

DIVERSE CITY

Magazine

Valentine's Edition 2019



VALENTINE'S PRECIOUS MOMENTS MANUFACTURED TERRORISM

TWO MUSLIM CONVERTS IN CANADA, JOHN NUTTAL AND AMANDA KORODY ARE NOW FREE OF ALL CHARGES. THEY WERE ARRESTED ON CANADA DAY 2013 FOR PLANTING EXPLOSIVES

-Court ruled that the RCMP (Canadian) Police had entrapped and framed the couple by manipulating them into committing the crime. 'This sting, and subsequent trials, cost millions of taxpayers' dollars, involving more than 240 officers and \$900,000 in overtime alone' ...B. Livesey



BLACK HISTORY

**SIR GEORGE WILLIAMS UNIVERSITY, 1969 RIOT (now a part of Concordia in Montreal - Computer lab riot)
Some arrested (will become famous): Anne Cools (Barbados); Roosevelt Douglas (Dominica); Cheddi Joey Jagan Jr. (Guyana)**

BENDING'STRINGS

F. ALLY'S 1997 RECORDING

**SESSION AT HOMESTEAD RECORDERS
WITH BARRY ALLEN - Recording some tracks on A Kiss Goodnight, and mixing down songs**



CHINESE NEW YEAR

YEAR OF THE PIG

HEALTH

Meditation Tips to Relax

NEISHA'S

TASTES & FLAVORS

**Ginger Beer, Bora (Yard Long Beans)
Recipes and nutritional benefits
Health benefits of the ginger root**

DIVERSE CITY

World Magazine



In A Special Way - My Valentine's

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Valentine's First Edition

Published February 12, 2019

Updated on February 14, 2019



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VALENTINE'S 2019



Valentine's is a time to "give and receive." To give love and to receive love. To share love.

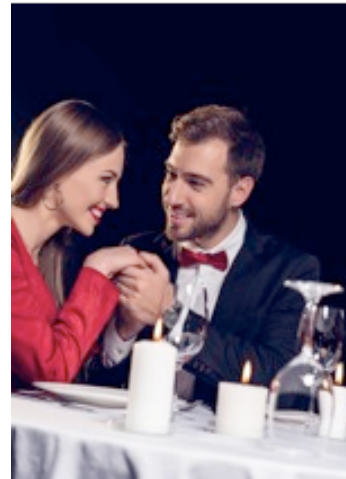
This day which millions around the world celebrates has its origin in paganism, in the way many other celebrations do. Today, valentine's have different meanings for different folks and different nations. Some see it as a time for romance. Some go out for lunch, dinner or to the movies. Some give flowers and some gives chocolate. Some nations do not celebrate valentines because of its origin and some nations are now beginning to celebrate this day.

Valentine's is very commercialized today and some gives jewelry and other gifts. Most of all, it's a time to spend time together and enjoy the happy times.

VALENTINE'S IS ABOUT THE HEART

Whatever your reason is for celebrating, never forget the heart, and even if you do not celebrate valentines because of its origin or other reasons, it's a good time to share your heart and to share love. Valentine's is all about the heart and should be practiced every day.

Ref for the above excerpts taken from Cariwave-valentines-2017 p.4 (passages taken from this article)



ST. VALENTINE OF ROME

'Valentine, St, priest and physician of Rome who suffered martyrdom probably during the persecution under Claudius II in 269. His feast is on 14 Feb. The custom of sending valentines probably had its origin in a heathen practice connected with the worship of Juno Februalis at the Lupercalia, or perhaps in the medieval belief that birds commenced to mate on 14 Feb.; its association with the saint is wholly accidental.' *Excerpt from The International Everyman's Encyclopedia; vol 20; rev 1967, 1970; p.7405.*

