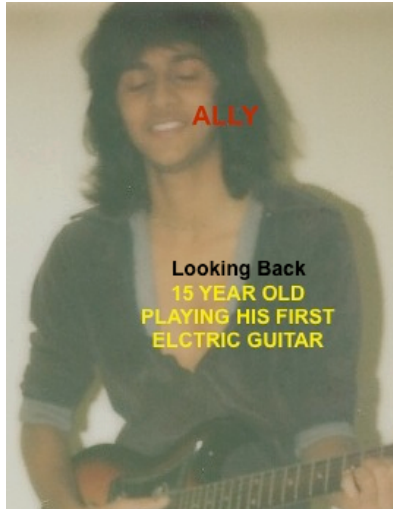


DIVERSE CITY

Magazine

New Year 2019



BENDING STRINGS

ALLY'S 1999 RECORDINGS

SESSIONS AT POWERSOUND STUDIOS

- Some songs recorded are** Sometimes, True Love, A Kiss Goodnight, Christmas, Keep The Peace...
- Studio musicians** on one or more tracks are: Roxana Avalos-Calderon, Phil Anderson, Carmine Caligiuri, John Cooke, Mark Puffer, Matt Robertson; F. Ally played on most tracks
- **St. John Bosco Church Choir members:** Jenifer Black, Ria Rose Fourney, Jackquie Fpilak, Shannon Johnson, Christine Lasek, Megan Lessard
Denis Lessard: Producer and director of the St. John Bosco Church Choirs



THE SONG, SOMETIMES

Sometimes tracks were used in he 2008 half hour comedy 'CUSTOMER COMES FIRST' with P.Jones, M. Ferrero, F. Ally

SIMILARITIES FOR SOMETIMES

- "**Sometimes I close my eyes, All I see is** your smile
by Indie song writer Fisal Ally 1990s
- "**Everytime I close my eyes, All I see is** people dying
Alexa - Digital media 2014



LUNAR NEW YEAR

Extravaganza

HEALTH

Sit, Relax and Rejuvenate

MY HOME

Windows of the past, thank you - by F. Ally

SANDS OF TIME

by Solomon Singh

DIVERSE CITY

World Magazine



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New Year Edition (First Edition)

Published January 14, 2019)

(Minor updates on January 16, 2019)

ALLY

WORLD MUSIC

SHARE THE MAGIC

HOLIDAYS CELEBRATIONS INTO THE NEW YEAR 2019



Christmas 2018 celebration



Christmas 2018 celebration



Christmas 2018 celebration



New Year, Banana bread with chocolate chip by Brooklyn



New Year, pepperpot dish, served with fresh bread
By Jean



January 2019 - snow slide

Mary Browns

Famous chicken & Taters

(Includes halal)

Location: Spruce Grove
100 King St, Spruce Grove
Ph: (780) 960-5030

Location: Mayfield Common
Mayfield Common, 358 Mayfield
Common Northwest, Edmonton AB
Ph: (780) 489-7667

Location: Red Deer
6858 50 Ave #2, Red Deer, AB
Ph:(587) 273-3080

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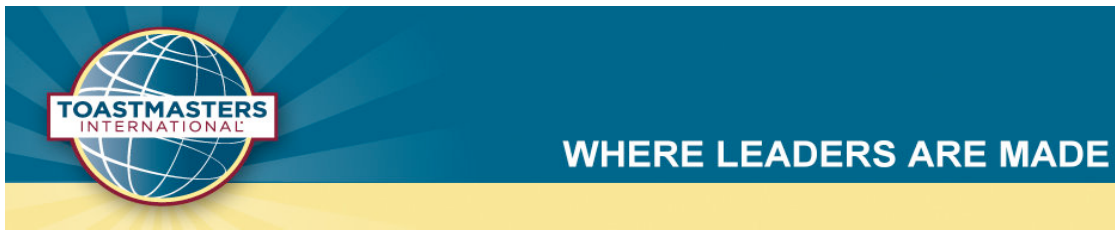
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Learn to
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Every Wednesday

Noon – 1:00 p.m.
Boardroom 102A, OS Longman Building
6909 – 116 Street, Edmonton
(close to South Campus LRT Station)

What you can Expect

A warm welcome
A friendly, professional and supportive atmosphere
Observe members in action: speaking and leading
As a guest, your participation is optional

Contact us at <https://6434.toastmastersclubs.org/>
OR just show up!

MAKING GINGER BEER USING NEISHA'S (NAZ) RECIPE



Ginger Beer is a common non-alcoholic drink in places like Guyana, Jamaica and other places in the Caribbean.

See Neisha's recipe in the Diverse City Magazine, Christmas 2017 Edition, P.6



Ginger to make two pots



Grate ginger



Grating complete



Let water boil and add ginger



Add approx. 5 to 7 tablespoons of sugar or to taste



Complete. Let it sit overnight. The following day, pour into containers



The two pictures on the right are from an earlier edition of the Diverse City Magazine.

