



MBOCKY

SPECIAL EDITION

History of 14 powerful and inspiring ladies

★★★★★

INTERVIEW

Ornella Cindy
EBOKO CEO
FRIKAKIDZ TV

★★★★★

MY STORY

He left me because I am sterile

THE WORLD AT A GLANCE

CHRISTMAS WITH CORONA IS IT POSSIBLE?

MINDSET TRAIN YOUR BRAIN TO FOCUS



My message to the African woman is to be what has always made her proud: the mother of the nation; but beyond that, that she be aware of her potential and that she knows how to command respect. It is important that she does not compete with anyone, that she is not afraid to put herself forward, to express her opinions or ideas.

Ornella Cindy EBOKO

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EDITO



Dear readers,

The past year has been one of the most eventful and one of the most sinister that the the whole world has known during this century, in view of the devastation perpetrated by the of COVID 19, which still defies science and covers the joint efforts of the world population. However, this pernicious and devastating wind did not stop the ardor of the heroines that we are to assert ourselves as women and citizens of the world, and we welcome that.

We can indeed see the woman swimming against the tide to challenge at all levels, the waves of this pandemic should be called the raging lagoon. It does no doubt that we remain the centerpiece of the fight against this enemy of human health, This is evidenced by the economic, social and health challenges that we face on a daily basis to overcome it. Without respite, we scrutinize the slightest flaws to enliven our weakened families. Likewise, we are increasing solidarity gestures towards children and the vulnerable people we assist in various forms. In the field of health too, women are at the forefront of the fight against COVID 19, at the risk of their own lives. This is the case of the Kenyan Khadija Ali who did not hesitate to engages in carrying out mass testing, and whose bravery we salute here in the name of all black women.

However, it is once again noted with bitterness that the invaluable contribution of woman in the response to the COVID 19 pandemic does not spare her, however some of the tribulations she suffers from and struggles with on a daily basis. This is precisely the domestic violence long criticized. These have indeed increased in these times of health crisis, particularly with the drop in income due to confinement. However, the woman keeps her head above water and continues her bitter struggle, strong, valiant and confident, ready to adapt and innovate to assert and come to terms with oneself.

In this year which advances towards its imminent twilight and which will also have marked a decisive turning point in our project to promote black women, our gratitude goes to the place of all our readers, who have breathed life into our initiative to reveal to the world the creative and entrepreneurial potential of black women. Of you and with you, we have learned and continue to learn, so that more shines the image of the Black Woman: the little-known heroine, the shadow fighter and the guarantor of the future of Africa and the world. We are also dedicating this special issue to all these strong women who believed in us and thanks to whom the African feminine genius has never ceased to dazzle us with the oh-so-impressive discoveries that have furnished our monthly appointments. We do not forget all women of distinction, wives, mothers and sisters, who silently suffer the injustices of an unrecognizable society. Together, let us walk towards the light of our effective empowerment.