<p>DRAGON TOURS</p> <p>3 GUIANAS <i>Guyana, Suriname & French Guiana South America</i></p> <p>Day 1: Arrival Guyana, South America</p> <p>Day 2: Kaieteur Falls Excursion and City Tour Day 3 & 4: Karanambu Ranch</p> <p>Day 5: Transfer to Sloth Island Reserve Day 6: Sloth Island/Mazaruni River Day 7: Return to Georgetown Day 8: Guyana/Suriname Day 9: Paramaribo/French Guiana Day 10: Boat Trip to Ile Du Salut Day 11: Arianespace Centre Day 12: Paramaribo City Tour and River Tour Day 13: Joden Savanna & Maroon Village Tour Day 14: Departure</p> <p>https://www.dagron-tours.com/tours/south-america/3-guianas/3-guianas.htm</p>	<p>CARIBANA TORONTO, CANADA</p> <p>Caribana Weekend 2019</p> <p>Thursday, August 1st to Sunday, August 4th 2019</p> <p>TORONTO WELCOMES over a million tourists during the August long weekend from across Canada and the U.S</p> <p>https://www.caribanatoronto.com</p>
<p>Chinese New Year YEAR OF THE PIG</p> <p>CHINA TOWN NEW YORK CITY The annual Lunar New Year Parade</p> <p>February 5, 2019</p> <p>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.” Check out the Dragons, dancers</p> <p>Catch a taste of Chinese foods</p> <p>https://www.timeout.com/newyork/chinese-new-year</p>	<p>CARNAVAL DEL SOL 2019</p> <p>CONCORD PACIFIC PLACE <i>Downtown Vancouver</i></p> <p><i>July 6th and 7th 2019 10am to 10pm each day</i></p> <p>Concord Pacific Place 88 Pacific Boulevard Vancouver, BC V6Z 2R6.</p> <p>In front of BC Place stadium (Whitecaps stadium) and Rogers Arena. Has a capacity for 150,000 people</p> <p>https://www.carnavaldelsol.ca/about/</p>

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

<p>The 3rd Edmonton Chinese Music Festival <i>Bonne Musique III</i></p> <p>February 17 7:00 pm - 10:00 pm</p> <p>Website: http://www.ecp-canada.com/</p> <p>Organizer Edmonton Chinese Philharmonica Phone: 780 481 6271 Website: http://ecp-canada.com/</p> <p>Venue MacEwan University Triffo Theatre 11110 104 Avenue NW Edmonton, T5K 1M9</p>	<p>Glow Festival 2019</p> <p>Night parade March 23 7:30 pm - 11:00 pm Cost: Free Organizer: Quarters Arts Email: quartersarts@boylestreetcl.com Website: https://quartersarts.org/</p> <p>Venue Boyle Street Plaza 9538 103A Avenue Edmonton, T5H 0J3</p>
<p>BLACK HISTORY MONTH TORONTO</p> <p>Sat, Feb 16, 11:00am</p> <p>Black Opera: Uncovering Music History</p> <p>Bram & Bluma Appel Salon, Toronto, Ontario https://www.eventbrite.ca/d/canada--toronto/black-history/</p>	<p>EDMONTON HERITAGE DAY FESTIVAL</p> <p>Hawrelak Park</p> <p>10 AM - 9 PM SATURDAY, AUGUST 3rd 2019 10 AM - 9 PM SUNDAY, AUGUST 4th 2019 10 AM - 8* PM MONDAY, AUGUST 5th 2019</p> <p>A three-day event that celebrates Canada's multiculturalism</p> <p>Delicious tastes and flavors Many performances 100 countries and cultures 71 outdoor pavilions and over 25 stages</p>

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.

VALENTINE'S QUOTES

The following quotes below are from <https://www.purelovequotes.com/category/valentine-sayings/>



I love you every day not just on Valentine's Day.

There's a special place within my heart that only you can fill. For you had my love right from the start and I know you always will. Happy Valentine's Day! -

I just close my eyes because I might see your face. I just close my mouth because I might hear your voice. I just close my ears because I might hear of you, but I could not close my heart because I love you.

The following quotes below are from <https://www.greetingcardpoet.com/valentines-day-messages/>

You are amazing just the way you are.

Valentine's Day is about so much more than just my affection for you. It's a time to value those who have always been there, just as you have always been for me when I needed you most.

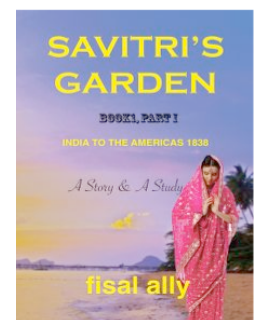
The following are from *The Trilogy of Savitri's Garden* by F. Ally

When you meet a girl, your heart must see her beauty regardless of what your eyes see, and only then you'll experience true love. Your heart will flutter and you will feel butterflies in your stomach.

“The eyes could easily deceive the heart.”

“True love flourishes from the heart and not from the eyes.”

“Go with your heart...the heart always win.”



The following quotes below are from original songs written by F. Ally

You touched my heart in a special way, words can't say what I feel in side (In A Special Way)

True love could never die, True love could never part, It's like magic in the air, just like magic in the air (True Love)

You're the one and only one (True Love)

You're the one, my true love (True Love)

Uncertain or lost for words on valentines, and you need some quick lines? Try some of these original lines from original songs by F. Ally at your own discretion...



