magazine



*Many accepts that we're living in a world that's always changing
and that we must work together, but some do not get it*

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Spring Edition (First Edition)

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Diverse City Magazine's *Second anniversary*

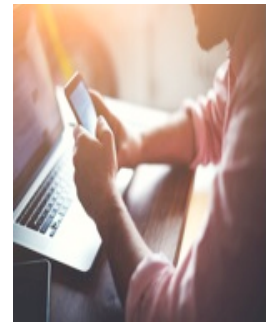
We're celebrating the second anniversary of the Diverse City Magazine, which was launched back on March 5, 2017. Today we are living in a very diverse world, and many articles in this magazine brings this diverse world to life with tastes, flavors, music and arts from around the world.

Promoting our art in this magazine

Diverse City Magazine is still growing. Over the months there have been write-ups by some writers, poets and authors. As for myself, being an indie artist, these magazines are a good way to promote my work and to also do a written documentary of my books and songs.

Cultural tastes

Being of Guyanese background from Guyana in South America, a place of many people that boasts many national intoxicating dishes that includes dishes originated from the Americas with the Amerindian dishes, Europe, Africa, Portugal, India, China, and other places, this magazine presents recipes from many cultures. Although there are political problems in Guyana, most refers to these dishes as their own, having united in tastes, flavors and music boasting great diversity. Dishes such as pepperpot, salt fish and bake, provisions, curry, bora, chowmein, fried rice, chowmein, Chinese cake, pine tarts, jelebi and beverages such as ginger beer, sorrel are some of flavors of this country.



A global economy and working together

Having lived in Guyana as a boy and being amongst many people of different faiths, races and colors and seeing the growth in diversity world wide as people from all corners of the world now living in a global world, it's important to understand and share this diversity as people together for stronger economic growth and a better life...Fisal Ally

It's spring
Our spring magazine

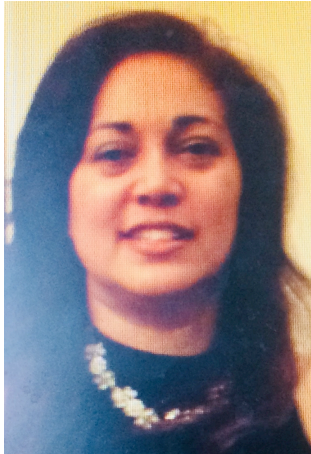
Our magazines can be read and or downloaded from www.allymedia.ca



FURRARI

Signature with Love

A True original story on the cats and some of the other pets in Mustapha and Salima's life as told by Mohammed Mustafa who passed away on Christmas Day 2011, including accounts by relatives and written down by F. Ally



USHEDA

Psychic Tarot Card reader, Shamanic Practitioner

Contact info.
Email ushanks@shaw.ca
Cell. 780.221.0602

HEALING BY USHEDA

Shamanism is pure and simple spirit work used to heal people.

TRADITIONAL TECHNIQUES

Using traditional techniques to invoke the ancestral Spirits, the shaman / spirit healer acts as a 'bridge between the spirit and the mundane world'. Once the ancestral spirits are called they do the healing work.

SOUL DOCTOR

A shaman is a soul doctor who facilitated healing on a soul level. There are three types of rituals which are usually done in stages for each healing session. The first is soul resonance where the shaman scans the bodily energies of the client to get a basic blue print. Once this is done the client is debriefed and the second part called soul extraction is done. With the help of an extraction guide the unwanted residual is removed. The third part is soul retrieval where the missing parts of the soul are called back in with the help of guides. The length and intensity of each session varies from client to client. Some may require more than one session.

TECHNIQUES USED

These techniques are used with clients who come to the shaman as a last resort. Some clients may have suffered from soul imbalance etc... all their lives and finally get some relief. Oftentimes childhood traumas cause irreparable " damage" on a soul level. The shaman will receive visions and other pertinent information to relay to the client. This is done with a lot of compassion and empathy in a respectful and comfortable place.

Results are normally excellent and can be recognized almost immediately. Clients usually feel happy and relaxed right away.....*Usheda*

Mary Browns

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Crisis in Latin America

Venezuela's mass migration is Latin America's largest migration

By Faisal Ally

Venezuela's mass migration is the largest migration in Latin America's history with approximately 3 million out of a population of around 31 million having already fled to other countries in South America and other places around the world. One of the main reasons for Venezuela's collapse is the continuous decrease in oil production due to oil from Canada, Mexico and other places, decreasing the demand for Venezuela oil. A decade ago oil production was 2.6 million barrels a day just behind Saudi Arabia and Iran. According to reports, by the third quarter of 2017 Venezuela's oil production had fallen to 2.0 million, and recently to 1.1 million barrels a day. Due to US sanctions announced on January 20, Venezuela's oil production is estimated to fall much lower to .7 million barrels a day within six months.

GUYANA TO BECOME A 'POWERHOUSE' FOR LATIN AMERICAN WITH ITS OIL

While Venezuela's oil production is decreasing tremendously, neighboring Guyana's discovery of oil in recent years will most likely become a 'powerhouse' in Latin America supplying oil and also to other places. It's estimated that Guyana's offshore has over 4 to 5 billion barrels of oil. By the end of this decade, Guyana's oil production will begin and keep increasing during the decade and by 2030 producing to maximum capacity.

LOOKING BACK AT HUGO CHAVEZ AND THE OIL COLLAPSE

Looking back at this South American's country that's in turmoil, Hugo Chavez had served as President of Venezuela from 1999 to 2013 when he passed on at age 58. Chavez was re-elected in 2000 and in 2006, and in 2012 serving his fourth term as he continued to suffer from cancer that was detected in 2012. He passed away in 2013.

GREAT IMPROVEMENTS DURING CHAVEZ PRESIDENCY

While Chavez was in power with the country's high oil revenues starting in 2000 there were improvements and access to education, healthcare, food and housing. And by the mid 2000s with its high oil revenues there were also improvements in income and the quality of life. By 2012 a decline in these improvements were beginning to be noticed.

After the death of Hugo Chavez, President Nicolas Maduro came to power in April 2013. He had recently faced the biggest protests in two years, and the opposition leader, Juan Guaido, was announced as the interim president on May 21, 2018. Maduro claimed that the United States had backed Guaido.

...Continue on p.45

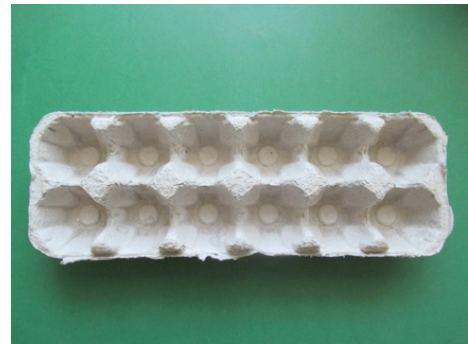
PLANTING A GARDEN

**Not in Florida or a warm country?
Spring and summer is too short before the frost comes in?
You still can get started on your garden**



This thyme plant was planted about 6 month ago by breaking off a small piece of another thyme plant and placing it in water until it caught root and was then planted in a pot. Used for seasoning and cooking.

