

DEEP

IN THE LIGHT
M O N E

10 FACTS
ABOUT
AFRICA

WOMEN'S MENTAL HEALTH

LOYALTY

DOES FAMILY
STILL EXIST?

THE PACESETTER
JUMMY SAMUEL

Positivity Pledge

I pledge always to use my abilities
for the betterment of society. To always
offer my assistance whenever it is required.

So help me, God.



As my team and I were brainstorming on the theme, we came across interesting notable days in May. I would consider some as fun and a bit weird. Would you believe it if I were to tell you that there is a “No socks day”? If you weren’t aware, well, that makes the two us. May is quite famous for Mother’s Day, International Nurses Day, yet some other days are worth celebrating.

In all fairness, every day is worth celebrating. Before we even consider the special days, the gift of life itself is worth celebrating. Regardless of what you are going through, there’s still hope for you. You are not the only person going through those trials. Someone somewhere might be experiencing something far much worse than that which you are going through. That’s why you ought to be thankful. Look around, observe, and you will see that every day is worth celebrating.

I wonder how people get to celebrate Eat What You Want Day. Well, I don’t mind stuffing myself with food on that day (laughs). That being said, we made it our mission to ensure that you get an insight into our writers’ thoughts and creativeness on particular special days in May. As you peruse every article in this edition, please make

sure you leave your comments on our social media platforms.

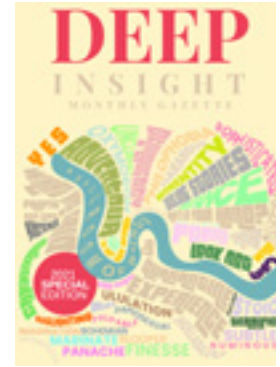
Moving on from that, have you ever heard about someone, and upon meeting them, you are left in awe; you realise the accolades given were not justifying them? I never really understood what Abel meant in his book, ‘God, the wrong Father?’ when he referred to Pastor Jummy as ten men in one. With all the encounters that I have had with her, she truly is a woman of substance and a game-changer. Gracing our cover this month is the mighty woman of valour, Pastor Jummy Samuel, who is setting paces in everything she does. We celebrate and honor you.

Lastly, bear this in mind, you don’t have to wait for massive achievements to celebrate each day. Materialistic things are not the only ones celebrated. In as much as they are essential, there are other aspects of life worth celebrating—family, the ability to walk, see, write and so on. Hence every day is worth a celebration.

With love



Millicent R. Sibanda



Editor in Chief
Millicent R. Sibanda

Managing Editor
Grace Murenje

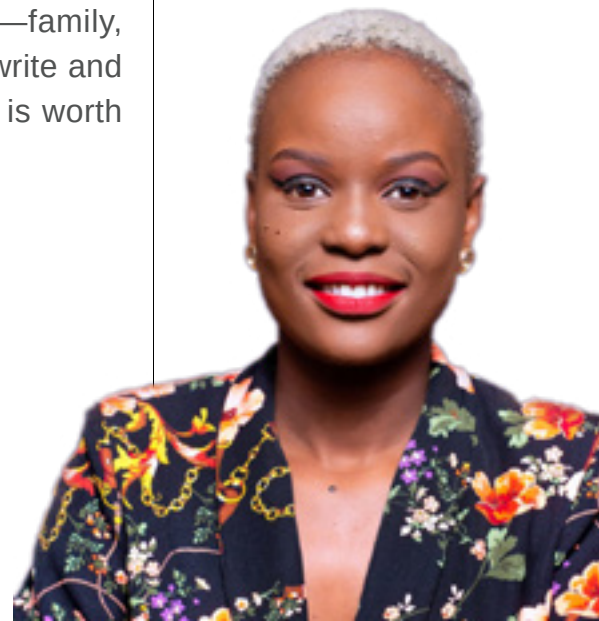
Editors
Ivy S. Chiworeka
Terence Zizhou
Craig T. Chimuthi

Columnist
McEarly

Photography
Allen Mushore

Production Manager
Kelvin T. Tsoka

Designed by
Pangolin Pictures





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STANDING OVATION

By Terence Zizhou

The viral photo shows a jovial Carl holding the national trophy after a triumphant final. It's however heart breaking that the photo was taken a few weeks before his career-ending surgery.

Throughout the season, Carl had complained of a nagging pain in his knee, but the team doctors cleared him and advised he rested for a while, but Carl would have none of that; slight pains would not keep him down, and so he played on.

