

SHE WRITERS

MAGAZINE



Telling Stories That Matter:

Inspiring the world,
one story at a time.

MODESTY, AN
ATTITUDE OF HEART.

SISTERS ACROSS
BORDERS BOOK
LAUNCH

A PRODUCT OF:



DECEMBER 2024
2ND ISSUE

EDITOR'S NOTE

As we wrap up another incredible year, I'm excited to present the second edition of She Writers Magazine! This issue holds a special place in our hearts as it is the last edition for 2024.

Thank you for your unwavering support, words of encouragement, and willingness to grow and journey with us.

This edition celebrates the beauty of endings and the promise of new beginnings. From thought-provoking stories and poetry to practical advice on health, wellness, and fashion, this issue reflects the diverse voices and experiences that make our community so vibrant.

As we look forward to 2025, I'm thrilled at the possibilities ahead. We're eager to continue collaborating, amplifying voices, and creating a space where every story matters.

I hope you enjoy reading this edition as much as we enjoyed creating it. May it inspire you, challenge you, and fill you with hope as we step into a new year.

Warm regards,



Shamiso Patience

Editor-in-Chief, She Writers Magazine

IN THIS ISSUE

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African Designers**

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African Writers**

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written by African
Women Writers**

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**Simple Recipes for
the holidays**

**Inspiring stories of
how working
women are fighting
and striving for
success**

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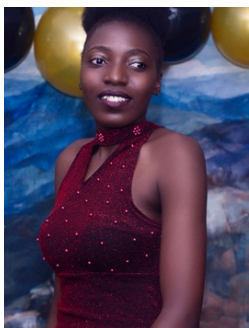
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TELLING THE STORIES THAT MATTER: INSPIRING THE WORLD, ONE STORY AT A TIME.

By Shamiso Patience



Angeline Dimingo is a woman of many talents and a dynamic force in the creative world.

SHAMISO PATIENCE

From her award-winning screenplays to her work as a Billboard Brand Model, Community Developer, and Certified Chaplain, Angeline embodies resilience, creativity, and the unwavering belief that stories have the power to heal, connect, and inspire. With every project, Angeline weaves her rich life experiences and cultural values into narratives that resonate deeply with audiences.



Angeline's numerous accolades and achievements reflect her dedication to her craft and community:

- She won Best Short Story at The Culture Centre of the Embassy of the Islamic Republic of Iran/Women Writers Network, a testament to her ability to captivate through words.
- Her screenplay *Venom of a Bitter Woman* earned her the runner-up spot for Best Screenplay by a Woman at the Zimbabwe International Film Festival Trust (ZIFFT) in partnership with the University of Bedfordshire.
- She was nominated for the Ndichirimupenyu Award (*While I Am Still Alive*) in the category of Best Social Contribution, recognizing her impactful work in establishing young filmmakers' clubs and teaching children how to tell their stories through film.
- Angeline's dedication to serving others has also been acknowledged by the United Nations Volunteers, which presented her with a Certificate of Appreciation for her contributions during the International Year of Volunteers.

Through these accomplishments, Angeline proves that success is not only measured by accolades but also by the lives one touches along the way.

Angeline's creations are deeply personal, infused with her own life experiences. "My personal struggles inspire me, and my cultural values shape my worldview," she shares. This blend of authenticity and cultural depth allows her stories to resonate universally.



She believes storytelling is a way to bridge gaps and inspire change. "I am inspired by real-life experiences," Angeline explains. Her process is both meticulous and collaborative, enriched by research and guided by optimism. Her approach to storytelling is grounded in research, collaboration, and optimism. "I am inspired by real-life experiences," she explains, "then I research and sometimes collaborate with others in the creative process." Her ability to embrace challenges with an open mind and seek help when needed is a testament to her pragmatic and optimistic outlook. She believes storytelling is a way to bridge gaps and inspire change.

Like many other women fighting for their dreams, she has also fallen victim to the same challenges that many women in the same industry face. One of the most disheartening experiences in her career was investing heavily in a project only to face non-payment by influential male producers in the industry. “These men continue to be highly recognized and sit on influential boards while I was left questioning whether I should continue in the creative industry,” she reflects. Despite this setback, Angeline continues to rise, using the recognition she has earned and the experiences she has gained as fuel to keep going. Her work reminds her and others that success is not about avoiding struggles but about persevering through them.