...Plant by Nyron



Use small pots or egg trays to plant seeds, and later transplant outside around May or when the weather permits



An example of seeds purchased
Tomato and watermelon

...Continue on the next page

Get a head start by planting seeds in egg trays or pots

You can plant tomatoes, watermelon, sunflowers, broccoli and many other plants, including flowers. Let's get a head start by starting indoors a couple months before planting outdoors.

Read seed package carefully to see deep the seeds should be placed in the soil. In some cases one seed will be sufficient, in other cases you may have to place a few seeds spaced out.



Using egg trays. Put holes in the bottom. Place section with holes on top the other half of the egg tray to prevent the dirt from falling through.



Place soil inside tray.



Place a seed or a few seeds in each section. Read direction on the seed package.



Shows some watermelon seeds. One seed should work



A few tomato seeds. One may work



Cover seeds with a top layer of soil

Keep moist with water. It's best to place your egg trays on top a board, incase the water leaks through. Place in sunlight.

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Outside



Furrari

SIGNATURE WITH LOVE

**A TRUE STORY BY FISAL ALLY
As told by Mustapha and his relatives**



**PARTY TILL
WE FEEL ALRIGHT**

CARNIVAL TIME

**Rio Carnival,
Trinidad and Tobago Carnival
Guyana, Mashramani, Jamaica
Carifest, Cariwest**



TASTES & CUISINES

COLLEGE ADMISSION FRAUD

By Faisal Ally

THE LARGEST UNITED STATES COLLEGE ADMISSION FRAUD BY THE RICH

Where money is involved, there's corruption, and when someone is wealthy that person can use bribes to get what they want.

Fifty people were charged in the U.S largest college admission scam, which began to unravel with court hearings in March 2019. Famous actresses, CEO's, coaches, the organizer of this \$25 million dollar fraud, a former professional Canadian football player and many more have become the highlight of this scandal.

GUARANTEED COLLEGE ADMISSION THROUGH THE 'SIDE DOOR'

Most people are admitted to colleges through the 'front door' by working hard and achieving the marks to get in. Others get in through the 'backdoor' where they know someone and that person may have the connections for them to get in, and it can become very costly, but it's not guaranteed. Then there's the 'side door', which is a sure thing according to the organizer of this fraud. Some of the most wealthiest parents in the U. S wanted the guarantee that their children would get into one of the most prestigious colleges in the United states, such as Yale, Stanford, University of Southern California, the University of Texas, and the University of California at Los Angeles and others. This guarantee came from going through the 'side door' and is very expensive.

THE FRAUD INVOLVED FAKE IDS AND PHOTSHOPPED PICTURES

Documents were falsified for these children of these wealthy parents. Fake ID's and Photoshop pictures were created to even depict children of the rich as athletes in some sports such as rowing, soccer and tennis, even though the children had never participated in some of the sport before or were not at the level for college. Someone was hired to take the ACT and or the SAT college entrance exams where parent (s) were involved in the deception so someone else can take the exam(s) instead of their children.

THE ORGANIZER OF THE SCAM

The organizer of this scheme had pleaded guilty to the fraud which had taken place between 2011 and 2018 where wealthy parents had paid large sums of money to bribe college coaches and others.

TWO MAIN AREAS INVOLVED - ACADEMICS AND ATHLETICS

This fraud has two main areas: Academics and athletics, and more that 9 coaches and 33 parents were charged alleged to be involved in the scam. No charges were laid against any of the students, as often the students did not know what their parents were involved. So far the colleges were not blamed for the fraud as the colleges fired coaches and others involved in the scandal.

...continue on the next page

VICTIMS OF THESE SCAMS

Students that have worked very hard have been robbed of their opportunity to enroll in these colleges because their spots were taken by children of the wealthy, who can fork out hundreds of thousands and even millions to guarantee someone else's position was given to their children. Victims of this scam that have worked hard for admission may have missed out on life time opportunities.

FRAUD INVOLVED AS HIGH AS \$6.5 MILLION

The parents had paid from \$15,000, \$50,000, hundreds of thousand, and goes in the millions as high as \$6.5 million to have this guaranteed that their children would be enrolled in disciplines such as medicine and in sports, taking away these enrollments form students that have worked very hard to get in.

A MAIN ACTRESS FROM THE TV SERIES 'WHEN CALLS THE HEART' AND ALSO FROM THE COMEDY SERIES 'FULL HOUSE' WAS INVOLVED

Main actress of the TV comedy series 'Full House', and who is one of the lead stars in the TV series 'When calls the heart' with its first episode began in 2014 and based on the novel 'When Calls the Heart was fired from the show due to her involvement in the college admission fraud.

It's alleged that she and her husband have paid \$500,000 to guarantee their daughters enrollment in University of Southern California (USC) where one of the daughter is to be a member of the crew team. False claims that her daughter was a member of a crew team to helped her with the admission and enrollment. USC prevented students associated with this scandal from registering for courses.

CEO AND FORMER CANADIAN FOOTBALL PLAYER

A former Canadian Football player and CEO is also accused of being a part of the U.S college fraud. According to public available reports, the charge alleges that back in 2011, the amount of \$100,000 was paid, which involves a person to fly from Tampa to Vancouver to complete the SAT exam for his older son. His son was later enrolled in Chapman University, which is a private university in California. The charge alleges that in 2012, the amount of \$100,000 was also paid that also involves someone to take the SAT exam for his younger son, and in 2013 and 2014, the score was sent to a number of universities, where this son was accepted and was enrolled at the University of California-Berkeley.

Many others were indicted such as Executives, CEO's, Coaches and other actors.

REFERENCES: Vancouver businessman David Sidoo charged in U.S. college bribery scandal
The Canadian Press; March 12, 2019
Two More Parents Are Indicted In College Admissions Scandal
March 26, 2019; Janelle Lawrence
Lori Loughlin, Felicity Huffman among those charged in college admissions scheme
Alanna Durkin Richer and Collin Binkley, The Associated Press
Published Tuesday, March 12, 2019 11:34AM EDT

FOOD ECONOMICS

CUTTING DOWN ON SPENDING? NEED TO SAVE?

When calculating cost, if for example only 1/2 tomato was used in the pot, then use half the cost etc...in the calculation divided by 4 or 6 if 4 or 6 people is being served, therefore your tomato cost may be 15 cent per person etc...

If for example you've purchased a pack of frozen vegetables for \$2, And only use a small amount then you veg cost may be 10 cent etc...



