

# DIVERSE CITY

Magazine

Spring 2022



## EASTER CELEBRATION

## THE MONTH OF RAMADAN

## SPRING CURRY COOKOUT

Shopping for Gilbaka and Banga Mary to make gilbaka fish curry and banga mary fried fish

## PREPARING YOUR HOME FOR SALE

by Usheda

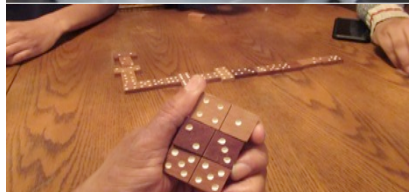


## GUYANA'S OIL PRODUCTION

'Guyana to benefit most from rising oil price in Latin America region - AMI analysis'

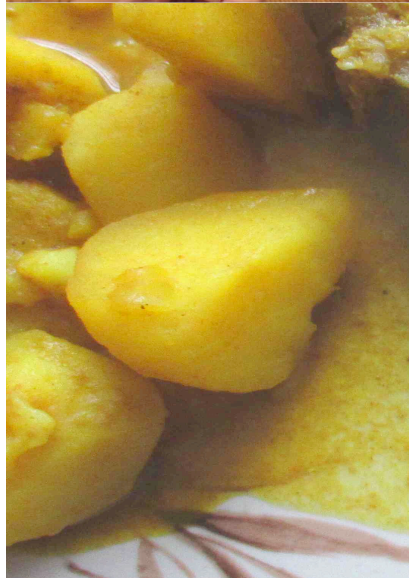
## RUPUNUNI RODEO, GUYANA

A world famous rodeo where the Brazilian vaqueros enters Guyana to compete on the Easter long weekend



## GOBBLE GUMMIES

<https://gobblegummies.ca/>



## DIVERSE CITY

Magazine May 2019

**EAST INDIANS IN THE AMERICAS 1820**  
On May 3, 1820 the first group of 473 Indians arrived in the New World and a destiny began to unfold in British Guiana, South America by Four 40s.

**SHANGHAI**  
Not what I expected by Anirika

**MIRY'S TIDAY FOR TOMORROW**  
A Great Child's Dream by Solomon Singh

**DIVERSE ARTIST**  
Anirika: Prasad and Technology Books  
Solomon Singh - Poems from 'Word of Love'  
Anil Kly - Drawings of Santin's Garden

**MOTHER'S DAY**  
A Kiss Goodnight, a song for our mothers

**QUANTUM UNIVERSE**  
Is death the end of our journey

**QUANTUM HEALTH**  
Change your thoughts, change your life

**LITERATURE REVIEW**  
A look at some recommendations with the movie 'Lin and the secret 'Lies'' and some similarities with 'The Pillage of Santin's Garden', 'Signature with Love' and the movie 'Jesse Kl Beach'

# DIVERSE CITY

## World Magazine



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Edition 1.0 published April 17, 2022 at 12:30pm.

Edition 1.1 published April 17, 2022 at 8:30 pm

Disclaimer: The writer(s) of articles in the Diverse City Magazine has done his/her 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 been video taping his reports as he types as proof of his research and work, and has multiple copies of his work as his work evolves.

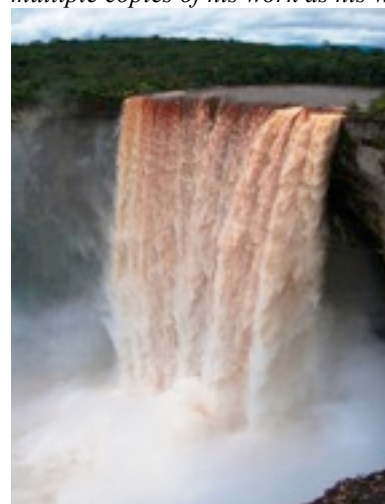


Photo of the Kaieteur falls licensed from [www.depositphotos.com](http://www.depositphotos.com)

# Diverse City Magazine Fifth Anniversary

We're celebrating our fifth anniversary of the Diverse City Magazine, launched on March 5, 2017.

In the coming months, we look forward to writing more articles on world cultures, celebrating the world's diversity. Some of our articles are repeats with some modifications and additions as a reminder of these articles.

Recently, we've had Chinese New Year, Black History Month in February, Hindu Spring Festival, and now Easter and the month of Ramadan. And due to the covid-19 loosening of restrictions, many in Guyana have already been taken up with kite flying getting ready for the kite flying celebration on this long Easter weekend, and also the Rupununi rodeo will be taking place where the Brazilian vaqueros (cowboys / cowgirls) will be entering Guyana to compete. And in the upcoming months hopefully I will have the opportunity to get out on the streets once again, talk to a few people and take pictures of the Cariwest annual parade in Edmonton, but that all depends on the covid-19 situation.

Back in the year 2002 I began publishing Cariwave, The Caribbean Magazine which was a printed magazine that was distributed in Alberta with some copies sent to places across the world. In the year 2016, I began the digital copy of Cariwave, and then in 2017 I began the 'Diverse City Magazine.'

Magazines can be found at the following links:  
[www.allymedia.ca](http://www.allymedia.ca)  
[www.allymedia.ca/diversecity](http://www.allymedia.ca/diversecity)  
[www.allymedia.ca/cariwave](http://www.allymedia.ca/cariwave)

....Fisal Ally

## DIVERSE CITY



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## CARIWAVE



## DIVERSE CITY



## DIVERSE CITY



# **THE WORLD AT WAR AND ON THE BRINK OF DESTRUCTION**

**GIVE PEACE A CHANCE  
JOHN LENNON**

**WE WANT A NEW CLEAR SOCIETY  
NOT A NUCLEAR SOCIETY  
FISAL ALLY**

**PEACE IS THE ONLY BATTLE WORTH WAGING  
ALBERT CAMUS**

**THE MORE WE SWEAT IN PEACE, THE LESS WE BLEED IN WAR  
VIJAYA LAKSHMI PANDIT**

**EACH ONE HAS TO FIND HIS PEACE FROM WITHIN. AND PEACE TO  
BE REAL MUST BE UNAFFECTED BY OUTSIDE CIRCUMSTANCES  
MAHATMA GANDHI**

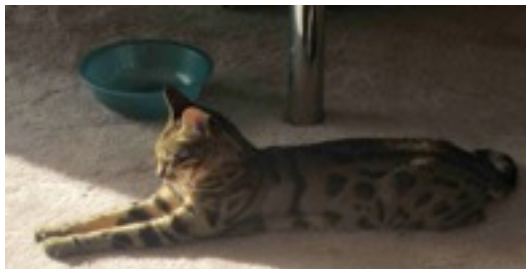
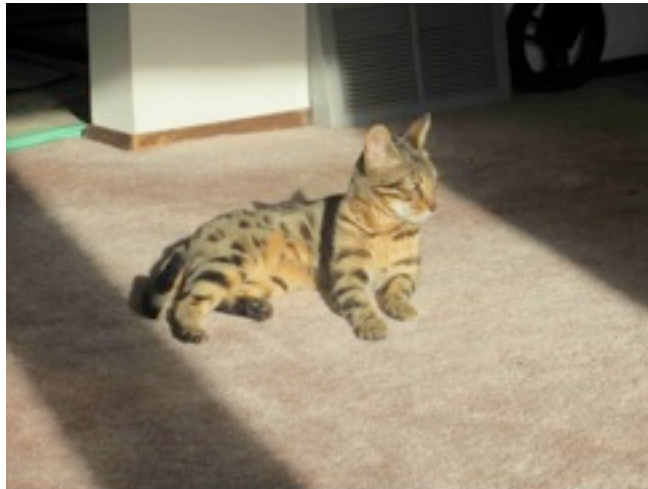
**IF YOU WISH TO EXPERIENCE PEACE,  
PROVIDE PEACE FOR ANOTHER  
TENZIN GYATSO, THE 14th DALAI LAMA**

**LETS FORGIVE AND LEARN TO COMPROMISE  
FISAL ALLY**

**PEACE, LET'S KEEP THE PEACE,  
KEEP THE PEACE FOR EVERYONE  
FISAL ALLY**

# **FOLLOW YOUR PASSION WITH A NEW YEAR RESOLUTION**

**Lyrics by Fisal Ally**



Furrari

# Gobble Gummies

<https://gobblegummies.ca/>



*Young entrepreneurs making waves*

**See the next page for gobble gummies items  
and how we found our product...Safiya & Zarah**

# Gobble Gummies

In stores in Edmonton

Please visit our website for more information and to place your order

<https://gobblegummies.ca/>



NEW ADDITION  
Cola Bottles



WildlySourWorms



Assorted mixed



SourSurfers



GobbleGummieBear



SweetPeaches



Sour-Treasure-Keys

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**How it all started** - *We are 13 year old, Canadian entrepreneurs and we love candy – Especially gummy candy! Growing up in Canada many of the halal gummy candies that we ate were brought in from different countries outside of Canada. It was hard to find fresh, halal certified, Canadian made candy that we could enjoy. So, we decided to offer our very own yummy, fresh, Canadian gummy candies. We experimented, searched, and tested....finally over time, Gobble Gummies was born! Our candy gives you a soft, chewy, flavourful premium gummy that is made according to Canadian manufacturing standards. We are proudly Canadian and want to share great premium Candy with the world!*



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Founders

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Proudly Made in Canada.

**Inspired by Kids!**

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are copyright by Kandi Corporation*

Spring 2022

# SPRING CURRY COOKOUT





# SPRING FRIED FISH COOKOUT



## SHOPPING FOR GILBAKA & BANGA MARY

By Faisal Ally

Very often, on a Saturday morning around 10:30am, I would get in my car, drive down Yellowhead Trail and exit off 66 St, or take the more scenic route down 97 St to 118 Avenue, and drive down the long stretch of 118 Avenue lined with stores on both sides, pass Wayne Gretzky Dr. and continue on, passing the Portuguese bakery and about two to four minutes after, turn into the parking lot of India Bazaar in Edmonton, Alberta, Canada, located at 4514 -118 Avenue, or if the parking lot is full, I would pull up on the side road. On the way I passed some other Caribbean places, Latin America places and a few Portuguese bakeries. India Bazaar is one of my favorite places for a variety of groceries. During the week I had already pre-ordered some 'aloo pies' which is a Guyanese sandwich and some 'doubles', which is a Trinidadian snack. Across the street from India Bazaar is a shopping area with a Caribbean restaurant, hair dressing salon and other Caribbean places. Not only does India Bazaar carry Indian groceries, but also carries many items from the Latin American - Caribbean region. At the same time I might purchase some items that came from the Dominican Republic, Costa Rica and other places in the Latin American - Caribbean region such as ginnips, plantains, cassava, peppers etc... Recently, I have even seen a fair amount of Demerara brown sugar at India Bazaar, which is a brand originally from Guyana, as Guyana, Cuba and Brazil were big sugar producers in the 1800s and 1900s. And also two of my favorite items at India Bazaar are Parata Roti (oil roti) and Dhal Roti (dhal puri roti) taking me back to my Indian roots. I also have some Syrian roots going back to the 1800s, so hopefully they may start carrying some Middle Eastern items also. At the same time, I always tend to get some plantain chips and tamarind balls and sometimes a couple cream sodas.

### GILBAKA

It was around 10:45 am, and as I awaited the arrival of the fresh homemade Aloo pie and Doubles, I was browsing around and I opened one of the coolers with frozen items and saw a package that says Marshall's Gillbacker sea catfish steaks and on the side it says Courantyne. I smiled as I recognized the names on the package. The package also said Suriname, which is a neighboring country of Guyana also in South America, and both countries share the Courantyne River. I thought that it only the Guyanese that enjoyed gilbaka, but so does Guyana's neighboring countries, Suriname and Brazil. In Guyana, gillbacker is commonly known as gilbaka. Gilbaka is a 'scaleless saltwater catfish' (Ref 1) that's well known in Guyana and is also found in northern Brazil, from Guyana to northern Brazil.

Next to the gilbaka was another fish called banga mary fish. I was also surprised to see India Bazaar carrying this fish. The name of the two fish are familiar names.

*Continue on the next page...*



I became eager and enthusiastic about making some gilbaka curry. I took two packs of gilbaka and decided that in a week or two that I would purchase some banga mary. I told my mom about the gilbaka and banga mary fish selling at India Bazaar, as I've been learning to cook our traditional dishes for a few years now apprenticing under her and also created a recipe book for my mom, taking pictures and make notes as she cooked. I recall having some gilbaka, but that may have been in Toronto when I was working there, as Toronto have everything Guyanese and one of the biggest Guyanese population outside of Guyana, where as many people in Edmonton have never heard of Guyana. I heard of banga mary but don't ever remember having it, but I knew I had to have some.

## **BANGA MARY**

I have been learning to cook many Guyanese traditional dishes from my mom over the past years, so I told her that we have to do a big fish curry cookout and that I would pick up some banga mary the following week to make more fish curry. My mom quickly corrected me saying fried fish, referring to cooking the banga mary. She said we'll make fried fish with the banga mary. 'Why fried fish?' I asked.



