

Rotary
Nateete-Kampala






Rotary Opens
Opportunities

MPAGI NEWSLETTER



February, 2021

We Fellowship Every Thursday

 @ClubNateete  www.nateetekampala.org  Rotary Club of Nateete Kampala

MPAGI NEWSLETTER

February 2021

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EDITORS NOTE

BENEFITS OF READING

- .Brain Connectivity
- .Vocabulary
- .Memory and Mental Stimulation
- .Focus and Concentration
- .Analytical Skills
- .Empathy and Emotional Intelligence
- .Tolerance
- .Reduces Stress



People who read alot, have more words in their vocabulary than those who don't.

Reading teaches empathy. When books are focused on the psychology of characters and relationships, readers can learn from those interactions.



Reading causes brain connectivity. You recall past events and details to guess the ending. This teaches your brain to make the connestions in real life.

Miriam Serunkuma Nsubuga (PHF)

Bulletin Officer

Matovu Abdulrazak

Ass. Bulletin Officer

MPAGI MAGAZINE, FEBRUARY 2021 PRESIDENT'S MESSAGE.



Margaret Magumba
Opportunity President
RC Nateete

Dear Friends

As we end the month of Peace and Conflict Prevention / Resolution, we thank God for we are left with only 4 months to end the rotary year 2020/2021. Time has really moved fast, amidst COVID 19 Pandemic uncertainties. Praise the Lord.

The Presidential theme for rotary year 2021/2022, as announced by the incoming RI President Shekhar Mehta at the International Assembly which took place on February 1st 2021, is, "SERVE TO CHANGE LIVES". The leadership will be identified as Change Maker Leaders.

As regards the theme for the month we are concluding, we thank PDG Emmanuel Katongole and team, who spearheaded the idea of having a Rotary Peace Centre in Uganda, the only one on African continent located at Makerere University. You are please encouraged to support it with your individual contributions going towards your Paul Harris Fellow (PHF) Status.

Friends, as we approach the Water and Sanitation month of March and as we plan to wind up the Rotary year 2020/2021, don't relax, be involved in all rotary activities including attending rotary events and meetings, virtual, or physical.

Have a blessed new month of March and continue to observe the SOPs for COVID 19 is Real and Deadly.

OP – RC NATEETE KAMPALA

FEBRUARY MESSAGE FROM THE DISTRICT GOVERNOR D9211

DG ROSETTE NABUMBA 2020/21



Fellow Rotarians, exactly a year ago – all hell broke loose as the COVID-19 virus stealthily crept across the world. At the time – no one could have predicted the global crisis and scale of disruption that would be triggered by the virus. In the space of 12 months, there have been over 113 million infections worldwide and over 2.5 million lives lost, including members of our Rotary family.

Beyond the dire consequences on people's health, the pandemic has had a devastating impact on the global economy that is only comparable to the Great Depression of the 1930s. Many men and women have lost their jobs/businesses or seen their incomes cut, and it is estimated that between 119 and 124 million people have been pushed into extreme poverty.

COVID-19 has created the worst crisis in education and learning in a century. Many children in our communities are grappling with remote learning or no schooling at all, and many more are now engaged in street vending in order to support their families. Media reports also indicate that many adolescent girls have been -ly to drop out of school due to un-planned pregnancies. Staying at home due to unemployment has also exacerbated stress and domestic violence. And I could go on and on, listing the negative impacts of this pandemic. Yet for something so lethal, some -things that we can do to prevent the spread of COVID-19. Aside from social distancing and masks, hand-washing with soap remains our -rus. And oh, how we have washed!

I for one, have in one year, washed my hands more times than in my entire life. COVID-19 has given new meaning to the slogan "Water personal protective equipment (PPE), WASH (water, sanitation and hygiene) is the only other de-fense for front line health workers. In the markets, slums, camps and schools where social distancing is impractical, hand-washing appears to be the only answer! But sadly many communities are still not able to perform this simple act due to limited access to water. Even as schools begin to re-open, a number are failing to meet the Standard Operating Procedures (SOPs) – which include the continuous supply of water, soap and sanitiser. In some rural communities, the nearest water source is 5km away and many homesteads do not have the luxury to wash their hands regularly.

It is also a reality that many health care facilities in Uganda and Tanzania do not have adequate access to soap, water and sanitation. So as lockdown measures, increasing access to WASH facilities is becoming even more critical. Commemorating the Water and Sanitation Month during this pandemic should therefore serve as a call to action for us Rotarians. Many clubs have in the past few months supported their communities with hand-washing facilities and I thank you.

ROSETTI NABBUMBA NAYENGADistrict Governor D9211



HOLGER KNAACK

RI President 2020/21

February Message

As some one who knows first hand the great leadership potential of Rot-aractors, I always look forward to World Rotaract Week, which we are celebrating from 8 to 14 March. Ro-taractors are the focus of all three of my presidential conferences this year, and I was proud when, two years ago, the Council on Legisla-tion voted to elevate Rotaract by in-cluding Rotaract clubs as members of Rotary International. Before that, the Council had al-ready made dual membership possible and shortly after Board of Directors decided to do away with Rotaract's age limits. But we are only just embarking on our journey together. Partnering It requires both sides to be open and to understand the value of cross-generational alliances. Louie De Real, a dual member of Rotaract and Rotary, explains.

Joint virtual meetings have helped Rotaractors introduce Rotarians to new ideas and tools, pioneering unique ways for clubs to collaborate. In the case of pandemic and disaster response, Rotaract clubs used social media to coordinate efforts, drive information, and fundraise, while Rotary clubs used their networks and resources to amplify support, provide logistics, and bring the goods and services to communities.

Rotaractors' innovative virtual engagement and professional development activities inspired Rotari-pandemic made Rotaract clubs realize that we can immediately connect and partner with Rotary clubs through virtual platforms. With constant collabora-tion, we realize that Rotary and Rotaract indeed complement each other — that we are part of a single organization with shared goals.

