

TiK T K

Trends O'clock Magazine

ISSN: 0965 - 8021 / ISSUE NO. 02

NOV - DEC 2017

CATALYSTS
*couples can use for
great sex*

10
TRENDS
*worth investing
in for 2018*

DATING CAN BE DAUNTING

Single moms
we got you

EXPLORE
Kinky Secrets
with **Aunt Kinky**

**Love
Pearls?**
*Know how to
STYLE them*

MAKE-UP
*yako inaongea,
jipange!*

Hellen Dausen
Beauty, Brains and a Huge Dream
Get to know her

TIK TOK MAGAZINE

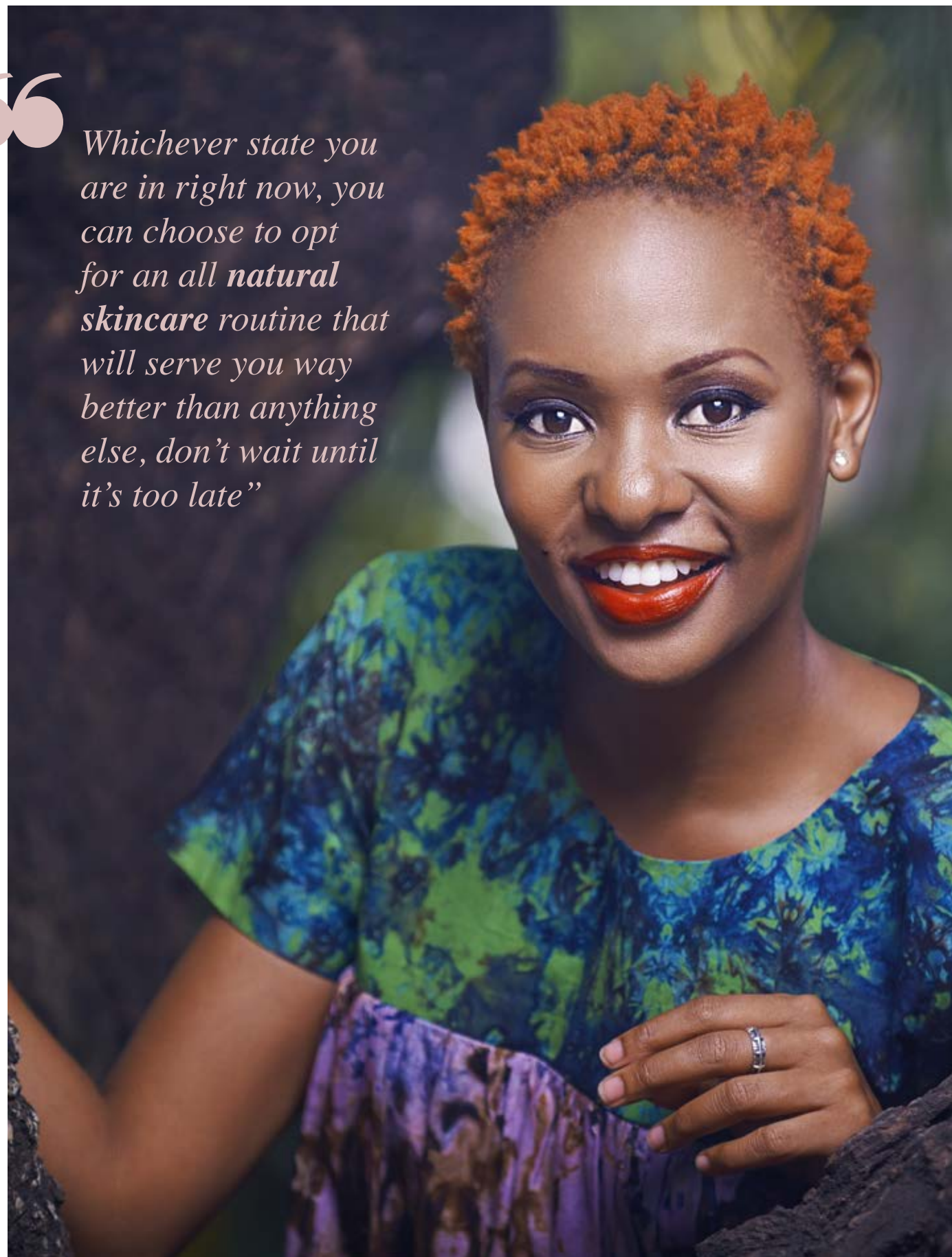
ISSN 0965-8025



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*Whichever state you are in right now, you can choose to opt for an all **natural skincare** routine that will serve you way better than anything else, don't wait until it's too late"*



A WORD FROM MANAGING DIRECTOR

Thank You!

Hello, I am humbled for a chance to be a managing director of this magazine, which gives me a will so strong to face every day of this life with zeal while thanking God for the opportunity.

Like you, I have got dreams & hopes too... thus am focused on developing trend forward and innovative initiatives to tackle the challenges and accomplish the dreams.

I am thankful to you, for taking your time to read, enjoy and even interact upon the content and context of our Magazine. Moreover, I would like to extend our gratitude for your reviews and comments from our first issue which has helped in improving our second issue.

As we grow to the best Lifestyle and Fashion Magazine in Tanzania, we do need your support in readership as well as reviews so that we can

educate, motivate and entertain our society in a more favorable, efficient and trend forward manner.

Thanks to all sponsors who have again entrust and give us a chance to work with their brands. Without them we wouldn't have made it this far. My Team and I are quite thankful and happy for the opportunity.

Honestly, the best part of the first issue was reading the feedback; it was a good experience that made the challenges worth it.

Am looking forward to read from you again, keep tagging our Instagram account: **@tiktokmagazine**. Share with us your views we will interact and learn from you.

Best regards,
Zahira Danda.



ABOUT TIKTOK MAGAZINE
A Fashion, Beauty and Lifestyle magazine based in Dar es Salaam Tanzania. The magazine is registered under Tik Tok Company Limited and distributed in seven regions of Tanzania. Tik Tok Magazine is produced quarterly. About 3000 hard copies are distributed as well as online magazine via www.tiktokafrica.co.tz as well strong social media presence.

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Letters from Our Readers



Here are the parts of the feedback from the Magazine First Issue

@nia_bhoke

"Fashionable girls read Tik Tok Magazine. The orgasm article is so true & funny".
[@tiktokmagazine](https://www.instagram.com/tiktokmagazine)



@beibhavy

Yaaay !!!! I have been featured in @tiktokmagazine first issue on the page "Mwanamke Staha" Pretty exited. And guess what! On the story I explained on how Muslim women are suppose to be in keeping up with modesty and fashion. "Religious and cool as well" what's trending on Hijab and how u can rock ur hijab! How cool is that. 😊
GRAB YOURSELF A COPY OF @tiktokmagazine #tiktokmagazine



@tausilikokola

Job well done @tiktokmagazine when you first contacted me to appear on your very first issue. I was skeptic of the quality of your magazine as I try my best to associate my image with quality have turned down various interviews features for a few reasons .you ensuredme of best quality & kept me & my team posted throughout the process Even when I suggested my photogrsphers at @brainbongo to do the shoot, you worked with me...I have been getting positive feedbacks from business community, lifestyle, fashion industry and more on your first issue... proud of you...with a room to grow, I know you will do great...Tanzania need lifestyle magazines with high quality, updates & insights....please keep moving forward....I am honored you considered me to kick start & I view it as respect. All the best for the future



@fifi_sugardesign

The feeling, the joy and happiness i am filled with in my heart when I see public appreciation to the work of my hands. It started small as a passion and grew up to become something I am interested to do before I devoted all time for it. I never imagined it would take me this far. It's only by effort and discipline to what we do for love and interest. I honorly thank the TIK-TOK magazine for what they see into my work. Honestly, this is all for my people and all time clients to the Fifi_sugar designs. You make me think more than just a design to make you amazing people to where you go. I am so humbled for your credits on my work and may the all might God bless you all.
[@tiktokmagazine](https://www.instagram.com/tiktokmagazine) #tiktokmagazine



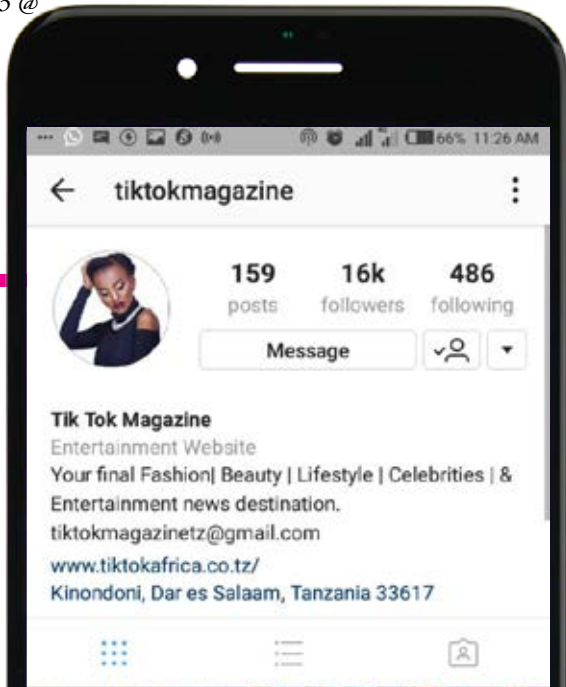
@joujou_nyaki03

Please show your love and support to this new fashion magazine. #TikTokMagazine brings to you worldwide fashion trends. #JouJouHouseOfStyle had a privilege and pleasure to style all the models on this first issue, including yours truly joujou_nyaki03 @tiktokmagazine



Instagram

Want to share your views? Comments? Suggestions?
Drop us a line via Instagram [@tiktokmagazine](https://www.instagram.com/tiktokmagazine)



Inside this issue



Aunt Kinky
Explore kinky secrets with aunt kinky as she administers her wisdom to the benefit of a troubled soul. There is always a way and solution to every problem.



The Shepherd
Get nourishments for the soul on the Shepherd page from different religious figures ready to impact your life positively.



Cuisines
So you can cook? This page provides tips about making different local to international delicacies. Boost your culinary skills from main course to desert.



Mwanamke Staha
This page will feature different Hijabista around the country. If you believe you are a modest dresser contact us to be featured.



Kids Corner
We know there are moms out there who do a nice job in styling their kids. We want to appreciate their job by featuring their little angels in our magazine.



Work It
Learn the do's and don'ts in work out routines, how to lose and maintain your weight.



Mahusiano
We have hot topics concerning love and relationships. Keep it here for advice or a Q&A series.



Yes I do
All about wedding looks and styles: from wedding decors, dresses to accessories. Keep up with wedding trends and wedding matters in general.

Things we have learnt during this production

- 1: Networking is important in media business. When you're connected it is easy to trade and fix a lot of things that would have been impossible if you're not.
- 2: Don't chase people, work hard and let your work make the introduction. If you work smart and diligently, you will meet the right people as you move forward.
- 3: Love, Respect and faith are the capital and profit-know where you invest and spend.
- 4: Don't be afraid to ask, as clarity comes when you ask. Don't be afraid to speak your mind, you might end up saving someone. And don't be afraid to dream fore, nothing is impossible!
- 5: People collection: collect only the ones that understand your path, those who have the same mission will easily value your effort.

- 6: Aspire even when you raise competition within. Your dream is yours and yours alone, people might have the same dream but in a different shade. Make sure yours is painted and decorated well.
- 7: When you are in a team, don't ask others to do what you can do; there is no excuse in doing your responsibilities.
- 8: No matter how many times you fail, if you believe in God, you shall stand again as the passion burning inside you will enrich your effort to seek.
- 9: In this business people will want to know what they gain when they invest in you, unleash your potential and be ready to trade all in except your soul.
- 10: Fashion business is a bitter sweet trade.



INAKULETEA

Afya na Urembo

Campaign

KAA TAYARI....



timelesstz

TiK ToK

Trends Clock

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*Hellen Dausen, beauty with brain
and a huge dream that we all see
it grow with time. A respected
brand that will not only benefit her
and her family but also proudly
Tanzanian.*



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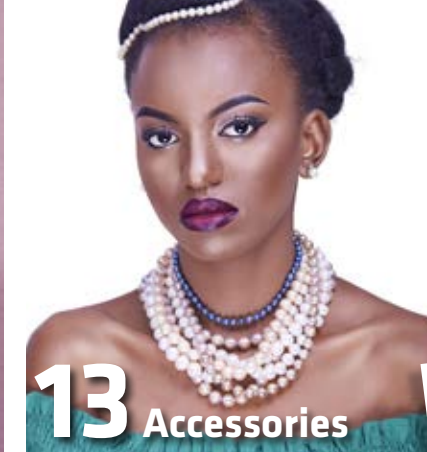


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Quiz



Ladies, Take this quiz. What would you
do if you find your man cheating on you
with your best friend?

Imagine that kind a relationship that you
have stayed for more than a year, almost
everyone knows of your affair and your
best friend has been in your life for
almost forever and you caught the two
on bed.

What would you do?

1: Dump your man and let go of your
friendship?

2: Forgive your man and let go of your
best friend?

3: Forgive your best friend and let go of
your man?

4: Dump them all?

*What is your option? Run and
check page 92.*

2018

fashion & trends

We are almost at the end of 2017- well, unbelievable, but true! Fashionistas around the world shall soon start popping predictions to 2018 fashion trends - telling us what is "IN" and what is "OUT".

Among the most important things to focus on is what to invest for the last days of 2017 to 2018 as far as budget is concerned.

Fashion come and goes, but style is your personal taste on which you rely when buying attires. Fashion can vanish in by the seasons but style will allow you to maneuver and keep up with trends, no matter the era of fashion your attire is from.

Time to set your wardrobe in motion for 2018- what to add, what to remove and what to keep... the must have items for your wardrobe!

So where did you put your money on, this year?

It can be tough to answer such a vague question, especially if you were into almost everything and got almost nothing. Too much to pick from yet too little time before trends flip and change without giving you room to adjust thus quite likely to incur unnecessary expenses in impulse buying and repetitive collections.

While we keep enjoying time with the rest of trends like off the shoulders, skin out and the high slit, these are among the trends worthy your expenditure in 2018.

We advise you to hold your ground with these Fashion Trends.

MODEL : Sabi
MAKEUP: Timeless Beauty Salon
STYLIST: Samuel Zebedayo
Handbag & Shoes Tik Tok Fashion

Bare Ribs

This trend is unlikely to have the same mass appeal in 2018 as it was in the end of 2016, being precisely that this is a body part normal women feel confident in revealing.



MODEL : Sabi
STYLIST: Samuel Zebedayo
MAKEUP: Timeless Beauty Salon
Shoes Tik Tok Fashion

Oversize Glory!

There was a time for spandex and the bandage dresses in which for the name of fashion, dada's had their bodies uncomfortably toned to fit.

Then there were the corset that brought commotion and filled some few people's pocket for the sale, in a quest to pursue smaller waists and tucking in some fat to look good in tight outfits.

Gone are those days though. Now we can all relax and have one too many scoops of ice cream and chocolate as we let fashion take its place & hide all our insecurities in oversized outfit trends.

Have you seen a camel suit Rihanna had recently styled? The bad girl rocked an oversized suit in long sleeves, when she attended Parsons BFA School of Designing graduation ceremony. It was everything Usher said, "No Limit" when it comes to oversized clothes!

The oversized clothing has kept its position among the best fashion trends for many seasons already and it's not about to fade out anytime soon. The trick to it is, it must be stylish and look good on you and not just oversized.

It can be any piece of clothing, be a suit, a jacket, a blazer, pants, a dress or any piece that is oversized and look good on your body.

There was a phrase going round: let your body breath. Yes! Enough with the clinging and tight attires that sometimes are uncomfortable and not fit for all; oversize is among few trends that are for all, a trends that can be rocked by all body sizes and shapes.

To add up, it is a trend you can rely to be styled for another term, one of those that would not be easily outdated.



Sleeve Plus!

The extravagant long sleeves were initially made for winter. Keeping up with this trend in those areas within Tanzania that have chilled kind of weather, can be fun and stylish.

The total package of winter is always amazing; adding varieties in your wardrobe is all that winter can do. The heavy gear and all the accessories that one would use for protection amuse me.

Getting stylish and trendy is an easy task in winter than in summer. Summer is the most favored yet the most demanding- body, skin, accessories... you name it.

Luckily in Tanzania it is not as tense as other places; we have all humid and hot weather that needs a perfect kind of material to combat its rather harsh conditions.

With this trend it is all about material, weather and location.

The extra long sleeves and the trumpet style are the trends that need to be seen, when you style them be sure to let it out. Layer them in cold weather, with a turtle neck/ pull neck inside your trumpet sleeves top that will be paired with booty cut jeans, a boot or pumps to complete a look. Taste!

Fringe Shenaniga

While the 80s lead the season, we can still enjoy the 70s fashions too which translates to a lot of fringe appearing on pants, dresses and accessories.

In some cases, fringe takes a more delicate and feminine turn appearing all over the dresses. Take recent Hollywood red carpet events, for instance: Fringe short and mid dresses took over the carpet & most were in metallic colors (we hope you caught up with our take on metallic in our 1st issue) of which its domination have proven itself- almost every trend has metallic vibes on it.

The fringed dresses seen so far are sexy and chic; and also a favorite pick for most Hollywood celebrities. The fun part about them is the ability to cross & mix with other trends- asymmetric-off the shoulders-wrap up dresses were combined with fringe to create a fashion statement that was hard to resist.

The sophisticated feminine touch that fringes allure from whoever styles it, is not to be underestimated. Plus its playful ambience and youthfulness has an ability to defy age!

MODEL : Wilo
DESIGNER: Aloycia Matilya
MAKEUP: Timeless Beauty Salon
Shoes Tik Tok Fashion

MODEL : Sabi
MAKEUP: Timeless Beauty Salon
STYLIST: Samuel Zebedayo
Shoes: Tik Tok Fashion

Back to Nature!

Let's talk natural hair... natural African hair. African hair has seen phases... kinky, braided, relaxed, weaved, the afro and even the hidden under wigs!

Lately there have been a warm embrace to some cool natural hair styles that have stomped the fashion industry, so noticeable that it made us halt and take a minute to trace the natural African hair history.