Happy New Year celebrations to all

Pulchérie Delboise NGO NLENGUI

Ornella Cindy EBOKO

Founder of FRIKAKIDZ TV



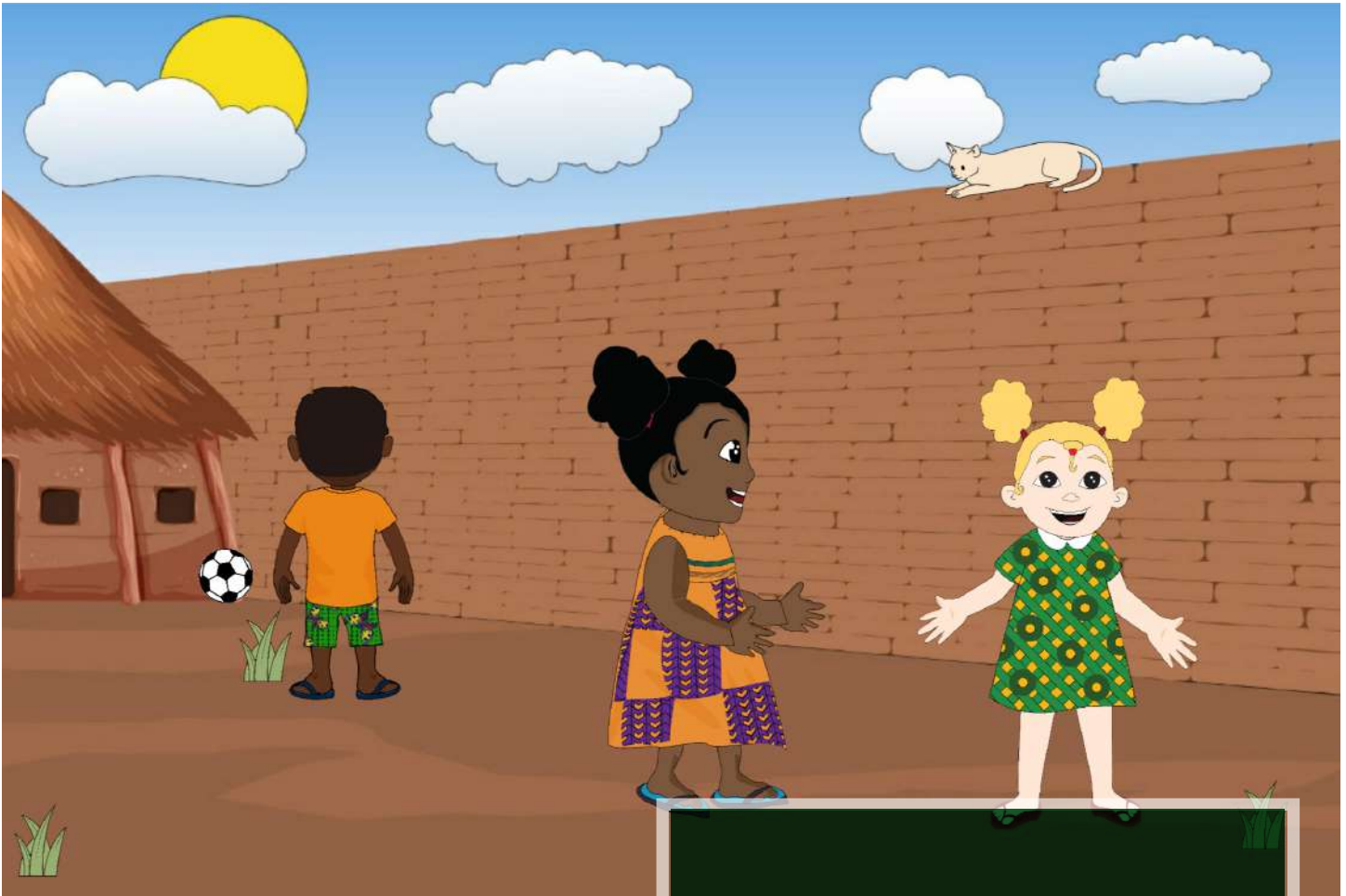
1- What is your vision of the African woman today?

The African woman today is for me, a beautiful woman who assumes responsibility, she takes care of herself, and is proud of her; let's look at the Nappy movement for example. But above all, she is a leader, she commands respect; It is aware of its responsibilities in all social, political and economic matters. Basically his opinion counts! Today there are women heads of state, ministers, business leaders etc. She can finally express her intellectual and physical capacities and take on the responsibilities. However, she is full of life and love; in short, she is multitasking. The African woman leader today is still just an example and not a generality, but it is on the right track.

2- Where did the idea to start a business come from?

It is true that by finishing my studies, I hoped to integrate a company, to start a professional career. But things turned out differently.

Honestly, entrepreneurship fell on me because of my daughter. As I watched the cartoons I put on her, I quickly realized that she didn't have a lot of characters to relate to. In addition, my father being a business manager, I have always admired the charisma he exudes when he sets up a project. Also, when I was in college or university myself, I traded to improve my income. In fact, starting a business has always been in the back of my mind, but I hadn't considered it straight away, it took that click. Human beings have more or less the same abilities, so there is no reason other people could have done it and I couldn't.



3- What is your biggest difficulty in your life as an entrepreneur?

The biggest difficulty in my life as an entrepreneur is being able to build a team of motivated people, and see as motivated as me to carry out this project which is still in its early stages. Also, having a team made up of people from several different African origins in order to be able to deal with various subjects.



4- What is the most difficult in a process of starting a project like yours?

The hardest part about starting a project like mine is the financial aspect. It is a great difficulty when you are an independent entrepreneur and want to produce quality content. Not only for high quality production, marketing, communication etc. You quickly understand that this is one of the major reasons why few people dare to get involved. Animation requires a big budget and a staff with great imagination and creativity. Then, you have to make yourself known to the audience, and be able to retain them. And we're not talking about just any audience, it's about children. Kids are very honest beings, and if they don't like the content we give them, they just won't watch. So outside of the story hunt, there is a long psychological study to understand the key points that hold a child's attention when facing a cartoon.



5- What is the mission of FRIKAKIDZ TV?

