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Will
COVID-19
SURVIVORS
SUFFER
FROM
LONG-TERM
HEALTH
PROBLEMS?

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HOW TO
EROTICIZE
YOUR COUPLE?

How
CAN I GET MY
CHILD TO
SERVE
OTHERS?

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**HOW
TO KEEP
MOTIVATED
WHEN
STARTING
A BUSINESS**



Bildungs- und Gesundheitsverein
für benachteiligte, behinderte Kinder
und Jugendliche mit und ohne Albinismus

Be role models for the African women of tomorrow. Be above prejudices and above all follow your vision.

Marie Ngo Mbinack



Edition

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Overcoming the double vulnerability of black women with disabilities

Dear Readers, While moving towards building a strong and proud Africa is in process, we must keep in mind the need to move forward together, driven by our diverse but complementary energies. And in this regard, we found it important to question the situation of African women with disabilities. Indeed, our disabled sisters, in addition to the vulnerability linked to women, suffer more from the vulnerability related to their situation. Although some of them are struggling to survive in a world that seems to

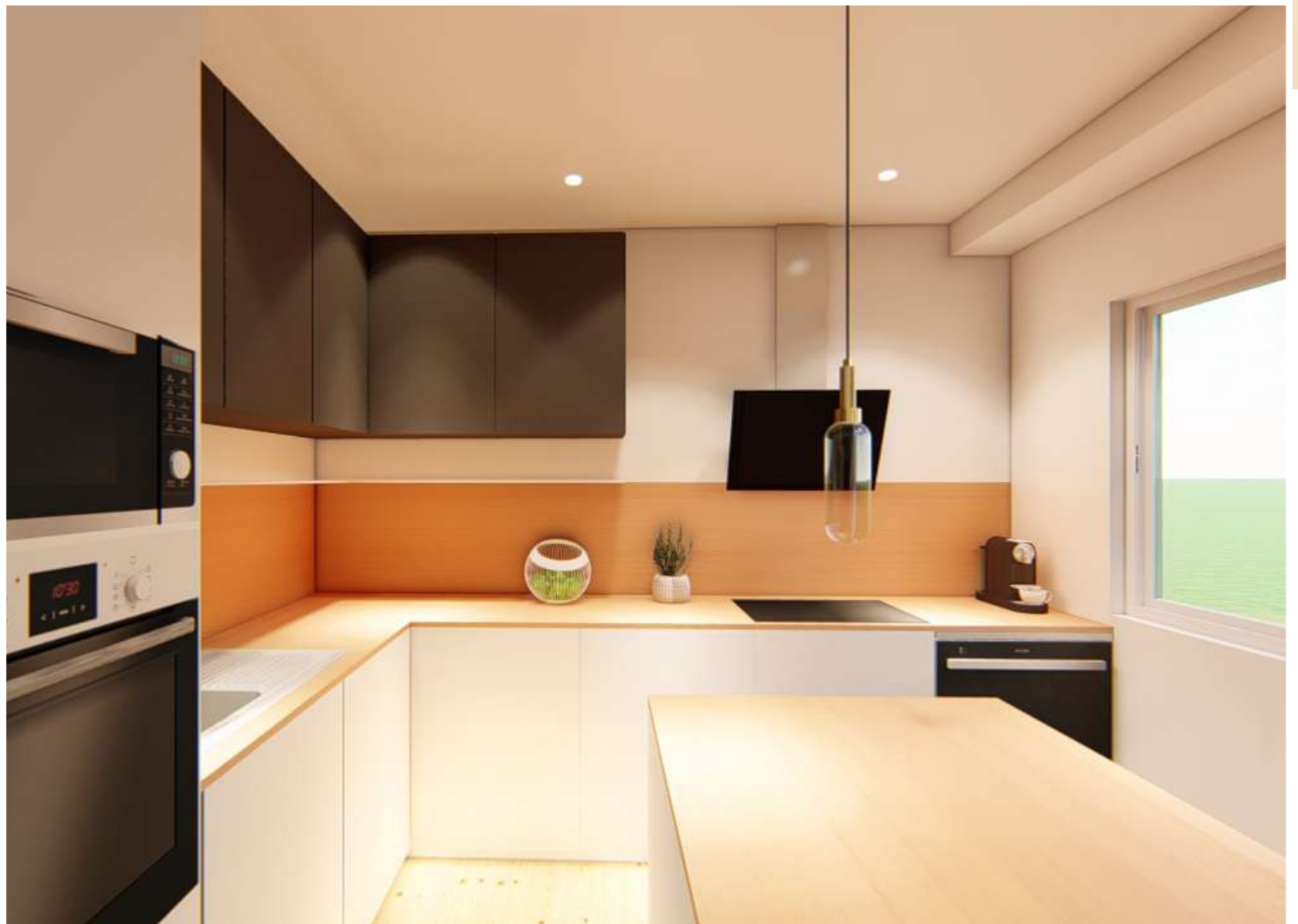
EDITO

give them little interest, the majority still find it difficult if not impossible in our society. According to a UN source, only 2% of people with disabilities, including women, have access to basic social services in Africa. This is caused by several factors namely "failure to access services dedicated to the social inclusion of people with disabilities, inability of the civil staff to accommodate people with disabilities, and low involvement in the communication of public policies promoting the rights of people with disabilities." The vulnerability of women with disabilities in Africa is also due to prejudice. In some families, children with disabilities are more often considered cursed, are deprived of education when they are not simply abandoned in the street to the profit of shameless individuals.

Eventually, we, as Black African women, must unite for the training, qualification and empowerment of disabled women in Africa and in the world.



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TIPS TO STAY MOTIVATED WHEN STARTING A BUSINESS.

When you start a new business, it is not apparent that it will touch the heights of success within weeks or months. It takes time and hard work with consistency and following the right direction to achieve the target. Many people get annoyed by some initial failures and lose hope which is almost equal to sinking your ship in sea yourself.