As Angeline continues to inspire through her storytelling, her focus remains clear: creating meaningful, relatable content that uplifts others and gives voice to untold stories. Her work reminds us of the power of authenticity, resilience, and staying true to one’s roots.

Her passion extends beyond her creations. Through her work with young filmmakers, she inspires a new generation to find their voices and tell their stories. “When I see a child confidently sharing their story through film, I know the future is bright,” she says.

Angeline Dimingo is not just a storyteller—she is a force for change, a champion for young voices, and a woman who proves that art, when rooted in truth, can transform lives.



DECK THE PLATE WITH FRUITS AND VEGGIES...TIS THE SEASON TO BE HEALTHY

Happy festive preparations everyone. I know you are just as excited as I am to finally have a good rest after a year of hard work. My favourite part is the food: meals, snacks, teas, drinks, pastries and everything in-between. It is a no-brainer that festivities are associated with food. This time around, I am inspired to remind you to practice mindfulness with your food choices.

Food is fuel; your body needs original, natural, wholesome food to fuel it correctly. Anything outside this description will cause your body to react a certain way. Maybe not immediately, but what you eat will always affect your body's performance, even in the long run.

Imagine you have a brand-new car, and the dealer tells you to put in good-quality fuel. I trust you will not fill your tank with random liquids from a nearby garage to get it moving. You will do your best to fill the tank with the best fuel possible, hoping to have a smooth ride for a long time. The same goes for your body.

Fuel it with real food in its natural state (or as close to natural as possible). Add more fruits and vegetables, and drink more water. Eat fruits and vegetables like your life depends on them because it does.

There is a wide body of research showing how increased fruit and vegetable intake helps prevent cardiometabolic diseases like hypertension, diabetes, etc.



Antioxidants found in many fruits and vegetables have anti-cancer properties. One way to experience these properties is through dietary diversity. Dietary diversity not only ensures that you are eating a wide range of healthy foods, but it ensures you get the dietary fibre your body needs to reduce cholesterol (a type 2 diabetes risk factor) while improving your gut health. Good gut health is linked to stronger immune response, cognitive function and fertility.



All the benefits of healthy eating are countered by ultra processed foods. These are foods of low nutritional value, often laden with excessive salt, sugar, fats, and empty calories. This means that you get an energy boost with no nutritional value.



**DR ASHLEIGH
PENCIL**

Examples include fizzy drinks, chips, biscuits, sweets, cakes, and so on—the list is endless. These are the foods that harm your body, the fuel we want to avoid at all costs. Think about all the diet-related diseases; ultra-processed foods are among the causes.



I know it's hard to avoid processed foods altogether. This is why you need to practice mindfulness and choose food that serves you. As a rule, if you cannot recognise the first three raw materials used to make a packed food product, chances are that the product is ultra-processed.

Eating well requires effort. When you make food choices this festive season, think about the person you want to be in 2025 and beyond. When you feed your children, think about the adult version of themselves. Choose wholesome foods, add water to your daily routine, check your portion sizes, eat when you need food and when you eat, it's okay to stop eating when you are 80% full. Give your body time to process and rest by spacing your meals in a way that honours your hunger and satiety. When you practice this, you will notice some positive changes in your general wellbeing. The effects may not be immediate, but your future self will benefit from this.

Wishing you more natural and wholesome foods in your, a nutritious festive season, and a healthy 2025 and beyond.

Yours in nutrition,

Dr Ashleigh Pencil

“Modesty is often seen today as nothing more than a fashion statement, but in truth, it runs much deeper—it reflects an attitude of the heart.”

MODESTY, AN ATTITUDE OF THE HEART.



MUNASHE NYANDORO



In the past, dressing modestly was unquestioned and widely accepted. However, in the 21st century, the standards of modesty have shifted, influenced by changes in cultural norms, the evolving role of the church, and other societal factors.

Despite these shifts, some people still believe modest fashion is timeless. They are passionate about showing their peers that dressing modestly is meaningful, stylish and empowering.

