

Shega Dates

DIGITAL MAGAZINE

HOW TO

Self-examine for breast cancer

RECOMMENDATION

Etege Amharic App for Self-Examination of Breast Cancer

WHERE TO

Zeist Lodge

ABUSIVE RELATIONSHIPS

signs you might be in an abusive relationship

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WEEK

VOLUME ONE

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EDITOR'S LETTER

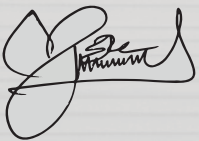
We are here on October for the second issue of our magazine! October is a special month. Its not only yours truly's birth month but holds such significant markings internationally. Of those occasions, we have highlighted International Breast cancer awareness movement and Domestic violence awareness movement to chip in on the knowledge creation efforts. We have also listed out some silly and offbeat holidays that you might like to celebrate with your significant other this month.

Another awesome feature you will find on this month's issue is the review we did on the breath taking Zeist lodge, the island in the city! Its aesthetical appearance, the warmth of the service and the romantic packages they provide makes it a perfect get away for couples.

I am hopeful that you, our beloved reader, will enjoy this month's issue page to page.

MIHRET TESHOME

Editor in chief



Zeist Lodge photograpy
Samrawit Kibru

happy pet PET PEEVES IN LOVE peeves week!

By Kalkidan Asmamaw

Oprah Winfrey once said your marriage doesn't start when you say "I do" rather when you see your partner and wonder what you saw in them in the first place. And when you continue to love them through all that anger and frustration. Well, its is only natural for two completely different human beings to question each other's sanity. The saying "Men are from Mars and women are from venus" holds some truth to it and shows how different the two creations are in every way.

"In the long and tiring road to understanding each other, arguments, some call them the 'spice of relationships', are inevitable. At the bottom of the pyramid, you find pet peeves being the cause of some."

Considering this past week of October is pet peeves week, keep reading to find out some of the most common pet peeves in relationships. Who knows, you might even find yours!

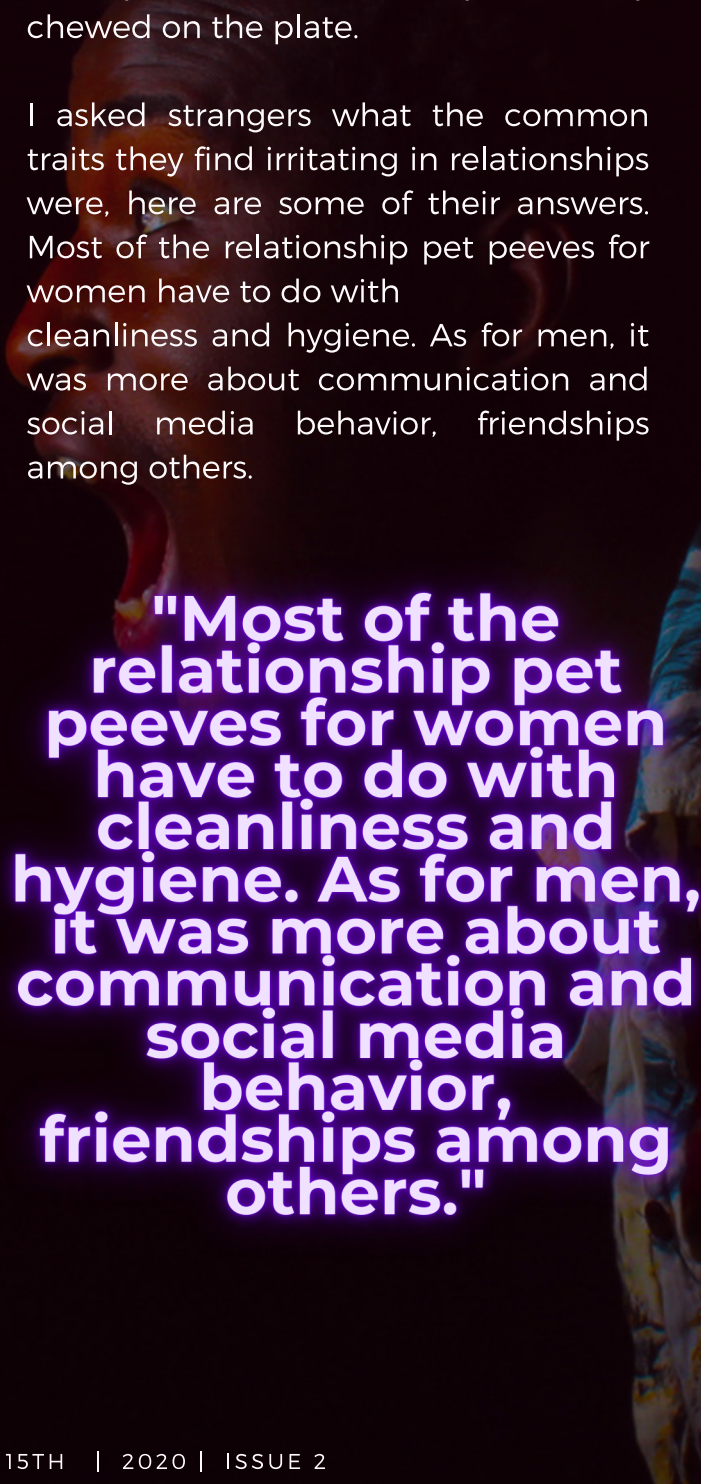
You sometimes hear couples complaining about each other's annoying habits and behaviors. From the simplest habits of not closing one's mouth when chewing food to the major annoyance of not paying attention to your spouse; pet peeves are part of every relationship. For instance; in my marriage, my husband doesn't like it when things are out of place and when utensils in the kitchen get misplaced. I, on the other hand, have a mild obsessive-compulsive disorder (OCD); so things that have to do with lack of cleanliness irritate me to my core.

