

NUMBER 3 1992

# UPBEAT

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*The magazine for youth on the move*



## THIS ISSUE

- ▼ Clothes to beat the heat
- ▼ Dr Alban raps
- ▼ Hidden history –  
Who discovered America?
- ▼ Fighting unemployment
- ▼ Your body –  
Clumsy clots are normal

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WIN  
2 Dr Alban  
album  
WIN  
Prizes worth  
R1000 –

# EDITORIAL

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

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## Dear Readers

There are two sides to every story. You've surely heard that before. Well, it is true. Sometimes there are even three or four sides to a story. It depends how many people were there to tell the tale.

Behind every story there is a writer. Behind a picture there is a photographer. And they are ordinary people, like you and me. They eat, sleep and play like the rest of us. Like us, they have their own ideas and feelings about the world. And these ideas show in their stories, books or photographs.

So what you read is not the truth. It is someone's version of it. Always read with an open mind. Be a detective when you read! Ask questions, think, search for clues and weigh up the facts. Then decide for yourself which story comes closest to the truth.

- You must have learnt about Christopher Columbus at school. Well there's another side to that story in our article called 'Who discovered America?'. Read it and decide what YOU think really happened.
- Upbeat writes a lot about young peoples' experiences of growing up. There's another side to being a teenager – being the mother of one. Nomasondo Hadebe openly shares with us the pain and joy of having teenage children.
- We don't only learn from grown-ups or famous people (or both). Upbeat is full of stories about youth, their ideas and feelings about the world. By sharing experiences, problems and ideas we can learn from each other. So don't miss our letters page, advice column and talkshop.

Read what young people have to say. You can agree or disagree with their ideas. And when you close the magazine you may feel a little sadder, happier or angrier. But you will always be wiser!

*Harriet*  
Editor

**You have the right to search for answers.**

## Next issue:

- Debbie Stroebel is Cape Town's gymnast champ
- Meet Taps – the latest chart busting rappers
- Jobs in the mining industry
- Who is responsible for preventing pregnancy – girls or boys? Read our hot debate.



Front Cover  
Anna Ziemienski

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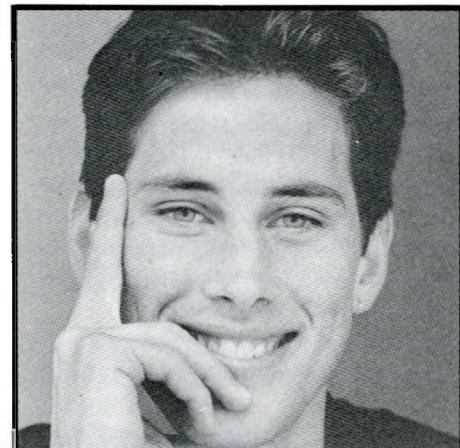
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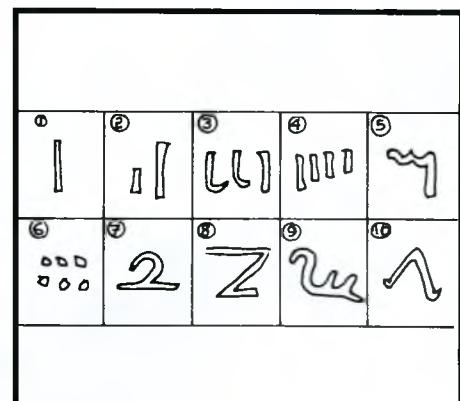
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Where our numbers come from page 36

## FEATURE

# Cape children take the lead on learning

by Michelle Saffer

Children at the New Crossroads Centre in Cape Town are taking charge of their own learning. And they're having lots of fun too.

A small room behind a house in New Crossroads, Cape Town, is buzzing with activity. Around two large tables children laugh and talk as they draw and colour in slogans; 'People shall share', 'Stop the war', 'I love all but I don't trust no one', 'I'm the most beautiful girl in the world'. In a corner sits Angeline Bangelo,

co-ordinator of the group. She is explaining to two children how to use a machine to make badges for their slogans.

These are just some of the 135 children who come to the New Crossroad Children's Resource Centre\* after school.

Angeline explains why she started the Crossroads group in 1985. 'I like to work with children. I saw the kids walking around, with nothing to do after school. So I decided to collect them together where they would be safe and I could do fun things with them.'

*Angeline Bangelo, co-ordinator of the Crossroads Children's Resource Centre.*

*Children design badges with their slogans.*

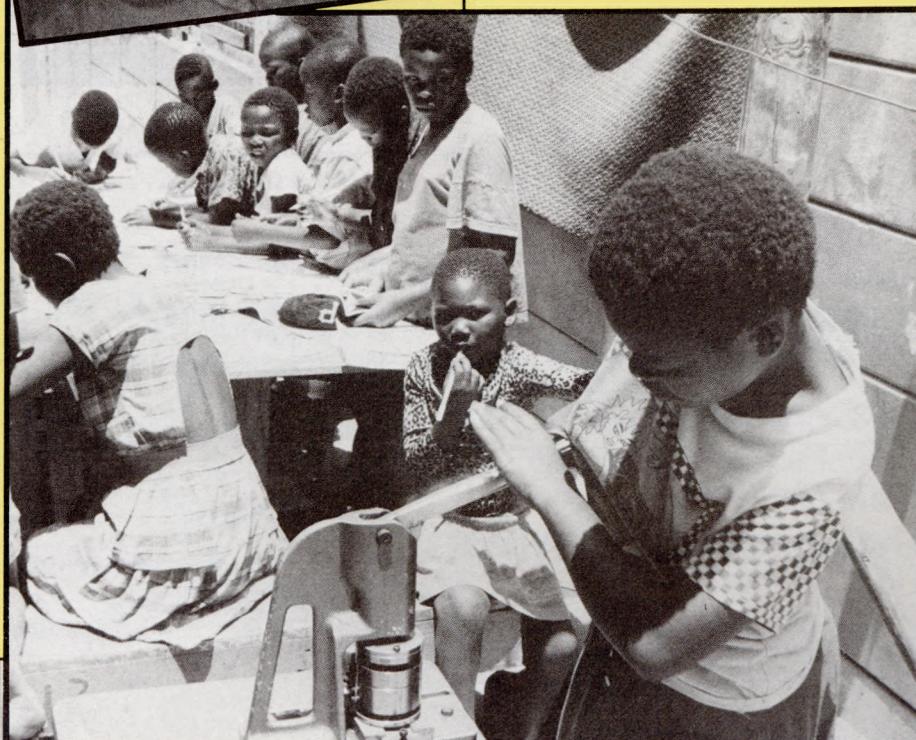
### At the centre

'I come twice a week,' says Nomfundo (16). 'I've been coming here for seven years now. I come because I don't want to get involved with gangsters in the streets.'

Ivy smiles when she talks about what they do in the afternoons. 'We learn dancing, music, drama and art.' The children teach themselves dancing and teachers from the Community Arts Project teach them art. Along the walls of this busy room is a miniature city made out of beautiful cardboard houses. The children made them all themselves.

### The gardeners

Mawetu Bangelo (14) loves gardening. He spends much of his time looking after the three plots the centre uses. One plot is in Angeline's garden. A gardening group taught the children how to grow things in the poor soil of New Crossroads. 'What I like best about our group,' says Mawetu, 'is that you learn how to plant trees,



flowers and vegetables. Then you can sell vegetables for money.'

In Angeline's garden, there is a good crop of potatoes. Angeline laughs proudly, 'The children just planted the potatoes without even telling me. Now the neighbours come up to me and say, "Don't the children want to work in our gardens?"'

### The children are learning

'The children tell me what they want to do,' Angeline continues. They said they wanted to help people. So now they clean houses and yards. The children's movement is about children leading and looking after themselves.'

### Each one teach one

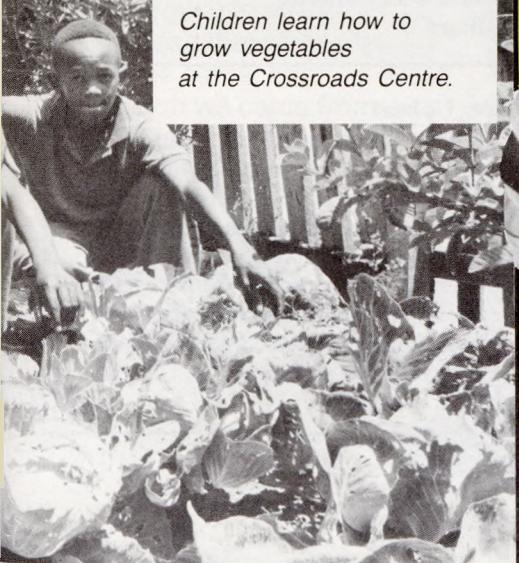
Some of the children, with the help of adults are learning to train others. They have been to workshops on story-telling, puppet and toy-making. They know how to organise meetings and use First Aid kits.

Although the children's group brings joy, there's sometimes sadness too. In 1990 a member of the Khayalitsha Children's Group was killed. The police shot at protesters close to where the child was playing. So the Children's Resource Centre and the Children's movement started a memorial fund. They paid for the funeral.

### The children's council

The various children's groups have a General Council. At the

Children learn how to grow vegetables at the Crossroads Centre.



*About 135 children come to the Crossroads Resource Centre every afternoon. This group is busy making cardboard houses.*

General Council children chosen from each children group come together. They meet once every three months.

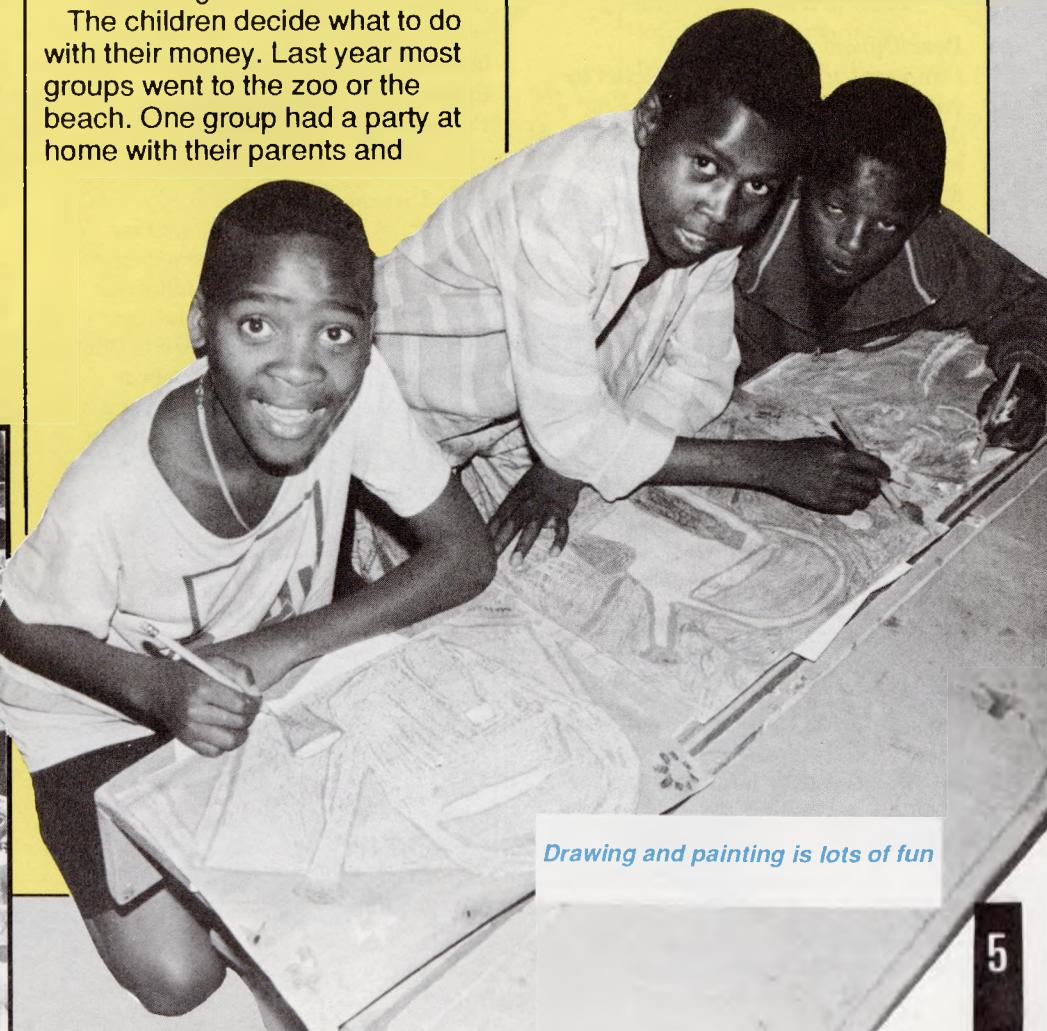
Thabile Nkalashe (14) is a member of the council. Each group is encouraged to open its own savings account. 'I help the secretary if the secretary is not here,' she explains, 'and I help the chairperson to keep meetings quiet. I keep a record of what time the meeting starts and finishes. Each group gives a report and we discuss what they have done. For example, we talk about how to cope with discipline problems. Or if we want to raise funds, we plan a concert together.'

The children decide what to do with their money. Last year most groups went to the zoo or the beach. One group had a party at home with their parents and

another group went camping for the week-end.

'I enjoy meetings,' Thabile smiles, 'I have learnt how to speak in front of people. I have also learnt how to talk to older people. We have great hopes for the future of our groups.'

**For further information about children's groups contact:**  
The co-ordinator  
Children's Resource Centre  
Community House  
41 Salt River Road  
Salt River  
7925  
Or phone (021) 47-5757.



*Drawing and painting is lots of fun*

# LETTERS

## Dear Upbeat

I want to say how wrong I think it is to steal poems. There was a poem on page 4 of the Upbeat writer's supplement called 'African World'. Melanie Vaughan from Retreat says she wrote it. But she did not. I did. There's also a joke called, 'Why some men don't work'. This joke is copied from a programme presented by Welcome Nsimande of Radio Zulu. I also want to know why Upbeat does not send free copies of *Voices from Young Africa* to the poets who contributed to this book. I think it's not fair that we have to buy it.

David T Thwala, Pongola

## Dear David

We receive many copied poems and we don't publish them. But sometimes we do not know that a poem has been copied. Please readers, don't send us other people's work.

Upbeat does not make any money. We receive funds to bring out the magazine. More than 140 poets contributed to the book. Sorry! We do not have enough money to give away so many copies free.

Editors.

## Dear Upbeat

I am very happy to write this letter to you. I'm a boy of 14 years old. I'm doing Std 6. I have a serious problem. At home everyone fights with me. But I don't understand why they do this. And I don't know how to stop the fighting. Can you please give some advice?

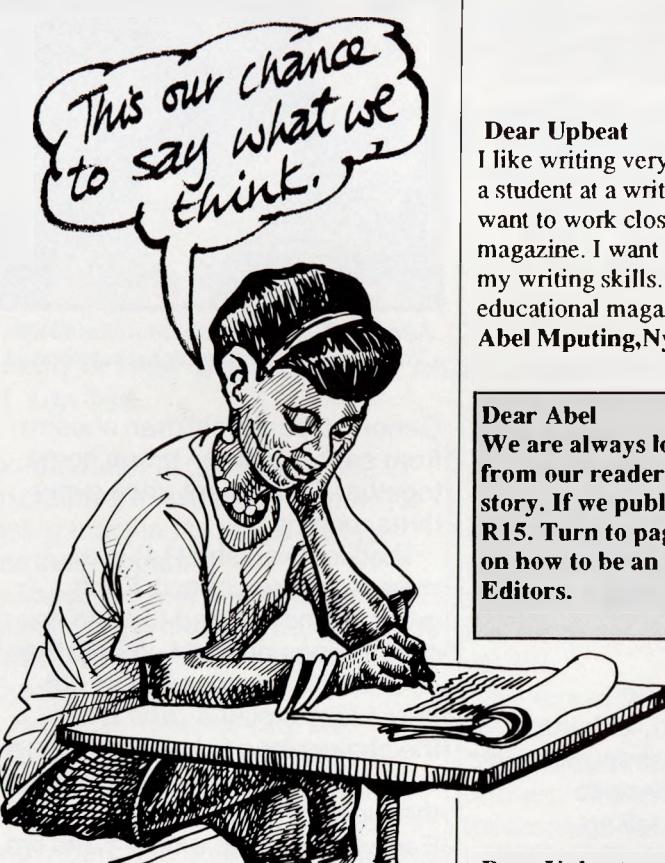
J S L Msane, Ga-Rankuwa

## Dear Msane

We are sorry to hear about your problems at home. Have you tried speaking to your parents or your brothers and sisters? Very often speaking about problems stops fighting. But if your family do not want to talk about the problem, maybe you should try to get help outside of your home. Maybe an aunt or an uncle can help stop the problem. A social worker or your priest might also help you.

Look out in Upbeat No. 4 for the start of a new series on how to cope with conflict. We hope this series will help you solve your problem.

Editors



## Dear Upbeat

I like writing very much. At present I'm a student at a writing school in Durban. I want to work closely with your magazine. I want to learn and develop my writing skills. I want to work with an educational magazine.

Abel Mputing, Nyanga East

## Dear Abel

We are always looking for stories from our readers. Please send us a story. If we publish it you will win R15. Turn to page 26 for information on how to be an Upbeat Reporter.

Editors.

## Dear Upbeat

The government is to blame for the violence in the townships. It is using Inkatha. Inkatha claims to be fighting for freedom but they're working closely with the government. I think defence units will help people to protect themselves.

