

# refresh

● Cultural and entertainment monthly magazine



## Sports

# Patriots Making Cameroonian Colors Shine Brighter

- Joel Embiid, Francis Ngannou and André Onana; three sports men who of late have distinguished themselves in their respective sports.
- They fly the green, red and yellow colours very high and are an inspiration to many Cameroonian Youths. They are all three models whose success stories and achievements are presented in this edition of your magazine.

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News file : Briqueterie 50, 50

MORE THAN  
A SIMPLE  
ROASTED  
MEAT...

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## Editorial

# 2025... Year Of All Expectations



Grâce YAMB

If within the civil society rumors swell here and there, the fact remains that all Cameroonians want to see what the head of state of 2025 will look like. Sociological groups are forming to unite, political parties are working as best they can to rise to the challenges.

Some northern elites are even calling for the return of power to the north. In the same vein, the so-called Frankist movement, which was born a little over a year ago, does not shrink from the means to provide support to Frank Emmanuel Biya. Something that crystallizes the spirit of 2025 that arouses passion, curiosity, and political strategies. Strategies marked by Maurice Kamto's MRC which signs its return to the headlines after the boycott of the legislative and municipal elections. Tempers are heating up in the neighborhoods, comments are flowing on who will be the Head of State come 2025.

Immersed in such an environment of rumors that continue to spread, nothing concrete is emerging

on the horizon in Cameroon for the moment. But the cards are falling, adding to that media stories that divide opinion and often spark controversy.

The political weather shows through the media outlets of civil society that Cameroonians are more and more interested in politics and that the people are more and more concerned about their future destinies. Without forgetting latent strategies that can be done quietly to prepare 2025 cards that will be discovered at the right time. International organizations also have their eyes firmly fixed on Cameroon.

They too are increasingly interested in Cameroonian politics and especially in the political configuration of 2025. Some foreign ambassadors also get involved even if because of the sovereignty of Cameroon they should not have any interference in the country, curiosity is unfortunately so great. But for the moment Cameroon is governed and Paul Biya remains the major master of politics and State Power.

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## Happy d'Efoulan

# Career Rocked By Drug Abuse

Away from the spotlight for nearly a year, a report produced by Canal 2 International shows the setbacks of

In a report made by Arnaud Nguéfack on Canal 2 international a week ago, we can see Happy d'Efoulan in the turmoil with his promoter, Serge Nkodo. The Mbolé artist says he has been subjected to violence by his producer, from whippings to kidnapping. On the producer's side, nothing has happened. Happy d'Efoulan is addicted to drugs. As a result he is still in a state of dementia. The producer denounces his recurrent unconsciousness which has kept him away from the catwalks for a while.

The producer on the official Facebook page of Happy explained being a victim of the bad behavior of the artist. The harsh text denounces the artist as a drug addict. He warns any production company that wants to sign Happy that



**The mbolé music artist.**

his contract is still running.

A stream of messages later on appeared on social networks with music artist Mahlox calling on Happy to avoid bad company, General Valsero on his side asked the artist to go to the hospital.

Two days ago, the head of Happy's family issued a statement in support of their children underscoring that the discord with the promoter is just a misunderstanding.

**Grâce Yamb**

## ACIREC

# Digital Library Of Theses And Open Research Masters

The Cameroonian Interuniversity Association for Cinematographic Research (ACIREC) now makes research content on cinema available to the general public through consultation of the Campus ciné 3.0 platform.



This is a boon for Cameroonian cinema. This is the objective of ACIREC to bring cinema to the firmament. The emergence of the 7th art is carried by its coordinator Yadiria Calvin Boris who has just set up a digital platform to promote and facilitate the breakthrough of Cinema in Cameroon. This was done thanks to campus ciné 3.0 This available site hereof refers to the general public theses and essay on cinema in digital files supported

by Cameroonians. This innovation will thus allow Cameroonian and African researchers to equip themselves and provide them with data and grey matter as far as concerns the movie industry in Cameroon. This will also facilitate the archives of data from the 7th art to give a place of choice not only to research but also to Cinema. And ACIREC won't stop anytime soon.