In ancient Africa, hair was very significant. In many societies, long decorated hair was perceived as a symbol of wealth. These were the ways of our great ancestors before slavery and colonialism bringing in foreign cultures and traditions.

When slave trade was introduced in Africa it led into a formation of mixed race where their hair was seen as more beautiful that lead to introduction of hot comb to straighten hair.

Later on relaxers were invented and were popular among African Americans and spread all over Africa. Recently "Embrace the Afro!" Movement started to all African/ Black women.

Since 2008 relaxer sales have continued to drop more and more, the Natural Hair Movement is more popular than it has ever been and people are beginning to realize that their hair is beautiful in its natural form.

What makes things interesting is the creativity game about it- so many hair styles to choose from, to make you wish to join the movement and keep your beautiful natural hair. Look around recently everyone is transitioning from relaxed to natural hair.

But the struggle is real, as there's no way of going natural without starting from the bottom... either risk an un retouched hair or face the scissors. I suppose it's rather a fair price to pay for such a worthy, royal natural trend!

MODEL : Wilo
MAKEUP: Timeless Beauty Salon

Midi Hems

To me, mid hems have always been that rescue from the hunch of discomfort when it comes to which part of my legs to reveal or cover.

It can be just over the knee or under the knees. Options can differ depending on different types of legs and bodies, but the fact that this trend provides options, is such dope.

A good chance of reveling longer legs with these trends is guaranteed- longer legs are sexy! Creating an illusion of your height and flattering your body shape with the trend, is totally at your advantage.

This trend can be in coats, dresses or skirts. Be it official or casual- it is the kind to bring out the best in you... classy and playful.

I love it, especially its ability to check all the requirements from church to that mama mkwe visit who has always complained about a seemingly inappropriate- too short or too revealing outfit. Now you can pull a mid-hem and rock your troubles away.



MODEL : Gill, owner of Retail Therapy
STYLIST: Gill
MAKEUP: Timeless Beauty Salon

Shoulder Pads

Whenever you want to make a fashion statement, trace fashion back in times. They say one can never go wrong with the 80's, for a long time the 80's kept ruling the fashion industry to date.

Weather in shoes style handbag or clothes style, you should be safe if you rock any piece from the oldies.

We opted the shoulder pads in our editorial list, styled and designed by Samuel Zebedayo a Tanzanian fashion designer based in dares s Salaam.



Pants Are Forever!

You won't go wrong with everything from power suits, slouchy tailored trousers and stirrup trousers for office wear. Invest in them; the 80's will always overtake the women apparel market.

They are friendly to style, not only as an office wear but also as a casual outfit. They will be here and hold its position for 2018.

Go get them!

MODEL : Sabi
DESIGNER: Samuel Zebedayo
MAKEUP: Timeless Beauty Salon
Shoes Tik Tok Fashion



Chunky Heels, Velvet Boots & socks



Classic velvet shoes, Socks Boots and Velvet boots. Our Editor pick have landed this three shoes style that are all in this season to 2018.

Just a month ago Valentino Garavani released a new boots. The heel features a rock stud ankle boot that mixes a sock boot with a strappy sandal from their capsule collection. The brand new heels are available in different colors.

In the chunky Heels we have opted these two that are available @tiktokfashion in outletsale all in size 37.

This Almond Toe Circus Berry mid block heels by Sam Edelman is comfy. The shoes features Ultimate cushioning, Flexi soles and soft padding mould to your feet.

Also this Libby Edelman mid block heels is perfect classic in floral velvet. You can buy this pairs in outlet sale..



Bijoux Trendy

Bijoux Trend is a clothing label based in Dar es Salam, Tanzania.
Bijoux Trend is specializing in handy dyed Batiki.

Dar Free Market, Room No: 20, Dar es Salaam Tanzania & Zanzibar
Cell : +255 719 341 040 / +255 685 990 409

COVER GIRL

Hellen Dausen

**THE PERSON,
THE BEAUTY QUEEN.
THE ENTREPRENEUR &
THE INSPIRATIONAL.**



Hellen Dausen

She had it all packed: beauty with brain and a huge dream that we all see it grow with time. A respected brand that will not only benefit her and her family but also proudly Tanzanian.

With a group of photographers and makeup artists at six o'clock in the morning, we were on our way to the ferry to board a fast boat to Zanzibar. Excited with the journey, for some among us it was their first time to visit Zanzibar. Even more excitement as it was the last weekend of the Zanzibar International Film Festival. (ZIFF)

Hellen Dausen... she was the main reason we are taking this trip to the most beautiful spice island. Shooting her for our magazine cover was an honor. A lady filled with and radiating energy all around her. I believed she will inspire a lot of ambitious entrepreneurs. She took a break from the spotlight to focus

on her business. I must say it took quite some persuasion for her to be on the cover of our magazine.

Getting comfortable in a boat, a makeup artist asked. "So who is this lady we are crossing the ocean for?" "I haven't met her in person, but I tell you... she's the total package!" I replied.

Saada of Saada's parlor gave me this look which dug deep down my thoughts in quest for answers to how would I know this lady is a total package without even having to meet her. What most people overlook is the ability of a conversation to tell most about a person's character- the way she spoke and the skill in her

communication... warm, welcoming, encouraging, smart... to mention a few- the total package. "She is light skinned is what I can tell from her pictures; I hope your beauty case has make up to suit her skin tone..." I added. "Of course, I'm always prepared for any skin tone that needs my service..." She chuckled and continued, "So what does she do?" "She established a brand called Nuya's Essence where she produces variety of skin products. A hard working lady whose love for her skin and nature, have helped her develop a business that contributes a lot in the beauty industry" I explained to her. "So why Zanzibar, there are plenty like her in Dar es Salaam? What is so special about

her?" Another guy chipped in, he heard our conversation. "She makes her product with LOVE..." They both nodded as they let it all sink in slowly.

Hellen Dausen stood out from the rest and made it to Forbes 30 under 30 - 2016, and also the title of 'Malkia Wa Nguvu' - 2017.

Hellen is so positive about life. From the inspirational posts on her Instagram account @nuyaessence about business, to her skin care and products- everything that drives traffic of women into her inbox seeking a chance for a productive chat and advice on various matters of life, business and beauty.

There are so many things written about her past from her education to her beauty journey as Miss Universe 2010. She had it all packed: beauty with brain and a huge dream that we all see it grow with time. A respected brand that will not only benefit her and her family but also proudly Tanzanian.

Our boat docked in Zanzibar port about two hours after we left Dar-es-Salaam, you can tell you have stepped into a historical place from the strong cultural expressions in their accent, dressing, buildings and food aroma... everything that contributes to its beauty.

We saw a lot of tourists roaming the streets,

taking pictures and going through historical sites. We strolled to meet Hellen at her shop in Stone Town, which totally and overwhelmingly exceeded our expectations. A warm welcome that made us feel comfortable and accustomed...

Saada looked at me and said "She will make a great cover story".

So we shot in the streets of Stone Town which were her favorite, to Forodhani garden and Beit al Ajaib.

More about Hellen Dausen the person, the beauty queen, the entrepreneur and the inspirational Forbes 30 Under 30 feature... on Hellen's 100 Realities.

100 REALITIES *of* Hellen Dausen

Since starting Nuya's Essence in 2013, I have tried my best to develop my entrepreneurship skills through reading lots of books, my way of thinking and approach to many situations, picked up some healthy living habits, time for prayer in the morning, strengthen my connections and so forth.

1. What is your schedule like?

My schedule is really unpredictable and depends what I have planned for that day or that week. But just to give you a snap shot of it, I wake up at 6 am (most days), spend time reading the word of God and also write in my journal. Prepare a warm cup of herbs that I drink everyday to help jump start my metabolism and balance my whole body. From there I spend time on my morning skincare routine, have breakfast and get to work.

2. How do you keep yourself motivated?

I believe I have a bigger purpose and God has placed me to do what

I do for a reason and that alone is a great motivating factor for me. I also do read lots of books that keep the fire in me burning a little longer.

3. What kind of books do you read?

I do read fiction and non-fiction. I have a good collection of different novels, spiritual books, business books and the like. I am yet to start reading biographies, something I plan to start doing slowly.

4. Which is your favorite book... why?

It might sound cliché but best

believe it's the Bible. For me, the Bible changed my life and it continues to do so every single day as I keep reading and getting closer to Christ and strengthening my relationship with God. It reveals the life I should have, God's heart and his ways of doing things and being, that I am in awe of his ways.

5. What TV shows do you watch?

At the moment I do not watch any. I can't even remember the last time I watched TV.

6. What personal developments have you made since you started Nuya's Essence in 2013?

Since starting Nuya's Essence in 2013, I have tried my best to develop my entrepreneurship skills through reading lots of books, my way of thinking and approach to many situations, picked up some healthy living habits, Time for prayer in the morning, strengthen my connections and so forth.

7. What would you advice your 20 year old self?

That life will not happen the way you plan it and that to keep my eyes on Christ and live each day being grateful and make baby steps to achieve greatness. Also not to worry too much about tomorrow.

8. What would you like to accomplish before you die/ what's on your bucket list?

I would like to see many people live for Christ, therefore serving my time and doing my best to

share Christ threw my work and my life.

9. What should every woman try at least once in her life time?

To pack her whole life in One Bag, and move to a new country.

10. Between all the products at Nuya, which is your favorite and why?

I love our 100% Pure Coconut oil simply because it has helped me deal with my oily/combo skin which is a bit troublesome. The fact that it is a natural anti-bacterial & anti-fungal is a bonus. Coconut oil is super moisturizing and makes my skin silky smooth and oh wait! The scent is everything. I just Love it.

11. What brings you the greatest satisfaction?

Great satisfaction comes from God

alone. The relationship I have with him is everything to me and I am content and satisfied in him alone. On my journey through life, I had placed my hope in things, people, work but everything had failed me at some point but I looked up, and God is still there for me, this is my greatest satisfaction.

12. What is on your bucket list?

To travel the world.

13. For your ideal dinner party, who would be the first on your guest list?

My Young Sister, Eldaa Dausen.

14. What is your greatest indulgence?

FOOD. I have an out of this world appetite. I appreciate food and love to indulge any chance I get.

15. What is the best gift anyone has ever given you?

A hand written letter.

16. What is the best gift you can say you have ever given?

My Time.

17. What is the one thing people would be surprised to know about you?

That I am a certified Introvert. Ha ha ha oh well!!

18. The best advice you have for the under 30 young women?

Don't waste time waiting for the right moment to do anything. There is never the right time at all. You only have today to live and achieve something, as tomorrow is not promised. Just start now. Do it Now.

19. What is the biggest lesson you learnt from your parents?

Perseverance.

20. What are you passionate about?

I am passionate about Soap making. That's how I started my business, making soap and only soap. Until today, I love making soap. The whole process is so fulfilling and frightening at the same time because anything and at anytime something can go wrong. So, my mind, my sense of smell, my focus, and my eyes are at full concentration on the soap making process. It is indeed some kind of therapy for me.

21. Your life story in five words.

Journeying to the High Places.

22. How do you think people perceive you and how would you wish they perceived you?

I think people perceive me as an approachable and very serious person but oh well, I wish they would try to reach out to me, I don't bite.

23. What skill are you applying more from the Bachelor of Science in International Business Administration and Entrepreneurship degree you acquired from USI University?

Business development. From my time at the university, I learnt how to develop a business from an idea stage, to ways of getting funds and actually begin to build the business. Our lecturers always told us to be patient and great brands take time to build, I think I am on the right path and they will be surely so proud.

24. What difficulties do you face while training other women in making natural soaps?

We haven't started training other women just yet as we have been super busy handling different projects. We plan to do so in the near future.

25. What are the challenges you are facing as a young business woman in Africa... And how do you go about into overcoming them?

26. What is the biggest challenge when running your daily activities in your company?

The biggest challenge is sourcing 100% pure oils from local markets. Most of the oils that's there has been diluted and no longer effective for beauty purposes. But we do try our level best to educate on how to produce these oils; we do produce 100% Pure coconut oil in house so this is great as all our products contain coconut oil.

27. How do you balance between making money and making a difference?

My company's goal has always

been to change the face of cosmetic industry in Tanzania and beyond, therefore from early days, I have focused on using the highest all natural ingredients, hiring locals and educating women on how to take good care of themselves naturally, in the beginning I did not get profit but the passion got stronger, money comes in as a great reward. Focusing on money alone can get you very frustrated.

28. If you could describe your country in three words, what would they be?

Resourceful, Beautiful, Peaceful.

29. What do you dream about when you are lazing around?

The countries I will be traveling to.

30. What are your three biggest goals for the next year?

Keep working on my Relationship with God, Open 1 More Nuya's Essence Branch, Travel to a country I have never been.

31. Most people set New Year goals/ resolutions. Did you have any? What are they and how far are you into accomplishing them?

Yes, I had a few and I have gone half way, other resolutions, will be carried over to next year. Don't we all do this?

32. How do you balance between work and your personal life?

I think as a small business owner my personal life get swamped with my work, simply because I love and enjoy what I do and hence I am always working even when it seems I am not but I make sure I don't

burn out hence I allocate special time for some Me Time, everyday.

33. Will Nuya's Essence be your only venture or should we expect something more from you?

At the moment it is my only venture. Nuya's Essence has so many small projects within that have not yet come into fruition. Sometimes I feel like I need more hours in the day. So many exciting things are coming up and I am just getting warmed up but on the brighter side, If God leads me to do something else then so it will be.

34. How do you make you happy?

By doing the things I love. Spending Quiet times with God, Reading books, traveling, eating new cuisines, soap making and writing.

35. Your parents seem to be a big part of the starting of Nuya's essence, what words can you say to them now?

I am always lost for words to my parents but I am thankful to have parents that support my dreams from day one. When I wanted to be a model, actress to building a business, they have been here. To Mom and Dad, I cannot thank you enough but may God give you Long lives. I love you all so much.

36. How much time do you use studying to develop and improve your business and yourself?

I am always studying, reading and writing, around the clock.

37. How would you describe your faith?

I would say It is Growing. I am a born again Christian, a true believer and follower of Christ. My faith is a work in progress but grateful to God I am not where I used to be.

38. It is important to have someone to fall back on for support, who is your go to person?

My Parents.

39. What can you share with us from what you learned at the Mandela Washington Fellowship for young African leaders in 2016?

The power of connection. During Mandela Washington Fellowship, I was placed at Northwestern University in Evanston, Illinois. I met an amazing lecturer Prof. Verinder who is also my mentor. He really emphasized on the power of connecting with one another, to hear people out, to share your story. He literally made each one of us spend at least 15 minutes on a one on one encounter. I built very deep relationships that time than I have even done in my whole life. Now I have friends all over Africa, who genuinely are for me as I am for them. This was the best experience of my life yet.

40. A lot of businesses fail at a very tender age, but you seem to be growing and moving forward, what is your secret?

GOD! I have learnt to depend on him for direction and strength. I cannot say I have never thought of giving up, I would be lying. But

he gives me strength to carry on even for one more day, then days turn to weeks, then months then years. It seems like yesterday and sometimes I wonder how I still can. He has promised me so much and I am totally here for all of this. Also being able to grow Nuya's Essence organically and avoid so much pressure to grow quickly, most businesses do this mistake. I only expand when my business allows me to, financially.

41. Apart from being a business woman, a model, a creator and innovator, what other talents and gifts do you have, and how are you intending to develop them?

I love writing, Taking Photos and Styling products not sure if I want to develop them further but maybe I could write a book someday, just maybe.

42. So many students are going to universities not knowing what they should major in, if you could advice them, what is that you will say to them?

At the time a student is ready to enroll to university, he/she is at an age that they are very aware of their God given talents, interests and likes. I would like to urge them not to ignore these abilities and choose a major that aligns with what they aspire to be doing for the rest of their lives.

43.You are a beautiful and attractive woman, what challenges do you get from sexists and how do you deal with it?

Well, sometimes people look down

on you and will make you take rounds before giving you what you want, I had a hard time getting some licenses, I ignore them but I make sure I stage my case.

44. Networking is a big advantage one can have as an entrepreneur how do you get to connect with people and how do you keep up with your network?

At this moment as days get very busy I am hardly on the social scenes/events. But I thank God for social media, I have met lots of people through it online and as well as offline. I try to check on my networks from time to time, to say hello or share something.

45. Of all that has been written about you, what do you feel has been left out and it's worth knowing?

My Faith. I haven't been able to share much about my faith before because I was in a different season in life. But I am grateful; I have a chance to share Christ's Love through this article, through my life and how my walk with the LORD has truly changed my whole life.

46. What inspires your hair styles?

I would say laziness, ha ha ha. I have never been the person to spend even five minutes on hair. Thus, I have had it short for as long as I can remember.

47. What part of your body do you love the most?

My Brain.

48. As a model and a woman,

what struggles have you had with your body and what would you advise young models on self-care?

I have struggled with being too thin back in school and I was so uncomfortable then. Then when I wanted to become a model, I had struggled with over size hips and height (There is a certain measurements for hips), so I did many diets, working out but never achieved what I wanted. It was frustrating. I would advice young models to appreciate who they are and no waste time trying to change you. Find a model segment

I would say my hair style is inspired by laziness, ha ha ha. I have never been the person to spend even five minutes on hair. Thus, I have had it short for as long as I can remember.

that can best represent your body type and work hard towards that. Set time aside each day to take good care of your skin, happy skin, happy life. (oh well! I just made that up but you know what I mean)

49. As a young Tanzanian and African what is your vision for Africa and African businesses?

African businesses are the future. Every single day, many youth opt to start a business in Tanzania and Africa at large, we have so many resources and we can't afford to say there is no employment, it's a shame. I envision Africa to host Top companies that the whole world will embrace. This is the time to build our Tanzania, to build our Africa, one business at a time.

50. You have managed to create employment in an unemployment era in the world. What advice do you have for other youth who don't seem to find jobs?

As much as I know, business is not for everyone, as people have different interest and talents, I can advice youth who are seeking jobs from big companies to look around for smaller companies or even start-ups and see if they can partner up and share skills.

51. How do you deal with your weaknesses if any, and what do you believe are your strengths?

As far as my work in concerned, I hire someone who has strength where I am weak. My strength include: Attention to details, creativity, research skills to mention a few.