DIVERSE CITY MAGAZINE

OUR STORIES

OUR DREAMS

OUR VISION

OUR GOALS

OUR LIVES

OUR WORLD

OUR SOCIETY

OUR

NEW

CLEAR

VISION

For 2019

***To keep striving and to keep doing what we do
regardless of any obstacles or setbacks***

...Fisal Ally

EDMONTON CHINATOWN MULTI-CULTURAL CENTRE

LUNAR NEW YEAR EXTRAVAGANZA



The lunar New Year on January 13, 2019, brings the beginning of the Spring Festival. In Edmonton, Alberta, Canada on Saturday, January 12, 2019, at West Edmonton Mall in Edmonton Chinatown Multi-Cultural Centre was celebrating the Lunar New year Extravaganza, where many booths were set up with displays. There was also a ping pong table with children playing ping pong.

And soon it will be Chinese New Year, also known as the beginning of the Spring Festival begins on February 5th, 2019 until February 19, and this year is The Year of the Pig. And to bring in the New Year, people will be cleaning their homes to bring in the Spring Festival, with many homemade dishes.

Reference: <https://chinesenewyear.net/calendar/>
<https://www.timeanddate.com/holidays/china/spring-festival>



Held at West Edmonton Mall



FESTIVALS 2019 EVENT DATES

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

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

Caribana - Thursday, August 1st - Sunday, August 4th 2019

Cariwest - August 9-11, 2019 - Downtown Edmonton...
Celebrating 35 years of Carnival
11230 119 STREET, EDMONTON AB T5G 2X3
780.421.7800
Cariwest@shaw.ca

Carifest - Saturday, August 17, 2019

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

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

Rupunnuni Safari (Guyana, South America)

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

UPCOMING 2019 FESTIVITIES



Hindu Holi Spring festival



Hindu Holi Spring festival



Pepperpot club dominoes



Carnivals



Heritage Days Festival



Heritage Days Festival



Rodeo in Guyana, South America

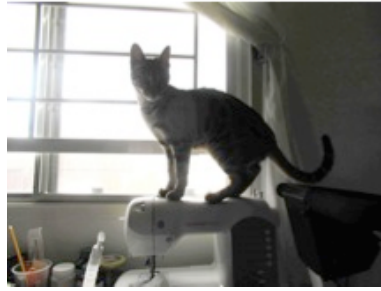


Summer fun



Jump and touch the world

GALLERY



January 2019 - snow slide

Guyana's location in pink, next to Venezuela, for the Rupununi Safari

DRAGON TOURS

*3 Guianas: Guyana, Suriname
& French Guiana*

South America

Day 1: Arrival

Guyana, South America

Day 2: Kaieteur Falls Excursion and City Tour

Day 3 & 4: Karanambu Ranch

Day 5: Transfer to Sloth Island Reserve

Day 6: Sloth Island/Mazaruni River

Day 7: Return to Georgetown

Day 8: Guyana/Suriname

Day 9: Paramaribo/French Guiana

Day 10: Boat Trip to Ile Du Salut

Day 11: Arianespace Centre

Day 12: Paramaribo City Tour and River Tour

Day 13: Joden Savanna & Maroon Village Tour

Day 14: Departure

<https://www.dagron-tours.com/tours/south-america/3-guianas/3-guianas.htm>

CARIBANA
TORONTO, CANADA

Caribana Weekend 2019

Thursday, August 1st
to Sunday, August 4th 2019

Over a million tourists during the August
long weekend from across Canada and the
U.S

<https://www.caribanatoronto.com>

**Chinese New Year
YEAR OF THE PIG**

CHINA TOWN NEW YORK CITY

the annual Lunar New Year Parade

<https://www.timeout.com/newyork/chinese-new-year>

**YEAR OF THE PIG - CHINESE NEW YEAR
2019**

**February 5, 2019 - The 2019 Chinese
Lunar New Year**

Final day of the Chinese New Year
Festival is the Lantern Festival, on the
15th lunar day of the first lunar month
which is The Lantern Festival Day on
February 19, 2018.”

“Dragons, dancers, Chinese foods”