Portia Lentsha, Orlando East

Joshua, East London

## Dear Upbeat

Your magazine is really informative. I have enjoyed reading Upbeat ever since I discovered it. I'm a student at Bhekiswako High School. I live far from Jo'burg. The nearest town is White River. Because I cannot get Upbeat there, I am a subscriber. But I have a problem. Upbeat always arrives so late that I cannot enter your competitions.

Dalton T Mahule, White River

## Dear Joshua

We've got good news for you. You can now buy Upbeat in all CNAs, most shops and on street corners all around the country. And there will be 11 issues of Upbeat. That means one almost every month!

Editors.

## Dear Dalton

We are sorry to hear about your problem. We are doing two things to solve it. First, we are making the deadlines for our competitions longer. Secondly, subscribers will get Upbeat two weeks before it is in the shops. Turn to page 16 to find out how to subscribe to Upbeat.

Editors.

## Dear Upbeat

I was very disappointed to see the DET matric results of last year. The reason why black students did not have a high pass rate is because our schools are over crowded and don't have proper facilities. But the government says the pass rate is low because of boycotts. In Soshangwe students didn't boycott classes but many of them failed.

Paul R. Nonyane

# Andries fights for what's right

**A**ndries Schutte is 18. He's a shy but friendly Afrikaner boy. For much of his life, Andries has felt like a stranger in his own country.

'Most of my schooling was done in Afrikaans,' Andries said. 'I went to Auckland Park Primary School and then to Linden High School.' After Andries finished Std 7 at Linden High in 1987, he went to America with his father. There he finished his matric.

### At school in the USA

'Schools in America were very different to schools in South Africa. In South Africa, schools are very authoritarian. Students must obey so many rules. But in America things are different. There students have more freedom.'

'The best thing about school in America was that the schools were mixed. There were students of all races - Afro-Americans, Hispanics and West Indians. It made a big difference to me. I realised that we were all the same, even though we came from different backgrounds and cultures.'

### Learning about black people

'In South Africa, schools are separate because of apartheid.'

The only contact I had with black people before I left was when I went to Venda. My father is an anthropologist. He did lots of work in Venda. Sometimes he took me with him. We stayed with chiefs in the rural areas. The first time I went, I was shocked to see how poor people in Venda were. Many people lived in shacks and tents.'

### Andries joins the ANC

Andries came back to South Africa in February 1991. But he was not the same boy who had left South Africa. He had made up his mind. He wanted to join

hands with other young people to fight racism.

'When I got back, I joined the ANC Youth League. I realised that it is not enough to stand and criticise. If you want to change things, you have to get involved and get your hands dirty.'

Andries has worked in the ANC Youth League for a year now. He says he no longer feels like a



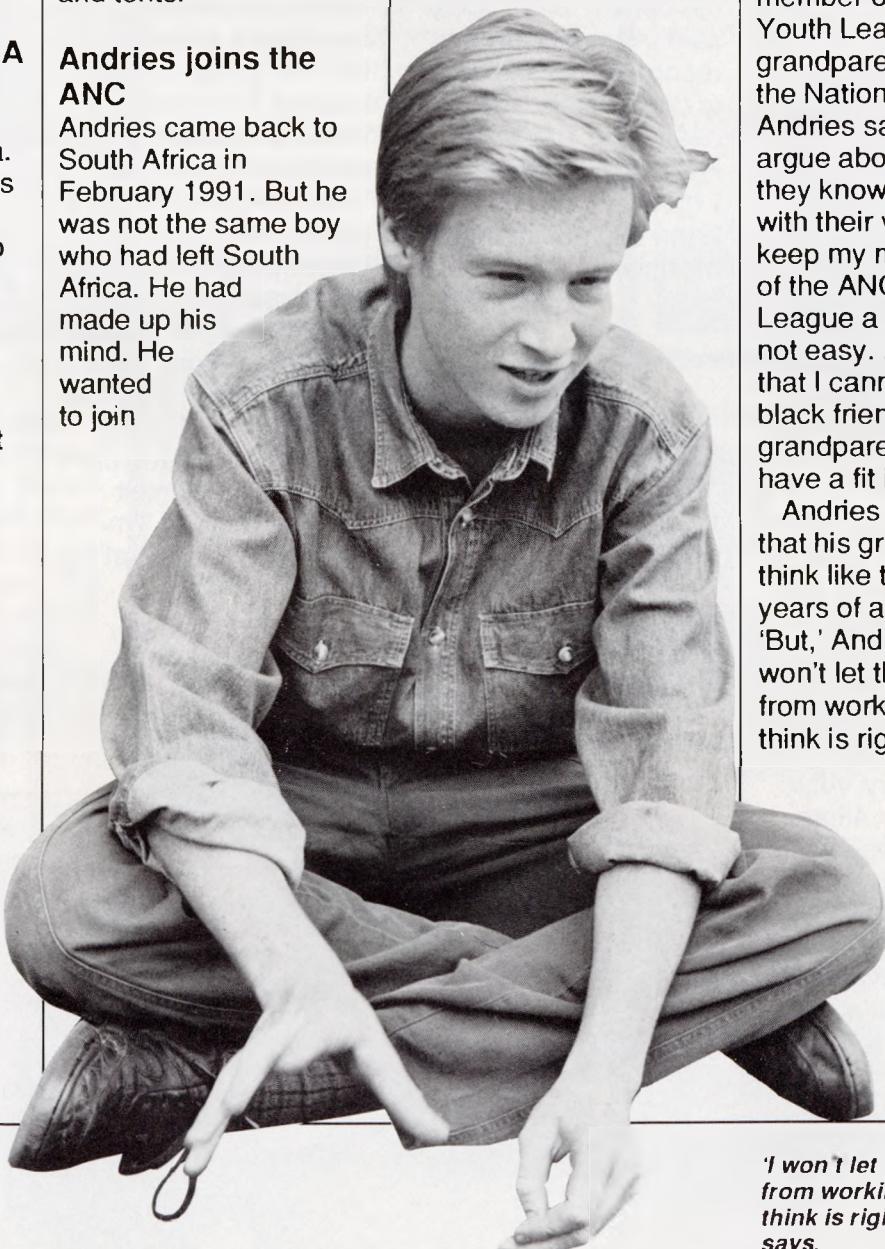
Andries Schutte

stranger in his own country. He shares the hopes and dreams of freedom that most young, black South Africans have.

### Two lives

But Andries still has one very big worry. He lives with his grandparents. They don't know that he's a member of the ANC Youth League. 'My grandparents support the Nationalist Party,' Andries says. 'We argue about politics, so they know I don't agree with their views. But I keep my membership of the ANC Youth League a secret. It's not easy. And I hate it that I cannot invite my black friends home. My grandparents would have a fit if I did.'

Andries understands that his grandparents think like they do from years of apartheid. 'But,' Andries says, 'I won't let them stop me from working for what I think is right.'



'I won't let them stop me from working for what I think is right,' Andries says.

## MUSIC

# DR ALBAN RAPS

Need some cool sounds for your ears? Then call the doctor – Dr Alban. He'll soon soothe you. And before you know where you are, you'll be hip-hopping while greeting Mother Afrika.

Dr Alban, or Alban Mwapa, is Sweden's most popular rap artist. His first album, *Hello Afrika*, topped the Swedish charts. It also did very well on the charts all over the world.

Dr Alban is 33 years old. He was born in Nigeria, where he grew up with his 10 brothers and sisters. 'I did not think much of school,' Dr Alban said. 'It was alright, I guess. But I have better memories of playing with friends. I ran a lot, mostly for fun.'

### Off to Sweden

When he was 20, Alban went to visit his uncle in Sweden. His uncle was the Nigerian ambassador there. Alban liked it so he decided to stay. For the next five-and-a-half years, Alban studied dentistry. After he qualified, Dr Alban worked in a surgery the whole day long, drilling and filling holes in people's teeth. Over weekends, he worked as a disc jockey at a club. He found this lots of fun.

'Someone asked me to start rapping. So I did. And soon I made a record. I was so busy I didn't have time to be a dentist anymore,' Alban said. After making the record, Alban decided to call himself 'Doctor', even in his rap lyrics. He thought that people would be more willing to listen to a doctor than a musician!

**'De special language'**  
Dr Alban composes his own music and writes his own songs. Once he's got the music, he writes the words. This is what he enjoys most. 'The words must sound natural. And they must be easy to pronounce,' Alban said. 'So I use special English. Instead of saying "I don't want any pollution", I say "me no want no pollution". Or I say "me bored of drill from me dentist chair" instead of "I'm bored from drilling at my dentist's chair."

*Alban Mwapa, Sweden's rap doctor*

Most of Dr Alban's songs have a message. Some of his songs are anti-racist. Others say we must not smoke, drink or use drugs because they are bad for us. Many people get angry about Dr Alban's songs. But this doesn't worry him. 'I mean what I sing,' Alban said. 'I can't help it if people don't like to hear the truth.' ■

## WIN A DR ALBAN ALBUM

Upbeat and Steel Street Records are giving away ten Dr Alban albums. All you have to do is answer the easy questions below and you could be a lucky winner!

### Questions

1. Where was Dr Alban born?
2. What is the name of his first album?
3. Where does Dr Alban live?

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

**Closing date:**  
29 May 1992

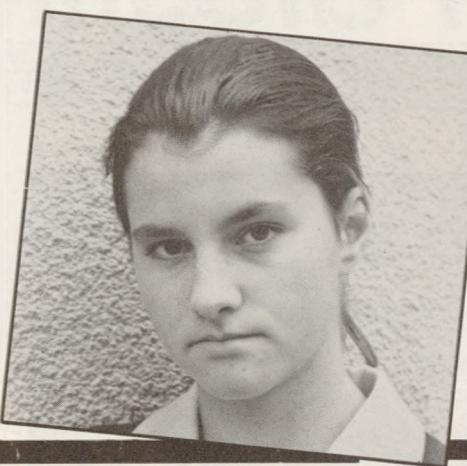


# Girls on growing up

In the last Upbeat, we spoke to boys about the best and worst things about being teenagers. In this issue, girls from Kingsmead School share their fears and joys with us.

**Alexandra Kelly, 15**

When you are a teenager, people treat you like an adult. I also enjoy meeting boys although falling in love can sometimes make you feel sad. I hate it when people treat me like a baby. And I hate the skin problems you have as a teenager. My other problem is that my brothers want to protect me. So they poke their noses into my business.

**Francoise Gallet, 15**

The best thing about being a teenager is that you can wear make-up. Make-up helps me to look better. I hate my parents telling me what time I must be home and where I can go. My parents don't understand that the world has changed since they were young. I also hate the fact that Johannesburg is so dangerous. We have to worry about rape when we go out.

**Nicky Morris, 15**

Now that I am a teenager I have more freedom. Before I had to be home by 9.00 pm; now I must be home by 12.00pm. I can also make more choices – like what church to belong to and whether to smoke or not. But I am beginning to see more faults with my family. I realise now that my mother is not perfect. And so we sometimes fight.

**Nicky Saxton, 15**

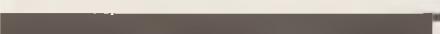
People respect you more and I enjoy this. I am more confident about saying what I think. What I don't like about being a teenager, is that girls think too much about their appearance. Many girls diet and I think this is bad. The other problem is that there are few places for us to go to – most night clubs are not open to people under 18.

**Caroline Kane-Smith, 15**

I enjoy deciding for myself what is right and what is wrong. And my friends are much more important to me than when I was younger. But now, I don't like the way girls get bad reputations while boys don't. I also think that at a girls' only school there is much bitchiness. I don't like the way some people do silly things just to prove themselves.

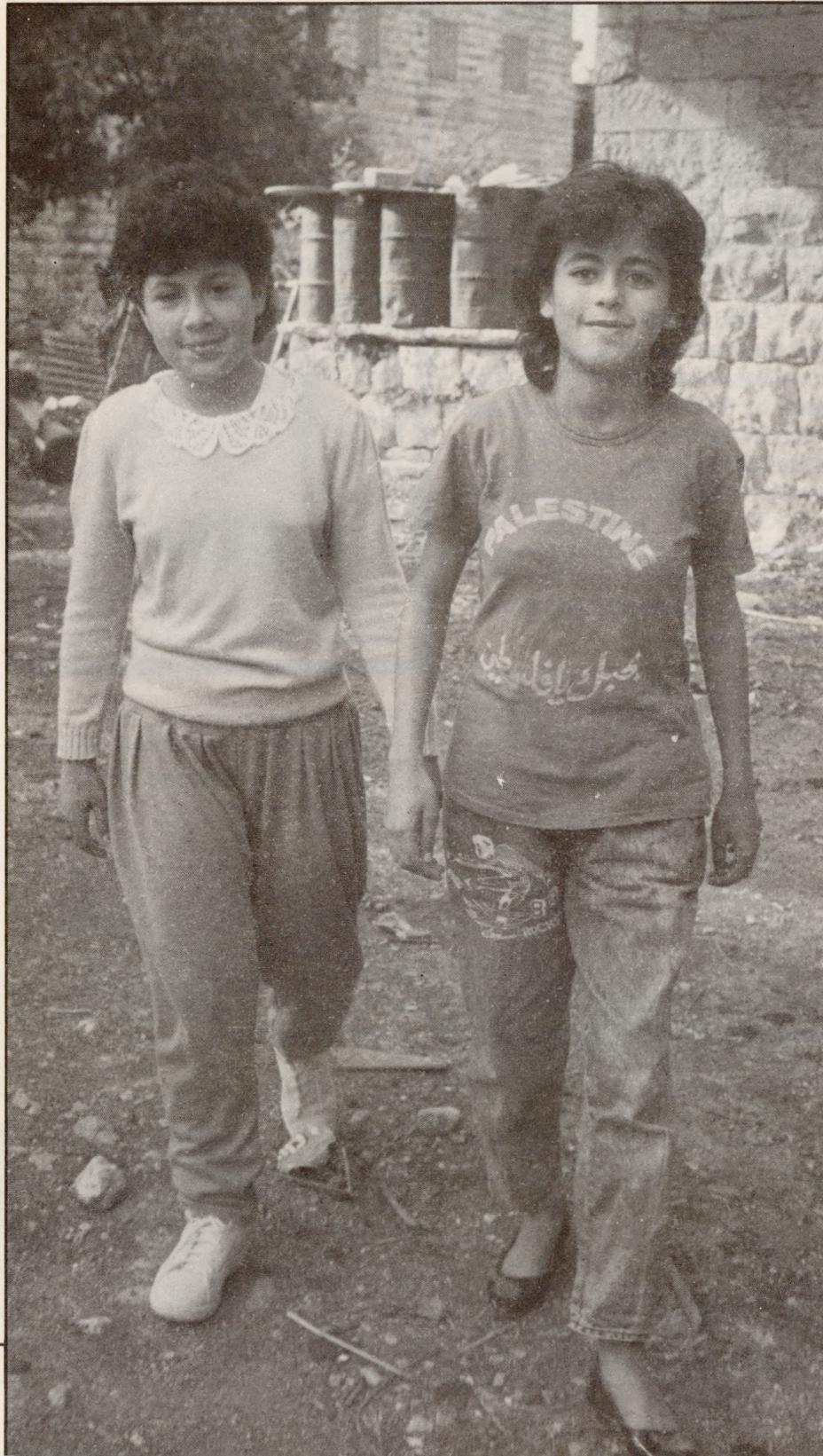
**Khaukanani Maada, 15**

The best thing about being a teenager is that you discover new things about life. And you make friends that you keep for the rest of your life. But when you are a teenage girl your periods start. And there is pressure to behave like your friends.



# Dreaming of freedom in Palestine

Story by J. Speed & Karin Sodergren with thanks to Barnens Värld



**S**amia lives far away in Palestine. She is 13 years old. Samia does not sleep like most 13-year-old children. At night she wakes whenever she hears a noise outside. Wide awake and scared, she waits for someone to knock on her door.

Samia has lived in fear for two years – ever since the night the Israeli soldiers came to take away her father.

'I remember so clearly,' said Samia. 'When the soldiers arrived, Grandma told Father not to be scared. Then the soldiers asked Father for his identity papers and they took him away in a jeep. Half asleep and upset Samia asked her mother what was happening. They heard the next morning that her father was in jail. He was kept there for the next two years.'

'The house seemed very, very empty without Father. And I think that for the first time I understood life was not just fun. I was old enough to help Mother comfort my younger brothers and sisters. So I had to be brave,' Samia said.

'One day my little sister asked an Israeli soldier why he had taken our father away. "It was not me," he said and she replied, "That's what all of you say."'

Shortly after Samia's father was arrested, her grandmother died. 'When we told Father in jail, he started crying,' said Samia who was only allowed to visit him once a month. 'I don't think that Father did anything wrong. He is just an ordinary Palestinian who worked in a coffee-shop in town. But I know his arrest had something to do with the "intifada."'

*Samia (right) with her best friend, Suha. On the West Bank where Samia lives, there are always soldiers in the streets.*



Where Samia lives, there are always soldiers in the street.

#### War – a game

'Intifada' is an Arabic word and means 'to shake something off.' It is the name given to the revolt by the Palestinian people who live in Israel. In 1987 the Palestinians revolted against the Israeli government.

Samia and her best friend, Suha, often play Israelis and Palestinians. In Samia's eyes the Israelis are the enemy. She believes they stole the Palestinians' land on the west side of the River Jordan. She blames the Israelis for forcing Palestinians to live in overcrowded refugee camps.