I asked why not curry it up and she said, 'That's how it's cooked in Guyana - frying it and its served with bread.' I thought okay, but I was really hoping to have an extra big Spring Curry Cookout, so now a part of the cookout will be fried fish. Now I'm learning that you just don't curry up all fish and that banga mary is best fried. This fish is well known in Guyana and the Caribbean, or I should say the Latin American-Caribbean area, and is also called "King Weakfish" or "Acoupa Chaseur" (Ref2).

A week or two later, I returned to India Bazaar to purchase some banga mary and we made fried banga mary. Was it ever good! Once cooking is completed, I never wait for dinner, I start on it right away. Waking up to some fried banga mary for breakfast, served with toast and hot tea is a real treat, a real delight.

Checkout the section starting from page 43 for recipes and pictures of preparing and cooking gilbaka curry and fried banga mary by my mom, Naz, but on her recipe book I had used her middle name which is Neisha.

#### Reference 1

Guyanese delicacy. Gillbaka (gillbaker) is a scaleless saltwater fish found in coastal rivers in Guyana and Brazil. The fish is cooked in a thick curry sauce. Great taste.  
<https://www.thingsguyana.com/gilbaka-the-sweetest-fish-in-the-world/>

#### Reference 2

Banga Mary or Weakfish is a marine seafood that belongs to the family of drums. It is also known as Spotted Sea Trout even though it is not closely related with Trout. Aug 2, 2021  
<http://guyana-seafoods.com/wp/portfolio/banga-mary/>

## NEW WORLD: ORDER OUT OF CHOAS

### *Part XI - VIEWS & OPINIONS by Faisal Ally*

*Disclaimer: The writer does not offer any medical advice but only provides information. A person must always seek advice from their doctor, and professionals in the medical field.*

We're at the crossroads of history, living in the darkest times ever in humanity's history. The Great Reset is not only about resetting the economy and bringing in a digital currency, but it's also about depopulation. Throughout history there has always been wars and destructions on nations resulting in genocide and countless deaths and starvation. Today the destruction taking place is across the entire world due to the covid pandemic where there have been lots of deaths and hospitalization, and also the present war between Russia and Ukraine may just trigger off World War III, and with rising gas prices and a likely upcoming food shortage, this will no doubt lead humanity to the brink of destruction resulting in starvation and massive deaths world wide.

### **Depopulation agenda**

Bill Gates have spoken of depopulating the earth by 10 to 15 percent, which is about 1 billion people. The Georgia Guide Stone describes the future for humanity and gives a population of 500 million - does this mean anything to us? And with the Transhumanism agenda, our future generations will be linked to machines and our thoughts read - which is already happening - and will be stored in the cloud, meaning data banks. Our future looks bleak. Humanity is now the new guinea pigs to be experimented on.

Not only are wars taking place, but many people have been speaking of a spiritual warfare taking place against humanity, meaning that all of humanity is under attack. With Lent, the celebration of Easter, and the fasting month of Ramadan taking place around the same time, many people across the world are engaged in prayers and many are also becoming more spiritual.

### **The Great Reset 'You will own nothing, and you will be happy'**

I had watched a video on youtube called 'You will own nothing, and you will be happy': Warnings of 'Orwellian' Great Reset' where the host of the news said they are "boasting within a few short years, you will own nothing and you will be happy' (Ref1), referring to us having nothing at all, and that the few wealthy globalists that basically controls all of our wealth will have everything and control everything we do, when the world's wealth should be shared amongst all. With the Chinese social credit system being implemented worldwide, we'll have no freedom. Everyone will be watched 24/7.

### **The Mark of the Beast**

The host in the video continues, 'And "build back better is a slogan for the great reset." The video was from the World Economic Forum (WEF). I understand some secret numerology and recognize some of the coding. I've even seen people writing 'build back better' as guild 6ack 6etter, with the 'b' looking like a '6'. That's 6 6 6. Build back better for who? And in the logo of the World Economic Forum, there's a big shape of the letter C going through the three O's in the words 'World' 'Economic' 'Forum' stacked on top each other, where if you understand numerology, O=6 and C=3 where O O O is actually 6 6 6 in numerology and 6 3 is the same as saying three sixes which again turns out to be 6 6 6. We continue to hear about the 'Mark of the Beast'. There are many reports on humanity being implanted with chips. We're living in scary times. Many living in isolation and fear due to the covid-19 pandemic and outbreak of wars. Let's see what happens on June 6, 2022 where 2022 adds up to 6; that's 6 6 6 again with June

being the 6th month. This symbolism is everywhere. Who do we turn to? Where do we turn for help since many cannot trust their own governments? The globalists are telling us what's coming. Doesn't this sound like communism - 'you will own nothing and you will be happy?'

### **Order out of chaos - Researching for supplements to help us during these dangerous times**

Out of chaos what kind of order can I have in my life? What should a person like myself do during the pandemic, where a person can easily become sick and hospitalized? The information presented in this article are my views and opinions and each person must seek professional advice from their doctors and carry out their own research to really understand what's actually taking place in the world. I would certainly like to stay out of the hospital, if possible. During the pandemic, I heard of relatives and friends passing away like never before. Back in October 2021, I came down with something, which had given me lots of headaches and eye aches, and after being tested I was told that it was not covid. Then what is it? What's making us so sick? Who knows what's in the air, the water, and in the vaccines? We certainly don't know what's in the vaccines except for what researchers are stating from their research. I had also come down with something at the end of 2019 before covid was announced and I overcame that, but it was bad, but not as bad as the one I recently had. In the past, I've had flus and coughs, which went away easily. The recent headaches and eye ache prolonged for a while. I began researching for health information, while at the same time I began eating more vegetables for antioxidants for my body. Through my research I came across **a doctor said that the key is to drink lots of green tea, and to consume grapes and dark chocolate**, and I started doing that also. But I needed more than that.

Through my research I found information on supplements that immediately helped me and I shared it with others, whether speaking to some directly or sending out some links to some online videos where the videos provides such information, just incase someone needs this information and does not know where to find such information.



*Picture taken in 2018  
Fisal (Brian / Deen) & Furrari*

### **Health information from the alternative media and sharing with others**

For me it's important to seek information from different sources, so I can have information from the mainstream media and also from the alternative media since the mainstream media may not provide information found in alternative news.

### **Someone referred to me as a conspiracy theorist**

Some had asked me to provide them with information because they do not have the time to research and I'm thanked for providing the information. But I was also called a conspiracy theorist because I'm researching for myself, and finding health supplements from alternative sources to combat illnesses due to covid-19. Some people never research for themselves, nor seek knowledge, and believe facts to be fiction and fiction to be their truth, and only depends on what is provided to them by the mainstream media, and this most likely applies to the person that called me a conspiracy theorist.

Not everyone have access to doctors that fully understands what's taking place during the covid-19 pandemic, and thus I believe that it's important for each person to research for himself or herself so that they can empower themselves with knowledge and, if lacking professional advice, they can determine for themselves which supplements may help them since we all different body types and may have health issues such as for example diabetes, heart problems and other conditions.

### **It's important to share information**

During these times when people are becoming sick, isolated and depressed, it's important to share health information with people I know and care about. Also I do not want anyone to one day come back to me and say, "You carried out some research, found important information on covid and supplements that could have benefited us and now we're suffering because we didn't know what supplements may have helped, and you never shared it with us?" Well I have been sharing information. And a friend also asked me to stop sending him emails because I'm researching for myself and seeking knowledge. At least, one day he cannot come back and say "Why didn't you provide me with some of the knowledge you've acquired on supplements?"

### **Covid is new and researchers and doctors are always discovering new information on covid**

Doctors and researchers are learning and discovering more on covid, and what's taking place in the pandemic and on the mRNA jabs. They don't know it all; many continue to research to find treatments that will keep their patients out of the hospitals.

### **Finding information on supplements. Conditions are always changing and researchers and doctors continues to provide information but we have to look for it**



*Photo licensed from depositphoto.com*

With so many different illnesses, many doctors have to research for themselves and are learning on how to keep their patients healthy and out of the hospitals.

I'm happy to inform others, so I will have no regrets and that one day no one can say that nobody had told them anything nor shared such knowledge and information with them. Some always thank me for keeping them informed and I appreciate the feedback.

### **Some of the supplements I began using that helped me immediately**

I began using more green tea, grapes and dark chocolate. I was already using vitamin D and A, which I learned from Dr. Shiva Ayadurai, who had created the first complete email interoffice software and had coined the term email, which everyone uses today. I ended up on Dr. Zelenko's website and learned about his Z-STACK. One of the components he use is Quercetin, and others are vitamin C, D, and Zinc. You can purchase his supplements from this website:

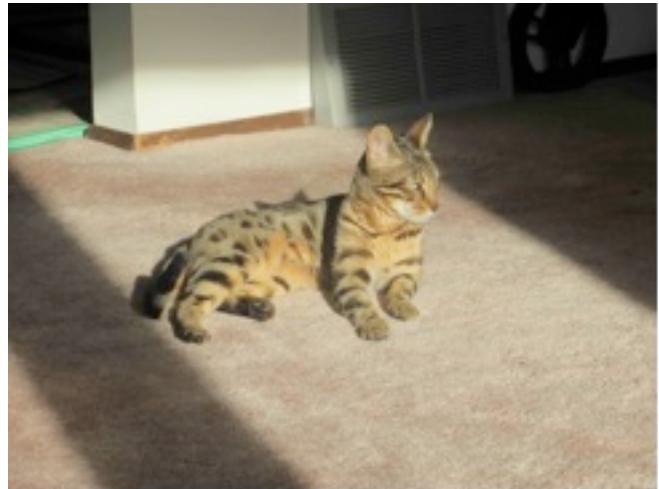
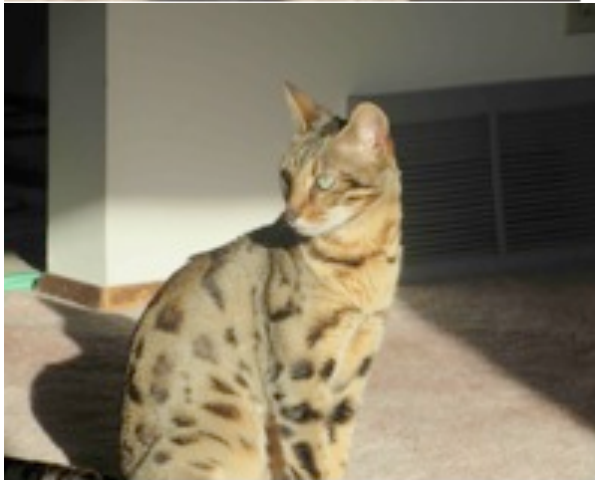
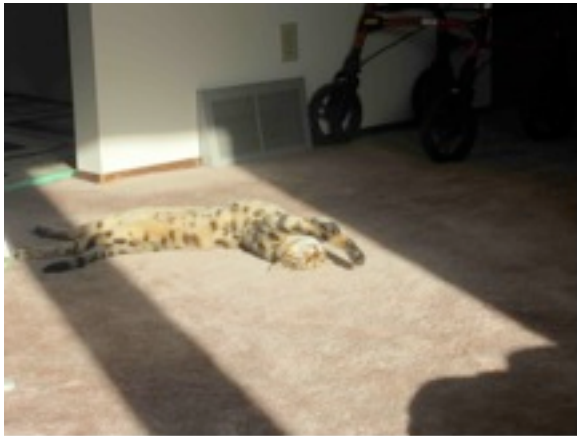
<https://zstacklife.com/?ref=BestProtocol>

Some of the researchers and doctors said that if a person comes down with something, that the person should start on such vitamins immediately to help boost their immune system, even before getting to a doctor.

## Taking lessons from my cat

Everyday, Furrari does some stretches, and gets his vitamin D from the sun at no cost, by lying and stretching in the spot where the sun comes in through the window. He loves the sun, so I always open the blinds for the sunshine to come in. Keeping our immune system healthy during these times by exercising and having access to supplements are important because most of us do not really know what's going on with this pandemic, except that many are getting sick and hospitalized and are also dying.

**Preventative measures are important during these times.**



A few months ago, I had sent out a link that stated about 400 athletes who were most likely vaccinated began having health problems, heart attacks, and where some were collapsing while playing their sports. Some died. Recently, I've seen a list that now says close to 800 athletes experience the same thing. **What in the world is going on? What are those spike protein in the mRNA vaccines (jabs) doing to people?**



## **Controversial information**

Many had already heard about the bat theory and how covid could have been made in a lab, which finally came out on the mainstream media. On April 11, 2022, on the Stew Peters show (Ref 2), another theory was presented in a video called 'Watch The Water' where Dr. Bryan Ardis was interviewed by Stew Peters and he spoke of a snake venom theory. Regardless of the theories or even what's factual, after coming down with something that caused me major headaches and eye ache, I have to continue my research because who really knows what entered my body and what's taking place inside my body?