If you are a beginner who has started a business and looking forward to the best outcomes, you should work hard with consistency and allegiance. All you need to do is motivate yourself, never feel low, and keep positive thoughts. You can stay motivated when you set a very clear and achievable goal.

- Goal setting is an important factor that helps you achieve the desired results in business or any life field. If you are diving in the sea just by chance having no ambition, it useless.
- You are just wasting your energy by fighting against the powerful waves.
- Similarly, when you start a new business, you should have a clear goal that you can count on, which means a quantitative and achievable goal.

If you know what you want to achieve and how you will calculate or measure your achievement, you will find yourself motivated to get your target on the peak you have set as your goal.

CHOOSE AN ACCOUNTABILITY PARTNER.

Sometimes, you neglect many necessary tasks to achieve your goal, and this negligence affects your achievements directly or indirectly. Therefore, there appears the need for an accountability partner who can alert you on time, what you have neglected, and how important that task was. It can help you to avoid a crisis. So, choose a person with whom you can share everything without fear of being judged or cheat.

An accountability partner helps you to beat managerial crisis and always keep you in the right direction to your goal.

PASTE YOUR MISSION STATEMENT ON YOUR WORKPLACE

The next thing that can motivate the owner of a new business is to write a mission statement about your business that will keep you reminded of what you want, what you are doing, and what you will be doing to make your mission statement true. You will get motivation from a written mission statement and even start living in the words you have pasted over your workplace.

DO NOT FORGET TO TAKE CARE OF PHYSICAL AND MENTAL HEALTH

You will be able to do more effort to achieve your goals when enjoying a healthy body and healthy mind. If you are not caring for your body by eating a not-balanced diet, enjoying proper sleep, and taking exercise, you take forsake your body health.

If you are not enjoying good health, you have an exhausted mind that cannot even think in the way it should. When you think healthy, you feel motivated like an inner force is exciting and motivating you. Yes, man, you can do it. No matter it is taking some extra time and effort to achieve the targeted results. You should continue and work firmly on that.

CONCLUSION

When you start a new business, you should consider some factors that influence your behavior and potentials toward your business goal, as shared in this article.