**Grâce Yamb**



50, 50

# Roasted Meat Like No Other!

Not well known to the older generation, the "50.50 "is very popular in the Briqueterie neighborhood of Yaounde, prompting an all-out mobilization of the populations in search of tasting the precious piece . Everyone wants to have a daily bite of 50-50. The mobilization around this roasted meat has made it a focal point of flirting, seduction, entertainment, and even pastime...

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# Spotlight

## 50-50

# Soya New Version

The 50-50 appears as an alternative to tackle the problem of accessibility of roasted meat dubbed soya to all layers.



In the past, it was difficult or even impossible to see a soy skewer cost 50frca. In Almost all the meat display shelves, the skewer cost exclusively 100frca. To provide access to soy for all customers, the meat vendors at the

brickyard decided to put together what the soy eaters called: the 50-50. Arrived on the market in 2018, this new way of redoing skewers is composed of a little meat and Greek flesh. In short, it is about flesh and Greece. These skewers

have established themselves over time as the benchmark for broken meat at Briqueterie.

**Grâce Yamb**

## Soya at 50F

# Just 20 Minutes Of Cooking

It only takes a few minutes to enjoy this delicacy.



Cooking proceeds like regular soybeans. First, prepare the skewers and then cut the meat. Segmentation of meat consists of cutting it into pieces. This step induces the seasoning phase using condiments and spices. Not to mention aromas. Leave to stand to allow the seasoning to penetrate. Then insert them into the skewers in a mixture of flesh and Greece. Place the skewers on the grill to braise. Under fire of 120° average. The skewers will be ready in 20 minutes. Serve hot with chili.

**G.Y**



# Grilled Meat Ideal Place For Flirts And Seduction



Several couples come here to date their partner

**F**ar from chic and classy, the 50-50 mobilizes couples. Many couples go there to convince their partner to get into a relationship. For example, Charles Nana brought his conquest not only to impress her but above all, to offer her culinary quality in terms of meat. Pierre Nang, as far as he is concerned, tells us that women cannot resist the quality of the roasted

meat. In such an atmosphere of lovers, several couples go there to taste and rekindle their flame reciprocally. This is visible through the gaze games of the partners or the joy and pleasure of being at the 50-50. Beyond its pleasurable aspect, the 50-50 provides sentimental enthusiasm and strengthens couples.

**G.Y**

## “I Eat Skewers A Lot Because With 1000Frcfa You Have 20 Sticks”

“I love the 50-50. The particularity of this type of soy is not only its cost which gives you the possibility of eating well. I Eat skewers a lot because with 1000frcfa you have 20 sticks of meat to shoot. Also because of its tiny character, its seasoning penetrates more. And it’s better than soy. Even with the naked eye, it is more attractive and it makes you want to taste it. I discovered this thanks to a friend of mine who brought me to discover it and I fell addicted. I eat this 3 times a week at least.”



## Briqueterie Ember Temple

Beyond its social and political aspects, the neighborhood, thanks to its population, has a fiery reputation when it comes to meat.

**T**he smoke in the air of the briqueterie neighbourhood testifies to the appearance of the presence of ember hearths. A place par excellence for cooking grilled meat, the brickyard district is

home to skewers of all kinds. Home to the majority of natives and nationals of the northern part of Cameroon, the Briqueterie neighbourhood is the place where

everyone stops to pull off a few skewers. Here, we see the hearths of embers after a step, just a step. This district is always bottled with Cameroonians who come from all over to taste the meat. Meat, braised chicken there is in all forms. From morning to evening, Briqueterie runs day by day, most of its economy being embers.

*Grâce Yamb*





## ■ Tips

### ■ Always make sure your grill is hot. ....

Adding food to a hot grill will give it a wonderful sear on the outside, while keeping it perfectly juicy in the center. It will prevent food from sticking to the grill, and it's important for cooking safety.