THERE ARE ALWAYS SALES
READ THE EXPIRATION DATES
SOME ITEMS SUCH AS SARDINES MAY EXPIRE IN TWO YEARS
CAN STACK UP FOR A FEW MONTHS



Look for sales and stack up
Freeze items like fish for a few months

Disclaimer: Prices are subject to changes for any items or price mentioned

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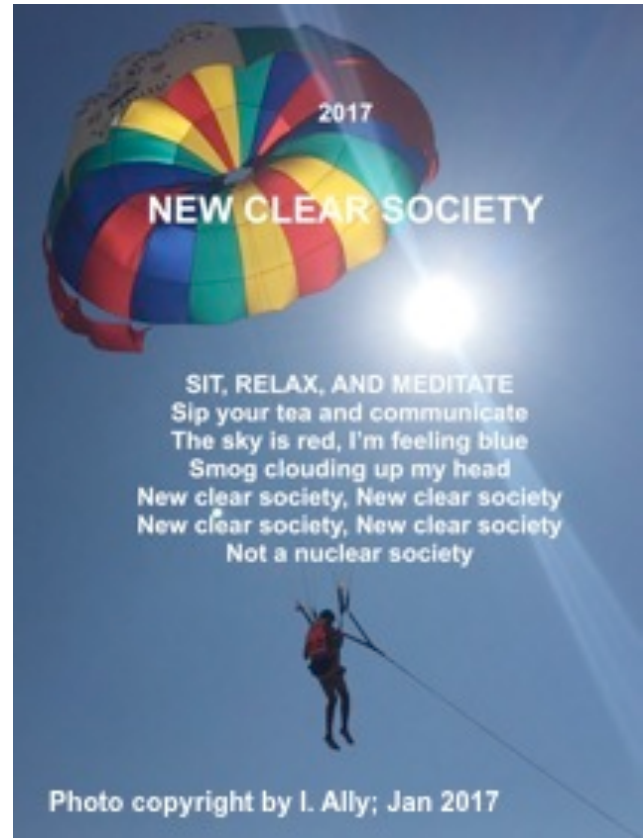
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A VARIETY OF HOME MADE DISHES

WITH APPROX. COST PER MEAL

Add tea, coffee, pop or other drinks (not included in price below)

Prep time for most is half hour or less of your time

Approx. \$2

Fried or Bake tilapia fish



On sale - two tilapia already scaled was bought at approx.. \$3:50 to 4:50; regular price around \$9 to 12. Add some lettuce, lemon on top and you have a tasty home made meal for approx. \$2. Cook time approx. 20

Approx. \$1

Masala channa



Chick peas on sale approx. \$1.00 Serves 2 to 4
Prep time 10 mins
Cook time 25 minutes
Add a bun or croissant

Under \$2

Bora (yard-long-beans)



A bunch of yard long beans is approx. \$5.
Serves 4 to 5
Prep time 10 mins
Cook time 25 minutes
Served with pita bread. Can also serve with rice or roti.

Approx. \$5

Pasta



See recipe by Brooklyn. A similar pasta can be purchased cheaper when on sale where your home made price per meal can be around \$2 to \$3.

Approx. \$1

Croissant sandwich with cheese and lettuce



A pack of about 12 croissant can e purchased for approx.. \$3:50 or for less when on sale.

Approx. \$1

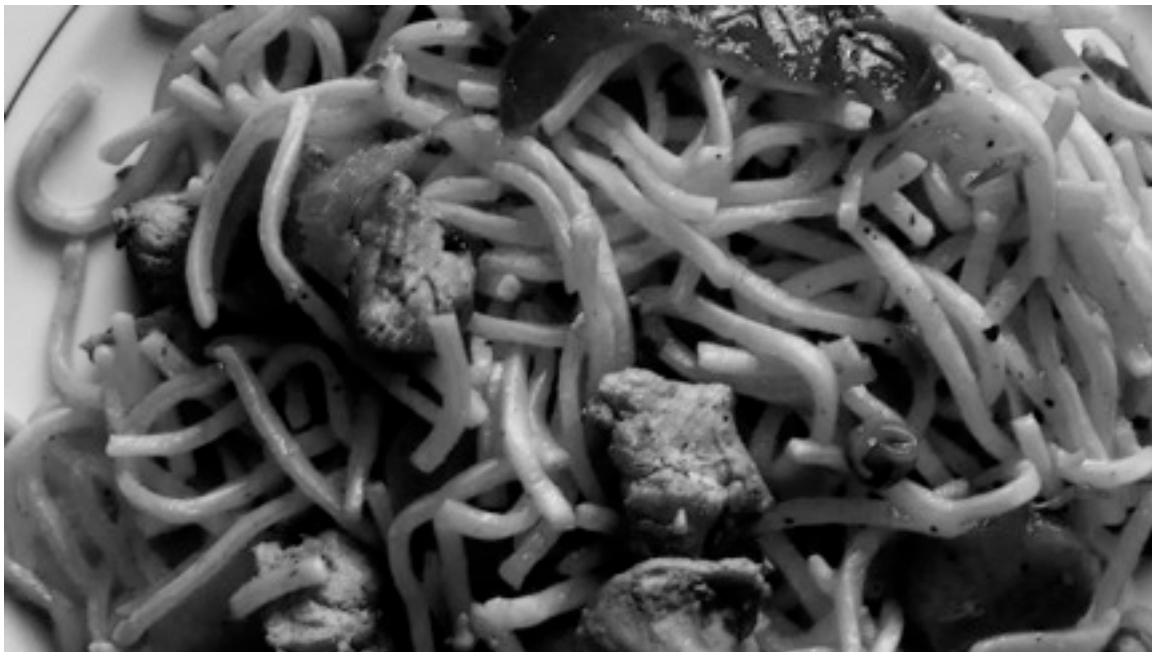
Chicken chowmein



A pack of chowmein around \$2 or less. Add some chicken or shrimp or go vegetarian.

**SOME OF THESE RECIPES
ARE ON THE FOLLOWING PAGES**

TASTES & CUISINES



BOIL VINEGAR

- To remove curry scents
- Boil vinegar in a pot to remove calcium built up in pot.

BROOKLYN'S KITCHEN



An easy farmer's market dinner

Pasta and pesto purchased from the Pasta Delight booth at the Strathcona Farmer's Market (Edmonton AB, Canada) with chopped tomatoes, topped with parmesan cheese.

Time to cook

Serves: 4 to 6

Home made cost is approx. \$5 to \$6 per person

If purchase pasta when on sale your home made cost can be much less such as \$3 per person. Eating out, a meal like this can easily cost \$12 and more.

Brooklyn's style

Using 2 packages of pasta

Use 1/3 of a pack of Pesto mix

Boil pasta in a pot for approx. 10 minutes

Drain and mix with pesto and tomatoes, top with grated parmesan.