We plan to develop animated feature films and short films relating our Cultures and stories, highlighting our heroes and traditions, and especially by creating for children from all over the world, a Universe essentially inspired by the riches and treasures of our Wonderful continent that is Africa. My team and I intend to create characters that children can attach, characters who look like them and will convey our notions Africans such as courage, love, respect, work ... I cannot speak too soon, but be in some, many things are underway to make this happen. You know, the child has the ability to absorb a lot of information through cartoons and unconsciously, he identifies with the characters he sees or manipulates, which can very quickly create complexes and a loss of self-confidence. Many problems in African society today are correlated with the early childhood of populations.

There is a popular saying: "We must strike the iron while it is hot hot", and that is our mission. But also, our channel was created to show the true image of Africa, one that is little known and very little highlighted. Pierre Sauvalle, founder and co-director of Pictoon (animation studio based in Dakar) said, "If we do not know sell our culture, others will do it for us."

6- How do you manage to remain competitive in your field?

This is a very large area; there are so many topics just waiting to be dealt with. I am inspired by African news and realities, culture and history, and we know how rich and diverse Africa is, which opens up the fields for several projects. Not to mention the fact that I have to work hard, while being inspired by mentors like Walt Disney who rocked my childhood. My mind is always alert. I am constantly in the creativity. I am never satisfied with my job, there is always something to take back .. I know I can do better. I must always seek to improve the faults but also and above all to innovate.



7- Are there people you consider to be role models?

Oh yeah! Michelle Obama, she made a difference. She came out of the presidential wife's stereotype, she led by example. She's led anti-obesity campaigns in the United States, she works to educate girls around the world, and everything she does is filled with unparalleled humility.

But I also have a lot of admiration for Fatou DIOME, for her pen, her struggles, her personal story that she does not hesitate to tell but also for her way of saying aloud what people think quietly, often with a touch of humor.

8- What do you regret the most in your life?

In all humility, I regret absolutely nothing because I firmly believe that my successes and my failures have helped get me where I am. All of these experiences have matured me and made me what I have become. A person who fully assumes his choices.

9- What is your greatest craziness?

My greatest folly was getting into a field that I had no idea how. I started out with a passion for cartoons and a need to meet a need. I started without considering what it was going to take from me in terms of sacrifices and funding. Thank goodness for me, I created my work. And this madness, I do not regret it.

10- How do you manage to play your dual role of mother and entrepreneur?

The 2 are compatible. Like all other working mothers, it takes a lot of organization: On the one hand, there is my daughter, on the other, there is the start-up both, very demanding in terms of energy, time and love each fully needs me for its development.

11- What do you fear the most in your life?

What I fear most is that I can't find enough time to stay connected with God because of my increasingly demanding job. But that isn't likely to happen because it is the engine of everything I do and the main source of my energy.

Thank you to the entire team for inviting me to answer your questions. Much courage for the work you are doing!



Ornella Cindy EBOKO



HE LEFT ME BECAUSE I AM STERILE

At the start, there are two of us, we love each other, and we share everything. We share our dreams, our ambitions and our desire to have children. And at one point, we take the plunge! We stop all preventive measures. No more condoms, no more pills, just love. Beyond the pleasant sensation of shared pleasure, there is the desire to procreate that drives each gesture.

The will to give birth to it. To her or to him, to be three and live an extraordinary life.

But despite the regularity of the reports, nothing. The weeks go by, but nothing.

Doctors say we have to continue without worrying. But in the end, the problem becomes the center of attention and it becomes impossible to live without thinking about it. Little by little, the distance sets in. The “we” becomes a little more “each of us” and ends up becoming “me alone”.

He is gone, not being able to consider sharing his life with someone who will deprive him of the joy of being a biological father... However, **in this situation, it is possible to find solutions.**

What's going on in his mind?

Finding a solution involves knowing what to think about. What are his fears and his hopes? His desires and fears? He may never say it, but he's afraid of:

- The reaction of his family,
- To appear incapable and weak,
- be forced to live with a child who is not their own,
- never become an adult and remain a raster 'child' all your life...

In the face of all this, love is seriously threatened and affection is quickly forgotten.

And what is going on in your mind?

For you, it is certainly inconceivable to:

- live with a child that he will bring back from nowhere
- Or worse, being cheated on and seeing your man live a life you can never have.

How to deal with this? How do you get through this stage and continue to love each other throughout?

Love: for better and for worse

Nothing is stronger than love.

However, it's not just about saying "I love you" or trying to show it; rather, **it will be necessary to find a way to discuss**. Fears should be stated aloud and be seen together.