Modesty offers more than just style; it provides physical and emotional security while embodying self-respect. Moreover, it demonstrates consideration for others' comfort levels and cultural sensitivities, creating an environment of mutual respect and understanding.



In professional and corporate settings, modest dressing is often associated with professionalism and dignity. It conveys seriousness, competence, and reliability, enhancing an individual's credibility and authority. Modest attire allows individuals to command respect and exude confidence effortlessly.

Beyond the workplace, modest dressing brings numerous benefits that naturally elevate personal value. It reflects self-respect and demonstrates thoughtfulness toward others by considering their comfort and cultural sensitivities. This creates an environment of mutual respect and understanding, further reinforcing the positive impact of modesty in everyday life.

I look forward to unpacking the beauty that surrounds modest dressing in the following issues

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OBSTACLE COURSE

By Rumbidzai K. Musvosvi

Elusive. Unprecedented. Insurmountable.

That's how the goal appears from this side of the finish line.

Grit. Determination. Optimism. That's what will get her ever closer to that dream that appears increasingly evasive.

Doubt. Fear. Complacency. This happy trio stands in the chasm of where she is and where her fiercest, wildest hopes lie.

Will she cross over? Can she cross over?

Flipping through the history book, which is her life, will tell her that she has overcome obstacle after obstacle that she has encountered before.

Yet at this new challenge, her mind draws a blank. She sees nothing but fog behind her.

The new obstacle she's running, walking, perhaps even crawling, towards looms large. Surely, she'll come to an impasse this time. History won't repeat itself this time, will it?

As the goal looms ever larger, she, in quite the characteristic panic, digs deep into the very depths of her being for the necessary tools she has to defeat this giant.

A dollop of creativity. A helping of experience. A dose of faith. Throw in some curiosity and a good support system, and would you look at that? There's something to work with.

She proceeds towards that goal – gingerly at first, then increasingly assured with each step. A small part of her asks, "But is it enough?"



RUMBIDZAI K. MUSVOSVI

"We'll just have to see," she reassures herself.

A more resonant part of her challenges her yet again. "Let me rephrase: Are you enough?"

That question stops her in her tracks. As it always does.

All she can muster is, "I don't know. Am I?"

The voice offers no response. Go figure.

The tools she confidently held seem so commonplace in her hand now. The obstacle that looked like a boulder before towers like a mountain now.

Consulting the history book is of no use either. The pages of prior success appear blurry, and all the other pages seem to scream out, taunting her for all the times she failed.

That voice, gaining boldness, decides to speak up at this moment.

"Besides, aren't you scared?"

To deny her fear would be to delude herself.

"I'm petrified. I don't know if I have what it takes. And you're right. I could make an utter fool of myself. But is that the worst thing?"

"Is it not?"

With a shaky voice, she states, "No. It is not."

She takes a few hesitant steps forward. Then she stops yet again in her tracks, head hanging low.

She ponders for a while. Then, she pages through the history book once again, slowly this time. Stopping on each page, she can now see the successes coming into focus. She beams at the reminders.

Each failure is there, too, and she winces at the memory of them. But she now sees them with a little more grace. She can never deny them, but she has to put them in their proper place.

Taking note of what she learnt from her victories and blunders, she is now armed with three more tools: perspective, gratitude, and courage.

She looks up and has a thing or two to declare to that voice that seeks to sabotage her at every turn. "You showed me my failure to try and discourage me. Little did you know that you reminded me of how resilient I am. I have walked through flames and come out of them. To say I came out unscathed would be dishonest. I can even show you the scars right now. Yet I am whole. And I have gathered a few additions for my toolbox along the way."

Doubt. Fear. Those still stand in her way. But replacing complacency is hope. And it looms much larger than those two stubborn foes that still accompany her.

The voice that once shouted, "What if you fail?!" has dimmed to a whisper. It is still there, but it is fading.

In its place is a resonant voice that grows louder. It doesn't shout, but its presence is unmistakable. It flows throughout her entire being. It seems this voice is here to stay for the long haul. So reassuring is this voice that it cannot help but spill out through the words she utters as she grits her teeth and takes a bold step towards her goal.