*Disclaimer: The writer of the above article is not offering any medical advice, but is only providing information, along with his opinions and views. It's important to seek advice from your doctor and from professionals in the medical and science fields.*

### Reference 1

'You will own nothing, and you will be happy': Warnings of 'Orwellian' Great Reset; Sky News Australia; Dec 12, 2020

[https://www.youtube.com/watch?v=NcAO4-o\\_4Ug](https://www.youtube.com/watch?v=NcAO4-o_4Ug)

### Reference 2

Link to the Steve Peters show

<https://www.redvoicemedia.com/stew-peters-show/>

## Preparing Your Home for a Spring Sale



*Usheda Akbar-Shanks  
Realtor at RE/MAX Excellence*

The market in Edmonton is now ‘hot’ with so many people finally making that decision to buy, sell or build a new home. Spring is always a perfect time to list homes and to go house hunting.

The fact that house values have increased, and mortgage rates are still OK, means that many feel confident to take the plunge. Since there has been so much activity in the housing market, and demand continues to outnumber supply, it is definitely a seller’s market. Realtors have been faced with multiple offers and sale prices have gone above the listed prices.

In spite of present market trends, there are always situations and circumstances where people will have to buy or sell a home. Life circumstances, like death, divorce, young families looking for a place to raise a family, empty nesters downsizing, and the list goes on. From a seller’s standpoint, it is imperative that they ‘show’ the home in the best light. This is also called ‘staging’ and new home builders do this all the time. It can be compared to the “icing on the cake”.

What are some of the best ways to make a great first impression? I have always used a few key aspects and with great success. Here is a short list:



*Home designed by Usheda*

1. Whitewash walls with fresh paint. Unless you have a newer home with a classy neutral palette, I would suggest fresh paint. Re-paint old baseboards, and window trim boards. Old nicks and scratches from normal wear and tear are distracting to the buyer. The same applies for all doors (indoor and out).

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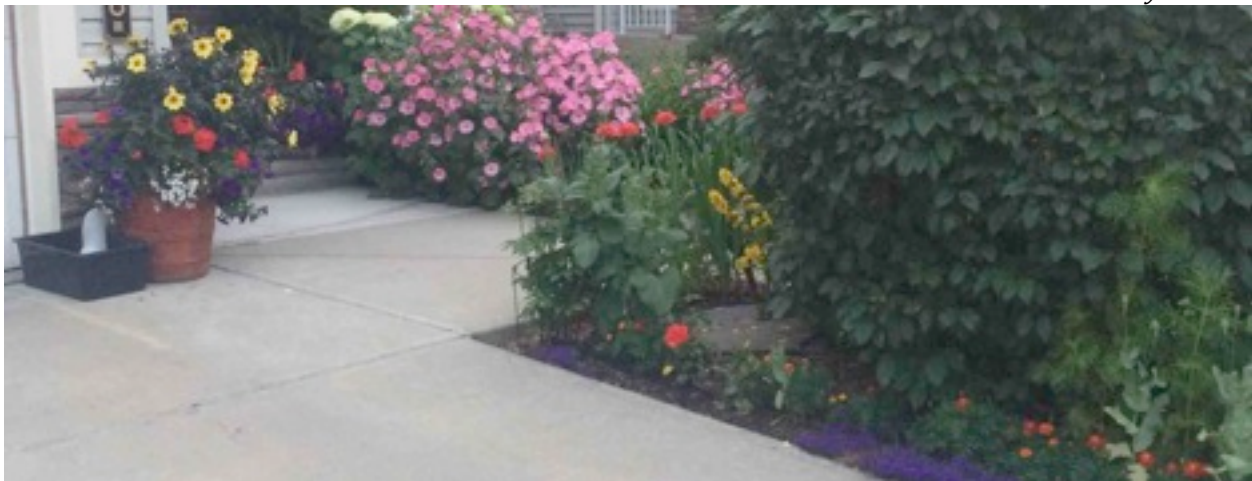
2. De-clutter by getting rid of old pictures, wall hangings and ornaments. In other words, anything that adds your 'personal' touch to the house. These are distracting to the buyer. The whole idea is to de-personalize your house and make it as neutral as possible, so the focus is on the actual bare bones of the house.
3. I usually advise clients to pack everything away (and label) that is not absolutely necessary to live in the interim. This will save a lot of time, when you actually have to move. Subconsciously you are also speeding up the process and getting a new mindset. Neatly stacked boxes with possession in the basement or storage area will indicate to buyers that you are more than ready to sell and move.
4. De-clutter the patio, the yard, veranda etc. Look at improving your landscaping ahead of time. Perhaps plant a few good eye-catching shrubs, and flowers. Solar lights/stakes are also a nice touch. Mend your fences. If they are older a good paint job is in order. Another aspect is the garage door, which we often neglect to re-paint. This is the first thing that people see as they drive up to your house!
5. My final and equally important is cleanliness. I cannot over emphasize this aspect. Especially important are bathrooms, and household appliances, light fixtures and anything else your eye can detect! Many hiring professional cleaners for the initial cleaning and then keeping things updated.

So overall it is important to look at all aspects of the house both interior and exterior and then going through everything mentally with a fine-tooth comb. So, get the ball rolling this spring! If you are contemplating selling your home or have already made that decision, remember that good presentation is crucial in attracting the right buyers at the optimum selling price. The real estate market is already in your favour, so optimize your chances of getting a really good deal going. This will enable a win-win situation for both. You and the buyer/seller.

Should you have any further questions please call/text me at 780-221-0602.

Usheda Akbar-Shanks  
Realtor at RE/MAX Excellence

*Picture by Usheda*



## SCENERY

### Double rainbow scenery



*Picture by Usheda*



**MAY 8, 2022**

## Some drainage problems after the snow clearance from the road and piling the snow into the corner along the road



Pictures taken February 10, 2022

It was difficult breaking through the ice, looking for the drainage next to the sidewalk.

Make a note to locate your drainage for next winter incase the roads are ploughed and blocks the drainage, this way you can quickly shovel away the snow from covering the drainage before it hardens.

**Excavating and trying to drain the water from the sidewalk, but that didn't work due to the ice covering the drain**



**This is what happens when fresh snow falls, covering up the snow piled along the corner of the road which can be hard to notice, detect or differentiate...**



**KEEP IT CLEAN**

**The road is not the place to throw out your masks**

## **KEEP IT CLEAN**

***Below is what happens from some of the people walking their dogs in our neighborhood***



***And it continues in the winter...***







## GUYANA'S BOOMING OIL PRODUCTION

A Glance at Guyana and its oil production by F. Ally



*Photo of the Kaieteur Falls licensed from [www.depositphotos.com](http://www.depositphotos.com)*

### ‘Guyana to benefit most from rising oil price in Latin America region – AMI analysis’

Guyana is a small Amazonian South American country that borders Venezuela, Brazil, Suriname (Dutch Guiana) and the Atlantic Ocean and has just under 800,000 people. Many in some places around the world does not know that this small South America country exists, but if you mention the Jim Jones massacre that may have some recollecting the genocide that had taken place in Guyana decades ago where many Americans had died. Guyana was once called British Guiana and was once referred to as El Dorado by Sir Walter Raleigh. But Guyana is one of the most impoverished countries in the Latin American-Caribbean region for decades now, but there has been good news for this small South American country over the past few years with its offshore oil discoveries. **‘Few people know this, but recent oil discoveries in Guyana are expected to turn that country into one of Latin America’s biggest oil producers over the next five years’ (Ref1).**



*Guyana is in pink*

This small South American country has the world’s largest single drop waterfalls, the Kaieteur Falls, which is four to five times higher than the Niagara Falls in Canada. The Kaieteur Falls is 741 feet (226 meters) tall, and with the steeps and water rushing over into the gorge, it is 822 feet in total (251 meters). Guyana is also said to have over 300 waterfalls. Guyana is also known for having the longest floating bridge in the world, and the St. Georges Cathedral which was once said to be the tallest wooden structure in the world. Guyana has one of the largest cattle ranch in the world known as the Dadanawa Ranch where the cowboys work in the cattle ranches.

The Dadanawa cattle ranch is now said to be the second largest, although some still say it's the largest in the world. Guyana has an annual rodeo known as the The Annual Lethem Rodeo, known for its kite-flying competitions over the long Easter Weekend, Carnivals, and many other annual events.



Although this South American country's main language is not Spanish, but is English, where the locals speak Creole Patois, Spanish and Portuguese is spoken by many, as there are thousands of Brazilians and Venezuelans living in Guyana. Like Trinidad & Tobago, Martinique, and Guadeloupe islands in the Caribbean, and Suriname in South America, Guyana has a large population that originated from India in the 1800s that arrived in South America and the Caribbean as indentured laborers.

Like the Africans that arrived in the Latin American-Caribbean region during the days of slavery, Guyana also has a very large population of African descendants. In the 1800s, a large Portuguese population also arrived in Guyana. Chinese laborers also arrived. Other European laborers also arrived. About ten percent of Guyana's population is of Amerindian (Native American) heritage.

I always say that Guyana have many cultures where many identifies with the Caribbean and many also identifies with Latin America, and thus Guyana has the best of both worlds, the Caribbean and Latin America. For example during the long Easter weekend, a town in Guyana near the Brazilian border called Lethem has a rodeo where many from Brazil enters Guyana to compete and as spectators with a lot of Brazilian music, and in Georgetown, the Capital city of Guyana, there is an area with Brazilians. Many Brazilians would also enter Guyana to shop at the big mall in Lethem. Does this part of Guyana sound like it's in Latin America? It does to me, and throughout Guyana there are many Spanish and Portuguese speaking people, not to mention that Venezuela still claims that most of Guyana belongs to Venezuela. Does this not sound like Guyana is in Latin America even though the main language is not Spanish?

There has been an exodus of Guyanese starting in the 1960s where many began leaving Guyana for better opportunities, especially the educated ones with good jobs, and thus today there are more Guyanese living outside of Guyana than in Guyana, but today you might hear of some Guyanese moving back to Guyana and also investing in Guyana. Today a small Portuguese population remains, along with some Chinese and others, but it's more noticeable that the majority of the Guyanese population today is of East Indian and African heritage, and also with a large mixed population. Politics have created a lot of division and problems for the people, **but today, 'Guyana is undergoing a major economic transformation driven by a massive oil boom' (Ref 5)**. There's a lot of hope for this small impoverished South American country where the oil giant 'Exxon is making significant investments in offshore Guyana and expanding its drilling efforts in a big way' (Ref 5). Although, Guyana is projected to have a good future due to its offshore oil revenues and improving its economy, many Guyanese do not believe that they will benefit much from its oil.

Guyana's oil production which commenced in December 2019 with its offshore oil, which increased to 120,000 barrels of oil per day over the past few years is **'projected to produce 350,000 barrels of oil a day by mid-May' (Ref 1) this year. It 'is further projected to skyrocket to 800,000 barrels a day in 2025, and to 1.2 million barrels a day by 2027, according to Exxon Mobil Corp' (Ref 1). 'In a March 2020 report, petroleum industry consultancy Wood Mackenzie predicted that Exxon and its partners will be pumping over**

**one million barrels of crude oil per day from the Stabroek Block by 2028’ (Ref 5).** According to the AMI article titled, ‘Guyana to benefit most from rising oil price in Latin America region – AMI analysis’ Ref (4), and Guyana is projected to be ‘the number three position for proven oil reserves in the Latin America-Caribbean region’ (Ref 3), where Guyana and Brazil are the most to benefit from this region’s oil production. Having a small population of under 800,000 people, ‘Guyana is projected to become the world’s top per capita oil producer by 2035, according to the Americas Market Intelligence research firm’ (Ref1). Also ‘Exxon’s Liza grade has an API gravity of 32 degrees and 0.58% sulfur content, making it lighter and sweeter than many other more carbon-intensive crude oil blends being produced in Latin America’ (Ref 5).

## POLITICS

Politics is hindering Guyana’s progress. According to the article ‘If Biden really wants to lower gas prices, he should talk to Guyana, instead of Venezuela’ Opinion By Andres Oppenheimer, states, ‘President Biden recently sent a team of senior U.S. officials to Caracas for talks with Venezuelan dictator Nicolás Maduro about a possible oil deal to help bring down gas prices in America’ (Ref 1). Oppenheimer says that ‘instead be sending his envoys to a Venezuelan neighbor that could become a much more promising U.S. oil supplier: Guyana.’ In the past America and Venezuela were at odds with each other; one would think that after all of the problems between America and Venezuela that Biden would turn to Guyana for oil.

## REFERENCES:

(Ref1) - If Biden really wants to lower gas prices, he should talk to Guyana, instead of Venezuela | Opinion By Andres Oppenheimer; Updated March 23, 2022 6:41 PM  
<https://www.miamiherald.com/news/local/news-columns-blogs/andres-oppenheimer/article259702385.html>

(Ref 2)

Oil at Over \$100 Puts Spotlight on Latin American Supplies

Output across the region is set to barely budge this year.