Very often this requires the intervention of a trusted third person. Not people who will judge or criticize you, but rather those who will know how to make it **clear that even without children, it is possible to live a good life**.

Choose a person of authority who can **counsel you together** like a father would his children. Beware of bad tongues! It's in tough times that they are stronger than ever.

But even in the worst, life goes on

Being sterile is not a choice. **You have to accept it and live with it as simply as possible**. Besides, there are alternative methods of conceiving. Or show affection for an adopted baby, for example.

If, on the other hand, fears win out over love, then love will never have been there. Your companion was not made for you! **Rest assured, you will find someone who loves you and you can live an amazing life!** Like thousands of other women around the world who are unable to conceive.

By Carine Mbock



The Sherpas: Those shadow men



Mountain climbing is the most challenging task. But it could be an enjoyable event for those who love to climb mountains. When we talk about the highest peaks, then we can't forget Kilimanjaro. Though climbing mountains isn't an easy task, and every year 1,000 people are evacuated from Kilimanjaro. But it's a common perception that the number of deaths is two to three times higher than actual numbers. So,

everyone who wants to climb Kilimanjaro should know the altitude and environment of the mountain. But here is a problem that common mountaineer doesn't know to understand the environment. Due to this, if anyone is interested in climbing Kilimanjaro, then they need professional guidance. However, Sherpas are the real savior in this situation. But first, you need to understand;

Who are Sherpas and porters of Kilimanjaro?

The original meaning of the Sherpas is the people who are from the east. However, this word is derived from the Sherpas language word Shyar (east) and Pa (people). Sherpas are the people from the east and guardians of the Himalayas. However, this tribe migrated around 500 years ago into the higher altitude lands. In simple words, the Sherpas is a word

people use for the people who migrated to Nepal from eastern Tibet. However, after migration, the ethnic Sherpas settled in the mountain of Kilimanjaro of Nepal. The valley is now famous as the national park and starting point of Mount Everest. However, people consist of more than 150,000 population and follow Buddhism.

The job description of Sherpas & Porters:

The second term that we use for the mountain men is the Porters. Sherpas are the job description of a formal trekking crew. In the standard job description, Sherpas set up the camp, manage the porters, and ensure that everything is in place. Apart from this, Sherpas supports and guides the clients along the

track and runs ahead to make sure they are in proper working order. The Sherpas and porters climb routes, fix lines, ferry supplies, and guide climbers to climb them. Mountaineers won't be able to climb mountains without the help of Sherpas and porters.

Are Sherpas invincible?

According to an American study in 1976, Sherpas have specific genetic adaptation after living thousands of years in the world's highest regions. Due to this environment, they can live in high altitudes with low oxygen levels. So, our child or we can't be like Sherpas due to differences in the living environment. Due to the tremendous genetic qualities, Sherpas are famous as the "Shadow men."

Though porters and Sherpas can't even guarantee their own lives, they still perform the tricky and risky part of climbing efficiently. For instance, they set up the ropes and ladders to ensure the safety of their clients. The security of the climber includes in their professional responsibility. If any of the climbers die at the mountain, Sherpas consider it a lousy track record for the career.

How much do they earn, and what do they eat?

Sherpas do hard work and risk their lives. However, Sherpas, who lead climbers for Everest, earn up to \$5000 during two months of the climbing season. But to reach this amount, the Sherpas make lots of round trips expose them front of risk. On the other hand, the western guides make as much as \$50,000 during that season.

Apart from this, Dal Bhaat is the favorite dish of the many Sherpas. However, this food consists of a heap of white rice alongside curried veg and lentil juice. The Sherpas need to stay active because they need the energy to climb mountains. They also take a heavy carb-based diet to keep the bodies and muscles in shape.