"Future me is counting on the valour and persistence of present me. She's cheering me on, beckoning me forward. What if I succeed? And even if I don't, she will look at me with empathy and I will be arming her with so many valuable lessons she can use. So why not try?"

THE LADY IN RED: A CHRISTMAS TALE OF SELF-DISCOVERY

By Adelaide Ganyani

The Lady in Red

In the opulent suburbs of Kopje, Midlands State, the Moyana family's grand mansion shimmered with festive lights. But amidst the splendour, a secret world existed, hidden from prying eyes.

Maneta, the autistic and talented younger daughter, lived in an upstairs room, locked away from the world. Her sanctuary was writing, her solace in words.

As Christmas dawned, Mandipaishe, the beautiful and spoiled elder sister, celebrated her 23rd birthday in style.

Maneta, heartbroken and forgotten, poured her soul into a poignant poem, "Lady in Red." Instagram became her confessional, where she shared her masterpiece. Takura, the Afro-pop Prince, stumbled upon her poem and was awestruck:

"#I'm awe-struck by your poem, Lady in Red. Hope to make friends @TK." Maneta's heart skipped a beat.



ADELAIDE GANYANI

As they chatted, Takura requested pictures. Maneta hesitated, insecurity creeping in. She sent Mandipaishe's photos instead, pretending they were hers. Takura, smitten by the poem and Mandipaishe's beauty, proposed a collaboration. Maneta remained silent, fearing rejection.

Mandipaishe seized the opportunity, impersonating Maneta on Instagram. Takura sent red roses and a card to "Maneta" (Mandipaishe), fueling her excitement. Maneta's guilt intensified, knowing she'd deceived Takura.

The Truth Unveils

Takura arrived at the Moyana residence with his PA, Hilzy. As they entered, Takura sensed the upstairs room's eerie presence. Mandipaishe impersonated Maneta, but Takura detected something amiss.

Confronting Mandipaishe, Takura demanded to meet the real Maneta. Upstairs, he found Maneta broken and suicidal. He listened, his heart touched by her tears and words.

