

# DIVERSE CITY

## Magazine



## Christmas/Holidays 2025

### REFLECT & CELEBRATE Christmas, Holidays, and Reflections

*Follow your passion with a New Year's Resolution*

*Millions of Christians getting ready to celebrate Christmas as 'Bethlehem Christmas tree lit up for the first time since the start of Israel-Gaza war.*

**-A true Christmas story and baking a black cake**

**-A silent, cowardly world': Palestinian girl calls out Arab nations over Gaza war**

**- Vaccine changes, discussions, updates to CDC website**

### LIFE'S JOURNEY

*Is Death Our Final Destination; meditation, prayer and more...*



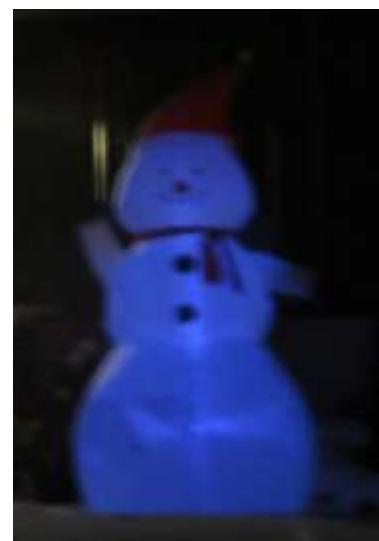
### FD Ally Acoustic Guitar Jam

Posted on [www.allymedia.ca](http://www.allymedia.ca), under Music-Books

*Independent Music Scene: Acoustic Jam, playing an old wooden guitar and a harmonica with original songs, mostly from the 1990s independent music scene. I have never given anyone permission to sample my songs, rewrite, use for profit etc.... Songs are posted for listening to only...FD Ally*

### The Continuation of Savitri's Garden, the modern world

*Jack is backbiting and harassing his victims. He pulls the victims' families into his frauds by giving them gifts and jobs and instruct them on how to harass his victims. He and his team stole more songs and books, while Fada-Chris-Mas hands out blank bonus checks...*





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**Disclaimer:** *The opinions conveyed in this magazine are those of the writer(s) and do not reflect the opinions of the publisher, others posting information such as advertisements, pictures etc...*

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*Information presented in this magazine are subject to changes. When embarking on a trip, vacation, a place of service such as a restaurant etc...you must verify and or confirm the information presented in this magazine, as information can change quickly, even immediately after this magazine is published. It's important that anything to do with health and meditation as presented in this magazine that the person seeks professional advice, for example from their doctors, researchers etc...*

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Ally Production and or Fisal Ally/ Brian Ally do not do videos, write articles, books, songs for anyone, nor edit books and articles for anyone. In the past I have done some weddings videos and around 2010 completed a half an hour comedy episode and a mock up movie.

There is another company by a similar name, Ally Production that does movies; I have no connection to them. If any body tells you that I will write songs, books articles for others or gives audition, those are all made up fabricated lies and have nothing to do with me.

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# REFLECT & CELEBRATE

## ANOTHER YEAR GONE BY

### Christmas

*Original by F. D Ally*

Put up a tree  
Turn on the lights  
There's magic tonight  
Have a merry little Christmas  
And a Happy New Year

All the best and success  
All the good things life brings  
Follow your passion  
With a New Year Resolution  
Put up your tree, Turn on the lights

I'll always remember Christmas Day  
Those moments we share and treasure  
The things we do together

Taking rides on Santa's sleigh  
To see the lights on Candy Cane Lane  
Smile with me, Shout with glee  
Put up a tree turn on the lights

Light up my life, light up the world,  
let's celebrate  
It's the love we share, the love that gets  
so high and higher

All the best and success  
All the good things life brings  
Sing a song and clap along  
Here we go under the mistletoe  
Smile with me, shout with glee  
Put up a tree turn on the lights

Follow your passion  
With a New Year Resolution

Christmas day (we celebrate our love)  
Christmas day (we celebrate)

### Precious Holidays

*Original by F. D Ally*

The good times fly  
Another year gone by  
There's magic tonight  
Have a precious holiday  
And a Happy New Year

All the best and success  
All the good things life brings  
Follow your passion  
With a New Year Resolution  
The good times fly  
Another year gone by

I'll always remember the good times  
Those moments we share and treasure  
The things we do together

Taking rides with family and friends  
To see the lights on Candy Cane Lane  
Smile with me, Shout with glee  
Precious holidays and a happy new year

Light up my life, light up the world,  
let's celebrate  
So have a precious holiday and a happy  
new year

All the best and success  
All the good things life brings  
Sing a song and clap along  
You can't go wrong with a hug and kiss

Smile with me, shout with glee, the good times  
fly, another year gone by  
Follow your passion  
With a New Year Resolution

Precious holidays and a happy new year

# **KNOW THE COPYRIGHT LAWS**

## **KNOW THE COPYRIGHT LAWS**

### **A reminder from FD Ally**

Anyone can have a copy or copies of my songs and books, however, if anyone tells you that you can sample my songs, books etc... for commercial use and rewrite them to make them better according to your taste thinking it's better, those are again fabricated lies as part of their fraud / scams, as I have never signed a contract with anyone to sample any of my songs or to use any of my songs/music and books commercially. Books, reports etc... have its own rules also.

In this industry scams and tricks can be played on you and you can easily be misled pulling you into a scam and or situations you will regret. Beware of people pulling you into their scams and having you take the blame for them! They will set you up, frame you and make you take all the blame, while they're on their beach getaway enjoying their paradise on earth, and they are well protected by a system that protects them, but scam people like me for their gains and benefits.

**I have never given any family members, relatives, friends, permission to represent me, my songs and or books in any way, shape or form, or to profit from.**

There are lots of frauds, bullying, and blackmail taking place. If anyone, and that includes relatives, friends etc... approach you and are discussing my songs and books with you, or payment in any way, it's important to realize that they could be pulling you into a fraud / scam; no doubt a mastermind is behind it and to have everyone framed to take the blame; it's important for you to report them, and get a lawyer and have everything written down in details before you get pulled into a fraud / scam which you will regret for the rest of your life. Have a look at the Epstein files, the College Admission fraud, and others, to see how the masterminds work through bullying, blackmailing and frauds...



**FD Ally**

*The Independent Music Scene: Holiday Acoustic Jam continues, playing an old wooden guitar and a harmonica as seen in this picture, with original songs mainly from the 1990s independent music scene. Presently practicing 30 to 40 original songs; it's a lot of work when it comes to practicing, as it has been since I was 15 years.*

**Black Cake**

*Baking a Guyanese Back Cake during the holidays.*

**Merry Christmas to the ones celebrating Christmas, and Happy Holidays and a Happy New Year to everyone.**

*The holidays are here again, a special time for everyone, and millions of Christians around the world as they celebrate Christmas. The last two years have been very bleak and depressing for many witnessing the deaths of Palestinians with the mass destruction of their homes, starvation, floods, the blocking of food, and now faced with winter and floods. There were also terror attacks on the Jewish people twice while celebrating. This year Bethlehem has lit up its tree for the first time since October 2023 bringing joy, celebrations and festivities.*

*On Errors found in the magazine*

*I do make errors and try my best to find them and correct them, but for a few years now I have been finding many strange errors in my writing and on my website as never seen before. For example if I type 'people can have a good time' those words were changed to 'pecan have a good time' and the list goes on and on. There seems to be a pattern with the errors. How did the words 'people can' change to 'pecan'? I am taking more steps to find errors by rechecking and taking pictures of my work.*

*In the summer edition, I had mentioned 7 recipes but only 6 were listed. The 7<sup>th</sup> recipe is making Potato Curry which is mentioned under the Egg Curry recipe ...FD Ally*

**Black Cake**

*During the Christmas Holidays, Guyanese often bake a cake whether it's a sponge cake, black cake or another cake. The popular black cake also comes as a rum cake, where fruits such as raisins, prunes and currents are soaked in rum for weeks or months giving the cake a rum flavor. Since we do not use alcohol, we could have used a non alcoholic beverage such as a non-alcoholic wine. However, we are making our black cake with by soaking the fruits in sparkling grape and raspberry beverage as a tryout, and which is kept in the fridge until ready for baking which was done on Tuesday, December 23, 2025. We enjoyed some today, Wednesday, Dec 24 with ginger beer...FD Ally.*



**Guyanese Christmas Time Special – Black Cake & Ginger beer**

## **CHRISTMAS 2025 IN PALESTINE / BETHELEM**

It's a time for reflection and celebration, as millions of Christians around the world have been looking forward for this time of the year. Christmas in Gaza has returned with celebrations, decorating trees, children playing, music festivities, and the lighting of the tree in Manager Square, since the October 2023 war between Hamas and Israel began.

The news in the video link 'Bethlehem Christmas tree lit up for first time since start of Gaza war' CBC News: The National; December 7, 2025 (ref5), informs us on the people "Celebrating the season for the first time in years. Crowds gathering in Bethlehem to witness the Christmas tree towering over Manger Square. A fixture for Christians who believe this was the birthplace of Jesus" Ref1. "Light up for the first time since the start of the war in Gaza and the attacks of October 7<sup>th</sup>, 2023. One of the vendor Jack Tabash said: "We used to see many tourists coming between over 100 buses every day to visit the church of nativity" Ref5. Amongst his items, there are many posters of Jesus and Mary, and also has a flag that says Free Palestine.

The crowd is huge and people are happy. Reporter Tom Perry, CBC News, Bethlehem says, "There are lots of people here, but most of them are Palestinian either from Bethlehem or other communities." He says, "the people are waiting for the foreign tourists with their money to increase their business. The major said that they were getting 2.5 million of tourists a year and everything came to a halt on October 7<sup>th</sup>" ref1.

All Christians in Gaza have been affected by the war and now 'Palestinian Christians in Gaza are preparing for Christmas after two years of war.' Faten Salfiti, a Christian widow, crying said, "She lost her son in the war. Six weeks later her husband died." (Source, ref3 by Vice Puneet Nijjar, CBC News *Christmas in Gaza during a fragile ceasefire*; CBC News; Posted Dec 24, 2025, Gaza City)

In the youtube video, 'Gaza's Christian community prepares for Christmas after 2 years of war', Ref2, states, 'The Holy Family Church is the only Catholic church in the strip, serving a small parish of just over 500 Christians still sheltering here, unable to return to their homes despite the ceasefire.' Cardinal Pierbattista Pizzaballa, the Latin Patriarch of Jerusalem says, "Even here in Gaza, is THE MOST DEPRESSED OF THE WORLD, maybe it's possible celebrate Christmas." There were approximately 1,000 Christians before the war began. During the war, 23 Christians were killed and 'more than 400 left the strip...'

### **There's Hope**

In the video, 'But there's hope. Christmas Eve in Bethlehem | Mayor's Message of Hope as Festivities Return', 'The mayor of Bethlehem delivered a message of hope and peace on the morning of Christmas Eve as the holy city slowly returns to festive life after two years of somber celebrations.' 'The mayor says Bethlehem is safe and ready to welcome worshippers from across the world...' ref1

'Palestinians gathered in Bethlehem to light the Christmas tree at Jesus's birthplace, celebrating resilience and unity despite ongoing hardship. Families, clergy and local officials attended the ceremony, using the annual tradition to honour their heritage and call for peace, hope and dignity for all living in the Holy Land' ref2.

## **A SILENT, COWARDLY WORLD**

### **Palestinian girl calls out Arab nations over Gaza war**

In the short video, 'A silent, cowardly world': Palestinian girl calls out Arab nations over Gaza war; @MiddleEastEye; Gaza, occupied Palestine, published on 10 April, 2025, a Palestinian girl is crying, while the buzzing in the air sounds like Israeli surveillance drones. As tears trickled down her face, she said, 'God is with us. I ask of you, **WHEN I AM KILLED**, don't take pictures of me. Who are you taking them for? **TO SHOW THE WORLD'S BETRAYAL MORE?** For example, will the war stop because of my death?