Adding meat to a hot grill will help kill bacteria. Always heat your grill with the lid closed, so that it will heat quickly to your desired temperature. Depending on the grill and temperature, it will take 10-15 minutes to heat up a grill, so plan accordingly. So what temperature do you want? Follow this guide for grilling temperatures based on what you're cooking.

- *Low heat – the grill should be between **250-300** degrees fahrenheit.*
- *Medium heat – the grill should be between **300-350** degrees fahrenheit.*
- *Medium high heat – the grill should be between **350-400** degrees fahrenheit.*
- *High heat – the grill should be between **400-450** degrees fahrenheit.*



### ■ Mistake To Avoid .....

The first thing to think about when you start braising is what kind of meat you're going to use. The best meat for braising is the kind that would make it a poor candidate for quick-cooking methods like grilling.

You want something with plenty of connective tissue and fat. The idea is that over the long cooking time, all that tissue softens and becomes gelatinous, giving well-braised meat a juicy, tender flavor. You wouldn't use a filet mignon or a rib-eye for braising because the end result would be very tough and overcooked.

Those cuts of meat lack the necessary tissue. The good news is that the meat you use for braising is often the far cheaper stuff, like oxtail, lamb shank, and pork shoulder. Save the expensive cuts for other applications. You can braise chicken, but the braising time is going to be much shorter than, say, short ribs.





**Daouda**

# 50, 50 Spec



# Specialist

**S**on of a meat braiser in the name of Souleymanou, Daouda is the only son of his parents. As a kid, his father would take him on weekends to help him roast the meat at the Garoua market. Very soon, little Daouda developed a taste for an active life. He didn't grow any interest in school as he believed that it doesn't provide money. The young Daouda, who could not stand being forced to go to school against his will, very quickly snatched away his freedom and his responsibility

to do or not to do. He therefore fled to Yaoundé in 2009 with no special ambition. Welcomed and lodged by one of his friends in Mbankolo, he quickly moved to the Briqueterie zone. For a little over ten years, he has been putting his hereditary talent at the service of the 50-50 that he will make this his specialty. Which gave him the nickname "50-50 Daouda" by his customers who never get enough of tasting his roasted meat every day.

**Grâce Yamb**

## Daouda

### "50, 50 Feeds Me..."

#### Why did you choose to carry this activity?

I admit that before I did not. I decided to do it because I saw that it was the new order of my competitors and it was going well. I also started to position myself and have customers.

#### What is the difference between the before skewers and the 50, 50?

The difference is first in the price. The 50, 50 gives more accessibility to all because it is 50frca hence the name 50, 50. Even if it should be noted that these skewers are small, it gives more than one the possibility of eating cheap meat.

#### How much can you earn per day?

Sorry, I never say how much I earn...

