

ISSUE #1,  
AUGUST 2020.

# *The* GIRLMAGAZINE

*The future of our  
world is only as  
bright as our girls*

*“We can give every girl on  
this planet a future that  
worthy of her talents and  
her dreams.”*

*-Michelle Obama*

*My Skill*  
**MY PRIDE**



TGM-020-0820



# RISE UP FOR OUR GIRLS

## BACK TO SCHOOL FUNDRAISING CAMPAIGN

Countless Cameroonian girls and young women are becoming more vulnerable due to economic hardship caused by the political instability and the Covid-19 Pandemic. The overall environment has not been enabling, making it more challenging for young women to reach their full potentials. It is time to rise up for our nation.

While the government of Cameroon debates and strategizes on how to address the issue of Covid-19 lockdown that has brought unseen economic calamity, No Girl Left behind is work-

ing tirelessly to bridge the gap in education for girls and young women. Girls and young women in many parts of Cameroon have been out of school for three years due to political unrest.

The No Girl Left Behind annual back to school fundraising is almost coming to a close. The goal this year is to award \$10,000.00





**NGLB is more determined to change the trajectory of young women in Cameroon by fixing the educational gap for our girls/young women.**

worth academic and vocational skill training scholarship to 100 girls/ young women ages 13-25 years old. This is to help sponsor young women in sustainable vocational skills training, thereby narrowing the unemployment

gap in local communities. Academic scholarships are intended to cut down on school dropout rates. School lockdown due to the political crisis has created a big intellectual vacuum especially for the indigenous pop-

ulation who cannot afford private schools with good security, neither can they afford online learning due to no electricity supply and no WIFI network.

# FROM OUR GIRLS



*A big thank you to the No Girl Left Behind Organization for assisting me to complete a vocational skill training. They did not only help me with materials during the training course, they also provided me with a sewing machine upon graduation from my vocational training. I am now able to start up my own small business to provide for myself.*

**Juliet Bekali**

*I am a first hand beneficiary of the No Girl left Behind Organization. This organization in collaboration with the Sister of St. Anne at the St Anne's Tailoring center gave me hope to keep thriving no matter how difficult things are. I received material support and mentorship through out my vocational training. When I graduated, they even offered me a sewing machine to start my own fashion designing business. I am very grateful . No Girl Left Behind has made a huge difference in my life.*

## **Joceline Mackey**



*A year ago, I completed my vocational training in fashion designing. I did not know the next step to take because I had no equipment or capital to start up my business. Then No Girl Left Behind organization stepped in and provided me with a brand new sewing machine. This enabled me to start off my sewing business, and over time this has given me financial security. I am economically empowered and can now afford my basic needs.*

## **Flora Wirsiy**

*My name is Ange Maku Ndifor. I am 16 years old . A form 4 student at the Government Bilingual Secondary school in Douala . I have benefited from the NGLB Academic scholarship for the past 3 years. Since I lost both of my parents several years ago, life has not been easy, but this Organization has changed my destiny, I am very grateful for the opportunity.*



## **Ange Maku Ndifor**



# YOU & YOUR HEALTH

## Back To School Health Tips



PMHNP-BC

### Theresia Fuh-Tabe

- Genital warts and other STDs.

### Fighting for Your Mental Health? Anxiety and Depression

With the challenges we have faced so far this year, mental health challenges seem to skyrocket. As a mental health professional, I want to briefly discuss two common mental health challenges of this season Anxiety and Depressive disorders. Fighting for mental health can sometimes be simple as releasing our expectations, or complicated by not knowing what to do.

