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UPBEAT

R1-80c
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The magazine for youth on the move

WIN
prizes worth
R950

WIN
10
albums

FREE
pull-out
Biology
poster

THIS ISSUE

- ▼ Caroline and Augustine
TVs bright young stars
- ▼ Careers in the music industry
- ▼ Your views:
Do men have the right to hit women?

Enter our
Short Story
competition

Upbeat is published by SACHED.

SACHED is an educational organisation, committed to building democratic education for all in SA. SACHED runs a number of educational projects, one of them is Upbeat.

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Upbeat is written by Upbeat staff except where otherwise stated.

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Dear Readers,

Richard is in Std 9. He sits in the same row as Thabo and Mike. They are his great friends. Every day at break they sneak out the schoolyard to go and smoke dagga. Richard doesn't like smoking. He wants to say no. But he is scared his friends won't like him if he does. He doesn't want to risk that. These are his chommies! They all watch soccer together and share secrets about girls.

Maybe you find yourself in Richard's position. You are also too scared to say no to your friends. Try to be brave and stand up for yourself. Tell your friends that you don't want to smoke, because drugs are harmful. You may be surprised to find that someone else in the group agrees with you. He was just too scared to say so. Or maybe your friends will cut you out. You'll feel lonely for awhile but others will come to respect you. We all look up to people who make a stand.

It is hard to go against your friends. But you must learn to do what's right for you. Arm yourself with information. Read, listen and learn. Then make your choice.

Upbeat is filled with important information to help you make decisions about your life. In this issue read why Prophets of the City say No to drugs. Don't miss our hot debate on sex education. We've got information on AIDS. So tell your friends about it and help stop the disease spreading.

We all love listening to music. But do you know how a record is made? Find out all about the recording industry on page 17. That will really impress your friends! When they look surprised and say 'how do you know all that', just say you read it in Upbeat. You'll be a winner at parties.

Keep reading and stand up for what you believe in.

Harriet
Editor

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- Growing up
How to mend a broken heart
- Sport
Maria Motola the world's fastest sprinter
- How a TV programme is made
- Free pull-out poster



Front Cover: Anna Zieminski

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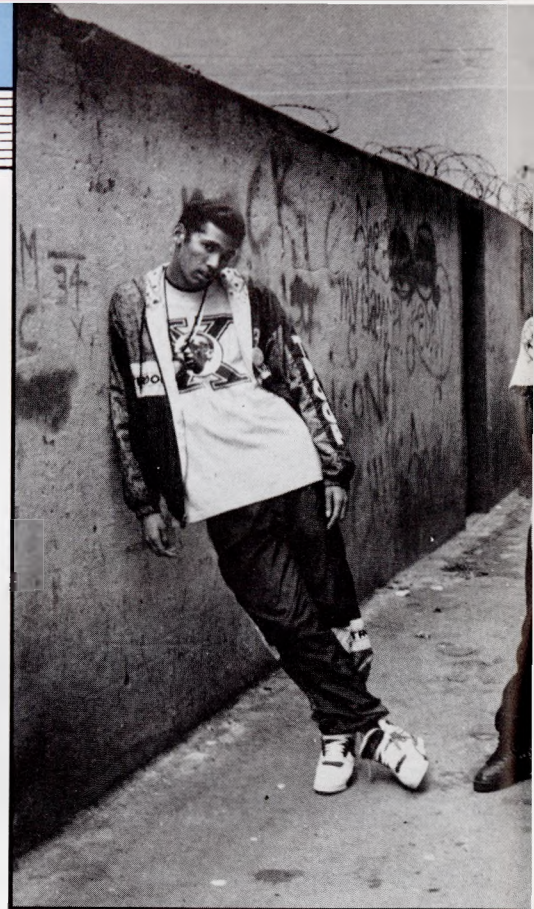
Prophets say NO to drugs

The popular Cape Town rap group, Prophets of the City, are back. These rappers with a message are busy with their Anti-drugs Schools Tour. Debra Watson went to find out what they are up to.

At the school, the pupils are buzzing:
Boys and girls, shaking a limb
Getting ready to jive,
Rapping to the Five,
Ready D is teasing the crowd
with rhythms they recognise
scratching, grooving, spinning,
the music's full of surprises.
The two new dancers are
moving like rockets
Ramone, the lead dancer,
kicks, spins,
his bones leap out of their
sockets.
'Peace, unity, justice, freedom,
shouts DSA
He is telling us drugs are not
OK.
'We make you aware
so you know what is happening
out there.'
His message is funky
but you can be sure that he is
no junky.

Many teenagers support the Prophets of the City anti-drugs campaign. We spoke to Nandi, a 14-year-old student and rap fan. 'People associate rap with drugs,' she said. 'So it's great if rappers come out against drugs. People take drugs without being aware of the bad things they are getting into. At least if they are told, they might stay away from drugs.'

Sanca is an organisation which helps people who have a drug problem. They say there are lots of reasons why teenagers take drugs. Many young people want to experiment with something new. Others have problems. So they take drugs to escape. But drugs don't solve problems. They make things worse.



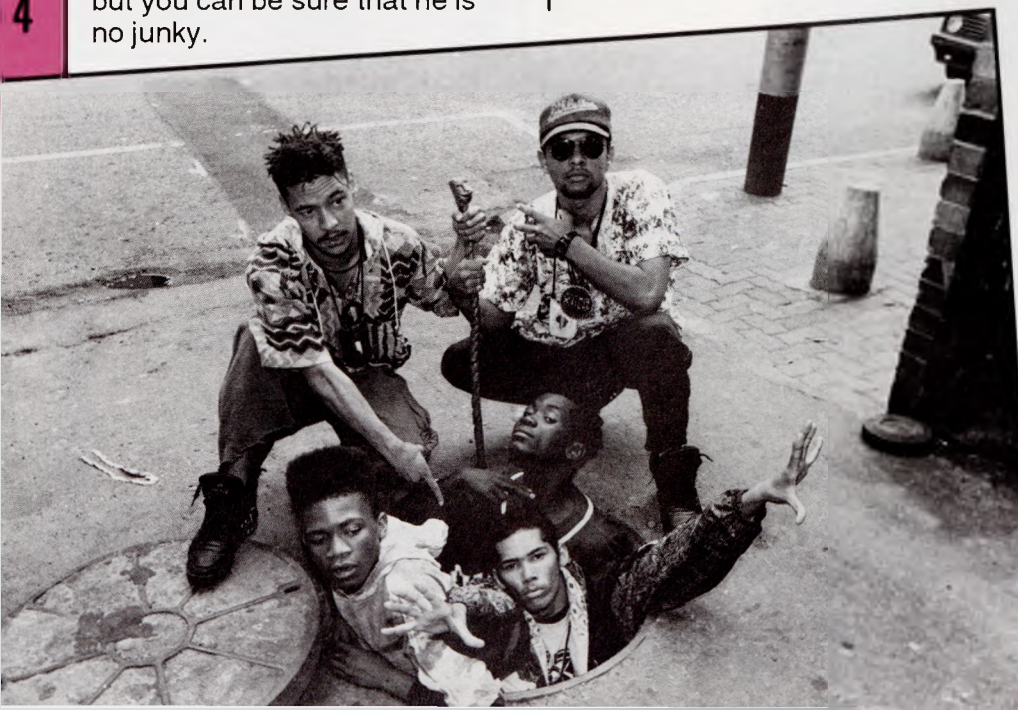
DSA, the fast talking lanky rapper of the group is very much against taking drugs. DSA and the rest of the group come from communities where many youngsters take drugs and drink alcohol. The Prophets have seen how drugs destroy young lives. They want to steer youth in a different direction.

'Our aim is to give information to the youth,' DSA explains. 'We tell them drugs are bad for you. Then we explain why drugs are so bad. It is easy to be influenced or brainwashed if your head is full of drugs.'

'I grew up in a community where there are lots of drugs and I have seen friends die. I was lucky I didn't smoke or do drugs,' says Ready D.

Dressed in baggy trousers, running shoes and dancing up a storm, POC want youth to educate and uplift themselves.

'We want to share what we know so that high school and even primary school kids can relate to hip-hop and the message,' DSA says. 'We read a lot,' he says enthusiastically. 'But most of our songs come from daily experience.'



'We tell people, "Educate yourselves". We want to promote education and Brain Power,' DSA says.



The Prophets have seen how drugs destroy young lives. So they say 'No' to drugs.

Seeking help

Readers, do you have a problem with drugs? Do you have a friend who does? Then talk to someone who can help. Phone one of these numbers. They are all crisis centres, where trained people can help you. Don't worry, they won't tell your parents or the police.

Johannesburg:

(011)836-5942

Soweto: 984-4017

Lenasia: 852-6048

Eastern Transvaal:

(01351) 62370

Pietersburg: (01521)3700

Sebokeng: (016) 35-1518

Mamelodi: (012) 74-8727

Cape Town: (021) 24-5260
or 47-8026

East London: (0431) 21257

Port Elizabeth: (041) 54-3207

Pietermaritzburg: (0331)54173

Durban: (031) 304-9631

Brain power

'Over the years there has been a lot of brainwashing going on. You only realise it when you get out of school, or when you read proper history books. Brainwashing has been on both sides, in black schools and white schools. That is why we tell people, "Educate yourselves." We want to promote education and Brain Power.'

POC are a fantastic dance group. Ready D, the record spinning wonder, has been involved with rap for 10 years. He was lucky enough to go to London. There he learnt how to 'scratch' and went to clubs to see how London DJs did it. Ready D was completely blown away by this new way of making music.

'When I came back home from London', Ready D says, 'I borrowed a turntable. Everyone in the group clubbed together for a mixer. And in 1980, POC was born. I have learnt a lot by just listening to music. You don't need anyone to teach you to do rap music. You just have to get into it, heart and soul.'

'Rap is universal,' Ready D assures us. 'It is as old as the human voice. Anyone can do it. If you look at us, we are a group of boys from the slums. We have no formal knowledge of music but we have succeeded. If we can do it, why can't everyone else?'



Saving the howler

By Monica Zak

Colin is 11 years old. He lives in the tiny central American country of Belize. Three years ago, the people in his village, Bermudian Landing, started a project. They wanted to protect the black howler monkeys that live in the rain forests around them. This is Colin's story.

'When I was small, people hunted the monkeys,' said Colin. 'In those days we threw stones when we saw the monkeys in the trees. And the grown-ups shot at them. People liked to shoot mothers with babies. The mother would drop dead from the tree with the baby on her back. If the baby was not killed in the fall, it was easy to catch.'

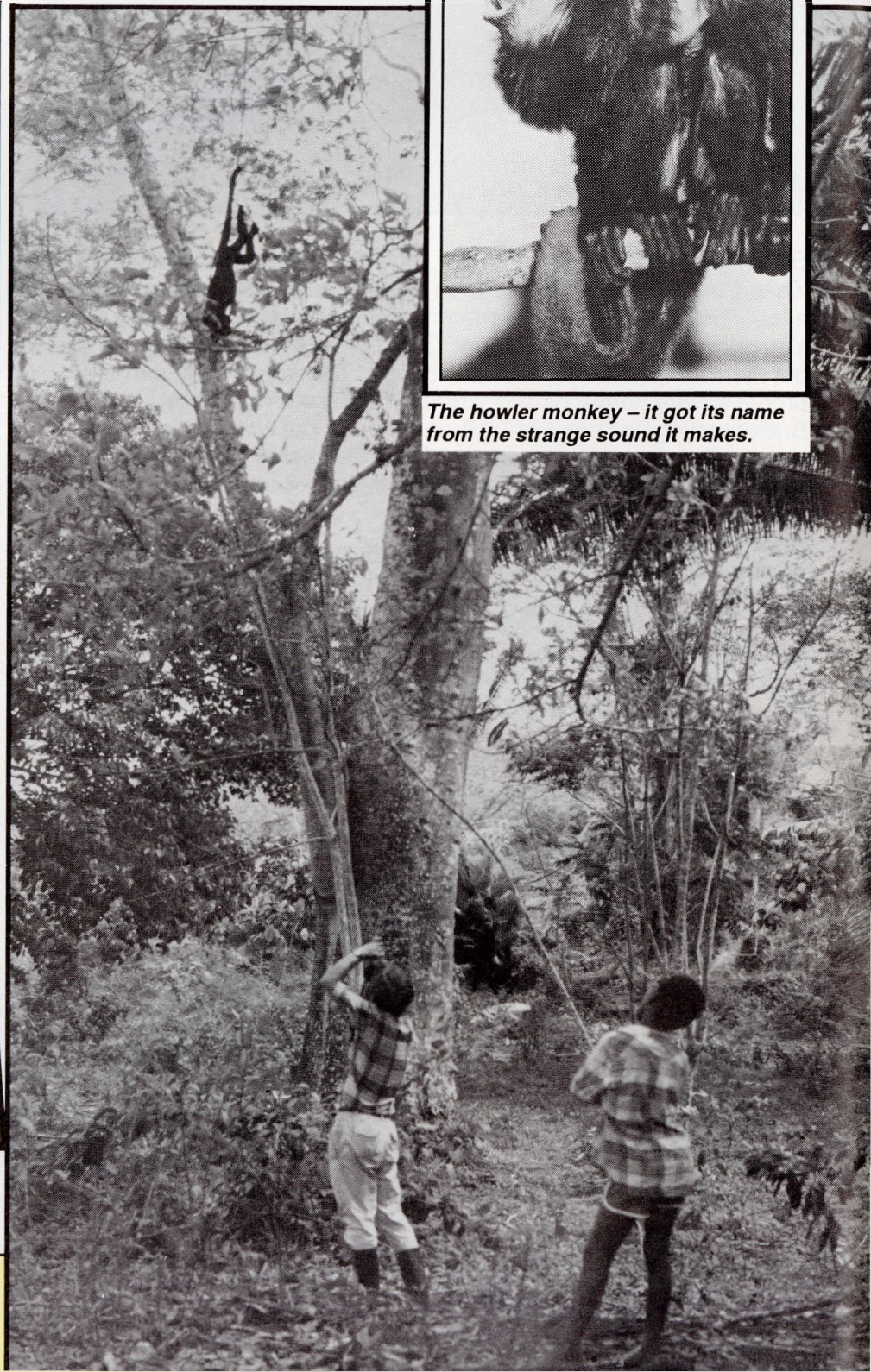
'Some villagers kept tame monkeys but most people sold the baby monkeys for money. A few people ate the monkeys. They say that boiled monkey's paw with rice is very tasty. Yech! I would never touch that,' Colin said, pulling a face.



The howler monkey – it got its name from the strange sound it makes.



Eleven-year-old Colin Young helps to save howler monkeys.



monkeys

'Then one day, a zoologist from the United States of America arrived to study the howler monkeys. This man explained that there are very few black howler monkeys left in the world,' Colin said.

A contract saves monkeys

So the people of Colin's village and seven other nearby villages made a contract. They agreed that the people in these villages would try to save the black howlers.

'We were the first people in the world to do such a thing,' said Colin proudly. 'The contract says that nobody must harm the monkeys while they are in the villagers' lands. And everyone promised to protect the forest between the fields and near the river. So now the trees that the monkeys feed on are safe. The monkeys can also move freely in the tree tops. We have even built a hanging bridge over the road so that the monkeys are not run over by cars.'

Recently the World Nature Foundation gave money to the project started by the villagers. Colin's father, Fallet Young, is the manager of the project and the guide.