CARNAVAL DEL SOL 2019

**July 6th and 7th 2019
10am to 10pm each day**

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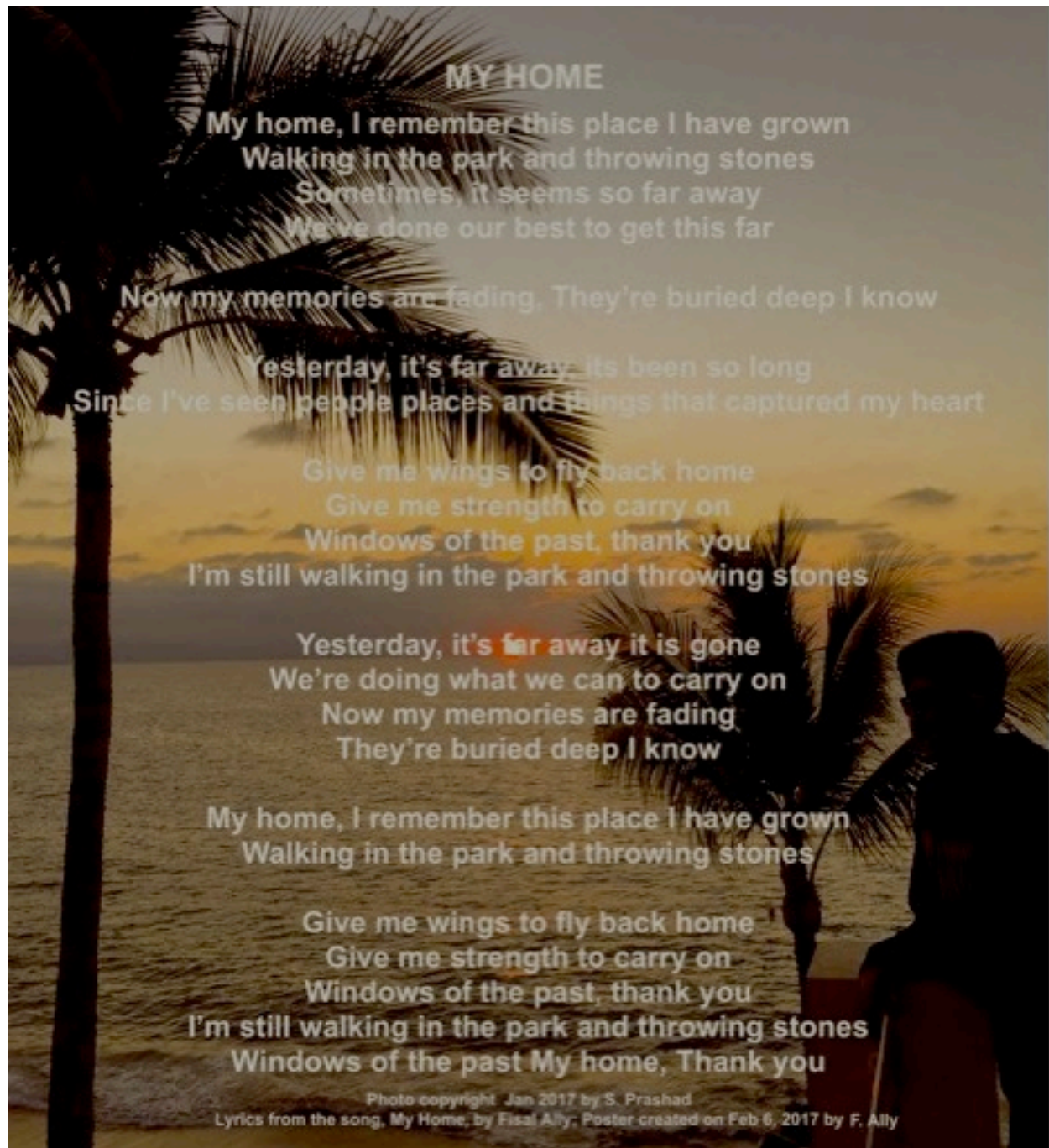
<https://www.carnavaldelsol.ca/about/>

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

Sands of Time by Solomon Singh...dedicated to my dear friend who has recently departed from this journey in Montrose, Guyana...*Solomon* - April 2017, *Diverse City Magazine*, p. 10



MY HOME-WINDOWS OF THE PAST, THANK YOU



**WINDOWS OF THE PAST THANK YOU I'M STILL WALKING IN
THE PARK AND THROWING STONES**

Posted in the 2017 Cariwave Magazine Valentine's Edition, Diverse city magazine march 2017 edition...p. 24...

2019 MUSIC SERIES

BENDING STRINGS

LOOKING BACK AT ALLY'S 1999 RECORDINGS AT POWERSOUND STUDIOS, EDMONTON, ALBERTA, CANADA



Ally playing his Fender Stratocaster, Made in USA guitar

Fisal Ally is also know as Brian and by his middle name Deen. On projects the spelling of Fisal has different spellings such as Fyzal

THE 1999 RECORDINGS

IN 1999, I BEGAN WORKING ON A NEW INDEPENDENT MUSIC PROJECT

In late 1999, I went down to Power Sound Studio in Edmonton, Alberta, Canada to meet Phil Anderson and to discuss my upcoming INDEPENDENT RECRODING PROJECT. Before entering any studio, my songs are complete from beginning to end, and I always have the chord progression charts, rhythm guitar and bass lines ready, and sometimes the keyboards and the drums. All of my recording projects are INDEPENDENT and I have covered all of the costs from studio time, and for paying STUDIO PLAYERS to lay down some tracks. In those days I was working as a computer programmer and I was also in the stock market making money, and I would put aside the FUNDS these recordings.

RENTING THE EQUIPMENT AND RECORDING AT HOME AND WITH FRIENDS

Before entering professional studios like BETA STUDIOS, POWERSOUND STUDIOS and BIG RECORDS, I used to rent low cost recording equipment where I would play and record all of the tracks including drums from a drum machine. Some of the recorders were only 4 tracks, and some were 8 tracks. IT WAS MY HOBBIE AND I DID NOT EXPECT PROFESSIONAL QUAILTY. The recordings were done fast because I was doing all the work and had RECORDED ABOUT 40 SONGS BY MYSELF. IT WAS A LOT OF WORK.

At the time my vocals were often sore and the vocal tracks were rough, done very quick. THESE WERE MY INDIE RECORDINGS.

Sometimes friends would come over and bring their friends and we would play and sing. Very often we played our original songs.

All of my recording was really for fun, experience and to learn about recording. Like writing books while working a full time job, Music was my hobby. I used to get together with friends and we would jam, I would play some of my songs and the some of the other guys would play their songs, and we did it for fun because we all had full time jobs which took up a lot of our time, but yet we just never gave up music, it's something we did since we were teenagers. Sometimes my good friend, James from our high school group would drop by and we would play guitar, but I practiced with many people

WIDE EYED INNOCENT

In the 1990s songs like Wide Eyed Innocent, True Love, A Kiss Goodnight and others were recorded a number of time with friends. Thus many of my songs were recorded in the 1990s.

