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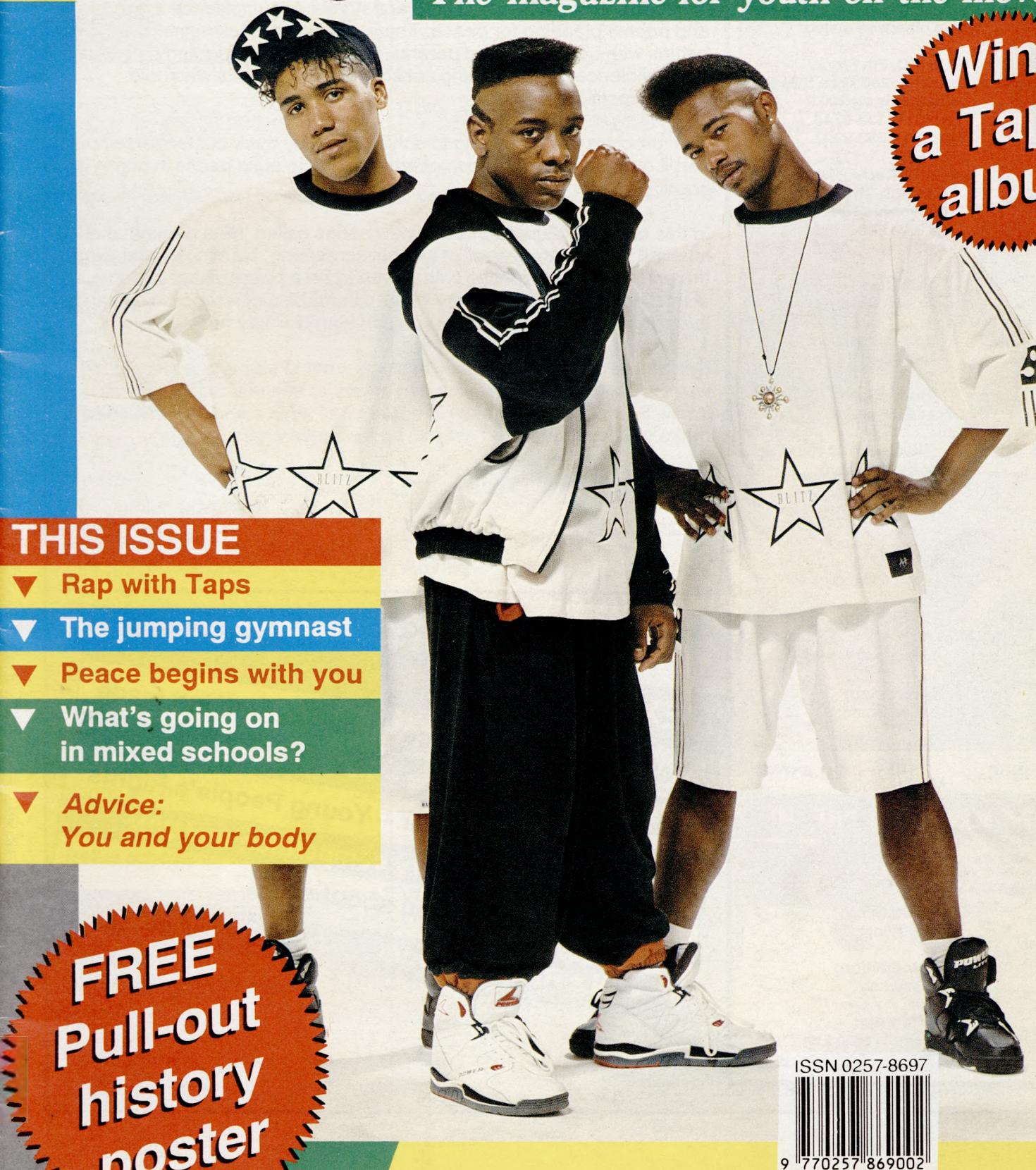
NUMBER 4 1992

UPBEAT

R1.80^c
Incl. VAT

The magazine for youth on the move

Win
a Taps
album



THIS ISSUE

- ▼ Rap with Taps
- ▼ The jumping gymnast
- ▼ Peace begins with you
- ▼ What's going on in mixed schools?
- ▼ Advice:
You and your body

FREE
Pull-out
history
poster

ISSN 0257-8697



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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

Conflict is OK. Violence is not! You can disagree with someone else's views. But you can't punch them! Conflict is a normal part of life. We are all different and want different things. As a result we often fight with the people around us – our family, friends and neighbours. You like rap but your boyfriend likes disco. You want to go out but your mom says stay at home.

Every day Upbeat receives lots of letters from our readers. Many of the letters are about violence. There are stories about violence in the street and poems pleading for peace. There are letters seeking help in solving battles with boyfriends and parents. Readers tell us frightening tales about violence between gangs at school and students who hold different political views.

The problem seems too big to solve. You may think our leaders should sort it out. But we can all do something to help build peace in our country.

In this issue we start an exciting new series called 'Be a peacemaker'. It is about how to tackle conflict without screaming, blaming or punching the person you are fighting with. Learn to be a peacemaker at home, school and in your community. YOU can make a difference. You can't avoid conflicts in your life. But you can learn to 'fight fair'.

Don't forget! If you have ideas that you want to share or a story to tell – write to us. If you need advice on careers or sex education – let us know. Sometimes all it takes is a little bit of advice and information to make you feel better and get you on the move again.

Keep reading and writing!

Harriet

Editor

NEXT ISSUE:

- Working with Science – how records are made
- Meet Caroline Fassie – TV's young star
- FREE pull-out poster – Young People's Rights
- Enter our short story competition and WIN
- Who should tell you about sex?
- WIN a Ricardo album



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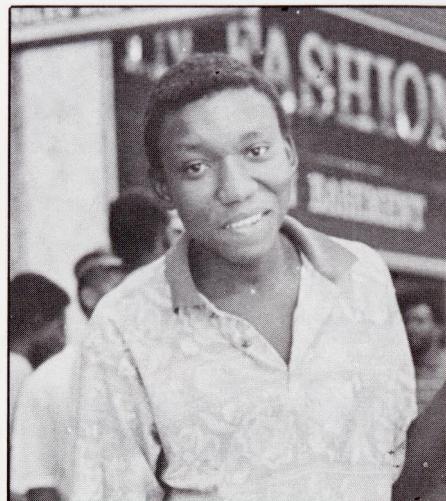
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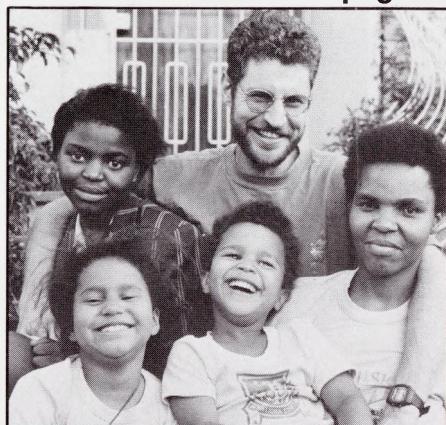
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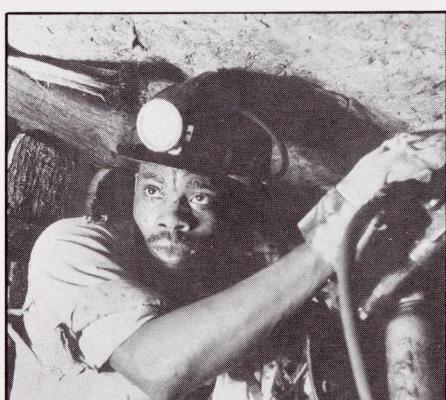
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Down a gold mine

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Taps at the African Hip hop Concert



In February this year rap lovers from all over the country headed for the first ever concert organised by the African Hip Hop movement. Old and young rappers, male and female rappers, all came together at the Count-Down Club in Johannesburg. But one group stole the show - Taps.

As colourful disco lights flashed, the rappers went crazy. They tumbled and twisted their bodies. Some even spun on their heads. And the rhythm never stopped. With their human beat boxes, their scratch and their rap, they made Count-Down Club bubble with fun.

The Brown Bread Street Collection and the Ghetto Mob performed. When they finished the audience started to shout 'Taps! Ayeh! Taps!' The cry for Taps turned into a roar. Then Taps burst onto the stage. And the crowd went completely wild.

Dressed in black and maroon sweaters and trousers, the three-member group were magic on the stage.

'When you are very involved in producing art you forget about the world around you,' says Taps, the leader of the group. Taps's real name is Tapuwa Bandawe. 'We look at the audience and sing to them. But sometimes we're not really aware of them. Our music does not only affect the audience. We also get caught up in it when we perform.'

Making dreams come true

Taps says he likes singing about things that he feels in his heart. He says kids dream. And we

must encourage them to try to make their dreams come true. 'My dream as a child was to be a musician. I chased this dream and now it's becoming true.'

Taps says education is very important. 'I was tempted to drop out from school and concentrate on music. But I did not. I passed matric and studied music at Natal Technikon. Many young people leave school early to follow their dreams. But before long all their dreams are frustrated.

'Rap is not just music,' says Taps. 'We don't sing to entertain



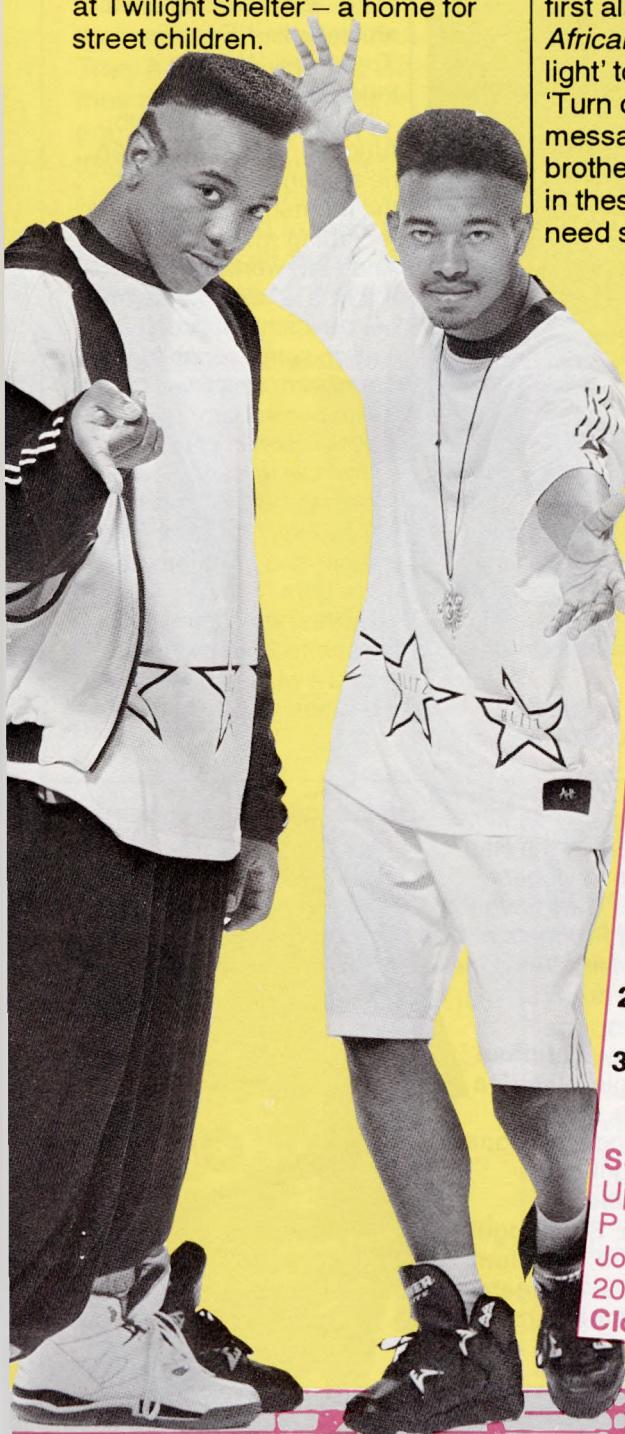
The original Taps - Taps (centre) with Buster Jackson and Mockish Jacobs.



I want kids to realise how important they are. They must grow up with pride and confidence.

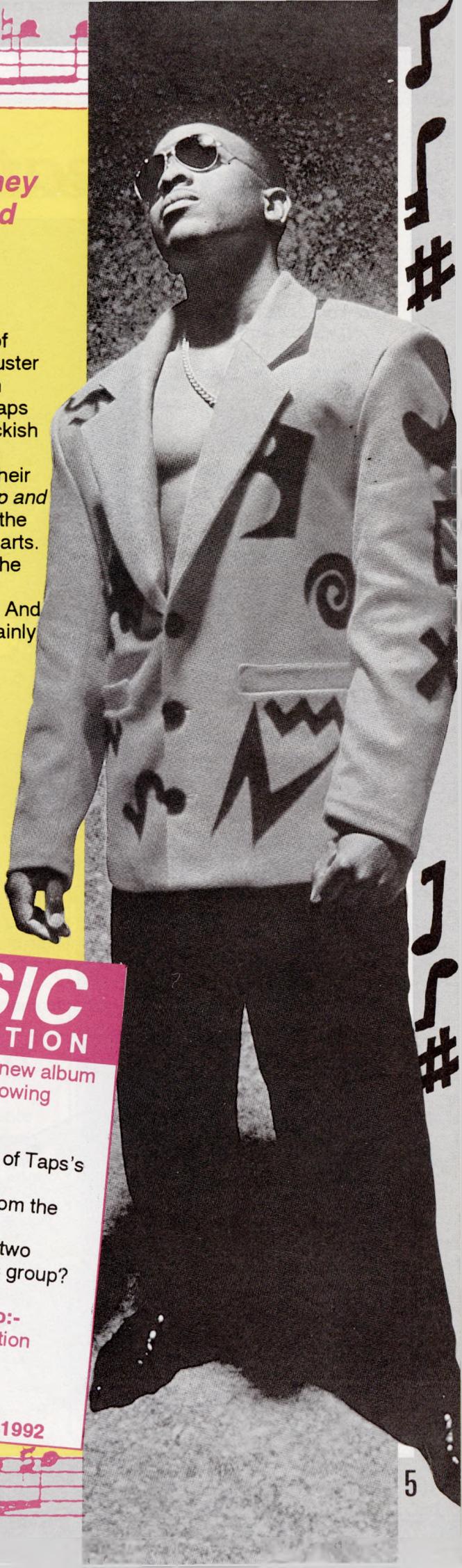
people. We try to educate members of our society. I want my songs to inspire kids. Kids must realise how important they are. They must grow up with pride and confidence.'

At the moment Taps is working at Twilight Shelter – a home for street children.



The other two members of Taps's band are Bradley Buster Jackson and Sean Mockish Jacobs. Like the children Taps works with, Buster and Mockish grew up with no parents.

Taps have just released their first album called *Young Hip and African*. The song 'Turn on the light' topped the national charts. 'Turn on the light' spreads the message of peace and brotherhood in this country. And in these dark times we certainly need some lights on.



MUSIC COMPETITION

Win yourself Taps's new album by answering the following questions.

1. What is the name of Taps's new album?
2. Name one song from the album?
3. Who are the other two members in Taps's group?

Send your answers to:-
Upbeat Music Competition
P O Box 11350
Johannesburg
2000

Closing date: 30 June 1992

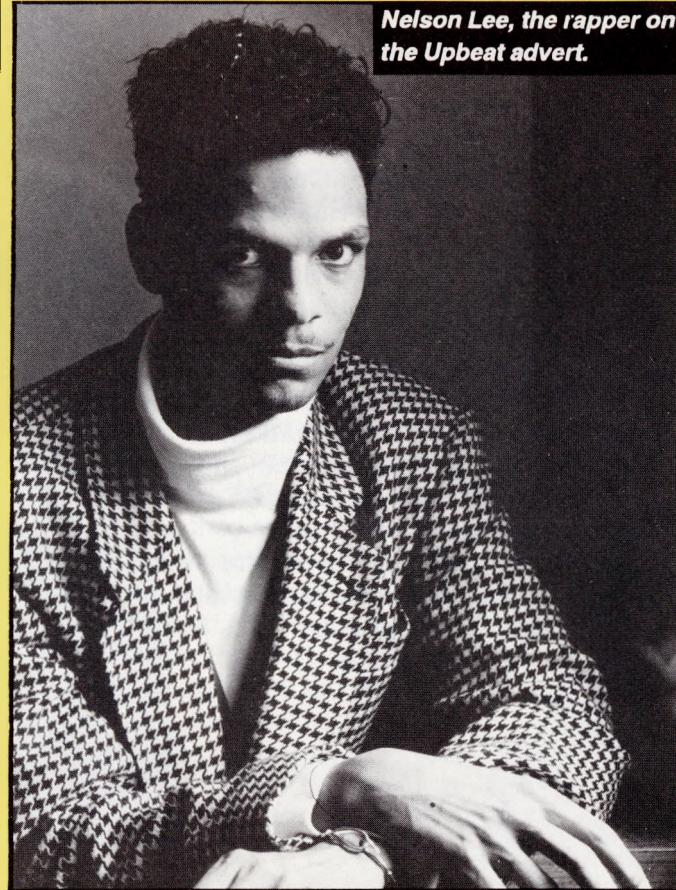
Upbeat rap advert

Have you heard the Upbeat rap advert on the radio recently? It goes like this:

*'Yo! You! Listen up!
If you wanna get wise in
the world today
You gotta be real smart is
what I say
Yeah, to move on up
You gotta know what's
goin' down
You gotta read Upbeat
U-U-U-Upbeat*

*Upbeat magazine.
Upbeat's got hot stories,
useful information
It's the cool way to get a
better education
So if you wanna get wise
Maybe win a big prize
You better read Upbeat
U-U-U-Upbeat
Upbeat magazine
Wise up to the world with
Upbeat.
The magazine for youth
on the move.
Now on sale at CNA,
street corners and
selected shops.
So get it got it!'*

The young man who does the rapping on the advert is Nelson Lee. He is Miriam Makeba's grandson. He's just returned to South Africa



Nelson Lee, the rapper on the Upbeat advert.

from New York, where he grew up. But Nelson is not only a great rapper. He's a talented musician who loves writing songs.