You can be who you want to be (Modern Day Gypsy)

If you come back to me, I will be differently, I promise you my heart

I'm missing you going crazy

I can't live without you, won't you set me free

I promise you, the earth, the moon and the sky, I promise you a love that'll last forever

I need you more, never ever let me go, I need your love, never let me go
(Te necesito, nunca nunca me dejes, necesito tu amour, nunca me dejes (Estos Sentimientos))

A VALENTINE'S LOVE SONG

Estos Sentimientos (These Feelings)

These feelings inside, I just can't hide
And if you go, my heart will fall apart
My love for you, could never die
And if you go, my heart will fall apart

I need you so, never ever let me go
I need your love, never let me go

Mi amor porti, nunca podra morir
Pero se tu tevas, mi corazon se destruida

Amor eterno, amor eterno
Amor por siempre, amor por siempre

Oh these feelings, these feelings in side
These feelings, these feelings, these feelings inside

Te necisito nunca nuca me dejes
Necisito tu amour, nunca me dejes
I need you more, never ever let me go, oh oh no
I need your love, never let me go

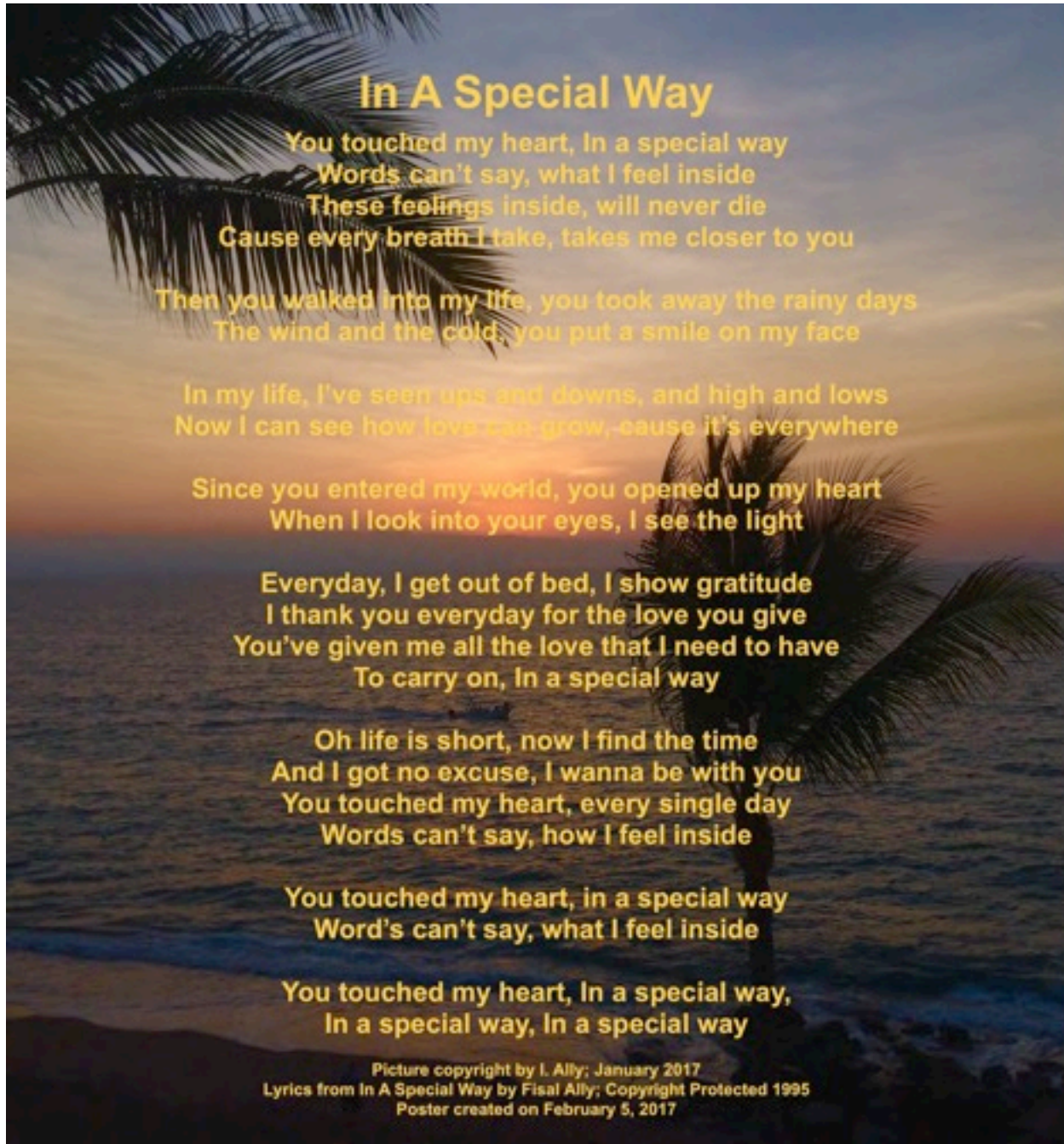
Never ending love, never ending love
Ever lasting love, everlasting love