Both sides add value. Rotarians can be mentors and service partners to Rotaractors, while Rotaractors can demonstrate to Rotarians that difficult jobs can be simplified and litations can be surpassed through digital approaches. The synergy motivates Rotaractors to become future Rotarians: I joined Rotary because Rotarians gave me memorable membership experiences through inspirational moments of collaboration. I needed to be a Rotarian to inspire Rotaractors the same way, now and in the future.

The same synergy leads Rotarians to realize that while Rotaractors share a common vision of uniting people to take action. Rotaract's unique ways of doing things serve as inspiration for innovation, helping Rotary increase its ability to adapt to future challenges. Rotarians and Rotaractors will build the future together, so let's start today. I see no difference between a Rotary club and a Rotaract club, except perhaps for the average age!

Many Rotarians still view Rotaract as our youth organization, but I see it differently. For me they are part of us, and they are like us. To be successful together, we need to have mutual respect — to see each other as equals. Let's see Rotaractors for who they really are: students and young leaders, but also successful managers and entrepreneurs who are capable of planning, organizing, and managing a Rotary institute — including breakout sessions as they did in Berlin in 2014.

As we take this journey together, let's remember the strengths of Rotary and Rotaract. And, as Louie says, **let's get started right away in building the future together. In doing so, we open endless opportunities for our organization.**



BY:
PP MARGARET SSEBALU



Three University guys dodged exam because they did not study* They came up with a plan, got themselves dirty using grease, then went to see the Lecturer.

*"Sir we are sorry we couldn't make it to the exam. We attended a wedding and on our way back the car broke down thus we became so dirty as you can see". The Lecturer understood and gave them three days to prepare.

After three days, they went to the Lecturer very ready for the exam because they had studied. *The Lecturer put them in three separate classes with only four questions in the exam paper;*

1. Who got married? (25 marks)
 2. Where was the reception held? (25mks)
 3. Where exactly did the car break down? (25mks)
 4. What type of car broke down? (25mks)
- Marking scheme: your answers must be the same.!!!

They are still in the exam hall as we speak!
Lesson : The truth shall set you free.

Such will be the scenario of the judgment day, *we can plan evil with others as a group but at the judgment day we must answer individually for our selves*

My mother used to cook beans, but before she cooked the beans, she picked the bad and dirty beans and threw them at our backyard and only cooked the good beans.

But when the rain came, the dirty and bad beans became seed and grew up and looked beautiful; interestingly, that same person who threw them away started harvesting them; and she starts to see that the beans she threw away some time ago had value.

Now let me tell you

1. Don't cry when people throw you at the backyard,
2. Don't cry when they reject you,
3. Don't cry while they are looking down at you.

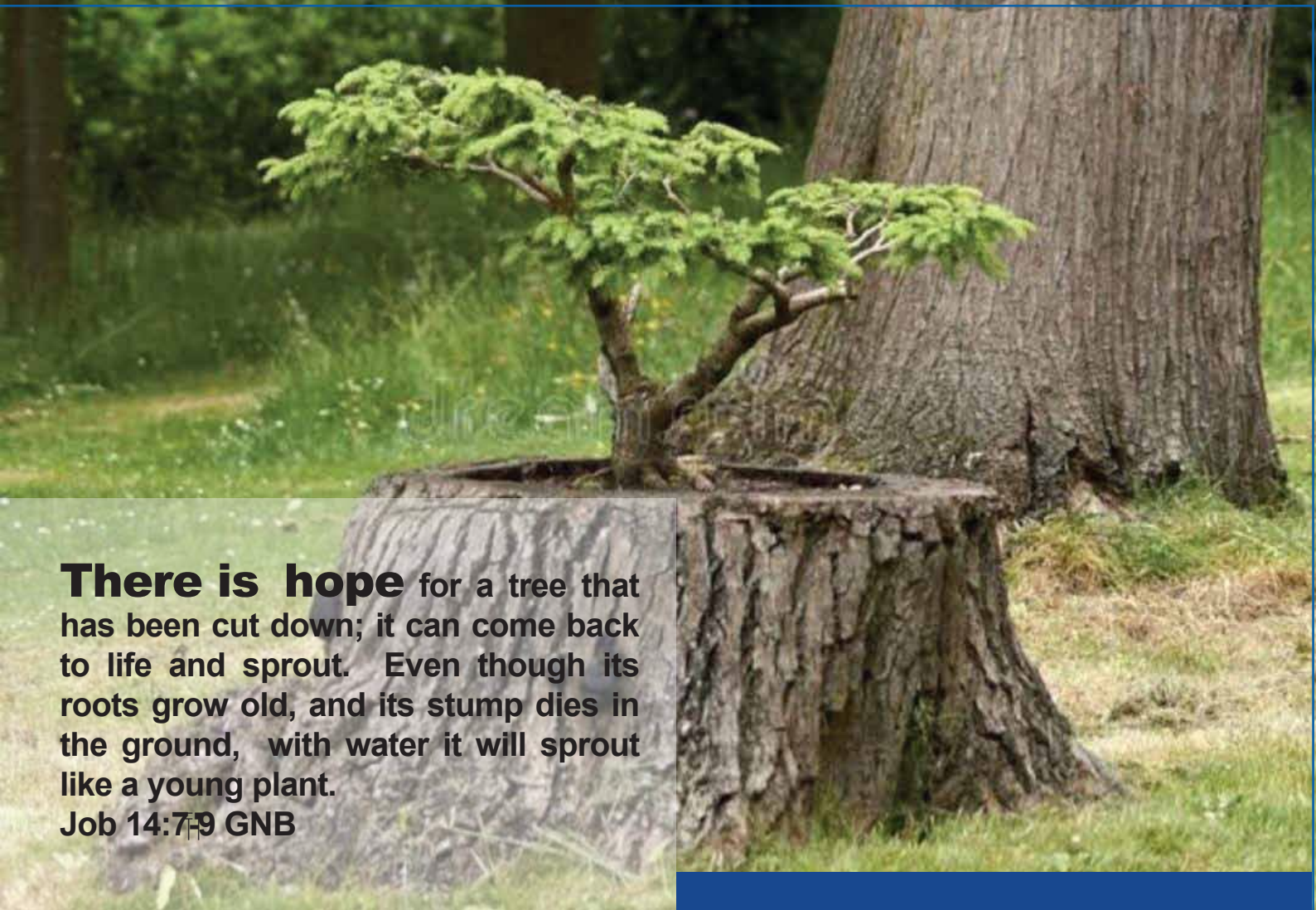
The rain is coming and the same people who are rejecting you will invite you.