'I grew up with music around me,' Nelson said. 'My grandmother is a

singer. I've been going to concerts with her all my life.' Nelson always loved music. So he decided to make music his career too.

When he graduated from high school, he went

to Berkely College in Boston. 'I spent three years studying song writing and composition at Berkely College,' Nelson said.

Nelson is only 23. But he's already recorded some songs. 'I wrote the hit song "Walela" on my grandmother's album which is also called *Walela*. And I wrote the song "Birds" on Miriam's album called *Eyes on Tomorrow*. We sing it together.'

Nelson came to South Africa in 1990. Since then he's been very busy. 'At the moment I am busy recording a 12 inch single. And I am working with Yvonne Chaka Chaka on her new album. I've written some songs for the album, which will come out in October or November this year.'

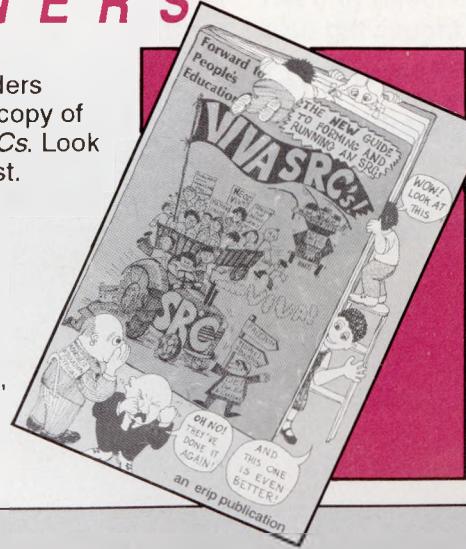
Nelson regards South Africa as home. 'This is my country,' he said. 'My mother and grandmother were born here.'

Upbeat welcomes Nelson to South Africa. And we wish him well for the future.

COMPETITION WINNERS

The following readers have each won a copy of the book *Viva SRCs*. Look out for it in the post.

L.D. Mofokeng,
Witsieshoek
George Khoza,
Meadowlands
Silandela Bikishe,
Queenstown
Simon Tshabalala,
Thokoza
Bongani Mrubata,
Queenstown



Here are the names of the lucky winners of the Rap Competition in Upbeat No. 7 1991. They have each won a Prophets of the City album. Well done!

Tracy Olckers,

Kensington

Krishni Pillay, **Laudium**

Deidre Vergie, **Riverlea**

Faizel Khan, **Phoenix**

Ernest Maroga, **Mabopane**

Albert Mokgokong,

Atteridgeville

Maria Taba, **Soshanguve**

Fouad Sayed, **Laudium**

Faiza Adams, **Bridgetown**

Samantha Bougaard,

Eldorado Park

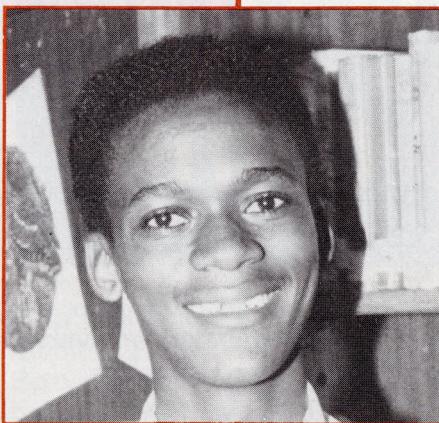


What's going on in mixed schools?

In 1990 Lawson Brown High School in Port Elizabeth opened its doors to people of all races. Upbeat spoke to students, to find out what it's been like to learn together.

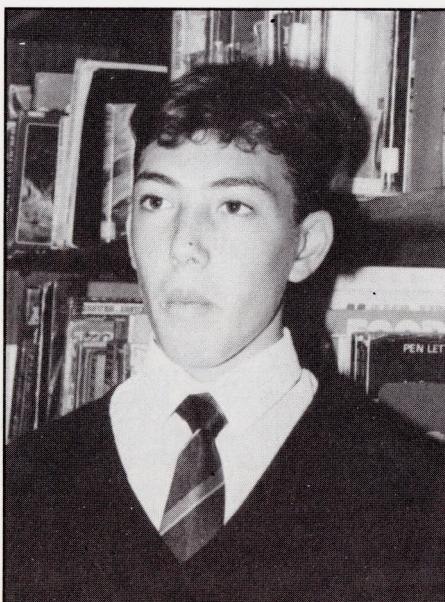
Thabo Shogole, 17

There are no serious problems in my class. There are some tensions between the white and the black students. But as we mix together, I'm sure we will overcome them. One problem is that white students see themselves as better than us. They seem threatened when they are with black people, as equals. But this doesn't mean that we can't learn together. I think that all schools must be open. We need to work together for a new South Africa. If we have separate schools, how can we build non-racialism?



Alaine le Roux, 15

When I came here, I was struck by the way students treated each other. Students don't talk freely to one another. There is conflict and tension between them. White students think they are superior. I think that the standard at this school is too high for black students. This makes learning in the class difficult. But I don't think we must fight each other. By talking to each other, we can solve these problems. Learning together shouldn't be difficult. My parents have taught me to talk to anyone. I don't judge my friends on the basis of their race. And I've been to an open school before, so I know how to make friends with everyone.

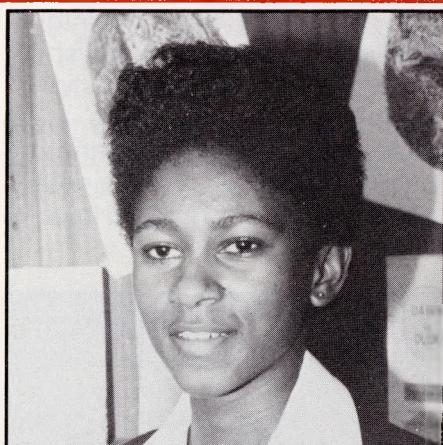


Daryl Robert, 18

Open schools are a new thing. There are bound to be tensions in the beginning. But as people realise they must work together towards the future, these tensions will disappear. People must accept that the new South Africa is a reality, whether they like it or not. When I came to this school, I felt superior because of my background. I imagine other white students felt the same way. I don't think that all schools should be open. I think it would be good to have some white schools. Then conservative whites, like the AWB who want separate schools, can send their children there.

Linda Ntshanyana, 17

I have no serious problems with being at an open school. I find most white students easy to communicate with. You must just relax and get to know the students in your class. It's true that there is conflict at school. But how you deal with it depends on what kind of person you are and what background you come from. We don't accept everything from the whites. We need to be tolerant of each other so that we can cope.



Speak out
Do you agree or disagree with the views of these students? Write and tell us!
Send your views to:
Upbeat, P O Box 11350,
Johannesburg 2000

For over a hundred years children have waved good-bye to their fathers. Wives have waved good-bye to their husbands as men left their homes. The men were going to Egoli, Johannesburg, to work on the mines.

Upbeat went down a gold mine. We wanted to see for ourselves what it was like, down under the earth. We went to find out what people do down there.

It is very scary in a mine. Before we went down, we put on overalls and a hard hat to protect our heads from falling rocks. We also took heavy lamps to see in the dark. Then we climbed into a lift or skip*, as the miners call it.

The lift dropped down the mine very fast. The mine workers were quiet and serious as the skip went down. It went faster and faster. Soon our ears were hurting from the changes in air pressure*.

Down a gold mine

When we got out of the skip, the mine was very dark and very hot. We were two kilometres under the ground! We walked through a dark, damp tunnel, with only our lamps for light. Then we got close to where the miners were working. The tunnel was so small that we had to bend down and crawl.

The place where the miners work is called a stope*. In the stope mine workers were drilling holes into the rock. Everyone was wearing ear-plugs so that the big noise of the drills did not harm their ears.

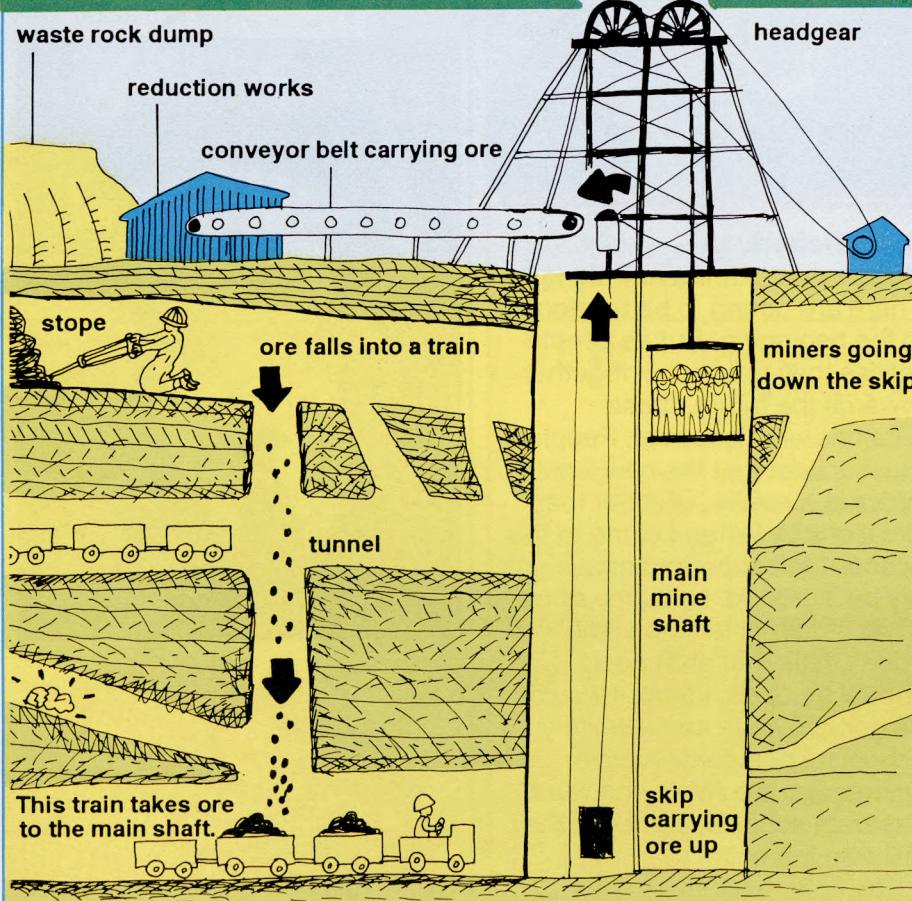
When the miners were finished drilling, they put sticks of dynamite* into the holes. Then we all went back to the shaft of the mine to wait for the skip. The miners told us that when everyone is out of the mine, someone lights a fuse which makes the dynamite explode.

Digging out the rock

The workers dig out the rock that the dynamite breaks up. This is hard work. Machines like winches and loaders make it easier. The rock is loaded onto an underground train. The train then takes it to the skip which lifts the rock to the surface of the mine.

Then the rock is crushed into smaller pieces. Later the crushed rock goes through the reduction works*. There chemicals dissolve the crushed rock and leave the gold behind. The gold is then melted and poured into blocks called ingots*.

How a Gold Mine works



Dumping waste

When we left the mine, we drove back to Johannesburg. As we entered the city on the highway, we noticed the funny-shaped hills. These are the mine dumps and slime* dams where old mines dumped their waste sand, rock and slime.

Today the mines are trying to do something about the land pollution they cause. Now they pump waste slime back into old mines to fill them up. They also try to grow grass and plants on the dust dumps. This is to stop dust blowing into the atmosphere, like before.

The dangers underground

Mining is very dangerous. Deep under the ground there are often accidents. Sometimes tunnels collapse or the rock moves. Sometimes the rock in the stopes bursts out like an explosion. If this happens when miners are underground, miners are killed or very badly hurt.

Working in the mines can also damage workers' lungs. The fine dust caused by drilling, can give miners sicknesses like TB and phthisis.

Many problems for workers

After our trip down the mine, Upbeat went to speak to Patrick Hamnca at the National Union of Mineworkers. Patrick said that mineworkers face many problems. Wages, retrenchments, safety and racism are their biggest problems.

'Every year NUM talks to the mine bosses about better wages,' Patrick explained. 'The mine bosses always cry. They say that if they pay workers better wages, they will have to close the mines. But we have to make sure that our members earn more money. But at the moment the price of gold is bad. So we are fighting against mines being closed down and thousands of workers losing their jobs.'

'The other problem is safety. One worker dies for every ton of gold that is mined. Just look at Western Deep Levels mine in Carletonville. In five weeks five people died. But the mine managers are saying that people must carry on working.'

'Our other fight is against racism. For many years jobs above a certain category were

for white workers only. Now that has changed. But most black workers do not have much education. So whites still have most of the senior jobs.'

'I have one thing to say to the readers of Upbeat. Fewer than 1% of miners have matric. So most mineworkers have no chance to get better jobs. Education is important. Stay at school and finish matric. And then think about technical training – not everyone can be a doctor or a lawyer.'

How gold makes money

Today the gold mines of South Africa employ more people than any other industry in the country. Gold mines are also important because gold makes money for South Africa. Gold is sold overseas. The money from gold is used to buy things we do not have in South Africa like oil, machines and computers.

At the moment business is bad for gold mines because the price of gold is low. And many gold mines have mined out all their gold. But mining will continue to be important for South Africa. This country is rich in minerals like platinum, coal, diamonds and iron.

NEW WORDS ABOUT MINING

air pressure – how thick the air is. When you go up high, air is thin so there is little air pressure. The lower you go, the thicker or denser the air becomes.

skip – a lift in a mine. It is used by workers to bring rock out of the mine.

stope – the end of a tunnel where rocks are mined out

dynamite – an explosive used to break up rocks

reduction works – the place where the gold is taken out of the crushed rock

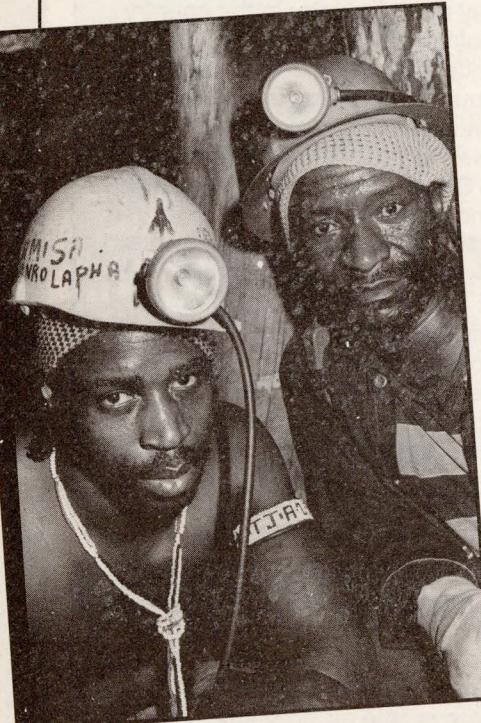
ingots – oblong blocks of metal

slime – the waste from the reduction works



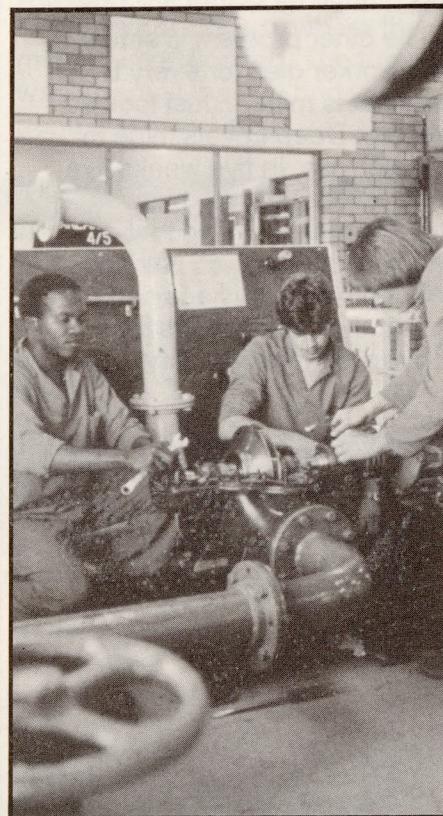
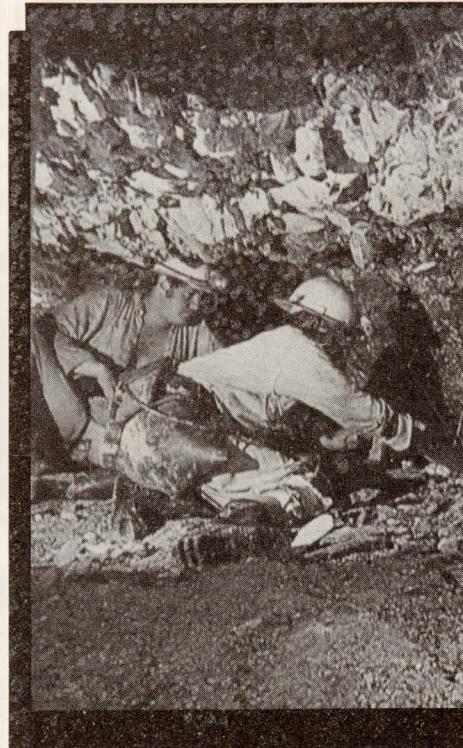
JOBS ON THE MINES

One gold mine employs between 10 000 and 20 000 people. Let's look at some of the jobs these people do.



Mineworkers

There are many different types of mineworkers; from lathers who break the ground to the stope team leader. The stope team leader leads his team of six men. To become a mineworker you do not need much education. But the wages are low and there are few chances of getting a better job. The hostels mineworkers live in are also not very nice.

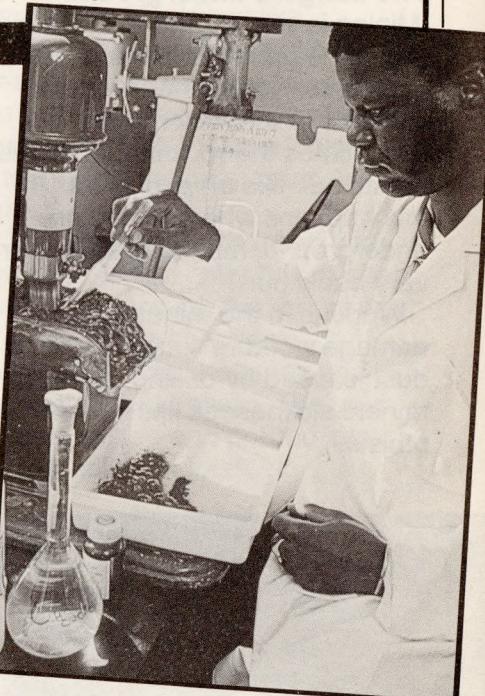


Apprentice/learner miners

To become a learner miner, you need at least Std 8. Miners decide where the stope teams must work. They make sure that everyone does their share of work. If you are a miner with matric, you can become a shift boss.