Samia's and Suha's heroes, are the 'shebabs'. These are kids who protest by throwing stones at the Israeli soldiers. Samia and Suha have also tried to throw stones at the armed soldiers who patrol the narrow alleys in the refugee camp. 'But', said Samia, 'we are not strong enough to hit them... not yet!'

#### Soldiers everywhere

Samia's father has been released from jail but life is still hard for the family. Some months ago, Samia's little sister was hit by two rubber bullets. Samia's dad went outside and shouted at the soldiers.

'After Father shouted at them, the soldiers came into our house. They pointed their rifles at him. So Mother threw herself at them. They beat her up,' said Samia. Samia's voice is shrill when she speaks about what happened at her home.

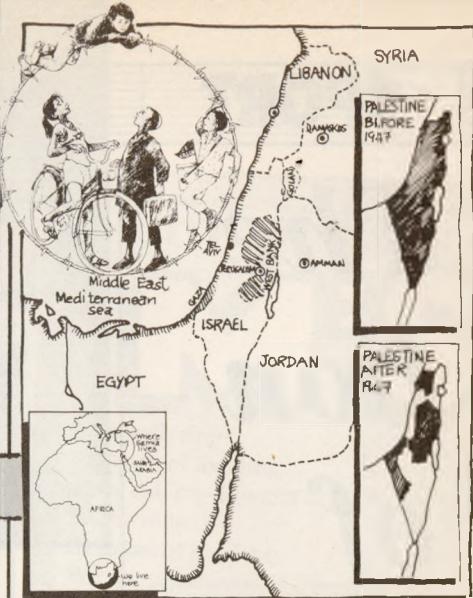
'And during the winter the soldiers often chased us from our house. We had to stand in the rain for hours while they searched the area where we live,' Samia continued.

Not very long ago soldiers used teargas near Samia's home. 'We could hardly breathe and our eyes hurt terribly,' said Samia. 'But the worst thing was that Mother was breastfeeding my youngest sister. My sister had to go to the hospital. But now we know what to do when there is teargas. We burn incense and chew pieces of orange peel.'

#### Our dream

Samia is scared whenever she passes roadblocks set up by the soldiers. When she comes home from school or visits a friend, she asks her father or uncle to fetch her.

'All Israelis are the enemy,' said Samia. 'But there are nice Israelis too. One day I saw a man being arrested by two soldiers. One of



the soldiers told the other to let the man go. He said the man had children to feed. And when I was hit by a rubber bullet, a soldier drove me to hospital.

'We all dream of freedom, of having Palestine as our homeland once again. But only Allah knows how long it will take,' said Samia softly. ■

#### A short history of Israel and Palestine

For most people in Palestine fear and war is all they know. Ever since the British took control of Palestine in 1920, the Palestinians have struggled for freedom.

Between 1920 and 1945 many Jews immigrated to Palestine. They wanted to escape the anti-semitic racism of Germany, Poland and USSR. By fleeing to Palestine, many Jews escaped death in Hitler's concentration camps.

In 1947 the United Nations divided Palestine. They gave about half of Palestine to the Jewish settlers and called it Israel. The Palestinians felt betrayed. They asked their Arab neighbours for help. In 1948 and again in 1967 the Arab countries attacked Israel partly in support of the Palestinians.

Thousands of Palestinians fled their homes to escape Israel. Many of them have lived in refugee camps in the countries surrounding Israel for more than 30 years.

The Palestinians who remained behind in Israel, like Samia and her family, do not accept that Israel has a right to rule over them. Ever since the 'intifada' started in 1987, Palestinians in Israel have fought their own war against Israeli control.

# The lion of the goal posts

**H**e is a fast-mover. Like a cat he spins to save a goal for his team. Who is this man? He's the 24-year-old Wade du Plessis, Iwisa Kaizer Chiefs' goal-keeper.

Few people knew of Wade du Plessis before he joined Kaizer Chiefs. This was because his former team, Durban City, were not playing very well. But Chiefs noticed his talent. And ever since, Chiefs' opponents have struggled to get a ball past Wade.

Wade says; 'Goal-keeping is always tough. But when you play for Chiefs it's worse. All the other teams want to be the first to beat Chiefs. So they try to score all the time. It took me a while



before I learnt to stay calm during matches.'

Everyone likes Wade not only the Chiefs fans. Spectators clap hands and shout everytime Wade saves a goal. But some people curse him because he stops their teams from winning.

'It's really great to play for a team like Chiefs,' says the soft-spoken Wade. 'My team mates are wonderful. Chiefs are without doubt the best team in South Africa. I've never played for

*Wade du Plessis, Iwisa Kaizer chief's' goal-keeper*

such a good team before. It's a new experience for me.'

Upbeat asked Wade which players he feared most. He said Phillimon Masinga of Cosmos was a deadly striker. 'Phillimon is very sharp and skilled. If he's not marked closely, he always tries to score.'

But players like Phillimon Masinga bring out the best in Wade.

Wade has recently been chosen for the number one position in the South African National Team. We asked Wade what chances he thought

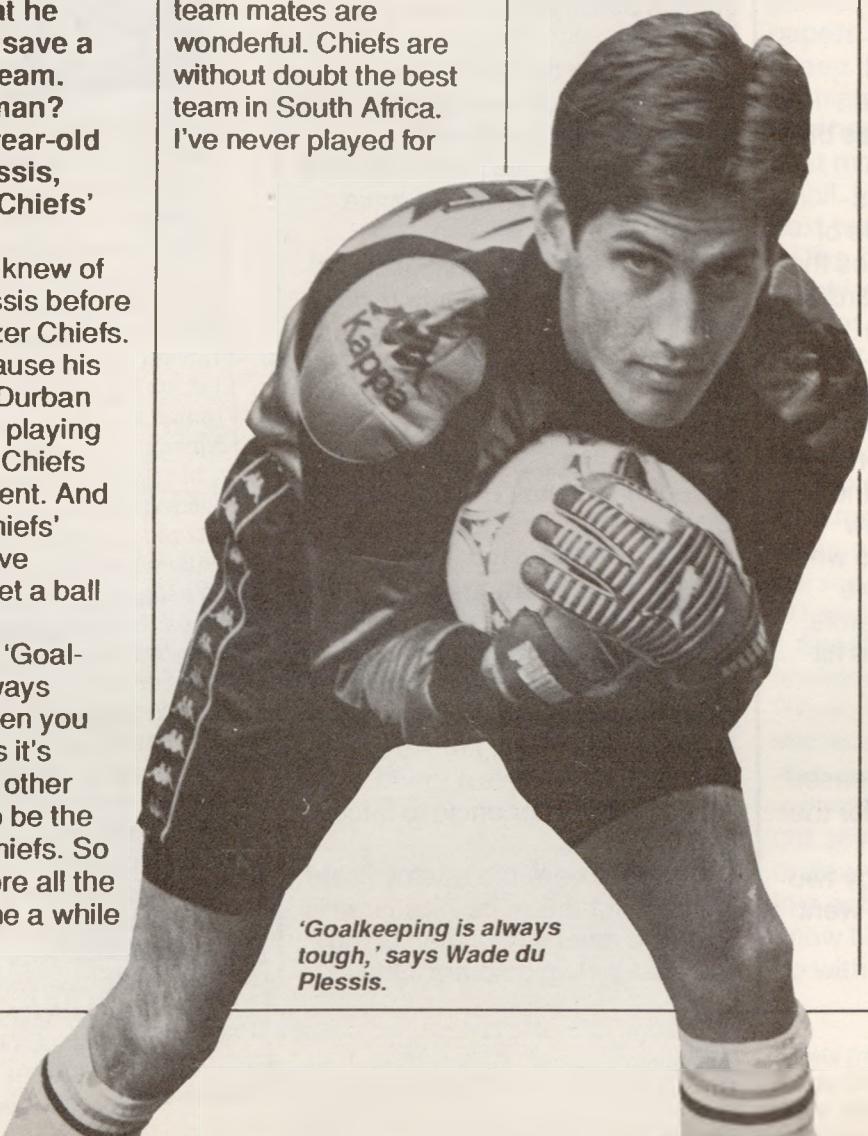
this team had in international soccer.

'The standard of soccer in our country is not as high as other countries who play international soccer. But this is not a big problem because we have many talented players. We just need some practise in international soccer. We'll soon reduce the 'Indomitable Lions of Africa', the Cameroon team, to domestic cats. And we will make the tough European teams look ordinary.'

Wade wants to stay in soccer for as long as he can. When he stops playing, Wade wants to coach young players. Wade says; 'Anyone can become a good player if they practise hard. And if you want to play soccer, you must also learn to work with others. Some very good players often destroy themselves by wanting to have everything their way on the field.'

Wade's greatest fan is his wife, Deborah. The two got married in May last year. Wade says, 'Deborah is just like my father, Arthur. The two have supported me for the past seven years.'

Wade made us feel very welcome at his house. We forgot that we had come to interview him. We chatted and laughed as if we had shared a desk at school. Upbeat wishes Wade du Plessis lots of success in his soccer career. ■



*'Goalkeeping is always tough,' says Wade du Plessis.*



### MONEY, MONEY, MONEY

I am loved world wide.  
People just can't do without me.  
I am the most famous thing on earth  
Even a 2-year-old baby has heard of me.

People carry me in their pockets.  
Keep me under beds and in their shoes.  
I am the most precious thing to human  
beings  
If I'm not there, poverty comes.

I move from this hand to that one.  
People talk at and about me.  
I mean, no-one hates me.  
Laughter is where I am,  
Sadness is where I am lacking.

Some say I am good  
and some say I am bad  
But no-one can do without me.  
Penelope Nakedi, Katlehong

## READERS' WRITINGS

### A friend

A friend is someone special  
Kind and friendly too,  
someone who will lend a hand  
and show you what to do.  
A friend listens to what you say  
when everyone else turns away.  
A friend is someone who will help you  
Day by day  
And even cheers you up on the dullest  
day.  
And always knows just what to say.  
So seek and maybe you will find  
This special kind of friend, unlike mine.  
Bernadette Buckton, Mitchell's Plain.

### END OF TERM

The fun and excitement of term was over  
The final two weeks were filled  
with swotting as the whole school  
Got down to the unpleasant business  
Of having to pass exams.

Jokes were serious for a change  
Because of work, work, work,  
Which was the order of the day  
And nights were going no different.  
N. S. Limba, Rosebank

### The crocodile



It was believed that there were many crocodiles in the Apies River. One day a crocodile was seen by two friends, Peter and Paul while they were swimming to ward off the heat of the day. Having seen such a vicious reptile, they ran home in terror and warned everyone not to swim in the river. But some of the young boys did not listen. They called Peter and Paul cowards.

The following day a group of boys went to swim. At the river they took off their clothes and jumped in. No sooner had they started swimming than, they saw a reed moving towards them. 'Hey, look at that reed! It's moving towards us,' they shouted happily, for it gave them a thrill to see the reeds move.

But one boy remembered his father telling him about an old crocodile that had reeds growing on its back. He shouted that it was a crocodile and leapt out of the water. But still none of the others listened to him. While they were busy shouting happily, one of them jumped and tried to catch the

moving reeds. Wala, wala, the huge crocodile leapt at him but missed. In his fright, the boy swam right, they boy swam as quickly as he could, with the crocodile right after him.

The boy jumped out of the river and ran to the village. The crocodile was sad about losing its food. It swore by its reptilian ancestors that it would search for its escaped food.

Meantime the boy's friends were very happy that the boy was safe. But the boy's grandfather was worried. He knew a lot about crocodiles. So he asked the men with weapons to spend the night with him and his grandson. He said the crocodile would come looking for its escaped victim.

The men laughed at him. But that night they could not believe their eyes when the crocodile came through the door. It headed straight for the boy who had escaped from it. The men were prepared, so they stabbed the crocodile until it was not more.

We've lost the name of the person who wrote the story. Please send us your name and address.

### THE THREE

# M'S

I am suffering  
Because of the 3ms.  
They call me Tswana man, Venda man,  
Xhosa man  
Because of the 3 Ms.  
We are segregated in South Africa  
Because of the 3Ms.  
All because of you,  
Mangope, Mphephu and Matanzima  
Andris Ntsekeng Mabaso, Soshanguve

### THEY TALK ABOUT THE NEW S.A.

I hear them  
talking about the new S.A.  
Unfortunately their hands  
are full of blood

They talk about negotiations.  
democracy, peace accords  
But they are the victims of S.A.,  
the aborigines of S.A.

They talk about the new S.A.  
with pangas and guns in their hands.  
They are the gangsters and tsotsis  
They like to kidnap and rape  
Alcohol and drugs are their basic lines,  
like bread and milk.

Is this the new S.A.  
they are talking about?  
I think faith, peace, truth and love  
Is the way to success.  
Boniswa Nkawule, Gugulethu

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

Upbeat, P O Box 11350,  
Johannesburg 2000

All readers whose  
work is published  
here  
win

**R15**

# Making jobs together

A group of young people from Evaton in the Transvaal are trying to beat unemployment. Meet Paul Matlhare (21), Zakes Motaung and David Tshabalala (31). They want to start a co-operative to build houses.

'Unemployment is a monster in our society,' said Zakes. 'We know we will never find a job. So a group of us decided to get together and make work for ourselves.'

### Finding a product

'First we had to decide what to do,' Zakes continued. 'We looked

around our community to see what people needed. In the Vaal area, thousands of people are homeless. Many people live in shacks. We wanted to help the community as well as ourselves. So we decided that our co-operative would build cheap houses.

'But we are still finding out

whether we can make enough money to live. We need to know whether we can build cheaper houses than the big building companies. We have one thing on our side the community. The Vaal Civic Association supports us. They have given us a lot of advice.'

### Planning together

'Once we decided to go ahead with our plans for a co-op, we chose eight people,' David said, taking over from Zakes. 'We hold meetings twice a week. There we plan how the co-op will work. Sometimes the meetings are difficult. We talk and fight a lot. The best is when we all agree about something at the end of the day.'

'All the people who want to work in the co-op meet once a month.'

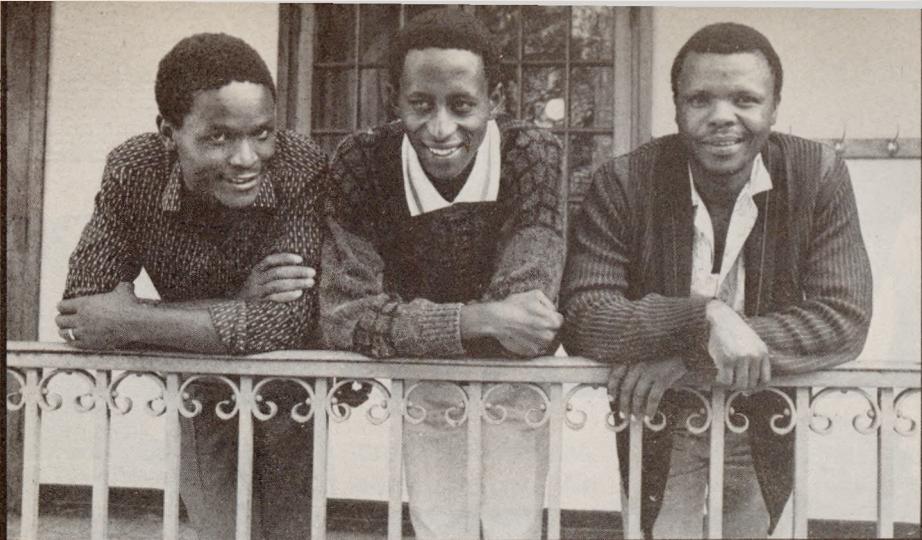
### To build houses

'So far 12 of us have been on a building course run by the South African Lumber Millers' Association. We learnt how to build houses out of wood. But we also need to know how to run a business,' said lanky Paul, 'so I did a computerised book-keeping course.'

'Once we start working, we will be our own bosses. We will decide how much money we can earn. But at the moment we are struggling because we don't have enough money.'

Paul, Zakes and David are not alone. They are working with Cope - Co-operative Planning and Education. Cope works with people who want to start housing





From left to right: Zakes Motaung, Paul Matlhare and David Tshabalala talk about their building co-operative in Evaton.

co-operatives. They help people find out if their co-ops can work. And they train people in basic business skills. At the moment they are helping the people from Evaton find money.

### A history of co-ops

Co-operatives are not new. The first co-operatives started in England about 150 years ago. Many people there were without work. The new machines of the Industrial Revolution meant that factories no longer needed so many workers. At the same time lots of small farmers lost their land. Some of these people clubbed together and started co-operatives so that they would survive the hard times.

In South Africa there were a few co-operatives run by black people before 1930. But these co-ops always struggled. The government made laws that made it difficult for co-ops. For example, black people could not start a co-op within five miles of a white shop.

And many white wholesalers refused to sell goods to them.

Today more and more people are starting co-ops. In Brits people have a sewing and fence-making co-op. In Elim people print cloth. Near Grahamstown there is a pottery factory run as a co-op.

People are starting co-ops to make jobs. But people are also starting co-ops so they can work together and share their profits.

If you know people who want to work together, why don't you start a co-operative. Try to think of something you can make or do. But remember it must be something that people want or need. You can even organise a buying co-op where you buy vegetables or groceries in bulk so that they are cheaper.

It is not easy to start a co-op. Many co-ops break up because of quarrels over money and fights about who's in charge. But don't struggle alone. ■

Women in Brits at work in their brick-making co-operative.



If you want to start a co-op, here is a list of organisations that can help you.