God loves even those that are left out and looked down upon .Be a blessing unto others.

God will bless you, just stay connected to him and everyone will see how valuable you are.



Just Encouraging Someone
Stay blessed
Allen Namuli Mirimu



There is hope for a tree that has been cut down; it can come back to life and sprout. Even though its roots grow old, and its stump dies in the ground, with water it will sprout like a young plant.
Job 14:7-9 GNB



Rtn. Miriam Sserunkuma



**IPP Florence Tamale
in the Presence of God
at Fashion Show)
Holy Mary, Mother of God,
Pray for us sinners**

During a Robbery in Hong Kong, the Bank Robber shouted to everyone in the bank: "Don't move. The Money belongs to the Government. Your Life belongs to You."

Everyone in the Bank laid down quietly.

This is called "Mind Changing Concept" Changing the Conventional Way of Thinking.

When a Lady lay on the Table provocatively, the Robber shouted at her:

"Please be Civilised! This is a Robbery and not a Rape!"

This is called "Being Professional" . Focus only on What You are Trained to do!

When the Bank Robbers returned Home, the Younger Robber (MBA Trained) told the older Robber (who has only completed Year 6 in Primary School):

"Big Brother, let's count how much we got."

The older Robber rebutted and said:

"You are very Stupid. There is so much Money it will take us a long time to count. Tonight, the TV News will tell us how much we Robbed from the Bank!"

This is called "Experience"

Nowadays, experience is more Important than Paper Qualifications!

After the Robbers had left, the Bank Manager told the Bank supervisor to call the Police quickly. But the Supervisor said to him:

"Wait! Let us take out \$10 Million from the Bank for ourselves and add it to the \$70 Million that we have previously Embezzled from the Bank".

This is called "Swim with the Tide"

Converting an unfavorable situation to Your Advantage!

The Supervisor says: "It will be Good if there is a Robbery every month."

This is called "Changing Priority"

Personal Happiness is more Important than Your Job".

The next day, the TV News reported that \$100 Million was taken from the Bank. The Robbers Counted and Counted and Counted, but they could only Count \$20 Million.

The Robbers were very Angry and Complained:

"We risked our Lives and only took \$20 Million. The Bank Manager took \$80 Million with a snap of his fingers. It looks like it is better to be Educated than to be a Thief!"

This is called "Knowledge is worth as much as Gold!"

Must read ..Superb one. Lessons on Corporate Management in a nutshell !!



**VCC FRANCISCO
SSEMWANGA**

The hunger virus kills about 8,000 children a day and the vaccine for it exists. It's called "food". But you won't hear about it in the media because hunger doesn't kill the rich.

It's time to reevaluate our priorities.





WORLD CANCER DAY

THEME:
COVID 19
CANCER CARE
AND POLICY

FEBRUARY 4TH 2021

VENUE: Mulago Guest House

TIME: 9:30 am to 11:30 am





I AM
UNSTOPPABLE
AND I WILL
FIGHT FOR A
CANCER-FREE
WORLD

#WorldCancerDay
#WCD4Feb

Join us on 4 February
worldcancerday.org



WE WILL FIGHT
ON UNTIL
CANCER IS JUST A
ZODIAC SIGN.

#WorldCancerDay
#WCD4Feb

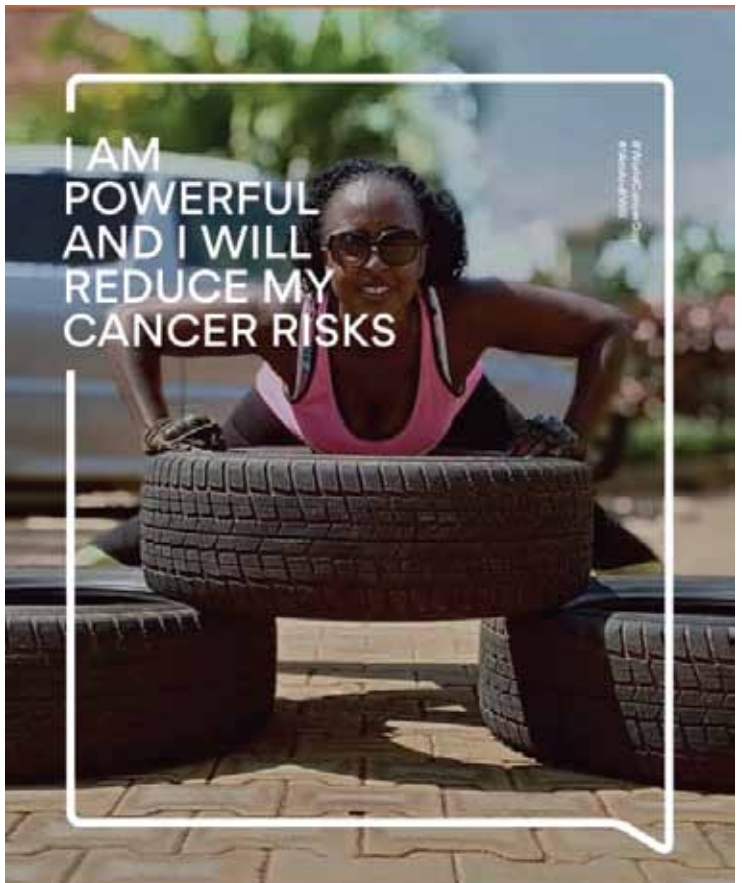
Join us on 4 February
worldcancerday.org