## **CELEBRATING HANUKKAH**

While Christmas is taking place and the Palestinian civilians are being slaughtered, terrorized and attack in the West Bank, and Gaza and as Gaza also face winter floods and storms as buildings also caving on them, the Jewish people are celebrating Hanukkah despite the recent terrorist attack on them in Bondi, Australia which once again shook the Jewish community worldwide where many Jews were once again killed and hospitalized.

### **References**

*Disclaimer: Some of the links may be incorrect or changed from its current location. One can also search for the title with some of the other information provided.*

#### **Reference 1**

Christmas Eve in Bethlehem | Mayor's Message of Hope as Festivities Return | News9  
News9 Live  
Dec 24, 2025  
Bethlehem, West Bank

#### **Reference 2**

Gaza's Christian community prepares for Christmas after 2 years of war  
ABC News  
Dec 24, 2025  
[Youtube.com/watch?v=kkFlZpgq\\_FU](https://www.youtube.com/watch?v=kkFlZpgq_FU)  
Christmas in Gaza has returned with celebrations, decorating trees , children playing, music festivities, festivities and the lighting of the tree in Manager Square.

#### **Reference 3**

Christmas in Gaza during a fragile ceasefire  
CBC News  
@cbcNews

Posted Dec 24, 2025, Gaza City  
Youtube.com/shorts/lvgITgOt6el

Reference 4

‘A silent, cowardly world’: Palestinian girl calls out Arab nations over Gaza war  
@MiddleEastEye  
Youtube.com/shorts/fRQHRIFl-s  
Gaza, occupied Palestine, 10 April, 2025

Reference 5

Bethlehem Christmas tree lit up for first time since start of Gaza war  
CBC News: The National  
Youtube.com/watch?v=nTTuesSEbB0  
December 7, 2025

Reference 6

Palestinians Celebrate by Lighting Tree at Jesus’s Birthplace | Dawn News English  
DawnNews English  
Youtube.com/watch?v=YyC7ETr69Ig  
December 6, 2025

## **A TRUE CHRISTMAS STORY**

*The excerpt below is from the novel, *Signature with Love*, based on the true life story of Mohammed Mustapha who departed from this chapter of his journey on December 25, 2011, and his wife, Salima (Lillian), who departed on November 7, 2007. The story takes us back to New York and Guyana, South America. While growing up in Guyana, Mustapha loved Christmas like most Guyanese do as Christmas was also a cultural celebration. He departed from this journey on Christmas day 2011. Below is an excerpt from the novel, *Signature with Love*, on baking the Christmas cake.*

### **Chapter Six**

#### **The Christmas Cake**

#### **HOLLIS, NEW YORK - 2000**

The weeks went by and Tom's instincts kicked in. He was more curious than ever. Sometimes they would find him sitting on the kitchen counter near the kitchen window looking out. Mustapha caught him peeking into the medicine cabinet.

"No, no," Mustapha would say. "That's not for Tom." The kitten would tilt his head and listen. He started to explore under the bed and under the couch. Then he started to open the kitchen cupboard doors. As the months went by, he would sneak into the closet and tried to get his paws on everything in sight. Sometimes he gazed into thin air. Then he would sniff the air as if he could see jumbie ghost. He would then bat his paw in the air and jump into the air as if he was a ghost catcher. He would then sprint from one end of the room to the next as though he was chasing down the ghost, trying to catch it—it was either that or the ghost was chasing him down and trying to catch him. He would then jump around on the floor, batting his paws in the air as if he was beating up the ghost, or it could have been the other way around—the ghost beating up on him.

They watched him as he frolicked: stretching, jumping, leaping, sprinting, rolling, tumbling. He would fade in and out of their sight. He would give off his little meows in different tones, along with little gestures. They learned to read him like a book. What was more amazing was how he understood everything they said, and sensed how they felt. He thought he would impress Mustapha and Salima by lunging from the table and onto the chair. At other times, he'd be walking in the living room, and then all of a sudden, he would sprint swiftly around the room and in circles. They were amused at the things he did. They tried training

him, so he would understand their gestures, and so he wouldn't misbehave. Little did they realize, that he was also reading them like a book and was beginning to understand their gestures, what time he got up, when they went to bed, and when they ate breakfast, lunch and dinner.

As he grew, they added the TV brand cat treats to his diet. He enjoyed the treats and always looked forward to having more. Salima wanted to spoil him—at least a little—in the way a parent spoiled a child by giving them a little too much, or giving them things that they knew were not good for them in the long run, but still let them have it. Tom had seen the same boxes of cat food on TV, and heard the names coming over the tube, but he referred to them as meow meyowyow, with the lick of the tongue. And when he was low on treats, he knew which tones and durations of his meows would get him treats—he was a smart cat. Tom was curious. He wanted to explore beyond the windows and doors that had kept him inside most of the time. He felt stifled and isolated indoors. Mustapha and Salima wanted him to experience life amongst the other cats, instead of having him confined to the home. They wanted him to fulfill his needs like the cats back in Nandy Park, or like little boys and girls who were anxious to play outside, getting their fingers and feet dirty. They started to take him outside more often, but always kept an eye on him. He couldn't wait for the door to open, so he could seize the opportunity to go outside. He was swift. He would dart up and down the stairs in seconds flat. He would disappear and emerge in front of them as if he was a magician.

Watching Tom made Mustapha laugh.

“What's the laughing for?”

“Man, I couldn't help thinking about the good old days.”

“The good old days?”

“Seeing Tom sprinting and climbing, bring back memories of when we used to climb the trees in Nani's backyard. Nani's cat used to sprint just like Tom—up and down the stairs, and up and down the trees.”

“Your Nani had a cat?” *Nani was Mustapha's grandmother.*

Mustapha's smile widened. “Oh yes. And you should see him walk on the fence. The cat lived upstairs with Nani and Nana, and some of their other children. We were like one big family. Let me tell you—how everybody took care of each other back then—it was a way of life. There was no such thing as old folk's home. I hope I never have to be in one,” Salima said.

Mustapha shrugged. “Well, me too.”

“I would like to be in a place where I could hear the laughter of small children and also enjoy the company of the cats like Tom,” Salima said

“And that's how it was back then. We used to live downstairs on the ground level of Nani's house—with our own entrance. We were small back then and it was lots of fun.

“I don't remember hearing about your Nani's cat. I don't remember you mentioning anything before. I thought y'all only had Peggy.” Salima smiled. “Oh Peggy was a real darling.”

“After we moved from Nani's home, a few houses away, that's when we got Peggy—I think a few months after we moved. I was trying to remember the cat's name.” He pondered for a moment. “I'm not even sure if the cat even had a name.”

“Hon, all pets are given a name.”

“I remember—sometimes we called her Kitty.”

Salima smiled and said, “Then let's refer to her as Kitty. Male or female?”

Mustapha pondered again. “I don't recall. It's been decades—about fifty years ago. I believe the cat was a female.”

"Then was she satin black like our Tom?"

"She was grey with a little white around her mouth and under her neck—yes, a fluffy grey cat."

Salima wanted to hear more about Kitty. She made some popcorn and they sat on the couch reminiscing.

Mustapha placed some popcorn in his mouth and laughed.

"What are you laughing about?"

"Just reminiscing."

"On what?"

"It was Christmas time," Mustapha began and—"

"And what?"

### LA PENITENCE, BRITISH GUIANA (GUYANA, SOUTH AMERICA) - 1950

**T**he Christmas feelings were everywhere, through many households across British Guiana, regardless of religion and ethnicity. From Nani's kitchen window on the second floor, tea was brewing and the scents of aloo *potatoes* and roti filled the air. They were having breakfast. Nani had light complexion and green eyes. Her name was Marium Rossamond and was married to their grandfather *whose name was S. Boodho*; nobody remembered what the S stood for—he was known as Nana.

Nani was cleaning up her upstairs, when she opened the front door and the cat scurried through the door.

"Get back here—inside! Inside!" Nani exclaimed, her head sticking out the door, waving a broom, but the cat lunged down the stairs, and took a spot on the lower steps where the children sat.

"Kitty," Rose said. "Kitty kitty."

"There you are," Naz said petting the grey cat. She and her younger sister, Rose, were sitting on the outside stairs that stretched up to the second floor. Naz was twelve-years old and Rose was five. School was already closed for the Christmas holidays. *Naz name was registered as Nazmoon, but the correct Arabic name is Nasmus*,

Ashar, who was fourteen, came out the front door from the ground level. "Y'all come and eat. Ma calling y'all. Y'all will get licks *beat*, if y'all don't come inside," the older girl warned. "Rose, get inside. Now!"

Nani came back outside on the verandah of the second floor, looking down the stairs. "Send the cat back up to eat her food."

The cat growled.

"Nani, we will feed kitty," Naz said.

"What?" Nani's voice rose in the air. She was hard of hearing.

The cat purred.

"I said Nani, we will feed the kitty," Naz said loudly so Nani could hear.

"What!"

"I said—we will feed the cat!"

"Kitty kitty," Rose said stroking the cat's back. The cat jumped from the stairs, to the ground level. She wanted to stay with the children.

Their mother, Hamidan, opened the door. "Come and eat." The children didn't move. "Y'all just want to play. Get in here!" Hamidan exclaimed holding the door opened. Hamidan had a busy morning—washing, cleaning and cooking. She was heading off to the market for a few hours. "Hurry! Get in side!" She went back inside.

"Come on—let's go and have our lunch," Ashar urged. "Hurry before we all get licks *beat*." She held the door opened and motioned Naz and Rose to get inside. The cat tiptoed through the door and into the living room as the girls entered the house." Ashar closed the door. Hamidan chuckled and started to laugh. "This cat thinks her home is downstairs. She doesn't know her house."

"Nani kicked out Kitty," Rose complained.

"Rose, don't say that," Naz said.

"I saw Nani throw out Kitty."

"Rose, I was right there when Kitty came running out," Naz said. "Nani was cleaning up and Kitty ran out."

"Nani had a broom in her hand," Rose said.

"Rose, don't let Nani hear you say that," Naz warned. "Kitty ran out from upstairs. I saw, I saw. I know, I know."

Ashar cleared her throat. She turned to Rose and placed an arm around her shoulders and started to explain. "Kitty has two homes—upstairs with Nani and downstairs with us."

Naz rubbed Rose's head and then said, "Kitty likes it down here."

Hamidan brought out a container of milk for the cat. The children ate their lunch as the cat drank her milk.

"Kitty loves milk and I love aloo and roti, Rose said.

The children talked and laughed as they ate their lunch. Hamidan was dressed in a long green dress, with a colored bandana covering her head. She was off to the market. After lunch, the girls went outside to pick fruits in the backyard. The mango tree was hanging low, laden with big ripe mangoes.

"Wow!" Naz exclaimed, reaching up with her small hands, plucking the mangoes from the tree and placing them in a small bucket. A few fell on the ground and Rose picked them up. They watched as Kitty sprung up the tree and knocked some mangoes down. Kitty went higher up and it looked like Kitty got stuck up in the mango tree.

"Kitty get down, Kitty get down," Rose called out.

"That cat better don't get stuck up in the mango tree," Ashar said.

"Kitty stuck up in tree," Rose complained.

"Kitty can get down," Naz said. She knew how to climb the tree and how to get down. "Come on down Kitty."

"Kitty, kitty, come on down," Rose called.

The cat found a path down the tree and the children continued to pick mangoes.

## **HOLLIS, NEW YORK - 2000**

Mustapha and Salima were having mauby and tennis roll. Earlier during the week, they had taken the bus to Liberty Avenue and stopped off at a Guyanese bakery. They bought tennis roll, salara cake, Chinese cake, ginger beer and mauby—enough to last a few weeks. Not often they bought Guyanese treats, but when they did, those were special moments, the kind of moments that always brought back memories.

"Christmas is coming up," Salima said. "Hon, we have to get Tom something for Christmas. A toy."

