

The Galaxy

DEC 24-FEB 25

ZIMPAPERS RADIO POPULARITY CONTINUES TO

GROW: *Still Zimbabwe's
preferred source of information
& entertainment*

CREATING YOUR 2025 VISION BOARD:

The winning formula.



HE WHO MANS THE DANCEHALL TEMPLE

*"Greetings Kingman,
munobuda nekupi,"*

ENTERTAINMENT

HAPPY HOLIDAYS!

WISHING YOU A PROSPEROUS 2025.

The Galaxy

EDITOR'S NOTE

2024, A YEAR OF GRATITUDE, GROWTH AND BELIEF



LINDA MURIRO

The year 2024 has been eventful and exciting.

For us in the radio space, barely a week has passed without a new big story to chase.

You were with us through it all, the laughs, the sorrow, the smiles and the major events, some of them saw us all become SADC Chairs.

Each time we deployed our talent and resources to ensure you get the story accurately and in good sound, you repaid our effort through engaging our content on virtual platforms.

The digital experiment we have ran over the years is showing great promise – all the milestones we have recorded belong to you our audiences. It is you our listeners who make Zimpapers radio division great.

In our bid to continue delivering quality content to you, the Zimpapers Group continues to innovate across its different divisions exploring ways we can leverage our different capacities to enhance your radio experiences.

Our news division now has a digital newsroom, in line with global trends. This means all our collective might in news gathering and production will be combined to produce fit for

digital news which you will access through our different platforms.

We are excited about what lies ahead, we are confident that the content landscape in Zimbabwe will change for the better. We are ready to lead the process.

This year we celebrated a radio maverick with incredible staying power, Tete Tilder. Her voice has nurtured generations and her patient hands have birthed some of radio's greatest talents today.

Her love for people and unassuming nature is disarming, many a times she prefers not to be put on a pedestal.

However, as a team we found it fit to celebrate her this year honouring her great service to the broadcasting industry in Zimbabwe.

We wanted to depart from a culture where people get their flowers when they can no longer smell them.

This is why on this note, I want to tip my hat to every Zimbabwean for the love and support. During this festive season, may you find time to unwind, recalibrate and think of ways we can make 2025 even better.

Blessings, love and light.

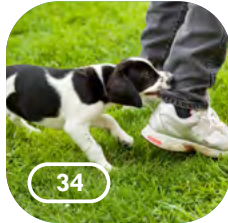
Linda Muriro

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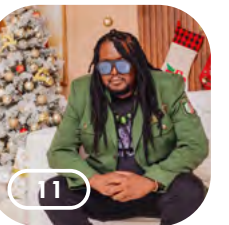
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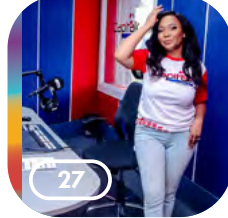
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MUSIC FESTIVAL
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EMBRACING RESILIENCE: THRIVING IN 2025 DESPITE CHALLENGES



MARKETING CONSULTANT
| JOEL GOMBERA

As we take stock of 2024, I will be one of the first to admit that it has been one of the toughest years I have ever faced. I will embrace and celebrate the wins and readjust my sails so I can work on my shortcomings.

As we step into 2025, professionals across various industries are facing unprecedented challenges. From economic uncertainties to rapid technological advancements, the landscape is constantly evolving. However, with the right mindset and strategies, it is possible to not only navigate these challenges but also thrive. Here are some key insights and tips to help you have a strong 2025:

1. Embrace Change and Adaptability

In today's fast-paced world, change is the only constant. Embracing change and being adaptable are crucial for success. Whether it's adopting new technologies, learning new skills, or adjusting to new work environments, staying flexible will help you stay ahead of the curve. Make it your goal to learn at least one new skill before the end of 2025.

2. Focus on Continuous Learning

The importance of continuous learning cannot be overstated. As industries evolve, so do the skills required to excel. Invest in your professional development by taking courses, attending workshops, and staying updated with

By embracing change, focusing on continuous learning, building strong relationships, prioritizing well-being, setting clear goals, cultivating a positive mindset, leveraging technology, and seeking feedback, you can navigate the year with confidence and resilience. Remember, challenges are stepping stones to success, and with the right approach, you can make 2025 your best year yet.

industry trends. This not only enhances your skill set but also boosts your confidence.

3. Build Strong Relationships

Networking and building strong relationships are essential for professional growth. Surround yourself with supportive colleagues, mentors, and industry peers. These connections can provide valuable insights, support, and opportunities for collaboration. Isaac Newton once famously said, 'If I have seen further than others, it is by standing upon the shoulders of giants.' This insightful quote encapsulates the idea that our ability to make progress, achieve greatness, and gain a deeper understanding of the world around us is built upon the giants that we surround ourselves with.

4. Prioritize Mental and Physical Well-being

A strong professional performance is closely linked to overall well-being. Make self-care a priority by maintaining a healthy work-life balance, practicing mindfulness, and engaging in physical activities. Taking care of your mental and physical health will enhance your productivity and resilience.

5. Set Clear Goals and Stay Focused

Having clear, achievable goals gives you a sense of direction and purpose. Break down your long-term goals into smaller, manageable tasks and stay focused on achieving them. Regularly review and adjust your goals to stay aligned with your evolving priorities.

6. Cultivate a Positive Mindset

A positive mindset can make a significant difference in how you approach challenges. Practice gratitude, stay optimistic, and focus on solutions rather than problems. A positive attitude will not only help you overcome obstacles but also inspire those around you.

7. Leverage Technology

Technology is a powerful tool that can enhance your efficiency and productivity. Embrace digital tools and platforms that can streamline your work processes, improve communication, and facilitate

remote collaboration. Staying tech-savvy will give you a competitive edge. Sometimes you have to be humble enough to learn from the Gen Zees, and ama2Ks around you, these could be your children as well, since there are always abreast of technological advancements and can even extract more value from the gadgets you use than you.