Today about 100 monkeys live near the village and there are between 800 and 900 in the area. The howlers are no longer afraid of people. Many scientists and tourists come to see the howlers.

Working as a guide

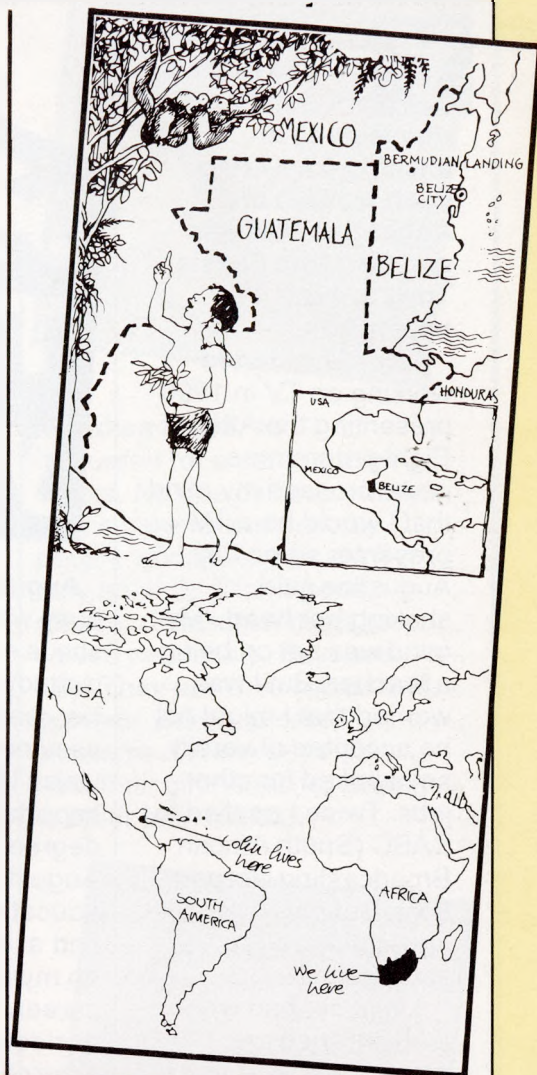
The project has changed my life,' Colin said. 'I know much more about the monkeys. I know much more about other animals, plants and trees too. When there

are visitors, I help my father as a guide.

'For example, a lot has happened today already. I took a bus load of 50 school children from Belize City around the village. They had never seen monkeys in their natural state. Then six tourists arrived. I showed them round and told them everything I know about the howler monkeys and nature in this area,' Colin said.

Even guides go to school

Colin is not just a guide. 'I start sixth form (Std 4) at the village school in autumn,' said Colin, a little sadly. 'But if I want to study further at school, I must go to Belize City.'



BLACK HOWLER MONKEYS

Howler monkeys are only found on the continent of America. There are five different kinds of howlers. The black howler monkeys are the largest. Today they are only found in Belize, Guatemala and southern Mexico.

All howler monkeys make a loud howling sound. They live in packs and by howling they tell other packs where they are. Black howler monkeys live on leaves, flowers and fruit. When they climb on very thin branches, they use their tails to hold on.

The black howler's greatest enemy is man. Today the black howlers are an endangered species because men hunt them. Men are also destroying their habitat – the rain forests. Their only natural enemies are jaguars and the harpy eagle.

WHAT ARE ENDANGERED ANIMALS?

Today more and more animals and plants are becoming extinct – they are dying.

Often this happens because their habitats – that is, the environment they need to live – are destroyed. People destroy animals' habitats by chopping down forests or ploughing up grasslands. Humans also hunt and kill animals with no thought of the future.

We call animals that are in danger of dying out *endangered species*. The howler monkeys of America are endangered. In South Africa we also have endangered animals. The riverine rabbit of the Karoo, the Cape hunting dog and the roan antelope are some of our endangered animals. If you want to help endangered animals or find out more about them, you can write to:-

The Endangered Wildlife Trust, P/Bag X11, Parkview 2122

Young South African women are busy proving themselves in exciting jobs. Two such women are Augustine Masilela and Caroline Fassie. They're both TV presenters.

Augustine started working on TV in 1990 presenting the After Eight programme. 'It never crossed my mind that I would be a TV presenter some day,' Augustine said, shaking her head. 'My mind was set on being a teacher. But I was worried that I might not be accepted at varsity, so I applied for other jobs. Twice I applied to SABC (South African Broadcasting Corporation). But my applications were not successful.'

'I felt very bad when SABC turned me down. They said that I was still too young,' Augustine told us. 'I was only 18 at that time.' But Augustine didn't give up. She kept on applying for jobs. And today she is a very popular TV presenter.



Caroline Fassie

TV's bright young stars

Augustine is a very busy woman. When she is not at work, she is studying. You'll find her reading for her assignments at the Unisa library. 'It's very important I get my degree,' says Augustine. 'If I'm well educated I'll always find a job. I cannot rely on my modelling career. If I have an accident and I'm scarred, who will

employ me with no qualifications?' she asks.

Another young woman who is making a name for herself is Caroline Fassie. Caroline presents the Shell Road to Fame music programme on TV.

Caroline was born in Cape Town 24 years ago. Caroline left the Cape for Jo'burg without thinking about looking for a job.

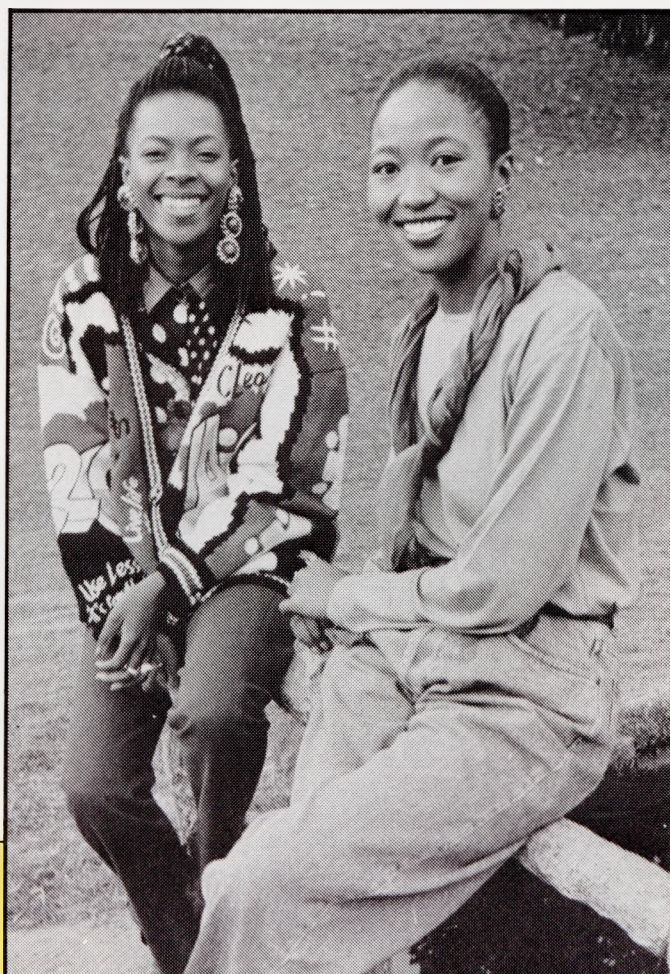


Augustine Masilela

'Working in the media was completely out of my mind. I wanted to study medical technology. But when I arrived in Jo'burg, I realised there were many opportunities in the music industry. I started off working with my aunt, Brenda Fassie.'

Caroline Fassie is not only a TV presenter. She also sings with the Marc-Alex brothers. 'My involvement in music probably helped me find work at SABC,' she says.

'It was not easy when I started work,' Caroline continues. 'To be honest I was nervous. The big cameras and the thought that thousands of people were watching the programme, frightened me. The entertainment industry demands hard work and talent,' says Caroline.



Interested in a career in TV? Find out how TV programmes are made in Upbeat No 6 Don't miss it.

Photos: Anna Ziernski

Do men have the right to hit women?

Upbeat spoke to students from St Enda's College in Johannesburg to find out what they think.



Mxholisi Khuthama, 15

No one has any right to hit anyone. If a girl says no to your proposal, leave her alone. If she feels she doesn't love you anymore, you must both agree to break up. It won't help to beat her up. But when a lady does not respect you, when she creates a scene with you, I think a little slap might put respect into her head.

Neo Mphaphudi, 16

Boys have no rights over us. Sometimes girls just say no because they hate what boys do to girls. If there are problem in a relationship, talk them through. Find help if you cannot solve your problems yourselves. Sometimes an affair has to end. We must learn to accept this.



Thabo Makhanya, 15

It's wrong for guys to beat up girls, but sometimes it's necessary. Some girls are demanding. They want to be treated like babies. They play around with boys. This drives some guys totally mad. Girls must change their attitude. They must make a commitment to a guy and not the material things they get from a relationship.



Obed Dlwati, 18

I don't agree with this senseless practice. It's a form of violence. If a girl does not love you, it simply means you're not the right person. It doesn't mean you're ugly or she hates you. You don't have any right to beat the girl. I feel that girls must take legal action against men who hit them.



Mandisa Mdya, 15

It is unfair for a person to hit others. No one owns anybody. I think parents are the only people who should hit us. But they must do it for a good reason. Problems must be solved peacefully. Boys are silly. They use their hands and not their brains to resolve problems. I know guys who beat their girlfriends for talking to other men friends.



Lerato Tselangoe, 15

You should not beat someone to prove how much you love them. Boys have a right to propose love to girls. But they have no right to impose themselves on girls. If boys behave like gentlemen, girls will be ladies.

Speak out
Readers, what do you think?
Write and tell us. If we publish
your response, we'll send you a
great Upbeat button —FREE!

LETTERS

Dear Upbeat

I am a girl of 17 at Soshanguve High School. Upbeat is truly an educational magazine. My teacher used a story from Upbeat in her lesson. I hope that all English teachers use Upbeat to educate their students. I am very proud of Upbeat. Please continue giving us all this information. We need it!

Virginia Baloyi, Soshanguve

Dear Upbeat

I am very happy to write to you. I love Upbeat. Now I need some advice. I would like to wear hip-hop or rap style clothes. But I don't know where to buy them. Can you give me the name of a shop that sells such clothes?

Steven, Venda

Dear Readers

Can you help Steven? Send us the name and address of shops where you buy your hip-hop clothes. We'll pass it on to Steven.

Editors

Dear Upbeat

I want to know at what time, day or month Upbeat is sent to the shops. I am very interested in your magazine. So please help me make sure that I don't miss a single issue of this great magazine.

Lizzy Mankge, Jane Furse

Dear Lizzy

We're happy to hear that you enjoy reading Upbeat. You will find a new issue of Upbeat in shops or on street corners around the country on the 15th of every month. Sometimes its a day or two after the 15th.

Editors

Dear Upbeat

I am worried about my poem which I sent to you two months ago. I have not seen it in Upbeat. i don't know what the problem is. i'm too young to understand why my poem is not published.

Milly Mulandzi

Dear Milly

Every week we receive hundreds of poems from Upbeat readers. We put these poems in a big file. So please be patient. And keep on reading Upbeat. If you're lucky, your poem may appear in a few months' time.

Editors.



Dear Upbeat

We are a group of five students who run a writing project of poems and short stories. Each of us wrote a poem and sent the poems to Upbeat. But none of these poems appeared in Upbeat.

We read Upbeat No. 1 and think it will be better for Upbeat to publish more poems. We don't see the reason why the story 'Hip hop style' was in your magazine. We can wear clothes that we like, not that we see other people wearing. In the story, someone said, 'My clothes are funky. I wear them to dance and I look good.' Does this help anyone? These two pages could have been filled with poems. We discussed this at school and students said that Upbeat is for rich fashionable teenagers.

Upbeat No. 2 is the same. Now you are teaching us to be funky, electric and wear hooded tops.

Thank you Upbeat for helping young people to learn. But please stop writing too much about music. Don't turn us into music fans.

A. Moyo, C. Khumalo, L. Mbatsane, G. Khan, T. Shokwe, Meadowlans

Dear Readers

Do you think there is too much music and fashion in Upbeat? Write to us and tell us what you think.

Editors

Dear Upbeat

Thank you for an excellent magazine. It is the best magazine I have read so far. I think it is the most informative magazine for teenagers.

Could you please print the address of Prophets of the City? I think they are really nice and extremely cool.

I also have another suggestion. A few of my friends and I regularly discuss Upbeat. We think it would be great if you could have more stories on pop stars, actors and the addresses of famous people. We know it won't be easy to do this. But we hope that you will consider it.

Aniesa

Dear Aniesa

You can write to the Prophets of the City fan club. Here's their address:

P.O.Co

Posse

P O Box 13160

Mowbray

Cape Town

7700

We are always looking for ways to make Upbeat bigger and better.

So we like to hear from readers what they like or dislike and what they want to see in the magazine. keep on reading and you may just find what you've asked for!

Editors

Dear Upbeat

I am a girl of 20 doing Std 10. I would like to greet the staff at Upbeat. I like reading Upbeat. But I don't know what its aim is. Please tell me.

Kgaugelo Johanna Mankge, Sekhukhuneland

Dear Kgaugelo

Upbeat is an educational magazine for youth and teachers in South Africa. We believe that young people need a voice. So we print your poems, stories and views. Our purpose is to make learning fun. We believe that learning should:

- be open to everyone
- encourage fairness and equality
- teach respect of oneself and others
- build confidence
- teach young people to understand, question and change their world.

Editors

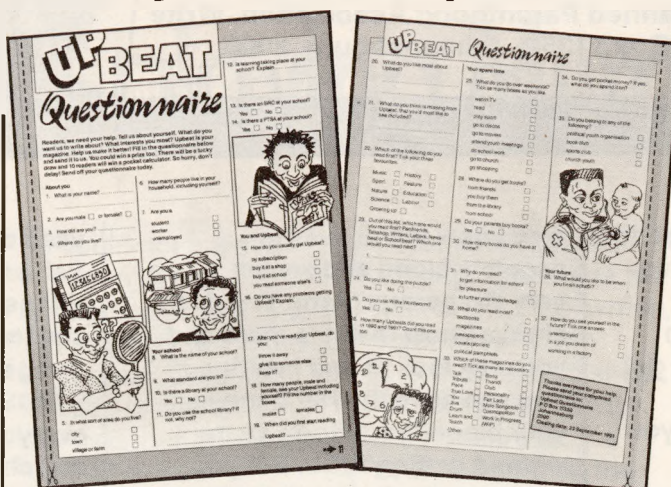
NEWS BEAT

What readers say about Upbeat

Last year we had a questionnaire in Upbeat for our readers. We wanted to know who you were and what you liked best in the magazine. This is what Upbeat readers told us.

Most Upbeat readers are 11-14 years old and are in Std 5, 6, 7 and 8. Upbeat readers like watching TV, reading magazines and playing sport. Many readers belong to church youth groups.

The stories readers liked most were the

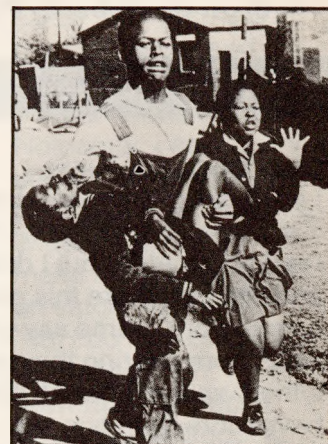


stories about growing up. But people also liked stories about education, penfriends, short stories and the comic, Taxi Driver. They like Talkshop, the poems, letters and puzzles.

