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JUNE 1995 • NUMBER 4

# UPBEAT

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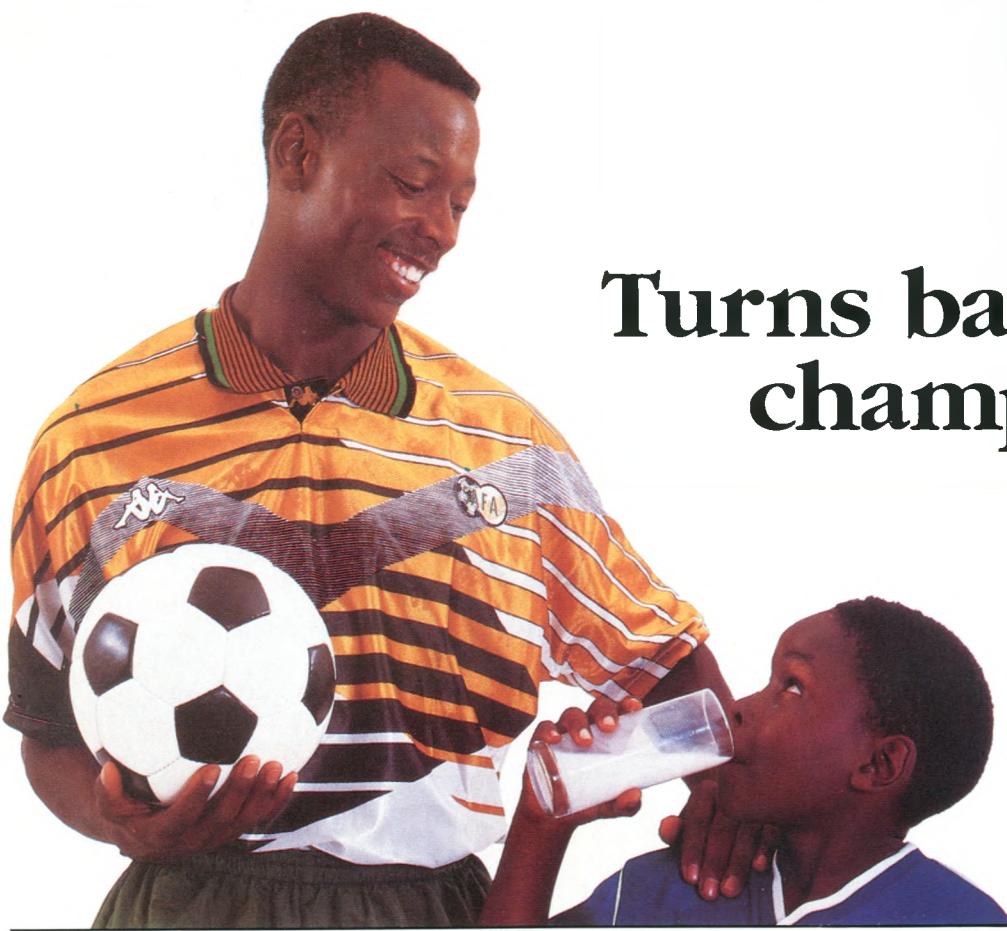
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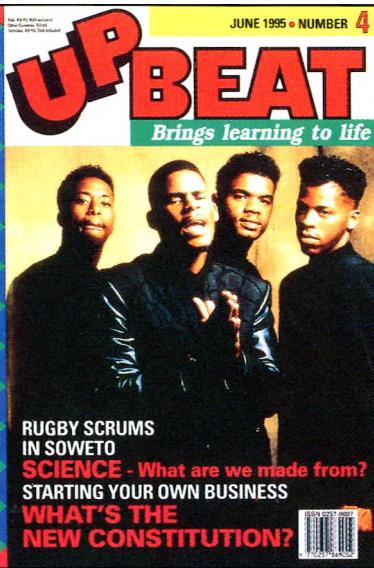
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Dear Readers,

American movies and TV want us to believe that there is only one kind of beauty. Girls must be tall and slim and boys should be muscular and manly. Often young people feel bad about their bodies, because they don't look like movie stars or models. But what is beautiful depends on the society in which you live. Among the Masai in Kenya, thin boys are regarded as very handsome. Among the Kuna Indians the shape of your nose is what counts! Read all about them on page 20.

'Upbeat is better than hot chocolate on a cold winter's night.' That's what one reader told us. And she's right. Winter is here and that's the time to be indoors with a good read – Upbeat magazine. There's lots to read about that will warm your heart. Read about Mpho Serobe who's in the movie business. He admires people whose businesses have crashed. Find out why on page 34. It's a tough life for young prostitutes. But there are people who care. Meet them on page 4.

The more you read the more you learn about yourself and the world around you. So keep warm and enjoy learning and reading from this month's Upbeat.

Harriet

## NEXT ISSUE

NEW COMIC  
EARTHSHAKER

HOW TO WRITE  
ESSAYS

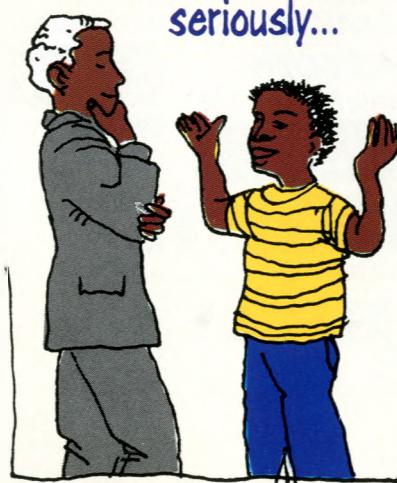
N E W

# REMEMBER JUNE 16 YOUTH DAY

**This is a day** to think about the rights of young people. This year, the South African government has promised to approve the United Nations Convention on the rights of the child. The charter outlines all the rights and protections young people should have. Young people all over the country are busy workshoping ideas to go into a new Children's Charter.

But, with rights go responsibilities. Young people have the right to be taken seriously, but they also have the responsibility to listen to others. They have a right to education

Children have  
the right to be taken  
seriously...



but the responsibility to work hard. They have a right to health care, but the responsibility to stay away from drugs and to be careful of sexual contact.

Are there rights which you feel you should have? And what responsibilities are you prepared to take? Send your ideas to Upbeat youth rights, P O Box 11350, Johannesburg 2000. ◀

... and the  
responsibility to  
listen to others.



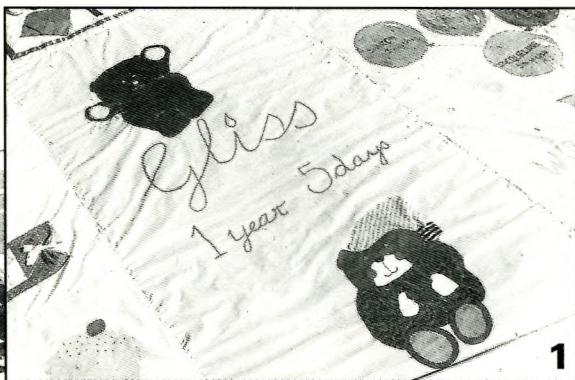
This month's Upbeat reporter is Steven Moloi

Map by Andrew Lindsay

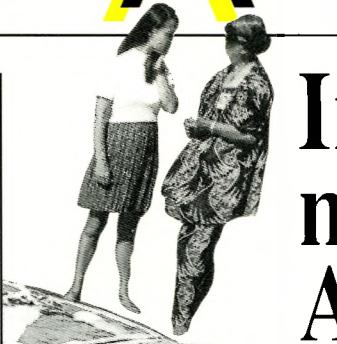
## Kathorus you

The **youth** of Kathorus formed a youth club called 'Together as one Youth Club'. Kathorus is the collective name for the East Rand townships of Katlehong, Thokoza and Vosloorus. The aim of the club is to promote the interests and talents of youth in those areas. A big party was held to launch and

# S B E A T



1



## International memorial to AIDS victims

Story and pictures by  
Anna Zieminski

Each day for a week, volunteers spread out an Aids memorial quilt on Sea Point beach front in the Cape. This was part of the 7th International Congress for People Living with HIV and Aids. The quilt is to remember people who have died of Aids and to help end the Aids epidemic. The quilt was started in San Francisco, America in 1987. It already has about 28 000 panels from 29 different countries. Some panels include photographs, lace, needle-point, sequins, love letters and condoms.

2

Cindy, a Cape Town student, helped lay out the quilt. She says, 'Each square represents other people's loved ones, so we had to handle the quilt with great care. I wanted to cry when I saw the panels remembering the babies who died.'

At the conference, delegates agreed that their biggest concern is fighting discrimination. 'We are human beings like everyone else. We have the right to a decent life,' they said. Conference delegates sent a statement to the United

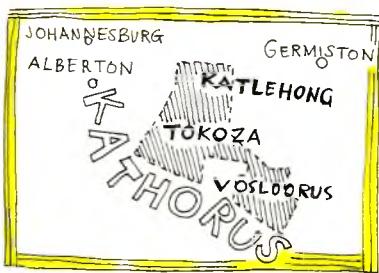
Nations. It said: 'Young people have the right to information and education about HIV/Aids. Young people can look forward to a happy sex life and family life. And young people must be careful - they are the future of the world.' ◀

1. 'I wanted to cry when I saw the panels remembering the babies who died.'
2. Each square of the Aids quilt is for someone who has died.

## th shine

introduce the club to the youth. Anyone can join the club regardless of their religion, politics or sex.

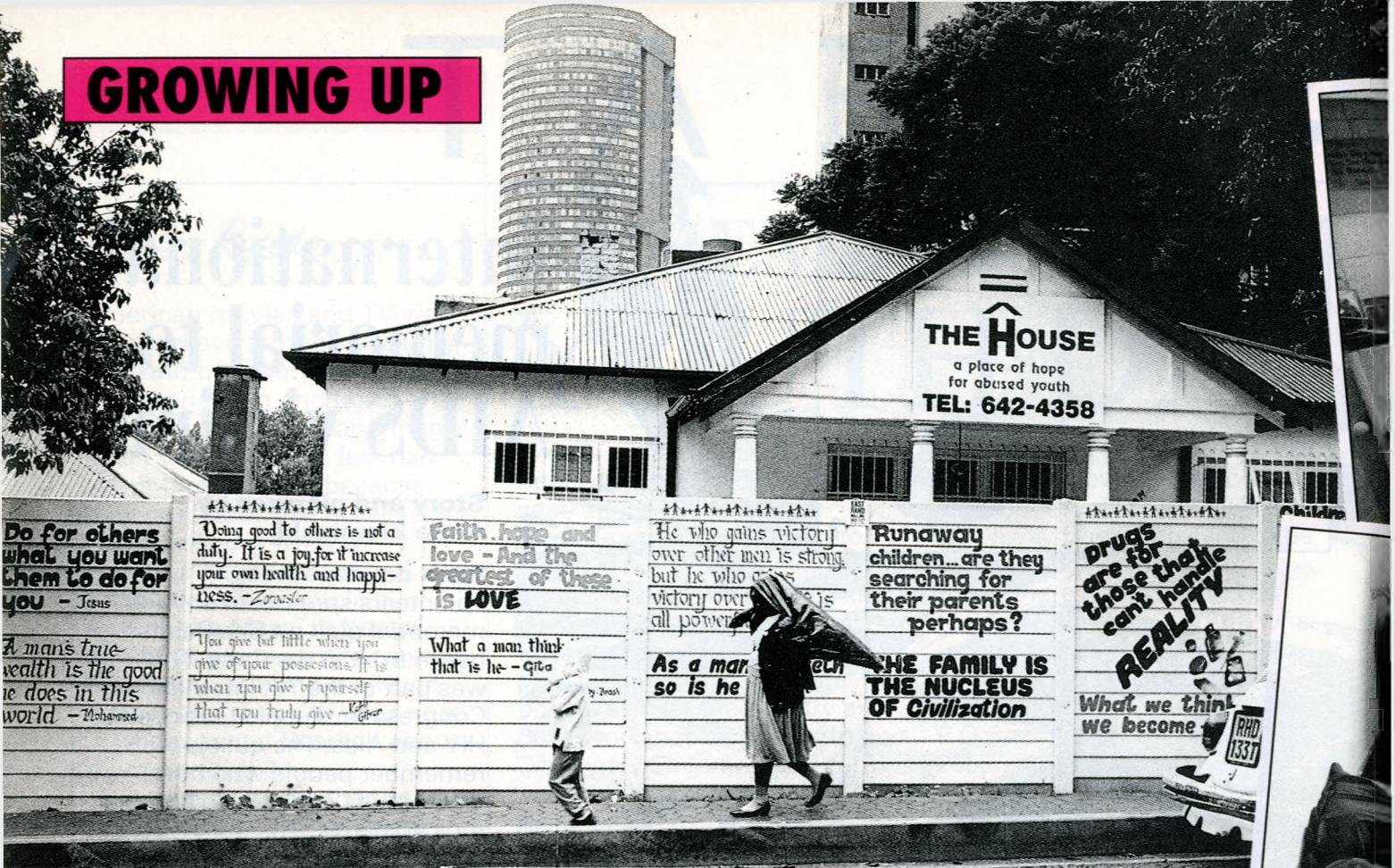
At the club you can do drama, gospel music, all kinds of dancing, mime, ramp modelling, soccer, netball, volley ball,



educational and health projects. The club, together with the nurses at the Alberton primary health care centre, is involved in a drive to make

