

NUMBER 5 1993
R2.10 (incl. 30c VAT)

UPBEAT

The magazine for youth on the move



THIS ISSUE

LAWRENCE DUBE
RIDES THE AIRWAVES

FASHION CLOTHES
FOR AFRICA

MAKING A FUTURE
FOR OUR YOUTH

ISSN 0257-8697



FREE PICTURE COMIC - ROXY

LIFE, LOVE AND SEX IN THE NINETIES

WIN R100 CLOTHING VOUCHER • MUSIC CASSETTES WORTH R600

Upbeat is published by SACHED. SACHED is an independent educational organisation, committed to building democratic education in South Africa. SACHED runs a number of educational projects. Upbeat is one of them.

SACHED, 7th floor
Allied Building, 236 Bree Street,
Johannesburg 2001
Tel: (011) 333-9746
Fax: (011) 333-2297

SACHED Cape Town
Mediprint House
5 Howe Street
Observatory 7925
Tel: (021) 448-2729/30

The copyright of material in this magazine is reserved. If you would like to use material for publication, please contact us for permission.

Editor:
Harriet Perlman

Assistant Editor:
Annie Smyth

Writers:
Hans Mangole
Annie Smyth

Design and Layout:
Stuart-Clark & Associates cc

DTP:
Fox Illustrations cc

Advertising:
Barbara Shafer

Subscriptions:
NND
All enquiries Owen Edgar
Tel: (011) 402-1205

Distribution:
NND
Media Centre
2 Herb Street
Doornfontein
Circulation Manager:
Thinus De Wet
Tel: (011) 402-1205

Promotions/Educational Outreach:
Beaty Koopman

Administration:
All enquiries:
Amanda De Lilly
Tel: (011) 333-9746

Reproduction:
Graphco

Printing:
Creda Press (Pty) Ltd

EDITORIAL

Dear Readers,

AIDS is here and young people are at risk! In a recent estimate experts say that more than 550 people a day are being infected with the AIDS virus in South Africa. And a survey done in Natal, shows that the most heavily infected group are people between 15-24.

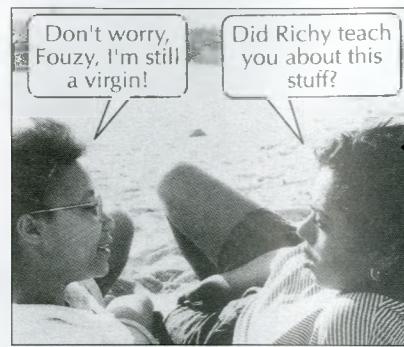
But all this means nothing, if you don't know what AIDS is and how to prevent it. Today more than ever youth need sex education. But it is not happening! Recently I asked an Upbeat reader which articles she liked best in Upbeat. She replied, 'The articles about sex education and your body.' So I asked, 'What do you want to know about sex?' The reader replied; 'What it is, when to have it and how to avoid diseases.' Then I asked her if she learnt about sex at school. 'Never!' she replied. And when I asked if her parents talked to her about sex, the answer was the same - 'NEVER!'

This issue Upbeat is carrying a special comic called Roxy. It is about a young girl finding out about sex, love, AIDS and death. The story is based on life stories of young people in Cape Town.

Some parents and teachers don't like the comic. We understand their concern. But sex education is the only way to prevent AIDS from spreading. Sex education cannot just happen in the Biology class. For sex education to work, it must assist teenagers with the real sexual problems and choices that they face.

We believe that this comic teaches young people about sex and AIDS through the world that they know. It's the best weapon we have to stop AIDS from spreading.

Harriet



N
E
X
T

*Meet the
fabulous Boyz
11 Men*

*Violence vs
negotiations -
what youth
really think*

*Bumper books
special*

issue

UPBEAT FOR RURAL SCHOOLS

The following companies have kindly agreed to join our rural schools sponsorship scheme. We would like to thank them for supporting the students who need their help most.

*Crown Cork Pty (Ltd)
Pick 'n Pay
Anglo American & De Beers
Chairman's Fund
Janssen Pharmaceutica
J.C.I Co. Ltd.*

*For more information about the rural sponsorship scheme, contact Barbara Shafer at:-
P O Box 11350,
Johannesburg, 2000 or
phone (011) 333-9746*

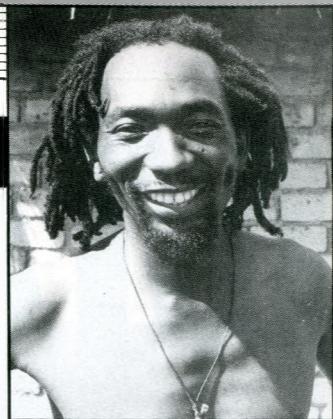


Front Cover: Lawrence Dube

CONTENTS

FEATURES

FEATURE		
Making a future for our youth		4
MUSIC		
Rebel sounds from Zimbabwe		8
OVERSEAS		
A letter from Holland		10
SPORT		
Sailing from Cape to Rio		13
GROWING UP		
'I was sexually assaulted by a friend'		14
PEOPLE		
Lawrence Dube rides the airwaves		17
STREETBEAT		
Unusual outfits		18
FASHION		
Clothes for Africa		24
DEAR DIARY		
- Part 2		26
NATURE		
Young boys save black eagles		34



YOUR VIEWS

TALKSHOP	
Should they mine the dunes of St Lucia?	12

YOUNG VOICES	
Creative writing	16

REGULARS

NEWSBEAT	6
-----------------	---

LETTERS	9
----------------	---

ADVICE	
You and your body	29

Studying and careers	31
----------------------	----

PENFRIENDS	32
-------------------	----

WILLIE WORDWORM	38
------------------------	----



SKILLS FOR LEARNING

FOOD FOR LIFE	
Part 2 - Eat your way to health	20

HIDDEN HISTORY	
The land the Basotho Lost	36

THINGS TO DO

GAME	
Find your magic number	33

COMPETITIONS

WIN a Peace of Ebony poster	7
------------------------------------	---

WIN a Thomas Mapfumo album	8
-----------------------------------	---

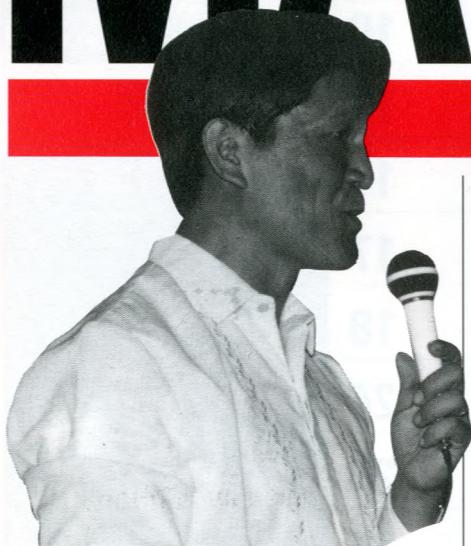
WIN R100 clothing voucher	18
----------------------------------	----

WIN music cassettes worth R600	20
---------------------------------------	----

WIN a great new history book	36
-------------------------------------	----



MAKING A FOR OUR Y



Ed de la Torre from the Philippines spoke at the conference. He encouraged everyone to work together.

On March 22, people from all corners of South Africa, left their homes. Buses, combis and cars, off-loaded youth at the Alpha Centre in Broederstroom outside Johannesburg.

Everyone had come together to talk about the youth of our country and what the future holds for them.



Thousands of young people are not at school. Many more can't find jobs or are homeless with little to eat. Others are frightened and scarred by the violence that surrounds them. Apartheid has brought hardship and pain to millions of people in this country.

Ongoing violence, poverty and poor schooling have left over three million young people without a decent education, jobs or opportunities to develop their talents. These young people have come to be known as 'marginalised youth.' Apartheid has left them with little hope for the future. The government doesn't care about them. Often their own families can't help them either.

But they have not been forgotten. At the National Youth Development Conference youth, parents, teachers and political leaders debated and discussed ways to solve the problems of marginalised youth in our country.

'TALKING HELPS'

Ed de la Torre was a guest speaker from the Philippines. He encouraged everyone to discuss the problems that youth face. 'Negotiations are good. Constant talking helps close gaps between people. I am glad to see people coming together to discuss problems affecting the youth. Political babies, unlike human one, are products of many parents. The outcome

of this conference should be the product of everyone's effort. And we should all be proud of that,' he said.

People from organisations around the country spoke about the many problems that face the youth in their regions. Many spoke of unemployment and child labour, teenage pregnancies and violence. At school youth faced boycotts and an ongoing shortage of books and facilities.

'GROWING UP TOUGH'

On the second day, a very interesting survey was presented. The Community Agency for Social Enquiry (Case) did a national survey of South African Youth. They interviewed 2 200 people of 16-30 years. They spoke to youth of all races, in cities and villages around the country.

Case asked youth about their education, their experiences of violence, their feelings about themselves and their hopes for the future. These are some of the things that made everyone think:

- ◆ The most common reason women have for ending their education early, is pregnancy.
- ◆ Four million young Africans live in homes without electricity.
- ◆ Apartheid education has denied black youth a decent

FUTURE OUTH

schooling. 1, 1 million black youth have only a primary school education. But most white youth complete their secondary school.

- ◆ 3 million youth are unemployed.
- ◆ Youth of all races are scared and worried about their future.

WHITE YOUTH

People at the conference had lots to say about this survey. Some felt that white youth should not have been interviewed because they do not face the same problems as black youth. They have not been disadvantaged by apartheid. Others felt differently. They argued that white youth have also suffered family breakdowns and abuse. They said white youth are also victims of apartheid.

THE WAY FORWARD

Everyone discussed different ways to solve the big problems facing the young people of our country:

- ◆ They agreed that a National Youth Development Forum (NYDF) needed to be established. The main aim of this forum is to make sure the youth get education and

training that will develop their talents.

- ◆ There must be job creation and skills training programmes for youth in their areas.
- ◆ Crisis centres must be started to provide help and counselling to victims of violence and abuse.

Upbeat asked Zenzele Phakathi from Ulundi, Durban for his

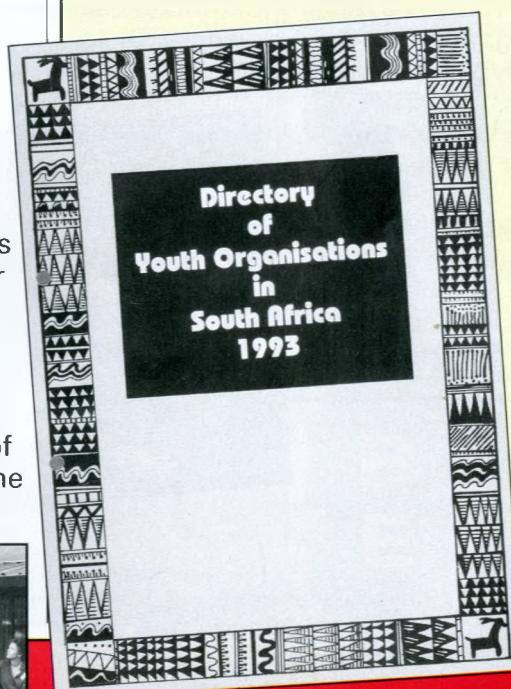


views on the conference; 'Bringing together youth from different ideologies and backgrounds, is a major achievement in this country. However, I think the conference was not fully representative. White youth from political parties were not present. It would have been useful to exchange views as we face the future together.' ◀

FACTFILE

Directory of Youth Organisations in South Africa

This directory provides information on more than 350 youth organisations and organisations that offer services to youth.



You will find the names and addresses of sporting clubs, church groups, political organisations, study groups, youth centres and lots more.

If you are young and want to join a youth group in your area, then this directory is definitely for you. Or if your local youth group wants to start an education programme, this directory will help.

You can order a copy of the *Directory of Youth Organisations* from The Joint Enrichment Project (JEP). Their address is:

6th Floor, Khotso House, 62 Marshall Street, Johannesburg 2000. Tel: (011) 834-6867

The *Directory of Youth Organisations* was compiled by Mokheti Moshoeshone of the Development Resource Centre (DRC)

The National Youth Development Conference was convened by the Joint Enrichment Project (JEP) on behalf of The Marginalised Youth Conference.



IN THE NEWS

YUGOSLAVIA

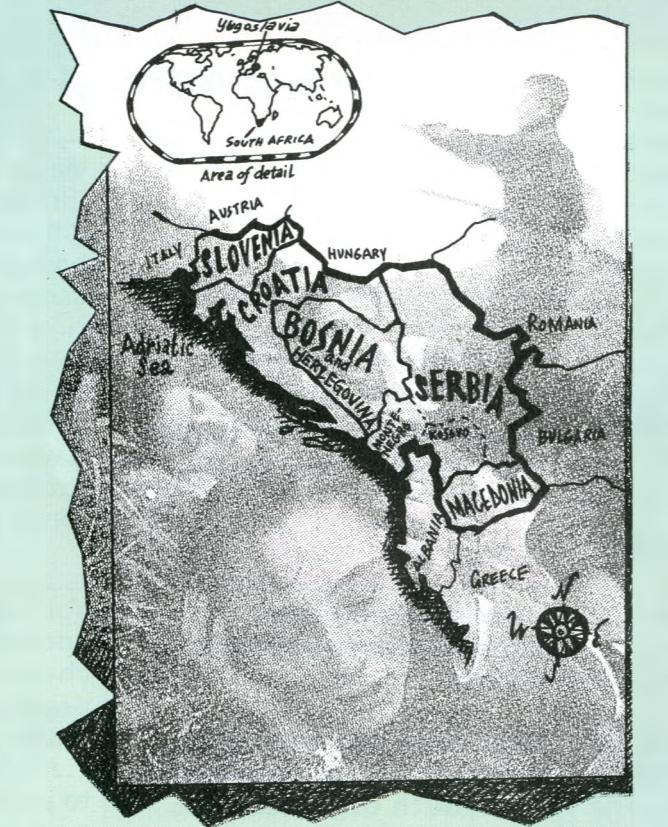
Every night when we watch the news on television, there is something about the war in Yugoslavia.

This comes from the diary of an 11-year old Croatian boy: 'They (the Serbs) stabbed people and put them in mass graves. My grandfather, who helped to raise me, was killed. Our village is burned. For the moment, it is very hard to bear. It is the war.'

Why are the Yugoslavians fighting?

There are many different ethnic groups living in Yugoslavia. There are Serbs, Croats, Bosnian Muslims, Slovenes, Macedonians and Montenegrins. They are divided by different religions, languages, alphabets and histories. For example, most Serbs belong to the Eastern Orthodox church. Most Bosnians are Muslim.

Trouble started in Yugoslavia during World War 2 (1939-1945) when Yugoslavia was conquered by Germany. The Nazis set up a puppet government that killed many Serbs.

