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MAY 1995 • NUMBER 3

# UPBEAT

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FOR SCHOOLS**

**BEATING BULLIES**

**MEETING A  
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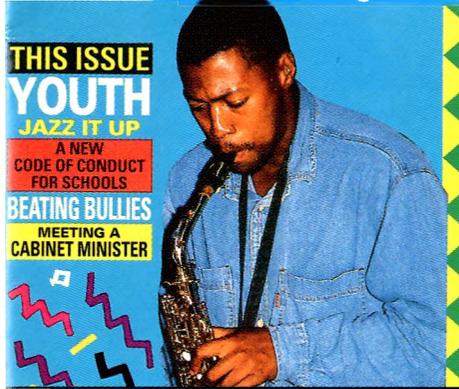
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## Brings learning to life

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

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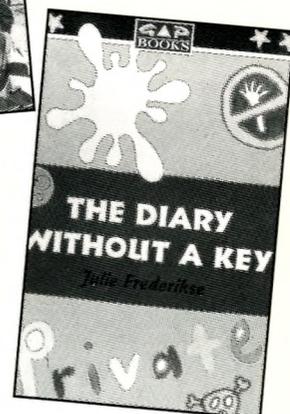
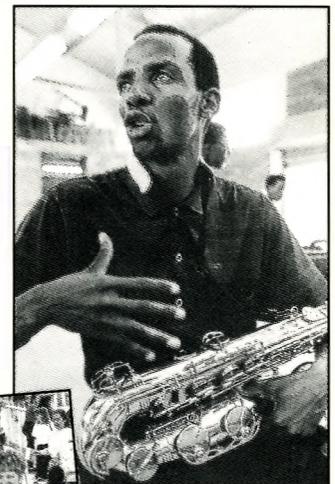
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*Dear Readers*

Who is the lucky winner of the Upbeat Short Story competition? There are some very talented story writers among Upbeat's readers, so it was a difficult decision. But look on page 30 for the winning story and the names of the other prize winners.

If you think you have a busy day, just look at the daily calendar of our Minister of Health on page 12. Have you noticed that Upbeat is investigating every area of the new government?

We want our readers to be leaders. We want you to know about how the country is run and how the people's money is being spent.

Talkshop gives students' views about government spending on education. Good leaders must also know their country's history. On page 28 you can find out what role black South Africans played in the war between the Boers and the British.

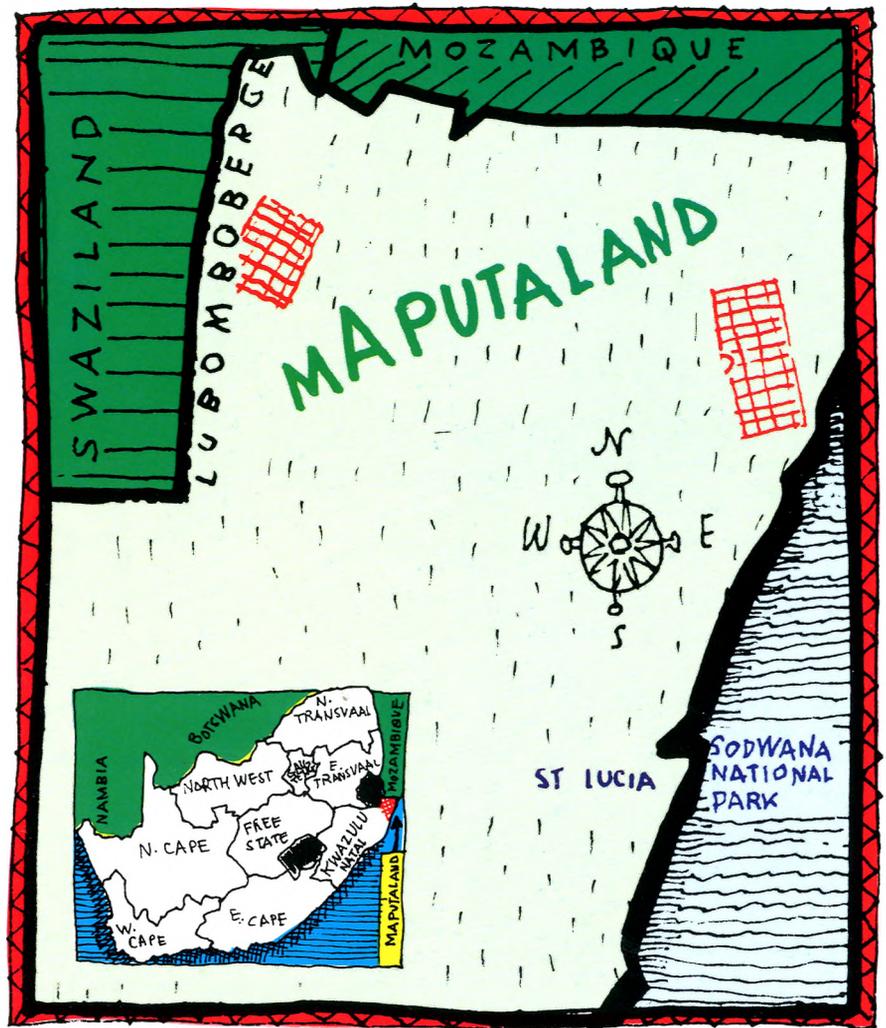
You can also read about bullying in schools and the new Cosas Code of Conduct in this edition. For some entertainment find out about the Soweto Youth Jazz Orchestra on our music page. So join Upbeat in learning all about what's going on in the new South Africa

*Mindy*

## NEXT ISSUE

**HELP WITH ESSAY WRITING**

**TEENAGE SUICIDES WHY?**



*Forgotten place:*

**People walk long distances in Maputaland in Northern Kwazulu.**

Map by Andrew Lindsay

# MAPUTALAND

**Where is Maputaland?** It is in Northern Kwazulu/Natal. For many years, the government ignored far away places like Maputaland. The roads are terrible and there are few buses. People must walk a very long way to get to a clinic or a shop.

The people of Maputaland wanted to solve their transport problem. So they got together with the Khuphuka Skills Training and Employment Programme. Khuphuka is training local people to build drains, roads and bridges. In the Ingwavume and KwaNgwanase districts, 36 young men and women are

training to be team leaders. While they work, they are being taught all about how to build roads. When they graduate from the course, they will supervise other trainees. The project is part of the Reconstruction and Development Programme and is co-ordinated by the Department of Public Works. ◀

**If** you would like to find out more about the work done by Khuphuka, contact Sibusiso Myeza or Chantelle Wyley at:

3A Eaton Road  
Congella  
Durban 4001  
Tel: (031) 255530

# RDR GREENING COMPETITION

*The Edu-Plant Competition aims to create environmental awareness in schools.*

## How schools can take part

Schools are invited to write an essay which outlines how their community can make the environment a greener place. To do this, schools must find out about the things plants do for us. For example, they protect the soil, provide shade, food, building materials, medicines and income.