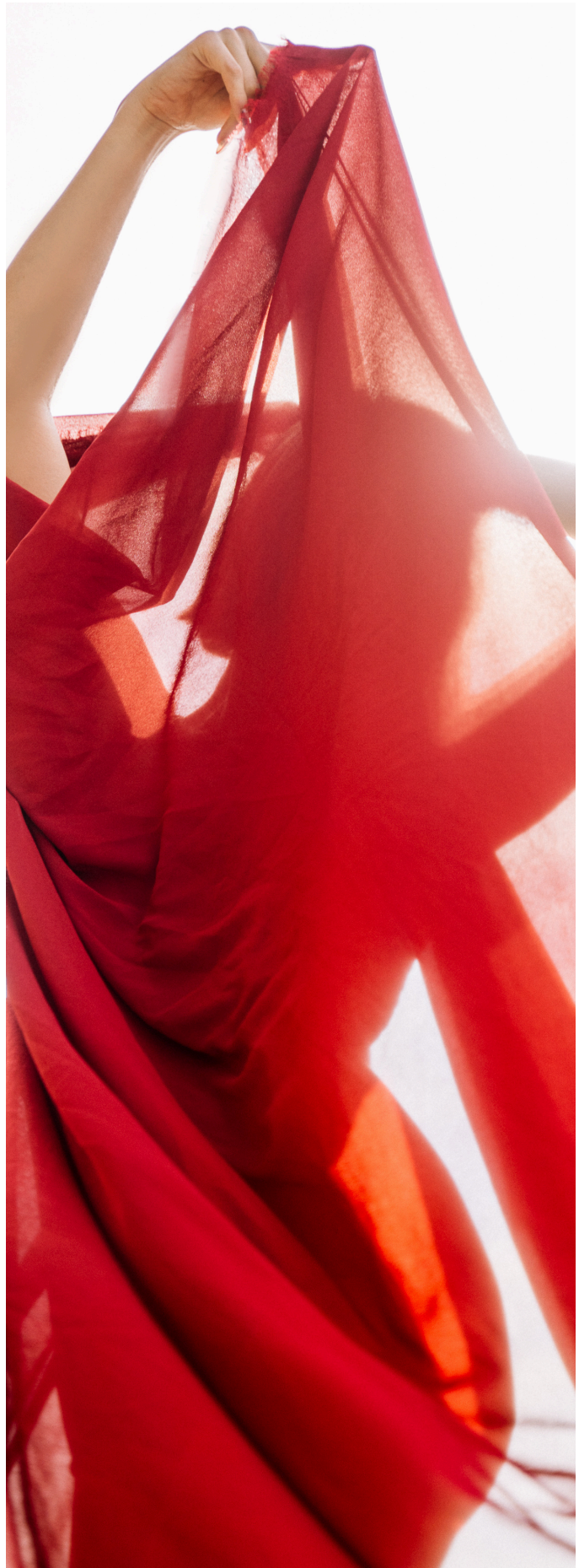
Emotional Breakthrough

Takura reassured Maneta of her beauty and talent. Together, they confronted the Moyana family. Mr. and Mrs. Moyana realized their mistakes, Mandipaishe apologized, and the family reunited.

Success and Reflections

The "Lady in Red" song shoot began. Maneta's unique voice and Takura's charisma made the song an instant Christmas hit. At the Grand Victoria Falls, Maneta and Takura performed, mesmerizing the crowd.

Segan, the narrator, reflected on Maneta's journey: from rejection to stardom, she proved that what seems insignificant can become extraordinary. As the crowd danced, Maneta and Takura shared a tender moment, their collaboration sparking something special – a love that celebrated individuality and talent.



A MEMORABLE DAY OF ART AND CONNECTION, SISTERS ACROSS BORDERS BOOK LAUNCH

By Wayne Chiripanyanga



WAYNE CHIRIPANYANGA

On October 11th, I had the privilege of attending the Sisters Across Borders book launch and award ceremony. It was hosted by the Women Writers Support Network-Africa (WWSN-A) in partnership with the Cultural Centre of the Embassy of the Islamic Republic of Iran Zimbabwe. The event was a resounding success, showcasing the power of collaboration and cultural exchange.

As I walked into the venue, I was struck by the electric atmosphere of support and camaraderie in the room. Government officials from Zimbabwe, Iranian visitors, and people from all walks of life had gathered to celebrate the arts. The competition, which featured poets, story writers, illustrators, and other artists, was a testament to the diversity and talent that exists within our communities.

The exhibitions were eye-opening, offering a glimpse into the rich cultural heritage of both Zimbabwe and Iran. I was struck by the vibrancy and creativity that surrounded me, and the opportunity to network and learn from others was invaluable.

The winners of the competition shone brightly, their outstanding works a testament to the power of creativity and perseverance. It was a truly inspiring day, and a poignant reminder of the importance of understanding and embracing our cultural differences. I am so glad I was there to experience it. As we strive to live in harmony with all nationalities, events like this serve as a beacon of hope and unity.



PICKING YOURSELF UP AFTER A PUBLIC FAILURE

By Dr G. Dzimiri

When assessing mental well-being and conducting psychiatric evaluations, we often ask about childhood experiences because they play a significant role in shaping who we become as adults. Our childhood influences how we see the world, how we build relationships, and even our social intelligence. It also affects the type of leaders we grow into—because, in one way or another, we are all leaders, whether in our families, workplaces, or communities.

Whether you are the CEO of a big organization or a mother in your home, that's leadership.

It's always nice to teach from a point of success. I wish that was what I was doing in this piece of writing. No one wants to be associated with failure, but it is somewhat necessary feedback that creates space for us to introspect, refocus, redirect, and reroute sometimes.

My first public failure was in high school. Although I was elected the Lady Captain / Head Girl, I wasn't doing well as a leader.



DR G. DZIMIRI

I had the potential and the skill set, but I was reluctant to do anything because my co-leader, the Boy Captain, was the one most teachers praised and acknowledged. I never felt seen or heard, so I stopped being relevant to my role.

A particular incident then happened that impacted my life. At the time, there was a guy who was an Accounting intern who liked me, and I liked him back. We became good friends and were probably moving towards a romantic relationship.