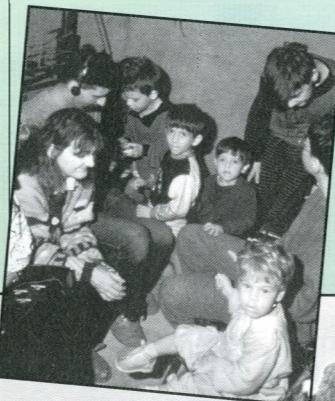


The Communists took power near the end of World War 2. They organised Yugoslavia into six republics, roughly based on where the different ethnic groups lived.

In 1990 people throughout eastern

People's lives and homes have been destroyed by the war in Yugoslavia.

Europe began to protest. They wanted democratically elected leaders.

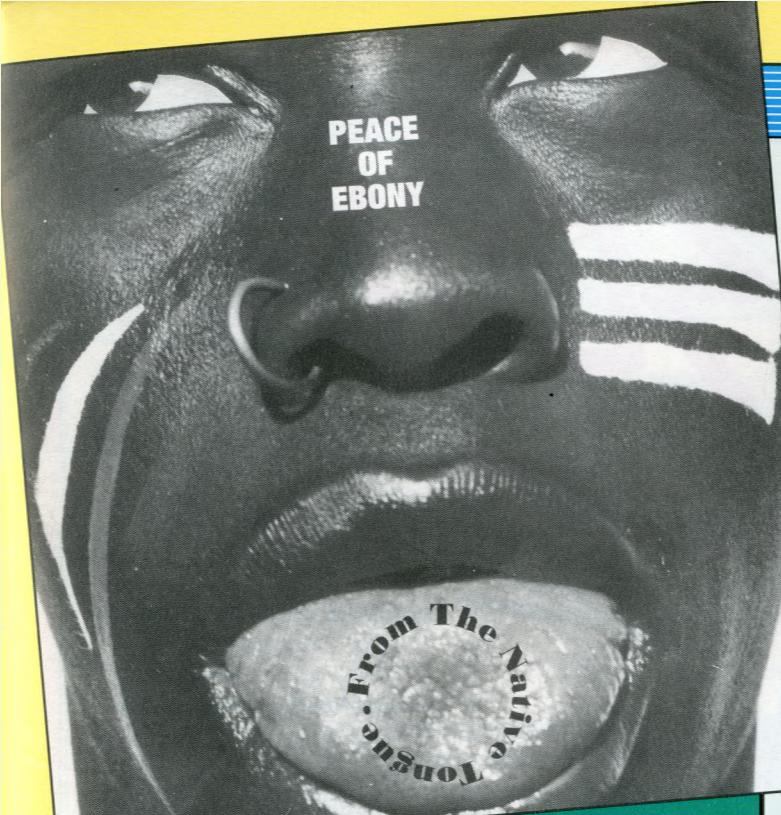


Four Yugoslavian republics elected new leaders. But the Communists kept control over Serbia and Macedonia.

Slovenia, Croatia and Bosnia/ Herzegovina all declared independence. The Serbs agreed but they wanted all the areas where Serbs lived, to be made part of Serbia. This was not simple. The Serbs are scattered through all the republics. So Serbian forces attacked Croatia and Bosnia/Herzegovina.

Ever since then Yugoslavia has been at war. The United Nations sent 16 000 soldiers to keep peace. They have tried to arrange ceasefires. But each time, the fighting has started again.

The Serb attacks have caused much ethnic hatred. Innocent men, women and children have been brutally murdered. But in the towns and cities that are under attack, some people still stand together. One man from a bomb shelter in Sarajevo, Bosnia/ Herzegovina said, 'Here we have Croats, Serbs, Muslims and Slovenes. We are living together as a family.' ▲



PEACE
OF
EBONY

A PEACE OF EBONY POSTER COMPETITION

'A Peace of Ebony' want young people to send them songs and poems that will help to bring peace to our country. So, if you would like to win A Peace of Ebony poster, send your peace song to: **Upbeat, A Peace of Ebony Competition**, P O Box 11350, Johannesburg before 30 July 1993.

NEW BAND IN TOWN

A Peace of Ebony from Zimbabwe are the newest band in Johannesburg. Fresh from Zimbabwe this group of rappers have decided to stay on in South Africa for a while. They say, 'There's lots of tension in the air, here in South Africa. But we are not going to run away from it. We are going

to stay here and do something about it.' A Peace of Ebony are working together with the Centre for Peace Action in Eldorado Park. The centre is trying to fight violence in the area. A Peace of Ebony have also started an organisation called the Free Nation Movement. Through the Free Nation Movement they hope to involve young people in community work. ◀

FREE OFFER FOR TEACHERS

With every issue of Upbeat, you can get free teachers' exercises. These are fun classroom activities which develop reading, writing, comprehension skills and much more. They will help you plan and prepare lessons using Upbeat. For your FREE copy of teachers' exercises, subscribe to Upbeat today!

S
U
B
S
C
R
I
B
E

Become an Upbeat subscriber. Just fill in this form and send it to: **Upbeat Subscriptions c/o NND P.O. Box 53086, Troyeville 2139**, together with a cheque or postal order for R19,50 (R22,50) if you live in Swaziland, Botswana, Lesotho or Zimbabwe.

I would like to receive the next 11 copies of Upbeat at my home.

Name _____

Address _____

Code _____

*I enclose my
cheque/postal order for R _____*

*I would like to receive the
free teachers' exercises*

YES/NO

to UPBEAT

Rebel Sounds

FROM

ZIMBABWE

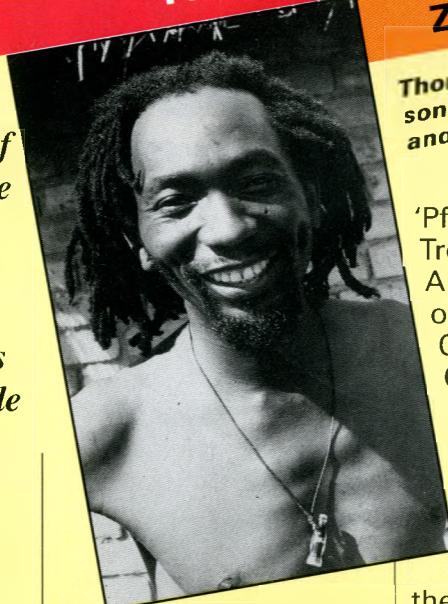
BY GILL FARQUHAR

Thomas Mapfumo, the rasta musician of Zimbabwe, has come a long way. Before Zimbabwe became independent, Thomas's music was banned. Today people say that Thomas is one of Africa's best performers. Upbeat found Thomas practising at The Queen's, Harare's oldest nightspot.

There Thomas told us the story of his life.

I was born in Marondera in north eastern Zimbabwe. I grew up in the home of my uncle. My uncle used to organise mbira festivals so music has always been part of my life.'

When Thomas was ten, he sang in a band called 'The Zulu Brothers'. 'I used to do Elvis Presley and Little Richard songs,' Thomas told us. 'Sometimes I sang soul as well. I had no musical direction. Then I realised that we do our own music. So I started to write songs



in Shona - the language of many people in Zimbabwe.'

In 1973 Thomas started a band called the 'Halleluyah Chicken Run Band'. They played African rhumba music. But that still didn't feel right to Thomas. So he began to experiment with mbira rhythms.

The first song Thomas wrote, using the mbira, was called 'Murembo'. In the song he encouraged people to take up guns and free themselves. His next song was called

Thomas Mapfumo sings songs about freedom and justice in Zimbabwe.

'Pfumvu Paruzeva' - Trouble in the Rural Areas. This new style of music was called Chimurenga music. Chimurenga means the fight for freedom.

During the Zimbabwean war for independence, Thomas sang for the boys fighting in the bush. He hid the meaning of his songs, so that the minority government would not understand them. But this did not help. His records were banned anyway.

The Rhodesian government tried to use Thomas. They arrested him and detained him for 90 days. Then they said that Thomas must

Thomas (right) shares a joke with friends at The Queens, the club he usually plays at in Harare.

play at a government rally. Thomas says, 'They took me to that rally with a gun in my back. But once I was on stage, there was nothing they could do. I played my Chimurenga songs that spoke out against them. And the people loved it.'

After independence, Thomas added reggae rhythms to his music. And he has kept his fighting spirit. Thomas's album, *Corruption*, criticises Mugabe's government, for the way it has let down the Zimbabwean people since



independence. As an American journalist said, 'Thomas makes music into a newspaper and news into a dance party.' ◀

COMPETITION TIME:

You can win a Thomas Mapfumo album by writing the answers to these questions on a postcard and sending it to: **Thomas Mapfumo Competition, P O Box 11350, Johannesburg 2000.**

- 1 What does Chimurenga mean?
- 2 What language does Thomas sing in?
- 3 Name one traditional Zimbabwean musical instrument.

CLOSING DATE: 30 JULY 1993

LETTERS



Dear Upbeat

I've been a reader of your magazine for almost a year. I find it to be very interesting and enlightening because it gives answers to all our questions about life. I like the way you look into many things of importance to youth around the world.

Zacharia Mlangeni, Sasolburg

Dear Upbeat

I am glad that things are changing in South Africa and that the government has started to negotiate with other parties. But, we still have problems with our education. At some schools on the South Coast, the teachers are not teaching and there are no textbooks. They expect us to buy all the textbooks. How can this problem be solved?

Lovedale Kaula, Pennington

Dear Upbeat

I recently read a feature in Upbeat No. 5 1991, titled 'Youth challenge Racism'. I think it was excellent and that more young people should get involved in building the new South Africa. I've been thinking about joining the ANC's Youth League, but I'm not sure if there is one in Cape Town. I look forward to your favourable reply.

Miss N. Palmer, Southfield

Dear Miss Palmer

The ANC Youth League does have a branch in Cape Town. You can write to them at: 228 Victoria Road, Woodstock 7925.

Editors

Dear Upbeat

I would like to comment on an article in Upbeat No. 1 1992 - 'Bophuthatswana - no place for dreams'. This article shows that Upbeat is concerned about youth because of problems we encounter as a result of the social, political and economic system in the country and unemployment amongst youth. I feel that the community must take care of their youth because they are victims of apartheid. Upbeat, continue with articles like this.

Z.G. Zulu, Umlazi



Send your letters to:

**UPBEAT
P O Box 11350,
Johannesburg
2000.**

Advertisement



New Education Video!



Colouring in Our Classrooms

Colouring in Our Classrooms examines the views of young children in segregated and open schools. Their honest and innocent perceptions about race, wealth, politics, violence and the opposite sex, provides some refreshing ideas for teachers, educationists, researchers and policy makers. *"Prepared by the Wits University Education Policy Unit - this video is a valuable resource for those intent on building a better future"*

- THE WEEKLY MAIL

**Price for the video: R69 for schools and community users;
R139 for Institutions.
(includes postage & packaging)**

Please complete the order form below and send it to:
Film Resource Unit, P O Box 11065, Johannesburg 2000.
Tel: (011) 333-2401/2. Fax: (011) 29-6967



ORDER FORM

Please send me copies of
Colouring in Our Classrooms.

I enclose a postal order/cheque for

Name:

Postal Address:

..... Code:

Advertisement

SPEAK MAGAZINE PUTTING WOMEN FIRST

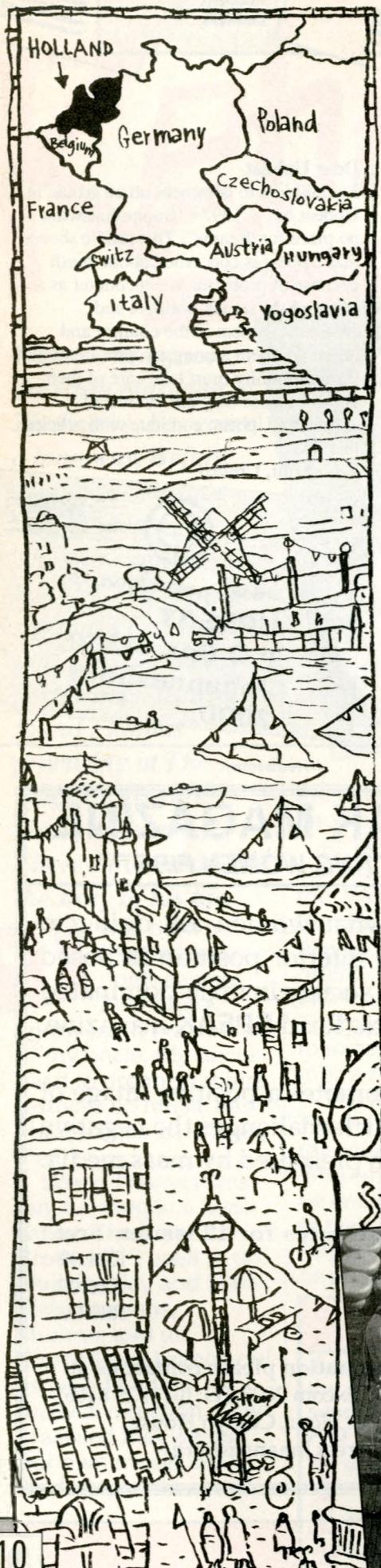
Find out what women are doing to change the inferior position imposed on them by society in male-dominated South Africa. Read **SPEAK** magazine.

SPEAK promotes a positive image of women which challenges the negative image often presented by mass media.

Subscription rates for 12 issues are:

Individuals	R24.00
Organisations	R80.00
Institutions	R80.00

For more information please contact us at:
PO Box 261363 Excom 2023 Tel: (011) 29 6166.
Office No.7, 17th Floor, Conlyn House,
156 President Street Johannesburg.



Letter from

Dear Upbeat,

Sometimes I can't believe that I am really here. Other times I feel that I have lived here all my life. I feel so much older than I did a few months ago before I left South Africa.

It is 9.35pm. The sun is still shining and the birds are singing. And Sabrina, the child I look after, has gone to bed. Sabrina is at quite a difficult age. I have to make sure I act responsibly when I look after her. I must practise tolerance and patience.

Since I have been here, I have also learned to manage my own money. I never knew how much money things like shampoo and deodorant can eat up.

I have met up with some other au pairs from South Africa and it has been lovely. On Saturday we went to Gouda. It is one of the oldest cities in Holland and what a quaint place it is. It was 'open monuments day' so most of the interesting places were open to the public.

I went to a real, working windmill there. It was just what I expected it to be, except it was much bigger. I watched how Goudse stroopwaffles (true Dutch biscuits) were made and ate one while it was still hot with syrup running over my fingers and chin. I also saw Gouda cheeses as big as wagon wheels. That is what Gouda is famous for - cheese and stroopwaffles.