### TRANSVAAL

Cope  
Corner De Kort and Station Strs  
Sable Centre, 4th Floor  
Braamfontein  
2000  
Telephone: (011) 339-6752

### NATAL

Acat - African Co-operative Action Trust  
230 Berg St  
Pietermaritzburg  
3201  
Tel: (0331) 5-2302/3

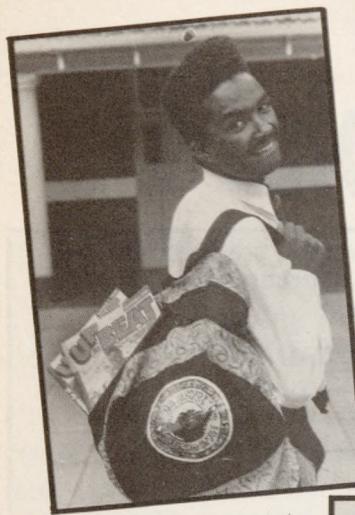
Christian Development Education Programme  
Khanyisa Formation Centre  
P.O. Box 11031  
Marianhill  
3601  
Tel: (031) 700-1778/9

Trust for Christian Outreach and Education  
236 Pine Str  
Pietermaritzburg  
3201  
Tel: (0331) 45-5760/1  
(They also operate in the Cape Province and the Free State.)

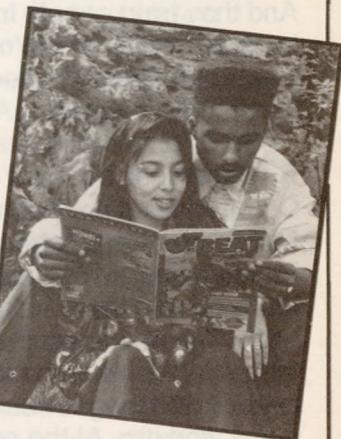
### CAPE

Masibambane Christian Development Centre  
P. O. Box 591  
Grahamstown  
6140  
Tel: (0461) 2-7692

Co-operative Development and Marketing  
P. O. Box 587 Grahamstown  
6140  
Tel: (0461) 26318



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# A mother talks

**T**here's another side to being a teenager – being the mother of one. Upbeat spoke to Nomasondo Hadebe. Her seven children have given her lots of joy and pain.

'Being the mother of teenagers is difficult, especially if you do not live with them, like me. I am a domestic worker. So I only see my children on Thursdays and at weekends and holidays,' Nomasondo told us.

'I knew bringing up children was difficult because I gave my mother lots of problems. I had my first child when I was 18 years old. So I worried a lot when my children were teenagers.'

#### Falling Pregnant

'My eldest daughter got pregnant at school. Her boyfriend was still a child. I was very cross. My daughter had three children with that boy. I don't blame him now. It was so sad. They had no chance to be young together.'

'My youngest daughter had many boyfriends. She gave me so much trouble that we gave up with her. I said, "Do what you want with your body. Come and see me when you want to be buried." The more I

threatened her, the worse she got. We tried to punish her. Nothing helped. Eventually she stopped running with the boys. And she apologised. Now she is much better.

'I worry about my sons getting diseases from girls – or getting killed in a fight about

girls. One of my sons wants to make every girl happy. So he spends all his money on them. He can't please them all. And my other son drinks.'

'Sixteen and seventeen are difficult ages. Boys can turn to robbery, violence, politics and drink.'

Sometimes it is better if they are interested in girls.

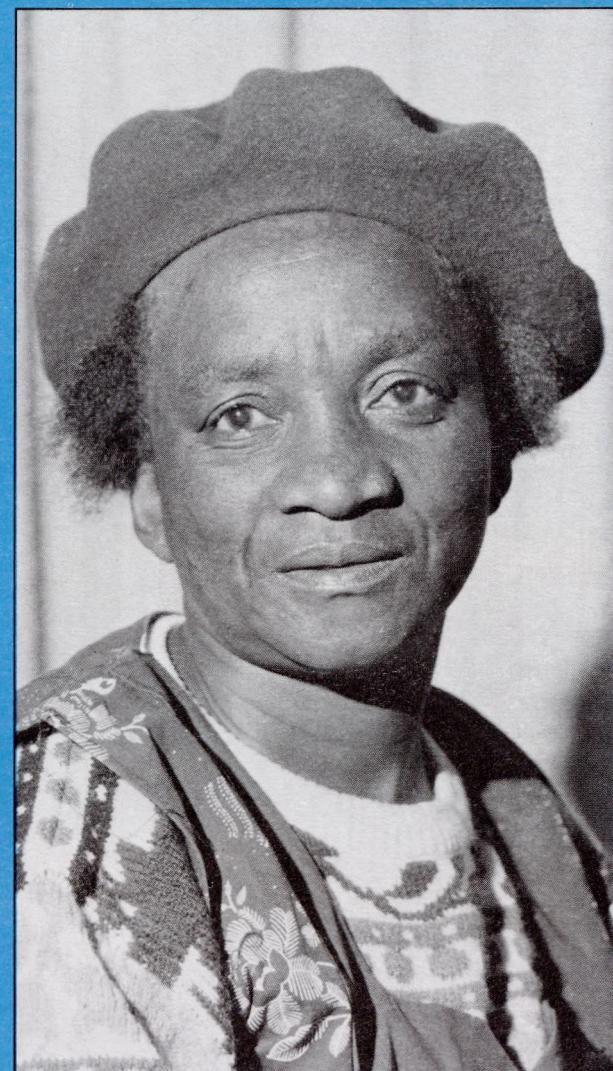
#### Talk to your kids

'I think the best thing parents can do, is to tell their children about life. Then one day your children will remember. Don't be a law to them. Tell them what can happen when they do certain things. Then leave them to find out for themselves. But you must keep on talking. Sometimes when they see you are hurt, they are sorry and try to change.'

'Things were different in our time. When we grew up, black parents did not tell their children where babies came from. Now children are told at school. I tell my children to use condoms. But not all parents do this. Some parents say teachers are telling lies when they teach the kids about sex. That is a pity.'

#### To young people

'I say this to you young people. Think about sex. If you have a baby, you make life difficult – not just for yourself but for your baby as well. Girls leave school. And boys throw their babies away. They deny that they are the fathers. Try to remember, sex is not a game.'



*'Being the mother of teenagers is difficult,' says Nomasondo Hadebe.*

# Who discovered America?

This year it is 500 years since Christopher Columbus arrived in America. On 12 October 1992 thousands of people will celebrate Columbus's arrival in America. There will be parties and exhibitions all over the USA. In one town, people are building a flower show that will cost 100 million dollars. But many people say there is nothing to celebrate.

**Europe's search for riches**  
Columbus left Europe in 1492 to find a new way to India. The Spanish king was paying him. The Spanish wanted to make money by buying goods in India and selling them in Europe.

But Columbus never reached India. Instead he found a new land that the Europeans knew nothing about – the Americas. They called it the 'New World'.

### Did Columbus 'discover' America?

When Columbus arrived in America, he acted as if he was stepping onto a new planet. And this is how many of us are taught about Columbus at school. But can you really discover a place if people already live there? Let's look at who lived in the Americas before Columbus arrived.

### The people of the Americas

At the time that Columbus reached America, there were about 2 million people living across the continent. Some of these people lived in small groups.

In the far north the Inuit survived by hunting on the ice. Along the west coast of North America, the Haida, Kwakiutls and Tlingit were hunters and fishermen. They built enormous houses and travelled along the rivers and coastline in canoes. In the south west, the Anasazi had built tall buildings of sandstone and cement. Some of these buildings had as many as 800 rooms.

In middle and south America people had organised themselves into large states. The Aztec's capital in today's Mexico was as big as Johannesburg. It was full of



beautiful towers, gardens and canals. Today only a few ruins of this city remain.

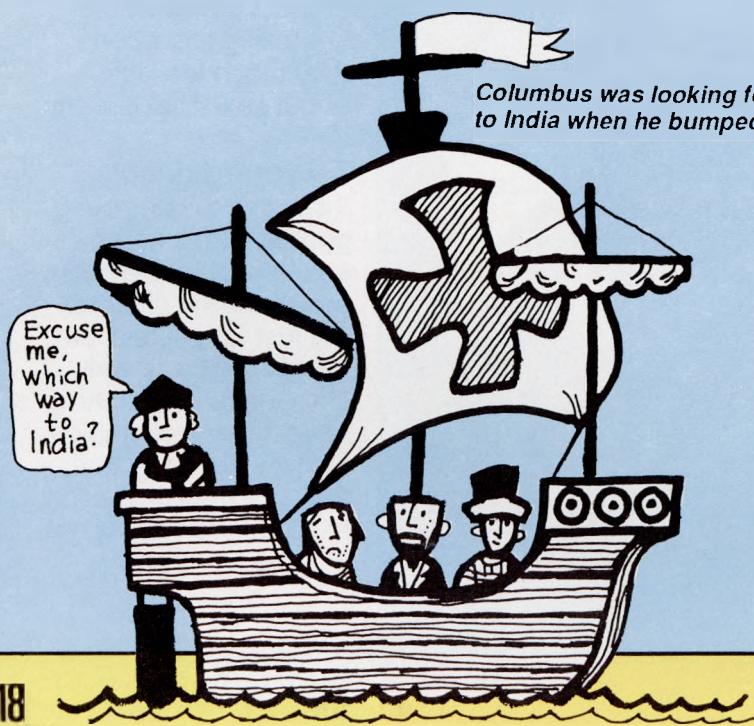
The Inca Empire, high in the mountains of Bolivia, stretched from Ecuador to Chile. There were roads throughout the Inca Empire with suspension bridges across mountain valleys. The Incas built temples, army barracks and homes.

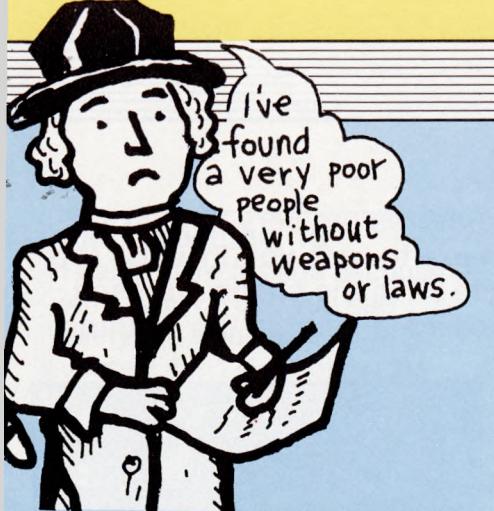
### Spaniards in the Americas

When Columbus first reached the islands just off the coast of America, he was disappointed. In his diary he wrote that he found, '..a very poor people, without weapons or laws.' He thought there was no money to be made there. Then he noticed that some of the local people wore gold earrings.

From that time onwards, Columbus and the Spanish travellers who followed him, wanted all the gold and silver they could find. Between 1500 and 1650 200 tons of American gold was taken from America and sent across the sea to Spain.

The Spanish search for the gold and silver of America was a disaster for the native Americans. The Spanish smashed the Aztec and the Inca Empires and carried off all the gold they could find. The Spanish treated the Incas and Aztecs as slaves. They forced them to work in gold and silver mines.





Columbus and his sailors thought they were better than the people they met in America.

Many Incas and Aztecs died in the wars against the Spanish. And in the years that followed their defeat, the Incas, Aztecs and other native Americans died from overwork, starvation and diseases like measles and small pox. These diseases were unknown in America before the Europeans arrived.

### Spanish Settlers arrive

From 1500 more and more Spaniards settled along the coast of America and on nearby islands. There they planted sugar and cotton. They forced the local people to work on their plantations.

A Spanish priest, Las Barras, was so shocked by the way the Spanish treated the native Americans that he wrote a book. In his book he described how people were beaten and killed. A hundred years after Columbus arrived, the people who had lived on the islands off the American coast were all dead.

### The slave trade begins

As the local people got fewer and fewer, the Spanish settlers wanted people to work on their sugar plantations. So they turned to Africa. By 1550 African slaves were doing all the work on the sugar plantations of the islands and the cotton plantations on the mainland.



Historians believe that between 1500 and 1800 15 million Africans were brought to the New World from Africa. Thousands died before they reached America. And once the slaves arrived, they lived and worked under very harsh conditions.

### The Americas today

The descendants of the native Americans and African slaves still suffer. In the USA and Canada many native Americans live in reserves, where there is little chance of finding jobs. And in the cities, many black Americans struggle to survive.

In South America, the descendants of the European settlers look down on the native people. They are the poor of the world, scratching out a living as poor farmers or working for bad

wages in the cities and on the farms.

It is not surprising that many people don't want to celebrate 500 years since Columbus arrived. They say there is nothing to be joyous about.

### Speak out

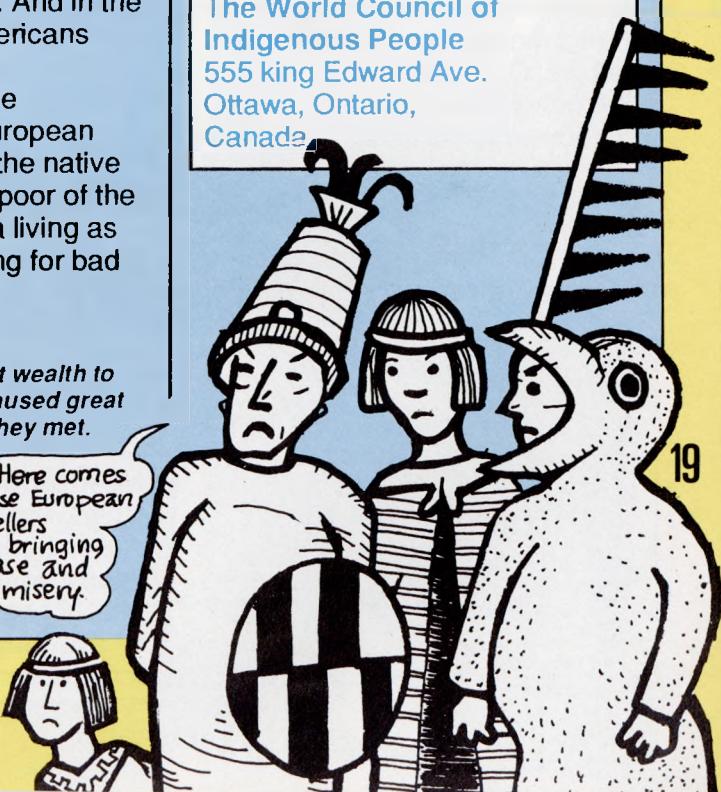
Was Columbus a hero or a villain? Is there reason to celebrate? Send us your views.

If you think celebrations for Columbus are wrong, why not show your support. Write to:

**The World Council of Indigenous People**  
555 King Edward Ave.  
Ottawa, Ontario,  
Canada

European travels brought wealth to Europe. But often they caused great hardship for the people they met.

Here comes those European travellers bringing disease and misery.



## Clothes to beat the heat

### Masetha Tshirangwana, 13

I like to wear shorts, pants and culottes with matching shoes. I feel comfortable wearing them. I follow fashion, but not always. If a new fashion is ugly and I don't like it, I won't follow it. I know what is in fashion because I read magazines and my sisters tell me. Or I go into shops to see the new clothes.



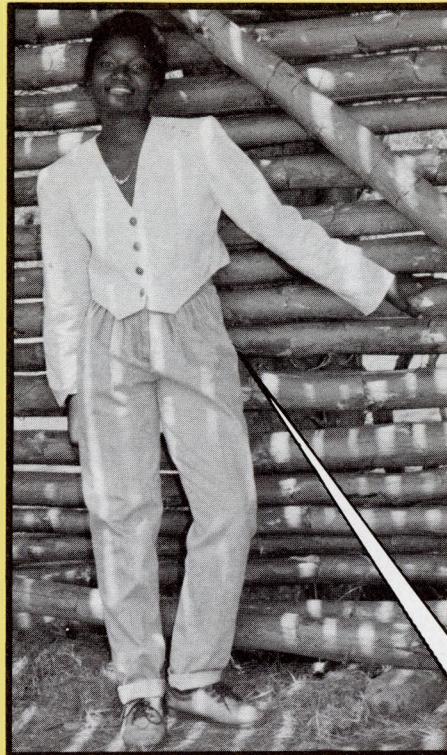
### Denga Ramuedzisi, 12

I wear my white T-shirt from Zimbabwe because it makes me think of the history of Zimbabwe. My black shorts go nicely with it.

### Mantombi Makhubele, 15

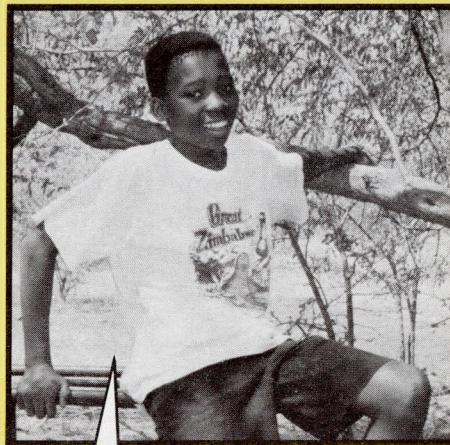
During the weekend I wear my white shorts and a thin shirt. I don't wear shoes because it's very hot here. In Giyani it's hard to follow fashion because it's so hot and people are so poor.

In Giyani, Gazankulu, the temperatures are very high in summer. There's not even a breeze to help you through the day. On Saturdays, young people sit in the shade, dressed to beat the heat. Read on and see what's hot in the fashion scene in Giyani.