The problem was that my school was very conservative; love relationships were not allowed. Somehow, the school authorities found out about the relationship, and all hell broke loose; I was summoned to the disciplinary committee.

After much interrogation, I admitted to being in a relationship with the guy, but we weren't together like that. I wish I had known that my high school decisions would have lifetime consequences. If I had known what was ahead, I probably would have fought harder and made different decisions.



DR G. DZIMIRI

The disciplinary committee decided that I would step down from the position. I was doing well academically, but the public failure and humiliation came with consequences. It was from that moment that my battle with anxiety began.

I wasn't too worried about what my schoolmates were going to say or my image at school, but the disappointment that my family expressed. Now that I look back, I realize the feedback was not personal. All they were trying to say is that as a leader, there are expectations of you. There is a legacy to build, and you leave footprints everywhere you go.

Now, to date, the battle with anxiety is still ongoing; I am not giving up. I have, at some point, received anti-anxiety medication. I am working through it. My favourite speaker and author, Mpoomy Ledwaba, once said, "When women heal, generations heal."



Our childhood experiences shape and contribute to who we become, the kind of leaders we become and our ability to connect with the people we serve and lead. A lot of women like myself are dealing with different mental health conditions, from anxiety disorder to depression, bipolar affective disorder, etc, and that's ok. Our conditions do not define us.

The question then arises: what do we do, and where do we start? Self-awareness and authenticity! In simple terms, it is knowing yourself and your strengths, gracefully embracing your weaknesses, and working on the areas of life you need to work on. Pay attention to your mental health, behaviours and patterns, the triggers and glimmers. When you do good by yourself, you can positively impact others.

CREAMY PENNE PASTA

TRY THIS RECIPE FOR YOUR HOLIDAYS MENU

BY CHEF TAAH



INSTRUCTIONS

1. Boil pasta to al Dante stage.
 2. Drain
 3. Sauté the peppers in a pan
 4. Add onion and garlic powder
 5. Add pouring cream and mix well
 6. Add the drained pasta into the mixture
 7. Reduce heat and allow to simmer for 5 minutes
 8. season with salt and pepper to taste
- Serve with any meat of choice

THE INGREDIENTS :

300g penne pasta
400ml pouring cream
1 red pepper
1 green pepper
1 yellow pepper
Half teaspoon onion powder
Half teaspoon garlic powder
Salt
White pepper



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INTRODUCING THE WWSN-A MALAWI CHAPTER

We are thrilled to welcome Malawi to the Women Writers Support Network Africa (WWSN-A) .

To join the Malawi Chapter, contact our Country Coordinator, Monalisa Mariah Liabunya.

📞 Phone: +265 883 331 716

Monalisa Mariah Liabunya is a Malawian writer, mental health advocate, a student at MSG, and a four-time published author with a deep commitment to social impact. Her work is rooted in personal growth, resilience, and community support, focusing on helping others navigate challenges and build self-awareness. As the Malawi representative for the Women Writers Support Network Africa, Monalisa empowers women to share experiences through writing as a means of healing and sisterhood.



2024 HIGHLIGHTS



A MOTHERS INFINITY LOVE

By Melody Tseriwa

Amidst life's tempests, you stood firm,
A pillar of strength, defying despair's dark
shroud.
When life stirred within you, fragile and new,
You chose me despite the world's harsh,
unforgiving view.

Abandoned by my father, yet unbroken, you
remained.
You faced society's judgment, its piercing
gaze a threat.
Coerced and manipulated to abort me, yet
your spirit remained free,
Unfractured, unshaken, a warrior for me.

In the delivery room, death's shadow loomed
near,
Yet, with each breath, you fought for my
survival,
Your love was unyielding and true.

Through single parenthood's trials, you
paved my way,
A shining exemplar, guiding me through life's
gruelling days.
Your dreams may have withered like
autumn's fleeting leaves,
And the independence you lost became a new
path to weave.

With gentle discipline, you shaped my soul,
Moulding me with care, making me whole.
In youthful ignorance, I took your love for
granted,
Questioning sacrifices you made, judging the
struggles you fought.