VENTURING INTO PROFESSIONAL STUDIOS

It was time for me to move forward from playing with friends and playing in the basement, and to get some NEW EXPERIENCES and this had to be done in the PROFESSIONAL STUDIOS.

So these were my INDEPENDENT TAPE RECORDINGS. But there was only so much I can learn at home and recording with friends using rental or home equipment

COST WAS ALWAYS A BIG FACTOR

When it comes to INDEPENDENT PRODUCTION cost is always a factor, because most of the time THE INDEPENDENT ARTIST like myself has to fork out the CASH to continue my INDIE PRODUCTIONS.

In the 1990s, to enter a studio like BETA STUDIOS owned by Gary Koliger, from what I recall the cost was around \$65 (I do not recall the exact hourly rate) an hour and this was one of the best studios in Edmonton at the time, and probably still is. Gary had brought in some STUDIO MUSCIANS TO PLAY on the tunes at a good price. I had brought in my friend from work, Elias Ayube, to play TABLA on the song, We Party Till We Feel Alright (at the time the song had a different name). I think it was in BETA STUDIOS, the players just came in for one or two songs and each, but were ready to extra tunes at no extra cost. And that's what music was all about; players will play, even when they are not paid, nor paid much.

Then to cut down on my cost, I began recording in BIG RECORDS owned by Dennis Sheehan, where I believe the cost was \$25 an hour.

I had discussed some of my recordings experience at Beta Studios in the Diverse City Magazine (digital) and or the Cariwave Magazine (digital). It was a lot of fun recording at BIG RECORDS because my cost was low as compared to the others, and also I had the opportunity to record with some good artists. Gary would chart out my songs for his studio musicians which was different from mine, even though the song progression and lengths was the same. SEE SAMPLE AFTER THIS ARTICLE.

I WAS READY TO RECORD WITH THE PROFESSIONALS AND TO LEARN

I wanted to improve and to learn about recording from other professionals and I had begun entering the top professional studios in the 1990s in Edmonton to record some of my songs. Beta Studios was the first professional studio I had entered.

BEFORE ENTERING POWERSOUND I HAD TO GO TO VANCOUVER TO A STUDIO CALLED RED STRIPES STUDIOS TO RETRIEVES TRACKS FROM A 1/2 INCH TAPE

Before entering Powersound Studios, I had to go to Vancouver to retrieve tracks from I think a 1/2 reel to reel tape which I had uncompleted songs due to unforeseen problems in the studio I was prior in. SEE SAMPLES FOR 'SOMETIMES' and 'NEW CLEAR SOCIETY' after this article. I could not locate that specific tape machine in Edmonton, but locate it in Vancouver. I flew down to Vancouver and stayed with my sister. It was quite an experience to enter a studio in Vancouver where the tracks were retrieved and transported onto another format for me to use.

IN THE STUDIO

After all of that, back in Edmonton, we decided that it would be best to start over from scratch. I had already created the bass lines for songs like SOMETIMES with a running bass line, NEW CLEAR SOCIETY and WIDE EYED INNOCENT. I also came up with the bass drum beat for SOMETIMES. For all of my songs, I would come up with all of the parts from rhythm guitar, lead guitar, keyboards, drums, and harmonica.

Power sound was already computerized using some computers and has a huge mixing board. Whereas in Beta Studios, Gary Koliger used - I believe - a 1 inch reel to reel tape machine, which was very powerful and expensive.

STUDIO MUSICIANS THAT CAME INTO THE STUDIO

Phil brought in some studio musicians that he knew. Aside from myself playing on the tracks, the musicians Phil brought in were: *Musicians played on the 1999 tracks : John Cooke, Phil Anderson, Carmine Caligiuri, Mark Puffer, Matt Robertson.*

PROFESSIONAL VIOLIN PLAYER

I knew a violin player named Roxana Avalos-Calderon and she came in to play the violin on A Kiss Goodnight, which I believe she had already done on a previous version of this song.

Many of my songs have more than one version, so I tend to forget who played on which version, although I have records of the players.

ST. JOHN BOSCO CHURCH CHOIR SANG ON THE SONGS, 'KEEP THE PEACE' and on 'CHRISTMAS

One of my aunts had introduced me to her church choir group from St. John Bosco Church that came into to sing on the songs 'KEEP THE PEACE' and 'CHRISTMAS.' Members of the St. John Bosco Church that sang on the songs are as follows: Jenifer Black, Ria Rose Fourney, Jackquie Fpilak, Shannon Johnson, Christine Lasek, and Megan Lessard.

Denis Lessard: Producer and director of the St. John Bosco Church Choirs.

I had gone down to St. John Bosco Church for some rehearsals and there was always something new to learn whether at the Church or in the studio.

RECORDING AT POWERSOUND STUDIOS

Writing and playing music was a hobby, which I really enjoyed and I knew that I would continue for the rest of my life. I had planned to complete a 10 song CD and the plan was to have final product sent to somewhere in Toronto to have it mastered, but due to circumstances that did not work out.

SONGS PLANNED FOR RECORDING

SOMETIMES, A KISS GOOD NIGHT, TRUE LOVE, CHRISTMAS, KEEP THE PEACE, THAT'S CRAZY LOVE, WE PARTY TILL WE FEEL ALRIGHT, AND A FEW MORE.