<https://www.bloomberg.com/news/articles/2022-03-01/latin-america-not-suited-to-pump-more-amid-100-oil-russia-risk>; By Peter Millard; March 1, 2022, 1:44 PM MST

(Ref 3)

Guyana has 3rd highest crude oil reserves in Latin America-Caribbean region

By OilNOW; October 6, 2021

<https://oilnow.gy/regional/guyana-has-3rd-highest-crude-oil-reserves-in-latin-america-caribbean-region/>

(Ref 4)

Guyana to benefit most from rising oil price in Latin America region – AMI analysis

By OilNOW; March 9, 2022

<https://oilnow.gy/featured/guyana-to-benefit-most-from-rising-oil-price-in-latin-america-region-ami-analysis/>

(Ref 5)

Guyana’s Oil Boom Has Been Amazing For Its Economy

By Matthew Smith - Feb 08, 2022, 4:00 PM CST

<https://oilprice.com/Energy/Crude-Oil/Guyanas-Oil-Boom-Has-Been-Amazing-For-Its-Economy.html>

# EASTER 2022

by F. Ally



*The photo on the left is Mary Magdalene, Mary and Salom on foot to the bright empty tomb of Jesus early on the Sunday morning (description from [www.photodeposit.com](http://www.photodeposit.com))*

As we approach Easter, and many of the covid-19 restrictions have been lifted around the world in many places, Christians across the lands will be celebrating the rising of Jesus Christ on Easter Sunday, on April 17, 2022. Prior to this celebration, many had fasted for forty days abstaining from certain foods, habits and temptations for forty days, excluding Sundays, for Lent. Lent does not have a fix date and is calculated each year based on Easter Sunday. This year Ash Wednesday was on March 2, 2022 when lent commenced. Orthodox Lent had begun on March 7, 2022 and will end on April 23, 2022 and where Orthodox Easter Sunday will be on April 24.

After Lent, on Good Friday, April 15, millions of Christians across the globe attend churches since in many places the covid-19 pandemic and lockdown restrictions were lifted.



As in the past, before the pandemic lockdowns that began in the year 2020, the streets across the lands, in places such as the Philippines, Spain and Guatemala, should once again be filled with celebrations and where there will be reenactments of the crucifixion with people carrying the cross, and reenactments of being whipped to show the brutally Jesus had endured.



*Photos in this article licensed from depositphotos.com*

Throughout history, many new traditions had surfaced, especially the ones with the Easter Bunny and eating and exchanging chocolate and hard-boiled colored Easter eggs. The early Christians in Mesopotamia painted their Easter eggs in red, which symbolized the blood Christ had shed during his crucifixion. Many will also be celebrating with chocolate and hard-boiled colored Easter eggs. Some nations will celebrate with parades, drumming, reading books, and making cakes.



Some nations across the world will celebrate these special days with parades, drumming, and making cakes.

In the tiny South American country, Guyana, although Easter is a Christian celebration, people of all faiths, races and colors, will be celebrating Easter by flying kites and taking part in kite flying competitions, bringing people together. And this is what the world needs, especially at a time like now where millions of people are depressed and are living in isolation and fear. It's known that the Chinese indentured laborers in Guyana back in the 1800s had made kite flying popular tradition, when the plantation managers asked them why they were flying kites, they said that the kite flying represents the rising of Jesus Christ. 'After two years of restrictions that placed a damper on national events, the return of the traditional kite flying, associated with Easter celebrations, is already causing system interruptions at the Guyana Power and Light (GPL) network (Ref 2).' Kite flying is a Guyanese Easter weekend tradition and life goes on.

*Parts of the original article were first publication in Diverse City Magazine, April 2017 Edition Article: Easter Celebration, p.6 by Faisal Ally was modified along with some new sections. New updates published in May 2018. This year, 2022, this is a new edition of the same article.*

Reference:

- 1) Diverse City Magazine April 2017 Edition, Easter Celebration by Faisal Ally, p.6, 19
- 2) Diverse City Magazine, Easter 2018 (Diverse-city-magazine-apr3-2018-edition-PDF), Published on April 3, 2018 at [www.allymedia.ca](http://www.allymedia.ca), Easter Celebration by F. Ally on p.6
- 3)GPL urges: Fly your kites, but keep away from power lines  
<https://newsroom.gy/2022/04/12/gpl-urges-fly-your-kites-but-keep-away-from-power-lines/>; By Editor On Apr 12, 2022 Last updated Apr 12, 2022

**Further reading material for people looking for quick information on Easter:**

<https://www.liverpoolecho.co>.

<https://www.telegraph.co.uk/news/0/easter-dates-meaning-behind-good-friday-easter-sunday-easter/>; article - Easter 2018: Forbidden eggs, Eostre and how the date is decided

*Photos licensed from [www.depositphotos.com](http://www.depositphotos.com) with some of their description of photos*

## THE MONTH OF RAMADAN

*This article was researched by F. Ally and was first published in the Diverse City Edition This edition has some updates.*

This year the month of Ramadan commenced either on April 1 or April 2, 2022 for most around the world. Ramadan is a month of fasting for Muslims around the world. For years now, Islam continues to be the fastest growing way of life (religion) in the world. There are many converts to Islam in places like America, Europe and many countries around the world. In places like America, the rate of female converts to Islam are higher than the male converts, where many of them are searching and studying religion and came upon Islam on their own, and not being in a relationship with a Muslim can converting only due to marriage.

### **What is Ramadan all about and why is Ramadan important to Muslims?**

According to the book, ‘The meaning of the Glorious Quran by Abdullah Yusuf Ali, Volume 1 (Text, Translation and Commentary) p. 72 - 74 (Preface to the First Edition, 1934) it states:

O ye who believe! Fasting is prescribed to you  
As it was prescribed, to those before you, that ye may (learn) Self-restraint - (Surah II: 182)

Fasting is a command from the Almighty. The Quran further states: (Fasting) for a fixed number of days; But if any of you is ill, or on a journey, the prescribed number (Should be made up) from days later... (Surah II: 184)

The translation of this Quran states: Ramadhan is the (month) in which was sent down the Quran, as a guide to mankind, also clear (signs) for guidance and judgment (between right and wrong)...during that month should spend it in fasting. (Surah II: 185)

In the comment section, Ali explains that if someone encounters difficulties or is ill or is on a journey on how to make up for that fast...and that fasting is not to “put you to difficulties.”

### **Why it’s important not to just read a single line, but to read the lines before and after**

In his comments, Ali states that verse 184 must be read with verses 185 to 188 to fully understand fasting. And the same goes for other verses in the Quran, where a person should never pick one line out of the Quran and look for faults, but look at the lines that comes before and after to grasp the meanings of what is being stated during the events that were taking place in history to uplift the society, to bring rights to children, women, men and the elderly, as there were many battles to fight alcoholism, injustices, and to transcending the society. Some lines specifically refers to events at the time to change and transcend a society. Then there are lines in almost every verses in the Quran and all the way through that tells people to believe in the unseen and to always worship Allah (in other words to follow his commands leading people to a better path and life), Ali also states that ‘the Muslim fast was not meant for self-torture’)





*Worshippers engaged in reading and reflecting on the verses of the Quran, which is written in classical Arabic. Both male and female dresses modest as a respect to one another...F. Ally*



*Worshippers praying. **When the word 'Allah' is used,** this word refers to the same One God which the Christians, Jews, Hindus and others refer to that has no image, cannot be seen, and has no partners...F. Ally*

### **The word Ramadan (two definitions)**

‘Ramaa is taken from the word *ramad* which means that which is intensely or vehemently heated by the sun. And the word *ramdhaa* means the intense heat of the sun.’ This quote comes from <https://muslimmatters.org/2012/07/22/the-meaning-of-the-word-ramaaan/>

‘Ramadan is derived from the Arabic root word ramida or arramad - intense scorching heat and dryness, especially the ground.’ This quote comes from [http://www.thewayfarer.com/index.php?option=com\\_content&view=article&id=88:ramadan-what-is-it&catid=8:articles&Itemid=8](http://www.thewayfarer.com/index.php?option=com_content&view=article&id=88:ramadan-what-is-it&catid=8:articles&Itemid=8)



*The Quran and some books on Islam*

### **On Spirituality and the 5 daily prayers**

During the month of Ramadan, many Muslims are engaged in the five daily prayers. The first prayer is the Fajr (dawn) prayer, followed by Zuhr, Asr, Maghrib, and then Isha. Aside from the five daily prayers practiced by dedicated Muslims, very often and especially during this special month, Muslims are engaged in extra sessions of prayers called Tawarih, along with reading and reflecting on the verses of the Quran, and the remembrance of Allah where this practice is known as dhikr which is the same as meditating.

Thus, in the month of Ramadan, Muslims spends a lot more time in the purification of the heart and becoming more spiritual. The practice of prayers and the other practices rid people of negative thoughts, infatuation, anger and bring many benefits. During this month, many recite the entire Quran in classical Arabic, which is the language the Quran came down in, and because the Quran is a recitation, it is memorized by millions around the world and can never be destroyed nor get damaged.

### **The Quran is a recitation - beware of incorrect interpretations that's floating around**

It's important to remember that the Quran is a recitation only in the original classical Arabic, and that when books are created and printed, sometimes there are errors, and different versions can exist in different places around the globe due to these errors. For example if a publisher or writer deliberately or accidentally changed a word or a line in a printed Quran and the books are introduced to a remote village that's learning about Islam and that's accepting Islam, the people will have a book with some incorrect spellings and translation of words, and this is happening or will happen, and as that village grows and spread the Quran, we now have different Qurans most likely deliberately created. A book with only an English translation is not a Quran, as translation

can vary considerably. A printed Quran must always have the original classical Arabic in it, else it is not a Quran, but an interpretation that can have many inconsistencies with other interpretations. However, it's important for people who do not understand classical Arabic to read the Quran in a language they understand to gain understanding and knowledge of the revelations and to seek knowledge only from Muslims with good knowledge and from the scholars of Islam, and not from just any websites and or books as there's lots of propaganda out there in the world. It's very important to look at different sources and not just one source, and ask lots of questions.

### **On dawn and sunset in the Quran**

Ali explains in comment 197 in Surah II: Those in touch with nature know the beautiful effects of early dawn. First appear thin white indefinable streaks of light in the east; then a dark zone supervenes; followed by a beautiful pinkish white zone clearly defined from the dark. This is the true dawn; after that the fast begins. In comment 198, Ali explains when fasting for the day ends: 'Till the night appears; From the actual practice of the Holy Apostle, this is rightly interpreted to mean: "Till sunset."

### **The length of period for Fasting (Sawm)**

The book 'Being Muslim by Haroon Siddiqui', on p.67 states that 'Muslims fast from sunrise to sunset during the month of Ramadan, which may be 29 days or 30, depending on the sighting of the moon.' This author discusses fasting on p. 68 and then went on to say that fasting is 'also designed to inculcate self-discipline, self-control, self evaluation and patience.' On p. 68, the author says, "The last ten days are considered to be the most blessed, and Muslims make an extra effort to stay awake and pray."

The book Teach yourself Islam by Ruqaiyyah Waris Maqsood on p.77 states, 'Ramadan is seen as the most significant of months, a time of spiritual and physical discipline, and a time for making extra effort to spread love, peace and reconciliation.' This author states that Muslims are involved in cultivating 'a peaceful and prayerful attitude of mind' by fasting for the month with self restraint and giving up food, liquids and other habits during the fasting hours for this month.

### **I'tikaf**

On page 80, Maqsood explains that during the last ten days of fasting, some Muslims 'withdraw altogether from ordinary life and go into retreat' where they devote time during the day and night to their practice of prayers, Quranic reading, dhikr. During this time some men, including older teenagers will also remain inside the Masjid and also sleep there for the last ten days.

### **Specifics on eating and fasting during the day**

Aside from the book Teach yourself Islam by Ruqaiyyah Waris Maqsood, another good source on fasting is the article from <https://www.islamicfinder.org/special-islamic-days/ramadan-2018/> that describes what goes on before, during and after fasting each day. Information from these two books are mentioned below.

### **Suhur and the fajr (dawn) prayer**

Muslims gets up before dawn and have a small or light meal. Shortly after, Muslims says the first prayer to begin the day known as the Fajr prayer, and fasting commences for the day.



*Dates are often used for breaking fast, although fruits and other sweets are also used or added*

*Note, in places like Saudi Arabia and around on the equator, the night and dawn are completely distinct and separated, but in the year 2017 and 2018 in the northern hemisphere in places like Edmonton, the night and dawn are not distinct and thus the time for making fast and saying the Fajr prayer is calculated since an actual time cannot be determined due to Mother Nature. Therefore due to the tremendously long daylight hours in the northern regions in the summer months, there are man made rules on when to begin fast and when to break fast. Because the long fasting hours can drain a person in many ways, some scholars say to follow the Mecca time in Saudi Arabia, but this is all debatable and people just do not want to change because of fear and the harassments they will get from others.*

### **Zuhr and Asr prayer**

During the day as Muslims go about their work and chores, the Zuhr and later the Asr prayers are carried out.