Mustapha hesitated. "Toys! For a cat?"

"Yes, a toy. There are toys for cats."

"All he needs is a cricket ball."

"Hon, this is America. Of course there are toys for cats and dogs—all kinds. There's no shortage of toys for a cat in America."

A little laugh escaped Mustapha.

"What's the joke?"

"Just thinking about Christmas back home. In those days, toys were rare."

Salima's eyes gleamed. "How could I forget? Sometimes I sit and get lost in those small days. Backhome Christmas days were the best. Lots of memories to reminisce on."

Mustapha nodded. "Christmas was a way of life backhome, and yuh know, it didn't matter what your religion, race or color was—it was a time for celebration." Mustapha's face brightened with a smile.

"I see you smiling."

"Smiling? Well, I was thinking—"

"Thinking?"

A laugh escaped him. "Well, something came to mind—"

"What?"

"Since Christmas is coming up and you're planning your Christmas shopping, we could take Tom window shopping."

Salima started to laugh. "Window shopping? Her laughing grew. She quieted down and then said, "Oh, what fun days those were."

"Ma used to take us window shopping when we were small—to see the Christmas decorations and toys in the stores in Georgetown," Mustapha said. "Our faces would brighten up seeing all the Christmas decorations in the store windows. Back in those days, all these fancy toys we see today didn't exist, but we always got something for Christmas and we were happy with what we got."

Salima turned to Tom. "Tom, what do you want for Christmas?" Tom was busy. She repeated her self. Tom tilted his head and meowed.

Christmas came around and Mustapha and Salima were relaxing in the living room with Tom. Tom was sitting on the couch between them and Salima opened his present. She pulled out a soft fluffy ball from the box and placed it in front of Tom. The cat stuck his front paw out and pushed the ball. He knocked it and it fell on the ground. He jumped on the ground and kicked the ball. He ran up to the ball and stopped. He turned and looked at Mustapha as if he was saying, *Play ball wid me*.

"It's cricket time," Mustapha's voice rose. Tom got up on his four paws, ready to bat. Mustapha pitched the ball and Tom hit the ball. Mustapha stepped to the side and grabbed the ball. Tom ran around a bit and got back into position.

Salima was enjoying the fun.

Mustapha laughed. "Okay Tom, you just tired me out." He turned to Salima and said, "I feel like eating Christmas cake."

Salima smiled. "I was thinking about Christmas cake too."

Mustapha laughed a little. "Man, yuh know after the toys, comes the Christmas cake."

Salima chuckled. "Don't tell me the cat got their little paws into the Christmas cake too."

Mustapha returned a chuckle. "Sort off, but not quite."

"The children got their paws into the Christmas cake?"

#### **LA PENITENCE, BRITISH GUIANA (GUYANA, SOUTH AMERICA) - 1949**

They were poor and they appreciated the little things in life. They enjoyed what little they had. It was the Christmas holidays, and the girls were busy making crepe flowers from paper. They also made lollipop flowers, and waxed them, so they become hard like artificial flowers. Mustapha was busy polishing the furniture, while his mother and the girls were busy changing the curtains. After that they put up the Christmas tree, and had a lot of fun

decorating the tree. Although they were not Christians, the children believed in Santa Clause and the fairy godmother. They believed that Santa Clause would come through the chimney with their presents. They hung their stockings on the Christmas tree. There were other celebrations during the year, but Christmas day was the big treat of the year—that was when Hamidan made chicken curry, dhal purri, ginger beer, mauby, Christmas cake, and all kinds of Guyanese sweets.

The children were in the living room hanging out.

“I could already taste the Christmas cake,” Ashar said cheerfully with a bright smile.

Naz rubbed her palms together. “Me too. Oh I can’t wait—I can’t wait to get a pinch of the Christmas cake,” she said, joyfully. “And a little taste too.”

“I want Christmas cake, now,” Rose said. She was only four-years old.

“And you will soon,” Mustapha said with a smile. He had just turned sixteen-years old. Ashar was thirteen and Naz was eleven. The girls looked up to him. And when he spoke, they knew he was going to make sure they get their treats.

Hamidan entered the living room and gave the children a serious look. “Eh, eh!” her voice filled the air. “You could taste the Christmas cake already and you haven’t done those extra chores.” She turned away and then turned back to them. “Maybe we don’t deserve a Christmas cake this year.”

The girls remained silent, with frowns on their faces.

Hamidan turned to Mustapha. “Did you polish the floor?” Mustapha cleared his throat, but remained silent. She turned to Ashar and Naz. “Did you weed the garden and picked fresh vegetables?” The girls remained silent, pouting. Hamidan headed back to the kitchen as the children sat in the living room. During the holiday season, Hamidan always gave the children a few extra chores ahead of time, to get ready in time for Christmas day, Boxing Day and New Years, and on those days, they could relax, eat and play all the wanted to.

Mustapha exchanged glances with the girls and noticed their sad little faces, pouting with furrowed eyebrows and watery eyes. Mustapha had a plan. He huddled the three girls together. They had a little discussion. After the discussion, he was busy polishing the floor, and the girls were weeding the garden. The girls completed a few extra chores—they swept and mopped the floor. Then they hurried out the door and went upstairs to help out Nani with some of her chores upstairs. Naz and Rose gave Kitty a bath. Ashar gave Nani a massage on her aching shoulders. The next day, the girls picked fresh vegetables, washed them and cut them up for their mother. Mustapha did some extra chores: trimmed the trees, forked up the earth, fed the chickens and goats, and took out the garbage. He also helped out Nana and Nani upstairs. He then went to La Penitence market to do all the shopping for his mother, and in the afternoon, he delivered some of his father’s tailored made clothes to his customers.

Hamidan entered with a serious face. The children exchanged nervous glances. The girls thought they were in trouble again. Suddenly, a smile emerged on Hamidan’s face—her smile grew broad and she started to laugh.

“If we’re going to have a Christmas cake, then we better hurry and get the ingredients ready,” Hamidan said. The girls exchanged glances with Mustapha and they started to laugh and clapped. The children already knew, that regardless of the situation, there was always a Christmas cake at Christmas time; not even Hamidan could have gone through the Christmas season without baking, and missing out on the fresh scents of the Christmas cake as it saturated the air.

Having an oven for baking was rare. Hamidan always baked at home, but that year, one of the neighbors in La Penitence, named Ella, had purchased a new oven. Friends and neighbors in La Penitence were excited after hearing about Ella's new oven. Ella had invited them to use her oven to bake their Christmas cake, along with extras—much quicker. A schedule was made to use Ella's new oven.

Christmas was only a few days away and Hamidan and the children got the fruits ready for the Christmas cake: raisins and cherries. Hamidan had already arranged to use Ella's oven. The following morning, Hamidan headed over to Ella's place, a few houses down Middle Road, carrying a basket with her ingredients for baking.

Later that day, Hamidan returned home with two baskets full with cakes. She had baked enough cake for Christmas and New Years. She opened the door and entered the house. The children's face lit up as the smell of the fresh baked cake radiated through the house. The children's taste buds went wild. And as Hamidan cut up the Christmas cakes into square pieces, and placed them in the baskets, the children's mouth watered. They watched as their mother hung the baskets on the hooks hanging from the ceiling. Christmas was still a few days away, and the children were getting restless, waiting to taste the Christmas cake. The waiting seemed long.

The girls also threw paddy seeds in little pots, and waited for them to sprout. A couple days before Christmas, Hamidan took them window-shopping in Georgetown. They walked along the streets of Georgetown enjoying the sight of the lights and decorations, and the toys and clothes displayed in the store windows. Their faces lit up. They were laughing, talking and enjoying the fun. Hamidan was also having a nice time, enjoying the fun with her children. They stopped at the ice cream store and the children had their treat: ice cream cone, soda and tennis roll with butter and cheese.

**Finally, Christmas Eve arrived, and the children could hear the masquerading band making their way down Middle Road, La Penitence.**

"Open the window, open the window," Ashar chanted. "Open the window, open the window."

Naz ran up to the window in their bottom floor suite. "I want to see. I want to see." She jumped up on the chair. She unhooked the latch and pushed the window. Mustapha stepped in and pushed opened the window and hooked it so it stayed opened. He opened up another window.

Little heads were peering out the windows. The girls were filled with excitement. They stood at the window waiting for the masquerading band to arrive. The band was next door and the singing of Christmas carols grew loud with the beating of drums. Ten minutes later, the band reached their yard and the children faces lit up with bright smiles; they exchanged smiles and laughs. Their mother and father joined them. Hamidan had Hassan in her arms, while Mustapha hoisted Rose up in the air to get a good view.

"Samuel is playing masquerade," Ashar bellowed. Samuel was a tall slim man of African descent and always wore a bright gleaming smile—he was well liked in La Penitence. He was good a carpenter and did a lot of good work for the people in La Penitence. He always came around on Christmas Eve with the masquerading band. It was their Christmas festival. The children's faces lit up as Samuel opened the gate to their yard, jumping around and dancing as he entered. The beating of drums and the blowing of the trumpet grew loud as the other masqueraders entered the yard jumping around in their Christmas costumes. The children and their parents stood at the window with broad smiles and bright gleaming eyes. The band stopped at their window and started to sing Christmas carols. The children exchanged glances and started to sing along. It was fun for the whole family. The

masqueraders entertained them for another ten minutes and then continued onto the neighbors. They kept the windows opened listening as their Christmas festival continued.

Finally, the waiting was over. Christmas morning had arrived. And as the golden Demerara sun blazed at the horizon, the children crawled out of bed, earlier than normal. They couldn't wait to see their Christmas presents. They rolled out of their beds and ran into the living room and over to the Christmas tree. Their mother and father were already up—their faces lit up as the children reached up for their stockings. And when the children reached into their stockings and pulled out their presents their faces lit up seeing their presents. Each child received only one present, and they cherished what they got. They didn't get bored with it and toss it aside. They appreciated everything they got and took good care of them. Dolls were few, and they were kept for years.

It was time for the big treat: cake and cream soda to start off with. The children sat together, cross-legged on the living room floor, and enjoyed the Christmas cake and cream soda. Then they had chicken curry and dhal purri. Dhal purri was similar to a big roti with grinded up dhal *peas* between the two layers. During the day, the neighbors greeted each other, and they exchange cakes and dishes—almost like a cookout.

Their Christmas festival continued. Kitty was visiting from upstairs. She made sure she got her share of the Christmas cake. She got double her share. She was a smart cat! The children also got double their share—they were also upstairs visiting Nani and Nani and got their share of the Christmas cake, which Nani had baked.

The children played with their toys and the girls admired the sprouts from the paddy seeds they had thrown a few days before Christmas. After Christmas day, the girls had to put away their dolls for the other holidays, and as the holidays continued, the girls would peek at the dolls.

Guilty! What happened to the Christmas cake! New Year arrived and Hamidan's voice echoed, "Where are the little hooligans?"

The children exchanged glances. They knew they were in trouble from the tone of their mother's voice. Their body tightened up. Kitty was with them and she jumped a little.

"Who pinched the Christmas cake?" Hamidan's voice echoed. "What happened to the Christmas cake?" their mother's voice amplified. She had put away enough of the Christmas cake to celebrate New Years day, but most of the Christmas cake had vanished—into thin air—from the basket hanging from the ceiling.

"And don't blame it on the cat!"

The children remained quite. Kitty tilted her head listening. It was New Years day and most of the cake in the basket had vanished. Ashar and Naz exchanged glances. Mustapha cleared his throat, but remained silent. Rose glanced at Mustapha, Ashar and Naz. She held her breath and closed her mouth tight so nothing slipped out. There was silence, except for their breaths.

"Kitty pinched the Christmas cake," Rose said.

Ashar and Naz exchanged glances and held their breaths.

Kitty meowed, looking at Rose as if to say, *I only got a pinch.*

"Ooops!" Rose held her breath.

"I said, don't blame it on the cat!" Hamidan exclaimed.

