

NUMBER 2 1993

# UPBEAT

R2.00  
(VAT included)

*The magazine for youth on the move*



## THIS ISSUE

MEET  
**SALIF KEITA**

WHAT IS AIDS ?

SCHOOLGIRL MUM  
FIGHTS BACK

HIDDEN HISTORY  
PEOPLE WITH NO LAND

**SPECIAL  
OFFER**

LOW PRICE  
CASSETTES  
FOR UPBEAT  
READERS

ISSN 0257-8697



9 770257 869002

Upbeat is published by SACHED. SACHED is an 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  
Sylise Mattera

**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,

Is this the first time you've seen Upbeat? Welcome! You are in for a new learning adventure. Upbeat will open up the world for you. Travel with us and meet pop stars and sporting greats. Meet ordinary people whose stories give us courage to meet new challenges. Upbeat will open your mind to new ideas about life, love and the world around you. With Upbeat you'll discover that learning is lots of fun.

In this issue we travel to the Sahel, the land between the West African coast and the Sahara desert. There you'll meet the great singer and musician, Salif Keita. Read about Suzette Delgado who is fighting to save the forests and beaches of Puerto Rico.

And closer to home meet Ace, the karate king from the Eastern Cape and Catherine Swartz from Cape Town. Most teenage girls who fall pregnant feel their lives have ended. But Catherine was determined to stay at school and complete her schooling.

So if you are young and on the move, you'll certainly enjoy this issue of Upbeat.

*Harriet*

**N  
E  
X  
T  
iSSue**

### WIN! WIN! WIN!

- a R3 000 computer
- school bursaries worth R6 000

### Meet Karamo

- Katlehong's hottest newcomers

### Careers in computers

### Growing up

- when to say no

### 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 Corporation  
Anglo American Chairman's Fund  
Janssen Pharmaceutics  
South African Breweries  
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



# CONTENTS

## FEATURES

### YOUTH

Camp opens students' eyes **4**

### MUSIC

Salif Keita - sounds of the Sahel **8**

### WOMEN AND THE WORLD

Big companies destroy small countries **10**

### SPORT

Ace Mahlaba - karate king **12**

### STREETBEAT

Beach fashions **16**

### PEOPLE

Schoolgirl mum fights back **19**

### EDUCATION

Liivha - a new school up north **22**

### GROWING UP

Pimple problems **25**

### COMIC

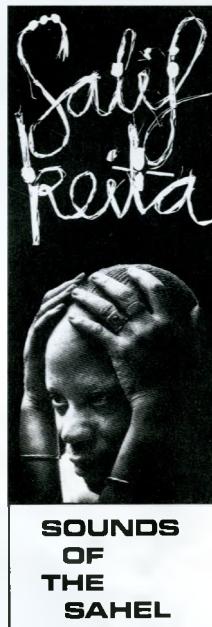
Collector of Treasures - Part 2 **26**

### SHORT STORY

John's happiest day **36**



Catherine Swartz  
Photograph by Eric Miller



## REGULARS

### ADVICE

You and your body **9**

Studying and careers **31**

### PENFRIENDS

**35**

### WILLIE WORDWORM

**38**

## YOUR VIEWS

### LETTERS

**7**

### TALKSHOP

White students at township schools **13**

### READERS' WRITING

**18**



## LIFE SKILLS

### VOTING MADE EASY

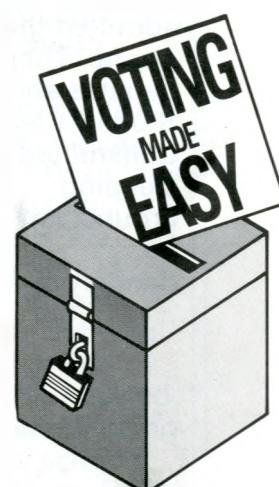
**14**

### HOW COMPUTERS WORK

**20**

### HIDDEN HISTORY

People with no land **32**



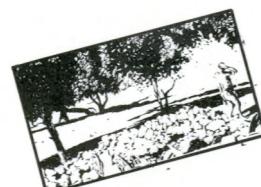
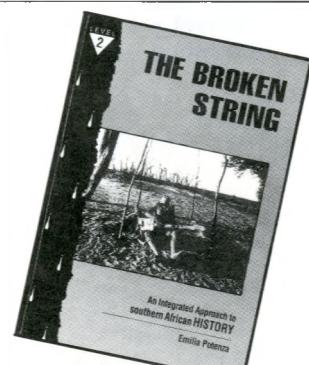
## COMPETITIONS

WIN a Salif Keita album **8**

WIN great history books **33**

WIN the latest top ten hits **12**

SPECIAL OFFER - low price cassettes **24**



# CAMP OPENS

*How do I propose to a girl? Do I say yes or no to drugs? Why do I have to use condoms? These were just some of the many questions students asked at the Peer Educators Training course. Forty young people from the furthest corners of Natal, met at the Willowvale camp in the Natal Midlands.*

**T**he Willowvale camp is a little piece of paradise hidden in the mountains of Natal. The campsite is built on top of a mountain which slopes down to a small river. During breaks the students sat on chairs made from logs and enjoyed the beautiful view.

At the course, two health workers, Ntombifuthi and Lungile, ran workshops for the students. 'We chose young people who are leaders in their areas. We hope they will go home and share what they have learnt with other young people,' Lungile told us.

Pauline Phelan, one of the organisers, added, 'We ran the course for students in the rural areas, because they are the most neglected young people.'

### **Lots to learn**

Students learnt about sex education. Many people admitted that it was not easy to say no. There were heated debates about abortion. Students learnt about sexually transmitted diseases and why sleeping around can be dangerous.

Students also learnt how to share problems and ideas. Upbeat ran a writers' workshop to encourage students to start newsletters in their schools. Soon after the workshop began, the room was still, as eager faces practised their writing skills.

Ntombifuthi said she really enjoyed running the course. 'At first it was difficult for the students to respond in the workshops,' she said. 'But each day I watched these teenagers open up more and more.'

***Stella and Bongani are helping 350 kids in their village get an education.***



# STUDENTS' EYES



**Students at the Willowvale camp listen eagerly.**

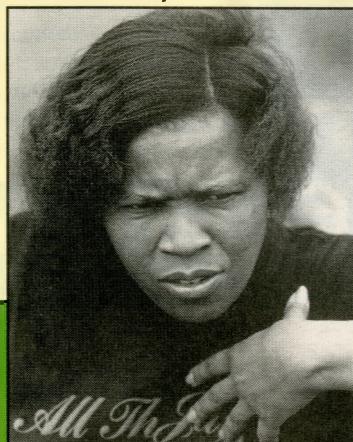
They were shy at first, but it was as if they were opening up their eyes to discover a new world, a world that was closed to them before.

## Speaking out

'Often teenagers from rural areas are quieter than city teenagers. This is not because they are stupid, but because they are not always given the opportunity to express their feelings.'

Millicent a young student,

**Ntombuthi Mtshali says rural teenagers are often quieter than teenagers from the city.**



agrees with Ntombuthi. 'In rural areas there are customs that some parents in the city ignore. These customs make it very difficult for teenagers to speak openly to their parents about their problems,' she said.

Stella and Bongani are from Mphulelo. They are helping 350 primary school kids in their village get an education. 'We wrote matric in 1991,' Bongani told us. 'But we could not find work. We realised that there were no primary schools for children. So we gathered the children together

and started to teach them under a tree.'

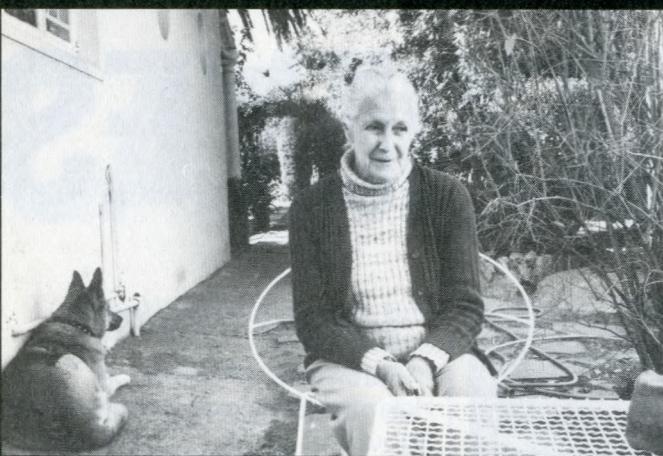
Ndumiso, 14, from Hermansburg was very excited about the camp. 'I came here to learn more about the things I am not taught at school. I have learnt to see girls as people. After watching girls act out certain situations with boys, my eyes were opened. I understand them much better. I will treat them with more respect now.'

'I want to be a leader someday. I want to make sure I make the right choices. I want to do something I really love. This camp is showing me what choices I have.'



**Ndumiso wants to be a leader some day.**

## Hamba Kahle



## Helen Joseph

**H**elen Joseph died on 25 December 1992. Thousands of people paid tribute to her. Helen Joseph fought for peace, justice and democracy in our country.

Helen was born in England. She came to teach in Durban in 1931. She fought tirelessly against the injustices of apartheid. In March 1956 she helped organise a protest march of 20 000 women to parliament. She was banned four times. Her last ban was lifted in 1982. She was

charged with treason at the treason trial of 1956 and was the first person to be placed under house arrest in 1962.

Helen Joseph was also a member of Fedsaw, (Federation of South African women) which later became part of the ANC Women's League. Helen believed that women must fight against oppression. She was a strong, dynamic leader. She was loved and respected by everyone who knew her.

Hamba kahle Helen!

## UPBEAT delivers to schools

**C**an you sometimes not find the latest copy of Upbeat? Here's some good news! We can arrange for Upbeat to be delivered to your school! All you have to do is collect the money beforehand and we will deliver the

magazine to your school. So teachers and students, don't delay! If you are interested in this scheme, contact Amanda De Lilly at: Upbeat, P O Box 11350, Johannesburg 2000. Tel: (011) 333-9746.

Advertisement



## Challenge

A New 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:**

**Editorial Board:** Albert Nolan  
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	R25.00
Neighbouring Countries	R30.00
Africa, Asia, Latin America	US\$20.00
Europe, North America, Australia	US\$50.00

### CONTRIBUTIONS & SUBSCRIPTIONS

Challenge, P O Box 32047, Braamfontein, 2017

Telephone (011) 339 2513/38/62

**S  
U  
B  
S  
C  
R  
I  
B  
E**

Become an Upbeat subscriber and get a colourful Upbeat poster FREE. Just fill in this form and send it to: Upbeat P O Box 11350, Johannesburg 2000, together with a cheque or postal order for R 19,50 (R 22,50 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**

# LETTERS



## Dear Upbeat

I want to thank the Upbeat staff for the valuable knowledge you provide. I wish more people knew about this magazine. I was annoyed by the people who criticised Upbeat for publishing fashion and music articles. Music, for instance, is only one page and fashion is two pages. My other point is, I was surprised by the article entitled 'Do men have the right to hit women?' My concern is that I do not think this topic should be discussed by children. I think topics like this are for parents or people who are at least 21 years old.

**Nyameko Confidence Mgoyi, Lady Frere**

## Dear Nyameko

**Thank you very much for sharing your views with us. Some young people see their fathers beat their mothers. Some young men think that they have the right to hit their girlfriends or sisters. We believe men beating women is an issue which affects young people. Through our talkshops, we hope young people will question what happens around them.**

*Editors*

## Dear Upbeat

I want to thank Upbeat for the story, 'International Summit on Rights of Children in South Africa' that appeared in Upbeat No. 6 1992. I also enjoyed the article on working together to build democracy. At my school, Buhlebuzile Secondary, we know very little about practising democracy. Ever since we read that article, we have class-reps and we have a healthy, working SRC. Our school is tops! Upbeat has empowered us with its information.

**Zeenus Z Gama, Alberton**

## Dear Upbeat

I have a lovely suggestion for Upbeat. Why don't you publish readers' photographs on your penfriends page? I think this will make it more exciting as we will know what our penfriends look like. Thanks a lot for your good magazine.

**Zacharia H. Mlangeni**

## Dear Zacharia

**Thank you for your suggestion. There is only one problem. We receive so many penfriend letters that we cannot send the photographs back. If readers do not mind this, we will happily publish their photographs. But remember to please send black and white photos.**

*Editors*

## Dear Upbeat

I have a serious problem at home. My mother drinks too much. I am writing to you for help. There are nine children in our family. We are all at school and we are struggling. What can we do?

**Nomhla Geza, Langa**

## Dear Nomhla

**Try to speak to your mother, or ask some of your close relatives to speak to her about her drinking. Or ask your church minister to help. You can also contact the social worker at SANCA, the South African National Council for Alcohol and Drug Abuse. Their address is: SANCA, Uluntu Centre, Gugulethu or you can phone them at 638-5116.**

*Editors*

## Dear Upbeat

I am a student at the University of Zululand. I have been reading Upbeat for a long time. It is my favourite magazine. Upbeat has helped me to strive for a better education. Thank you, Upbeat, keep it up!

Upbeat has something to offer university students too. Maybe university students should share their ideas with Upbeat readers. I try all the time to persuade my friends to send in articles. I also think it is important for university students to run projects together. They can motivate secondary students to study further and not just resort to looking for a job.

Education is a very important tool, for change in our country. We need to organise the youth to realise this.

**Vincent Maphiri**

## Dear Upbeat

I say no to other languages in schools, for the following reasons: In South Africa there are seven ethnic groups, but they are scattered all over the country. So, in one class you get more than five different tribes. How will teaching take place? In Zulu? How will the Venda speaking students learn?

You must also remember that 1/2 million exiles have come home. Their children speak a foreign language and English. Which language will they have to learn, if not English?