Estos sentimientos que jeuve adentro
No los puedo escondir, pedro se tu tevas
Mi corizon se destruida

Oh these feelings, these feelings in side
Yes, these feelings, these feelings, these feelings inside
Oh these feelings, whoa, these feelings in side
These feelings, these feelings, these feelings inside

Photo copyright by S. Prashad; January 2017
Lyrics from Estos Sentimeintos by Fisal Ally; 1990s, copyright protected

A VALENTINE'S LOVE SONG



Originally posted in Cariwave; 2017 Valentine's Edition; p.10

GINGER BEER

GREAT FOR THE COLD WEATHER



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

YES IT'S COLD OUT



Snow flakes on car window



Jugs of ginger beer to last a few weeks...



Snacks : Gingerbeer, samosa and pizza

GINGER BEER

Ginger Beer Recipe

See Neisha's (Naz) recipe in the Diverse City Magazine on making ginger beer using the ginger root to get the nutritional benefits.

So it's cold out - Try ginger beer

So it's been a long cold spell in places like Edmonton, Alberta, Canada, where Edmonton's 21 year old record is about to be broken.

Some health benefits of ginger beer and the ginger root

Ginger beer have some remarkable health benefits. The main component in ginger beer is ginger root which was used since the ancient times for medical benefits. It provides minerals such as 'magnesium, manganese, potassium, copper and vitamin B6.'

According to the article below, ginger beer is good for nausea and morning sickness, enhance digestion, relieve digestive discomforts. Ginger beer helps with arthritis and other inflammation.

Helps the aging process, memory loss and dementia

According to the article ginger beer can delay the aging process. This article states that the 'ginger root, has been traditionally used to treat many mental problems such as memory loss, dementia, and even Alzheimer's disease.'

Quotes came for the article at the link provided. Please visit this link for more information on ginger beer.

<https://www.moscowmuled.com/blogs/blog/health-benefits-of-ginger-beer-and-how-to-make-your-own-at-home>

Health Benefits of Ginger Beer and How to Make Your Own at Home

Disclaimer: This write up is not to offer medical solutions or any advice, but provides information that's in the public domain. If you are looking for medical benefits, you must do your own research to understand the benefits of ginger beer and the ginger root and to seek professional advice in this area.

STEPS FOR PREPARING BORA (YARD LONG BEANS)



The first step is to boil the potatoes and the string beans together, and the second step is frying the string beans and potatoes together. Preparation time 10 minutes. Cooking time approximately 1 hour. *Can also serve with rice. Serves six.*

RECIPE FROM DIVERSE City February / March 2018; p.20



1) *Cut into pieces. Also peel and cut up two potatoes.*



2) *Place in bowl*



3) *Add string beans and potatoes into bowl with approx.. 2 cups of water*



4) *Beans and potatoes in water*



5) *Add to pan and let beans and potatoes boil in the water*



6) *Approx. 1/2 hour later, water dries down*



7) *Add oil to pan for frying*



8) *Add beans and potatoes to frying pan and fry for approx. 20 minutes on hi*



BORA (YARD LONG BEANS)

SOME NUTRITIONAL FACTS

Contains large amounts of soluble and insoluble fibers.

Good source for folates

A good source of vitamin C

A good source of vitamin A. The article states: Vitamin-A maintains mucosal integrity, enhances skin complexion and improves night vision.

Provides minerals such as 'iron, copper, manganese, calcium, magnesium.

OTHER NAMES

Other names for this long bean are string beans, Chinese snake bean, it's commonly called bora in places like Guyana and the Caribbean, dau gok in China.

TYPES OF PREPARATION

Can be cooked as shown in the recipe, used raw in salads, sautéed or steamed, used in curries, fried rice, and mixed with other vegetables.

References:

Visit <https://www.nutrition-and-you.com/yard-long-beans.html>
For Yard long beans nutrition facts

DIVERSE PHOTO GALLERY







Craft by N. Ally



Craft by N. Ally



Craft by N. Ally

CHINESE NEW YEAR / LUNAR NEW YEAR YEAR OF THE PIG



2019 Chinese New Year is the year of the pig. Chinese New Year and The phrase 'Lunar New Year' are being used interchangeably more now, as other countries also celebrates their New Year at the same time. This year, Chinese New Year / Lunar New Year had begun on February 5 and many festivities and celebrations will continue for the next two weeks until February 19.