youth in the area aware of the dangers of Aids and other serious diseases. ◀





**Do for others what you want them to do for you** - Jesus

**A man's true wealth is the good he does in this world** - Mohamed

**Doing good to others is not a duty. It is a joy for it increases your own health and happiness.** - Zoroaster

**You give but little when you give of your possessions. It is when you give of yourself that you truly give.** - Elbert

**Faith, hope and love - And the greatest of these is LOVE**

**What a man thinks that is he - Groucho Marx**

**He who gains victory over other men is strong but he who gains victory over himself is all powerful.**

**As a man thinks so is he**

**Runaway children... are they searching for their parents perhaps?**

**THE FAMILY IS THE NUCLEUS OF CIVILIZATION**

**Drugs are for those that can't handle REALITY**

**What we think we become**

# A shelter for young prostitutes

Debra Watson

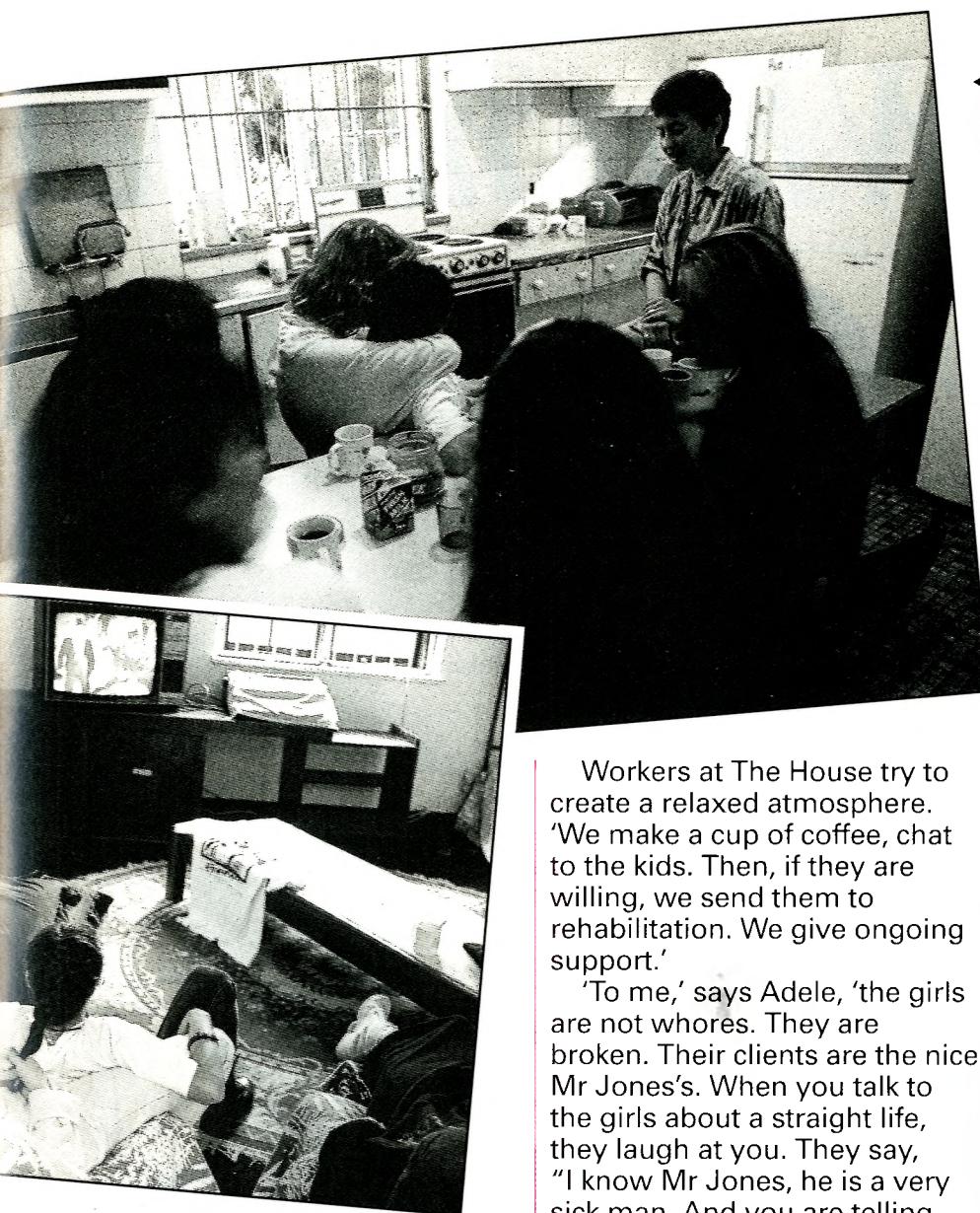
**It's a tough life for young prostitutes trying to survive in the glitter and litter of Hillbrow streets. But there are some people out there who care about these young girls. Adele and Jean have set up a shelter for teenagers who are hooked on drugs and prostitution. The shelter is called The House.**

**The House** is a place where teenagers go to socialise and watch TV. They can talk about their problems. Working prostitutes and drug users can learn about safe sex and clean needles for injecting drugs. They can learn how to protect themselves from HIV and other diseases.

But the main aim of The House is to get young prostitutes off the streets. 'We start by working to get them off drugs and prostitution. Getting them off the streets is far more difficult,' says Adele. 'Many

have been on the streets since they were 12-13 years old. They ran away from home because of sexual abuse. But they land on the streets and get abused again. They've lived a life of hell for 4-5 years. Many of the kids have expensive drug habits. They are taking drugs to cope with prostitution. They are prostituting to buy drugs.

'Most drug rehabilitation programmes take the drugs away from the girls. But they don't give therapy to deal with the causes of the problem - child abuse, multiple rape or



# tutes

problems with sexual relationships. The children are sent back onto the streets. They don't ask, 'Who is going to look after her and give her a job?'

Adele feels angry at the lack of support for teenage prostitutes. When she started at The House she hoped to get young girls off the streets and then get state welfare services to help train and support them. 'But,' says Adele 'most officials say that prostitution is illegal, so how can there be child prostitution? The House gets no support from the government or the welfare.'

Workers at The House try to create a relaxed atmosphere. 'We make a cup of coffee, chat to the kids. Then, if they are willing, we send them to rehabilitation. We give ongoing support.'

'To me,' says Adele, 'the girls are not whores. They are broken. Their clients are the nice Mr Jones's. When you talk to the girls about a straight life, they laugh at you. They say, "I know Mr Jones, he is a very sick man. And you are telling me that the society I must join is a straight society?"'

## Runaways

Often, children who have run away from home are brought to The House by the other girls. The older girls tell the new ones, 'You don't know about the streets. You don't use condoms. But there is a place where you can get condoms free.'

Many of the older teenagers feel that they cannot change their lives. They see the new girls arriving and they remember themselves when they started on the streets. 'There are no old prostitutes,' says Adele. 'And it is not because they marry Mr nice Jones and go to live in the suburbs. They get raped, assaulted and murdered. Drugs are not a 'jorl'. Drugs are death. There is no easy way out.'

Photographs by Cedric Nunn

## A place to relax with friends

Many young girls with family problems phone or arrive at The House for help. These girls have not yet become hooked on drugs and prostitution. They have a much better chance of going back home than the ones who are already on the streets. Adele says, 'We try to find out what the problem is before we contact the parents. About 80% of these kids go back home. It's more difficult with the ones who are already on the streets.'

## Prostitution increasing

Adele knows that the battle to save these young people is a long one. 'There has been an increase in prostitution. In Hillbrow, five years ago, prostitution was 70% white. Now it is about 50% white and 50% black. This is because child abuse is on the increase. Kids cope by running away from abuse in their families. They think they will find a better life. But there is no way that a 13-year-old is able to do that. Family life has collapsed. It results in teenage prostitution, drug abuse and teenage suicide. Our only way to stop this is to heal our society. In the meantime, we have to look after our kids.' ◀

Young people who would like to contact The House can telephone (011) 642-4358. Their address is The House, 60 Olivia Road, Berea 2198.

## New Words

**sexual abuse** - the use of sex in a harmful or unwanted way

**rehabilitation** - helping a person, mentally and physically to lead a better, healthier life

**therapy** - treatment and counselling someone who has a problem

**multiple rape** - raping one person many times

# TALKSHOP *What happened?*

**Interviews and photographs**  
by Anna Zieminski

**Students in the areas of Langa, Gugulethu and Khayelitsha in the Cape, arrived for school in February. But there were not enough places. The National Education Co-ordinating Committee decided to use three empty school buildings in nearby areas. One of the schools is in Ruyterwacht. Students were bussed to the school. They found the gates locked. For two days students waited to get in. Meanwhile Ruyterwacht residents clashed with students in the streets. Finally the gates were unlocked and the children entered the school.**

**Upbeat spoke to students and Ruyterwacht residents.**



**Tracy Solomon (19) (resident)**  
The students don't bother me as long as they don't cause any trouble. The problem is that the residents were not informed. First we heard that the students were not coming - then we heard that there were 500 students in the school. I think that the residents were very cruel. The students did not cause any trouble. There was no reason to fight.



**Young man (16) (resident - refused to give name)**  
Some of the toilets in the school were broken by the students. That's not right. But the residents were also wrong. It's wrong for them to tell black people what they must do. I don't mind the students being in the school as long as they don't break anything.

**Young girl (17) (resident - refused to give name)**  
I live across the road from the school. At first I was shocked and scared. We didn't know if the students were going to burn the school. I don't mind if black students get education. But they must do it in a disciplined fashion. The students do not bother me now. I am not scared any more. The residents' protest was a bit out of order. They should have behaved in a civilized way and not screamed and jumped about.



**Richard van Wyk (15)**  
The students could have gone to schools in Bellville and Maitland, but they wanted this one. I am a bit scared of the students in our town. They might vandalise the school and the houses. I think that the residents did the right thing. It is their town and they want to protect it.



**Students outside the school where they had been locked out by the residents.**



# ed in Ruyterwacht?

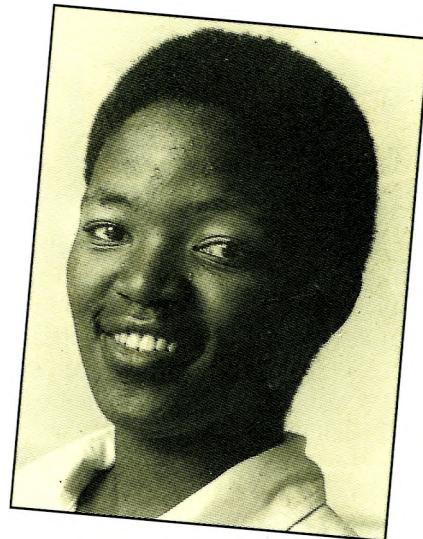


**Sboniseni Ndima** (17)

I came from the Transkei this year. I live in Gugulethu. I am in Std 8. When I heard that the schools were full, I felt very angry and worried. Then I registered with the NECC. We came to this school by bus. But the gates were locked. We sat outside. The residents started fighting with the students. I was scared. Now the problem is solved, but we cannot walk around the community. I feel angry that the community does not trust us.

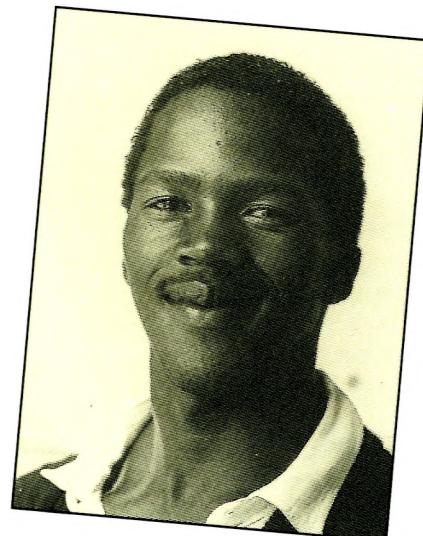
**Thando Ivor Mndabambi** (20)

I came from Ugie in the Eastern Cape. The Ugie schools were full. Now I live in Nyathi, Crossroads. We came to this school by bus. But the community said that the students were making too much noise and making the place dirty. This was not true. They tried to chase us away. I felt that my only hope of getting education was gone. But now we are back to school.



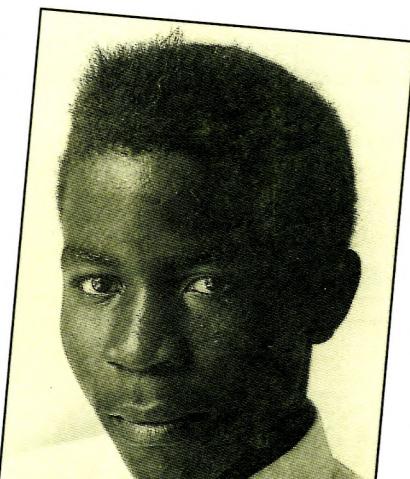
**Theodora Mjakucu** (22)

I am in Std 9. Previously I went to Windermere High School in Mutual. But the problem is the lack of subjects. The residents don't like us black students. They said we made too much noise on the first two days. But I don't think that is a good reason to fight the students. None of the students walk outside of the school yard. I think that it is a good thing that the gate is closed and only opened after school.



**Makwenkwe Hilton Pheleu** (17)

When I heard that the schools here were full, I felt bad. I felt that I would lose a year. Then they found a place in Ruyterwacht. But when I got here, I was scared because the residents started to fight with us. They accused us of robbery and rape, but they had no proof. I feel that it is racist that we are not allowed out of the school premises.



# LETTERS



## Dear Upbeat

I'm a full-time reader of Upbeat living in the Northern Transvaal. My problem is that during December 1994, there was a delay with Upbeat No 11. Please tell me what caused that delay? Also, I have written to tell you that I want to subscribe to the magazine, but I have had no response. Please help.