My one friend disclosed to me how it gets on her nerves when her husband splashes the toilet seat; which by the way is a common problem that makes bathroom sharing unbearable for wives. The other thing she can't stand is finding his socks and shoes in the living room every morning. On the other hand, what her husband finds annoying is the sip sound 'tsssss' she makes when she drinks tea or hot drinks. Also, he doesn't seem to like it when she cuts him off while he's in the middle of explaining a major idea to her.

Another friend told me that her boyfriend finds her passive-aggressive behavior annoying. She also shares his view and is trying to change it. Her pet peeve is when he spends so much time on his phone and when he pretends to listen to her while he is glued to his phone. Most girls share her frustration, I am sure.

The other major pet peeve my friend shared with me is putting back the bone you ate or the food you already chewed on the plate.

I asked strangers what the common traits they find irritating in relationships were, here are some of their answers. Most of the relationship pet peeves for women have to do with cleanliness and hygiene. As for men, it was more about communication and social media behavior, friendships among others.



"Most of the relationship pet peeves for women have to do with cleanliness and hygiene. As for men, it was more about communication and social media behavior, friendships among others."

"I hate it when my boyfriend refers to other girls with endearment pet names. It makes me jealous but he doesn't seem to be aware of it as he is super friendly and sociable." Helen (I think she was talking about 'kulmecha')

"My husband often forgets to replace the toilet paper. So whenever I want to use the bathroom, I have to make sure there is toilet paper first." Bethlehem

"My fiancé shares everything we talk about with her friends. She doesn't leave out anything. I might as well be having a relationship with her friends! When I told her how uncomfortable that makes me she said c'mon don't act like you don't do it. I discuss my relationship with my friends too but not the gritty nitty details." Mekbib

"My girlfriend likes posting pictures on her Facebook and Instagram accounts. The pictures she posts are provoking and attracts a lot of attention. And that makes me jealous. I don't want every man on social media drooling over my girl." Kaleab

"My husband wears the same shirt and shoes for a week. What pisses me off is he's got a closet full of shirts. I once told him that if he doesn't start changing his shirts then I would take them out and give them to charity. He laughed and said he would like to see me try." Liyu

"My wife is such a perfectionist and she puts pressure on me. I've told her the impact her 'no room for mistake' nature has on our marriage but she said she can't change who she is, I might as well have to live with it and strive to become better." Noel

Sometimes you might not even know your own annoying habits. Things you do normally could end up being an irritant trait to your partner. Well, the question is how would you know those habits unless your partner tells you? And not everyone is outspoken about these things. Especially in our context, we refrain from disclosing such issues out of 'yelugnta' or for fear of disappointing the other person. Through time though, these pet peeves pile up leading to an abrupt explosion. So, before that happens, we need to find a safe ground where we can openly discuss our pet peeves without taking offense.

