

# MBOCKY

## MENOOSHA

AND HER AIRS  
ABOUT HAIR  
SCRAPBOOK



**AstraZeneca:**  
What vaccinees  
should know...



SHE  
HAS BEEN  
SENTENCED  
FOR REFUSING  
**SEX**  
INTERCOURSES  
TO HER HUSBAND

WHY DO  
**BLACK**  
**WOMEN**  
HATE THEIR  
HAIR



**TIPS**  
FOR  
ACHIEVING  
QUALITY  
EDUCATION  
FOR AN ONLY  
CHILD



My message for Women is this slogan: Dare, Work, Save, Invest.

By Menoosha Susungi



**Edition**

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Germany

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## **BLACK WOMEN: FOR A COMPETITIVE AND SUSTAINABLE ECONOMY...**

### **Dear Heroines,**

A few days after the celebration of The International Women's Rights Day, I salute the bravery that we as women and as black women have particularly demonstrated through the events and demonstrations we have valiantly initiated on this special occasion.

Indeed, our talent and dynamism in the various sectors of African and global development were seen and appreciated on the media and live. In particular, we have shown our knowledge and know-how in such fields as agriculture, industry, trade, crafts and logistics, to name but a few, which we manage with masterly hands. Similarly, we have used numerous platforms for dialogue and awareness-raising, addressing



topics that affect us directly, or issues of general concern, always for the benefit of our continent, of which we are the strong link in the development chain. We have also attended or witnessed several income-generating trainings offered to disadvantaged women and girls, so that together we achieve the financial autonomy to which we aspire.

I would also like to focus on the digital tool which is proving to be of capital importance in the promotion of African women's entrepreneurship, which has long remained in the shadows due to a lack of communication. Today, thanks to this communication tool, more and more women as well as their achievements are known throughout the world. In addition to the possibility of acquiring a wider clientele, this constitutes a great opportunity for support, particularly with regard to potential investors, giving our difficulty in accessing project financing. Therefore, I strongly recommend us take more ownership of digital technology, not as a means of entertainment, but as an important tool in our fight for progress.

Eventually, while we rejoice in our many accomplishments and in the prominent place we occupy in today's African economy, we are not unaware that there is still a long way to go before we can claim to be at ease. In other words, innovating in entrepreneurship must be our daily challenge to ensure that women's leadership remains a reality, and to overcome pre-existing, existing and even possible obstacles that obstruct our struggle for a society where we are fully recognised as the 'driving force of African emergence'.

Happy reading and fruitful April month to all!

**Pulchérie Delboise NGO NLENGUI**





“ Mois de Mars, mois de  
**LA FEMME** ”

<https://www.jabaridesigns.com/product/neto/>



<https://www.jabaridesigns.com/product/neto/>

# WHAT ARE THE TIPS FOR IDENTIFYING YOUR NICHE?

**E**very successful blogger has spent a considerable amount of time finding tips to identify a niche. Yes, it's not as easy as it looks. A niche is the profitable segment of any industry in which you choose to start business or writing. For instance, we are giving an example to explain the term well:

<b>Industry</b>	Pet	<b>Niche</b>	Pet care
<b>Sub niche</b>	Dog care	<b>Sub-sub niche</b>	Small dog care

It means every industry has a niche, subcategory, and sub-subcategory. So, if you want to target a larger number of audiences by producing good content, focus on this. Moreover, for small business owners, it is crucial to focus on this. As a result, it not only helps to earn money but establishes a loyal relationship with customers.

# FIVE TIPS FOR IDENTIFYING NICHE:

If you already have an interest in any field, then it's fantastic. But if you don't have any expertise, then you can learn a new one. But here are some tips to identify a niche.