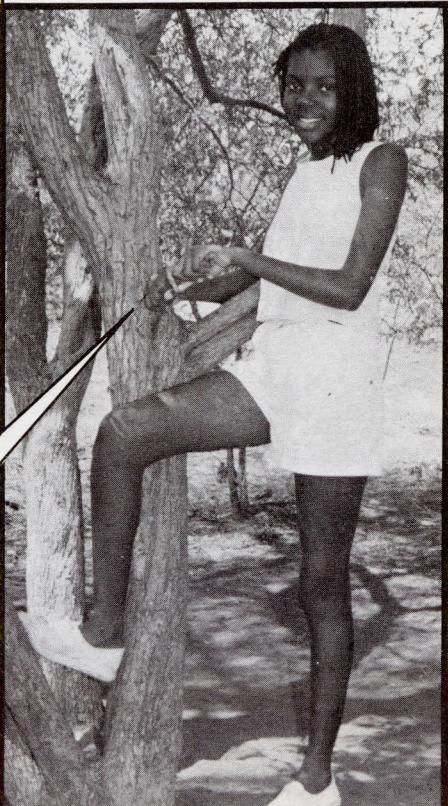
### Angela Maboko, 14

I usually wear shorts and a T-shirt because it's very hot in Giyani. Also, these are the clothes I can afford. I don't follow fashion because I can't afford to.



### Fumani Zitha, 13

On Saturdays I like wearing casual shorts or long jeans and a light T-shirt. On Sundays I wear formal clothes because I go to church. I do follow fashion. If some of my clothes go out of fashion, I still wear them. In a way that makes them look nice.nice.



**Faith Masinge, 13**

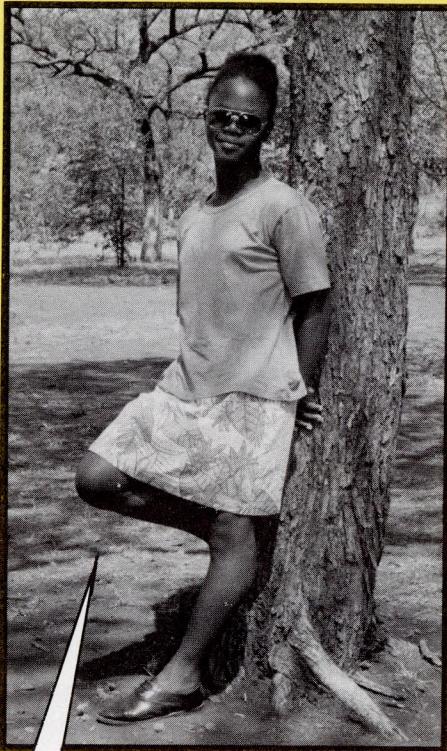
I don't follow fashion because when you go out, you see everyone wearing clothes like yours. I don't like looking the same as everyone else.

**Bertha Dlamini, 15**

My favourite clothes are mini-skirts and shorts. I like them because they are cool and I feel comfortable in them. It's too hot here to follow fashion.

**Olufumi Kubay, 13**

I wear bright coloured shorts and T-shirts. I try to follow fashion. But some things my parents do not like or can't afford. I look at what models wear in adverts on TV. My mother has an account at Edgars so I see what they advertise in their leaflets. If I can't get the latest fashions, I don't visit my friends. I prefer to stay at home.

**Colleen Makhubele, 13**

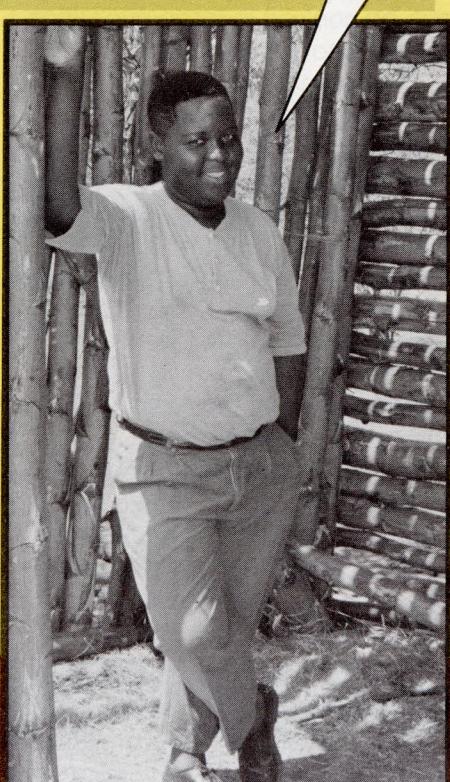
The clothes I wear keep me cool and comfortable in hot weather. I don't really follow fashion. It's too hot and dry here in Giyani. You can't wear boots and jackets in hot weather. So I stick to simple clothes.

**Rhulani Masungini, 15**

During the weekends I usually wear a big T-shirt, a flared skirt and flat shoes. I don't really follow fashion because fashion means spending money.

**Neftaly Hlungwani, 13**

Most of the people in Giyani wear different hairstyles. The girls like the 'Baby Curl' and the boys like 'Chicco' and 'S' curls. When they go to church on Sundays, the girls and women wear black and white from head to toe. The boys and men wear suits and black shoes. My favourite clothes are green trousers, a green T-shirt and a brown belt. I don't like fashion very much. I wear what my parents can afford to buy for me.



**H**ave you ever wondered how slippery fish from the sea get into boxes on shop shelves? Upbeat went to visit a fish factory. There we saw how fish are cut up, cooked and frozen, ready for us to heat and eat.

Ships around the coast of South Africa catch fish in large nets. Most of the fish that fishermen catch are hake or 'stokvis'. Fresh fish trawlers (boats) go out to sea for six or seven days. They keep the fish in ice to stop them from rotting. Bigger trawlers have large freezer rooms. The fishermen freeze the fish as soon as they catch them. These trawlers can stay out at sea for three months.

On all the trawlers the fish are cleaned – their heads and intestines are removed. This stops the fish from rotting. But nothing is thrown away. The heads and intestines are kept to make fishmeal. Fishmeal is used in animal food.

### Finding new products

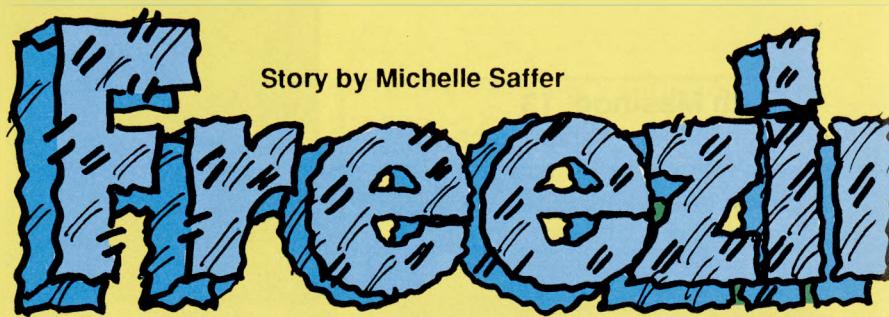
Meanwhile, back on land, people in the fish company are busy. Home economists work on different ideas for cooking and selling the fish. They find new ways of preparing fish so that it can be cooked in large quantities in the factory and frozen.

The home economist experiments. If the batter is too thick, it tastes doughy. If it is too thin, the bread crumbs won't stick. He also decides what herbs and spices to use.

Once the new product has been made, it is tested by the food technologists. If they like it and the product freezes well, the recipe is sent to the factory. There the new product is made.

The fish company asks an advertising agency to help sell their new product. They need a name - Sea Delight? Krispy Fish? Then they design a box that people will want to buy.

Story by Michelle Saffer



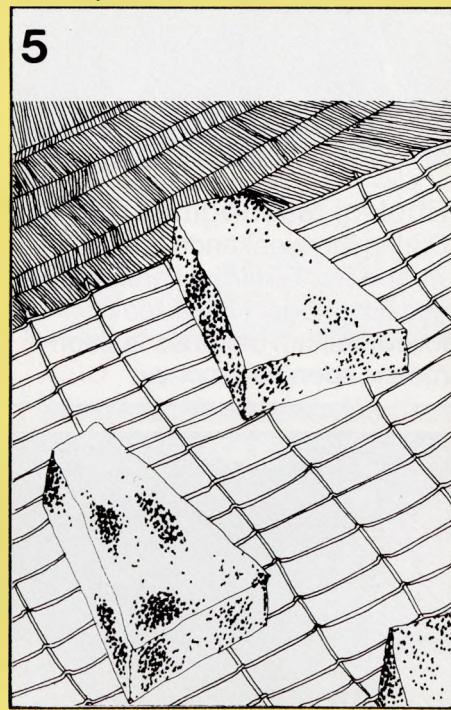
### In the factory



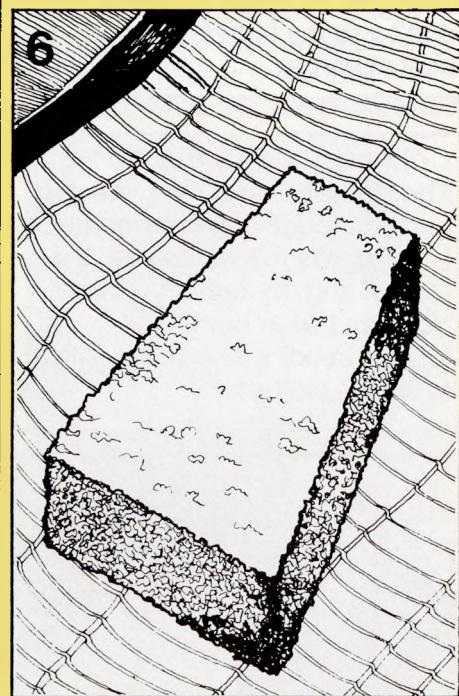
*In the factory crates of cleaned, headless fish are thrown into water so that they defrost.*



*Then the fish are moved into a large cylinder with metal wire inside. The wire turns around, rubbing the scales off the fish as it turns.*

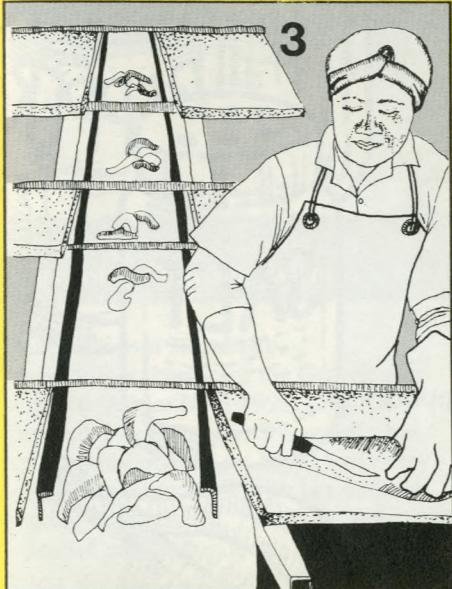


*Women neatly pack the fish and then it is frozen into blocks.*



*After the fish has been frozen, the women cut it into smaller pieces with a saw.*

# How to make fish



**The fish passes onto a conveyor belt. Women wearing big orange rubber gloves and 'doeks' cut off the fins as the fish pass them.**



**The filleting machine is next along the line. It cuts the flesh off the bones. Then the filleted fish is skinned.**



**These small pieces move along a conveyor belt to a machine that covers them with batter and crumbs. The crumbed fish then goes into freezers. These freezers are very cold. They freeze the fish in half an hour.**



**The last part of the process is done by the packers. They pack the frozen fish into their boxes.**

## Careers in Food

Most jobs in a fish factory are unskilled. Packers, sorters, fish pullers, bin washers need Std 6. Often people get these jobs by asking at the factory gates. Or friends tell them when there is a job. People are trained while they work and some people are promoted to more skilled jobs.

### Home economists

To become a home economist, you must have a degree or a diploma. The Universities of Stellenbosch and Pretoria are the only universities that offer degrees in Home Economics. Otherwise you can do a diploma at a technikon.

To be a home economist, you must be good at making up new recipes. You must also know what can easily be made in a factory. You must answer questions about cooking from people who buy your products. Some home economists also demonstrate food products in shops.

### Food technologists

Food technologists work with home economists in making new recipes. They check the quality of the food when it is being made. They also work out the best way to produce food.

To become a food technologist, you need a diploma in Food Technology from a technikon. Or you can study a degree in Food Sciences at the Universities of Stellenbosch or Pretoria.

# Fabulous fish

If you really enjoy cooking, here is a fish recipe for you to try. This one comes from another country in Africa – Egypt. Try it out. See if you like Egyptian tastes.

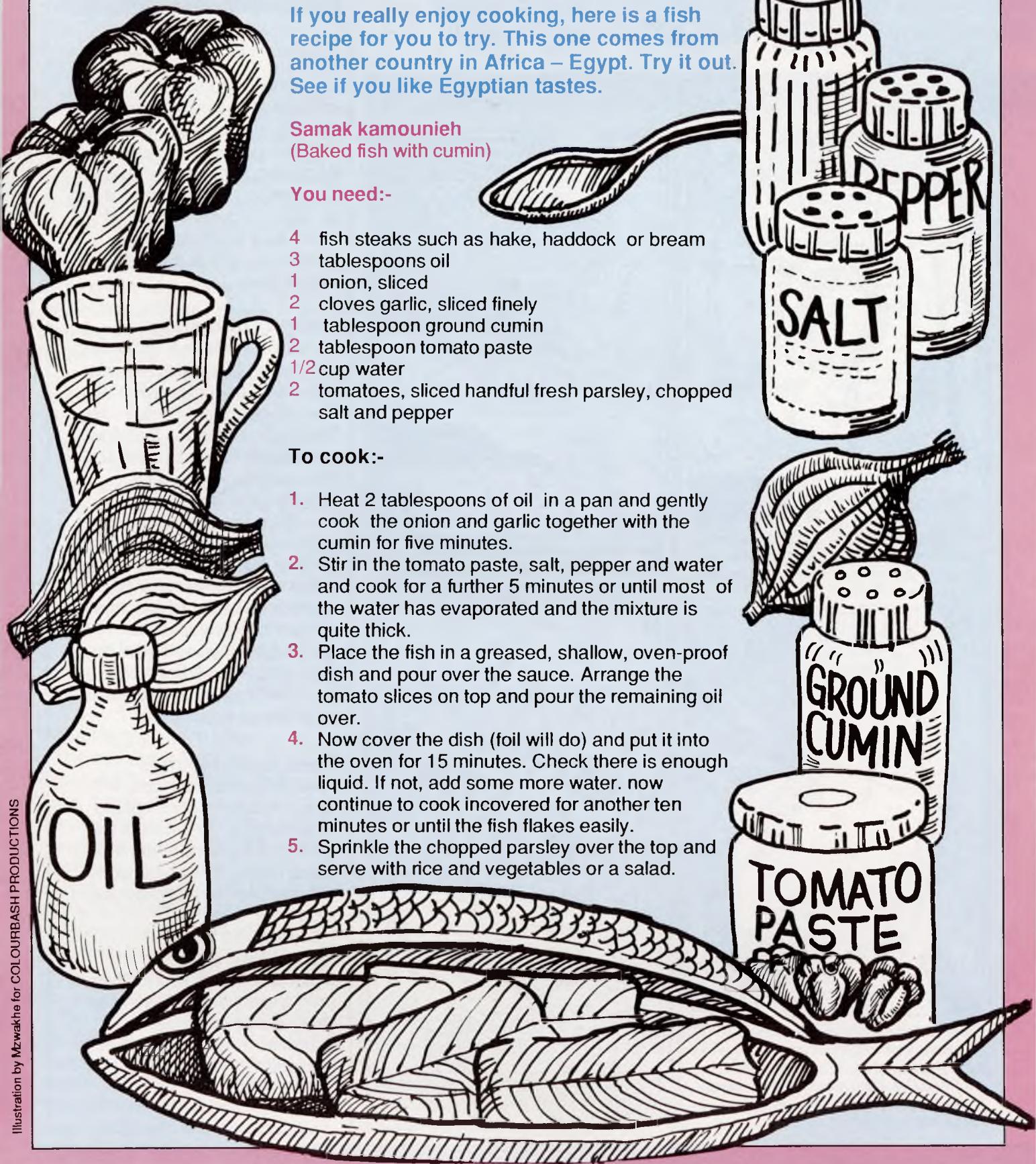
## Samak kamounieh (Baked fish with cumin)

### You need:-

- 4 fish steaks such as hake, haddock or bream
- 3 tablespoons oil
- 1 onion, sliced
- 2 cloves garlic, sliced finely
- 1 tablespoon ground cumin
- 2 tablespoons tomato paste
- 1/2 cup water
- 2 tomatoes, sliced
- handful fresh parsley, chopped
- salt and pepper

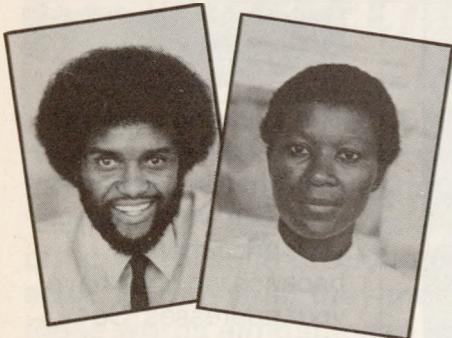
### To cook:-

1. Heat 2 tablespoons of oil in a pan and gently cook the onion and garlic together with the cumin for five minutes.
2. Stir in the tomato paste, salt, pepper and water and cook for a further 5 minutes or until most of the water has evaporated and the mixture is quite thick.
3. Place the fish in a greased, shallow, oven-proof dish and pour over the sauce. Arrange the tomato slices on top and pour the remaining oil over.
4. Now cover the dish (foil will do) and put it into the oven for 15 minutes. Check there is enough liquid. If not, add some more water. Now continue to cook uncovered for another ten minutes or until the fish flakes easily.
5. Sprinkle the chopped parsley over the top and serve with rice and vegetables or a salad.