Are you a goofy, fun-loving couple who are up for whatever? Here are some silly and offbeat holidays for you to spice up your dates and help you make the best of the rest of the month.

You can find the full list at
<https://mikekerr.com/fun-wacky-offbeat-october-theme-days-and-holidays/>

October 15
Conflict Resolution Day

October 16
World Food Day

October 17
Wear Something Gaudy Day

October 18
Chocolate Cupcake Day

October 19
Evaluate Your Life Day

October 20
Pay Back a Friend Day

October 23
TV Talk Show Day

October 24
Make a Difference Day

October 25
World Pasta Day
Visit A Cemetery Day

October 26
Howl at the Moon Night

October 28
Chocolate Day
Champagne Day

October 31
Knock-Knock Jokes Day
Magic Day

HOW TO: SELF-EXAMINE FOR BREAST CANCER

By Yosthena Aynalem

Of the many campaigns and activities held in the month October, Breast cancer awareness movements is one of the most significant. According to the WHO, breast cancer is by far the most common cancer in women worldwide, both in the developed and developing countries. In low- and middle-income countries the incidence has been rising up steadily in the last years due to increase in life expectancy, increase urbanization and adoption of western lifestyles.

Breast cancer is by far the most common type of cancer in Ethiopia accounting for more than one out of three cancer cases in women and one out of every five in the general population. Diagnostic delays of 3-6 months are associated with advanced stage breast cancer and lower survival. Detection and treatment of cancer at an early stage improves the prospects for long-term survival.

While a mammogram can help you detect cancer before you can feel a lump, 40 percent of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is very important.

If you have family members who have been affected by breast cancer or you're just a woman looking to stay on the safer side, this definitely is for you. Adult women of all ages are encouraged to perform breast self-exams at least once a month. Here are a few ways you can help yourself detect the symptoms before time.

01 IN THE SHOWER

With the pads/flats of your 3 middle fingers, check the entire breast and armpit area pressing down with light, medium, and firm pressure. Check both breasts each month feeling for any lump, thickening, hardened knot, or any other breast changes.

02 IN FRONT OF A MIRROR

Visually inspect your breasts with your arms at your sides. Next, raise your arms high overhead. Look for any changes in the contour, any swelling, or dimpling of the skin, or changes in the nipples. Next, rest your palms on your hips and press firmly to flex your chest muscles. Left and right breasts will not exactly match—few women's breasts do, so look for any dimpling, puckering, or changes, particularly on one side.

Follow a pattern to be sure that you cover the whole breast. You can begin at the nipple, moving in larger and larger circles until you reach the outer edge of the breast. You can also move your fingers up and down vertically, in rows, as if you were mowing a lawn. This up-and-down approach seems to work best for most women. Be sure to feel all the tissue from the front to the back of your breasts: for the skin and tissue just beneath, use light pressure; use medium pressure for tissue in the middle of your breasts; use firm pressure for the deep tissue in the back. When you've reached the deep tissue, you should be able to feel down to your ribcage.

03 LYING DOWN

When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and your right arm behind your head. Using your left hand, move the pads of your fingers around your right breast gently covering the entire breast area and armpit. Use light, medium, and firm pressure. Squeeze the nipple; check for discharge and lumps. Repeat these steps for your left breast.

If you find a lump, schedule an appointment with your doctor, but don't panic 8 out of 10 lumps are not cancerous. For additional peace of mind, call your doctor or contact a nearby clinic whenever you have concerns. Stay safe and inform every woman you know to help prevent further complications.