## GO WITH YOUR PASSIONS AND INTERESTS:

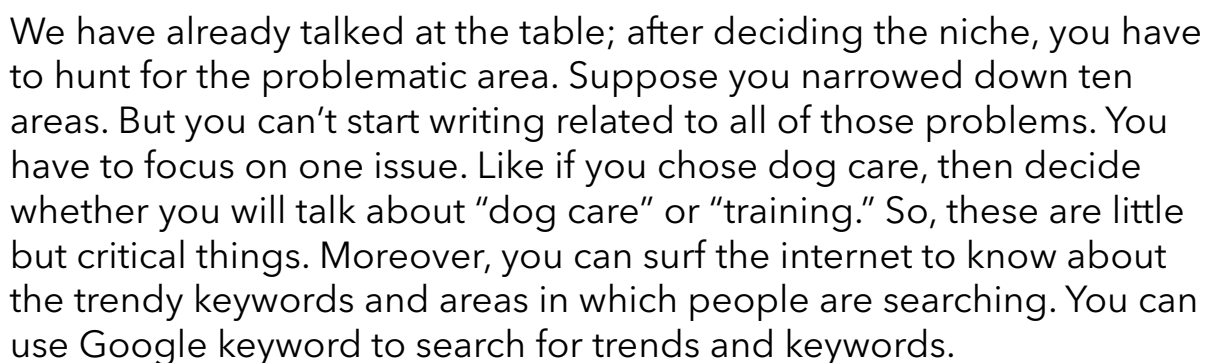
It is like a golden rule if you are interested in starting something new. If you go with a niche in which you don't have any interest, it will not forever stick with you. There are tons of industries, and you choose one without knowing your interest, then it's not a perfect fit. Here are some questions that you have to ask yourself to find out your interest:

- In which do you spend most of your time?
- What are the things that excite you?
- Find out the fields that people like
- Moreover, ask yourself about the future goals.

Wlf you choose the field after finding answers to the above questions, it will surely grow the business.



## IDENTIFY THE AREA:



We have already talked at the table; after deciding the niche, you have to hunt for the problematic area. Suppose you narrowed down ten areas. But you can't start writing related to all of those problems. You have to focus on one issue. Like if you chose dog care, then decide whether you will talk about "dog care" or "training." So, these are little but critical things. Moreover, you can surf the internet to know about the trendy keywords and areas in which people are searching. You can use Google keyword to search for trends and keywords.

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## READ ABOUT YOUR COMPETITORS:

After going through the first step, if you found out interest in the field, read about your competitors. Your peers are the best that can help you learn the best things about that niche. So, read their business and try to figure out the strategies they used to finalize the area. In this way, you can prepare a plan about the areas where you can outrank your competitors. If there are the following drawbacks in your peers, then you can take advantage of the situation.

- If the peers are making sub-standards products or producing low-quality content
- And whether there is less transparency in their systems and quality assurance processes.

Apart from this, you can get an idea about the keywords that the peers are using. If the keywords are high competition, then you can go for a paid campaign.

## THE PROFITABILITY OF THE NICHE:

Profit factor is of utmost importance, and you can't deny this fact. So, before making a final decision, always ensure the potential of the earning opportunities. The earning of any field works as the stimulator. However, if you are deciding on any affiliate marketing program, then read about the commission ratio. If you want to launch any product, then search about the people interested in buying that product. If there are not enough users in the market, you can't get a good deal to earn money.

## TEST YOUR IDEA:

It is like a demo to check the future of the niche in which you will invest your time and hard work. Thus, the best solution is to test the market by introducing little quantity. For instance, if you want to sell physical products, then try the market by selling them. On the other hand, if you joined an affiliate program then set up a landing page instead of a website to check the prospects.

**by Mbocky Team**

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Menoosha by Geneviève Chassé'

## Interview with Menoosha Susungi

**M**enoosha is a Singer and Songwriter from Cameroon, Central Africa. She was nominated for a BEFFTA Award in London as 'Best International Act' in 2011. Her single 'Talk to me (Sweet Thing)' from the album 'Satellite Brown Chick' reached #14 on the UK Soul Charts in February 2017.

Her project band 'Menoosha & Friends' is a formation of high quality international musicians and can be booked for all occasions (corporate events, galas, weddings and other private parties). They are mostly active in Germany but also play across Europe and worldwide. Styles include Soul, R&B, Gospel, Funk, Jazz and Afro with a touch of Pop.