Gouda was filled with music. There were bands and boats travelling up and down the canals.

We went into most of the museums, visited flea markets with the



A typical windmill in Holland.

Lizelle Reneke is an Upbeat writer. We published some of her poetry in Upbeat last year. Lizelle has now finished school. She is living in Holland where she works as an au pair, living with a family and looking after their child. Lizelle sent us this letter, describing her life in Holland.



At the cheese market you'll find Gouda cheese as big as wagon wheels.

m Holland

ever-present smell of herring and onion. Then we browsed through all the little antique shops with the quaintest things in them.

I returned home on Saturday night, in time to go out with Rob and Elske, Sabrina's parents. We went to a Greek restaurant. Three singers came to our table and sang me a wonderful Greek song.

After the meal, we watched a procession of boats on the Haarlemse canals. They were all decorated, floating through the city. It was beautiful, even though the night was so cold.

I went to Amsterdam on Sunday. I just loved it. And I didn't have to speak Dutch once - everyone seems to speak English.

There's are so many different nationalities and cultures here. I sat eating fritters in the Dam Plein. I listened to a band from Peru on the Leidse Plein and then I spent the afternoon wandering through the Van Gogh museum.

Amsterdam is such a beautiful, old city. There are rows and rows of gabled houses, unlike anything I have ever seen. Then you have the 'klomperboers' selling clogs of all colours and sizes.

At night the city looks totally different; all lit-up and modern. And because it has been raining a lot, everything looks new and

clean. At night you cannot see the graffiti which covers many buildings.

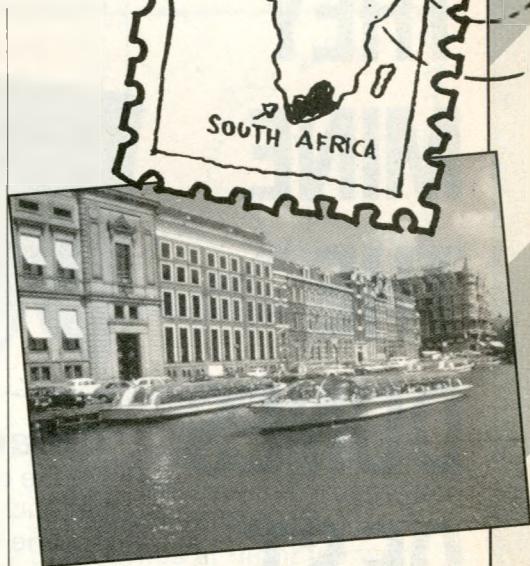
There are wonderful trams which take you from one end of Amsterdam to the other, clattering and honking. They make crossing streets a dangerous thing to do. On the trams you have to click your 'stripenskaart' twice for a ride but stealing a ride can make your travels very exciting!

The rows and rows of gabled houses in Amsterdam.



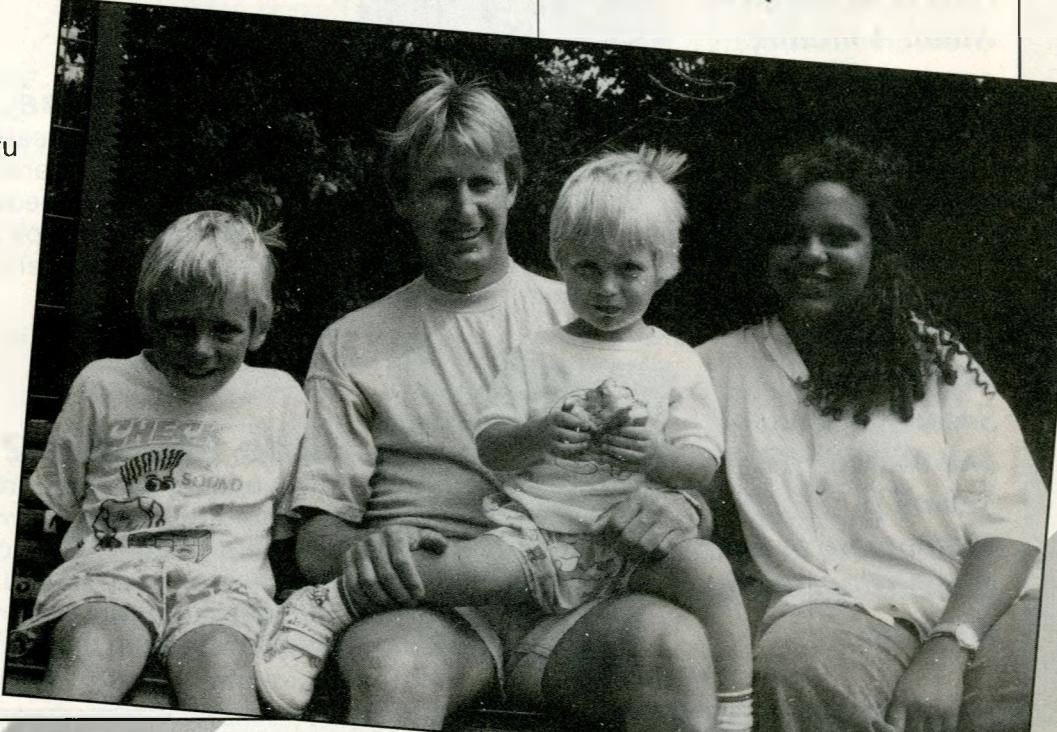
On Sunday night we went out for pizzas. I met two guys from Brazil, a man from San Francisco and a cocaine smuggler from Chile!

It has been a really busy week-end but



Boats on a canal in Amsterdam

one I loved and will always remember. This coming weekend I'm going to Berkyl en Rooderuiyst for a barbecue at another au pair's home. That should be 'leuk'. I'm planning to go to London and Paris in about a month's time with another au pair, called Nikki from South Africa too. I'm really looking forward to it. ▶



Lizelle Reneke (right) - with the family that she is living with in Holland.

SHOULD THEY MINE THE DUNES OF ST. LUCIA?

BY CEDRIC NUNN

St Lucia is a beautiful nature reserve in northern Natal. A mining company wants to mine the dunes for minerals. But people are worried that mining will destroy the environment.

Upbeat visited Richards Bay Secondary School and Nkodibe High School in Mtubatuba, to hear students' views on the issue.

Malini Narainsamy, 17

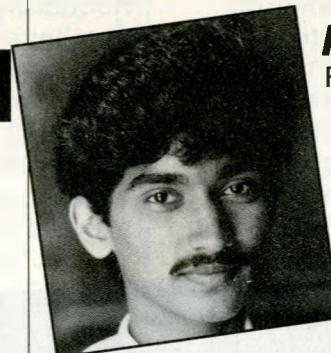
I think that if they proceed it will affect tourism. It shouldn't go ahead. I don't live in St. Lucia but I often visit it. It's a beautiful place. People there wouldn't like the mining, because of the disturbance and noise it would cause. I think mining might affect the beauty of the lake.

**Michelle Pillay, 15**

If they go ahead and mine, 313 jobs will be available. But the environment has taken 300 million years to develop. Richards Bay Minerals (RBM) claim restoration will take 17 years. I find this hard to believe. I disagree and don't want mining to take place.

**Chiavon Moonsamy, 16**

On the one hand it's a good idea and on the other not such a good idea. South Africa needs the income from mining. But mining will destroy the environment. Machines will run over it and it will be this bleak-looking area. Richard's Bay Minerals (RBM) argument that they can restore it, is stupid. If you tamper with and damage your garden, it's not possible to easily restore it to its former beauty.

**Naresh Lalsingh, 16**

RBM assures us that they are able to restore the dunes. I'd like to know how? Many insects and organisms inhabit the dunes. I believe mining will destroy the beauty of St. Lucia and I doubt it will be restored to its former glory. Time will tell.

**Blessing Nene, 19**

I'm undecided. Development would create jobs and we as matric students, need jobs here. But the National Parks Board (NPB) moved people in the name of conservation. Black people took the issue to court and won. NPB separated the people from nature. RBM has consulted with the community and will be creating employment.

**Edith Mbatha, 21**

I think mining is an important thing. Job opportunities are few in South Africa. Large numbers of students who've completed matric are left unemployed. Should RBM mine, we could get bursaries from the company. We have never had any benefit from the wild animals in the park.

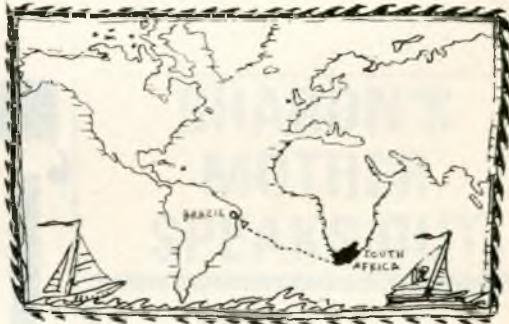


Boats have always been part of Sieraj's life.

One day every three years, people in Cape Town drop what they are doing. Some people go down to the docks. Others find a view of the bay on Signal Hill. Everyone wants to see the start of the Cape to Rio yacht race.

BY MICHELLE SAFFER

Sailing from CAPE to RIO



This year there was one young yachtsman who wasn't watching the race. Instead, he was on one of the yachts. Sieraj Jacobs made history. He was the youngest person ever to sail in this race.

Sieraj told *Upbeat* how he got into yachting. 'My grandfather was a fisherman. And my father is a boat-builder. So boats have always been part of my life. We had a dinghy and my father used to take us out on Zeekoeivlei.

One day I saw some kids sailing by themselves.

I thought to myself, "If they can sail, so can I!"'

Sieraj picked up sailing fast. Soon he was competing in competitions and winning them all. He was even chosen to go to the Barcelona Olympics as part of a development team.

But the highlight of Sieraj's life has been the Cape to Rio race. 'When the captain of the yacht, Parker Pen, phoned me and asked if I wanted to go, I couldn't believe it,' Sieraj said.

'And the race was great,' Sieraj continued. 'Everyday

something exciting happened. We saw a green flash one evening, just as the sun was setting. We saw baby dolphins and plenty of flying fish. Sometimes at night we were hit by them - doosh! All we said was, "Oh! another flying fish."

'The only time I felt frightened was during a storm. There were terribly high swells - as high as double-storey buildings. And I was only seasick once - on the first day! The smell of the generator

made my head spin and my stomach turn.'

Parker Pen was the second boat to reach Rio de Janeiro on the Brazil coast. Sieraj's crew had crossed the Atlantic Ocean in 15 days. 'I felt sad when we arrived,' said Sieraj, laughing. 'It was the end of a really fun time. But I was

also pleased to see land again.'

Now Sieraj is very busy, practising for the World Championships in Spain, which take place next month. ▲



Sieraj Jacobs - the youngest person ever to sail in the Cape to Rio Yacht race.

Photographs by Paul Grendon

'I WAS SEXUALLY ASSAULTED BY A FRIEND'

INTERVIEW BY
DARLENE MILLER

Last year Sharon was sexually molested. She was forced against her will to commit sexual acts. Her molester was someone she knew. The man was taken to court. Sharon told Upbeat her story, so that others could learn from what happened to her.

I am 14 years old. In October last year I was sexually molested. I was in Std 7 at the time. I went to visit my friend, Betty. There were two guys, Betty and I. Betty's brother Mark, lived in a room at the back of the house. We decided to go and sit there because it was getting cold outside. We often used to go and sit at his place. It was private and we would watch TV. Mark was not home at the time.

Mark was a friend of mine. He is 28 years old. When Mark came home, I thought he was looking a bit out of it. He had been smoking dagga. It was the first time I had seen him

like that. Betty's mom called her inside. Mark started asking me about parts of my body. He was getting aggressive. He then took off his sweater and pants. When I said I wanted to leave he insisted that I stay. I was afraid to be rude to him. Everyone is afraid of him. But he was always friendly and nice to me before.

Then he switched the light off. The two guys and I tried to talk to him and cool him off. Then he grabbed my hand. My heart started beating. I didn't think he would do anything to me. The other two guys said, 'No, don't do that'. Mark told them to shut up and get out. To my surprise they did. They said, 'OK, check you!' and left.

I pulled my hand away and ran to the door. He pulled me against the sink and locked the door. 'Take off your jersey, or do you want a smack?' he said. I thought that I should scream. I was so afraid. He put his hand down my sweater. 'Do you know that I can rape you?' he said. I then clicked that he could. He is very strong. He does bodybuilding and things like that. His hand was on my breasts. He told me to take off my pants. I dropped my dunagarees to my feet. I started crying...

'Please let me go,' I said. He forced my legs open and touched me. He made me touch his penis and make him 'come'. Then he said, 'Just get out!' And to my anger, in the most normal way, he added; 'Goodnight, have a nice evening.'

Seeking help

'I won't let you get away with this,' I cried as I ran to the house where my mother was. I was trying to hold back my tears, so it would look like nothing was wrong. But when she opened the door I just burst out crying.

That night my mom suggested that we go to Childline. I didn't want to. I thought I would have to see him again and I didn't ever want to see him again. I washed everywhere; my ears, in-between my toes. I washed my hair. I've never worn those dungarees again.

When we went to Childline, I felt so small, scared and alone. But the social worker was friendly and understanding. She asked if I wanted to file a case against Mark, and I said that I did. It took a long time for the case to come up. I saw the social worker every week. On one of these visits a female constable was present. She took a statement.

Then while I was away on holiday, Mark was arrested. But they gave him bail. I was cross and very worried. Every single night, I thought about him - what if he came through my window. I had bad dreams. I went to the doctor as well. Although I had been sexually molested and not raped, the doctor took tests, just in case.

On trial

The trial came up in March. The prosecutor asked me a lot of stupid questions like, 'Why didn't you protect yourself?'

Why did I listen to Mark? Why was I there in the first place?'

I replied all the time that I had been scared because Mark was very aggressive. The prosecutor said that Mark had told him that I wanted 'it' and that I was drunk. Tears of anger rolled down my cheeks. Then I went outside. Later the prosecutor told me that I wouldn't have to testify. Mark had pleaded guilty. I was so happy. I laughed and jumped up and down.

But a month later, I heard that Mark had got a R200 fine and that he was free. I felt like a piece of dung. I wanted to kill everyone who was involved in giving him the fine. I just cried when I heard that. He deserves a 15 thousand million fine.

In the beginning I didn't want anyone to know about what had happened. But the court case brought things into the open. Mark had done that to other girls before. But he got a shock when he had to go to court. All the girls stay away from him now. I don't think he'll ever have a girlfriend. I feel better because I no longer have anything to hide and I can try to put this terrible incident behind me.' ◀

WHERE CAN YOU GET HELP

There are support organisations who can help you, if you have been sexually molested or raped. Turn to page 29 to find out where to get help.