Engineers

Mines use many different types of engineers. The most important engineers are mining engineers. They plan how the mines will work, where to dig the shafts and tunnels and what machinery to use. Metallurgical engineers and minerals processing engineers are also important. They plan how to get the gold ore out of the rock. To become an engineer, you need a matric exemption with good marks in Maths and Science. You can study for a Bsc Engineering at a university. You can also study engineering at a technikon. The mining houses offer many bursaries.



Geologists

Geologists study rocks and how they are formed. They also look for gold and other minerals. They can say where there is gold and if there is enough gold to make a mine profitable. Nowadays geologists use computers to analyse rock. To become a geologist, you can study for a Bsc (Honours) in Geology at a university or you can study at a technikon.

If you want to find out more about working in mining, you can write to:-

The Chamber of Mines,
P O Box 61809,
Marshalltown 2107

LETTERS

Dear Upbeat

I want to thank you for publishing my name on your penpals page. I really wanted a penpal and now I have one. I love Upbeat. You have information that other magazines and newspapers do not have. You are also open with us. I just can't thank you enough. I also like Willie Wordworm - he teaches me new words. I want to be a social worker because I want to help children. I want to help them to a brighter future. They need it. I want to help children with no homes and children who have been abused. God will be on my side.

Michelle Arends, Belhar, Cape

Dear Michelle

It is nice to know that young people love Upbeat and care about children. Keep it up. If you want to be a social worker, you must study Social Work at a university. It is a four-year course.

Editors

Dear Upbeat

I have been reading Upbeat and I have never missed a single issue. I am worried about the women of today. They want their husbands to work for them, instead of both husband and wife going to work. And every day they want money from their husbands when they come back from work. Is this right?

Curtis Khosa, Giyani

Dear Readers

Do you think what Curtis says is true? Do you agree with his views? Write and tell us.

Editors.

Dear Upbeat

I am a junior brother doing Std 8 at Buhlebesizwe Secondary School. I want to tell you this. I have seen that Upbeat is our educational magazine because Mr Kabinini, my English teacher, used a story from Upbeat No.8 about the World Cup Final in our June Comprehension Test. And now he has set a comprehension on the story, 'Fighting for more than better wages'. This makes me happy and I hope that English teachers all over South Africa are using this magazine to educate young people.

Samuel Saohatse, Kwa-Mhlanga

Dear Samuel

Thank you for your lovely letter. We are very pleased to hear that your teacher is using Upbeat in class and, like you, we hope that all teachers are using it. Teachers, if you want to know how to use Upbeat in the classroom, please order our FREE Teachers' exercises. For more information, see page 23.

Editors

Dear Upbeat

I pass my greetings to Sached and the Upbeat staff. I like reading Upbeat because it is educational. I think all children, no matter what age, understand Upbeat. I think the youth of today must fight to end Bantu education and a backward curriculum. I've just started reading Upbeat and I really like it. Our parents are too shy to discuss matters like sex and pregnancies with us. Thanks for the lovely magazine. I enjoy all the stories.

Lillian Mogale, Klipgat

Dear Upbeat

I am in my last year at school. I want to earn some extra money by selling Upbeat magazine.

Arthur Alfred, 17, Windhoek

Dear Arthur

Sorry, we no longer use private people to sell Upbeat. Now Upbeat is sold in some shops, the CNAs and on street corners around the country. This is the best way to get Upbeat to many people all over the country. If you are looking for ways to make money, be an Upbeat reporter. For more information see page 23.

Editors

Dear Upbeat

I want to thank Upbeat for giving us a voice by publishing our letters, stories and poems. I am challenging the youth of South Africa to join youth clubs rather than gangs. I did not know about my local youth club, Thabisong. But since I have joined them, I am no longer shy. Being a member of a youth club keeps our minds busy and brings out our talents. There are educational trips and they invite professionals to come and talk to us. Long live the Thabisong Youth Club! Long live!

Ntsimbi Makhaya, Soweto

Dear Upbeat

I am a retired school teacher, I am 70 years old and still energetic. I have never been out of South Africa. I want to visit Zimbabwe to see their sights. I have a visa but I have no friends there. Please tell me how to go about this matter as cheaply as possible.

P M Modiba, Pietersburg

Dear Mr/s Modiba

Thank you for your letter. The cheapest way for you to go to Zimbabwe is to travel by bus. The bus service in Zimbabwe will also take you to most places you want to go. If you want to find out about places to stay, you can speak to a travel agent in Pietersburg, or you can write to:-

Zimbabwe Tourist Development Corporation
P O Box 9398
Johannesburg
2000

Tell them where you want to go. They will send you a list of places where you can stay and how much they cost. There are lots of places in Zimbabwe where you can hire a bungalow or hut for a night and not pay a lot of money.

Dear Upbeat

I am very glad to see my poem was published in Upbeat. This encourages me to write more poems. I received my prize money on 9 December and I was very happy. I have written 13 poems and I am still writing others. Please send me the addresses of publishers who might publish them.

Peter Mangena, Shilubane

Dear Peter

Here are some publishers who might publish your poems.

COSAW
P O Box 421007
Fordsburg
2033
or
Buchu Books
P O Box 2580
Cape Town
8000
Good luck.

Editors

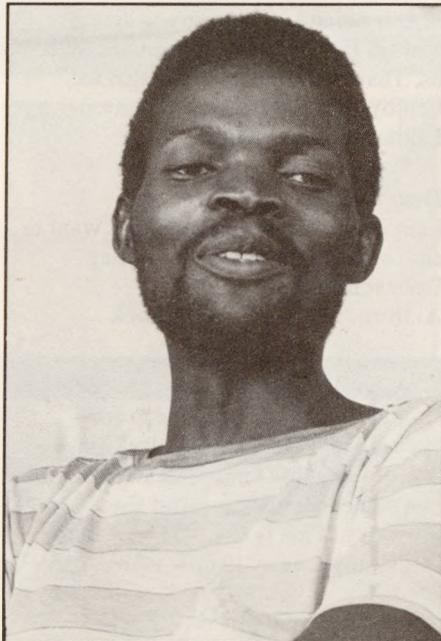
Preventing pregnancy: whose problem?

The best way to avoid getting pregnant is to wait until you are older to have sex. But maybe you and your partner have decided to sleep together. Then the only way to stop getting pregnant is to use a safe method of birth control or contraception. But who is responsible for preventing pregnancy – the man or the woman, or both? Upbeat spoke to young people in Johannesburg. This is what they had to say.

Nombuso Mthombeni, 20

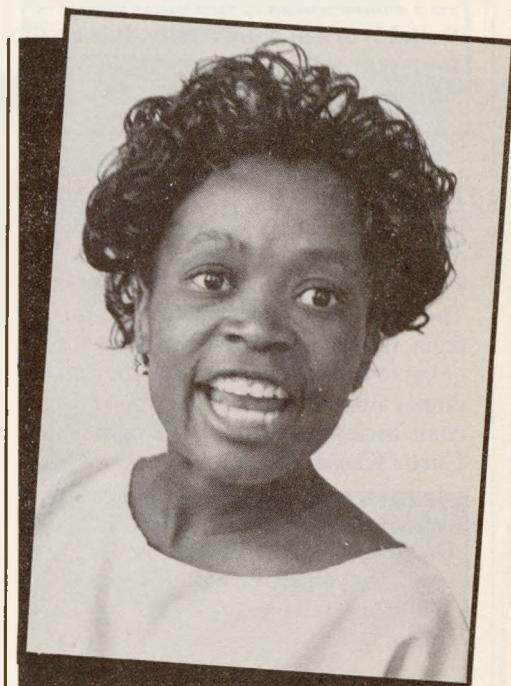
Men and women should both use contraceptives. If men let the women worry about contraceptives, their lives will be in danger. If men don't use condoms, they can get diseases like AIDS. So men and women must talk about using contraceptives before having sex.

I have had a problem with the Pill. I changed to the injection, which made me feel worse. But my boyfriend was very sympathetic. He used condoms, so now I don't have to worry about an unwanted pregnancy.



Christopher Mosia, 22

If I loved my girlfriend and we decided to have sex, I would talk to her about it. Both of us must take responsibility for using a contraceptive. But I wouldn't force her to take contraceptives.



Priscilla Xaba, 23

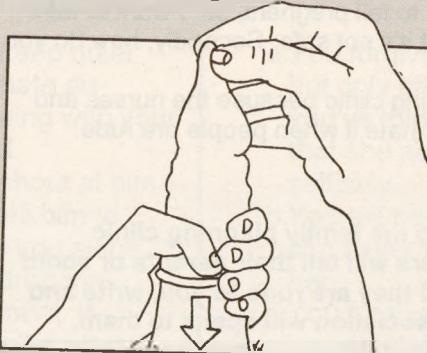
I think males must use condoms. Some contraceptives make women feel ill or uncomfortable. But women continue using them, because they don't want to become pregnant. Why can't boys sacrifice and use contraceptives too? I hope that there will be an injection or pill for men soon. Then men and women can do something together to prevent the high birth rate and many unwanted pregnancies in South Africa.

The condom

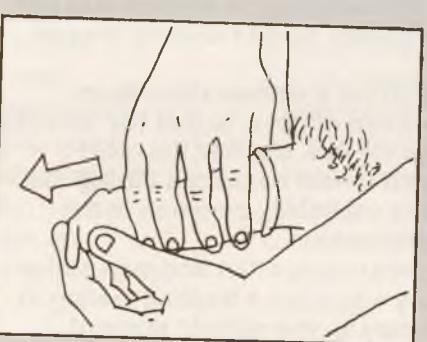
The condom is a barrier contraceptive for men. The condom catches a man's sperm and stops it from getting into the woman's vagina. But the condom does not only prevent pregnancy. It also helps to stop men and women passing infections or sicknesses on to each other. Condoms are an important way to prevent AIDS.

How to use a condom

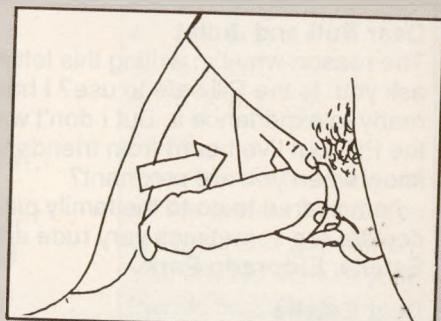
1. Use the condom all through sex. Put it on before sexual intercourse begins. Half way through is no good.



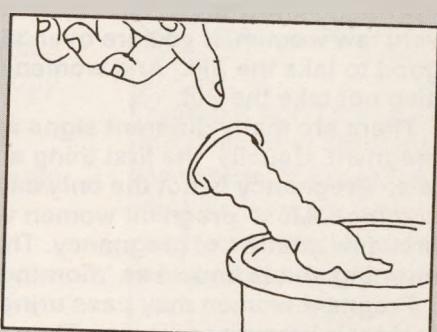
2. Place the condom at the tip of the erect penis and gently unroll it all the way down.



3. Leave the last centimetre or the teat of the condom (if there is one) empty to catch the semen.

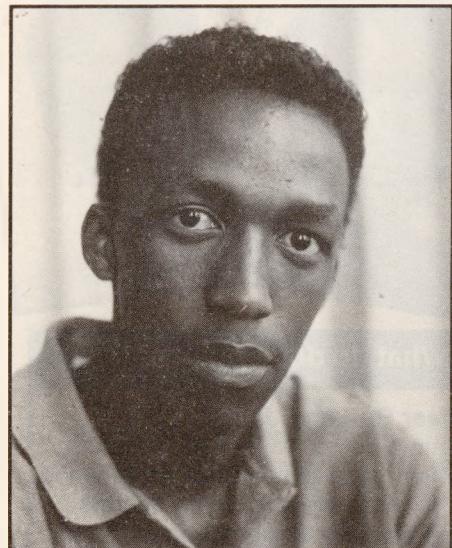


4. After you have ejaculated (come) hold the condom firmly around your penis when you pull out from the vagina. By doing this, you make sure no sperm spills out.



5. Carefully take the condom off and throw it away.
6. Never use Vaseline or baby oil on the condom. They make holes in condoms.

If you want to know about different contraceptive methods, visit a Family Planning Clinic or the Planned Parenthood Association. They will help you. Boys and girls are both welcome!



Sipho Mabaso, 19

The problem is that males know too little about the female body and how it works. Males should know how contraceptives affect the female body. Maybe then they will be more sympathetic and patient with women who have problems with the Pill or the injection. I believe that men should wear condoms. Not only to prevent unwanted pregnancies but also to prevent diseases like AIDS.



Sello Molefe, 23

I have used a condom. But it felt very uncomfortable. So now I don't use it any more. I prefer the natural way. I have sex with my girlfriend during her safe period. This is not very effective. I know she can fall pregnant. But contraceptives are not 100% effective either.

SPEAK OUT
Readers, here's your chance to tell us what you think. Is preventing pregnancy a 'girl's problem'? How can men be responsible for contraception? Send your views to: Upbeat P O Box 11350 Johannesburg 2000

If we publish your letter you will win a FREE one year subscription to Upbeat worth

R17.00
plus a beautiful large Upbeat poster.

ADVICE

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

The Pill

Dear Buti and Juliet

The reason why I'm writing this letter is because I have lots of questions to ask you. Is the Pill safe to use? I have never had sex before but now I am ready to experience it. But I don't want to fall pregnant, so I want to take the Pill. But I've heard from friends that it's not safe. Secondly, how do you know when you are pregnant?

I am scared to go to the family planning clinic because the nurses and doctors are sometimes very rude and I hate it when people are rude.

Estelle, Eldorado Park

Dear Estelle

Often young people are scared to go to the family planning clinic because they think the health workers will tell their parents or scold them. They won't! But if you go and they are rude to you, write and tell us. The Planned Parenthood Association will speak to them.

The Pill is a very safe contraceptive method. To get the Pill you must go to the family planning clinic. There a doctor or health worker will give you a check-up to see if the Pill will suit you.

You must have regular check-ups at the clinic once you start taking the Pill, to know that it isn't harming your body. But the Pill harms very few women. If you are over 35, overweight or a smoker, it is not good to take the Pill. And women with high blood pressure should also not take the Pill.

There are many different signs which tell a woman that she is pregnant. Usually the first thing a woman notices, is that her period is late. Pregnancy is not the only cause for this, but it is the most common. Most pregnant women vomit or feel nauseous during the first few months of pregnancy. This is especially common in the morning and is known as 'morning sickness'.

Pregnant women may pass urine (wee) more often and may notice that their breasts are larger. They may also have a tingling feeling in their nipples. These breast changes may be the earliest signs of pregnancy.

Juliet

My boyfriend wants to have sex with me

Dear Buti and Juliet

I am a girl of 18. My boyfriend and I love each other very much. My problem is that I don't want to have sex with him. I am a virgin and I want to stay a virgin till I'm married. I've discussed this matter with my boyfriend many times, but he doesn't understand. I love him very much and don't want to lose him. But I'm scared for my body. There's a great possibility that I might become a mother. I just don't know what to do. Please help me!

Cindy, Umlazi

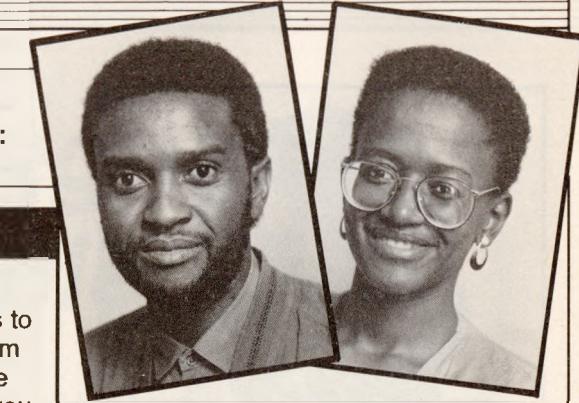
Dear Cindy

Having a relationship with someone you love can be wonderful. But when the two of you disagree, things can be tough. Especially when you disagree about sex. But you must remember that you have the right to say no to sex. Your boyfriend must respect your feelings. otherwise he's being unfair and selfish. Tell him that you don't prove your love with sex. He's got no right to force you to have sex with him.

But if he doesn't use a reliable form of contraception, you may fall pregnant. Or you may hate yourself. In the end, you may have to leave him. It will be tough. But maybe you'll find someone who will love you and respect your wishes.

Good luck!

Buti



What to do about pimples

Dear Buti and Juliet

I am a boy of 16. I'm still at school. I have read your stories on Growing Up which explain why teenagers get pimples. But my problem is that some people never get any pimples while others have lots of pimples. Why is this so? How can I stop getting pimples?

B.C. Msomi, Hibberdene

Dear B.C.

Sometimes nature is unfair! But there are very few teenagers who grow up without ever seeing a pimple on their face. For all of you with pimples, don't feel bad. Most boys and girls have them. But pimples don't last forever, only for a year or two.

Pimples are caused by your skin making too much oil. Glands in your skin, called sebaceous glands, produce a thick oil that keeps your skin soft and healthy. Unfortunately when you are a teenager, your sebaceous glands produce more oil than your skin needs. The extra oil gets stuck in the tiny holes in your skin called pores. If there is dirt in the pores, you get a pimple.

Unfortunately, you can't stop your sebaceous glands producing too much oil. But here are some things, which may help to keep your pimples under control.

- Don't eat too many sweets or ice creams or drink too many cold drinks.
- Keep your skin clean. Use an ordinary mild soap for your face.
- Never squeeze a pimple. You'll only make it worse. Squeezing pimples leaves scars.

Juliet.

Are you a real friend?

Friends don't always come easily. To have a friend you need to be a friend by caring sharing and having fun together. What kind of a friend are you? Try this quiz and find out.

1. You want to go to the cinema to see a film. But your friend must stay home to look after her baby brother.

- a. You get angry and go home. You don't talk to your friend for the rest of the week.
- b. You stay and help her babysit.
- c. You go to the cinema with other friends.