Can add cheese

Can add tomatoes and other veggies

Salt is optional

ASHAR'S KITCHEN



CHICKEN CHOWMEIN

Cooking time : 25 minutes

Serves 5 to 6

Home made cost per person is \$2



Can purchase at T&T



Back of package



Close up

Ashar's style

30 minutes to cook

Use 2 packs of noodle serves approx. 6

Boil noodles for approx. 20 minutes

Fry meat with veggies in pan with 1 tbl spoon oil

Add boiled chowmein to pan and mix together

Salt is optional

Can make beef or shrimp chowmein similar

NEISHA'S KITCHEN



Fried tilapia fish meal

Masala meal

RECIPE ON FOLLOWING PAGES

Neisha's Kitchen - Fried Fish



When on sale - two tilapia already scaled is approx.. \$3:50 to 4:50, or more. Regular price is around \$9 to 12. Add some lettuce, lemon on top and you have a tasty home made meal for approx. \$2

Time to cook: approx. 20 to 30 mins
Fish can also be baked in oven for approx. 30 mins



Season fish



Flour and spices



Add flour to fish to avoid sticking to pan when frying



Add oil to pan



Frying



Place cover to stop oil from splashing around



Frying, turn over and fry



Frying - complete

Neisha's Kitchen - Channa Masala



One can of chick peas on sale is approx. \$1.00
Serves 2 to 4
Prep time 10 mins; Cook time 25 minutes
1 can chick peas (strain and remove liquid and wash)
5 cloves garlic and 1/4 onion
Turn stove near hi

Home made cost per person with a bun or croissant is approx. \$1 or less.



Make curry paste

Add 3 tbl spoon oil to pot
Add 2 tbl spoon powder to pot
Add spice and stir
Add 1/4 cup water
Add chick peas and stir

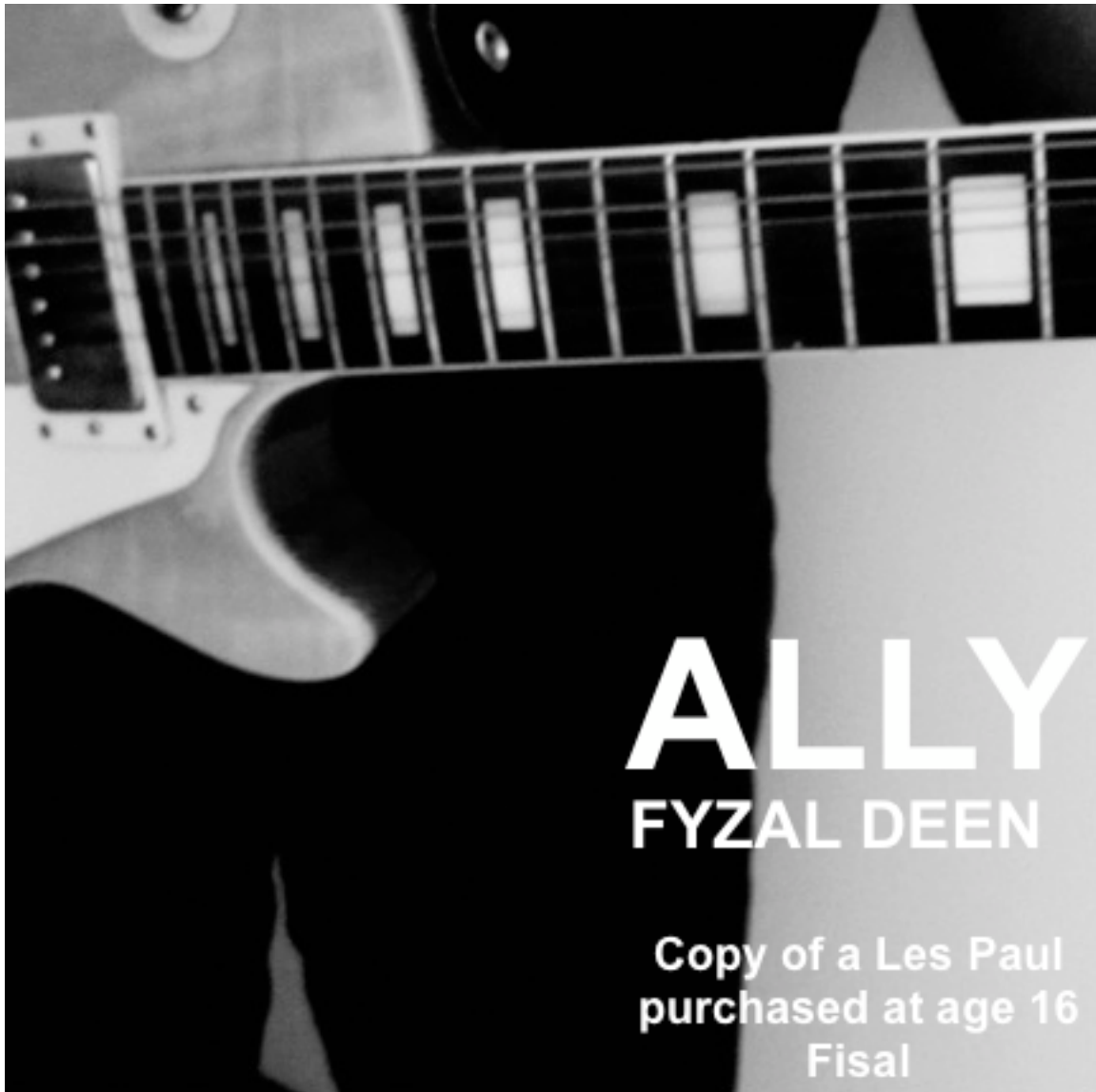
Make curry paste



Cover and let it boil

After 10 minutes add another 1/4 cup water and stir
Salt if required (e.g 1/4 teaspoon) else leave out
Continue cooking
Cover and cook on Hi for approx 15 minutes so the liquid dries down

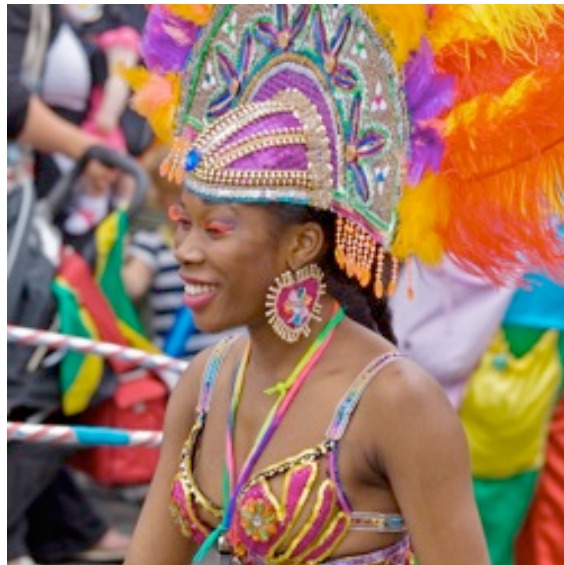




BENDING STRINGS SERIES

SEE PAGE 32

SPRING FESTIVALS & CELEBRATIONS



Easter

Holi - Festival of Colors

Rio Carnival

Trinidad and Tobago Carnival

Chinese New Year

2019 CELEBRATIONS

FESTIVALS / CARNIVALS *by Don Silva*

THE BIGGEST CELEBRATIONS

The biggest carnivals in Rio, and in Trinidad and Tobago had taken place earlier this year and ended around Ash Wednesday, followed by Lent. Chinese New Year had also taken place. These are just the beginning of the celebrations for 2019. Religious celebrations such as Easter is coming up, followed by Ramadan with Eid.