Schools which enter the competition will get help in preparing their entries from ESKOM and Trees for Africa. They will get a colourful wall-chart about indigenous trees and other useful materials.

## Cash and green prizes

Each province will have a Primary School and a Junior Secondary School winner. The 18 winning schools will attend a prize-giving and an environmental workshop in Gauteng. All winners will receive trees for their school. Six national winners will receive cash prizes to implement their greening project.

For entry forms and information about the Edu-Plant Competition, write to: Trees for Africa, P O Box 2035, Gallo Manor 2052  
Telephone: (011) 803 9750

**Closing date: 31 July 1995**

## BOOK REVIEW

**Title:** *Red hot cha cha*

**Author:** Janet Smith

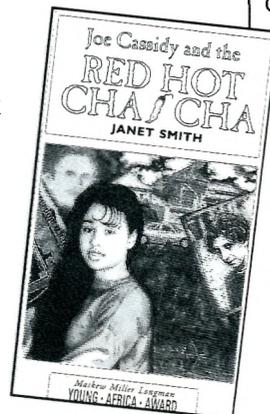
**Published by:** Maskew Miller Longman, 1994

**Book review by:** Christine Noko

After eight years of living in London, Diane finds it difficult to adapt to life back in her home country of South Africa. She is also trying to recover from the death of her father, who was killed by a letter bomb.

She finds it difficult to share her pain with the people around her, until she meets Joe Cassidy. He also has a painful story to tell. His father was an explosives expert working for the South African government.

The book was real to me. As I was reading, I felt as if I was one of the characters. I could feel the pain and the love that Diane and Joe experienced. The story made me aware that we are not alone when we lose someone whom we love. I think the book is great. I would recommend it to teenagers and people in their twenties.



*These 'old' people are members of Chiawelo Youth Club?*

## FUNNY DAY IN CHIAWELO

**Story and photograph by Eugene Sithole**

Youth in the Chiawelo area started a youth club in August 1994. What the club has done so far is great. We have music, aerobics, sports and games, debates and discussions. But the best day of all is Friday, which is Funny Day.

On Funny Day club members dress up in fancy dress or funny clothing and hold concerts. Funny Day attracts a lot of people because people know that laughter is the best medicine. The project does not have much money. But people still take part because they believe that their activities educate and entertain the community.

# Back to learning

**Everyone wants schools to become places of learning again. But in many schools teachers don't teach, students won't listen and gangs create fear among all. Students blame the teachers, teachers blame the students and everyone blames the old government.**

But the time for blaming is over. Something needs to be done about it. And that's just what a new code of conduct for schools plans to do.

The Congress of South African Students (Cosas) has drawn up a Code of Conduct which aims to tell students and teachers what they can and can't do at school. It says that teachers and students must both make sure that students can learn and develop their talents and skills.

What is in the Code of Conduct? 'It deals with things like the security of schools, learning and teaching, respect and punctuality,' says Sechaba Khumalo from Cosas.

## **Bad habits**

What are the problems in schools and how will the Code solve them? 'Apartheid created the problems,' said one student. 'but some people have got into

bad habits and taken advantage of the chaos in schools to do as they please.'

'Other students do not wear uniforms and some teachers drink alcohol and do not come to classes regularly,' Sebolao told us.

Students at Thaba Jabula seem to feel that their principal is too soft on both teachers and students who are out of step. Mr Dlomo is the principal at Sibusisiwe High School. He has strong feelings about the role of principals in the school:

'Students must be involved in the school management committee. But headmasters must have powers. Students need guidance and direction from the principal and teachers.'

'At my school in Thokoza,' Sibusiso told us, 'a number of students drink, smoke and take



**Students must find new ways to make demands because .....**

Photo: Courtesy of The Star

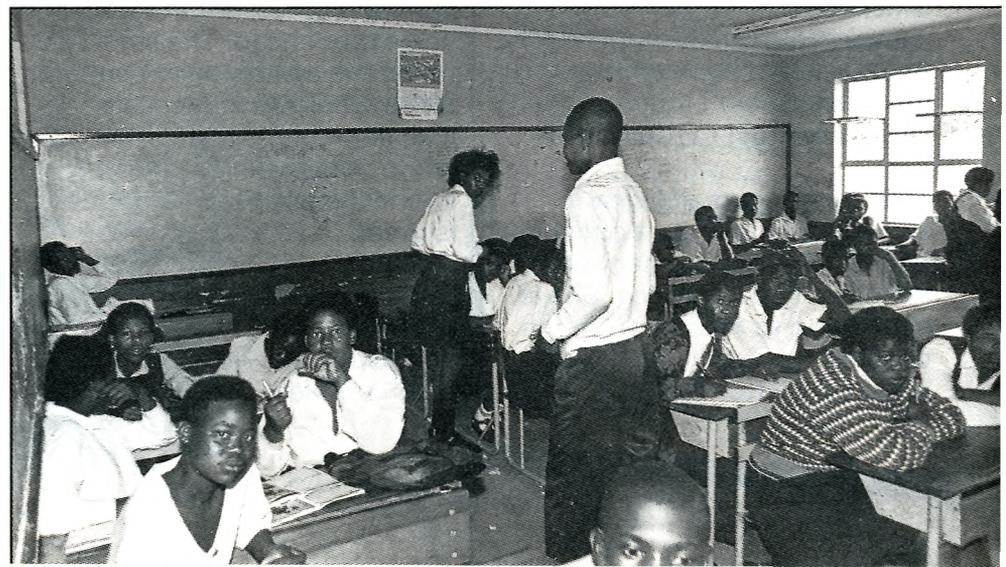
drugs at school. And they are rude to the teachers. When teachers punish them, they leave school.'

The Code says that students must take their school work seriously. Students must learn and study for tests. People who disrupt learning will be disciplined and teachers or pupils who steal or destroy books will be punished and could even face criminal charges.

The code also states that people who are late should be disciplined. Xola Mnene is in Std 8. He doesn't believe that just anyone should be allowed to do the punishing.

**Students at Meadowlands do not have a teacher.**

Photo: Brett Eloff





**wrecking classrooms is not on.**

'Punishment should be given by an appointed group of people. A disciplinary committee should be the only group responsible for giving punishment,' he says.

### **Respect**

Ruth Moutloatsi feels that if the code is observed, it will go a long way to improving pupil-teacher relations. She says, 'There is a lack of respect between teachers and students. I am not happy with the gossiping habit of teachers. If you fail a test, you become the talk of the staff-room. Our teachers must learn to encourage us so that we can have confidence in ourselves.'

Mrs Kubheka, teaches English at a school in Natal. She says that overcrowding makes good teaching impossible. 'My classroom is so crowded that I can't walk to the back of the class to look at the students work,' she said. She also believes that parents must become more involved in their children's education and help teachers to discipline children.

Bullying and intimidation is another big problem in schools. The new Code says that bullies are out! Weapons in schools are



**Sechaba Khumalo from Cosas says that it is time to find better ways to solve problems.** Photo: Brett Eloff.

also not allowed. And the Code calls for a tightening up on alcohol and drug abuse. Surprise Sebolao says that the Code is a good way of controlling this kind of unacceptable behaviour.