Crux

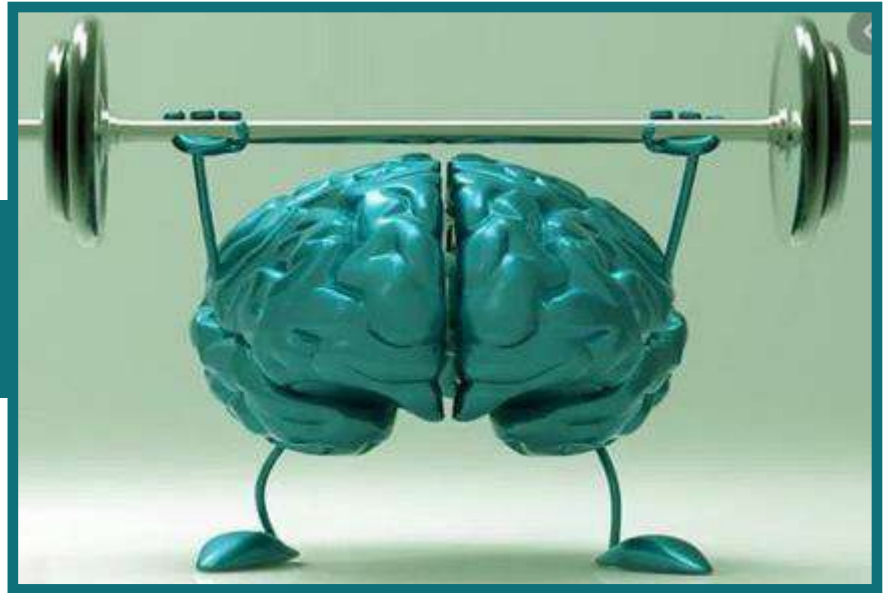
Sherpas provide the base to our mountains and keep them in shape and tidy condition. It is an ethnic group that believes that peaks are the home of God. Many of the Sherpas believe that accidents at mountains occur when we don't pay due respect

to God. Above all, they don't let the climbers litter mountains because they think it may anguish God. In short, we owe so much to the Sherpas as they are the savior of our mountains.

Carine Mbock



MINDSET



Train your brain to focus

Brainstorming and tensions give lots of pressure to our brains. In this digital world, the use of tablets and smartphones has risen to 40%. According to the chart beat analytics, 38% of users don't scroll beyond the first paragraphs. However, all of these things and daily stress the brain need some rest. Due to excessive workload and strain, the brain diverts the focus from the primary task. Attention is the main thing that is the key to success in every field of life if you want to

see excellent results.

The human brain consists of complex mechanisms. However, we need proper awareness and care for smooth working. If we don't know the tactics to train our brain to focus well, then it could be our worst enemy. So irrespective of the field, profession, or work disciplined and focused mind is the key to success. But before discussing any other thing, we make a start with;

What is the focus?

Focus is essential before taking a start; it maintains the attention and efforts until task completion. In short, without a lack of focus, there is no path to move

forward and get success. Sometimes the human mind feels so stressed and occupied that they lose the sense of space of time. But in reality;

"The successful man is one who has the laser-like focus."

Best tips to train your brain to focus:

According to science, some specific tips and tricks can help us to improve our focus. So, apply the

following practices in your life to be more effective;

Get more sleep

Lack of sleep can easily enhance the concentration and alertness of the brain. But this theory doesn't apply to the sleep deprivation is occasional. However, if you regularly don't take healthy sleep, it can affect your mood and, ultimately, performance. However, for an adult person, it is vital to get up to 8-10 hours of sleep. So, to make the sleeping routine more practical, you can bring the following changes in life;

- Turn off the tv and keep the screen away at least one hour before sleeping.
- Keep the room's temperature at a comfortable level.

- You can feel good by taking a bath or listening to smooth music before sleeping.
- Keep the sleeping and waking up routine the same for the whole week and weekends.
- Above all, exercise regularly and try to avoid work before bed.

Apart from this, there are many other tricks to enhance sleeping quality. In short, the main concern is to get enough sleep to give proper rest to the brain. We know that a calm mind can perform things efficiently.

Write down the things that are distracting you.

Certain things in life are the main reasons for our stress. However, you only need to recognize those things that are taking our focus. But before taking any action, it is vital to keep the brain smooth and relax. However, you can try meditation before making

a list. Now, list down the tasks that you feel are toxic and giving stress to your brain. However, after writing down, try to cut down these things from life and replace them with healthy activities.

Turn off digital distraction

According to the American council, screen time is increasing day by day. Now, an average adult or kid spends more than 8 hours of their day at the screens. The excessive time that we give to our screens and digital platforms is the main reason behind stress. However, the best thing is to replace the screen time with other healthy activities like;

- Improve the concentration by giving more time to nature
- Give some time to exercise
- Meditation is another worth trying thing
- And eat a proper and healthy diet