8. Seek Feedback and Learn from Mistakes

Constructive feedback is invaluable for growth. Seek feedback from colleagues, supervisors, and clients to identify areas for improvement. Additionally, view mistakes as learning opportunities rather than setbacks. Reflect on your experiences and use them to grow and improve.

Conclusion

While 2025 may present its share of challenges, it also offers numerous opportunities for growth and success. By embracing change, focusing on continuous learning, building strong relationships, prioritizing well-being, setting clear goals, cultivating a positive mindset, leveraging technology, and seeking feedback, you can navigate the year with confidence and resilience. Remember, challenges are stepping stones to success, and with the right approach, you can make 2025 your best year yet.

Paul says in Philippians:

“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Till we meet again, adios amigos!

I hope this article inspires and motivates you to have a strong and successful 2025.

Joel Gombera is the Senior Brand & Marketing Manager for Nedbank Zimbabwe and writes in his personal capacity.



THOBEKILE SIBANDA & FAMILY



MISS V-CANDY & SON



INFLUENCER MISS KERRI & DAUGHTER

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CHRISTMAS TRADITIONS

CHRISTMAS PHOTO SHOOTS GAINING POPULARITY

the growing popularity of Christmas photo shoots is driven by emotional connections tied to memory preservation

Christmas photo shoots have become trendy, increasing in popularity, particularly among families looking to capture festive memories. This can be attributed to several factors that resonate with the social and emotional aspects of the holiday season.

The desire to create lasting memories during this nostalgic season drives many to seek out professional photography services. Photographers are leveraging on this seasonal demand by offering specialised Christmas-themed shoots. These sessions often include festive props, themed backdrops, and tailored packages that cater specifically to families, couples, and corporates.

The rise of social media platforms has also played a crucial role in the popularity of Christmas photo shoots. As families share their holiday experiences online, the visual appeal of holiday photos encourages others to participate in similar experiences, creating a cycle of demand fuelled by social sharing.

In summary, the growing popularity of Christmas photo shoots is driven by emotional connections tied to memory preservation, strategic marketing efforts by photographers, social media influences encouraging sharing of festive moments, convenience offered through organized sessions, and attractive seasonal promotions.

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ZIMPAPER'S RADIO POPULARITY CONTINUES TO GROW

Zimpapers Radio has the people at heart; it warms our hearts when the brand and its personalities are relatable.

WRITTEN BY | GALAXY WRITER

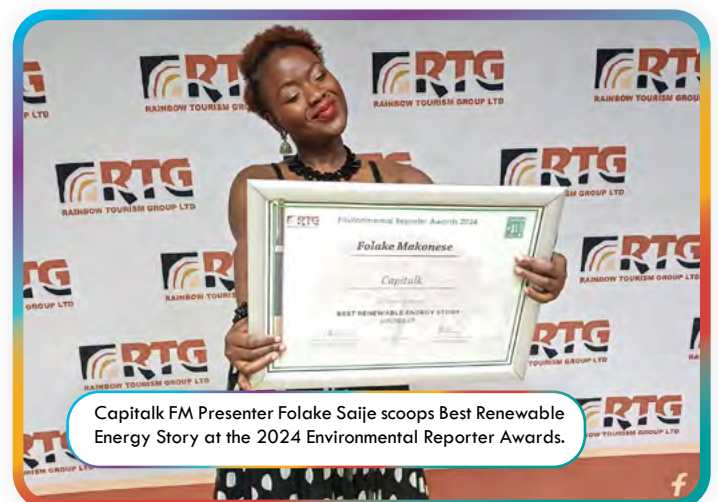
The year 2024 showed that the Zimpapers Radio Division is still the country's preferred primary source of information. The multiple accolades won by different radio stations in the division showed a gap between the Zimpapers Radio Division and its peers.

Below are some of the awards won over the year:

- Star FM Head of Programming and Head of Sport Steve Vickers won a Platinum award at the Zimbabwe CEO's Network Top Managers Awards.
- Capital FM Presenter Folake Saije scoops Best

Renewable Energy Story at the 2024 Environmental Reporter Awards.

- Platinum FM presenter Njondakadzi won best radio Presenter and Best Journalist at the Chinhoyi Community Excellency Awards.
- Diversified media group Zimpapers dominated the 2024 Superbrands awards. At the Harare Agricultural Show



The Galaxy

in August, listeners could not get enough of our different presenters who were part of our exhibition from the first to the last day.

Some were shocked to finally see the face behind J Boss's captivating voice. Kids did not want to leave Uncle Mox, their all-trusted voice of reason, on air.

We cannot forget how Becky K's smile brightened up the space, and many, children and adults alike, would ask for her.

Zimpapers Radio has the people at heart;

it warms our hearts when the brand and its personalities are relatable.

You, the readers and listeners, are our reason for existence. Connect with us on our social media and our call-in sessions. Your voice is part of our story, and we are constantly reminded when we meet at platforms like the Harare Agricultural Show.

We will always take every opportunity to bring radio to the people.



Platinum FM presenter Njondakadzi won best radio Presenter and Best Journalist at the Chinhoi Community Excellency Awards.



Diversified media group Zimpapers dominated the 2024 Superbrands awards.