BLACK GENIUS

Mbinack Marie with Mbinack glamour

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

The African woman today is for me a courageous, determined woman who assumes and takes responsibility in her family, in the community and in civil society, as well as in public and political service. Today, there are more and more African women among politicians, senior officials and business leaders. They are examples for little black girls, who will find in them a source of encouragement.

African women are also the first economic and social agent in Africa, more than anywhere else in the world. It must command respect! In short, to dare to say yes and no, to express his thoughts, his disagreement, not to let others invade his living space. But in times of conflict, she is the voice of reconciliation.

2 - Where did your idea of entrepreneurship come from?

Some people start businesses to improve their quality of life. Others wish to work for their own account, but my humanitarian side and volunteering allowed me to create BGV eV, a



non-profit association, which helps immigrants, African students, refugees in Germany as well as 'poor, disabled and albino children in Africa. And it is thanks to this association, but also thanks to my late mother, that the desire was born to rely on entrepreneurship to create a positive change in the lives of others. My Businesses "Mbinackglamour, M&D Cosmetics and Mbinack Home" have the mission to devote part or even all of their income to supporting a social cause and also to provide our customers with a legitimate reason to buy our products.



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

Honestly, I have absolutely no regrets. My experiences have forged my skills. My career has allowed me to form convictions on this that I know and love to do. It also allowed me to acquire skills that I now want to use in entrepreneurship.

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

I prevent one from devouring the other and, above all, allows each entity to exist and nourish each other. Organization is the key to success

5 - What has been the greatest difficulty in your life as an entrepreneur?

The greatest difficulty, as at the beginning of any entrepreneurial activity, is the search for capital to meet the initial costs such as the purchase of equipment, the rent of the premises, the launch of the activity, the marketing costs, etc. Entrepreneurship is a long road strewn with obstacles. It is often difficult to keep the motivation from the beginning, because problems arise quickly and overcoming them can be very difficult. The bigger the project, the more planning it takes. This is why it is necessary to detail the design stages of the project to achieve its successful completion.

"An entrepreneur is someone who jumps off a cliff and builds a plane on the way down" as said - Reid Hoffman.

6 - How do you manage to stay competitive in your field

It's simple! I remain competitive thanks to the humanitarian impact of my businesses and the ability to stimulate social change in a constructive way, improving living standards and contributing to the development of a community in a sustainable way.

7 - Are there people you consider role models?

The question is important, because the presence of strong role models acts positively, while breaking stereotypes. This is what will inspire other black women to apply or trust themselves in their business venture. They are then examples for little black girls, who will find there a source of encouragement to surpass themselves. Nigerian businesswoman Fola Laoye, for example, helped transform what started out as a family business into a company that is today the largest provider of healthcare services in the country. and which employs over 750 people. Kenyan Eva Muraya has created a dynamic company, Color Creations. She was honored for her innovation and leadership skills both in Africa and on the international scene. In addition, I force myself to be a model myself.

8 - What was your greatest madness?

My biggest folly was opening three online stores and two physical stores in less than a year.

9- What do you fear the most in life?

I have confidence in myself and in my ability to make the right decisions and to carry out my projects. But I fear not having enough time to be able to do it, but also not to find good associates, collaborators or external person to share the same vision.

10- What is your message to African women today?

Be role models for the African women of tomorrow. Be above prejudices and above all follow your vision.

11- How can the customer reach you?

The customer can contact me on
www.bgv-ev.com;
www.mbinackglamour.com;
<https://home.mbinackglamour.com>

12- How can you describe yourself in a few words?

I'm a woman like everyone else, the only difference is, I'm more determined and consistent. I aspire to be the best of myself in everything I do and for as long as I am allowed to do it. Thanks to the whole team for inviting me to answer your questions. Much courage for the work you are doing!

Marie G. Ngo Mbinack



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Why African kids feel like they do not fit in schools

Where education is considered as a key to success however, kids in many countries across Africa feel like they do not fit in schools. There are different reasons behind it and we should not judge those kids by this statement only. Some of the reasons are mentioned as follows.

Top Reasons African Kids feel they don't fit in schools:

Below are some of the valid reasons.