### **Iftar and the maghrib (evening) prayer**

After a day of fasting, and where Muslims can be tired and weak, as soon the sun sets, it's time to break their fast with something to eat, known as iftar, such as dates, fruits, tea, sweet drink, but often dates are used, as Prophet Mohammed often broke his fast with dates. After eating something small just to break the fast, the maghrib or evening prayer is said, and after this prayer practitioners will eat; there are many that have a small meal, many that also have a big meal which in a way defeats the purpose of the fast especially if a person over eats then goes to bed after. One must consider the health benefits that comes with fasting. It's important to consider what Prophet Mohammed taught about eating: 1/3 of the stomach is for solids, 1/3 for water, and 1/3 should be empty.

### **Tarawih (Quran Reading)**

After breaking fast, the last prayer is the Isha prayer. Tarawih is an extra prayer session that takes place after the Isha prayers where many Muslims recite the Quran as a part of the prayers, and where they can be at the Masjid for an extra one and a half to two or more hours praying, as the goal is to recite the entire Quran during the month of Ramadan.



*A worshipper making the ending salaams where she turns her face first to the right saying 'Salamu alaikum wa rahmatullah (Peace be upon you and the mercy of Allah) and then to the left repeating the same words. Such words resonates in the unseen and is heart felt...F. Ally*

### **Laylat ul Qadr**

Laylat ul Qadr is the night when the revelations of the first verses of the Quran first began to Prophet Mohammad. Laylat ul Qadr is translated to the 'Night of Power.' It is not certain which night this is, but this night often takes place on the 27th Ramadan. However, scholars say that this night could be any one of the odd nights during the last ten days of Ramadan. Because Muslims take the time to plan and make an extra effort in their practice e during the last ten days the blessings are tremendous.

### **Eid celebration**

It's been a month of reflections and now it's time to celebrate - reflect and celebrate - as the month of fasting concludes with the Eid ul fitr celebration.

## THE SPIRITUAL SIDE OF ISLAM

by Faisal Ally...This article was published in the May 7, 2018 Diverse City edition.  
In this article and the other articles Allah and God are used interchangeably.

Based on the practice of Prophet Muhammad and the Sahabas *companions* Islam brings a very spiritual way of life, but that depends of the practitioners, as in every discipline, the practitioners practices to varying degree, whether its Buddhism, Sanata Dharma, Christianity, Judaism, Islam, meditating, tai-chi etc... The first generation Muslims were the best at the spiritual practice of Islam, then the second generation and then the third generation, and by the third generation and after, spirituality as being practiced at different degree different degree, where today Islam can be very strange to some, as some Muslims do not even practice but still calls themselves a Muslim, and some of the principles have been taken out of context. But the fact is, Islam shows the path towards enlightenment only if the practitioners put in the time and devotion.

During the month of Ramadan, millions of Muslims spend a lot more time reading the Quran, praying, reflecting, and practicing of dhikr, becoming more spiritual during this month than they were during the year. *Dhikr is similar to meditating where a phrase using an attribute of God such as Subhanalah is repeated over and over with great focus so the mind is in the present moment.* During the year, often worshippers become busy with their lives and the duniya world and do not practice and reflect the way they do during the month of Ramadan.

### PROPHET MOHAMMED IS THE ENLIGHTENED ONE

It's been over 1400 years since Prophet Muhammad (570 to 632) had departed from this earth. There are many questions as to how he practiced Islam. As I've stated above by the third generation of Islam, the practice was becoming strange or lost to many. The life of the prophet and sayings and how he preached were collected 200 years after his death and these books are called the Hadith. There were many false information collected and some of the hadiths may still be false. Was Prophet Mohammed a very spiritual? What we know today is Islam is the biggest or will be the biggest religion on the planet today and millions go on the Hajj pilgrimage, prays 5 times a day, fasts, gives to charity etc...And we know that through Prophet Mohammed the society he lived in was completely transformed due to his devotion to Allah *God* and the people. My answer is, Prophet Mohammed was the enlightened one, in the way the Buddha is called the enlightened one, but very often people for hundreds of years now do not focus on the teachings of Islam in the way the Prophet and the sahabas did. Not only did Prophet Mohammed brought about a great transformation to the evil and corrupt society he was born in, but he had transformed the lives of the people in that society, and his teachings continues to do so for billions and billions of people across the entire planet, and as more people learn the truth of Islam, the more people are accepting this way of life today as Islam continues to be the fastest growing way of life on the planet.

About 10 years ago, at one of the Masjids, I met a person from Morocco by the name of Kareem for the first time, and he gave me the two books he had with him that was worth a lot of money, and he refused to take any money from he. He is a very generous person with a truly a good heart and is not doubt an enlighten person engaged in his practice. I still have the books. I will refer to The Book of Assistance by Imam Abdallah Ibn Alawi Al-Haddad, who is a direct descendant of Prophet Mohammed, and had lived in the twelfth Islamic Century.

*Continue on the next page...*



*The Book of Assistance by Imam 'Abdallah Ibn 'Alawi Al-Haddad Of the Twelfth Islamic Century (1101 - 1200)*

## **On meditation and Prophet Mohammed**

I had taken a three-day seminar in primordial sound meditation back in 1994 from Dr. Deepak Chopra and his team (Dr. Chopra was the head of the Mind/Body Clinic in America), and I'm still a devote practitioner in the tools they had given me, which I apply to my everyday life and my spiritual practice of Islam. I fully understand the benefits of meditation, as I have been writing on my meditation experiences since the year 2003 in the 40 page printed magazine called Cariwave, The Caribbean Magazine. We must keep in mind that before Prophet Mohammed became a Prophet, he had devoted a lot of his time meditating. The Book of Assistance discusses many practices of Prophet Mohammed. I will briefly look at a few lines from this book and explain why Prophet Mohammed is the enlightened one.

There are different forms of meditation, but the main benefit in all meditation practices is being in the present moment, having present moment awareness, bringing silence to the mind and ridding the mind of negative thoughts, which relieves stress, anger, along with many more benefits. I have stated in my writings that an Islamic prayer is very similar to meditating once a person takes his/her time, focus and when drifts off or when distracted that they would quickly catch themselves and return to their practice, so to keep improving, and to become more focus so every moment in their practice counts as part of a rejuvenation or one can say blessings or being rewarded right at the very moment. During any prayer session for the best rewards, the mind 'must be emptied of all distractions and unwanted thoughts, quieting the over active mind.' It's a matter of being mindful and cultivating his/her practice to the fullest, and this is way of Prophet Mohammed, a practice of the inner and outer dimension leading to the path of enlightenment, and he was the enlightened one to have accomplished so much in his lifetime.

## **The Inner Dimension of Islam is what Prophet Mohammed practiced. What does The Book of Assistance say about Prophet Mohammed practice?**

The Book of Assistance states on p.31 that a person 'should set aside one or more hours' (within a 24 hour day) for reflection. In other words this book is telling us that Prophet Mohammed had spent hours in his practice. It states that 'the best time for reflection (reading and studying the Quran and seek knowledge) is the one in which are the least preoccupation, worries, and most potential for the heart to be present, such as the depths of the night.' This reassures us how important silence in during our practice whether it's external or from within us, and that the practice removes negative things such as worries and expands the heart, and this was no doubt a big part of Prophet Mohammed's practice. Imaam Abdallah Ibn 'Alawi Al-Haddad is a direct descendant of Prophet Mohammed and lived about 500 years and not 1600 years after the Prophet had departed, and thus would have more accurate information on the practice of Islam through his book, The Book of Assistance. On p.33 it states, 'This kind of reflection results in losing all desires of the world...' The book states 'you must reflect and comprehend while you recite; slow melodious recitation will assist you...' On p.47 of the book, it discusses 'Inward cleanliness' and the purification of the soul from 'pride, envy, love of the world etc....' In my life I often try to rid myself of worries, stress, anger etc. and I do this through my meditation practice. On p. 41 of the book, it states '...polish the mirror of the heart by continuous remembrance (often through dhikr) and reflection (fikr) and shunning everything that might distract you from devoting yourself entirely...' P.43 speaks of obligations (such as fasting, charity etc...), prohibitions (such as alcohol, adultery etc...) and the increase of 'supererogatory (extra) devotion. In other words, Prophet Mohammed had spent a lot of extra time in prayers aside from the 5 daily prayers. Thus the more time I spend in my meditation the greater the benefits are for expanding the heart and ridding myself of stress and anger. On p.10 it states

‘And know that drawing nearer to him can only be done through the obligation and supererogatory (extra) devotion.’ Thus God is the focus of the practice in Islam, and by focusing on God a person’s mind have to be silence, even when there’s a pause that pause must be filled with silence. I practice silence through my meditation practice. From the above mentioned passages of this book, we see the kind of practice the Prophet was engaged in, and the benefits are immediate as meditation brings benefits in the present moment, and you do not have to wait for the afterlife for these blessings. These blessings are immediate - a rejuvenation of the body, mind and soul, and with knowledge this all leads towards the path of enlightenment.

**Worship him as if you can see him,  
and if you can’t see him, he can see you**

### **Benefits of these practices**

God commands us to worship him as if you can see him. The Prophet and his companions did not only pray 5 times a day, but they prayed extra at nights when it was quiet, and that could go on for hours, so their minds are in a state of calmness, quietness, and at peace, and this is how a person wants to feel during the day by focusing and carrying their daily prayers. The more the practice, the more the opening and purification of the heart. On p. 24 of the book, it states, ‘The Messenger of God said....The best of my nations’ devotion is the recitation of the Quran.’ Every night before going to sleep it’s important to read verses from the Quran and or even to be engaged in dhikr *the remembrance of God*. This keeps the mind away from being too active with unwanted thoughts that can keep a person up all night.

### **Remember Me and I shall remember you**

In the Quran God says ‘Remember Me and I shall remember you.’ This is done through prayers, worshipping, and the remembrance of God (dhikr).

### **Striving to perfect your character**

We strive to perfect our character through good deeds such as speaking nice to others, giving charity, taking care of our parents and the elderly etc...and taking on our responsibilities and being held accountable for our actions so we can learn and grow from our mistakes. This all leads to the opening of the heart and towards the path of enlightenment as we continue to strive everyday to improve our character. The teachings of Prophet Mohammed through Islam brings great spiritual benefits, transformation and leads towards enlightenment depending on how you practice and how much you practice.

### **Prophet Mohammed, the enlightened one showed us the way to the inner and outer path**

Today we often hear about Sufis and Sufism as being the spiritual side of Islam, but that’s incorrect because, the Prophet was a Muslim and Islam was his practice, he was not a Sufi, nor did he practice Sufism. Not only did Prophet Mohammed transformed his society and the lives of his companions and the people of his time, he taught them how to purify their hearts, body, soul and minds through the teachings of Islam.

### **TASAWWUF, SUFISM - INNER DIMENSION OF ISLAM**

The word tasawwuf may not have been used during the days of Prophet Muhammad, but today and for centuries now, both the words tasawwuf and Sufism is used when speaking of the inner dimension of Islam, even though Islam already teaches these principles, and does not need a new word such as sufism. My understanding is, like the word Hinduism, the word ‘Sufism’ is a western term to identify practitioners that are deeply spiritual in their practice - the ‘inner dimension of Islam.’ The Prophet was not a Sufi nor was his companions. They were Muslims *a person that submits* to Allah and they practiced Islam *submission to God*. During the time of

Prophet Mohammed the words Sufi and Sufism did not exist, as in those days Prophet Mohammed and his companions were already very spiritual beings based on the information presented in The Book of Assistance. In the days of the Prophet there were also no names such as Sunni, Shia, Ismailia, Ahmadiyya etc... Thus today Islam can be very strange to some due to all of these divisions and sects and all the bickering that goes on.

Sufis are Muslims where many pray five times a day. They are not from a different sect. They carry out extra sessions during the week where groups are formed to carry out their practice, and they can become very focus and very spiritual in their practice. There are many Muslims that also get together to do extra sessions carrying out Quranic reading and teachings and can become very focus and very spiritual, so in reality we really do not need new words like Sufi and Sufism to express the spiritual and inner dimension of Islam. These Sufi groups often have a Sheik or a learned person to guide them. For example, during the year, a group may meet on Thursdays each week to do dhikr *the remembrance of Allah* by repeating phrases over and over and also read and reflect on verses in the Quran to increase their spiritual practice. Dhikr brings them closer to Allah. A phrase would be an attribute of Allah, such as Subhanallah *Glory to Allah*, Alhamdulillah *The (my) praise be to Allah*, Allahu Akbar *Allah is greatest*, etc... This is exactly many most Muslims do anyway. What may seem strange to many Muslims is the practice of some Sufis goes into deeper focus and meditation by using music and dancing in their practice such as the Whirling Dervishes of Turkey. I believe it's okay to have hobbies as I play a guitar but my playing has nothing to do with Islam - it's just a hobby in the way some people spend a lot of their day texting each others or playing a game of chess or soccer. My take on these extra activities that include whirling, dancing and music should be seen as a hobby, something that's completely outside of the obligatory practice of Islam.