Chinese New Year marks the Arrival of Spring as the warmer spring weather moves in. Before the arrival of the New Year, many Chinese were busy making homemade dishes and cleaning their homes. And to kick of the New Year, there were fireworks and parades. A lot of food will be consumed during this time. *Photos below were taken at West Edmonton Mall during the Lunar New Year Extravaganza.*



From Beijing to New York, and from Toronto to Edmonton the celebrations are world wide. In Edmonton, Alberta, Canada, on Saturday, January 12, 2019, the Edmonton Chinatown Multi-Cultural Centre had a celebration with many events and booths set up at West Edmonton Mall celebrating the Lunar New year Extravaganza.

Chinese around the world

Since the 1800s, the Chinese have made their presence in the New World in places like Cuba, Guyana, Jamaica and many other places, and have left their traditions, and thus Chinese are celebrating worldwide.



The Red Bean cake on the left can be found at T & T. In places like Guyana with the Chinese arrival in 1853, they introduced the “Chinese Cake” which is very similar to the one on the left.

Chinese have made great contributions worldwide

Places like Jamaica also has a Chinese population, and one of the most famous Jamaican musicians in Jamaica was Byron Lee whose father was Chinese. Byron Lee's had also started the Jamaican carnival in 1990.

References:

Cariwave-New-Year-2017

<https://www.timeanddate.com/holidays/china/spring-festival>

References: <https://chinesenewyear.net/calendar/>

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

Cariwest - (Edmonton, Alberta, Canada) 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 - (Calgary) 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) Tours through the year

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

Islamic Dates 2019: 1st day of Ramadan – 6th May
Eid ul Fitr – 4th June; Eid ul Adha – 11th August

Easter Sunday - Sunday, April 21

Holi Festival in India, March 20, and the main day is March 21



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 up, reach out and touch someone's heart

BLACK HISTORY - Sir George Williams University, 1969 Riot



Black History Month is a reminder that throughout history and today, Blacks have made great contributions to our society.

Back in 1915, Carter G. Woodson started the Association for the Study of Negro Life and History (ASALH) which recognized Black Scholars, Historians and son's of former slaves. He then initiated Black History Week on February 12, 1926. During the 1960s Black History Week became Black History Month. Many do not realize some of the great accomplishments made by Blacks, such as the electrical pioneer, Lewis Latimer and many others, that have contributed greatly to the rest of the world.

Excerpt - 2017 Valentine's Edition; p.6

IN 1969 CONCORDIA UNIVERSITY, MONTREAL RIOT 97 ARRESTED, 1 SERVED 18 MONTHS PRISON THEN DEPORTED IN SHACKLES

The Computer Riots - the Sir George Williams Affair, 1969

Concordia, downtown Montreal by Faisal Ally, February 14, 2019

(The original article from Feb 12, 2019 by F. Ally in the Diverse City Magazine - Valentine's Edition was modified and updated with more information)

In 1968 six students from the West Indies (Caribbean and Guyana) attending Sir George Williams University in downtown Montreal, which is now a part of Concordia University in Montreal had complained that their biology professor, Perry Anderson, was marking them unfairly irrespective of their performance. Due to this there were ongoing discussions and their complaints on racism were dismissed, and nothing concrete was done to resolve the problems. The petitioners started peaceful protests about their situation and on racism at the University.

On January 29, 1969, over 400 students were involved in a peaceful anti-racism demonstration in the computer lab located in the computer center in the Henry F. Hall building on the 9th floor at the Sir George Williams University which many foreign students were attending, as not everybody could have gotten in to McGill University which had quotas.

Below is an eyewitness account of what had taken place.

According to the article Ninth Floor: Revisiting the Computer Riots, Montreal 1969, an interview with Endre Farkas, who was at Sir George Williams University during the events and is a 'Veteran Montreal poet' states that he was 'a part of the occupation.'

Farkas says there were 'two kinds of occupations' taking place:

- 1) The 'black' students occupied the computer lab.
- 2) About a week later, white students such as himself occupied the cafeteria and also the teacher's lounge, which had caused the teacher to turn against them.

The protesters were in their respective areas during the day and night and runners would bring in their meals. There were other students that did not want to get involve in politics and only wanted attend the University and get their work done.

Farkas states that the solution was for the failed students to redo the tests where the professor had failed all the black students. There were talks and as things settled the few nights before the riots they learned that the regular police - not riot cops - would be getting involved.