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## 1) What is your vision of the African woman today?

A woman freed from external expectations and who pursues her divine purpose, no matter what her circumstances are.

## 2) Where did your idea of entrepreneurship come from?

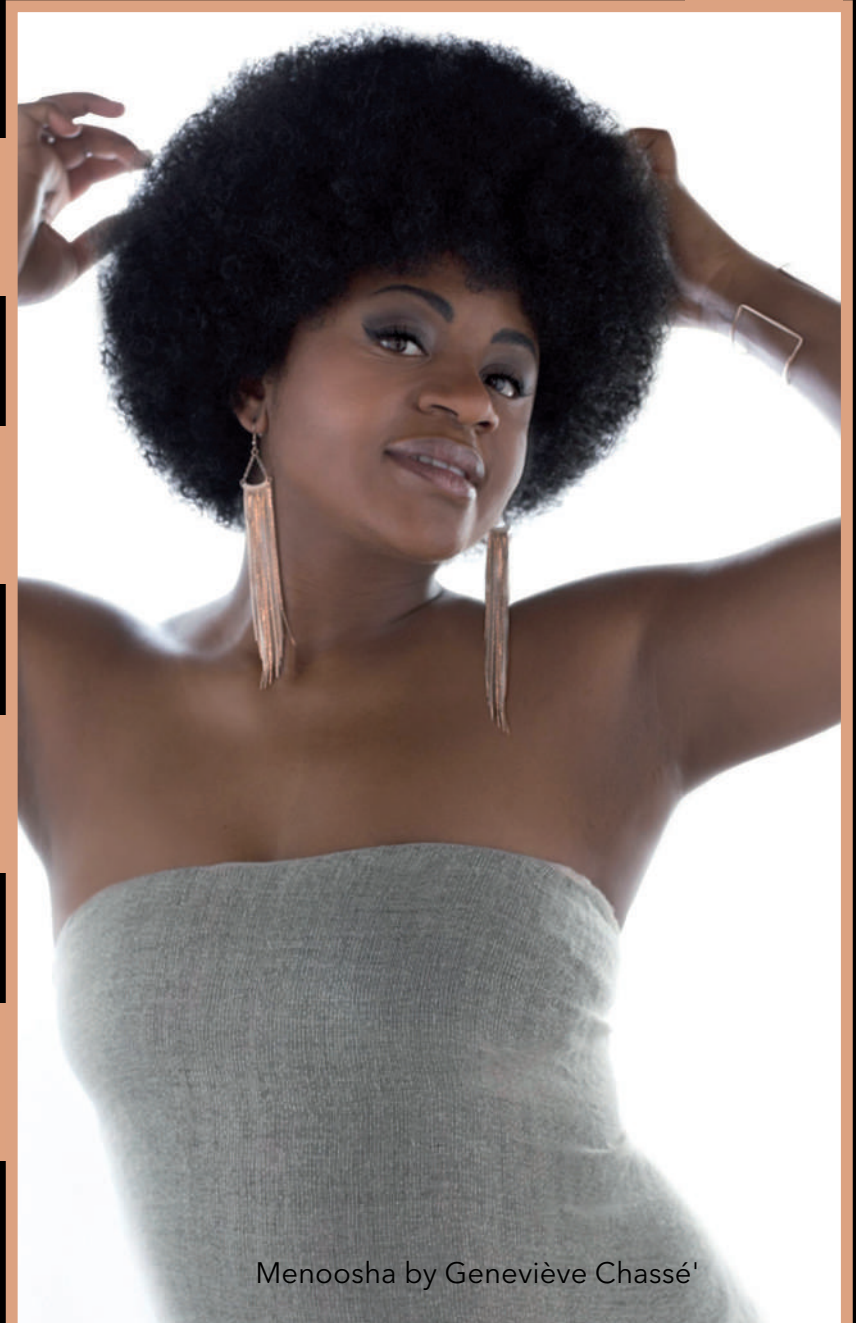
My desire to be an entrepreneur was primarily motivated by my passion for music, and propelled by toxic experiences in the corporate world.