ACTIVITIES

VIRTUAL REALITY SIMULATOR \$5

GIANT POOL WITH SLIDES \$5

SPEED BOAT CRUISE \$5

ZIPLINES \$5

GIANT SWINGS \$5

KID'S PLAY AREA \$5

HORSE RIDING \$5

VIDEO GAMES \$2

PUTT-PUTT GOLF \$3

CANOEING \$3

- ACTIVITIES
- WEDDINGS
- CONFERENCES
- ACCOMMODATION
- EDUCATIONAL TOURS
- FUNCTIONS

ENTRANCE FEE: US\$5 ADULTS & US\$3 KIDS (3-12 YEARS)



TILDER MOYO



TILDER MOYO

THE DAY TETE TILDER RECEIVED HER FLOWERS

WRITTEN BY | GALAXY WRITER

It is difficult to talk about radio in Zimbabwe without mentioning Tilder Moyo-Karizamimba, a long-serving voice that has carried our stories across generations.

She has become our human library at STAR FM and the Zimpapers Radio Division – full of knowledge, experience and inspiration. Tete Tilder has been there and seen it all but manages to sound good all the time. In November, the Zimpapers Radio Division honoured her, handing over her flowers while she could smell them. The Tilder Appreciation Day was a glorious event, befitting the strides she has made in the industry. During the emotional gathering, Tete Tilder expressed her heartfelt gratitude for the recognition and elaborate gestures made in her honour. The day had many layers, including a dedicated breakfast show during which listeners shared the impact Tete Tilder has had on their lives. Many testimonies were shared, with others saying

her voice rescued them from dark depressive phases. Artists, including Minister Michael Mahendere, came out to honour Tete Tilder, showing how she has become a unifying force in the media and arts industry sub-sectors.

She has garnered affection and admiration over the years from colleagues and fans alike. As part of her gift, Tete Tilder was given a regional trip to any Southern Africa of her choice, where she travelled to unwind and relax, reflecting on an impactful career. Tete Tilder has gone beyond radio. She is now a philanthropist, and her Foundation works hard not only to spotlight issues but also to bring sustainable solutions.



TEMPLEMAN, THE GODFATHA
RADIO PERSONALITY

HE WHO MANS THE DANCEHALL TEMPLE

WRITTEN BY | GALAXY
WRITER

“Greetings Kingman, munobuda nekupi,” has become the latest addition to the country’s rich ghetto parlance.

It is a salutary greeting and an inquiry into a person’s neighborhood of origin, which gripped the national psyche during the run-up to the two dancehall cup clash events one held on 31 August and another on 21 December. These clashes, known as City Ngoma are flagship events. The man behind it is Templeman, The Godfatha, one of the most senior voices in the local entertainment space and a longstanding servant of dancehall culture in Zimbabwe.

Nearing three decades in the dancehall industry, functioning in different capacities, the man has seen

it all. He has seen it all in the space he operates in, from fiery feuds to breakout stars to international breakthroughs to heartbreak. When it was not fashionable to align with the genre in Zimbabwe, he is among the contingent of radio stars who took the leap of faith to accommodate a sound that was accompanied by negative connotations.

Over the years, the ZimDancehall Overdrive on STAR FM has become a night-time staple in households and online due to its consistent pipeline of fresh talent, insights, and sounds.

Recently, he reminded the world why the moniker Godfatha is a title backed with some pedigree.

Templeman was the leading voice in conjuring

support for the National Cup Clash, through the lens of his phone and Facebook page, he gave hundreds of budding artists an opportunity to showcase their talent.

You either had to be on Templeman's page, or you were not on the Internet entirely. Some argue that the promotional work had more entertainment than the actual event.

During that process, new heroes emerged. All they needed was a 30-second video clip prefixed with Templeman's hoarse but friendly voice.

"When we were doing the run-up, there was an Empress called Queen Pin. She came and did her freestyle, people loved her and her page earned thousands of followers within hours.

There was Mocker Mekanika. His Facebook account was opened on the day he came for an interview, and that account now has 42 000 followers. This is the power of people, the power of never giving up, because these two had been doing music for a while but they were still stuck in the upcoming phase," he said.

If the two go on to become commercial artists, these would be the newest additions to a long line of talent that passed through Templeman's gifted hands.

"I have worked with a lot of artists, a good example is Winky D. I worked with him as an MC, as a DJ and at one moment, he was doing our accounts. He would handle our money, including banking it. You look at him today, he is an icon."

However, his first attempt at managing a musician was with Roki, between 1999 and 2000.

The journey has not been easy, especially getting a platform where they could be trusted to lend dancehall space. In the mid-2000s, where he cut his teeth deep into the game, Sungura was the national genre of preference, and dancehall was frowned upon – especially on radio.

"Before STAR FM, we would use mixtapes to give young artists a platform and they would circulate with a mix of new voices and household names. Now we have radio, but we still apply the same formula, people follow the hitmakers and in the process we introduce them to next generation artists," he said.

Templeman admitted that pushing the genre was difficult in the early days, as it was wrongly associated with drug abuse, but the perception is changing.

He has made it a life mission, not to just change the narrative around dancehall, but lives in the ghettos.

"What inspired me to support young dancehall artists, there is low employment rate, and each year, we have young people who complete their high school and cannot proceed to university. We also have others who go to university and fail to find jobs. Art and music can be an alternative path to self-sustenance, and we want to help as many people as possible to pursue this path, then be swallowed in the world of substance abuse," he said.

His dream is for dancehall to one day contribute significantly to the country's Gross Domestic Product, the same way the genre is a heavy revenue earner in Jamaica.

He believes it is possible only if everyone in the process understands one thing;

"The greatest element of Zimdancehall are the fans, the people those are the real owner of the industry."

"I have worked with a lot of artists, a good example is Winky D. I worked with him as an MC, as a DJ and at one moment, he was doing our accounts. He would handle our money, including banking it. You look at him today, he is an icon."

DIAMOND FM FREQUENCIES

MUTARE-103.8

NYANGA-103.1

CHIPINGE/CHIMANIMANI-107.5



Happy
NEW YEAR!