#### So it can be estimated at how much for example?



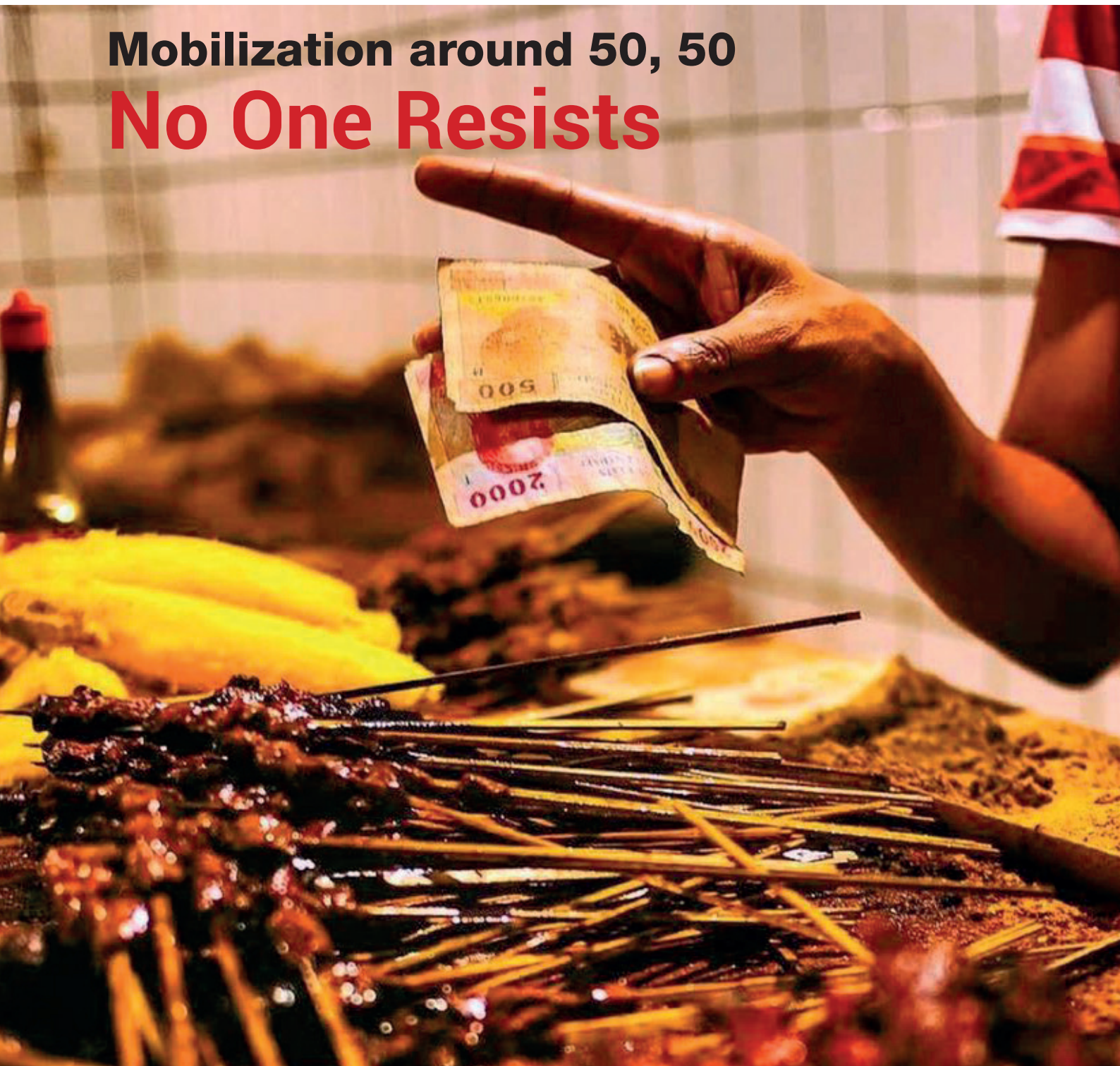
I specialized in 50, 50 because it feeds me more. And I've been there ever since and I'm staying so that means I'm doing very well. At least I pay my bills, and I feed my little family without a problem.

#### Do you plan to stay in this profession indefinitely?

Despite often some problems of the Mairie, that goes. Yes I intend to stay in this profession. It is the only one I learned from my father and I will also train my son in this noble profession.

# Mobilization around 50, 50

## No One Resists



Cameroonians jostle daily around the pleasure of 50, 50.

**T**he taste of 50, 50 crystallizes all the attention and desires. Everyone is storming the brickyard district in search of this sesame. Young, and old, everyone comes to taste the flavour of the 50-50 to the point where news spreads by word of mouth. In front of the young DAOUDA's counter fireplace, customers form a queue every day. You have to be patient to taste the delicious skewers of 50, 50. Towards the afternoon, you have to see the workers coming to surround the ember hearths. All of these have one common symbol: the mouth marmot. The 50-50 with the help of the pepper next to it we can have complements like plantain. Despite the jets of smoke, we quickly forget that we are in costume because the 50-50 are kings.

**Grâce Yamb**

## A kiss More Than A Love Arrow

Oh, the kiss! We do it all the time, to everyone and we still thirst for more. Did you know that there is a day dedicated for kissing? Oh yes! July 6th. It's not a day for kissing people all the time [laughs] but rather a day to celebrate this act of love. Since the 90s, it has been given an international day.