PARTY TILL ... YOU FEEL ALRIGHT

And then the party continues till the sun comes up, with Carabana that takes place in Toronto is on the August long weekend, to be followed by Carifest in Calgary and Cariwest in Edmonton. Some of the events for 2019 are listed below

NOTE: Most of the photos below are not from the events, but are used for illustration.

Black History - Month of February



Many events during the months of February

(This is one event out of many)

Black Opera: Uncovering Music History Sat, Feb 16, 2019, 11am
Bram & Bluma Appel Salon, Toronto, Ontario

<https://www.eventbrite.ca/d/canada--toronto/black-history/>

Bermuda carnival - June 13 - June 18, 2029

Caribana - (Toronto, Canada) - Thursday, August 1st - Sunday, August 4th 2019



Carnivals livening up the cities with Mas Bands, Street Parades, and Costumes Extravaganza (North America's largest street festival). Many contributing to an everlasting Canadian tradition and economy

Chinese New Year 2019 - Year of the pig - Feb 5, 2019



This year the Chinese New Year / Lunar New Year began on February 5 bringing in the Year of the Pig where the festivities had lasted until February 19. To kick off the celebration, people had cleaned their homes and made homemade dishes. There were fireworks to kick off the Year of the Pig. And during the celebrations there were many festivities.

Cariwest - (Edmonton, Alberta, Canada) - August 9-11



This event takes place through August 9-11, 2019 in downtown Edmonton. On Saturday is the parade
780.421.7800 / Cariwest@shaw.ca

Carifest - (Calgary, Alberta, Canada) Saturday, August 17, 2019



This annual festival parade takes place on Saturday, August 17 with colorful costumes and intoxicating music with bands in the streets and on floats. The parade commences at Olympic Plaza and ends up at Shaw Millennium Park to continue the celebration

Glow Festival 2019 - (Edmonton, Alberta, Canada)



Night parade; March 23, 7:30 pm - 11:00 pm

Cost: Free; Organizer: Quarters Arts;

Email: quartersarts@boylestreetcl.com / Website:

<https://quartersarts.org/>

Venue - Boyle Street Plaza, 9538 103A Avenue, Edmonton, AB, Canada T5H 0J3

Guyana carnival - May 17 - 27, 2019



The Guyana 2019 carnival takes place from May 17-27 where groups from around the world will take part from Guyana, Trinidad, Barbados, New York, the United Kingdom and Canada.

Jamaica carnival - Thursday, April 25 - Sunday, April 28



PARTY TILL YOU FEEL ALL RIGHT

Jamaica is know for it's reggae music, Bob Marley, Byron Lee and today an emerging carnival that was started by Byron Lee in 1990. Lots of streets parade and intoxicating music. Watch out Trinidad and Rio, this carnival is becoming hot!

Mashramani - (Guyana, South America) - Saturday, February 23, 2019



This festival is held on Guyana Republic day on February 23 which is a holiday. Mashramani is derived from the Arawak (Amerindian of Guyana) language and means “the celebration of a job well done”. This festival began in 1970 and in 1971 was celebrated across Guyana and thus continues today.

Rio de Janeiro Carnival - Friday, March 1 to Saturday March 9, 2019



Rio is the world’s biggest and most popular carnival in the world and sends vibrant waves around the globe, spreading carnival fever across the world. Intoxicating music such as the samba and exotic dancing, and floats takes over the streets.

This celebration continues until Ash Wednesday or just before, as Christians around the world will begin lent, fasting for forty days.

Rupununi Safari - (Guyana, South America) Tours through the year

Rupununi Rodeo - (Guyana) Easter long weekend



The Brazilian cowboys (vaqueros) and cowgirls enters Guyana for the annual Rupununi rodeo

http://exploreguyana.org/event/rupununi_rodeo/
April 19, 2019 - April 22, 2019



Trinidad and Tobago Carnival (In Port of Spain) - Mon March 4 - Tue, March 5, 2019



The Caribbean Island of Trinidad and Tobago have one of the world’s most popular carnival where there’s vibrant music and masqueraders swaying through the crowded streets, boasting great diversity with people of African, East Indians that began to arrive in 1845, Chinese, Portuguese, Syrians and many others celebrating. The parade commences the day before Ash Wednesday.

**Ramadan - Begins on May 5, 2019 and ends around June 4, 2019 (dates may vary)
Eid ul Fitr – June 4; Eid ul Adha – August 11, 2019**



Many Muslims worldwide fasts during the month of Ramadan for approximately 30 days. Many focus on prayers and reciting the complete Quran. In general, fasting takes place between sunrise and sunset, where there's no eating or drinking of liquids during that time.

Easter Sunday - Sunday, April 21, 2019



Many Christians fasts for forty days known as Lent which begins on Ash Wednesday on March 6, excluding weekends, abstaining from certain things. Once Lent is completed, on Good Friday, Christians will be in church. Many Christians will be celebrating the rising of Jesus Christ on Easter Sunday on Sunday, April 21. Christians in places such as the Philippines, Spain and Guatemala, will be reenacting the crucifixion of Jesus with whipping and fetching the cross.

Holi (Festival of colors) - India, March 20, 2019 / Main day is March 21, 2019



Holi is known as the Festival of Colors, celebrating the arrival of spring in India. People across the world celebrated in the streets tossing color powder which is known as gulal and spraying color liquid on each other. People of all backgrounds in places like New York, California and London also joined in the fun. Many dressed in white which soon turned into a rainbow of colors. Many also dresses in traditional attires. In places like Guyana, Holi is known as 'Phagwah.'

Disclaimer: The dates for events came from public information and may be wrong or may change. It's important to verify all dates and events before embarking. The photo used in this article may have been from a previous year or from different celebration and are only used for demonstration. Some photos were licensed from www.depositphotos.com to portray festivals such as the Holi celebration. Always verify event date and time before embarking on your journey incase of changes. The pictures do not necessarily represent these events but are used illustration purposes and for write ups.