Upbeat readers want more information on careers (we hope you

like our 'Working with Science' series). They want more competitions, Maths, posters and school work. What would you like to see in the magazine? Write and tell us.

Upbeat says a big thank you to everyone who filled in our questionnaire.



June 16

South Africa's Youth Day. We remember all the young people who lost their lives in the fight for freedom and a better education.

Putting life into learning

Upbeat ran a one-day workshop with teachers in Beaufort West, Cape. The workshop showed teachers how Upbeat can be used to teach reading and writing. If you are interested in a workshop like this in your area, please contact Beatty Koopman at (021) 686-8615 or 616-8531.

Turn on to English

Upbeat was on TV! Did you see us? We appeared on 'Turn on to English'. The programme showed how we put your favourite magazine together. Turn on to

English is a great way to improve your English. You can watch it on CCV on Thurs at 3pm. The article on page 17 comes from the programme.

Brain Power Concert

Upbeat/SACHED and Prophets of the city are bringing you a special Brain Power, concert later this year. Upbeat readers, you

are invited. There will be lots of music, fun and learning – all for FREE.

Don't miss Upbeat No 6 for details.

Missing address:

Will the following people please send us their addresses. We want to send you R15 for your writing which we have published.

Cindy-Lou Knoll, Somerville; Thomas Makungo, Orlando East; Nombulelo Makwenkwe, Glen Cowie; Samuel Celo, Gazankulu; Margaret Motebele, Phokeng; Ernest Mxolisi, Gwegweni, Bergville; David Thulani, Bushbuckridge; Lester Sibuyi, Gazankulu.

YOU AND YOUR BODY

Need advice and there's no-one to ask? Buti and Juliet are youth workers for the Planned Parenthood Association. Write to them at: Upbeat, P O Box 11350, Johannesburg 2000.



What is AIDS?

Dear Buti and Juliet

I am a girl of 14 years doing Std 7 at Forte High School. I have read about AIDS but I don't understand where this germ comes from. Some say you get AIDS from sharing things. Others say you get AIDS if you have more than one sex partner. I would like you to answer the following questions for me:-

What does AIDS stand for?

Can I get AIDS from knives, forks or spoons?

Are condoms complete protection against AIDS?

Can AIDS be cured?

Can a baby born with AIDS recover?

Can people of any age get AIDS?

Is AIDS a gay disease?

Can I get AIDS from caring for a friend with it?

Please don't say that I ask too many questions.

Malethola Mokoena

Dear Malethola

Thank you very much for your letter. Many young people are confused about AIDS. AIDS is a sickness which is caused by the HIV germ. HIV stands for Human Immune Virus. No-one knows where this virus comes from, but

they know that it lives in people's blood and semen. It is a very dangerous germ. You don't always know that it is there and you may look fit and healthy. You can have the HIV germ in your blood for up to 14 years without getting AIDS. But you WILL eventually get sick with AIDS. People with AIDS die. AIDS stands for the Acquired Immune Deficiency Syndrome. When you get AIDS, your immune system stops working. This means that your body cannot fight sickness. So you do not die from AIDS, you die from the sicknesses that your body cannot fight. One of the most common diseases that kills sicknesses that your body cannot fight. One of the most common diseases that kills AIDS sufferers is TB.

You can only get the HIV germ if blood or semen from someone with the HIV germ gets into your body. So you cannot get AIDS from knives, forks or spoons. And you cannot get AIDS from looking after a friend with AIDS.

The main way that you can get AIDS is from having sex with someone with the HIV germ. You can also get AIDS by using an injection needle that has been

used on someone with AIDS. Babies of women who have the HIV germ also have a very big chance of having the HIV germ and getting AIDS.

AIDS is a disease that everyone can get; men women and children. It is not a gay disease. You can get AIDS whether you are gay or not.

There is no cure for AIDS. So everyone with the HIV germ will eventually die because of AIDS. AIDS is making everyone think hard about sex.

Here's how to protect yourself:-

- Wait until you are older to have sex.
- Keep to the same partner.
- Always use a condom.
- Never use or play with injection needles that other people have used.

We hope we have answered all your questions. But if you want more information, you can phone the AIDS Information Centres at one of these numbers:-

Johannesburg: (011)

407-7160/7148

Durban: (031) 300-3104/3020

Cape Town: (021) 210-3400/2682

East London: (0431)

34-2383/43-9743

Buti and Juliet

Pocket Money

Dear Buti and Juliet

I am a girl of 14. My parents refuse to give me pocket money. They say I am too young. Now I am thinking about stealing but I don't want to steal. Please help me.

Montombi Makhubele

Dear Mantombi

We are sorry to hear about your problem. Please don't steal. It

will only bring you more problems. Have you tried talking to your parents? Maybe they just don't have enough spare cash to give you pocket money. Then you must try to understand their problems. But if they do have the cash, explain what you need the pocket money for. Tell them it will teach you to control money. We hope that you win them over.

Buti and Juliet

Advertisement

**DON'T BE
IN THE DARK
ABOUT
AIDS!**

PHONE US

725-6710

FOR CONFIDENTIAL ADVICE,
INFORMATION, COUNSELLING
AND SUPPORT

A guitar playing Mum

I heard about a woman who plays an electric guitar in traditional Ndebele clothes. 'Never,' I said. But I was curious. I wanted to see her for myself. So off I went to Kippies, a club in Johannesburg, where I found Nothembi.

I could not believe my eyes when Nothembi walked onto the stage. She looked enormous. Colourful, beaded bracelets covered her arms and legs. She had a bright, beaded blanket on her head and she wore a large traditional hat.

Nothembi lifted her arms to greet the crowd. Then she picked up her electrical guitar. What a guitar! It was decorated with Ndebele designs and painted in all the colours of the rainbow.

Nothembi started playing. She made her guitar talk, sing, whine, screech and sob.

Nothembi also sings. Her songs are about the rural areas; the rivers and life on the farm which she remembers from her childhood. There Nothembi was always surrounded by music. 'My uncle taught me to play the guitar when I was very young,' Nothembi said. 'I used to sing at funerals and weddings. In 1983 I formed my own band in Mamelodi.'

'Not many women play the electric guitar. When people see me, they think it is strange. But I don't think I'm strange. I just love music and playing the guitar. I would love to play music full-time.'

During the day Nothembi works as a domestic worker. 'I started working as a domestic worker when I was a young girl living on the farm,' Nothembi said. 'I have two children to support. So I must work.'

Nothembi also finds time to study. 'I go to night school,' she said. 'I am learning to read and write and speak English.'

When I interviewed Nothembi, I asked why she looked so different on stage. She laughed. 'Maybe the beads make me look larger on stage,' she said. 'But I do feel different when I perform. I feel powerful. But I don't like to speak about it, because I know that when I'm offstage, I'm not powerful.'

Then Nothembi left to prepare for her second show. I stayed on to watch. Everyone was having a good time. I left the concert feeling very happy. I was so glad to have met a woman who has not let anything stop her achieving her dreams.

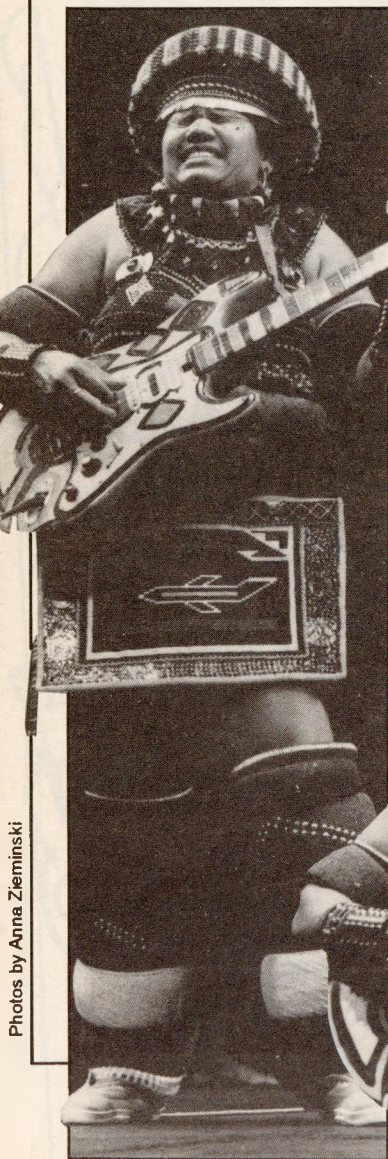
WIN A NOTHEMBI ALBUM!

Here's a chance for 10 lucky Upbeat readers to win Nothembi's new album. All you have to do is answer the following easy questions:

1. What musical instrument does Nothembi play?
2. What work does Nothembi do during the day?

Write your answers on a postcard and send them to:
Upbeat Nothembi Competition
P O Box 11350
Johannesburg
2000

Closing date:
31 August 1992



'I feel different when I perform. I feel powerful,' says Nothembi.

Yahoo for Upbeat!

For the black, white,
purple and yellow,
For everyone
in the human race.
Come to light
with yahoo Upbeat.
Especially we, the students,
Read 'em in the day
Read 'em at night.
Whenever you do it
It's never out of sight
because Upbeat is dynamite.

Dedication, no medication
Move to the new generation
Upbeat! I love you all!
Thembikile Terrence Ntshudu,
Keiskammahoek



The new South Africa

How wonderful the world will be
When we love each other
rather than hate each other.

How wonderful the world will be
When we are treated the same
rather than as slaves.

How wonderful the world will be
When we maintain peace in South
Africa
rather than fighting each other.

We are all God's children.
Let us build the new South Africa
by maintaining love and peace.
Lizzy Mankge, Jane-Furse

LOVE

You are young and special to me,
The one I love the most.
Each and every second of my thinking
I call your name.

Yvonne! I love you better than my
mother.
Hope that you love me too.
Hope that you will be my children's
mother.
No living creature will break our love
Except death.
Smatsy P. Manamela, Tzaneen

READERS' WRITINGS

Send your poems, drawings and
stories with your name, age and
address to:

Upbeat, P O Box 11350,
Johannesburg 2000

All readers whose
work is published
here
win

R15

Breathtaking

The wonderful fresh air inhaled,
The smell of the ocean
The sights to see, places to visit,
It's like a marvellous potion.

Green trees, red roses, all to be seen.
The deep, blue sea
It's sparkling glow
Are all too breathtaking for me.

The sun is shining, birds are singing
Bees are buzzing by
Not a breeze blowing
And a cloudless sky.
One more breath of this marvellous air
It's true, I'm not faking
It's all too breathtaking!
Nevelia Heilbron, Belhar

FREEDOM

Brothers and sisters,
I want to know
What does freedom mean?

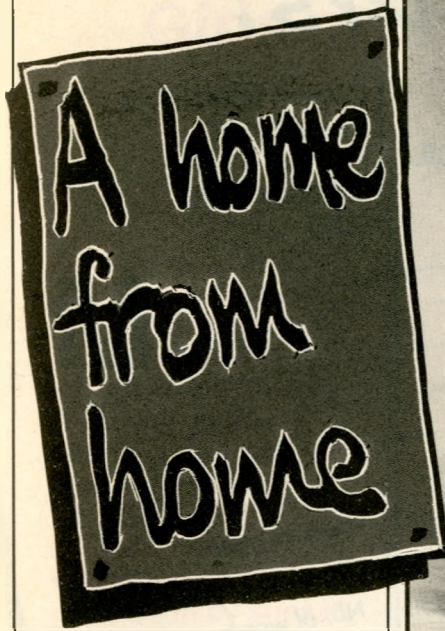
To boycott schools
And to point guns at our teachers
Does not mean freedom.
Are there still students
Who think of school as a place
To spend free time?

Nowadays our parents
Are scared of guiding us
Because we children are the judges
Of all things.

I don't think freedom
Is to burn a human being.
Why have people become animals?
When you look at someone and feel
negative about him
You think of killing him.

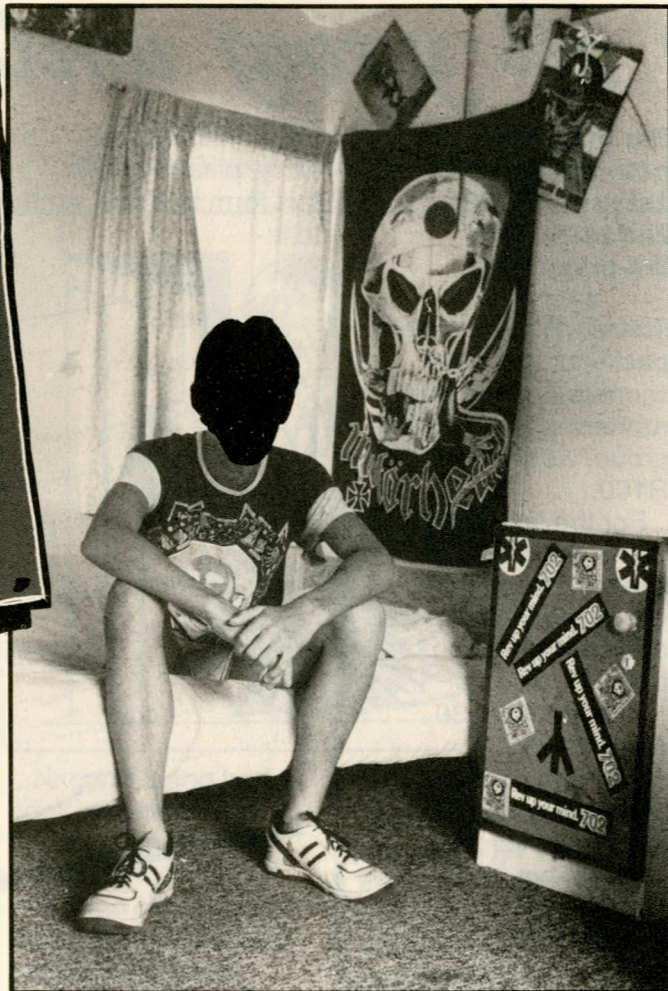
South Africans, let's not make
Freedom a blood sport.
Let there be peace, security and
order
Because it's the only solution for
freedom.
Ceasar Themba Jele
Ceasar, please send us your address
so we can send you your prize money!





Some kids live with their mothers, others with their fathers. Some live with both parents while others live with none. Upbeat met Gerald Jansen. He lives at the Johannesburg Children's Home, a place for children who have family problems.

Gerald Jansen is 15 years old. Gerald is not his real name. We have changed his name to protect him. He comes from Rosettenville, a suburb in Jo'burg. Gerald told us that he was two years old when he first went to the Children's Home. 'I like living at the Children's Home,' Gerald said. 'I hated my parents' home, especially when my parents fought. My father used to beat my mom when they lived together,' Gerald explained.



Gerald lives at the Johannesburg Children's Home. To protect him, we've changed his name and darkened his face.

When he was about 11 Gerald went back home. His parents had separated and he stayed with his mother.

'My stay with my mother did not last long. My mother got cross with me because I was smoking and 'bunking' school. So she gave me a choice of three children's homes. I decided to come back to this Home because I knew the people here. It's nice here. I don't bunk school anymore. But I still smoke cigarettes,' Gerard confessed.