RECORDING MY ORIGINAL SONG, SOMETIMES, AT POWERSOUND STUDIOS

The song Sometimes which was originally written and recorded around 1994 was being recorded in a another version, and before entering the studio, I had the guitar, running bass line, keyboard, and also the bass drum beat. From what I remember, while doing the first take, the drummer began playing, but the bass drum beat was the same. Phil had already listened to my demo, and he stopped the playing and went over the bass drum beat with the drummer. The recording continued and it was good. Later around 2008, the SOMETIMES tracks was used on a half hour comedy episode which I had written called CUSTOMERS COME FIRST.

SIMILARITIES

Out of the millions of youtube videos, I was surprised to see the line by Alexa on my youtube page on the side, as stated below, which I find to be very similar and the same year when I began to notice a lot similarities to my songs.

**“Sometimes I close my eyes, All I see is your smile
by Indie song writer Fisal Ally 1990s
“Everytime I close my eyes, All I see is people dying
Alexa - Digital media 2014**

THE SONG ‘SOMETIMES’ KEYBOARDS WAS PLAYED BY JOHN COOKE IN 1999

Although I had my own keyboard parts for songs like Sometimes and New Clear Society, John Cooke played a nice and simple melody on the song SOMETIMES and also on NEW CLEAR SOCIETY. His playing was amazing. This version of SOMETIMES was different from the 1994 version on cassette tape, where I was now using a running bass line for the song, and also added some new lyrics.

Mark Puffer who played lead guitar on this version of True Love, also has a good voice, and did the backup vocals for True Love, and A Kiss Goodnight. I was very happy with this.

MARK PUFFER ON BACKGROUND VOCALS FOR THE SONGS TRUE LOVE A KISS GOODNIGHT

PUNCHING IN THE DRUMS

Phil was very good at engineering, and he was also the only engineer I knew that could punch in drums. In other words, if he had to stop the playing, it was not easy to punch in drums while everything was ringing, but he had a knack and talent for doing that that.

ANNA BEAUMONT

While at Powersound, Phil introduced me to Anna Beaumont where I had about three voice coaching sessions for singing the songs in the studio.

PROBLEMS LAYING DOWN THE TRACKS FOR MISSING YOU GOING CRAZY

Many tracks were being recorded at Powersound Studios, and I remember us having problems laying down the track on ‘Missing you going crazy’ because the song was not in 4/4 timing and like Gary Koliger in Beta Studios, Phil also charted out my songs differently from the way I had charted them, for the studio musicians. SEE CHART SAMPLE BY GARY KOLIGER AT THE END OF THIS ARTICLE

THE COMEDY - CUSTOMERS COME FIRST - SOMETIMES TRACK

Around the year 2008, I used the SOMETIMES song tracks on the half hour comedy called 'CUSTOMERS COME FIRST.'

The actors in this comedy were P. Jones who I knew from the fitness center, M. Ferraro who I knew from work and myself.

A half an hour comedy written by myself, where I produced, directed, and was the cameraman, as I had a JVC professional camera, which was purchased to do some movies.

THIS EXPENSIVE PROJECT WAS NOT COMPLETED AS PLANNED BUT ALL TRACKS ARE IN USE BY ALLY

While recording the songs in Powersound, I had to do some traveling, and there was also a death in the family, which delayed the project, and then I began a new job which took up some time. Then 911 happened and that changed everything and the project was not completed as planned.

A SAMPLE COST ANALYSIS

I went back and pulled out some bills and my STUDIO TIME COST at Power sound was approximately \$6,600. Back in 1999 the cost per hour, which I had paid at Power Sound, I believe, was \$50 an hour. So if you do the math, studio time was about THREE WEEKS, and that does not include paying for STUDIO MUSICIANS to play. A player that played on all ten tracks was paid around \$600. Some players only played on one song and was paid for example \$100. During that time I had some money set aside for this project.

When add in the costs of players and donation, this project cost about \$8,000.

TRACKS STILL USED OVER THE YEARS

FULL TAPES OF ALL TRACKS FROM POWERSOUND, ALBERTA RECORDING STUDIOS

Aside with some complete songs, tracks of many songs were completed at Powersound Studios and also previously at Alberta Recording Studios, are all in use.

NOTE: Concerning my songs, I have never given anyone permission to use any of my songs, ideas, or hooks or parts of the songs professionally, nor were any contracts created and signed for others to use any song or parts of the songs.

IN BETA STUDIOS

**TIM LENT WHO IS AN EXCELLENT DRUMMER PLAYED DRUMS ON
SONGS SUCH AS**

WE PARTY TILL WE FEEL ALRIGHT

This song is about people that party and 'dance all night and dance till the sun comes up'

SAMPLES

The next section shows some samples from 1999.

For the song SoCrazy4u, Gary Koliger had charted the song for the other studio musicians.