SHARON'S MOTHER SPEAKS OUT

Sharon spoke to me first about what had happened. I feel good about that. I appeal to mothers to know your child. Kids should feel they can talk to their parents. Childline and the Child Protection Unit were helpful and unprejudiced. When we got cold feet, they supported us in a quiet way, to bring that man to court. ,

The story is true, but the name of the victim has been changed in order to protect her.

YOUNG VOICES

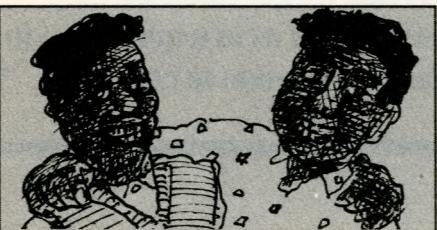
Leaving my love.

I walked through the dark
Quiet street,
Half-blind with tears.
I looked back, and I saw him
Standing where I left him;
Right in the middle of the road

I walked on ...
Dizzy with thoughts,
Why is this happening to me?
What have I done?
Do I deserve this?
I am separated from the one
And the only person I love!

Goodbye my love
Will I ever see you again?
Will you keep holding on?
To my love like I will hold on to
yours?

**Phemelo Mandisa Phayane,
Kimberley**



BEING A REAL FRIEND

Focus on what you can give
To a friend.
And not on what you can get
Out from a friend.
Don't let disagreements
destroy
Your friendship.

Encourage your friend!
When a friend makes a mistake
Tactfully point out the mistake
You will both trust each other.

During good and bad times,
Be there as a friend!
Be willing to forgive.
Be reliable,
And don't patronise a friend!

Cherry Fraser

THE VOICE OF THE VOICELESS

I am the voice of the
oppressed,
Of the masses living under
Injustice and inequality.

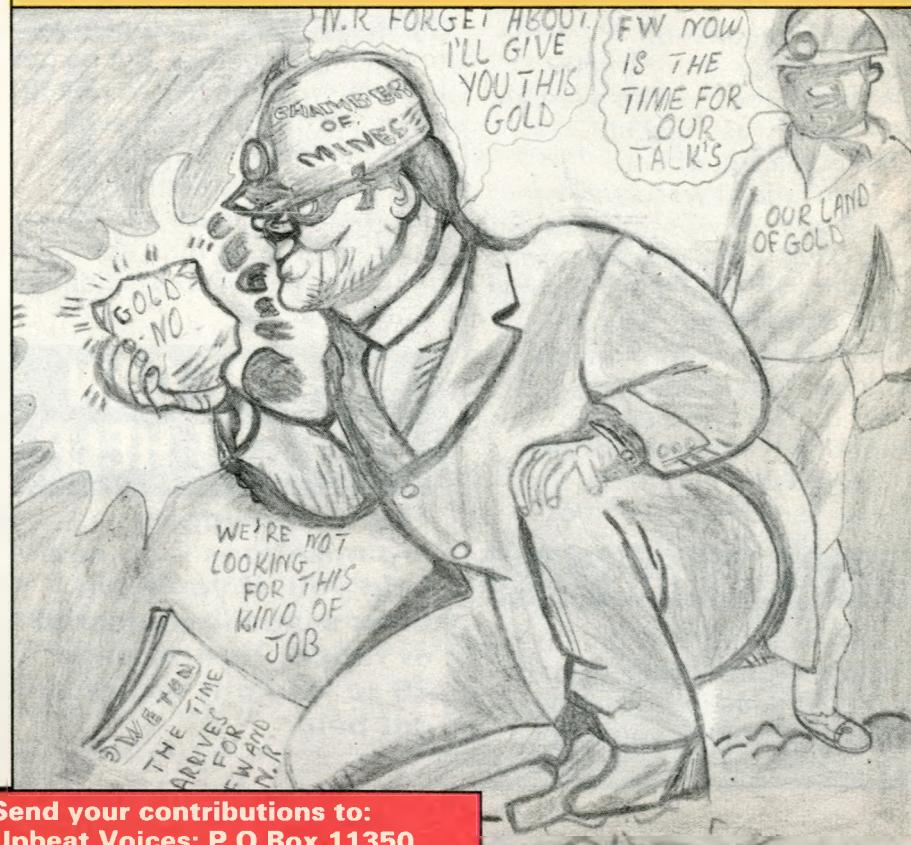
I am the voice of the voteless
Living under the oppressive
laws
Which we didn't make
ourselves.

I am the voice of the jobless
Dying of hunger,
While money is spent on
faceless murderers.

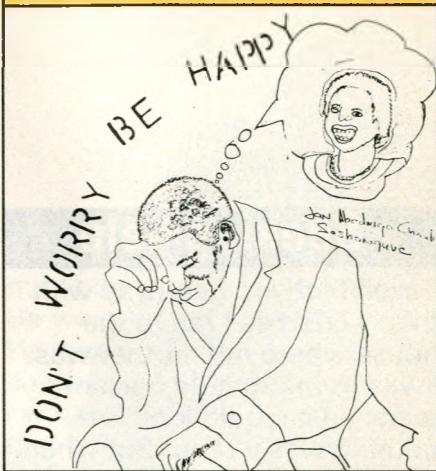
I shall remain the voice of the
voiceless
Until all the people of South
Africa
Exercise their human rights
And enjoy full Freedom.

**Nomthandazo Tshongolo,
Maclear**

By Johannes Ngati, Alexandra



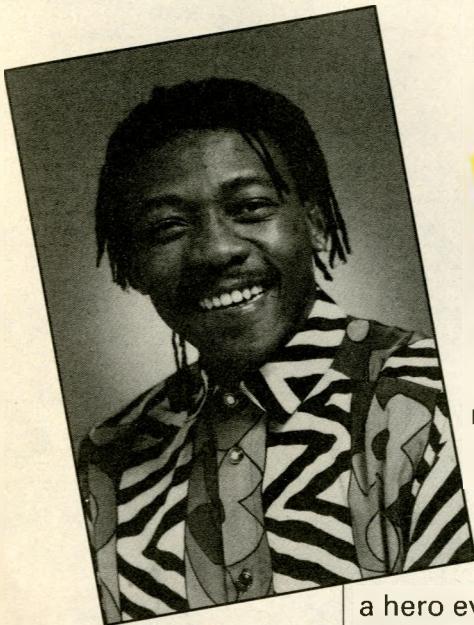
**'Don't worry, be happy' by
Jan Chauke, Soshangwe**



**'Shepherd girl in the Homeland'
by Art Khoza, Daveyton**



Lawrence Dube



As a schoolboy Lawrence Dube was fascinated by voices coming out of that small box called the radio. Little did he know that one day his own voice would charm thousands of people throughout the country.

Lawrence Dube was born 32 years ago in Moruleng, a village now bordering on Pilanesburg. He is the third child in a family of five. The dreadlocked Lawrence attended a number of schools.

'My school days were wonderful!' said Lawrence in his usual, confident voice. 'I had beautiful relationships with my school mates. This was not because

my mother was a teacher. But simply because I was a hero!'

Lawrence a hero even then! 'My opponents can bear me out, I beat them to the pole in the 100 metre race. But my most enjoyable moments were the school debates. I was always the last speaker for my school team. And man, I would chop my opponents to pieces, turning them into objects of laughter,' Lawrence laughed.

Did anything worry the young Lawrence? 'My biggest worry was the death of my mother. We were raised by her alone. So I was always scared of what would happen to us, should she leave us,' said Lawrence. 'I loved her. It is thanks to her that I'm a big man today!'

Lawrence Dube has always stayed glued to the radio. This commitment paid off. 'One day I heard about auditions at Radio Bop. I went there and luckily I got the job. Now all I

Rides the Airwaves

have to do is work hard and keep on riding the air-waves,' he said. Behind the microphone and on TV, Lawrence sounds a very happy man. But he says that he is not all that happy. Lawrence says that he is worried about the future of this country, especially the future for

young people. 'A lot of things are not right in our country. But AIDS poses the greatest danger. Our battles for social and political change must not allow the AIDS monster to grow.'

Lawrence believes that South Africa's problems can be solved by negotiations. 'But the government needs to speed things up, to avoid tragic events like the death of Chris Hani,' Lawrence stressed. ◀

Advertisement

UPBEAT
IS SUBSTANTIALLY
FUNDED BY

THE
ENERGOS
FOUNDATION


ENERGOS AND ENGEN
EDUCATING OUR YOUTH
FOR THE FUTURE

STREETBEAT

Don't let the fashion magazines tell us who's in style and looking great. Last year we asked you to send us photos of yourself or someone you know who looks great, funny, out of the ordinary and different. Here are the results of our competition.



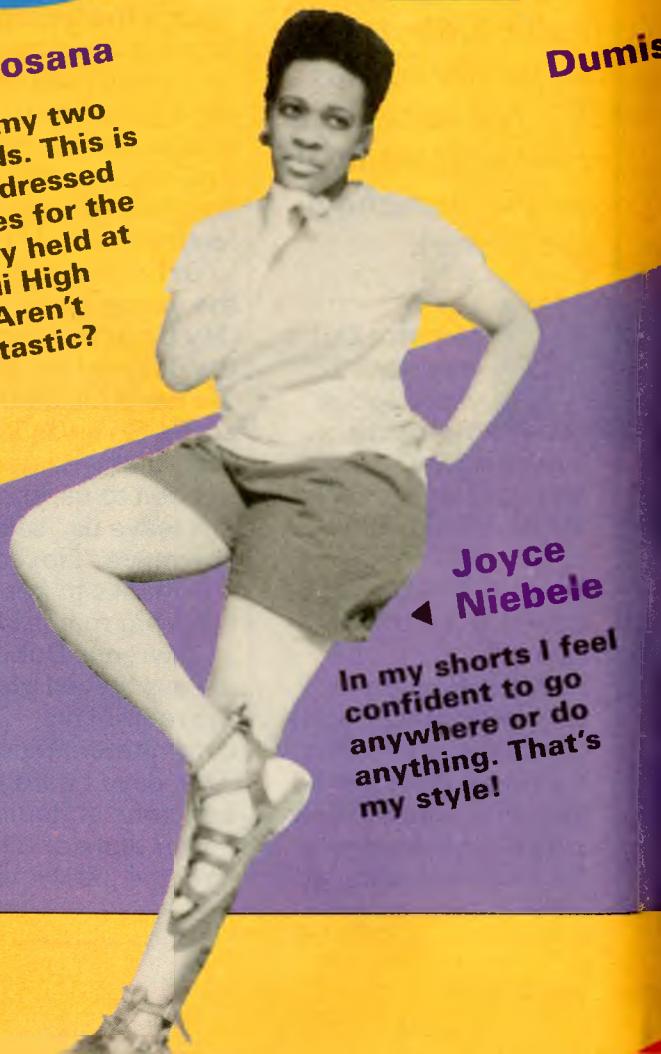
Nkai Mokoto

I like wearing my cap. I wish I could wear it all the time. I like these short pants. I am up to date with the latest fashions.



◀ **Juliet Skosana**

These are my two best friends. This is how they dressed themselves for the Funny-Day held at Mamelodi High School. Aren't they fantastic?



◀ **Joyce Niebele**

In my shorts I feel confident to go anywhere or do anything. That's my style!

Basil Nkosi

I like to wear jeans and baseball outfits. I am not a baseball player or a rock singer. But I just like to dress this way. This outfit is great to wear to the movies. ►



Charmaine Boodjies

I like evening wear. I feel very comfortable in a dress. But I am dressed like this for a special occasion. My partner is already waiting for me! ►



Khosa ►

This is my fashion!



Windy Mpho Ngwasheng

I am a girl. I like to wear this suit on special occasions because I feel so comfortable. My friends say that I look smart. I hope you like it too! ►



WIN R100 CLOTHING VOUCHER

Enter our unusual outfit competition. Runners up receive a year's FREE subscription to Upbeat.

Don't miss this year's unusual outfit competition! Send us a photo of yourself or someone you know who looks great, funny or unusual. Send your photos, a few words about the clothes, your name and address to:

**Upbeat Unusual Outfit Competition,
P O Box 11350,
Johannesburg, 2000.**

CLOSING DATE: 31 JULY 1993

EAT YOUR WAY

Are you into sport, dancing or looking good? Then healthy eating is for you. This pyramid will help you keep a balanced and healthy diet. Follow this eating plan daily and you will look and feel great.

MILK, YOGHURT & CHEESE GROUP

2-3 Servings

VEGETABLE GROUP

3-5 Serving

BREAD, CEREAL, RICE & PASTA GROUP

6-11 Servings

THE PYRAMID TO HEAL

Way to health

FATS, OILS & SWEETS

Use Sparingly

MEAT, POULTRY, FISH, DRY BEANS,
EGGS & NUTS GROUP

2-3 Servings

FRUIT GROUP

2-4 Servings

WHAT IS A SERVING?

A serving is a portion or amount of food that you eat at a single time.

ONE SERVING =

- 1 cup of rice or yoghurt or 30 grams of cereal
- 1 thin slice of bread
- 1 apple or banana
- 20 grams of cheese
- ½ cup of cooked dry beans
- 30 grams of cooked lean meat, chicken or fish

So everyday try to have some foods from each of the groups:

The Ideal daily eating plan

- 6-11 servings from the bread group
- 3-5 servings of vegetables
- 2-4 servings of fruit
- 2-3 servings of the milk group
- 2-3 servings of the meat group

Illustration by Andrew Lindsay

HEALTHY EATING

UPBEAT AND KELLOGGS ARE OFFERING 2 FANTASTIC PRIZES

Here's all you have to do to stand in line to be a winner! Plan a menu for one day. Tell us what you would have for breakfast, lunch and supper. Also tell us how much of each of the foods you will eat. Your daily menu should follow the pyramid of healthy eating.

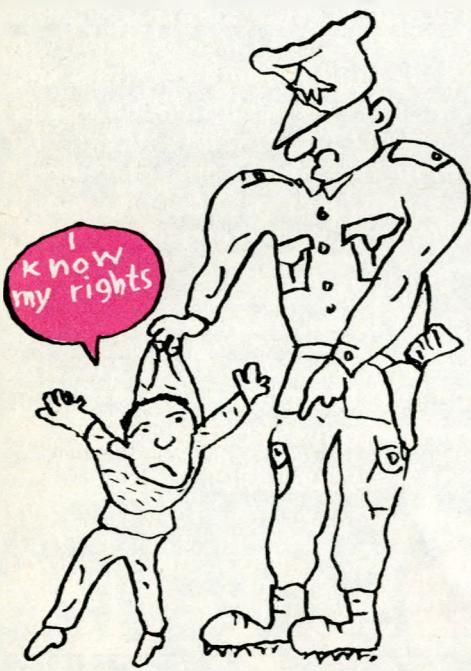
Send your nutritious and delicious menus to: Upbeat Food Competition, P O Box 11350, Johannesburg 2000. The judges decision is final. For full rules of the competition, write to Upbeat at the above address.