The sound of the buzzer signalled the end of the game, and all Carl could do was fall onto his back as he absorbed the moment. His jersey was soaking wet with sweat and blood. As he lay there, he felt proud of how he had soldiered on. Despite all the hardships, it had finally paid off, and



he was looking forward to the offseason so he could rest and get back next season fresher and better. Little did he know that this was to be his last dance.

Carl gathered himself and took to his feet, rising to a standing ovation after his inspirational performance that had spurred his team to victory. An intoxicating wave of exhilaration swept across the arena as the crowd chanted Carl's name in recognition of his greatness.

Carl had won over many hearts and became a crowd favourite with his modest approach to the game. It was almost as if he was an unsung hero in the community, but all Carl could feel at this moment was the excruciating pain

in his knee. A humbled gesture of appreciation and a small wave was all he could give as he slowly hobbled back to the locker room.

A fortnight later, the entire basketball world received the devastating news that Carl had undergone surgery to amputate his leg just above the knee. The doctors discovered that a cancerous tumour had developed in Carl's knee, and it was too late for chemotherapy they had to amputate to stop the spreading.

Carl made his 1st public appearance a few months after his surgery at a basketball camp where he gave a heartfelt speech on how he felt crushed for not being able to play the game he very much loved anymore but vowed

to continue contributing towards it in every way possible.

To this day, Carl remains a significant figure in the sport as he tours the country, hosting basketball camps and helps the underprivileged with kits, balls and sneakers. He is also a high school team coach that has won 3 national titles since he became their coach. Carl's story continues to inspire everyone out there who has been met with physical hardships. His legacy will go on for many generations to come.

To my father, you're a true hero. I aspire to be as vigilant and strong as you are. Your life story defines a strong person with a never-give up attitude.

THE GREATEST SHOW

By MaliQ Honesty Quallaz Nyasha

These keys produce a melody powerful enough to move the crowd into submission

Hence I need someone to pull a few strings while our hearts beat to the sound of the drums

My heart's desire is to sit in front of an empty canvas with only an imagination; maybe then I can come up with a painting worth a choreographed dance

I swear the graphics on these designs will live a lifetime and inspire generations to come

So I sit in silence, shift my concentration to the stage where a play is ongoing I'm in awe as I marvel at the dedicated souls capturing the moment at hand

The atmosphere is electric as everyone stands up for the comedians cracking our ribs, what a sight!

So I pull out my notebook and I begin to document everything happening For these words speak on behalf of those whose talents are easily swept under the rug

Outside is an organized chaos, a movement of sorts The birth of a revolution as the audience pays attention to the spoken word With the bloggers detailing every happening

Today is ours, the future is a distant occurrence where only our creations exist as we disappear from the face of the planet to being memories

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WHEN OTHERS SEE
CHALLENGES, WE
OUGHT TO TAKE THEM
AS OPPORTUNITIES.

One on One with Jummy Samuel

Would you believe it if we were to tell you that your favourite barister loves football? Unbelievable, right?

Over the past decades, we have seen a change in ministries. Positions of pastorship, deaconship and so on were reserved for males only, but now, we have women sitting in such posts. These kinds of positions require one to have specific attributes to establish an edifice. It's not surprising some people are always wondering how women can manoeuvre their way in a male-dominated environment. Fortunately, we were privileged to sit in an interview with Pastor Jumoke O. M. Samuel, affectionately known as Pastor Jummy. Not only is she a pastor at Zion City Gate Church, but she is also a lawyer and an entrepreneur.

There is a certain ideology that society has placed on individuals who are in full-time ministry. They are seen as people who are not supposed to do anything outside the church. Pastor Jummy made us understand that Jesus gave us the mandate to dominate in this world, we are not only confined to the four walls of the church, but we have the ability to excel in every environment, be it business or any other field we are interested in. When conducting a business, you meet different people you would have never met if you only stayed at the pulpit.

"This is the time to develop strategies for your business— the time to add more value to yourself."



For change to occur, everyone plays a role. We must tune into our roles to impact society. God placed us in different fields for a reason. It's inevitable for us not to face challenges when walking in our purposes. People deal with these shortcomings differently. Whilst some have conquered, some have given up and are left broken. Pastor Jummy's mandate amongst many others is to help such individuals through the Holy Spirit's guidance. She mentors and helps them realise that they can achieve anything they set their minds to do. According to her, the secret is knowing your identity. She mentioned how finding your purpose and making it your default setting is crucial.

In a world where feminism has become a subject of debate, we were prompted to ask the woman of substance about her perspective on feminism. Is she a feminist, or is she against the idea of feminism? Of course, she agreed that women used to be reduced to household chores which is quite degrading. But she mentioned something that every lady need to take note of. Most women are facing an identity crisis. They are waiting



for help from a man, yet they can do whatever they are waiting for on their own. They are waiting for some man to come and claim them. One thing that we ought to realise is that every woman carries a unique ability from God. What women need is self-awareness of how important they are in our societies. They don't have to wait for someone to define their self-worth.