Did you know, for example, that a lover's kiss works 34 muscles? Leaving sports practice to take a greater interest in your partner can pay off. It stimulates the immune system and contributes to better resistance to allergies and infections. The kiss soothes, stabilizes the heart rate, and improves well-being.

**Grâce Yamb** *Love in a kiss.*



## The Secret Of Nappy Hair

To have beautiful hair, you must get to know its nature and know what it needs.



*Naturally pretty.*

Very dense, difficult to detangle, and particularly dry, frizzy hair is not an easy task. If they can be magnificent when they are well maintained, they nevertheless require demanding care. Fortunately, there are several factors common to all African hair to keep it healthy. To have healthy hair, make sure to drink at least 1.5 L of water a day, and consume plenty of fresh fruits and vegetables, preferably organic for the supply of water and mineral salts. Well-groomed hair is clean hair. To do this, avoid any chemical-based shampoo. Opt for apple cider vinegar which is particularly indicated to cleanse the scalp

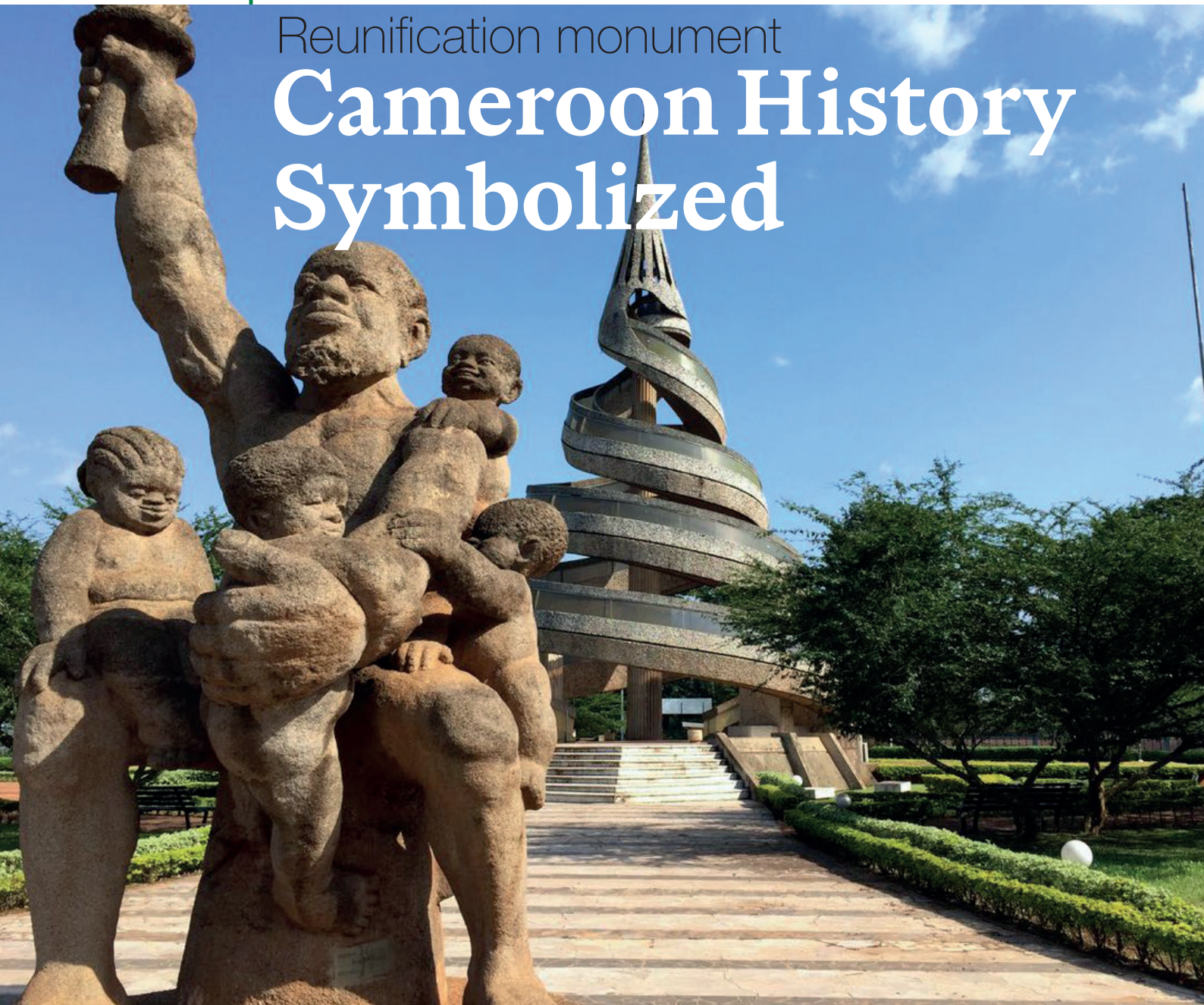
and eliminates any harmful residue. It facilitates detangling and makes your hair soft and shiny.