1st Prize R600 worth music cassettes **2nd Prize** R300 worth music cassettes

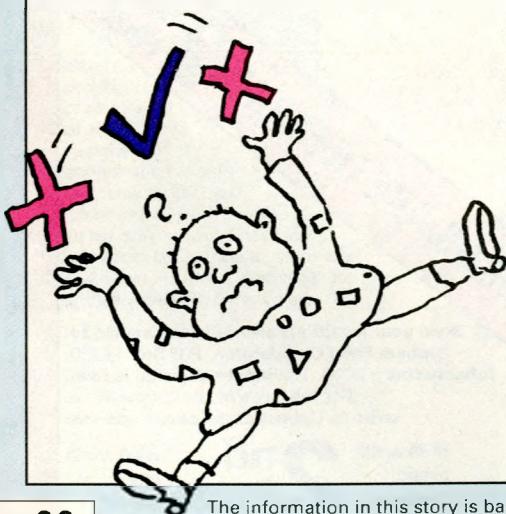
CLOSING DATE: 31 JULY 1993.

COMPETITION TIME

BREAKING THE LAW



This is the second part of our series on the law. In this article we look at what crime is and what your rights are if you get arrested.



What is a crime?

There are many different types of crimes. Stealing, hurting, killing or insulting people, are all crimes. 'A crime is a wrong against the state for which the criminal is punished by the state.'

The law says that a child under the age of seven years old, cannot commit a crime. It says that children of this age do not know right from wrong.

Usually young people of 7-14 are also not responsible for crimes. But if the state thinks that a child knew he was doing wrong, it will charge a person of this age.

People of 14-18 years can be charged with crimes. But they are still regarded as 'juveniles' by the law. Their cases are held in a juvenile court.

The Juvenile Court

If you are under 18 years, your case will be heard in a juvenile court. A juvenile court is the same as the magistrate's court, but only the accused, their family and the witnesses, are allowed to be in court.

The Children's Court

Children's courts should help protect children. If a young person commits a crime, his case can be transferred to the Children's Court. Sometimes the Children's Court finds that the child has no-one to look after him or her. The Children's Court sends the child to a 'place of safety'. It will also do this if it thinks the parents are not looking after the child properly. If this happens, then the charge against the child is dropped. But if the court decides that the parents do care for their child, the case goes back to the juvenile court.





Arrests

A policeman may arrest you, if he suspects you have committed a crime. Once you have been arrested, the police may:-

- free you with a written notice to say when you must go to court.
- keep you in jail and see that your case goes to court within 48 hours.
- free you on bail.
- allow your parents to take you home and tell them when you must appear in court.

What happens in court

Before the magistrate starts to hear the evidence, you must say whether you are guilty or not. You must also give a reason. If the magistrate agrees that you are guilty, he will pass sentence straight away.

If you say you are not guilty, you must give a very short reason why not. Then the court case will start. The prosecutor calls witnesses to prove that you are guilty. You can also call witnesses to support your case.

After the magistrate has heard the evidence he decides whether you are guilty or not. Then he passes

sentence. He will say what your punishment is. He can say that:-

- you return home under the supervision of a probation officer
- you go to a reform school
- your sentence is postponed. This means that you will not have to do the punishment, if you do not commit the same crime for a number of years.
- you be whipped
- you go to jail or your parents pay a fine.

'Justice for Children'

Many people are very unhappy with the way in which juveniles are treated by the law in our country. Nicro and the Community Law Centre at the University of the Western Cape, say that too many young people are in jail.

They say that when young people appear in court, they do

Advertisement

THE Street Law SERIES

AN INTRODUCTION TO SA LAW AND THE LEGAL SYSTEM

CRIMINAL LAW AND JUVENILE JUSTICE

CONSUMER LAW

FAMILY LAW

WELFARE AND HOUSING LAW



FOR INFORMATION OR TO ORDER CONTACT
JULIA THATCHER (021) 797-5101

The Street Law programme is designed to be taught by school teachers who have no background in law. The series of five reader-friendly manuals are divided into Student Text and Teacher's Manuals. Teacher's Manuals set out how the lessons in the Student Texts can be conducted and give solutions to problems posed. Dramatic illustrations and easily written text gives each reader a practical insight into a wide spectrum of South African law.

not understand what is happening. Neither the young people nor their parents can fight their cases. More cases should go to the children's courts. Reformatories are bad places where young people learn to become criminals. Reformatories don't stop crime.

All the laws about young people and crime need to be changed. There should be better protection for young people who commit crimes. ◀

Turn to page 38 to find the meanings of the new words in this story. There is also information on where to get help if you get into trouble with the law.

FASHION

CLOTHES FOR AFRICA

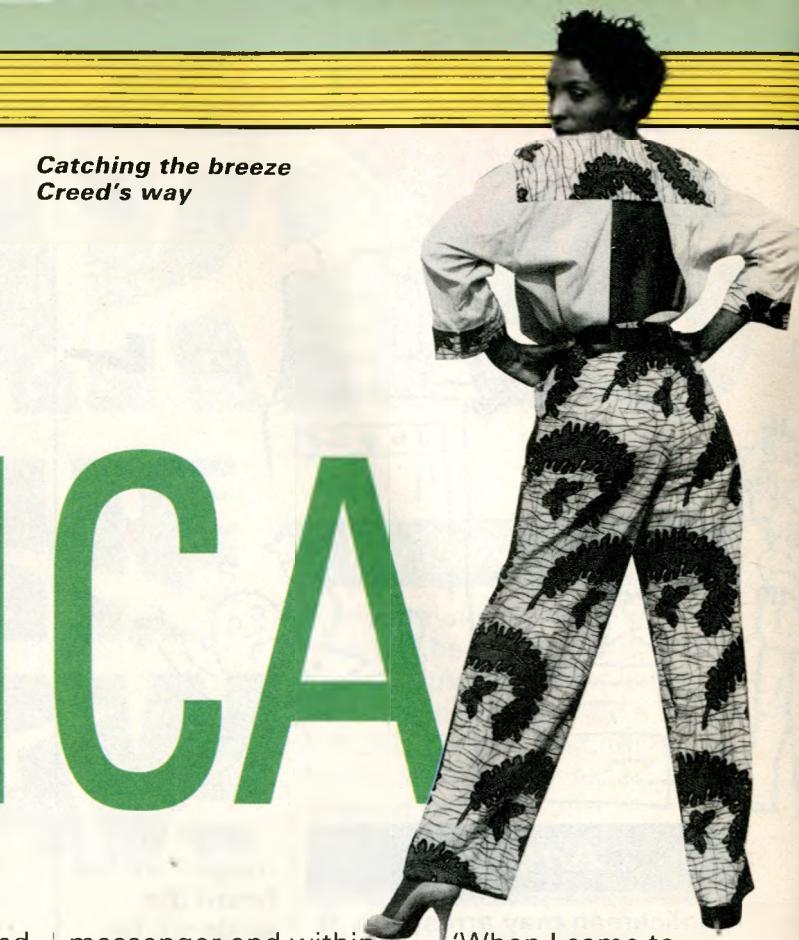
By Gill Farquhar

'I've always been proud of being African. And I express my pride through my clothes,' says Creed Katsande, a Zimbabwean fashion designer.



Creed takes time off fashion design to relax with her son, Michael.

*Catching the breeze
Creed's way*



Creed trained and worked in fashion in England. 'I wanted to do fashion design,' says Creed. 'So when I left school, I headed for London. My father gave me some money and I applied to a lot of different art schools.

Creed was lucky to get into an art school in England. 'We studied many different things; photography, ceramics, painting, graphic design and advertising. We did textile design and we learnt about different fabrics. The last part of my training was the fashion design course.'

'My first job was with a fashion house in London. I started as a

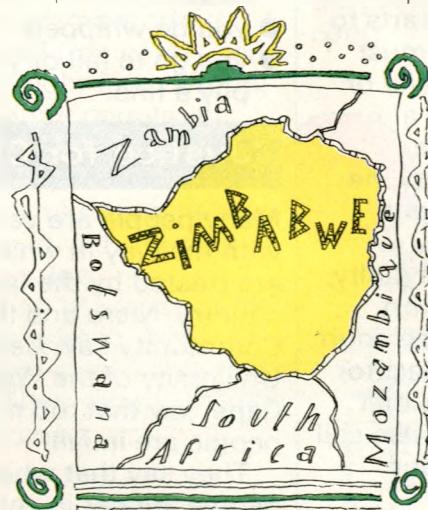
messenger and within a year I was working on the design tables. But you cannot develop your own style when you are working for someone else. You have to design what they want.'

Creed returned to Zimbabwe in 1985. She opened up a business there called Creed Designs. And she began to design clothes in a modern, ethnic style.

'When I came to Zimbabwe, people didn't know who they were or what to wear. Before independence we all used to look like westerners. I feel that people in Africa should wear modern clothes. But the clothes must show where they have come from. So I started to design clothes, using cotton prints with modern styles. And the result is a trendy style with Africa showing through.'

Creed's clothes are very popular in the USA. 'But some people here still think that cotton prints are for grandmothers in the rural areas. I think that young people must change such old-fashioned ideas,' she says.

Creed has great dreams for the future.



Creed's African style - just right for hot African days

'My dream,' she says with much enthusiasm 'is to get together with other designers from Africa. I want to organise a fashion show that will represent the whole continent and all the different styles of clothing on it. Africa needs to be put on the fashion map of the world.' ◀

Creed can design an outfit for every occasion.



Are you interested in a career in dress design? If you are, here is some information for you.

CAREERS IN THE CLOTHING INDUSTRY

FASHION DESIGN

Qualities you need to be a dress designer:
You must like clothes and fashion.

You must be creative and have a good eye for design and colour. You must be able to draw well as you will have to sketch out your designs.

COURSES OFFERED IN FASHION DESIGN

Most technikons offer a 3-year national diploma in fashion design.

There is also a one-year part-time design programme run by the Clothing Industry Training Board.

ENTRANCE REQUIREMENTS

Senior Certificate

QUALITY CONTROL

A quality controller checks each garment while it is being made up and when it is complete. You need no qualifications to do this. But you must understand how clothes are made. You need a good eye too, so that you pick up mistakes.

PATTERN-MAKING

Pattern-makers take the ideas of the designer and make patterns for cutting the fabric. You can do a 3-year course and get a diploma in Clothing Production

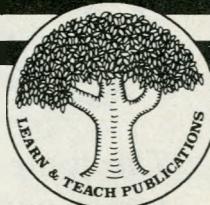
Management at the Cape, Natal and Transvaal Technikons. The Clothing Industry Board also offers a 1-year part-time course in pattern-making. ◀

If you want to find out more, you can write to:-

**Clothing Industry Training Board
P O Box 8107,
Johannesburg 2000
OR
P O Box 226,
Salt River 7925
OR
P O Box 41303,
Rossburgh 4072**

Advertisement

Learn & Teach



It's more than a magazine. It's an education!

LEARN & TEACH SUBSCRIPTION FORM

South Africa and Namibia:

Botswana, Lesotho, Mozambique,

Malawi, Zimbabwe, Zambia and Swaziland:

R21

R30

R50

R120

Companies and Institutions:

International:

Name:

Address:

Code

If you do not want to cut out this form, then send us your name and address together with a cheque or postal order to:

**Learn & Teach Subscriptions
PO Box 556
Johannesburg 2000**

Dear Diary

This is the second part in our Dear Diary series. We have asked four young people, Karen, Steve, Mpho and Evangeline to keep diaries for us. Read on and find out what has been happening in their lives over the past month.

Karen Williams

Ocean View



9 I have been having a very busy social time since I last wrote. My friend, Nicolene, had a birthday braai. Three of us, Natasha, Celeste and myself went to Nicolene's house before the braai and helped her to make salads.

We danced while Nicolene's father cooked the meat. I met three new guys there. They were really kinky but their dancing was great. We only went to bed at 4 'o clock in the morning. We all had such a great time, that we are planning to have another braai soon.

I also went with my church youth group to a gospel concert at Princeton High School. Three groups played, Free, Charisma and Faith Heroes.

The group, Charisma, is made up of a group of young Christian girls. They showed that girls can do the same

things as guys. Faith Heroes try to get through to teenagers who are not saved. I think they can do this because they look cool.

The group, Free, were also great. They steamed up the stage and the words of their songs are really beautiful. The whole evening was like a blessing.

My church is having a week of mission work. Students from the Baptist Theological College are coming. I am looking forward to it. ◀

Steve Payne

Johannesburg



This month has been very enjoyable. I have recovered from my malaria and now I am taking part in sport again. I have been made captain of the rugby team so I was very pleased when we won our first match.

We are breaking up soon and I think I will get a good report. We are going on holiday to Kenton in the Cape. I will miss my friends but I love going to the coast.

Unfortunately I did not get to see 2 Unlimited as my youngest brother's birthday was the same day as their concert. He has also started canoeing as he got a boat for his birthday.

My older brother Barry, will be training hard during the holidays. He will take part in the South African canoeing Championships when we get

back. If he wins, he will go to Hungary, to the Junior World Championships.

I have not gone out much this month. I went to a not very exciting party. We tried hard to make it work but there were not enough people and only two of my friends went. I am really looking forward to going away and relaxing. ◀

Steven and his younger brother, (front) go canoeing together.



Mpho Mathebula

Soweto



We have experienced a setback in our family since I last wrote. My grandmother passed away. She was a strong woman and a inspiration to us all. She was the first woman to get a taxi permit in Soweto.

Our problems at Vista University have continued. The management refused to listen to our demands. So eventually our complaints went to the Vista head office in Pretoria. Now they have agreed to listen to us. We are fighting to make Vista a more democratic place to study.

My friends and I have started a social club. We plan to meet to discuss politics and social issues. We will focus on how to improve our society and how to deal with social pressure.

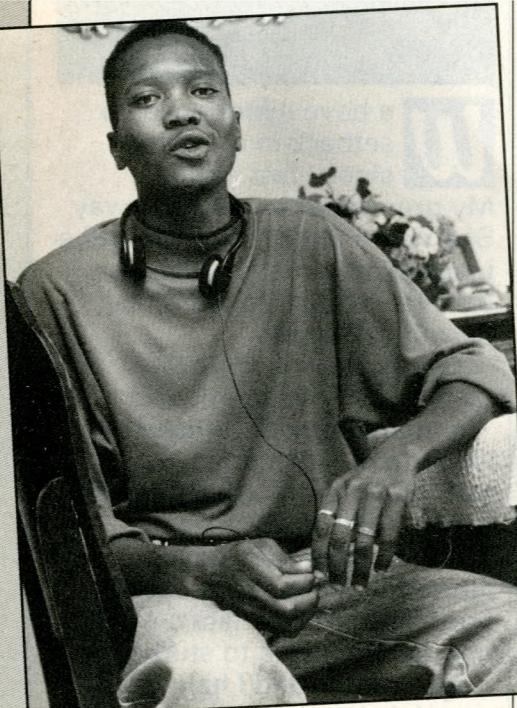
There is much tension in the community. People hoped elections would bring us a new South Africa and job opportunities. But now these hopes are fading. People are tired of the violence and they are worried that there will be a civil war.