# ADVICE

Need advice and there's  
no-one to ask? Write to us at:  
Upbeat  
P O Box 11350,  
Johannesburg 2000



## Buti and Nombeko answer your questions about growing up.

### Dear Buti and Nombeko

I want to say thanks for the Growing-up series in Upbeat No 3 1991. I have a problem. I have a wife. She usually has her monthly periods on 13 – 16 of every month. I want to sleep with her without making her pregnant. Please tell me when we can have safe sex. I do not want to use any contraception.

Reuben Khathutshela Mogosha

### Dear Reuben

There is only one way to avoid an unwanted pregnancy. You must always use a reliable method of birth control (contraception). You want to use the 'safe period' method. That's when couples don't have sex during the most fertile time in a woman's monthly cycle.

You have intercourse on the so called 'safe days'. This method is not very reliable. Many women fall pregnant using this method.

There are many different kinds of contraception. You and your wife should visit a Family Planning Clinic or doctor. They will give you information about contraception. Some contraceptives are also given out free at clinics.

Together you and your wife can choose a method that suits you both. If you want to use the 'safe period' method, a sister will explain to you how to work out when the 'safe days' are.

Buti and Nombeko

### Dear Buti and Nombeko

I enjoy reading Upbeat a lot. It's a wonderful magazine with lots of advice. I have a serious problem. I'm a girl of 15 years. I weigh 80kg. My breasts are so big that a size 50 bra doesn't fit. Some people ask me about my 21st birthday. Others ask me how many children I have. How can I lose weight, remove these mammary glands and treat pimples on my forehead? I also produce a jelly – like substance which is white. It smells so bad. I wash every two hours but I still smell. I'm worried. Help me, please.

C N, Umkomasas

### Dear C N

Sometimes bad comments from people can make your problems much bigger than they really are. Some young people like making fun of their friends. Try to ignore them. If you want to lose weight, try not to eat fatty food, sweets and food with lots of starch.

Don't worry about the size of your breasts. Breasts come in different sizes and shapes. Some are big and others are small. You are too young to think about having them made smaller. Maybe when you are older you will like having big breasts.

It's very common for young people to have pimples. Worrying about them will only make them worse. Pimples usually disappear when you get older.

A discharge which smells bad can mean you have a sexually transmitted disease. See a doctor or health worker immediately.

Buti and Nombeko

## Problems with studying and careers

### Dear Upbeat

I am 16 years old. I am in Std 9 at Isilimela Secondary School. When I have my matric, I would like to be a doctor. My subjects are Mathematics, Biology and Physical Science. I want to know who can help me with some money so I can go to university.

Mafuza Batwa, Langa

### Dear Mafuza

If you want to become a doctor, you must work very hard. Medical schools will only accept you, if you have a first class university exemption. If you want a bursary to pay for your studies, you can write to one of these places:-

Careers Research and Information Centre

P O Box 378

Athlone

7760

or

Institute of Race Relations

69a de korte Street

Braamfontein

2017

Editors

### Dear Upbeat

I want to tell you about my school. We have qualified and unqualified teachers. The unqualified teachers are better than the qualified teachers. There is one qualified teacher who goes to the shebeen before she comes to school. Last year the qualified teachers gave us the answers to their question papers. They forced the unqualified teachers to do the same. We complained to the principal but he supports the qualified teachers. What can we do about this situation? Student at Mathsothsombeni Secondary School, Bergville

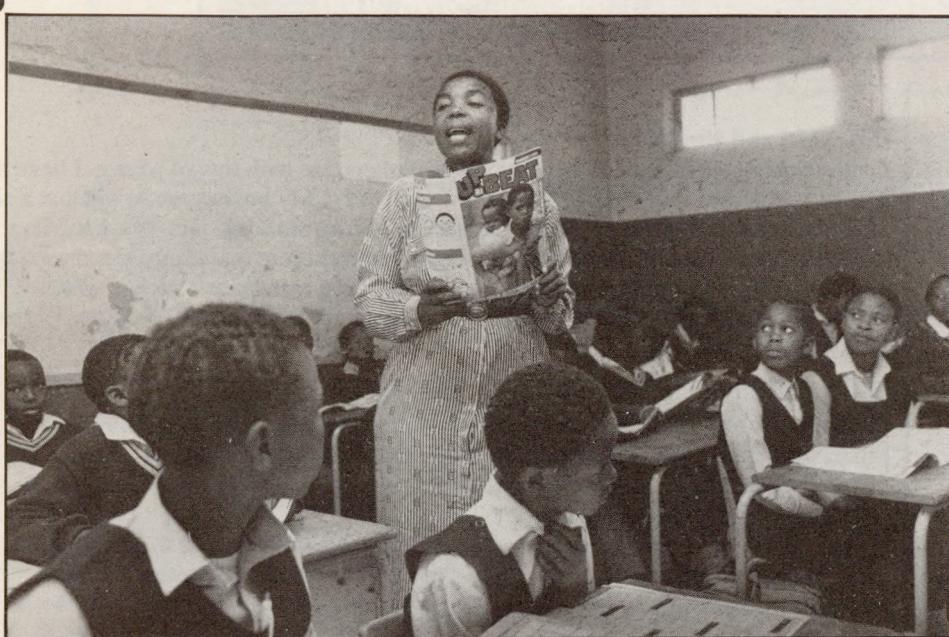
### Dear Student

We are sorry to hear about your problems at school. Have you ever tried to start an SRC? If all the students stood together, you could get the principal to make sure your teachers did their work properly. Tell your parents what happens at your school. Maybe they can complain. If nothing is done, you can also complain to the circuit inspector about the behaviour of your teachers.

Editors.

# NOTICE BOARD

Photo by Anna Zierninski



## Upbeat event

Calling all teachers in Durban. In the first week of July 1992, Upbeat will run a workshop focussing on reading and writing skills in the classroom. If you are interested in attending or want to find out more about the

workshop, contact Beatty Koopman at: **Upbeat** P O Box 11350 Johannesburg 2000 Or phone (011) 333-9746 during office hours.

**We  
need  
your  
addresses!**

The following readers' poems and stories were published in Upbeat last year. But we can't send your prize money because we don't have your addresses. So please, if your name appears here, send us your address as soon as possible!

Penelope Solomon

Daniel Khoza

Tanya Cholo

Pauline Smith

Lehlohonolo Mpeoa

Christopher Samuels

Matilda Kabini,

**Jane Furse**

Mmapitsi Matjila,

Hammanskraal

Michael N. Waleng,

Swartbooisstad

Catherine Chauke,

**Meadowlands**

Mokoena S. Moretlo

Thomas Mkhari

Njhakanjhaka

Tankies Molekane

## Be an Upbeat reporter!

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

Teachers, see your students' writing in print. Get them to write stories in their

English lessons. Last year we ran a series called 'How to write a story'. If you want copies of this series, let us know.

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

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

## FREE OFFER FOR TEACHERS

With every issue of Upbeat, you can get FREE teachers' exercises. These are fun classroom activities to develop reading, writing, comprehension skills and lots more. These exercises will help you plan your

lessons. For your FREE copy of the teachers' exercises, contact Barbara Shafer at: P O Box 11350 Johannesburg 2000 Or phone (011) 333-9746.

# SKILLS

## Let's write poetry

By Chris van Wyk

### Part 3

Let's work on our metaphors and similes. 'Our what?' I hear you ask. These are difficult words to pronounce. But it's quite easy to learn what they mean. And both these words almost mean the same thing.

Let's write a short poem with a metaphor and a simile in it. Let's pretend that you did not study for an exam. I'm sure this is not very difficult to do. It is a maths exam. The teacher hands out the question papers. The paper is filled with symbols, graphs and strange sums. It makes no sense to you. Why did you not study, you ask yourself. Later you write a poem about this exam.

*My heart began to beat  
like a captured bird  
I began to read the  
questions  
I hoped that the first  
question  
would be 1 plus 1  
and the tenth question  
10 plus 10.  
but I was X*

*The page was a bird  
fluttering in my hand.  
And the strange marks  
were the bird's  
claws hopping and  
skipping  
all over the page.*

This poem begins with a simile:

*My heart began to beat  
like a captured bird.*

A simile compares something to something else. In the poem we have compared the beating of a heart to a captured bird.

Now let's find the metaphor in the poem. The metaphor also uses a bird. Can you find it?

*The page was a bird  
fluttering in my hand.*

A metaphor also compares things. But when we use metaphors we never say like. In this poem the page is a bird fluttering in the poet's hand.



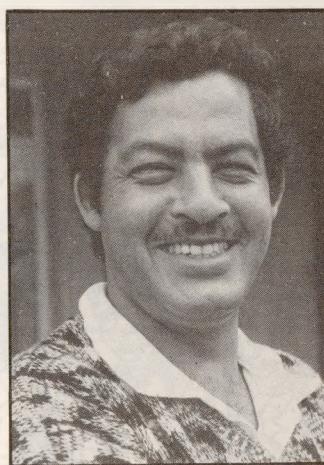
It is not necessary to have metaphors or similes in your poems. They are like scarves or ties. We don't need them, but when we wear them we look good.

Here is a poem that explains what I mean:  
*Metaphors and similes  
are like scarves and ties  
They turn dull moths  
into bright butterflies.*

#### Activity

There is a simile in this little poem. By taking out only one word, you can turn it into a metaphor. Can you do it?

Can you find the metaphor? What is the poet comparing?



Chris van Wyk

Photo by Anna Zierninski

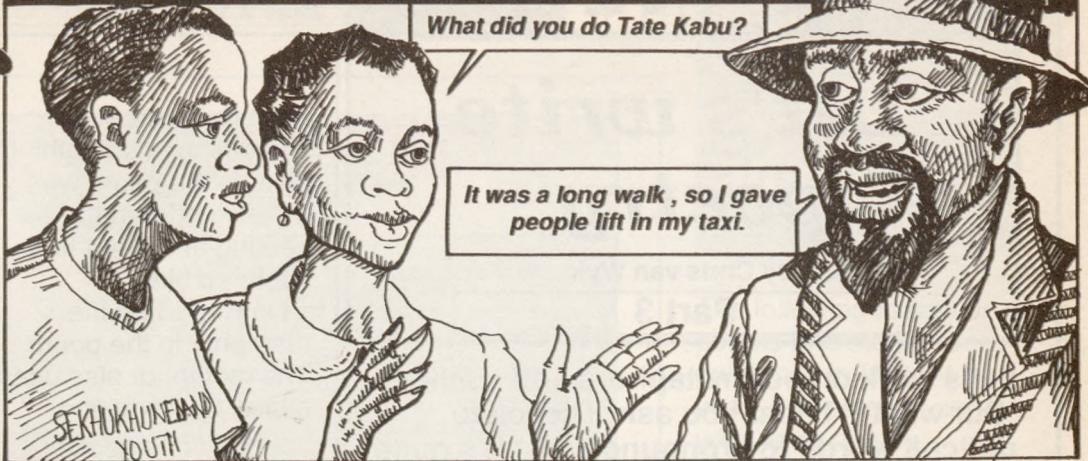
Illustration by Andrew Lindsay

# TAXI DRIVER

## PART 11

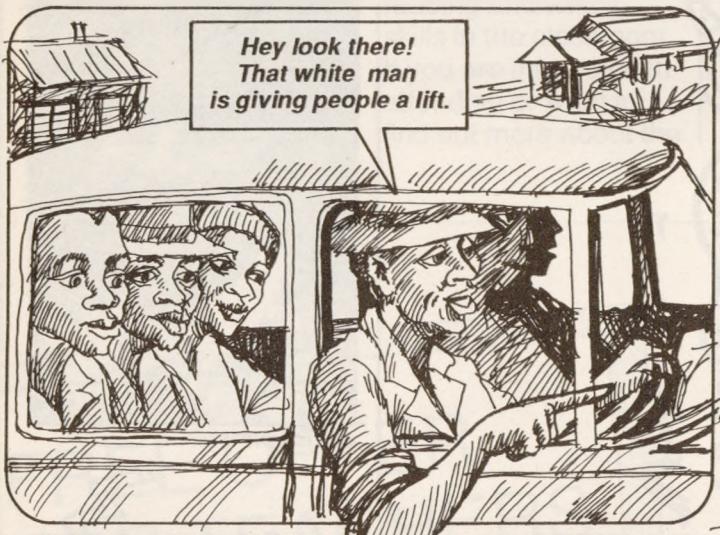
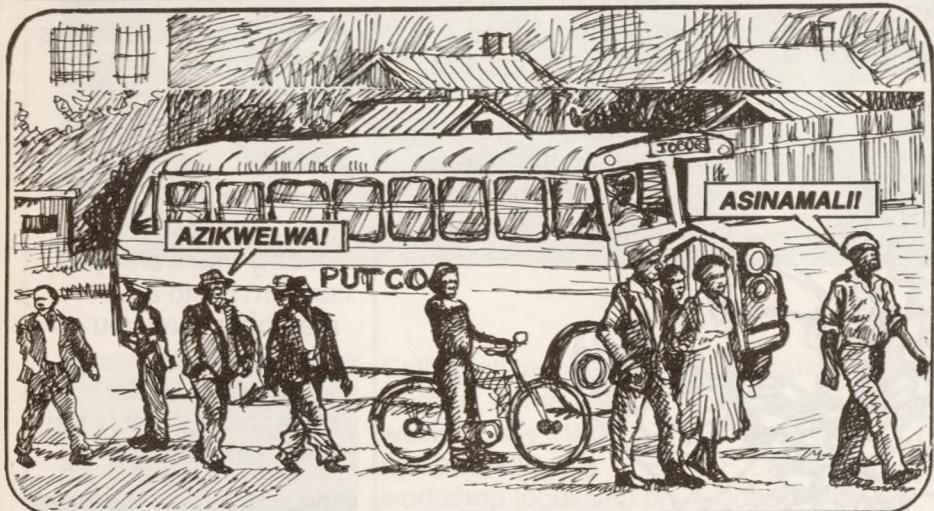
In a village in Sekhukhuneland old man Kabu tells Menta and Phillip his life story

It was 1957. For three months the people of Alexandra township walked to work. They were protesting against the increase in bustare.



What did you do Tate Kabu?

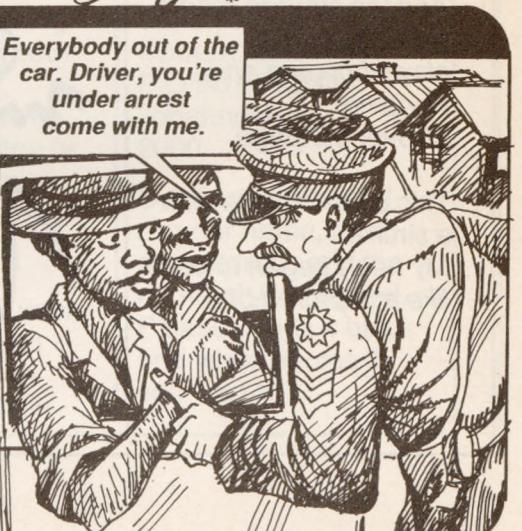
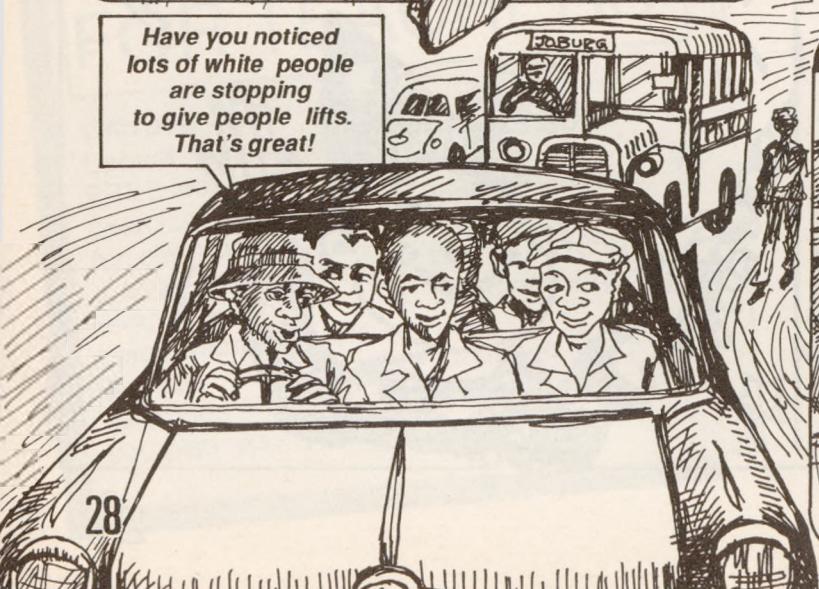
It was a long walk, so I gave people lift in my taxi.