## 3) What do you regret the most in your life?

Not to have listened to the desires of my heart earlier.

## 4) How do you manage to play your triple role of wife, mother and entrepreneur?

I accept my imperfections. I experienced failure so often that I don't fear it anymore. I avoid guilt like a disease. I may have some days that are better organized than others, but I don't punish myself anymore when chaos occurs.



Menoosha by Geneviève Chassé'

## 5) How do you manage to stay competitive in your field?

There is always something new that I want to learn. This is important for my personal growth.

## 6) Are there people you see as role models?

There are many figures that I admire. But the danger of role models is to want to emulate them. I would rather stay in divine connection to be able to become the best version of myself.

## 7) How can the customer reach you?

Through my websites.

[www.menoosha.com](http://www.menoosha.com) / [www.coachvocal-menoosha.com](http://www.coachvocal-menoosha.com)

## 8) How can you describe yourself in a few words?

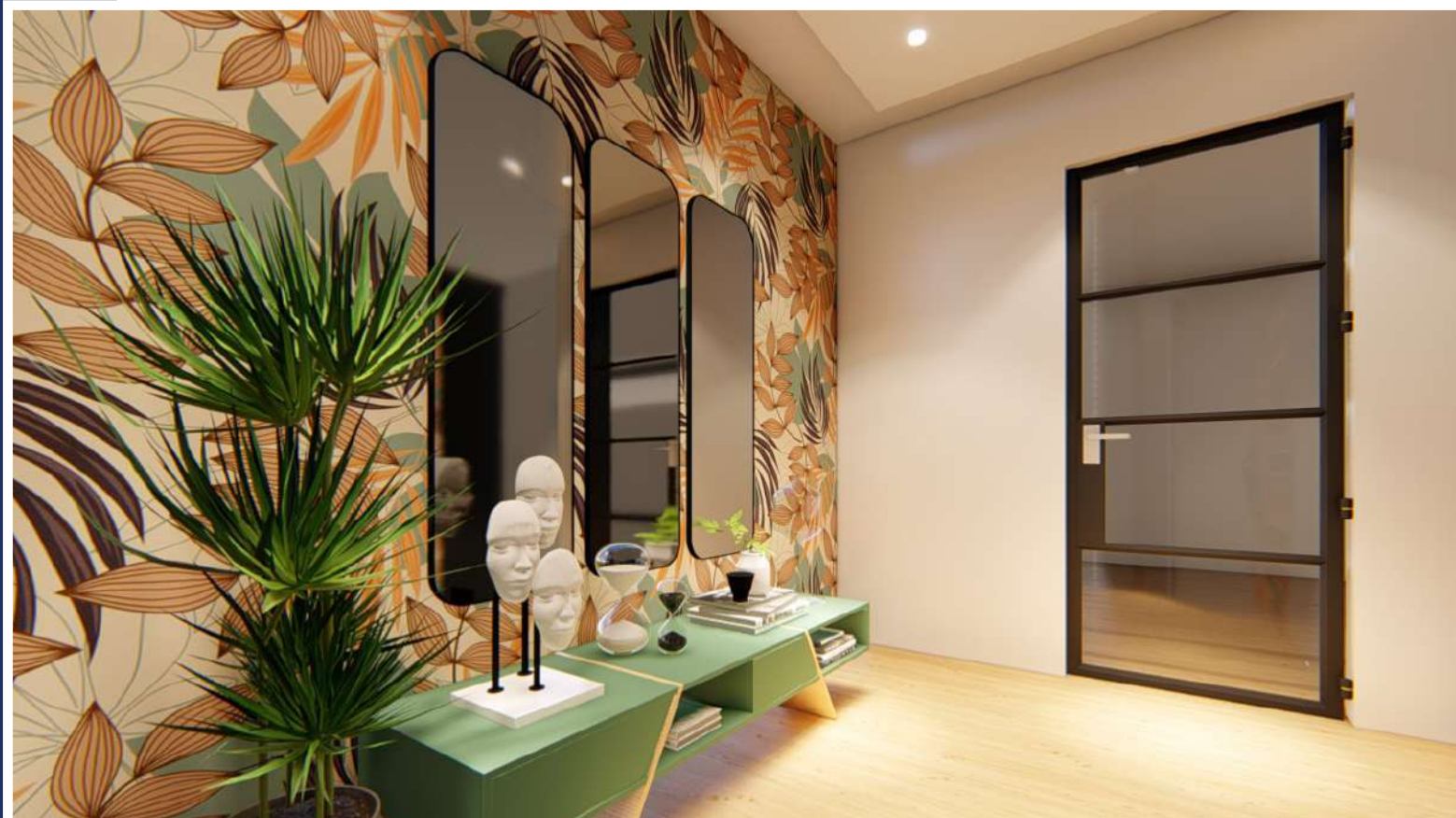
I love God. I love my family. I love and teach music as well as singing. When I love, it's discreet but intense. I am a daydreamer who learned the power of visualisation. I love challenges. I love to build. extremely hardworking person, conscientious and quick in my work. I am very disciplined and demanding as an aircraft safety inspector. I practice humor, which allows me to distance myself from events.