52. At age 30 A lot of women feel pressured to start a family. Do you feel that pressure?

I used to let outside forces define me and pressure me but not anymore. Everything will be accomplished in God's time and not my own. Therefore at the moment I am focused to build

what is in my hands and not worry about the future.

53.Time is a precious commodity. If you had one week to live what would you do with it?

I would spend more time at Jesus's Feet, family and my friends.

54.What would you change about yourself?

Nothing

55.What is your definition of success?

Peace of mind. No matter who you are or what you have achieved in this life, if you do not have God's peace, it's all not worth it.

56. Who are you?

I am a blessed child of God. Called to serve and share his word through my work and my whole life.

57. Make up or hair?

Make-Up

58. Hand bags or shoes?

Why not Both?! Oh well, I will take the shoes.

59. What can easily make you sad to tears?

When I see someone being mistreated. It breaks my heart.

60. Do you have any regrets?

No.

61.What is your best childhood memory?

Not paying Bills! Ha ha ha ha oh well, It's my dad coming home with new toys for me and my

young sister.

62. More than 50 thousand girls have been expelled from school since 2003 because of pregnancy, What is your opinion on the matter?

As a Christian and a Christ follower, I know and believe that, we are called to purity and that we are not to engage in any sinful behavior including sexual immorality. Therefore, having said that: these girls needed guidance both spiritual and career wise so that they may not depart from the truth. I believe everyone deserves to be forgiven and given a second chance, these girls know that they are in the wrong and as much as God has forgiven them, we should too. On the other hand parents, community play a big role in mentoring and giving proper guidance to these girls and future generation, so that they may always live in truth and lives that honors God.

63. So many people talk about making the world a better place. If you could change one thing on an instant what would it be?

End Hunger.

64. What is the newest product we should expect from your line?

Aromatherapy Soy Candles.

65. On a scale of 1 to 10 how weird are you?

Ha ha ha ha ha mmmh, Maybe 8.

66. It is good to look back at life and celebrate, learn or appreciate. But we have to work every day to prepare what we

will be looking back at so we won't have regrets. 10 years from now what do you want to look back at?

I want to look back and see my children living for Christ. I want to look back and see people that I prayed for receive salvation, until then, nothing else really matters.

67. May you tell me about a time when you almost gave up, how you felt about it, and what saved you?

When I recently moved to Zanzibar, times were very tough and I couldn't even afford a proper meal. I remember, I called a good friend of mine and asked for lunch money, just to push me a few days. I hope & faith, that's what saved me.

68. What was the most hurtful comment about you did you ever hear/read?

I would not want to re-live the hurtful comment by sharing it at the moment.

69. You have employed a team of how many people and what keeps them motivated?

We are a team of 8 people. Everyone is free to bring in their ideas, so this excites them to know that their ideas are valued. Our working hours are flexible not so routine oriented, they get bonuses for good performance and plus they have a cool boss!

70. You have a shop in Zanzibar but clearly your clientele base is expanding. What are the challenges and how are you overcoming?

Our Major challenge is resellers, because most of them do not carry all our product range, they only

pick what they want to sell, so when clients see photos on social media and go to these retailers and don't find the products there, they get frustrated and complain. Therefore: As our part of growth plan, we will be opening more stores in major regions in Tanzania, Africa and beyond. We have started with Stone Town, Zanzibar in 2015, we are to open our second shop this August in Dar es salaam and keep an eye on what is the next city we are going to. I am super excited about this.

71. What is your beauty secret?
Consistency. If there is one thing I stress on my clients is consistency.

72. You are a customer focused business. How do you deal with negative feedback from your customers?

I take every feedback as a learning curve, be it negative or positive. For Negative feedback, I do my best to change something for the better so that customers can have the best experience ever.

73. How much is social media a part of your business?

Honestly, social media has really helped my business grow. It's where most of our customers find us and get a firsthand experience of our products. Social media has contributed so much to our overall growth over the past years.

74. What part of your business keeps you up at night?

Formulating.

75. How does it feel to be in the spotlight?

Right now it feels a little awkward



cause I had decided to step off the spotlight and focus on my business and I am sure you can testify trying to convince me to do this interview and later on be the cover girl, yikes!

76. Are you a bathroom singer or a bedroom dancer... or both?

Ha ha ha, Both.

77. Do you believe in love at first sight?

Yes, I do.

78. What is behind the name "Nuya's Essence"?

Nuya's is my great grand mother's name that I was given at home. It means, "The Owner of the land". Thus the brand represents all the ingredients that are sourced from the land, the best of the best. "Essence" is the purity, potency of the ingredients we use. Marrying the two seemed ideal and can represent the brand well.

79. Describe your best friend in six words including her name.

Well, the term best friend sounds a little juvenile, but here you go: Alice Lushiku: God-fearing, Loving, Caring, Selfless, determined, and Stylish

80. If you had to change your name, what would your new name be, and why would you choose that name?

Honestly, I cannot think of any right now. Why would I want to change my name anyway? Hellen means sunlight/sunshine, I Love that.

81. If you could know the absolute and total truth to one question, what question would you ask?

How will my Life end?

82. What song best describes your

work ethic?

I don't listen to songs when working.

83. What's your favorite meal?

Oh this is hard, but I would go for sea food any day.

84. How do you maintain a healthy eating habit in your busy schedule?

I try my best to eat many meals at home and sometimes I do carry my food to work. If I am to eat out, I choose healthy meals and of course Indulge once in a while, I don't have a specific diet, I eat everything but in moderation and don't abuse food.

85. What is your business opinion and perspective upon the current economy and governance?

Business wise, though things are not like they used to be but we will get at a better place economically if we all put in work and avoid shortcuts in business and in life. If we can all quit complaining and pointing fingers or ever finding faults in our country and our leaders we will not have enough time to focus on building this country. So, let's look on the brighter side, work hard and be thankful to God we live in this Amazing country, I could not see myself anywhere else.

86. What is your definition of life?

Life is a gift. A precious gift of self discovery and connection to all the living things. I think Life is magical.

87. Purpose brings focus, what would you say is your purpose in life?

My purpose in life is to share Christ through my life and my work. Few months ago, I had a one on one with God, asking him how I can share Christ through my work and I had

a revelation when I was at a café having breakfast, that's why you now see bible verses on all Nuya's Essence products. It is to lift someone up, to heal the broken, to remind someone out there that God is there for them and Loves them unconditionally. Even if only one person gets to be saved through my work, It is enough for me.

88. What songs are on replay on your playlist?

Songs by The Hillsong church. "What a beautiful Name" Is my favorite & on replay

89. Identity is an important element in an individual's life. What identifies you?

My identity is found in Christ and Christ alone.

90. Does your lovely smooth skin get any special treatment you can share with us?

Yes, I do get special treatments from time to time. Apart from my daily skincare routine, these special treatments include: body scrubs, facials, body massage, dry brushing and a bath soak.

91. Is it ever too late to take care of one's skin?

Well, in some cases there can be a too late. Example if the skin is seriously damaged, you can't really reverse that but at the same time you are not advised to keep using the products that damaged your skin. But whichever state you are in right now, you can choose to opt for an all natural skincare routine that will serve you way better than anything else, don't wait until it's too late.

92. We understand you are all about skin, what is that most women go wrong on skin care? And what would you advise them?

Since starting Nuya's Essence, I have been listening to a lot of concerns about skin. And one that Tops it all is: Most people do not apply any moisturizer on their oily skin. Simply because they claim to be super oily so they don't apply oil on the skin. I am not a dermatologist but let me share the basics: I have oily/combo skin and I have used our 100% pure coconut oil on my face for almost two years, and it has helped me balance the sebum production, clear my skin and prevent pimples. Thus: you should always apply oil on any skin type, your skin needs the nutrients to stay healthy, don't deprive it. When you do not apply oil, your skin will over compensate and produce more oil to cover up for the oil you did not apply, therefore you become more oily, get more acne/pimple and so forth. So, keep moisturizing no matter what.

93. Among all your products, what product is the best for skin development or skin enhancer?

Our 100% Pure Coconut oil is the Holy Grail. It is made in-house and in small batches. Coconut oil, is a natural anti-bacterial, anti-fungal hence prevents loss of skin issues like rashes, pimples, uneven skin tone. It hydrates the skin deeper and longer, brings out the hidden glow.

94. What would you advise women who bleach their skin?

Dou you have any product that can help women with severe chemical cream burn that comes after bleaching?

I would tell them to Stop right now. I mean, the end of it is never good and most of them know this already. But little do they know that natural skincare products do wonders for the skin, they help you achieve the glow you want, even your skin tone and smoothens it, It truly is a better investment for your skin and your overall health. Nuya's Essence has a wide range of products that women who have been affected by severe chemical creams can use. One needs to switch completely to all natural skincare products to achieve the maximum benefits. We have different soaps, body oils, body scrubs that what can use to attain healthy glowing, radiant skin.

95. What is your skin routine?

I do have a written down schedule for this so that I don't skip my routine.

I start by washing my face with Nuya's Essence charcoal soap, then use toner, followed by eye cream, a serum then a day cream (for morning) or a night cream/oil (for night), after that I apply lip balm then a sunscreen (in the morning), after this step, if I am to wear make-up that day, then I do so. I scrub my face and body three times a week, this helps get rid of dead skin cells faster. I put on mask three times a week and on weekends I make fresh masks made of honey, fruits puree, plain yogurt and so forth.

From time to time, I do dry brush

my body in the morning to help with blood circulation and get rid of toxins. I know it can be a lot to take in but I have done this for over 8 years and I do make products myself for use at home and I try to shop from other natural brands if need be. Attaining clear, glowing, silky skin is not a miracle, it is a commitment.

96. Describe your current love life... any special someone in it?

Yes, there is someone special. I prefer not to share much but at the moment but I am happy with Him, I am at peace.

97. What is your greatest fear?

Nothing. I choose not to live in fear.

98. What is your most comforting Bible verse, and what is your favorite woman Bible character?

"I Alone know the plans I have for you. Plans to prosper you and not harm you, plans to give you a future that you hope for" – Jeremiah 29:11.

I Love Esther. She taught me the power of fasting and that it can change any situation. Fasting has done wonders to my spiritual life; it has connected me deeply with my heavenly father.

99. What is your life motto?

Live, Love, Laugh.

100. TikTok Magazine appreciates you sharing your 100. What do you hope for this piece to achieve for you and Nuya's Essence... what should we take home in brief?

I would like to thank you for allowing me to share my story with the world, I don't know who and how many will be reading this story, our Nuya's Essence story but for what is worth, I hope it inspires them to Look up and know that God is therefore them, to shape their lives, to pick them up and start all over again. I hope they keep the fire of passion burning within them long enough to light other candles and I hope they live their best life, right here and right now. God bless you all.



Outlet

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Kareen Whitsun,
Founder of Tanzanite curves.

Tanzanite curves is the first exclusive platform for plus size that organize fashion show for plus size ladies in Tanzania and seminars on how to dress stylish and build up confidence.

You are Amazing

... There is beauty in variety and if women go through these changes just to impress men, there are a variety of men with a variety of tastes. So you should know!

It is said that the only thing that is steady and constant is change. Change is constant. Given enough time, everything changes and this includes how the world perceives something to be beautiful or not-so-beautiful.

This is why the ideal body shapes, as the world decides, has changed so much in the past 100 years, and who is to say that it will not keep on changing?

In the 1910s, the ideal body shape for women was known as “the Gibson girl” personified by Charles Dana Gibson, an American artist. One had to have a robust torso, a teeny tiny waist and full hips. Women went through a lot of troubles to

reach this ideal, and some even went as far as to have some of their lower ribs removed so as to achieve the tiny waist. Some people died from such attempts. During this period, corsets ruled the day!

During the 1920s the changes were drastic. One could say that women of those times were tired of their super-cinched corsets and how they affected their health, so the ideal body shape was “the Flapper”. One had to be streamlined- petite and straight as an arrow, preferably with short hair and a nearly-flat chest. So imagine what happened to those who were naturally blessed with a full bosom... They had to wrap it so tight that it practically became small- another health hazard!



Times changed, and it was the 1930s with “the Soft Siren”. A hint of shoulder, a small natural waist and a flat chest. The 1940s brought with it “the Star-Spangled girl”, and so on. It seems that there is no end to this and it may leave one very confused if they have to be changing their body shapes every 10 years.

To be fair, no woman should be confused or ever feel uncomfortable in their own skin. There is beauty in variety and if women go through these changes just to impress men, there are a variety of men with a variety of tastes. So you should know!

Lately the trend is to be a “thick girl” as they like to call it - voluptuous! An ideal woman has to have huge boobs and a humongous back side and hips to balance. However, they have to be firm and balanced. Big breasts come with many challenges such as stretch marks, and the fact that because they are big, they are likely to sag. This is a hard feature to accomplish because with volume comes weight that drags them down. Nevertheless, since that is a common desire these days, there are many businesses selling all arrays of things to help boost body shapes.

This can be seen especially in social media sites where there is no end to advertisements of shape-boosting medicines, clothes and physical exercises.

**TIKTOK
TIP**

The hustle for the perfect body is fierce and a never-ending façade. One has to inquire as to whether if it's worth to pursue.

As long as you are healthy, and you have the ideal Body Mass Index (BMI), then just find clothes that suits your body type and accentuates your assets... and your beauty shall never be in question ever!

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Mwanamke STAHA

The Koran calls for all women to cover and be modest. We believe covering your body should be a choice you enjoy, while keeping up with fashion and trends that accord to your belief.

The Mwanamke Staha page aims to keep up with hijab fashion and trend, it is a guide for all Muslim women how to cover their body and stay modest.

The question has always been how to do so and stay in fashion. We are trying to use this page for your inspiration so that we can help the trendy hijabista to style fashionable outfits whilst obeying the Quran.

We will be featuring hijabista in every new issue, focusing on the ones that will model and advise where you can get all that they have styled.

We had the chance to interview Halima Shebude, a hijabista and

better yet, a fashion designer who designs all the stars' fits including the ones she has styled herself.

Miss Shebude has got it all, tips and advice on how to keep up with trends and she shared her personal style.

According to her, it is just a matter of knowing what is trending on fashion, that not all trends fit you, and always opting for the ones that fit your personality and staha.

She called on fashionistas not to be afraid to know what is trending in fashion; after all you only need to pick those that work with the hijab. Ignore all the trends that reveal your body and pick the ones that cover up

while using the same trend as everybody else is styling.

Halima cited a long skirt she had recently designed, a maxi skirt. You might wonder what you could pair with it and keep the stara. Well, there are varieties of top choice to style with a maxi skirt, and among them is a turtle neck top with long sleeves.

Every hijabista should have a long turtle neck in good material suitable for the local weather; for those in Dar es Salaam for example, always opt for the light ones to cater for the temperature.

Keeping up with the tips, Halima said a hijabista should always be ready to alter the available trends to fit their needs, altering the

outfits to meet the requirements. Some of the trends might be fit to be rocked by hijabistas, and by fixing some minor flaws you can obtain same trend with a different twist.

You should always be ready to be inspired, inspiration comes from different sources and sizes. Be careful with those you choose as they should not only be hijabista but also keep stara and staha as the religion insists.

"My biggest inspiration has always been my mother" Halima added, *"she covered herself and stayed modest always."*

Despite many of her clients being online, Halima says she keeps up with their daily needs to make sure she delivers even to clients

You should always be ready to be inspired, inspiration comes from different sources and sizes. Be careful with those you choose as they should not only be hijabista but also keep stara and staha as the religion insists.

she has never met, as online people might just order what they have seen, *"I have always made sure I deliver what they have seen in good condition"*. She added

Halima believes that not only Muslim women should cover themselves, but also others with different beliefs, as it helps to preserve our custom and culture. She challenged women to leave the notion that to be fashionable

women must reveal too much of their bodies or copy what westerners are styling. She said you can be fashionable and trendy while staying modest and respectable. *"I believe when a woman covers her body party she portrays class that can easily be noticed not otherwise"*. She elaborated. *"As a designer, despite the challenges faced, my obligation is to design attire that will preserve my culture and inspire the younger generation into styling modest attires"*. She added.

You can check Halima Shebude's Instagram @mimas_collection for more styles and tips. Also you can order all this outfits she had shared from it on this page, they are all available to order.



Do you let your kids choose what to wear?

We met the beautiful Ursula at Sunset Hotel in Iringa, she touched our hearts with her beauty and confidence.

That chill Iringa weather didn't stop Ursula and her family coming out to meet us, but she surely came out in style to counter the weather.

Ursula wore a cardigan and winter black boots that were styled with leggings and matched with a top over that. Ursula spiced up the look with a scarf that also protected her from the cold.

We looked at her when she came up talking in German

... let your baby decide (and just guide) what to wear, this builds up their confidence and allows them their own choices.

with her mom, mesmerized with her and thought of this page kind of crossed all of our minds until Mark, one of the photographers whispered, "We have found our model"

The whole group, agreed then to approach Ursula's mama with the idea. How excited it was as she made our process so easy and fun.

A German Tanzanian kid is not easy to miss, her big brown curly hair is so beautiful and stylish and really stands out.

At the age of eight, Ursula is full of talent and loves fashion. After school, she participates in different clubs like dancing, playing guitar and drawing. Although she doesn't have a fashion club, she uses her free time to download and play with different fashion apps which reflects the way she dresses every day.

"Ursula likes to choose what to wear by herself, everyday; she wakes up, looks into her wardrobe and after a little pondering decides what to wear". Her mom told us.

Ursula creative talents have also helped her to create some wood dice blocks with her name, and she creates some little accessories, some of which she styled on the photo shoot. Ursula's parental support allows her to develop her talents potential freely. That means that they do not limit her in what she may become in the future.

We clearly seen her potential in the beauty and fashion world, also bright intellect and lively looks reflect her healthy living style. At her age Ursula is multilingual, she speaks more than two languages, German and English included. She also studies other Languages, and kept throwing us some of her Spanish words during the shoot.

Tik Tok Magazine team can definitely picture her as a great future model and fashionista. Thanks Ursula for your participation.

Advice to parents out there - let

your baby decide what to wear, this builds up their confidence and allows them their own choices. Guide them on deciding while helping to shape the potential they reflect. A kid with fashion traits will always choose what to wear above and beyond your own choices, forcing your opinion on them is discouraging her/ his nature which needs to be cultivated and nurtured.