SAMPLE CHART
TRACKS FOR 'SOMETIMES' RETRIEVED

Red Stripe Studios
 20 N Mac Donald Ave., Burrely, BC V5C 2T8
 Tel: (604) 288-2889 Fax: (604) 288-5270

Date: Oct 26/99

TITLE: SOMETIMES
 10 SEC → 4:35

Project:
 Producer(s):
 Engineer(s):
 Tape/Deck: (G24 DOLBY: ON/OFF)
 Timecode: BPM:
 Sequence/Sync info:

Notes:
 TMS (?)
 → Original 1" Stereo to NANS
 For DUMP

1	2	3	4	5	6	7	8
KLIC	SNAKE	HAT	T ₁	T ₂	T ₃	ROOM	
9	18	11	12	13	14	15	16
(PASS)	GIT						
17	18	19	28	21	22	23	24
KLIC ←			(TO BE ERASED I THINK) KLIC				

**SAMPLE CHART
TRACKS FOR 'NEW CLEAR SOCIETY' RETRIEVED**

Red Stripe Studios
20 N Main Street, Burnaby, BC V5C 2T8
Tel: (604) 298-5288 Fax: (604) 298-5270

Date: Dec 26, 1999

Notes:
XFOIL FROM 1" ANALOG

TITLE: NEW CLEAR SOCIETY.

Project: 26:08 - 30:14

Producer(s):

Engineer(s):

Tape/Deck: (G24 Dolby: ON/OFF)

Timecode: BPM:

Sequence/Sync info:



	1	2	3	4	5	6	7	8
①	KIK	SN	HAT	T	T	T	KDM ←→	
②	PASS ①				PASS ②			RETURN GTRK
	17	18	19	20	21	22	23	24
③	VOC ①	VOC ②						



CHART BY GARY KOLIGER FOR HIS STUDIO MUSICIANS TO FOLLOW



(Gary Koliger,
Beta Studio)


So Crazy 4 U


Intro - Dms 2 Bars


Guit - |  C | C A |  C | C A |

Js.  | A |  | A |




Br.  | C |  | C A |



Br.  | F | F | F |



Br.  | F | F | F |




Br.  | C | C | F | D.S.




Us. | A | A | A | A |

Us.  | A  | C  | C A |

Us.  | A  | C | C |

Us. |  | A | C |  | A C |

Us. | A | A  | C  |  |

Us. |  |  ||  |

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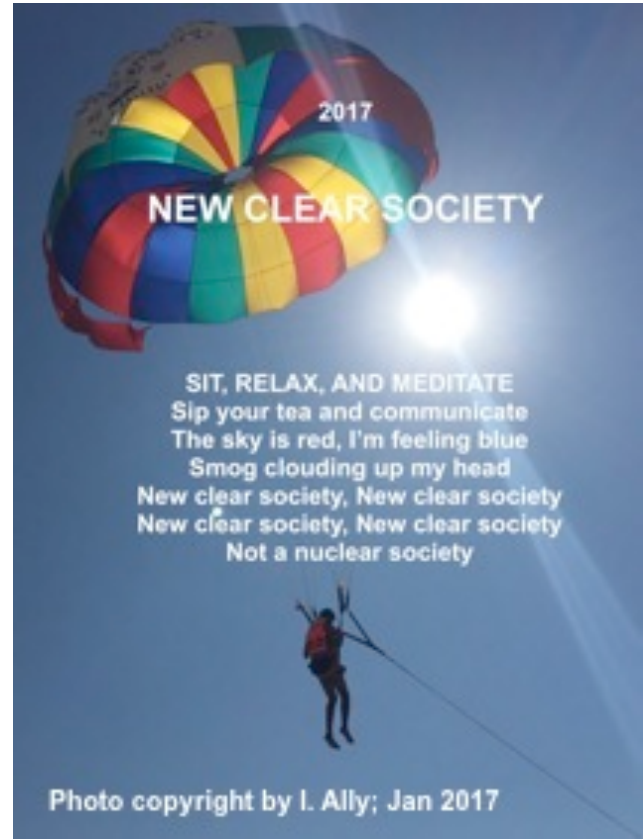
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Ph: (780) 994-0080 / (780) 700-5148

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book cover designs
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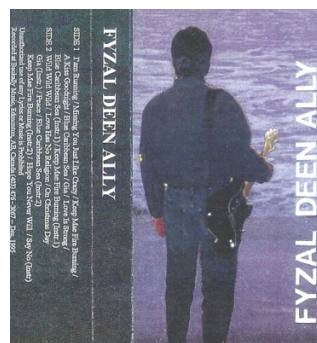
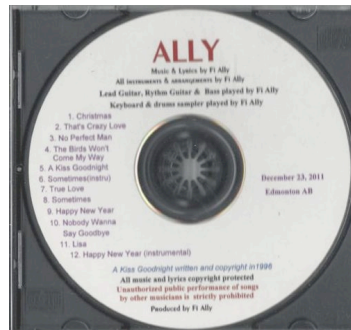


LOOKING BACK - PROJECTS BY ALLY



**ALLY'S WORLD MUSIC
SHARE THE MAGIC**

LOOKING BACK - PROJECTS BY ALLY



THE TRILOGY OF SAVITRI'S GARDEN

Based on many real events

4 Novels by Fisal Ally, also known as Brian Ally

Category: Historical Fiction

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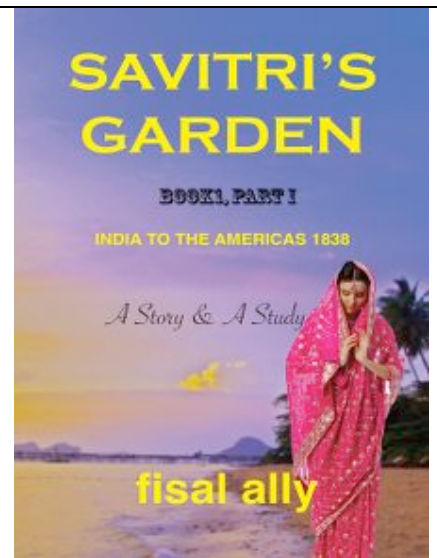
(do a search for Fisal Ally or for Savitri's Garden)