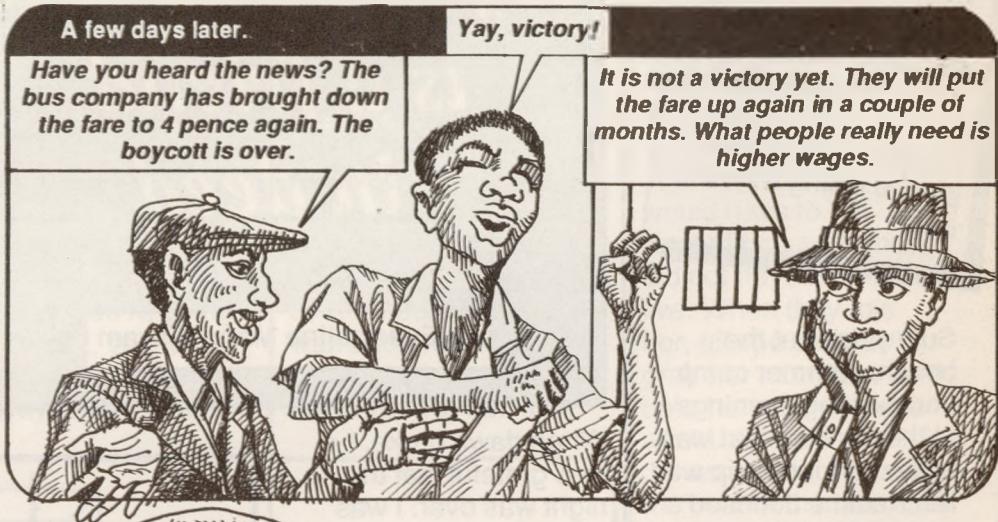
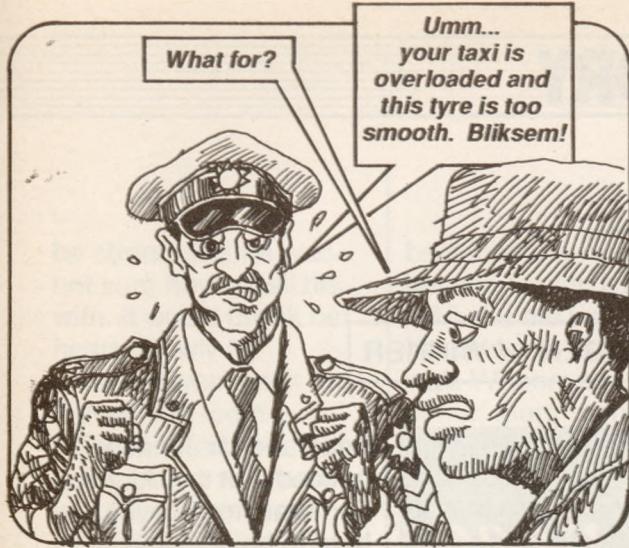


Have you noticed lots of white people are stopping to give people lifts. That's great!

One day...

Everybody out of the car. Driver, you're under arrest come with me.





### SHORT STORY COMPETITION – UNDER 14 WINNER

Chris Van Wyk, the judge of the competition, says, 'This writer tells her story in her own words. The plot is strong and the story is enjoyable. The ending is sad. It will make readers think for a long time about the pain of losing a loved one.'

Sunny days at the beach, summer camp and exciting evenings at the movies, that was what our friendship was like. Kasturi Johnson was my best friend. We had been friends from kindergarten. Now we were in Std 4. I had no idea that our lives would soon change drastically and tragically.

One day during lunch break Kasturi said she felt weak, so she sat down. When this started to happen frequently, Kasturi's mom took her to the doctor.

'I hope she's okay,' I whispered to myself the day she went to the hospital. Later I phoned Kasturi's mom. The telephone was answered by a very worried Mrs Johnson. She told me that Kasturi had stayed in hospital for tests.

That night I could not sleep. Tossing and turning, I couldn't stop thinking about Kasturi.

## *A friend in need is a friend in deed*

by Evangeline Mansookram

When dawn broke, I was grateful that the night was over. I was anxious to find out about her.

A few days later, Kasturi returned to school. I was so excited to see her. Usually Kasturi was very active and fun to be with. But now she did not eat her lunch or play any games. Kasturi had changed.

Five days had passed while the doctors waited for the results of her tests. The Johnsons went to the hospital to hear the results. Frantically they paced the waiting room. Eventually Mr Johnson was called into the doctor's office. Hesitantly the doctor began.

'Mr Johnson, this may come as a shock to you but I'm afraid that your little girl has...' he stopped, shook his

head and Mr Johnson noticed that the doctor had tears in his eyes. 'I hate to have to say this,' the doctor continued, 'but Kasturi has cancer.'

The doctor found himself holding a heartbroken, weeping father.

'Not my Kasturi, you're lying,' Mr Johnson said, but he knew what the doctor had said was true. And he knew that he had to



be strong. But he was not sure how to tell his wife. It would break her heart. Slowly Mr Johnson went back to the waiting room.

'Sweetheart, what I'm going to say will crush you. The doctor says Kasturi has...cancer,' Mr Johnson said in a low and tearful voice. Then he held Mrs Johnson tight and she began to cry, his voice echoing in her mind.

After that Kasturi often went to hospital. Her hair began to fall out and she became very thin and frail. She was so weak that she could hardly walk. I tried my

best to make her smile but she couldn't.

All she did was lie in her bed and look at the wall. Whenever I looked at her, tears formed in my eyes. I couldn't bear to watch her lie there, getting paler and paler.

One day after school, I ran to Kasturi's house to show her how well she had done in an art competition she had entered.

'You've won first prize,' I said. But it didn't interest Kasturi at all.

'Kasturi, you're going to be alright, you know you will get better. And I'll always be around

when you need me,' I managed to say because my tears made it difficult to talk.

When I reached home, I went to my room and began to cry. Kasturi was very precious to me. I would do anything to have her back at school again. I tried to convince myself that she would soon be fine.

The next day we received a telephone call to say that Kasturi was in hospital. I was not allowed to see her so all I could do was wait and pray. Kasturi did not know what was happening to her. The

doctors could not save her, only a miracle could do that.

When it was obvious that Kasturi would not live long, I was told that she had cancer. I burst into a flood of tears. Thoughts went through my mind like fire. At first it seemed like a dream but later it became real. And I felt responsible for her illness.

The doctor told the Johnsons that they would have to tell Kasturi because she did not have long to live. When they told her, all she did was grab her mum and hold onto her as if she was afraid. And the Johnsons tried to make the best of the little time they had left with their only child.

Then one night the telephone rang at 9.30pm. It was Mr Johnson. He was crying. He told me that Kasturi had passed away. It was the day I had been dreading.

At first I could not say anything. But after a few seconds, I began to cry. I imagined what it would be like without Kasturi. All I had now were memories but I would always treasure them.

Kasturi had gone, leaving heartbroken people behind her. Everyone remembered her as a kind and gentle girl. And she will always be a part of me. But her death made me realise that sometimes the world is cruel. ■



# Penfriends

*Make some new friends.  
Write to an upbeat  
penpal*

## TRANSVAAL

### 3317 Zone 3, Ga-Rankuwa 0208

#### Dear Upbeat

I am a boy of 14. I would like to correspond with boys and girls of 13-16. My hobbies are watching movies, playing soccer and listening to rap music. My favourite rap stars are the Real Milli Vanilli and Vanilla Ice. Write to me in English or Tswana. Photos are welcome. Isaac Dire

### 1986 Tshupe Street, Tlhabane 0305

#### Dear Upbeat

I am a girl of 15. I am doing Std 8 at The High School. I want to correspond with girls and boys of 15-18. My hobbies are listening to music, reading, writing letters and karate. My favourite stars are Chicco, Rebecca Malope and Phil Collins. Patricia Dibobo

### 444 Block AA, Soshanguve 0152

#### Dear Upbeat

I am a girl of 16 doing Std 8. I would like to correspond with girls and boys of 15-18. My hobbies are dancing, singing, reading books and playing netball. I will reply to letters written in English, Zulu or Afrikaans.

Julia Lusenga

## NATAL

### Saint Anne's Convent, P O Box 72, Umkhonto 4200

#### Dear Upbeat

I am a girl of 14 in Std 7. I want to correspond with girls and boys from all over the world. My hobbies are tennis, singing and listening to gospel music. I will reply to all letters written in English, Xhosa or Zulu.

M. C. Dolo

### Nokhalela High School, Private Bag 516, Eshowe 3815

#### Dear Upbeat

I am a girl of 16 doing Std 8. I want to correspond with girls and boys of 16-18. My hobbies are listening to music, watching TV and reading novels. I will reply to all letters written in English or Zulu.

Zanele Thusi

### 29 Williams Street, Matatiele 4730

#### Dear Upbeat

I like listening to jazz. I love drawing and doing Maths and Physics problems. I want to correspond with girls and boys of 15-18. Please write in English or Afrikaans. Please send a photo with your first letter.

Sonia Manuel

## CAPE

### 20G Magnolia Flat, Paarl 7646

#### Dear Upbeat

I am a girl of 16 in Std 8. I want to correspond with girls and boys of 16-22 from overseas. My hobbies are singing, dancing, cooking, sports and listening to music. I will reply to all in English letters. Photos are welcome.

Darine Edwards

### 40 Wild Rose Road, Braelyn Heights, East London 5209

#### Dear Upbeat

I am a girl of 13. I want to correspond with male and female penpals from all over the world. I enjoy reading and dancing. I will answer all letters.

Vallie Pillay

### 19 Ayre Court, Retreat 7945

#### Dear Upbeat

I am a girl of 21. My hobbies are reading books and I enjoy outdoor life. I like music and enjoy dancing. I would like to correspond with anyone aged 20-26. All letters and photos are welcome.

Cecelia Miller

## OVERSEAS

### Le Petit Rocher, 22600 Loudeac, FRANCE

#### Dear Upbeat

I want some penfriends. I'm a girl of 13. I want to write to girls and boys from all countries. I like sport, archaeology and collecting stamps.

Maud Lepioufle

### Asterfeldstrasse 17, 4576 Berge, GERMANY

#### Dear Upbeat

I am a girl of 15. My hobbies are drawing, sewing, dancing, music and horse-riding. I want penfriends from South Africa because I want to know about their lives, hobbies and their families. I can write in German, French or English.

Karin Bertke

### 5 rue Lebris, 29 780 Plouhinec, FRANCE

#### Dear Upbeat

I want a black or white South African penfriend. I am 13 years old. If you are between 9-16, please write to me.

Alain Messager

## AFRICA

### Anjilusalemela Farm, P O Box 86, Nambuma, Dowa, MALAWI

#### Dear Upbeat

I am a boy of 18. I want to correspond with girls and boys of 15-19. My hobbies are playing football, watching films, listening to music, reading magazines and writing letters. I will reply to all letters written in English. Photos will be appreciated.

Eleson Danken Wilibesi

### 2372-20 Dzivakwe Street, Dzivakareswa T/S, P O Mabelreign, Harare, ZIMBABWE

#### Dear Upbeat

I am looking for a penfriend from anywhere in the world. I am 20 years old. My hobbies are listening to reggae music and playing football. I'm looking forward to hearing from you.

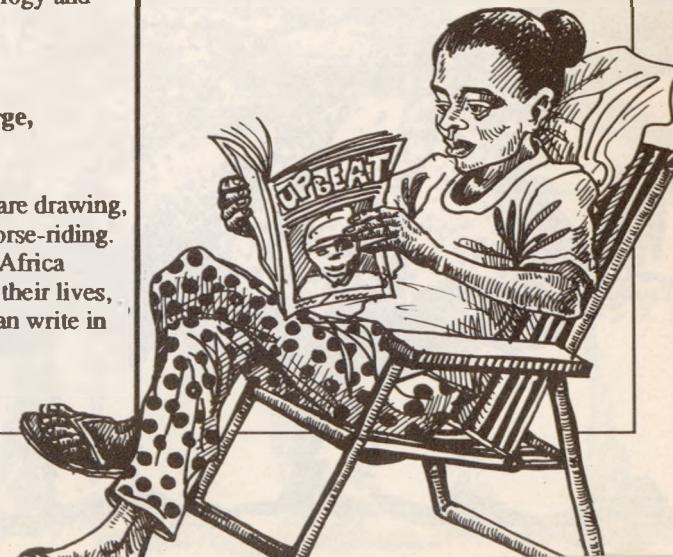
John Kalisto

### 1942, Av Eduardo Mondlane, 4A Andar Flat 7, Maputo, MOZAMBIQUE

#### Dear Upbeat

I'm a girl of 23. I'm a radio communication technician. I'm also doing my first level of English. I want to correspond with girls and boys of all ages. I like going to church, reading books and dancing. My favourite musicians are Judy Boucher and Julio Iglesias. I promise to reply to all letters written in English.

Antonia Magalhaes



## Hidden animals

Some English words contain the names of creatures or animals. For example, the word 'dogmatic' contains the word 'dog'. Can you find an English word containing the name of an animal for each of the following meanings? The animal's name can be at the beginning or the end, or in the middle of the word. The animal's name is in a bracket next to each sentence.

We have done the first one for you.

1. Forcing your opinion on to other people. (dog)

Answer: dogmatic

2. An ancient Egyptian building with four triangular-shaped sides (ram)

Answer: ram

3. Stealing a child and demanding money to get her back (kid)

Answer: kid

4. Thinking only about yourself (fish)

Answer: fish

5. A notice or announcement of events (bull)

Answer: bulletin

6. Sending and receiving messages (cat)

Answer: cat

7. A person who is afraid of danger (cow)

Answer: coward

8. A thousand thousands (lion)

Answer: lion

9. A place where beer is made (ewe)

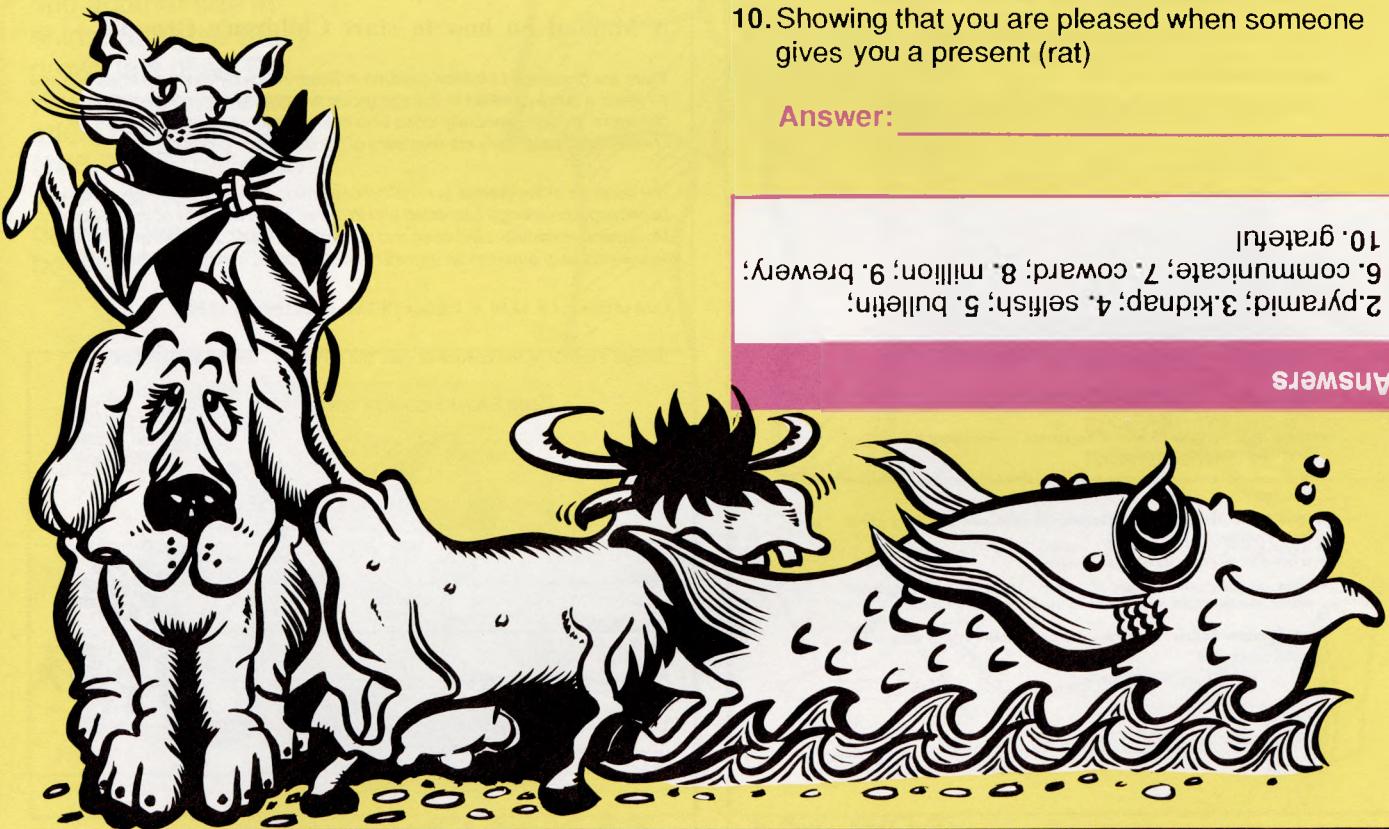
Answer: ewe

10. Showing that you are pleased when someone gives you a present (rat)

Answer: rat

10. grateful  
2. pyramid; 3. kidnap; 4. selfish; 5. bulletin;  
6. communicate; 7. coward; 8. million; 9. brewery;

Answers





## YOUNG PEOPLE'S RIGHTS

Upbeat believes that all young people have the following rights.

You have the right to learn • You have the right to be respected • Your parents or guardians also have a right to your respect  
 • You have a right to safety and good care • You have the right to be protected from violence • NO-ONE has the right to touch you against your will • You have the right to search for answers • You have the right to an education that helps you live your life to its fullest • You have the right to seek peace and friendship • You have the right to play and enjoy life.



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### THE NEW DAY BY DAY ENGLISH COURSE

This imaginative yet soundly-based English second language course is a revised and rewritten version of one of the most widely used courses in Africa.