### **Still no books**

But will the Code solve all the problems? Many pupils arrived back at school in January excited by the promises of free education for all. But they found school buildings that were not fit to learn in. This really bothered Lebogang Ruiters. 'How can you talk about a culture of learning when there are no books in the library and we do not have text books?' We asked Cosas about Lebogang's concern.

Cosas had two answers. Firstly, the Code states that communities should report anyone who causes damage to school property to their Parent Teacher Student Association (PTSA). And offenders will be disciplined.

'Secondly, we now have a democratic government,' says Sechaba Khumalo from Cosas, 'so we have to find democratic ways to solve our problems. Burning down schools is not on! But this does not mean that we must just accept whatever the government does. There are new channels through which to express opinions and make demands.

'COSAS will no longer be involved in acts of violence. We will use our democratic rights to demonstrate peacefully if we feel that the government is not doing enough to solve our problems.'

Generally students believe that the Code will bring greater respect, better discipline and more learning to schools. ◀

**If you would like to find out more about the Cosas Code of Conduct, you can contact Sechaba Khumalo:**

**Telephone: (011) 333-0624  
Fax: (011) 333-0661**

### ***SPEAK OUT!***

Read the Code on page 18. Discuss it in class, 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.

### **TURN TO PAGE 18**

**and read the code of conduct. We have made it simple so that you can read and understand it easily.**

**DON'T MISS**  
our story on how to deal with bullies on page 14.

# LETTERS

## Dear Upbeat

I thank you for your wonderful magazine. I enjoy reading it because it is very informative. I would like an Upbeat T-shirt and cap. I want to show my friends that I am an Upbeat reader. Upbeat guides the youth of today and shows them the way!

**Ishmael Keke Tau**

## Dear Ishmail

We like the catchy slogan at the end of your letter. Thanks for the idea of an Upbeat T-shirt and cap, unfortunately we do not have these items at present.

**Editors**

## Dear Upbeat

I would like to thank you for your precious magazine. I am writing to complain about the new style of the magazine. Please tell me, where is the

page of poems and short stories? That is all that I want to know.

**Amos F Ndinisa**

## Dear Amos

Upbeat still has a regular page for poems. It is called 'New voices'. Sometimes we have to leave out one or two pages of the magazine at the last minute. This is usually because we need to give more space to advertisers. You might not like the advertisements, but they help to pay for the magazine.

**Editors**

## Dear Upbeat

I was reading an old Upbeat from 1993. I was very moved by the story entitled 'Sexually assaulted by a friend'. The story was an eye-opener for me. It brings home to people all the strange things that can happen in

the world. What we see has a great influence on what we think and what we think usually determines how we behave. I urge Upbeat to continue publishing stories of this nature. They will help parents to understand their children better and to stop them from going astray.

**Andrew Kazadih, Zambia**



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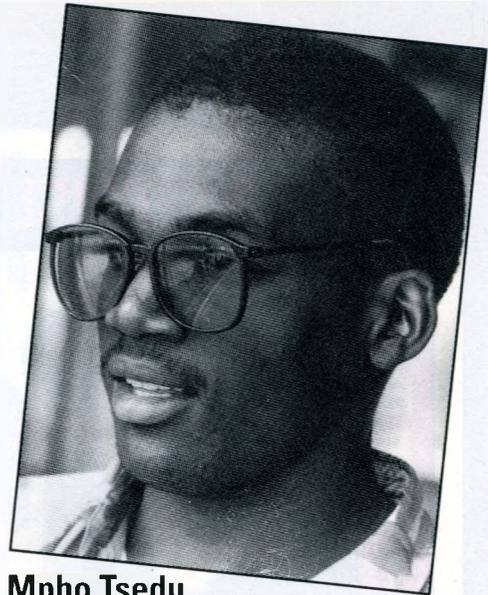
The Midlands Education Development Unit is committed to whole school development through enhancing the teaching-learning process.

# TALKSHOP

*The government is discussing plans to spend R2,5 billion on a warship. At the same time university students are battling to pay their fees. They are campaigning for national bursary and loan schemes. Upbeat asked some students from Vista University for their views on government spending.*

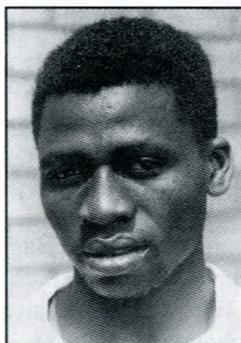
## WARSHIPS OR EDUCATION?

protection from other countries. But the government should invest in educating the youth for the future of the country.



**Mpho Tsedu**

I think the R2,5 billion should be redirected into student coffers. If the government could write off millions of rands owed by Namibia to the previous government, why is it so difficult for them to meet students' needs? Do we need to march before the government will listen to us?



**Gustav Mashige**

I am paying my fees. When we voted the government into power, we were promised financial

support, but it is still not coming. This R1 billion promised for next year should be given to us now. And what do we need a R2,5 billion warship for?



**Thato Leraisa**

The government should have its priorities right. Education is the most important thing. The

president encourages us to go to school, but he does little to address the question of funds. I do casual jobs to pay my fees.



**Antoinette Noruka**

I still owe the university fees for last year. But the government is involved in this expensive exercise of buying a R2,5 billion warship. If they buy that war

telling us that war is the right thing to do.

**Boitumelo Monnakgotla**

If you owe the university fees from the previous year you are not allowed to register. We cannot get bursaries, we are told that funds have dried up. The library is poorly equipped, books are expensive and the government toys with the idea of buying a R2,5 billion warship. It is ridiculous. There is no real threat of war against South Africa.



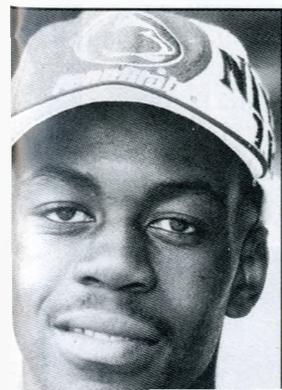
**Klaas Morena**

I want help now, next year is too late. The government should put that money into education so that we can produce scientists. If we had enough scientists we would have been able to produce our own warship.



**Dumisane Mthembu**

The government is planning to spend R1 billion on tertiary education. As much as we appreciate the gesture, I feel R1 billion is not enough. Maybe they are justified in buying the warship because we need



## CAREER SERVICE

UPBEAT



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

Upbeat Career Service  
P O Box 11350  
Johannesburg 2000

## ASTROLOGY



Dear Mabel

*I am a boy of 21, doing Std 9 at Igagasi High School. My subjects are Maths, Science, Biology, Zulu, English and Afrikaans. I wish to study Astrology. Can you please give me information about this career?*

**Petros Msizi Gumede**

Dear Petros

Astrology is the study of the movements of the sun, moon, planets and stars. Astrologers believe that the movements of these heavenly bodies influence people's lives and help to predict the future. Astrologers use knowledge about the planets combined with information about a person's date of birth, to advise their clients on how to live their lives. Most newspapers have a column giving people advice according to their star sign. Some of these columns are written by qualified astrologers. There are no institutions in South Africa where you can study astrology.