Again, let's look at today's society. There is a lot of complaining about the challenges being faced, and people are quick to point fingers at each other. But Pst. Jummy noted that it's all about the mindset. When others see challenges, we ought to take them as opportunities. With reference to Thomas Edison, who invented the light bulb, every time he failed, he would

view it as an opportunity to do it differently. Most people are scared of failing. They often ask themselves if they will ever reach the top. However, the question they should be asking is, "Am I investing enough in myself that when I get to the top, I will have enough to give out?"

Moreover, with all the restrictions in place due to Covid-19, many people are sitting at home because it's a challenge. This is the time to develop strategies for your business—the time to add more value to yourself. We can cover more ground if we look at it. We no longer have to travel to attend or conduct a meeting, thus saving time for other tasks. It's now by a click of a button. Life has been made easier and more efficient.

With all this information from her, we couldn't help but wonder if there was anything about her that the world didn't know about. Surprisingly, she is a bit shy sometimes. Who would have imagined that? The huge surprise was when she mentioned that she is a huge soccer fan. Now that we are thinking about it, we could have asked her about her favourite team. Perhaps, we will do that in the future.

We concluded by asking for some advice, for we have been taught never to leave a Woman of God without any advice. She gave us four key points. Stay strong. Believe in yourself. Don't lose faith. Cut out distractions. Now dear readers, take this with you and remember, you were created to shine.

A woman with red hair, wearing a patterned jacket, is looking at a tall, green, spiky cactus. The cactus is the central focus of the image, extending from the bottom to the top. The woman is on the left side, looking towards the cactus. The background is plain white.

THE SUCCULENT

By Kelvin T. Tsoka

No one suffering from obesity has put on all that weight in a single day. The calories they added to their body weight was heaped up over time. You may be wondering where I am going with this narrative; let me start by taking you into my world, a world full of observations, words and God.

I have a friend who had a cactus plant; she was and still is into agriculture. One day she brought this cactus to my place, and it became mine; I adopted it. At first, I would water it every other two days, and it was doing quite well until I stopped. The results were noticeable; it dried up faster than I imagined.

I had failed to be responsible enough to take care of one plant, and I am thinking of running a farm one day. With this in mind, I made a conscious decision to water the cactus every day, and the green pigment started showing up. This made me understand that this is the same with our dreams; it may take time for them to spring up but

only require a short time to dry out if we do not water them.

Do you want to be a millionaire or a billionaire, don't forget to water your dream. Most billionaires we know today have had an idea, and they worked on it for years. The most important thing is to produce something that has value, and we need to first add value to ourselves, which is a process that takes time to achieve, like adding on weight. Billionaires are the kind of obesity that we are all after but understand they added this weight over time. Increase in knowledge first and understand the concept of becoming rather than having.

We have seen people win lotto worth a million dollars, and they end up where they were before. That shows us being a millionaire is not just about getting money but also about attracting and managing something valued at a million dollars. These are just numbers representing value, so create value. I challenge everyone who wants to be a billionaire to think about what they can do for the world and produce something valuable; you will understand that these were nothing but numbers.



COMPRESS YOUR WORDS, CONDENSE YOUR THOUGHTS?

By Temwani S. M. Daka

I am not a fan of shorthand conversation; I often wonder how much time people save when they use it? Better yet, what they do with all that saved time in any event? To each their own, I suppose. There are many practical uses for shorthand; some are quite apt for the occasion, such as jotting minutes in a meeting or even notes in a lecture. Then, there is the other sort, informal perhaps, but annoying all the same, which somewhat is the subject of my article, but not the entire scope of it.

When you have a conversation with someone, the aim is to be able to communicate your thoughts and convey certain ideas to the other party. Some of the shorthand I have

had the pleasure, displeasure rather, of reading really left me scratching my head trying to decipher what exactly was being said. I mean, if the idea is to convey a thought that warrants a response, surely the recipient ought to be able to read it, understand it and respond. This leads me to my actual point, when you compress your words, you condense your thoughts.

How do I mean? Well, think about it this way, the purpose of shorthand is to use the least number of characters to capture the same meaning, but in so doing, you end up diminishing the sense or the meaning. I mean, how often have you re-read something you wrote in short and failed to actually grasp the meaning? How much more

so the other party? When we shorten words or phrases, we can even lose the tone of the thought, and while the wording may be correct, it may not stress the same sense or evoke the same feelings in the reader.