MELODY TSERIWA

Now, with gratitude, I acknowledge your
might,
A mother's unwavering courage, shining like
a guiding light.
Realizing the magnificent distance that
separates us now,
Tears fall like rain; I yearn for your presence,
loving touch and gentle refrain.

Resting in peace, your beautiful soul watches
over me,
Maybe smiling with pride at the mother I've
become.
Thank you, dear Mama, for life's precious
gift,
For choosing me through trials, strife, and
endless pain.

Your legacy lives on, etched in my heart,
A testament to love's transformative,
unyielding art.

DON'T ASK ME WHY

By Sandra Marezva



Don't ask me why I turn a deaf ear when they say they love me.

Don't ask me why I walk away when the subject of love is brought up or why I don't have love songs on my playlist.

Don't ask me why I don't believe in fairy tales or Prince Charming.

Don't ask me why I now use my heart less often.

I am a bleeding heart.

A heart that no longer believes in fantasies.

A heart that's been trodden upon several times.

A heart that's been shredded into pieces; it doesn't even know where the other pieces are.

A heart that's been ripped apart too painfully, it ceased to care.

A heart that looks so strong, yet it's wounded and bleeding inside.

I'm too busy mending my heart and putting back the missing pieces in place.

So in the meantime, don't ask me why...

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- **Custom-Made Crochet Pieces:** Skirts, tops, dresses, sweaters, blankets, and more.
- **Crochet Lessons:** Learn the art of crochet with our step-by-step guidance.
- **Upcycling:** Give old pieces a new life with creative upcycling techniques.

Why Choose Us?

Our designs are made with love, attention to detail, and a passion for creativity, ensuring every piece is as unique as you are.

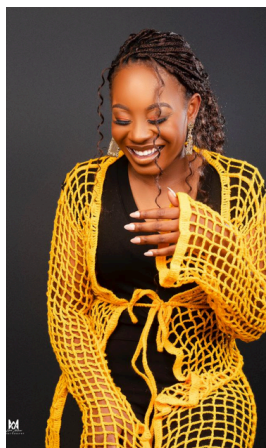
DISCOVER HIGH-QUALITY HANDMADE CROCHET DESIGNS WITH CRAFTOMANIACS

*Unique Handmade Pieces for
a Unique You*

📞 **Get in Touch With Us: +263 775 973 030**

Email: craftomaniacs13@gmail.com

Find Us on Social Media: [@craftomaniacs](#)



END OF YEAR NOTE



2024 is coming to an end, and I'm wondering if any of you are like me, feeling like I haven't completed the 100 resolutions I set out to make as the year began. But in all this, I see a rainbow called gratitude.

I'm grateful for you and the part you have played in my life. WWSN-A has grown in leaps and bounds, and we have so many victories and impacts to celebrate. You want to know something? I wouldn't have done even a tiny bit without you, and for that, I'm grateful.

As we come to the end of this year, I want to implore you to take care of your mental wellness.

Spend time with people who bring out the best in you. Forgive those who wronged you. As they say, don't drag ghosts into your present and future.

As the WWSN-A continues to grow, we are open to suggestions and collaborations.

Let's make 2025 a year where we all win.

Take care of yourself and your loved ones.

Sympathy Mangwenya

Founder, Women Writers Support Network-Africa

CALL FOR SUBMISSIONS



We are excited to invite you to submit your work for the next issue of Women Writers Network Support Africa Magazine. Whether you're a seasoned writer or just starting, we want to hear your unique voice and perspective.

Submission Guidelines:-

We welcome short stories, poems, and any creative works that are original.

- Submissions can be in English or any African language (with a translation included).
- Word count should range from 500 to 1000 words.

How to Submit:

- Email your submission to submissions.wwsn@gmail.com with the subject line: Submission for She Writers Magazine – [Your Name]
- Attach your work as a Word document.
- Include a brief bio (up to 100 words) and a photo of yourself in the body of the email.

The deadline for submissions is February 7th. We look forward to reading your work and featuring it in our next issue!

For any inquiries, don't hesitate to contact us at info@womenwriters.co.zw

We are looking forward to reading and publishing your work!