TO PAGE

28

Dear Diary

The thing that is worrying me at the moment is the way people behave at funerals these days. I have been to several funerals recently. They have become fashion shows for the women. Our brothers, on the other hand, skid around in their cars as if they were in a car chase. I think something must be done about it. ▲



Mpho is worried about the way people behave at funerals.

Evangeline Mansoorh

Pinetown



My time has been taken up with school ever since I last wrote. I am finding high school very demanding. I was very nervous and tense about the examinations. So I was

overwhelmed when I discovered that I had come first in the class.

My Mathematics is a bit weak so my teacher suggested that I do some extra Maths during the holidays. I wasn't exactly pleased with the idea. But my parents agreed with my teacher, so I have no choice but to do the work.

I have joined the wildlife club at school. Our aim is to clean up the Umbilo River. We will be taking primary school children from our area on walks and hikes. It gives us all a chance to meet new people and to keep Durban looking great.

I am very happy in high school. I think I will manage to do well, but I wonder if I will ever learn to enjoy all the homework. ▲

(above) Evangeline came first in class.

(below) Evangeline (right) with her teacher and a friend.





Need advice and there's no-one to ask? Adielah and Blessing, youth workers for the Planned Parenthood Association, answer your questions.



**Write to Adielah \ Blessing,
Upbeat, P O Box 11350,
Johannesburg, 2000**

Discharge.

Dear Buti

I am a girl of 18 years. My vagina has a lot of water when I have sex. I don't know whether this is just vaginal discharge or sperm. Whatever it is, it worries my boyfriend. How can I stop this? Help me before I lose my lover!

M Strydkraal, Apel

Dear M Strydkraal

A vagina has to be wet when a woman gets excited. This is

HOW TO DEAL WITH RAPE OR SEXUAL ASSAULT

Rape or sexual assault is a violent attack on women. A rapist can be a 14-year-old boy or a 48-year-old man. He can be a stranger or your own boyfriend. He can be your best friend's father, or even your own. Here's what to do if you've been raped or sexually assaulted.

- Go to a safe place. Contact a friend, your parents or a support organisation.
- Go to your local clinic or doctor. You may need First Aid. You'll also need a pregnancy test.
- Report the rape to the police. You don't have to go to the police, if you don't want to. But you won't be able to charge the rapist in court if you don't. You can ask to see a woman policeman. If you are pregnant, you can only have a legal abortion if the man is found guilty of rape in a court of law. At the police station, the police will take a written statement about what happened.
- The police will take you to the District Surgeon. She will listen to your story to use as evidence in court.

quite natural. It only shows that a person is ready to have sex. But if the reason for wetness is not natural, your discharge will have a bad smell and an unusual yellowish colour. You must then visit a doctor immediately because you might be suffering from an infection.

Adielah

**Keeping out
boyfriends.**

Dear Upbeat

I am a girl of 16 years. I am in love with a guy of 19 years. I have a friend who is 17 and she is in love with my brother. There is another girl who is in love with both my boyfriend and my friend's boyfriend (my brother). My friend and I don't

► If you are sexually assaulted by someone you know, don't keep it a secret. The boy needs to be stopped before he hurts someone else. You are not to blame just because you went out with him.

► You may feel guilty, frightened, ashamed, hurt or angry. All these feelings are normal. Find someone to talk to. Don't hide these feelings away.

WHERE TO GO FOR HELP

JOHANNESBURG

People Opposing Women Abuse (Powa): (011) 642-4345
Catholic Counselling Centre: (011) 673-1473
Childline: (011) 484-3044

RAPE CRISIS:

Cape Town : (021) 47-9762
Pietermaritzburg: (0331) 45-6279

Durban Women's Centre:
(031) 301-2696

LIFELINE:

Grahamstown: (0461) 26-668
East London: (0431) 22-000
Eastern Cape: (041) 55-9393

want to lose our boyfriends. What must we do?

**Vivienne Makhura,
Zandfontein**

Dear Vivienne

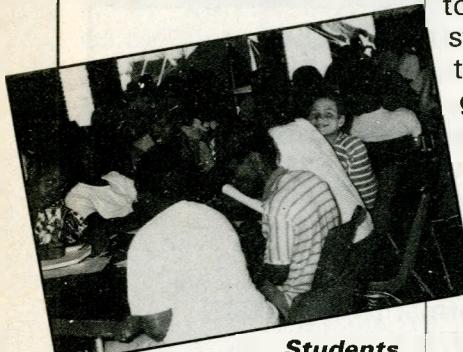
Have you spoken to your boyfriends about the matter? Do either of them like this other girl? Try to talk to your boyfriend about the problem. But remember you can't force someone to love you. If your boyfriend loves you, then don't worry about the other woman. Beware of jealousy, it can destroy good relationships. However, if the boys are playing a double game, then maybe they aren't worth the trouble.

Blessing

PROTEC MOVES TO SASOLBURG

BY ZACHARIA MLANGENI

Four years ago Programmes for Technical Careers (Protec), started a branch in Sasolburg.



Students at the Protec centre enjoy tackling problems together.

Protec helps students by running classes that cover the work they do at school. They also encourage students to think about technical careers and help prepare students for courses at colleges, technikons and universities.

Protec is the only programme in our area that brings black and white students together. Most students who attend the Protec courses get good marks at the end of the year.

If you would like to find out more about Protec write to: PO Box 52657, Saxonwold, 2132. ▶

A VERY SAD EXPERIENCE

Miriam Jacobs

The saddest experience of my life happened when I was in Std 8. It was my second year in a new school. At the end of my first year there, my closest friend left and went to another school.

After this, I found it very difficult to get along with the teachers and students because I was very quiet and shy. Nobody really likes shy people. But if you are naturally shy, what are you supposed to do?

I became very lonely and needed someone to confide in. There was one girl that I really liked but she already had a best friend. I wanted this girl to be my companion at

school. She was everything I thought a friend should be. She was trustworthy, understanding and just as quiet and shy as I was.

Now things have changed and I am friends with everyone.

BE AN UPBEAT REPORTER

Readers: we want you to write stories for us. 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. Send your story to:

**Upbeat Newsdesk,
P O Box 11350
Johannesburg 2000.**

Don't forget to send your name, age and address. Send photographs if you can.

Advertisement

Sached Production Services

We offer good quality DTP and Graphic Design at reasonable prices.

Support your local NGO and come to us for:

Posters, brochures, book design, logos, annual reports, pamphlets, business cards, letterheads, reports.

Contact Luisa Potenza at SACHED

**Tel: (011) 333-9746
Fax: (011) 333-2297**

for a quotation.

Challenge

A progressive Ecumenical Magazine of Church and People

Published in Southern Africa by Contextual Publications
(an initiative of the Institute for Contextual Theology)

→ news, views, comment,
reflections on current issues
→ contextual bible studies,
liturgy, theology, spirituality

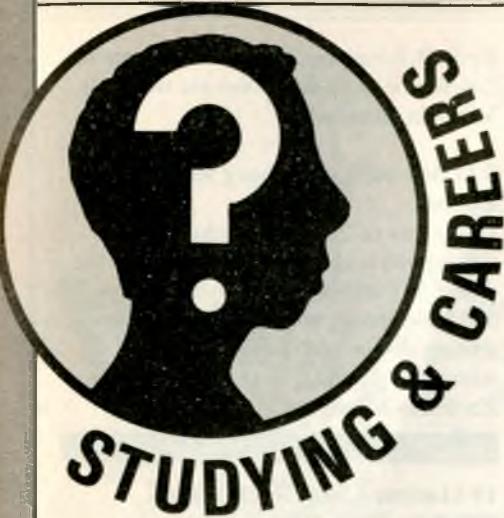
Editor: Albert Nolan
Editorial Board: F. Chikane, J. Cochrane, K. Mgojo,
S. Mkhathwana, K. Mofokeng,
M. Mpumlwana, B. Naudé,
B. Ncube, C. Villa-Vicencio

Subscription rates (10 issues p.a.):

South Africa	R30.00
Neighbouring Countries	R35.00
Africa, Asia, Latin America	US\$20.00
Europe, North America, Australia	US\$50.00

SEND YOUR SUBSCRIPTION TODAY TO:

**Challenge, □ 32047, Braamfontein, 2017
□ (011) 339 2513/38/62**



Problems with studying and careers? You are not alone.

Write to us at:



Social work.

Dear Upbeat

I am 17. I want to be a social worker when I finish school. Please send me more information.

Windy Ngwasheng, Mamelodi East

Dear Windy

If you want to become a social worker, you must study at a university. At the University of the Western Cape, Fort Hare and the Hugenot College in Wellington, you can do a diploma course. But at the other universities, you must do a degree. A Social Work degree takes four years. You need a matric exemption to do a degree and a senior certificate for the diploma. Choose a university and apply for admission for next year. Here are the addresses of the universities closest to you. University of the North; P O Box X5090, Pietersburg 0090 University of the Witwatersrand, 1 Jan Smuts Ave, Johannesburg 2001

Editors

Bursaries to study law

Dear Upbeat

I am a 16-year-old boy. I am doing Std 9 at Phillipolis Public School. I want to study law in the future but I have serious financial problems. Please send me some addresses for bursaries.

Panky Phathela

Dear Panky

Thank you for your letter. If you need a bursary to study law, it is best to ask about bursaries when you apply to the university at which you want to study. Most universities have long lists of people and organisations that offer bursaries. But you could find out more about bursaries for law by writing to:-

Education Information Centre, P O Box 62270, Marshalltown 2107

Editors

Career Advice - where to get help.

Need advice with careers and bursaries? Here is a list of all the career advice centres in the country. Write to the one closest to you.

CAPE

Careers Research and Information Centre, P O Box 378, Athlone 7760

Careers Resource Centre, P O Box 9040, Estadeal 6012

Karoo Resource Centre, P O Box 748, Beaufort West 6970

Self-help and Resource Centre, P O Box 1400 Uitenhage 6230

Namrec, P O Box 502, Springbok 8240

Uitenhage Career Resource Centre, P O Box 1242, Uitenhage 6230

Alexandria Career Centre, P O Box 331, Alexandria 6185

NATAL

Career Information Centre, 36 Ecumenical Centre, 20 St Andrews St, Durban 4001

Wentworth Career Centre, P O Box 14088, Austerville 4052

Thembalethu Community Education Centre, 206 Burger St, Pietermaritzburg 3201

Melmoth Career Guidance Centre, P O Box 493, Melmoth 3838

Eshowe Career Centre, Eshowe College of Education, P/Bag X503, Eshowe 3815

TRANSVAAL

Soweto Career Centre, P O Box 38, Orlando 1804

Education Information Centre, P O Box 62270, Marshalltown 2107

Siyakhanyisa Career Centre, P O Box 97034, Presas 0114

Tembisa Career Centre, 763, Mqansa Section, Tembisa 1628

Mamelodi Career Guidance and Job Skills Training Centre, P O Box 77113, Mamelodi West 0101

Youth Development and Guidance Programme, P O Box 12190, Kloorkop 1624

Alex Kopano Educational Trust, 21 Parkmore Place, 10th St, Parkmore 2196

Alexsan Resource Centre, P O Box 570, Bergvlei 2012

Lowveld Career Guidance Centre, P O Box 2405, Nelspruit 1200

Middleburg Career Centre, P O Box 1962, Middleburg 1050

PENFRIENDS

OVERSEAS

Hasthousgaen 5B 73439

Hallstahammar, Sweden

Dear Upbeat

I am a girl of 16. I would like to have penfriends of all ages and both sexes. My hobbies are reading, writing, listening to music. Please write in English, French, Finnish or Swedish.

Armi Linden

Beim Fohrhaldele 6,
D-7950 Biberach 1, Germany

Dear Upbeat

I am 13-years old. I would like to have a penfriend in South Africa. My hobbies are playing tennis, listening to music and reading. I will reply to all letters.

Lena Barth

AFRICA

Escom Faults Dept. P O Box 758,
Lilongwe, Malawi

Dear Upbeat

I am 21 years old and would like to have penpals from South Africa. My hobbies are reading novels, watching football and basketball, going to church, listening to music and watching videos. I look forward to your replies.

Ismon Kadammanja

3836 Glenview 2, 60 Crescent,
Glenview, Zimbabwe

Dear Upbeat

I am a girl of 19. I would like penfriends of both sexes aged 18-25. All letters must please be written in English or Shona. Photos are welcome.

Meah Bedge

TRANSVAAL

678 Block L, Soshanguve 0152

Dear Upbeat

I am a girl of 16. I am in Std 9 at Clapham High School. I want to correspond with guys and girls of 16 - 19. My hobbies are tennis, hockey, swimming and listening to music. My favourite artists are Glenn Jones, Whitney Houston and Shabba Ranks. My dream is to become a journalist. I will reply to all letters written in English. Photos are welcome.

Mandisa Zitha

P O Box 1786, Rosslyn 0200

Dear Upbeat

I am a guy of 19. I want to correspond with girls aged 16-18. My hobbies are reading magazines, going to church, poetry and music. Letters must be written in English, Tswana or North Sotho. Photos are welcome.

Solomon Molepo

1194 Koppie Street, Khuma township,
Stilfontein 2550

Dear Upbeat

I am a boy of 17. I am in Std 9. My hobbies are writing and reciting poems, listening to country music, playing tennis and going on picnics. I would like to correspond with girls and boys of 16-19. Photos are welcome.

Johnny Jonathan Masemola

NATAL

Sacred Heart Secondary School,
Oakford Priory, P O Verulam 4340

Dear Upbeat

I am a girl of 14 in Std 6. I would like to correspond with girls and boys aged 14 - 18. I promise to reply to all letters written in English and Zulu. Photos are welcome.

Ntokozo Khonjelwayo

P O Box 918, Esikhawini 3387

Dear Upbeat

I am a boy of 17. I would like to correspond with girls and boys of 16-21 of all races. I am in Std 10. My hobbies are playing basketball, listening to music and reading books. I will reply to all letters written in English or Zulu. Photos are welcome.