**Vaccinations:** The World Health Organization (WHO) recommends the HPV vaccine for all nations for men and women ages 9-45. The HPV vaccine (Gardasil) is strongly advisable especially for girls 12 years and older. This vaccine helps in the prevention of the human papilloma virus (HPV). This vaccine helps prevent:

- Cervical Dysplasia
- Cervical Cancer

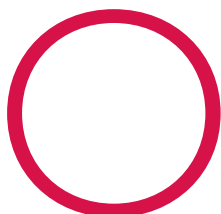


Anxiety some is a temporal feeling, to others it is recurrent and can be disruptive. Symptoms include feelings of worry, intense on and off feelings of fear that can interfere with daily activities. With so much uncertainty looming, many are not sure if things will ever be fine and sta-

ble again. While many have accepted this as the new normal, so many are still overwhelmed with fear. So many unanswered questions and so much sadness from loss of loved ones. For anyone wrestling with anxiety and intense emotions, seek medical help and therapy. I also strongly

recommend spiritual help. I want to encourage you to know that God is in control. God is fully aware of the ups and downs, and is quite capable of calming the storm. Rest knowing that He knows the end from the beginning. (Isaiah 46:10).

## OVERCOMING DEPRESSION

 Our lives and activities have been disrupted by Covid-19. The lockdown has been so challenging, emotional and social needs are hardly fully met. This has been a huge distress on many. Feelings of persistent sadness, hopelessness and helplessness and an overwhelming sense of despair making it difficult to focus on daily activities are indicators

of depression.

Depression affects over 264 million individuals worldwide. There are online resources such as counseling for all ages. Christian counseling is a added advantage. In case counseling is not effective, seek spiritual help from your local church. A good Scriptures to meditate on is **Philippians 4:4-7**.



# The **Secret** to *Life*

**T**he journey of finding one's self and true purpose in life comes from a place of spirituality and identity. Coming to terms with my identity required me to answer some questions like, "who am I? Where do I come from? Where am I going?" Sounds easy but requires a lot of thoughts and transparency. Once I was able to answer those questions during the early years of adulthood, I knew it would open more doors and take me a step closer to my true purpose in life. Knowing that no matter the ups and downs life may throw at me, I will never forget my identity and who I am.

A part of my identity is my spirituality, an innate characteristics from the day I was baptized, as a little girl. Coming from a religious family, I can say I have always been a true believer of God. During the early stages of adulthood, I remember facing so many challenges and had nowhere or no one to turn to but my maker and creator. I was at my lowest when I got closer and started to build an intimate relationship with God. That was the best decision of my life because little did I know, I would never be alone



in good times nor bad times again.

Everything started to fall in place once I discovered the secret of life, the love of Christ. All my failures turned into successes, and my lessons turned into blessings. I watched my dreams manifest right before my very own eyes. A little girl's fairytale dream became my reality; obtained my Master's degree, got a career job, got married, and had a baby. Through it all, I remained true to who I am, a faithful servant to the living God. Every day is not perfect, but I strive to make a little change one day at a time towards becoming a better woman. Whether it is an act of ser-

vice, kindness to the people around me, or just simply being good to myself, and catering to my mental state, in order to put out the energy I would like to receive. All in all, self-care has been key to my mental, emotional, and physical well-being.

Being in tune with one's self helps to create awareness of one's thoughts, thinking

patterns, and actions. *A skill that I have finally mastered which has led me to self-actualization is knowing that I am the author of my own life story.*

My day to day struggles no longer phase me as much because I surrendered everything to God, and I know he is the driver of this thing called life.

I believe in this journey of finding one's self and true purpose, but like a lot of people on this same quest, I am a work in progress. I can see myself becoming my higher self in the most spiritual and beautiful form, which is power in itself. A child of God and a daughter of the soil!



ARTICLE BY

**Sandra Mubang**



## BOOK OF THE MONTH

# A SECOND CHANCE; YOU ARE NOT ALONE



AUTHOR

**Theresia Fuh-Tabe**

Have you read “A Second Chance, You Are Not Alone” released in the Winter of 2019 by the Founder And Team Lead for NGLB Theresia Tabe. This book is a masterful account that gives strength to those who have experience adolescent pregnancy. This book is a compelling narrative that addresses the dilemma of young women and their cry for help. If you are a victim of teenage pregnancy, or have a baby out of wedlock, or a product of teenage pregnancy, this book is a must-read. It also confronts the taboos, stigma and labels that come with teenage pregnancy or having a child before marriage.