TheGalaxy | HOLIDAY FEVER

PLANNING AHEAD FOR 2025 HOLIDAYS

Planning holidays well in advance will give you a smooth and enjoyable experience. Here are some tips on how to effectively plan your holidays:

WRITTEN BY | GALAXY WRITER

1. Choose a Destination and Determine Purpose of Travel. Start by deciding where you want to go and why. Consider the following:

What type of experience are you seeking? (e.g., relaxation, adventure, cultural exploration)

Are there specific attractions or activities you want to include in your itinerary?

Who will be traveling with you? (Consider their interests and needs)

2. Set a Budget

Establishing a budget is key to planning your holiday. Include all potential expenses such as:

Transportation (flights, car rentals)

Accommodation (hotels, hostels, vacation rentals)

Food and dining

Activities and excursions

Souvenirs and unexpected expenses

3. Research Your Destination

Gather information about your chosen destination:

Look into the best times to visit based on weather, local events, and peak tourist seasons.

Research local customs, language, health advisories, and safety tips.

Check visa requirements or any travel restrictions that may apply.

4. Create a Timeline for Planning

Develop a timeline that outlines when to complete each step of your planning process:

6–12 months in advance: For popular destinations or special occasions like honeymoons or family



reunions.

3–6 months in advance: For most vacations; this is typically when you should book flights and accommodations.

1–3 months in advance: For shorter trips or less popular destinations.

5. Book Flights and Accommodation

Once you have a clear plan:

Book flights 1–3 months in advance for domestic travel and 2–6 months for international travel.

Reserve accommodation 3–6 months ahead of time to secure better rates and availability.

6. Plan Your Itinerary

Outline your daily activities while allowing some flexibility for spontaneity:

List must-see attractions and experiences.

Allocate time for relaxation or unplanned adventures.

7. Prepare Travel Documents

Ensure all necessary documents are ready well before departure:

Check passport validity; renew if necessary.

Obtain visas if required.

Purchase travel insurance for added security.

8. Pack Accordingly

As your departure date approaches:

Check the weather forecast for your destination. Make a packing list based on activities planned (e.g., beachwear, hiking gear).

9. Stay Informed About Travel Conditions

Keep an eye on any changes related to travel advisories or health guidelines that may affect your trip.

By following these steps, you can have a well-planned, enjoyable, and stress-free holiday.

Sources:

Travel + Leisure. A reputable source providing expert advice on travel trends, destinations, tips for planning vacations, and insights into various travel-related topics.

Lonely Planet. Known for its comprehensive travel guides covering destinations worldwide, offering practical advice on itineraries, accommodations, food options, and cultural insights.

Forbes Travel Guide. An authoritative resource focusing on luxury travel experiences with expert reviews of hotels, restaurants, spas, and other services essential for high-end travellers.

TOURISM Thursdays



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FESTIVE SEASON HOSTING TIPS

WRITTEN BY | GALAXY WRITER

Hosting friends and family can be a delightful experience, but it often comes with some challenges. To ensure that both you and your guests have a wonderful time, here is a guide to help you navigate and make the experience memorable.

1. Make Your Lists (and Check Them Twice)

Creating lists is essential for efficient and effective organisation. Establish a guest list which will help you gauge how much food and drink you will need. Next, compile a recipe list that categorises dishes into those that can be prepared in advance and those requiring last-minute attention. This will streamline your cooking process.

Additionally, develop shopping lists for groceries, specialty items, liquor, and party supplies. A playlist for background music can enhance the

atmosphere; ask guests for song suggestions when they RSVP to make it more inclusive.

2. Develop a Timeline

A timeline acts as your master plan leading up to the event. Work backward from the date of the gathering to outline all necessary tasks and their deadlines. This helps prevent any last-minute chaos. For example, if you're renting tables or chairs, contact rental services early to secure your preferred options.

Prioritize tasks that can be completed ahead of time, such as cleaning certain areas or purchasing items

with long shelf-life well in advance. Consider preparing freezer-friendly foods that can be made ahead of time.

3. Go Easy on Yourself Menu-Wise

When planning your menu, opt for crowd-pleasing dishes that are simple to prepare and serve. Instead of complex entrees requiring extensive preparation, focus on bite-sized appetizers or a buffet-style setup where guests can serve themselves easily.

4. Deck Your Halls with Care

Since many hosts decorate their homes for the holidays anyway, use this opportunity to create an inviting space without obstructing walkways or placing fragile items within reach of guests. Opt for safe alternatives that provide ambiance.

5. Be Thoughtful About Your Beverages

While alcoholic beverages are popular at gatherings, it's important to monitor consumption responsibly. Consider hiring a bartender who can manage drink servings effectively and offer non-alcoholic options presented attractively.

6. Hire Help

If possible, enlist help from part time house help or hire professionals for tasks such as replenishing food trays during the event. Having extra hands allows you to engage more fully with your guests rather than being

preoccupied with logistics.

7. Make the Bathrooms Sparkle

Ensure bathrooms are clean and well-stocked with essentials like toilet paper and air fresheners before guests arrive. Consider providing single-use towels for added hygiene.

8. Create an Inviting Guest Room if Needed

If any guests will be staying overnight, prepare a comfortable guest room stocked with fresh linens and toiletries so they feel welcome and cared for during their stay.

These steps, will go a long way in helping you host a festive gathering that is enjoyable not only for your guests but also for yourself as the host.

Sources:

Martha Stewart Living: A renowned lifestyle brand offering expert advice on home management, entertaining tips, and holiday planning.

Real Simple: A magazine focused on simplifying everyday life through practical advice on home organization and entertaining.

Prioritize tasks that can be completed ahead of time, such as cleaning certain areas or purchasing items with long shelf-life well in advance. Consider preparing freezer-friendly foods that can be made ahead of time.