The Christmas cake was addictive. Hamidan made the best Christmas cakes. And while her back was turned and while she was out or sleeping, little hands—like little paws—were crawling into the basket hanging from the ceiling, pinching a little at a time, until most was gone. Those special times were what made the Christmas holidays special and memorable.

# **HUMANITY ON THE BRINK OF DESTRUCTION**

**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**

**KEEP THE PEACE FOR EVERYONE**  
**F. ALLY**

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

**GIVE PEACE A CHANCE**  
**JOHN LENNON**

**WE WANT A NEW CLEAR SOCIETY  
NOT A NUCLEAR SOCIETY**  
**F. ALLY**

## DIVERSE NEWS



***DISCLAIMER: Information presented in these reports came from public available reports. If there are any errors and or discrepancies, once brought to my attention I will carry out some research and resolve. Also links may change and or removed. Sometimes there are errors typing the links, as for example at times it's difficult to distinguish between and O or 0 etc...It's quicker to do a search for the title of the video than to try typing in the URL...FD Ally***

While Digital ID's are being rolled out around the world as part of mass surveillance to track everyone and know their whereabouts, some reports and now coming out on the mainstream media on some of the negative effects caused by the covid jabs. Cloned meat entered the Canadian market as prices rise. Layoffs continue in the United States and other places, as UBI (Universal Basic Income) is being tested in New York and around the world. There is a report that states that by 2030 there will be 40% unemployment. Note that UBI is not forever, as mass depopulation is to take place worldwide. Not too long ago, Elon Musk stated that by the year 2300 there will only be 100 million people in the world. The George Guide stone has a statement of 500 million.

According to a report from World Alternative Media, Nov 17, 2025, in the US, 'Recession is already here! – 23 states in the red as inflation devastates! – Moody's Warns of crisis.' There continues to be many shootings in the United States and also across the world, along with many other disasters.

The whole world has been witnessing the destruction of Gaza and the Palestinians, along with the bombing of Christian Churches, as Israel continues to break the cease fire terrorizing Palestinian children and adults, and continues to blame Hamas and vice versa, along with extremist settler violence in the West Bank demolishing the homes of the indigenous population of Palestine. Palestinians continues to face a shortage of food and other supplies, and now horrific winter weather with floods, and also preventing the full requirement of food supplies, medical supplies, and the winter supplies from reaching the Palestinians.

Many Israelis are also facing health problems since 2023 such as PTSD and other problems and there are many suicides among the IDF.

According to Hindustan Times, IDF in freefall as Hamas makes a comeback: Hundreds of soldiers want to leave as Gaza war drags on; [Youtube/watch?v=V60khchKad4](https://www.youtube.com/watch?v=V60khchKad4).

“Israelis Dodge War Calls”

“There are at least 17,000 draft dodgers who use army of lawyers to avoid serving

“The exemption of Ultra-orthodox Jews from serving has also allegedly dented manpower

“Israel break ceasefire

“Amid the crisis, Israel violated the truce with Hamas by carrying out airstrike in Gaza

Nov 19, Israeli strike killed 25

“Hamas denied firing at IDF| troops and accused Israel of trying to break the ceasefire.”

...FD Ally

## **WHILE THE US HAS KIDNAPPED THE VENEZUELAN PRESIDENT AND HIS WIFE, TRUMP ALSO SAYS THEY WILL TAKE GREENLAND**

So what's really going on in this hemisphere? Is it really about the oil and controlling Venezuela's oil the way Trump and the ones behind him wants to control the oil, or is there more to all of this. I reported in a previous edition that by 2035 most vehicles will be electric and also in the future vehicles will be shared. So why do they need more oil, when the US is the world's largest oil producer? To make it brief, the whole world is being restructured and not just the Middle East. I mentioned in one of the previous reports that I had seen a New World Order Map of 10 regions, where Greenland, Canada and America are a part of region 10. I believe Mexico was also a part of Region 10.

In the video from Democracy Now! Jan 6, 2026 ‘Mehdi Hasan on Trump Attacking Venezuela & Kidnapping Muro’, states at time 11 minutes into the video, Mehdi Hassa said ‘Trump said this is ours, we will run this Hemisphere, China and Russia can run their own...let's divide the world.’ Trump made comments that they would use military force to take Greenland. Notice the word ‘hemisphere’ is being used.

Recently with the US entering Venezuela and abducting the Venezuelan president who was elected by the people, although there are claims that the election was rigged, does it mean that America can enter a sovereign nation Venezuela and kidnap the president and his wife? In the past Trump has claimed that the only reason Biden had won the election was because it was rigged, and many do believe that the election was rigged, so does that mean that another nation can enter America and kidnap Biden and also take over America's oil production. Of course not. Trump also claims that Venezuela dumped their criminals in America. Did Venezuela do that or did the criminals themselves cause that to happen. Or some would say that America was the one that allowed criminals to enter. Let's look at these reports below.

“Consequences of Failure: How Biden's Policies Fueled the Border Crisis”

Testimony Before on Homeland Security / Subcommittee on Border Security and Enforcement; United States House of Representatives, March 25, 2025, Lora Ries, Border Security and Immigration Center; The Heritage Foundation.

[Congress.gov/119/meeting/house/1170905/witnesses/HHRG-119-HM11-Wstate-RiesL-20250325.pdf](https://www.congress.gov/119/meeting/house/1170905/witnesses/HHRG-119-HM11-Wstate-RiesL-20250325.pdf)

My name is Lora Ries...The views I express in this testimony are my own and should not be construed as representing any official position of The Heritage Foundation.

‘The decision to open the border was a policy choice made by Joe Biden’s presidential campaign...During a presidential primary campaign debate in 2019, Joe Biden said he would “make sure...we immediately surge to the border all those people that are seeking asylum. They deserve to be heard. That’s who we are. We’re a nation that says if you want to flee and you’re fleeing oppression, you should come.”

‘Biden directed federal agencies to refer to legal and illegal aliens alike as “noncitizens,”...

‘.....Mayorkas repeatedly used mass and categorical parole to allow tens of thousands of inadmissible aliens to bypass our lawful visa and refugee processes each month. He created parole programs for aliens from Afghanistan, Colombia, Cuba, Ecuador, El Salvador, Guatemala, Haiti, Honduras, Nicaragua, Ukraine, and Venezuela, as well as aliens who have previously been deported and aliens who have resided in the U.S illegally for at least 10 years and are married to U.S citizens.’ (She provided references in many places)

Donald Trump says Joe Biden ‘won because the election was rigged,’ repeating unsubstantiated claims of fraud

Sun 15 Nov 2020

[Abc.net.au/news/2020-11-16/donald-trump-joe-biden-falsehood-rigged-election-tweet/12886094](https://abc.net.au/news/2020-11-16/donald-trump-joe-biden-falsehood-rigged-election-tweet/12886094)

“All of the mechanical ‘glitches’ that place on Election Night were really THEM getting caught trying to steal votes,” Mr Trump wrote.

7:19 AM. Nov 15, 2020

Trump posted

‘He only won in the eyes of the FAKE NEWS MEDIA. I concede NOTHING! We have a long way to go. This was a RIGGED ELECTION!

This report will be updated in the next edition...FD Ally

## THE MURDER OF MINEOPOLIS MOTHER OF THREE

Some of the US politicians in the White House reported that Renee Good tried to run over an ICE officer and thus the officer opened fire on her to protect himself, which resulted in her death. There has been many uprising and protest on her deaths. But is it true that she tried to run over the ICE agent? And did the ICE agent have to fire three bullets at her which most like hit her upper body and killed her? It began before, but two officers were heading to her vehicle parked at an angle in the middle of the road. The third officer who would later shoot her was on the other side of the road and out of sight and then he approached walking towards Renee Good’s vehicle. Wasn’t two ICE officers enough. Videos circulating clearly shows that Renee Good had no intent on harming any of the officers and that she just wanted to flee. She backed up a little as one of the officers tried to open her vehicle door, then she turned the wheel to right and sped away as the third officer shot his gun three times at her as she drove away. If she wanted to run

over the officer, you would have seen the left wheel turned straight towards the ICE agent or turned to the left to head towards the agent, but she turned to the right, as you can see the left wheel turned towards the right to avoid the officer and to flee the scene. It's not certain as to whether her vehicle touched the ICE agent as she flee and as he shoots at her, her vehicle rammed into the back of a parked vehicle as she lost control, as she was already shot at. As the third ICE agent walked towards her vehicle that, he looked fine, he was not limping. The video clearly shows that Renee Good just wanted to leave the scene and did not even try to harm any of the officers.

This report will be updated in the next edition...FD Ally

## **KENNEDY ANNOUNCED 'THE COVID-19 VACCINE IS NO LONGER APPROVED FOR HEALTHY PEOPLE....'**

Words fired back on forth from Sen. Warren to Kennedy and vice versa concerning the vaccine Sen. Elizabeth Warren raised some information from the past confronting Kennedy. "Mr. Kennedy, you said, quote, "If vaccines are working for somebody, I'm not going to take them away. No exceptions, no ifs, ands, or buts. You would not take away vaccines from anyone who wanted them." **Then last week you announced the covid-19 vaccine IS NO LONGER APPROVED FOR HEALTHY PEOPLE under the age of 65.** In announcing the change you said the vaccine will be available for anyone who wants it. Now obviously both things cannot be true at the same moment. (*This information was presented in the video linked Breaking News: All hell breaks loose as Warren & RFK Jr. Savagely clash over vaccine availability; Forbes Breaking News; Sep 4, 2025; ref 8*)

The Senator said, "Anybody can get the booster..."

Kennedy answered, **"It's NOT RECOMMENDED FOR HEALTHY PEOPLE." "WE'RE NOT GOING TO RECOMMEND A PRODUCT FOR WHICH THERE'S NO CLINICAL DATA FOR THAT INDICATION."**

The discussion continued. In the video at time 1:58 ref8, Sen. Warren said **"YOU JUST CHANGED THE CLASSIFICATION OF THE COVID VACCINE."**

Kennedy response: I AM NOT TAKING THEM AWAY FROM PEOPLE SENATOR...Most Americans are going to be able to get it from their pharmacy for free...I NEVER PROMISED THAT I WAS GOING TO RECOMMEND PRODUCTS FOR WHICH THERE IS NO INDICATION...and I know you've taken \$855,000 from the pharmaceutical companies, Senator...**YOU WANT ME TO INDICATE A PRODUCT FOR WHICH THERE IS NO CLINICAL DATA?"**

Sen Warren said, "You are clearly taking away vaccines." She continues and listed some points...Second is HEPATITIS B IS ON THE AGENDA. SO AMERICANS EXPECT YOU TO TAKE AWAY HEPATITIS VACCINE ACCESS AS WELL...

Kennedy response: **As I said, I'm not taking vaccines away from anybody...so you want me to recommend any product in the world without any clinical trial data?**

In the youtube video CDC website changes cause concern; WISH-TV; posted on Nov 21, 2025; ref7 states: "...experts are raising the alarm after the CDC updated its website with anti-vaccine talking points. Bullet points on the site now state that "VACCINE DO NOT CAUSE AUTISM IS NOT AN EVIDENCE-BASED CLAIM..."

## **DR. VINAY PRASAD'S MEMO ON DEATHS CLAIM TO HAVE BEEN CAUSED BY THE VACCINE**

In the youtube news link '[nbcnews.com/health/health-news/fda-covid-vaccines-children-deaths-rcna246437](https://nbcnews.com/health/health-news/fda-covid-vaccines-children-deaths-rcna246437)', FDA claims Covid shots killed 10 children and vows new vaccine rules, published on Nov 29, 2025, 11:30 AM MST ref2 by Berkeley Lovelace Jr., some accusations were made concerning the covid vaccinations where 'The 3,000-word memo, obtained by NBC News, was written by Dr. Vinay Prasad, director of the FDA's Center for Biologics Evaluation and Research. In it, Prasad claims that agency staff determined that "no fewer than 10" of 96 child deaths reported to the Vaccine Adverse Event Reporting System, or VAERS, between 2021 and 2024 were "related" to Covid vaccination. He said the true numbers could be higher, accusing the agency of ignoring the safety concerns for years (ref2). There memo further states: "This is a profound revelation," Prasad wrote in the memo. "For the first time, the U.S. FDA will acknowledge that COVID-19 vaccines have killed American children" Ref2. According to the news 'Prasad suggests that the child deaths were tied to myocarditis, an inflammation of the heart muscle, but doesn't include evidence to support the claim' ref2.