SOURCES: BREASTCANCER.ORG, MEDICINEPLUS.GOV

RECOMMENDATION

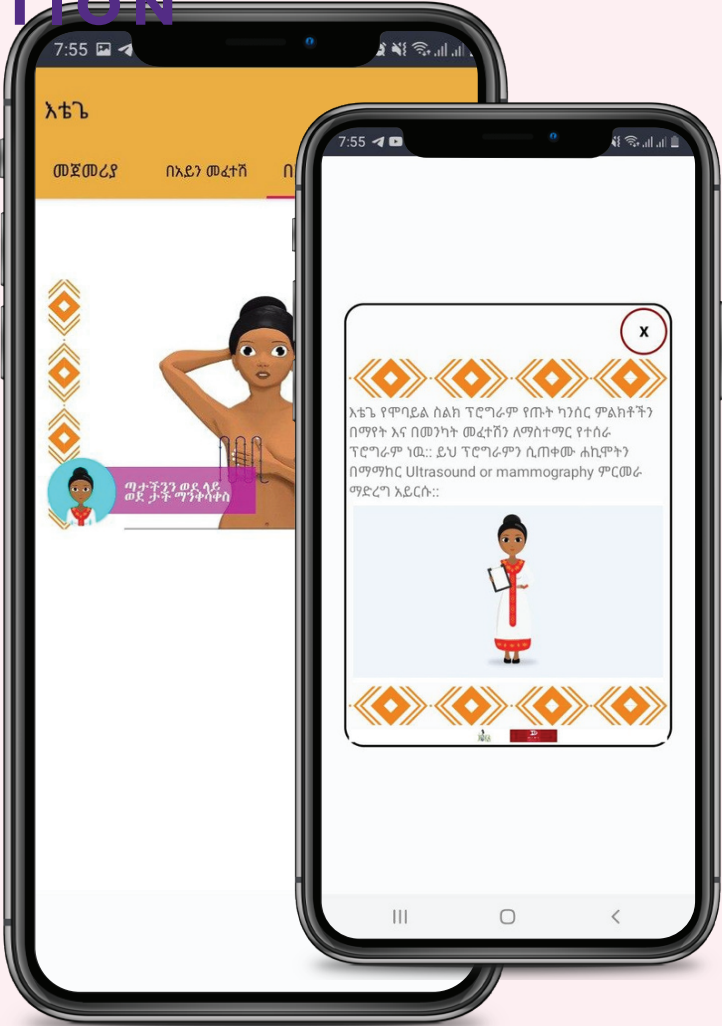
Etege Amharic App Guide for Self-Examination for Breast Cancer

SCORA (Standing Committee of Sexual and Reproductive Health including HIV/AIDS) Addis Ababa, Ethiopian Medical Students Association, IFMSA

Animation- Ezra Dame
Voice- Bethsaida Zerihun
Project Manager- Bethel Samson
Special thanks to-
Nebiyou Yonas Metaferia

Powered and developed by - XOKA IT SOLUTIONS

This app is compatible with all of your devices.



ETEGE: SCORA AA'S GUIDE FOR SELF-EXAMINATION FOR BREAST CANCER

Etege is a free healthcare app that uses an animated figure to visually instruct women on how to perform preliminary assessments on their bodies to detect potential signs indicative of early stage breast cancer. The animation is also complemented with an Amharic narration and together explain a detailed step by step walk through of where and how to search for signs of breast cancer in your body.

Through these directed self-examinations, the Etege app would enable women to detect any anomalies and seek immediate medical attention from their medical provider. Furthermore, the app has a calendar feature that users can use to set up regular reminders for self-examination which will make it possible to catch the disease early on before its progression. The interface of this app is very simple and was made with the consideration of making it easy for use by the wide range of users who have varied experience using smartphone apps. Through the use of native language and simple interface, Etege is intentionally made to be accessible by the diverse range of users coming from different socio-economic backgrounds.

The Etege app is a crucial tool in the fight against breast cancer, as it will enable patients to perform self-examination at home and detect the early stage symptoms of breast cancers and seek immediate medical attention, thereby increasing the chance of successful treatment.

The ink corner

The ink corner is a new feature of our magazine where we will gather your personal literatures and present it to the world. Send us yours via @EverythingisShega

Tall and elegant

I wrote this poem to my girlfriend Faith, as a means to appease her after I annoyed her. It was fulfilling to see her smile and enjoy the poem, I was forgiven afterwards.

John Ochola

Tall and elegant,
Undisputed queen of beauty pageant,
the memories I hang to,
and long to cart you away, just us two.

look into your earth-brown eyes,
and swear to tell no more lies,
Coz woman you are cute, curious and wise,
the nerdiest since Solomon demise.