2. The two of you are talking about rap music. Your friend loves rap, but you think it's rubbish. After you've said what you think, your friend still disagrees.

a. You keep quiet. You hate disagreeing with your friend.

- b. You shout at him and tell him to leave you alone.
- c. You drop the argument. It doesn't matter if you don't think the same way about everything.

3. Your friend got the highest marks in a Biology test.

- a. You feel jealous, but keep quiet.
- b. You are proud of her and say 'so'.
- c. You are angry and ignore her for days.

4. The two of you were supposed to go swimming last Saturday. But your friend didn't come. Instead she went out with a boy she fancied. On Monday she says she is sorry about what happened.

a. You forgive her, but only after you've told her that she acted selfishly.

- b. You tell her you can never forgive her.
- c. You forgive her immediately.

5. Your friend fails all her Maths tests. Maths is your favourite subject.

- a. You let her copy your Maths homework.
- b. You offer to help her with her Maths.
- c. You laugh at her and think she's stupid.

6. Your friend tells you a secret and you promise not to tell anyone.

- a. You don't tell anyone.
- b. You tell your two other best friends. They promise not to tell anyone else.
- c. You tell the whole class. After all, promises are made to be broken.

Your score

- 1. a.5; b.1; c.3
- 2. a.1; b.5; c.3
- 3. a.3; b.1; c.5
- 4. a.3; b.5; c.1
- 5. a.1; b.3; c.5
- 6. a.1; b.3; c.5

1 – 6

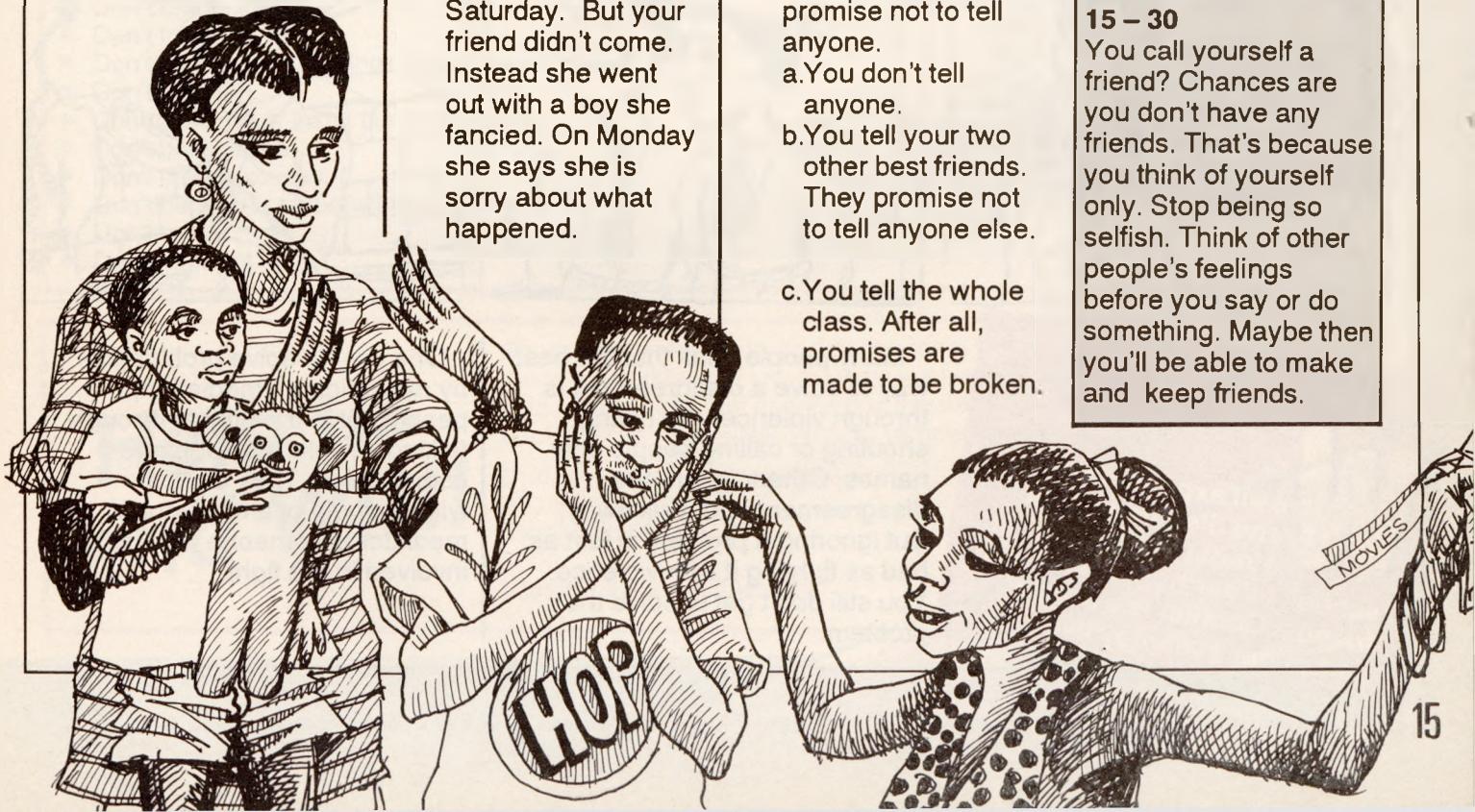
Your friends think of you as the perfect friend. You are loyal and generous. You always think of your friends first. But be careful not to be too forgiving. Think of yourself and your rights too. Speak up for yourself when you don't like something. Otherwise you may find yourself doing things to please your friends all the time!

7 – 14

You're a good friend. You're caring and generous. You realise that it's okay for you and your friend to differ sometimes. And you know you must tell your friend how you feel when she does something you don't like.

15 – 30

You call yourself a friend? Chances are you don't have any friends. That's because you think of yourself only. Stop being so selfish. Think of other people's feelings before you say or do something. Maybe then you'll be able to make and keep friends.





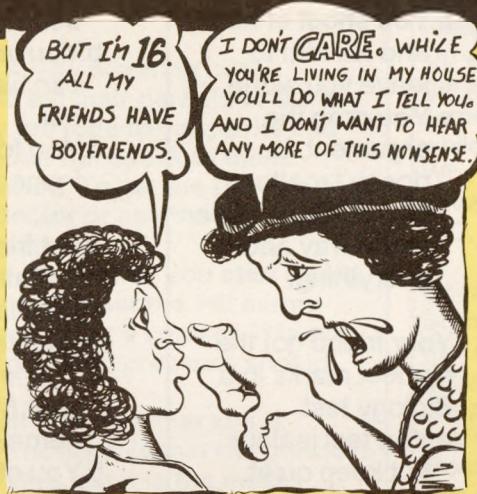
BE A PEACEMAKER

Peace begins with you

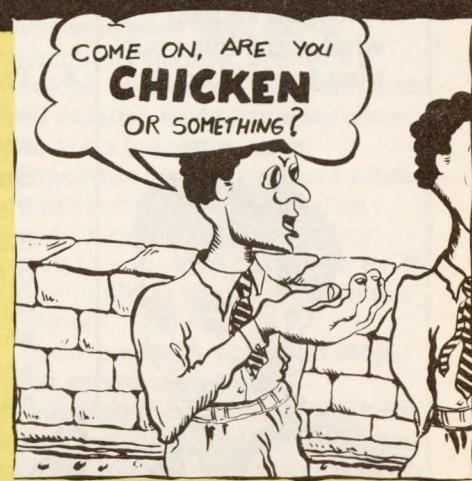
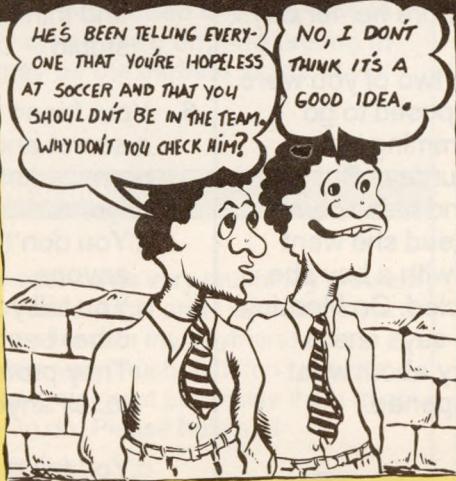
IN THE CLASS ROOM



AT HOME



AT SCHOOL



We all experience conflict and disagreements almost every day – at school, in our homes and with friends. Conflict is a normal part of our everyday lives.

Many people think that the best way to solve a disagreement is through violence – by hitting, shouting or calling people ugly names. Others ignore the disagreement and walk away. But ignoring a problem is just as bad as fighting it with violence. You still don't get to solve the problem.

One way to solve problems is by mediation. In mediation, people solve their fights through talking, problem solving and compromise. They do this with the help of a mediator. A mediator is someone who is not involved in the fight.

Be a mediator

The mediator then helps both sides talk about the problem. She doesn't judge, take sides or tell them what to do. Instead, the mediator helps people who are fighting talk to each other. The mediator gives each person a chance to say how the fight started. The other person may not interrupt. She helps them find a solution, that they both agree with.

The good news is that mediation works. In schools in New York, teachers don't use corporal punishment to discipline students. Instead, they prevent disputes and violence by talking

and finding answers to their problems at school. In Alexandra, a township outside Johannesburg, the Alexandra Justice Centre helps people deal with conflict.

The Alexandra Centre was started by the Community Dispute Resolution Trust. They trained people in mediation skills. Now these newly trained mediators work at the Alexandra Justice Centre. They use their skills to help people with all sorts of problems; from family fights to neighbourhood violence.

This is a whole new way of dealing with conflict – at home, school and in your community.

Here are some tips for you from the Community Dispute Resolution Trust.

Become a peacemaker

Are you helping to build peace in South Africa? Peacemakers know that conflict is a part of our lives. But peacemakers avoid violence. So next time someone makes you angry, don't shout at her or hit her. Do what peacemakers do – learn to 'fight fair'. 'Fighting fair' means you attack the problem, and not the person. Here are some tips on how to be a peacemaker.

How to fight fair

The Do's

- Decide what the problem is.
- Think about the problem seriously.
- Attack the problem, not the person.
- Listen with an open mind.
- Treat other people's feelings with respect.
- Try to find many different ways to solve the problem.
- Take responsibility for your actions.

The Don'ts

Peacemakers don't attack people. They attack the problem. Here are some things that peacemakers run away from - we call them don'ts. Don'ts damage and destroy friendships. And they make disagreements worse. Make sure you run away from the don'ts too!

- Don't call people bad names.
- Don't blame others.
- Don't refuse to listen.
- Don't try to get even.
- Don't talk about bad things from the past.
- Don't threaten.
- Don't push, hit or insult the other person.
- Don't boss others.
- Don't make excuses.
- Don't deny your responsibility.
- Don't tease.
- Don't interrupt.



Help us and WIN!

Do you remember a strong disagreement you had at home, school, with a friend or neighbour? How did you resolve it? Let us know. We'll put all your letters into a box and the first five names drawn will each win a R20 book voucher from CNA. Write to us now. Send your letters to:

Upbeat Peacemaker competition

P O Box 11350

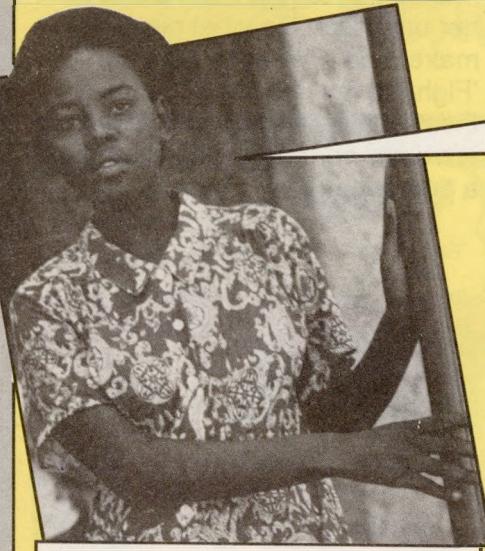
Johannesburg

2000

Closing date: 30 June 1992

Find out more about being a peace maker in the next issue of Upbeat. You can help build a peaceful South Africa.

Joburg's school fashions

**Prudence Michelle Koloko, 19**

I would prefer to wear a school uniform. Then I wouldn't have to decide what to wear to school every day. I like wearing jeans and pants.

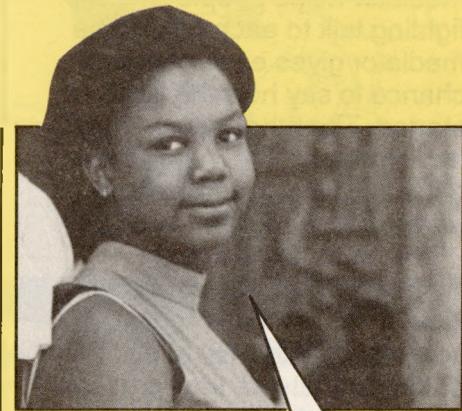


Photographs by Anna Zieminski

Students at many private schools and colleges in the Johannesburg city centre don't wear school uniforms. During a lunch break one afternoon, Upbeat spoke to students at the Small Street Mall in Johannesburg. Read on and find out what they wear to school.

Fikile Mnguni, 18

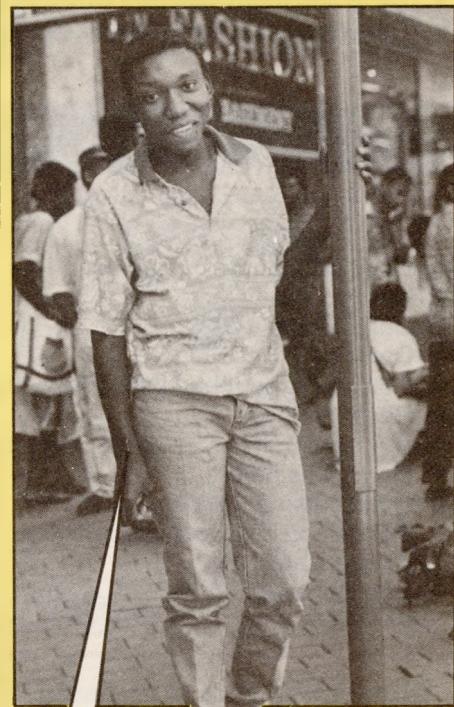
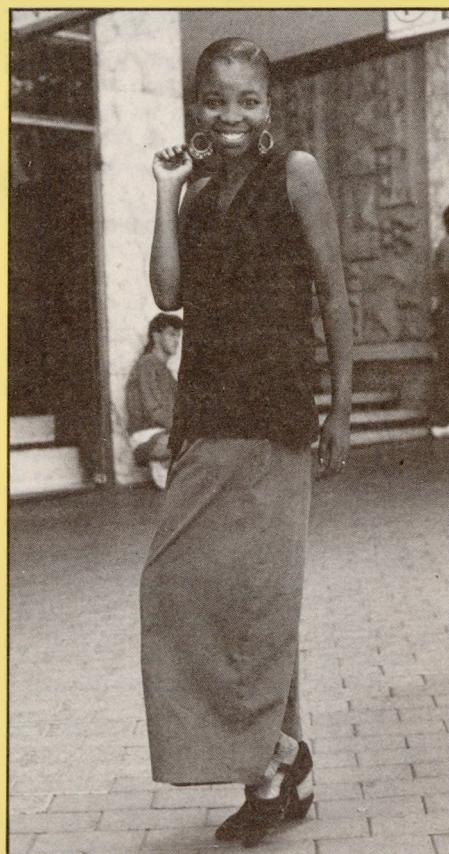
I like to wear blue and black jeans. You can wear them every day and they last for a long time. I don't have to buy any other clothes for the weekends. But on Sundays, I wear dresses because I go to church.

**Lumka Mfazwe, 16**

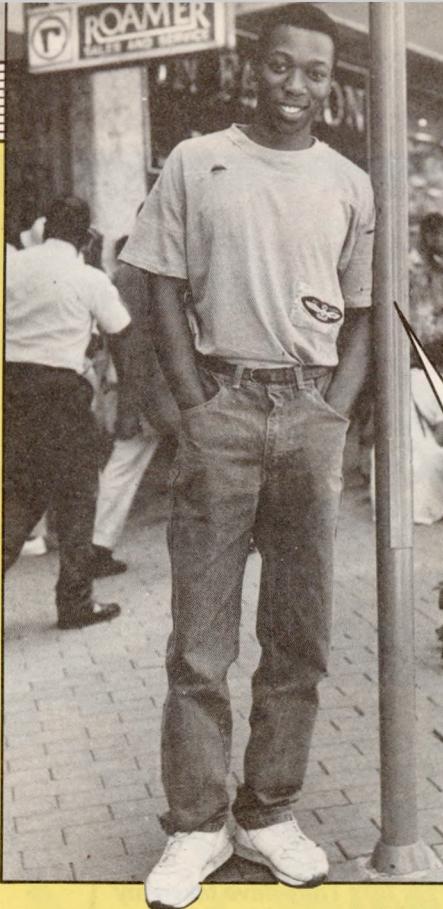
I wear jeans and big shirts to school. But today I'm wearing a dress because it's cooler. It's much nicer knowing I don't have to wear a school uniform. I can wear the clothes I like every day.

Millicent Khumalo, 18

I wear palazzo (wide) jeans and trousers. That's because I like to look different. I follow fashion and like to look like a model. So I look at what models wear on TV and in magazines. I like not wearing a school uniform.

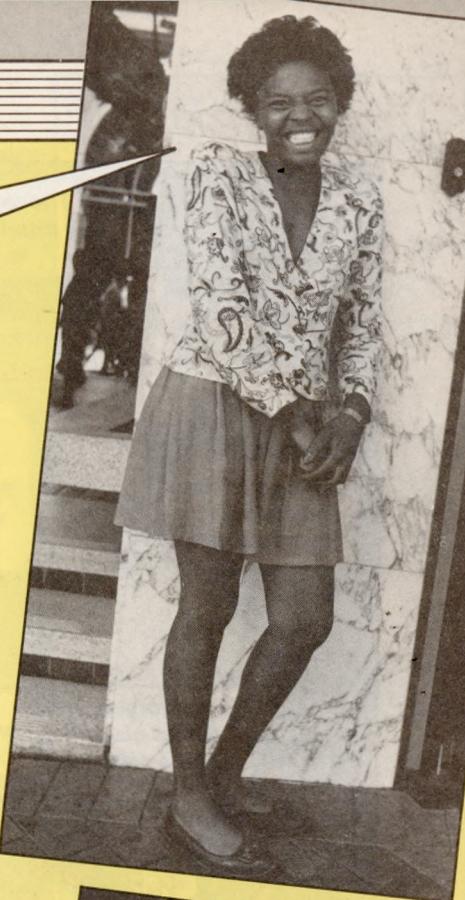
**Hosea Montwedi, 16**

I wear blue jeans and T-shirts to school. It's great not having to wear a school uniform. It's cheaper too. You can wear jeans for much longer than other clothes. So by not having to buy a school uniform, my parents can save money.