I AM
UNSTOPPABLE
AND I WILL
FIGHT FOR A
CANCER-FREE
WORLD

#WorldCancerDay
#WCD4Feb

Join us on 4 February
worldcancerday.org



I AM
POWERFUL
AND I WILL
REDUCE MY
CANCER RISKS

#WorldCancerDay
#WCD4Feb

Join us on 4 February
worldcancerday.org





Join us on 4 February
worldcancerday.org



Join us on 4 February
worldcancerday.org



Join us on 4 February
worldcancerday.org



CANCER OFFICER



Dear
LORD,
Help me to keep going.
Each step gets harder
but help me not to stop.
I know the view is beautiful
with you at the top.

Love Like Jesus Did

RTN. FLORENCE TAMALE AND AND
RTN. JAMES NSUBUGA AT LEISURE
.... GET GIGGY!



RC NATEETE MEMBERS AFTER
PHYSICAL EXERCISES



ENHANCING ROTARY'S PUBLIC IMAGE

Strengthen Rotary's image by delivering a clear and compelling message that conveys what we do and how people can engage with us. By speaking, writing, and designing in a unified voice and look, we ensure that our communications are unmistakably Rotary.



Every morning, the CEO of a major bank in Kampala went to the corner behind Communications House where a shoeshine man was always there. He used to sit on the chair, read the newspapers and the shoeshine man gave his shoes a shiny, great look.

One morning, the shoeshine man asks the CEO:

"What do you think of the stock market situation?"

The CEO arrogantly asks him:

"Why are you so interested in this subject?"

The shoeshine man replies:

"I have two million dollars deposited in your bank and I am thinking about investing part of the money in the stock market."

The CEO of the bank asks:

"What is your name?"

He replies:

"Kanyike Dickson".

The CEO arrives at the bank and asks the Manager of the Major Accounts Department, Mr. Guma Edgar:

"Do we have a customer named Kanyike Dickson?"

The Customer Service Manager for Major Accounts Ms. Nabuduwa Katty replies:

"We certainly do, Sir! He is an extremely esteemed customer! He has two million dollars in his account."

The CEO leaves the bank, approaches the shoeshine guy, and says:

"Mr. Kanyike, I would like to invite you to be our guest of honour at our Board meeting next Monday and you tell us your life story. I'm sure we will have a lot to learn from you."

At the Board meeting, the CEO introduces him to the board members:

"We all know Mr. Kanyike, who makes our shoes shine like no one else. But Mr. Kanyike is also our valued customer, with two million dollars in his account. I invited him to tell us the story of his life. I'm sure we can learn a lot from him. Please, Mr. Kanyike, tell us your life story."

Then, Mr. Kanyike began to narrate his story:

"I came to this city thirty years ago as a young boy from Kyotera with nothing. I left without a penny in my pocket.

The first thing I did was to change my name to Kanyike, as the name I carried before wasn't necessarily a good one for reasons I don't want to delve into. I was hungry and exhausted when I reached Kampala. I started to wander in search of a job, but without success. Suddenly, I found a 50 shilling note on the pavement. I bought some apples. 50 shillings then was actually a lot of money in 1990. I had two options: eat the apples and quench my hunger or start a business. I sold the apples for 150 shillings and bought more apples with the money. When I started accumulating a bit more, I managed to buy a set of used brushes and shoe polish and started cleaning shoes. I didn't spend a dime on fun or clothes. I only bought cassava, beans and posho to survive on. I saved penny by penny and after a while I bought a new set of brushes and shoe polish in different shades and colours and increased my clientele. I lived like a monk and saved penny after penny. After a while, I managed to buy a chair so that my customers could sit comfortably while I cleaned their shoes, which brought me more customers. I didn't spend a dime on the pleasures of life. I once spent a lot of my savings on Fiona, but she disappointed me when I saw her with another man on Valentine's day. So I had learnt my lesson and kept saving every penny. A few years ago, when the corner shoeshine colleague decided to retire and return to Butaleja because of old age, I had already saved enough money to buy his point, which was a better place than mine.

Finally, ten months ago, my brother, who was a drug dealer, kifeesi, robber and a member of the notorious disbanded boda boda 2010 passed away, he left me two million dollars.... ♂ ♂ ♂ ♂

.Clearly, this is just a campaign to promote reading! Reading stimulates the mind and imagination.

please note that it's always good to have relatives who you will leave your inheritance.



**BY:
PP MARGARET
SSEBALU**

In Dinka/Jieng system of marriage, despite the expensive payment of dowries that range from 100-500 cows.

Women are treated godly, once a man gets married, his wife will not cook or sweep for 4yrs, this period is called Anyuuc(Generous welcoming), it is meant for a new wife to rest, relax and study her husband homestead values. Her husband's sisters will cook, wash, utensils, collect firewood fetch water and other domestic works till later after 4yrs, her husband decides to arrange a very big party called Thääť(cooking festival), 3cows and 5goats can be slaughtered to initiate a wife into cooking for family. This is how love is expressed in Dinka society of South Sudan.