Commit to what you are doing

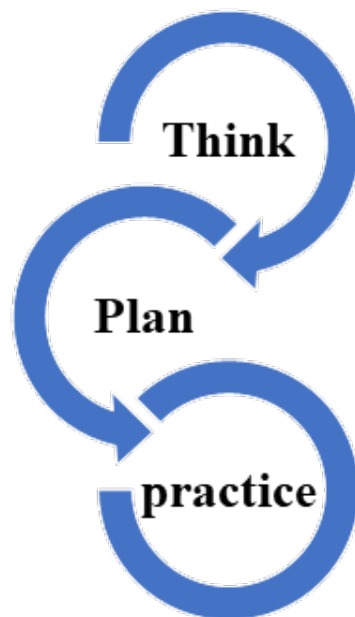
Commitment, resilience, and hard work is the thing that set the path for our success. If you train the brain to give up without giving a try, then you can win. In short, try to bring persistent in your life and don't give up until you get the results. However, you can

enhance your commitment by adopting a healthy lifestyle and good company. In short, keep yourself motivated to train your brain to focus. Apart from this, the concentration workouts often help to deal with the trouble focusing.

Practice

The main thing isn't only to talk about positive things. But it is your practice, persistence, commitment, and resilience that will bring change. So, the best tactic is to involve all of the healthy activities and routines

in your life. In short, the only best way to keep things going is to practice and then practice some more. However, for optimal results, try to follow this circle;



“Always try to feed your brain good to get good results.”

In the end, we can say that the only way out is to practice mindfulness. However, nothing can take

place the motivation and the right environment. So, feed the brain with the right things to retain focus.

Carine Mbock

Special Edition

The last fourteen months have been the most exciting in our challenge to identify inspired and inspiring female African talents. Indeed, we have followed them each time with a particular interest and admiration for their innovative, diverse and daring

initiatives, which have once again reinforced our idea that women are a great opportunity for Africa. In this way, we have been able to experience the mobilisation and determination of black women to move from the state of victim and resigned executioner to that of heroine.

Although often unknown or still very little known, the African Woman is ineluctably continuing the struggle for her empowerment, as well as that of the entire African continent. In this special issue, we have set to summarize and share these wonderful discoveries with you.



MS. TATIANA MATIP

As a young Cameroonian actress, this woman amazing woman has quickly stood out as soon as she arrived in the world of cinema, where she immediately imposed herself by winning several prizes through the characters she has interpreted so far, with unique naturalness and charisma. One other her best performance illustrations remains her successful film "Ne crains rien je t'aime" directed by Thierry Ntamack. **Email : tatianamatip5@gmail.com**





Ms. FRITZCHE

Passionate about African culture, Ms. FRITZCHE is particularly interested in Kossa dance, an African version of Zumbadance that she has adopted in sports sessions she offers to women of all ages, and which she believes is the key to their personal development.

Tel : 0049 179 4221797





Ms. MOHAMADOU

This dynamic lady embodies the traditional African woman through the promotion of her native African recipes, whose culinary art is above all a cultural identity. And to preserve this, the young wife and mother offers a variety of original recipes through quality training courses adapted to the needs of those who, like her, feel the importance of defending our precious heritage.

Tel: 00237 6 96 65 84 24





Ms. MEMBA

This young Cameroonian woman who is fond of beauty and fashion has made it her profession. Her line of clothes La Fée Lucie is a perfect blend of glamour and rustic in the African loincloth that she handles with skill, to the delight of loincloth lovers and fashion enthusiasts whom she never ceases to surprise with her original creations. A wife, mother of 3, actress, producer and entrepreneur. She is also the founder of LMBProd a movie production house.

Tel : 00237694096509



Ms. Marie ABENA

This African heroine is a wife and mother, proud of her African origins which she promotes through her Abena Dolls concept. It is all about making black and albino dolls for African children, a way of instilling in them love for their frizzy hair and their black, albino or mixed race skin, all identity marks which, far from being frustrating, are signs of their pride in belonging to Africa, and in assuming themselves as African children.

Tel : 00237 697337717





Ms. MASSO

Women's beauty is a major preoccupation that this Cameroonian woman places at the center of her struggle alongside African women in general, and albino women in particular. Her brand BINKU is a concrete solution to skin problems which she tackles energetically. She places the cause of the albino woman on top of her challenge, resenting the latter to the world, not as a marginalized person disadvantaged by nature, but rather as a privileged person in more than one way.

Tel : 00237 6 98 27 20 43



Ms. BUFANG

Talented creator of the MB brand, this young African lives in Germany where she has established her origins. Indeed, she successfully promotes African fashion in her host country, where Western fashion fascinates many Africans who are more oriented towards a taste for foreign items, rather than towards the promotion of their own cultural values specific to their continent of origin: Africa.