POLICE WERE CALLED IN TO REMOVE THE PROTESTERS

By February 10 they had reached a solution, and many of the protesters left, but on February 11 there were still approximately 100 protesters occupying the lab, and the police were called in. The riot began and fire broke out.

According Farkas the 'black' students began throwing things out from the computer lab's window such as the 'punch cards' and this triggered off the students that were downstairs yelling, "Kill the niggers."

As reported it was mainly punched cards and other items such as tape drives and not computers that were tossed out from the 9th floor and onto the streets causing great alarm.

RACIST SLURRS SHOUTED

During the riot and as fire spread, there were still many protesters in the building and 'White' passerby shouted "Let The Niggers Burn."

THE ARRESTS AND SENTENCES

The police got everything under control and 97 protesters were arrested and taken in custody. The protesters blamed the police for the riot and the damages and vice versa. Most of the charges were dismissed but a few had to pay the price with heavy penalties, and thus one of the protester was given the title as 'RING LEADER.' A few were sentenced for periods from four months to two years. Rosie Douglas had to serve 18 months in prison and after that he was deported to his native Dominica in shackles.

According to Farkas, it was 'mainly the black students who got arrested, the whites were let off with a warning or a fine. Black students got put into jail.'

SOME (TO BE FAMOUS) NAMES ARRESTED IN THE 1969 SIR GEORGE WILLIAMS (CONCORDIA) MONTREAL RIOTS

Some of the protesters have famous backgrounds and or became famous:
Arrested in 1969 Sir George Williams (Concordia) Montreal Riots

Joey Jagan (Guyana) - Presently a Guyanese politician, son of Prime Minister Cheddie Jagan of Guyana (1961 - 1964, 1992-1997)

Roosevelt Douglas (Dominica) - became the Prime Minister of Dominica (2000)

Anne Cools (Barbados) - Canadian Senator (1984-2018)

The riots sent shock waves across the Canadian universities. The events were also heard across the Caribbean and Guyana.

Times were changing but this message of change was not well received

According to the article: Ninth Floor: Revisiting the Computer Riots, Montreal 1969, it **states:** ...mainly white Anglo-Saxon institutions, such as Sir George University, by the late 1960s, had still not understood that times were changing; that students needed to be involved in the evolution of University policies and problem-solving; that it was no longer the staid white conservative 1950s Canada anymore....”

During this time, the investigative committee did not find any evidence of racism from Assistant professor Perry Anderson, who was only suspended during the crisis, and was not found guilty of racism.

According to information on Wikipedia, the damages were approximately \$2 million. According to information on Wikipedia this student occupation is the largest in Canadian history.

References:

<https://www.montrealundergroundorigins.ca/ninth-floor-revisiting-the-sir-george-affair-montreal-1969/>

Ninth Floor: Revisiting the Computer Riots, Montreal 1969 - 22.01.2016

Wikipedia on this subject.

<https://www.stabroeknews.com/2019/features/in-the-diaspora/01/21/telling-stories-of-montreal-1969-the-sir-george-williams-affair-and-the-caribbean/>

Telling Stories of Montreal 1969: The Sir George Williams Affair and the Caribbean by Ronald Cummings, January 21, 2019 (This article states that Joey Jagan was also arrested)

Reference: “What the Sir George Williams riot meant for race relations in Canada”

<https://montreal.ctvnews.ca/what-the-sir-george-williams-riot-meant-for-race-relations-in-canada-1.4279640>

Sir George Williams Riot

<http://www.blackhistorycanada.ca/events.php?themeid=21&id=10>

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MANUFACTURED TERRORISM IN CANADA

CANADIAN JUDGE RULED TWO MUSLIM CONVERTS, JOHN NUTTAL AND AMANDA KORODY WERE ENTRAPPED BY THE RCMP (CANADIAN) POLICE

A REVIEW

Below are some direct excerpts from some articles to provide some basic and general information...Fisal Ally

CANADA DAY 2013

On Canada Day, two Muslim converts, John Nuttall and Amanda Korody who were common law and have drug problems were arrested after they had planted explosives called pressure-cooker bombs at the British Columbia legislature.

The quotes below were extracted from the articles mentioned.

<https://www.timescolonist.com/appeal-court-upholds-stay-in-british-columbia-terror-case-over-alleged-bomb-plot-1.23546432>

Appeal Court upholds stay in British Columbia terror case over alleged bomb plot - The Canadian Press published on December 19, 2018 (TIMES COLONIST)

JUNE 2015

(Quote from the above article)

“In June 2015, a jury found Nuttall and Korody guilty of conspiring to commit murder, possessing an explosive substance and placing an explosive in a public place on behalf of a terrorist group.”