Teachers must not be tribal teachers. Some say a Xhosa teacher cannot teach a Tswana student. Can you see how this will divide this country? Tribalism will divide schools and teachers. This would also be very expensive. You will have to buy certain books for certain regions. Students know that they can learn English. Unite South Africa, teach one language.

**Grace Phiri**

## Dear Upbeat

I am writing this letter to express appreciation for your magazine. It is very helpful to optimistic youth like myself.

After I read the story about my idol David Nyathi I no longer miss any issues. I like the way Upbeat is written. It has helped me to understand and talk English better. I also like the Advice page on studying and careers. The information about finding a job and preparing a CV in No. 11 really helped me.

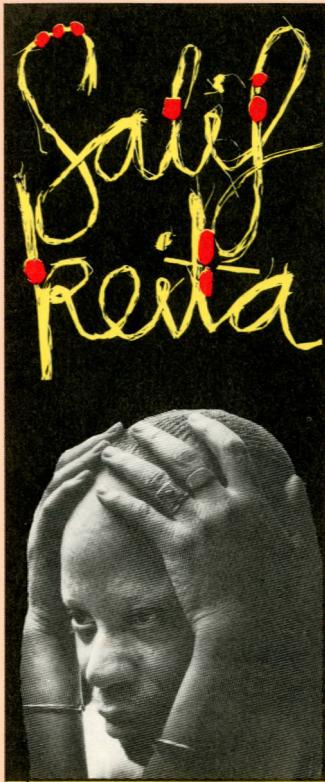
**Zamikhaya Yamani**

## Dear Upbeat

I am a very keen Upbeat reader - I never miss a single issue. I would like to see star signs every month, like they have in other magazines. I will be very glad if it can be done.

**Norman Lekgabe**





## SOUNDS OF THE SAHEL

For years, people outside West Africa knew little about the music of the Sahel, the land between the West African coast and the Sahara desert. But now, stars like Salif Keita are sharing these exciting sounds with us.

**S**alif Keita belongs to the Manding people. They are famous for their music throughout West Africa, with their amazing 21-string kora and their bala xylophone.

But amongst the Manding, only certain families can be musicians. They are called griots. These families have passed down the stories and songs of the Manding from generation to generation for hundreds of years.

Salif was not born into one of these families. Instead he came from an aristocratic family. They were not very happy when Salif became a musician.

Salif grew up in a small village in Mali, called Djoliba, close to the capital, Bamako. Salif

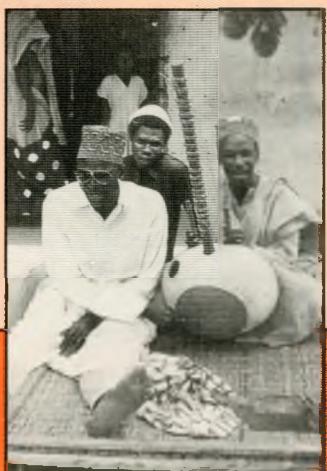
was born an albino. He was rejected by those around him, so he was a lonely child.

Music became a way of escaping his cruel world.

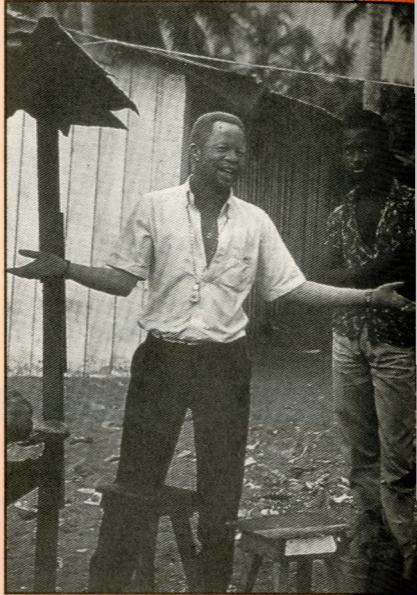
In 1973 Salif joined a band called Les Ambassadeurs de Bamako. Les Ambassadeurs mixed traditional Manding music with dance music from Cuba, the rumba from Zaire and blues and soul from the USA.

In 1977 Les Ambassadeurs began to make a name for themselves outside of Mali. First they toured Guinea. The next year the band moved to the Ivory Coast. Here they began making records for the first time. Their biggest hit was 'Manjou'.

But Salif was restless. So in 1987 he moved to Paris. There he made his album, *Soro*. It became his first international hit. Everyone loved it, both in Africa and in Europe. But some West Africans said



(Above) The bala xylophone provides great rhythms in Manding music. (Left) The amazing kora instrument.



Salif Keita - one of the first internationally successful singers from Mali.

Salif was abandoning his musical roots.

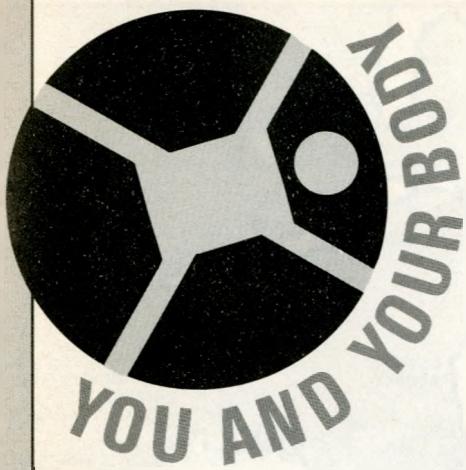
Salif is clear about the music he wants to play. 'With African music you have to play the type of music people will taste and want more of, not the kind people will taste and spit out.' And that is exactly what Salif has done. Once you have heard his latest album, *Amen*, you have to go back for more. ▲

## COMPETITION TIME

You can win a copy of Salif Keita's album *Amen* by answering these simple questions. Put your questions on a postcard and send them to: **Upbeat Salif Competition, P O Box 11350, Johannesburg 2000**

- 1 What country does Salif Keita come from?
- 2 What is the name of his latest album?
- 3 Name one band that Salif played with.

**CLOSING DATE: 30 APRIL 1993**



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



**Write to Buti \ Lindy,  
Upbeat, P O Box 11350,  
Johannesburg, 2000**

## Too fat

### Dear Buti

I am a boy of 16 in Std 8. My friends always make fun of me. They say girls don't like me because I'm too fat. I do not like my body. How can I get slim?

**Worried boy, Transkei**

### Dear Worried boy

It is hard to ignore your friends, but you must try to do this. Tell them if they are your friends, they must not tease you.

Some people put on weight when they are teenagers. But often they lose this weight when they are older. Taking part in sport helps you lose weight. Eat lots of fruit and vegetables as well. Stay away from junk food like burgers, chips, and sweets.

But try to accept the good and bad things about yourself. This will give you confidence and help you to accept your daily challenges.

**Lindy**

## Love and sex

### Dear Upbeat

When my boyfriend and I met, it was love at first sight. Then he said I must prove that I love him by having sex with him. I refused, saying that he does not respect my feelings.

I don't want to see him anymore. I told him that I am seeing someone else. He does not want me to leave him. He insists that he loves me. How can I tell him that I don't love him anymore?

**Gladys Shongwe**

### Dear Gladys

If you don't love him anymore, you must tell him. But be honest. Tell him that he destroyed your trust in him. He shouldn't have tried to blackmail you into having sex with him.

**Lindy**

## What is AIDS?

### Dear Upbeat

I am a boy of 17. I am in Std 8 at Mjokwane High School. Please answer the following questions for me:

- What is AIDS?
- Can I get AIDS from caring for a friend?
- Is AIDS a gay disease?
- Are condoms the only protection against AIDS?
- Where can one get condoms?

**Makhanya Mkhabela**

### Dear Makhanya

Thank you for your letter. AIDS is a disease that can affect anyone - men, women and children. AIDS stands for Acquired Immune Deficiency Syndrome. AIDS is a sickness caused by the HIV germ. The HIV germ 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.

Your body makes cells that fight sicknesses. These cells cannot fight the HIV germ. The HIV germ stops these cells from fighting other sicknesses. When this happens, the doctors say you have AIDS. People with AIDS die of diseases like TB or pneumonia because their body cannot fight diseases. There is no cure for AIDS.

AIDS is not a gay disease. Anyone can get AIDS. Babies whose mothers have the HIV germ can be born with AIDS. You cannot get AIDS by caring for a friend. You can only get AIDS from the blood, semen or vaginal fluids of someone who has the HIV germ.

So the main way that you get AIDS, is from having sex with someone with the HIV germ.

Here's how to protect yourself against AIDS.

- Wait until you are older to have sex.
- Sleep with one sexual partner only.
- Always use a condom. You can get condoms from your local family planning clinic free. Or you can buy them from a chemist or department store.
- Don't use or play with used injection needles.

*Here is an exciting new series about women and the world. You will meet women from around the world who are fighting to save the earth; the rivers, forests, lakes and dams. They all want to protect the natural world. But they also care for the people who inhabit it. In this first story, meet Suzette Delgado of Puerto Rico.*



**Suzette teaches young people to care for the environment**

## BIG COMPANIES DESTROY SMALL COUNTRIES

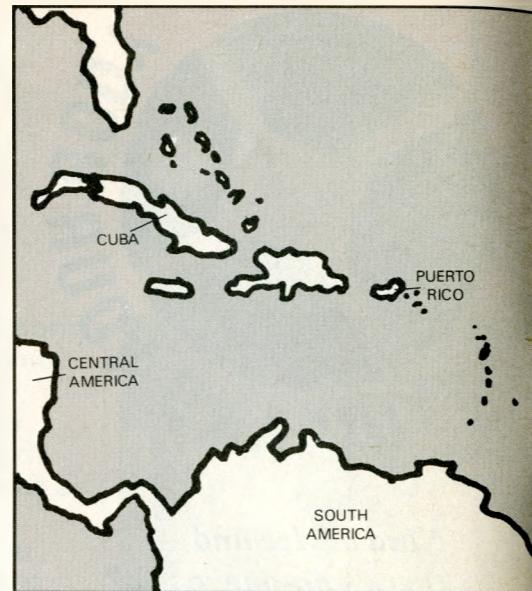
**S**uzette Delgado Mendoza comes from Puerto Rico - a small island in the Caribbean. Everyday the islanders watch their beloved island lose more of its beauty. Local and overseas companies are tearing down the forests to build factories, hotels and roads. Chemical waste from the factories is polluting the water and the air.

Suzette works for the Servicios Científicos y Técnico. It is an organisation that is trying to stop big companies from damaging the island. They also do research and run education courses for the people of Puerto Rico.

### **School drop-outs**

One of these courses teaches children of the island to care for their environment. Every summer Suzette takes students from the poorest areas in Puerto Rico on walks. The aim is for children to experience nature. Many of the students are school drop-outs. Some of the girls are young mothers.

***In Puerto Rico companies are tearing down the forest to build factories.***

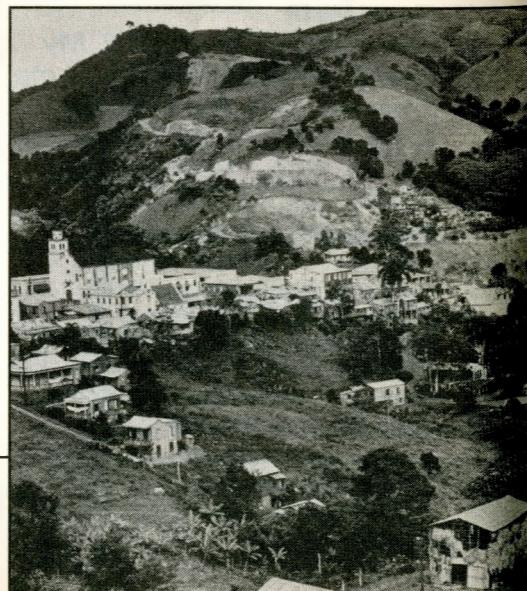


Most of the boys belong to local gangs.

Suzette gives these young people lessons on the environment. They go to the rain and mango forests nearby. 'When I started, I thought the kids would get bored,' says Suzette. 'But they loved learning about the plants and animals they see everyday.'

'One young man, who dropped out of school decided to go back. He wanted to learn more about the environment!' Suzette says. 'He knew he liked looking at the sea, but he did not know he could be useful doing this. He realised Biology would help him do what he really likes.'

Many women in Puerto Rico are worried about the environment. So they have stopped using harmful





PUERTO RICO

CARIBBEAN SEA

LEGEND  
SEA  
RIVER  
MOUNTAIN

chemicals in their homes. They use natural products like vinegar and extracts from leaves instead of soap powder.

Juanita works with Suzette on her project. Like most poor women, she did not go to university. But she wants to protect herself and her family against the unhealthy environment. She goes from village to village teaching women to use old remedies.

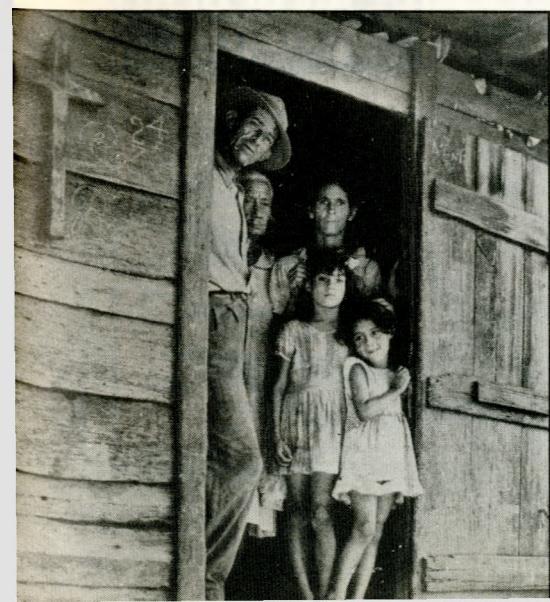
### ***The rich don't care***

Suzette is angry with the rich people of Puerto Rico. She says they do not care about the environment. 'If you have money to buy bottled water, you do not care if the water is polluted,' says Suzette. 'I have been asked by many people why I worry about the environment. I have a good job

and a nice house. But I don't want to drink bottled water when there is water in the dams. Instead I'll fight for clean water.'