Gerard has two younger brothers, Thomas and Mathew. After Gerard's parents

separated, Mathew went to live with his mother and Thomas with his father. Gerard went to the Children's Home.

'I miss my brother Thomas,' says Gerard. 'I get on well with him. The only time I see him is when my father takes Thomas to visit my mom. And that's only once in a while. But I don't want to see my father,' Gerard said angrily. 'I don't like him because he used to beat our mother.'

So now Gerard lives in one of the new cottages at the Children's Home. He lives with ten other children and his

house-mother, Daphney. Now Gerard sees his mother at week-ends. 'Daphney is like a real mother to me. We all like her, she is a lovely person. She laughs and makes jokes with us all the time,' Gerard says.

Gerard's big problem at the Children's Home is that there is no football team. 'We are short of players. And the few players here don't play well,' said the soft-spoken Gerard. Gerard says most kids at the Home spend their time swimming. Gerard also likes swimming, but his heart lies with soccer.

This year Gerard is doing Std 7. He says after he has finished schooling he wants to become a mechanic. Gerard has gone through tough times. But he has not let his problems beat him. He is hopeful about the future.

SHORT STORY COMPETITION

Calling all young writers!

Here is your chance to prove your talents. Enter Upbeat's 1992 short story competition. Win big money prizes, books and have your story printed in Upbeat.

Teachers, this is a chance for you to see your students' writing in print and win a prize for your school.

If you are over 14, your story must be about 1200 words long.

If you are under 14, your story must be about 700 words long.

You can write about anything but it must be your own work. Any work that is copied will be immediately disqualified.

For the winners in both age groups:-
1st prize: R100
2nd prize: R50
3rd prize: R25

There will also be book packs for the prize winners and ten runners-up in each age group, worth more than R100.

For the school that sends the most entries in each group, there will also be a large book pack worth more than R300.

Closing date: 30 August 1991?

Winners will be announced at a big party in November.

So get busy now. Start thinking and writing. When you

have finished your story, please attach this form to it and send to it:-

Upbeat Short Story Competition
P O Box 11350
Johannesburg
2000

Name.....
Address.....
.....
Code.....
School.....
Class.....
..... Date of birth.....
Phone number where we can contact you.....
..... No. of words.....
Area code:.....
Name of Story:.....
.....
.....

Tips
on how
to write
a short
story

by Chris Van Wyk

• **Write a story which you would like to hear.**

'Patricia's parents don't like that new boy she's seeing..'

'I hear that Mbulelo was caught copying in the exam..'

We have all heard or spoken words like these. These words are normally the beginning of stories which we enjoy listening to.

• **Work out a good plot**

A plot is the name a writer gives to the plan of her story. A good plot keeps readers interested from the first word to the last. One way you can do this is

by keeping your readers guessing. For example, if there is a thief in your story, only tell your readers who it is right at the end. Or tell your readers who the thief is. But then write so that the people in the story do not know who it is.

• **Make sure your characters are people.**

The people you write about are called characters. Make sure they eat and drink and do things that most people do. Your readers must believe in them and like or dislike them as if they were real.

• **Give your characters their own way of talking.**

Dialogue is when your characters talk to each other in the story. Make sure that they speak like real people. But remember that everyone speaks differently. Some people use slang more than others. Some people use the same words all the time, for example 'you see' or 'I tell you'.

We all share stories with our families and friends. Some of them are sad or silly or funny. So why don't you write them down and share one with us in the competition.

Girls are prisoners while boys run wild

From the TV programme 'Turn on to English'.

Many parents have different rules for boys and girls. Girls must stay at home and help around the house. Parents don't let their daughters go out with boys. And if they do, they must often be in by sunset.

Boys on the other hand have fewer duties around the house. Parents don't worry if they have girlfriends. And they are allowed to come and go as they please.

'This is totally unfair,' says Nkgomotsang Mphomane, a 22-year-old woman living in Johannesburg. 'When I was young my father insisted I must stay in our yard. He never explained why. I was not even allowed to go to the shops. I could only go when my brother wasn't around.'



Nkgomotsang had to cook and clean the house everyday. My brother only had to wash the car, work in the garden and polish my father's shoes. But my brother and I were great friends. He did not agree with the way things were at home though he did not say so openly. So when my father was not around, he helped me clean. He even cooked.'

Nkgomotsang says children should do the same things, whether they are boys or girls? 'Different rules for boys and girls can cause conflict. Boys are usually favoured. This can cause a girl to resent her brother simply because her brother enjoys privileges she doesn't enjoy.'

Thandi Mbete, is an 18-year-old student at the Wits Technicon.

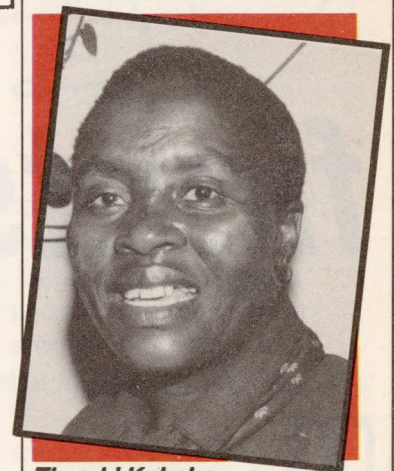
She agrees with Nkgomotsang. 'I think the way boys are treated is wrong. Boys who are allowed to do what they want, often go through life thinking they are superior to women. I don't have time for such idiots,' says Thandi.

'In my family things are not like that,' Thandi added. 'My mother treats my brothers and I in the same way. She has taught us to talk about problems with her. I go anywhere with my boyfriend and come back anytime. But I have to tell mom before I go out. Mom thinks I'm old enough to be responsible. She trusts me'.

Thembi Khubeka is a mother of three children. She says she treats Nthabiseng (18) and Thabo (16) the same. 'They share all household duties.



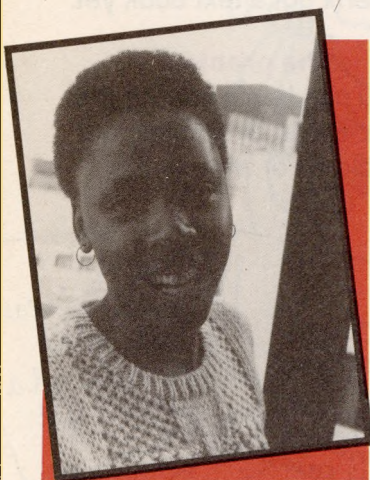
Thandi Mbete



Thembi Khubeka

Everyone must be home by seven o'clock. At night I want my kids to study and to watch useful TV programmes. It's the only time we get together as a family.'

Speak out!
What do you think should boys and girls be treated the same way? Write to us and let us know your views.



Nkgomotsang Mphomane



How to



fight

Help to build peace in South Africa – become a peacemaker! Conflict is okay. Violence is not. In the last issue of Upbeat we showed you how conflict can grow in the classroom, at home, on the playground and in the community. You also got some ideas on how to resolve these conflicts peacefully.

Peacemakers must think about the reasons why there is conflict between people. Here are some reasons. Can you think of any others?

- You fight because you want to show you are more powerful than someone else.
- You want to save face or win back your pride.
- You have different political ideas.
- You don't trust each other.
- You are powerful and like to show how strong you are.

One way to settle conflicts and build peace around you, is to be a mediator. There are times when people cannot solve their problems on their own. They need the help of an outside person who is not involved in the conflict. This person is called a *mediator*. The mediator helps people who disagree solve their fight. A mediator listens to both sides and helps them come to a fair agreement.

There are four steps mediators follow.

1. Introduction

Your first task as a mediator is to set the stage for peace. Help the warring parties* relax and cool off. Begin by shaking hands and introducing yourself. Congratulate the parties deciding on to come to mediation. Explain to everyone what you'll be doing. Say that you are all here to solve the problem peacefully. Explain that you won't judge them. You want to help them reach an agreement that both sides are happy with. Also say that you will keep what they say secret. Ask them to do the same.

2. Story telling

Ask each party to tell their story, one at a time. Don't let anyone interrupt. Listen to each story carefully. Make sure you understand what they say. Ask

REMEMBER we are here to try and find a peaceful solution- so I need your help too!



questions if you don't. Once the parties have finished telling their stories, summarise the problems. You can also summarise along the way, if you like. Then at the end list all the problems raised.

Problems:-

Faiza:

- Sipho grabbed my book. Won't give it back.
- He whistles at me. It's embarrassing.

Sipho:

- Faiza is a tease
- won't share
- I haven't got a text book yet.

3. Solving the problem

Now you can begin solving the problem. Begin by pointing out any problems or worries that

Problems:-

Faiza:

- Sipho grabbed my book. Won't give it back.
- He whistles at me. It's embarrassing

Sipho:

- Faiza is a tease
- won't share.
- he hasn't got a textbook yet.

both parties share. Encourage each party to talk about any misunderstandings or bad feelings. Interview each party in turn. Begin with the easiest problem on the list. Encourage people to talk directly to each other. Keep reminding people what each side wants and hopes for.

Ask each party what they are prepared to do here and now to resolve things. If you need to get ideas, use 'what if' questions. For example, ask Faiza what she would do if *she* didn't have a textbook and Sipho refused to share his textbook with *her*.

Take a break if you get stuck. If one side is being difficult, speak to them alone. Tell them you are having problems with their attitude and say why.

4. Make an agreement

As a peacemaker you must help the fighting parties shape an agreement that they can live with. You may think of an agreement during the problem solving stage. Or you can suggest an agreement to the parties now. Write down the

agreement when both parties have agreed. Discuss what to do if there are future problems. Ask each person to tell the other person that they are willing to stick to the agreement and give peace a chance.



SAY SORRY!



It's simple, isn't it? Remember, you can't mediate your own fights. But you can offer your skills as a peacemaker when there is conflict at home, at school or in your community.

Remember:

Try to sort out problems before they get too big or pile up too high. Notice when a problem starts. Talk to someone about it. Make a plan to solve the problem. Then take one small step at a time.

There are four steps in mediation.

1. Introduction
2. Story telling
3. Solving the problem
4. Agreement

Next issue – meet Mandla. He's a peacemaker. He sorted out a fight between two classmates. Don't miss it!

Many wonders – one plan

Our world is full of amazing plants and animals.

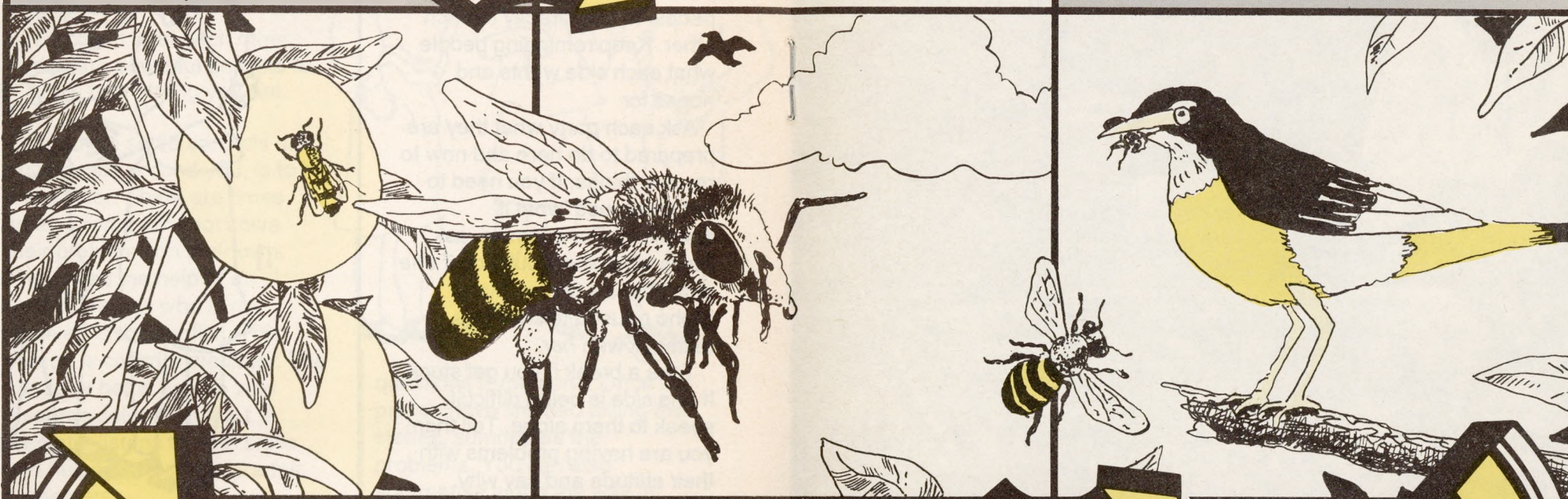
Some are tiny, while others are huge. Some are dull and others are bright and colourful. But they all depend on each other to survive.

Each type of living creature makes its home, called a habitat. This might be a pile of old leaves, a forest or a river. The world has millions of different habitats.

In each habitat, the lives of plants and animals fit together like a jigsaw puzzle, all part of a wonderful plan. The sun gives heat and light. Plants use this to make their own food from carbon dioxide, water and nutrients from the soil. Plants are food for

This simple food chain shows how plants and animals in an ecosystem are linked.

A bee feeds on the peaches.



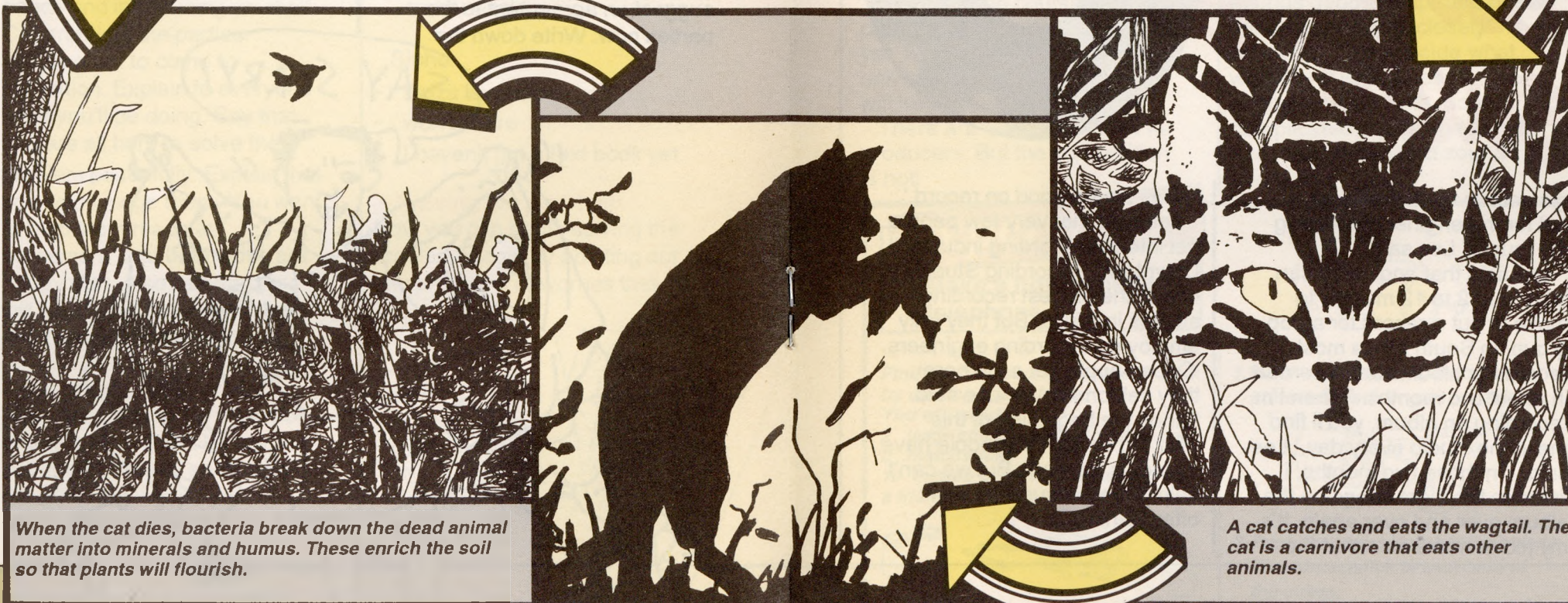
A wagtail catches and eats the bee. Many birds are omnivores - they eat both plants and animals.

different kinds of creatures, large and small. The small creatures are food for other bigger creatures.