Violence is the major reason:

Schools in Africa are being closed because of threats and violence. There are some conflict ridden areas there the children and families are threatened. There was an incident reported where 100 Nigerian girls were kidnapped while they were taking their exams. Situations like these have forced many families to leave their homes and migrate to some place safer. This is one of the reasons why African kids feel like they do not fit in school.

Poverty is the basic reason behind it

Poverty is another reason why African kids feel like they do not fit in school. Children who have to work to feed their families and themselves are most likely to drop out of school.

The priority for children like these is to feed their family instead of getting a proper education. School timing and timings for daily household chores do not fall in the sink so that the students can easily take part in families survival activities. So, their best option is to focus on survival over education.

Lower Education Standards

The education system in Africa is poor. Recently a survey was conducted. At random seven different countries were selected and the students of third grade were tested.

- The results were astonishing. Less than two of three students could read the letters.
- Half of the children could not read words and could not put numbers in order.

This is one of the major reasons why students put their family practices first because they are not gaining anything out of education.

Lower Job opportunities

There are only a handful of job opportunities in Africa. It is even less industrialized today as it was four decades ago. Even though the labor in Africa is cheap, there are other issues like bad infrastructure, lack of electricity, poor roads and highly congested ports.

- The industries that still exist do not provide the citizens with respectable or high paying jobs but only labor class jobs.
- For this reason African kids feel like they do not fit in school because labor class jobs do not require education but training which they can go through without any kind of education.

Final Thoughts

It would not be wrong to say that the feeling of not being able to fit in school is not something that they have developed by choice. They have been forced to feel this way. Gaining education has become so tough in Africa that the students prefer to stay away from it so they can not only protect but also feed their families and themselves.

TIPS TO TRAVEL WITH KIDS IN *Africa.*

Whether

you are a frequent traveler or you are traveling for the very first time, if you are going to travel to Africa with kids, then there are a lot of things that you need to follow. Some of them are for safety purposes, while others are related to the experience. So, here we will provide tips to travel with kids in Africa.

THINGS TO CONSIDER AND TIPS FOR TRAVELING WITH KIDS IN AFRICA.

The following are the tips to travel with kids in Africa that you must know.

PAY ATTENTION TO YOUR MODE OF TRANSPORTATION FOR THE BEST EXPERIENCE.

The first thing that you need to make better in your trip is your experience, and the mode of transportation can enhance this. It means that if your child enjoys road trips, then you can do them. Otherwise preferring the train or flights will be a better option. It is because this will make the trip more enjoyable for you and them at the same time.

DO NOT MISS THE VACCINES FOR THE KIDS AND THE ADULTS AS WELL.

When you are traveling to Africa, whether you are without kids or you have your kids along with you, there will be certain vaccines that you must get. The best practice will be to contact some professionals 6 months before you visit Africa to get the vaccination process down at the right time.

PAYING ATTENTION TO YOUR HEALTH IS VERY IMPORTANT.

Although Africa is a great place in terms of experience and sights, some things and factors make it somewhat dangerous for most people. These factors are the health and safety factors.

To stay healthy while you visit Africa, you must only take bottled water for drinking and wash your hands very often. Additionally, avoiding ice cubes in drinks will be a great option. These are the things that must be told to the kids too.

ONE OF THE MAIN THINGS TO DO IN AFRICA WITH KIDS IS THE SAFARI RIDE.

Whatever you are going to Africa for, one thing that you must do is take a safari ride. Well, this could be the ride for life that you would have never experienced before in your whole lifetime. The best part is that different organizers are looking to organize safari rides for tourists to make them explore everything they need to explore.

CHOOSE YOUR TRAVELING DESTINATIONS ACCORDING TO THE INTERESTS.

The last thing important here is the selection of the tourism destinations while you are in Africa. There are 2 main things that you must consider.

ONLY SELECT THE DESTINATIONS ACCORDING TO YOUR LINKING OR PREFERENCES.

You get what you pay for, so never expect some expected results from some cheap package.

By keeping these two things in mind, you will be very efficient in terms of selecting the traveling packages and destinations.