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Or Write to us; tell us why we
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Yes I Do!

MODEL: Myra
DRESSED by My Wedding Solutions
Make up by Timeless Beauty Salon
Shoes by Tik Tok Fashion



We have come to believe that all women like marriages and you cannot hate marriages if you have never gotten married before. A bad marriage experience either direct or indirect contributes to a lot of women to detesting marriage.

Glory to God for creating such a beautiful thing, that gives so much joy and happiness and yet so much pain and hardship. A bitter sweet experience that one will not come to understand when they are not in but only wish to get in from all the fantasy it brings.

Women cherish marriages to the point some don't even consider how they get in... they just want to have a portion of marriage experience.

The idea of getting married strike women in their 20's to late 30's, with fading hopes in 40's yet all these women at some point they have thought of and craved for their big day. Fantasizing on how the day would be- the dress... hair style... glass slipper – the whole Cinderella package! With all these at hand, the core purpose of the occasion can easily be lost and forgotten.

Have you noticed how sadly divorce and separations are quite common unlike back in the days where it was an agonizing and excruciating shame and pain to even bring to term that you could

be divorced or separated?! Lately some even shamelessly include it like a title to an introduction- so and so... divorced!

Back in the day people will bow their head down in embarrassment when they hear a person introduced himself/herself as a divorcee, for what you have openly proclaimed was a taboo. Not lately, it is a trend and some even celebrate their divorce, the distinctiveness of it all is gone, it has become a cliché that gains interest by day.

To have it all without the burden of its responsibilities, is what most women want right now. And please do not throw in the feminism card when am up to present my views which I believe do matter. The intensity of the current situation in marriage is what made me think somehow someone must understand the concept.

Not that divorcees should be labeled with shame and/ as failures! Not at all, for you might have had a good reason to your divorce & I am among those who are open to divorce when things are not working and when all hope is gone and lost. It is okay to walk away. This is not an attack on you.

Am here for those who thought marriage is just a trend- in health and not in sickness, for rich and not for poor... the easy downhill moments and not the challenges



There would be tough times, that's for certain. Times of not Seeing Eye to eye... fighting, tough financial situations, temper, bad moods, sickness... unfaithfulness- yes, that too; as much as infidelity might even Biblically seem like the red card of this game of love, it shouldn't necessarily be so. Marriage is a work in progress, growing together, bearing with one another and doing all that can be done to work things out and make it work. It's about second and several chances.

Yet again mistakes repeatedly occurring twice and/ too many a times, could be a sign of lack or death of the core binding ingredient of marriage- LOVE! When love is lost, the irritating bad situations, discomforts and fury becomes regular and endless in what was once a holy matrimony.

Before you jump in, ask yourself "why do I want to get married" and, to whom am I getting married? Am I attracted to this person I'm about to marry... in his whole totality? Those are the questions that will help make you conscious of the reality in which you're about to partake.

Daily and consciously reminding yourself of why you married your partner, lover and friend; as well as your marriage vows, is probably an exercise our ancestors did silently and diligently to make their union relevant for even over 50 years. So we see, it doesn't end with the wedding dress, a tiara and pair of glass sleepers fancy enough to post on social media- a happily ever after is a diligent work in progress on all challenges of life and marriage - together!

Yes he cheated... so what? Damage is done! Telling all your friends (whom half of are low key envious thus this is just good news to them, while the other half doesn't care since they've got their own struggles some greater than yours), blasting him on social media and taking all the wrong and petty advise and steps into 'getting back at' him instead of



resolving the matter into 'getting back with' him- this would definitely lead to separation and eventually divorce. But what happened to communication, forgiveness, fixing thing, changing things and finding practical solutions...?!

marriage is a work in progress and not just a garden of roses... with the sunshine, there's got be rain sometimes.

With all these pre wedding shenanigans- send-offs, bridal showers, kitchen parties and whatever else that has been in fixed on the list lately; I wonder if we truly own up to the purpose of these events- preparing the bride for marriage life and not just the wedding?! The 'kitchen party' specifically which was meant to be an equal replacement for the traditional 'bridal date with her somo (teacher)' as the ceremonies our forefathers keenly observed into preparing the bride for

marriage- teaching her about humility, diligence, true love and maneuvers for tackling predictable challenges of marriage.

I suppose the feminist cry for equality has been misconstrued at the marriage level. For this is an institution of two differently wired people living as one. This means that they have similar goals but the manner to which they need to partake into achieving them, would be different since there are things one can do but the other cannot (or maybe can do but not as sufficiently and efficiently as the other) and vise verses. So in marriage what is rather important is balance than actual equality. This made most marriages work with our forefathers- striking the balance; knowing who does/says what, when, where and how! Without prejudice nor malice but mere common sense, understanding and empathy.

Running away from problems does not really fix them, they shall reoccur elsewhere with someone else... one divorce to the other! Do not give up easily... pray, fight for what is right in your family with wisdom, communicate with love and set your priorities and authorities straight.



There are men who can cook and love to cook, yet majority would rather do the garden/pay bills or fix things in the house. As there are women who can fix things in the house/pay bills/ have the maid do most; yet majority would not. Get to know each other well- what you both like and don't like, what you can and cannot do, what you want and what you need... then find common grounds and resolutions- if it's an extra maid, and extra job, more time together, space etc. But not go about the gender war on equality... there is no absolute equality between two individuals- not even twins, they've got different genes. A man is wired differently from a woman... with strengths and weaknesses alike. What you need is balance, empathy and love to make it work.

This is why I keep saying, marriage is a work in progress and not just a garden of roses... with the sunshine, there's got be rain sometimes. If you are currently facing challenges in your marriage, hang in there and find resolutions within- between you and your partner first; if it persists then seek family and/ a counselor's advice. I pray God blesses your marriage with more love, peace, joy and prosperity!



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Dmitriy Kuteiko

Unleash the Power you Posses *with* Dmitriy



The “Ludovic” dress broke the internet not only for being shared so much after it had been featured in a trending international blog but also because of being styled by different fashion blogs and celebrities around the world. This is the dress that introduced our magazine to a Russian designer who is very interesting and promising in the fashion industry, the dress was shared with us on our Instagram page with one fashion lover. The attractive white shift coat dress is embroidered in 3D red Roses flowers has unbridled Dmitriy Kuteiko fashion wall to the world, outnumbering his marked sales and maximizing profits. His charming and direct response to matters has landed us a very inspiring interview that we wish every fashion designer and lover could read for their own benefits.

The 36 year old has a lot to share, from the different positions he has handled in fashion industry, from a fashion and stylist magazine editor to Dean of Faculty of stylist in one fashion University in Russia. He owns his first brand line ‘Kute’ that introduced him locally and a second line Kuteiko which was launched in 2014.

His bitter sweet experience is what everyone else can draw a lesson from, not giving up, focusing and being himself has crowned him a good position of among the respected fashion designer.

KUTEIKO INSPIRATION

Dmitriy prepares his collection twice a year, Spring-Summer and Fall-Winter ready to wear collections that shapes his creative process which reverberates the DNA of the brand. “It is always important to remember who I am and what my art is about”. Dmitriy said.

The collection combines Ukrainian ethos and culture to street style to shape and predict fashion industry needs. He sketches and chooses appropriate silhouettes and fabric correcting where needed to perfect the design at hand. “When it comes to

prototype dresses, which are difficult, I sew them myself to have a full understanding of what they are going to look like on the mannequin (and the model of course)”. Dmitriy explained.

“I also decorate dresses myself, since I need to see what it will look like. All rhinestones and embroideries are in their own place, the way I see it”. He added. His inspiration comes from different sources, as an experienced designer he hasn’t limited himself to exposure. His clothes are inspired with nature, flowers, luxury, village life, events and life of his high status clients.

Kuteiko also mentioned history as one of his inspirational, English, French and Italian medieval century history from the times of rococo, baroque, and gothic. This all is to remind the world how beautiful the past was. “I’m inspired a lot by history, because I don’t find that much beauty in today’s world. This is a fast moving world without values, without taste for life and that’s why there’s not much spirituality”. “I’m trying to remind this world how beautiful was the past” Dmitriy added.

The second line Kuteiko, came with an additional a part of designing dresses, Dmitriy established successful accessories and a handbag collection that had won Braccilini Starlight award in 2014. In Accessories Dmitriy had been inspired a lot by African culture, colors, shades and materials. “I created the design of a bag which was sewed and presented in the collection of this famous brand”.

His experience in fashion magazine as a fashion and stylist editor has shaped his steady fast thinking to trends and fashion on his designs. Always ahead of fashion and trends to create designs that steps to make changes in the future fashion even when they don’t make any impact on their release. “Magazines are always ready in advance, half a year before the release of the new collection. That’s why my fashion scent and sense often outruns the time, which creates dissonance”. He explained. Kuteiko was



referring to the 'Ludovic' dress that was made in 2015 when nobody needed it but in 2017 people all over the world got interested in it and bought hundreds of copies.

CHALLENGES AND HOW TO OVERCOME THEM

His exposure and being ahead of fashion and trends shaped from his magazine career has also come with challenges, as his thinking of silhouette and style has collided with some of other biggest brand like Dolce & Gabbana. "In 2012 I had to re-do the collection two weeks before the fashion show, because it was very similar to D&G". "This happens subconsciously and that's why I often have to alter the way I think". Speaking of his past experience since he shifted his first design brand 'Kute' to the latest Kuteiko brand.

Dmitriy said it was all about growth to betterment. He learned to be

more conscious of his representation to avoid misrepresentation of his sketches. "What you bring to the tailor is not what they will make; he took this challenge and learns how to sew himself". He learnt the hard way and had to quit Russian Fashion Show "Olympus" and stop attending other fashion shows to learn to sew and construct dresses.

If you can't sew a dress yourself than you are not a designer...

"I've developed this skill enough, that now I can make better dresses than many of my good tailors do and the most important thing is that I stopped

doing dresses for the shows but rather I learned making dresses which people can wear in real life." Dmitry elaborated.

Moving to ready to wear fashion has helped Kuteiko grow his brand out of Russia. His future plan is to reopen the brand line Kute', which will be the analogue of the Couture line and the brand line Kuteiko will become more accessible in price. "Just like any other designer I'd like to have my own shops all around the world. In every continent, I wish that happens".

DID YOU KNOW?

African women styles have a lot of similarities with the way Ukrainian women dress. They both dress to look beautiful noticeable and sexy in bright colors from this ideology the two are fashionably similar.

Go to @kuteiko Instagram page to grasp more on this; we know you will enjoy most of his collection.

DMITRY'S ADVICE TO DESIGNERS

1. If I knew what it's like to be a fashion designer before I started to work, then I don't think I'd ever start.

2. It's hard being a designer and my journey to the fashion world was full of stress and would often get me to the edge of despair or depression.

3. If you can't sew a dress yourself than you are not a designer. Moreover, this dress should be well fitted and sewed well; otherwise you can't demand that kind of quality from your employees.

4. Every flower has its time to bloom. You can't outrun this process. Same with art- it also has its own time and place. It's important to have a lot of patience and it's important to remember that you were born to be a rose not a peony. That's why in any circumstance you should adapt but not to change who and what you are.

5. I think if you want to properly learn something, than you need higher education. There you can do everything yourself and make a lot out of it, if you really want to.



One to One *with* DMITRIY KUTEIKO

Please describe your creative process.

First of all, two collections have to be made every year: Spring-Summer and Fall-Winter. This is why, despite the way I feel, my creative processes hugely depend on that. The second stage is the work on the DNA of the brand. It is always important to remember who I am and what my art is about. As a base of my collection I always take some element of Ukrainian ethos and culture, and then I start developing this idea turning it

into collections theme. Afterwards, I connect this idea/theme with fashion trends, choose appropriate silhouettes and fabric. Then I add some corrections to the image, combining the Ukrainian ethos and street-style. Then I draw the sketches, which normally guide tailors in such questions as which fabric should be used, where the plications, draperies are, and what are the technical details of the inside of the dress. Then I send sketches and fabric to the atelier. Then using WhatsApp (easier to send

pictures to the tailors and receive them back) I control the production process, which allows to make some corrections along the way. Two of three times a week I overwatch the fitting. When it comes to prototype dresses, which are difficult, I sew them myself to have a full understanding of what they are going to look like on the mannequin (and the model of course). I also decorate dresses myself, since I need to see what it will look like. All rhinestones and embroideries are in their own place,

the way I see it. If any little piece is moved then the internal logic falls apart. Normally, it takes a month to make a collection. The sample dresses shown on the models are normally size XS. After the photo-shooting of the catalogue we publish the pictures. Orders are made by the clients, they send their measures and we use them to double-check the dress from the collection.

Is there anything about Ukraine that inspires your design?

Due to the tension in Russian-Ukrainian relationship I decided to make the Ukrainian style less noticeable. The world is already tired of conflicts. I don't think that in cosmopolitical society there are people who want to show that they belong to a certain ethos. National culture goes out on the street and mixes up with youth, sports style and many others. The new direction is created. That's why the Ukrainian style is presented in my collections very gently. My clothes is more about nature, flowers, about luxury, about village life, awesome events and high social status clients, about modern life «kings and queens» of streets and business.

What did fashion journalism teach you that you now frequently apply in your fashion career?

Before becoming a designer, I worked as a stylist and fashion editor. I wanted to learn the profession from the inside. I was just a guy from a province, was afraid of a lot of things and didn't really understand what was really going in the industry. This job gave me real understanding of how the brand should be created as a business. I would often go to the Paris and Milan fashion weeks, spoke to photographers, models, representatives of fashion houses, even did fashion shooting in Europe. That gave an

opportunity to save a lot of time and money. The experience tells me which risks to take and which I should avoid, how to create campaigns and which celebrities to dress, which stylists to make friends with.

What is your favorite part in being a fashion designer?

I'd say, the favorite part is when people turn around as one of my clients passes by on the street in a dress made by me... The whisper about her either saying that she's gone crazy or how amazing she looks in this dress. There are never people who don't notice it, who don't care. Due to the fact that I have closed up my personal life, a lot of people don't know what I look like in person and that allows me to overhear all these big and small talks without being noticed. Of course, sometimes I do want fame and attention, but at the same time I know that it's all empty and rarely sincere and that's why I prefer staying in the shadow, turning my clients into stars.

How would you define fashion? How are you a different person from the time you had Kute to now having Kuteyko?

I sometimes have problems with this question. I was a fashion editor for a long time. My brain got used to working with future fashion and its trends. Magazines are always ready in advance, half a year before the release of the new collection. That's why my fashion scent often outruns the time, which creates dissonance. I often create styles and dresses which people are not ready for. My most successful dress "Ludovic" was made in 2015 when nobody needed it but in 2017 people all over the world got interested in it and bought hundreds of copies. For me it was a shock. I was sure that there wasn't anything super special about my taste but the

FASHION / international designer

experience had shown that there is. The second difficult bit is the connection with oeuvre of D&G. Their collections come out earlier and there are sometimes similarities in the ideas which I often have to "pay" for. In 2012 I had to re-do the collection 2 weeks before the fashion show, because it was very similar to DG. This happens subconsciously and that's why I often have to alter the way I think.

How are you a different person from the time you had Kute to now having Kuteyko?

Kute' was a great start for me - I was learning. It was a very strange part of my life, when in a year I turned into a Russian superstar. I made a lot of bright and outrageous shows in Dior style. They were spoken about a lot saying how genius they were. It was flattering and felt amazing. But when I came to analysing these collections I understood that they were far from perfect, that my sketches weren't the same as what the tailor have sewed, that my ideas haven't been turned into the reality completely. I had a depression and decided to leave the Russian fashion "Olympus", so I stopped doing fashion collections and shows. Instead I learned how to sew and construct dresses. I've developed this skill enough, that now I can make better dresses than many of my good tailors do and the most important thing is that I stopped doing dresses for the shows, but that I learned making dresses which people can wear in real life. Better to say on special occasions in their lives. I closed my fashion line Kute' and created a new one: Kuteiko. I've started from the beginning. The process went slower than before, but resonated worldwide. Now people talk more about me around the world rather than at home. In the new season I'm planning to reopen the brand line



Kute', which will be the analogue of the Couture line and the brand line Kuteiko will become more available in price.

What would you recommend as necessary skill for a successful fashion designer?

If you can't sew a dress yourself than you are not a designer. Moreover, this dress should be well fitted and sewed well, otherwise you can't demand that kind of quality from your employees.

What are the greatest lessons you have collected along in documenting and dealing with fashion all this while?

Every flower has its time to bloom . You can't outrun this process. Same with art- it also has its own time and place. It's important to have a lot of patience and it's important to remember that you were born to be a rose not a peony. That's why I'm any circumstances you should adapt but not to change who and what you are.

Why did you take a break on fashion and production in 2012.

Have answered that when talking about Kute' and shift to Kuteiko.

A journalist, a fashion designer to Dean of Faculty of Stylists-what pulled you to the academic part of your passion?

I had a lot of free time. However, a way I have wasted it while teaching the students. I gave them a colossal amount of knowledge and none of them have used it the right way. I think if you want to properly learn something, than you need higher education. There you can do everything yourself and make a lot out of it, if you really want to.

From accessories to high fashion - what changed?

It was a very gradual forward movement. While creating the accessories, I was learning how to decorate small areas. Diadem which is embroidered with stones is also an art-object just like a dress. Making

and developing the accessories helped me to see the details more vividly. Before that I could only imagine the overall picture, without some minor details. During this period I learned how to design shoes, which I liked a lot. We created special footwear- there weren't any analogues. I'd work with professionals from other spheres of production, unrelated to shoes to complete the style. For example, I'd order knittings in macrame technique, or would work with a woodcarver, who'd create heels and shoe platforms. In many things I did outrun time.

How would you describe your journey in the fashion world?

One of the famous designers told me not to go into fashion, since many people do regret it. I think about what he said really often to be fair. If I knew what it's like to be a fashion designer before I started to work, then I don't think I'd ever start . It's hard being a designer and my journey to the fashion world was full of stress and would often get me to the edge of despair or depression.

If you were to come to Africa, what would you wish to achieve?