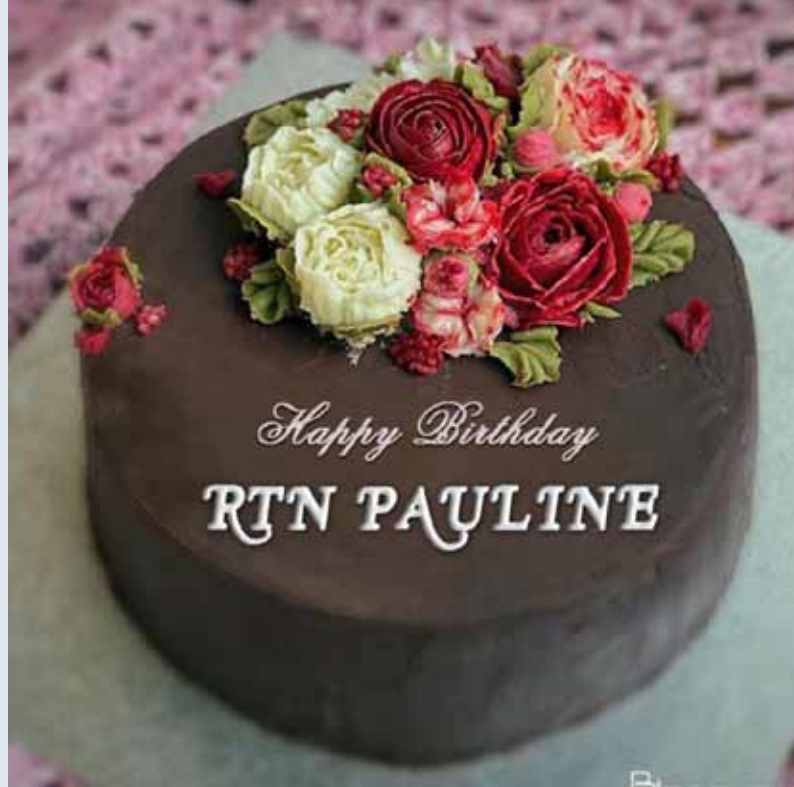
Wow! Praise God. Its is another year of love and blessings to Salongo and Nalongo Sebalu.

“Warmest wishes to the wonderful two of you on your

Wedding Anniversary”

You are an inspiration to us in Rotary, PP Maggie your support to our DGN is so evident. May the good Lord shower you and your family with many more Blessings!!!





Happy Birthday

RTN. SALIN, RTN. PAULINE
& PP. SSEBUNYA

**MANY MORE BLESSINGS
FOR THE NEW AGE**



I urge you all to join in
in executing "Fitness in
Nutrition (FAN)" - our sign
programme for 2020-21
carrying out fitness even
and practicing healthy eat

Rotary



FITNESS PACK

UGX 60,000



ORDER NOW

Who I am

I am Teddie Nassali, born to Mr. Joseph Ssali and Mrs. Nakato Annet Ssali of Maggya LC1 Village, Mitala Maria Parish, Buwama Sub-County, Mawokota County, Mpigi District. I went through St. Theresa P/S, St. Balikuddembe SSS, Masaka Secondary School, Uganda Martyrs University, Nkozi and Uganda Management Institute.

Currently, I am working in the Administration Unit of Makerere University, attached to the College of Education and External Studies as an Administrator. I also run a baking business under "Tessie Cakes and Snacks" alongside my administration work.

I enjoy reading, travelling and cooking. I hold a Bachelors of Business Administration and Management, a Post Graduate Diploma in Human Resource Management and currently, I am pursuing a Masters of Management Studies.

I am pleased to say that I am married to my university colleague turned best friend, Mr. Remegious Kasozi Bayunzi and together we have so far been blessed with one daughter.

2. Joining Rotary

My Rotary journey begun in October 2018 when I was inducted in the Rotary Club of Nateete Kampala by PAG Nelson Kawalya, under the leadership of Mission Green President, Moses Baligeya Mufumbiro. For the two years I have spent in Rotary, I have served in different Directorates, including Family and Youth. I look forward to serving in more positions to the highest position in the club and beyond.

3. My Weakness(es)

Overtime, I have come to realize that, my kindness is abused and I have so far failed to do away with sympathy as I keep thinking that people would have a little bit of humanity and appreciate the kindnesses extended to them which is always not the case. This has become my major weakness as I keep trusting people only to be disappointed!

4. Wishes for my Club

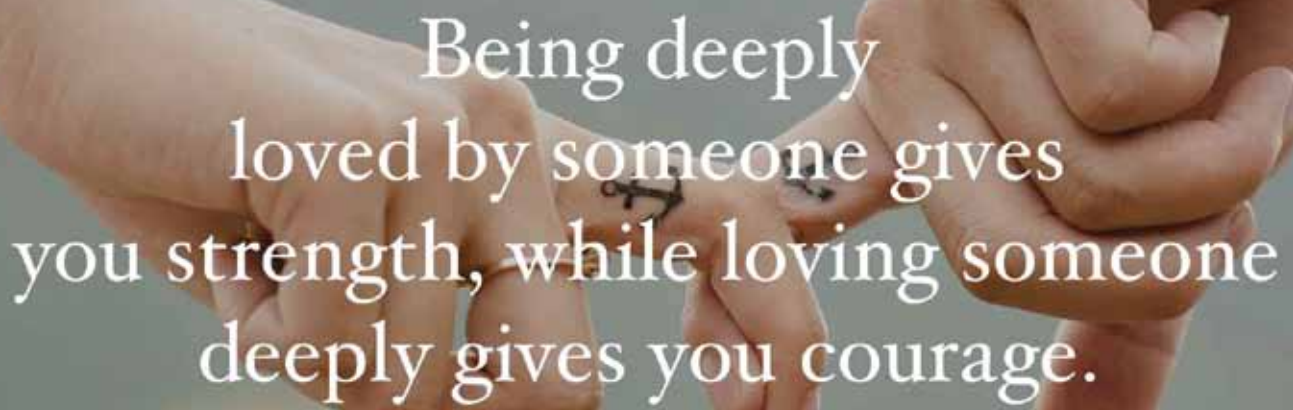
I wish to see and be part of a vibrant Rotary Club of Nateete Kampala where all members participate in club projects and activities with zeal, visibility in membership growth and retention, involvement in more service projects that impact communities, mentorship of other clubs, timely payment of dues, and production of quality leaders at all times

5. Special Gratitude

I wish to convey my gratitude to my better half, Mr. Kasozi for the unending courage and guidance in all that I undertake and for being so resourceful and supportive through out my Rotary journey.