Monica Setai, 19

Jeans and casual clothes like shorts and T-shirts are my favourite clothes. I like not wearing a school uniform. We're like school kids in America. They don't wear uniforms either.



Lindy Mlambo, 17

I like wearing jeans, big shirts, mini skirts and mini dresses.



Beatrice Motsepe, 16

I'm very glad we don't have to wear a uniform. I like wearing whatever I like to school. I love wearing jeans, big shirts, mini skirts and dresses. I like to wear what's in fashion. But it's expensive to be fashionable. So I wear what my mother can afford to buy me.

Grant More, 21

I like wearing casual clothes to school. My favourite clothes are jeans and T-shirts. I think uniforms are a waste of money. After finishing matric, you don't wear a uniform. So, I will be able to wear these clothes for a long time, even after I finish school.



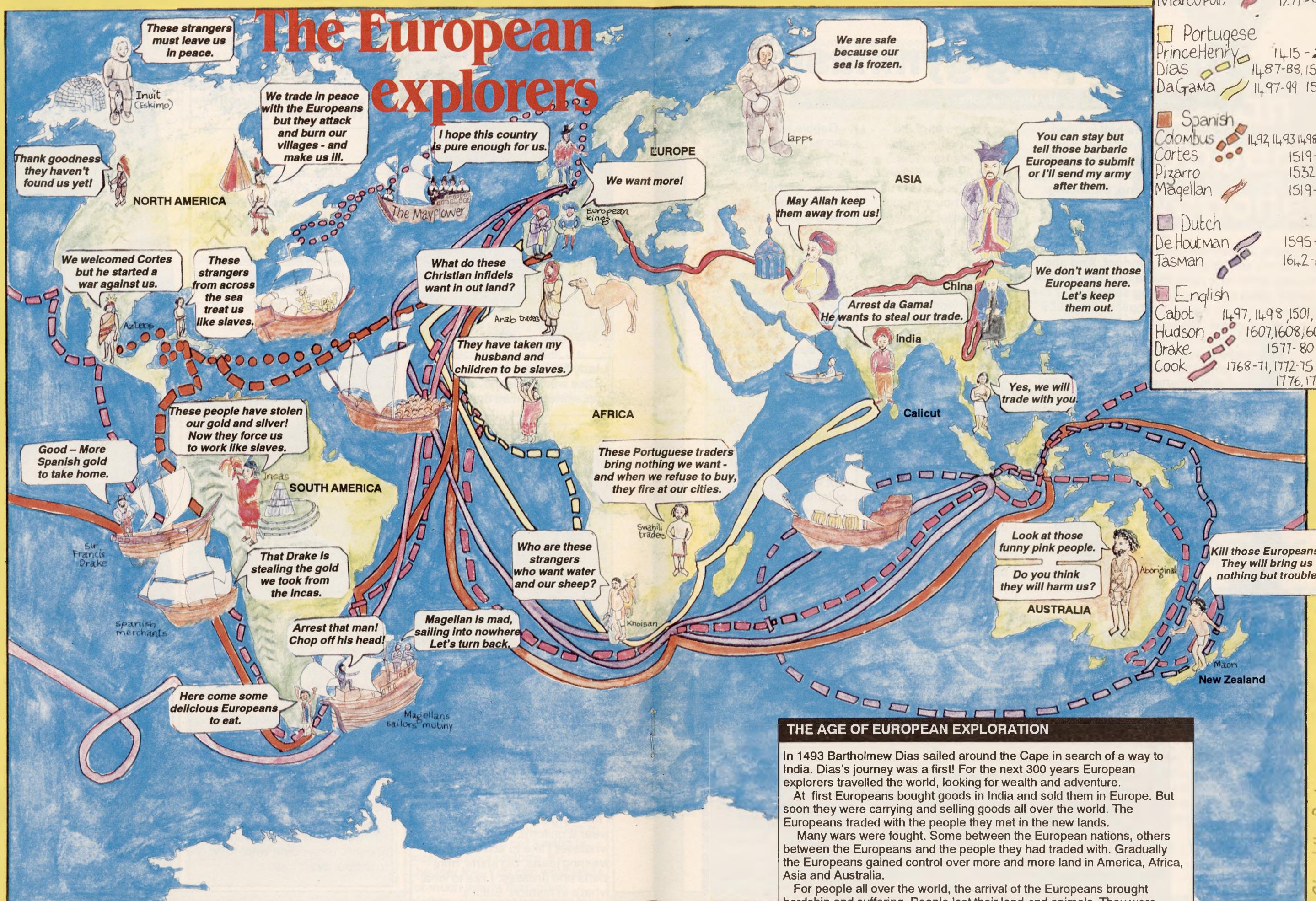
Sheldon Stoltenkamp, 16

I hate school uniforms. I wear trackies, track pants and T-shirts every day. Wearing a uniform makes me feel like an old man on my way to work. Think how hot it would be in a shirt, tie and trousers! The only problem when you don't have a school uniform, is deciding what to wear to school every day.

Greg Konzak, 15

I love not having to wear a school uniform. Dressed like this, I feel much more comfortable. My punk outfit is my favourite - I wear jeans, boots, a nose ring and seven earrings. The teachers at school complain every day. But I ignore them.

Speak out!
Are school uniforms
a good or a bad idea? Send your
views to Upbeat, P O Box 11350
Johannesburg 2000.
If we publish your letter,
we'll send you a great Upbeat
button — FREE!



THE AGE OF EUROPEAN EXPLORATION

In 1493 Bartholomew Dias sailed around the Cape in search of a way to India. Dias's journey was a first! For the next 300 years European explorers travelled the world, looking for wealth and adventure.

At first Europeans bought goods in India and sold them in Europe. But soon they were carrying and selling goods all over the world. The Europeans traded with the people they met in the new lands.

Many wars were fought. Some between the European nations, others between the Europeans and the people they had traded with. Gradually the Europeans gained control over more and more land in America, Africa, Asia and Australia.

For people all over the world, the arrival of the Europeans brought hardship and suffering. People lost their land and animals. They were forced to work for the Europeans, often as slaves. For many, the arrival of the Europeans meant that their old way of living and their beliefs were destroyed.

The jumping gymnast

By Michelle Saffer

The hall is filled with boys and girls of all ages and colours, running, jumping, balancing. One person in this lively group is Debbie Stroebel, a bubbling 16-year-old. Debbie is a gymnast. And she has a good chance of being selected for the national gymnastics team this year.

'I started gymnastics when I was ten,' Debbie says. 'My mom made me start. I was always doing handstands in the house and getting in her way.' Ever since she began, Debbie has been a member of the Western Province team.

As a member of the team, Debbie works hard. 'We train four hours a day, six days a week,' Debbie tells us. 'For two hours we do ballet. Ballet is very important for gymnastics because we use ballet in gym.'

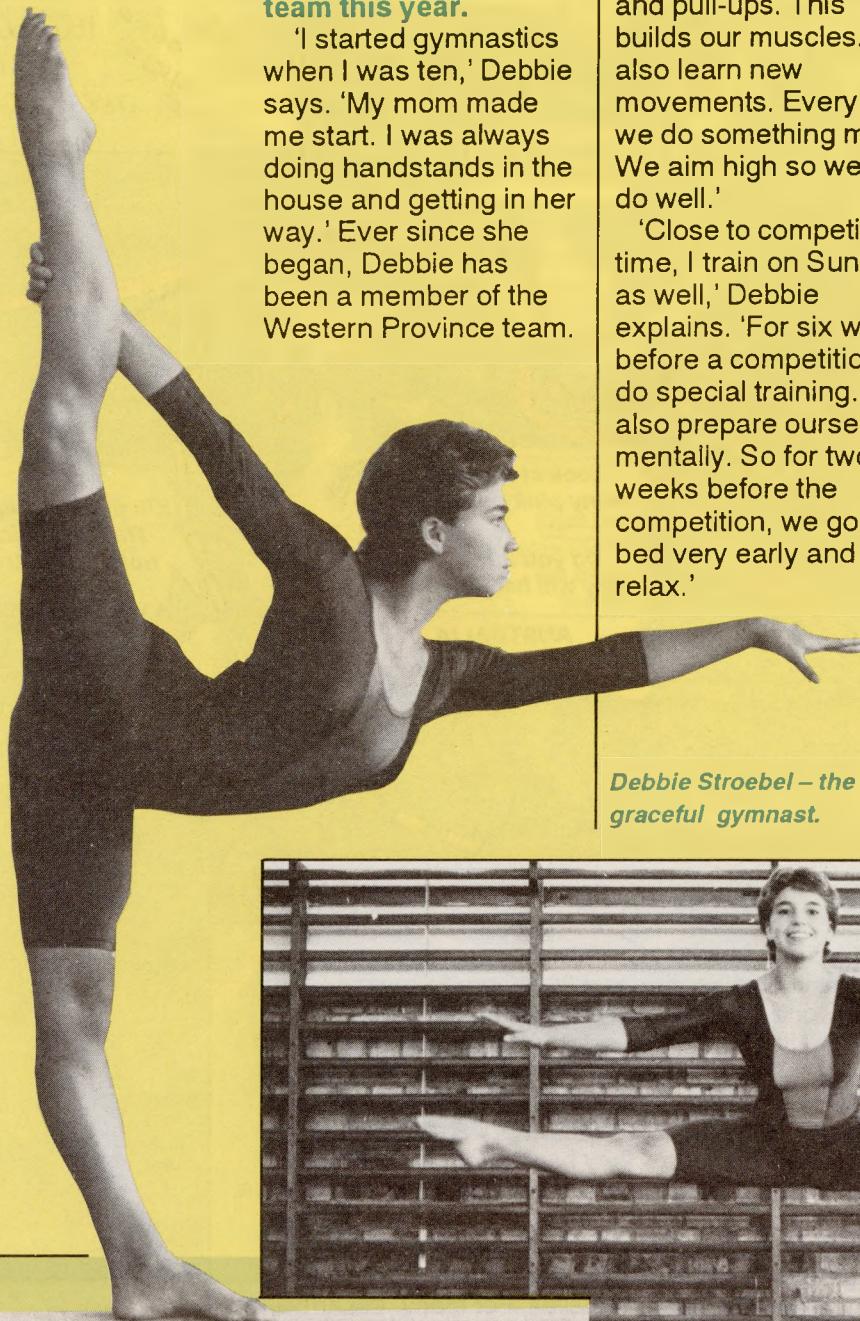
'Then we do three quarters of an hour strength work; sit-ups and pull-ups. This builds our muscles. We also learn new movements. Every day we do something more. We aim high so we can do well.'

'Close to competition time, I train on Sundays as well,' Debbie explains. 'For six weeks before a competition we do special training. We also prepare ourselves mentally. So for two weeks before the competition, we go to bed very early and try to relax.'

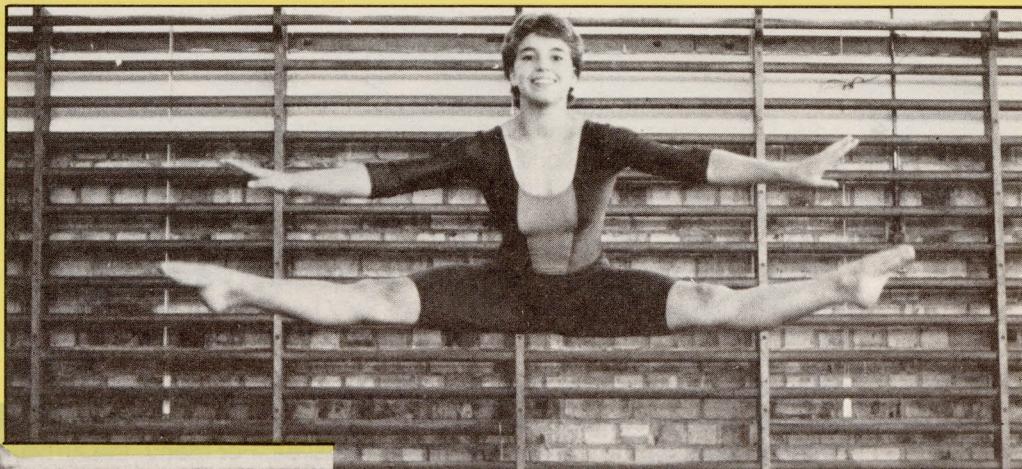
Debbie watches that she eats the right food. 'I try to avoid too many sweets, chocolate, cakes — what everyone likes best. I eat healthy stuff like salads, vegetables and carbohydrates and I stay off red meat. A week before the competition I 'carbo-load'. I eat lots of carbohydrates like pasta and potatoes to build up my energy.'

Debbie's dream is to be selected for the national team, even though she is a bit old. 'The best age for girl gymnasts is 15-17. As girls get older, they put on body weight. But with guys, the older they get, the stronger they become — so they peak in their late twenties.'

To all budding gymnasts, Debbie has these words of advice: 'Do gym to enjoy it, not to win. You get out from gym as much as you put into it. You also get to know so many wonderful people. If you like gym, go for it!'



Debbie Stroebel — the graceful gymnast.



STUDYING AND CAREERS

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

Dear Upbeat

I am very thirsty for knowledge. I want to study but I don't want the kind of education you get in this country. How can I study in countries like Nigeria and Zambia? My other problem is finance. My father died in 1980 and my mother is unemployed. Please send me addresses for bursaries. Also send me the address of the ANC head office.

Solomon Mabele, Sebokeng

Dear Solomon

It is very difficult to study outside of South Africa. You must do extremely well at school to get such a scholarship. But you can write to:-

Educational Opportunities Council
P O Box 3323
Johannesburg
2000

For bursaries to study in South Africa, you can write to:
South African Council of Churches
P O Box 4921
Johannesburg
2000

SA Institute of Race Relations
Bursary Department
P O Box 32597
Braamfontein
2017

And for more information you can write to:-

Education Information Centre
Khotso House
62 Marshall Street
Johannesburg
2001
Tel. (011)834-7861

The ANC's address is: Shell House, 51 Plein Street
Johannesburg. You can write to them at : P O Box 61884, Marshalltown 2107

Editors

Dear Upbeat

I am a girl of 17 doing Std 9. My problem is I have two careers. I want to be an air-hostess or a psychiatrist. Please tell me which subjects I must do for these two career choices. I am doing the following subjects at the moment: Maths, Physical Science and Biology.

Alice Masombuka, Soshanguve

Dear Alice

The subjects you are doing are fine for psychiatry. But to become a psychiatrist, you first have to study to become a doctor. That takes six years. After you have finished a year of practical work, you can then specialise in psychiatry. That will take you another four years. So to become a psychiatrist takes 11 years!

To be accepted into medicine you need at least Maths, Physics and Biology on the Higher Grade. You have to get good marks because many students want to become doctors and they only accept a few students each year.

To be an air-hostess, you must have a matric and speak both English and Afrikaans well. So work hard at your languages! You must also be at least 1.6 metres tall. The South African Airways offers a six weeks training course to successful applicants. You apply to :

The Employment Officer
South African Airways
Jan Smuts Airport
1627
Editors

Be an Upbeat Reporter

Readers, we want all of you out there to write stories for us. And if we publish your story, you will be R30 richer! It's easy. Tell us what's happening in your school, youth group, family or community. Or write about a sad, funny or crazy event that happened in your life. Share your ideas with other young South Africans. Send your story to: Upbeat newsdesk, P O Box 11350, Johannesburg 2000.

FREE

offer for teachers

With every issue of Upbeat, you can get free teachers' exercises. These are fun, classroom activities which develop reading, writing and comprehension skills and lots more. They will help you plan and prepare your lessons. For your FREE copy of the teachers' exercises contact:

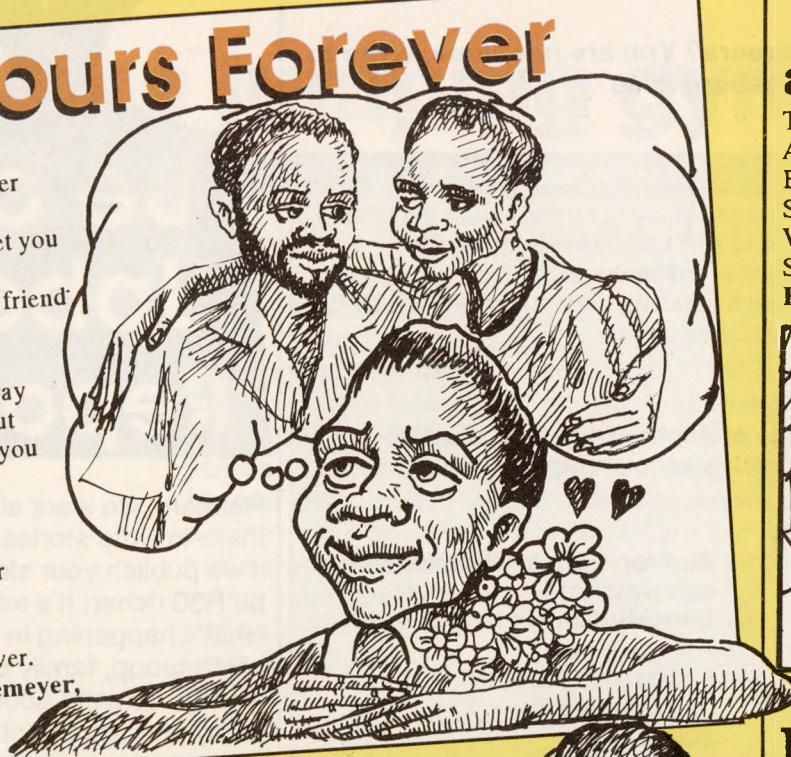
The Secretary
Upbeat
P O Box 11350
Johannesburg
2000
Tel: (011) 333-9746

Yours Forever

Flowers may wither
And die.
Friends may forget you
But never will I.
Remember a true friend
Is hard to find.