**Abram O Modiba, Sovenga**

## Dear Abram

You are right, there was a delay with our December issue. Sorry! Upbeat this year has many more educational articles. So look out for our new series in 1995. You will find useful articles on Science, History, Business economics, Computers and interesting profiles on South Africa's leaders and how the government works. Thank you for your patience. Your subscription application is receiving attention. In future if you need details about how and where to subscribe to Upbeat, turn to page 34.

**Editors**

## Dear Upbeat

I wish to complain about your advertisement on the use of condoms (Upbeat Jan/Dec 1995, No 11, page 35). Have you noticed that of the 11 models, only two or three are white? It has long been known that information about Aids in comics, pamphlets etc. usually depict blacks only. I am sure you will give attention to the matter.

**R Jones, Diepriver**

## Dear R Jones

As long as the advertisements which appear in Upbeat are not racist, misleading or offensive, we will publish them. Selling advertising space helps Upbeat to survive. Without money from

advertising, we could not produce the magazine. Upbeat's advertisers know that the majority of Upbeat readers are young and black. This could be the reason that this advertisement shows mainly black youths. What do other readers think about the issue that R Jones has raised?

**Editors**

## Dear Upbeat

I'm writing this letter to thank you for a book called *Queen of the Tortoises* which you sent me. It was written in good English which I could understand. I can recommend the author, Gcina Mhlobo, to other readers. If Gcina was involved in sending me this book, I would like to send my greetings to her. I hope to enter other competitions which appear in Upbeat.

**Godfrey Mungazi, Harare**

## Dear Upbeat

I am a keen reader of Upbeat and very pleased with its contents. My main concern is that I have been published as a winner of two Upbeat competitions, but I have not yet received the prizes. The first was a Khadja Nin cassette and the second was the Teenbeat, Julius Caesar competition. I want to know if Upbeat cares for competition winners, or if these are false offers?

**Lucas Mokobi, Raditshsaba**

## Dear Lucas

Upbeat does care about its prize winners. Your prizes have been sent already. It must be the post office! If they still haven't arrived, let us know. Your Julius Caesar book was posted in February. If other readers have not received prizes that they have won, please contact us.

**Editors**

## Dear Upbeat

I like writing poems. I want to know how you choose the poems that you publish? I ask this question because I want to know if I may send my poem to you for publication?

**Isaac Hadebe, Alexandra**

## Dear Isaac

Anyone may send us their poems for publication. Each month, we select the best ones from those which we receive. So don't delay, just copy your poem onto a sheet of paper and post it to Upbeat Voices, P O Box 11350, Johannesburg 2000. Don't forget to keep a copy of the poem for yourself, because we are not able to return work that is posted to us.

**Editors**

## Dear Upbeat

Think about your own future. People seem to forget that Mandela is a human being. They think that he can provide each and every South African with a job. People are leaving their unskilled jobs, hoping that Mr Mandela will give them better jobs. The youth are loitering on street corners, singing songs that have lost meaning. Some are dropping out of school, thinking that they'll find a job in the new SA. It's about time that they woke up and started thinking about their own future. They must go back to school, as it is the only way they can better their future. Mr Mandela is not going to be president forever. Therefore we shall need educated people to take over, as he is educated himself.

**G Buthelezi, Vosloorus**



*Send your letters to:*

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

# BUSINESS HELPS UPBEAT TO BUILD LEARNING

**Many schools want Upbeat to promote learning in their classrooms, but they cannot afford to subscribe. A number of generous companies have stepped in and paid for subscriptions to schools. But Upbeat still has a list of 500 schools who are urgently requesting sponsorship of the magazine for their students.**

## Dear Upbeat

I am teaching in a community-sponsored high school in rural Gazankulu. Our community is very poor. The village is not electrified, the roads are untarred. I purchase Upbeat magazine from my own pocket each month and the magazine has proved to be most popular. It is also invaluable for language lessons. The students learn English with joy. I duly request that you consider our school for a sponsored subscription. This will ensure that the culture of learning that has been spurred on by magazines like Upbeat in this school, can be maintained.

**Nico van Rensburg**

Xanthia Senior Secondary School, Bushbuckridge

**A big thank you from Upbeat to the companies who have helped to get Upbeat into classrooms.**

# Thank you!

**These companies have sponsored 50 or more copies per school**

Flip File  
JCI

Toyota SA  
Upjohn

**These companies have donated their advertising discounts to the Upbeat school sponsorship scheme.**

Nestle Cheeses  
Shell Livewire

Surf Micro Powder  
Nestle Ricoffy

Companies interested in joining the Upbeat school sponsorship scheme, or schools who would like to request sponsorship, can telephone Barbara Shafer on (011) 333-9746 or write to: **Upbeat School Sponsorship Scheme, P O Box 11350, Johannesburg 2000.**

## CAREER SERVICE

UPBEAT



For up-to-date information on careers, choosing subjects, study opportunities & bursaries, write to Mabel at:

Upbeat Career Service  
P O Box 11350  
Johannesburg 2000

### PUBLIC RELATIONS AND PERSONNEL

#### Dear Mabel

I am a 17-year-old girl. I have passed Std 9. My dream is to become a personnel manager or public relations officer. My subjects are Xhosa, English, Afrikaans, Biology, Geography and History. Are these subjects right for the careers I want? I would be extremely grateful if you could send me information about these careers and the names of places to study.

Leopathra Ndzimande,  
Kwa-Nobuhle, Uitenhage

#### Dear Leopathra

A personnel manager is concerned with the staff who work in a business. He or she deals with a number of issues, here are some:

1. Training - organising programmes to improve the skills of staff.
2. Recruitment and selection of staff - when new staff members are needed, a personnel officer will draw up a job description and a list of educational requirements. He/she will also interview applicants.
3. Industrial relations - making sure that management and workers communicate effectively and sort out problems related to wages and benefits and working conditions.

#### 4. Wage and salary administration.

Personnel managers must be available to staff at all times to help them with their personal problems.

For more information you can contact: The Institute of Personnel management, P O Box 31390, Braamfontein 2017.

#### Entry requirements and training:

You can choose a business degree (B Comm) or a BA with subjects like Psychology and Industrial Psychology. If you get a matric exemption, your subjects are fine for a BA, but some universities may require Maths for a B Comm. You can also study at a technikon; they offer full-time and part-time courses in Personnel Management.

A public relations person is the link between an organisation and the people that it deals with. These can be staff, clients, suppliers, shareholders and the public. He or she needs to be able to communicate well, both verbally and in writing.

You need a Senior Certificate to take a part-time course with the Public Relations Institute of Southern Africa (PRISA), or for the National Diploma Course at a technikon. Or you can take a university course in communications. For this you need a matric exemption. Here are some addresses for you:

**Port Elizabeth Technikon**, Private Bag X6011, Port Elizabeth 6000.  
**University of Port Elizabeth**, P O Box 1600, Port Elizabeth 6000.  
**Public Relations Institute of Southern Africa (PRISA)**, P O Box 31749, Braamfontein 2017.  
Mabel

### WORRIED ABOUT SUBJECT CHOICE

#### Dear Mabel

I'm 15 years old and in Std 8. I am worried about the subjects that I chose. My subjects are, Maths, Science, Biology, History. What careers can I take up after matric? Nivashinee Govender, Lenasia South

#### Dear Nivashinee

Choosing a career is an ongoing process that takes time and effort. You first need to know yourself so that you can discover your values, abilities, interests and needs. Looking at your subject choices, it looks as if you are interested in the sciences. This could lead to many careers in scientific research, education, medicine or engineering. To enter a university course you will need a matric exemption, but there are also some technikon courses in the sciences for which you need a Std 8. You can also find out more from colleges of education and agricultural colleges. We cannot give you details on all the possibilities open to you, but you might find help if you consult the *Rainbow career guide*. To order this book, write to, The Education Information Centre, P O Box 62270, Marshalltown 2107.

Mabel

### TRAFFIC OFFICER

#### Dear Mabel

I am a boy of 20 years. I have completed my matric. I want to become a traffic officer. My subjects are Tswana, English, Afrikaans, History, Geography and Biology. Can you please send me addresses of different traffic departments.

O M Barnett, Hammanskraal

#### Dear O M Barnett

To become a traffic officer, you need to be at least 18 years old and you need a driver's licence. Men must be at least 173 cm tall and women 156 cm. You should apply to the traffic department nearest to you for more information and for a job. You can also study for a 3-year BA degree in Police Science with UNISA. Their address is: UNISA, P O Box 392, Pretoria 0001.

Mabel

# He's Got That Vibe

**R Kelly** is the musician that teenagers' parents hate. When he appears on the family television screen, Kelly's sexy pelvic movements make parents wish that they could still send their kids to bed early. Meanwhile, young people are going crazy for his rhythm and blues sounds and his sexy dancing.

*Born into the 90's*, Kelly's first release, was a big hit worldwide. Some of the album's popular song titles are, 'Honey love', 'She's got that vibe', and 'Slow dance'. But now the 28-year-old songster is driving teenagers even crazier with his latest release called *12 Play*. Songs like 'Your body's calling', 'Bump N' grind', and 'It seems like you're ready', will have parents fleeing from their lounge couches.



Kelly has risen very high in his profession, but he started out tough and rough in the poorest parts of Chicago. He was born and grew up in the housing projects on the south side of this big American city. Kelly says his music career, 'started out as a joke - me and my boys just messing around performing on the streets. Then one of the fellows dropped a hat while I was playing this keyboard and people started putting money into it. That became our thing. I simply made a regular job of it.'

The music of this talented musician soon attracted huge crowds on pavements and in

the subways. The crowds became so big that the Chicago police tried to clear Kelly off the streets. 'Yeah, the cops would always hassle me. For some reason it was always these same two cops.' Did he ever go back to his old neighbourhood and offer the cops a copy of his first album? 'No,' says a laughing Kelly, 'But I hope they bought it!'

These days, R Kelly writes and produces all his own songs. He is also the player of every single instrument on his latest album.

Where does he get the inspiration for his songs? 'Most of it comes from my own experiences or from things that I've heard about from other people. I also watch a lot of television and a lot of old movies.'

So, if you're a person of the nineties, then keep a look out for this risky artist. You never know what he'll come up with next! ▲



## TOP TEN COMPETITION

Ten lucky readers can win a copy of R Kelly's latest release. There will be 5 cassettes and 5 CD's. Just write the names of your ten favourite songs on a postcard and send it to us before

15 August 1995. Send your entries to: Top Ten, Competition No. 4 1995, Upbeat, P O Box 11350, Johannesburg, 2000



**Being able to write one's own constitution is a privilege not many people in the world have ever had. No person should fail to answer to the challenge of taking part in the writing of the new constitution. It is very important for the youth to participate in this process.**

Cyril Ramaphosa, Chairperson of the Constitutional Assembly



# Writing a new

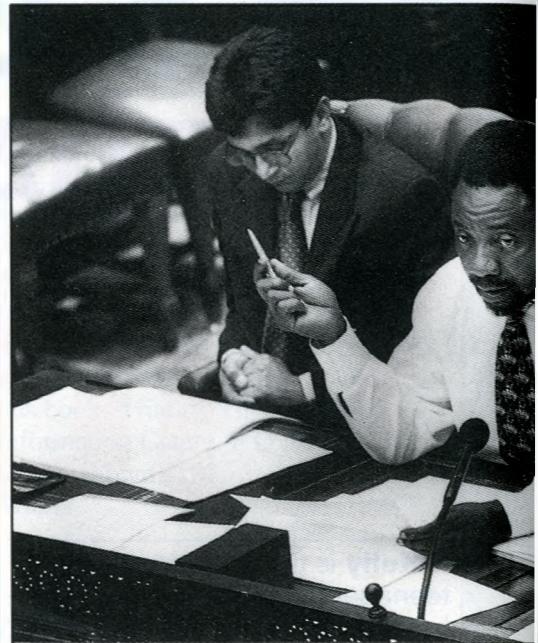
Story and photographs by

**This is a very exciting time in South Africa's history. The people of South Africa, are busy re-writing the basic laws which govern our land. The new constitution will decide how the government is structured. It will say what rules the government must follow in running the country. And it will say what rights we have as citizens.**

Member of Parliament, Mavivi Manzini says, 'It is very exciting to be part of this process. We are doing something completely new. The new constitution will guide each and every law in the land.'

Like all Members of Parliament, Mavivi is automatically a member of the Constitutional Assembly. She is also a member of the Constitutional Committee and she serves on Theme Committee No. 4. This committee deals with the rights of the citizens.

'It was a difficult task to get onto one of the Theme Committees,' says Mavivi. 'Many Parliamentarians applied, but there are a limited number of places.' In the Theme Committees, submissions from the public are sorted, analysed and put into reports. 'This is where we listen to what people say,' adds Mavivi.



**Cyril Ramaphosa, Chairperson of the Constitutional Assembly, with Vice Chairperson Leon Wessels (right) and Hassan Ebrahim, Director of Administration (left).**

### Youth participation

'It is very important for the youth to participate in this process. We need the voice of the youth because they are the future,' says Mavivi

Reports from the Theme Committees go to the Constitutional Committee for debate. 'The Constitutional Committee is where the real negotiations happen.

Each political party has its own idea of how the country should be run. All the political parties in the Government of national Unity (GNU) are proportionately represented on all the committees.