“The convictions were put on hold until 2016 when Bruce (Justice Catherine Bruce) ruled the two had been entrapped by police, who she said used trickery, deceit and veiled threats to engineer the bomb plot.”

“Defence lawyers have argued that the RCMP acted on unreasonable suspicions to exploit two vulnerable people, steering them towards a manufactured crime that was planned, prepared and all but carried out by police. The trial heard that Nuttall's substance abuse and mental health played a role in the entrapment.”

JULY 29, 2016

On Friday, 2016, the judge had ruled that John Nuttall and Amanda Korody ‘were entrapped by the RCMP in a police-manufactured crime,’ and they left the jail.

CSIS (Canadian Security and Intelligence Service) and RCMP accused of entrapping terrorism suspects by Bruce Livesey - Oct 10, 20178

<https://www.nationalobserver.com/2017/10/10/news/csis-and-rcmp-accused-entrapping-terrorism-suspects>

According to the article mentioned at this link above, the writer states: the judge accused the RCMP of entrapment – of basically fabricating most of the terrorist plot.

Justice Catherine Bruce ‘threw out the guilty verdict against the couple.’ This sting, and subsequent trials, cost millions of taxpayers’ dollars, involving more than 240 officers and \$900,000 in overtime alone.

The writer states: The idea of placing explosives in pressure cookers was encouraged by the RCMP, who made every effort to ensure it would happen.

A REIVIEW by Fisal Ally

It had only been a few weeks now since the pair who are Muslim converts, John Nuttal and Amanda Korody were completely cleared of any wrongdoings for planting explosives at the British Columbia legislative ground, which did not detonate, but could have killed dozens.

Two vulnerable people were exploited for their vulnerability and other problems where plots and schemes were planned against them. The pair is now free, but it has been 5 long years since this horrific ordeal had begun, at the time when they had serious drug addictions and illnesses.

Did the pair even reach out to anybody, organization such as Human Rights, their local police station, their friends or families to inform them that they were concerned about being followed or others are scheming and plotting against them? Would they have been called crazies if they reached out for help before being sucked deep into the RABBIT WHOLE by the authorities we put our truth in to protect us from harm. Were they tuned away and why?

In this day and age with terrorism and racism upon us and are spreading and becoming worse by the days, one must now ask who do such victims turn to for help. Who will listen to them before major damages are done as in this case?

To understand this case, one must carry out some intensive research in reviewing articles to see what had triggered all of this and why the RCMP and CSIS had become involved and why the lawyers and the judge claimed that our authorities entrapped these victims and why. Are there agendas being plotted against some people because of their faiths. Above are some direct excerpts from some articles to provide some basic and general information.

2019 MUSIC SERIES BENDING STRINGS

LOOKING BACK AT A RECORDING SESSION FROM 1997 BY
F. ALLY AT HOMESTEAD RECORDERS IN
EDMONTON, ALBERTA, CANADA



THE 1997 RECORDINGS

THE SESSIONS

In 1997, I had the opportunity to do some recording at Homestead Recorders with Barry Allen assisting me in redoing some tracks on a song, and also duplicating some tapes. In those days, tapes were still very common, where as today, almost everything is digital.

At the time I did not know much about Homestead Recorders studio and about Barry Allen, but the experience was memorable and it was a privilege to have met Barry Allen and to have had the opportunity to enter such an amazing studio.

At the time I was working as a Computer Programmer and I believe that I had entered the studio in the morning and began a RECORDING SESSION to redo the vocals and bass line on the song, A Kiss Goodnight, which I had written years before.

The studio was big, and I remember Barry was up front and I was way down at the back where there were microphones, and from where he was, he was instructing as we lay down the tracks.

I had already recorded songs such as A Kiss Goodnight and other songs in Big Records Studios owned by Dennis Sheehan, but I wanted to make some changes and put some of the songs on a tape and have the tapes duplicated. See at the end of this article for an invoice on the tape duplication.

THE RECORDING SESSION AT HOMESTEAD RECORDERS

Although I knew how to play bass guitar and often played bass for songs, I remember Barry Allen directing me on how to play the bass guitar for A Kiss Goodnight, and that was to follow the bass drum, and that was a very important lesson for me to learn and understand when it comes to playing bass and knowing what the bass drum was doing. In professional studios with professionals such as Barry, this is where I learn a lot, and this was one of the main reasons for investing some money and entering these professional recording studios.

Barry Allen also assisted me in redoing a new vocal track for A Kiss Goodnight.

I WENT BACK TO WORK

I believe the session had taken place in the morning and then I headed back to work, as I was working as a Computer Programmer, and then later that day or the following day I returned to pick up the copies of my Independent tapes.