All living things eventually die. They are broken down into substances that enrich the soil so that plants can grow. Nothing is wasted. A group of animals and plants that depend on each other to live is called an ecosystem.

Here is a simple food chain that shows how the plants and animals in an ecosystem are linked.

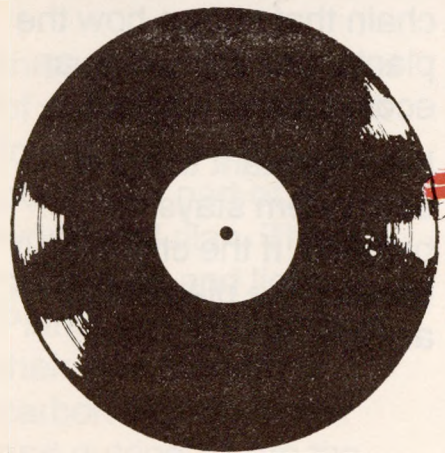
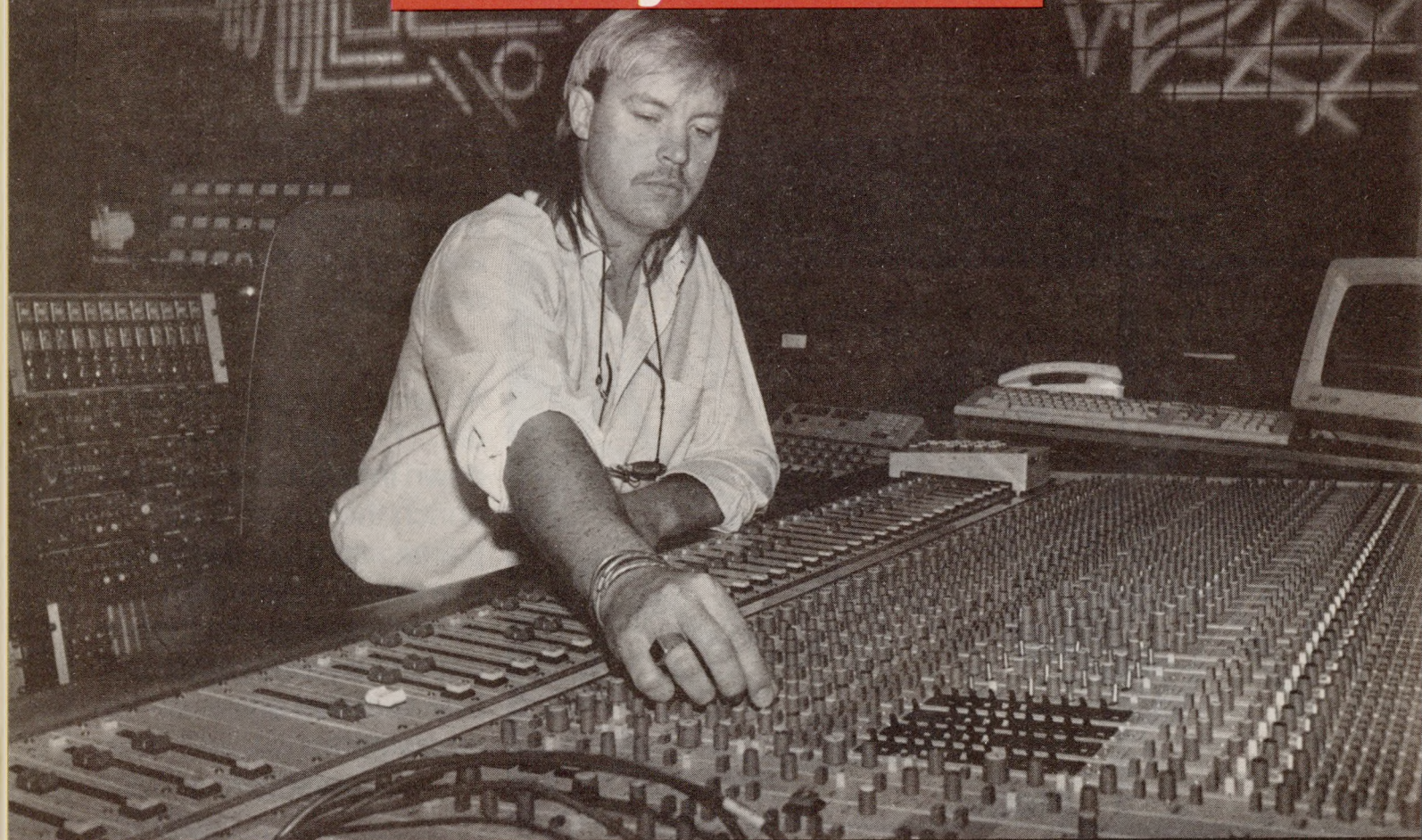
It is important that the ecosystem stays in balance. If the chain is broken, the plants and animals will die.



When the cat dies, bacteria break down the dead animal matter into minerals and humus. These enrich the soil so that plants will flourish.

A cat catches and eats the wagtail. The cat is a carnivore that eats other animals.

Working with Science



In a recording studio



We thought that working in a recording studio must be great fun. You meet famous pop stars and listen to cool music the whole day long. 'It is not true!' Lee Short, the chief recording engineer of Downtown Recording Studios told Upbeat.

'When I started working as a recording engineer, I thought my work would be glamorous, working with great musicians. But I soon realised that it's only

glamorous for the musicians, not for the engineer recording the music!' Lee said.

Lee said that engineers can take from 2 to 12 months to make or cut a record for a pop group. In South Africa most records or albums are recorded in about two months. 'When I'm recording an album, you'll find me in the studio every day,' Lee said. 'In those two months, I listen to the eight songs on the album over and over again. It's my job to make sure that the

songs sound good on record.'

Lee said that very few people get into the recording industry. Downtown Recording Studios is one of the biggest recording studios in Africa. But they only employ six recording engineers. 'Once people get a job here they seldom leave,' Lee said. 'Since the beginning of this year, more than 40 people have asked us for work. But we can't help them because we don't offer training.'

CAREERS IN THE RECORDING INDUSTRY

Record Producer

If a music group wants to record their music, they make a demo (demonstration) tape of their songs. A demo tape is a rough recording. The group gives this demo tape to the Artist and Repertoire Department of a recording company. The manager of this department listens to the tape. If it is good, the record company asks a producer to work with the pop group.

The producer meets the group and makes suggestions about the songs. He tells them what changes they must make to the music or words of the songs. Then the producer prepares for a recording session. He books a recording studio and finds a recording engineer. He tells the engineer what musical instruments are needed in the studio.

A producer must know a lot about music. She must know what music is popular. She must know when something sounds good. She must also know about musical instruments. For example, she must be able to hear when a guitar is not tuned properly.

There are no courses for producers in South Africa. But if you have studied music at university or at a technikon, it will help you.

There are quite a few jobs for producers. But the competition is hot!

Sound technicians

Sound technicians and recording engineers operate complicated sound and recording equipment. They must know about acoustics and the different techniques used to create atmosphere through sound.

Sound technicians on radio stations are responsible for the recording and broadcasting of sound. They work a control desk and they use microphones, tape machines and turntables. They work very closely with announcers, producers and commentators.

To be a sound technician you do a basic training course of about six weeks. Further training is done on the job. To be accepted on the course, you must understand and know a lot about music. You must also be able to handle all the complicated music equipment in the studio.

Recording Engineers

A recording engineer works in the recording studio. It is his job to listen carefully to what the producer and the pop group want. He puts their music onto tape and makes sure that it sounds good. The producer and the engineer work closely together – they decide what works and what doesn't. The engineer works with modern, complicated equipment to help him make the record sound good.

Where to get training?

If you are interested in learning about music, there are lots of places that offer music classes. Here are some:

MAPP
P O Box 55
Athlone
7760

Alexandra Arts Centre
31 Second Street
Marlboro
Alexandra
2063
Phone: (011) 887-4278

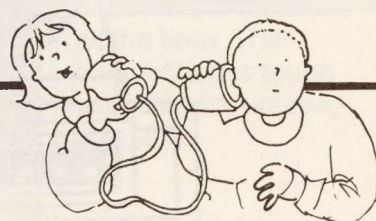
The SABC offers on-the-job training for sound and recording engineers. You need a matric with good marks in Science and Maths. The SABC told Upbeat that applicants must not be colour-blind or physically disabled. If you wish to apply write to:

The SABC
Personnel Department
Private Bag X41
Auckland Park
2006

You can apply anytime in the year.

Wits Technikon offers a diploma in Broadcasting. For more information, write to:

Wits Technikon
P O Box 3293
Johannesburg
2000



3. Talk into your container while your friend holds his container over his ear. Can he hear what you say?



4. Now pull the string tight and try again. Can he hear what you say now?

Sound waves make objects vibrate. Which vibrates better, tight string or loose string?

Experiment

Make a home-made telephone

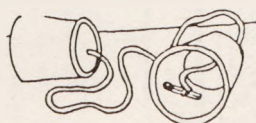
Find out how sound vibrations work by making a telephone.

You will need:

- 2 large empty yoghurt containers
- 2 matchsticks
- 10 metres of thin strong string



1. Make a hole with a nail in the bottom of each yogurt container.



2. Push the string through the holes. Tie a matchstick to each end of the string.

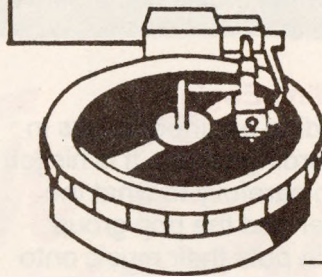
Capturing sound

Records bring our favourite music into our homes every day. But how do these black circles capture and keep music for us to listen to?

For the past hundred years or so, records have brought joy and pleasure into people's lives all over the world. The first sound recording was made in 1877. Thomas Edison, an American inventor, built a machine called a phonograph. It worked very much like the record players we have in our homes today.



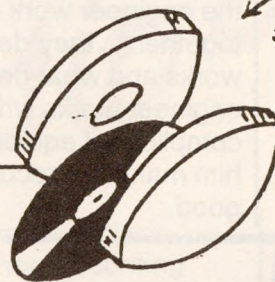
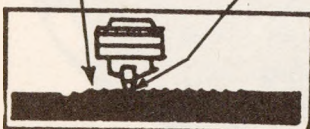
1. A microphone picks up the noise vibrations in the air. It turns them into waves of electrical current.



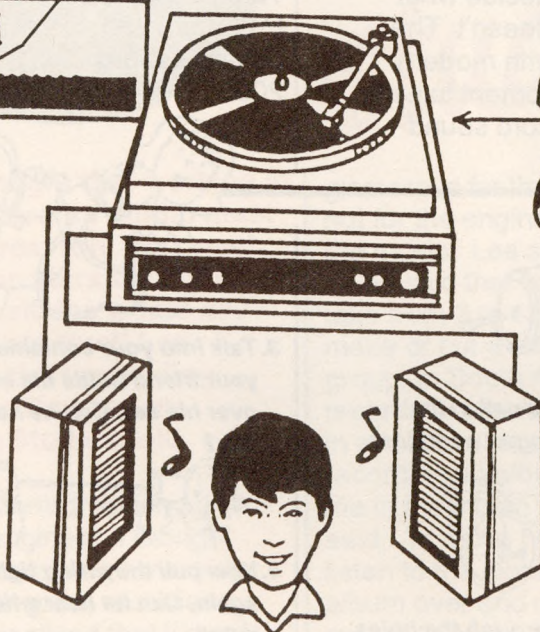
2. These waves cause an electromagnet to move the cutting needle very quickly from side to side as the disc spins. The needle cuts a wiggly groove in circles from the outside to the inside of the record. Now the master disc is ready.

record grooves

Stylus (needle)



3. Stampers, which are metal-coated moulds of the master disc, are used to press the two sides of a plastic phonograph records.



4. The wiggly grooves on the record are the vibrations which make up music. But you need a record player if you want to hear the music. The record player turns the wiggles in the record's grooves back into sound. The player's needle rides lightly in the grooves of the record. The wiggles make the needle vibrate. The vibrations produce signals that are carried by electricity to the record player's speakers. And then you have it – sweet music.

Teenage tennis star

Lucinda Gibbs isn't what you'd expect of a top tennis player. She is a small, slim girl with an impish smile. She wears two-tone baggy shorts. But when you talk to her, you hear the determination which has brought her success.

Lucinda has been chosen to play in the South African woman's junior tennis team. This team will compete in the Federation Cup tournament in Athens, Greece.

'I always wanted to be a tennis player,' explains Lucinda. 'I loved watching tennis. So I started playing.' This was when Lucinda was 10 years old. By the time she was 12, she was playing in tournaments.

Her first competition was the National Panasonic Under 12

tournament in Cape Town. Here she won the double's title. Lucinda has won single titles as well.

Lucinda practises for two and a half hours a day, hitting different shots over and over again. 'Practising like this makes your shots very powerful,' she said. 'If you rally a lot and concentrate, you get better all the time. If you're fit, your whole mental outlook improves a lot.'

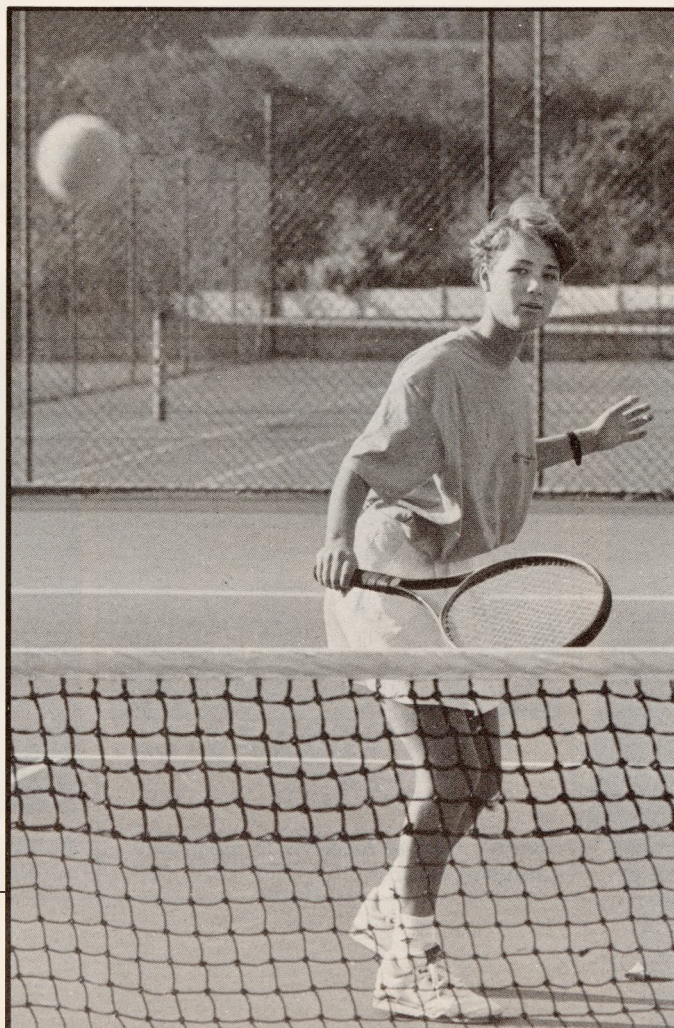
'I don't get distracted by crowds – I'm used to them already. But when I started off I was quite nervous – even if there were only one or two people watching,' Lucinda laughed.