Book 1: Part I - India to the Americas, 1838

Book 2: Part II - India to the Americas, 1838

Book 3: The Escape for True Love

Book 4: Rebellion and Reunion



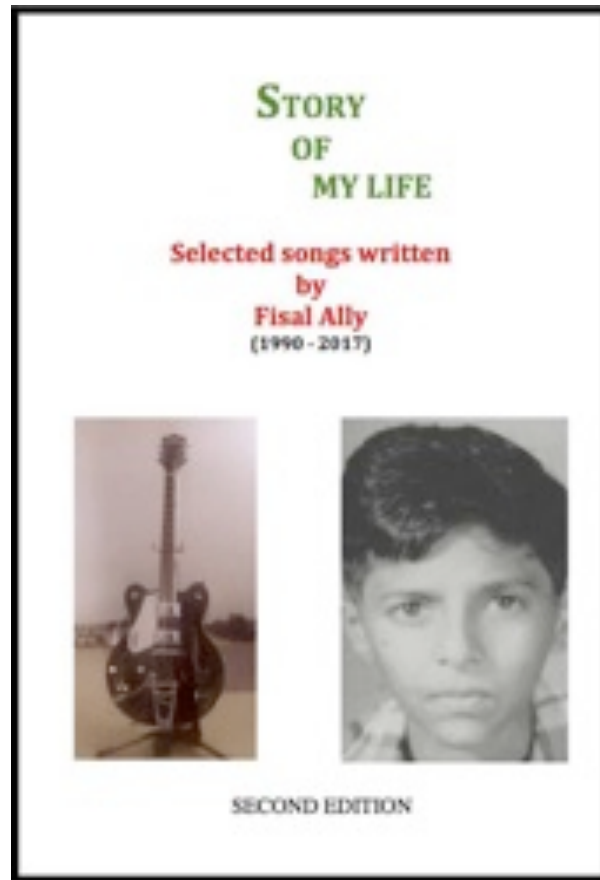
A love story with lots of drama and mysteries that takes you back to the year 1837/1838, where the first group of 437 Indians had left India through the Port of Kolkata and arrived on the mainland of South America in Demerara, Berbice and Essequibo in British Guiana (Guyana).

Can also purchase online from: Barnes & Nobel; Indigo; www.smashwords.com

LOOKING BACK - SELECTED SONGS BY ALLY



F. Ally at age 15, first electric guitar...



A Kiss Goodnight, Action Speaks, All He Wanna Do, All You Gotta Do (this song have different names), Baby I love you, Blue Caribbean Sea, Bright Side, Candle That Burns, Christmas (version 1), City That Never Sleeps (Manhattan), Dance Baby Dance, Estos Sentimientos (These Feelings), Friends, Gia Carangi (the super model), Heaven and Hell, Hope You Never Will, I'm Running, In A Special Way, Innocent Lies, Insensitive, Keep the Peace, Keep Mae Fire Burning, Little Magic Wand, Lisa, Love Has No Religion, Love is strong, Missing you going crazy, Modern Day Gypsy, My Home, New Clear Society, Nobody Wanna Say Goodbye, No Perfect Man, Only a fool breaks his own heart (Fool For Love), Out of Control, Party till they feel alright (We Party Till We Feel Alright), Planet Earth, Precious Holidays (version 2), Rain Go Away, Reaching Out, Reflect and Celebrate, Regga Rock, SoCrazy4u, Sometimes, Space & Time (Burning), Story of my life, Sunshine's back again, Sweet Paradise, That's Crazy Love, The Birds Won't Come My Way, True Love, The World's Online, Two can play, We're on our way (Champs/Victory), We were one, Wide Eyed Innocent (Wide Eye Innocent), Wild Wild Wild (list taken from Diverse City Magazine, May 2018 Edition. *(This list was updated in the last year with the songs Bright Side and Friends)*)

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

PRECIOUS MOMENTS

‘STANDING UP’ Series



Indie songwriter / musician / writer

The series of books known as the ‘Standing Up’ series of books began in the year 2017 and written F. Ally.

Book 1: ‘Standing up against racism’ was published on December 14, 2017. This book discusses some issues of racism.

Book 2: ‘Life of a visible minority in Edmonton, Alberta, Canada was published in 2018. This book brings to life four small children traveling from Georgetown, Guyana, South America on their own to join their parents in Edmonton. Ally discusses some of the racism, discrimination and bullying he had faced over the years, mainly in Edmonton, Alberta Canada, while on the streets and in the workplace.

Another Book to be used as a reference book was published: Faisal Ally, Sometimes I close my eyes website archives 2014 - 2018 (websites: www.faisalally.com / www.allymedia.ca) was published on 2018-08-05

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HEALTH

Stress and Aging



This article consists of excerpts from previous editions of the Diverse City Magazine, and the Cariwave Magazine. Disclaimer: This article does not offer medical advice nor replace the need for professional help and advice. Experience matters, and the writer is sharing his experiences with the readers.

The excerpt below was taken from the July 2018, p.7 ---Diverse city magazine

At age 70 no two bodies are alike

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

Chronological, Biological, Psychological Age

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

Continue on the next page...