<p>DRAGON TOURS</p> <p>3 GUIANAS <i>Guyana, Suriname & French Guiana South America</i></p> <p>Day 1: Arrival Guyana, South America</p> <p>Day 2: Kaieteur Falls Excursion and City Tour Day 3 & 4: Karanambu Ranch</p> <p>Day 5: Transfer to Sloth Island Reserve Day 6: Sloth Island/Mazaruni River Day 7: Return to Georgetown Day 8: Guyana/Suriname Day 9: Paramaribo/French Guiana Day 10: Boat Trip to Ile Du Salut Day 11: Arianespace Centre Day 12: Paramaribo City Tour and River Tour Day 13: Joden Savanna & Maroon Village Tour Day 14: Departure</p> <p>https://www.dagron-tours.com/tours/south-america/3-guianas/3-guianas.htm</p>	<p>CARIBANA TORONTO, CANADA</p> <p>Caribana Weekend 2019</p> <p>Thursday, August 1st to Sunday, August 4th 2019</p> <p>TORONTO WELCOMES over a million tourists during the August long weekend from across Canada and the U.S</p> <p>https://www.caribanatoronto.com</p>
<p>EDMONTON HERITAGE DAY FESTIVAL</p> <p>Hawrelak Park</p> <p>10 AM - 9 PM SATURDAY, AUGUST 3rd 2019 10 AM - 9 PM SUNDAY, AUGUST 4th 2019 10 AM - 8* PM MONDAY, AUGUST 5th 2019</p> <p>A three-day event that celebrates Canada's multiculturalism</p> <p>Delicious tastes and flavors Many performances 100 countries and cultures 71 outdoor pavilions and over 25 stages</p>	<p>CARNAVAL DEL SOL 2019</p> <p>CONCORD PACIFIC PLACE <i>Downtown Vancouver</i></p> <p><i>July 6th and 7th 2019 10am to 10pm each day</i></p> <p>Concord Pacific Place 88 Pacific Boulevard Vancouver, BC V6Z 2R6.</p> <p>In front of BC Place stadium (Whitecaps stadium) and Rogers Arena. Has a capacity for 150,000 people</p> <p>https://www.carnavaldelsol.ca/about/</p>

Disclaimer: Events info is publicly available. Be sure to verify all information before embarking on the events, as dates and times may change, and incorrect information may have been provided.

2019 MUSIC SERIES-BENDING STRINGS

LOOKING BACK AT SOME RECORDING SESSIONS FROM 1996 BY F. ALLY AT BETA RECORDER STUDIO IN EDMONTON, ALBERTA, CANADA



BENDING STRINGS

Fisal Ally with his copy of a Les Paul purchased at age 16

THE 1996 RECORDINGS

THE SESSIONS

Back in 1996, while working as a Computer Programmer, I had put away some money to enter a professional recording studio, as I have always recorded at home with low end rental equipment, most of the time playing all the instruments such as lead guitar, rhythm guitar, bass guitar, key boards, harmonica and using a drum machine to come up with the drumming. I was about to embark on my first professional recording sessions in one of the best professional studios, after many years of recording on my own at home.

A NEW EXPERIENCE

I was about to begin a new journey recording my original songs as I drove down the back alley short drive from downtown Edmonton and parked. I got out my car and entered Beta Recorders and met the owner / producer / guitarist, Gary Koliger. We walked down the back ally about a block away to a nearby café for coffee, and as we talked we discussed my project. It was a nice experience sitting in a café with an amazing guitarist and producer and simply discussing my project.

BETA RECORDERS STUDIO

This was one of the more expensive studios. I do not remember the cost, but at the time I believe the price was around \$85/hr, but I believed I had paid \$65/hr. I studio equipment was top of the line. An expensive tape machine was used, and is probably still in use today because of the sound it produced. I believe I used a 2-inch tape, and thus a very expensive machine. I was in one of the best recording studios in Edmonton. I recall that this studio having two or more recording rooms. I sat in Gary's office and we went over the songs I wanted to record and cost for studio time, session players and for Gary to produce a song.

THE PROFESSIONALS

I was ready to record with and learn from the professionals that are some of the best musicians in Edmonton. From my experience, Gary is not only an amazing producer and guitar player, but he was very professional in business and understood people very well.



A recent picture at home with my copy of a Les Paul

THE DEMOS

My songs are always written from beginning to end with lyrics, verses, chorus, bridge, and chord progressions; since I was 18 years old, I was writing many complete songs. Before entering Beta Recorders, I had already written and recorded all of these songs in my home studio at the time called BACKALLY. I had already put in lots of time, so when I enter a studio, there were really not many changes. I came to this studio to learn, and to have a more professional production.

BEFORE THE SESSIONS A REVIEW OF MY NEW DEMO

Gary and I sat in his office and we went over my demo. He would listen to my songs to know the kind of flavor I was looking for. For example when he heard the song Lisa, he said “very Buddy Hollyish.” Those were nice and positive words to hear. Gary had a tape machine and a drum machine set up in his office. He then create a drum beat manually and loop it for a few minutes and then we create another demo of the songs.

Gary was an amazing coach. He gave me some good advice and tips. He told me to go over certain things over and over and over in my head and to know exactly what I wanted to play. It was good advice coming from a person that I still today consider to be one of the best, and the best guitarist and producer that I have ever met. I then went away for about a week or two and then returned on a set date to commence my first professional recording sessions with amazing and most likely some of the best session players in Edmonton.



THE RECORDING SESSIONS - THIS IS WHERE EXPERIENCE COUNTS

I have no doubt that I was amongst the best. The drummer Tim Lent, the bass player, Gary playing guitar, and I also played guitar, and Gary produced the songs.



Just before we were ready to record, Gary played my new demo, which I had done at home for the song SoCrazy4u where I had played all of the instruments and used a drum machine, including the bass and lead guitar. He then told the players that I did all of that and that they must give this song something. I just didn't know what else they could have given this song, especially since I had also created and played the bass line. What else can the bass player do, I wondered.

GARY PLAYED LEAD GUITAR

Gary played lead for SoCrazy4u and Lisa, and on 2 Can Play (We Party Till We Feel Alright) I played the guitar riff and lead guitar.

RECORDING THE SONG SoCrazy4u

This is where experience comes in. The session began and the bass player played a similar bass line in some ways, but did he ever beef it up, adding great techniques to the bass that I was amazed at his playing. I had played with other drummers that were very good, but Lent was no doubt one of the best, if not the best. Gary added an amazing lead guitar. I was amazed at how quick Gary could have come up with a lead, when it took me a long time to come up with my lead pieces for the song. This goes to show how years of experience can make a great difference to a production. The song is identical to what I had written, but the production had changed with amazing drumming, bass, rhythm etc... And this is what goes on in professional studios when the best players come in to play on a song.

It was great working with the engineer, Jerry, who worked with me on the vocals. I was not a singer, but it's fun to sing and gain some experience. As I sang, Jerry would go over the lines and phrase etc...I had spent some extra time in the studio after work, where I played a new lead guitar on SoCrazy4u similar to what I had originally created, where I had played a short lead line the same after a certain amount of bars, and to me that lead is important for this song, and thus I have different versions of the song. And most of my songs have different versions, but the song is still always the same from when I wrote them.

RECORDING THE SONG TWO CAN PLAY (WE PARTY TILL WE FEEL ALRIGHT)

As I've previously stated, I have always had a problem with the name of this song "We Party Till We feel Alright. Often it's shortened to 'Party Till We Feel Alright' or just Part Till. Party till what? Party till you feel alright or Party till the sun comes up. This song is a new version of the original song '2 CAN PLAY.' Both versions are still used. By using the words "We Party" and "I" it sounds as if I'm writing this song about myself, but I was writing about people that party till the sun comes up. This song has nothing to do with my life style, as I'm more of a spiritual person and not a partying type of person. Often I just say or sometimes write down 'Party Till They Feel Alright'. A friend of mine from work, Elias, came in and played tabla on one version.