Besides tennis practice, Lucinda also works out in gym. She does special weight training for tennis. This has helped her to develop a strong serve. Lucinda also goes jogging occasionally.

She is also part of the South African development team. They encourage children from poor areas to play sport. So it is not surprising that she has very little time for anything else.

'When I have been away from school playing tennis, I try to do one and a half hours of my school work a day. That's too little for Std 9. I don't know how I am going to pass this year! I have no social life at the moment. I don't have many friends either. At night I'm so tired that I seldom go out'.

But Lucinda does not have any regrets. 'I know if I want to be a world class tennis player I must concentrate on tennis all the time. The competition is tough, especially overseas,' she said.



Lucinda Gibbs hard at work on the tennis court.

Let's talk about sex

Young people must know about their bodies. They must understand how babies are made and how diseases spread through sex. What are young people learning about sex and who is teaching them? Upbeat investigates.

Dianna Theko is 19. She is studying for matric at Saulridge Secondary School, Atteridgeville. Her mother taught her about sex.

'My mother told me about sex when I was 15. I was very embarrassed but she wasn't. Afterwards she took me to the clinic. We are very close friends.

'I think that the family planning clinics should come to schools and tell students about sex and contraception. But they must not tell students not to have sex. No-one will listen to them,' Dianna said.

Hearing from friends

Honey Swenyane is 20. He is doing matric at Rethabile High, Mamelodi. He thinks there should be sex education at school although he feels happier talking about sex with his friends.

'I know very little about sex and I would like to know more,' he told us. 'What I know, I found out at a lecture on sex at the SOS Children's Home. They said that sex must be linked to marriage.



▲ Honey – would rather talk to his father about sex.

◀ Diana's mother took her to the family planning clinic.

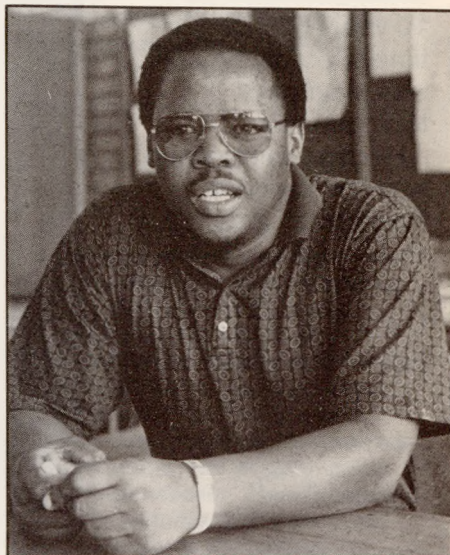
'I prefer to talk about sex with my friends as I feel comfortable with them. I would feel shy if my parents spoke about sex. But if they did, I would rather my father spoke to me. I feel freer with him,' Honey said.

Sex education empowers

How do teachers feel about sex education? Solly Mogaladi teaches at a school in Atteridgeville. He feels that sex education empowers students.

'I think that the number of teenage pregnancies will drop if there is sex education at school,' Solly said. 'But I think the schools must talk to the parents about it first. And the person who teaches sex education must be sensitive to the students.

'Sex education makes students think about sex instead of just rushing into it. Sex education must teach students to be responsible, not only to



Mr Mogaladi – schools must talk to parents.



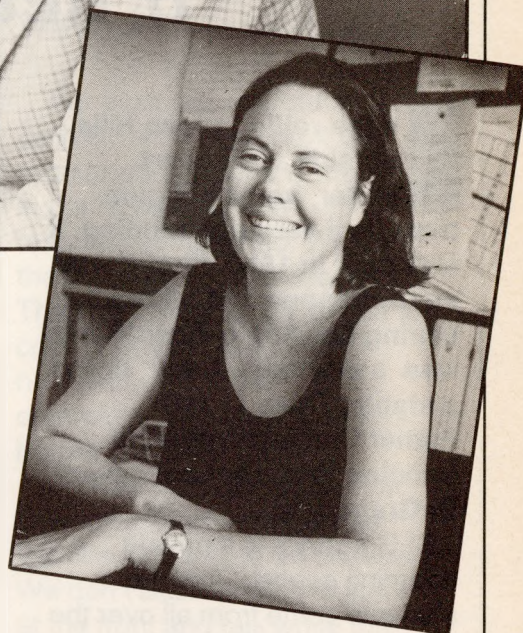
Reverend (Tabasa) – contraceptives encourage sex. ►



◀ *Mrs Mkatala will talk to her daughter about falling pregnant.*



► *Ruth – girls have the right to say no.*



themselves but to their parents and society.

'I don't think it makes any difference whether students know about contraceptives or not. If they want to have sex, they will have sex. So it is better that they know how to prevent falling pregnant.'

The parents' duty

Many parents feel shy to speak to their children about sex. Neliswa Mkatala, a mother of a 13-year-old isn't. 'I think that both parents and teachers should teach children about sex,' she said. 'When my daughter turns 15, I will speak to her. I will tell her that if she has sex, she will fall pregnant. I will also tell her about sexually transmitted diseases and AIDS.'

'I don't mind if she knows about contraceptives, but I don't think she must use them when she is so young. I think it is bad for your body. But I would rather that she used contraceptives than fell pregnant. And when my daughter starts to have sex, I want to know. I don't want her to have many boyfriends.'

But the Reverend Jakes Mabaso, a minister in the Church of England in South Africa, has different views. He believes that if you talk about contraceptives you encourage sex. 'I think that contraceptives do not solve problems,' he told us. 'Telling young people about contraceptives encourages looseness. Sex outside of marriage is an age-old problem. Even in the Old Testament, there is advice for young boys on keeping pure and fighting passion and lust,' he added.

But Reverend Mabaso still thinks there must be sex education.

'In the bible it says that parents must answer their children's questions, not just about sex but about everything. I think that sex education is the responsibility of parents, teachers and people who work in the family planning clinics.'

'But when people tell children about sex, they must tell them about the limits too. Sex outside of marriage is against God. And when people do this, they hurt themselves,' he said.

Ruth Underwood works at the Education Support Programme (ESP). She has written a sex education course for their Saturday morning classes. 'We don't say "Don't have sex" but we say that women have the right to say "No" and men must respect this,' Ruth told us.

'Our course starts with relationships. We talk about sex and love. Then we talk about teenage pregnancies and abortions.

'Next we deal with rape, followed by a session on sexually transmitted diseases and AIDS. We end with a session on contraceptives.'

Everyone agrees that students must learn sex education. But what to teach and how to teach it, still remains a hot debate.

Speak Out
There are many different
opinions in this story.
What's your view? Write to
us at P O Box 11350
Johannesburg 2000.

St Gregory's— a new kind of school

In the rolling green hills outside of Escourt, under some tall gum trees, is a very old building. It was built in 1880. First it was an orphanage and a hospital. During the Anglo-Boer War it was a mortuary. Later it was a stable. Then, in 1987, Father Clucas turned the building into a school called St Gregory's.

St Gregory's is a private boarding school. And the students come from all over the country. Upbeat went to St Gregory's. We spoke to some students. They all said that St Gregory's was great.

'Everyone is equal'

Nomsa Mbopa comes from Qwaqwa. 'I think that St Gregory's is a very special school,' said Nomsa. 'The nicest thing is that everyone is equal. We used to have prefects. They thought they were better than us. So we didn't like them. Now we have an SRC.

'The SRC is made up of reps from Std 7 upwards,' said Oyama Makalema, taking over from Nomsa. 'They take up students' complaints through their committees.

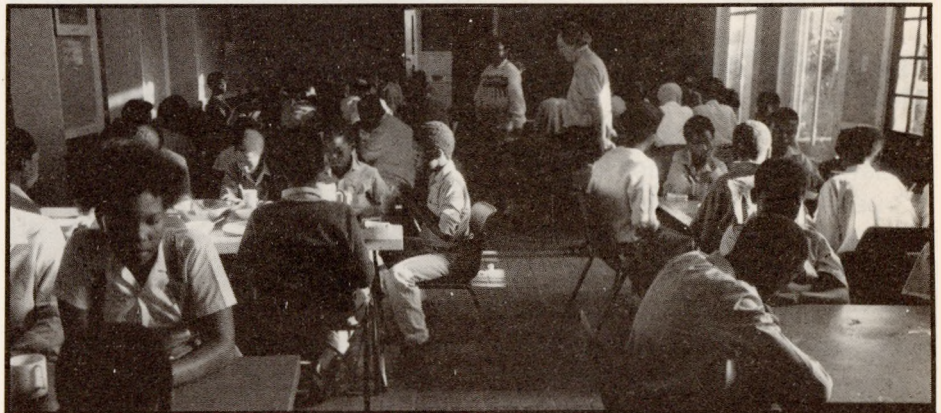
'The principal also makes St Greg's different from other

schools,' said Mamello Thula. 'You can speak to him like a human being – unlike other principals. Sometimes he gets angry and shouts but then we understand.'

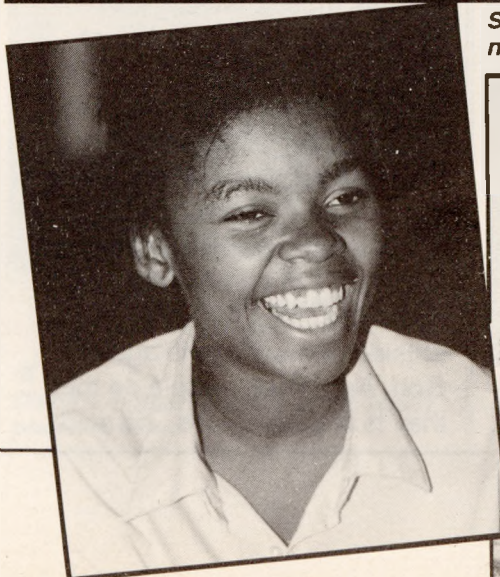
'One big problem at St Gregory's was that the girls, were frightened of the boys, Nomsa told us. 'It was so bad that the girls refused to sit with boys in the dining room. So



Paul Kihn, the English teacher, encourages students to say what they think.

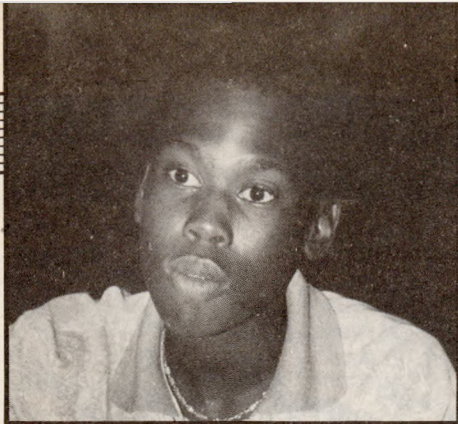


Supper time at St. Gregory's – a noisy but fun time.



Nomsa Mbopa





Oyama Makalema

some students went to workshops run by The Grail. We learnt how to cope with sexism, family problems and how to solve conflict'.

Students find answers

'Lessons are also great at St Gregory's,' said Oyama. The teachers encourage us to ask questions about everything. In Science we have many arguments. The teacher doesn't tell us we are wrong. Instead she sends us to find out more. Then we debate in class. For example, I refused to believe that stars do not produce their own light. But after reading up, I found out that she was right.'



Mamello Thula

Reaching out

St Gregory's have a full-time outreach officer, Anna Lidzey. Anna told Upbeat about their outreach programme.

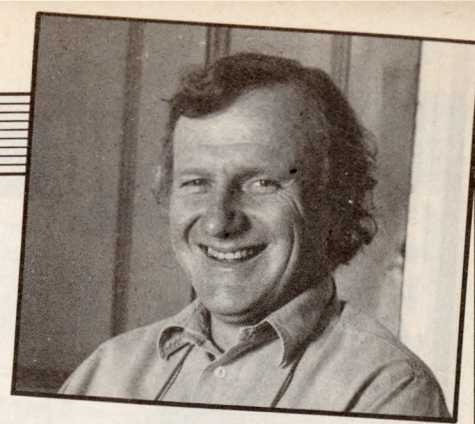
'The idea,' said Anna, 'is that the school is used by the community around us. We have meetings with the people in the local village. Most people around here are squatters. We helped them to fight being moved. We also helped them to clean up the river. Now they can use it for drinking water.'

'We work with another squatter community about 10 kilometres away called Cornfields. There is very bad soil erosion there. Our students are planning to work with students from Cornfields, to build walls in the dongas to stop the erosion.'

The 'human' principal

Upbeat want to meet the man behind it all, Billy Roberts, the principal. He laughed when we said the students say he makes the school different.

'I suppose I just believe that everyone has something to say,' said Billy. 'I also believe, students learn much more outside the classroom.'



Billy Roberts the 'human' principal.

'For example, we had a problem when a student was rude about a teachers' meeting in our newsletter. One of the teachers complained. We let the Journalism Club deal with it. They learnt that they needed to control what goes into the newsletter. Now they have a committee who checks stories before they print them.'

'In class we like teachers to use active learning methods. We like students to do projects. We don't like teachers to stand at the front and talk while the students sleep at the back. The teachers also present their work to the rest of this staff. This means that all the teachers know what the other teachers are doing.'

'But we are not without problems at St Greg's. It is a big responsibility running a mixed boarding school. I get very jumpy when the boys eye the girls.'

'Working in Natal is also not easy. Recently we buried one of our best teachers, Mr Nzulu. He was killed in the township because he belonged to the ANC.'