VICTORIOUS LIVING: HELLO SEASON OF FASTING!



WRITTEN BY |
FATIMA BULLA-MUSAKWA

Join me in praising the Lord for bringing us this far, as we wait to usher a new year by the abundance of His grace.

As you might be aware at the beginning of the year there is a lot of spiritual activity that takes place as Christians engage in fasting and prayer. I would like to encourage that you not be left out in fasting during this important period. Because teachers of the Word say if you are left out when others seek for God's leadership you might have to fast alone some other time when battles rise against you. And better still in Mark 9:29, Jesus said clearly that some strongholds can only be broken by prayer and fasting. As we countdown to the New Year, most churches receive a word from God which will be fulfilled through walking the steps of faith. Prophetic themes supported by scripture, are delivered to congregants at the start of the year that prepare them for blessings and breakthroughs on an individual and corporate basis. As we grab on to what is released in the churches, God will certainly do more after the period of fasting. So do not be left behind and be faithful in fasting, if you cannot conquer a piece of bread how can you conquer the devil?

MEANWHILE, HERE IS HOW YOU CAN PREPARE FOR A FAST AS SHARED BY: CLEVELAND CLINIC, MAYO CLINIC AND HARVARD HEALTH PUBLISHING.

Preparing for a fast involves several key steps to ensure that your body is ready and that you can maintain your health and energy levels throughout the fasting period.

1. Gradual Reduction of Food Intake

Begin by gradually reducing your food intake in the days leading up to the fast, instead of abruptly starting a fast which can be a shock to your system. For example, if you typically eat three full meals a day with snacks, consider reducing this to two meals and one snack, then eventually down to one meal before starting your fast.

2. Manage Sugar Intake

It is important to keep your sugar intake low, prior to fasting. Consuming high-sugar foods can lead to spikes and subsequent drops in blood sugar levels, which may leave you feeling weak and hungry shortly after eating. Instead, focus on consuming complex carbohydrates such as whole grains, legumes, and vegetables that provide sustained energy.

3. Focus on Nutrient-Dense Foods

In the days leading up to your fast, prioritise meals that are rich in protein and complex carbohydrates. Foods like lean meats, beans, whole-grain pasta, brown rice, and potatoes will help maintain your energy levels during the fasting period. These foods take longer to digest and will keep you feeling fuller for longer.

4. Hydration is Key

Staying hydrated before beginning a fast is crucial, especially if the fast restricts all food and drink (such as during certain religious observances). Aim to drink plenty of water in the days leading up to your fast. If allowed during your fasting period, continue drinking water regularly throughout the fast.

5. Consult with Healthcare Providers

Before starting any fasting regimen—especially if it is prolonged or if you have underlying health conditions—consult with a healthcare provider or dietitian. This is particularly important if you are taking medications that require food intake or have specific dietary needs.

6. Avoid Intense Exercise

As you prepare for a fast, it is advisable to avoid intense physical activity right before or during the fasting period. Your body will need energy for essential daily activities rather than expending it on strenuous exercise.

7. Plan Post-Fast Meals Carefully

When breaking your fast, resist the urge to consume a large meal immediately after fasting ends. Instead, plan for smaller meals that gradually increase in calories over the next few hours or days. This approach helps stabilise blood sugar levels and prevents discomfort associated with overeating after a period of abstaining from food.

SUN set days



Sundowners in Matopo Style. A sizzling braai, a stunning sunset to top it off. Sunsets in Matopo are pure magic. Come and experience it yourself this festive season. #VisitZimParks #MatopoNationalPark #ChasingSunsets

HOW TO STAY TRUE TO YOUR NEW YEAR FITNESS GOALS

WRITTEN BY | GALAXY WRITER

Staying true to your New Year fitness goals can be a challenging task, especially as enthusiasm tends to wane after the initial excitement of the season. However, with a structured approach, commitment and consistency, it is possible to achieve your fitness goals. Here's a detailed guide on how to stay true to your fitness goals throughout the year.

1. SET S.M.A.R.T.GOALS

The first step in achieving your fitness goals is to ensure they are S.M.A.R.T.: Specific, Measurable, Attainable, Realistic, and Timely. This framework helps clarify what you want to achieve and provides a roadmap for reaching those goals. For example, instead of saying "I want to get fit," specify "I will go to the gym three times a week for 30 minutes." This specificity makes it easier to track progress and stay motivated.

2. CREATE DAILY HABITS

Focus on building daily habits that contribute to your overall fitness goals rather than being fixated on the end result. Small, consistent actions lead to significant changes over time. For instance, if weight loss is your goal, start each day with a healthy breakfast or incorporate short workouts into your routine. These habits create a foundation that supports long-term success.

3. SCHEDULE YOUR WORKOUTS

Treat your workouts like important appointments that cannot be missed. By scheduling them into your calendar at times that work best for you, you create a commitment that is harder to break. Consistency is key in any fitness regimen; therefore, having designated workout times helps establish a routine.

4. FIND AN ENJOYABLE GYM OR ACTIVITY

Choosing a gym or physical activity that you enjoy can significantly impact your motivation levels. If you feel uncomfortable or unwelcomed at your current gym, consider exploring other options until you find one that suits you better. The right environment can make exercising more enjoyable and less of a chore.

5. START SMALL AND BUILD UP

Avoid overwhelming yourself with too many ambitious goals at once. Instead, start with smaller, manageable objectives that gradually build towards larger ones. For example, if you're aiming for endurance training like running a marathon by year-end, begin by setting a goal of walking 5 kilometres a day or thirty-minute brisk walks, before progressing further.

6. WRITE DOWN YOUR GOALS

Documenting your goals serves as a powerful reminder of what you're working towards each day. Post them somewhere visible—like on your fridge or bathroom mirror—to keep them top of mind and reinforce your commitment.