'Many workers have been injured working in the factories. Workers are more aware of how the factories, hotels and roads are spoiling the environment. Many foreign companies are dumping waste here. They are polluting and destroying the natural beauty of our island. The USA wants to make money on the island. - they do not care about the environment'.

There is a graveyard with a factory in the background on the outskirts of the city. This is a symbol of Puerto Rico's fears about the companies who are destroying their island. ▶



***Many Puerto Rican people are poor.***

# ***Detergents***

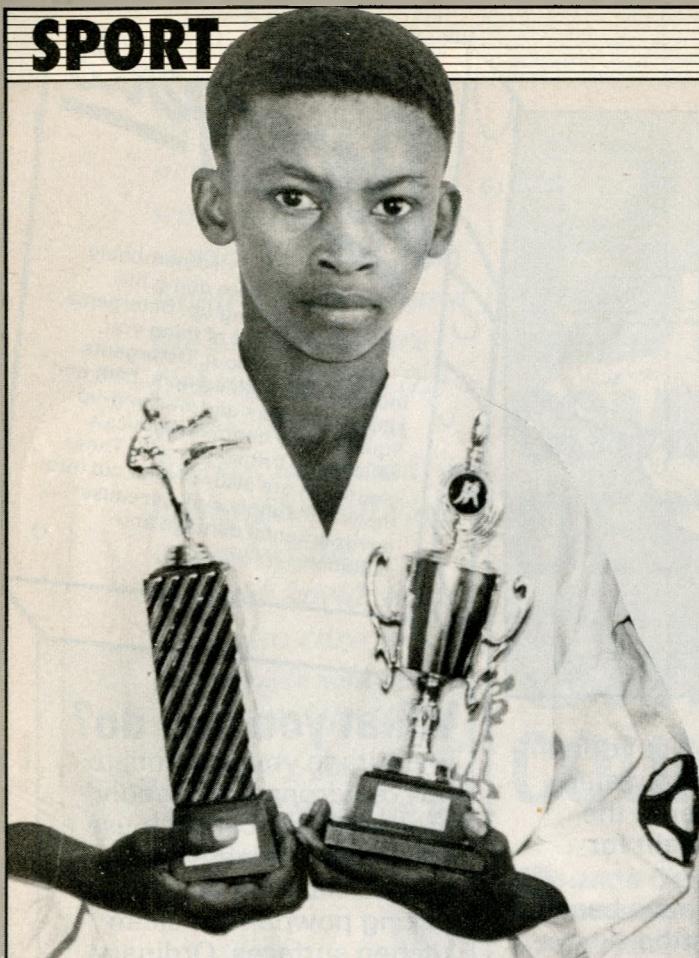
You probably hate doing the washing up. Detergents are the sort of thing you never worry about. Detergents include washing powders, bath and kitchen cleaners and washing-up liquids. They contain chemicals which may irritate the skin. These chemicals are also washed out into the water supply and can cause environmental damage and pollution.

### **What you can do?**

Encourage your parents to buy 'environment friendly' products. You can also use your own alternative to bottled cleaning products. Baking powder can clean kitchen surfaces. Ordinary table salt makes a good scouring powder. White vinegar is good mixed half-and-half with water for cleaning glass, tiles and even toilets. Do you know of any plants that your parents or grandparents used to clean their home? Using natural remedies can help protect our environment against chemicals that are destroying it. Ask your grandparents. Their wisdom can help us protect our world.

### **FACT FILE**

**Puerto Rico** is an island in the Caribbean sea. It is 160km long and its average width is 60km! Its capital is San Juan. Most of the people speak Spanish. There are about 3 350 000 people living on the island.



Photograph by Thabo Daniels

Advertisement

### WIN A MYSTERY MUSIC PRIZE!

You wanna lotta rhythm?  
You wanna lotta fun?  
You wanna catch the music?  
Well this is how it's done.

Choose your favourite number from the songs upon my face. Press the numbered buttons - watch the discs fall into place. I'll be the life and soul of parties with my really trendy vibes. Just you guess what I am and I could be your prize.

**Close-up** toothpaste has embarked on a major national competition for an amazing mystery music prize... If you haven't guessed what it can be, look out in a store near you for more clues, and pick up your entry form at the same time.

Brushing with **Close-up Advanced Fluoride Gel Toothpaste** will give you fresh breath confidence and sparkling white teeth.

**Close-up** and **Upbeat Magazine** are also offering an extra special surprise just for Upbeat readers. Complete the coupon below to be in the draw for a bumper hamper of music! The first person drawn will receive 10 of the current best selling cassette tapes and a hamper of Close-up products.

Complete and send to **The Close-up/Upbeat Music Offer, Private Bag X19, Greyville 4023** before 30 April 1993.

FULL NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CODE: \_\_\_\_\_

TEL:(H) \_\_\_\_\_ (W) \_\_\_\_\_

**Complete this sentence:**

**Close-up** toothpaste means \_\_\_\_\_ breath confidence and \_\_\_\_\_ teeth.

# ACE MAHLABA KARATE KING

By Thabo Daniels

*Ace is the king of karate in the Eastern Cape. He is the youngest person there to have a first Dan, one of the highest gradings you can achieve in karate.*

**A**ce began karate training when he was nine. His brother, Charles, took Ace along to watch him do his kartas, karate exercises, at the local karate club. Charles is also a first Dan in karate.

Ace says, 'For several years I watched Charles training. But I never thought that one day I would be doing the same. Things changed in 1987. I saw some of my friends practising in the gym. So I decided to join them.'

Ace soon made his mark. That year he walked away with the Goodyear Eastern Province Under 37 kgs Shotokan Championship title. And he has not lost a single karate

championship since. Last year in October he won the Border All-style Tournament.

'This is the best I have done so far,' says Ace. 'I competed under two weights, Under-45kgs and Under-55kgs, and won them both. It was very difficult. I had nine fights in one weekend. Most of the boys in the Under-55kgs tournament were older and stronger than I am. But I beat them all because I use different techniques.'

Ace works hard to keep fit. He runs 5km every day. He also does lots of strenuous exercise. His brother, Charles, acts as his trainer. He has high hopes for Ace. 'Ace learns quickly and he has good tactics. I think he will go far,' says Charles.

Now Ace has his eyes on international competition. He hopes to represent South Africa in the World Karate Championships which are held every four years. But first he wants to improve his karate skills by training either in Japan or in the USA. ▲

### 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.

# TALKSHOP

## WHITE STUDENTS AT TOWNSHIP SCHOOLS

*Most white students are happy to have black students at their schools.*

*Upbeat asked some students in Cape Town if they would go to schools in the townships. Here's what they said.*

BY MICHELLE SAFFER



**Louise Reynolds (14)**

Integrated schools are a jolly good idea. With the new South Africa, we need to learn to live with each other. I am at an integrated school in Stellenbosch. It is hardly different to the way it was before.



**Tibbie Hofmeyer (14)**

I really don't mind. I think it's good that we mix now and get to know each other. We also get to know about different religions. I would definitely go to a school in a township.



**Phillipa Morgan (12)**

I think it's good to mix and know other people. But I wouldn't really like to go to school in the townships. There wouldn't be any white children. I'd feel stupid being the only white student.



**Kurt Christoffels (15)**

Integrated schools are very nice. I like them. The work they do in white schools is better than in 'Coloured' schools. But I wouldn't mind going to a school in Langa or Gugulethu because I would meet other nations there. We would do different work and learn different languages.

**Yvette Mortest (16)**

I don't mind integrated schools because everyone has the same standards. I know that I have to learn what they have to learn. But I wouldn't like to go to a township school because I would like to stay at the school I am attending now. Everybody should be able to go to the school they want to attend.



**Johan Viljoen (14)**

I've got nothing against integrated schools. It's the same as if they were just white. But it does make a difference if the people coming to your school are not prepared. You can't have people with no manners or who are not well-behaved. Our schools are disciplined and they could bring the school's name down. But I have nothing against people who are decent.



### SPEAK OUT!

What do you think? Is it right that only 'white' schools are integrated?

Should white students go to schools in the townships? Write and tell us what you think at, Upbeat School Speak Out, P O Box 11350, Johannesburg 2000



*In South Africa, over the last 80 years, people have fought for the right of black people to vote. The State President has said that there will be free and open elections later this year. For the first time all South Africans over the age of 18 will be allowed to vote - no matter what the colour of their skin. Here's how voting works.*

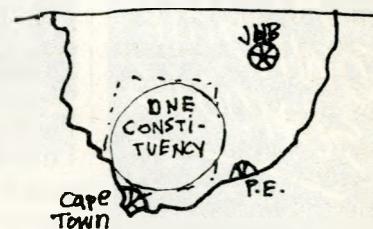
### **Choosing a candidate**

When you vote, you choose someone you want to represent you in parliament. The people you can choose are called *candidates*. Usually political parties have a candidate for each constituency. But some candidates are *independent*. They do not represent any one political party.



### **Political parties**

A political party is not a place you go, to have a good time. It is an organisation of people who have the same political goals and beliefs. For example, for a long time, people who belonged to the Nationalist Party in South Africa, believed that South Africa should be ruled by white people only.



### **A constituency**

A country is divided up into a number of areas or districts for an election. These districts are called *constituencies*.

Constituencies are divided according to the number of people who live in an area. For example, there are few people in the Karoo. So a constituency there covers a big area. But in cities, where lots of people live, there are many small constituencies.

### **Elections**

This is the day when everyone over 18, goes to vote for the candidate they want. When you vote, you get a ballot paper. The ballot paper has a list on it, of all the candidates and their political parties in your constituency.

P. NKOTSI	T.P.
Z. NAPOO	M.E.
K. ZWI	I.T.

You put an X next to the person or party you are voting for. Then you put your ballot into the ballot box. At the end of the election day, the ballot boxes from each constituency are taken away. The votes for each candidate and party are counted.

### **The winners**

In each constituency, the

candidate who gets the most votes becomes a member of parliament. It is her duty to make sure that she speaks for and protects people she represents.

The political party which gets the most votes, wins the elections. They get to choose the president and the cabinet, from people in their party.



For far too long most people in South Africa had no-one in parliament to speak for them or to protect their rights, as they were not allowed to vote.

## Parliament

Parliament is where new laws or rules for the country are made.



Experts draw up draft laws which are tabled in parliament. These draft laws are called white papers. The Members of Parliament discuss these papers. They then vote on them. If most MPs (Members of Parliament) vote for the white paper, it becomes a law. It is published in a government newspaper, called the Government Gazette so that people know about it.

## Government departments

The work of running the country is divided up. There is a special government department for each different thing the government must do.



For example, there is a Department of Health, National Education, Finance, Police and many others.

## Cabinet ministers

At the head of each government department is a minister. Ministers are chosen by the political party that won the elections. All the ministers form the cabinet. Their job is to run the country through their departments. They must tell parliament what their departments are doing.

## The president

In South Africa the head of state is the president. In other countries the head of state can be a prime minister or sometimes even a king or queen. The head of state is the most powerful person in the country. His job is to make sure that the country runs well. He must also make sure that ALL the people who live in the country have equal opportunities.



We call countries that work in this way, democracies. But there are few countries that work like this. In many countries, members of parliament, cabinet ministers and presidents abuse their powers. They use their power to make themselves, their families or a particular group, rich.

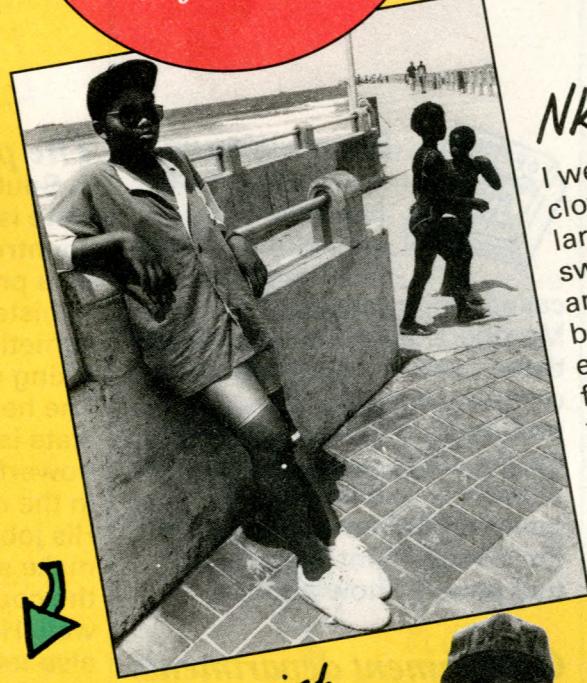
For many people the struggle for freedom is a struggle for democracy. It is a struggle for a country in which each and every citizen's needs are met and protected. In South Africa people are hoping that we will soon have a democratic government - a government that all its people voted for. ◀

# STREETBEAT

# BEACH

What are  
people wearing to  
the beach these days?  
Upbeat went to  
**DURBAN**  
to find out.

# FASHION



*Kris Marcovich*

My clothes are skateboard fashion. The clothes are as big as you can find. If you can't find them, ask your parents to make them for you. I like wearing low topped shoes, long socks and baseball caps.



*Nkululeke Gumede*

I wear black American-style clothing: basket ball hats and large T-shirts. I wear tights for swimming or just hanging around. I like wearing beautiful clothes because everybody likes them. I am fashion conscious, but not too much.



*Michelle Stock*

I don't really follow fashion, I like my own casual style. Clothes are too expensive. That is why I find it hard to follow fashion. I simply dress to look good, because it makes me feel good.