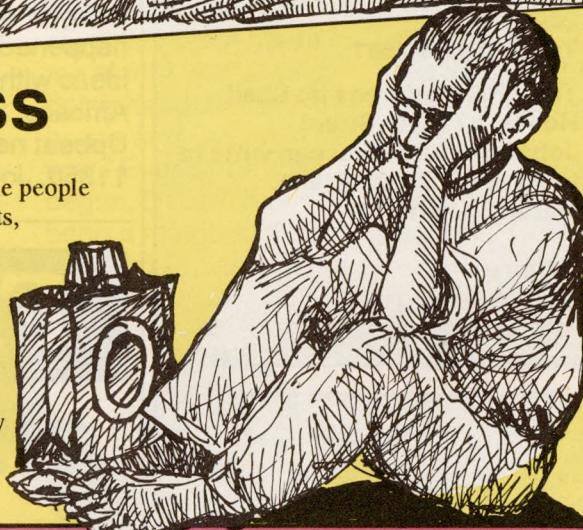
Time may fly away
Tears may dry out
But my love for you
Will never die.

Forget me not
Forget me never
But if you do
Forget me,
Forget me forever.
Mariana Rademeyer,
Kensington

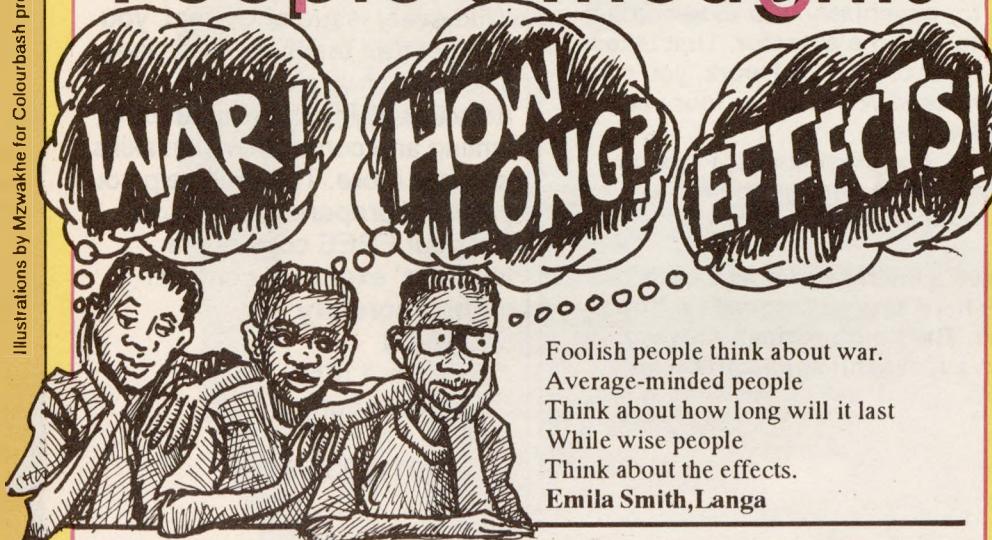


Homeless

You might wonder why some people
move up and down the streets,
day and night.
They are homeless,
no family warmth,
no shelter.
People come to Jo'burg
to look for jobs
and when they can't find any
they settle on the streets.
Mbali Sibisi, Diepkloof



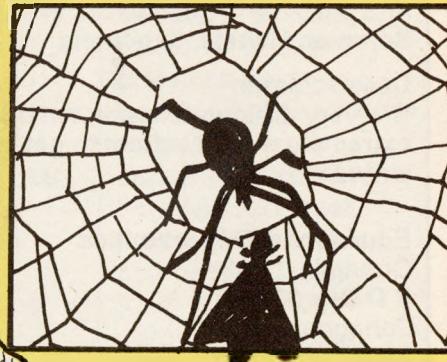
People's Thoughts



Foolish people think about war.
Average-minded people
Think about how long will it last
While wise people
Think about the effects.
Emila Smith, Langa

The Moth and the Spider

The delicate moth,
Awaiting its death
By the merciless spider.
She struggles and struggles
With fear on her face
She knows death is near.
F. Parker, Cravenby



Peace in South Africa

Who knows?
This South Africa, so richly blessed
With golden lands and fronded palms in
the air,
The envy of great nations, far and near
May lead the world to peace
And goodwill to all.
Who knows? Who knows?

And when the fullness of God's time
has come
And people of all colours and religions
Have accepted Him as their king
Sin and hatred will pass away.
The Prince of peace may establish His
home
In South Africa.
Who knows? Who knows?
Tears Raseroka, Temba

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

Life with the Levines

The Levine family belong in the New South Africa – a country free of racism. They ignored laws that divided people because of the colour of their skins. Upbeat spoke to the Levine children.

Sammy Levine is 15. She is in Std 8 at Sacred Heart College. Her full name is Samkelisiwe. 'But Sammy is easier,' she said with a laugh.

'Growing up in a racially mixed family is the same as growing up in any other family,' Sammy said.

'Differences exist only in people's minds. Everyone is the same. Only the laws in society make us see differences between people.'

Samkelisiwe was born in Swaziland. She came to South Africa three years ago. 'I grew up with my grandmother. Then my mother married a white man, Richard. I must confess, when I first joined my parents, I found it strange to live in the same house as a

white person. My new father is very nice. But I could not ask him for money. I went to Mom. But now, I go to either of my parents if I need help.'

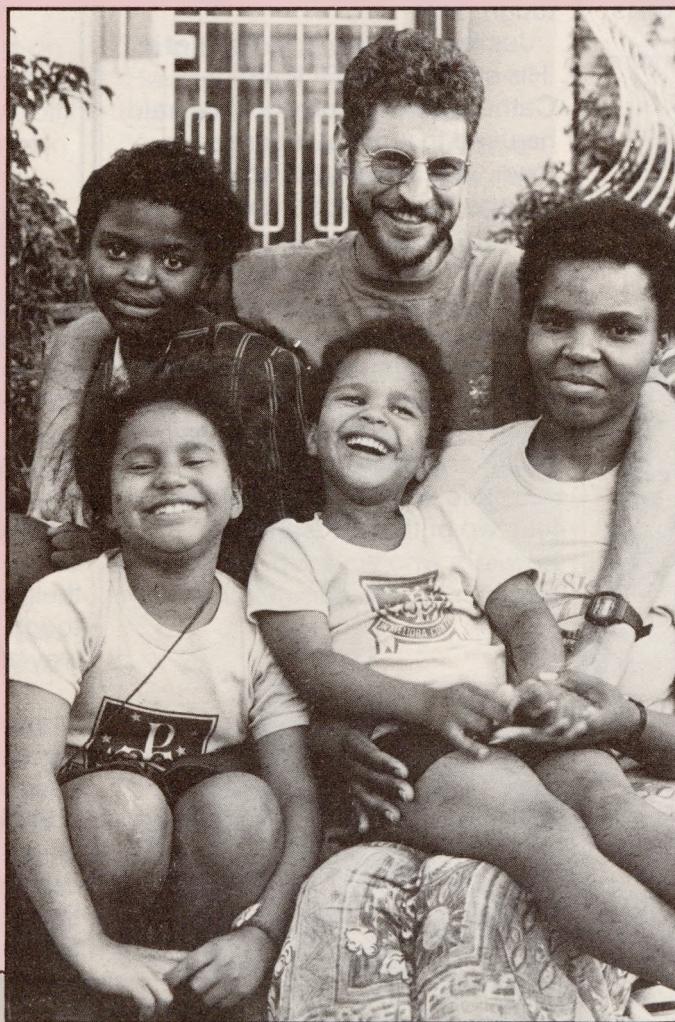
'At school other students always asked questions about my surname,' Sammy told us. They asked "How come your surname is Levine?" or "Is your mother Coloured?"

I grew tired of so many questions. Sometimes I would just say "Yep" without even looking at the person. But I would feel bad afterwards. I knew my friends didn't want to hurt me. They were just curious.'

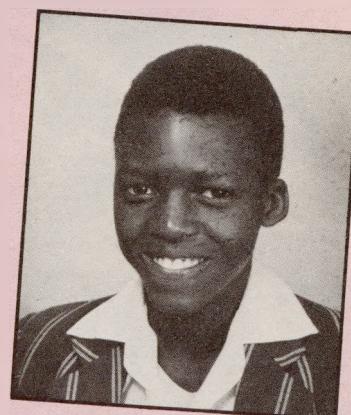
Ben is 13. He also goes to school at Sacred Heart College. Ben is in Std 5. He too grew up with his grandma and shares

some of his sister's experiences. His big problem was talking to his father's white parents. 'I just couldn't talk to them,' said Ben. But that's over now.'

Sometimes the Levine children still experience racism. 'One day,' said Sammy 'I bought sweets for my little brother who is light-skinned. Some old ladies asked me why I was buying sweets for him. "Will his parents pay back your money?" they wanted to know. 'They thought I was a nanny looking after my boss's kids. But they quickly changed their attitude when I explained that Vuma was my brother,' Sammy laughed. ■



The Levine family – Sammy sits next to her father at the back while Nobunye and Vuma sit with their mother.



Ben. Often students ask him why his surname is Levine.

FIGHTING UNEMPLOYMENT

Upbeat is looking for ways young people can fight unemployment. So we went out on the streets of Johannesburg. There we found young people who are running their own businesses, working as hawkers.

Inside Park Station, Johannesburg, a young man is busy packing up his goods. He is about to leave for home. His name is Kabelo.

It's three years since Kabelo started working full-time as a hawker. Before that he sold sweets, while he was still studying at school.

Kabelo completed his matric. But he could not study further. He could not find a job either. So he became a hawker. 'At first I sold sweets and peanuts on trains. But working on the trains was difficult because cops harassed us a lot. Park Station is

Even when it's freezing cold, hawkers are out on the street.



Selling on the streets

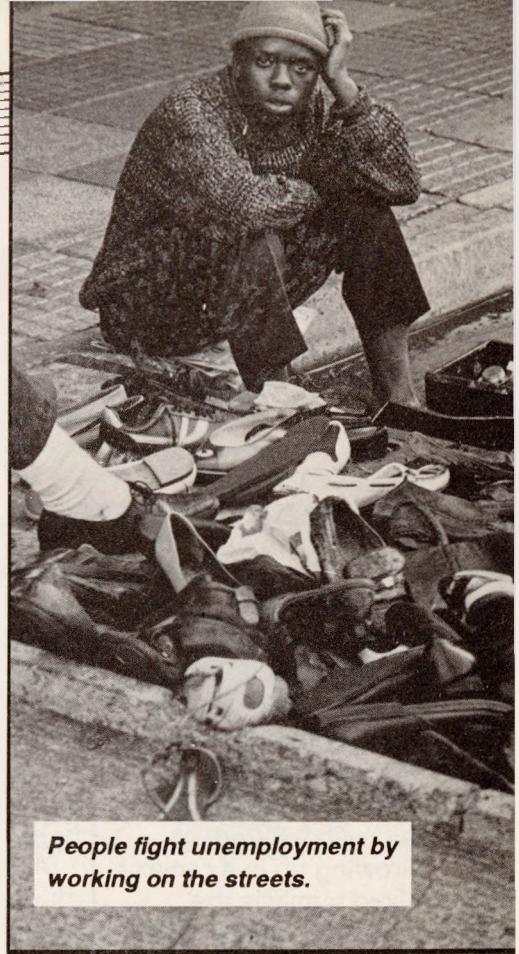
much better. You pay for your stall and no-one worries you.'

Kabelo's business started off very small – at first he just sold sweets. Kabelo told us, 'I saved every cent, so I could buy other things. And so my business grew.'

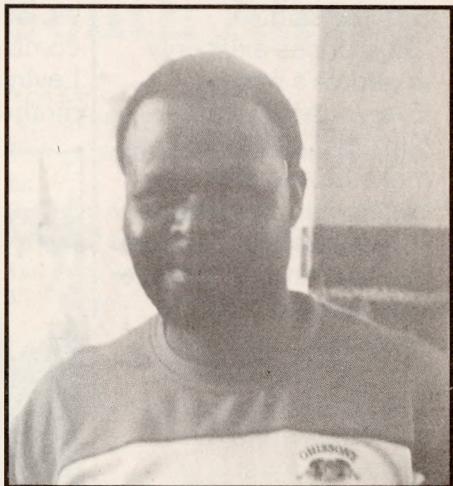
'It's very tough when you start hawking. You have to sacrifice a lot of nice things and be very patient. Young people like to go to movies and picnics. But I have to sit around with my goods. I don't even have week-ends off. These are good days for business. Being a hawker is tough, Bra!'

Justice Jele is also a hawker. His spot is near St Mary's Cathedral in Jo'burg. Justice said he used to work at a garage in town. 'My employers sold the garage. And the new owners brought along their own workers. I was not happy with my new employers. So I left the job and I started my own business with my pension money. First I sold fruit. But now I sell skin lotions, wash rags, handkerchiefs, nail polish and hair products.'

Kabelo and Justice Jele are just two of the thousands of hawkers who wake up early to run their businesses. Justice



People fight unemployment by working on the streets.



Justice Jele – used his pension money to start his business.

says he sometimes works late into the night. Neither Justice or Kabelo mind working extra hours as long as they make money for their families. 'Hawking is tough,' Kabelo says, 'but it is a way of beating unemployment.'

Starting your own business

Upbeat went to speak to Lawrence Mavundla, the president of the South African Council of Hawkers and Informal Business (Achib). Lawrence has tips for people who want to start their own businesses.



When Lawrence talks about unemployment or being a hawker, he knows what he is talking about. Lawrence was unemployed for a long time. Then he started selling things on the streets. But in those days the police used to chase hawkers off the streets. Lawrence has known hard times. But he still thinks hawking is a good way to earn a living.

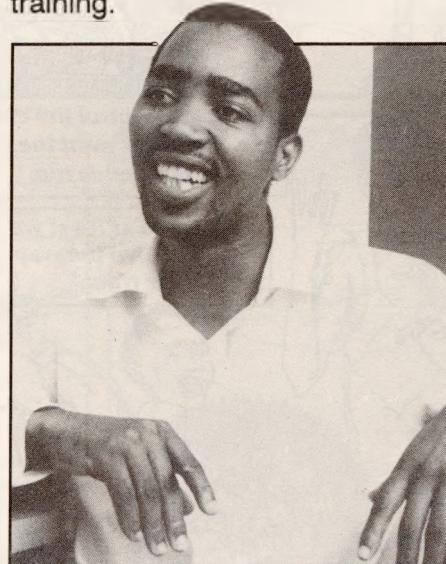
Sell something people want
'It is hard to make money these days,' says Lawrence. 'But we all have to try. The first thing you must do is think about a business opportunity — that is, what people will buy from you. You cannot sell vegetables next to someone else who is selling vegetables and expect to make money. Or you cannot sell wigs when braids are in fashion. You must think of something new to sell that everyone will want to buy.'

Money to start

'At Achib we say that you need about R500 to buy stock to sell. School leavers can perhaps ask their parents for this money. And people who have lost their jobs

could use their pension funds. There are also places that will give you small loans. (See the list at the end of this story.)

Training to run a business
'Having money alone is not enough,' Lawrence warned. 'You need to know how to run a business. You need to know how much to spend on your stock and how much money you get back. You need to know when to buy new stock and things like this. There are many places where you can get this kind of training.'



Lawrence Mavundla of the South African Council of Hawkers and Informal Business (Achib).

Getting a licence

If you want to be a hawker, you must have a licence. To get a licence, you go to the licensing department in your town. This is usually in the municipal offices. You fill in a form and pay R20. Then they will give you your licence.

Help for Hawkers

Here is a list of organisations that will help you if you want to be a hawker. Most of these organisations offer training in how to run a business and how to get loans:

Small Business Development Corporation

Third Floor, Lifegrow Gardens, 30 Wellington Road, Parktown 2193
Or
Box 7780, Johannesburg 2000
Tel: (011) 643-7551
Regional Offices: Cape Town (021) 462-1910
Pretoria: (012) 67-1320
Durban: (031) 86-7130
Pietersburg: (01521) 91-2561
Bloemfontein: (051) 47-8396
Port Elizabeth: (041) 52-6101

Triple Trust

Unit 20a, Wyecroft Street
Waverley Building
Mowbray 7700
Or
Box 13227, Mowbray 7705

Get Ahead Foundation

1098 Burnet Street, Hatfield,
Pretoria 0002
Or
Box 3776, Pretoria 0001
Tel: (012) 324-2186
Branches
Durban: (031) 305-1709
East London: (0431) 63-3700
Port Elizabeth: (041) 66-2627

African Council of Hawkers and Informal Business

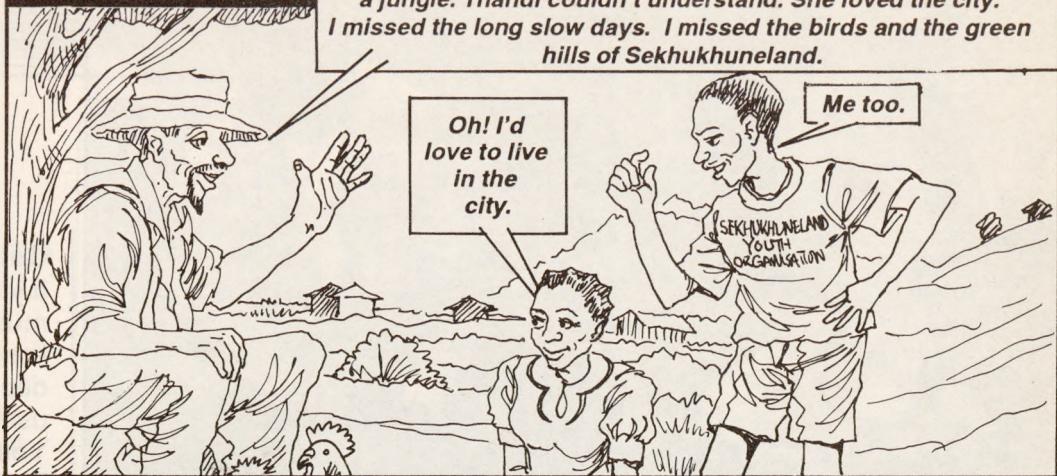
CDH House, First Floor
217 Jeppe Street, Johannesburg 2001
Or
Box 4122 Johannesburg 2000
Tel: (011) 333-0542/3

TAXI DRIVER

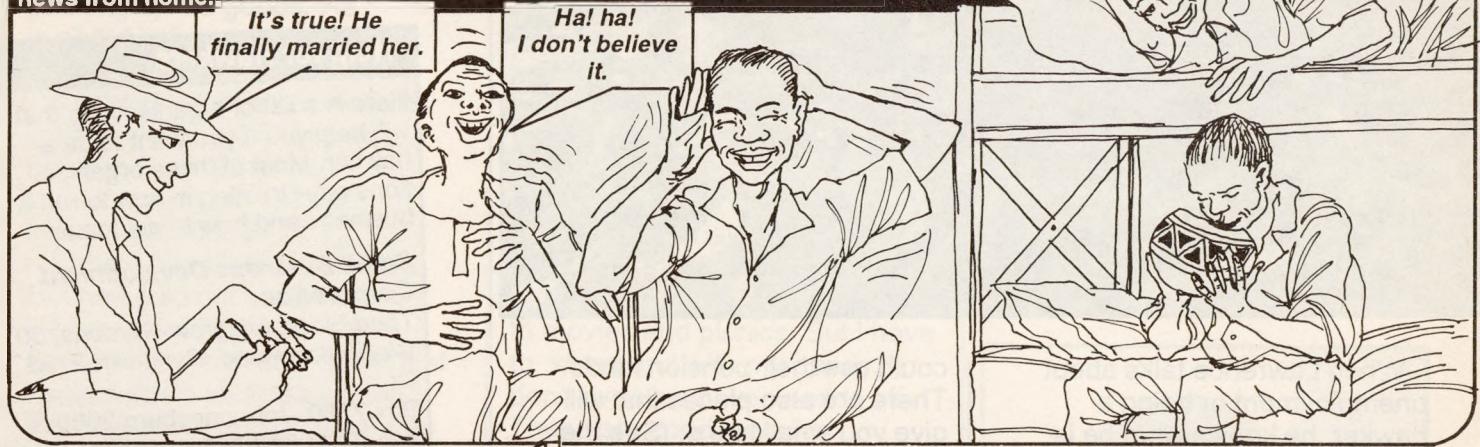
PART 12

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

1957



Sundays I'd head off for Denver Hostel. Some friends of mine stayed there. They were migrants from Sekhukhuneland. We'd sit and catch up on all the news from home...