I learned to meditate many years ago and since then I have been an avid practitioner of meditation where I had taken a three day primordial sound meditation course from Dr. Deepak Chopra and his team back around 1994, and I brought this practice into my way of life and into my prayers so I can have more silence and focus in my prayers, reflection and remembrance of God. And because of this inner practice I was told that I'm a Sufi, although I know that I'm not a Sufi, but an average Muslim that's trying to focus more on my inner dimension. **In the health article in this Edition, I listed some of my meditation practices I'm engaged in where I expand on silence and say my prayers slowly to reflect.** I also want to make each of my prayer session count by reflecting, focusing and understanding the classical Arabic words I'm using in my prayers so I connect better to the Almighty, and I get better by practicing and spending more time practicing. Sometimes, I spend extra sessions during the week engaged in dhikr with a few people I know, carrying out my dhikr similar to the way I used to meditate with a Sanskrit mantra, but I use one of the attributes of Allah, such as Subhanallah, where I focus and bring silence and widening the gaps of silence as I repeat my phrase, and then trying to remain in silence for a period of time with no thoughts rambling through my head. And when I become distracted I continue my dhikr to remove the distractions to bring my focus and silence. This is a part of my everyday life where I do some dhikr daily and keep reminding myself that I have to strive to perfect my character. I am certain that the Prophet had some of the greatest practice and focus that led him towards enlightenment and he is no doubt the enlightened one.

**Your practice must be as if you can see Allah,  
and if you cannot see Allah, he certainly can see you.**

In one of the Hadith it states that Prophet Mohammed said your practice must be as if you can see Allah, and if you cannot see Allah, he certainly can see you. During the months of Ramadan, millions of Muslims will become more serious about practicing the way Prophet Mohammed and the sahabas used to practice, opening their hearts, looking at their inner and outer dimensions,



and becoming more spiritual, so it's important to keep reminding ourselves to detach from our thoughts, worldly things and bring silence into our everyday practice.

I am not an expert in Islam or the practice, but from my learning and knowing how important focusing and silence is, I personally find some of the Masjids to be very noisy before the obligatory prayers begin when people are trying to focus. I encourage each person, as they enter the Masjid, the place of worship, to enter quietly and upon entering to remain quiet so others can focus and it's best to begin your practice immediately and focus to get the full benefits for the time you spend in the prayer area. It's best to greet each other before entering the prayer area, else leave it for later outside of the prayer area...Fisal Ally.

## RUPUNUNI RODEO, GUYANA by F. Ally



While colorful kites of many sizes and shapes will be singing and dancing in the skies of Guyana and over the Atlantic Ocean on the long Easter weekend, Guyana’s Annual Lethem Rodeo will be taking place in the town called Lethem which is located near the Brazilian boarder, where the Brazilians vaqueros would enter Guyana to compete against the Guyanese vaqueros (cowboys/ cowgirls).

‘The Rupununi Rodeo was once (before Covid) an annual event held in Lethem, Sandcreek, and neighboring Bonfim (Brazil) that attracted visitors from all over the world. It is usually a much-anticipated and celebrated event, which supercharges the local economy by magnetizing thousands of spectators to the Rupununi Savannahs’ (Ref2).

Thousands of spectators is expected to take in the shows that are from Guyana, Brazil, America and other places around the world, as this rodeo has become popular over the years.



Due to the covid-19 pandemic, the rodeo was cancelled in 2020 and 2021, and it was also cancelled in 2022 with the announcement: ‘The world-famous Rupununu Rodeo, which usually takes place in Region 9, Guyana, South America every year, has been once again cancelled – making it a total of 3 years since the Rodeo has been out of business’ (Ref 2). On January 13, 2022, The Rupununi Rodeo Comittee had posted the following notice on their Facebook Page: The Rodeo Comittee would like to inform everyone that there will be NO Rodeo 2022.

The National COVID-19 Task Force has not granted approval to host Rodeo 2022 due to the rising COVID cases and concerns surrounding the new Omnicron variant and how fast it spreads’ (ref 2).

Many places have loosened up restrictions and thus there’s good new, where on the evening of March 8, 2022, it was confirmed that the Rupununi Rodeo 2022 would take place this year with the announcement: ‘The ‘Rupununi Rodeo has been officially confirmed by both the Regional Chairman and His Worship the Mayor who is the Coordinator of the Event. It will be held on April 16 and 17 (Holy Saturday and Easter Sunday). Radio Lethem was asked to make the announcement on the Radio and RLPA will be making a Statement later on The Rodeo’ Ref 2.

Ref1

Rupununi Rodeo Back On – Scheduled for April 16th and 17th, 2022

<https://guyanasouthamerica.gy/news/2022/03/08/rupununi-rodeo-back-on-scheduled-for-april-16th-and-17th-2022/>; Byguyanagy; Mar 8, 2022

Ref2

Rupununi Rodeo 2022 Cancelled

<https://guyanasouthamerica.gy/news/2022/01/13/rupununi-rodeo-2022-cancelled/>  
Byguyanagy; Jan 13, 2022

# SPRING CURRY COOKOUT

**Mother and son in the kitchen**

*MAKING DISHES*

**Fish curry with potato  
& Banga mary fried fish**

**The preparation begins**

These dishes are often prepared with rice, or roti know as Indian bread. Roti can be replaced with pita bread as seen in the pictures below, and rice can be replaced with quinoa or something else.

Any or all of the following can be added to the dishes below: Garlic, onions, and tomatoes.

**Neisha preparing the fish**



**Banga mary cooking**



**Making curry sauce**



**Gilbaka curry begins**



***Fisal (Brian) has been apprenticing from his mom, Naz, over the past years specializing in traditional Guyanese dishes***

#### **Mother and Son team cookout**

While mom made the fish curry, I made the potato curry using the recipe from mom's recipe book. I have been apprenticing under my mom for years now, learning to make our Guyanese traditional dishes, capturing its tastes.

## Gilbaka Fish Curry



### **Gilbaka curry served with roti**

Can also serve with rice and dhal (lentil)

Made by Naz (Neisha)

### **HOW TO EAT USING YOUR HAND**

Break a piece of roti, and then grip a piece of aloo or fish or some gravy with the roti, and place it in your mouth and enjoy the taste.



Prep time 1/2 hour

Cooking time 1 hr.

Serves 5

### **Ingredients**

2 packs of gilbaka (approx. 10 to 12 pieces in total), 3 Tbl sp oil, 5 cloves of garlic, 1 onion, 3 Tbl sp curry powder, a few small hot peppers, a tomato (frozen sliced tomatoes from the previous year's garden was used)

### **Instructions**

The potatoes can be cooked at the same time with the fish curry by simply placing the cut up potatoes in the pot with the fish curry after about 20 minutes. However, because 8 potatoes were being cooked (all cut up) for a big potato cook, it was better to cook the potato curry separately.

If fish is already cut up as in this case then remove from package, place in a bowl and wash, else cut fish into approx. 1 inch thick slices.

Season fish; paprika and black pepper used

Set stove on Medium or to level 4

Add 3 Tbl sp oil to pot

Add 3 Tbl sp curry powder

Stir to make the curry paste

Add cut up garlic, onion, peppers and stir

Add fish and stir, mixing in with the curry paste

Add 2 1/2 cups water and stir (this will make the gravy)

Add salt to taste

Cover and cook on Hi for half hour

Taste the curry. Add more water if you want more curry sauce

Keep cooking for approx. another 1/2 hour

...See next page for pictures of this cooking



## Potato Curry



Made by F. Ally

Potato curry served with roti

Can also serve with rice

Prep time 1/2 hour

Cooking time 1/2 hour

Potato curry - Time to cook 1 hour

Serves 8

### Ingredients

8 potatoes, cut and washed

1 onion sliced, 5 garlic sliced, 1/2 tomato (frozen sliced tomatoes from the previous year's garden was used)

Set stove on Hi

Add 4 tbl sp oil

Add 4 sp curry powder

Mix to make the curry paste

Add onion, garlic, pepper and cook for about 1 min

Add potatoes

Add 3 cups water and stir

If the gravy looks thin then add another spoon curry powder and stir (*in this case another spoon of curry power was added to thicken the gravy*)

Add paprika, black pepper and stir

Cook for approximately 10 minutes

Add 1 or 2 frozen tomatoes from last year garden and stir

Add salt to taste

20 minutes later set stove to 3 or on medium and cover

Taste potato to see if soft enough

Add another 1/2 cup water to increase the gravy

Taste and check softness

Continue cooking on medium for another 10 minutes

Set stove to low - taste, check for tenderness

Keep cooking on low for another 10 minutes

*...See next page for pictures of this cooking*



## MAKING DHAL (USING LENTILS) AND RICE by F. Ally

It takes along time to make dhal using split peas. My substitute for split peas is lentils as seen below. Add about a quarter cup of lentils to a pot, about 3 cups water, boil on medium and as it softens use a utensil to squish lentils. I also added paprika, black pepper, jera and a couple small peppers. After about 5 minutes, boil on low for about 5 to 10 minutes



### MAKING RICE

Add a cup and a half of rice to a pot. Add approx. 3 cups of water. Boil for about 10 minutes on hi. Then cover and boil on low for about 10 minutes. Stir periodically.





# BANGA MARY FRIED FISH

Made by Naz (Neisha)



*Served with toast*



*Served with rice and normally dhal (in this case lethal was made in place of dhal)*

Prep time 10 minutes

Cooking time 30 minutes

Serves 10

## **Ingredients**

2 packs of banga mary already cut into fillets (approx. 16 fillets in total)

Wash and seasoned with black pepper, paprika and salt

Add approx. 1/4 cup oil to a pan (which is about 10 Tbl oil)

Set stove on Hi

Roll fish in white flour, which will help to prevent fish from sticking to the pan when frying

Place a fillet into the pan, then add more fillets

Fry about 3 at a time, depending on the size of your pan, you may be able to add more

Fry on one side for approx. 3 to 4 minutes or until turns brownish

Turn over and fry on the other side

As the oil in the pan decreases add more oil to the pan to give the fillet a good fry

*...See next page for pictures of this cooking*



## HEALTH TECHNIQUES



This article is a combination of sections from older articles written by Faisal Ally with slight modifications, as a reminder that these articles contains important tools to enrich our lives.

*Below, various techniques from the article ‘Sharing my experiences in meditation’ from the Diverse City Magazine, March 2017 Edition, p. 16 - 17, and another article listed later are presented below*

Two techniques, which I have learned that brings stillness and silence into my everyday life are: 1) I had taken the three-day Primordial Sound Meditation seminar in where I had used a mantra to widen the silence gap between my thoughts, and how to remain still and in silence for a period of time. 2) I later learned to quiet my mind by focusing on my breath and breathing.

I had learned to meditate - many years ago from the seminar by Dr. Chopra, and I used to practice my meditation religiously with the mantra that was given to me based on my birthday and my vibrations in the universe. I later replaced the mantra with a phrase used in Islam.

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*)

### Using the first method

I commence my meditation by sitting comfortably with my palms on my lap. I close my eyes for a few minutes? What happens? All kinds of thoughts kept coming and going? Of course.

Now, sit, relax and close my eyes again and begin saying my phrase over and over for a few minutes, trying to let go of the thoughts in my head. By saying the phrase over and over, this phrase should replace the stories and blaming that goes on in my head. How does it feel to have such a simple phrase now swirling through my head instead of my rambling thoughts? Good of course. As a beginner, a person’s thoughts and rambling stories will surface over and over. When this happens, the goal is to catch yourself and start repeating the phrase over and over again. 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 I continue to repeat my phrase, I slow it down. Now there will be gaps of silence in between the phrase. I continue to slow down my phrase. Let the silence gaps between my phrase get bigger so I have more silence between my phrase. Let the mantra become slow and fade, so I

remain in silence as long as I possibly can. The thoughts will come back. Repeat the process. Over time a person gets better at it. I used to do this for 20 minutes to 45 minutes every morning for a year.

### **Using the second method**

I inhale slowly feeling the air flow through my nostrils, down my throat and into my lungs as my lungs expand. I remain focusing as I exhale slowly feeling the air moving through my lungs, throat and out my mouth. Repeat a few times, keeping my focus on my breath. If my thoughts are on my breath, this means that a person's thoughts are not on the stories and blaming that goes on in the person's head.

**The next section below are parts from the Diverse City Magazine, Christmas 2017 Edition, p.11**

### **Focus**

While meditating, your thoughts will come and go. It's important to catch yourself, when this happens and start focusing back on your breath or mantra (phrase).