IN THOSE DAYS I OFTEN USED TAPES FOR MY PROJECTS



This indie tape with the title Fyzal Deen has four songs.



This Indie tape has 2 songs

WE PARTY TILL I FEEL ALRIGHT

I have always had a problem with the name of this song. This song is an off shoot from the song '2 CAN PLAY.' This song has nothing to do with my life style, as I'm more of a spiritual person and not a partying type of person. By using the words "We Party" and "I" it sounds as if I'm writing about myself, but I was writing about people that party till the sun comes up.

From what I remember the song SoCrazy4u was previously recorded in Beta Studio with Gary Koliger. And the versions of A Kiss Goodnight, We Party Till We Feel Alright and Christmas Day Rock was recorded in Big Records with Dennis Sheehan. I had met Tim Lent while at Beta Studios and played drums on SoCrazy4u and also 'We Party Till We Feel Alright'. At Big Records, he played drums on We Party Till We Feel Alright and Christmas Day Rock. Tim Anderson had played the drums on A Kiss Goodnight at Big Records.

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HEALTH - MEDITATION



Meditation techniques by F. Ally

From the three-day Primordial Sound Meditation seminar which I had taken years ago, I was given a mantra to repeat. The goal is to widen the silence gap between your thoughts, and to remain still and in silence for a period of time.

You will need a phrase (mantra). You can find one on the internet. Below are some examples.

- 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 some say it is a meditation, which is a part of the prayer*)

Begin your meditation

Commence your meditation by sitting comfortably with your palms on your lap. Close your eyes and sit silently for a few minutes? What happens? No doubt, all kinds of thoughts kept coming and going? And this is what you want to rid yourself of.

Now, sit, relax and close your eyes again and begin saying your phrase (mantra) silently over and over for a few minutes. By repeating the phrase over and over, your phrase will replace the stories and blaming that goes on in your head.

How does it feel to have such a simple phrase now swirling through your head instead of your rambling thoughts that stresses you out and makes you depressed? Good of course.

As a beginner, a person's thoughts and rambling stories will surface over and over. When this happens, the goal is to catch yourself and start repeating the phrase over and over again. Buried thoughts, hurts and anger will surface. Let them surface, deal with them and let them go, and then start repeating your phrase over and over.

As you continue to repeat your phrase, slow it down. Now there will be gaps of silence in between the phrase. Continue to slow down your phrase so the silence gaps between your phrase get bigger so there's more silence between your phrase. Continue to slow down your phrase and let your phrase fade so now there a long silence gap. Remain in silence as long as you possibly can. The thoughts will come back. As the thoughts come back repeat the process by saying the phrase over and over to block those annoying or rambling thoughts that stresses you out or makes you depress.

Over time a person gets better at it. I used to do this for 20 minutes to 45 minutes every morning for a year.

The rejuvenating process begins with silence

When your mind is silent, this is when the rejuvenating begins. When your mind is silenced, then make a wish. For example, send out a wish for everyone to have peace and love by simply saying silently "I want peace for everyone". This message will resonate into the unseen which is very powerful and which we cannot understand. Or say a silent prayer now that your mind is silent.

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

Reference : Sharing my experiences in meditation by Fisal Ally; P.9; Diverse City Magazine; March 2017 edition...

Disclaimer: This article does not offer advice. The writer is only sharing his experience with the readers. Before embarking on a meditation journey, it's important to seek professional advice in meditation, as there can be complications during your practice.

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 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

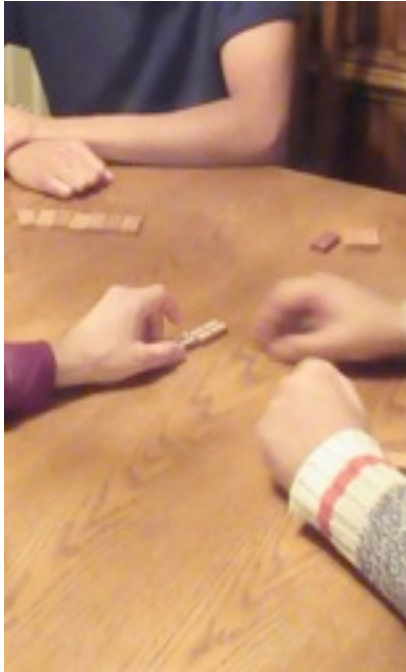
You do not have to be online or be connected to any service to be tracked. And you don't have to do anything wrong to be tracked, hacked and robbed by deceitful, conniving, two-faced criminals.

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 ideas



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