Just like any other designer I'd like to have my own shops all around the world. On every continent. I wish that happens. I did once analyse African women style and found many similarities with the way Ukrainian women dress. African woman , just like a Ukrainian one, tries to look beautiful and bright, noticeable and sexy. From early morning, until late evening. And in this mental nuance the two nations are very similar. That's why I think the style I "preach" should be in a way familiar and close.

Has your fashion so far depicted any inspirations from Africa? Which ones?

My first accessories collection was collection was inspired by Africa. I found many pictures of the wooden idols, bought a lot of books about African tribes and cultures, and after processing all that information made a collection of bags, footwear and

accessories . In the same collection, for the advertisement campaign I've created my first dress. It was terracotta colour, made of linen, and was made of many many "scales" , just like a snake. The advertisement turned out to be very beautiful! The collection had many desert shades and colours, weavings, prints with cracked earth, fringes, beads. Africa does inspire me a lot.

Apart from Ukraine & Russia, where else does your inspirations come from?

I'm inspired a lot by history, because I don't find that much beauty in nowadays world. This is a fast moving world without values, without taste for life and that's why there's not much spirituality. That's why I introduce some "corrections" with my craft. I'm trying to remind this world how beautiful was the past. I often take things from English, French and Italian medieval history, from the times of rococo, baroque and gothic . I love antique world and the 19th century. I sense the minor, subtle

changes in the nowadays world and through images move to a certain source of inspiration from the past.

Have you worked with any international fashion/ celebrity figures?

To be honest , no. The experience of cooperation with Russian celebrities has killed my desire to cooperate with superstars and celebs. This world is very complicate and full of showing off and pathos, where there's no place for easy relationships between people . Too many intrigues. Celebrities shift from one designer to another and often don't have their own style, that's why since one-time projects aren't for me, some of this cooperations just don't make sense. That's why I'm waiting for someone who will be associated with my brand, just like Audrey Hepburn was associated with Givenchy.

Where do you showcase your works/designs?

I did regularly participate in Moscow



fashion week until recently when I realised that they are attended by everyone but potential clients and journalists/press. Then I decided that wasting a lot of money to entertain people I don't know is the wrong thing to do in order to move forward. And that's why I stopped the shows. Today I publish the catalogues on Instagram where there's a much better feedback than there could possibly be from a fashion show.

What major fashion shows have you participated in Europe and/ America? Any particular challenges you faced? If not yet participated, what are your future plans?

My brand is very new, so it's only just forming its internal and external policies. Russia is a very big country and to establish the brand you need a lot of time. To develop my brand in Europe I need a lot of resources and capital which I don't have yet. Besides, our current financial crisis doesn't allow us to develop and go

forward as fast as I'd want to. Women starting shopping less and you have to take that into account. However, when opening my second line Kuteiko in 2014 I managed to win in the international competition organised by Braccialini starlight away. I created the design of a bag which was sewed and presented in the collection of this famous brand. All the money went to charity focused on kids who have cancer.

What would you advise an upcoming fashion designer about the field and how to perfect his/her job?

Not sure that I have the answer for this question. Not sure that anybody has. The main conclusion which I've done its necessity being yourself. Believe in your own powers and talent and go to your dream no paying attention to difficulties and advices from any well-known figures in fashion, or critics. On the other hand, your craft also has to be objective. If you create something with your

own hands, ask yourself, would Zara or any other boutique sell it. Just answer objectively. Have you ever seen anything similar on the market? If not, maybe there are reasons for that? Maybe this kind of design cannot be sold or is not practical enough to be worn at all? Fashion is not just art, it's also sales! And if you think that you will come to self-realisation as an artist and will sell a lot at the same time, than you are mistaken. Clothes which can be worn out in public is sold, not theatre costumes.

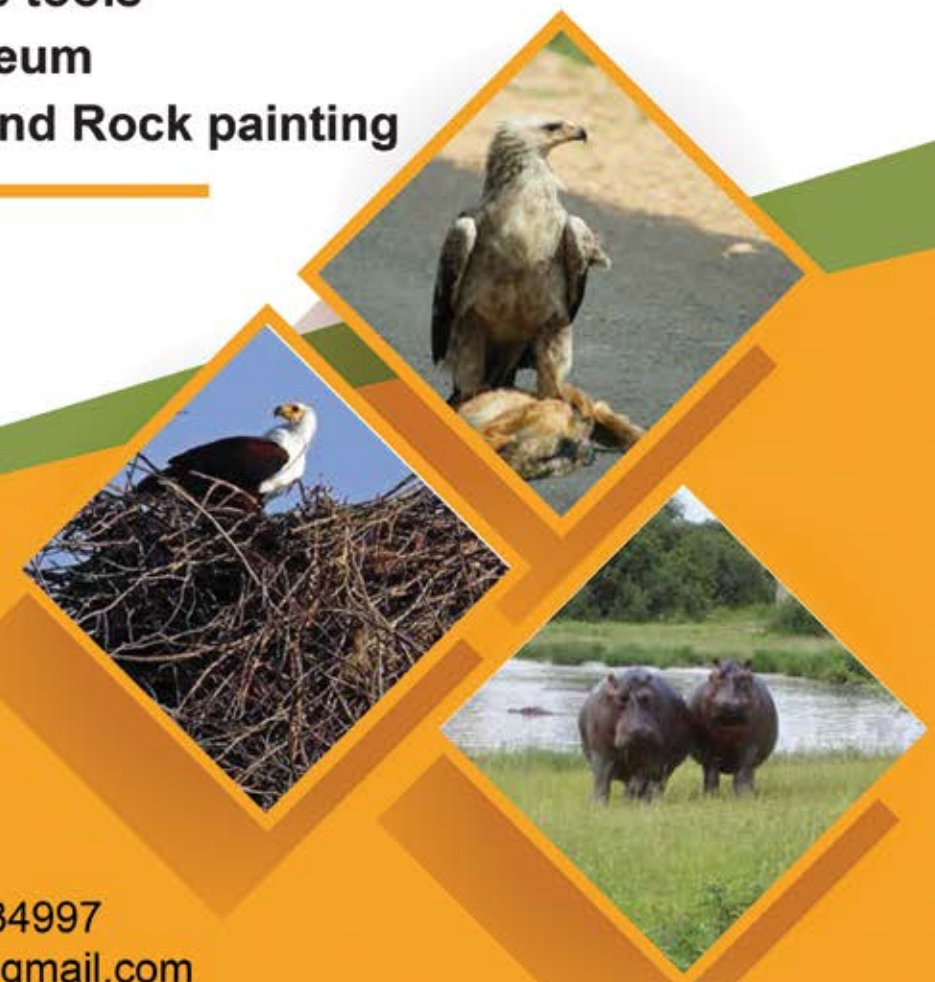
If you weren't into fashion, where else would you rather be? Any hobbies aside?

I always knew, who I wanted to be. If I keep purposely hitting the same spot, then once I'll break the wall that separates me from a dream of having a famous fashion brand. It's a very intensive task which takes away a lot of power, and I do assume that one day, when I become very old I'll get tired of that and open a small luxurious hotel at the sea shore.

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lulu

Thamani ya Mwanamke



Mara nyingi wateja wetu wanapokosa heleni za kuvalia pearls kutokana kupata zile zisizoingiliana rangi au size wamekuwa wanauliza watazivaaje?

Lulu (Pearl) ni madini ambayo si ya utamaduni wa mtanzania, lakini kwasasa yanashika kasi katika hadhi na hivo wanawake wengi hupenda ku style kwa shughuru mbali mbali na sherehe.

Pearls (Lulu) inaweza valiwa pekee, ushitaji chochote pale unapovaa kama si set ya heleni na ushanga, mfano ukavaa ushanga tuu shingoni, au heleni peke yake. Pia ukavaa kwa kuichanganya na madini mengine kama gold na silver kulingana na mahitaji ya mvaaji. Ni kujiamini na hadhi unapovaa pearls, inakupa thamani kama madini mengine, Tanzanite na diamond.

Tips zitakazo kusaaidia kutunza ushanga wako

- Epuka kujaza vitu vingi unapoizivaa pearls, japo ni ruksa kuzijaza zenyewe katika mavazi yako pale unapoamua, waweza vaa 3 au zaidi na zikapendeza na kukupa muonekano wa hadhi na ubunifu.

- Katika kuzivaa hivo, waweza changanya rangi au kuzivaa za aina moja.

- Vaa pearl yako wakati wowote kwa vazi lolote.

- Usipake cream au mafuta ukiwa umevaa pearls

- Usipulizie perfume ukiwa umevaa pearls, bali fanya haya wakati ukisha maliza ndipo uvae pearls yako.

- Usioge na pearls, maji hufanya uzi iliyotumika kutunga shanga kulegea kwa uharaka.

- Uzi wa Lulu hchukua muda mrefu mpaka kuharibika, waweza kaa nayo hata kwa miaka 10 kutegemeana na aina ya uzi iliyotumika. Ni vizuri kibadirisha pale utakapogundua imeanza kulegea.

- Osha Lulu zako kila utakapoona zimechafuka, japo Lulu ni tofauti na gold na silver huchukua muda mrefu sana mpaka kuchafuka.

Pearls ni zawadi kwa kila mwanamke. Wasiliana nasi kupata Pearls ya size yako na rangi. Zipo in 8mm, 10mm and 12mm. 0743 73 33 29

Unexpected Surprises from ACCESSORIES GAME

CLUTCH

A granny's grocery bag in your handbag collection, the symbolic and signature clutch that pushes fashion forward, if you can get a piece of these it's a guarantee for the 2018 clutch game.

The Accessories game kept giving us unexpected surprises at the end of Spring/ Summer last year, it then kept the up that pace, surprising fashionistas all over the world. Just when we thought we figured it out it took another turn bringing oldies back to the most stylish trend across streets, granny's grocery bags became the next it bag, big and statement earrings to stretch our ears with loads of heavy metal if we're not careful.

THE BIGGER THE BETTER

Big Hoops rings, tassles, Vintage wedding jewelry, chunky chain & bracelet

We have recently seen it all from Spring Summer 2018 Fashion Shows; this is what predicts the Accessory game of 2018. From the Tape, long Belts to Magazine title clutches, the weirdest and the most wonderful ever, we have collected some the trendiest worth investing your money in.

STATEMENT & BIG JEWELRY

From earrings different types to bracelets, arm cuffs and necklaces, the bigger the better, making statement all way in.



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MAKE-UP YAKO INAONGEA

Hakika make up zinatoa ujumbe fulani, ndio sababu wapo baadhi ya wanawake ambao hawawezi kabisa kutoka nje bila kupakaa make up na kuna wale ambao hata kama atashindwa kupaka vyote, atachagua kupaka wanja machoni, au lipstick au kitu kimoja tuu ili aweze atoke.

Make up inaongeza kujiamini, inaongeza kujithamini na thamani ya mpakaji, pengine hata pale isipoonekana kwa watu wengine, ila mpakaji anapoamini amejipakaa kitu chake anachokipenda na kinachomuongezea kujiamini huwa haijalishi wengine mnaona nini?

Kuna baadhi ya “Make up” zimetengenezwa kwaajili ya matumizi ya usiku. Hakuna ubunifu wala ujuaji kuzitumia make up hizi mchana wa jua kali. Hakika utafanya tuulize huyu vipi? Maswali ya mshangao unayo waacha nayo watu pindi mchana kweupe, unakuwa umetumia “make up” iliyotengenezwa kwa matumizi ya usiku, si kitu cha kawaida bali ni ushamba kwasababu umeshindwa kufuata masharti ya matumizi.

Kuna baadhi ya Make up, hata hazina

maelekezo ya kimaandishi kama itumike wakati gani, lakini ni wajibu wa kila mwanamke mpenda urembo kujua limpasalo, pengine tuko hapa ili kukwambia kipi ndicho na kipi sicho. Tuazime muda wako na utufuatilie hapa katika kila toleo.

Kama ina ming’ao mikali au rangi iliyokoza, hatutategemea tukukute nayo shopping au ofisini, ukiacha katika ofisi za starehe ambapo mtu anaweza kupaka make up ya aina hiyo akiwa kazini na si vinginevyo. Ni vizuri kuchagua rangi zilizopoa na make up nyepesi ukiwa katika mizunguko ya kawaida na ofisini.

Hapa tunaye mtaalam kutoka ambaye kwanza amekubaliana na sisi juu ya hili, na ametuonyesha make up nyepesi inayoweza kutumika ofisini na shughuli mbalimbali mchana na usiku.

DONDOO

Make up nyepesi ziambatanazo na rangi ya brown, maroon zinafaa kwa matumizi ya ofisini.

Ukiwa katika cooperate office, epuka matumizi ya rangi ya mdomo nyekundu (Red Chill), kwani ina kawaida ya kuwasiliana, na mara nyingi huwasiliana ndivyo sivyo haswa katika corporate meetings. Fikiri unakaribia kufunga mkataba na kile watu wanachosikia ukiwasilisha ni “am sexy and I know it- sassy and naughty!”

Mchana epuka matumizi ya shimmers na glitters. Wala huhitaji kuambiwa juu ya hili. Jua kali na joto la ukanda huu wa tropiki, ndani ya dala dala, hata katika usafiri wako binafsi, katika shughuli za kawaida tu- uko na urembo huu wenye ming’ao ming’ao na wenye kawaida ya kuteleza kutokana na joto, hivyo utajikuta umehama na haupo sehemu uliyokusudia kuupaka... haupendezi na sio sahihi. Unapoteza maana na dhumuni.

Usipake mascara juu ya masra, utatengeneza matope katika kope, kufanya macho yako yawe mazito na kukosa uhuru na pindi yanapofungwa huchafua sehemu ya chini ya macho yako. Mfano mzuri ni kama umeshawahi kukutana na mtu katoka jasho ama katoka machozi kisha macho yake yote yametapakaa weusi bila mpangilio. Pia pendelea mascara kavu, ina kawaida ya kunyoosha kope na kuziweka kavu muda mrefu.

Ukipaka mascara na eye shadow za rangi, punguza ung’aavu katika midomo. Waweza tumia lips color zilizopoa pengine kama aina ya Nude.

Nude make up ni friendly kwa shughuli mbalimbali na wale wa corporate office watumie make up hizi zaidi.



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Rihanna helps a fan apply makeup at the launch of Fenty Beauty on Sept. 7, 2017 (Photo: Kevin Mazur, Getty Images for Fenty Beauty)

FENTY BEAUTY

by Rihanna Gloss Bomb Universal Lip Luminizer

Rihanna partnered with one of the largest beauty developers in the world (Kendo Brands, owned by LMHV) for Fenty Beauty (which bears her surname) for a cosmetic line that is for all skin tones.

The Beauty brand was launched on September 7th in USA. There are already so many reviews on the product; her 40 shades foundation and highlighting and contouring match sticks that come in so many customizable variations have had the best feedback. The reviews have shown the brand's success in including the traditionally hard-to-match and often left out hues from major makeup launches.

We have picked Fenty Beauty by Rihanna Gloss Bomb Universal Lip Luminizer the only lip gloss on the line. It has a universal shade made to look good on anyone.

The user friendly gloss is not sticky, and has a perfect texture that will look good on any lips. Get it online for \$18.



CHARCOAL SOAP

by Nuya's Essence

We all know how our skin needs extra attention to achieve radiant textured skin with that enviable complexion. Every woman has products they trust, and when that special product is trusted you will be surprised by what it takes persuade a woman's mind into using a different product.

A majority possess complex skin, unique in demands for moisture retention. So choosing the right product is important. Well we have got an option for you, if you're up for an A list skin type with a glow you desire.

What is the better than nature's own miracle to ones skin?

Take confidence in Charcoal Soap by Nuya's Essence, 100% Botanical, blended and prepared by a Tanzanian girl, our 'cover girl' to be précised handled with care and delivered with Love to carter to women of all ages.

The soap is for all skin types.

The soap is for all skin types. It takes less than a week to start seeing real improvement on your skin. It is best in maintaining ones complexion and layers the foundation of one's original complexion. Charcoal soap protects and prevent skin blemishes and impurities due to charcoal's nature.

It also removes rashes and enhances moisture on a skin. Charcoal soap is good at absorbing the excessive oil along with the dirt from the skin. This gives you an oil-free look. Anti Aging is another benefit as the charcoal tightens and films the skin

Nuya & Te team will be happy to guide and tell you more. This soap is available for 10,000Tshs in 120g. Follow their Instagram page **@nuyasessence** and contact them for more.

CLIENTS REVIEW

- "First of all, it's the softest soap I have ever seen. The feeling on the skin is exceptional. The fragrance is just over the top. This is straight from my heart, I Love it"
- Lilian, Mtwara
.....
- "I couldn't stop scrubbing myself; I seriously considered doing a Re-shower. This soap is everything, I know its Limited Edition. But please don't stop this Edition"
- Maysoon, Zanzibar
.....
- "Honestly this soap is magical, it makes the skin so soft"
- Anna, Dar
.....
- "Your products are AI. My skin has seen a good change. Make-up is so minimal now. I thank God, Loving them"
- Lorraine. Kenya

ARE YOU DESPERATE FOR THE PERFECT SMILE?

A bright white smile could be the key to boosting your confidence which is vital in so many situations. You need confidence when going for that first date or on that new job. Dentists claim most patients are now asking for whitening treatments and many are actively requesting celebrity white smiles.

Okay; what about doing it yourself at home?

INGREDIENTS;

Toothpaste, baking soda, and hydrogen peroxide. Take the right amount of toothpaste; mix it in one teaspoon of baking soda plus one teaspoon of hydrogen peroxide and half teaspoon water.

Thoroughly mix them then brush your teeth for two minutes. Remember to do it once a week until you have reached your desired level of white teeth; limit yourself to using the whitening treatment once or twice a month.

Advice; white teeth come after the treatment, if you have any oral infection or cavities you should consult your dentist, get treatment first and whitening can follow later.

General Fashion TIPS & ADVICE

- ✦ No matter how tempting it is not to; a fashionista should always style according to weather and environment.
- ✦ Always minimize accessories in a detailed outfit. The rules are the same; less is more.
- ✦ Do not be afraid to try a new thing as long as it looks good and you're comfortable.
- ✦ Go for what makes you comfortable rather than a trend.
- ✦ Your accessories should always match your looks, go for casual accessories when the look is casual.