The best way to allow your ideas to be heard is through properly written out phrases or sentences. I can't suppose that it is possible not to make use of shorthand at all times; however, try and use up those extra seconds and write something in a manner that captures the entirety of the message you intend to communicate, the sense it's supposed to carry and the tone it is meant to invoke...be careful not to compress your words too much and condense your thoughts as a result.



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TOMORROW

So in my world, your quality detects how much you will be valued. It's fair, but to some like me, it's hard. Being made of plastic and not moulded nicely is so hard.

There are many sections here because it gives the order to the kitchen. We have aunty Dish, uncle Cup, cousin Pot and many more relatives here.

The only day we get to rest is 8 May because people take a break from washing us. It is winter now, and some people can't afford geysers, so we are always washed with cold water. It's so painful, no lies. Geysers are a blessing, but the pain of

being washed with hot water is something else. The last time when that little girl was bathing us, she almost killed me, and now my other side is injured. She used hot water on me and forgot to turn the tape off, so I was over-cleaned. Well, tomorrow is 8 May, so I guess it's a celebration for us. Tomorrow they will eat out and make us rest for the day.

We love our jobs, but it is quality that gives value. I love being plastic because only kids will use me, but the kids sometimes beat me and call it "mahumbwe" in Shona. Whenever Tina wants to play with plates, the mother will say, "Take the plastic

one". I wish I were the golden cup which madam barely uses, but I guess tomorrow it will be used because madam drinks wine when she eats out, so that means tomorrow the golden cup will be on shift. I feel proud and happy; a big shout out to whoever came up with National No Dirty Dishes Day; this date is undoubtedly magnificent to us. I can't wait for it.

By Ivy S. Chiworeka

"mahumbwe"- a children's game where they pretend to be a family in the household, acting out housekeeping and different family roles (playing house).

KEEP IT CLEAN

By Tanaka Chigomba

My room is my most favourite place. To me, it's not just the four walls I see every day, but instead a place of relief from all exertion. When I'm running away from the vagaries of life, my room is my hiding place. My mind is shrouded in many thoughts, and I cannot decide; my room is the perfect environment to be in. I fight many battles, and I win many wars in it. I build castles, and I break down still walls in it. When I'm just having a good time and enjoying my quality time, my room is the best place to be. For this reason, I have to keep my room clean at all times.



I make my bed, and I lay in it; if I don't make it nicely, I will keep on tossing and turning all night and struggle to sleep. For that reason, I make sure I make my bed nicely every morning; otherwise, I will not relax. After a long day at school or work, I want to go home and sleep peacefully in my bed. Likewise, make your bed nice and do not wait for someone to do it for you. Make the right decisions today and every day. When you make the right decisions, you sleep peacefully. The decisions you make today will adversely affect you, just like how I keep tossing and turning. If you don't make your bed nicely, you will lay your bed of consequences. I cannot bear to see any dirt in my room. I sweep it before I go out. Why should I keep it soiled and filled with empty boxes, plastics and all sorts of trash? Indeed, I cannot stay buried alive in chunks of trash. I cannot concentrate on my work or make any decisions. Dirt creates a lot of noise, so much that I cannot focus on anything; that is why I sweep out all the dirt in my room every morning and mop out any stains leaving my

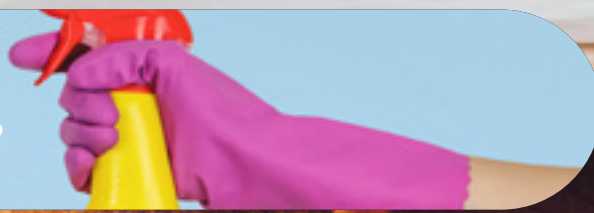
room fresh and spotless. Many times, people lose clear sight of things because they harbour empty and dirty thoughts. They are devoid of anything virtuous, not even life itself. Let go of empty boxes, do not hold on to the things of yesterday; they hamper you from seeing good things. Sweep it out!!!

After about ten hours of the night with my doors and windows closed, the first thing I want to do is to get some air. I cannot stand the smell in my room when I wake up, it will be very stuffy, so I roll up my curtains and open my windows. Even if it is just for a few minutes, I would still want fresh air if the weather is cold. After going through some difficult phases in life, we need some fresh air. The cool morning breeze rejuvenates me every day. I open new chapters of life and begin to work things differently on a new page. Do not keep yourself closed up; it only impedes you from seeing good things outside. Get fresh ideas from others and start seeing things differently. We create obstructions by keeping ourselves in the

confinements of our thoughts. Open the windows of your mind and let the sunshine brighten your room.