**Member of Parliament, Mavivi Manzini is part of the Constitutional Assembly.**

# new constitution

by Anna Zieminski



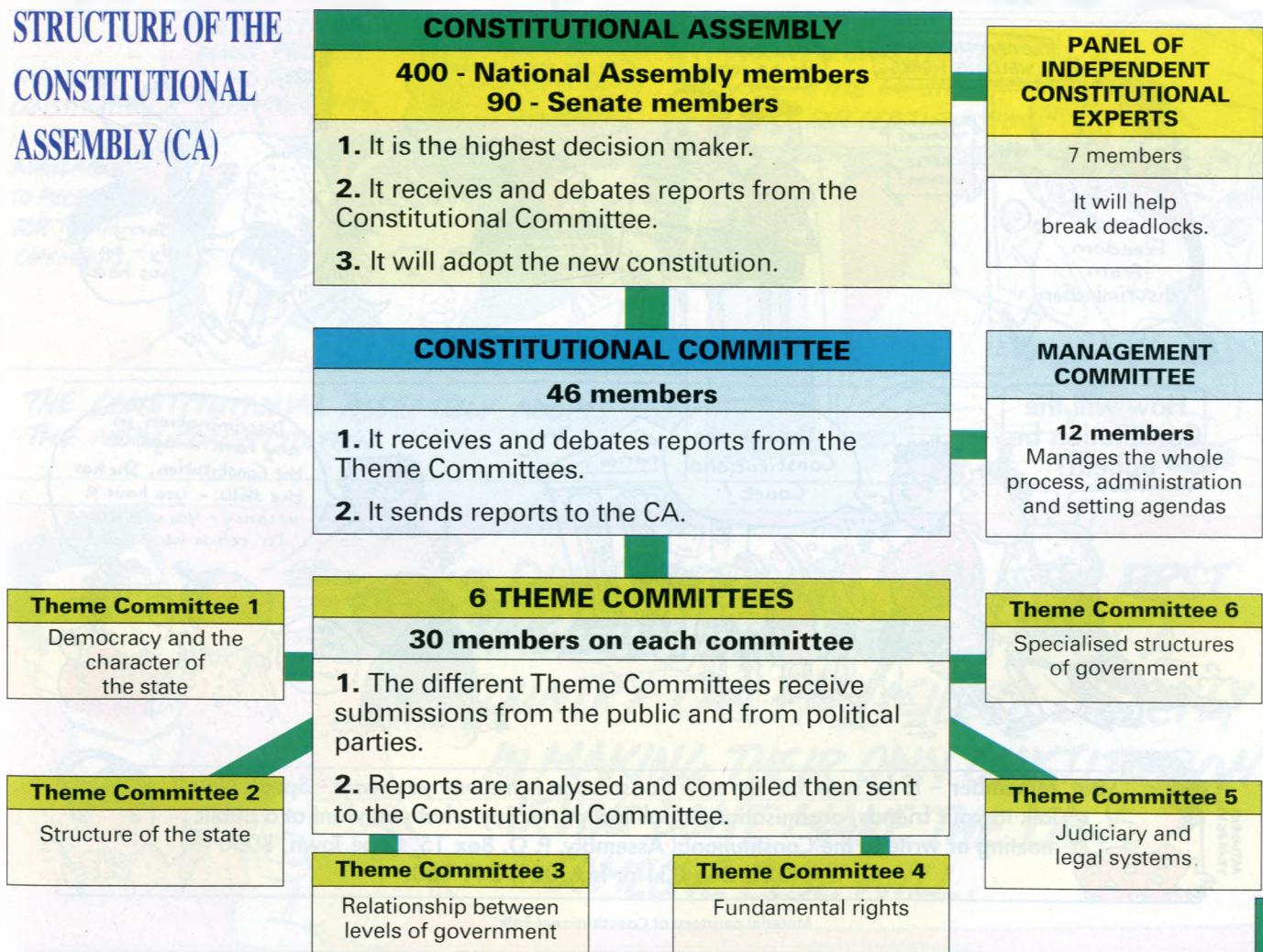
The Constitutional Committee identifies areas of agreement and disagreement. Then it drafts reports to send to the Constitutional Assembly for further debate. The job of the CA is to write the new constitution. To do this, they must observe the 34 constitutional principles which were drawn up during negotiations before the April 27, 1994 elections.

In July, the CA will draw up a Draft Constitution. This will go to the Constitutional Court, the highest court in the land. This court must decide whether the Draft Constitution fits in with the 34 constitutional principles.

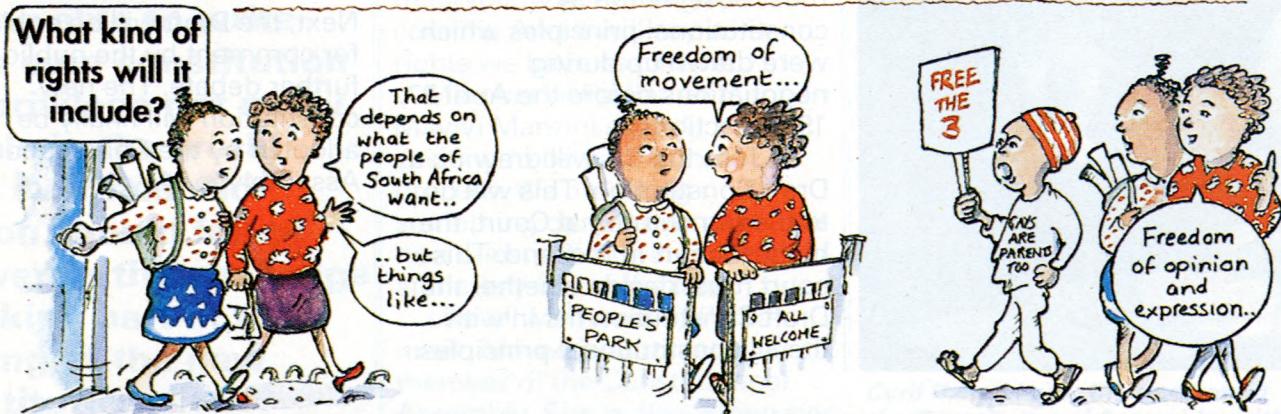
**The final deadline for submissions is 30 June 1995. But there will be another opportunity to participate in July when the Constitutional Assembly adopts the Draft Constitution. This will be published for public comment. Everyone will once again get a chance to give their opinion. Look out for information in the press. Participate in democracy. Get your school to discuss and debate the Draft Constitution in July.**

Next, the Draft will be published for comment by the public and further debate. The new constitution will finally be adopted by the Constitutional Assembly in May 1996. ▲

## STRUCTURE OF THE CONSTITUTIONAL ASSEMBLY (CA)



# **What is the new Constitution?**



But remember – to be sure that the new Constitution is the one you want – Speak Now!!  
Talk to your friends, organisation or political party. Say what you want at a public meeting or write to the Constitutional Assembly, P. O. Box 15, Cape Town, 8000  
☎ (021) 245 031 or fax (021) 241 160.

ARTWORK:  
THOMAS DE VRIES

# YOU AND THE NEW CONSTITUTION

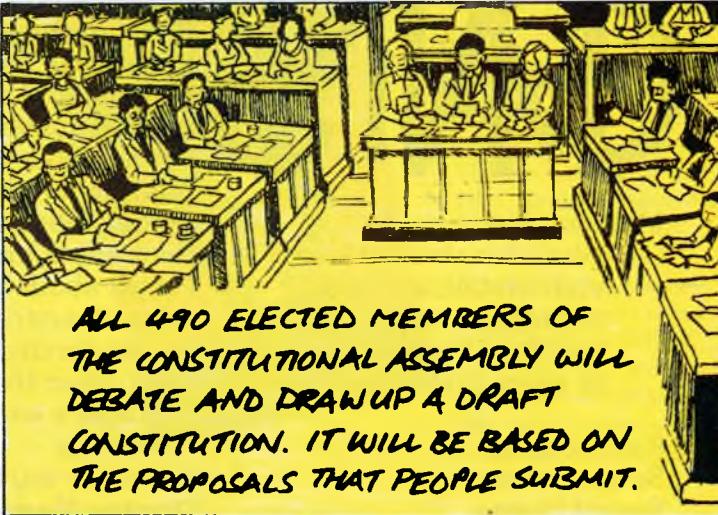
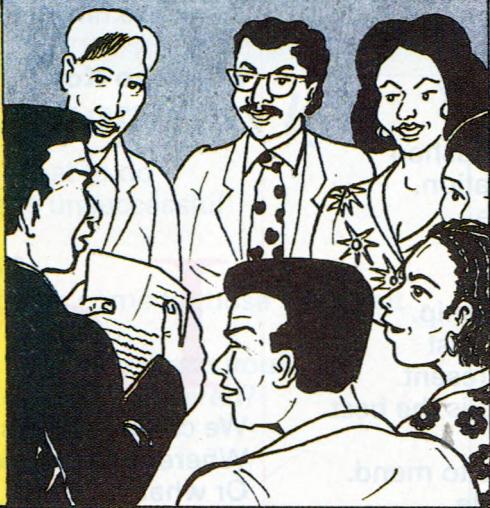
EDUCATION FOR ALL

SAFETY IN OUR HOMES

YOU DECIDE WHAT YOU WANT IN THE NEW CONSTITUTION.

YOU AIR YOUR VIEWS BY CONTACTING A MEMBER OF THE CONSTITUTIONAL ASSEMBLY (CA), OR WRITING TO THE CONSTITUTIONAL ASSEMBLY.

YOUR SUGGESTIONS GO TO ONE OF 6 THEME COMMITTEES. YOU CAN ALSO CONTACT A THEME COMMITTEE DIRECTLY. THEY WILL RECEIVE YOUR SUGGESTIONS AND COMPILE REPORTS ABOUT THEM.



ALL 490 ELECTED MEMBERS OF THE CONSTITUTIONAL ASSEMBLY WILL DEBATE AND DRAW UP A DRAFT CONSTITUTION. IT WILL BE BASED ON THE PROPOSALS THAT PEOPLE SUBMIT.

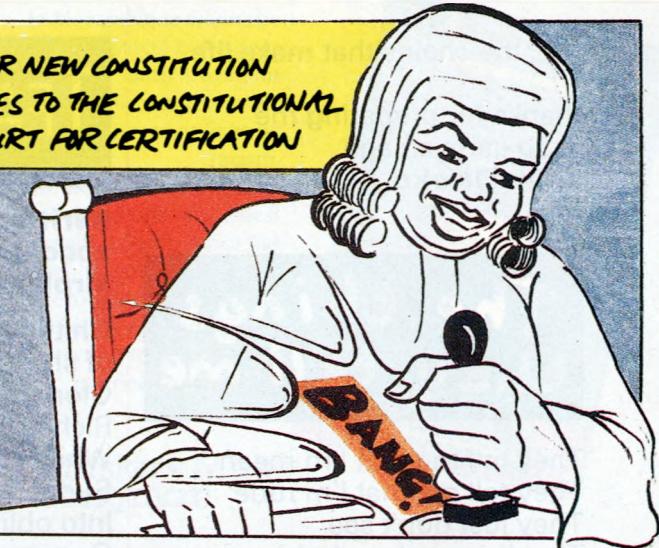
THE DRAFT CONSTITUTION IS MADE AVAILABLE TO PEOPLE FOR THEIR COMMENTS.

THE CONSTITUTION MUST PROTECT US FROM PORNGRAPHY.

NO. THAT IS THE JOB OF PARENTS.

THE CONSTITUTIONAL ASSEMBLY ADOPTS THE NEW CONSTITUTION.

OUR NEW CONSTITUTION GOES TO THE CONSTITUTIONAL COURT FOR CERTIFICATION



DON'T KEEP QUIET! THIS IS THE FIRST TIME EVER THAT THE PEOPLE OF A COUNTRY CAN PARTICIPATE DIRECTLY IN MAKING THEIR OWN CONSTITUTION. IF YOU DON'T MAKE THE LAW SOMEONE ELSE WILL.



## Let bygones be bygones

To forget a wrong is the best revenge.

It is never too late to mend.  
So let us forget about war  
think about peace.  
Forget about slavery  
think about liberty.  
Forget about bloodshed  
think about education.  
Forget about hate  
think about love.  
Forget about foe  
think about friendship.  
Forget about the past  
think about the present.  
To forget a wrong is the best revenge

It is never too late to mend.

**Doctor Magagula**

## CHAINS

Mother

Was your chain of love,  
your umbilical chord  
to prepare me for  
the life of chains  
of every kind?

Racial chains  
Social chains  
Sexual chains

the chains that make life

thanks for preparing me  
at so early an age.

**John Diseko**

## The things they tell me

They tell me that I'm mean  
They tell me that I'm rude  
They just don't see  
That I'm an okay dude.

They tell me I've got germs  
They tell me I've got lice  
Why is it so hard for them  
To see I'm really nice.

They don't really know me  
They still stay away  
If only they'd say hello  
And be a friend for a day.  
**Yazeed Kamaldien**

## Why?

A grieving heart  
A broken spirit  
A young life taken away  
A ripe fruit thrown away  
A sweet smile vanished  
A fancy face depleted  
A zest for life emptied  
A dear friend  
Why take him?  
Why?

**Mosiphota Kota**

## Love

We cannot always know  
Where roads will lead  
Or what we'll find at  
journey's end  
But, if along our way  
We give our best to everything  
We're sure to discover new joy  
Behind each bend  
If we use each day  
As a chance to reach out  
To learn something new  
If we follow our dreams  
Strive to make them come true  
Then life is sure to bring  
All the best things!

**Jacob Ignatia**

(Jacob please send your address to  
Upbeat Voices, if you want to receive  
your R15.)

## TEARS OF LOVE

**(Written after the Zambian  
soccer team was killed in an  
airplane crash)**

Oh the pain  
of shattered dreams  
Glory to debris  
Riches to rags  
What a rude shock  
Sudden plunge  
Into oblivion.  
Our soccer stars  
Down in the sea  
But why?  
Tell me Libreville  
Are you really free?  
April 25th  
Once Dr Kaunda's birthday  
Now, Zambia's doomsday  
Oh, what precious names  
Drowned in a second!  
Sleep well our loved ones  
Sleep well  
**Josius Chulu, Zambia**

Anyone can become an  
Upbeat creative writer or  
artist. Just put your poem,  
story or picture on paper and  
send it to: Upbeat Voices,  
P O Box 11350,  
Johannesburg 2000.