FINAL THOUGHTS

Africa is the part of the world that can offer you a lot, and if you are with your kids, you need to be extra careful. Here we shared some tips that will make your trip to Africa with kids even better.

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A FILM BY ENAH JOHNSCOTT

WILL COVID SURVIVORS SUFFER FROM LONG-TERM HEALTH PROBLEMS?

Many people are getting affected by the covid because of its huge spread in the entire world. It is a very contagious disease that can be transmitted easily from person to person. People who have strong immunity can recover from the covid virus after a specific amount of time. We will discuss some of the covid survivors' effects and how your lifestyle can be affected.

Health problems among covid survivors:

Covid survivors can face some serious health issues, later on, affecting their lifestyle and activities; however, it is not necessary. We will discuss some of the health problems faced by specific people who have recovered from the covid virus.

- **People with pre-existing health issues**

The people who have other conditions already present in their body are prone to have long-term health issues after recovering from the covid-19. They can face a lot of serious and severe health issues even after recovering from the disease. Some older adults can also get health issues after surviving the covid-19. It depends on the person's immunity and health condition levels in most cases. Not everyone but some of the specified population faces health issues after the recovery phase of covid. It is recommended to consult your doctor immediately if you ever face the given conditions after recovering from the covid19.

- **Respiratory problems**

In the condition mentioned above, people can get respiratory diseases related to their lungs and breathing system. It can be induced after recovering from the covid because of the already present health conditions or a less functioning

immunity system.

Respiratory problems can be enhanced after getting covid because of the worsening conditions, which can be fatal at times. It is necessary to take precautionary measures and regular checkups in such cases because the condition can lead to the severity.

- **Cardiovascular problems**

The cardiovascular system of people who have pre-existing conditions can also get worse, leading to blockage in vessels and arteries. It can happen in the elderly population, which can result in an ischemic and cardiac stroke. The person can also face low blood supply all through the body, which can be very disturbing at certain Times. It can affect the daily life activities of such people, which can lead to a poor quality lifestyle.

- **Post-traumatic disorders**

One of the associated problems with the covid is depression among the individuals. Because of the prolonged treatment and isolation, they get depressed and anxious. It can also lead to post-traumatic stress disorder, which is very disturbing among individuals.

Post-traumatic stress disorder is a mental

condition in which the person always feels worried and anxious. They can also get panic attacks due to pre-existing conditions. According to research, most of the covid survivors are going through post-traumatic stress disorder.

Conclusion

Some of the health conditions associated with the survivors of covid-19 are mentioned above. However, not every individual needs to face them. It depends on the person's health conditions, including age group and lifestyle.