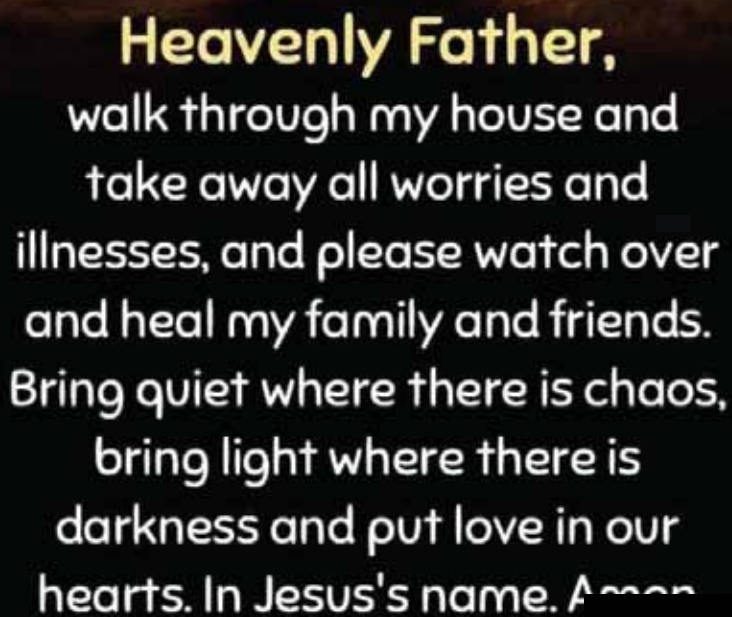
I thank PE Angel Kisekka for accepting to invite me to Rotary. I also appreciate PP Harriet Nakkazi Musoke for the mentorship, VCC Fransisco Ssemwanga, PP Margaret Sebalu, PP Florence Tamale for the encouragement during mentorship and thereafter, MGP Moses Baligeya Mufumbiro for the leadership, guidance and support, PR Miriam Nsubuga and all the members of RC Nateete Kampala for the unending love, counsel and for supporting the club to what it is today. Please keep up the spirit.





Being deeply
loved by someone gives
you strength, while loving someone
deeply gives you courage.

LAO TZU




Heavenly Father,
walk through my house and
take away all worries and
illnesses, and please watch over
and heal my family and friends.
Bring quiet where there is chaos,
bring light where there is
darkness and put love in our
hearts. In Jesus's name. Amen



Deuteronomy 31:6
**Be strong and courageous. Do
not be afraid or terrified
because of them, for the LORD
your God goes with you; he will
never leave you nor forsake
you."**

Bible@wetrustinjesuschrist

TREAT YOUR MASK LIKE YOUR PANTS



Lord, see
what your
daughters
go through to
impress men!!!



Guest Speaker:
RTN. DORCUS LUBEGA



Fashion & Design as a Vocation





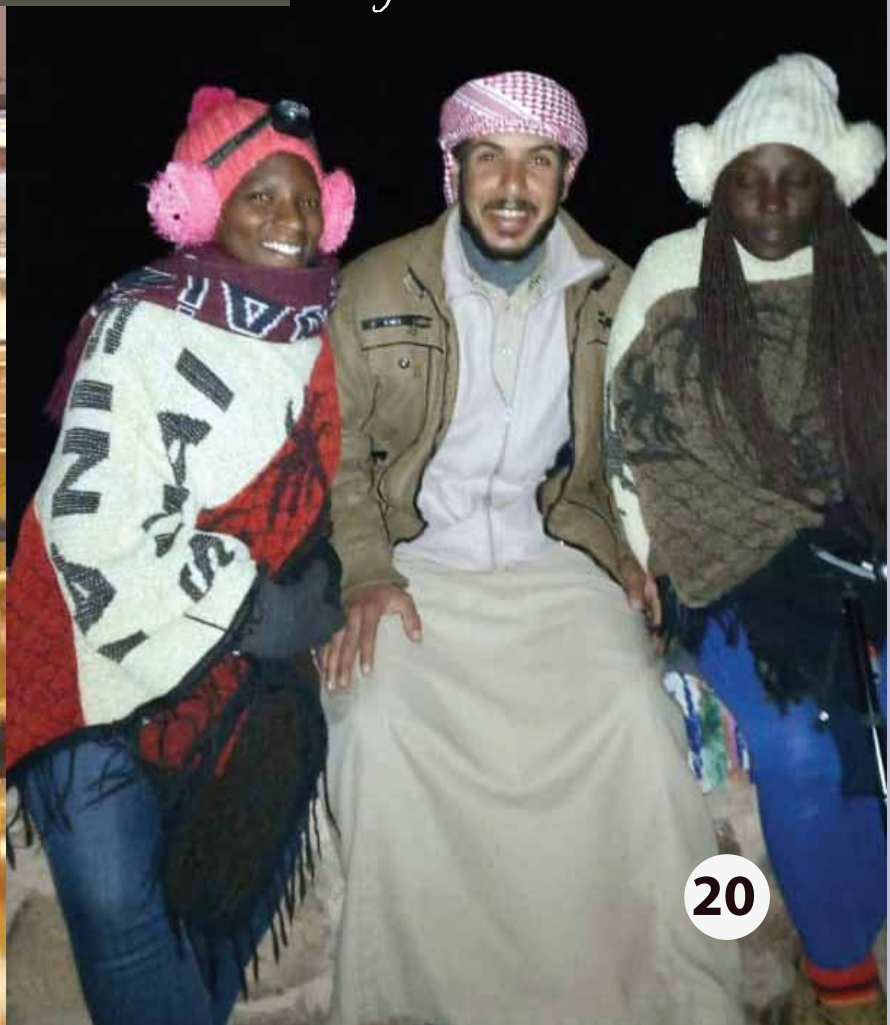
ONLY ONE UNIT PLEASE

PRESIDENT AT THE
BEACH FUN



IPP FLORENCE, RTN.
MIRIAM AND RTN HAR-
RIET AT DCA IN DAR

*Martha, at the top
of Mount Sinai*



EGYPT ISRAEL *Tour*





THE SYMPTOMS AND PROGRESSION OF POLIO INFECTION

The majority of polio-infected individuals are asymptomatic and will never progress to paralysis. The polio symptoms generally last one to ten days and include fever, fatigue, vomiting, neck stiffness, headache, and limb pain. These symptoms can be mistaken for a cold or flu. Some people can also develop meningitis from a polio infection.