If your work is published in  
Upbeat, you will receive R20,  
so don't forget to include your  
name and address on your  
work.

**Drawing by:** Mzuvukile Andrew November,  
Sterkspruit  
'A trigger which changes your life is the loss of  
your parents.'



## Hope in a hopeless life

I just don't know what to do  
What I do is always unsuccessful  
Is success luck?  
Or is it hard work?  
They say good things come to those who wait  
How long must I wait?  
Lord, when will my prayer reach you?  
When will my prayer be answered?  
How long must I live this life?  
Am I still your son?

**Jerry Mahlangu**

**Drawing by:** Kgosi 'Tibadore' Morule –  
'African woman living African style in Africa'



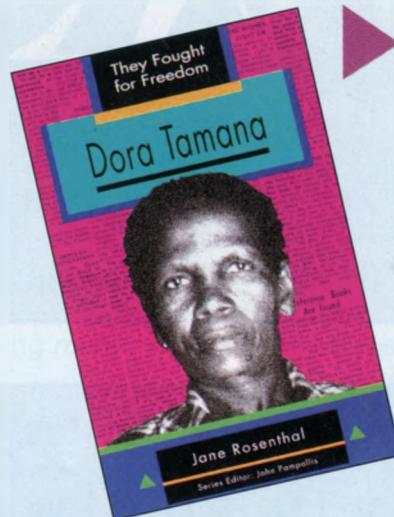
"AFRICAN WOMAN"

**They Fought  
for Freedom**

# A Salute to Women!

## Igama lamakhosikazi malibongwe

### Let the women be praised!



In the forties Dora Tamana ran a day-care centre for children in a shack in Cape Town. She had no money for pencils and paper but by writing words in the sand with a stick, she taught the children to read and write. This was only a small part of Dora's work. To improve the living conditions of her people she organised demonstrations, planned campaigns against racism and distributed political newspapers. She was also a leading member of the SACP, ANC and a founder member of the Federation of South African Women.

In 1982 Ruth First was killed in Mozambique when she opened a parcel bomb sent to her by a South African hit squad. This was the tragic end to a life spent fighting racism.

Ruth was a powerful public speaker and one of the best journalists South Africa has ever had; always probing, questioning and exposing the brutality of apartheid for the world to see. She was married to Joe Slovo.



 **Maskew Miller  
Longman**

#### ORDER FORM

Please return to Maskew Miller Longman  
P.O. Box 396, Cape Town 8000.

..... copies of Dora Tamana @ R17.99  
..... copies of Ruth First @ R17.99

#### Form of payment

Postal Order for the sum of R.....

Cheque for the sum of R.....

Credit card:  Visa  Master card

..... Expiry Date: .....

Signature: ..... Date: .....

Name: .....

Address: .....

..... Code: .....

To place telephonic orders ask for ORDERS DEPARTMENT  
tel: 021 531 7750 or fax: 021 531 4049.

**REVISED SYLLABUS**

**SCIENCE**

H																				He
Li	Be																			
Na	Mg																			
K	Ca	Sc	Ti	V	Cr	Mn	Fe	Co	Ni	Cu	Zn	Ga	Ge	As	Se	Br	Kr			
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Cs	Ba	La - Lu	Hf	Ta	W	Re	Os	Ir	Pt	Au	Hg	Tl	Pb	Bi	Po	At	Rn			
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La	Ce	Pr	Nd	Pm	Sm	Eu	Gd	Tb	Dy	Ho	Er	Tm	Yb	Lu						
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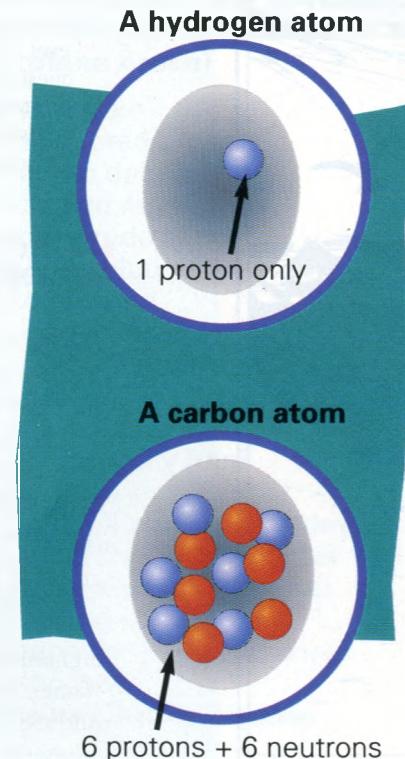
**The periodic table – the 92 elements of the world**

# What are we made from?

*New ear-rings! Zandile swings her head to show off the green hoops in her ears. Her boyfriend tells her they are made of carbon and hydrogen. 'Carbon, that is coal, these look nothing like dirty coal! Can they really be made from carbon and hydrogen?' asks Zandile.*

**F**irst let us talk about what carbon and hydrogen are. They are *elements*. Each element is made of atoms. Carbon is made of carbon atoms. Oxygen is made of oxygen atoms.

For a long time scientists thought that atoms were the smallest things in the universe. Then J J Thomson discovered that inside atoms are even smaller particles. He called them



electrons. In 1911, Ernest Rutherford discovered that the atoms also contain a nucleus. And inside the nucleus of each atom there are protons and neutrons.

**What makes the atoms of hydrogen different from the atoms of carbon?** It is the number of particles inside the nucleus. A hydrogen atom has only one proton and it is the only element which has no neutrons. A carbon atom has six protons, and six neutrons in its nucleus. The atoms of each element have a set number of protons, neutrons and electrons.

**How many elements are there?** The whole world, with all its different parts, is made of only 92 natural elements.

## Some common elements

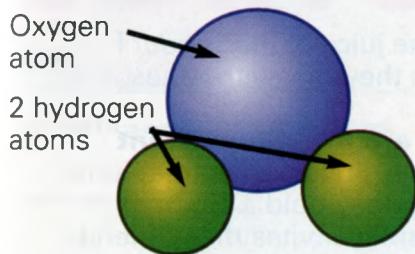
Oxygen is one of the world's most common elements. It is part of all living creatures. About one fifth or 23% of the air is oxygen. Other elements found in air, are hydrogen, nitrogen and carbon. Some metals are made of pure elements. See if you can find gold (Au), silver (Ag), copper (Cu), zinc (Zn) and lead (Pb) on the periodic table.

## Compounds

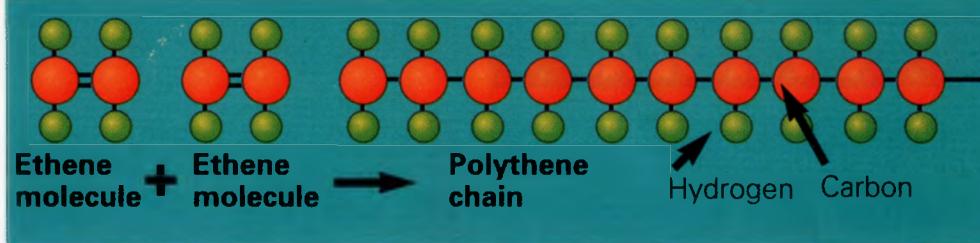
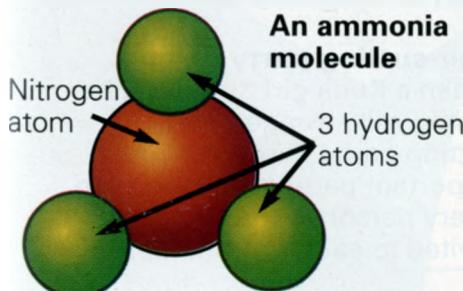
But if there are only 92 elements then why are there so many different types of things around us? It is because pure elements join with other elements to form molecules. The molecules then join with other molecules to make complicated structures called compounds. Elements can be arranged and combined in thousands of different ways.

Water molecules are made of two hydrogen atoms joined to one oxygen atom. The chemical symbol for water is  $H_2O$ .

### A water molecule



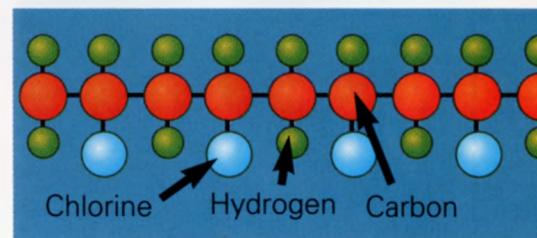
But oxygen is a gas and so is hydrogen. So how can water be a liquid? The way atoms behave changes when they join together in a compound. Ammonia is a compound used in cleaning liquids like Handy Andy. An ammonia molecule is made of three hydrogen and one nitrogen atom. Nitrogen and hydrogen in the air have no smell. But try smelling the Handy Andy! It has sure changed!



Modern chemists have found ways to make really big molecules. For instance, they take a lot of small molecules of a substance called ethene. They heat all these atoms together with a special substance called a catalyst. What happens? All the atoms join together into very long chains. These chains are now called polythene! The molecules are now extremely big. It is not possible to discover exactly how many atoms there are in each chain. Molecules made like this are called polymers, from the Greek word *poly* meaning *many*.

Materials like nylon, viscose, paint, resin, glue and plastic are also polymers. This method of joining molecules together is called polymerisation. Zandile's

ear-rings are made of plastic and her boyfriend is right, they are made of carbon and hydrogen - with maybe a little chlorine added to get polyvinyl chloride or PVC!



Detergents and soap are also long chain molecules. At one end of the molecule are atoms which water repels. At the other end are atoms which are attracted by water. One end cleans up fat and oil while the other washes water soluble dirt.

### Soap recipe

You can make soap at home using cooking oil and caustic soda or washing soda.

**Warning! Washing soda and caustic soda can burn your skin. If you spill some on your skin, wash it off with water, then rinse it with dilute vinegar.**



Pour half a glass of cooking oil into a pot made of stainless steel, glass or enamel (**NOT aluminium**). Add an equal amount of water and an equal amount of washing soda or caustic soda. (Get them from the Spar or hardware shop.) Boil the mixture and cook gently for 10 minutes stirring with a wooden spoon or stick.

Gradually the mixture will stop looking like oil. Let it cool, then shake the mixture up with some water. You should get a nice froth. Don't put it on your skin. If there is still some pure washing soda in the soap, it will burn your skin.

## COMPETITION

### Win a calculator.

Five students can each win a calculator. Read this article carefully then answer the following question: **Why is the chemical symbol for water,**

**H<sub>2</sub>O?** Send your answers with your name and address to: Upbeat No 4 Science competition, P O Box 11350, Johannesburg 2000. Cosing date: 2 August 1995.



**This Kuna girl is proud of her long decorated nose.**

Photographs by: Beppe Arvidsson

**Acknowledgments:** Copy by courtesy of The Globe/Children's World  
**Written by:** Monica Zak  
**Translated from Swedish by**  
**Marika Griessel**

# Long, LOW NOSES ARE BEAUTIFUL

If you are a Kuna Indian, the most important thing about your looks, is your nose. It is important for both sexes, but especially for the girls. 'A girl with a long, low nose is the most beautiful. When I look at a girl, I do not look at her face, I look at her nose,' says Amando. The Kuna boys and girls paint their noses to make them look bigger and more beautiful. They

use the juice of the *sabdur* fruit, which they mix with ashes.

#### **Girls are most important**

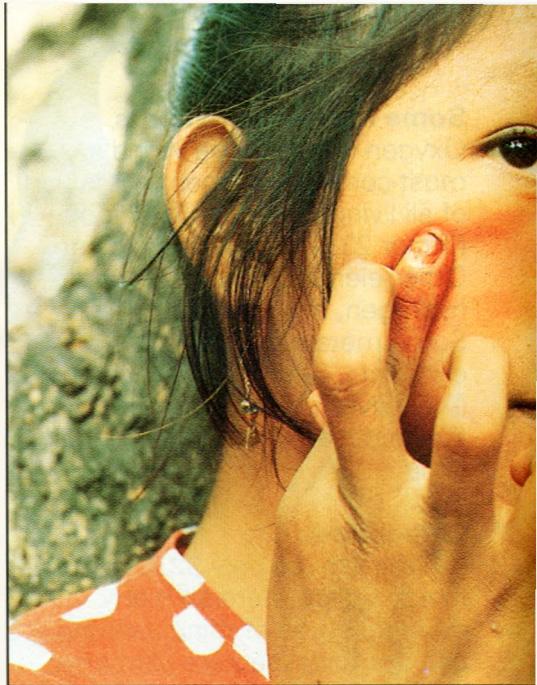
When a girl is born into a Kuna family, they hold a big party. The family invites many friends and relatives to join them in a feast. There is no party when boys are born. At the party, the parents pierce a hole in the baby girl's nose so that she can wear a gold nose-ring when she grows up. Today, not all Kuna families pierce their daughters' noses. But they all still have a party.

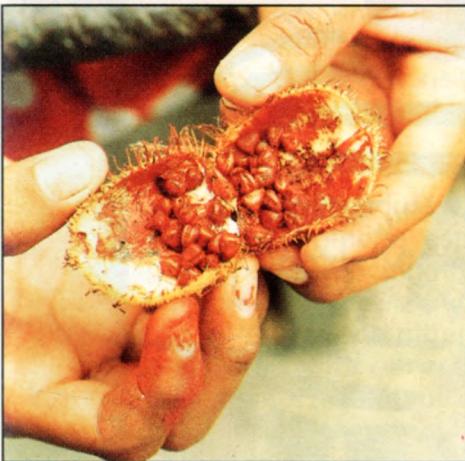
Just one month after the first party, the family holds another party, again to celebrate the birth of their daughter.