If you are interested in Astronomy, it also involves the study of planets and stars. But Astronomers conduct scientific research. You can take the subject of Astronomy at most universities if you do a BSc degree. You can also specialise in Astronomy after you have got your degree. Work opportunities are limited in South

Africa, but you could get work at the South African Astronomical Observatory in Cape Town, the Radio Astronomy Observatory in Hartbeeshoek or the Boyden Observatory in Bloemfontein.

**Mabel**

## MICRO - BIOLOGY



Dear Mabel

*I am a student of 17 years. I attend Marobathota High School. My subjects are Biblical Studies, Geography, Biology and languages. I want to become a Micro-biologist. Where can I study this course?*

**M M Mashiane, Gauteng**

Dear M M Mashiane

You can study Micro-biology at a technikon or university. You will need to pass Mathematics and Physical Science or Biology are recommended. Here are the addresses of institutions near you where you can enquire: Technikon Witwatersrand, P O Box 3293, Johannesburg 2000. Vaal Triangle Technikon, Private Bag X021, Vanderbijlpark 1900. University of the Witwatersrand, Jan Smuts Avenue, Johannesburg 2000.

**Mabel**

## STUDYING MUSIC



Dear Mabel

*I am a boy of 16 years, doing Std 8. When I finish my education I would like to become a musician. Where can I study music?*

**Ras Davie Zgambo, Malawi**

Dear Ras Davie

You can study for a music degree at a university. You can either do a Bachelor of Music degree (BMus) or a Bachelor of Arts (BA) with music as a subject. Some technikons offer diploma courses in music. We do not have information about Malawi, but here are some South African institutions where you can find out more about music studies: University of the Witwatersrand, Jan Smuts Avenue, Johannesburg 2000. Technikon Pretoria, 420 Church Street, Pretoria 0002

**Mabel**

## PARAMEDICS



Dear Mabel

*I am in Std 9. My subjects are Maths, Biology, Geography and languages. I want to become a paramedic. What do I need and where can I study to qualify as a paramedic?*

**E R Mokgothu**

Dear E R Mokgothu

Paramedics are people who do emergency medical work on patients outside of a hospital. They help people who have had accidents or have become very ill and cannot get to a doctor or hospital. Paramedics usually work in a team. There are two options for training in this field. You can join an ambulance service where you will train as an ambulance driver and paramedic. For this you need a code 08 driver's licence and Std 8. You can also do a National Diploma in Ambulance and Emergency Technology at a technikon. For this you need at least a Std 8 with passes in Maths, Science and Biology. For details about the National Diploma in Ambulance and Emergency Care, write to: The Secretary, Board of Studies, School of Biological and Health Technology, Technikon Witwatersrand, P O Box 3293, Johannesburg 2000.

**Mabel**

## LAW

Dear Mabel

*I am a girl of 16, doing Std 8. I want to become a lawyer. What qualifications do I need? My subjects are Biology, Geography, History, Needlework, English and Xhosa. Please send me addresses of universities.*

**Zandile Gwintsa, Butterworth**

Dear Zandile

At the moment, you need a matric exemption with passes in English and Afrikaans to study law. But since the status of Afrikaans has changed, we are not sure whether you will still need Afrikaans in the future. For more information, contact the Law Faculty at: University of Transkei, Private Bag X5092, Umtata, or University of Cape Town, Private Bag, Rondebosch 7700.

**Mabel**

# Snatching the ball from the air

By Alexandra Smit

'Netball is like soccer, what they do with their feet, we do with our hands,' says Ocean Makobane, Vice-President of the Netball Association of South Africa. Mvuso Mbebe, of the National Sports Council says that the national netball team is South Africa's 'flagship in terms of women's sport'.

Netball is the biggest women's sport in the country. But players are still struggling for sponsorship. Last year, South Africa's team won five out of five matches against England. This year the team is touring Australia and New Zealand, but only their air fares are paid for. The team have to find money to pay for accommodation and other expenses themselves.

Another problem for netball players is TV coverage. 'We get only 15 minutes on television in a year. For the biggest women's

sport in the country, that's disgusting,' says Charmaine Singh a team official. 'Just give us a bit of credit,' says a member of the national team. 'This is not like a school game, where you stop and throw and then pass. It's a game where a person has got to think.'

Manzo Machoga, is a national team member from Soweto. She has been playing the game for 11 years. She does most of her practising at Emdeni.

Shy Rosina Mogola is from Pretoria. This talented player was spotted snatching the ball from the air while playing in the South African under-21 team. Both girls are very aware of the pressure on them. But they are proving to be excellent role models for youngsters who are interested in the sport.

And what does it take to become an international netball

star? 'Experience, speed, and a good technique. And at international level, it also helps to be tall!' say members of the South African team. ◀

## Netball events: 1995

▶ South African National Championships in June and July

▶ Netball World Championships in Birmingham, England in July

**The South African Netball team.**

Photographs by Dermont Heroldt



## Basic rules of netball

There are four players on each side. You may not run with the ball. Your team must move the ball towards the opposite goalpost by throwing it from player to player. At any time, someone from the other team can catch the ball as it passes through the air. Players may not take the ball from another player's hands or push another player. When a team member is near enough to the goalpost, she may 'shoot', by throwing the ball through the ring.

# YOUNG VOICES

## MOTHER AFRICA

*Save our Children*

The heavy, cold wind is blowing from the top of the mountains. It leaves us shivering. We are calling you Mama Africa, to save us.

The river of the African child's tears is always flowing. Children were not born in the street, but there are street kids now, refugees from war, abuse and hunger. Mother Africa, show your children a better way. Because drugs, alcohol and AIDS will never say sorry to anybody.

Mother Africa, save your beautiful children. Give them a green light to go ahead Give them advice, not criticism Give them love  
**Timoteus Markus Kamane, Namibia**

## IT HAS ALL CHANGED

Sounds so loud, I hear  
Sounds of violence, clear  
In me, they instill fear.

What happened to the sound of nature's call?  
The sounds of birds, crickets and a waterfall  
These sounds, I do not hear at all.

The sight I used to see  
The world of complete harmony  
The land of serenity  
When the nation lived as one family  
That has all changed  
Can't you see?  
**Ismail Rhoda**

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

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

## ant...

I am the ant  
Wherever I go  
People step on me  
I am a tiny, little creature  
People do not take me as an occupant of earth  
People think I do nothing on earth  
People do not care who I am  
But I can dig holes for myself  
People forget that I am also  
Created by their creator.