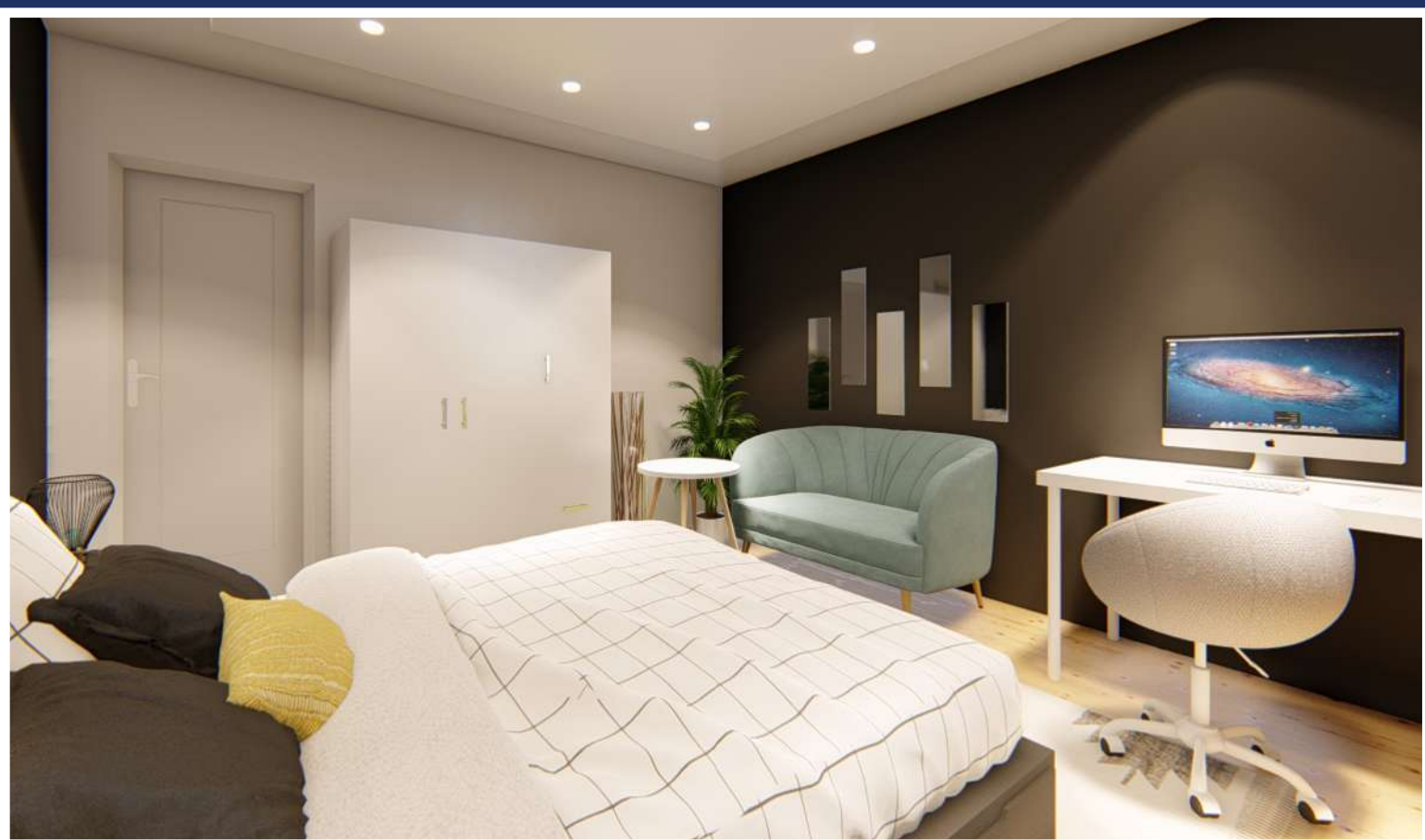


Menoosha by Geneviève Chassé'



**Mboccky Design**





**Mbucky Design**



# WHY AFRICAN WOMEN DON'T LOVE THEIR HAIR?

**E**ach woman has her own story of how she has struggled since her childhood. In any case, Dark and black hair acknowledgment of black women doesn't elude the controversy even in the 21st century. In the black culture, magnificence and beauty, particularly hair, have been a very touchy point of dialogue for a very long time, decades if you say, and it has its roots growing back to the civil rights movements.

## **Discrimination and abuse**

The racism that is happening for centuries and many movements that have taken place to decrease this racism has not made much difference. Social persecution, mishandling, and racial segregation have truly made numerous Black ladies cover up their hair to hide them. For case, sometimes, the liberation hair wraps were utilized to show that these black women were oppressed and to show that they were unattractive for their owners as they were treated so. Later as time passed and black women started working in professional organizations, they started to embrace the common hairstyles liking straightening or trying the natural curls rather than having their hair. They have always tried to hide their identity.

## **Black women are tired of questions being raised on their hair**

Black women have always been considered aliens. They are never considered as part of society. With their color, they are also bashed for their hair. Almost every day, the questions raised on their hair make them dislike their hair. Every day they had to confront questions.

## **Being asked can anyone touch their hair?**

People ask them questions out of curiosity. It is considered inappropriate because this is not normal. As non-black people are not asked such questions, it is considered an alienated behavior because they do not like their hair.