Your skin feather soft, and fair,
eyes hypotonic with sexy stare,
to losing you, I shudder and despair,
for to you mikai, no one compare.

My love for you, I keep in self isolation,
remains pure, true free of contamination,
for you, I long for, as the pandemic vaccination,
Without you, am lost, and so is my generation.

In your scent I beg drown,
On the narrow Eden mouth, I wanna go down,
and drink from the salty waters of life,

WHERE TO ZEIST LODGE

AN ISLAND IN THE CITY

Mihret Teshome

On the road from Rwanda embassy to Bole Michael, right in front of Kazakhstan embassy, lies Zeist Lodge, a true hidden gem. When I first heard their slogan "an Island in the city", I was a bit skeptical. But as soon as I walked in the compound and was hit by the fresh breezy air and the green colorful siting, I was immediately intrigued and turned into a believer.

The lodge was established by Dr. Emebet Demissew (Amy), a returnee from the Netherlands. She has renovated her parents house where she was born to a lodge with a strict vision in the hospitality industry. The vision has become a reality.

On my tour around the compound, the rooms and the restaurant, I was quite impressed by the extreme detail given to the overall layout, paintings, lighting and props that all reflected the beautiful culture of Ethiopia. The way the team gives service with happiness and a ready to serve attitude also made my time quite unforgettable.

"THE NAME ZEIST IS DRIVEN
FROM THE CITY WHERE I HAVE
BEEN LIVING IN THE
NETHERLANDS AND WHERE I
HAD BEAUTIFUL MEMORIES"

DR. EMEBET

PAGE 10





According to the staff, the lodge has won many international awards and has given accommodation to a number of international celebrities.

Another impressive feature of Zeist lodge is that an exception is made for pre wedding, small wedding/ reception and honeymoon services. In which occasions, the kitchen will be open and the guests will be accommodated at late hours.

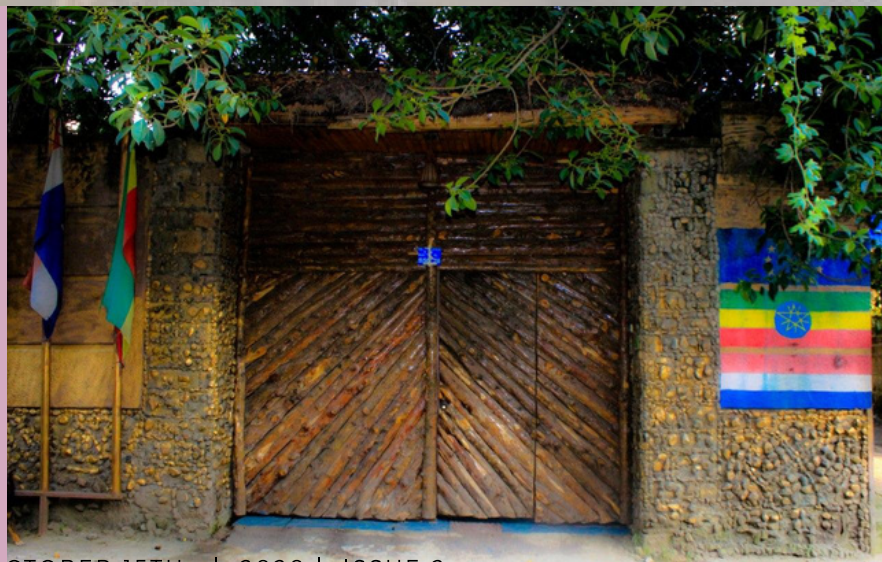
"We are very flexible in terms of guests request by doing all our best as if one of our own family is getting married: taking care of every detail, trying to make the guests comfortable, doing extra surprising things like gifts can fire" said the founder.

Zeist lodge has ten rooms : 5 standard rooms with king bed, two suit rooms with XL queen beds, and 3 suit rooms with xxl queen beds: with mind-blowingly fair prices!



The lodge is located only 7 minutes from the airport. It has a very well organized security and the reception is available 24 hours.

If you haven't visited so far, I suggest you do now. They have finally opened their doors after a long covid lockdown and have come up with a must-not-miss reopening discounts on room accomodations.