#### **Hair-cutting party**

When a Kuna girl turns five, her family will arrange a hair-cutting party. This is the most important party in any girl's life. Every person in the village is invited to eat, drink and dance.

*Decorating the nose of a Kuna girl.*





**Achiote seeds inside the pod.**



for three days. At the party, the girl's hair is cut very short. It is expensive to hold a three-day party, so in poor families, they must sometimes wait. A girl from a poor family might have to wait until she is as old as ten before her family can afford a hair-cutting party.

The next party in a girl's life is held when she begins to menstruate. Again, the whole village will celebrate.

There are many parties for girls and not one for boys. Why is that? In the life of Kuna Indians, women and girls are valued very highly. They are the ones who inherit the family home and wealth. The girls never leave their own family. When a girl marries, her husband must move into her home. Most Kuna women do not depend on their husbands for money. They pick coconuts or sew beautiful **mola** blouses to sell.

Hundreds of years ago, the Kuna Indians did not wear any clothes. Instead, they covered their skins with painted patterns and figures. The same patterns and figures are used today on the mola blouses. A mola

**Panama**, the country where the Kuna people live, is a long low country just like the noses that they admire so much. It is in Central America between the countries of Costa Rica and Columbia. It has a democratic government. The first people living in Panama were American Indians.

In the 1500's, the Spanish were the first whites to reach Panama. They brought with them black slaves from Africa. In the 1800's many people of African descent moved from the West Indies to Panama. The Kuna Indians make up only about 9% of the population. Panama is famous for the Panama canal, where ships can cross from the Atlantic to the Pacific ocean.

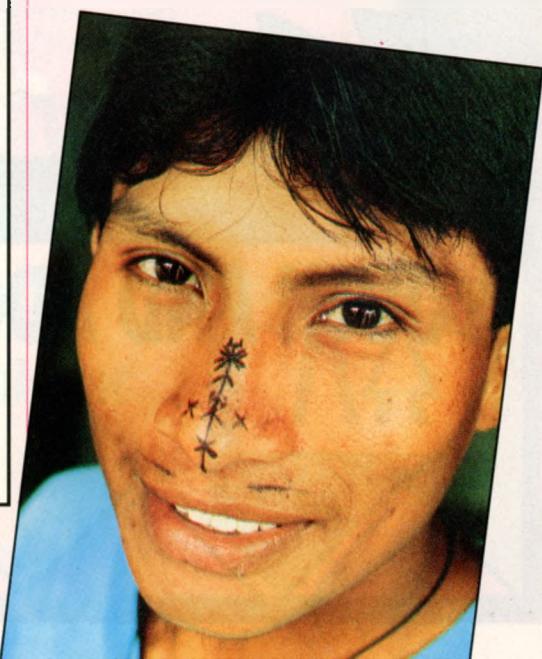


**A traditional hand made 'mola' blouse.**

blouse has many layers of cloth. It takes a few months for a Kuna woman to finish a really beautiful one. Today, only about half of the Kuna girls wear traditional molas. The rest wear western clothes.

To make her child more beautiful, a Kuna mother will hold her daughter on her lap and recite a magic verse. *Koli koli asoile, koli koli aseole.* When she says the word *aseole* for the second time, someone gives a strong pull on the child's nose. The Kunas believe that this will make the girl's nose longer, stronger and more beautiful.

**Kuna boys also decorate their noses.**



# Responsible decisions ensure a healthier you!



## YOUTH AND ADOLESCENT HEALTH

DEPARTMENT OF HEALTH  
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# Knowing what we want in relationships

## Decisions - What is right for me?

Making decisions is difficult, especially for young people. To make good decisions we need to develop a clear set of values. As young people, we do this with the help of parents, teachers, friends and other people whom we respect. Part of any person's set of values involves attitudes towards sex. In relationships, we learn to make choices which will not hurt, use or mislead others. But more importantly we learn to make decisions which make us feel good about ourselves.

### What is love?

Love is more than just a feeling. It is also caring about others, respecting others, trusting others, being honest with others and committing ourselves to others. If we love ourselves and others we will take responsibility for our actions. We will not allow others to push us into making decisions which do not fit in with our own system of values. We will not allow others to force us into a sexual relationship before we are ready. It is important to remember our values before saying 'I love you,' to someone special.

### Going too far

Touching is part of many relationships. The closer and more sexual our touching gets, the harder it is to stop. So it is best to first decide with our partners exactly how far we are prepared to go. This is our decision, no-one else can make it for us.

### Why shouldn't I do what everyone else is doing?

Sexual wishes and excitement are quite normal when we are young. Our bodies may be ready for sexual relationships, but emotionally we may not be ready. We may not be ready to take the risks that are involved. We may not be ready for the hurt that can come after being used by someone else for sex. We may feel guilty about having sex. We may feel anxious about falling pregnant or getting sexually transmitted diseases (STDs).

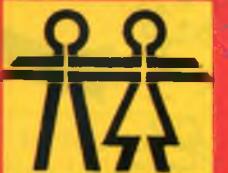
Although it is sometimes difficult to say 'No', it is much easier than coping with a pregnancy or a relationship of guilt. If we learn to say no in a way that is honest but not unkind, our relationships with people will be stronger and better. We will learn to trust and respect ourselves and others will respect us.

### What to do

We should communicate with our partners. This takes time, because we are all shy. But we can start by talking about things in a general way. We can discuss topics like:

- Being a virgin, then go onto how we feel about remaining a virgin?
- Is pre-marital sex O.K.? Is it O.K. for us?
- What are the pressures or desires which make us want to have sex? What are the risks?
- Should we get to know and trust each other more before we get sexually involved?

**Remember** It is our decision. No one else can decide for us. We are responsible for what happens next.



# Helping your brain

**The way that** you put information into your brain helps you to remember. If you experience something using many of your senses, you remember it better.

Think of a soccer match you have been to. Months later you will remember exactly who scored the final goal and how it happened. You *saw* the star kick the ball, you *heard* the spectators yelling and the cars hooting. You *read* the final score on the scoreboard, you *watched* the players leaping with excitement and you *smelled* the dust.

Now try to remember the results of an important match which you read about in the sport's pages of the newspaper. Which score is easier to recall?

For most people, remembering is much easier if you feel, hear, see and even smell something connected with the event. Think of the things you can remember from your childhood. You might remember

exactly what was in a certain cupboard, how it felt and how the cupboard smelled. You might remember too clearly, the pain and the sound of a beating that you or your brother got. You will also remember the feeling of fear, anger or shame that went with the experience. These things may not be very important in your present life. But they stick in your mind forever.

So why can't we remember things that we really need to know, like maths formulae or history facts, as easily?

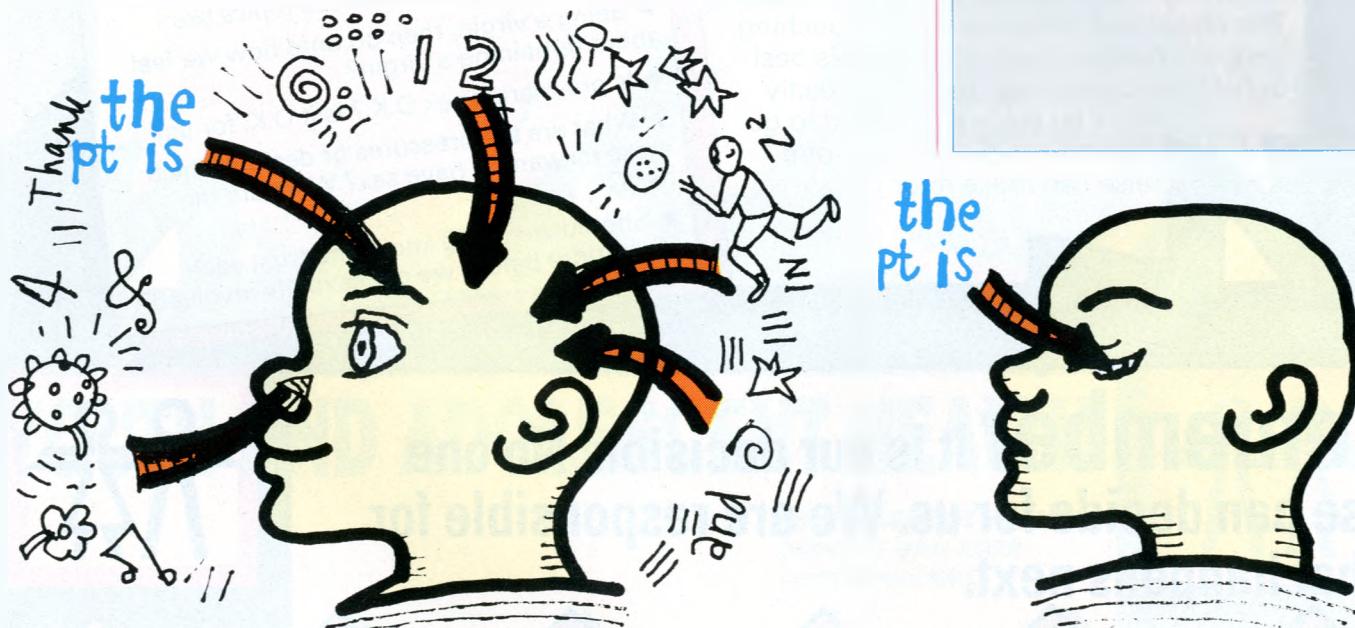
One of the reasons is that our brain is getting the information through only one source, usually through our eyes reading a page of notes. If we involve many of our senses, the information will reach our brain in many different ways. It will also be processed and interpreted by both the left and the right sides of our brain.

## Better ways to learn for exams

It helps our memory if we increase the number of information lines coming into and going out of our brain; and if we try to involve both the left and right sides of our brain in learning. One way to do this is to use trigger charts. Trigger charts use shape, colour and patterns to help us remember better.

## SOME TIPS

Don't worry about the way you draw or how untidy your page looks. This is not an art lesson, it is just a way of organising your thoughts. Try not to stop your thoughts at first, even if you think an idea is wrong or stupid just write it down. Silly thoughts are sometimes the ones we remember best! If something does not fit the topic you are studying, you can cross it out later. Don't be afraid to experiment and play around!



# 1 to remember

## Trigger charting Method

1

Decide what your topic or theme is.

Put the theme or topic in the centre of the page.

2

TREES

Surround your theme in colour in such a way that it has its own special shape and pattern.

3

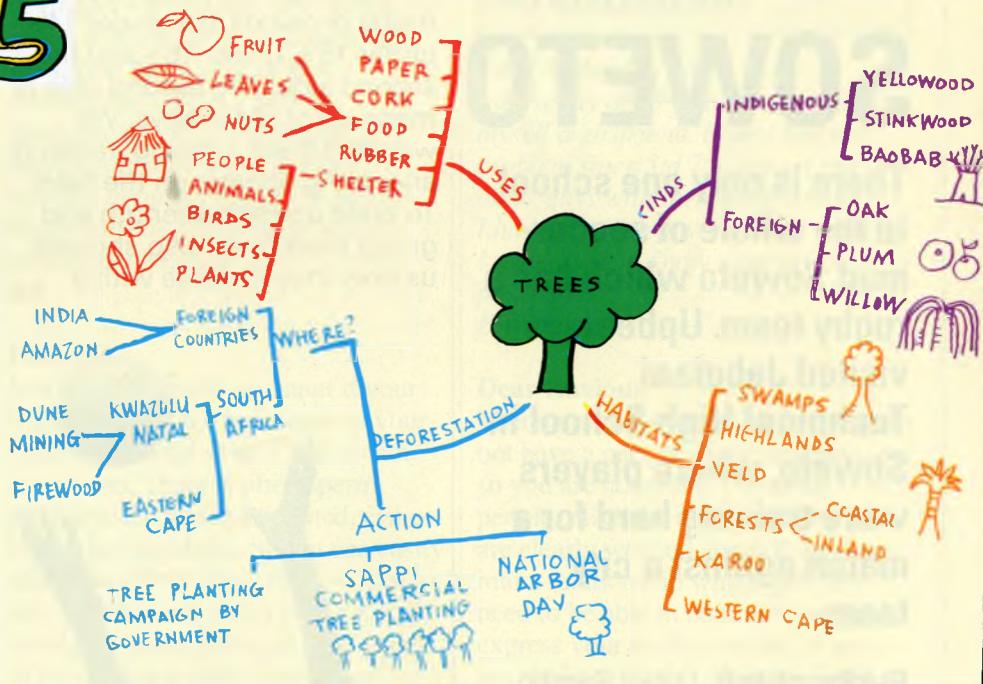


Now using a separate colour for each group of related ideas extend lines out from your central theme, like this:

4



5



6

You can see that related ideas, facts and items are linked to the same line on your trigger chart. They should be in the same colour as the main idea to which they are linked. Show links between main ideas, if necessary

7

Your memory will be helped if you use images, pictures, patterns and shapes as well.

## MEMORY COMPETITION

Do you have an easy, funny or catchy way to remember something that is important in your school work? Send us your original ideas. Upbeat will publish the 5 best contributions and winners will each receive R20. Send your entries to Upbeat Memory Competition, P O Box 11350, Johannesburg 2000.