BBQ

@ Iringa Sunset Hotel

Iringa weather can be hostile, that unpleasant cold that needs special gear and attention to stay protected. If you visit Iringa at this season you will wonder if it is worth it going out to enjoy different places.

Tik Tok Magazine team visited Iringa about the end of this season. Luckily, we had Iringa Sunset Hotel to warm us up with their bonfire, along with a BBQ that is the best in town.

How would you know it is the best? You just need to test Chef Moody's special barbeque sauce and cooking techniques to tell. We had asked him for any tips that would be useful to our leaders in case they are up for a weekend barbeque at home.

You may think you already know how to cook steak, but this guide to barbecuing has hints and tips to help you get the most from your meat.

From casual family dinners to easy, relaxed entertaining with friends this easy guide has everything you need to know to guarantee success at the grill. By following these simple tricks and tips you can say goodbye to dry, tough steak.

Chef Moody Omary opted to tell us about steak, although he served us different varieties of meat as well as a vegetable BBQ to cater one of the vegetarian friends in our group.

WHAT YOU NEED

To barbecue steak and to get great results, make sure you have the following equipment ready:

- A charcoal or gas barbecue for cooking the steak.
- Long-handled tongs for turning your steak. This keeps your hands a safe distance away from the grill, hotplate or exposed flames.
- An oil bowl and a pastry brush for brushing your steak with oil before placing it on the barbecue.
- A large plate for resting the cooked steak before serving.
- Cleaning tools, such as a stiff wire brush or barbecue scraper, for cleaning your barbecue after use so it's ready for next time.

HOW TO BARBECUE STEAK

STEP 1: Preheat a barbecue grill or flat plate on medium-high. Brush both sides of the steak with olive oil to prevent it from sticking to the barbecue. This is better than brushing the barbecue, as it prevents the oil from burning. Excess oil can create smoke and cause flare-ups on the barbecue.

STEP 2: Wait until just before cooking to season your steak, as salt draws out the flavorful juices from the meat, making it tough. Season one side with salt and pepper, then cook the steak, seasoned-side down first, to seal in the flavor. Season the other side just before turning over.

STEP 3: Cook the steak on the barbecue, using long-handled tongs to turn the steak, until cooked to your liking. Cooking times vary depending on the thickness.

STEP 4: After cooking, transfer the steak to a plate and cover with foil. Set aside for 5 minutes to rest. Heat pushes the juices to the centre of the steak. Resting it after cooking allows the meat to relax, and the juices then distribute evenly throughout the steak, making it moist and tender.





a wondering soul

Doreen, a 33 years old woman came home from work on her usual time. While sitting on an empty sofa at a corner of a living room packed with family members, she complained endlessly of how tired she was.

"Dada, can I have a glass of water please" she called.

She sipped a glass of water, then gazed around the room and murmured greetings to all in the room before she drank off the remaining portion of water. As she exhaled and laid back at the sofa, you could tell she was exhausted from the day.

With her hands folded across her chest, she rolled her brown eyes to stare at the ceiling as if there

was something there special for us to see and she would stare over for minutes as she disappeared into thoughts before I decided to interrupt...

"What's on your mind?" I asked her, a mother of one with a successful career.

"Just wandering. I feel like something is missing..." She

replied and kept on drifting in her thoughts.

"What is it?" I insisted, as I guessed among the things she might be thinking "You want to change your car... Get a BMW X5, maybe? Or you want another house??" I would ask Doreen who is a lover of tasteful a life style.

Giving us a glimpse of her clear white teeth, she smiled gently- the million dollar kind of smile, derived from a perfectly paired jaw structure.

"No" she replied, "it's my job I'm thinking of."

"What about it?" I was surprised because she was recently employed with a non-governmental organization that pays her very well.

"I feel like I'm underperforming..." she replied.

"Add more effort...simple!" I replied, trying to give her a quick solution.

"No" she halted.

"What is it then?" I asked.

"I feel like am not suppose to be doing what I do, I feel like I don't belong to this job. It's not that I hate my job, no, it's only that I feel career wise I was to do something else." She explained in a haze.

"Ooh I get you, so what would you rather do?" I asked slowly, wondering what is going on in Doreen's mind.

"Working with kids maybe" she replied. "An organization that works with kids, I love to help people, philanthropy. Humanitarian issues perhaps..." She explained.

"Ooh I see" Out of words I agreed with what she said, but I didn't know what to tell her. I couldn't even dare advise against or for it; because it could determine her decision to quit or stay- at least I thought it would.

Many people will find themselves in this situation, yet not knowing what to do is the worst of them all. A lot of cliché questions with no answers. So what is the real problem?

You might have a good job, a good salary that pay all the bills perhaps even extra for vacation; and yet you have a wandering soul. You feel like something is missing, something you haven't accomplished yet.

When this feeling hits you, it's never as easy to ignore as it might often been thought of... one cannot just shake it off the system, no matter how well paid or the better the work environment.

When it is time, the soul has a way of pulling in or out to the direction of what you should do. Most of the time no one will ever tell you what to do, only you would have a solution to satisfy your soul, leave aside the matter of heart that can be interfered and get helped with from different external factors, but a soul is "I" matters that needs "I" solutions.

A soul can give you an invisible weight that is hard to handle or even to explain. This makes it difficult for external forces to help you in decision making. Only you know better and you know the pros and cons of the decision that you will make.

In pursue to what a soul wants, one needs critical personal moment to figure out the choices one has, opportunities, best

decision and its consequences. Time to figure out how to handle the consequence even if it translates to looking weird to the people close to you, or the society.

It is not a decision you make with ease. It is a decision that results from a chain of internal debates, and when no one seems to reach out although you have spoken to many, just believe it is only you who has the answer to what is needed to be done.

Reflect on your life and carefully analyze your options. At the end of the day only your soul shall take you to your destiny, no one else.

In making decisions like these, you will need to be strong and never care about what others say. People are always opinionated and judgmental, don't mind them... press on. The most you can do is explain to your loved ones to why you chose the path that you did.

Eventually the soul always win... you can ignore the hunch but not for long; the desire and destiny of your soul shall always win. You shall become what you are wired for.

The sooner you follow your calling, the better room for your soul to grow; the sooner you shall release all unnecessary stress and build a fountain of happiness. When a soul is obeyed life becomes stress free.

Besides an indescribable joy and satisfaction in one's life, the fruits of listening to your soul and succumbing to its true calling, are just enormous. I personally believe the matters of the soul are critical and you can hardly go wrong with trusting your instincts... the hunch that calls from the core of your bein!

LOVE THY ENEMY

We have been told don't spoil surprises and don't share good news before they mature, you shall jinx them and they won't happen, for the wickedness of people is conceived in their hearts of hearts. Life can be cruel, sadly... situations can distant people and destroy relationships.

In this era, it has reached a point where it is wise and safe to adapt a certain way of life to survive through the mean social environment- keep your circle small with whom you can freely and safely share the good, the bad and the ugly of your life, if need be- without fear of excruciating judgement/ criticism!

The social environment is such a mean one lately that, all we can share is what we presume to be acceptable by the public- majority being strangers... free will is no

longer free but at the cost of public comfort. What we want and wish to communicate or even do, is sieved heavily through public opinion and demand.

To begin with, you'll try and keep up ... bending your rules and principles to dance to their tunes. The more you feed their ego, the more you put up with their opinion, the more you give into their demands... the more you peel away inches of self-esteem, pride, intellect and joy from yourself and your life. And when the damage is done... you no longer have the energy, guts or original opinion/ story to tell. You withdraw and drift away even from the people whom you loved and who love you genuinely- your small circle.

Eventually this situation estranges people who were once very close and breaks communication- proper communication that was designed

to exist between humans for co-existence purposes. We are meant to live together, share and communicate with each other. We are meant to love and serve each other- we all have a purpose and obligations towards one another, an exercise which cannot be accomplished if we are alienated.

We are meant to coexist, even those whom we think are better or beneath us are just as important to our daily growth. There's a witch to blame, Social media, as most have approved hat a like and/ a nice comment to that filtered happy picture, to be a complete & acceptable communication.

But is what we see on social media real? Is it the complete truth? Is anything on social media genuine anymore? Is the information shared by our loved ones, friends and other acquaintances even

sufficient for proper interaction and communication required to forge genuine relationships among humans? Or is it just a facade to impress...? The all good life... what about the bad, the ugly and the stressful; fear and worries?

Humans are made of two sides - the good and the bad- positive and negative. Unless one accepts and let be known of both sides... one is in denial and living the unrealistic life. All in fear of seeming inferior to others... in desperate need to seem superior to others.

This chain reaction of uncalled for competition among peers, friends and loved ones can actually damage instead of buildup individuals who entertain it. Trust is broken, love is lost and relationships eradicated. We no longer trust to share good news in fear to jinx it. We no longer feel safe to share our fears & worries or to

Do not be part of the problem... just because the world is cruel and mean, petty and rude; don't break and lose your humility as well as your dignity. Be nice... Pay back with kindness, humility... with love!

ask for help, in fear of being shamed, looked down on, seem inferior or the information being used as bait for blackmail down the road.

Get this right, am with this... even your closer people shouldn't know about your immature projects or status until they are all matured- unless they have a role to play, because sometimes you need a hand for that particular project to kick off.

But it doesn't mean you should block people because of the wickedness of the social environment taking over our society. Sometimes people develop envy and hate because they don't know you... because you have built a wall between you. Do not be part of the problem... just because the world is cruel and mean, petty and rude; don't break and lose your humility as well as your dignity. Be nice... Pay back with kindness, humility... with love!

Envy, pettiness, bullying and all negative energies; if met with love, they eventually melt off and away. Further, this kind of energy has a tendency of transmitting and radiating to its surroundings, thus everyone around you would enjoy, learn and adapt. Before you know it, the world is a better place to live in... it starts with you. Otherwise, this would put you in a positive, productive and very good mood- always; you feel good when you do good!

Remember, this can only be achieved with love- true love. And love is a choice you make... not just a mere feeling. Choose to love and learn more about love. Refuse to fight small battles with petty people... your life and its purpose in this world is bigger and better than that!

Love conquers all!

Fungu la Kumi – Tithing

Na Robert Steve

Atukuzwe Mungu na Baba wetu Bwana wetu Yesu Kristo, kwa kutupa siku nyingine na kutubariki kuweza kuelewa zaidi mambo yake makuu na tupate kumjua zaidi.

Leo tutazungumzia Fungu la Kumi na Sadaka. Je Fungu la Kumi ni sawa na Sadaka? Jibu ni Hapana, kwa kuzingatia tafsiri halisi ya haya maneno mawili, Fungu la Kumi na Sadaka.

Fungu la Kumi ni sharti la Sheria ambayo waisraeli wote walipaswa kutoa kwenye hema/ hekalu asilimia 10 ya kila kitu walichopata. Tukiangalia mistari hii kwenye bible itatufahamisha zaidi; Walawi 27:30; Numbers 18:26; Kumbukumbu la Sheria 14:24; 2 Mambo ya Nyakati 31:5.

Hii ilikuwa ni kipindi cha sheriaya Musa ambapo Mungu alitegemea Waisrael wampe heshima kwakutoa matunda au mazao ya kwanza aliyowapa, Walawi 27:30

Kutoa asilimia 10 ilikuwa ni amri waliyopewa Waisraeli kwa hiyo ilikuwa ni wajibu wa kila Mwisraeli kushirikia katika heshima hiyo kwa Mungu.

Tunapokuja kwenye agano jipya amri ya kutoa fungu la kumi haipo, hakuna sehemu hata moja inayopendekeza, kwamba Wakristo wawe ndani ya mfumo wa fungu la kumi wa sheria. Paulo anasema kwamba waumini wanapaswa kuweka kando sehemu ya mapato yao kama sadaka, lakini hii sio sehemu ya kumi (I Wakorintho 16: 1-2)

Kwahiyo hapa tunaona kwamba Fungu la kumi lilikuwa kwenye sheria

ya Musa na ilikuwa ni jinsi Baba yetu wa mbinguni alivyokuwa akitaka kwa kipindi waonyeshe utii kwake yeye Muumba wa mbingu na nchi.

Wakati Kristo alipokufa msalabani, alitimiza mahitaji yote ya Sheria na kuufanya umuhimu wa fungu la kumi kutokuwa na nguvu kama hapo awali kwa sababu kwa kupitia Yesu mwenyewe tunapata haki mbele za Mungu na sio sheria tena kama ilivyokuwa awali sababu wanadamu wote walishindwa kuenenda na sheria, lakini bado tunaweza kuitii amri ile ya Mungu kama zamani?

Kuna mistari mingi sana juu ya zaka katika Agano la Kale, na mara chache sana kutajwa katika Agano Jipya, ukweli ni kwamba fungu la kumi halijazungumzwa sana katika Agano Jipya kama Agano la Kale. Binafsi, siamini kwamba kwa namna yoyote huharibu thamani yake.

Kwenye Agano Jipya, wokovu wetu haitegemei utii wetu kwa Amri kumi, lakini je, hiyo inamaanisha kuwa hatupaswi kufuatilia tena amri kumi? Je! Ghafla zimekuwa hazina thamani?

Nadhani kwa maantinki hii tunaweza kuongelea fungu la kumi hivyo hivyo, wakati unabishana au kujadili kama ni sawa ama sio sawa kama fungu la kumi ni amri kwa waumini wa kristu leo hii, bado itawapa baraka wale watakaendelea kuitii kama ilivyokuwa katika Agano la Kale.

Sadaka ni ile waumini wanayotoa kwa uhuru katika kazi ya Mungu makanisani, kwenye sehemu za ibada na kadhalika, lakini sadaka ni zaidi ya kile tunachotoa kanisani, tunapaswa kutoa mengi zaidi kwa Mungu kuliko rasilimali zetu za fedha.

Tukisoma Matthew 25:35 tunaona vile Yesu aliongelea utoaji ulio bora (maana nilikuwa na njaa nanyi mkanipa chakula, nilikuwa na kiu nanyi mkanipa maji, nilikuwa mgeni nanyi mkanikaribisha, nilikuwa uchi mkanivika, nilikuwa mgonjwa nanyi mkaja kunitizama, nilikuwa gerezani nanyi mkaja kunitembelea)

Hii ndio sadaka aliyopendekeza Yesu alipokuwa anaongea na watu hapa duniani.

Je ni mara ngapi tumejitolea kwenda kuwaangalia wagonjwa hospitalini, au kuwapa wenye njaa chakula au wale wajane na yatima ? na walioko gerezani si ndugu zetu? au tuna ile kasumba kwamba walio jela wote wamekosa ndio maana hatuna muda nao? je unaijua kesho yako?

Mungu hayupo karibu sana na nia ya sadaka zetu za fedha zaidi ya utii wetu, ukweli ni kwamba hahitaji rasilimali zetu kukamilisha mipango na malengo yake kwetu, anachoangalia ni moyo wa kila mmoja wetu ndio unaomwambia ukweli wa nafasi zetu hapa duniani.

Na kati ya amri kuu sana aliyowahi kuweka Mungu ni kupendana, kupendana kivi? ni kule kuishi kwa kujali wengine, sio kuishi kwa namna ya peke yako tu, akija mtu ana tatizo msaidie kwa upendo, mwenye njaa mpe chakula, wanadamu sisi ni warahisi sana kutoa sababu ili tu tusitoe sadaka.

Katika jina kuu la Yesu Kristo, nawapenda na ninashukuru kwa kusoma ujumbe huu.

Kutii ni Bora kuliko.....??

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OUR SERVICES

Rooms

There are options of queen size beds or twin beds. We also have optional rooms for budget travelers, students or special groups who prefer shared rooms at a lower cost.

- 24-hour check-In & 24-hour front desk support
- All rooms are equipped with a private bathroom
- Free Wi-Fi
- Table lamp
- Telephone
- Door latch
- Electronic fire-alarm
- Bathrooms have showers

Restaurant

Our menu has a variety of food ranging from African, Asian and Western cuisine. Our well-trained chefs have worked larger hotels throughout Tanzania.

Bar

The Sunset Lounge/Restaurant can seat up to 48 guests. Where you can enjoy our fireplace especially in our cold months of June - August.

Each Friday and Saturday we offer the best BBQ in Iringa. Many Sundays we prepare special lunch buffet, with varying different themes (Swahili, Asian and Western)

WHY US;

All our rooms are spacious with large comfortable beds, European bathrooms with hot water, and lots of natural lighting. We have the flexibility of adding additional bunk beds for large family groups. You can choose to stay in one of our brick bungalows or the timber 'treehouse' structure.

Perfect Sunset scenery, Sundowner's deck that has bar and a set up of dining tables if you will opt to dine at the deck area. We have fire to carter our clients during the hostile weather of Iringa. There is free Wi-Fi internet throughout the complex.

The hotel has a beautiful garden area with natural granite rocks along with the best view of Iringa town and the Gangilonga hills.
Paid Shuttle to Airport & Laundry Services



#FashionForACause

Tanzania Breast Cancer Foundation (TBCF) conducts awareness programs and fund-raising events through charity walks. The organization continues to strive to expand its awareness campaign programs to the community, reaching more women in the rural regions.

Tik Tok Fashion has joined the movement by helping the organization raise funds via their Kinondoni Shoes Boutique.

Tik Tok Fashion team believes everyone has something to share according to their status and ability.

"As a woman, I understand how important breast health is. As a fashion lover, I wanted to use fashion to support a worthy cause and make a difference. Breast cancer was the perfect cause to support" said Zahira Danda, a director of Tik Tok Fashion.

Tik Tok Fashion came up with a promotion known as #FashioForACauseWithTikTokFashion aimed at motivating fashion lovers to support the movement via its shoes sales. Tik Tok Fashion dedicated 20% of its October sales profit to TBCF, a fashion for a

cause project that was promoted on social media and circulated to a list of shop's clients.

Last year 2016 TBCF through its fund-raising charity walk raised a total of Tshs. 64, 002,088.80, and the funds were spent as per activities planned.

This year TBCF aims at raising 100,000,000/= Tsh. Your generosity will make a difference by allowing TBCF to work and save lives of women suffering with breast cancer.

The Fund that will be raised will be used to support not less than 30 women with their treatment of chemotherapy that will be required. Funds will be also be allocated for the purchase prostheses (artificial breasts) and special brassieres for women who have undergone mastectomy (breast removal). Much more, lots of resources will also be directed to conduct Breast Cancer awareness in schools and in the community

TBCF call on everybody able to support the organization, please remember that every donation makes a difference, regardless of the amount. Your financial support can be directly paid to the accounts as seen in their charity letter.