PARTY TILL THE SUN COMES UP IS NOT FOR EVERYONE

I later recorded this song in Big Records Studio with the owner Dennis Sheehan, and I had asked Tim Lent to come in and played drums. In this new version there were no tabla, and the end was long where I played the rhythm guitar, the riff guitar, and a lead similar to the original lead from Two Can Play, all playing in harmony at the same time. Tracks were also later recorded in Power Sound.

RECORDING THE SONG LISA

Lisa was a very simple song, which was an offshoot of True Love. The name of the song came from a phone call I had received a few times with someone asking for Lisa. Even though I told the person there was nobody here by the name of Lisa, I received more phone calls asking for Lisa. Gary played an amazing lead on this song. A few years before recording this song in Beta Studio, a friend name Wade had dropped over with one of his friend who was Portuguese and played bass. I don't remember his name but he had played an amazing bass line for my intro of the song which had the same chord progress used in the middle of my song, True Love, where I sang the lines 'It's like magic in the air, Just like magic in the air. Around 2010 when I was recording my songs like Story of my life, and Nobody wanna say goodbye in my home recording studio, I did another version of Lisa, more or less the same, but made a minor change.

MET SOME OTHER MUSICIANS AT BETA

During another session, while I was at Beta Studio, I was waiting in a sitting area and there was a group of about six teenagers, probably around age eighteen, hanging out. Back in those days, meeting musicians was great; I cannot say the same for today with the rise of islamophobia and racism in Edmonton, Alberta, Canada, and other places; this kind of racism today coming from people and even in the music world not only destroy the city but it kills real art. Back then around 1996, we were all there because of the love for our art. They were all Caucasian teenagers and each one of them had greeted me and shook my hands, and we exchanged a few nice words, a short conversation, and wished each other the best, and then headed back into the studio to continue our projects.

MY INDEPENDENT PRODUCTIONS WITH THE PROFESSIONALS

It was great working with Gary because he understood his business very well and how to work with others, and he had no problems with me working on new leads for a song, where one version was played by him and I played another version. All of my songs have different versions. Sometimes I slow down or speed up a song or add different instruments. Some songs have a short and long version, but the songs are still the same.

If I had told Gary that I wanted a reggae tune or a heavier tune, he could have made it happen, and this is what producing a song is all about, and knowing which players to bring in for different sessions. All songs can be produced differently depending on what a person wants, even if the song is still the same.



Ally's copy of a Les Paul guitar purchased at age 16

I do not remember if I paid for the guitar or if my parents did, as at that time I was already working after school. I still have this guitar and plan to change the pickups.

IN THOSE DAYS I OFTEN USED TAPES FOR MY PROJECTS AND ALSO DIFFERENT NAMES FOR MYSELF

BACKTRACKS - SOME TAPES FROM RED STRIPE, POWERSOUND, ALBERTA MUSIC SHOW BELOW

As part of my recording sessions in the studios, I always some of the basic the tracks mixed down on tape with just drums and a few instruments, so I can play lead and sing over it, more or less what's called karaoke. These back tracks are all on tapes are used over the years and are still used.

Below are some of the backtrack tapes:



Back Tracks downloaded at Red Stripe in Vancouver which are still in use for playing and singing.



Back Tracks recorded at Power Sound in 1999 in Edmonton for many songs and are still in use for playing and singing.



Back Tracks recorded at Alberta Sound Eng. Studio back in 1999 in Edmonton. The owner of the studio, Cameron Guse used a drum machine to put down the drum tracks while I was in the studio assisting with the drum tracks. Some of the songs were A Kiss Goodnight, Sometimes and others...



Back Tracks recorded at Power Sound in in 1999 in Edmonton for many songs and are still in use for playing and singing.

NEW ZEALAND 2019 MASSACRE

by Faisal Ally

Small children, women, elderly and men were gunned down when an immigrant from Australia opened fire at them in two Masjids in Christchurch, New Zealand. In this terrorist attack that killed fifty, a lady who is a Muslim convert from New Zealand was also killed, and a British man who is also a convert to Islam was also worshipping during the terrorist attack.

The terrorist suspect, Brenton Tarrant, is a 28-year-old 'white' supremacist from Australia that lives in New Zealand. He is a part of a small minority group that claims immigrants are replacing the white population. Many immigrants to Australia, New Zealand and other places are also 'whites' thus he obviously does not have a problem with 'white' immigration which indicates that he does not see himself as an immigrant even though he is, but only sees others as immigrants if their skin color, race and their faiths are different from his. It's also important to remember that the original people of Australia and New Zealand are people of colors with different faiths.

Many countries are built on waves of immigration

It's well known that countries in the Americas and places like Australia and New Zealand are built on many waves of immigration of many ethnicities. The Chinese have been in Canada since the 1800s. Thousands of Syrians arrived in America since the 1880s and came in the thousands, which continued throughout the 1900s. Many Italians who are Europeans also arrived and were discriminated and called a derogatory mad up name.

Over the decades, racism and hate from this small group of people is just never ending and is always changing from one group to the next, depending on what suits their agenda to keep fueling hate and racism.

Children are always in the Masjids

In all Masjids worldwide, everyone including the suspect knows that there are always children inside, even two year olds can be inside with a parent, along with women, and the elderly, and men, in prayers worshipping God.

An immigrant that massacred 50 innocent people claims that Muslims are invaders

The terrorist had planned to attack the Al Huda mosque in Dunedin, but instead attacked two Masjids in Christchurch claiming there were 'far more invaders' at these Masjids.

Tarrant obviously sees Muslims who have lived in New Zealand for 40 years and who were born in New Zealand and who were in prayers and worshipping God as invaders. How did he arrive at this view? How is it that Muslims are invaders when they arrived in countries in the Americas, in Australia, New Zealand and in Europe in the same way others did, and that's to work and contribute and build these societies like others. How did Muslims invade these countries?

Muslims are still a very small minorities in many of these countries and they have democratic rights and freedom to practice their faith like anyone else and this is one reason many came to these countries. Muslims are target of hate because Islam is the fastest growing faith in the west.

Corruption and bad politics

Many countries in the New World have lots of Muslims and there were no issues with Muslims before. A few decades before Tarrant was born racism were geared many such as the East Indians, Arabs, Chinese, Vietnamese, Blacks and the list goes on, regardless of their faith. In those days racism was not geared towards a person's faith such as Islam but was geared towards visible minorities in general.

On integration

Many in the West are claiming that Muslims are not integrating into society, but that's far from the truth. If Muslims are not integrating then this means that Sikhs, Hindus, Jews, Europeans such as the Hutterites and many others are not integrating. What does integration mean? Most Muslims I know of dresses in western fashion. Every Muslim I know of have integrated into their societies and are contributing to society by working, getting along, helping others in their societies, attending schools and universities, are involved in sports, are involved in charity, becoming lawyers, engineers and doctors, and mixing with people in the societies they live in. If that's not integration I do not know what is. Integrating does not mean going to the bars, getting drunk, going to strip clubs, giving up your faiths etc... Many Mormons do not drink and they have their own organizations, does that mean that they have not integrated in society? People have their freedom and rights to practice their faiths and to dress accordingly in their attires when practicing their faiths, such as wearing scarves etc... and this is one of the main reason people applied to come to places like Canada and America when immigration began and that was because of religious freedom.