G

### Geraldine Petzer

I like cool, summer dresses that catch people's attention. I am terribly fashion conscious. I dress to look good so I can meet interesting people.



### Katherine Naidoo

I am fashion conscious, but I don't want to go overboard. Different people have different styles. You can tell a lot about a person's personality by the clothes they wear. I choose comfortable clothes that suit my body. I like short, flared skirts and sixties shirts.

C

### Kosie Naidoo

I want to look good in ordinary and casual clothes. I try to match colours. I try to keep cool, especially during heat waves. I want to fit in with others by the way I dress, but I don't want to look ordinary.



### Zanele Chili

I like short, cool, casual wear that suits our hot climate. I like fashion very much. When the days are cooler, I wear jeans. Tights and takkies are great to wear to the beach.

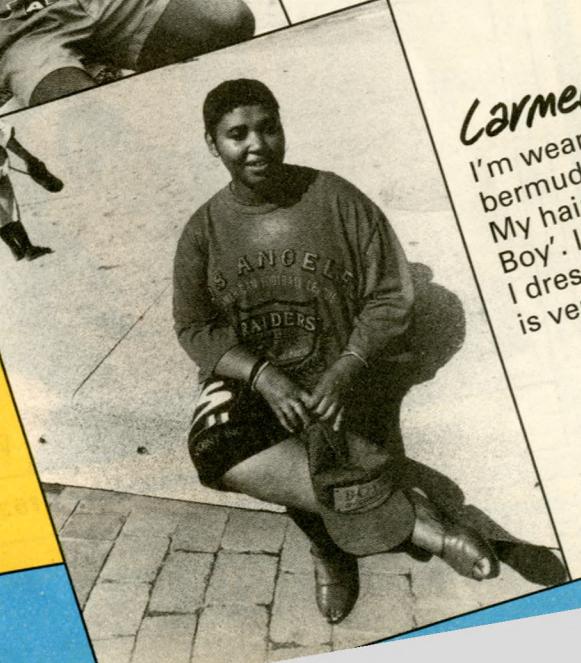


G

### Carmel Jackson

I'm wearing Shabba Rank's bermudas and a Raiders top. My haircut is called 'Italian Boy'. I like American fashion. I dress like this all the time. It is very comfortable.

C



## A Teacher

The world is dependent on you,  
You spread knowledge of human science  
Into young, growing minds.

Pupils become happy  
When you walk into the classroom  
Because they are thirsty for knowledge  
Which is the key to success.

Adults like you a lot.  
You guide their beloved children  
In the right direction.  
We wish you could carry on like that.

Oh! kind teacher  
Don't give up your good job!  
Without you people will be lost  
In the dark world of illiteracy.

*Dubby Kabelo, Phokeng*

Advertisement

## Learn & Teach



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

LEARN & TEACH SUBSCRIPTION FORM  
South Africa and Namibia: R21  
Botswana, Lesotho, Mozambique, R30  
Malawi, Zimbabwe, Zambia and Swaziland: R50  
Companies and Institutions: R120  
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

## IN PRISON

I was in prison  
Remembering my children  
Missing my wife  
How I thought they would  
Suffer for the rest of their  
lives.

I was taken to prison for  
Saying the sun rises  
in the east and sets  
in the west.

Even though I was  
in great pain  
I never turned away  
from the truth.

They treated me badly.  
Life was a torture.

But when I was released  
The world became  
a happy place.  
People celebrated  
in song  
I even forgot  
I was in prison  
for many years.  
*Steven Jabulani  
Masondo, Giyani*

## THE WIDOW WHO WAS DEAF

Once there was a widow  
who was deaf. She had a  
flock of 20 sheep. Her  
neighbour was a farmer.  
He was also deaf. One  
day the widow's sheep  
got lost. The widow  
asked the farmer if he  
had seen her sheep. The  
farmer could not hear  
her. He thought she was  
asking him what he was  
doing. He pointed to his  
fields, showing her that  
he was ploughing.  
The widow thought that  
the farmer was showing  
her where her sheep  
were. She decided to  
give him a sheep when  
she found them. She  
wanted to thank him for  
his help.

The widow found her  
sheep. One small lamb  
had hurt its leg. She  
decided to give this lamb  
to her neighbour. When  
she took the lamb to the  
farmer, he shouted at  
her. He said that it was  
not his fault that the  
lamb had hurt itself.

The widow got angry.  
She thought the farmer  
was shouting because he  
was not satisfied with  
the lamb. So they started  
to quarrel because they  
could not hear each  
other.



*By Meshack Msibi, Soshanguve 0152*

# SCHOOLGIRL MUM FIGHTS BACK

BY MICHELLE SAFFER



*Catherine at home with her son, Nikolai*

**Looking great and ready to dance, Catherine and her partner, Theo, on their way to the matric dance.**

**M**ost teenage girls who fall pregnant feel their lives have ended. But not Catherine Swartz of Bonteheuvel in Cape Town. Three years ago Catherine fell pregnant. She was 14 years old and in Std 7. The year that Catherine was pregnant was not easy. 'I remember going for my pregnancy test at the clinic. When the test showed I was pregnant, the nurse said, "This is the time to be really selfish. You must do what is best for you."

'A few of my friends had become pregnant.

Most of them got married. But they all got divorced about two years later. I didn't have to get married just because I was pregnant. I decided I would do things differently. I decided to have my baby and go back to school. But when I told my principal, he said I must leave his school immediately.'

So after Catherine had her baby, she went to a new school. 'What was most difficult,' Catherine said, 'was talking about Nikolai, my baby, as my younger brother. I hated doing it. So after a while I told people the truth.'

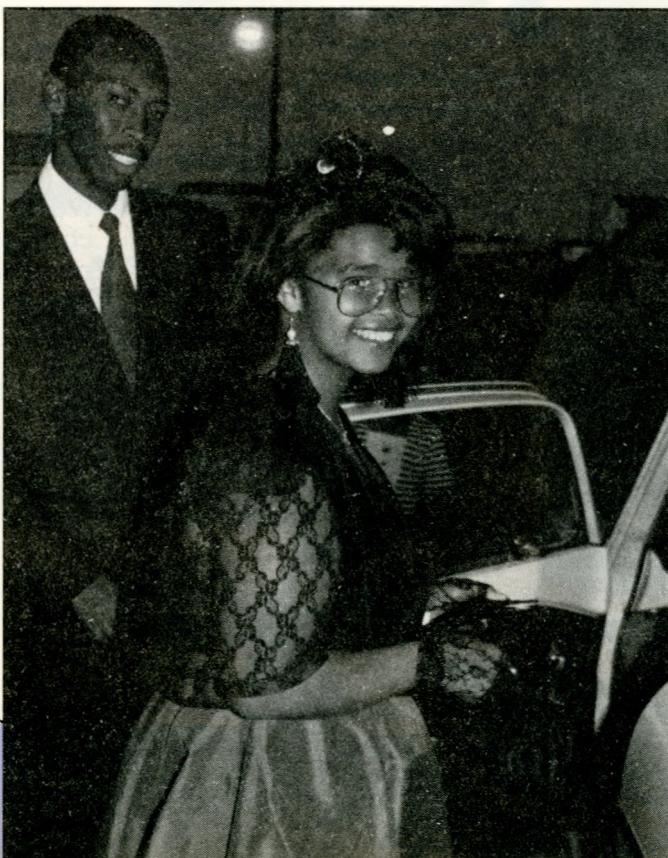
Most of the girls in Catherine's class accepted it. The teachers were a bit more shocked, but in the end they helped her. They gave her extra lessons, advice and friendship. Her mother, too, has helped her to cope.

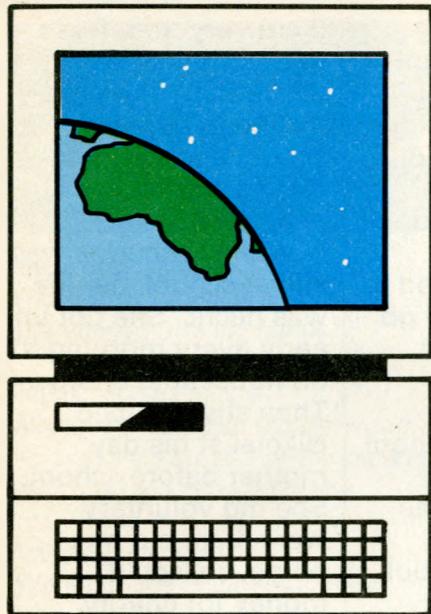
'I am very grateful to my mother,' said Catherine. 'She paid for me to stay at school and she paid for the extra baby expenses.'

While Catherine was still at school, her life was hectic. She got up early every morning to do household chores. Then she dropped Nikolai at his day mother before school. She did voluntary work at an old-age home, collected money for charity, edited the school magazine and was captain of a street law team.

'I was angry that people looked down on me because I had fallen pregnant,' Catherine said. 'But it made me determined to work harder and do better. I wanted to show them that I could have a baby AND succeed in life.'

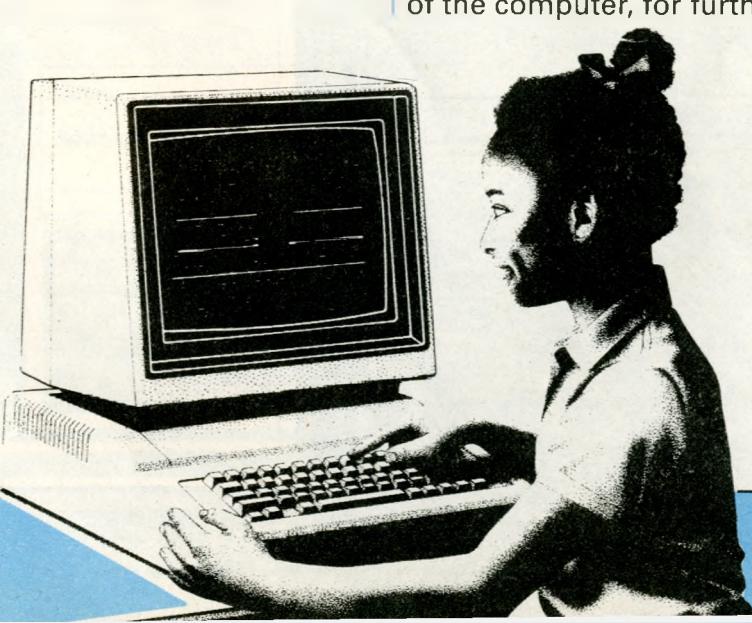
And Catherine has certainly done that. Today Catherine has just finished her matric. She passed with an A aggregate and won diplomas for the best student in English, Afrikaans and Business Economics. ▲





## HOW COMPUTERS WORK

*To lots of people, computers are strange and complicated machines. But the way computers work is really quite simple. Read on and find out.*



**A** computer is a machine that processes and stores information. You give the computer information, tell it to do certain things and it gives you the results.

### 1 Keyboard

We use a keyboard to tell the computer what to do or what information we want to store. We type information into the computer via the keyboard. A keyboard has letters and numbers like a typewriter. It also has a set of instruction keys. When you press a key, it sends electrical current into the computer.

### 2 Monitor

A screen monitor shows us what we have typed. It also shows us the results of our instructions.

### 3 Central Processing Unit (CPU)

This is the control centre of the computer. All instructions which enter the computer come here first. The CPU then sends the information to different parts of the computer, for further

processing. The information you put into the computer is called the 'input' and the results which come out of it are called the 'output'.

### 4 Memory

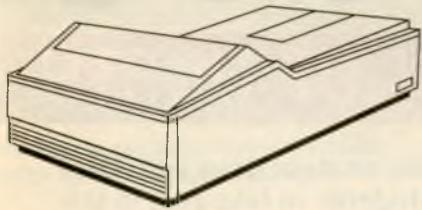
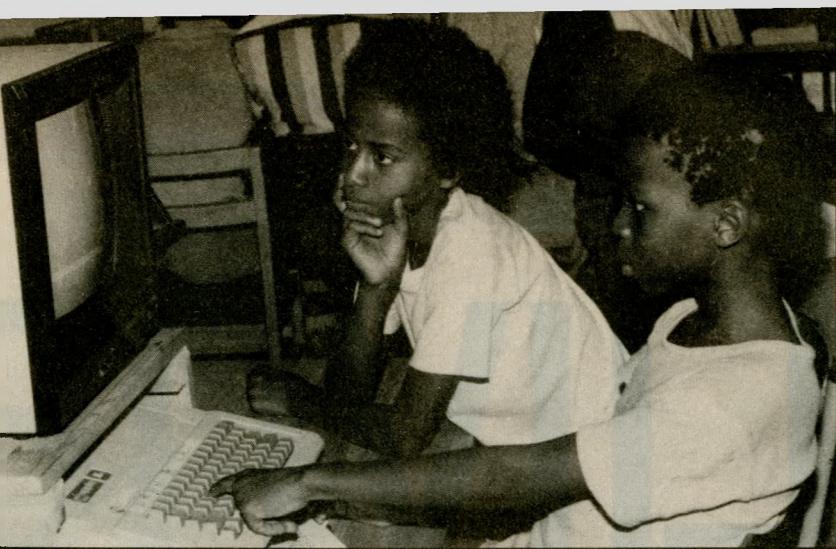
Computers have memories, just like us. All instructions, information (data) and results are stored in the memory until they are needed.

### 5 Programmes

We call computer instructions programmes. There are many different types of programmes that make it possible for computers to do many wonderful things; like drawing pictures, working out sums, playing music and controlling robots. Some programmes are stored in the computer on a hard disc. Others are stored on floppy discs that we put into the computer and take out again.