In the memo on Friday, Dr. Vinay Prasad claimed a new review of records linked 10 children's deaths to the Covid vaccine. "These deaths are related to vaccination (likely/probable/possible attribution made by staff," Prasad wrote, as seen in the youtube video, '[abcnews.go.com/US/fda-links-10-childrens-deaths-covide19-vaccines/story?d=127985834](https://abcnews.go.com/US/fda-links-10-childrens-deaths-covide19-vaccines/story?d=127985834)', FDA links 10 children's deaths to COVID-19 vaccines. Doctors want proof; The federal agency has not publicized how it reached its conclusions; By ABC News, published on November 30, 2025 ref1.

"There are concerns about Dr. Prasad memo, where 'Dr. Amesh Adalja, a senior scholar at the Johns Hopkins Center for Health Security and a spokesperson for the Infectious Disease Society of America, said in a statement to ABC News, "The FDA's memo on vaccines is bereft of any actual medical data that could justify their conclusion linking deaths with Covid vaccines." Ref1. He further went on to say: "The statement will only serve to increase anti-vaccine sentiment and further politicize an issue that should not be politicized," Adalja said. Ref1

During covid, there has been a lot of news about myocarditis. The news further states that 'The mRNA Covid vaccines, from Pfizer and Moderna, have also been linked to a small but increased risk of myocarditis in young men. Most cases have been found to be mild and resolve within a few days' ref2.

In the youtube video ref3 [cbsnews.com/news/fda-vaccine-memo=uproar/](https://cbsnews.com/news/fda-vaccine-memo=uproar/) Inside the FDA's vaccine uproar By Dr. Celine Gounder published on December 19, 2025 /KFF Health News, the concerns continue to grow as in the past there were many who wanted an exemption from the vaccine and thus this news backs up that there were deaths even if only 10 deaths

were mentioned. The news says: 'Prasad's email reopened old arguments about COVID vaccines, using what is generally considered weak and misleading science in the peer-reviewed research community. He claimed that FDA staff had found "at least 10" deaths in children that happened "after and because of" COVID vaccination, using reports from the Vaccine Adverse Event Reporting System ref3.

## **WERE 11,000 POLITICIANS EXEMPTED FROM TAKING THE VACCINE?**

**On social media news is going around that 11,000 were politicians exempted from taking the vaccine during covid**

**This news below states that many were exempted from the Covid Jabs**

At time 11:57 into the video ref 6, provides the following information:

Liz Churchill

We will vilify and amplify the names of politicians that were exempt from the 'Covid Vaccine' their own citizens were forced to take it

Dec 4, 2023 - 11,000 politicians and elites received an exemption for the Covid vaccination: "This shocking ." Dec 1, 2023

Is this true, I asked? Politicians were going on the mainstream media showing that they were getting the jab to encouraging their citizens to get the jab? I did a search on the internet to see if I could find more information on the 11,000 that were exempted. I found a fact check where the source is from ref4 --Reuters.com/fact-check/new-zealands-11000-vaccine-exempt-were-health-staff-not-elites-2024-01-12/

Fact Check: New Zealand's 11,000 vaccine-exempt were health staff, not 'elites'

By Reuters Fact Check; January 12, 2024. This fact check states: A COVID-19 vaccine exemption offered temporarily in 2021-22 to New Zealand's health and disability workers had been falsely claimed online to be an exemption exclusively for the country's politicians elite class.

***You will have to decide for yourself as to who is telling the truth above...FD Ally***

At time 30:05 into the video of ref5 states: Townhall; Turns Out the COVID Vaccine Critics Were Right All Along; Amy Curtis | December 12, 2025 9:00 AM

At time 20:31 into the video ref 5 states: **CNN, Sources: FDA Intends to Put Major Warning on COVID Vaccines. Health Secy. Kennedy has repeatedly questioned safety of vaccines.'**

At time 57:57 into the video, ref6: The **CDC has quietly updated their website, now saying the claim that "vaccines do not cause autism" is NOT evidence based,** and studies supporting links between vaccines and autism have been ignored by health authorities.

(Autism and Vaccines, Nov 19, 2021

*Going back closer to the beginning of the video ref5, at 2:06 minutes into the video, this information below was provided where a letter was written.*

At time 3:00, the post from The NATIONAL News Desk, New Tonight, mRNA AND MYOCARDITIS highlights: Men under 30 at higher risk from covid shot. Ref5

At time 3:18 states: The Telegraph; How Covid vaccines can cause heart damage, Immune systems triggered by mRNA jabs may inflame cardiac cells, with young men most at risk, scientists find, Sarah Knapton, Science Editor, 10 December 2025 7:56pm GMT. ref5

Covid mRNA vaccines can cause heart damage by triggering immune cells to go on the attack, scientists have found. Ref5

More than 2,000 people in Britain suffered inflammation of the heart [myocarditis] or heart lining [pericarditis] Ref5

Now Stanford University has found that the immune system can lock on to the foreign RNA from the vaccine, which triggers a fierce response and in some cases can inflame heart cells. It is likely to be a problem with other mRNA jabs, they warn. Ref5

At time 4:24 in the video, 'New Autopsy Study – Cardiac Micro – Scars in Sudden Death Following Covid-19 Vaccination, Mar 19; Corroborates our prior research on COVID-19 vaccine-induced cardiac arrest, reinforcing the link between myocardial scarring, arrhythmias, and sudden death.

Nicolas Hulscher, MPH | Epidemiologist & Admin, McCullough Foundation  
Worldviewhealthcare.com

States: We think this is because 'Actually the mRNA gets into the heart and your heart starts where the spike protein was produced the body attacked it, inflamed it and it got scarred, it scarred up and that's what happens when it gets inflamed and, so it's an autoimmune response and then they're left with this and they get electrical conduction abnormalities in the heart and that leads to these lethal arrhythmias. This ventricular tachycardia and even sudden death and so this is just proof in the cake that, you know look, look in people's hearts. This is what it does. It's dangerous, it's cardio toxic and they've got to get off the market.

## References:

### Reference 1

[abcnews.go.com/US/fda-links-10-childrens-deaths-covide19-vaccines/story?d=127985834](http://abcnews.go.com/US/fda-links-10-childrens-deaths-covide19-vaccines/story?d=127985834)  
FDA links 10 children's deaths to COVID-19 vaccines. Doctors want proof  
The federal agency has not publicized how it reached its conclusions.  
By ABC News  
November 30, 2025, 3:23 PM

### Reference2

[abcnews.com/health/health-news/fda-covid-vaccines-children-deaths-rcna246437](http://abcnews.com/health/health-news/fda-covid-vaccines-children-deaths-rcna246437)  
FDA claims Covid shots killed 10 children and vows new vaccine rules  
NBC News  
Nov 29, 2025, 11:30 AM MST  
By Berkeley Lovelace Jr.

### Reference 3

[cbsnews.com/news/fda-vaccine-memo=uproar/](https://cbsnews.com/news/fda-vaccine-memo=uproar/)  
Inside the FDA's vaccine uproar  
By Dr. Celine Gounder  
December 19, 2025 / 5:00 AM EST /KFF Health News

### Reference 4

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## Bondi Beach Terror Attack

On December 14, 2025, two gunmen open fire in Australia while people were on Bondi beach for Hanukkah. At first it was led to believe that the gunmen were Pakistanis but then it

came out that they were Indians. According to the police they found two ISIS flags in one of the vehicles and thus connected the gunmen to ISIS. It was reported that the 'Two gunmen – a 50-year-old father and his 24-year-old son, according to police – opened fired at a Hanukkah event on Sunday.' ref2

As reported in the News video, 'Gunmen who killed 15 people on Bondi Beach were father and son | BBC News; BBC News; December 14, 2025 ref 1 states: 'It is Australia's worst mass shooting in nearly thirty years after 15 people died, including a 10-year-old girl during celebrations for a Jewish festival in Sydney. Forty others remain in hospital. It happened at Bondi beach at a gathering marking the beginning of Hanukkah. Police say it was a terrorist attack.'

It was reported: 'The homemade black Islamic State flag was draped over the windscreen of the silver Hyundai. (ref5)

Boris and Sofia Gurman, Two North Bondi locals who attempted to stop the two gunmen on the road before the gunmen got to the bridge were killed.

'Among those who died, London born Rabbie Ellie Schlanganger, a father of 5 who worked at a Jewish cultural center in Bondi' ref1.

At 3:30 minutes into the video, it provides some details of the attack by the two gunmen who were no doubt radicalized to carry out this attack on Jewish people during their celebrating at the beach. "Most people ran when the shots rang out. This man didn't. He's being hailed a hero." His name is Ahmed Al Ahmed. "He made the brave decision to pounce on the gunman from behind, wrestling the weapon off him and making it clear to police he had nothing to do with the two men" ref1.

Reuven Morrison, who threw something at Sajid as he headed towards the bridge. Morrison, 62, was killed (ref5)

The video also shows a photo of the Prime Minister of England and says "...the Prime Minister with his wife who is Jewish, he said in a social media post that the anti-semitic terrorist attack against Jewish families was sickening" ref1.

### **While two Muslims carried out the horrific act, another Muslim was referred to as a hero because of his brave act**

There were heroes everywhere saving lives or trying to save lives, but one person's brave actions stood out because of courage and wanting to save lives.

He waited behind a vehicle, no doubt studying the situation before making a move. "...as al-Ahmed crouched behind a parked car. Al-Ahmed then charged at the shooter from behind and wrestled away his rifle..." ref2. 'The family of Ahmed al-Ahmed, a Muslim father of two who tackled one of the alleged attackers during the mass shooting on Sunday at Bondi Beach in Sydney, Australia, has spoke out, hailing their son as a "hero." ref2

In the video, Man who tackled Bondi Beach gunman speaks out after being shot: "Pray for us", Global News, Dec 15, 2025, (ref3), 'Mohamed Fateh al-Ahmed father of man who tackled Bondi beach shooter' said "My son is a hero he served with the police, and he has

the impulse to protect people. When he saw these people on the ground covered in blood, his conscience and morals compelled him to attack one of the terrorists and take away his weapon, he [the terrorist] ran away. ref3

In the video, ref 2, 'What we know about Ahmed al-Ahmed, the bystander hailed as a hero for disarming Bondi gunman CBC; Updated Mon, December 15, 2025 at 7:48am MST, states that Al-Ahmed's family said he was hit in the hand and arm and is currently recovering in hospital from bullet wounds'.

### **Witnesses referred to Al-Ahmed as a hero and also as an international hero**

Netanyahu also mentioned that it was a Muslim that stopped one of the gunmen and was thankful for that. ref1

Prime Minister Anthony Albanese called Ahmed "a true Australian hero" on Tuesday after visiting him in hospital. Ref 5 "He was trying to get a cup of coffee, simple as that, and found himself at a moment where people were being shot in front of him," Albanese said. "He decided to take action and his bravery is an inspiration for all Australians."

### **Thank you Ahmed**

Days later after the shooting, in the youtube video (ref 4) Top U.S. & World Headlines – December 22, 2025, Democracy Now! the host of the video Amy Goodman stated that "Mourners also cheered the heroism of Ahmed Al-Ahmed, a bystander who was wounded after wrestling a gun from one of the Bondi Beach attackers." A voice came over the loud speaker that said, "This is David Ossip, the president of the New South Wales Board of Jewish Deputies. He said, "And friends, Ahmed has asked me to pass on the following message to us all. Quote, "The Lord is close to the broken-hearted. Today I stand with you my brothers and sisters.' Thank you Ahmed."