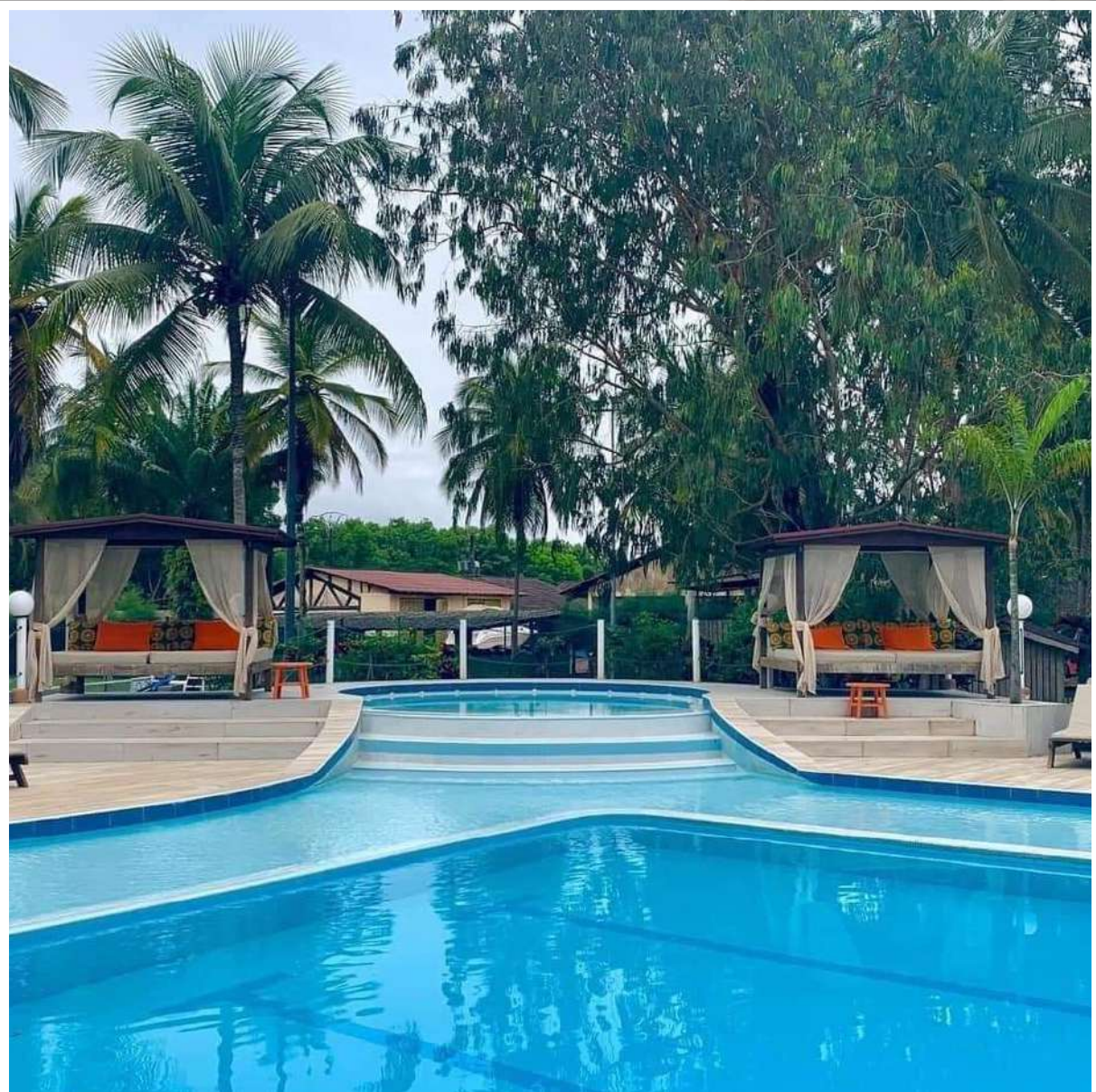


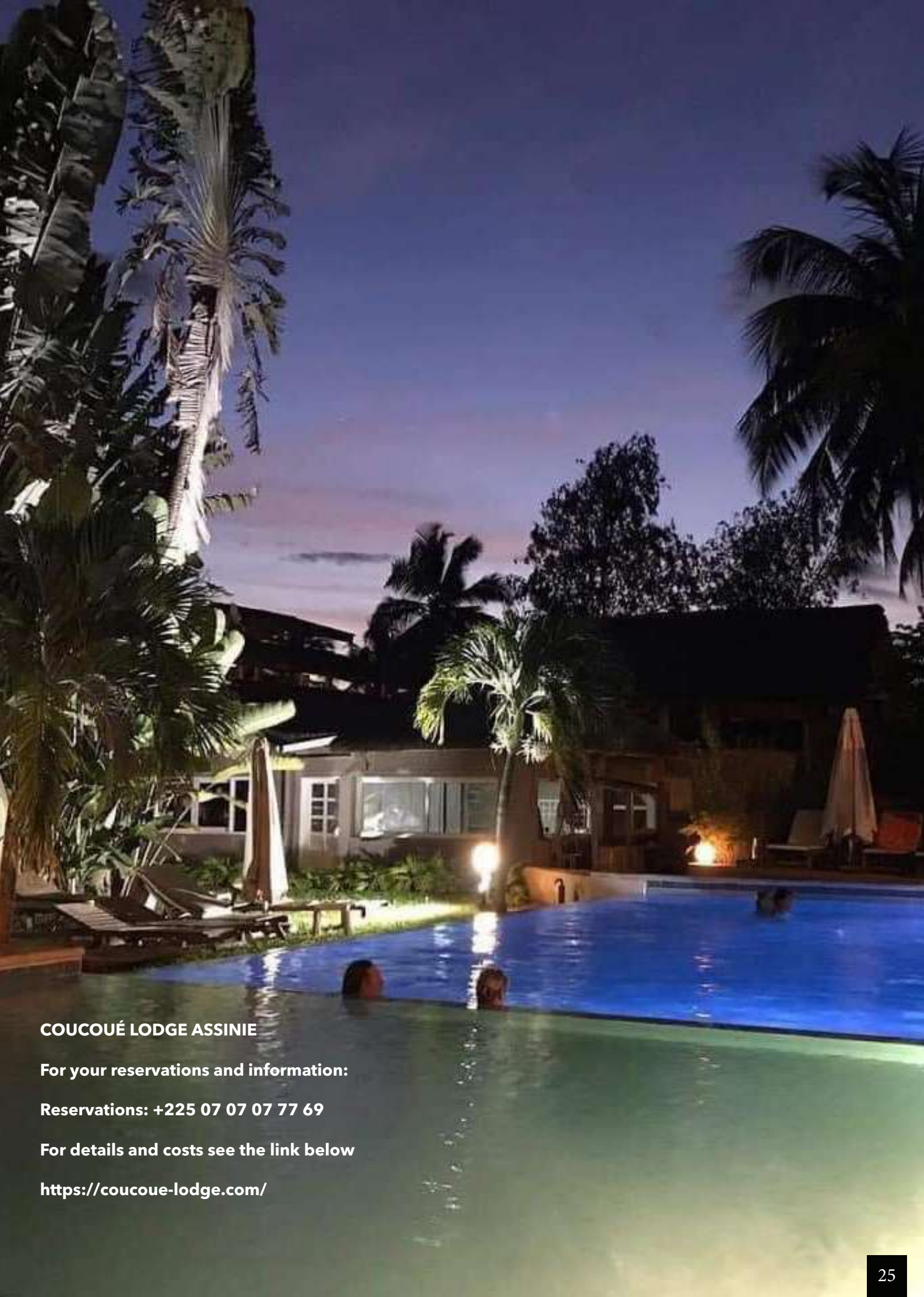
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HOW CAN I GIVE MY CHILD A SERVICE?

“Do you think I was offered the lifestyle I have today? My life hasn’t been easy, has it? I toiled to have everything you see there ”.

Does this sentence ring a bell? In fact, this is the situation for many parents. Unfortunately this is not the case for our children, who are simply enjoying the lifestyle of the parents. Consequently, they end up thinking that everything is due to him. He always has to receive and never to give.

How can we reverse the trend? How do we get our children to be of service?

PROVIDE THEIR SERVICE

Yes you do just that, I know you will say it, but here it is an educational action. So he can see what you’re talking about. An African proverb says that when you wash a blind man, you have to tell him that you are washing him so that he does not think that it is the rain that is wetting him. Emphasize how good it feels to receive someone else’s services.

EXPLAIN THE BENEFITS TO BE PROVIDED FOR

Talk to her about her happiness in making someone happy.

Talk to him about the skills he learns through repetition and about the meaning he gives to his life.

Talk to him about his “superiority” when he gives. Don’t we say that the hand that gives is the one above it? (Isn’t that what he wants?)

Talk to him about his duty. He is the first relationship of the members of his family. If he’s not doing them a favor, he wants who to do it for him? As a family, we all

have a duty to help each other, and he benefits from the help of others.

Talk to him about his ability to make people happy, and its consequence, people will want to approach him, people will bless him for the good he has done to them and his life will be positively impacted.

BE AN EXAMPLE OF GENEROSITY

Your child will never do anything other than what they see you do, beyond what they hear you say. He'll think that's only the way to do it, and by the time he's old enough to think about it, the habit will already have been set.

If you tailor these tips to the personality of each of your children, you will be pleasantly surprised by the results.

By Micheline SAME

Coach parental Accompagnateur psychologique



bambumatabey

bambumatabey

MY STORY



How to eroticize your couple?