For people who develop paralysis, the initial signs and symptoms are the same. However, if the virus affects the spinal cord and/or brainstem, the symptoms specific to paralytic polio appear within a week. Examples of the symptoms are: - loss of reflexes, severe muscle aches or spasms, and flaccid paralysis, often worse on one side of the body. The onset of paralytic symptoms may be sudden.

As the majority of people infected with polio have no symptoms and are unaware of their infection, the virus may spread through a large population before even being recognized.

However, if children in our communities have been fully immunized against polio, the virus will be unable to find a susceptible host and will die out through herd immunity.

From the Polio team

MUSCLES COMMONLY WEAKENED BY POLIO



NB

Our best contributor of Feb - **Rtn. Maggie Ssebalu** please get her picture as well. This will motivate others to give more in March .

END POLIO NOW

Rotary
District 9211



Rotaract
District 9211



End of an era, Beginning of a new dawn

21ST – 24TH APRIL 2021 SPEKE RESORT MUNYONYO

Very early bird
(Up to 30th June 2020)

Rotarians - **\$150**
Rotaractors - **\$80**

Early bird
(Up to 31st Dec 2020)

Rotarians - **\$200**
Rotaractors - **\$100**

Register NOW and SAVE

Bank Details: (UG) Ac Name: Rotary Conference Collection Ac No: 3718000006. Centenary Corporate Branch
(TZ) Rotary Country Office

Registration: www.rotaryd9211.org
Chair Registration: Peter Mukuru +256 772 412 830

Youth On to DCA

(UG): Rachel Kiwumulo +256 787 363 748
(TZ): June Russel Gondwe +255 718 515 490

#DCA96 @D9211





2018 memories & fun

Rc Nateete Representative
posing with DGN Peace at
the Greater
Masaka Mega Fellowship



**THE KABOWA PATRON WHO WENT TO INDIA FOR HEART SURGERY
RETURNED HOME SAFELY.
WE PRAISE GOD FOR HIS HEALING HAND**

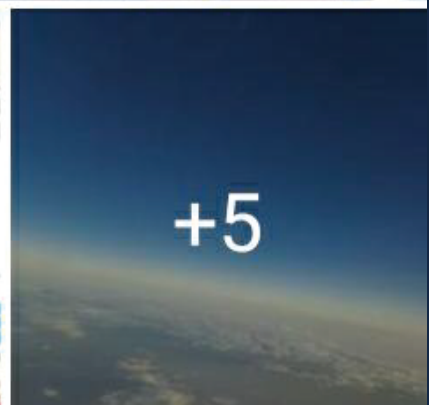
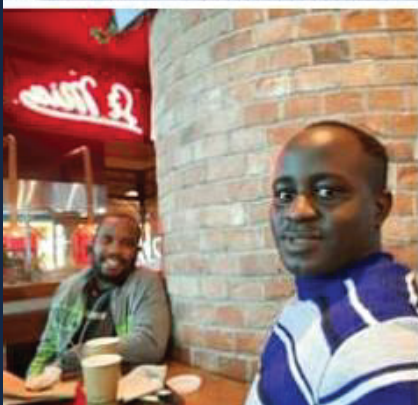
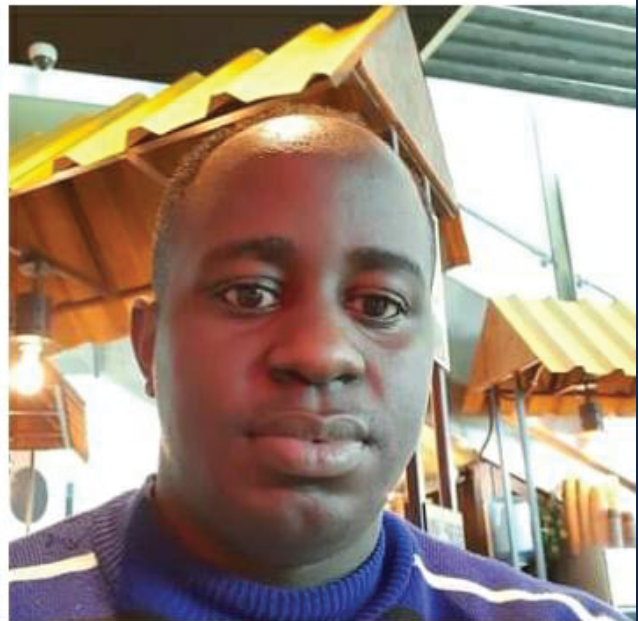


Emmanuel Nsubuga Destiny



15 h • 🌐

I am now healthy and perfectly back to uganda ... I just thank God for you who supported...maybe Good Lord reward you abundantly mikwano





WEAR YOUR PRIDE!

Mtindo is an online beauty shop that deals in skin care products, hair products, bath and body products as well as makeup products. For the products that you have ordered, we deliver to wherever you are. *Mtindo* can be accessed via *Facebook, Instagram (@mtindo_ug)* and *Twitter (@Mtindo_Ug)*. Send us a message via any of our social media pages and place your order.

We can also be reached on

0784020778/0778537367/0789181150/0703873576

. Dial up any of these numbers or send a WhatsApp message and we shall cater to your needs.