## **Being asked, are these your real hair or not?**

These questions are very inappropriate and have caused a lot of discomfort in black women raising their insecure selves. They start to hide their hair or hate them even so that people can stop asking them such questions. Being asked if they ever straight their hair? African women have growth of hair with natural curls from their scalps. People asking such questions trigger their insecurities. People have made black women feel very discriminated against. It has targeted many black women. Most of the time, the women had hair that has a texture of afro and is not naturally straight. Also, they are very difficult to straighten. Black women having an afro type of hair are considered not clean. People look at them with unattractive eyes. Their hair is also considered unprofessional. These factors make them dislike their hair because they cannot accept themselves.

## **Last thoughts**

Racism is a seed of evil. It produces prejudice and makes people feel being discriminated against each other. We must start accepting people as they are. It is everyone's right to get equal respect and opportunities regardless of their color or race. Black people are part of us. We should not make anyone feel insecure.

**Carine Mbock**



# ASTRAZENECA: WHAT ALREADY VACCINATED NEED TO KNOW NOW

The hype created against AstraZeneca for its blood clotting effects has led various countries to halt the process of receiving the AstraZeneca vaccine. Four of the most populous countries have suspended the AstraZeneca vaccine use after the reports regarding blood clots in some inoculated patients. Despite the World Health Organization, this has been done to urge countries to use the vaccine and said it is safe.

Shortly after reports of Germany halting the AstraZeneca vaccine shots, countries like Italy, Spain, and France have also announced to do the same. All of these countries are describing their suspension moves as preventive measures. At the same time, they are waiting for an impending analysis regarding AstraZeneca from EMA.