**George Kumalo**

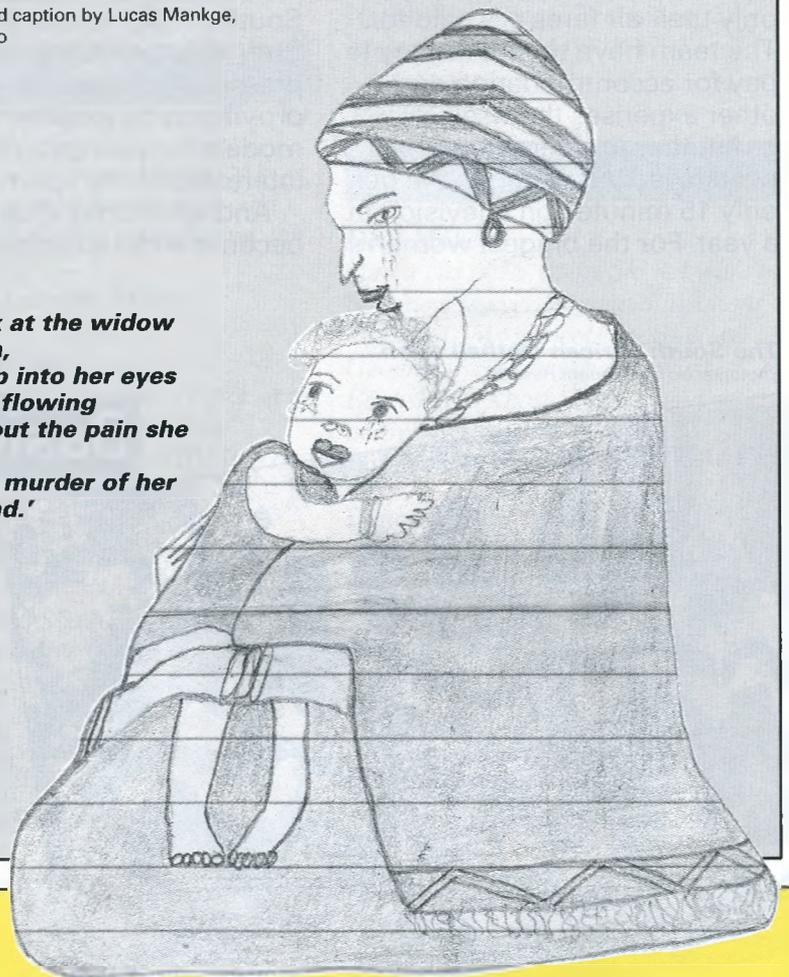
THE  
BEST THINGS  
IN LIFE  
DON'T COST  
A CENT!

Money can buy books but not brains  
Money can buy beds but not sleep  
Money can buy food but not appetite  
Money can buy amusement but not happiness  
Money can buy houses but not home  
Money can buy luxuries but not culture  
Money can buy bibles but not heaven.

**Hazel Xowa Sinuka**

Illustration and caption by Lucas Mankge, Lebowakgomo

**'Just look at the widow woman,  
Look deep into her eyes  
Tears are flowing  
Think about the pain she feels  
Since the murder of her husband.'**



# YOUTH JAZZ IT UP

members are full-time students at the Pelmama Academy of Music in Dobsonville. The rest are members of the broader Soweto community.

Mokale Koapeng is band leader and tutor of the Soweto group. He says that he has never seen such dedication, 'I could call for a rehearsal any time, even the day before Christmas. I always get a good response from these students, they eat, walk and sleep jazz.'

The girls in the band blow the trumpet like seasoned jazz trumpeters. The orchestra is popular but it has not yet recorded its own music. Mokale feels that at this stage the students, aged 17-25, still need to

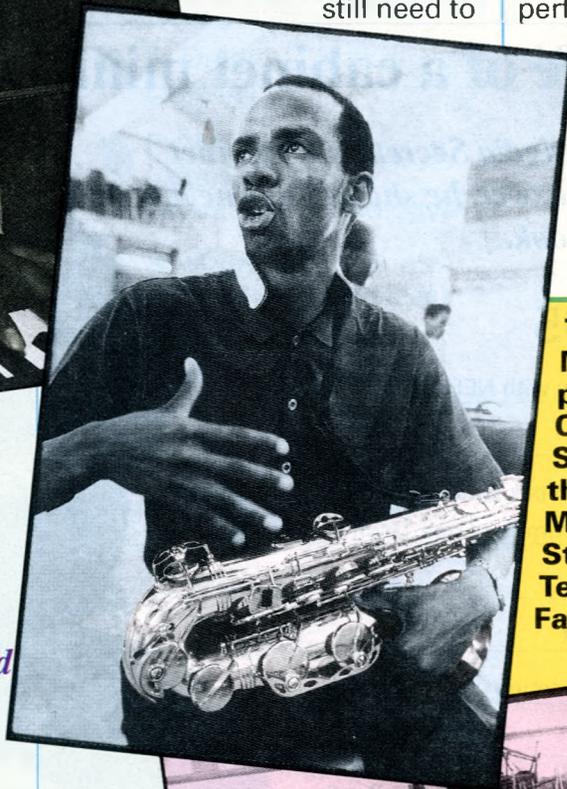
concentrate on their musical studies. But students already use their performing talent to pay their fees. They earn money doing gigs wherever they can.

The orchestra is becoming very popular, holding performances in many parts of Gauteng. Diepkloof Hotel Jazz Warehouse, Dorkay house, and Kippies, are some of their venues. The group also took part in the Arts Alive festival.

## What students learn

The 3-year music course offers practical tuition in all jazz instruments. They also learn to play in a group or ensemble and they are taught the theory of jazz and popular music. Students can also learn other skills which are related to performing - like basic sound