Above all, I guard my room with pride because I keep my most valuable things in my room. My money, jewellery, and essential documents are kept safe in my room, so everything is meticulously positioned not to misplace or lose anything important. Keep your house in order and have everything in control. Many people fail in life not because they do not know but because their knowledge is not rightfully positioned. Misplaced emotions can ruin a perfect day. Displaying knowledge of a particular subject on the wrong platform can make one look absurd. Keep your house in order so that you keep your priorities correct. Your dignity and pride are kept safe in a clean room; if you keep your treasure in an untidy room, you risk misplacing it or mistaken it for some trash, so always keep your room clean.

Let's face it, cleaning is a hassle.
How do you keep your house clean?



A close-up photograph of a man with a beard and glasses, wearing a brown hat, drinking water from a clear glass. He is wearing a white polo shirt and a black watch with a purple strap. The background is blurred, showing what appears to be an indoor setting with large windows.

DRINKING WATER MADE EASIER

By Honourio Healthy Kitchen

It's sooo HOT, and you have to be hydrated at all times, but you're struggling to drink water???

Well, this article is just for YOU!!!

1 Have a daily water goal

- Set logical and attainable goals
- Start with a very easy target that keeps you motivated
- Don't be too hard on yourself; after all, you're trying to make your body get used to drinking more water

2 Set reminders of when you're supposed to drink water

3 Try to drink a glass of water as soon as you wake up

- This does not only replenish your water storage but also makes you alert and ready for the day

4 Drink a glass of water after every bathroom break

- The more water you lose, the more you drink, and this makes the cycle more interesting

5 Keep a water bottle or jar nearby

- Also helps in reminding you to drink more water more often
- Use a marked water bottle

6 Sip a bit of water before each meal

- This is even an ideal strategy to help you eat lesser portions

7 Replace other beverages with water

- This is a very healthy option as you will be cutting down the sugars

8 Choose Sparkling or mineral water over a soda

- Try this especially when you're in a restaurant

9 Snack on salty stuff like Salt and Vinegar Lays which makes you thirsty, thus prompting you to drink water

10 Flavor up your water

- Drop a chunk of fresh or frozen fruit in your water

11 Add a splash of your favorite juice to your glass of water

- Dilute sugary drinks with water and ice

12 REWARD YOURSELF

- No matter how small, celebrate your success in drinking more water today than you did yesterday...you deserve it!

LOYALTY, A RARE PEARL!

By Hazel Maseko

Loyalty is a rare pearl that is so hard to come across these days. It shows a more profound connection with someone and is shown more in action than in words. The way you represent someone in their presence or absence. The honour you render unto them.

Surprisingly we find loyalty more in friends than in families. Most family members show loyalty when they want something in return; I guess that cannot be loyalty. It hurts so much to see relatives not being able

to scratch each other's back. Yet, they are supposed to be honest, trustworthy, supportive, and generous. In most cases, in some families, the loyal ones end up being taken for granted. No matter what they do, they are never appreciated and yet they never stop being loyal.

We must honour those who are loyal to us, and in turn, we should also thrive on being loyal. Through all the trials I have encountered, I found myself a very loyal friend I already consider as a sister. Since we met, she

has been there for me, and I know I have her support, trust. And I am also very loyal to her as she has never given me a reason to doubt her. We talk about personal stuff, and we have reached a level of trust that I can safely say I am so blessed to have met her. I found that pearl.

As hard as it is to meet loyal people, it is crucial to maintain that relationship. Please do not take advantage of any person's loyalty; it will cost you.



CONVERSATION
WITH JUMMY SAMUEL


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DEEP INSIGHT MAGAZINE

Why not say sorry?

By Tapiwanashe Matorevhu



This 5 letter word seems small, yet it's of great value and importance. For some, it's even hard to say it out due to pride; they feel like their self-esteem has been brought down. Some feel like they are showing a sign of weakness by admitting their wrongdoing as asking for forgiveness. This is not true at all!!

Saying I'm sorry is not a sign of weakness. Even though you may feel like your self-esteem has been stripped momentarily, apologizing has very good effects. Saying sorry has the power to soothe and mend the heart, reconcile the greatest of enemies, and melt the block of bitterness and uneasiness. It

breaks down the walls of hatred and resentment that are built in someone's heart. It helps the heart to open up to forgiveness and love once again. Sorry is not just a mere word; it is a significant part of the healing process.