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## SPORT

# RUGBY SCRUMS

IN

# SOWETO

**There is only one school in the whole of soccer-mad Soweto which has a rugby team. Upbeat visited Jabulani Technical High School in Soweto, where players were training hard for a match against a city team.**

**Rugby coach**, Lucky Sambo, told us more about the game. 'In rugby you have to be fit and clever. If you think that rugby is a rough sport then you'd better think again. Every sport has its dangers. In this school we have had no serious injuries since we were involved with rugby. We play non-league rugby with English speaking schools.'

Sambo, spoke about the unusual situation at Jabulani. 'We started way back in 1988. At that time the apartheid system was very much alive and kicking. There was not even talk about sport development in the townships. Our principal, who was white, had the idea of forming a rugby team for the school. I liked the idea and took control immediately. I started with only eight boys.'

The school now has four rugby divisions, the under-14's, under-15's, under-16's and the second side. The second side is made up of older boys. We watched them running, tackling and doing scrums on the field. To build up their strength and group work, they also showed us how they practise with a

scrum machine. A number of players bend down and heave against the machine with their shoulders. Meanwhile some heavy-weights are weighing down the machine to make it a real test of strength. Between grunts and groans, the players seem to enjoy this challenging exercise very much.

At training there are also young players from neighbouring schools. They are members of the under-14 division. They have high hopes of becoming stars like Francois Pienaar and Naas Botha.

All the players were feeling confident and ready to go. They had just benefited from a coaching clinic held by the visiting Ivory Coast rugby team who were in South Africa for the rugby world cup.

Interest and skill in rugby is growing fast. Some of Jabulani Technical's top players also play for the Wits University rugby team. And at primary school level, three teachers from Jabulani Technical High are attending courses in coaching methods so that they can coach rugby at Soweto primary schools.

Maybe other schools should follow the example of Jabulani Technical High. Why not give the Jabulani team some support when it represents Soweto schools? ◀

Soweto residents interested in playing rugby can contact Mr Lucky Sambo at Jabulani Technical High School, Koma Road, Jabulani, (near the fire station). Or you can telephone him on (011) 930-4019. Practices start at 1.30 p.m. every week day.

**Opponents try to ground a high-flying player as he reaches for the sky.**

Photographs by Brett Eloff



# YOU AND YOUR BODY

*Have you got questions about your body, sex or relationships? Pebetse and Aubrey will help. They are youth counsellors at the Planned Parenthood Association.*



**Write to Pebetse and Aubrey, c/o Upbeat, P O Box 11350, Johannesburg 2000. Write in your home language if that is easier for you.**

## VARICOSE VEINS

### Dear Pebetse

*I am a girl of 17 years. My legs have veins. I need your advice. I want something that could remove these veins because I hate them.*

*Tikana*

### Dear Tikana

We think you must be talking about varicose veins. They are veins which are slightly raised and look red or purple. They can also be painful. Unfortunately it is not easy to cure varicose veins. But there are some things you can do to try to stop them from getting worse.

Exercise, especially moving your legs is good. Gently massaging your legs from the feet upwards can also help. Too much standing, the way shop assistants have to do, will make the problem worse. Doctors can prescribe medication to help with the problem, but this is mainly for people whose varicose veins are painful. In some people, doctors operate to remove the varicose veins. But this is not always possible. If you are embarrassed about how your legs look, you could wear long skirts or trousers.

**Pebetse**

## PREGNANT ?

### Dear Pebetse

*I am a girl of 19 years old. I have never had sex in my life. But I have a boyfriend whom I love very much. He insists that we have sex against my wish. One day I gave in to his demand but I did not let him penetrate me. He just rubbed his penis against my vagina. I am worried about the effect his sperm might have although there was no serious penetration.*

**BZ**

### Dear BZ

It is possible to fall pregnant if your boyfriend puts his penis near to your vaginal opening, even if it does not go right in. There is often sperm around when a man is excited, even before he ejaculates. Sperm can easily move into the vaginal fluids which you produce and go up your vaginal canal. If you are going to play around in this way it is safer to get your boyfriend to wear a condom. If your boyfriend's penis did not go anywhere near your vaginal opening, then you will not be pregnant. If you miss a period, then have a pregnancy test.

**Pebetse**

## RED URINE

### Dear Aubrey

*I am a 14-year-old boy. My problem is that my urine is not exactly white, it is red. I don't know if this is sperm in my urine. But when I am with a girl, nothing seems to come out.*

*Please help me.*

**Problem Boy**

### Dear Problem Boy

Red urine is a sign that there is a problem in your bladder, kidneys or your urethra. One of the causes of blood in the urine is bilharzia which is a disease that you can get from swimming or walking in infected dams, streams or rivers. Many of the streams in South Africa carry bilharzia. You may also have some other infection. But whatever it is, you should visit a doctor or clinic to find out what is causing the problem and to get treatment. Blood in your urine does not mean that there will also be blood in your sperm.

**Aubrey**

## NO GIRLFRIEND

### Dear Aubrey

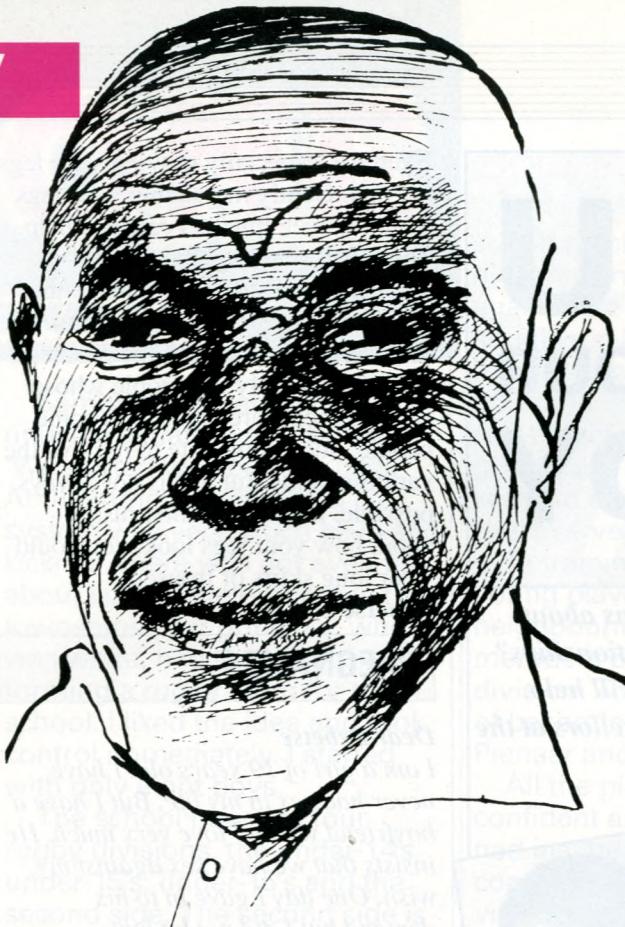
*I am a guy of 20 years. I cannot find myself a girlfriend. I have had this problem since Std 7. I always envy other guys with their girlfriends. I have never slept with a girl. Now I would like to know what my problem is?*

**Envious**

### Dear Envious

There are many young people who do not have a partner of the opposite sex, so you are not alone. For some people, this does not matter, but you are clearly worried about it. To enter into a relationship with a girl, you need to be able to communicate and express your feelings to her. If you are afraid to do this, then you need to have more contact with girls on a friendly level. Remember, no matter what your friends say, you can have a girlfriend without having sex with her. Do not let other people push you into doing things that you are not ready for.

**Aubrey**



## A LIFE ON THE MOVE

*Ndae Makume was a farmer. Over and over again he was thrown off the land where he lived. Each time he moved on and started again.*



Adapted from: *Exploiting the contradictions: The life story of Ndae Makume* by Tim Keegan

**Ndae was born in 1903.** He grew up on an Orange Free State farm owned by Christian Rabie. Like many black farmers at that time, Ndae's family paid rent by working for the farmer. They were allowed to farm some land for themselves. 'We had more than 30 cattle,' remembers Ndae. As a young boy I used to weed the fields and milk the cows.'

### The winter of 1913

A law called the 1913 Land Act, divided South Africa's land between whites and blacks. Africans could only own land in the 'reserves'. If Africans lived on white land they had to work for the owner. 'I was only 10 at the time, but I remember very clearly how Mr Rabie forced my family to sell our goats.' Ndae's family loaded everything onto ox wagons and left Rabie's farm. They met many other black families, all searching for a better place to live.



The Makume family moved to a farm owned by a kind man called Danie du Brille. He gave them a large piece of land. Soon they had over 400 sheep. The whole family ploughed the family fields. For rent, the farmer took a share of whatever the family produced. For about five years, they lived happily as sharecroppers on this farm. Ndae met his wife, Anna and their first child was born.

#### **Hertzog's government**

General Hertzog's government came to power in 1924. After that things really began to change. Black farmers living on white-owned farms had to sell most of their cattle and they could keep only one horse. 'Hertzog brainwashed those young white farmers by saying that if they kept on allowing us to plough and practise farming it would not be long before we took those farms from them,' Ndae said.

When Du Brille's son began to farm things changed. 'He said we could no longer plough the fields to produce our own goods, we had to work for him.'

He started to pay us money wages - 25 shillings for a month's work. That was the death of the black people. There was no longer any opportunity to plough as we liked.'

#### **To the mines**

In 1929, Ndae and his family left for Lesotho. But the land was no good for farming. Four years later, Ndae had to leave his family and go to the mines in Johannesburg. On the mines he got six pounds a month. Next he worked for 11 years for a building contractor called Mr Terblanche.

#### **Bricklaying**

While working for Terblanche, Ndae decided to learn how to build. But building was a job reserved for whites. 'There are ways of getting round the white man's law! Whenever the whites were having lunch, I would lay four bricks and paint them just as I had seen my baas do. When the whites resumed work after lunch, I would watch to see if my baas noticed and removed my four bricks, but to my joy he would continue without noticing them. Then I realised that I knew how to build.'



In the late 1930's, Ndae settled on a farm near Heidelberg. He fetched his wife and children. They lived there for 16 years. He paid Mr Muller by giving him a portion of whatever he produced. He also did building jobs for other farmers.

#### **On the road again**

When Muller's son took over, Ndae had to leave. 'The son came to me and said, "I am not going to be like my father to you people."' Ndae moved to a farm across the Vaal River. He stayed for nine years before he was again forced to leave.

In 1960, Ndae settled at Viljoensdrift near Vereeniging. His job was to look after the African Methodist church. He had a small piece of land for his cows named Stompie, Vaal Muis and Blommetjie. He sold milk to the local school.

#### **Black spot**

Ndae stayed at Viljoensdrift until he was 80. Then the government decided that the place where he lived was a 'black spot'. A black spot was an area owned by black people but surrounded by white owned land. The government ordered Ndae to leave. They said he must go to Lesotho because that was the place where he was living before he came to the mines. Ndae wanted to live in Sebokeng with his grandson's family. The government destroyed the church and took Ndae to Sebokeng on a truck. That was the year that the old man died. ▲

# PENFRIENDS

## OVERSEAS

Skovmarken 17, 8850 Bjerringbro,  
Denmark

### Dear Upbeat

I am a girl of 13 years old. I would like to correspond with boys and girls of any age and race from all over the world. My hobbies are listening to music by Nirvana and Aerosmith, riding horses, reading books and going to parties. Please reply in English.

Tania Maria Hennerberg

## AFRICA

P O Box 33 Lumbadzi, Lilongwe,  
Malawi

### Dear Upbeat

I am a boy of 18 years old. I would like to correspond with penfriends in South Africa. My hobbies are reading novels, listening to the radio and reading newspapers. I will reply to all letters written in English.

Rhodric Calvin Esau

P O Box 40998 Gaborone,  
Botswana

### Dear Upbeat

I am a girl of 12 years old. I would like to correspond with penfriends from all over the world. My hobbies are reading magazines, writing letters and listening to the music of Tevin Campbell, Shanice, R Kelly and Luther Vandross. I will reply to all letters written in English or Setswana.

Boitumelo Joyce Kalane

## NATAL

P O BOX 84, Hammersdale 3700

### Dear Upbeat

I am a girl of 16 years old. I would like to correspond with girls and boys of all ages. My hobbies are listening to the radio, dancing, outdoor life and music. My favourite artists are Boyz 11 Men, Luther Vandross, R Kelly, Aaliyah and Tevin Campbell. I will reply to all letters written in English and Zulu only.

Sthobile Gwala

Private Bag X 027, Umlazi 4031

### Dear Upbeat

I am a girl of 18 years old. I would like to correspond with girls and boys of between the ages of 18 and 22 from all over the world. My hobbies are

playing volley ball, going to the movies, listening to the music of Tevin Campbell, Toni Braxton, R Kelly and Maria Carey. I promise to reply to all letters written in English, Zulu or Xhosa.

Benedictor S'du Zungu

## GAUTENG

478 Empilweni Section, Tembisa

1628

### Dear Upbeat

I am a girl of 16 years old. I would like to correspond with boys and girls between the ages of 14 and 30. My hobbies are listening to music, dancing, writing and reading. My favourite artists are Whitney Houston, Maria Carey, Boys 11 Men and Tevin Campbell. Please write in English or Sotho. Photos are welcome.

Norah Mabalane

331 Moshoeshoe Sec, P O

Katlehong 1832

### Dear Upbeat

I am a girl of 19 years old. I want penfriends of all ages from all over the world. My hobbies are listening to music and reading. My favourite artists are Boys 11 Men and Keith Sweat. I will reply to all letters. Photos are welcome.

Maria Seude

## NORTH WEST

P O Box 960, Taung Station 8580

### Dear Upbeat

I am a girl of 15 years old. I would like to correspond with boys and girls of between the ages of 15 and 20 from all over the world. My hobbies are going to church, group discussions, cooking, reading magazines and comics and listening to music. I will reply to all letters. Please send photos.