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

They felt old and thus became old...

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

The above article is a subset from the article Reversing The Aging Process, published in the Cariwave, The Caribbean Magazine, Fall 2002 Edition Further reading and Reference: Ageless Body Timeless Mind, Cariwave, The Caribbean Magazine, Fall 2002 Edition

Reversing the aging process Part III - Factors that affects aging

From the article Depression and aging, from the Christmas Edition 2016, P.11

In Deepak Chopra's best seller, Ageless Body Timeless Mind, he wrote that Vaillant concluded that depression "often leads to premature aging, chronic illness, and early death." There are studies where people suddenly become sick after a spouse died.

Stress and aging

Another observation was that "increased stress was often found in the lies of those who became chronically ill and died young. He claimed that "stress doesn't make people sick; **giving up their inner adaptability to stress does.**" In other words, some people may allow certain stressors (e.g a gossip or lies about them) to affect them in a negative way, such as becoming hurt or angry, whereas others would not allow these stressors to affect them, brushing them off and getting on with life.

Secrets to Long Life - Centenarians Part IV - Awareness and longevity, from the 2017 New Year Edition, P.14

According to Dr. Deepak Chopra, author of Ageless Body Timeless Mind, "The oldest people alive today do not tend to be merely random survivors, but individuals who embody enviable attitudes and values."

Dr. Chopra states that "the quality of one's life depends on the quality of attention and whatever you pay attention to will grown more important in your life." He further went on to say that, "There is no limit to the kinds of changes that awareness can produce" and that "we must consciously use awareness to our benefit.."

Dr. Chopra wrote about a man named Maurice who concluded that understanding just a few physical processes would extend our lives to 100 or 120 years. Maurice's prescription for longevity is to eat frugally, exercise and get plenty of fresh air, choose a congenial occupation, develop a placid or easygoing personality, maintain high level of personal hygiene, drink wholesome liquids, abstain from stimulants and sedatives, get plenty of rest, have a bowel

movement once a day, live in a temperature climate, enjoy a reasonable sex life and get proper medical attention in case of illness.

Secrets to long life - Centenarians

On January 7, 2017, CBCNN, ch15, aired a show called “Forever young,” a study based on aging. The episode spoke about Sarnia, Italy and Okinawa, Japan, amongst other places. According to the segment, in Sarnia, many of the people that attained long life were farmers and shepherds. A part of their diet includes bread with less sugar and lasts for six months, wine, and goat and sheep milk.

In Okinawa, according to the segment, as they became older, they continued an active life style, but more relaxed, and their diet is healthy which includes green leafy vegetables, sweet potato, and where fish is important to their diet, where fish has healthy omega acid and protein. But today in 2017, more people are moving to the city and their diet is changing, however, longevity is still very high in Okinawa.

Part V - Longevity and the good you do in life

From, Secrets to Long Life - Centenarians, 2017 Valentine's Edition, P.7

According to Dr. Deepak Chopra, author of Ageless Body Timeless Mind, Honor Thornhill, a centenarian, encourages people to do good. According to Thornhill, “as long as God gives you life, do good all your days, so where ever you go, it will follow you. He says that it does not pay to do wrong, adding, “the good I have done in my young days, helped me to live longer than many of my family.”

HACKING



*WICKED, TWO-FACE & DECEITFUL
AND GOOD AT GANG STALKING AND
THEFT*

A hacker at work, hacking you - he is wicked, deceitful and two-face. He resonates with wickedness. He is a deceiver, thinking that he will never be held accountable for his wickedness, but he's the one that has been been deceived...

***YOU DO NOT HAVE TO BE CONNECTED
TO ANYTHING
AND YOUR WHEREABOUTS OUT IN THE
WORLD
CAN EASILY BE TRACKED
THIS TECHNOLOGY EXISTS ALTHOUGH
MANY ARE NOT AWARE***

***THEY DO NOT CARRY OUT THEIR
CRIMINAL ACTIVITIES TO GET CAUGHT***

WELCOME TO THE REAL WORLD! DECEIVERS AT WORK

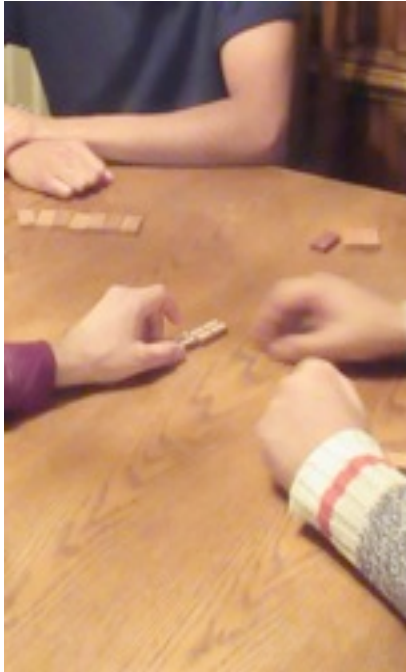
You do not have to be online or be connected to any service to be tracked. And you don't have to do anything wrong to be tracked, hacked and robbed by deceitful, conniving, two-faced criminals.

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

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



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



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Diverse City Magazine

DIVERSE CITY MAGAZINE



*CHINESE NEW YEAR MAGIC IN THE AIR
SHARING THE MOMENTS*