engineering. Admission is open to students who have passed Std 8 and Std 10. ◀

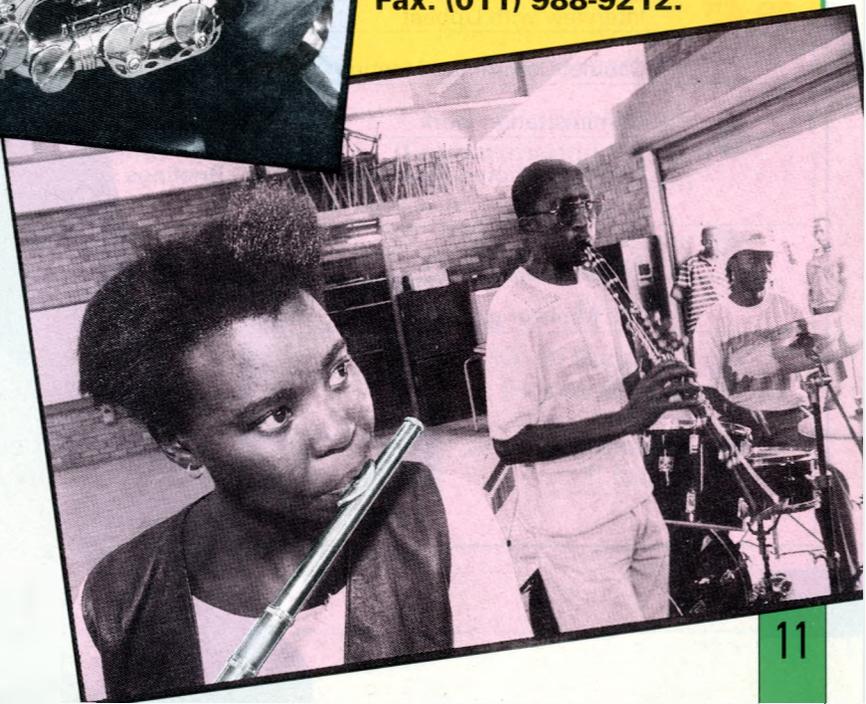


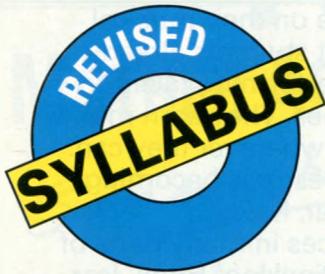
**The Pelmama Academy of Music in Dobsonville is a project of Manu Technical College in Dobsonville, Soweto. The address of the Palmama Academy of Music is: 5604 Van Onselen Street, Dobsonville 1865. Telephone: (011) 988-1047, Fax: (011) 988-9212.**

*Who says jazz is for the swinging old folks of Sophiatown in the 1950's? Upbeat visited the Soweto Youth Jazz Orchestra to find out about South African Jazz in the '90's.*

Most South African teenage ears hum with pop music. But there are some musical people who have chosen another direction. The members of the 16-piece Soweto Youth Jazz Orchestra are developing their own mixed style. They learn American jazz classics and also songs by well-known local composers like Abdullah Ibrahim. Most orchestra

**Students at the Pelmama Academy. (Centre) Mokale Koapeng - the band leader.**  
Photographs by Ellen Elmendorp.





## Diary of a Cabinet Minister

*Text and photographs  
by Anna Zieminski*

**Dr Zuma** is South Africa's Minister of Health. Her large office is at 120 Plein St, Cape Town. It is right next to the Houses of Parliament. Each of the 27 Ministers who serve in the Cabinet, is head of a Government department. And Dr Zuma is in charge of all matters to do with health care. 'The Cabinet is the real face of the Government,' she told us. 'The Cabinet looks after everybody's interests. We make decisions and see to the day-to-

day running of the country. Through different government departments, the Cabinet can deliver services and programmes to the people.'

Cabinet Ministers hold very powerful positions. Together they decide on the main government policies. For example, whether to raise taxes, to spend more money on education or to buy warships instead.

In her own Department, Dr Zuma likes to consult with as many people as possible before taking decisions. 'I believe that interaction with people is important. I meet with people from all walks of life.'

Zuma also believes in communicating with young people. She says, 'You can

### A day in the life of a cabinet minister

*Upbeat asked Dr Zuma's Media Secretary if Cabinet Ministers work hard. To answer, he showed us one day in Dr Zuma's appointment book.*

#### 21 February 1995

- 01:00** Goes to bed after talks with NEHAWU unionists.

---

- 05:00** Gets up

---

- 05:45** An hour long phone-in talk show with Radio Zulu. Zuma speaks live on radio from her Cape Town house.

---

- 08:00** Meeting with PPSA

---

- 09:45** Interview with Upbeat

---

- 10:30** Cabinet Committee Meeting

---

- 13:30** Administration work

---

- 14:15** Goes to National Assembly (Agenda - Briefings by Ministers)

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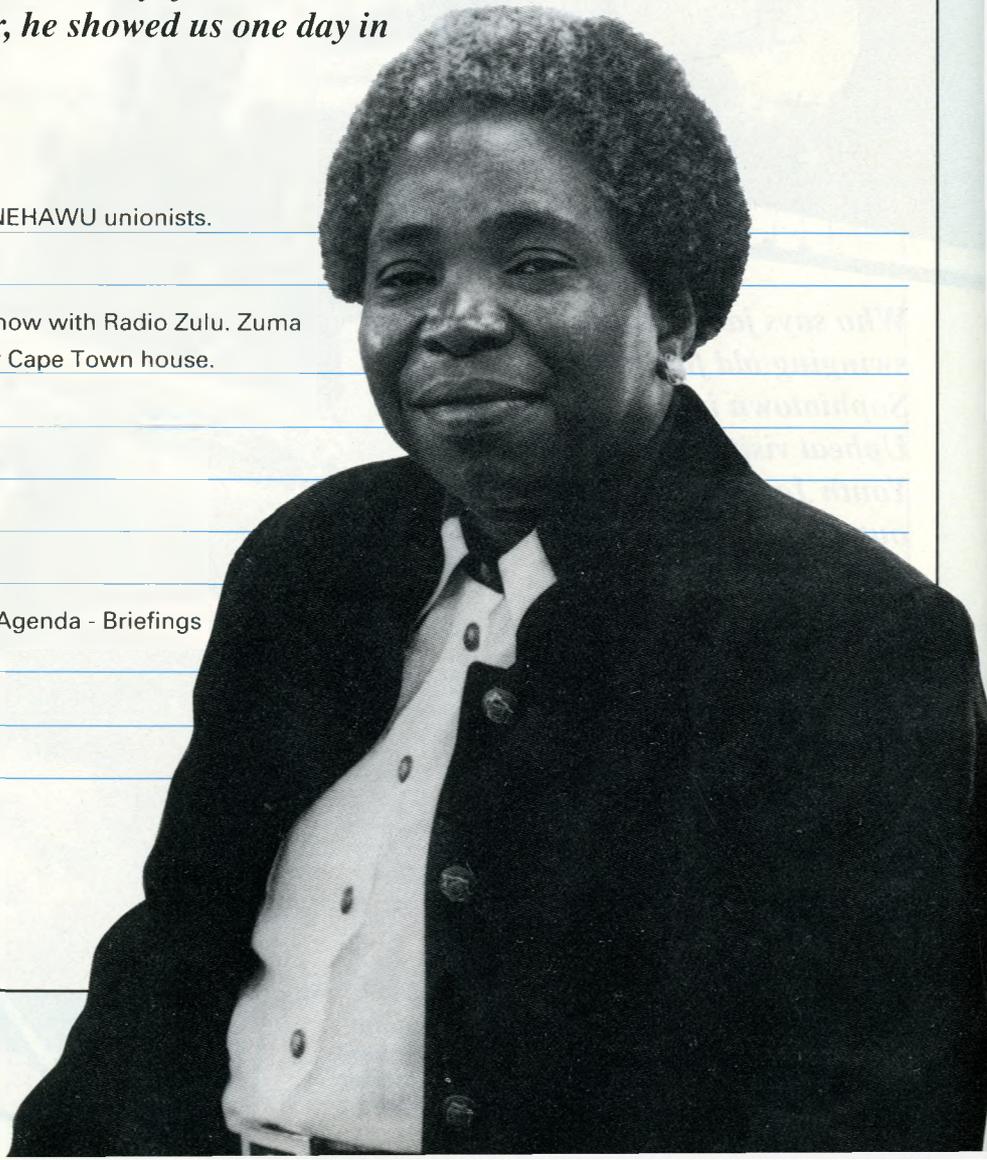
- 18:00** Administration work

---

- 21:00** The Minister goes home

---

- 01:00** Bed



enjoy youthful things and still be healthy. Take certain precautions and look after yourselves particularly where there is the risk of HIV/AIDS.'