**“ A second Chance” is now selling on Amazon, Barnes & Nobles, Traditional Brick & Mortar bookstore. It is available in both paper back and Kindle versions, and Apple iTunes store.**



A woman with dark curly hair, wearing a bright yellow, long-sleeved, tiered dress, is walking on a city sidewalk. She is smiling and looking back over her shoulder. She is carrying a woven basket bag. In the background, there are tall city buildings, palm trees, and a clear blue sky. The word "WOMEN:" is written in large, bold, pink letters across the middle of the image.

# WOMEN:

OUR BODIES, OUR INSECURITIES AND INTERNAL BATTLES INVISIBLE TO THE EYES OF THE WORLD.

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It was a little past my 16th birthday and I was due for my yearly physical. My dad who has been present and religiously ensured that I make every appointment was going to be absent for this one. He trusted that I will make the appointment, ask questions and confide in my doctor if need be.

I show up for my appointment 15 minutes early, greeted by a nurse I became close to over the years and who had the warmest smile. She checked my vitals and beckoned me to the room I will be seeing my doctor. She offered me a hospital robe and advised me that my doctor will be in to see me momentarily.

A few minutes later I hear a knock on my room door. I knew it was my doctor and I had a huge smile on my face. To my surprise it was the nurse. "Is everything ok?" ... I asked.

"Oh yes".. she replied. She came to apologize and inform me that my doctor had an emergency and there is another doctor available to see me. No big deal (I thought to myself). She tried to pronounce the new doctor's name and she failed miserably.

She pointed at his name on a piece of paper and asked me to take a stab at it. Let's just say

we ended up calling him Dr. O. We talked about how others face the same difficulty pronounc-

ing my middle name and laughed away. She assured me I will be in good hands and walked out of the room with a reassuring smile on her face.

I sat in the cold room. Flipping through a health magazine while waiting for the doctor. Moments later, I hear another knock on the door. This must be him. I thought to myself. I adjusted my robe, sat up straight and put on a fake smile. Palms on my knee and looking straight at the door. "Hello doctor" I warmly greeted him as he enters the room. He stretched out his arm

*As a little girl I was insecure about different parts of my body. My eyes being one of them because I thought they were bigger than everyone in my circle and had been teased so many times.*

and gazed sternly into my eyes and didn't bulge for about 10 seconds (that's a long time). Awkward!!!! "Is everything ok"... I asked. "Yea yea yea" he

responded.

He introduced himself, verified who I was and all the other doctor stuff they do. All the while staring cringingly at me. He pulls his chair closer to me, moves my head from side to side and goes “hmm”. He opens up my eyelids with his thumbs to take a closer look, visibly concerned.

Will this man tell me what is wrong? I asked in my head. “Have you been diagnosed with hyperthyroidism?”... he suddenly asked. “What the heck is that?”..... It should say so in my chart right? Did my dad “miss” this appointment on purpose because of this? Am I going to die? So many questions were running through my mind.

He pulls his chair back to his computer instead of answering my questions and starts typing. Jesus take the wheel. What is going

on? He pulls back a little closer to me and says... “Your eyes are unusually large and I have concerns”. Oh now I’m pissed. Not again. Let’s just say that appointment didn’t go well and all I needed was my dad. I told him my mom has the same eyes and I haven’t had any health concerns over the years. What a waste of my \$5 copay.

As a little girl I was insecure about different parts of my body. My eyes being one of them because I thought they were bigger than everyone in my circle and had been teased so many times. My skinny long legs and forehead, just to name a few. I wore my prescription glasses to bed sometimes to hide my eyes, always had a side part bob hairstyle and bangs to cover my forehead. I wore long pants all the time to cover up my legs.

Why did I have these insecurities? Was it

because society graded my looks against the standard in which they have put in place as a measure of beauty? Who came up with these and why are we accepting them? My parents did their best to teach me how to love myself the way I am and in turn I am doing the same for my daughter. That notwithstanding, we live in a world where we are constantly bombarded by visuals of what beauty should be. I will talk about how I learned to accept everything about me for what they are in another write-up.

What are your physical and/or emotional insecurities? What do you do to overcome your insecurities?

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