One particular Sunday afternoon
in January 1957...

Come inside Kabu. There's important news from home.

Comrades, this is Kabu. He's from Mohlaletse.

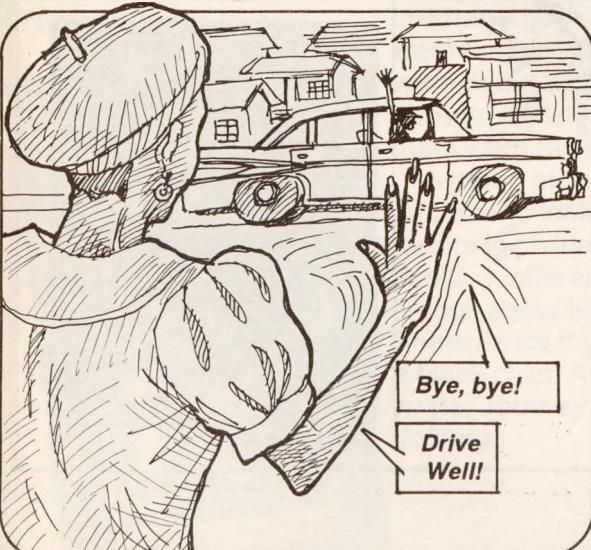
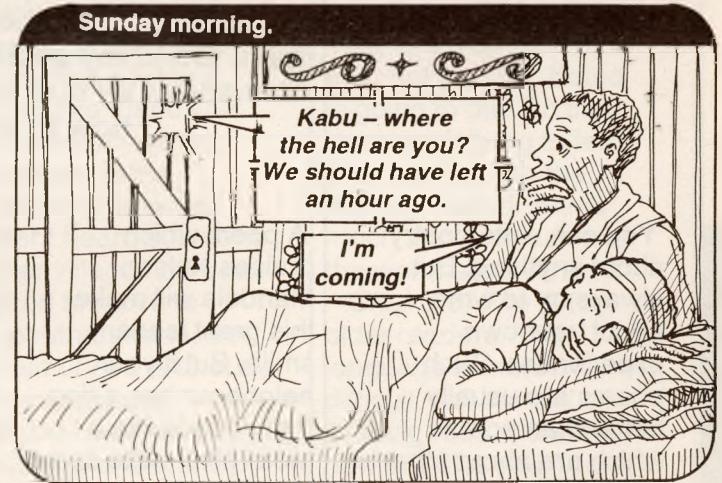
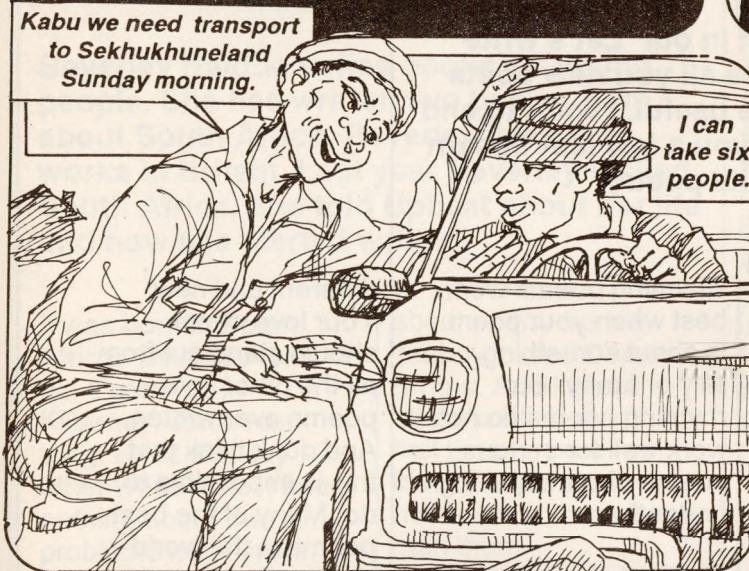
The 'maburu' want to make our chief Morwamotshe sign a piece of paper. The government wants him to obey their orders.

Do we want our chief to be controlled by the government?

The boers control the cities. Now they want the countryside too.

At home at least we can still live the way we want.

They want to take over land and cattle!



Let's write poetry

By Chris van Wyk

Part 4

This is the last part in our 'Let's write poetry' series. I hope all you new poets have found my advice useful. I want to end this series by giving you a few last tips on how to write poetry.

You can write poetry about anything. But always try to write about your own experiences. Such poems are usually better than poems which are about other people's lives.

Write about big events as well as small ones. A poem about a mouse that hates cheese can be just as interesting, as a poem about a new government. Write about famous people but also about friends, neighbours or your baby sister.

A poem which praises Nelson Mandela will make this great leader smile. But if your neighbour has a dog that sounds like a motorbike, write about that too. Maybe you will make Nelson Mandela laugh.

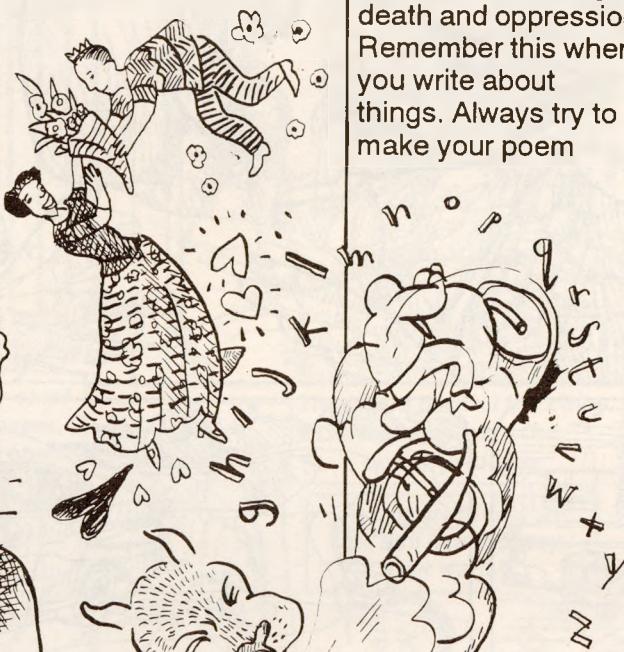
Rhyming poems work best when your poem is about something silly or funny. But rhyming poems do not work well for serious poems about suffering or death.

Poetry is a very old art form. For hundreds of years poets have written about love, marriage, death and oppression. Remember this when you write about things. Always try to make your poem

different and new. Your love poem should stand out from all the other love poems ever written. And don't think that this is impossible to do. Many of the best poems in the world were written by new young poets. And many great poems are only two or three lines long.

Experiment with your poems. Put punctuation marks in unusual places.

Make up new words:
Have fun with grammar and every letter
Make the alphabet alphabetter.



Chris van Wyk

Beverley Naidoo writes for young people

Beverley Naidoo writes books for young people. She has written two books, both about South Africa. Beverley lives and works in Britain. Last year Beverley visited South Africa. She told *Upbeat* about her life and how she started writing.

'I was born in South Africa,' Beverley told us. 'I grew up in Killarney, Johannesburg. I was like any other white child. I knew nothing about the problems most black people face and nothing about South African politics. I was in matric when the police shot and killed 69 people in Sharpeville. There was a panic at my school. We were all sent home!'

'Once I finished school, my eyes began to open,' Beverley continued with her story. 'My real education started at Wits University – not in the lecture rooms, but on the lawn outside the library. There I learnt

about poetry from a 'teaboy' called Dennis Brutus. And I learnt about politics. For the first time I mixed with black people and I did not feel that I was better than them.'

'When I left university, I worked for about 18 months in Soweto. Then I was arrested for politics. And when I came out of prison, my parents persuaded me to go and study overseas.'

'My interest in children's books started in 1981,' Beverley told us. 'One of my students, Lila, who was 12 years old and black, wanted to know about South Africa. But the children's books I found were terrible. They were about white children and most of them were racist.'

'A group of us got together to look at racism in children's books. I offered to write a book about life in South Africa if you were a black child. And so I wrote, *Journey to Jo'burg*.



Beverley Naidoo

'I decided to write my second book, *Chain of Fire* when a letter I wrote to a friend was returned unopened. She lived in the Western Transvaal. Later I heard everyone in her village had been forced to move to Bophuthatswana. So *Chain of Fire* is about a forced removal.'

If you have never read one of Beverley Naidoo's books, try one. *Journey to Jo'burg* is shorter and much easier to read. It is about how Naledi and Tiro leave their home in

the western Transvaal. They are worried that their baby sister, Dineo, is going to die. So they travel to Jo'burg to fetch their mother. On the journey, Naledi learns much about herself and the world around her.

Chains of Fire is for older readers. The language is more difficult, but it is still an exciting read. Naledi is now 15. She and Tiro join the other students at their school to fight against being forced to leave their homes. ■

COMPETITION TIME

The first people to send in the correct answers to these questions will win one of Beverley Naidoo's books.

1. What are the names of the children in Beverley Naidoo's books?
2. What is the title of Beverley Naidoo's second book?

3. Where does Beverley Naidoo live?

Send your answers to:
Upbeat Book Competition
P O Box 11350
Johannesburg
2000

Please tell us how old you are, so that we know which book to send to you.
Closing date:
30 June 1992



Penfriends

CAPE

P O Box 919, Kuruman 8460

Dear Upbeat

I am a guy of 21. I would like to correspond with girls of 19-21. My hobbies are reading magazines and listening to gospel and reggae music. My favourite singers are Eric Donaldson and Don Carlos. I will reply to letters written in English or Tswana.
Jonas Mokobea

A373 Zakhele St, Khayelitsha 7784

Dear Upbeat

I am a boy of 15. I am doing Std 5 at Khayelitsha No 1 Primary School. My hobbies are reading books and listening to music. When I am old I want to be a pilot. I want to correspond with girls of 14-15 years.

Mzwaneke Tulumane

5249 N.V.2, Mdantsane 5219

Dear Upbeat

I am a girl of 12. I am doing Std 7 at Alphendale Senior Secondary School. My hobbies are playing tennis, jogging and reading. I would like to correspond with girls of 12-14. My favourite singers are Whitney Houston and George Michael. I will reply to letters written in Xhosa or English.
Siphokazi Nkosimbini

NATAL

P O Box 1651, Stanger 4450

Dear Upbeat

I am 12 years old. I want to correspond with boys and girls of 11-20. I love animals. I am totally against violence. My favourite stars are Aamir Khan, Tom Cruise and Tony Danza. Please write to me in English.
Keshree Semnataran

815 Thothawe Rd, P O Imbali 4503

Dear Upbeat

I would like to correspond with an Upbeat penfriend. I am a girl of 12. I want to correspond with boys and girls of all ages. My hobbies are playing tennis, singing and doing karate. Please write to me in English or Zulu.
Upbeat penpal seeker

TRANSVAAL

Phuthing Nest School, P O Box 68704, Bryanston 2021

Dear Upbeat

I am a girl of 15 years, doing Std 7 at Phuthing School. I want to correspond with girls and boys from all over the world of 15-18. My hobbies are listening to music, going to parties, hanging out with friends, reading, swimming and writing letters. My favourite sports are baseball, hockey and volleyball. I also take dancing and gym lessons. Please write to me in English and send a photo if possible.
Melita Mansez

288 Johnson St, Bekkersdal 1780

Dear Upbeat

I am a girl of 18 in Std 9. I want a penfriend of 10 or 15. My hobbies are reading and watching television. Please write to me in English or Zulu. Photos will be appreciated.

Ntomencane Dlamini

Batshabeng Middle School, Private Bag 91033, Phokeng 0316

Dear Upbeat

I am a girl of 14 in Std 7. My hobbies are dancing, listening to disco music and going out with friends. I want to correspond with people from all over the world. Please write to me in English. Photos are welcome.
Boitumelo Maboke

6 Capricorn St, Ennerdale Extension 3, 1825

Dear Upbeat

I am a girl of 13 in Std 6. I would like to have a penfriend who is older than 12. My hobbies are reading, writing, listening to music and swimming.
Rashida Du Plessis

P O Box 118, Marishane 1064

Dear Upbeat

I am a girl of 15 doing Std 8 at Nkgonyeletse High School. I want to correspond with guys and dolls of 13-18. My hobbies are reading, watching TV, athletics and going to church. My favourite subjects are Maths and Physical Science. You can write to me in English, Northern Sotho or Tswana. Photos are welcome. Thank you.
Portia Masemola

AFRICA

Likoting Ha Lekomola, P O Box 62, Mapoteng 260 LESOTHO

Dear Upbeat

I am a boy of 15 in Form 2 at Dalion High School. I would like to correspond with boys and girls of 14-17 years. My hobbies are soccer, writing to penpals and listening to Lucky Dube and Thiza music. My home language is Sesotho. Please write to me in English or Sesotho. Photos are welcome.
Zachariah Lephoto

Dowa West R.D.P, P O Box 131, Mponela, MALAWI

Dear Upbeat

I want to correspond with pals of either sex from South Africa. I am 19 years old and my hobbies are reading, exchanging gifts, listening to music and watching videos. Please send a photo in your first letter.
Felix Mpama

Luthuli Memorial Trust, 211 Herbert Macaulay St, Yaba, Lagos, NIGERIA

Dear Upbeat

I am a 19-year-old boy from South Africa, studying in Nigeria. I want penfriends from South Africa, especially from the Inanda Seminary. My hobbies are writing letters, playing music and discussing politics. My dreams are to study at the University of Ibadan and to come back and free South Africa one day. I would like to write to boys and girls between the ages of 15-22 years.
Emmanuel Mandla Khumalo

OVERSEAS

27 Routes de Feurs, 69170 Tarare, FRANCE

Dear Upbeat

I am a French girl. I would love to have a penfriend from South Africa. I am 15 years old and I enjoy the cinema and travelling.
Regine Thivel

Vastravagen 76B, 85245 Sundsvall, SWEDEN

Dear Upbeat

I would like a penpal. I am 11 years old. My favourite animals are cats and dogs. The name of my school is Hogom. I have a little sister called Jennie. She is five years old. I like collecting stamps and playing the piano.
Johanna Svensson

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Better schools for all

A squatter School

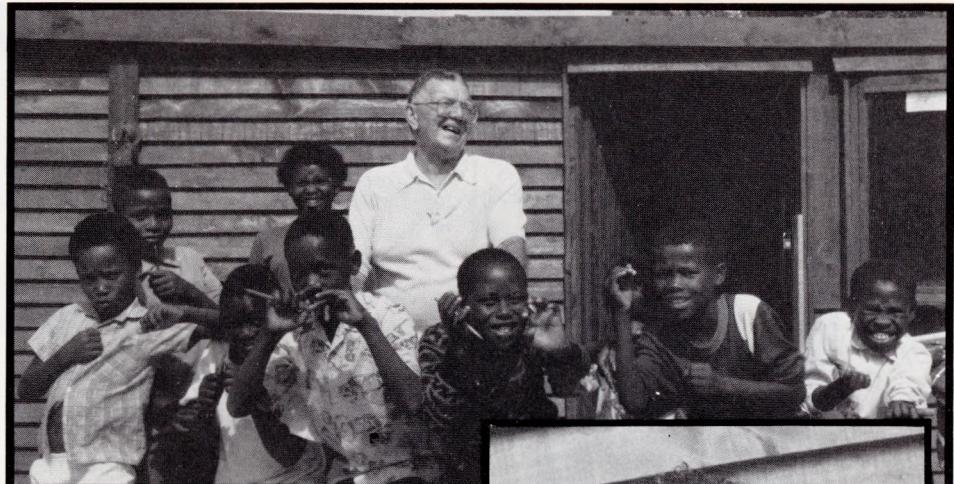
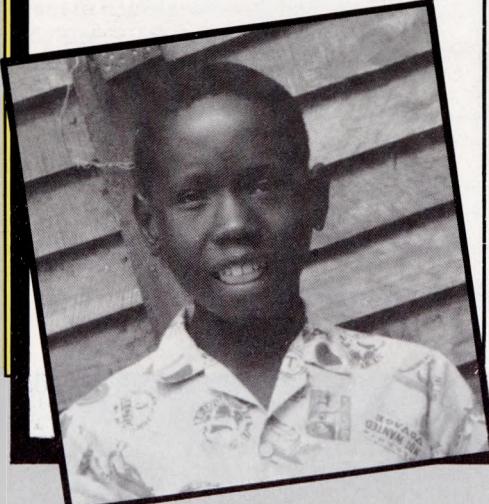
By Michelle Saffer

On the way to the beautiful Noordhoek beach in Cape Town, there is a small dirt road leading into some bushes. This road passes well-made corrugated iron homes. Then you get to a school.