Those who know how to keep their independence, their confidence and their emotional autonomy will remain attractive. Eroticizing your couple begins there: maintaining the tension of desire while always remaining to be conquered. It's when I don't "need" the other that I create the most attraction.

Desire and passion can only exist if we realize that nothing is ever acquired. The other is a perpetual mystery that still remains to be discovered. Erotic pleasure therefore requires a certain space to be crossed. This form of distance may alternate with

the closeness of commitment, but it is this form that keeps the desire alive.

The dream of all lovers is to develop love without losing the erotic passion. This is possible if we look at them separately. On the one hand, we will cultivate love by sharing our values and our tenderness on a daily basis. And on the other hand, to maintain the passion and eroticize your relationship, we will use distance and we will follow the calls of the body to let ourselves be surprised.

Eroticize the everyday

Passionate lovers are above all creative. They know how to invent new games that constantly give them the feeling of discovering themselves by exploring unknown universes. They know how to punctuate their daily lives with fiery texts, knowing looks and complicit gestures. They love to provoke surprise, throw at each other rogue challenges and take advantage of incongruous situations to find themselves in the intense arousal of desire.

So should we get laid all the time? Should you get into acrobatic follies or indulge in extravagant practices to eroticize your relationship? There are no rules for this. Everyone has a very specific and personal way of conceiving the impulse of passion. What is certain is that a romantic relationship cannot do without eroticism without putting itself in danger.

While love prompts us to give, eroticism urges us to take. And it is paradoxically in a certain selfishness that passion leads us to share pleasure. What appears to be morally selfish (I get it off) is actually body-level self-giving. I thus assume my sexual state and I can accept, as a man, as a woman, my raw desire. It's by stopping over-caring for the other and taking charge of my own pleasure that I give the other the space to do the same.

In sharing daily life, we love in word and deed in a thousand ways in trust and mutual support. But in the carnal relationship, we will take the freedom to kiss shamelessly. Because there, the moral concept of love gives way to a more fundamental, raw, more reptilian dynamic that makes one the object of the other. It is here that lies the pleasure that everyone dreams of sharing, the fantasy to be realized. Here that the experience of ecstasy can, once consumed, fuel the love of a complicity full of gratitude.

Lovers are in perpetual search for balance between mind and body, between speech and action, between proximity and distance. When they can welcome both their erotic banter and their romantic bond, they are able to nurture the passion that unites them. This is how you can eroticize your relationship while cultivating a deep love.

Don't wait for happiness, create it!

To understand the issues of eroticism and to know even more about what makes it possible to eroticize your couple, read the excellent book by Esther PEREL, renowned therapist who has followed hundreds of couples in the twists and turns of their intimate life. . A revolutionary and edifying analysis of shared pleasure.

Source: erotic-attitude.com





VALAs Cakes

SALLY
&
JOEL



Peanut Butter and Jelly Smoothie

Serves 1



Ingredients:

- 1 cup water
- 2 TBSP natural peanut butter
- 1 cup frozen organic berries
- 1/4 cup dry rolled oats
- 1 TBSP chia seeds
- 1 TBSP honey (local, raw unfiltered if possible)

Directions:

1. Blend all ingredients together until smooth

Nutrition Tips:

1. Smoothies can be made the night before and kept cold in the fridge for minimizing prep time in the morning.
2. Raw, local honey containing small amounts of pollen from the area in which you live may help to reduce seasonal allergies.
3. If you're looking for a refreshing, delicious, and nutritious smoothie (for the kid in you, or for your little ones...), then look no further than this Peanut Butter & Jelly Smoothie. This smoothie serves as an excellent meal replacement or post-workout fuel. It combines phytonutrient-rich berries, whole grain oats, natural nut butter, chia seeds, and local honey. What this means is that you're getting a smoothie full of plant-based protein, fiber, and heart-healthy fats to keep you full and satisfied for longer. This smoothie provides a 3-4:1 ratio of carbohydrates to protein, making it perfect for post-workout fuel. **BONUS:** there are only five ingredients (+ water).

Nutrition Facts:

15 g protein
59 g carbohydrates
3.9:1 ratio carbohydrates to protein

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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