Mtindo



MTINDO

This is for the Perfume Fanatics

Apply here: the ankles, the hair, and other unlikely yet optimal spots to spray. As it were (not shockingly), there are loads of differing opinions on where one should apply perfume. The wrist-and-collar routine? Amateur hour. Perfumer Frédéric Malle suggests targeting the back of the neck especially for special occasions. He writes: "The heat rising up your body and the movement of your hair will diffuse the scent, increasing your perfumes. Malle also recommends spritzing your hair, since the oils in locks help hold fragrance in. "Just don't do it every day because the alcohol will dry out your hair," he says.

Turns out that misting onto our clothes, too, may be the best way to extend the wear of your fragrance longest. Ever smelled a lover's T-shirt when they leave on a trip or old-fashioned perfume on a vintage coat? Same idea. The fibers in cloth, especially natural fibers like wool and cotton, trap the perfume and hold it there, sometimes for years. (Except for silk! Never spray fragrance on silk, as it will stain.)

Where else? A friend of mine always sprays a streak of perfume down her belly—she swears it's great for a night when there's a chance someone will be helping to undress you. Turns out she's not off-target here. Noted fragrance blog Perfume Shrine suggests "spraying your belly-button or under the breasts (or the equivalent spot for men). The belly is warm, [and] the scent rises uniformly." When it's sweltering out, and you don't want your perfume to turn into a giant cloud around you, Perfume Shine has a simple trick: "Spray your calves (not the back side of the knees when it's really hot, as these naturally sweat a lot when we bend them to sit down) and let the perfume rise slowly." Never knew!

Let's talk about different skin types and their solutions:

3solutions for oily skin breakouts:

Check for dehydrated skin as it can increase oil production and clogging pores hence stay hydrated.

Treat blemishes with a sulphur based spot corrector found @mtindo_ug.

Try one of our favorite mtindo_ug bentonite clay mask

3solutions for dry skin

Invest in a humidifier commonly known as a face steamer @mtindo_ug

Use a hydration sheet mask like garnier or vitamin c

Avoid excessive hot showers

3Solutions for combination skin breakouts

Try our best balancing skin toners

Exfoliate with a gentle enzyme mask

Use tea tree based acne spot treatments

3solutions for calming sensitive skin

Choose products free of fragrance

Avoid products that have ingredients like sulphates or parabens



Causes and prevention of hair thinning and breakage

Rest assured that shedding is a natural part of your hair's growth cycle. Every hair on your head goes through phases of growth and rest before eventually falling out. Hair loss becomes problematic if you notice a lot more falling out than usual, if your hair comes out in clumps, or if you experience thinning hair or patches of baldness on your scalp. Some causes of hair loss or thinning include:

Genetics. Female- and male-pattern baldness are hereditary conditions that run in your family (thanks, Mom and Dad).

Hormones. Hormonal changes or hormonal disorders (like polycystic ovary syndrome) can cause hair loss. Many folks notice hair loss after giving birth or during menopause. Stress. Extreme physical or emotional stress can lead to temporary hair loss. This can be caused by traumatic events like divorce, death of a loved one, surgery, or even dramatic weight loss.

Nutritional deficiency. Hair loss can also occur if you're not getting enough of a certain nutrient, like protein, iron, or vitamin B12. Illness. Some illnesses like diabetes, lupus, hypothyroidism, and certain autoimmune disorders can make you lose more hair than normal.

Medication. Sometimes hair loss is a side effect of medication or a medical treatment such as chemotherapy.

Styling damage. Certain hairstyles that pull at the scalp like tight braids or updos can damage hair follicles and cause a type of hair loss called traction alopecia.

If you feel like you're noticing more hair than usual in the shower, on your hairbrush, or on your pillow, don't freak out. According to Harvard Medical School, about one in three women experience hair loss at some point in their lives. Temporary excessive shedding (or telogen effluvium) is brought on by an underlying trigger such as an illness or imbalance. It's

its also worth noting that due to your hair's growth cycle, shedding peaks about four months after the incident that caused it, so work with your doctor to identify and treat the root cause.

While you wait for your appointment with your doctor, here are a few tips for dealing with less-than-voluminous locks.

Eat more protein. Getting enough protein in your diet is essential for hair growth.

Take your vitamins. A diet rich in iron, vitamin C, vitamin B12, vitamin D3, copper, zinc, and selenium can set you (and your hair) up for success.

Reduce styling damage. Avoid tight hairstyles, using hot tools too often, bleaching your hair, and getting frequent chemical perms or hair-relaxing treatments. If your hair has been overprocessed, invest in a good conditioning mask.

Sleep with a silk pillowcase. Silk is smoother than cotton, so it's less likely to snag and pull at your hair while you sleep.

Keep your scalp happy. An itchy, flaky, inflamed scalp can lead to more shedding than usual. Try a scalp treatment to keep dandruff and inflammation at bay.

Follow Mtindo and get all the hair products to give your hair that perfect nourishment

Mtindo is an online beauty shop that deals in skin care products, hair products, bath and body products as well as makeup products.

For the products that you have ordered, we deliver to wherever you are. *Mtindo* can be accessed via *Facebook, Instagram (@mtindo_ug)* and *Twitter (@Mtindo_Ug)*. Send us a message via any of our social media pages and place your order.

We can also be reached on
0784020778/0778537367/0789181150/0703873576. Dial up any of these numbers or send a WhatsApp message and we shall cater to your needs.

*To all my group members...
Sometimes,
it's not about
being together...*

*its about being there
for each other...*

*Happy
Valentine's Day*

Small Changes for Better Health

- Eat a high-protein breakfast
- Meditate for 10 minutes daily
- Replace soda with water or green tea
- Eat a serving of vegetables with every meal
- Do 20 minutes of exercise as soon as you wake up
- Use a standing desk instead of sitting
- Wear an activity tracker
- Keep a food journal for a week
- Replace desserts with whole fruit
- Learn how to breathe deeply from your abdomen
- Think of things you have to be grateful for

**Eat
Healthy**

**Feel
Healthy**

**Live
Happy**



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continued support