### 6 Maths co-processor

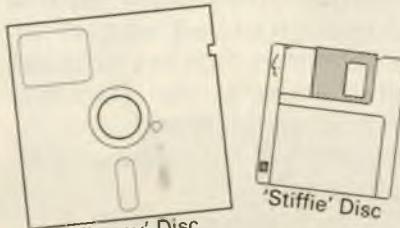
The Maths co-processor is where the computer works out sums and sorts and compares information. It is part of the CPU. After the computer has processed your information, it is ready to give you the results.



## 7 The Printer

The printer prints out the results of processing or the answers you want from a computer. There are many different kinds of printers. Some give us rough print-outs, other printers give out beautiful drawings or pages that look like this one.

**8 Storing information**  
When we finish working on a computer, we can store the information. You do this by saving it. You can save your information on the memory of the computer, or you can store it on a disc.



**Computer Discs**

**7 The Printer**  
The printer prints out the results of processing or the answers you want from a computer. There are many different kinds of printers. Some give us rough print-outs, other printers give out beautiful drawings or pages that look like this one.

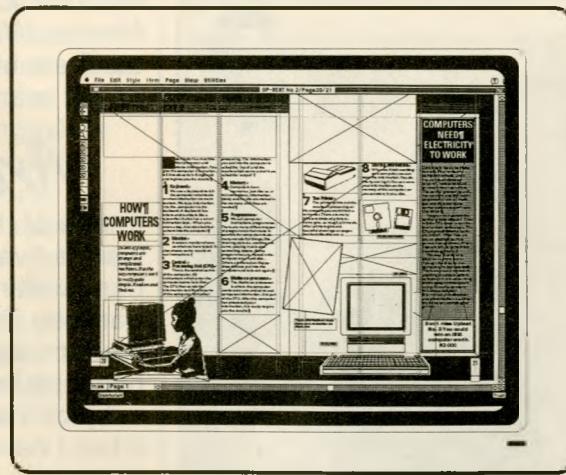
**8 Storing information**  
When we finish working on a computer, we can store the information. You do this by saving it. You can save your information on the memory of the computer, or you can store it on a disc.

**COMPUTERS NEED ELECTRICITY TO WORK**

Computers need electricity to work. The inside of a computer is made up of thousands of electrical circuits. These circuits are printed onto silicon chips. The central processing unit, the memory and the maths co-processor are all made out of different circuits contained on a few of these tiny chips.

Programmes control the central processing unit. They tell the CPU to carry out different tasks as you type. The CPU turns different circuits on and off. When they are on, an electrical current passes through them. When the current passes through the wires in the computer, the electrical current is decoded. These codes can represent anything; numbers, letters, colours or music, depending on the programme you are using. Once the computer has processed your information, it is decoded and presented to you, either on the screen or through a printer.

**Monitor**



**Computer**

**Keyboard**

# COMPUTERS NEED ELECTRICITY TO WORK

Computers need electricity to work. The inside of a computer is made up of thousands of electrical circuits. These circuits are printed onto silicon chips. The central processing unit, the memory and the maths co-processor are all made out of different circuits contained on a few of these tiny chips.

Programmes control the central processing unit. They tell the CPU to carry out the instructions as you type. The CPU turns different circuits on and off. When they are on, an electrical current passes through them. When the current passes through the wires in the computer, the electrical current is decoded. These codes can represent anything; numbers, letters, colours or music, depending on the programme you are using. Once the computer has processed your information, it is decoded and presented to you, either on the screen or through a printer.

**Don't miss Upbeat No. 3 You could win an IBM computer worth R3 000**

# Liivha

## A NEW SCHOOL UP NORTH

*Some people call Venda the place of bananas and mangoes. It is also the place where people have got together and started a new school - Liivha High School. Is Liivha High a model for a new kind of school in South Africa? Upbeat spent a day there, talking to teachers and students.*

In 1984 some parents associations from different schools in Thohoyandou got together with lecturers from the Venda University. They had had enough of bad schools for their children. So they decided to start a new school. Rashaka Ratshitanga, poet and community leader, was one of the founders.

'Liivha is independent because the local people manage the school and decide what is taught,' said Maryla Bialobrska, the principal. 'Our school has a Parent Teachers Students Association. They elect the people of the school board which runs the school. So students are also represented on the school board. But the Venda education

department does not like students to take part in the running of the school.'

'With Liivha, people wanted a school which would be different to the government and private Christian schools,' Maryla continued. 'We also wanted to avoid the way white schools are run. Some people think children get a good education at white schools. But kids at white schools are indoctrinated with bad ideas. Often they are taught that white people and their culture are better than other people.'

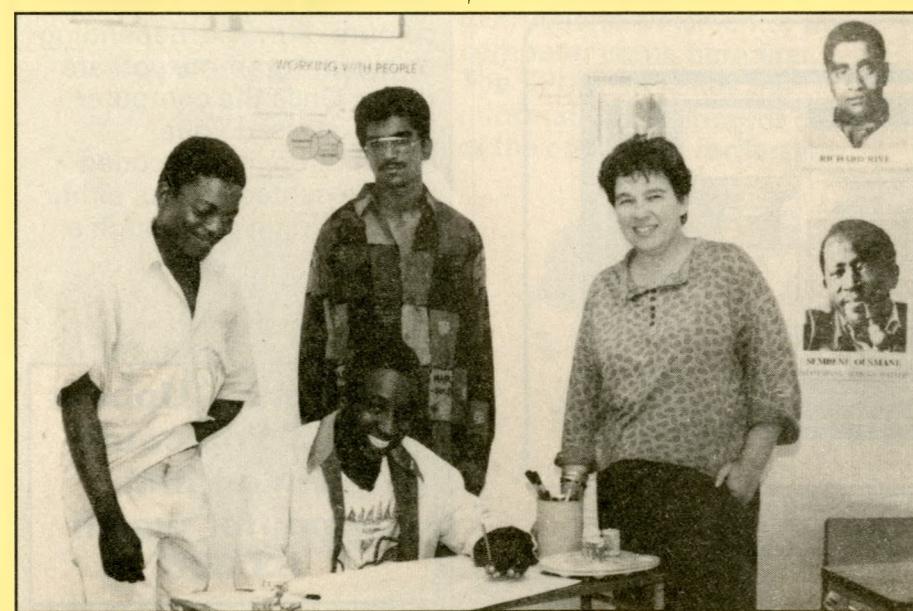
At Liivha students talk freely and easily with their teachers. Tendani Ramovha said, 'Liivha is like a lovely community. We are one big happy family. Our teachers are very dedicated to their work. They are like our friends. When we meet our teachers in town, we don't hide or get scared.'

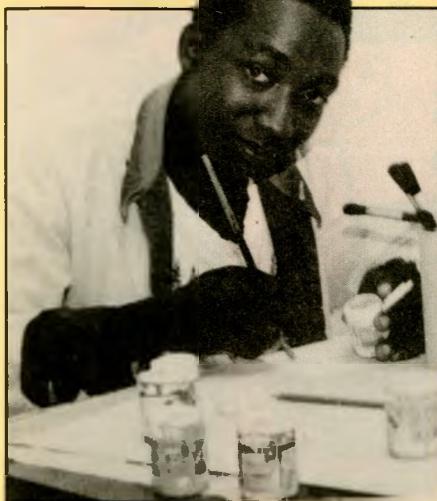
### Art classes.

In one of the classrooms we visited, we found students busy writing a practical art test. Santosh Gayapersadh, a Std 10 student, said, 'I chose art because I needed a sixth subject. I am not very good at it but I have learnt to really enjoy it.'

Mokone is also in the art

**Maryla Bialobrska, the principal, shares a joke with students.**





**Mokone, an art student, works with his paint and brushes.**

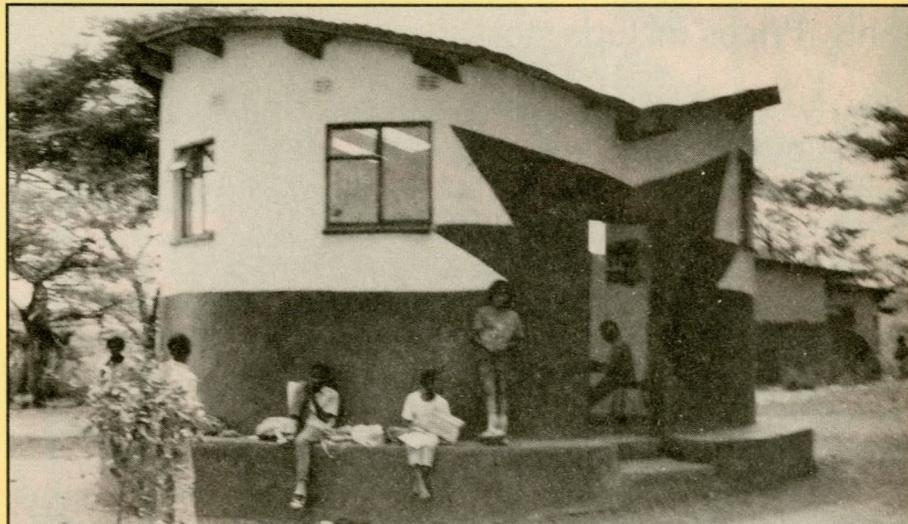
class. He said, 'I enjoy art. Sometimes when I am drawing, I get so involved I completely forget the world around me. But I prefer sculpture to drawing. I used to take lessons from an old man in my village. Unfortunately he died. I hope to continue my sculpture lessons in future.'

## *A school for all.*

Lots of people want to study at Liivha. So students have to write a test before they are accepted at the school. English is one of the things which the school tests, because it is the language which is used for lessons.

The principal feels that they have not yet found the best way, to test new students. She says, 'Using whether the children can speak English is not fair. If we do this, all the students will come from wealthy families who speak a lot of English at home. But we do not want this. We want students from rich and poor families. We want students from Johannesburg and students from the rural areas of Venda.'

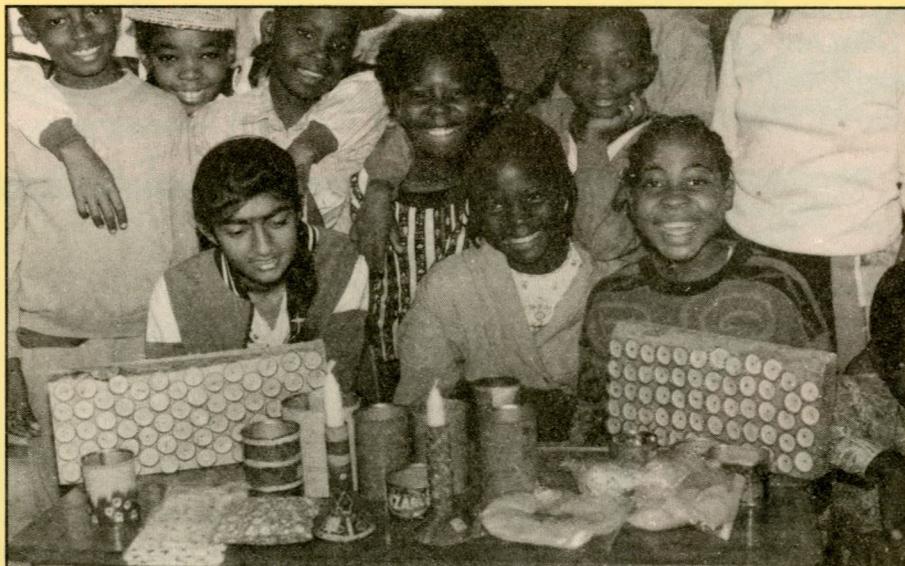
**Liivha students show off their craft work.**



Everyone at Liivha is determined to offer the best education to as many students as possible.

But in Venda alone there are more than 80 000 high school students who need an education. How can these

***This building at the school was built by students with supervision.***  
children be reached? Do the ideas that Liivha teaches, touch their lives too? ◀



# SHIFTY MUSIC MAIL ORDER



SALIF KEITA'S FIRST ALBUM "SORO" IS NOW AVAILABLE THROUGH THE MAIL TO UPBEAT READERS AT A SPECIAL LOW PRICE OF R28.00 FOR CASSETTE OR LP!

We have the country's largest selection of imported African music as well as selected REGGAE/RAGGA from Jamaica. The following are Mail Order specials at R33.00 on cassette only. Prices include postage and packaging.

RAY LEMA - MEDECINE from Central Africa - Zaire  
KASSE MADY - FODE from West Africa - Mali  
S.E. ROGIE - PALM WINE GUITAR from West Africa - Sierra Leone  
SANKOMOTA - FIRST ALBUM from Lesotho  
KGWANYAPE BAND - FIRST ALBUM from Botswana  
TANANAS - FIRST ALBUM from South Africa  
VUSI MAHLASELA - WHEN YOU COME BACK from South Africa  
LESEGO RAMPOLOKENG/KALAHARI SURFERS from South Africa  
MZWAKHE MBULI - CHANGE IS PAIN FROM South Africa  
MZWAKHE MBULI - UNBROKEN SPIRIT from South Africa

THE FOLLOWING ARE SPECIAL IMPORTS AND A BIT MORE EXPENSIVE AT R47.00 EACH

KANDA BONGO MAN - KWASSA KWASSA from Zaire  
KANDA BONGO MAN - ZING ZONG from Zaire  
MANU DIBANGO - POLYSONIK from Cameroons  
MANU DIBANGO - BEST OF from Cameroons  
YOUSSOU N'DOUR - IMMIGRES from Senegal, West Africa  
OUMAN SANGORE - MOUSSOLOU from Mali, West Africa  
LINTON KWESI JOHNSON - TINGS & TIMES from United Kingdom  
PAPPA SAN - FIRE INNA DANCE HALL TONIGHT from Jamaica

Name \_\_\_\_\_

Address \_\_\_\_\_

Please send me the following cassettes:-

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

I enclose a cheque/postal order for R.....

Mail this coupon to: SHIFTY MUSIC, PO Box 93203, Yeoville 2143, Johannesburg, South Africa.