### **Hard to let go and things keeps popping up in your head**

Keep a notepad and pen next to you and write it down and now let go of them, now that you know it's on paper and that you won't forget about them.

### **Becoming engaged in a 'No Thought' period of silence**

1) Pick a period during the day, whether it's for 1 minute, 5 minutes, 30 minutes, an hour or many hours to start this practice...

2) As my thoughts come and go, I let go of my thoughts, As I let go, more thoughts...will pop back into a person's head because people are so conditioned to be thinking and planning all day.

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

*Disclaimer: 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.*

*This article is a combination of the following articles written by myself back in 2017 with some minor modifications ....Fisal Ally*

### **REFERENCES:**

1) Diverse City Magazine, March 2017 Edition, Sharing my experiences in meditation by Fisal Ally; p.9, 15, 16, 17 that discusses two techniques

2) Diverse City Magazine, Christmas 2017 Edition, Rejuvenate and celebrate by Faisal Ally; p.10, 11, that looks at how I use my breath while I'm meditating to silence my thoughts...Faisal Ally

**FURTHER READING MATERIAL ON THIS TOPIC:**

*Because the topic on meditating is so important to our health, I added the following new article written in April 2018 by Emily Holland that came to my email from the Chopra news letter to my email in April 2018. In articles I wrote back in 2017, which covers a few similar topics to Emily Holland article as readers and can lots from reading both articles. I also listed some of my other articles from the past that can be very beneficial in this area...Faisal Ally*

1) The Side Effects of Worrying—and What to Do Instead

By Emily Holland

<https://chopra.com/articles/the-side-effects-of-worrying-and-what-to-do-instead>

This article was published in April 2018 and came to my email i

*This article is also a good read on worries and anxiety which was also recently written by Doctor Chopra around April 2018 and I recommend these readings to anyone that have problems concentrating and are pre occupied with their problems, worries and thoughts...Faisal Ally*

<https://chopra.com/articles/how-to-get-over-your-anxiety>

2) How to Get Over Your Anxiety

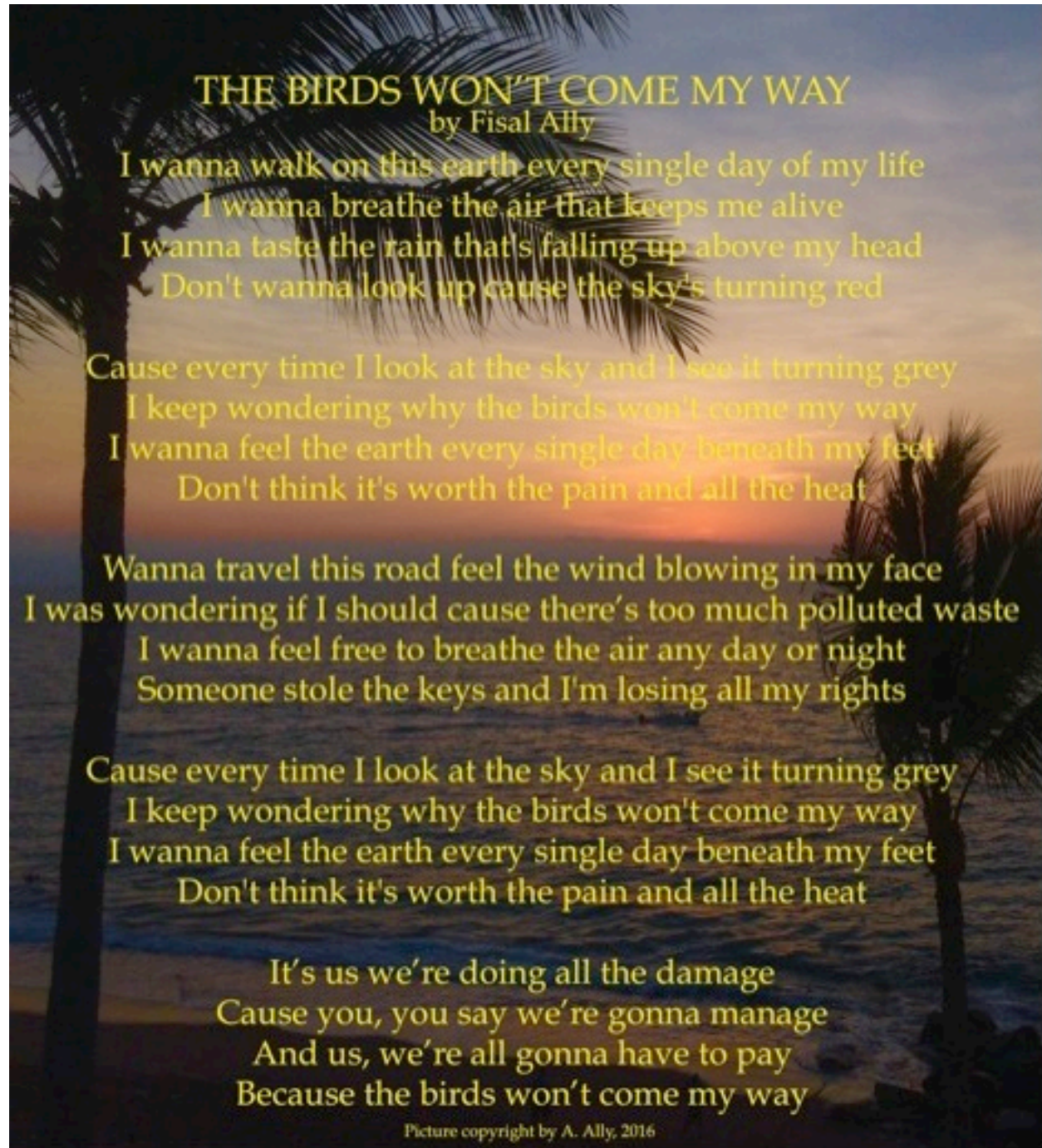
By Deepak Chopra, M.D.

3) Cariwave, Spring 2017 Edition, Change your thoughts, change your life by Faisal Ally, p. 16, 22, 23.

4) Cariwave, The Caribbean Magazine Summer/Fall 2003 Edition; Life's Journey, There's a place where everything's all right by F. B. Ally, p.25

## WARS BRINGING DESTRUCTION

THE LYRICS FROM THE THREE SONGS BELOW BY FISAL ALLY ARE A REMINDER THAT WE NEED PEACE AND NOT THE DEATHS OF CHILDREN, THE ELDERLY AND ANY OTHER CIVILIANS, NOT TO MENTION THE POISONING OF THE EARTH, AIR, AND WATER.



## NEW CLEAR SOCIETY

People likes to imitate, some likes to dictate  
Dropping bombs and nuclear waste, destroy the world and causing hate

Sit relax and meditate, sip you tea and communicate  
The sky is red, I'm feeling blue, smog clouding up my head  
...Fisal Ally

### **New Clear Society**

*Music and Lyrics by Fisal Ally, Copyright 1990s to the Present*

The destruction of the world was foretold  
Greed and evil will lead us to Armageddon, the last battleground  
The aids epidemic is plaguing the world, Nostradamus predicted worldwide disasters

Get you act together now, get you act together now  
Get you act together now, let's act together now

D-day – 1944. Two atomic bombs dropped on Hiroshima and Nagasaki in 1945  
On Dooms day the sky will be on fire

Is this our fate, to live in this destructive age, It's what man has create, fantasizing he's so great

People likes to imitate, some likes to dictate  
Dropping bombs and nuclear waste, destroy the world and causing hate

Polluted seas, polluted skies, drug abuse is on the rise  
Open the gates it's getting late, join hands everybody

Sit relax and meditate, sip you tea and communicate  
The sky is red, I'm feeling blue, smog clouding up my head

We want a New Clear Society, New Clear Society, New Clear Society  
Don't want a nuclear society

We're living in a destructive world, Do we really know what we're heading for  
Some preaching, drop the nuclear bombs, The people says to get rid of the bombs

Children are dying from hunger and disease  
People doing what ever they please, Drug abuse and aids are out of control  
You better watch out before you lose your soul

Get your act together now, get your act together now, Get your act together now, let's act  
together now

Sit relax and meditate, sip your tea and communicate  
The sky is red, I'm feeling blue, smog clouding up my head  
We want a New Clear Society, New Clear Society, New Clear Society  
Don't want a nuclear society

## KEEP THE PEACE

*Make this Earth a better home  
For all lives under the sun*

*You say you're white, black, whatever color  
It should never be about the color of a person's skin*

*And if you're rich, poor or in-between  
You shouldn't judge anyone by what you see  
...Fisal Ally*

### Keep the Peace

*Music and Lyrics by Fisal Ally,  
Copyright 1990s to the Present*

When I think of those better days  
Holding hands and singing a song  
When we listened to each other  
Reaching out across the sky

Make this Earth a better home  
For all lives under the sun  
On the land or in the sea  
And up above the earth

You say you're white, black, whatever color  
It should never be about the color of a  
person's skin  
Lend a hand and you will understand  
The meanings of Love

And if you're rich, poor or in-between  
You shouldn't judge anyone by what you  
see  
If you look deep down inside  
You will find peace of mind

Peace Let's keep the peace  
Keep the peace for everyone  
Every country across the seas  
Sharing love in the world

Put an end to all the wars  
Yesterday today and for tomorrow  
If you search for the answers  
You will find peace of mind

It shouldn't matter what you are  
Your religion class color or your race  
Walk together and not against each other  
Let's live in harmony

Peace, let's keep the peace  
Keep the peace for everyone  
Every nation across the land  
Sharing life on this earth  
Let's forgive and learn to compromise  
Ease the pain sorrows and no more hunger  
And the children will have some peace  
In this land we call free

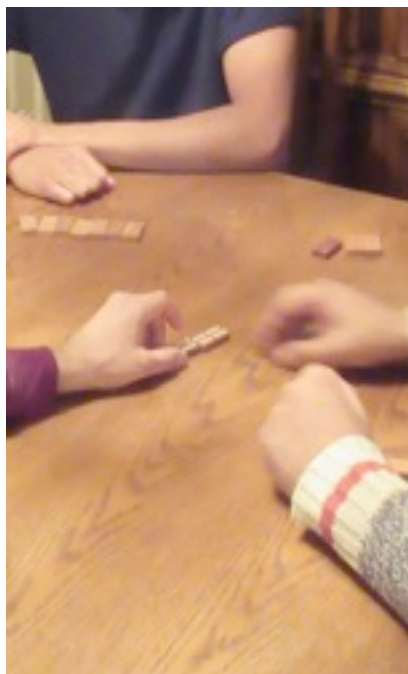
Can you imagine a world that is one  
There's no limit to what we can do  
Reach out for another  
And have a change in heart

Peace Let's keep the peace  
Keep the peace for every one  
Every country across the seas  
Sharing love in the world

Peace Let's keep the peace  
Keep the peace for everyone  
Every nation across the land  
Sharing life on this Earth

Peace Let's the peace  
Let's Keep the peace  
Keep the peace for Everyone





## **PEPPERPOT CLUB**

**(LOCATION: EDMONTON, ALBERTA, CANADA)**



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

**BEWARE OF HACKERS STEALING YOUR IDEAS, INVENTION, ORIGINAL SONGS, MUSIC, ORIGINAL LITERATURE, YOUR WEALTH etc...**



*A hacker at work, hacking systems*

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

There are backdoors and ports to get in. There are cameras and technology that exists which most people are not aware of. You can be tracked, get hacked, and have your wealth, whether it's money or valuable work and items, stolen.

**WELCOME TO THE REAL WORLD!  
HACKERS CAN STEAL YOUR INVENTIONS, MUSIC, LITERATURE AS YOU CREATE THEM AND CLAIM THAT THEY CREATED THE WORK AND HAVE YOU FRAMED FOR PLAGIARISM AND THEFT**

You do not have to be online or connect 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*

***YOU DO NOT HAVE TO BE CONNECTED TO ANYTHING  
AND YOUR WHEREABOUTS IN THE WORLD  
CAN EASILY BE TRACKED***

***THEY DO NOT CARRY OUT CRIMES TO GET CAUGHT  
IT'S DONE SECRETLY AND BEHIND THE SCENES  
AND THEY MIGHT EVEN BE IN A THREE PIECE SUIT***

*The two photos above were licensed from  
www.depositphotos.com  
for demonstration purposes*

## WORKS BY FISAL ALLY

**Ally's lyric book can be downloaded for free from [www.allymedia.ca](http://www.allymedia.ca)**

Fisal has completed over 100 songs, where he had written the lyrics and composed most of the music, over 15 books, and over 50 articles.

**Ally has written over 15 books and over 50 articles**

**Ally has founded two magazines** - a 40-page printed magazine called Cariwave, The Caribbean Magazine back in 2002, and he also started up the digital magazine, Diverse City Magazine on March 5, 2017.