'Although our hearts are still sore, we still hope to build up the kind of school and society Mr Nzulu was fighting for — a happy, equal and dynamic one, Mr Roberts ended. And judging by the smiling faces that we saw, St Gregory's seems to be winning the battle - that of building a school where students love learning. ■

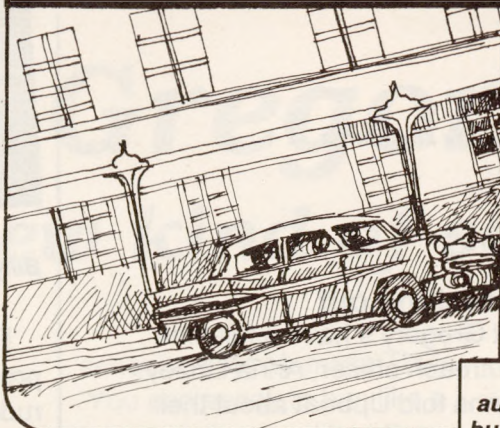


TAXI DRIVER

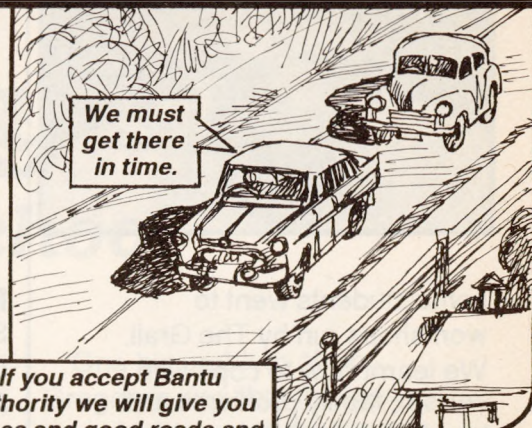
PART 13

In a village in Sekhukhuneland old man Kabu tells Menta and Phillip his life story

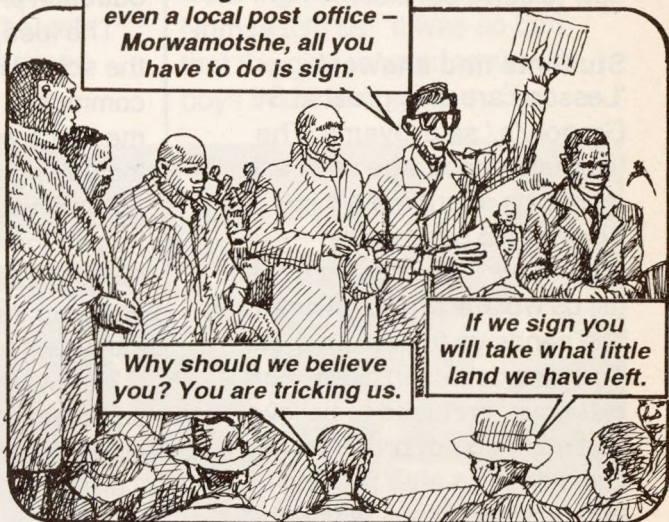
January 1957. In a village in Sekhukhuneland. The government want Morwamotshe, the chief to sign a piece of paper. They want him to sign in front of everyone. Kabu and other migrants raced home from Alexandra township...



We must get there in time.

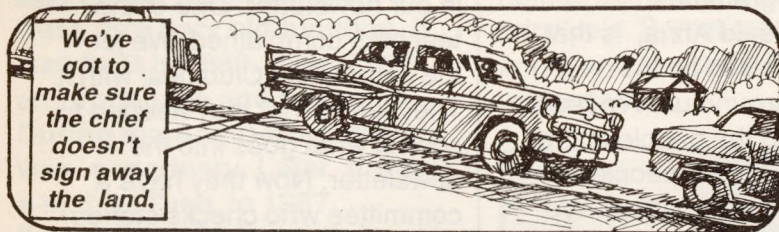


If you accept Bantu authority we will give you buses and good roads and even a local post office – Morwamotshe, all you have to do is sign.



Why should we believe you? You are tricking us.

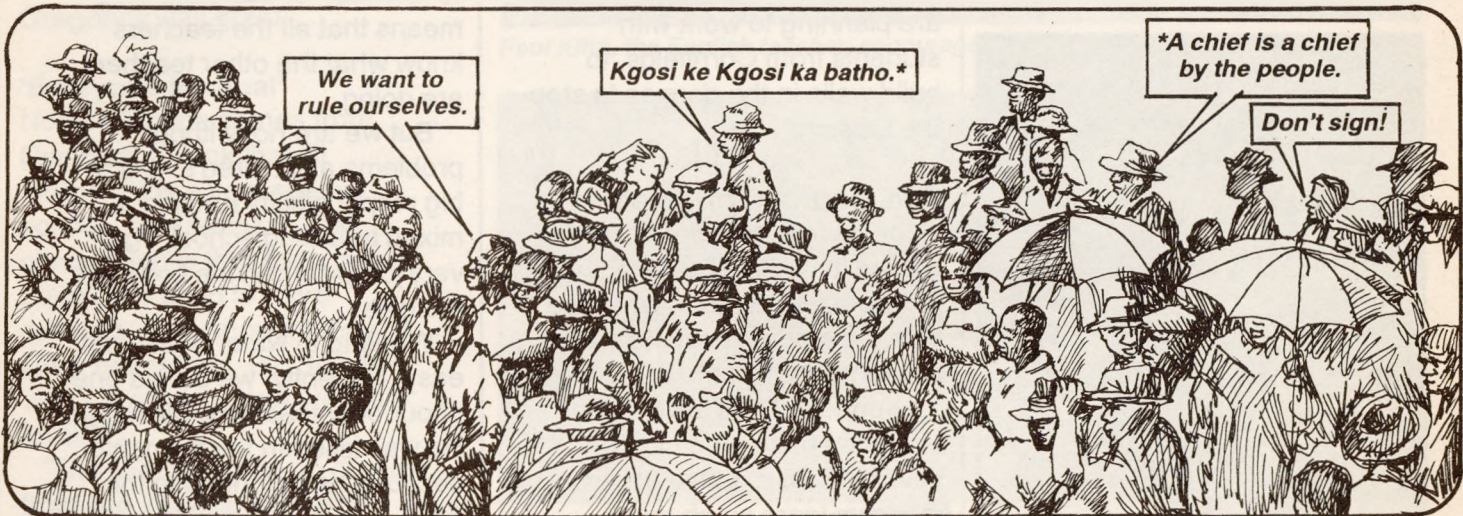
If we sign you will take what little land we have left.



We've got to make sure the chief doesn't sign away the land.



We've made it just in time!



We want to rule ourselves.

Kgosi ke Kgosi ka batho.*

*A chief is a chief by the people.

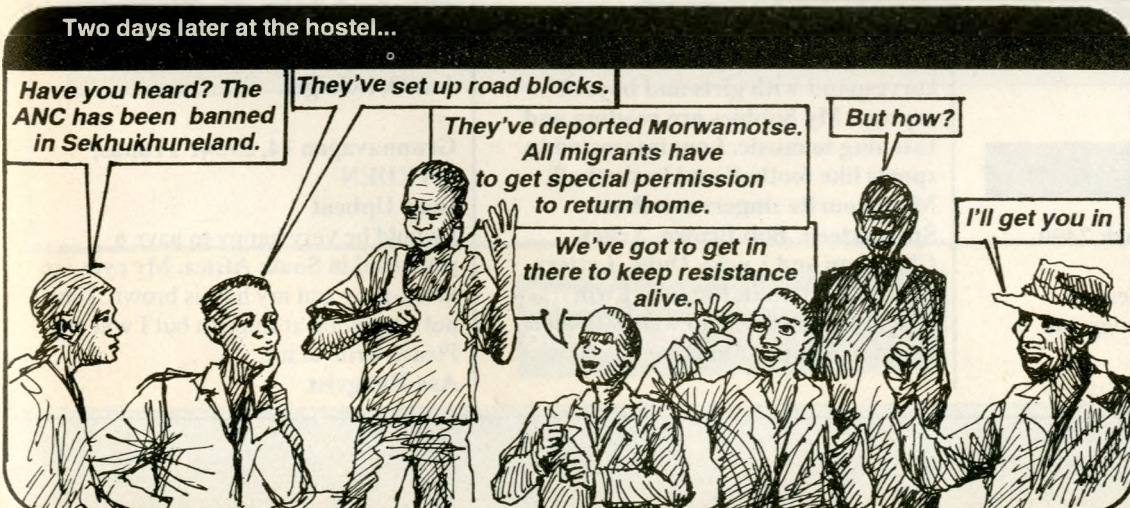
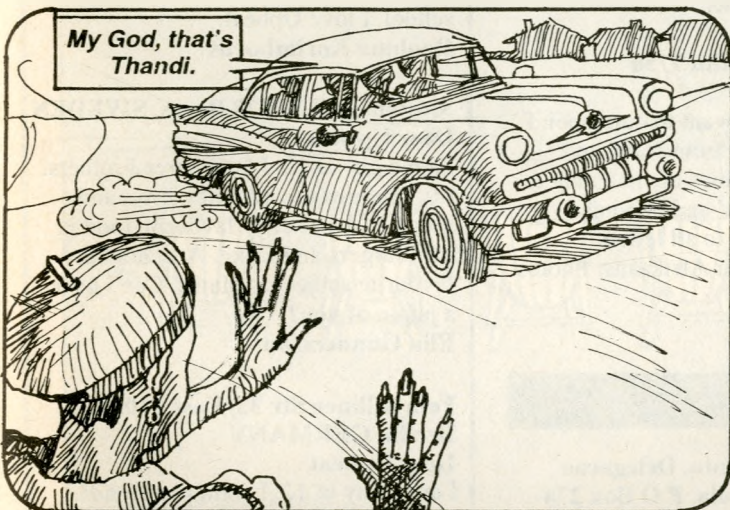
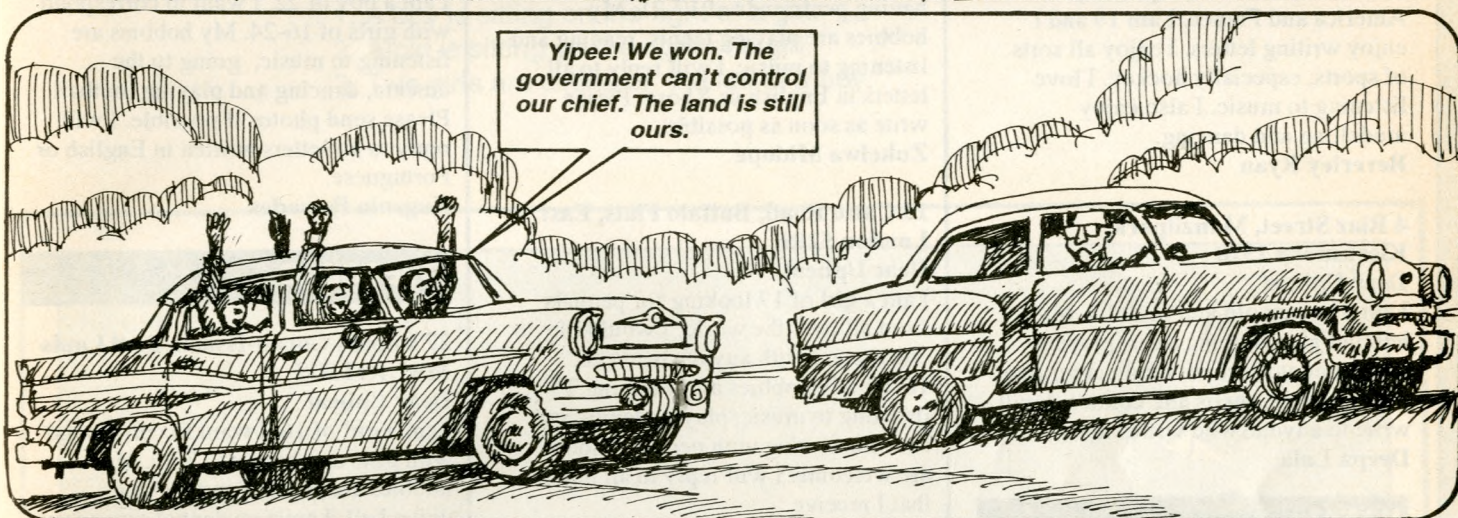
Don't sign!



Huh!



You go back and tell my people that I have not signed for the land.



How will Kabu get back home? Will the chief give in? Don't miss Upbeat No 6.

45 1st Avenue, Alexandra 2090

Dear Upbeat

I am a girl of 15 doing Std 7. I want penpals of 14-18 from all over the world. My hobbies are listening to music, watching TV, reading comics and writing letters. I will reply to all letters written in English.

Rose Mahlobo

503 Metro City, 16 Pretoria Street, Hillbrow 2001

Dear Upbeat

I want to have penpals from South Africa and overseas, especially America and France. I am 19 and I enjoy writing letters. I enjoy all sorts of sports, especially hockey. I love listening to music. I also enjoy modelling and dancing.

Beverley Ryan

4 Riaz Street, Manzilpark, Klerksdorp 2570

Dear Upbeat

I am 11 years old and in Std 3. My hobbies are climbing trees, playing tennis and volleyball. I collect writing paper, stones, shells and comics. I will write to anyone who writes to me.

Deepa Lala

NATAL

24 Holzner Road, Marianhill Park, Pinetown 3610

Dear Upbeat

I am in Std 4 at Benjamin Pine Primary School. I am 11 years old and would like a penfriend. I enjoy running, swimming, art and reading. My home language is English, although I was born in Germany. I will answer Afrikaans letters.

Kim Lin Jessnitz

P O Box 348, Verulam 4340

Dear Upbeat

I am a girl of 15. I would like penpals of 15-17 from overseas. My hobbies are reading, music, travelling and playing sport. Please send a photo with your first letter.

Keloshnee Govender

CAPE

Lena Close 6, Valhalla Park 7490

Dear Upbeat

I am a girl of 12. My hobbies are swimming, modelling, dancing and karate. Please write to me.

Charlene Japhta

58 Soetwater Hof, Hanover Park 7780

Dear Upbeat

I am a girl of 13. I would like to correspond with children of all races and ages. My hobbies are listening to music, collecting recipes and writing letters. Letters must be written in English or Afrikaans. I promise to reply to everyone.

Nicole Bloemfontein

62 Zone 17, Mdantsane 5219, Ciskei

Dear Upbeat

I am a girl of 17. I am interested in having penfriends of 17-21. My hobbies are playing tennis, reading and listening to music. I will reply to all letters in English or Xhosa. Please write as soon as possible.

Zukelwa Mhlope

13 Catto Road, Buffalo Flats, East London 5209

Dear Upbeat

I am a girl of 17 looking for penpals from all over the world. I would like to correspond with anyone between 16-19. My hobbies are watching TV, listening to music, playing tennis and communicating with people. Photos are welcome. I will reply to all letters that I receive.

Marlene Fredericks

36 NY-83, Gugulethu 7750

Dear Upbeat

I am a girl of 16. I want to correspond with girls and boys from Natal and Transvaal. My hobbies are listening to music, watching TV and playing netball. I will reply to all letters written in English or Afrikaans. Photos will be welcomed.

Maria Mtshina

AFRICA

Alfandez de Maputo, Delegacao aduaneirada, Matola, P O Box 274 Maputo, MOZAMBIQUE

Dear Upbeat

I am a guy of 22. I want to correspond with girls and boys of my age. My hobbies are reading and listening to music. I am interested in sports like football and basketball.

My favourite singers are Bruce Springsteen, Bob Brown, Tracy Chapman and Lucky Dube. Letters may be written in English. I will reply to everyone who writes to me.

Ezequie Alfonso Macamo

Anone L.E.C., P O Cutting Camp 764 LESOTHO

Dear Upbeat

I am a girl of 18 doing Form C. I would like to correspond with boys and girls of 18 and older. I will reply to all letters written in English and Sesotho only. My hobbies are watching videos at school and writing to penpals.

Ntaoleng A. Mosolo

Eduardo Mondlane Ave, No 1788 16 dio, Maputo, MOZAMBIQUE

Dear Upbeat

I am a boy of 22. I want to correspond with girls of 16-24. My hobbies are listening to music, going to the cinema, dancing and playing football. Please send photos if possible. I will reply to all letters written in English or Portuguese.