Witness Jaymee Williams said "I can't believe he has the courage to run straight in and put his body on the line for so many people like he saved so many people. If it wasn't for him who knows how long it could have kept on going." Ref3

Witness Jamie Moran continued "Especially when someone was firing at him from the bridge still – just insane" Ref3.

Witness Aaron Ashton said "Yeah I think he is a national hero for sure. Uh probably an international hero. A lot of people around the world wouldn't have done that. A lot of people would ran away from the gunfire. He ran towards it..." ref3

### **Netanyahu comments to the Australian PM created a lot of tension**

At time 11:23 in the video, ref 1, Benjamin Netanyahu says referring to the Australian government said, "Your government did nothing to stop the spread of anti-semitism in Australia. You did nothing to curb the cancer cells that were growing inside your country. You took no action. You let the disease spread and the result is the horrific attacks on Jews we saw today."

*I also viewed a video that came out about a day after the attack, where a number of European countries came out to promote the two state solution, regardless of Netanyahu's opposition to the two-state solution. ...FD Ally*

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Four heroes tried to stop the Bondi terrorists. Three paid with their lives

Eryk Bagshaw, David Barwell, Siena Fagan and Sherryn Groch

Updated December 16, 2025 – 6:02pm, first published at 3.59pm

The Sydney Morning Herald

## **‘Why the World No Longer Believes Israel’s Story’**

In the article ‘Antisemite of the Year’ for opposing Israel’s genocide in Gaza; ‘Pro-Israeli group uses public shaming to punish Israel’s critics and claims to have caused 400 people to lose jobs’ By Elis Gjevari Published date : 22 December 2025 15:57 (ref 4), the writer says, ‘A US pro-Israel advocacy group had named political commentator and journalist Tucker Carlson as its “Antisemite of the Year”, citing his opposition to Israel’s genocide in Gaza.’ The article further states ‘He has also accused Israeli Prime Minister Benjamin Netanyahu, who is wanted by the International Criminal Court for war crimes and crimes against humanity in Gaza, of openly boasting about his leverage over US leaders.’

## **Professor John Mearsheimer explains why the world no longer believes Israel's story**

In the video 'Why the World No Longer Believes Israel's Story | Prof. John Mearsheimer'; Fan Club John Mearsheimer published on Dec 21, 2025 ref 1 , at time 24:10 into the video, Professor Mearsheimer says 'Israel confronts a world that no longer takes its explanations at face value because the evidence available to ordinary people speaks louder than official words.'

There are countless videos circulating through social media, along with news video of the terror the Israeli Defence Force (IDF) has unleashed on the civilians of Gaza. There reports stating that high tech equipment are being used and tested out on the Palestinians and that the Palestinians are under surveillance 24 hours a day. There are countless violations by Israel even during the ceasefire. And the deaths toll goes on and on.

In the youtube video, (ref2)Top U.S. & World Headlines – December 22, 2025, Democracy Now! Ref 2, at time 2:30 into the video, 'The World Health Organization declared Gaza no longer faces famine following the ceasefire agreement of October 10, but warns progress remains extremely fragile as Israel continues to severely restrict humanitarian operations with Palestinians facing collapsed livelihoods and massive destruction to Gaza's infrastructure, including farmland.' At time 3:10 into the video, '...Israel continues near daily violations of the ceasefire. On Saturday, Palestinians held a funeral for five people killed after Israel attacked a school sheltering displaced people in the Altufa neighbourhood of Gaza City.' At time 3:50, 'In the occupied West Bank, Israeli forces killed two Palestinians, including a child, during separate raids in Jenin. Witnesses say 16-year-old Rayyan Abdul Qader was shot at close range by Israeli soldiers who block medics from reaching him, leading the boy to bleed out. His body was then seized by Israeli forces.' The second victim was 22-year-old Ahmad Zayoud At time 4:15 into the video, "...Israel's security cabinet has approved 19 new Jewish settlements in the occupied West Bank in its latest breach of international law. It brings the number of new settlements approved by Israel over the last three years to 69.'

## **Ongoing scale of human suffering in Gaza**

In the YoutTube video 'UN Chief's Emotional Speech on Gaza' published on Dec 20, 2025' ref 5 the Secretary General, Gutierrez of the UN says, "It breaks my heart to see the ongoing scale of human suffering in Gaza. Families are enduring the unendurable. Children are forced to sleep in flooded tents. Buildings already battered by bombardment are collapsing under the weight of rain and wind, claiming more civilian lives...continued restrictions on what can enter...Strikes and hostilities continue, pushing the civilian toll of this war even higher and exposing our teams to grave danger."

He continues, at time 1:35 into the video, he says, "And we cannot lose sight of the rapidly deteriorating situation in the West Bank. Palestinians there face escalating Israeli settler violence, land seizures, demolitions, and intensified movement restrictions. Tens of thousands have been displaced following operations by Israeli forces in the Northern West Bank.

## **Many continues to support the two-state solution**

At time 3:07 into the video ref 5 the General Secretary says, "Palestinians need a horizon of hope. The ceasefire must be implemented in full. The endless cycle of violence must be broken and the way must be cleared to a irreversible pass to a two-state solution."

## **Once the evidence is there how can you reject the evidence?**

The evidence is seen all around the world and in everyone's home and by almost everyone. In the video 'Why the World No Longer Believes Israel's Story | Prof. John Mearsheimer'; Fan Club John Mearsheimer published on Dec 21, 2025 ref 1 , Professor Mearsheimer says "Once the evidence is there how can you reject the evidence? The Professor ref 1 of the video ' Why the World No Longer Believes Israel's Story; Professor John Mearsheimer continues: And once the evidence becomes the primary arbiter of truth, a state that depends on controlled narratives finds itself increasingly unable to defend its actions on the global stage....Countries such as Brazil, South Africa, India, and Indonesia no longer accept a world in which Western interpretations are treated as universal truths. These states see themselves as rising powers with the right to define their own positions on global issues. **Their scepticism towards Israel reflects not only sympathy for Palestinians, but also frustration with the West's selective application of international norms.**" These nations "recognize when a state is acting from a position of overwhelming dominance and they are increasingly unwilling to accept that such dominance is inherently legitimate..." "...Israel finds itself facing a global political environment in which the majority of states are no longer sympathetic to its claims, and many are openly critical."

**Many including TUCKER CARLSON are now speaking out on the terror and terrorism unleashed on the Palestinian civilians in Gaza, and also in the West Bank**

In the video 'Tucker Carlson Unleashes on Israel, Sending Shockwaves Across the West!'; TANN, published on Dec 17, 2020 ref 3, at time 7:48 into the video Tucker Carlson says "Why are we spending billions of dollars destroying our credibility, paying for the murder of children? Like, how is that good for us? I guess it's good for Bibi. Okay. But it's not good for us. And everyone knows it's not good for us...if you're allowed to think for yourself, you realize that is not good." Earlier in the video Carlson says, "America should never pledge its support to any other country unconditionally. And that would go for the countries of my ancestors, Great Britain, Sweden, Finland, and it would go for Israel, Qatar, Saudi, UAE. There is no country in the world to which the United States owes its unconditional support. That's crazy. The people who run the United States pledge their unconditional support only to American citizens and their voters. That's our system." He continues, "**Whenever the U.S. government acts on behalf of anyone other than American citizens, it is committing a moral crime. It is undermining the American system, which again is designed for one purpose, and that's to represent American citizens. It's self-government. It's a democratic republic. That's our system.**"

In the article ref 4 'Antisemite of the Year' for opposing Israel's genocide in Gaza '**Pro-Israeli group uses public shaming to punish Israel's critics and claims to have caused 400 people to lose jobs**', Carlson says, "The single biggest threat to Christianity in this country [US] is Christian Zionism," he said, accusing its adherents of treating Israel's founding and military dominance as a biblical mandate." "They're not Christians; they're heretics," he added. The article states: Israel had killed at least 20,000 children in Gaza, and the besieged enclave has the highest number of child amputees per capita, according to the International Rescue Committee.

*The list of people speaking out around the entire world is never ending as this Genocide terror, hate and destruction of Palestinians is being carried out by Israel. Steps are being taken to silence many for standing up for the Palestinians and for criticising Israel...FD Ally*

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# RECIPES

## GUYANESE CHRISTMAS SPECIAL

*By Naz (Neisha) Ally & Son*

### **Black Cake Recipe From Neisha's (Naz) Kitchen**

*This recipe can be found in Neisha's Kitchen Recipe book  
At [www.allymedia.ca](http://www.allymedia.ca) under the Music-Books tab near the bottom of the page*

*Making this black cake in 2025 was modified  
from the recipe in Neisha's Recipe book*



*This picture shows Naz (Neisha) blending the fruits*

*Safety: Use cooking gloves when handling anything hot. When using an instant pot or pressure cooker, take precaution when opening. It's important to release pressure completely before opening a pressure cooker, to avoid any kind of harm to face, eyes, etc...*



**Prunes, raisins (they were out of currents)**





# BLACK CAKE

**Preparation time: 45 minutes**

Baking time: approx. 1 ½ hr.

Serves approx. 20

## Ingredients

2 lb prunes, 2 lb raisins, (did not have currents), 1 lb butter or margarine, 1 & 1/3 lb flour, 15 eggs, 3 Tbsp. brown sugar e.g Demerara brown sugar, browning is used for giving the cake a darker color – about 4 Tbsp used, (*although Naz did not recommend it, I added about a Tbsp molasses which I purchased from the grocery store hoping to make the cake darker...FD Ally*)

Will need an eggbeater for mixing or use a blender, 2 baking pans, mill for grinding, scale for weighing.

## Baking instructions

Cut prunes into quarters so blending becomes easier

Raisins and prunes were soaked in the sparkling grape and raspberry beverage which is non alcoholic as a tryout for 1 week and left in the fridge. (You may soak in alcohol such as rum or wine also, depending on the flavour you want)

## On the day of baking

Add prunes to mill and grind, then add raisins and grind. (You may use a blender or egg beater – whatever works for blending). These fruits were blended very fine.

Mix butter in the 1 1/3 lb flour. You can mix with water. Since no currents was used, I used ¼ cup concentrated current juice just to mix in to give a bit of a current taste.

Blend eggs using blender

Add grinded up prunes, raisin to the mix

Add 3Tbsp. brown sugar to mix

Since there were no currents, I added about ¼ of current juice purchased in a bottle.

Mix and blend together

Check mix to make sure it's not too soft; if too soft then add a little more flour and mix.

I used a non stick spray in the pans. Pour mix into pan. Do not fill to the top. Fill about half way, so when cake is baking it will expand.

Turn oven to 205 degree Celsius and baking begins

After 40 minutes check cake (use oven mitts)

Cake should now have a nice brown color, but still too soft

Lower stove temperature to 175 degrees Celsius and continue baking for approx. 20 minutes

Lower to 115 degrees Celsius and continue baking for another 35 minutes.

Check with a fork. If too soft then continue baking.

I baked for another 40 minutes on a lower temp and then back to 175 degrees for about 15 minutes. If still too soft, then bake a little longer on a lower temp.

Note: If you prefer the cake to be darker, then instead of adding browning to give the cake a darker color, you can burn brown sugar and then add it to the mix and this will give the cake a darker / blackish color. Molasses can also be added to make the cake darker / black. These steps were not carried out and this the cakes does not have a darker / blackish color, but more of a dark brown color.