7. CELEBRATE SMALL WINS

Recognizing and celebrating small achievements along the way can boost motivation significantly. Whether it's completing a tough workout or sticking to healthy eating for a week, acknowledging these milestones fosters positive reinforcement and encourages continued effort.

8. SEEK ACCOUNTABILITY

Having an accountability partner—whether it's a friend, family member, or personal trainer—can help keep you committed to your fitness journey. Regular check-ins provide encouragement and support while also holding you accountable for meeting your goals.

9. BE FLEXIBLE AND ADAPTABLE

Life can be unpredictable; thus, it's essential to remain flexible with your plans when obstacles arise. If something disrupts your schedule or prevents you from working out as planned, adapt by finding alternative ways to stay active or adjusting timelines without feeling discouraged.

10. UNDERSTAND THAT PROGRESS TAKES TIME

Life can be unpredictable; thus, it's essential to remain flexible with your plans when obstacles arise. If something disrupts your schedule or prevents you from working out as planned, adapt by finding alternative ways to stay active or adjusting timelines without feeling discouraged.

By implementing these strategies into your routine and maintaining focus on both short-term actions and long-term objectives, you'll be better equipped to stay true to your New Year fitness goals throughout the entire year.

Sources:
*American College of Sports Medicine (ACSM).
Centres for Disease Control and Prevention (CDC).
National Institutes of Health (NIH).*



STAR FM FREQUENCIES

HRE-89.7 BYO-93.1 B/BRDGE-94.8 VFA-102.9 MASV-89.8 GWER-87.6 MTKO-103.5



FROM LEFT: SHAMI, TEMPLEMAN, ZANANII, TATS BLESS, NJONDAKADZI & FOLAKE

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WHEN THE 'JANUARY DISEASE' BITES

WRITTEN BY

| ROSENAL MUTAKATI

HAVE you ever seen a whole family enjoying sadza with okra, eggs, pumpkin leaves or termites not out of choice, but because it is the only alternative they have? Well, wait and see in January.

The month we are about to enter, is not an easy one, folks. It is a month in which it is considered evil to pay someone a visit empty-handed and expect to be served food.

Paying someone a visit this time of the year usually elicits cold shoulders or the prospect of finding the gate locked! “Vepano havapo. Vakambofamba. Tozoti ndianiko ange auya?” maids will be assigned to tell whoever knocks on the door, only to be betrayed by wet towels drying on the laundry line. It is not a one-size-fits-all affair, but the majority of people in January have it rough, with little to eat and nothing to spare. Those who go to church will tell you they are fasting to justify empty fridges and/or the lack of desire to welcome you with a meal. We enter into a new year with the hope of excelling and making good where we erred in the previous season. A new year comes with new challenges and we have to be prepared to face these head-on. Each time we enter a new year, we have long lists of things we intend to achieve. Like runners in a race, we all have great hopes of lasting the distance and emerging victorious at the end.

There are, however, things that we need to get right



from the onset in order to excel. One of the things we obviously need to have been focus, determination and the willpower to achieve greatness. Contrary to the last week of December, when almost everyone seems to have more than enough disposable income to enjoy Christmas, the new year usually brings a lot of demands and economic realities. It is the time we realise we just do not have enough money to pay rent, put food on the table and send children to school. Places of merriment like beerhalls, bottle stores and braai spots that were teeming with people become deserted. January is that period of the year when being broke is like a little cross we have to carry. The January disease will bite and people will tuck into queer types of vegetables that come with the rainy season.

This time around we are a bit unlucky because the rains have not been sound and these natural vegetables have not germinated. It is the time of the year when employers and bosses are inundated with requests for soft loans, as people seek to survive the month of January. It is not unusual during this time of the year to be lied to that so and so has died, as people seek to wring cash out of their well-heeled peers. Some scheming fellows get to the extent of taking their elderly relatives or acquaintances to their workplaces, all in the hope of using them to acquire cash. It is the time of the year when one is sure to walk into a pub and find the cashier alone.

Demands for cash and sick notes are at their peak. It is a “veduwee, veduwee” season. January is traditionally a tough month, but let us soldier on. Inotambika mughetto.

CREATING YOUR 2025 VISION BOARD

WRITTEN BY | GALAXY
WRITER

Creating a vision board involves a thoughtful and creative process that allows you to visualise your goals and aspirations.

1. SET YOUR GOALS

Begin by identifying what you want to achieve in the new year. This could include personal, professional, health, or relationship goals. Brainstorm and write down everything that comes to mind. Consider using prompts such as:

- What are my career aspirations?
- How can I improve my health and wellness?
- What experiences do I want to have?
- What relationships do I want to nurture?

Be specific in your descriptions. For example, instead of writing “I want a new job,” specify the type of job, the company you aspire to work for, or the skills you wish to develop.

2. GATHER INSPIRING IMAGERY AND LINKS

Once you have your goals outlined, start collecting images that resonate with those aspirations. You can find these images through various sources:

Personal Photos: Use pictures from your life that inspire you.

Online Resources: Websites like Pexels offer millions of free images that can be used.

Magazines and Books: Cut out pictures or quotes that align with your vision.

In addition to images, consider adding links to articles, videos, or resources that can help you on your journey toward achieving these goals.

3. ORGANISE YOUR BOARD

After gathering your materials, it is time to arrange them on your vision board. This step is crucial as it helps create a visually appealing layout that captures your attention daily. Here are some tips for organising:

Group Similar Goals: If certain goals relate (e.g., health and fitness), place them together.

Use Size for Emphasis: Make the most important goals larger than others.

Experiment with Layouts: Be flexible to move things around until it makes sense to you.