Tel : 0049 176 74869688





Ms. Akamba

Languages are cultural vehicles. Mrs Akamba has understood and integrated it into her fight against the acculturation of African children, more interested in foreign languages than in African languages. With her Keleyena.com concept, she proposes practical and efficient approaches to an easy development of our languages, with a view to their acquisition by the youngest. Her challenge: to encourage the teaching and learning of African national languages, which have an almost unexplored cultural richness.

Tel : 0049 170 954 0412

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Ms. Takam

This young African entrepreneur of Cameroonian origin does well in E-commerce with her brand Lyvv Box, a range of natural cosmetic products designed to sublimate women. In love with natural cosmetics, this talented entrepreneur has decided to promote Made-in-Cameroon products through Lyvv Box, a box of four to five products that she offers on monthly subscription or upon spontaneous purchase.

Tel : 0049 170 954 0412



Ms. FOY

This young African lady embodies the dynamism of the typical African woman that she expresses under several hats. A nurse, a photographer, a fashion designer and promoter of African talent, her Glam Queen label provides luxury cosmetics including eyeshadows, 3d mink lashes, lipsticks, etc. All this at very affordable prices, under which she offers a range of services adapted to the needs of a clientele in search for innovation and originality. Her motto: Every woman is a queen.

Facebook : Glam Boutique



Ms. ETINGE

Amanda promotes the marketing of products made in Africa through her African Mobile Foodstore concept. This is precisely a selection of organic quality products from Cameroon, other African and Caribbean food items sold both online and in store, to the great pleasure of Africans from the Diaspora in search for their home meals, or curious people wishing to taste specialties from our continent.

Tel : 001 617-771-2405



Ms. DIAWARA

The incredible African female genius has never been expressed as much as in the innovation of this young African woman from Guinea Conakry. This designer of the KUNFABO African Smartphone, concerned about her beloved Africa, has thought and created a Smartphone “adapted to African realities”, with applications to the satisfaction of Africans living on the continent.

Email : hello@kunfabo.com



KUNFABO
le smartphone
à l'Africaine

Le blog de
SCHAULINDA

Ms. KATOUSHA

This African of Senegalese origin is the brave creator of the Katoush Hair brand, a range of hair care products based on African food. The young promoter of African products also wants to be one of the supporters of fair trade and the solidarity economy in which she is involved in her activities.

Tel : 033 698339312



Ms. Eboko



This young Cameroonian woman is campaigning for the promotion of African culture which she has chosen to perpetuate through one of the most widespread communication channels among children: television. Her Frikakidz TV is a real "African Walt Disney" designed for African children with everyday life subjects adapted to the realities of the continent. A true modern adventure at the heart of African traditions.

Email: cmrkidstv@gmail.com



Above are the African heroines who have sublimated our platform with their impressive ideas and initiatives over the past year. Their projects and concepts are a perfect illustration of the black African female potential which, although long ignored and stifled, is gradually emerging from the shadows. More discoveries are obviously yet to come for the greater edification of the Black Woman, and the development of the entire African continent.

What celebrations will look like during COVID-19?



Christmas is about to come, and like every year, the celebrations are in the air. But this year, things are different from previous years. Nowadays, we are listening to the news that the second wave of COVID-19 is here. However, we need to take extra precautionary measures to overcome this crucial time. According to the stats, the world has surpassed 50 million positive cases of COVID-19. However, to reduce the spread of the virus, the authorities have issued rules for Christmas. However, the wisest decision is to stay home and find a way to make it enjoyable. According to environment secretary George Eustice;

“We want people to celebrate Christmas as normal as possible.”

In short, we all know that COVID-19 has changed lives, and we have to take a different turn to celebrate little joys.



How can we celebrate Christmas during COVID-19 lockdown?

But living in the COVID-19 lockdown doesn't mean that we can't enjoy the little joys of your life. But you should be more careful to protect yourself and your loved ones. So, to keep the traditions alive, here are some ways to make the moment memorable;

Decorate your home:

Corona isn't stopping you from decorating the house beautifully inside and outside. Decorating the home during COVID is an old tradition, and Corona can't stop us from doing this. So, this year you can go the extra mile to decorate your house, vehicles, and all things that would give an incredible sight.

Make a unique book with memories:

This year, we are going to experience a unique thing, and that is an isolated Christmas. But in past years, we have had many happy and memorable moments. So, this year, we can prepare a book of all those happy moments to give a surprise to our loved ones.

Deliver meals to your neighbors and loved ones:

Communal dinners and get together are the critical thing during Christmas celebrations. So, you can enjoy this even during the lockdown, but with little sacrifice. Yes, you can prepare the meal at home and deliver it to the doorstep of your loved one. Indeed, it is the best gift for the elder ones and people who are suffering from COVID-19. You could be a reason for their joy by staying at your own home.