Naomi C Lejake

P O Box 26, Saulspoort 0318

### Dear Upbeat

I am a 17 year old girl. I want penfriends from all over the world. My hobbies are reading, watching television and listening to the music of Whitney Houston and Toni Braxton. I will reply to all letters written in English or Tswana. Photos are welcome.

Sentebane Ntshabele

## ORANGE FREE STATE

7871 Mojaji Street, Phuthaditjhaba  
9866

### Dear Upbeat

I am a girl of 14 years old. I would like to correspond with girls and boys of between the ages of 14 and 18. My hobbies are dancing, watching television, playing tennis and listening to the music of Boys 11 Men, Shai and Whitney Houston. I will reply to all letters written in English. Photos are welcome.

Irene Mthimkulu

## NORTHERN TRANSVAAL

P O Box 3935, Pietersburg 0700

### Dear Upbeat

I am a boy of 19 years old. I want penfriends from all over the world. My hobbies are listening to music, watching television and reading short stories. I will reply to all letters written in English and Northern Sotho.

Joseph F Ngobeni

P O Box 46, Jane Furse 1085

### Dear Upbeat

I am a boy of 18 years old. I want penfriends of between the ages of 12 and 18. My hobbies are listening to music, writing letters, reading magazines and karate. I will reply to all letters written in English. Photos are welcome.

Trevor Matshetshemole Mapunye

## WESTERN CAPE

60 Angus Way Westridge, Mitchells Plain 7785

### Dear Upbeat

I am a girl of 16 years old. I would like to correspond with girls and boys of 16 years and older from all over the world. My hobbies are swimming, listening to music and going to social clubs. I will reply to all letters written in English and Afrikaans.

Fazlin Rabin

Valencia Benson

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Teachers, don't panic if you don't have new teaching resources. UPBEAT magazine can help! Students love Upbeat because it makes learning fun and relevant to their lives.

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# What is a business?

***The very best way to make money is to start your own business. So read the rest of this article - it may change your life!***



**CENTRE FOR OPPORTUNITY DEVELOPMENT**

This series is compiled and written by Burt Neethling of the Centre for Opportunity Development. Tel: Johannesburg (011) 643-4971, Cape Town (012) 448-7501 Design & illustration: Francois Smit

**W**hy should you think of starting a business? If you have hardly any money and no way to get more, the answer is simple. If you start your own business, and manage it well, you will earn enough money to buy the things that you need. You may even become rich - much richer than someone who gets a salary.

Thousands of South Africans started with very little and became successful in business. Just look at Herman Mashabe. At 22 years with very little money, he started, 'Black like me.' Today, he is one of the richest people in the country.

Mashabe did not have a lot of money or a university degree to start with. If he can do it, why can't you?

You don't have to wait until you leave school before you start a business. The more practice that you get right now, the better you will be as a

full-time businessperson one day.

What is a business? To explain what a business is, I want to tell you a story.

*Vusi gets up very early every Saturday and puts on an apron. He takes ten chickens out of the fridge and cooks them. He cuts the cooked chickens into pieces then puts the pieces into plastic bags. Then he takes the meat that is still left and makes chicken sandwiches. He puts the sandwiches into bags too. At lunch time he takes all his chicken pieces and sandwiches to the soccer stadium.*

*He sells them to people just before they go into the stadium. He knows that many people are hungry because they travel far to watch soccer. After he has sold everything, he goes home and counts his money. On Monday, he buys more chickens for the next week. He puts the money that is left into the bank.*

**What does Vusi do in his business?** He buys the chickens, cleans them, cooks them, cuts them up, packs them in bags, makes sandwiches and puts them in bags, goes to the stadium, sells his goods, goes to the bank, goes to the store for more chickens.

All the things that he has to do to run his business are called the *business process*.



**What things does Vusi need to run his business?** He needs the chickens, salt, spices, oil, bread, plastic bags, an oven, a fridge, pots, a knife, a cutting board, electricity for the oven and fridge, water, a sink and a kitchen to work in. He also needs money to buy the chickens and to get a taxi to the stadium.

He needs his own hard work and some time in which to do

the work. Maybe you can think of other things as well - I am not a good cook!

The word for all these things that Vusi needs to run his business is *resources*.

**What does Vusi sell?** He sells chicken pieces and chicken sandwiches. These are called the *products* of his business. Some businesses do not sell products. Instead they deliver a *service* such as cleaning offices, dry cleaning clothes or fixing radios.

**Who buys Vusi's products?** He sells his products to people at the soccer stadium who are hungry and who can afford to pay the prices that he charges.

In business, the people who buy your product at the price that you charge are called your *market*. A market can also be a place, but in business it means the people you sell to.

**Why does Vusi go to all this trouble?** It is not because he likes cooking or because he does not want soccer fans to be hungry. He is not a charity. He runs his business because he wants to make money.

This extra money that he makes is called *profit*. Profit is the most important word in business, we will talk more about it in other articles.

So, if we put all these words together in a sentence, we can say that *Business* is a process that takes *resources* and turns them into *products* or *services* that you can sell to a *market* for a *profit*.

Now you can give a good definition of business. And you already know more about business than most people. You are on the way to becoming a businessperson!

## Bumper Money Competition

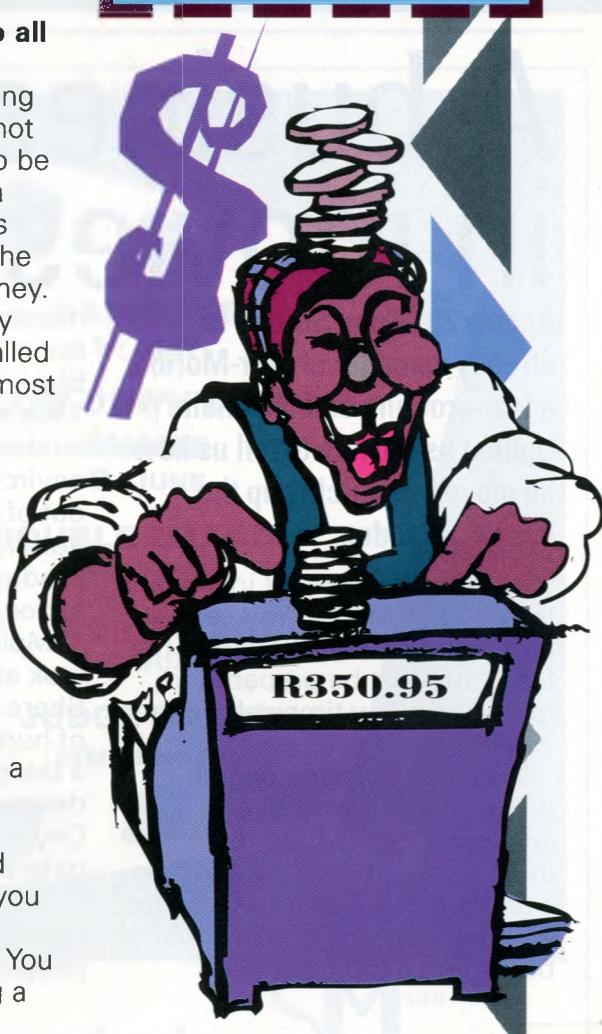
Remember to enter our bumper money competition. You will have to answer the questions that appear at the end of every article in the series. Don't send your answers in yet. Just write them down and keep them until the last issue in this series. In Upbeat No 8, there will be an entry form for this bumper competition.

### THIS MONTH'S QUESTION:

**What is the most important word in business?**

Reminder: In case you missed Upbeat No 1, 2 or 3, here are the questions you need to answer:

1. Name four advantages of money.
2. Give two reasons why budgeting is a good idea.
3. How much money would you have to save each month to buy a car that costs R6,000 and pay the license fees of R120?





# A business star in movies

**At only 28, Mpho Serobe is already manager of Ster-Moribo, a fast-growing cinema chain. Upbeat asked him to tell us how he moved so quickly up the business ladder.**

**'Attitude** is the most important thing,' says Mpho. 'You cannot be afraid of failing. To get to the top, you must be prepared to fall down a few times along the way.'

He admires many people whose businesses have crashed. But it is hard to imagine Serobe failing. Even as a student at Vista University he was working towards his goal of becoming a top business

manager. He started the Vista branch of the Association of Black Commerce Students. 'I wanted to expose black students to the commercial environment. Often you come out of a university knowing nothing about things like production management or factory lay-out.'

Mpho aims high. He says, 'If I look at a business project like Shareworld, I think - What type of human being manages to put a thing like that together? It was the same when I visited the Lost City. I thought - What makes me different that I can't do this too?'

Serobe reads as much as he can about successful business people. He knows all about

**Mpho Serobe, king of Ster-Moribo**  
Photograph by Brett Elloff

Sol Kerzner and Ruel Khoza. 'But to get ahead in any business you must first learn to play the game by the rules. When I worked for Nampac as a trainee graduate, I first learned everything I could about the operation. But I would also take every available opportunity to try out other positions.'

When Serobe heard that Ster-Moribo wanted a manager, he knew that he was too young and inexperienced. But he said to himself, 'I've got a vision and I'm going to sell that vision to them.' Serobe sees a truly African business which recognises the culture of its employees and its customers.

'The majority of employees in this country are African. A business will survive better if it recognises that and does not force people to adapt. I also believe that every staffer is a business person. The doorman

is a marketing expert, he must get people to come to the cinema.'

'Ster-Moribo cinemas,' says Mpho, 'will cater for the way people in Africa feel comfortable.' He says people go out to enjoy the company of others and to socialise in groups. He is already redesigning cinemas to cater for this. And to make the cinema cheaper and more social, Ster-Moribo will offer discounts to groups.

## COMPETITION

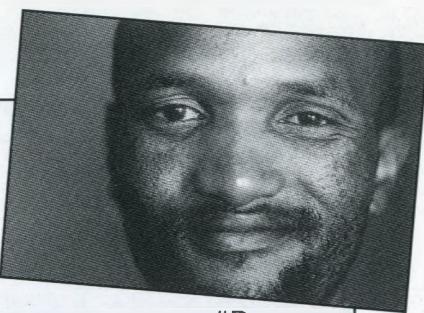
Mpho Serobe is kindly offering Upbeat readers 10 free movie tickets. Each ticket will allow two people to attend a movie at any Ster-Moribo cinema. First prize will be five tickets and five runners-up will each get one double ticket. Just answer the following question: Name one South African actor who stars in the movie: Soweto Green. Send your answers to Upbeat-Moribo competition, P O Box 11350, Johannesburg 2000.

Closing date: 15 August 1995.

## TIP ON JOB INTERVIEWS - What Serobe looks for

'I look for vision. What can you do that is different to what others are doing?

I also look for people with ambition. If I say to someone, "Do you want a job?" and they say, "How much are you paying me?" rather than, "What will I be doing?" then I know that they are more interested in earning money than they are in succeeding in business.'



## MOVIE REVIEW: SOWETO GREEN

**It's hot**, it's lekker and it's local. It's about the anger, hopes, disappointments and victories of South Africans. It's about coming home from exile and how people are affected by affirmative action. And it's all about laughter. You will laugh until the tears are running down your cheeks. Soweto Green is just the medicine that South Africa needs right now!

By Christine Noko

**FIVE  
GOOD  
REASONS  
TO SHARE  
THE  
FUN!**

**BAD BOYS**  
26 MAY

**LOW DOWN DIRTY**

**SHAME**  
9 JUNE

**DOUBLE DRAGON**  
16 JUNE

**DIE HARD 3**  
14 JULY

**JUDGE DREDD**  
[SEPTEMBER]



**Share the fun. Zvakala.**

**SM**  
STER-MORIBO



## **WILLARDS FOODS HIGH SCHOOL SPORTS ACHIEVER AWARD**

If you are a strong achiever in any sport, this may be your chance to win money for your school and exceptional prizes for yourself. Willards Foods have been running their Sports Achiever Awards for several years on a national basis, which has resulted in High School sports achievers being acknowledged in South Africa.

It is not, however, always possible to directly reach each and every sports achiever through the schools which they attend. We, therefore, take this opportunity to personally approach yourself with an offer to enter our Sports Achiever Promotion. Entry is easy, all you need to do is to fill in the enclosed entry form and send it to our Willards Sports Achiever Promotions. Monthly winners are chosen throughout the year. National winners are, in addition, elected out of our panel of monthly winners, drawn from each province.

School:.....

Address:.....

Tel No:.....

Contact Person:.....

School Principle:.....

### **STUDENT DETAILS**

Name:.....

Standard:.....

Age:.....

Date of Birth:.....

Sport:.....

Passport size  
Black & White  
Photograph

### **AWARDS & ACHIEVEMENTS:**

(Please list any recent competitions, championships, medals, etc)

.....  
.....  
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PLEASE RETURN YOUR INFORMATION OR ANY QUESTIONS REGARDING THE PRIZES OR PROMOTIONAL GUIDELINES TO THE FOLLOWING ADDRESS: **WILLARDS FOODS SPORTS ACHIEVER AWARDS**

**P O BOX 251,  
ROSSLYN, 0200**

# How to Pee Pee With the ~~senior~~ as.

In Mexico, the señoritas, they are very beautiful.

My Cousin Pedro and me, we like to  
whistle and shout yo yo when  
they are walking in the street.

Senor! **Q**uadrajaço, he say we must be **good operators**.  
prettier. **T**heas pez **B**eed with the **S**enoritas. **J**ose he say **B**eing **m**usie are

**Muscle** : also heeg. And maybe  
eez beeg hev a designer-  
stubble becoz it drives  
the heby's wild with passion. But what ees

# Cowboy Walloo Pee-wee



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