“

WHAT MAKES **ZEIST** SPECIAL IS THAT THE LODGE YARD IS VERY GREEN, QUIET AND ARTISTICALLY DECORATED WITH TRADITIONAL MATERIALS AND PAINTINGS. IT IS A REAL OASIS IN THE MIDDLE OF THE BUSY STREETS IN ADDIS.

”

Signs you might be IN AN ABUSIVE RELATIONSHIP

By Etenat Awol

Domestic violence (also referred to as intimate partner violence (IPV), dating abuse, or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship.

Domestic violence affects millions, both women and men, of every race, religion, culture, and status. It's not just punches and black eyes. It's yelling, humiliation, stalking, manipulation, coercion, threats, and isolation. It's stealing money, keeping tabs online, non-stop texting, constant use of the silent treatment, or calling someone stupid so often they believe it. It includes behaviors that physically harm, intimidate, manipulate or control a partner, or otherwise force them to behave in ways they don't want to, including through physical violence, threats, emotional abuse, or financial control.

There might not be groundbreaking news in telling you that you might be in an abusive relationship if you are facing either physical or sexual violence. Because that is obviously easy to identify, but there is plenty of significance in understanding emotionally abusive relationships.

Multiple forms of abuse are usually present at the same time in abusive situations, and it's essential to understand how these behaviors interact so you know what to look for.

In the spirit of October being Domestic awareness Month, here are some of the signs you might find useful to find out if you are/might be in an abusive relationship.

Noticing whether your partner shows these patterns of behavior will help you nip the relationship in the bud before things get critical and life-threatening.

01 POSSESSIVENESS

"They check on you all the time to see where you, what you are doing, and who you are with" this somehow seems a sign of care and attentiveness. But no, don't let the affection fool you. Because there is more subtlety and intention, in fact, they are clearing the way for what comes next. This involves trying to control your activities, Such as where you go and who you hang out with. In the very extreme, it grows on controlling your finance.

02 JEALOUSY

"They accuse you of being unfaithful or of flirting." And you to prove your loyalty and devotion; you start to cut up undesirable or suspicious relationships for the sake of your partner. They isolate you from family and friends, often by behaving rudely towards them.

03 PUT-DOWNS

Have realistic goals that go according to your desired lifestyle and with what you will be able to achieve together. Unrealistic They put you down either publicly or privately, by attacking your intelligence, looks, mental health, or capabilities. They constantly compare you unfavorably to others.

When you try to confront them, they simply appear blank or tell you are overeating, that they don't mean it seriously, or to underestimate you. tend to make us lose motivation with in the first few weeks of the year, which might even cause tension and resentment on the relationship if your goals are harder than what you can achieve.

04 GAS-LIGHTING

"Gas-lighting typically used to make the abused doubt their own sanity and question their own motives". Things like "I never said that" or "you can't even take a joke" are the obvious responses of the abuser if one dares to ask after huge disdain.

05 SHIFTING THE BLAME

Couples do argue or fall into a disagreement, but when you are in an abusive relationship, arguments are always turned around and made to seem as though it's your fault or you brought the issue on. If they didn't blame you they definitely have someone around them to take the blame or something inherent for an excuse. That at the very least makes you second guess yourself and feel at fault about everything in the relationship.

Generally, if you find yourself apologizing even when you know you have done nothing wrong or you find yourself doing anything to avoid disappointing her/him, and feel like you are constantly walking on an eggshell, you should set back and reflect on the situation. It is important to know we are not manipulating our partner or being manipulated when settling things. Because there is plenty of chances we may not be aware of when in an abusive environment.

Shega Dates digital magazine is the sole platform on the market that specifically addresses the problems, and scenarios of the dating and love life of younger generation of Addis, as well as offering them tips and news relevant to them. It is also a platform where we review Hotels, Restaurants, Cafe's and events that we believe are suitable for couples.

While many print magazines contain love and relationship related content, and there exists magazines on the market better suited for the older target, there is no digital platform that speaks simply and honestly to young people who want to explore the dating world and learn about the ways to a healthy relationship. That, makes us unique!

Shega Dates

DIGITAL MAGAZINE

We are open to partner with those who offer top-notch products and services suitable for couples!

Give us a call and we will talk business.

Contact us via

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Also check out our website : www.sergegna.com