However, at the same time, people who have already received the AstraZeneca vaccine are also concerned about this matter. However, it is highly important not to panic over this concern because the vaccine is safe, said officials.

## **ASTRAZENECA VACCINE IS SAFE: SAID EMA'S EXECUTIVE DIRECTOR**

The Medicine Regulator of the European Union has concluded that AstraZeneca is safe to utilize. And this declaration has been made after various EU countries have halted their rollouts following reports that AstraZeneca is linked to blood clotting.

The Executive Director of the EMA (European Medicine Agency) has said that the organization has come to a strong scientific conclusion which is "AstraZeneca is a safe and effective covid-19 vaccine."

She further said that they hadn't found any clotting effects of the vaccine, though it definitely couldn't rule out a link to any rare disorder of blood clotting.

Only seven cases have been reported regarding blood clotting out of millions of AstraZeneca vaccine shots. She also said the benefits of the AstraZeneca vaccine are outweighing the risks.

## **BLOOD CLOTS CAN OCCUR NATURALLY.**

Overall, it seems like AstraZeneca is safe, and there is no need to get panic about it. Blood clots can also occur naturally, and these aren't uncommon. More than 17 million people have received vaccines across the UK and the EU, with as few as 40 blood clotting cases as usual as expected in normal events.

## **CONCLUSION OF IMPENDING ANALYSIS BY EMA**

The committee also concluded that the AstraZeneca vaccine isn't associated with increased risks of blood clots or thromboembolic events. And this decision has come after the halt of vaccines by dozens of countries based on reports of just a handful of people all across Europe developed blood clotting after being inoculated.

Most of the countries were awaiting the green light of EMA before resuming the vaccine rollouts.

As per EMA's press conference, it is clear that the vaccine is safe and effective against covid-19. It has demonstrated min. 60% efficacy in its clinical trials as well as preventing covid-19 disease. The evidence of real-world is suggesting that the effectiveness of AstraZeneca could be higher than this percentage.

So, stay calm and keep looking at the latest reports by WHO and EMA. However, you can contact your healthcare professionals if you feel any troubling signs.

**Carine Mbock**

# DIRECTION MALI (CAMPEMENT KANGABA)

TRAVEL



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# HOW CAN THE EDUCATION OF AN ONLY CHILD BE SUCCESSFUL?

I come from a large African family and so does my husband. At the time of our marriage we decided because of many unfortunate family history to have just one child. But then we thought if we just had one child, he'd be a spoiled kid. That it was better to have two children, and that's how we have two children today.

But on reflection, is it the number of children that makes their education successful? Is there no case of a well-educated single child? How did these parents do it? Isn't this ultimately just a method problem?

### **AN ONLY CHILD IS A CHILD...**

He needs everything every child needs to be well educated. Like all others, it goes through the same stages of physical, psychological and emotional development. He has the same physical and emotional needs. It is necessary to house him, feed him, whitewash him, treat him, send him to school... Then teach him the basics necessary for life in society: please, thank you, I'm sorry, I love you... His status as an only child does not make him, from this point of view, a child apart.

### **... WHICH MUST BE TAKEN INTO ACCOUNT BY THE STATUS...**

Among the needs of a child is the need for socialization, like any human being for that matter. Like all children he is merged with his parents, but as he grows he goes to new people, new adventures, his universe grows. Quickly, he realizes that in the evening he finds himself alone. There are no children to continue playing at home at night with him. Of course there is mom and/or dad, but at some point in the night he finds himself alone. He wonders, he is sometimes afraid. He has stories to tell but he's not sure he can tell them easily to mom or dad for fear of their reactions. In this he saw a lack that made him a different child. He does not have the warmth of his brothers and sisters, they do not have their little tricks, their complicity and their crazy laughs.

### **... TO PROPERLY EDUCATE IT**

Stay available as much as possible. Go to the front of him, his daily life, his life. Find out what's next for yesterday's gossip. His comrade there, his teacher who had... his headaches... Make sure he doesn't hesitate to come and talk to you. But always take the opportunity to instill values in him and please make it a habit. Please remain his parent because he needs it as a role model, so don't be too "buddy-buddy" with him. Expose him to the company of other children, other family members who will be "his brothers" as we do in Africa. Allow him to have his "secret garden." If you do, he will remain a child marked by loneliness, but he will be balanced enough to have a fulfilling life... and so are you.