COUPON



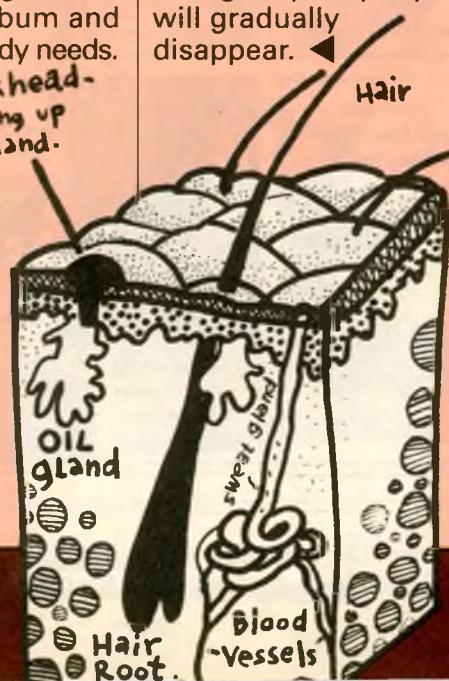
*Pimples, spots or blackheads are every teenagers' nightmare. Just when you start worrying about your appearance, your face begins to break out in pimples. Don't think you are the only one. Almost everyone gets them. Your skin is changing as your body changes.*

# PIMPLE PROBLEMS

**T**eenagers get pimples because their skins are changing. When you are a teenager, small glands on your skin make a lot of oil which blocks the pores on your skin and forms pimples. There are two types of glands found in the skin, sebaceous (fat) and oily glands. Sebaceous glands make sebum which helps keep the skin waterproof. Oil glands stop your skin from drying out. During puberty these glands make more sebum and oil than your body needs.

The oil and sebum collect on the surface of your skin. They block the pores, or small holes your skin uses to breathe. The oil hardens and makes blackheads. The sebum makes pimples. If you have many pimples and blackheads, we call this acne.

Pimples aren't very nice. But they don't last forever. You may have pimples during your teenage years. But after your body has grown and changed, your pimples will gradually disappear.



## Tips for looking after your skin

- Do not squeeze pimples or blackheads. If you do, they will leave ugly holes on your face.
- Do not cover your pimples with lots of creams.
- Eat healthy foods. Avoid eating too many sweets and chocolates.
- Exercise regularly. Sweating helps to open up blocked pores.
- Use a very mild face soap. If you can, use a facial wash or scrub. This contains little granules that reach deep into your skin.
- Worrying makes the pimples worse. Try to relax and stay calm.

# THE COLLECTOR OF TREASURES - Part 2

## The story so far:

Dikeledi Mokopi arrives at the state prison in Gaborone. On her first day she makes friends with another prisoner called Kebonye. That night Kebonye asks her why she is in jail. Dikeledi thinks about her past. She remembers her wedding day. And how her husband Garesego left her soon after.

Not long after Garesego left home, a new family arrived in the village.

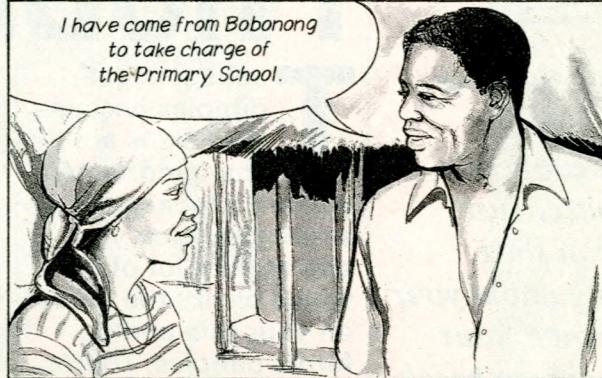


There was another kind of man in the society with the power to create himself anew. He turned all his resources, both emotional and material, towards his family life and he went on and on with his own quiet rhythm, like a river. He was a poem of tenderness.

One such man was Paul Thebolo.



I have come from Bobonong to take charge of the Primary School.



My wife and children will be joining me as soon as we have erected two huts.



I would like to offer my help.



All my friends know that I am the woman whose thatch does not leak.



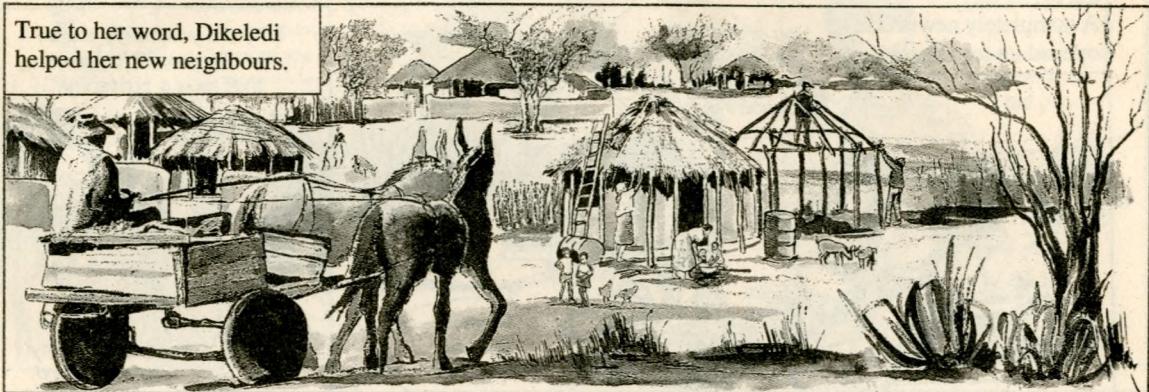
I hope you and Kenalepe will be friends.



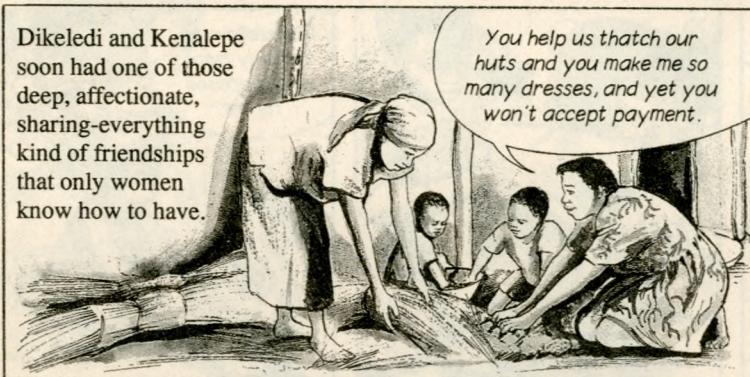
I hope so too. I have been lonely for true friends.



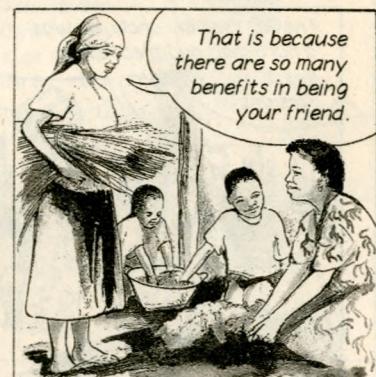
True to her word, Dikeledi helped her new neighbours.



Dikeledi and Kenalepe soon had one of those deep, affectionate, sharing-everything kind of friendships that only women know how to have.



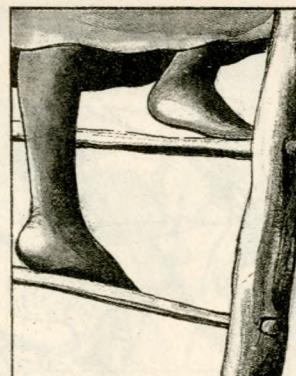
You help us thatch our huts and you make me so many dresses, and yet you won't accept payment.



That is because there are so many benefits in being your friend.



Paul and I want to provide you with all your household goods.



Will you accept?



I accept. Thank you, my friend.

A completely new world opened up for Dikeledi.

You are a lucky somebody. Not everyone has a husband like Paul.

Oh yes. He is an honest man.

Why did you marry a man like Garesego? It's clear that he is a butterfly.

I wanted to get out of my uncle's yard.

I never liked my uncle. He was a hard man and treated me like a servant.

Garesego was the only man who proposed for me.

Garesego said he'd rather be married to my sort than the stubborn, educated kind.

Really, I did not even protest when he started running around.

I am satisfied to have children.

You ought to find another man.

I have my eldest son at school and I can manage to pay his school fees. That is all I really care about.

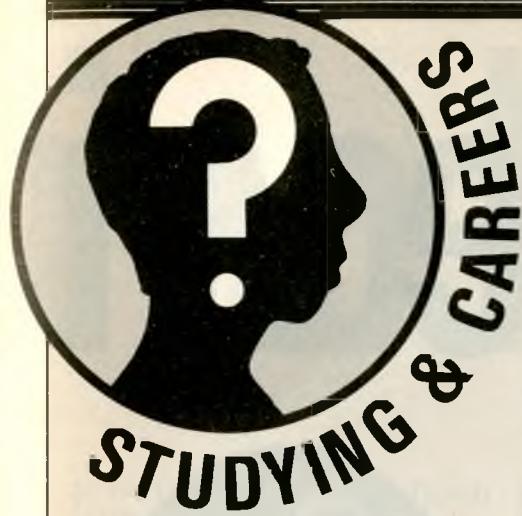






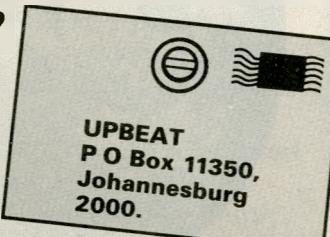
**NEXT ISSUE:**

Banebothe, Dikeledi's son, is ready for high school. Dikeledi is forced to go to Garesego, her husband, to ask for the money.



**Problems with studying and careers? You are not alone.**

**Write to us at:**



**Commercial Subject**

**Dear Upbeat**

*I am in Std 9 at Ngoanamatlang High School. I want to continue studying when I finish my matric. I am doing commercial subjects. I want to go to university. I don't want to be a clerk or bank teller. What can I become?*

*Norah Mahlase, Jane Furse*

**Dear Norah**

If you have done commercial subjects, you can do a Bachelor of Commerce degree at university. If you do a B.Comm there are many things you can do. You can work in finance, controlling money; in management, running businesses or organisations; administration, making sure a business runs smoothly; buying and warehousing; marketing or advertising.

You can study further and become a chartered accountant, where you oversee the financial records of a company. If you want more

information about career opportunities in Commerce, you can write to the **Faculty of Commerce, University of the Witwatersrand, 1 Jan Smuts Ave, Braamfontein 2001.**

**Editors**

### Climatologist

**Dear Upbeat**

*I am 16 years old and I am in Std 9. I want to become a climatologist. I am studying Geography, History, Biology, English, Afrikaans, Biblical Studies and Northern Sotho. Am I doing the right subjects?*

*Carol Komape, Pietersburg*

**Dear Carol**

Climatology is the science used to study the climate of a country. To become a climatologist, you first study meteorology. Meteorologists learn to observe weather. A climatologist uses the information that the meteorologist has collected.

You can do this with a Senior Certificate. There is a one year course run by the Weather Bureau in Irene, Transvaal. Or you can go to University and study Meteorology and Climatology as part of your Bachelor of Science degree. If you want to find out more about careers in this field, you can write to:- **The Chief Director, Weather Bureau, Private Bag X97, Pretoria 0001.**

**Editors**

### Bursary

**Bursary**

*Dear Upbeat I need some financial help so that I can continue my studies in 1993. I am doing a BA Communication at the University of Fort Hare. But my son is at a multiracial school in East London. He is doing Std 3. I pay R721*

*per quarter for his boarding fee. Please can you help me.*

*Bulelwa Jela, Mdantsane*

**Dear Bulelwa**

It sounds like you are carrying a heavy burden. Write to the Careers and Research Information Centre in Cape Town for a list of people who offer bursaries in the Cape. Also speak to the Bursary Department at the University. Perhaps you should also try to find a bursary for your child. CRIC will also help you with this. Write to them at **CRIC, P O Box 378, Athlone 7760.**

**Editors**

### Finding a career

**Dear Upbeat**

*I am a girl of 16 years old. I am in Std 9 at Buhlebesizwe Secondary School. I do not know what to do when I finish school. Everyone talks about teaching, police work, law or being a traffic cop. Please let me know what other careers there are.*

*Cecilia Nkomo, Kwa-Mhlanga*

**Dear Cecilia**

It can be very hard deciding what to do when you finish school. But if you write to the Education Information Centre, they run a postal career advice service. They will send you a form which will help you to work out what you are best at. Their address is:- **EIC, P O Box 62270, Marhsalltown 2107**

**Editors**

# HIDDEN HISTORY

# PART 2 People with

*A hundred and fifty years ago most people in South Africa lived by farming. But in the western Cape people were divided. The settlers from Europe owned the land. But the Khoi and the slaves were forced to work as their servants.*



Last month we read about the San, the first people of southern Africa. The San lost the land they used, after the Khoi herders arrived about 2 000 years ago.

### *The Khoi and the land*

The Khoi did not own land the way it is owned today. They said that the land was like rain. It belonged to everyone and could not be bought and sold.