Remember, there is no right or wrong way to design your board; it should reflect your personality and aspirations.

4. ADD WORDS OF ENCOURAGEMENT

Incorporate affirmations or motivational quotes into your vision board. These words should inspire positivity and remind you of why each goal is important. For instance: Instead of saying “I will not procrastinate,” rephrase it positively: “I will take action every day.” You can also include single words that evoke feelings associated with your goals (e.g., “Joy,” “Success,” “Health”).

5. DISPLAY YOUR VISION BOARD

Once completed, place your vision board in a location where you will see it regularly—this could be in your office, bedroom, or even as a digital wallpaper on your devices. The key is consistent exposure so that it serves as a daily reminder of what you are working towards.

6. REVIEW AND UPDATE REGULARLY

As the year progresses, revisit your vision board periodically. Reflect on what you have accomplished and make adjustments where necessary. This could involve adding new goals or removing those you have achieved.

May you thrive and conquer!

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NASIPHI JOINS THE CAPITALK FAMILY, HERE ARE 10 FACTS YOU NEED TO KNOW ABOUT HER.

My name has to be the most mispronounced name in the country. It's Nasiphi (meaning any gift is welcomed) but so far I've been called Nasiphe, Nozipho, Noziphi, Lasiphi, Naziphi, Nosiphi etc

**WRITTEN BY | GALAXY
WRITER**

1. I'm a South African that married a Zimbabwean and relocated my entire life for love without ever having visited Zimbabwe before.
2. I speak 4 languages; Xhosa, English, Afrikaans, Zulu and slowly but surely working on Ndebele and Shona, being the 5th and 6th respectively.
3. I've got an emotional support animal which helped me cope with the anxiety of relocating. I love Pickles (my dog) more than anything I own
4. I almost drowned in the ocean twice but it's still my first love and I still swim every time I visit home
5. The last time I went for an eye test, I got a perfect score 20/20 vision
6. I'm extremely frightened of cockroaches but I don't mind snakes
7. I'm allergic to most things. My immune system needs an immune system



**NASIPHI
RADIO PERSONALITY**

8. I'm a pastor's kid and can play the piano/ keyboard
 9. My name has to be the most mispronounced name in the country. It's Nasiphi (meaning any gift is welcomed) but so far I've been called Nasiphe, Nozipho, Noziphi, Lasiphi, Naziphi, Nosiphi etc
 10. I looooooove donuts and fries.
- Nasiphi is on Capitalk 100.4 FM, weekdays 12-3PM.

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SOME OF THE TEAM MEMBERS WHO COVERED THE SADC SUMMIT FROM LEFT TO RIGHT: SIPHATHISWE MPOFU, GEORGE MSUMBA AND RUMBIDZAI VENGE



The Galaxy

SADC SUMMIT

A WARM HOME CALLED ZIMBABWE

“A man who calls his kinsmen to a feast does not do so to save them from starving. They all have food in their own homes. When we gather together in the moonlit village ground it is not because of the moon. Every man can see it in his own compound. We come together because it is good for kinsmen to do so.”

WRITTEN BY

| GALAXY WRITER

Above is a poignant quote from prolific writer, Chinua Achebe. The statement manifested when Zimbabwe hosted the SADC Heads of State earlier this year in August.

One after the other, leaders from different countries took turns extolling Harare and Zimbabwe, saying the narrative that Western media houses had set against the country was not aligned with the reality on the ground.

This was a pat on the back for the well-intentioned hosts, Zimbabwe, who worked hard to ensure the host city was at its hospitable best for our special guests.

“The excellent arrangements for this Summit, and all preceding meetings, is a testament to the commitment of the Government of Zimbabwe to SADC ideals and aspirations,” SADC Executive Secretary Eric Magosi said.

Even heads of state from countries in the region spoke

of the quality of hospitality for which Zimbabweans have become renowned. Namibia’s new president, Nangolo Mumba, who was attending the SADC summit for the first time as a head of state, said the exceptional hospitality extended by Zimbabwe was something he had not encountered before.

The SADC outgoing chairperson, who handed over the button to President Mnangagwa, João Lourenço, could not find enough words to describe; “...the exceptional hospitality accorded to all delegations since our arrival in this beautiful and welcoming country.”

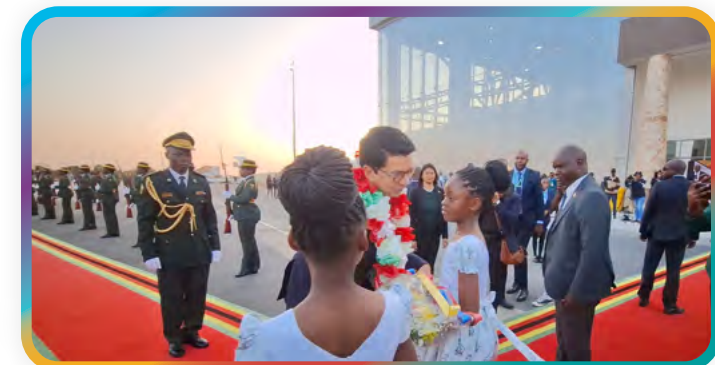
Clever Gatete, the well-travelled Executive Secretary of the United Nations Economic Commission of Africa, thanked Zimbabwe’s Government for the “generous hospitality as the host of this August event.”

The personalised touch that punctuated the festivities made this summit stand out.

President Mnangagwa personally invited his comrade and close friend, former Botswana President Mokgweetsi



SADC Chairman, His Excellency the President of the Republic of Zimbabwe, Dr. E.D Mnangagwa.