## **LIFE'S JOURNEY**

### **HEALTH – MEDITATION - PRAYERS**

**by FD Ally**



#### **STRESSED AND YOUR MIND RAMBLING?**

Often, our minds ramble on during the day and even throughout the night with stories, judging, blaming and fantasies swirling through our heads, and even when we're engaged in prayers / meditation. Often thoughts can be very negative. *Very often in this section, I repeat information used before as a reminder of the importance of these topics that could make a huge difference in a person's day to day life.*

*This article uses excerpts from the previous edition of the Diverse City Magazine and modified.*

*I began the Life's Journey series of articles in the year 2002 published in the 40 page printed Cariwave, The Caribbean Magazine. Let's continue this journey. The following passages below are taken from different articles which I have written in the past along with some new information...FD Ally*

**Disclaimer:** *In this article, the writer is sharing his experience and knowledge with the readers. Before embarking on a meditation journey, it's important to seek professional advice in meditation, as there can be complications during your practice. These meditation steps are based on the writer's understanding of the techniques the writer had learned in a three day Primordial Sound meditation course two decades ago by Dr. Deepak Chopra and his team.*

*For anyone interested in meditation, it's import to seek professional training. ....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.*

#### **Life's Journey**

#### **Is Death Our Final Destination**

The excerpts below are taken from Cariwave The Caribbean Magazine Spring/Summer 2003 Edition (A 40 page printed magazine)

The series of Life's Journey were written by FD Ally. *(Note in those days I often used the name Brian Ally, which is also my name also given at birth)*

## **The Journey of a flower**

Spring comes, the flowers bloom; winter arrives, the flowers wither and die, winter fades, spring arrives and the flowers that died come back to life. The unseen world that acts on life is amazing and which humans do not have much knowledge on.

## **The Unknown**

The unknown and immortality have always intrigued the human mind. Many of us have spent moments gazing into the heavens, wondering about creation and the mysteries of the unknown brings gear, so we ask questions and search for answers

“Is death the final stage of our existence? We ask. Some of us believe there’s an after world and some do not. There are lots of questions concerning religions, genetic engineering and aliens, which may easily discourage us from our beliefs, unless our faith is very strong.

## **Schools of thoughts**

Books such as the Bible, Quran, Vedas, Gospel and many others gives us a comforting answer to the life and death questions. But the curious and intelligent minds want to investigate the unknown, phenomenon and mysteries.

## **Our limited perception**

I cannot see electrons, voltage or current or hear the communications of whales, but I know they exist. Scientific measuring equipment has proven the existence of these frequencies. Obviously there’s more to what the eye can see or the ear can hear. Insects, such as crickets can see and hear what I cannot see or hear. A bat senses signals in a world of ultrasounds. *There’s lots more we do not know due to our limited perceptions and also limited science. It is said that humans knows only 4% of the existence of what’s out there. My thought is we probably know less than 1%...FD Ally*

## **My Physical Make Up**

According to science, my perception of reality is based on my five senses. In the quantum world, nothing is solid. According to quantum physics our body is 99.999% empty space. Neutrinos pass through our bodies all the time at the speed of light, yet we lack this awareness.

**This section is my personal view and beliefs. For me death is not the final destination, but is only the beginning of the journey and that this life is a test.** There is lots of information out there to show that life continues after death. Information from people with OBE (out of body experiences), from NDE (near death experiences). In my practice, everything is a test. Did I pass the test? Hardships are tests. The goal is to pass the tests, such as being patient when hardships take over our lives. The way I look at life is, if your frequency is high then **you are** doing the right and good things in life regardless of your status of being rich, poor or in-between, or suffering from illnesses etc... If your frequency is low then **you are not** doing the right and good things in life. **God is intelligent and knows all, but he also created an intelligent universe that also tracks, knows and calculates everything that has taken place and will take place (we all have free will, but God knows our present, past and future actions as he is outside of time), so there's no escape from accountability when you deliberately harm others when it can be avoided;** you may have your paradise on earth, but you will not live forever. Even if you live for 200 years, a million years, you will one day have to return and to face the unseen. When you depart from this life with high frequencies then you are going to a good place, some call it paradise which have many levels, and when you depart with low frequencies this means that you

are not doing the right things for humanity and the world and you are going to a bad place and some calls this hell which have many levels. This is my personal view. The ones that's being terrorize and killed in Gaza and in the West Bank for no reason such as the civilians who are children, the elderly, the men and women are leaving this world with high frequencies and are going to a good place; they are the chosen ones, for paradise...FD Ally

*In the next edition, I will discuss at patience, contentment, stabilization of the heart and more from an Islamic perspective.*

### **Religion, Prayer, Meditation**

Some people believe that prayer is a waste of time. There are many benefits to prayers. It's what you do during prayers. Some prayers are very similar to meditating which is very beneficial. Prayers are powerful in calming and relaxing effect it brings to our bodies, which is better for our body, mind and soul, that to be living with a rambling mind all day and night for years or for a lifetime, being stressed out and which can become very destructive. In some religions there's standing, bowing, prostrating, sitting and sitting cross-legged with can be very beneficial also physically.

### **Focus**

Billions of people around the world are engaged in prayers, meditating, tai chi, chi-gong and other practices that are beneficial and can calm down a person and help a person focus.

During prayers and or meditating thoughts can easily pop into our heads and will come and go, thoughts that are bothersome and can even stress us out while praying or meditating. So it's important to catch yourself, and start focusing on the mantra (phrase) or zikr in Islam or on your breathing, and phrases during prayers. .

### **SOME BENEFITS FROM PRAYERS AND OR MEDITATING**

Relieving stress and anxiousness, allows us to let go and wind down, achieving stillness and silencing of the mind, stop judging and blaming. This can result in lower blood pressure along with many other health benefits.

### **HOW TO QUIET THE MIND**

You must first catch yourself in these moments of when the mind is very active or restless, else it can go on for hours, days, months, years. Once you catch yourself, you can apply tools such as meditation where you focus on a mantra (or in Islam focus on dhikr), or focus on your breathing, or spend time in prayers focusing on the words. There are many other relaxation techniques which you can use.

### **STILL CAN'T LET GO**

Letting go is not easy. How do we let go? Even during meditation and prayers it's not easy. It takes a great deal of practice.

One technique is to keep a notepad and pen next you and write down whatever it is that you are trying to remember, recall or bothering you and now let go of them. Now that you know it's written down and you won't forget about them, and you can deal with them after.

## **BELOW ARE SOME VALUABLE INFORMATION**

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) Subhannah (*phrase used in Islam during zikr and prayers. Zikr is similar to meditation or is basically the same as meditation*).

### **TRY THESE TECHNIQUES**

Sit comfortably with palms on lap (or you can sit on the floor cross-legged as Muslims often do). Close your eyes for a few minutes? What happens? All kinds of thoughts come and go.

Keep your eyes close, sit and relax and begin saying your phrase over and over for a few minutes. Focus more on the phrase. By saying the phrase over and over, the phrase should replace the stories and blaming that goes on in our head. You now have a simple phrase now swirling through your head instead of rambling thoughts or blame? The rejuvenation process begins. As a beginner, your thoughts and rambling stories will surface over and over. When this happens, the goal is to catch yourself and start repeating and focus on the phrase saying it over and over. Buried thoughts, hurts and anger will surface. Let them surface, deal with them and let them go, and then start repeating your phrase over and over. If you can't let go of them, then write them down and deal with them later (*keep a pen and notepad next to you*).

As you repeat your phrase, a method I learned is to slow down the phrase, so there will be gaps of silence in between the phrase. Continue to slow down the phrase and let the silence gaps between your phrase get bigger so you have more silence between your phrase. Let the phrase become slower and fade, and when the phrase completely fades, then remain in silence as long as you possibly can. As they say, silence is golden. The thoughts will come back. Repeat the process. Over time a person gets better at it. Trying doing this for 15 to 45 minutes every morning for a year and you will become a much calmer person. I learned this method during a weekend seminar by Dr. Deepak Chopra. You make do some research on his techniques to assist you.

You can also apply silence during prayers. For example after saying a few lines during your prayer, remain in silence for a few seconds and then continue.

*Reference: see the Diverse City Magazines for meditation*

*Diverse*

# ENTERTAINMENT

## FD ALLY'S SONGWRITING JOURNEY



### FIZAL (FISAL) DEEN ALLY

AT AGE 16, PLAYING HIS COPY OF A LES PAUL, AND STILL PLAYS THIS SAME GUITAR TODAY, BUT RECENTLY SOMEONE ENTERED HIS HOME AND BROKE THE BRIDGE ON THE GUITAR WHERE 3 STRINGS WERE IN FRONT AND THE OTHER 3 STRINGS ON THE SIDE; THAT DOES NOT HELP FOR AN ANTIQUE GUITAR.

### All of FD Ally's songs are copyright protected.

F. Ally have never given anyone permission to use any of his songs or books to profit from, nor to use commercially, nor to sample songs, change and rewrite. Many songs and books can be downloaded from [www.allymedia.ca](http://www.allymedia.ca) for listening and reading. Over the years many recordings were handed out for people to listen to and to share with others to listen to. Many were also done in professional recording studios with other players contributing to the production as proof of my original work. Many were involved in assisting with the edits of my books and thus know that I wrote all of my books and my materials are original and references other sources used.



## **2025 HOLIDAY ACOUSTIC JAM – THE PRACTICE SESSIONS CONTINUES INTO 2026**

***Playing and singing original songs mainly from the 1990s***

The Acoustic Jam 2025 practice sessions, and also some original songs mainly from the 1990s, are posted on [www.allymedia.ca](http://www.allymedia.ca) under the 'Music-Books' tab.

**Some of my original songs for the Acoustic Jam are:**

A Kiss Goodnight, Candle That Burns, True Love, Estos Sentimientos / These feelings, Lisa, No Perfect Man, Gia Carangi (The Italian Super Model), New Clear Society, The Birds Won't Come My Way, Reaching Out, Out of Control, They Party Till They Feel Alright, Missing You Going Crazy, Nobody Wanna Say Goodbye, Sometimes, That's Crazy Love, Christmas Day, Precious Holidays, Keep The Peace, Keep Mae Fire Burning, Blue Caribbean Sea, Wide Eye Innocent, SoCrazy4u, Insensitive more...

From what I recall, songs like New Clear Society, My Home and many others were written when I was a teenager.

Songs are posted on [www.allymedia.ca](http://www.allymedia.ca) under the 'Music-Book' tab.

## SOME MUSIC PROJECTS BY FISAL (FIZAL) ALLY



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

# **FISAL (FIZAL) DEEN ALLY'S INDEPENDENT ORIGINAL MUSIC & BOOK TOUR**

**A TOUR of songs and books written by songwriter/musician/writer  
Fisal (Fizal) Deen Ally who is originally from Guyana, South America  
PLEASE VISIT [www.allymedia.ca](http://www.allymedia.ca)**

## **Free digital books download Written by Fisal Ally**

**Copy link and paste into your URL to begin your historical journey with Fisal Ally  
PLEASE SHARE WITH OTHERS**

\*\*\*Ebooks can be read or downloaded from: <https://allymedia.ca/fisal-ally-books>

\*\*\*Ebooks can also be read or downloaded from: [www.smashwords.com](http://www.smashwords.com); do a search for Fisal Ally

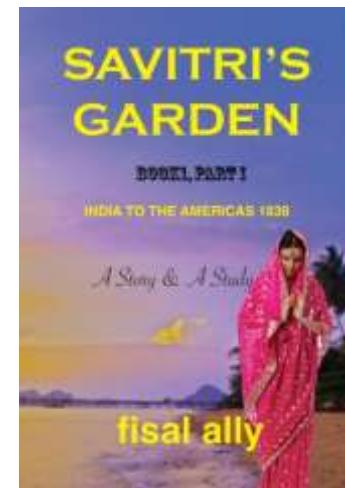
\*\*\*First 3 ebooks can also be read through the Edmonton Public library  
(Links are subject to changes)

**BOOK 1 PART 1 (Historical Fiction, recreating history with a love story)**

**The Trilogy of Savitri's Garden: India to the Americas 1838, (Book1, Part I) - India Rising on the Horizon of the Americas**  
[https://www.smashwords.com/books/view/634521](http://www.smashwords.com/books/view/634521)

**BOOK 1 PART II (Historical Fiction)**

**The Trilogy of Savitri's Garden: India to the Americas 1838, (Book1, Part II) - India Rising on the Horizon of the Americas**  
[https://www.smashwords.com/books/view/634522](http://www.smashwords.com/books/view/634522)



**BOOK 2 (Historical Fiction)**

**The Trilogy of Savitri's Garden: The Escape for True Love (Book2)**  
[https://www.smashwords.com/books/view/634528](http://www.smashwords.com/books/view/634528)

**BOOK 3 (Historical Fiction)**

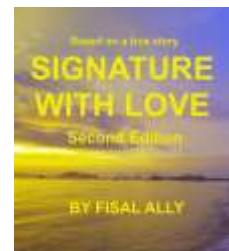
**The Trilogy of Savitri's Garden: Rebellion and Reunion (Book3)**  
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**BOOK 4 - A SHORT STUDY GUIDE**

**Debunked The Use Of The Label Coolie In Guyana**  
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Second Edition – December 25, 2018



# **The Continuation of the Garden**

By FD Ally

**THE GARDEN IN MODERN TIMES - IN A WORLD GONE MAD. THE GARDEN FILLED WITH WEEDS, BUSH, SNAKES, RACISM, HATE...**

## **The holiday season**

Jack has lots of visitors. The maids were busy cleaning.