Every year on 26 May in Australia, they celebrate the National Sorry Day. The first National Sorry Day was held on 26 May in 1998. The Australian government had a policy that caused the removal of Aboriginal and Torres Strait Islander children from their families and placing them in care elsewhere. This annual commemoration is done to help in raising awareness among the politicians, the ones in charge of policymaking and the general public at large about the removal policies and their terrible implications to the families and the children. On 1 February 2008, Prime Minister Kevin Rudd made a formal apology to the Stolen Generations on behalf of the parliaments which had inflicted these laws, which brought so much grief, sorrow and painful suffering to the affected families and children. Now they celebrate this day by having reconciliation marches, Sorry Day flag raising, concerts and barbecues and many other things.

When I heard about this National Sorry Day, I was curious to know the story behind it. I applaud those who started these commemorations more than 20 years ago. Some wounds may still run deep in the stolen generations but saying sorry has a way of bringing people together and start to mend the wounded and grieved hearts of the afflicted.

This commemoration made me think deeply about how important apologizing is. Saying sorry lifts up the feeling of guilt and self-condemnation on the side of the wrongdoer, and it is a start to the road of self-improvement. For the wronged, hearing those words helps them get back their dignity and start their journey of self-healing. Never feel too proud to apologize to someone for doing them wrong; it takes genuine compassion and humility to truly say I'm sorry.

Forgiveness is good; as much as it sets the wrongdoer free, it also sets you free. Harbouring unforgiveness can make the heart grow bitter and resentment to have deep roots inside of you. I always think of unforgiveness as having a rock tied around your leg or your neck. It drags and slows you down; it does more harm than good to you. The more you get bitter, the more it becomes heavy and threatens to drown or pull you down. So by accepting the apology and truly forgiving, you're also committing yourself to remove that heavy burden on your shoulder. For the wrongdoer, not saying sorry is like putting yourself in a cage or jail cell. Until you apologize, you remain locked up in that cell, maybe due to pride or some other reasons you may have for refusing to say sorry. By saying I'm sorry,

you free yourself too and remove the walls of guilt, shame and condemnation closing in on you. Apologizing is a way of showing that we own up to our mistakes and take responsibility for our actions. It validates the feelings of the person who has been wronged; in a sense, it gives power to the hurt and makes them feel like they are worth something.

When I was reading about the National Sorry Day, it made me ask myself these questions. Is there anyone I have hurt and have not said sorry to? Are there mistakes or actions I have made that hurt someone else that I haven't taken responsibility for? Are there any hurts I'm still holding on to? Do I have someone I have not yet forgiven? Just like the Australians did, let's also do the same in our lives and apologize for the wrongs we have done. Sorry may not completely take the pain away the moment it's said but it kick starts the journey to self-healing. Refuse to live in the past by not saying sorry or holding on to past hurts. Choose to live in the present by saying you're sorry and giving true forgiveness. Why not just say you're sorry and free yourself to be able to live in the present free of anything that might want to drag you down. Choose to heal, choose to say sorry.

DOES FAMILY STILL EXIST?

By Mpiwa Setaelo



Family: a word that is supposed to be synonymous with words such as love, happiness, a haven, to name but a few.

I say “supposed” because that is no longer the case. Long gone are the days when holidays were dedicated to most of us rushing to our rural homes to be with our loved ones. We now live in a world where every man is for himself. The concept of family has been lost, bringing about painful repercussions like suicide, rivalry, hatred, and envy. Family is the first place where we are supposed to be taught love, discipline, acceptance, empathy, and so many other virtues that we need to deal with the struggles of this world. But sadly enough, that has become a rarity. So many factors come into play, causing a massive wedge within the family.

To begin with, a huge contradiction between Pentecostal churches and native beliefs/practices has led to a rift

amongst members of these groups. With some churches teaching that it is wrong or ungodly to do what our forefathers did, anyone who does that is labelled a witch. That on its own is bound to cause tension among family members.

Then comes family status; you are not recognised if you don't bring anything to the table, i.e. if you don't have a reputable profession or studying/studied a course that elevates your social status. The only time you are acknowledged is when there are chores that need to be done. Instead of uniting and bridging the gap between family members, we stay away from each other due to jobs and other commitments. There should be a time when families can gather and share love instead of meeting only at funerals or weddings.

Ironically, these occasions break some families further apart.

We gossip about each other on WhatsApp groups etc. Instead of being proud of each other's achievements, we are filled with hate and scorn. We view that as competition; the more they are winning, the more the salt is being added to our injuries. Since the ongoing Covid19 global pandemic has brought about travelling restrictions, make it a mission to maintain peace and love in family groups. A united family stands!

Let's take a breather and introspect: Do we want to pass on a legacy of broken families that could have been mended by uniting in our interactions as families, a legacy of hate, anger, jealousy and bitterness?