**By Micheline SAME**



# She Has Been Sentenced For Refusing Sex Intercourses to her Husband

In an article, published this Wednesday, March 17, 2021, the Mediapart site echoes a case that leaves you speechless, especially in the 21st century. A woman, Barbara \*, 66, was sanctioned by the French courts with a divorce. His fault? Denying sex to her husband. It was in 2019 that the Versailles Court of Appeal granted the fault divorce "at the exclusive fault" of Barbara. And a final decision was announced in September 2020. The court considered that this refusal constitutes "a serious and renewed violation of the duties and obligations of marriage, making the maintenance of common life intolerable". Following this decision, Barbara, who evokes a return of "conjugal duty", appealed on March 5, 2021 with the support of several feminist associations to the European Court of Human Rights (ECHR) to condemn France. "This is a condemnation from another era. It scandalizes me. I see it as a denial of justice," she said. Asked by Mediapart, Barbara's ex-spouse declined to speak. "You will understand that I cannot respond favorably to your request, concerning a family law case, and for which respect for professional secrecy must be absolute", replied, for his part, his lawyer, Pascal Koerfer.

What the law says? Saying no to intimate relationships with your spouse can be considered a fault during a divorce. Thus article 242 of the Civil Code stipulates that "divorce may be requested by one of the spouses when facts constituting a serious or renewed violation of the duties and obligations of marriage are attributable to his spouse and make the maintenance of the marriage intolerable. common life. " Thus the judges can consider that the sexual relations are a conjugal duty like the duty of help, assistance or fidelity. For Barbara's lawyers, Lilia Mhissen and Delphine Zoughebi, this decision is "medieval" and "scandalous". "We must definitely put an end to the days when a man disposed of his wife's body as he pleased. In 2021, marriage can no longer be synonymous with sexual servitude," Mhissen told Mediapart.

**Source: aufeminin**



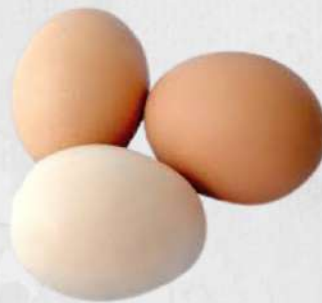
# KETO HEALTHY FAT FOODS



Le génie de la femme noire



Salmon



Eggs



Chia seeds



Olives



Greek Yogurt



Avocado



Flax seeds



Coconut oil & coconut



# Baked Chicken with a Lemon, Garlic, and Thyme Sauce

Serves 8



### **Ingredients:**

8, 4-ounce chicken breasts (skinless, boneless)

1/2 teaspoon sea salt

1/2 teaspoon ground black pepper 2 tablespoons olive oil

Lemon Garlic Thyme Sauce:

8 cloves garlic

1/4 cup olive oil

1/4 cup fresh lemon juice 1 TBSP fresh thyme

### **Directions:**

1. Preheat oven to 400°F.
2. Brush chicken breasts with olive oil and season with salt and pepper. Line chicken in baking dish.
3. Mix ingredients for lemon garlic sauce and pour over top chicken breasts.
4. Cook the chicken in oven until the internal temperature reaches 160 degrees F, 10-15 minutes per side. Bake for 5 minutes, remove and brush chicken again with lemon mixture. Remove the chicken, rest on the chopping board for 5-10 minutes before slicing and serving.

### **Nutrition Tips:**

1. Baking chicken in a dish with citrus-infused, olive-oil based sauce is an easy way to keep this animal protein moist and full of flavor without the saturated fats in fried poultry or butter/ cream sauces.
2. This recipe uses citrus and fresh thyme to give it a light and herbal taste. However, the fresh herb can easily be substituted with dried thyme if preferred or available.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.

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Le génie de la femme noire

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