Masisi, to the Precabe Farm in Kwekwe. President Masisi was left in awe of the high-level productivity being exhibited at Precabe farm. “I have just toured the Garden of Eden,” said President Masisi when he interfaced with the media at the end of the tour. He commended President Mnangagwa for sharing a good example and leading food production in

Zimbabwe and the rest of Africa. Zimbabwe has a longstanding history of putting on the best show when hosting guests, especially those from the African continent. In 1995, Zimbabwe hosted perhaps the best edition of the All-Africa Games and twice hosted the International Conference on Aids and STIs in Africa in 2015 and 2023.



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STAR FM AND PHOENIX FM STANBIC JACARANDA MUSIC FESTIVAL (SJMF) COLLABORATION

WRITTEN BY | GALAXY WRITER

As the leading Urban Radio station in Zimbabwe, Star FM continues on its path to redefine the radio game in Zimbabwe and this year was no exception.

As the official radio partner for Zimbabwe's biggest music Festival the Stanbic Jacaranda Music Festival (SJMF), Star FM hosted Zambia's biggest urban radio station, Phoenix FM, which was represented by Mumba Mwaka and Hope Tembo who are both on air presenters. During the 3 days of SJMF, Mumba and Hope explored some of the different parts of Harare,

so as to appreciate the different lifestyles, the city has to offer.

They managed to co-host with Boombaby, Zimbabwe's biggest music chart show the StarHitlist, where they got to experience Zimbabwe's hottest music as well as sharing with the listeners some of the top trending tracks from Zambia. Listeners were calling in to appreciate the good music coming in from both countries as this segment was being

The Galaxy | NEWS

Simulcast on both Star FM and Phoenix FM, from Thornpark Polo Club where SJMF was happening from, Hope and Mumba, managed to interview Zambia music sensation, James Sikala who was also performing for the first time at SJMF. They co-presented this segment with Star FM's Programming Manager Steve Vickers and on air presenters Thamie Ndlovhu and Nyenge Dingana.

The Star FM stand was popular with people coming to attend SJMF, popping in to get photos taken with some of the Star FM presenters who were attending SJMF. At the end of SJMF the ladies from Phoenix FM appreciated the love that Star FM had shown to them and the experience at SJMF, meeting up with various Zimbabweans from all walks of life.





10 QUICK FACTS ABOUT SADC

WRITTEN BY | GALAXY WRITER

1. President Emmerson Mnangagwa is the current SADC Chairperson.

2. The Southern African Development Community (SADC) is a regional economic community comprising 16 Member States: Angola, Botswana, Comoros, Democratic Republic of Congo, Eswatini, Lesotho, Madagascar, Malawi, Mauritius, Mozambique, Namibia, Seychelles, South Africa, United Republic of Tanzania, Zambia, and Zimbabwe.

3. It was formed on August 17, 1992

4. Before it was SADC, it was known as the Southern African Development Coordination Conference. This was an economic coordination conference that later grew into what we now know as SADC.

5. The average life expectancy in the region is 52.8 years.

6. SADC covers a land area of 556 781 Km².

7. SADC was at the forefront of the global campaign

to end apartheid in South Africa. The culmination of the regional pressure led to the collapse of the apartheid system and the independence of South Africa (1994).

8. SADC commemorates 23rd March as the day that marked the end of one of the fiercest conventional battles at Cuito Cuanavale in southern Angola, where the mighty armed forces of the apartheid regime of South Africa were defeated, consequently leading to the liberation of both Namibia and South Africa, and the entire Southern Africa. As part of Preserving the History and Institutional Memory of the Region, the SADC Summit of Heads of State and Government meeting held in Windhoek, Namibia, in August 2018 endorsed the commemoration of Southern Africa Liberation Day on 23rd March, in honour of the men and women who sacrificed their lives for political liberation and freedom of the Region.

9. The headquarters of SADC and its Secretariat are located in Gaborone, Botswana.

10. SADC has a total population of Population 366 Million people.

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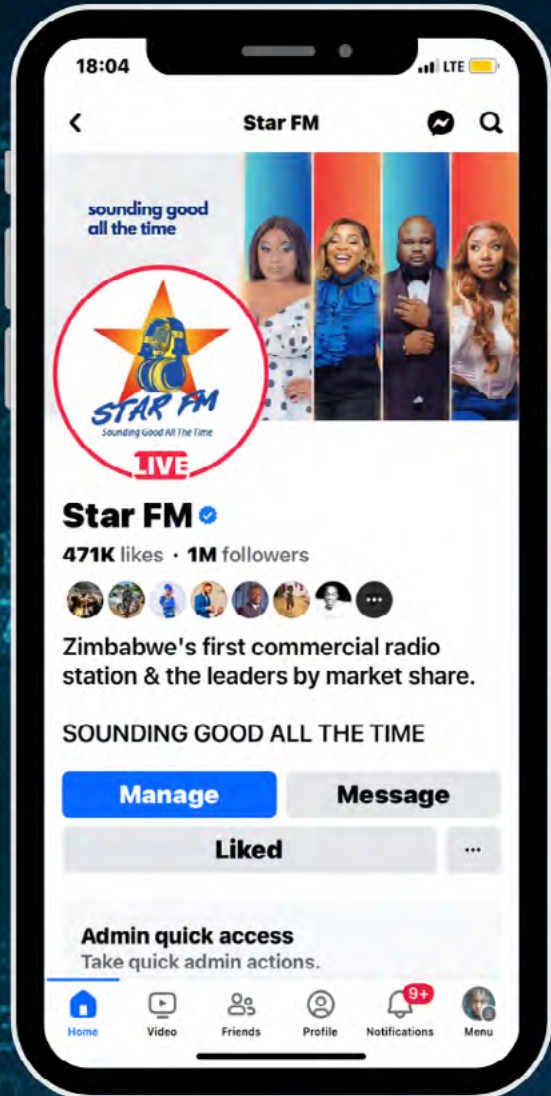
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