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TOURIST APPRECIATION

By Britney-Yvette Chiyoko and Tracey Mathosi

Shout out to the people who spend money, who get to be adventurous and choose functions over fashion. Those who visit the Eiffel Tower, the La Sagrada Familia, the Opera house, the Walt Disney World, the Burg Khalifa, those that have been to the Niagra Falls, the Table Mountain and Sossusvlei Dunes. Those that have been to so many places that I left out. Surely they should be honoured. Are you still wondering who I'm talking about? Oh, dear reader, don't tell me I haven't given you enough clues. I mean those that visit the Pyramids of Giza, the Makgadikgadi Pans, the Flamingos and Kalahari desert before getting to the Victoria Falls. Yes, the Tourists!

It takes much to spare time for leisure. Tourists worldwide should be appreciated for they have a significant impact. You might think tourists only play a pivotal role in boosting the Gross Domestic Product of a country, but they also improve the social, religious, political, and environmental aspect of a nation.

I have decided to become a tourist as well.

How beautiful are the makings of God

I gazed at the stars twinkling
Over and over again
Oh, how beautiful are the makings of God
I want to go around the world
Witness the beauty of nature
The mystery caves and mountains
Greatest waterfalls of all times
The beauty of the world lies in the eyes of nature

Oh, how beautiful are the makings of God
The heart capturing buildings and cities
The oceans that hold the life of millions of creatures
The beaches that always bring joy to spring lovers

Oh, how beautiful are the makings of God
I want to visit the museums that tell all the beautiful tales of our forefathers
The birds that sing sweet melodies of welcome
Different tribes and people
Dancing and singing to their African and Western cultures
Oh, how beautiful are the makings of God

The Elder's last

By Trevor Mukarati

To begin I'll start by expressing my gratitude
To the crowd gathered at this hilltop
I'm forced to join forces with the natural forces
I've been with the armed forces in the jungle
I survived the shiny spears in the Savanna
I've made it back to the brighter lands
I thank the Almighty for that

What troubles me the most is that I can't sleep
I can't close my eyes knowing that the savages are still out there
With their nocturnal eyes open
Looking in all directions
Looking for the unique beauty
Looking to destroy
Looking to wipe away all the beauty of this land

The king Octopus have ruled the sea with unimaginable diplomacy
The vicious predators of the land have labeled him as a manipulative leader
But the sea remains indebted to him and feels protected covered in his
numerous arms
The pangolins in their numeric figures remain as legends on scrolls
Just like the legend of dinosaurs
And smoke breathing dragons
They once existed

To conclude I will put this in few words
I give you the new code of the jungle
To look after each other and feel passionate towards the endangered species
I stand and call the universe to protect and spare the lives of the unique
species in our lands
For the benefit of us and the generations to come



Honouring Nurses

By Anesu G. Mubaiwa

You get sick, lose consciousness and wake up to an angel dressed in white taking care of you in a place with brightly coloured walls, and you ask yourself, am I in heaven or what? While your cognitive processing is still trying to figure out everything, you hear a voice saying, wake up and take your medicine; then you realise you are in a hospital. The person taking care of you is a nurse; he or she has probably saved your life and is playing a significant role in your recovery process. May be the month where we celebrated International Nurses' day, I got an opportunity to assimilate and comprehend the importance of what it means to be a nurse, so this article is to appreciate every nurse out there.

Firstly, let me say, like everybody else, I have also had a horrible experience with a nurse. The nurse who recently took my PCR covid test aggressively inserted that nasal swab in my nostrils as if my

nose was responsible for the pandemic. The truth is that all of our unpleasant hospital and clinic experiences are crucial steps in diagnosing, prognosis, and treating our medical conditions. Some of us get sick even when we hear the word hospital, but some people work there every day treating a wide array of debilitating diseases and infections. Risking their lives, especially in critical times like these where the whole world is facing a deadly pandemic, nurses are at the war front together with other health workers saving lives every day.

Nurses perform one of the most crucial roles in the healthcare sector; the primary role is to deliver care and support to the patients through health and illness. However, nurses also undertake various healthcare duties, including noting down symptoms of patients, coming up with a care plan, and performing some tests on any suspicious illnesses. When it comes to care work, nurses play a significant role by monitoring a person's health to assist with the medication and diet alongside other health specialists. Moreover, besides the care they provide in this role, they also play a part in strengthening

patients in the form of emotional support and assurance, which is psychologically healthy to any ailing human being. The patient is the nurse's priority; the nurse's role is to advocate for the patient's best interests and maintain the patient's dignity throughout treatment and care.