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 Cape Town  
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 021-531-7750



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### "BUILDING THE CHILDREN'S MOVEMENT"

#### A Manual on how to start Children's Groups.

There are presently 11 million children in South Africa between the ages of 6 and 14 years. It is the children in this age group that are being organized into the children's groups especially those who are in primary school. These are the children who potentially are members of the children's groups.

The purpose of the manual is to help those young and old people who are becoming increasingly interested and involved in the activities of the Children's Movement. Hopefully it will open and spread the debate around the children's issues and help organise an important section of the community- the children.

Cost of manual R 12.00 + Postage (R 2.00 + R12.00) R 14.00

Include a postal order, cheque or cash and forward to the following address:

CHILDREN'S RESOURCE CENTRE

COMMUNITY HOUSE

41 SALT RIVER RD SALT RIVER 7945

Name.....

Organisation.....

Address.....

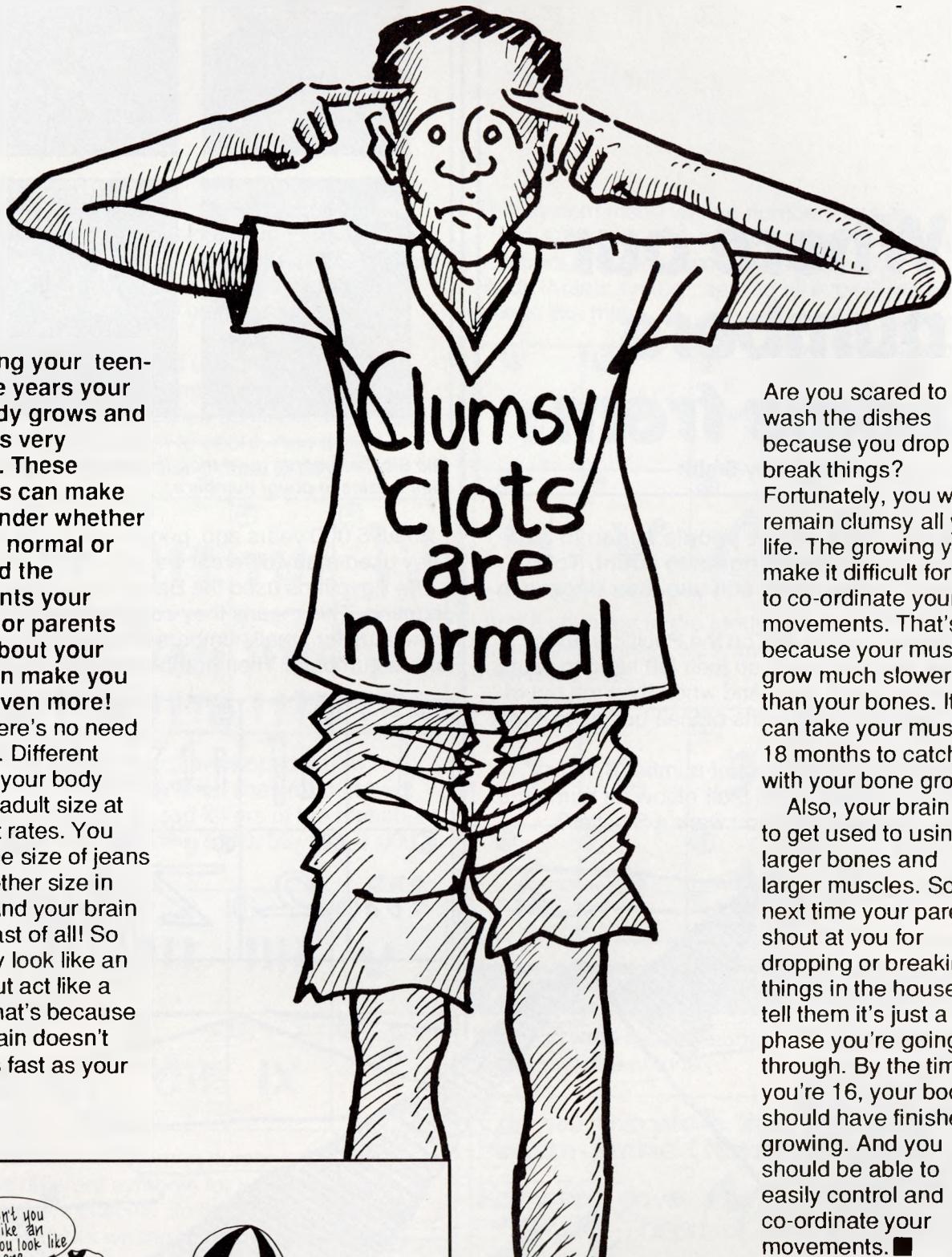
Town..... Code..... Tel.....

Are you working with children?

How?.....



# YOUR BODY

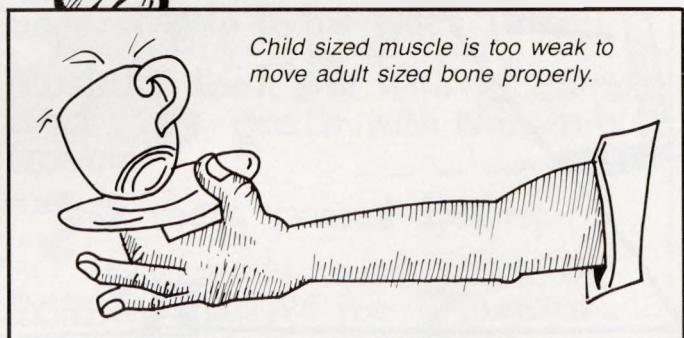


**D**uring your teenage years your body grows and changes very quickly. These changes can make you wonder whether you are normal or not. And the comments your friends or parents make about your size, can make you worry even more!

But there's no need to panic. Different parts of your body grow to adult size at different rates. You need one size of jeans and another size in shirts. And your brain grows last of all! So you may look like an adult, but act like a child. That's because your brain doesn't grow as fast as your body.

Are you scared to wash the dishes because you drop and break things? Fortunately, you won't remain clumsy all your life. The growing years make it difficult for you to co-ordinate your movements. That's because your muscles grow much slower than your bones. It can take your muscles 18 months to catch up with your bone growth.

Also, your brain has to get used to using larger bones and larger muscles. So the next time your parents shout at you for dropping or breaking things in the house, tell them it's just a phase you're going through. By the time you're 16, your body should have finished growing. And you should be able to easily control and co-ordinate your movements. ■



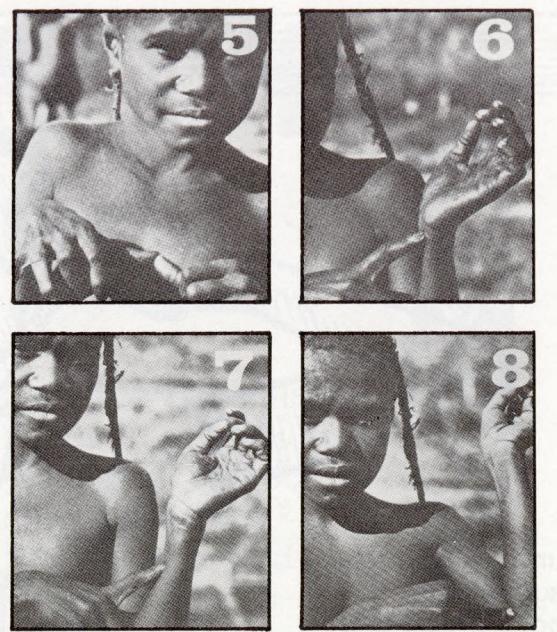
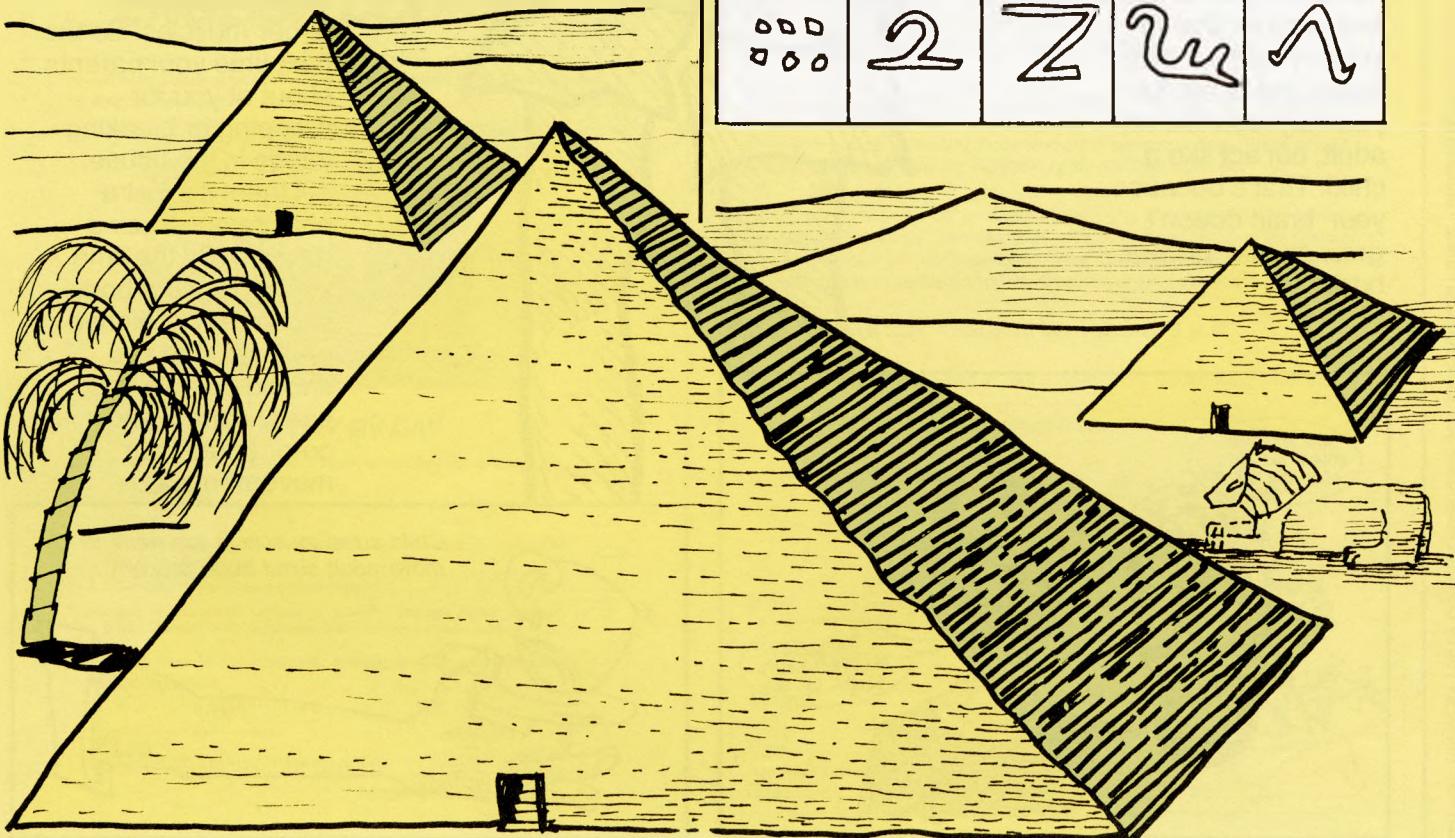
## Where our numbers come from

By Penny Smith

In early times, before people began to write, people used their fingers to count. Today some communities still use their fingers to show numbers.

The Sibeller people live on the Pacific islands. They use the five fingers on their left hand to count the numbers one to five. And when they run out of fingers, they use other parts of their bodies to count on.

They use their wrist to count number 6, their forearm for number 7 and their elbow for number 8. Can you count to 8 as if you were a Sibeller?



The Sibeller people used their fingers and parts of their bodies to count numbers.

About 5 000 years ago, people started writing. They used many different ways to write numbers.

The Egyptians used the Base Ten system for counting. This means they counted in tens. They drew lines for small numbers and symbols for larger numbers. Their numbers looked like this:

①	②	③	④	⑤
⑥	⑦	⑧	⑨	⑩
□□□	2	Z	z	z

In the 1800s two famous Egyptian documents, written about 3000 years ago, were found. These documents tell us what the Egyptians knew about maths. The Egyptian pyramids also show us that the Egyptians understood basic geometry and knew how to use it.

The Babylonians started to write at about the same time as the Egyptians. They wrote on soft clay. Their writing was called *cuneiform*. They also used a Base Ten system to count. And they counted bigger numbers in groups of 60.

①	②	③	④	⑤
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20

A little later, the Romans developed a new system of counting. They used lines for numbers one to four. Then they used letters of the alphabet to show larger numbers like 5, 10, 50, 100, 1 000 and so on.

①	②	③	④	⑤
I	II	III	IV	V
VI	VII	VIII	IX	X
...C				

Can you write 114 in Roman numbers?\*

All these different symbols for numbers made writing numbers difficult. So the Hindu people in India tried to make writing numbers simple. They used symbols only for the numbers 1 – 9. Then they added a 0 to the symbols for larger numbers. So their numbers looked like this:

①	②	③	④	⑤
2	2	3	8	5
6	6	2	3	20

This system made writing numbers easier.

The Arabs mixed the Hindu system of writing numbers with their own. This system, the Hindu-Arabic system, spread all over Europe. It looked like this:

①	②	③	④	⑤
1	2	3	4	5
6	7	8	9	0
4	V	Λ	9	0

Later it changed to the Modern Arabic form, which is the number system we know and use today which looked like this:

①	②	③	④	⑤
1	2	3	4	5
6	7	8	9	0
6	7	8	9	0

## ACTIVITY

Can you write these numbers using the Modern Arabic system of today?

Can you translate these figures to Modern Arabic (Numbers we know them)

Ramsees gave 21 bags of grain 21 heads of cattle and 2 bags of gold to his wife's family. Mustafa took 4 tents 4 camels and 0 goats with him on his travels.

20 years passed before the family went back to India. They stayed for 2 years.

# WILLIE WORDWORM

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

## A mother talks

**domestic worker** (n) – a person who is employed to work in someone's house  
**eventually** (adj) – finally  
**to apologise** (v) – to say you're sorry for doing something wrong

**to threaten** (v) – to say that you'll punish or hurt somebody  
**to deny** (v) – to say that something is not true



## A friend in need is a friend in deed

**kindergarten** (n) – a school for young children  
**active** (adj) – busy  
**drastically** (adv) – completely or powerfully  
**to echo** (v) – to send back sound

**precious** (adj) – something that you love  
**memories** (n) – things that happened in the past that you remember  
**to treasure** (v) – to keep something that means a lot to you  
**frequently** (adv) – often or a lot

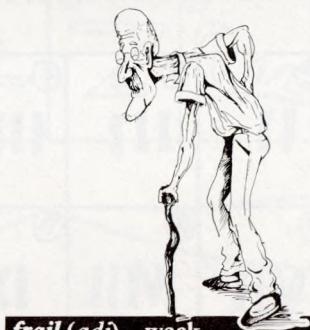


## Who discovered America?

**exhibition** (n) – a display or public show  
**coastline** (n) – the line between the sea and the land  
**ruins** (n) – the broken down remains of buildings  
**disaster** (n) – a sad happening  
**descendants** (n) – offspring  
**centenary** (n) – a hundred years



**captured** (adj) – something or someone that has been caught  
**to pronounce** (v) – to say out loud



**frail** (adj) – weak

## ANSWERS

Where our numbers come from

114 in Roman numbers is CXIII

### Activity:

Ramsees gave 20 bags of grain, 90 head of cattle and 9 bags of gold to his wife's family. Mustafa took 5 tents, 6 camels and 10 goats with him on his travels.

Ten years passed before the family went back to India. They stayed for 4 years.

## READERS' WRITINGS

**vicious** (adj) – fierce or angry  
**coward** (n) – someone who is scared  
**reed** (n) – a plant that grows in water  
**victim** (n) – someone who may be hurt or killed



## ANDRIES FIGHT FOR WHAT'S RIGHT

**anthropologist** (n) – a person who studies how human beings live  
**racism** (n) – the belief that some people are better than others  
**to criticise** (v) – to say something is wrong  
**activist** (n) – someone who works for political change

## Making jobs together

**lanky** (adj) – tall and thin

### Dreaming of freedom in Palestine

**refugee** (n) – a person who has fled from her country  
**to immigrate** (v) – to move to another country  
**anti-semitic** (adj) – anti-Jew



**to quarrel** (v) – to fight

## Freezing fish

**batter** (n) – a paste made of flour and water  
**crate** (n) – a big container to pack fish in  
**to defrost** (v) – to melt away ice  
**unskilled** (v) – not to have special knowledge  
**to demonstrate** (v) – to show the public

## UPBEAT WINNERS

Here are the lucky people who won the Upbeat Questionnaire Competition. They will each receive a pocket calculator.

Ncameka Mawela, Khayelitsha  
Madoda Bhomayi, Umlazi  
Cindy Marrow, Parkwood  
James Ndani, Mbekweni  
Riinah Moremi, Kwa-Xuma  
L. D. Mofokeng, Witsieshoek  
Peter Mokebe, Majaneng  
Patrick Chauke, Ga-Rankuwa  
Lydia Moleko, Jericho  
David Seema, Ga-Rankuwa

And here are the three lucky winners of the Upbeat Ndebele House Competition. They have each won a colourful set of koki pens.

Cindy Smit, Klipspruit West  
Sello Thebe, Lengau  
Lameez Gafoor, Lansdowne

Wade Du Plessis

Double award winner, 1991:  
Goalkeeper of the year!  
Save of the year!

Best Wishes

Wade Du Plessis