Dr Zuma may be a very important person. But she is also very warm and friendly. 'Cabinet ministers are also real people. We are mothers, fathers, brothers and sister too,' she smiles. She has four young children who live in Durban with her husband Jacob Zuma. She tries to see her family for at least three weekends every month. But she has to travel all over South Africa and overseas. So even this is not always possible. ◀

## UNDERSTANDING THE CABINET

The Cabinet is made up of the President, two Deputy Presidents and 27 Cabinet Ministers. Each Cabinet Minister is head of a Government Department.

The Cabinet meets every two weeks. There are also special meetings to discuss certain important things. If there is a disaster or a war, an Emergency Cabinet Meeting is called.

The Cabinet's work is divided amongst three Cabinet Committees:

### Social and Administrative Affairs

Chair: F W de Klerk

### Economics

Chair: T Mbeki

### Security and Intelligence Affairs

Chair: F W de Klerk

Cabinet Ministers and Deputy Cabinet Ministers attend those Committee meetings which deal with their department and duties. The President must give a final yes or no to all Cabinet decisions.

## Seating in the Cabinet

Cabinet Ministers are seated alphabetically.

But if a new Minister is appointed, that person will sit furthest from the President.

### SOUTH AFRICA'S CABINET

<i>Left</i>	<i>Right</i>
 C. L. Fisser (General Services)	S. D. Mthembu-Nkondo (Housing) 
 C. F. Liebenberg (Finance)	N. Zuma (Health) 
 A. Williams (Welfare & Population Development)	A. van Niekerk (Agriculture) 
 S. Tshwete (Sport & Recreation)	Z. Skweyiya (Public Services & Administration) 
 S. Sigcau (Public Enterprises)	J. Radebe (Public Works) 
 D. Omar (Justice)	A. Nzo (Foreign Affairs) 
 B. Ngubane (Arts, Culture, Science & Technology)	J. Naidoo (Minister without portfolio) 
 S. Mzimela (Correctional Services)	S. Mufamadi (Safety & Security) 
 J. Modise (Defence)	R. P. Meyer (Provincial Affairs & Constitutional Development) 
 T. Mboweni (Labour)	T. Manuel (Trade & Industry) 
 M. Maharaj (Transport)	P. Jordan (Post, Telecommunication & Broadcasting) 
 D. Hanekom (Land Affairs)	D. J. de Villiers (Environmental Affairs & Tourism) 
 R. F. Botha (Mineral & Energy Affairs)	K. Asmal (Water Affairs & Forestry) 
 S. Bengu (Education)	M. G. Buthelezi (Home Affairs) 
 Deputy President F. W. de Klerk	Deputy President T. Mbeki 



**PRESIDENT  
N. Mandela**

# How to

# BF

By Grant Clark

*Most schools have bullies. Bullies take advantage of others and threaten or tease them. Bullies hurt their victims with fists or with words. Whether you are being teased about your size or forced to give your lunch money, bullies can make your life hell.*



*Malou Nkonko says, 'The school authorities are actually promoting bullying.'*

**Malou Nkonko is 17** in matric at Glenwood Boys High School. He believes that the root of bullying in South Africa lies in the school prefect system. 'It is the prefects who are the main culprits of bullying here. They have the same authority as

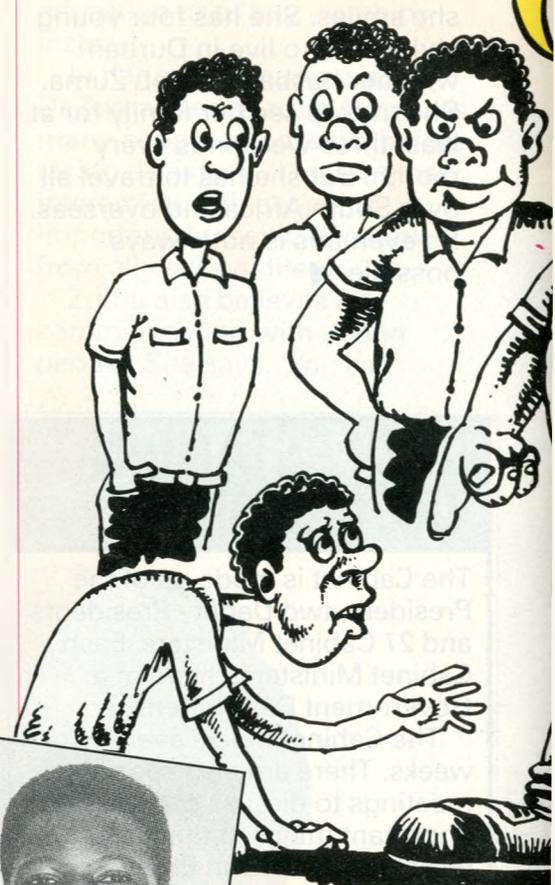
teachers. If a prefect meets you on a bus after school, he can demand that you give up your seat for him. The schools are not doing anything about the bullying problem, they are actually promoting it.'

So what's the solution? Malou says he will react physically if he sees one of his friends being bullied by bigger boys.

## Fighting back

Siyabonga Nhleko, who is 16 and in Std 9 at the same school agrees. 'It is best to sort out the problem in your own way. When you go to teachers there is no action. If I was picked on by another boy, I would fight with him. I've landed in a lot of trouble for that. In township schools, it boils down to connections. If you have good connections in the school, guys don't hassle you.'

Siyabonga believes that boys bully others to boost their own egos. Bullies are just thugs. Pupils are threatened and forced to hand over their money and other



*'If you have connections, bullies leave you alone,' says Siyabonga Nhleko*

## TIME FOR

# ACTION

### 1 Tell someone

No one can be expected to beat bullying alone. Ask for help from friends, family or teachers. Or phone childline at (011) 484-3044.

### 2 Get taken seriously

Your problem is real. Make people realise how much the situation is affecting you.

### 3 Don't let others take over

Don't let others take over completely. It's your problem and you should have a say in solving it.

### 4 Plan what you would like to happen

Have a long hard think about what you would like to happen.

### 5 Keep notes on the bullying

Write down when and where the bullying happens. Try to get a friend to witness it.

### 6 Stand together

The person who is bullying you is probably bullying others too. Talk to them. Maybe you can make a plan together.

### 7 Do other things too

When you're being bullied it can be hard to think of anything other than the abuse. Remember it is not

# AT bullies

foot!



Alex Fileczki says, 'Guys who have a rough time at home take it out on guys at school.'



possessions. Graydon Rademeyer says that older boys force younger boys to give them money. 'I think guys from the rougher areas are more inclined to become bullies. And if you always give in to them, they will continue to take advantage of you,' he says.