Tindokuhle Zwane

Montebello High School, Private Bag
X505, Dalton 3470

Dear Upbeat

I am a girl of 16. I would like to correspond with boys and girls of 15 - 20. I like reading novels, watching movies, singing and writing stage plays. Please write in English and Zulu.

Sindy Geumisa

J1169 P O Umlazi, Durban 4031

Dear Upbeat

I am a girl of 15 doing Std 7. I would like to correspond with boys and girls aged 14-19. My hobbies are dancing, singing, swimming and playing tennis. I also like collecting posters of my favourite actors and singers.

Purity Myandu

ORANGE FREE STATE

7120 Galane Street,
Phuthadichaba 9866

Dear Upbeat

I am girl of 16. I am in Std 8. I would like to correspond with boys and girls aged 15-20. I enjoy chess, karate, reading and listening to music. My favourite singers are Keith Sweat, T P, Manhattans, Elton John, Boyz II Men, Shabba Ranks and

Keith Washington. Please write to me in Sesotho or English. Photos are welcome.

Victoria Dlamini

P O Box 2434, Sasolburg 9570 Dear Upbeat

I am a guy of 22. I would like to correspond with people from all over the world. My interests are playing soccer and table tennis, watching television, writing stories and also sharing ideas with other people.

Zacharia Mlangeni

CAPE

19 Mariner Close, Rocklands,
Mitchells Plain 7785

Dear Upbeat

I am a girl of 15 in Std 7. I would like to correspond with boys and girls of all ages. My interests are sports, outdoor life, adventures and meeting new friends. I promise to reply to all letters written in English or Afrikaans. Photos are welcome.

Carmelita Cloete

3 Rifle Rd, Kenwyn 7764

Dear Upbeat

I am a boy of 16. I would like to have penfriends aged 15-16. My hobbies are listening to the radio and going to the cinema.

Jason Rita

4150 N.U 2, Mdantsane 5219

Dear Upbeat

I am a boy of 13 in Std 6. I would like to correspond with boys and girls of 12-15. My hobbies are listening to music, reading and watching television. My favourite stars are MC Hammer, Tony Danza and Fred Savage. Photos are welcome.

Ndindwa Mzuyanda

178 J. Nontulo St, Nyanga 7755

Dear Upbeat

I am a girl of 14 doing Std 5. I would like to correspond with boys and girls of 14-15. My hobbies are playing netball and running. I would like letters to be written in English or Xhosa.

Monica Bala

FIND YOUR MAGIC NUMBER

Long ago people believed that there was magic in numbers. They thought that numbers could tell you the future.

They also thought that numbers could say what kind of person you are.

Discover what numbers say about you. First you must find your magic number. This is how you do it. Here is a list of the alphabet with a number for each letter.

A-1	B-2	C-3	D-4	E-5	F-6	G-7	H-8
I-9	J-1	K-2	L-3	M-4	N-5	O-6	P-7
Q-8	R-9	S-1	T-2	U-3	V-4	W-5	X-6
Y-7	Z-8						

1 Print your whole name. Don't use nicknames. Find the number for each letter in your name and write it below the letter. Use the chart to find the correct number.

for example:

DIKELEDI MOKHOTHU
4 9 2 5 3 5 4 9 4 6 2 8 6 2 8 3

2 Add up all the numbers. So, if Dikeledi adds up her numbers, her total is 80.

If the total is higher than nine, you must add the numbers together, to get your magic number. So if Dikeledi adds her numbers together, $8 + 0$, her magic number is 8.

Once you know your magic number look here to see what kind of person the numbers say you are.

- 1 You are confident. You make friends easily and you like to keep busy.
- 2 You are quiet and shy but you work easily with others.
- 3 You are clever and artistic and you like being with other people.
- 4 You are hardworking and dependable. But you are also stubborn.
- 5 You are clever and brave. You love adventures but you lose your temper easily.
- 6 You are fair and sensitive. You like to keep everyone happy. You also like tidiness and order.
- 7 You are a loner and don't just follow the crowd. You think things out for yourself and you plan your life carefully.
- 8 You like to always be right. But you are kind and people know they can trust you.
- 9 You are an independent thinker. You like people and get along well with them.

YOUNG BOYS SAVE

By Shadley Nash

Last year a group of young boys from Grey Junior School in Port Elizabeth went on a week-end hike. It started as a pleasant weekend for the boys. But it ended in a battle to save the black eagles of the eastern Cape.



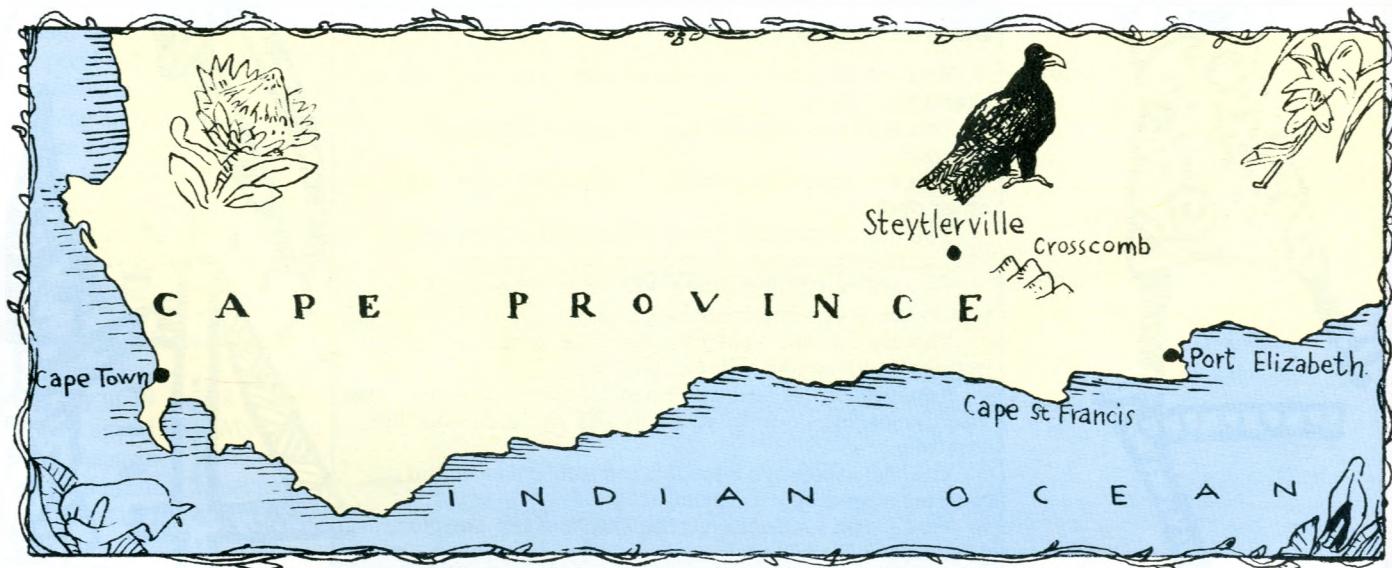
Boys from Grey Junior School begin the hike that turned into an adventure.

Michael Sternberg described what happened. 'We were to start our hike at a farm near Steyerville. We went to the farmhouse to hand in permits. These permits gave us permission to cross the farmer's land.

'The farmer wanted to show us some special bushes which he had planted. On the way, we saw a dead black eagle. We were shocked. The farmer's wife said that they paid farm workers R50 for every eagle that they caught. She said they killed the eagles because the birds frightened the lambs. She bragged that more than 100 eagles had been killed in the area,' Michael said.

When the boys returned from their trip, they took up the issue of the dead eagles. Dereck Rowlee, one of the boys, told his mother what they had seen. His mother told a newspaper what was happening in the area. And the boys appeared on the conservation TV programme, 50/50.

Bruce Ferreira, one of the



BLACK EAGLES



boys said; 'After the programme was shown, there was a meeting at Kleinpoort between the farmers, the Cape Conservation

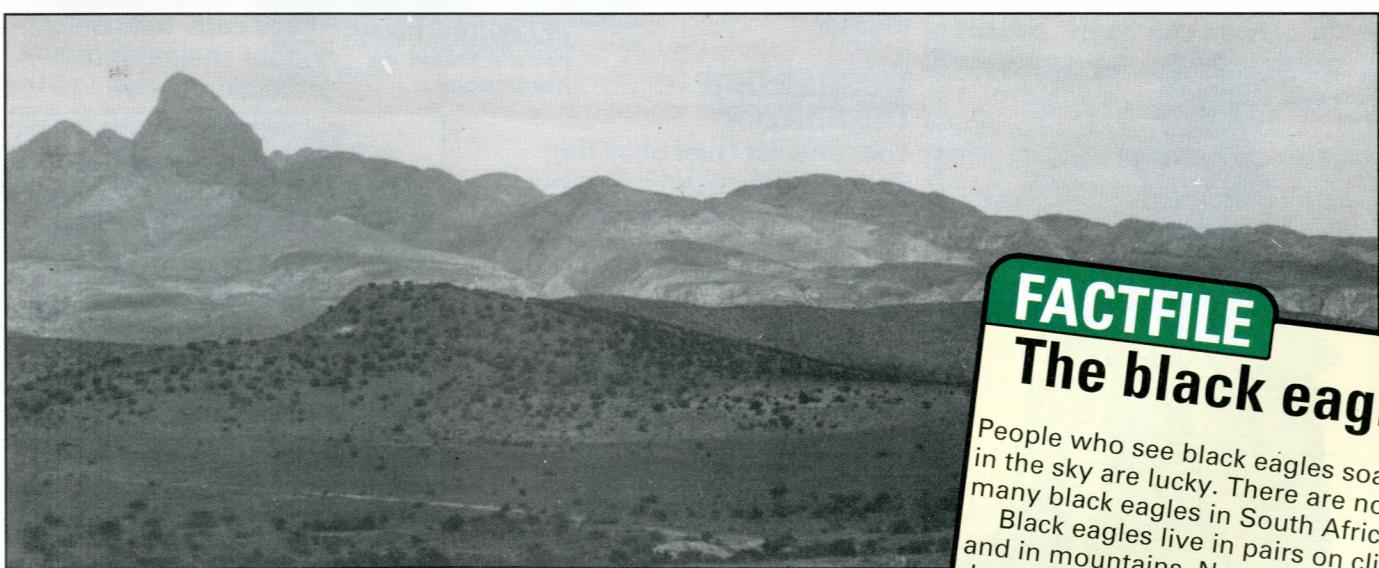
Department and us. The farmers criticised us. They said we had made trouble for them. The meeting was a most unpleasant experience.'

But the Cape Conservation Department had only praise for the boys. Mossie Basson, a conservation officer said, 'The boys have made a great contribution to conservation. And they did it out of concern. What started as a bad experience for them, has turned into something very positive.'

Now thanks to the boys from Grey, a committee has been started. The boys, the farmers of the Steytlerville area and Cape Conservation officers are looking into problems around the birds. The Conservation Department is doing a study of the eagles. They want to find out if the eagles really hurt the farmers' sheep. And the farmers have agreed not to kill any more birds until the study is complete. ◀

The magnificent black eagle

The Cockcomb mountain in the eastern Cape. A favourite place for hikers.



FACTFILE

The black eagle

People who see black eagles soaring in the sky are lucky. There are not many black eagles in South Africa. Black eagles live in pairs on cliffs and in mountains. Normally they eat dassies. Black eagles are not threatened. But they are part of our natural heritage and should be protected.

The land the Basotho lost



By Barbara Johannessen

Verkeerdevlei is a small town in the Orange Free State. It was once part of Moshoeshoe's Basotho kingdom. But it was lost to the Orange Free State after a war between the Boers and the Basotho in 1865.

Today white farmers own this land. Many farm workers in the area are badly treated. They work for very low wages. They are often beaten for nothing. Last year a farm worker from Verkeerdevlei, Gabriel Mahakoe, had had enough. He said he was tired of being treated like a dog. He murdered a white farmer and his family. He said he was fighting apartheid.

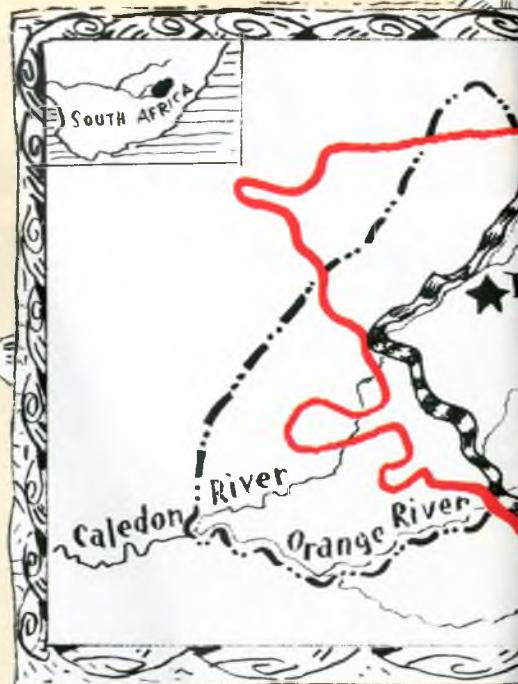
Both Gabriel and the farmer he murdered, are victims of history. Let's look at the history that ended in this tragic murder.

MOSHOESHOE - THE SHAVER

The greatest chief of all the Sotho, Moshoeshoe, was born in 1786. Moshoeshoe is a praise name which means 'he who shaves clean'. Moshoeshoe earned this name from the way in which he carried out cattle raids. When he led a raid, not one cow was left behind.

When Moshoeshoe was in his early 30s, things began to change for everyone on the highveld. It was the time of the 'Difaqane' - or the 'scattering'.

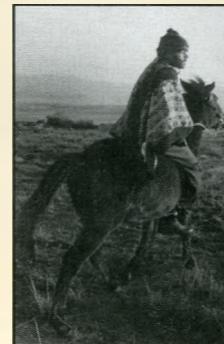
Moshoeshoe - the great Basotho king.



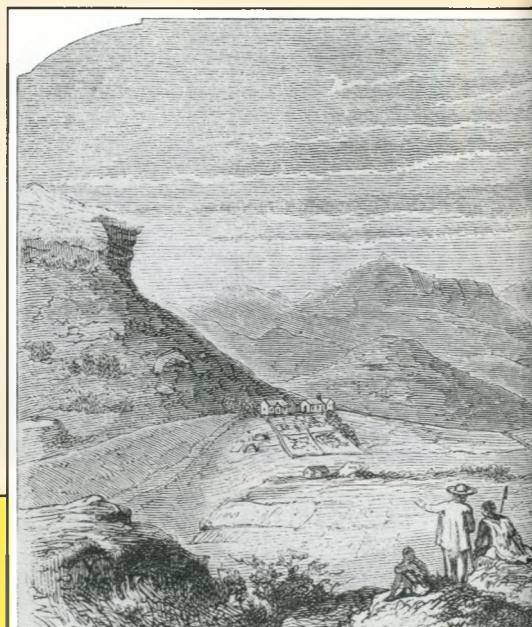
For the first time there was not enough land for everyone in southern Africa. Wars were fought as people looked for new places to settle.