*Note: F. Ally has written many more songs that are not listed here.*

### **Instrumental Songs**

Blue Caribbean Sea (Lead saxophone played by Rob Chizek), Gia, Keep Mae Fire Burning, Moon Child, New Clear Society, Say no, Return to Kashmir Moon Child

### **A List of Books, music projects, and other projects by Fisal Ally**

*Some of the items below are novels, movie scripts, subsets of bigger books, plays, seminars, study guide, comics and magazines.*

### **NOVELS**

**Signature with Love** (Based on a true story) (December 2012) This novel is on cats on the owners, Mustapha & Salima (Available as an eBook)

**The Trilogy of Savitri's Garden (Book 1, Part I) : India to the Americas, 1838** May 2016 (This series available as eBooks) This is a historical fiction with a love story and based on many real events to bring about realism. The original novel was written in 2003 and with updates in 2005. A major expansion of the book was in 2010. More changes were made to reflect history a more authentic history as based on the available papers from the House of Commons and other sources.

**The Trilogy of Savitri's Garden (Book 1, Part II) : India to the Americas, 1838** May 2016

**The Trilogy of Savitri's Garden (Book 2) : The Escape for True Love (May 2016)**

**The Trilogy of Savitri's Garden (Book 3) : Rebellion & Reunion**

**The Trilogy of Savitri's Garden (A Study Guide) : Debunked the use of the label coolie in Guyana** (This is a study guide and not a novel)

**CODE** (May 14, 2009) (A draft) Originally given the name after the song 'She's off Limits' in Feb 2007 A novel which is also a movie script

### **MYSTERIES (4 books) from the 1990s to 2002**

**The Cottonfield Kids Mysteries**

Mystery on Cocoa Beach  
The Al Scrego Horror House  
No Exception to the rules  
The Copyright Scam

### **ADVENTURES (5 books) from the 1990s to 2002**

**The Adventures of the Cottonfield Kids** (*inspired from some real life events of Famie, Rene, Ronald, Brian, Anthony, Naz, Deen and Laura.*)

Laura Flew The Coop  
The Red Jacket  
The Kite Flying Competition  
The Old Wooden House  
The Wastebasket Hoop

*Note: This series of books also had some slightly different names that were promoted in Cariwave, The Caribbean Magazine as Laura Flew The Coop; The Red Jacket, The Kite Flying Competition, The Haunted House, and School Play*

*Note: F. Ally has written other books that are not listed.*

### **CARTOON COMIC STRIPS**

The Cottonfieldkids Comic strips (8 drawings per comic strip)

- 1) Telling a lie will sooner or later catch up to you
- 2) Why be a bully and a loser when you could be a leader by taking the first steps to be friends
- 3) Don't let others take the blame for you or don't blame others so you can benefit
- 4) Your rewards will multiply from within

### **OTHER BOOKS**

Life's Journey (May 2009)

Quantum Life ( January 2010)

The 7 Day Practical Rejuvenation Handbook (Part I)(For the body, mind and soul) (August 2011)

The 7 Day Advanced Rejuvenation Handbook (Part II)(For the body, mind and soul) (September 2011)

The Advanced Rejuvenation Handbook (Part III)(For the body, mind and soul)

Islam ( May 2009) A draft

Islam (Basic - Translation I) (July 2015) Selected Surahs, Phrases & Words, researched by F. Ally.

Islam (Basic - Translation II) Selected Surahs, Phrases & Words June 25, 2015, researched by F. Ally.

Rejuvenation Seminar March 2014

Standing up against racism (a short book on Faisal Ally's real life experiences, published on December 14, 2017, unedited)

Faisal Ally also enjoys drawing and designing book covers

## **SONG BOOKS**

Story of My Life\_Selected Songs by Faisal Ally\_1990-2017\_Ed2, ver 1.1 Jan 25, 2017 (Second Edition Ver 1.1), Second Edition was published on Jan 19, 2017, First Edition Published on Dec 14, 2014 Story of My Life\_Selected Songs Written by Faisal Ally\_1990-2015 *The song books below are a subset from this book. The books below will be later embellished with pictures, stories and more songs.*

My Home, Folk Songs (Edition 1) September 25, 2017

Precious Holidays Songs (Edition 1) September 26, 2017

True Love, It's Like Magic In The Air Love Songs (Edition 1) September 25, 2017

New Clear Society, Protest Songs (Edition 1) September 25, 2017

She's Off Limit - Rock, Country Rock & Upbeat Songs (Edition 1) September 26, 2017

Dance songs (Shake it up, Shake it up) (Edition 1) September 26, 2017

## **MOVIE SCRIPTS, COMEDY SCRIPTS**

CODE (Technology Movie script, but is also a draft novel)

Just Moved In (Comedy Movie script) (May 7, 2008) This movie script was broken down into 3 the three comedy episodes below and was modified, also with new names

Customers Come First (This episode was filmed as a 1/2 hour comedy

Tech That Crashed Dinner (comedy episode) (May 2007)

Just Moved in (Comedy Episode) (October 2008)

## **CHILDREN'S PLAY**

Run (January 2008) - A children's play with approximately 5 original children's songs. One of the original songs is 'Bright Side.'

The Blending of Spice (Children's Musical Play) (January 2005)

## **ARTICLES**

Below is a list of approximately 50 articles of various lengths written by Faisal Ally throughout the years, and were published in a number of indie magazines. Ally has written many other articles that are not listed here.

### **Health and Motivational articles by Faisal (Brian) Ally**

Understanding cholesterol  
Reversing the aging process (Part I)  
Reversing the aging process (Part II)  
Centenarians & Secrets to Long Life  
Change your thoughts, change your life  
Life's Journey (Motivation)  
Life's Journey (Perception)  
Life's Journey (Is death our final destination)  
Life's Journey (There's a place where everything's all right)  
The fountain of youth  
Quantum Health - Sharing my experiences in meditation  
Quantum Health - Sharing my experiences in meditation, A 'No thought period' for rejuvenation  
Rejuvenate and Celebrate

### **History & Culture articles by Faisal Ally**

Slavery Via The Atlantic Ocean  
East Indian indentureship  
East Indians in the Americas 1838  
Paving the way through non-violence  
Chinese in the Caribbean  
Chinese in the Caribbean and Guyana  
The story of El Dorado  
Portuguese in the Caribbean  
Caribbean Carnival Making Waves Across Canada  
The Abolitionist Series (Part I - The final abolishment of slavery in the British Empire)  
The Abolitionist Series (Part II - A brief understanding of how slavery and the slave trade continued to flourish though both were abolished)  
The Abolitionist Series (Part III - A glance at some abolitionists that had fought to put an end to the slave trade and slavery)  
The Abolitionist Series (Part IV - Women Abolitionists)  
The Abolitionist Series (Part V - William Lloyd Garrison Biography)

### **Science, Technology and the Cyber world articles by Faisal Ally**

Cyber Word Stories (Befriended in 2012 for information)  
Cyber Word Stories (Possible eBook theft and lessons learned)  
Fraud, Corruption, Conspiracies and The Cyber World  
Quantum Universe : A shift in view with breakthrough thinking!  
Quantum Universe: A shift in view with breakthrough thinking! The Universe and Life, an accident or by design  
Who is watching you right now  
What you may not know about your pdf file

### **Music & Writing tips by Faisal Ally**

Back to school writing tip  
A journey of writing a book  
A journey of writing (writing tips)  
Artist Alive - Sampling of songs  
Writer's block : The use of childhood memories and personal experiences to come up with ideas

## Others articles by Fisal Ally

The Alignment of the karmas

The Sponge Cake Articles (Part 1-The Christmas feelings are here again)

The Sponge Cake Articles (Part 1-The Christmas feelings are here again)

Immigrants: America's secret weapon, the HIB

Women's Rights March in Washington

The South American Wild West

Easter Celebration

'Your fear is their desire'

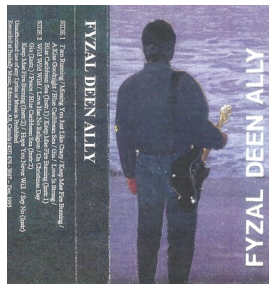
These Feelings (Estos Sentimientos) Valentines gift of the heart

Syrian Americans - Syrians arrived in America before the 1880s

## The articles listed above were published in the following independent magazines (printed and eMagazines)

Cariwave, The Caribbean Magazine (40 page printed magazine), May - Aug 2002 Edition, Fall 2002 Edition, Spring/Summer 2003 Edition; Cariwave, The Caribbean Magazine, Editions from October 2016 to Spring 2017; Diverse City Magazine, Editions from March 2017 to April/May 2018

## MUSIC PROJECTS



1994



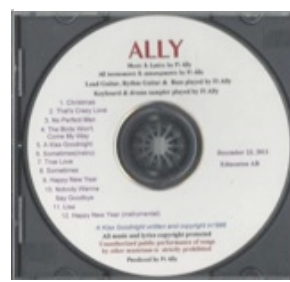
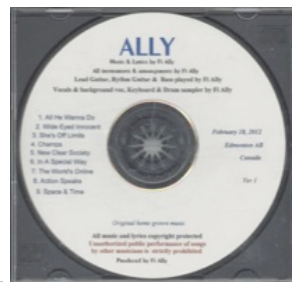
1994-1995



1999



2016



Looking Back on 100 songs by Fisal Ally; Part I with 8 songs was completed on Aug 19, 2015 (This CD included the song True Love)

ALLY - Original home grown music (February 18, 2012); Nine songs recorded - ALLY - All instruments played by F. Ally. Drum machine used Recorded at Ally Studio (February 18, 2012). Unauthorized use is strictly prohibited.

Songs are: All He Wanna Do, Wide Eyed Innocent, She's Off Limits, Champs, New Clear Society, In A Special Way, The World's Online, Action Speaks, Space & Time

**ALLY - 2011 RECORDINGS OF** Christmas, That's Crazy Love, No Perfect Man, The Birds Won't Come My Way, A Kiss Goodnight, Sometimes (instr), True Love, Sometimes, Happy New Year, Nobody Wanna Say Goodbye, Lisa, Happy New Year (instru). Unauthorized use is strictly prohibited.

**Archive of 22 songs (2011);** Songs written by Fisal Ally; instruments played by Fisal Ally

**Fyzal Deen, Sweet Paradise (September 1994 - on cassette)**

New Clear Society, Sweet Paradise I, The Birds Won't Come My Way, SoCrazy4U, 2CanPlay, Rain Go Away, ReggaRock, Out of Control, Wide Eye Innocent, New Clear Society (music), Sweet Paradise II

**Fyzal, Candle That Burns (June 1995 - on cassette)**

New Clear Society (music), Lisa (music), Rain Go Away, Candle That Burns, Dance Baby Dance, Only A Fool Breaks His Heart, Sometimes, Modern Day Gypsy, Moon Child (music), True Love, Wide Eye Innocent, Planet Earth, Lisa, Little Magic Wand, Reaching Out, Estos Sentimientos (These Feelings), Return To Kashmir, Moon Child (music)

**Fyzal Deen Ally (December 1995 - on cassette)**

I'm Running, Missing You Just Like Crazy, Keep Mae Fire Burning, A Kiss Goodnight, Blue Caribbean Sea, Gia, Love Is Strong, Blue Caribbean Sea (Instr. 1), Keep Mae Fire Burning (Instr), Wild Wild Wild, Love Has No Religion, On Christmas Day, Keep Mae Fire Burning (Instr.2), Hope You Never Will, Say No (Instr)

**FYZAL DEEN (1990s - on cassette)**

Christmas Day Rock, A Kiss Goodnight, We Party Till We Feel Alright, SoCrazy4u

**FYZAL DEEN, CHRISTMAS (1999)**

Songs on this CD: A Kiss Goodnight, True Love, Christmas, Keep the Peace



**LOOKING BACK ON 100 SONGS BY FISAL ALLY (Part 1 - 8 Songs)**, Original songs, Lyrics and Music written and composed by F. Ally. The songs are: *That's Crazy Love, True Love, The Birds Won't Come My Way, No Perfect Man, Sometimes, Nobody Wanna Say Goodbye, A Kiss Goodnight, Story of my life (2010), Reflect and Celebrate, Precious Holidays*

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*(MOST OF ALL OF FISAL ALLYS WORK IS COPYRIGHT AND ARE DEPOSITED AT LIBRARY ARCHIVES CANADA. MORE MUSIC PROJECTS WERE SENT IN THE YEAR 2019.*

**Websites:** [www.fisalally.com](http://www.fisalally.com) / [www.allymedia.ca](http://www.allymedia.ca) / [www.signaturewithlove.com](http://www.signaturewithlove.com)

# DIVERSE CITY MAGAZINE

ALLY MEDIA

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The Diverse City Magazine Spring 2022 Edition 1.0 published on April 17, 2022  
*Edition 1.1 published April 17, 2022 at 8:30 pm*

This magazine can be shared and downloaded from [www.allymedia.ca](http://www.allymedia.ca).

The location of the magazines is subject to changes.

Email addresses are subject to changes.

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