But this school is not a big, brick building, like most government schools. It's a special school started for the children who live in the squatter camp in Noordhoek.

The school was started last year by a nurse, Pat Coleman, who works with the squatters in Noordhoek. The people liked the idea of a school. They wanted their children to learn English so that they could go to government schools next year.

Philemon Makupula is one of Pat's students. He is 14. He hopes to go into Std 4 at Kalk Bay Primary School next year.



The Noordhoek squatter school

But the school may not accept him because he is much older than the other Std 4 students. Philemon is good at Maths. He could do much better with more guidance. But his class, the advanced class, has students of very different ages, abilities and backgrounds.

'Teaching in a school like this is very difficult,' says Pam Nock, one of the teachers. 'I've been teaching the class the multiplication tables. I know Philemon can multiply. He should be doing something more difficult, like fractions. But he wants to join in with the rest of the group. So he is wasting time but maybe he's improving his English.'

Mercia Tsotso, a 12-year-old girl, is in Philemon's class. Philemon has been at the school for three years now. But this is Mercia's first year at school. Like Philemon, Mercia also wants to go to Kalk Bay Primary School next year.

The school has improved since it started. Last year the school building was a small hut.

Philemon Makupula



Mercia Tsotso

There were no books, no desks or chairs. The children had to lie on the floor to write. Now the school is a two-roomed hut.

Excited students

Filling the classrooms are 30 very excited students who obviously enjoy their lessons. Philemon twisted his ankle last week but he still walked three kilometres from his home to school.

The school is run by eight volunteer teachers who teach once a week. But they need more teachers. If one of the teachers gets sick, there is no-one to take his or her place. Then the students are left on their own with nothing to do.

Students are taught in English. If they can't understand, Olga Magubadela, a member of the parents school committee translates. She gets

paid R100 a month. The teachers are hoping that someone will donate money to pay her more.

Parents help too

'There are lots of parents on the school committee,' Olga said. 'We talk about what the school needs and we talk to the teachers. I think all children must be in school. Sometimes I see children playing in the road. They can be hit by cars. But our school is not big enough for all the children in the squatter camp. Olga said that they have already turned away children. 'We need a big school next year and more books and teachers, so that we can reach more children.'

Did you know?

In South Africa, thousands of children of school-going age are not at school. But the shortage of schools is not our only problem. Apartheid education has led to many other problems. Here are some:

- More than three million children live on white farms. But only 440 000 of them are at farm schools.
- Half of all African children who enter school do not pass Std 5.
- A quarter of all black children who start school drop out in the same year.
- Classrooms are overcrowded with no teaching tools like textbooks and blackboards.
- Over the past five years thousands of students have left school because of the violence.

A big meeting makes big plans

Education in our country is in a mess. And the South African government has done nothing about it

Today there are still 15 separate government departments of education for the different 'race' groups and homelands. We need one non-racial, democratic education system.

But what can you and I do to change things? That's the question the National Education Conference discussed at a meeting in Broederstroom from the 6-8 March 1992.

Teachers, students, political organisations and trade unions with different political beliefs got together. They talked and made plans about how to make schools places of learning.

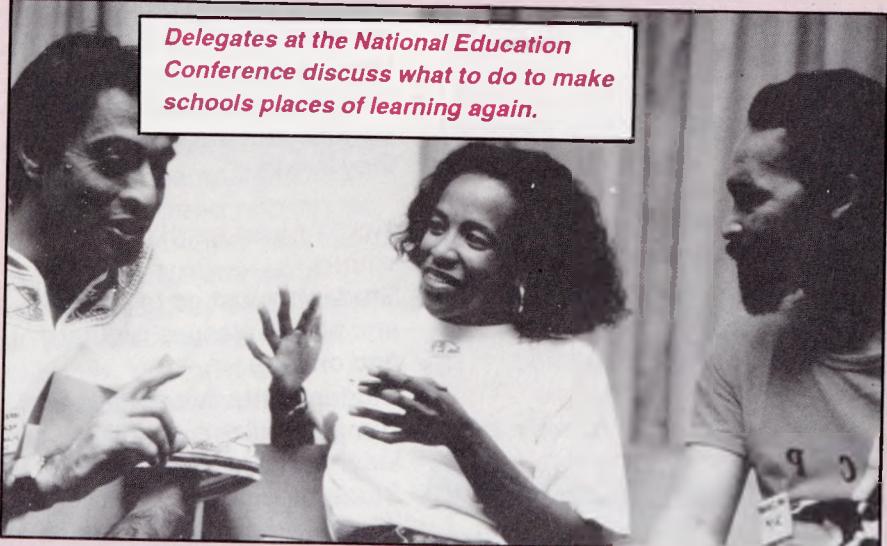
After long hours of talking and debate, the people at the conference decided that they must unite everyone – teachers, students, parents and communities. They said everyone must fight together to

improve our schools. A committee made up of representatives from all the organisations at the conference was chosen.

This committee will meet with the government and business leaders. They will give this list of demands to the government:

- All children must have schooling and the tools they need to learn.
- The government must spend the same amount of money on all students.
- The government must work with PTAs (Parent, teacher and student associations), SRCs and teacher unions. These organisations must have a say in how schools work.
- The government can't just make changes to education without telling anyone.
- The government must stop all the violence and make schools safe places of learning.

Delegates at the National Education Conference discuss what to do to make schools places of learning again.



Better schools for all

At Upbeat we know how bad things are at some schools. Every day we receive letters from our readers, complaining about problems at school. Here are just a few.

Dear Upbeat
There is a shortage of classrooms in our school. Each class accommodates about 70 to 80 students. We don't have a library or a laboratory. Even electricity is not available. It is difficult for teachers to teach us. It is also very difficult for us to study in this kind of environment.
Rodney M.N., Sibasa

Dear Upbeat

Fear is ruling our lives in the townships. My fellow youth, I am deeply disturbed by the formation of gangs in many townships. In the townships of the East and West Rand, gangsterism is common. Gangs are formed by students. Students should stop influencing each other to form and join gangs.

Magito Maribe, Kagiso

Dear Upbeat
I am concerned about the situation at my school. I'm a Std 9 student at the Landulwazi Secondary School. Some boys and girls leave school because they think school is too dull to improve their knowledge. A number of students develop bad habits like drinking, smoking and taking drugs. And they are rude to the teachers. When the teachers punish them for their bad behaviour, they become resentful and leave school.
Sibusiso Khanyile, Thokozza

The National Education Conference discussed these problems. People agreed that the government and apartheid education is to blame for this terrible situation.

But people also agreed that we must do something about the problem. We can't sit back and wait. Schools must become places of learning again. So the conference developed a code of conduct. People from lots of different organisations wrote it.

The code of conduct tells students, teachers and parents what they can and can't do at school.

Here is the code of conduct for students. We have made it simple so that you can read and understand it easily.



Code of conduct for students



There must be learning.

- The main duty of students is to learn and develop their talents.

Learning must:

- teach students about themselves and the world they live in
- equip students with knowledge that helps them and their community to live better lives.
- help students become active and independent
- encourage self-discipline
- teach students to understand, question and change their world.
- Students must also help run schools and take part in deciding what and how to teach.

There must be respect.

- There must be respect between students and teachers and among students themselves.
- Students and teachers are equal as human beings but teachers must have power in the classroom.
- Students must respect their parents and the community they live in.

Schools must be places of learning.

- Students must go to school and attend classes regularly and on time.
- Students must work hard and complete all the work their teachers give them.
- Students must avoid drunkenness, drugs, fighting, carrying dangerous weapons, damaging school property.

They must also return textbooks.

- Students must stop rape and sexual harassment at school.
- Students must obey the rules of the school.
- Students must tolerate other people's ideas in the classroom, the school and in the community.
- Disagreements between teachers and students must be resolved in a non-violent way.
- SRCs must represent the views and interests of the students at school. SRCs must be non-party political. This means they must be open to all students whatever political organisation a student supports. The SRC is very important. It must represent the interests and views of students within the school.

What students think

Upbeat spoke to students from the Azanian Students' Movement (Azasm) and the Congress of South African Students (Cosas) at the conference.

They came from all over the country - Durban, Transvaal, Bloemfontein, Port Elizabeth and Cape Town. We asked them if the new code of conduct would help get students learning at their schools.

'It's going to help us,' Ernest Shozu of Cosas said. 'There are many problems at school. At the moment students are demoralised. They don't know how to make things better at school. The code of conduct tells us exactly what the duties of students are. Maybe this will encourage students to work hard at their school work.'

Tsietsie Setona of Cosas, Bloemfontein, said that the code of conduct was very important because it was drawn up by people from different political organisations. 'For a long time now, different political organisations have not worked together on campaigns to improve education,' Tsietsie said. 'Now organisations like the ANC and Azapo have come together. It's a big step. It will



also help the student organisations at school work together.'

'On paper the code of conduct looks good,' Peter Camaqu of Azasm said. 'There are very good ideas in it but it's always difficult to put things into practice.'

'Yes, that's true,' Moses Maseko of Cosas replied. 'But if we take the code of conduct into our schools and get all students to discuss it, it won't be a problem. Students will see for themselves that it is good. And together we can decide how to make the code of conduct work.'

'For me the most important thing is the question of political tolerance,' Andile Mngxitane of Azasm said. 'The code of conduct is good because it encourages students from different organisations to work together. We must allow for people who disagree to work together on campaigns.'

Tsietsie agreed with Andile. 'But we must remember not just to talk about tolerance in conferences,' he said. 'We must go to our schools and work together. We must build tolerance among all the students and not just the student leaders.'

Building unity at the conference – students from Azasm and Cosas share a joke.

Let's make 1992 a year of building education. Let's make our schools exciting places of learning. The education committee needs all of us to join in their campaigns. Then the government cannot ignore our demands. If you want more information on the work of the education committees write to: The National Education Conference
P O Box 6079
Johannesburg
2000

Speak out!
Students, what do you think of the code of conduct? Will it improve schooling? How can we make it work? Remember, it's up to all of us. Take the code of conduct and discuss it in your classroom, with friends or at home with your family. Then send us your views!
Write to : Code of conduct, Upbeat, P O Box 11350, Johannesburg 2000

WILLIE WORDWORM

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

Peace begins with you

mediator (n) – someone who brings peace between two people or groups

compromise (n) – the settling of a dispute where each member accepts less than he had before

volunteers (n) – people who offer to do something of their own will

to interrupt (v) – to prevent an activity or speech from continuing

solution (n) – the act or way of solving problems



Better schools for all

multiplication tables (n) – times table

translate (v) – to change from one language into another

overcrowded (adj) – when there are too many people in a small space

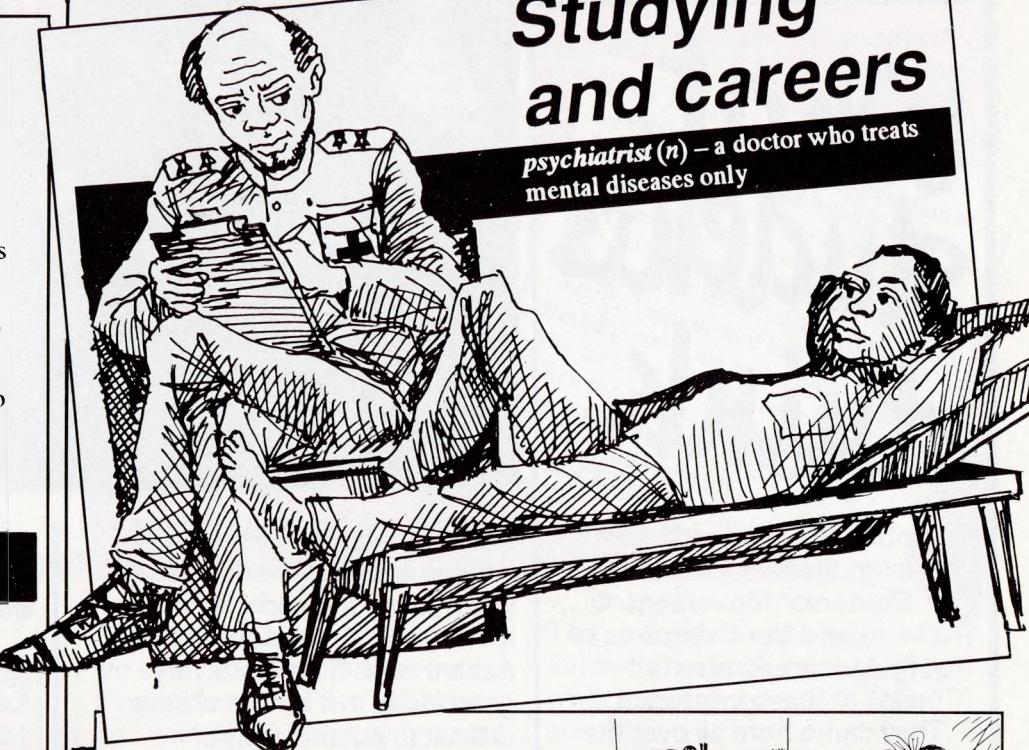
equip (v) – to prepare to give necessary knowledge

tolerance (n) – allowing other people to have beliefs that are different to yours



Studying and careers

psychiatrist (n) – a doctor who treats mental diseases only



Streetbeat

breeze (n) – a gentle light wind

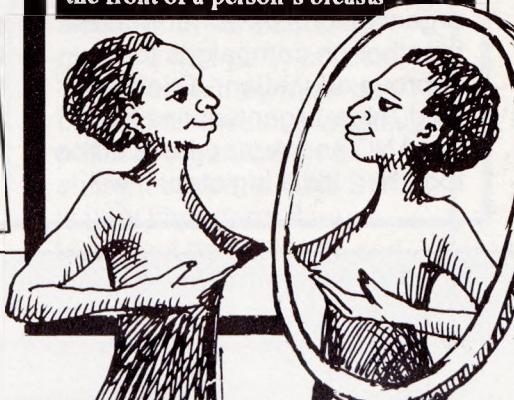
flare (n) – a skirt or something with a spreading shape



You and your body

nausea (n) – a feeling which comes before vomiting

nipples (n) – small projecting part at the front of a person's breasts



Taps at the African hip hop concert

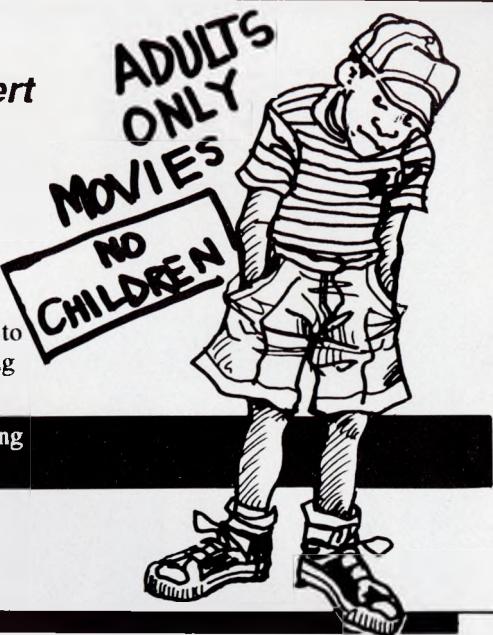
flash (n) – a sudden, bright light

crazy (adj) – to be extremely excited by something

to vibrate (v) – to cause to move rapidly

to tempt (v) – to encourage someone to do something, especially something wrong or unwise

to frustrate (v) – to prevent something or somebody from being successful



Are you a real friend?

loyal (adj) – to be faithful to someone or a government

generous (adj) – to be willing to give away money or time freely

Down a gold mine

scary (adj) – causing fear

to collapse (v) – to fall down suddenly

apprentice (n) – a person who is learning a trade or craft by legal agreement with the employer

pthysis (n) – a kind of lung disease suffered by mineworkers

damp (n) – something that is slightly wet

to crawl (v) – to move on hands and knees with the body close to the ground



Preventing pregnancy: whose problem?

to sacrifice (v) – to give up a thing you value so that something good may happen

to ejaculate (v) – to discharge semen or sperms in orgasm

to spill (v) – to let something fall out of a container

Selling on the streets

reluctant (adj) – to be unwilling to talk or do something

stall (n) – a place from which things are sold



Beverley Naidoo writes for young people

panic (n) – a sudden strong feeling of fear or anxiety

to persuade (v) – to convince or to make others believe something

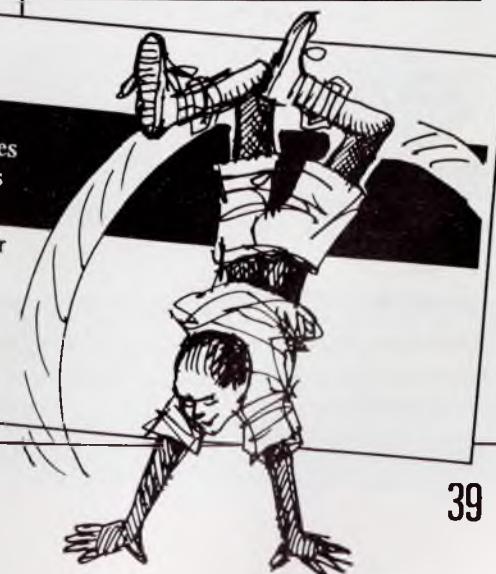


The jumping gymnast

somersault (n) – a forward or backward roll in which the head faces the ground and the body and the legs are turned over it

Novice (n) – a person who is new to or inexperienced in a certain task or situation

habitat (n) – a place where a plant or animal lives naturally





Have you ever thought that circles in Maths were boring? Last year some Std Four and Five students from farm schools in Broederstroom were struggling to use compasses. With the help of Count, a project which runs extra Maths classes, the students turned Maths into fun. This is what they produced.