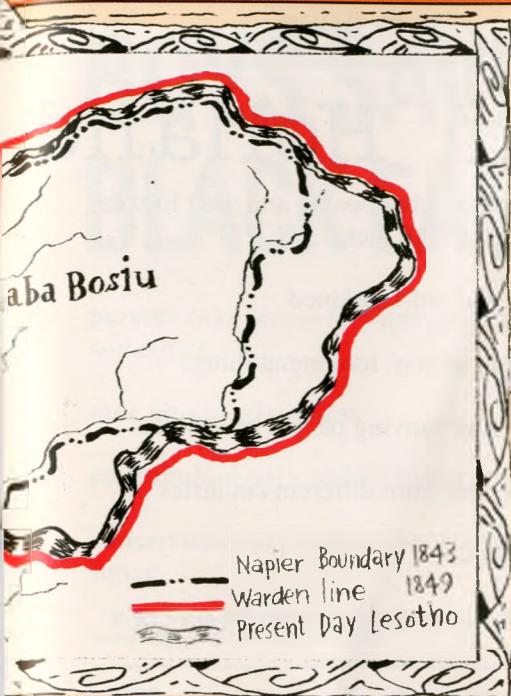
Moshoeshoe and his followers moved to Thaba Bosiu, a mountain stronghold, where they could easily defend themselves. Moshoeshoe became known as a fair leader. More and more people joined him. They were searching for security in a land at war.

At the same time, white settlers from the Cape began arriving in Moshoeshoe's territory. These early trekkers sought shelter and protection under



In the mountains of Lesotho, many people travel on horse back.





Moshoeshoe. And Moshoeshoe treated them like he treated everyone else. He gave them land and cattle to use.

The trekboers were followed by the Voortrekkers. The Voortrekkers wanted to move as far from the Cape as possible. Moshoeshoe offered them friendship as they passed through his lands.

TROUBLE

But trouble was brewing in the southern parts of Moshoeshoe's kingdom. Some boers settled between the Caledon and Orange Rivers, right where



Many farm workers today are very poor.

the Sotho lands. Moshoeshoe was forced to ask the British for help. Basutoland became a British colony.

Moshoeshoe managed to save some land for his people. But most of the fertile grasslands were lost to the Boers. Today Lesotho lies on the slopes of the Drakensberg mountains. Farming is difficult and there is too little land to support the people, who fought so bravely to protect what was rightfully theirs. ◀

Thabo Bosiu - Moshoeshoe's mountain stronghold.

Verkeerdevlei is today. And these Boers claimed this land was theirs.

To Moshoeshoe this was strange. People could use land but they could not own it. He said, 'When visitors come to my home, I offer them chairs to sit on. But when they leave, they do not have the right to take the chairs with them.' He felt the same about land.

Disagreements over land, soon led to a three-sided struggle between the British, the Boer settlers and Moshoeshoe. The British wanted peace on their borders. They were afraid of Moshoeshoe's strength. The Boers wanted Sotho land and independence from the British. And Moshoeshoe wanted to protect his kingdom and the people who lived under him.

Lines were drawn and treaties were signed. Moshoeshoe tried to avoid war and keep the land his people had always used. But it was impossible. In 1849 and 1851 the British marched against the Sotho army. Both times the

British were defeated.

In 1852 the British handed over the Orange Free State to the Boers. Now Moshoeshoe had to fight the Boers. In 1865 the Boers laid siege to Thaba Bosiu and burnt all

1768 - Moshoeshoe born

1824 - Moshoeshoe and his followers move to Thaba Bosiu

1830s - The Boers begin to arrive from the Cape

1848 - The British declare the area between the Vaal and Orange Rivers theirs and call it the Orange River Sovereignty.

1849 - Henry Warden, a British agent, draws the Warden Line as a boundary to Moshoeshoe's kingdom. Sotho chiefs living on the wrong side of the line, refuse to move. British troops march against the Sotho and are defeated.

1851 - The Sotho army defeat the British at Viervoet (Kononyana).

1854 - The Bloemfontein Convention - the Orange River Sovereignty becomes the independent Boer republic called the Orange Free State.

1858 - The Boers attack Thaba Bosiu. Sotho army drives them off. Moshoeshoe agrees to accept the Warden line.

1865-1868 - Boers attack Thaba Bosiu again and burn all the land around the mountain. Moshoeshoe asks British to annex his kingdom to keep the Boers out.

COMPETITION TIME

You can win an exciting history pack called *The Land the Basotho Lost*. It contains a book and bright, colourful posters. All you have to do is:-

Write a paragraph saying what you think should happen to Lesotho in the future. Here are some views to get you thinking.

◆ Imagine South Africa has a democratic government. The people of Lesotho should vote whether Lesotho should become part of South Africa or not.

◆ A new South African government should give Lesotho back the land it lost.

◆ Lesotho should be left as it is.

Send your entries to:

Upbeat, Basotho Competition, P O Box 11350, Johannesburg 2000
before the 31 July 1993.

Rebel Sounds



FROM ZIMBABWE

mbira (n) - a traditional Zimbabwean instrument that one plays with one's thumbs. It is sometimes called a thumb piano

minority government - a government that represents only a small part of a country's people



Sailing from CAPE to RIO



dinghy (n) - a small boat

swells (n) - unformed waves

errands (n) - chores, duties

generator (n) - a machine used to make electricity

CLOTHES FOR AFRICA

ceramics (n) - pottery, making things out of clay and baking them

Letter from Holland

tolerance (n) - accepting other people and their ideas, even if you do not agree with them

quaint (adj) - pretty and old-fashioned

to browse (v) - to walk slowly, looking at things

procession (n) - a line of moving people or vehicles

nationalities (n) - people from different countries

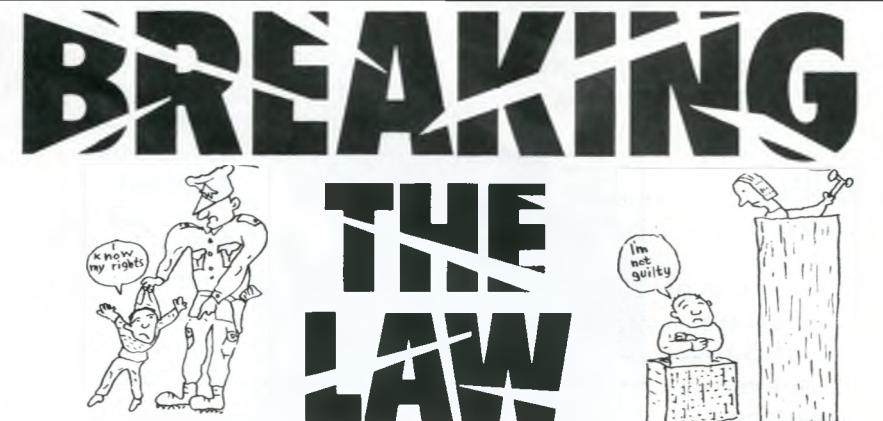
clogs (n) - wooden shoes

gabled (adj) - a wall that sticks up above the roof of a house

clattering (adj) - noisy

honking (adj) - making a noise like a hooter

barbecue (n) - cooking food on a fire



to be responsible - to know whether you are doing right or wrong

to charge someone with a crime - to say that someone has done something wrong that breaks the law

to commit a crime - to do something wrong in the eyes of the law

transferred - to be moved from one place to another

to drop a charge - to stop a case from going to court

witnesses (n) - people who saw a crime happening

bail (n) - money that is paid and refunded to you when you go to court

appear in court - go to court for a court case

evidence (n) - the facts of a court case

guilty (adj) - when you have done something wrong

to pass sentence - to say what your punishment must be when you have broken the law

court case - to go to court where a magistrate will decide whether you have committed a crime or not

probation officer - someone who checks up on a person who has been found guilty of committing a crime

legal (adj) - to do with the law

BOYS SAVE BLACK EAGLES

permits (n) - pieces of paper giving you permission to do something

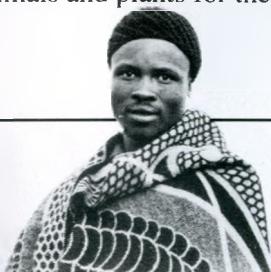
take up - to take action

contribution (n) - adding to something,

conservation (n) - protecting animals and plants for the future

soaring (v) - flying high

The land the Basotho lost



chieftaincies (n) - groups of people led by a chief

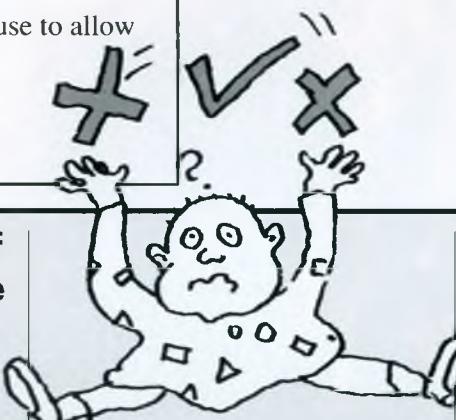
to brew (v) - to start

treaties (n) - agreements signed on paper

to lay siege - to surround people and refuse to allow them out

fertile (adj) - good for growing crops

annex (v) - to take control over



Where to get help if you get into trouble with the law

It is always best to have a lawyer to speak for you in court. These people can help you to get a lawyer or legal help:

Lawyers for Human Rights; P O Box 3205, Pretoria 0001
National Committee for the Rights of the Child; P O Box 3456, Johannesburg 2000

Advertisement



New Education Video!



Education: A Basic Human Right

Education: A Basic Human Right is a video that stimulates the debate on education in South Africa. It deals with a wide range of issues: the fundamental lack of facilities in the classroom situation, the "opening up" of white schools, rural environmental deficiencies, the realities of early childhood education and adult literacy . . . with strong analyses by leading educationists such as John Samuel, Rams Ramokgopa and TW Khambule.

Price for the video: **R69 for schools and community users;**
R139 for institutions.
(includes postage & packaging)

Please complete the order form below and send it to:
Film Resource Unit, P O Box 11065, Johannesburg 2000.
Tel: (011) 333-2401/2. Fax: (011) 29-6967

2

ORDER FORM

Please send me copies of
Education: A Basic Human Right.

I enclose a postal order/cheque for

Name:

Postal Address:

Code:

**HELP
LINE**

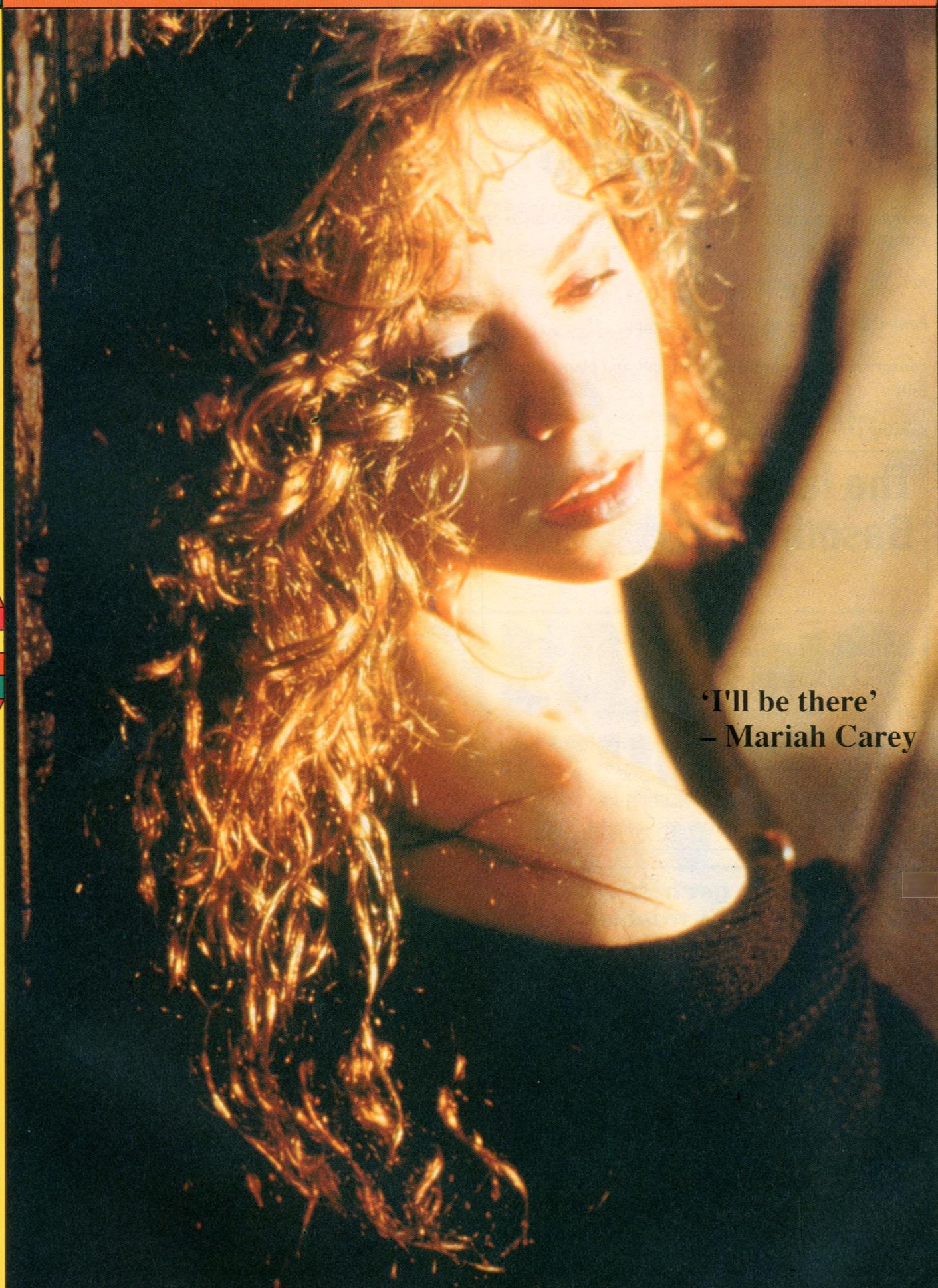
University Law Clinics; Most universities run law clinics for people who cannot pay for lawyers. Contact the university closest to you.

Advice Offices;

If there is an advice office in your area, they will help you.

Legal Aid clinics;

Most big cities have legal aid clinics. You will find their addresses and telephone numbers in a telephone directory. Otherwise ask at the magistrate's office. They will know where you can get legal aid.



'I'll be there'
– Mariah Carey