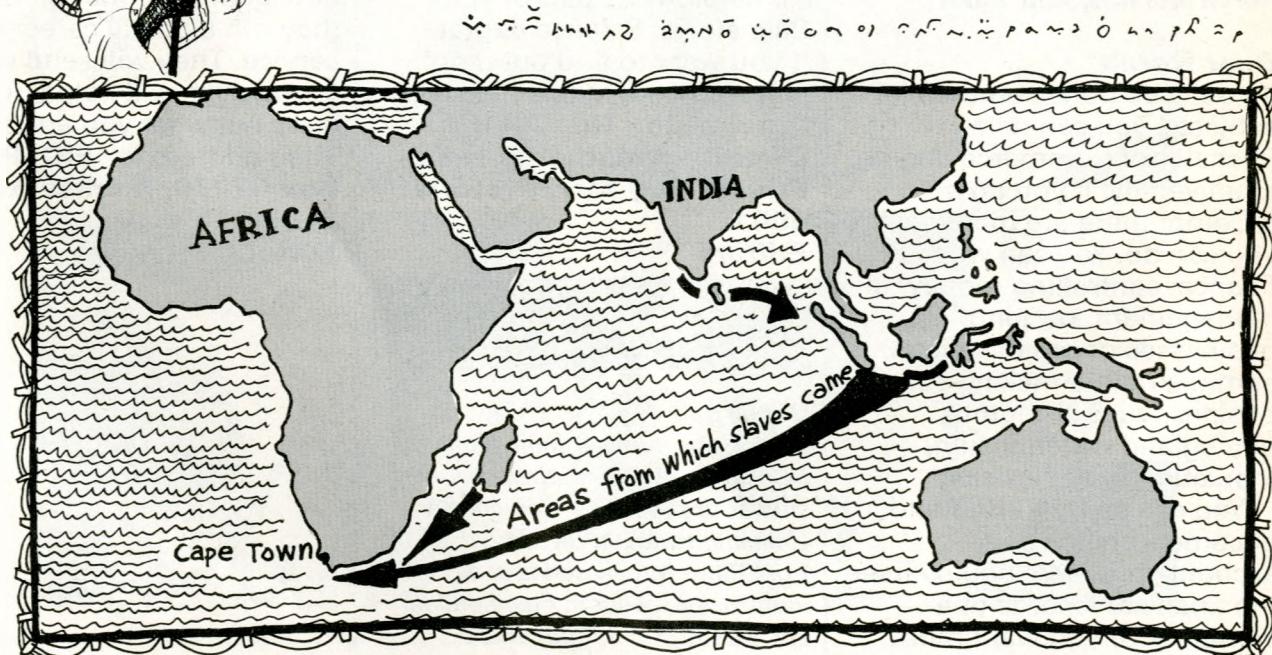
The Khoi moved about with their cattle and sheep, as the seasons changed. They went wherever there was good grazing for their animals. But after a long struggle, the Khoi lost the land they used, to people who came from across the sea.



*Mrs Katie Jacobs - a slave at the Cape*

### *The arrival of the Dutch*

As we learn so often at school, Jan van Riebeeck started a refreshment station for the Dutch East India Company



# h no land

at the Cape in 1652. The Dutch settlers called the Khoi who they met 'Hottentots'.

When the Dutch first arrived, the Khoi were happy to swap cattle and sheep for iron and copper. But when the Dutch began to plant vegetables, the Khoi realised that they had come to stay. So the Khoi tried to drive the Dutch away but they were not strong enough.

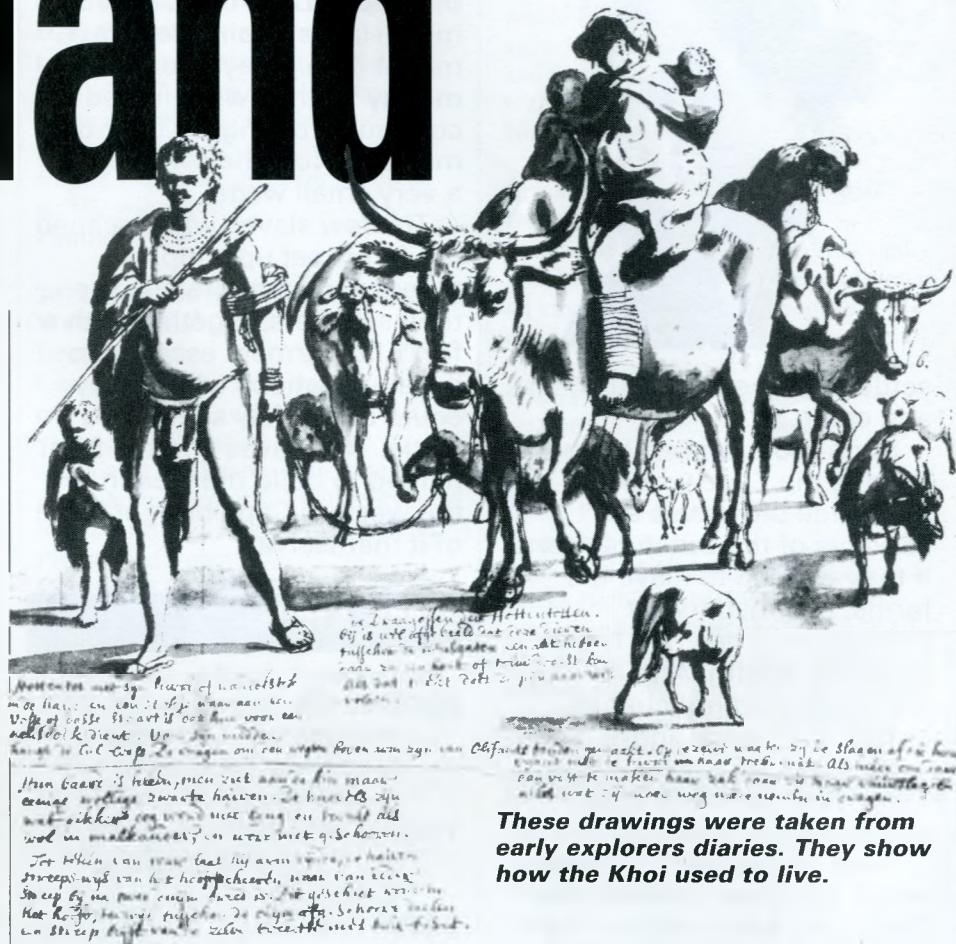
The Dutch settlers wanted people to work for them. The Khoi refused. They did not need to work for anyone while they had their own cattle and land. So van Riebeeck looked for servants elsewhere.

## Slaves arrive

Van Riebeeck told the Dutch government that he needed slaves. So in 1658 the first slaves were brought to South Africa. The slaves came from Asia and other parts of Africa. By 1717 there were more slaves at the Cape than there were settlers. There were about 26 000 slaves and only 22 000 settlers.

Slaves had to work very hard. They were not paid and they had to obey their masters otherwise they were whipped. A young slave woman, Katie Jacobs, described her life:

'I began work when I was still very young. When my baas got too old to farm, he shared his lands and goods amongst his sons. I and some cattle were given to Baas Nortje. My mother and more cattle went



These drawings were taken from early explorers' diaries. They show how the Khoi used to live.



to another son who lived in Franschoek. From that day I never saw my mother again. I longed to see her but my baas refused to allow me to visit her. I think he was afraid that I would not return.'



Today descendants of the Khoi, still build shelters as they did hundreds of years ago.

## The Khoi - not slaves but no longer free

Some Khoi moved away from the settlers in the Cape. Others stayed on. Sometimes Khoi worked for the settler farmers and in return they grazed their animals on the farmer's land. The Khoi who had lost their animals sometimes raided the

# HIDDEN HISTORY



settlers' farms, stealing sheep and cattle.

Soon most of the Khoi who lived in the Cape worked alongside the slaves as servants of the Dutch farmers. If they wanted to leave the farms, they had to get permission. They had lost most of their freedom. And although the Khoi could not change things, they were angry. This is what one Khoi leader, Klaas Stuurman, told an English explorer:

'Give us back our country which has been taken by the Dutch. We have nothing more to ask. We lived very happily before these Dutch thieves stole it from us.'

**Today, the people from the Richtersveld are descendants of the Khoi. They too farm sheep and cattle.**

## *Freed with no freedom*

In 1838 the slaves were freed by the British who controlled the Cape at this time. But for most slaves, their freedom meant little. They had no money so they were forced to continue working for their old masters. Now they worked for a very small wage.

The few slaves who escaped the farms set up shops as tailors and carpenters in the towns. Others, together with a few Khoi farmers escaped to mission stations where they could own a few sheep and cattle. The slaves and the Khoi helped to build the wealth of the western Cape but got none of it themselves.

## TIME LINE

**200BC:** Khoi herders arrive in the western Cape. San hunter-gatherers are forced to move north.

**1652:** Dutch settlers arrive at the Cape and takeover Khoi land

**1658:** First slaves arrive in the Cape

**1795:** The British take control over the Cape

**1803:** The Cape is returned to the Dutch

**1806:** The British take control over the Dutch for the second time.

## DISCOVERING THE PAST

**Few Khoi or slaves could read or write so it is very difficult to know what life was really like for them. What we know comes from records and diaries kept by the European settlers.**

■ Dutch settlers and British explorers sometimes wrote down conversations they had had with the slaves and the Khoi.

■ Mission stations kept records of the people who lived there. Missionaries wrote down what the Khoi told them about their lives as well as their complaints about the Dutch settlers.

■ Court records also help us. What the slaves said in court tells us a lot about the way they lived.

These records and writings are kept in the Cape Archives in Cape Town.

## COMPETITION TIME

You can win two exciting books, *The Broken String* by Emilia Potenza, published by Heinemann Centaur and *Men of Men and Always Working* by Candy Malherbe, published by Shuter and Shooter. All you have to do is write a short article of 200 words on the following topic: 'Are people poor because they are lazy?' The three best entries will be the winners. Send your entries to: **Upbeat History Competition, P O Box 11350, Johannesburg.**

# PENFRIENDS

## TRANSVAAL

**36 Malborough Road, Lombardy East, 2090**

### Dear Upbeat

I am a girl of 16. I want to correspond with girls and guys from different places, of 16-22. My hobbies are softball, debating, art, dancing, music and reading. I want to exchange magazines and photos with penpals. Please write to me in Northern Sotho or English.

**Priscilla Ntlatleng**

**139 Block AA, Shoshanguve 0152**

### Dear Upbeat

I am a girl of 19. I want to correspond with girls and guys from all over South Africa. My hobbies are baking, cooking, listening to gospel music, being a drum majorette and reading. I will reply all letters in English or Zulu.

**Vinoda Nkosi**

**846 Chiawelo, Extension 3, 1818**

### Dear Upbeat

I am a boy of 15. I am doing Std 8 in boarding school. I want to correspond with girls and boys of 15-19. My hobbies are playing football, listening to music and reading all kinds of books. My favourite musician is James T Taylor.

**Phemelo Kebinelang**

**P.O. Mukula, Sibisa, Venda**

### Dear Upbeat

I am a boy of 18. My hobbies are dancing, running and listening to the radio. I want to correspond with girls and boys who are the same age. Please write in English or Venda.

**Tondani Rammbuda**

## ORANGE FREE STATE

**P O Box 2434, Sasolburg 9570**

### Dear Upbeat

I am a 22-year-old guy who wants penfriends from all over the world. My hobbies are reading newspapers, listening to music and playing soccer. Anyone interested can write to me in English, Southern Sotho or Zulu. I will reply to all letters.

**Zacharia H Mlangeni**

**P O Box 5745, Phuthaditshaba 9866**

### Dear Upbeat

I am a girl of 15 years. I want to correspond with boys and girls of 13-15 years from all over the world. My hobbies are singing, listening to music and playing tennis. I will reply to all

letters written in English. Send me a photo if possible.

**Esther Seleke**

**663 Mothibedi Street, Tumahole 9585**

### Dear Upbeat

I am looking for penfriends, boys and girls of 15-19 years. My hobbies are watching TV, listening to music and playing volleyball. All letters must be written in English or Tswana. Photos will be welcomed.

**Pauline Naale**

**3074 Molai Street, P O Motsethabong, Welkom 9463**

### Dear Upbeat

I am a girl 21 and I am want to correspond with guys and dolls of 22-26 years. My hobbies are dancing, socialising (preferably with strangers) and listening to music. I will reply to all letters written in English and Sesotho. Please send a photo.

**Constance Keneiloe Maleho**

## CAPE

**N192 Hangana Road, Nyanga East 7755**

### Dear Upbeat

I am a girl of 15 in Std 6. I want to correspond with boys and girls of 15-17. My hobbies are tennis, listening to music, watching television and ballet. I will reply all letters written in Xhosa and English. Photos are welcome.

**Nombulelo Maleta**

**B500 Nyaniso Crescent, Khayelitsha 7784**

### Dear Upbeat

I am a girl of 16, doing Std 8 at Groenvlei Secondary School. My hobbies are athletics, volleyball, reading, and listening to music. I want to correspond with girls and boys from all over the world, except Cape Town. I will reply all letters. Photos are welcome.

**Judith Jaxa**

**P O Box 170, Elukhanyeni, Keiskammahoek 5670**

### Dear Upbeat

I am a boy of 19. I am doing Std 9 at Mzomtsha High School. I want penpals from San Francisco, Germany, New York, or anywhere else in the world. My hobbies are playing golf, singing choral music and listening to love songs. My favourite stars are Elton John, Phil Collins and Lionel Ritchie. Please write to me in English.

**Thembekile Ntshubu**

## NATAL

**Private Bag X10628, Stanger 4450**

### Dear Upbeat

I am a girl of 11. I am doing Std 4. I would like to correspond with girls of all ages. My hobbies are singing, dancing and modelling. Please send a photograph with your letter.

**Nontobeko Mngoma**

**Private Bag X534, Umzingo 4360**

### Dear Upbeat

I am a girl of 16. I want to correspond with girls and boys of all ages. I listen to all kinds of music, except reggae. I like playing tennis and talking to my friends. My favourite singers are Marcalex, the O'Jays and Luther Vandross. Photos are welcome. I will reply all letters.

**Nontobeko Xakaza**

**L473, P.O.Umlazi, 4031**

### Dear Upbeat

I am a girl of 12 doing Std 6 at Kwa Shaka High School. I would like to correspond with girls and boys of 12-14. My hobbies are swimming, dancing, reading and watching television. Please send a photo with your first letter.