Arrange virtual meetings:

After delivering the food, the next important thing is to say MERRY CHRISTMAS to the people. However, during COVID times, we learned so much about the virtual calls and zoom meetings. So, you can arrange a fun gathering that includes all of your family members and loved ones.



Cook a festive meal:

Dinner is the main course that you used to enjoy with your family on the eve of Christmas. If you are alone this year, then it doesn't mean that you shouldn't enjoy these tint moments. So, plan the meal ahead of time and make sure that all ingredients are ready. After cooking a delicious meal, enjoy it with your favorite Christmas themed movie.

Make the Christmas themed masks:

In some areas of the world, the COVID cases are under control, and the lockdown has eased. So, in these areas, you can give your creativity a place by making Christmas themed masks. Later you can use these beautiful customized masks to attend a socially distanced outdoor event. It is just a unique way to add colors to your socially alienated celebrations.

Read a Christmas book:

People who have free time during Christmas can enjoy book reading. The best option is to give a try to the Christmas themed book. You can sit on the cozy sofa and read the book while enjoying the snacks. Apart from this, you can add thrill by reading a romance or a thrilling novel.

Some other ways to make socially distanced Christmas a fun thing:

Apart from the above ideas, you can add colors to your Christmas festivities by adding these fun things to a to-do list;

- Start your day with your favorite breakfast.
- Decorate the cookies according to the Christmas
- Make a cozy cocktail that you can enjoy as a mid-day snack/drink.
- Buy yourself a Christmas themed puzzle to kill the free time.
- Watch a Christmas themed movie.

However, we need to admit this reality that Christmas is going to be different this year. Every country would have different rules for the general public. But we can make sure to overcome this difficult time with collective efforts. It is our moral and social duty to keep the celebrations according to defined rules and laws.

MALADO



This woman, originally from Guinea Conakry, in a village called kankank, emigrated to Senegal in the 1970s. She moved into my grandmother's house where she rented a small room.

Who would have thought that this mysterious woman, always with her "Sotiou" in her mouth, would turn my mother's life upside down, and leave her imprint on our family for life....

At 7 months old, my mother was crawling and sneaking into her room. My great-grandmother would then hurry to ask to be taken out of the room of this mysterious stranger whom no one knew. But this little 7 month old baby would always come back and crawl to find himself in Ama's room again and again. Tired and not understanding why my mother was attracted to this woman, she let her.



This is how the story of MALADO Keïta and my mother began.

A story that rocked us throughout our childhood and which accompanies us today in our adult life.

Humility, wisdom, greatness of mind, person of great confidence ... No word is strong enough to describe the perfection that was this Lady.

The late President Sékou Touré told my grandmother at the time, "You don't know how lucky you are to have this woman in your home."

MALADO = LUCKY (SE) in Popular

It is the luck that we have been able to count this woman in our family and it is the luck that we share with you.



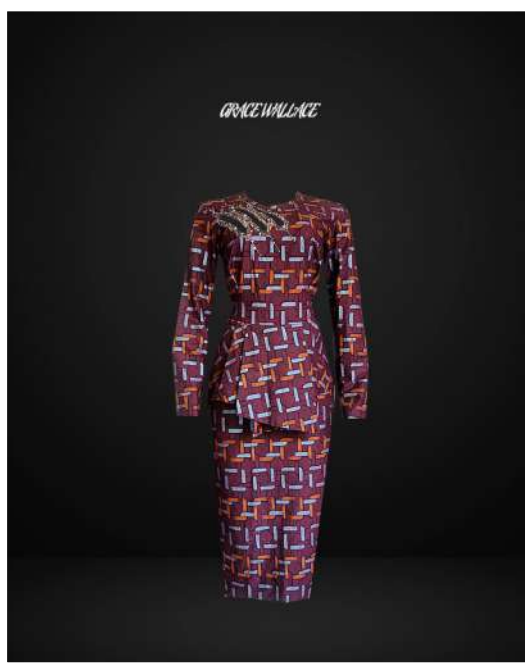
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Still in the sexy theme, you will have the pleasure to discover the beauty of the 3D flower dress with its complete and surrealist design. Made from satin and silk, it offers you in addition to a world elegance, an incredible assurance.

To name but a few, the collection is full of breathtaking riches. It is a concentrate of art, style and elegance that will more than rightly embellish your magnificent silhouette. Your everyday life will never be the same again once you are dressed in the original unique cuts.

Let yourself be seduced and lead into the world of true beauty with a collection that will raise your level.



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