For the mask to apply before the oil bath, opt for aloe vera gel. In this way, the hydration of the hair will be preserved. To best respect the nature of your hair, opt instead for hydration with essential oils. To do this, mix spring water with vegetable oil (sweet almond, jojoba, monoi, castor, avocado, coconut, wheat germ) in a spray bottle. You can also opt for hydration with raw shea butter because it is very nourishing, repairing, and protective.

**G.Y**

Reunification monument

# Cameroon History Symbolized



## Cameroon's history in a monument.

**M**ore than just a monument, it is a whole symbol and a whole story. The Reunification monument located in the heart of the capital Yaoundé is a tourist and emblematic asset. It is considered a geographical reference, indicating the political capital of Cameroon. An architectural jewel in the shape of a conical spiral, similar to the history of Cameroon. It is made on three levels: a circular basement, and a slab on the ground floor that supports the tower. It's inner part is decorated with symbols of Cameroonian culture, representing the different cultural eras. Its history teaches

us that the spiral tower represents two snakes whose heads merge. These two snakes are English-speaking Cameroon and French-speaking Cameroon, now reunited on October 1, 1961.

The monument of reunification is not only a tower with a pointed end at the top that indicates the Ngoa-Ekele district. The statue is also about that of an old man who brandishes a torch with five children clinging to his body. This is another representation of national unity. The five children represent different cultural eras. The old man represents the Cameroonian generation who fought for Reunification, the torch, symbol of

freedom, tells us his story. According to their disposition, these children underline the equality between the girl and the boy, giving a place of choice for the young girl.

The monumental space includes a vast green space which is very often rented and operated for wedding ceremonies, birthdays, or for other official events. A historic site, the Reunification monument is the work of three architects: Armand Salomon, Gédéon Mpando, and Father Engelbert Mveng. It was built between 1973 and 1976.