**Nosipho Mthethwa**

## AFRICA

**Av. Guerra Popular, no.847 - 8ad dto, Maputo**

### Dear Upbeat

I am a boy of 19. I want to have penfriends of any age. My hobbies are reading, swimming, dancing and playing tennis. Please write to me in English and Portuguese.

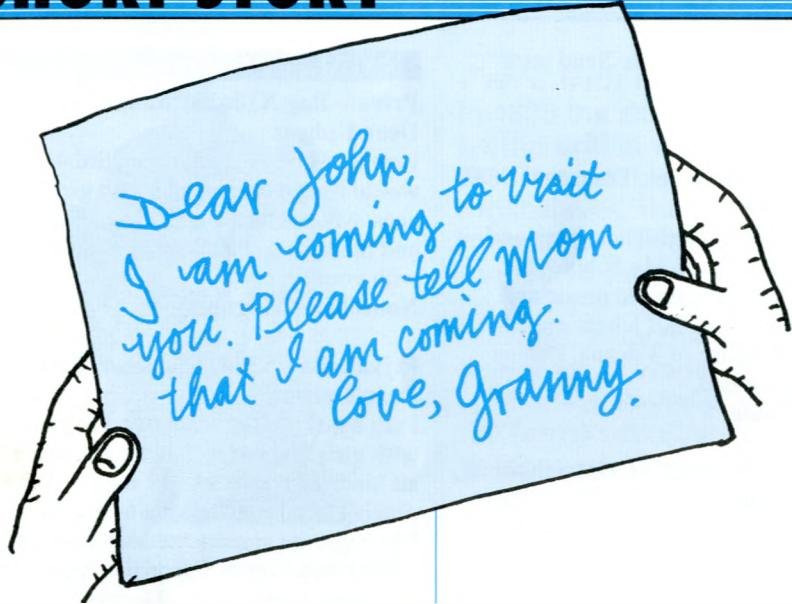
**Amelcar de Souza**

**Mzuzu Teachers College, Private Bag X12, Mzuzu, Malawi**

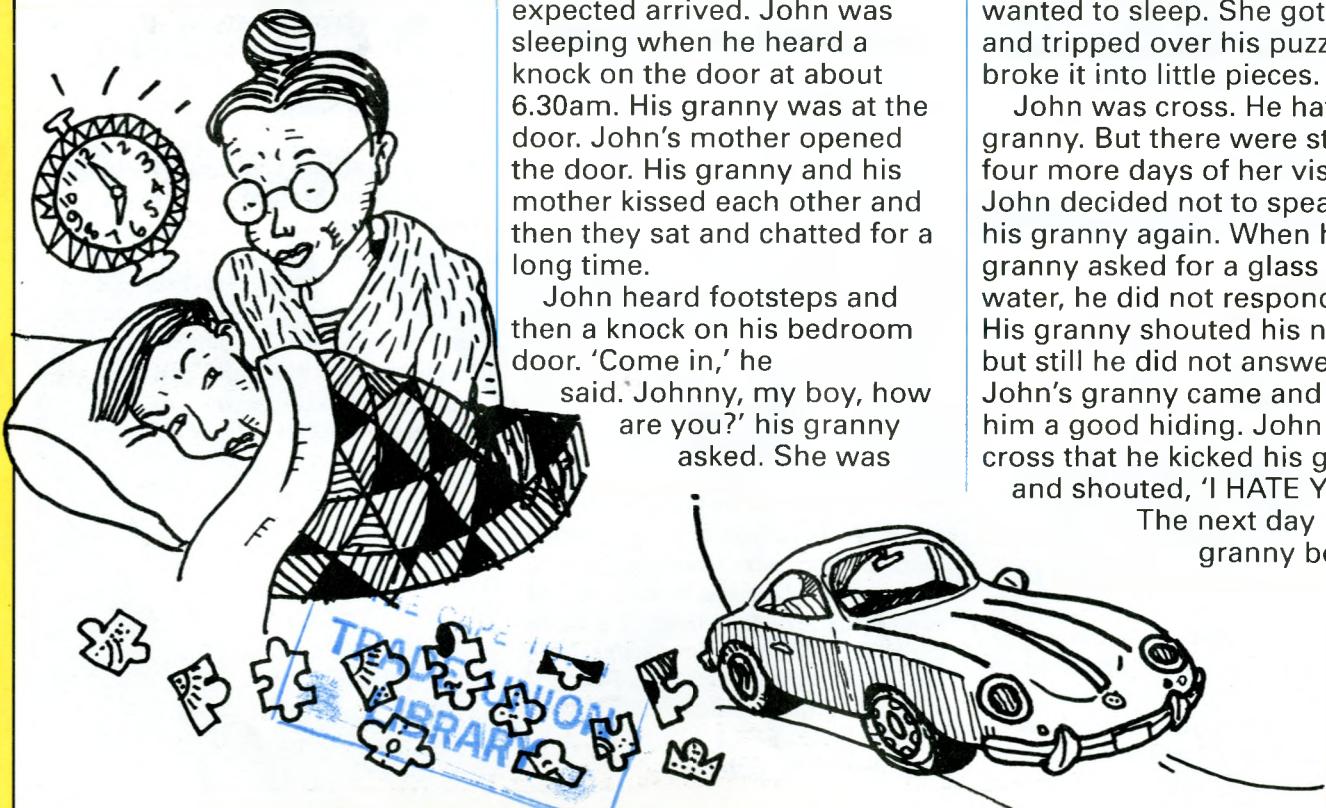
### Dear Upbeat

I am a girl of 20. I want to correspond with friends from all over the world between the ages of 18 - 28. My hobbies are watching movies, collecting posters and listening to soft music. Please write to me in French or English.

**Hlulose Gondwe**



*Last year Upbeat ran a short story competition. Here is the winning story of the junior competition for you to read and enjoy.*



## John's ha

BY SHAKIEL ALLIE

**O**n Friday afternoon John went to see if there was any mail. He saw an envelope and hoped the letter was for him. When he looked at the envelope, he saw his name. When he opened the letter, it said, 'Dear John, I am coming to visit you. Please tell Mom that I am coming. Love, Granny.'

John ran to his mother and showed her the letter. John couldn't wait for his granny's visit. At last, the day she was expected arrived. John was sleeping when he heard a knock on the door at about 6.30am. His granny was at the door. John's mother opened the door. His granny and his mother kissed each other and then they sat and chatted for a long time.

John heard footsteps and then a knock on his bedroom door. 'Come in,' he said. 'Johnny, my boy, how are you?' his granny asked. She was

very happy to see him. 'I'm fine,' said John, 'I'm very pleased to see you.'

John's granny made John get up. John was cross. It was 7 o'clock in the morning and he usually only got up at 10 o'clock.

From the day John's granny arrived, she nagged him all the time. Every five or ten minutes she told John to fetch her tissues. John had no time for himself. He started a jigsaw puzzle. When he was half way through it, his granny said she wanted to sleep. She got up and tripped over his puzzle and broke it into little pieces.

John was cross. He hated his granny. But there were still four more days of her visit left. John decided not to speak to his granny again. When his granny asked for a glass of water, he did not respond. His granny shouted his name but still he did not answer. John's granny came and gave him a good hiding. John got so cross that he kicked his granny and shouted, 'I HATE YOU!'

The next day his granny bought

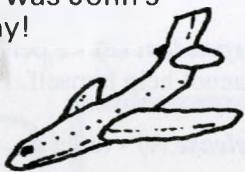
# happiest day

him a remote control car that John had wanted for a long time. When she gave it to him, she said, 'You kick me but I still love you.'

John wanted to play with that car all day. But his granny wanted tissues all the time because she had a cold. So John never got a chance to play with his car at all.

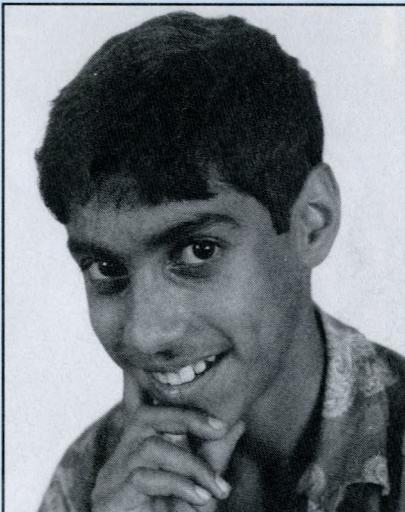
When the time came for his granny to leave, John pretended he was sad. His mother was crying. She wanted John's granny to stay for an extra week. But all John thought was, 'I won't have to fetch tissues anymore.'

He was so happy that his granny was leaving, that he screamed, 'Oh yes'. His mother asked him why he was screaming. He said; 'I saw a porsche'. His granny got on the plane. That was John's happiest day!



## THE WINNING WRITER

**S**hakiel Allie was most surprised when we told him that he had won the Upbeat Short Story Competition. 'This is the first writing competition that I have won. I am so very pleased,' he told us. Shakiel told us about his story. 'I saw the competition in Upbeat and thought I would try it out. I knew what I wanted to write. I wrote things down to see if it sounded right. If it didn't, I changed it. My story took me three days to write.'

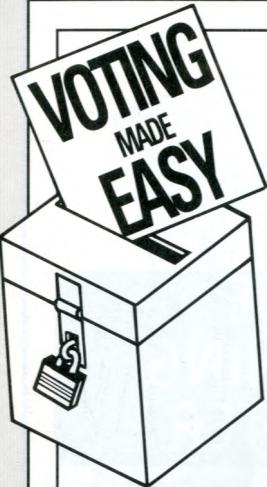


**Shakiel Allie - winner of Upbeat's Junior Short Story Competition.**

'My story is a bit true. I have a grandmother like that. Sometimes she comes to stay with us. But I changed the names and made the story funny at the end. I'll never show the story to my grandmother. She might get angry with me!'



# WILLIE WORDWORM



**candidates** (n) - a person who hopes to be chosen for something

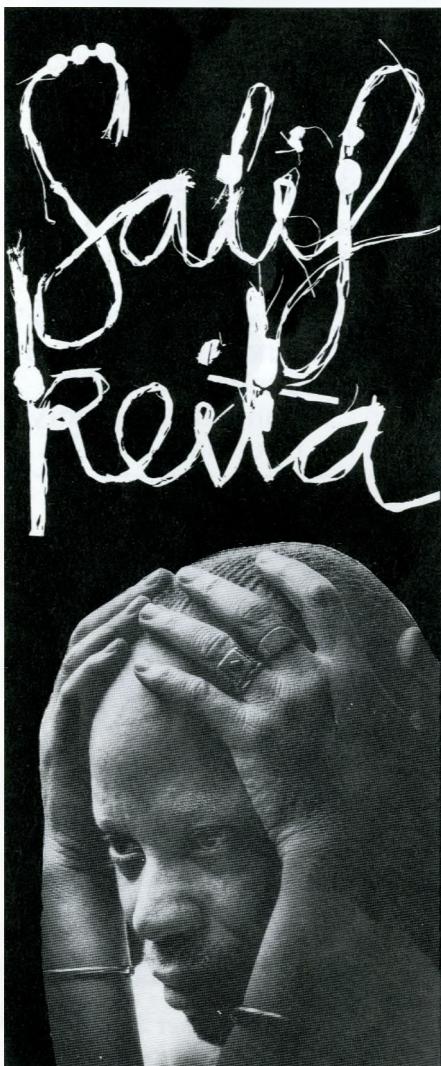
**independents** (n) - people who are able to stand on their own

**constituencies** (n) - an area that chooses a member of parliament

**ballot** (n) - a way of voting, by making a cross next to the person you choose

**cabinet** (n) - a group of politicians that decide what will be done in their country

**democracy** (n) - a kind of government where everyone has an equal right to choose their leaders



**xylophone** (n) - a musical instrument made from wood, metal and rubber used in most African countries.

**albino** (n) - a person who is born without a skin colour.

## READERS WRITINGS

**illiterate** (n) - a person who cannot read or write.

**dependent** (n) - a person who cannot help himself.

**release** (v) - to let go.

## SCHOOLGIRL MUM FIGHTS BACK

**chores** (n) - housework.

**aggregate** (n) - total average mark.

**edit** (v) - to prepare a magazine, newspaper or film for printing.

**voluntary** (n) - doing work without being paid for it.

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



**blackmail** (v) - to make someone do something against their will because you know something bad about them

**irritate** (v) - to annoy someone

## TALKSHOP

### WHITE STUDENTS AT TOWNSHIP SCHOOLS

**integrate** (v) - putting different race groups together

**discipline** (n) - teaching you to obey and control yourself

**ACE MAHLABA KARATE KING** **tournament** (n) - a number of games played over a short time to see who the best team is.

**compete** (v) - to take part in a race and try to win.

**techniques** (n) - different ways of doing something

**strenuous** (adv) - to do something that needs lots of strength.

**tactics** (n) - using different ways to get results.



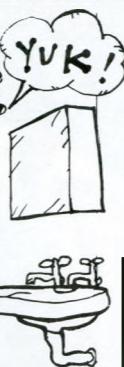
# Liivha

A NEW SCHOOL UP NORTH

**indoctrinate** (v) - teaching without giving people the chance to make up their own minds.

**represent** (v) - to act for someone.

**facilities** (n) - things which people need, especially in public places.



## PIMPLE PROBLEMS

**waterproof** (n) - when water cannot go through something.

**granules** (n) - little grains.



Advertisement

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.**

## MIDCITY GYM

**1st Floor, Anchor Towers  
Cnr Harrison & Plein Streets  
Johannesburg  
Tel: 834-7326**

**YOU CAN HAVE A NEW BODY**

**Only R250 for 12 months**

**Present this advert for a R50 discount**

**AEROBICS - BODYBUILDING**

Sally  
Reita