At the world's largest heritage festival in Edmonton, Alberta, Canada many Europeans and others dress in traditional outfits and bring their traditional dishes and traditional music to life. That does not mean that because these people are a part of these cultural festivals that they have not integrated in societies.

The Hutterite females are always in their headscarves and long dresses in public. Many Jewish men have headwear and even gowns and are seen in the streets and in the malls. Buddhist men are walking in the malls in their attires. Nuns are in their headscarves and gowns.

Two Dutch Politicians that were against Islam became Muslims when they learned the truth

Two Dutch politicians that had negative views of Islam became Muslims after they began to look into Islam. What they found was the complete opposite from the hate the media had spread about Islam and Muslims. These two Dutch politicians eradicated their hate for others. They lifted the veil from their eyes and saw the truth, freeing themselves from that hate.

New laws, gun control, spying on citizens, and global policing

This terrorist has done exactly what would cause the government of New Zealand to band guns. In the U.S and other places gun control is high on the government agendas. More attacks on Muslims or anybody will certain enforce these bans by the governments around the world.

Reference: New Zealand mosque attacks: Boy, three, believed to be among the 49 killed in terror attack as list of names grows by Asher McShane, James Morris; Evening Standard March 16, 2019

<https://ca.news.yahoo.com/zealand-mosque-attacks-girl-four-084600427.html>

The write up below was modified and is a subset of blogs written by F. Ally on March 16, 2019 posted on www.allymedia.ca

HEALTH - MEDITATION

Sit, Relax and Meditate



Steps for rejuvenation by F. Ally

This article is taken from a previous edition of the Diverse City Magazine and was modified for this edition.

Letting go of these thoughts is important

But how do we let go? Some of us do it automatically through prayers and other methods. Learning to let go and let the silence buried from within us to surface can be accomplished through meditation. I had undergone this change many years ago, when I had taken a full three-day seminar from Dr. Deepak Chopra and his team.

Some of the benefits from meditating regularly are:

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 is a technique I use in my meditation

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 kept coming and going? Of course.

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, this 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.

As you repeat your phrase, slow it down. Now 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. 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.

The rejuvenating process beings with silence

When your mind is silent, this is when the rejuvenating begins. When your mind is silence, make a wish. For example, wish others peace and love or say a prayer and let the words radiate into the unseen.

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: This article does not offer advice. The writer is only sharing his experience with the readers. Before embarking on a meditation journey, it's important to seek professional advice in meditation, as there can be complications during your practice. These meditation steps are based on the techniques the writer had learned in a three day Primordial Sound meditation course by Dr. Deepak Chopra and his team many years ago.

HACKING



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**

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

WELCOME TO THE WORLD OF DECEPTION

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.

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





PEPPERPOT CLUB

(LOCATION: EDMONTON, ALBERTA, CANADA)

DOMINO TOURNAMENT

email to info@signaturewithlove.com



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

DIVERSE PHOTO GALLERY

**COLDEST FEBRUARY IN 40 YEARS IN
EDMONTON, AB, CANADA**



These birds are out in the freezing cold





Neither dogs in this picture is the same of the dog on the right



A cold winter's day and this dog was out having some fun





Cold winter days

Continued from p. 7

VENEZUELA'S FOOD AND MEDICAL SHORTAGE WITH HIGH INFLATION

Today Venezuelans face enormous food shortages, high inflation, with 85% medicine shortage, poverty and a recent blackout that had last for six days with hot temperatures, illnesses and hospitalization. Professionals in the medical field are also migrating. Reports states that inflation is so bad that by year-end of 2018, approximately every nineteen days prices had doubled. It is estimated that 5.3 million Venezuelans would have left the country by the end of 2019. Western Venezuela is home to 50 to 60 thousand Guyanese. Due to Venezuela collapse, some are returning to neighboring Guyana with their children that were born in Venezuela as Guyana is about to become a major oil supplier for Latin America and other places.

Reference links:

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Venezuela: The Rise and Fall of a Petrostate

<https://www.bbc.com/news/av/world-latin-america-47545055/venezuelan-crisis-running-out-of-food-power-and-cash-in-blackout>

Venezuelan crisis: Running out of food, power and cash in blackout

<https://www.aljazeera.com/news/2019/01/venezuela-simple-guide-understanding-current-crisis-190130111707920.html>

Ref: Wikipedia on Hugo Chavez.

<https://allymedia.ca/f/latin-america%E2%80%99s-crisis---a-glance-at-venezuela-mass-migration>
Latin America's crisis - A glance at Venezuela's mass migration.

By Faisal Ally; March 18, 2019 (Posted on March 19, 2019 at 11:50am)

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- Faisal Ally (website): www.fisalally.com
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- India Bazar, Indian Grocery Store, 4514 118 Ave NW, Edmonton, AB. T5W 1A9; Ph: (780) 471-2504
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- Mary Browns, 6858 50 Ave #2, Red Deer, AB; Ph: (587) 273-3080
- Multi Culture Travel, 5519 137 Ave NW, Edmonton, AB; T5A 3L4. Ph. (780) 456-1192
- Ray Bacchus (Financial Advisor), 68082-162 Bonnie Doon Mall Edmonton, Alberta T6C 4E3, (780) 429-1243; Email ray_cweg@telus.net / raybaach@ecn.ab.ca; Fax: (780) 425-3168 / (780) 433-7717
- Sazna Services, Lawn Maintenance and Snow Removal, Imran Khurshed. Ongoing Maintenance: Pruning, Lawn Care, Grass Cutting, Fertilization, Leaf Removal, Snow Removal; (780) 909-1102

- Usman Lawn & Snow, 12820 53 St NW, Edmonton, AB; T5A 0B5. (780) 970-3839. Landscape Maintenance, Industrial Landscape, Commercial Landscape, Commercial Grass Cutting, Snow Removal, Parking Lot Sanding, Parking Lot Sweeping, Lawn Maintenance...

Toronto

- Charley's West Indian Food Ltd, 1154 Morningside Avenue, Scarborough, ON M1B 3A4
Phone:(416) 283-1441
- Natasha Events and Travel, Travel Consultant, TICO Certified, Wedding & Event Specialist, WPICC, DWC, Certified Mexico Destination Wedding Specialist; 1-877-428-0171; natasha@natashaeventsandtravel.com, www.natashaeventsandtravel.com

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*Reference Quote on p. 271 (a common quote) - 'between the spirit and the mundane world'
Honoring the Medicine: The Essential Guide to Native American Healing, by Kenneth S. Cohen (p.271)*

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