What is BREAST CANCER?

Is cancer that forms in the cells of the breasts. Breast cancer can occur in women and rarely in men.

Symptoms of breast cancer include a lump in the breast, bloody discharge from the nipple and changes in the shape or texture of the nipple or breast. To know there, you might require diagnosis as sometimes they are no symptoms, but people may experience breast discomfort, inverted nipple, lumps, or nipple discharge. Also common, redness or swollen lymph nodes

Treatment depends on the stage of cancer. It may consist of chemotherapy, radiation and surgery.



CHARITY LETTER

Tanzania Breast Cancer Foundation (TBCF) has been in existence for over 8 years conducting it's awareness programs and fund raising events through charity walks. The organization continues to strive to expand its awareness campaign programs to the community reaching more women in the rural regions. We hope that you will be able to take part in this year charity walk to be held on 7th October 2017 in Dar es Salaam.

Tanzania Breast Cancer Foundation (TBCF) is Nongovernmental, not for profit, self help and community based organization that aims at providing information and psychosocial support to breast cancer patients and their families. TBCF was established in accordance with the provisions of Non Governmental Organizations Act No. 24 of 2002 with Registration No 00NGO/0305 issued on 16th January; 2008.

This year TBCF aims at raising 100,000,000/= Tsh and we hope that you will be able to make a contribution to our course. Hence, your generosity will make a difference in our community by allowing us to continue in our work and save lives of women dying from breast. On last year 2016 fund raising charity walk, TBCF managed to raise a total of Tshs. 64, 002,088.80, and the funds were spent as per activities planned.

The Fund that will be raised in this year charity walk/run will enable TBCF to conduct the following major activities within its strategic plan:

- » Support not less than 30 women with their treatment of chemotherapy that will be required.
- » Purchase prosthesis (artificial breasts) and special brassieres for women who have undergone mastectomy (removal of breast).
- » Conduct Breast Cancer awareness in schools and Community

Remember that every donation makes a difference, regardless of the amount. Your financial support can be directly paid to the following TBCF Bank details:

Tanzania Breast Cancer Foundation CRDB Azikiwe Branch, Account No: 01J2029384901 Tzs Account and Account No: 02J2029384900 Usd account. The swift code: CORUTZTZ.

TBCF also has M pesa account through No 0768895694 with the name Breast Cancer Foundation.

Thanks for your continuous support.

IMAGINE LIFE WITHOUT BREAST CANCER

FRUITS & SALAD

When eaten as part of a balanced diet, salad and fruits help reduce the risk of obesity and weight loss.

Eating a variety of nutritious, low calorie foods and losing no more than 2 pounds per week is the healthiest way to slim down. Restricting your diet to just salads may make following that strategy difficult, but it's not impossible.

For example, a low calorie salad that contains healthy foods from all main food groups may have a base of greens, some citrus segments and other sliced veggies and fruits, a hard-boiled egg, a few crumbles of feta cheese and a dressing consisting of small amounts of olive oil, vinegar, salt and pepper.

If you struggle with weight or appetite control, serving up more veggies of any type can help, but some veggies have especially stellar qualities for encouraging weight loss.

Benefits of Salads and Fruit

Even though it is advised salads and fruit shouldn't make up your whole diet, they are great sources for a few essential nutrients. For example, fruits and veggies are packed with vitamin C, an essential nutrient that keeps your hair and skin strong and acts as an antioxidant to protect your cells from oxidative damage. Salads and fruit also contain fiber, which helps you feel satisfied after your meals and helps move food through your system to avoid constipation.

When you're craving salad for your lunch or dinner, add lean protein and healthy fats for a more filling meal.

Note: Although salads and fruit are great for you and they're worthwhile to add to a weight loss diet they shouldn't make up your entire meal plan. You would likely lose weight eating salads and fruit at every meal, but you may also be depriving your body of essential nutrients you need to feel and look your best. *If you find yourself gravitating toward highly restrictive weight loss diets such as those made up entirely of salad and fruit consult a professional to help you find a healthier way to lose weight.*

A Better Approach to Losing Weight

BUTT MOVES

that beat squats



Trainers hail squats as the queen of butt-toning exercises. But if your knees are balky they pop or grind as you drop into position squats may be an unsuitable option. Try to do the workout 3 days a week. Although the photos demonstrate the moves with resistance (using Resist-a-Cuffs), start without resistance. This is a tough workout and you can expect some soreness initially; stretch and use foam rolling to massage any sore muscles. When you're ready to increase the difficulty, try adding some resistance.



1 Donkey Kick Back

This exercise once had a bad rap for being hard on the lower back. But Donkey Kicks have come a long way since the '80s, when the leg was lifted high enough to pop a light bulb. This updated Donkey Kick is not only safe; it actually helps strengthen your lower back, too. This version targets your core and the big muscles in your butt. Start on all fours, palms under shoulders, knees under hips, and eyes on floor in front of you. Raise right back leg until even with torso. Hold momentarily then slowly draw leg back to start. Repeat for 12 reps, and then switch to left leg.



2 Standing Hip Extension

Whether sitting at the computer, doing chores, or shopping, we spend an awful lot of time bending at our hips. This can lead to tight hip joints. A Standing Hip Extension opens up those tight hip flexors and strengthens the lower back and the largest part of your butt. Stand perfectly upright, hands on hip bones, feet shoulder-width apart. Flex through right foot, and lift it off floor and raise 2 feet behind you. Slightly bend left leg. Hold momentarily then slowly draw right leg back to start. Repeat for 12 reps then switch legs.



3 Side Leg Raise.

There are six different muscles that work in concert to rotate your legs outward from the hip. This move lights a fire under the side parts of your rear, hips, and outer thighs. Lie on left side, left arm flat overhead, and head propped up on left bicep; place right hand on floor in front of you to balance and brace yourself. With both feet flexed, lift right leg to about a 45-degree angle about 2 to 3 feet off floor. Hold momentarily. Slowly lower. Repeat for 12 reps, and then switch sides. Keep your feet together, only lifting your top knee up and down.



THE OVERLOOKED G - SPOT

Once you are able to stir up your mind for sex, the rest of your body is sure to follow suit, and then there is no limit on how interesting sex will be for you from there onwards.

A G-Spot or as biologically known as an erogenous zone, is an area of the body that is sensitive to touch and normally, when touched, stroked, kissed, licked, can heighten sexual desire/pleasure. Different people have different erogenous zones. Men and women have different erogenous zones etc. but the most common erogenous zones are the breasts and the genitals. Otherwise, one has to find his / her erogenous zones and his /her partner's for better sex.

However, there is one organ that we all possess, that is an erogenous zone for all genders and for everyone. In fact, this is the biggest erogenous zone and yet the least considered or rather overlooked.

The Mind

Yes, apparently the mind is your biggest erogenous zone, and it is normally ignored. This organ is so involved in the sex act that if not prepared, either no sex will take place, or no sex will be enjoyed. If you ever meet a person (could be a man or a woman) who is always ready for sex, claims to enjoy it every time and speaks so well of sex, know that they have their minds prepared for sex, and how they think of sex is different from other people.

Most problems, it appears that, are on women. A woman is the one who is scantily ready for sex, is normally tired during the act, cannot go more than one round,

MODEL: Bhoke
STYLED by Bhoke
Shoes by Tik Tok Fashion
Photography Erick Lugakingira

does not enjoy the act, does not participate fully during the act (the one who just lies there and waits for the man to finish), is not creative about sex, and an array of other lamentations. The problem lies in the mind, which has not been sexually stimulated.

Needless to say, the mind as a sexual organ is not to be kissed, touched, and stroked physically. This is so that we do not hear cases of peoples' heads that have been cut open for the physical brain to be fondled. That would only lead to disasters.

WAYS TO PREPARE YOUR BRAIN FOR SEX (AND TO ENJOY SEX)

1. Think of sex in a positive light.

This is by far the most important point, and the one that causes more readiness and pleasure towards sex. Sex is a wonderful thing. Sex is a gift to mankind from our creator. Sex is good and necessary for a matured relationship. Sex brings so much love and connection to a marriage. Sex, apart from being for pro-creation, is also for pleasure, so yes, sex is amazing. In fact, contrary to popular belief, sex is really good for your health and has an array of benefits for your body.

Most problems about sex, or the lack thereof, have risen because since a young age, most people have been taught that sex is a bad dirty thing that has to be avoided at all cost- a taboo. Some have known genitals to be dirty organs that we have to bear with shame for the rest of our miserable lives. A change in this mindset is sure to bring about a positive change in one's sexual experience.

2. Listen to some good, soothing romantic music.

Music is magical as it has a way to influence our moods as humans. The type of music you listen to over long periods of time can eventually shape the way you think and feel. People who listen to a lot of heart break and break-up songs normally have the same feelings towards their relationship. So, to have a positive feeling about sex, do try to listen to some good romantic music so as to facilitate those sexual feelings. Avoid listening to (and watching) songs about heart-break and break-ups if you are in a stable loving relationship.

3. Eat well and exercise often so as to maintain an appealing physique

Good, healthy foods help our bodies to release to right hormones and to be in good energy levels. Sex is controlled by hormones, and if your body is not releasing the right hormones, it will lead to sexual problems such as impotence, dry vaginas, and low libido in the long run. Exercises help to keep your body in an active mode and ensure that you do not get tired

and limp only after a short while of sexual activities.

Also, once you start to eat healthy and exercise, you are sure to be in the right body shape which will help you to have a good body image. This will in turn make you feel good and confident about your body. The best thing a woman could wear- confidence and a smile!

4. Keep clean.

The lack of hygiene is a major turnoff in sex. So keeping clean, for both you and your partner will go a long way to enhance your sex life. There are few things more exciting than to have sex knowing you are clean and you smell fresh so your partner is enjoying your presence, rather than just tolerating it. Develop a habit of taking a bath before a sex.

5. Develop self confidence in your body and how you look.

Many issues in sex would be completely eliminated (or at least reduced) if people were more confident in how they looked. Confidence is the ability to know and accept that you look good enough to be loved, and that your partner is enjoying having sex with you.

The following can help boost your self confidence:

- Consider point number three – eat well and exercise often.
- Avoid comparing yourself to other people, especially in social Medias. If you are in the right body weight, you are beautiful no matter the type of body shape you have. There are a variety of body shapes, and each one is beautiful in its own way. Be confident in your body. If the models in social media really make you feel so bad about your body, avoid looking at them.
- Invest in some good quality lingerie. Good lingerie will entice your partner and in turn make you confident in yourself and how you look.

Once you are able to stir up your mind for sex, the rest of your body is sure to follow suit, and then there is no limit on how interesting sex will be for you from there onwards.

Happy hump day... cheers!

AUNT KINKY

Ni matumaini yangu kwamba unaendelea vizuri, mie ni bukheri wa afya. Nashukuru kwa pumzi hii. Issue iliyopita tulikuwa na mwenzetu wa mabwana wengi, kama hukuona story yake usisite kuingia katika tovuti yetu www.tiktokafrica.co.tz ili upakue magazine iliyopita.

Wakati mchangiaji aliyepita alikuwa anauliza kama kuna uwezekano wa kuolewa na mabwana wa 4 kwakuwa anawapenda wote, huyu wa sasa kaniacha hoi mimi, anafurahia manyanyaso anayo yapata kutoka kwa mpenzi wake ake wakati wa tendo la ndoa.

Jamani, mambo ni mengi na yanashangaza, niazime sikio lako najua mwisho wa siku tutaielewana. Lengo ni kutaka kusaidiana ili kujenga jamii yenye muongozo kimaadili na uzima tele. Kuna vitu vingi sana vinavoendelea na mtazamo wa tofauti ambayo mimi ninaamini kuna vingine ni tabia na afya ambazo zaweza kusaidika katika kuponya.

Weekend iliyopita aunt yenu nikapata nafasi ya kutoka, katika group la watu nilikuwa nao, kulikuwa na rafiki aliyekuja na rafiki yake, tuka share meza na kuendelea na hadithi za hapa na

pale, waswahili hatuna hiyana, friend of a friend anaweza kuwa friend kwa wakati au hata wa kudumu kutokea kujuana kwenu. Rafiki mmoja alimtania dada huyo ambaye umri wake waweza kuwa katika miaka ya thelathini, ambaye pia ni rafiki ake juu ya alama ya meno aliyokuwa nayo katika mkono wake, kubwa inayo onekana kwa uwazi.

Rafiki 1: Mtoto amekung'ata?

Rafiki 2: mototo!!! wapi? Alijibu msichana anaye mfahamu dada yule, rafiki ambaye alikuja naye. Ni bwana ake kamn'gata, mahaba nibamize aliongeza huku akicheka.

Wote waliokuwepo walicheka, nikatega sikio kutaka kujua kulikoni, huku nikiwa na maswali mengi, yanayohitaji majibu.

Wala sikujikaza kuuliza, "Ilikuaje akakung'ata"?

Muhanga huku akiona aibu akanijibu kwa ufupi. Mwenzangu, we acha tu. Alining'ata tuu, sijui hata nilimfanyia nini hata sikumbuki.

Wote tukawa tunashangaa, nadhani kwa wakati huo kila mtu alikuwa na lake moyoni ila linalo fanana ni mwanaume anamng'ataje mwanamke,

mbona tabia za kike hizo katika ugomvi? Pia unaweza achia kovu usijue lilitokana na jambo gani?

Alisikia aibu zaidi rafiki mwingine alipotoa alilo nalo moyoni.

Hee!! Mwanaume gani anang'ata jomoniii, si mambo ya kike hayo.

Muhanga Akainama chini akasema, yaani huwa anasikia kunitafuna, ndo kaning'ata hivo.

Mmh! Wakacheka wote.

Kwa aibu aliyokuwa nayo usoni, nilijua kuna zaidi ya hilo, kunalo jambo lenye u kinky ndani



yake. Nikawa msikilizaji zaidi, huku nikisoma body language ya dada yule na maelezo yake.

Hapo zikaibuka story za kufanana na kupigwa. Kwa dakika kadhaa wote tukiwa tunasikiliza kisa cha ugomvi wa mapenzi kingine kutoka kwa rafiki mwingine aliyekuwepo mezani hapo, sikuweza kusubiri kuuliza swali jingine. Hakika nilikuwa nayo mengi, na hasa yule rafiki mwingine alipokuwa anacheka cheka na ishara zote kwamba anafahamu zaidi ya kilichotoka pale.

Ikanikaa kutaka kujua zaidi, nikauliza.

"Sasa anvokung'ata ulikuwa umemkosea nini mapaka asikie kukutafuna"

Vicheko vikasikia kwa wote waliokuwepo mezani, pamoja na mhusika akacheka, akanyanyua macho yake kwa upole na kunambia.

Hii kung'atwa naomba uiache, maana utashangaa.

"Try me, wala sitoshangaa" nikamjibu

"Shemeji yako alining'ata tukiwa kwenye raha"

"Weka wazi" Nikaropoka kutaka kumfanya awe muwazi zaidi.

Vicheko tena, safari hii vilikuwa vya muda vikiambatana na kelele za hapa na pale.

"Usijifanye uelewi jomonii" Aliongezea dada mwingine, huku nikishangaa matumizi ya neno jamani to Jomonii nilielewa mtu mzima hatamki maji mma pasipo sababu. Ila nilijifanya kutoelewa ili apate kusimulia zaidi.

Nikatabasamu na kujibu, "sijaelewa"

"Heeh!! Ngoja nikupe kwa uwazi, sasa rafiki namba 2 akajibu, aling'atwa walipokuwa wanafanya mapenzi, usichoelewa ni nini?"

Wakati huu, nikadhimia kuandika juu ya jambo

hili, na niliona vema kuweka jitihada za kuongea zaidi na muhanga juu ya jambo hili. Faida za rafiki wa rafiki nizitumie ipasavyo. Wala sikuchelewa nilichukua namba yake na kumualika out siku inayofuata, nikiadhimia kumwambia adhimio langu kwa uwazi ili anielewe, katika kikao kile wala hakusita akanielewa na akaamua kunipa mkasa wake.

Ni kwamba mwanaume wake anamng'ata na wakati mwingine hata kumchapa vibao anapokuwa katika hitimisho la tendo la ndoa. Dada anasema hajui afanye nini kwasababu alichogundua mwanamme huyu humchapa na kumng'ata wakati huo tu, na wala si nje ya hapo, anashindwa afanyaje kwasababu wakati mwingine huwa extreme na anaumia zaidi ya kovu alilokuwa nalo la kung'atwa. Na mumewe akishamaliza husikia vibaya kwa alichofanya hasa kama ikiwa imezidi.

Pia alinionesha makovu ya michubuko ambayo huonyesha ni kucha, japo yaikuwa yamepona ila yalionekana kwa uwazi. Aalilalamika jinsi yanavomuudhi na kumuondolea kujiamini pindi atakapo kuvaa nguo ya wazi.

"Kwenye suala la kucha, nimefanikiwa kumdhibiti, maana nahakikisha kucha zake fupi kila mara, yaani fupi zisizokuwa na madhara".

Nikawaza na zile cover za midomo mbwa huvikwa wanapokuwa wanahudumiwa wasimg'ate daktari kitaalamu zinaitwaje? Zingeweza kusaidia juu ya hili suala la kung'ata. Nashukuru sikuwaza kwa nguvu ningeongea nisinge eleweka, wakati mwingine mawazoni vyema kuyahifadhi yatokako, ukiyatoa yanaweza kuwa pumba isiyobebeka.

Japo niliahidi kumsaidia, kwa kuwasiliana na sex therapist ninaye mfahamu, pia niliona vyema hii ikawa topic yetu hapa likawa somo kwa ukurasa huu, kuna vingi vya kufananania, ni vile tu wanawake tunafunzwa ya ndani ya chumba na mumeo yasitoke, hivo mengine hata ya kuumiza na kukukosesha raha unaishia kuyaweka moyoni.

Sex therapist anasema hizo tabia zipo, ushauri na maoni yake juu ya mada hii vitawekwa katika blog. Usiache kusoma makala hizi online kupitia www.tiktokafrica.co.tz/auntkinky

Niandikie barua-pepe kupitia auntkinky@tiktokafrica.co.tz, usihofie. Sito andika jina lako wala unakotoka.