Jack went to his control room in his home to spy on his wife who is in her own home, as he hopes that he will one day get her back. She's home, getting ready to go out with her new found love. Jack watches her 24 hours a day through his surveillance equipment in his home and he reads her thoughts 24 hours a day, and he knows what ADS to send her through youtube and what to flash at her on the big digital billboards. His mind is all messed up, like many who are involved in such wickedness. She's under surveillance like the rest of the world. So is Jack, but he does not want to believe that his handlers are spying on him and are also reading his thoughts, even though he is a billionaire. He has trillions, but others have hundreds of trillions. He then sends her gifts which surprises her at first. But she knows its Jack who is doing all of these evil things and spying on her.,

Jack receives a message that says, I see everything you do.

How can you, Jack shout.

I am your handler. You are like everyone else.

Jack was left speechless. He knows he is a pawn also, a very wealthy one. The voice cried and then laughed, and the echo fades. Jack became nervous. He's also being spied on by the ones who made him wealthy. And the wealthier ones also have their handlers tacking them.

## **Jack like many are eating, drinking and partying lots over the holidays**

Jack bends over touching his toes. He's been doing this a lot.

What are you doing, Granny yelled as she walks towards him and kicked him in the butt. He fell over and made a loud sound.

Betty, the maid, heard the sound and said, constipated again, aha aha. That will teach you for stuffing your face all day and night, and getting drunk over the holidays.

Screeches came from outside. Betty ran over to the window and saw three sports car skidding and leaving skid marks. She shouted, that's like Jack's underwear. Skid marks like skid marks in Jack's underwear.

Jack mocked at her and grinned. You better wash my underwear clean.

Ed, Eddie and Edmon came through the door. Edmon and his girl, Susie, went to the fitness area and began exercising. Jack has quite a gym in his home. Edmon flexing his biceps, while Susie works on her glutes.

Loud music, drinking and eating.

Alb and Albie had a rope wrapped around Alber stomach and pulling. Betty yelled, what you are doing!

Alb answered, he's stuck again. You know from eating and drinking too much.  
Betty chuckled, oh you mean opsie poopsie, whoopsie, ha! Constipated.  
Like those commercials they send me when I'm having lunch, one of the children said.  
You got it.  
Get him to do the split, Granny said. That might work.  
No, Betty said. He will split open and spill over.  
Okay! Don't do that!

The music, eating and drinking continued.

Susie and Edmon were working out, flexing their arms and glutes, and afterwards they joined the others in the dining area. She was in her tight short shorts and a tight workout vest. Some checking her out, and then the song 'Flat bottom girls' came on, and Susie became suspicious and place a palm on each of her gluteal muscle, walking away.  
You mean 'Fat bottom girls.'

Whatever. Fat, flat. I'm an old man, it's all the same to me!  
This song is not about you, Jack's voice rose. The song just came on.  
You are looking at my glutes, she sneered.  
Or are you so vain. No it's not about you. It's about the maids.

The maids laughed. You want to see natural glute muscle! One of the maid said. She grinned and placed her hand on one of her glutes.  
Granny said and her hand didn't slide off. Susie couldn't do that.  
Susie has been working hard on her gluteal muscles but competitioin is stiff.  
The other maid began to clap and said, it's all natural.  
The song Flat bottom girls began to play again.  
Susie sneered. Well, I have to work on mine really hard.  
Too bad, one of the maids said. And don't be so vain. The song is not about you.  
I want to be a star, Susie said. I want to jump around on stage.  
Betty grinned and said, and lip-sync.  
Edmon flashed Susie a wide smile and said, I will steal some songs from Anwar for you.  
Granny yelled at him. You nasty thief. This whole family just want to steal and don't want to work.  
And he's racist too, one of the maids adds.  
Susie has been working out lots to build those gluteal muscles. She said, stop looking at my glutes! Her palms covering up her glutes as she walked.  
The maid said, cover up girl. She looked at Jack and said, this man is a pervert.  
You will get fired, Jack shouted at Betty.  
Jack began touching his toes again, his back cracked, and Granny jumped on his back and he let out a big sound again.

The children were busy eating. One of them said, that reminds me of those youtube opsie poopsie whoopsie commercials they always send me when I'm having my lunch and my other meals.

Those are nasty commercials, Granny said. I get sick when I hear them talking and showing that stuff. No doubts there are some perverts and sick minds behind those sick commercials.

You mean like Jack's skid marks in his underwear, Betty said and laughed out loud. Jack got mad and yelled at her. How dare you talk about my skid marks.

Well, you don't hide them. You mean the skid marks in your dirty underwear, Betty shouted back. You should try washing. There are people that wash themselves many times a day and they have no skid marks in their underwear.

Jack yelled. Stop watching those nasty youtube opsie poopsie stuck stuff commercials and you are fired!

Betty went to a bin and grabbed one of his dirty underwear and threw it at him. Everyone was grossed out. She also pulled out one of Alb's and threw it at him and her voice rose, you need to wash if you know what I mean. You need to clean up.

I'm eating, someone yelled. Don't gross me out.

One of the children said, it's like those opsie poosie commercials youtube is always sending us. I always have to his mute the volume when I hear them.

Granny yelled. Stop it! Stop it! Jack is now standing on his head. He told one of the maids to hold him up.

Betty laughed. That will not work with your constipation, ha ha ha, you fool! Try washing!

How about you wash your mouth, Jack shot back.

### **Jack, Alb and Ed went to the control room to spy on some of their victims**

I see them, Alb said. He's playing that guitar.

They start taping and stole the songs.

Send him a quick youtube five second commercials of what he's playing. Alb picked up a guitar and played something similar and sent it.

Anwar received the youtube commercial and chucked and said, oh its those idiots again stealing my work.

Not to worry, Jack said. We have some of their friends and family members harassing them.

Laughter echoed. Hahahahahahaha....

They turned to each other.

What's that? What. What. They looking around.

Ahahahahahaha. It's me your handler.

### **Who can you trust nowadays?**

Jack is busy backbiting and harassing his victims. He pulled the victim's family members, friends and neighbors into his frauds so they can be framed and the media focused on them. He and his team steal more songs and books. While Fada-Chris-Mas hands out blank bonus checks, pocketing hundreds of thousands for himself during the Christmas holidays. Who can you trust nowadays. The whole world is crooked.

At the company's yearly meeting the employees were surprised when they open their envelopes only find nothing or a blank piece of paper.

Fadda-Chris-Mas enter laughing and celebrating the holidays having given some of Jack's employees blank bonus checks, taking advantage of them. Some of the employees are scared to speak up. Some of them just think it's a normal thing for Fadda-Chris-Mas to give them blank checks. Laughter echoed. Hohohohohoooo...

A week later, Alb was out shopping, he was at the automatic checkout with his groceries, when the female security guard who was standing about twenty feet away as people checked out their groceries, when walked over to where Alb was and then walked away with a serious face. She returned three times and walked away. Alb became hyper and said, is something wrong. She said nah. She walked away and returned. Alb became nervous and said, you think I'm a thief. She replied in hush tones, I know you are. He replied and said are you calling me a thief, here check my bags. She said, I know who you are, and know you are stealing people's songs. She walked away, as Alb nervously rushed out of the area, and headed through the mall, and jumped into his million dollar car and sped away leaving skid marks in the parking lot with his tires screeching.

...The craziness of the modern world, to be continued...a world gone mad!

# **GLOSSARY**

**What does Islam say about the devil? See below.**

**TRICKS OF THE SHAITAN (Satan / Devil)**

They are tricksters

He turns people against you to make you give up on your practice and work. He'll go and whisper to your cousins, to your friends, to the people around you

‘...the shaitan means literally in Arabic, anyone who deludes someone from truth to falsehood and anyone who deludes someone from good to bad, from benefit to destruction.

## **HOW TO QUIET THE MIND**

You must first catch yourself in these moments of when the mind is very active or restless, else it can go on for hours, days, months, years. Once you catch yourself, you can apply tools such as meditation where you focus on a mantra (or in Islam focus on dhikr), or focus on your breathing, or spend time in prayers focusing on the words. There are many other relaxation techniques which you can use.

## **STILL CAN'T LET GO**

Letting go is not easy. How do we let go? Even during meditation and prayers it's not easy. It takes a great deal of practice.

One technique is to Keep a notepad and pen next you and write down whatever it is that you are trying to remember, recall or bothering you and now let go of them. Now that you know it's written down, **YOU CAN DEAL WITH THEM LATER, ONE BY ONE NOW OR OVER A PERIOD OF TIME AND LET THEM GO, LET IT OUT OF YOUR SYSTEM. NOW FOCUS AND TRY TO BE IN THE PRESENT MOMENT, NOT IT THE PAST OR FUTURE, BUT PRESENT MOMENT AWARENESS.**

## **WHO CONTROLS THE WORLD?**

And I give you this quote again so you know who is actually in control of the world and our lives.

Henry Kissinger stated who controls the food supply controls the people, who controls energy can control whole continents, who controls money can control the whole world.

## **WHAT THE PROPHET MOHAMMED SAID**

He said there's a cure for every disease. Mel Gibson now says the same 1400 years later. How did the Prophet know all of this?

## **The word Allah vs. the word God**

In Arabic speaking countries such as Iraq, the word, Allah, is also used by the Christians for God. The word God could be plural, singular, male, female, whereas the word Allah is unique. This report uses the word Allah and God interchangeably for English readers.

God can be changed into Goddess, gods and other symbols, whereas Allah can never be changed to male, female or plural. Jesus used the word Allaha which is Aramaic. Allah is Arabic.

Quran – is said to be the words from Allah, revealed to the Prophet Muhammad (Pbup) through Angel Jibreel.

Hadith – knowledge on Islam and history passed down throughout the generations  
Pbuh – Peace be upon him

### **Some clarifications on Islamic prayer – Salah, Dua**

When translating the Arabic words Salah (Salat) and Dua used in the Quran, the translation is always ‘prayers’ for both words. However, Salah and Dua are very different.

There’s one line that’s translated wrongly some times saying God sends salah...God sends your prayers. That’s an incorrect translation.

Some words in the Quran, which is written in classical Arabic and are not easily translated to English and have different meanings in the way an English word also have different meanings.

Dua is always referred to as praying, such as praying to Allah and asking for help, or to make life easier etc... and thus Dua can be done anytime during the day and night, and as many times as you wish.

The daily prayers to reconnect, establish to the creator during the day.

# **DIVERSE CITY MAGAZINE**

**ALLY MEDIA**

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**ALLY MEDIA**

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**DIVERSE CITY MAGAZINE**



**ALL THE BEST AND SUCCESS  
ALL THE GOOD THINGS LIFE BRINGS  
FOLLOW YOUR PASSION WITH A NEW YEARS RESOLUSION**