Eugenio Passades

OVERSEAS

27 Impass Gorah-Issack, Port Louis MAURITIUS

Dear Upbeat

I am a girl of 16. I want to correspond with girls and boys of 17-20. My hobbies are reading and playing volleyball. I am a student at secondary school. I love Upbeat.

Roobina Korimbocus

Sjostensg.17, 50238 Boras, SWEDEN

Dear Upbeat

I am a girl of 12. I have three brothers. My interests are athletics, boys and going to discos. My favourite food is hamburgers and Coke. At school my favourite subject is Maths. Can I have a photo of you?

Elin Gunnarsson

Fehrbelliner Str 32, East - 1054 Berlin, GERMANY

Dear Upbeat

I am a boy of 12. I want penfriends from South Africa. My hobbies are going to the cinema and swimming. I will reply to all letters.

Jan Oelschagel

Grannavagen 14, 57341 Tranas, SWEDEN

Dear Upbeat

I would be very happy to have a penfriend in South Africa. My eyes are green-grey and my hair is brown. I'm not very good at English but I will try. Please write to me.

Asa Hellqvist

PUZZLE

Count the children in the beach chairs

It is impossible to see small children when they are sitting in the deck chairs on Muizenberg beach. See if you can work this out. What is the smallest number of chairs that are occupied by children? Use this information to work it out.

1. A boy is sitting on the right of a girl.
2. A girl is sitting on the right of a girl.
3. Two girls are sitting on the left of a boy.



Check your answers
on page 39.



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ADVICE

Problems with studying or careers? You are not alone. Write to us at: P O Box 11350, Johannesburg 2000

Teacher training - Eastern Cape

Dear Upbeat

I am a boy of 20. Last year I passed matric with an EE symbol. I want to know if a teachers' training college will accept me.

I'm presently at home doing nothing. I also want to know if I can collect news from my old school and send it to you. Will I get paid for this?

Bonisile Appolis, George

Dear Bonisile

We showed your letter to the Education Information Centre. They said that there's a chance that you may not be accepted because your matric symbol is not very good. But you can apply to a training college near you. To get the name and address of the teachers' training college nearest to you write to: The Director-General Department of Education and Culture

Private Bag X9008
Cape Town
8000

or
The Regional Director: Cape
Department of Education and
Training
Private Bag X3903
North End
6056

We would love to get stories from you. And you'll receive R30 if we publish your story. To find out more about writing for Upbeat, turn to page 11.
Good luck!
Editors

How to apply for bursaries

Dear Upbeat

I am a Std 10 student at Batloun High School. I want to study journalism. I have applied to the Natal Technikon and Peninsula Technikon. But I don't have money for my studies. Please tell me where I can apply for bursaries.

Tshepo Samuel Rangane, Mmabatho

Dear Tshepo

Many students apply to study at universities or technikons without thinking about bursaries. By the time students get their matric results and are accepted at university, it's too late to apply for bursaries. So it is a good idea to start collecting information about bursaries now. If you apply now, you will be in time for the closing date for bursaries which is normally the end of August.

Education Information Centre
P O Box 62270
Marshalltown
2107

Careers Research and
Information Centre
P O Box 378
Athlone
7760

Most technikons and universities have lists of organisations that offer bursaries. So when you apply, you can also ask them for bursaries.

You can also write to the following organisations for information about bursaries. They do not offer bursaries but they will send you information about all the bursaries you can get.

Institute of Race Relations
69a de Korte Street
Braamfontein
2017

When you write to these places tell them

- what standard you are in
- what course you want to study, for example journalism or teaching
- where you want to study - at a technikon, college or university.

When you receive your list of bursaries, read it carefully. Write down all the bursaries you can apply for. Then write a letter to the organisations that give the bursaries and ask for application forms. Fill in the application form and send it off. Remember post your application long before the closing date.

Bursary applications that arrive after the closing date are not accepted. It is best to send your application by registered mail. Then you can be sure it won't get lost in the post.

Good Luck!
Editors

Be an Upbeat reporter!

Readers, we want all of you out there to write stories for us. And if we publish your story, you'll be R30 richer! It's easy. Tell us what's happening in your school, youth group, family or community. Or write about a sad, funny or crazy event that happened in your life.

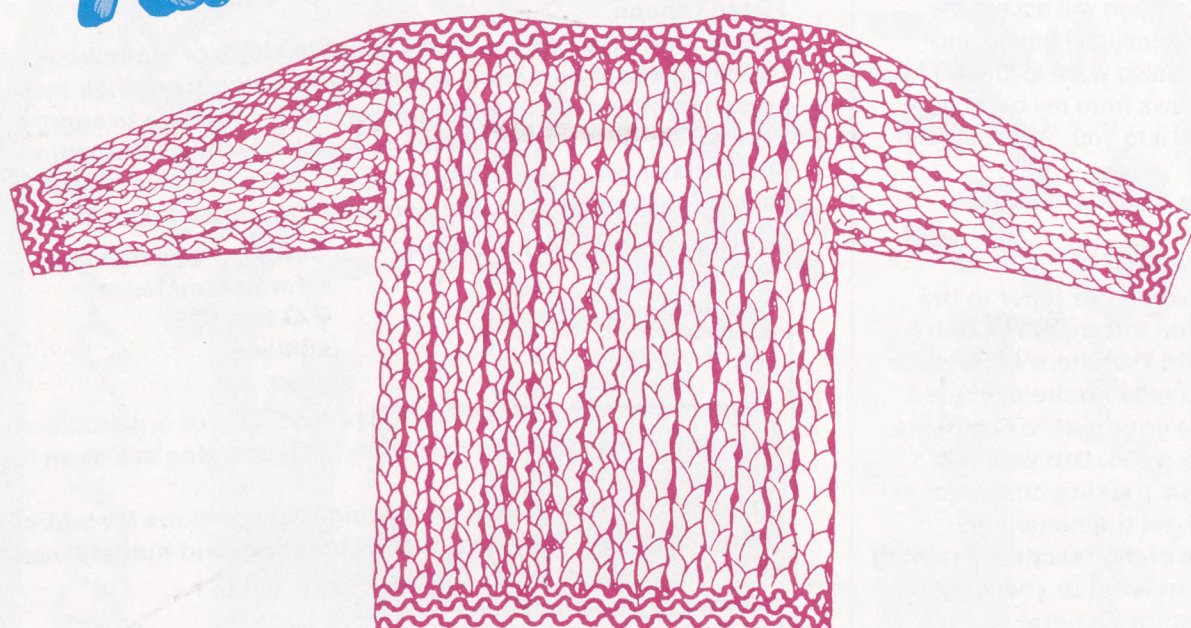
Share your ideas with other young South Africans.

Teachers, see your students' writing in print. Get them to write stories in their English lessons. Last year we ran a series on 'How to write a story'. If you would like copies of this series, let us know.

Send your stories to:
Upbeat Newsdesk
P O Box 11350
Johannesburg
2000

Don't forget to send us your name, age and address and the name of your school. Please send us black and white photographs if you can.

knit a jersey



Here is a simple jersey for you to knit for yourself.
Come on boys – you can do it too!

You need:-

- * one pair of 9mm knitting needles
- * one pair of 6mm knitting needles
- * 14 50g ball of chunky wool

The sizes are given like this: 32 (34, 36, 38, 40). Draw a ring around the size you are doing. Then you won't get confused. For example, if you are size 36, you must use the third set of numbers given all the way through the pattern.

Front and back

Cast on 50 (55, 59, 64, 69) stitches on the 6mm needles. Knit 5 rows in garter stitch (plain

knitting). Change to 9mm needles. Knit in stocking stitch (one row plain, one row purl) until your knitting measures 54 (58, 62, 66, 70)cms or however long you want it.

Change to 6mm needles and knit in garter stitch. Cast off loosely.

Sleeves

Cast on 25 (30, 34, 39, 44) stitches on 6mm needles. Knit 5 rows in garter stitch. Change to 9mm needles. Knit in stocking stitch until your knitting measure 44 (48, 52, 56, 60)cms. Increase a stitch on each end of every fourth row. Cast off loosely.

To make up:

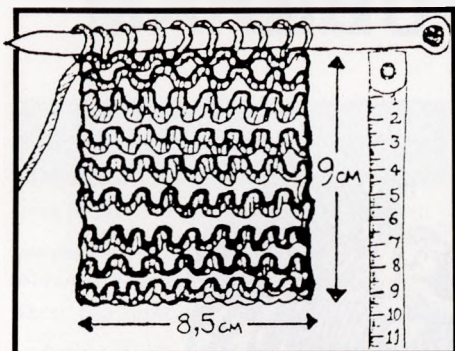
Sew shoulder seams together. Make sure you leave a large enough hole for your head. Fold the sleeves in half. Then mark the fold-line with a pin. Match the pin to shoulder seam. Sew sleeves to back and front. Then sew sleeve and side seams.

Wash gently in cold water. Layout flat on a towel. Fold the sides of the towel in and roll towel up with jersey inside, pressing hard to get the water out. Dry jersey on a flat surface. Now your jersey is ready to wear.

You can knit a brighter jersey by using different colour wool and knitting in stripes.

HOW WE USE MATHS TO MAKE A KNITTING PATTERN

All you need is a good head for figures, a tape measure, paper and a pen.



1. Knit a tension square.

To knit a tension square you cast on 10 stitches and knit 10 rows in the stitch you want to use. Measure how long and how wide your tension square is.

Let's say that your tension square is 9cm long and 8.5cm wide. This tells you that 10 stitches = 8.5cm and 10 rows = 9cm. In Maths we call this a ratio.

2. Measure yourself

Write your measurements in this box.

chest (width)

shoulder to hips (length)

under arm (sleeve length)

wrist (sleeve width)



1. Measure your chest just under your arms as this is where it is widest.



2. Measure the length by holding the tape measure near your neck and measuring down as long as you want your jersey.



3. Measure your arm by running the tape from your wrist to your arm pit.

3. Work out the jersey measurements

* The front and back

Let's say your chest measurement is 88cm. Divide this in two = 44cm (remember you will knit a front and a back.)

Your tension square told you 10 stitches = 8.5cm. So you must work out this sum.

$44\text{cm} \div 8.5\text{cm} \times 10 \text{ stitches} =$ number of stitches you need

Can you do it? See answers at the bottom of the page.

Remember, you do not need to work out how many rows you need to knit. You can use your length measurement for this. If you really want to do it, your sum would look like this:-

$58\text{cm} \div 9\text{cm} \times 10 \text{ rows}$ (let's say that is what you measured) = number of rows you must knit.

* The sleeves

The sum you need to do will look like this:-

8.5cm width of your wrist $\times 10$ stitches = no. of stitches you need

The sleeve must be wider at the top so increase a stitch at each end of every fourth row.

The length of the sleeve must be the length of your arm from wrist to armpit.

If you work out all these sums in your head, you are a genius. If you are struggling (like we did), use a calculator.

If you make a jersey, please send us a photograph of you in your Upbeat jersey. If you work out a pattern from our guideline, please send us the pattern as well. Good luck!

Answer

• No of stitches for back and front: $44\text{cm} \div 8.5\text{cm} \times 10$ stitches = 51, 7 stitches. You must round your figures off so you will need 52 stitches

• Rows to knit: $58\text{cm} \div 9\text{cm} \times 10 \text{ rows} = 64.4$. Round your figure = 64 rows.

WILLIE WORDWORM

v = verb
adj = adjective
adv = adverb
n = noun

IN A RECORDING STUDIO

vibrations (n) – the shaking of something to and fro

electrical current – the movement of electricity along a wire or through something

glamorous (adj) – magically charming

demonstration (n) – showing how something works. A demonstration or demo tape records how well musicians can play.

complicated (adj) – made of many different parts, difficult to learn to use

techniques (n) – methods of doing something skillfully

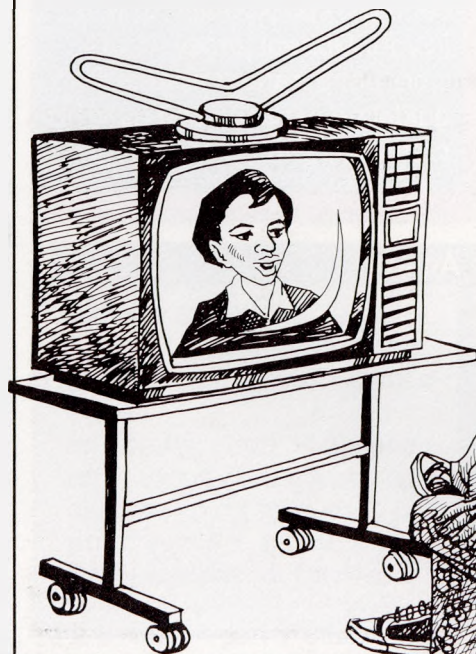
microphone (n) – an electrical device that picks up sound waves. It is used for recording, amplifying (increasing the amount of sound) and in broadcasting. It comes from the Greek (micro = little + phone + sound)

atmosphere (n) – a feeling given by the surroundings, like music

broadcast (v) – to send out a programme for radio or television



TVs BRIGHT YOUNG STARS



TV presenter (n) – a person who introduces and hosts a television programme

varsity (n) – slang for university

application (n) – to ask for a job or a place at a university

assignment (n) – a task, often used for written work to be handed in for correction

opportunities (n) – a chance to achieve something for yourself

talent (n) – a special ability

BE A PEACE MAKER

violence (n) – a force that does harm or damage

conflict (n) – a fight or a disagreement

mediation (n) – the negotiation between two sides or people when there is a fight or a disagreement

solutions (n) – answers to problems or ways to end a disagreement



A GUITAR PLAYING MUM

enormous (adj) – something that is very large

session (n) – a meeting or series of meetings



PROPHETS SAY NO TO DRUGS
to brainwash (v) – to force someone to believe something by continually telling them that it is true
junky (n) – someone who is addicted to drugs
to steer (v) – to guide someone or something the way you want
lanky (adj) – tall and thin

LET'S TALK ABOUT SEX

empower (n) – to give people the necessary tools to make decisions confidently

sensitive (adj) – aware of other people's feelings

passion (n) – strong emotion

lust (n) – powerful desire

relationships (n) – friendships between people

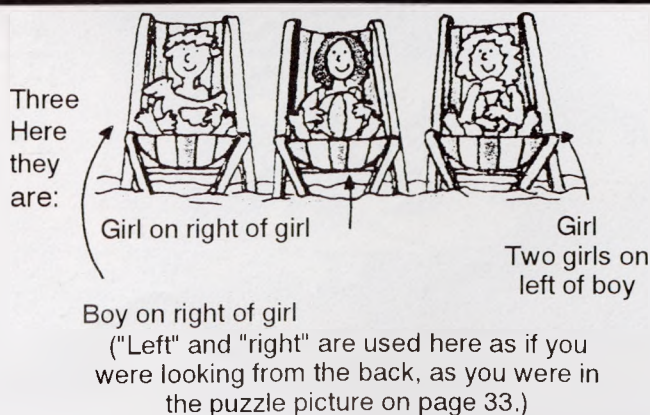
SHORT STORY COMPETITION

disqualified (v) – to refuse to allow someone to take part in a competition
slang (n) – an informal use of words

SAVING THE HOWLER MONKEY

zoologist (n) – someone who studies animals
museum (n) – a building where objects of historical, artistic or scientific interest are kept
to howl (v) – a long, loud, sad-sounding cry

Answer:



UP BEAT

The magazine for youth on the move

*Prophets of the
city
say NO
to drugs!*