Kwaheri.

SPELL BOUNDS

We deal with anger and sadness in different ways; the boundaries we keep to process troubles differ. Respect one choice when they decided to process something their way and not your way.

A very quiet afternoon, and if it were somewhere else the sun would have been in the middle, shining bright; but it is different here, especially at this season- it's dim and cold. Saddening kind of weather, yet, it never hindered the beautiful green scenery nature to buff.

Tall and thick forests that surround tea fields, are all over the place. Giving a faint hiss of a quiet breeze. I was in a clad of heavy clothes to protect myself from the harsh cold.

Hiking in this kind of weather can be punishing. Yet I chose to come out here and hike, so as to get a 'me' time. Just like any other day that I come out here hiking, I walked for a mile without meeting any one. But the fact that the surroundings are safe, kept me going. My destination is a place I have recently discovered and like going.

A level ground- plain field covered with short grasses where you can see hundred meters to all directions. I sat quietly at the centre of this field.

Birds are cheeping, I could hear them, from all directions. Amongst all the sounds, there was one terrifying sound I couldn't figure at once, that caught my

attention. I thought, is it a bird sound or an animal.

The voice was so loud and terrible, for a second I thought it could be an animal that has stepped into a hunter's trap or anything that was hurting it badly.

I paid attention to see if the sound posed any danger then it hit me... I was actually focusing on something else apart from what brought me up there.

I was there to cry without interference; in fact I have been coming here for a third day to calm myself down after a terrible incidence that had happened to me.

I couldn't stop crying; somehow I felt relieved whenever I cried out loud. Despite my sister's effort to warn me to stop or else I shall get sick from all the crying, I just could not stop because it gave me a relief.

"It will get better with time... just let it be and let it go." She said, to comfort me.

Her statement annoyed me that I decided to create a hiking routine that will give me a chance of mourning- alone. Crying until I dry out, that was the only thing I wanted to do.

Since I found this place, I fell in love



with it. The nature so beautiful- short green grasses as if someone was mowing every day to keep it beautiful. A garnish of scattered wild flowers in different colors like the rainbow. A very beautiful place to be and drift one's mind away.

Yet with all this beauty, it wasn't enough to drift my focus on the anger and pain within me. All I could do with this place is cry out loud, curse, throw stones and all the things I could do to ease my pain... to discharge my anger. After all, nobody was watching.

For the first time my mind is focused in something else, I could realize what was happening, but something was transforming, something new was happening, that moment I was not paying attention to my pain, my shame, my loss and pay attention to the sound that was horrifying me from a distance.

Two months have passed since my boyfriend cheated on me with my best friend. It was embarrassing and painful, for these two were dearest to me.

How could you do that? I have asked this question a million times. I have asked them the day I walked in and found them in bed, and I have asked them in text messages. I kept asking in disbelief, over and over- How?

He did that... man are dogs; a generalization I couldn't keep out of my mind. Perhaps mine was inhuman, disrespectful with no remorse, for his choices and actions just tells me so.

Jane was my best friend; I trust and share almost everything with her. We would talk and have fun. Sharing stories about my love life and my man felt okay, to the point that I shared core intimate stuff that would seem inappropriate to do but I did anyway- she was my best friend!

"By the way, we are getting engaged in December." I shared with Jane when I confirmed with Sadiki about our plans. We were initially introduced to our families and relatives... then the engagement was to follow and the plan was to get married and end up together.

"Wow! That is great! We should throw you an engagement party, a nice one..." Jane Suggested.

"I want it classy and nice; it should be small but I want all my friends there..."

and my foes." I agreed as we chuckled on the shade while walking down to a coffee shop to meet my Sadiki. I had an appointment with him, and since Jane came unexpectedly, I decided to come with. By the way, it was high time they officially met. At this point each had heard a lot about the other.

I walked in the coffee shop, immediately spotted my man and rushed to hug him with a tinkle of pride in my groove- like watch, this is my man... my king!

"Hi baby..."

"Hi honey..." he replied and kissed me partially on my lips.

"Jane... Sadiki", "Sadiki this is Jane, my best friend."

"Finally", Sadiki stretch his hand to greet Jane.

From then, the three of us met in various occasions. Everything changed. Before I introduced them, I had stayed for two years without them meeting, but introducing them brought an easiness of inviting them out together.

I couldn't tell if this horrible day will come. I couldn't tell if they had feelings for each other. I couldn't even tell if Jane will do something like that to me neither did I see any sign that this day will come to pass.

A day I chose to forget

I am used of sweet talking my man when am at work, he will easily reply and chat for a while in every after sometimes, those dandy things all lovers chat.

We would even sexting in my break, he is flexible, a well established business man. This day was different. He replied my text as if he was in hurry, I could tell, he was even not responding on time, thanks to whatsapp last seen.

It bothered me, and I ended up writing to him about how I feel with him not responding on time. He didn't even bother to say sorry, the text were all seen and delivered.

I was disturbed with how the day was going, him not responding and I decided to call him on my lunch break. He didn't pick.

Luckily it was Friday, I finish my job

early. I decided to pay him a visit at his place, to check on him.

It was evening after work, a quiet neighborhood, a high end residential area.

I opened the gate and passed by the gateman.

“Hi John,”

“Hello Madam” he responded as he watched me walk in... it was almost like I live there so he wouldn’t mind. I thought to myself as I walked in, if Sadiki wasn’t in then I’ll entertain myself with his collection of music as I wait for him- he won’t be long.

I opened the door, there were signs he was in the house, his shirt on the sofa and his favorite TV program running. I wailed in joy, for I was in 50/50 chance of finding him at home. I went straight to the bedroom; I knew he will be there.

My heart pounding and all the things I had planned to tell him when I met him, had vanished I only wanted to hug him tight and ask how his day was.

I pushed the door open and called

“Baby...”

Then that’s when I felt the pressure of hot blood rushing to the back of my head... clenched my teeth and narrowed my eyes as if I was trying not to see what was literally happening right in front of my eyes: My Sadiki, rolling over and tossing a sheet away, beside him Jane was laying there naked and ashamed. She couldn’t even look at me, Sadiki pulled his boxer and wore it in hurry, running toward where I was standing. Jane pulled the sheets to cover herself, for some reason she was not doing anything apart from covering herself well.

Sadiki was talking; I can’t remember what he was saying. My mind was still processing what I just saw. Betrayal!

“How could you do that?” I asked, at that moment I didn’t know or even care who I was asking, my best friend or my man. That was a day he called me baby more than million times in just fractions of seconds, which is all that I could hear, him trying to please me and out of words he ended up saying,

“Baby, baby, baby, baby...”

I walked away and travel to my sister’s place. I needed to retreat and reflect and mourn, on my lost love... and it was so, every day since, until that day when a horrible sound distracted me.

The calf was trapped in a thick bush; when it kept struggling the rope got tightened. I ran to find a nearest house for help. I found the house of the calf owner. Luckily the owner has also been looking for it. He came and chopped off the rope and slushed the bush to free the calf.

It got me thinking, I shifted from what I was thinking and somehow I relate my situation with the calf situation. The bush shreds were the situation and the rope was my problems. Keep on thinking and dwelling on it, created more problems, crying made it worse and perhaps I was crying in a long place, a place no one knew how to help.

Then that’s when I felt the pressure of hot blood rushing to the back of my head... clenched my teeth and narrowed my eyes as if I was trying not to see what was literally happening right in front of my eyes: My Sadiki, rolling over and tossing a sheet away, beside him Jane was laying there naked and ashamed. She couldn’t even look at me, Sadiki pulled his boxer and wore it in hurry, running toward where I was standing. Jane pulled the sheets to cover herself...

It smacked me hard and the calf situation turned to be the solution I needed instead of the pity hole I had staffed myself into. Remember the calf was trapped in a shredded bush, something that doesn’t

even got root, it could have just pulled the shredded bush with it and walk away, but struggling made thing worse.

We deal with anger and sadness in different ways; the boundaries we keep to process troubles differ. Respect one choice when they decided to process something their way and not your way.

But if you’re reading this, there is a something to take home from this story. Choices, Surroundings, a person, nature, beauty, and ugliness are the things you should always consider before you storm into a decision.

I clearly thought of this, and realized the nature of my problem was all caused by me, I had no boundaries, and not everything should be communicated to your best friend. Intimacy things have boundaries; some of the things should kept to yourself.

Ugliness, the fact that they have cheated doesn’t matter at the moment. People will always disappoint you. What you do after disappointment is all that matters. The bad and the good are a total package of people surrounds us.

A person, Jane is my friend. I know her good side and the worst was sleeping with my man. Dealing with people when they have extreme heart you is what will either make you a big person or not. Respect is earned and in dealing with people you gain it or loose according to choices and decision you will end up making.

Surrounding, I have created the cheating surrounding by allowing my man to be close to my best friends, am not saying it is a bad thing, yet they should have boundaries. And a girl who is taught well won’t go that extreme to a man who is not his. Keep you hands off others man.

I was left with choice, the good part of my man and the good part of my best friend made it easy. That day I picked there both calls and let them apologies. I listen and cry with them, they all knew they had hurt me extreme.

I chose to forgive them, a beauty of it I knew what I wanted. I married my man and kept my friend. It is easy to deal with the devil you know.



MODEL: Ursula Kuver
STYLED by Ursula Kuver

SINGLE MOMS

Matters of the heart are complex, the choices we make are not to be looked with a judgmental eye. Anything can happen, some choices are good and some land us into trouble. Some women fell into the wrong social conception that “there’s no man of your own” which I would say right here that is absolute BS; thus settling to being a side chick- but now you’re raising his baby alone, while he’s sleeping where he belongs! Some fell for the ‘bad boy’ whom our mothers strongly warned us against... but then again: a heart wants what it wants and we live to learn! This matter has been dragged far enough, it is us women who choose to let men play and exploit our emotion to their advantage. Get over it!

Weather you were dumped by the bad boy or you are the side chick or you’re the widow to a departed loving partner- being a single mom comes with a lot of grief, grudges, resentment and stress- physical and emotional. On top of it all, your body has changed, you have night shifts as well as your day job- your life is all about the baby and making ends meet. Getting back into the dating world after all this can be a tough nut to crack, besides the feeling of lost beauty and post birth physical changes. Yet, surviving is natural to women; above it all, they will rise and raise the child.

There could be a million things that landed you into being a single mother. Yet you manage to adjust and live to enjoy your blessings and life. Cheers to all single mothers out there! Moving on, we cannot cry over spilt water/milk... let’s focus on how to get back in the game. Time to date again- this time round, wiser & with a child under your responsibility. Let’s find us a proper baby daddy... a man to have and to hold... to love and cherish... a responsible man... preferably, your own!

So how do you get back into dating game?

One thing we should all be clear about is that- the reason why we are single post birth is less physical but rather more psychological. Now we have fear of rejection, insecurities about our impressions, insecurities about our physique etc. Being a mother and breast feeding has never kept a real man from loving and being with a real, loving, confident woman. So shake off those fears and insecurities and dip your toes back into the dating pool!

A lot has changed, yes! But the game is still the same; there are some tips that will help you date again and avoid the mistakes that will make you a single mother for life.

Don’t become intimate too soon though it’s natural to feel like a teenager with raging hormones when you start dating again. A good match will wait for you, and you don’t want to feel stuck, again, in a bad one.

Date more than one suitor (not to sleep with more than one). Never assume that you are in a committed

relationship until you have discussed it with the person you are dating

Heal and make peace with your past and should wait until you feel adjusted to the separation, peace with your ex and happy with your independent life before you brings someone else into the picture.

Don’t introducing him to the children too soon. If anything goes wrong, it’s not only the woman who can be hurt if the relationship ends, but the children as well. We have got you covered here, until next time.

Ubunifu ukusaidie kukuza Kipato na kufikia malengo yako



Amina Swedyni mbunifu wa mitindo ya kadi za harusi na mapambo mbali mbali. Amina hutumua malighafi tofauti kubuni mapambo kwaajili ya upambaji katika sherehe mbali mbali na majumbani.

Katika kuikuza biashara yake, Amina anaamini kama mjasiliamali ni lazima uwe na sehemu ya kuanzia, uanze ulipo na baadae kujikita zaidi kwenye muelekeo kulingana na kipaji chako.

“Biashara hii nilianza kama stationary ya kawaida ila badae nikaanza kutengeneza kadi kidogokidogo wateja wakapenda ubunifu wangu, nilivyoona inasogea zaidi ndipo nilipoamua kufungua wedding stationary “. Amina.

Licha ya kutengeneza mapambo mengine, lakini Amina amewalenga maharusi zaidi na kuzidisha ubunifu

katika mapambo mbali mbali yanayohitajika katika harusi. Amina ni mama wa watoto wawili, biashara alianza rasmi mwaka 2009. Mpaka sasa huendesha familia yake na kuchangia pato la taifa kutokana na kazi hii tuu.

Yeye huamini katika kuipenda kazi unayoifanya. Ili ipate kukupa msukumo wa kutengeneza kitu kipya na kuongeza ubunifu na hali ya kujituma zaidi.

“Msukumo wa kubuni huja pale mtu anapofanya kitu anachokipenda na kukifurahia zaidi, hii uleta ufanisi katika kazi na kujituma zaidi ili kuleta maendeleo binafsi na katika ngazi tofauti.”

Amina ametaja mitandao ya kijamii kama sehemu ya msukumo wake katika ubunifu huku akiwaasa wajasilia mali na wanawake wengine kufanya kazi kwa bidii na kutumia mitandao kwa maslahi ya biashara

zao katika kujifunza vitu vipya.

Amina huongeza na kujifunza ubunifu mpya katika kazi za watengeneza kadi wa nchi mbali mbali kupitia mitandao ya kijamii kama Facebook na Instagram. “Naangalia kazi za wengine kupitia mitandao ili kuiboresha yangu.” Amina alielezea juu ya umuhimu wa mitandao katika kazi yake. Licha ya kuwa na chamgamoto mbali mbalia katika kazi hii. Bado anaamini ina nafasi kubwa katika kumkomboa mwanamke katika kipato na kujinufaisha kupitia usanifu huu.

Ni jambo jema kwa mfanya biashra kwenda na wakati. Kujua hitaji lililopo kwa wateja. Nini wanapenda kwa wakati muafaka. Hii ni njia ambayo Amina anatumia kuhakikisha anakwenda na wakati na kufanikiwa kuuza kwa kubuni mitindo ya kadi na mapambonya harusi yanayokwenda na wakati.



Kwasasa mitindo ya kadi inayopendwa zaidi ni Laser Cut cards, Props, wedding sign, champgane zilizopambwa, maharusi wengi hupenda hizi Amina alifafanua zaidi. Amina hupata malighafi ndani na nje ya nchi. Ambapo kwasasa ubunifu wa kadi kwa kutumia kitambaa aina ya ‘Velvet’ huwashangaza na kuwafurahisha zaidi wateja.

Kadi za kitambaa zinatengenezwa katika rangi tofauti tofauti kulingana na matakwa ya mteja katika rangi za harusi husika. Kama ilivo ada ya biashara nyingine, hata Amina naye hupambana na chamgamoto nyingi katika kazi yake, ila kubwa ni wateja kushindwa kulipa wa wakati na upatikanaji wa malighafi stahiki ndani ya nchi.

Kukosekana kwa malighafi kunafanya hata wakati mwingine kuchelewesha kazi za wateja na kuingia katika mtafaruku na ma harusi hasa wanapokuwa wanahitaji

kazi kufika kwa wakati uliokubaliana. Katika siri za mafanikio yake, Amina hutaja uvumilivu ndo kila kitu katika kujenga biashara yenye mafanikio. Hata pale unapokwazika na mteja yapasa wewe kuwa katika kuchukua hata tatizo lililosababishwa na mteja.

Inatokea mara nyingi tuu, mteja anatuma sampuli ya maneno ya kuandikwa katika kadi akiwa amekosea, unatengeneza na kurudisha kuhakiki, anaikubali iko vizuri. Ukishamaliza kutengeza na mzigo uko tayari ndipo anakuja kugundua makosa ya wazi ambayo hakurekebisha. Yapasa uvumilie na kurekebisha makosa hayo na wakati mwingine kwa gharama zako binafsi na si za mteja. Amina alifafanua. Nashauri kina mama wenzangu kufanya kazi kwa bidii. Unapofanya kazi kwa bidii mafanikio yanaonekana.

Mjasilia mali wetu wa leo, lengo

lake kubwa ni kuwa na kiwanda cha utengenezaji kadi na kampuni itakayojikita katika usimamizi wa wa sherehe za harusi kuanzia upambaji na mahitaji mengineyo ya sherehe za harusi. Amina anapatika Mwenge mkabala na TRA office namba 3. Amina amefanikiwa kujenga mawasiliano katika njia ya mtandao ambapo huuza na kuonyesha mitindo ya kadi katika akaunti yake ya Instagram @itsallaboutcard.

Pia kwa mawasiliano ya haraka biashara na ushauri zaidi juu ya ufanisi huu Amina hakisita kutoa namba yake, anapatikana kwa namba 0717 315 009.

Tunampongeza mjasiliamali wetu wa toleo hili kwa ubunifu na kujituma kwa bidii, uvumilivu na malengo yake katika kujikwamua kiuchumi. Fuatilia toleo lijalo kujua mjasilia mali atakayekuwepo.

Holiday Special Sharing is Caring

Tik Tok Magazine has a gift for you; we believe sharing is caring especially at this special time of the year! We have put together discounts from various shops and beauty parlors, not to mention holiday's decorations by Rachael Choice events.

It is simple as that, **from 20% upwards off** the retail price just for you for this holiday season. Take this code **TIKTOKISSUE2** and present it at the payment counter for your special discount.

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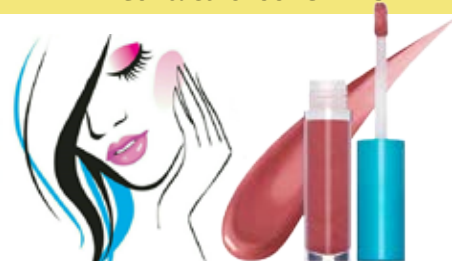
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