Furthermore, nurses help a lot in care facilities, taking care of the mentally ill and the old. If you have ever visited a learning disability facility or a mental health institution, you get to appreciate the great work that nurses do. They form the bridge between the health specialist and the patient. They are educated to understand different mental health issues and the proper approach to taking care of them. Many of these patients may not function normally as human beings, and nurses help maintain good living conditions.

In conclusion, we are grateful, we honour and respect the work and the roles nurses play in maintaining our health. Being a nurse is not just a profession; it's a call to change and save lives. God bless every nurse out there.



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10 FACTS ABOUT AFRICA



We all love the sense of belonging to a specific group or sect. We feel proud to be identified with our families or companies. No matter where someone goes, they are pleased to be identified with their nationalities. Talking from experience, I have been outside of

my country for four years, but I am proud to be an African and, to be precise, a Zimbabwean. Therefore, on the 25th of May, even though I might not be physically in Africa, I still celebrate Africa Day.

As a way of celebrating this day, I will be sharing some interesting facts about Africa. I have met a lot of people who think that Africa is one big jungle. Surprisingly some don't even know that it's a continent. So here are 10 interesting facts about Africa.

1 Among the seven continents of the world, Africa is the second largest, with 11 million square miles, which accounts for 5.7% of the earth's surface and 20% of the entire surface of the land on our planet.

2 Both the world's tallest and most significant land animals are in Africa. They are the giraffe and African elephant, respectively. Some of the unique animals in Africa include zebras, Egyptian mongoose, and addax.

3 Africa has one of the seven wonders of the world, Victoria Falls. It is the largest waterfall in Zimbabwe, and it is located on the Zimbabwean and Zambian border. It has 355 feet, and the water fall's width runs into almost a mile. Again, it is the second-largest freshwater lake in the world.

4 The Nile River is the longest in the world, with a total length of 6,695 kilometres. It flows through 11 countries: Tanzania, Uganda, the Democratic Republic of the Congo, Rwanda, Burundi, Ethiopia, Kenya, Eritrea, South Sudan, Sudan and Egypt.

5 Africa has the most extensive desert globally: the Sahara desert; it spans across at least a dozen countries - around 3.5 million square miles. It is bigger than the continental USA.

6 Africa is the world's hottest continent, with deserts and drylands covering 60% of land surface area (e.g. Kalahari, Sahara and Namib).

7 Africa is a continent with a very high linguistic diversity; there are an estimated 1500-2000 African languages, gathering approximately 140 languages, with eleven million speakers scattered in Central and Eastern Africa.

8 Africa's mining is well known, and the continent produces at least 50% of the diamonds and gold in the whole world.

9 Nigeria is the fourth-largest oil exporter globally and Africa's biggest oil producer, with about 2.2 million barrels produced every day. Top 10 oil producers in total exports: Nigeria, Algeria, Angola, Libya, Egypt, Sudan, Equatorial Guinea, Republic of Congo, Gabon, and South Africa.

10 The Pharaonic civilization of ancient Egypt is one of the world's oldest and longest-lasting civilizations.



Women's Mental Health

By Grace Murenje

It was a privilege learning at an all-girls high school. I got insights on the sexual development of a lady. There was no shame in it because everyone around me was a lady but sometimes I wonder how the environment was like for those who learnt at a mixed (boys and girls) school. Was there enough information provided in line with that subject?

It is saddening that depression is the primary cause of morbidity worldwide. What's more painful is that most of these victims are women. According to epidemiological data, women are nearly twice likely to be diagnosed with depression more than men. This usually occurs after puberty and as they start to experience faulty mood regulations caused by the brain, genetic vulnerability, dysmenorrhea, weight management, amongst many others.

Sexism has made some topics never be mentioned. Some cringe when words like 'menstruation' are mentioned. Some people make it seem like being a woman is faulty. The worst part is that not only men do this, but also, there are women with such tendencies.

I have witnessed many girls with dysmenorrhea (period pain) suffer in silence because of the fear of being laughed at. Of course, men will never know or experience that pain, and we can 'understand' their criticism when it comes to the subject. Apart from dysmenorrhea, there are other menstruation problems that any lady can face, but not many are willing to speak up.

Women worldwide are facing challenges and do not have anyone to talk to. Let's take, for example, weight management. Most women have done all they know to do, exercise,

diet, or even try medication to lose weight. In America only, they spend about \$33 billion each year on diet products, from weight loss medications, weight loss programs, to surgery. Now the question is, what happens when all these do not yield the desired results?

It's high time we accept people as they are. Time to talk about issues that affect women, removing the shame in some topics. When that is done, we would have reduced the chances of women experiencing depression. If you are a woman, don't wait for a stage to speak out. You know the things that your fellow women are facing; take it upon yourself to help them. Let's work together to improve women's mental health.

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