**Grâce Yamb**

Basketball

# Paul Biya Congratulates Joel Embiid

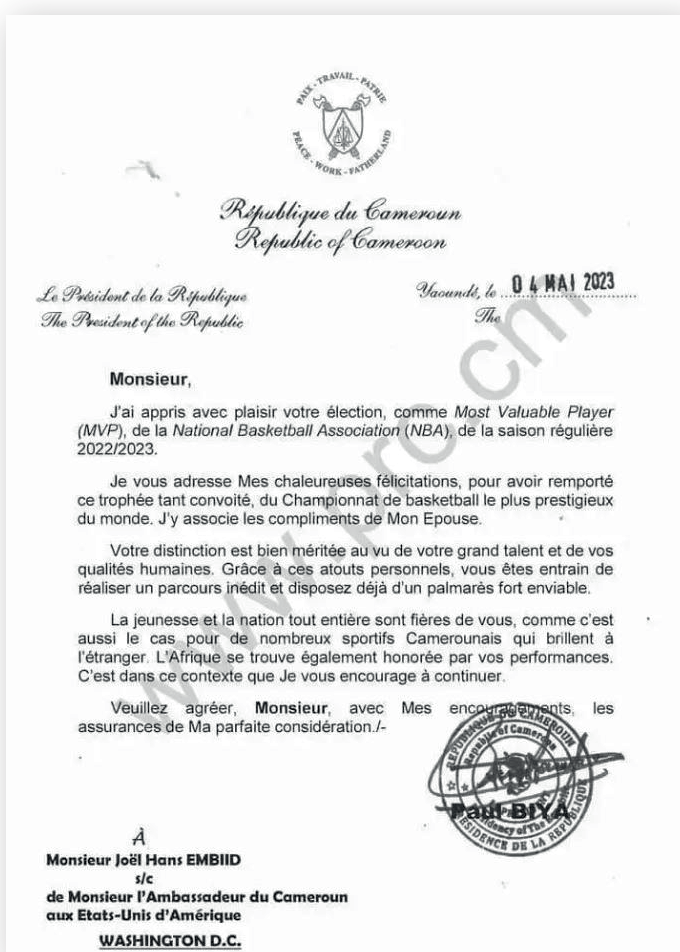


**N**amed MVP of the regular 2022-2023 season in the NBA, the Cameroonian pivot of the Philadelphia Sixers has received the congratulations from the Head of State through a letter.

Joel Embiid of the Philadelphia Sixers has been named the NBA's Most Valuable Player for the 2022-23 season. He beat out the Milwaukee Bucks' Giannis Antetokounmpo and the Denver Nuggets' Nikola Jokić in a battle between three of the NBA's premier big men for the inaugural Michael Jordan trophy. This is the first career MVP award for Embiid, the first ever awarded to a player from Cameroon. He is only the second African in the history of the North American basketball league to win the award after Nigeria's Hakeem Olajuwon in 1994 which is enough proof that Joel Embiid has just achieved something great..

President Paul Biya did not fail to congratulate this great mark with the best choice of words ..A part of the wonderful letter read "Your distinction is well deserved in view of your great talent and your human qualities. Thanks to these personal assets, you are in the process of achieving an unprecedented feat and already have an enviable record of achievement".

G. Y.



# Francis Ngannou Embarks For New Challenge



The Cameroonian after his withdrawal from the UFC has just joined the Professional Fighter Leagues.

**F**rancis Ngannou will put on boxing gloves again but this time not in the UFC but rather in the Professional Fighter League. The Cameroonian is joining the league's Superfight division.

The New York Times has revealed a

few snippets of the contract that now binds Francis Ngannou to the PFL. The two parties have agreed to a multi-fight deal that gives Francis Ngannou the opportunity to step into the ring in 2023 for an English boxing fight, probably against a top ten fighter. It is not until

2024 that Francis Ngannou will return to the octagon for his MMA comeback.

In joining the Professional Fighters League, Francis Ngannou has also been appointed president of PFL Africa. He wants to develop MMA in Africa with the Professional Fighters League (PFL).

The PFL is an American mixed martial arts league founded by Donn Davis in 2017 and launched in 2018. It is the first and only global MMA organisation offering a regular season and playoffs.

*Grâce Yamb*

## UCL

# André Onana Will Play The Final

Cameroonian born Andre Onana, has become the Nation's first goalkeeper to qualify for a UCL FINAL.

**I**nter Milan has secured 8 cleansheets with Onana in between the sticks making his side, INTER MILAN just one game away from winning the most prestigious European trophy in some days. INTER Milan it should be recalled, lastly won the competition in 2010 against Bayern Munich with Samuel Eto'o, another Cameroonian in the squad..

Inter Milan is set to reach their sixth Champions League final. The Nerazzurri defeated their hated neighbours AC Milan for a second time on Tuesday (1-0) thanks to a goal from Lautaro

Martinez. Inter will be in Istanbul on 10 June.

Andre Onana's performances with Inter Milan are world class and mind-blowing. After Tuesday's victory, Onana joined the prestigious list of Cameroonian footballers who have reached the final stage of the competition.

On the evening of June 10 in Istanbul, he could become the 4th Cameroonian to win the Cup with big ears, after Geremi Njitap, Samuel Eto'o and Joel Matip.



*Grâce Yamb*