But is this the only reason why people become bullies? Alex Fileczki, 17, from Yellow Wood Park in Durban, says that bullying behaviour sometimes comes from problems at home. 'Guys who have a rough time at home often take out their frustrations on other boys at school.'

School bullies often move around like pack hunters. Zain Akoob, of Sastri College says that bullies always move in groups. 'You'll find that there are always one or two big guys in the group. The others are usually of average size and they rely on the big guys. But if you meet one of them alone outside school, they are a completely different person.'

## Girls bullied too

Girls also have to put up with bullying problems. Nomakhosi Mbatha, is in Std 9 at Bechet Secondary. She feels that jealousy among girls is the biggest cause of bullying in schools. 'Usually bigger girls bully other girls.

If you are intelligent and

Zain Akoob says that bullies always move in groups.



you are liked by the teachers, if you are outspoken or if you dress well, some girls will dislike you. Sometimes they will pull your hair or force you to buy things for them.'

But many bullies don't hit their victims. They just tease and make fun of them.

Nomakhosi thinks bullying is a very bad thing. But she says hitting back is definitely not the answer. 'I would rather try to talk to the girl. If that didn't work, I would go to my class teacher and explain the problem to her. But if the problem is serious enough, you should go to the police.'

Nomakhosi's friend, Michelle Poole thinks that boyfriends are often the cause of trouble.

Many girls agree that newcomers to a school, often become the target of bullies. 'Most of those who are bullied are too scared to report the problem to teachers because they are afraid of being called names,' says Michelle. Whatever the reasons for bullying are, it is time to stand up and take action. ◀



'Jealousy is the main cause of bullying among girls,' says Nomakhosi Mbatha

## YOUR STORY

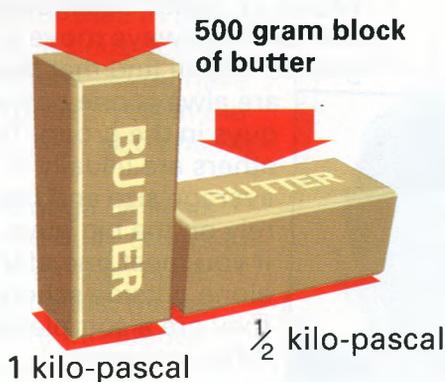
Have you been bullied? Write and tell us your story. Write to: Upbeat P O Box 11350 Johannesburg 2000

# Turning on the pressure



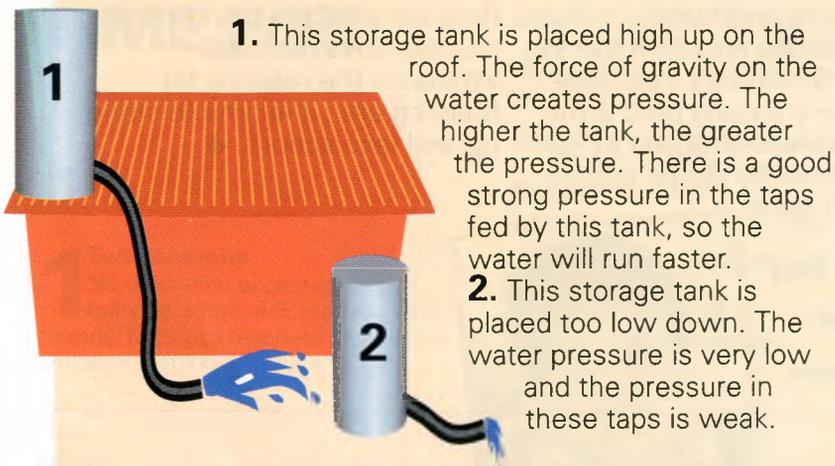
Zandile watches her father and his friends struggling to lift a heavy water tank onto a platform. She wonders why they don't leave the tank on the ground. 'The tank can collect the rain water that runs off the roof just as well down here,' she tells her father. 'No, it must go high up,' says her father. But he is too busy to explain why, so Zandile decides to find out for herself. She discovers that water tanks need to be high up because this increases the water pressure. But what is pressure?

If a force of one *newton*, is exerted over an area of one square metre we say the pressure is one *pascal*. This is the pressure that the weight of a lace table cloth would exert on a table surface. Pascals are very small. We usually measure pressure in kilo-pascals, or thousands of pascals. One kilo-pascal is the amount of pressure that a 500 gram block of butter standing on its smallest side exerts on your hand.

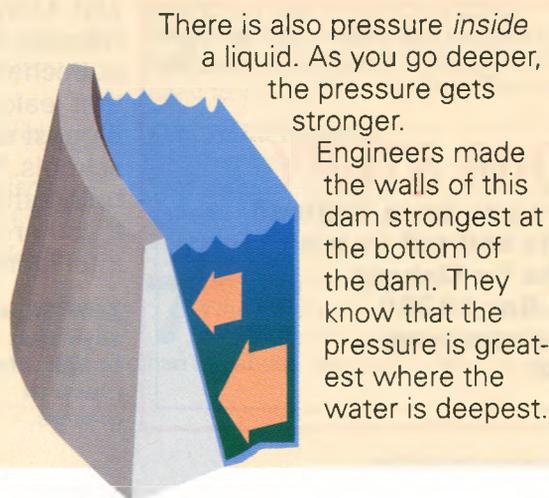


**Pressure** is the amount of push that something has on a certain area. Gases, liquids and solids all exert pressure. To measure pressure, you have to measure the force or push on an area and the size of that area.

## Engineers and builders use water pressure to help move water and gas around.



1. This storage tank is placed high up on the roof. The force of gravity on the water creates pressure. The higher the tank, the greater the pressure. There is a good strong pressure in the taps fed by this tank, so the water will run faster.
2. This storage tank is placed too low down. The water pressure is very low and the pressure in these taps is weak.



There is also pressure *inside* a liquid. As you go deeper, the pressure gets stronger.

Engineers made the walls of this dam strongest at the bottom of the dam. They know that the pressure is greatest where the water is deepest.

## How car brakes work

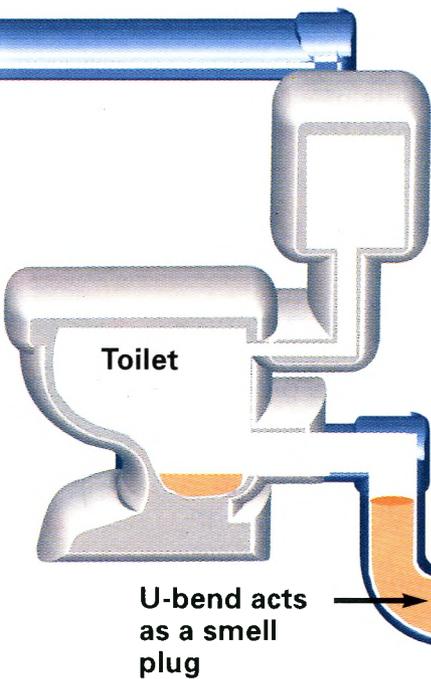
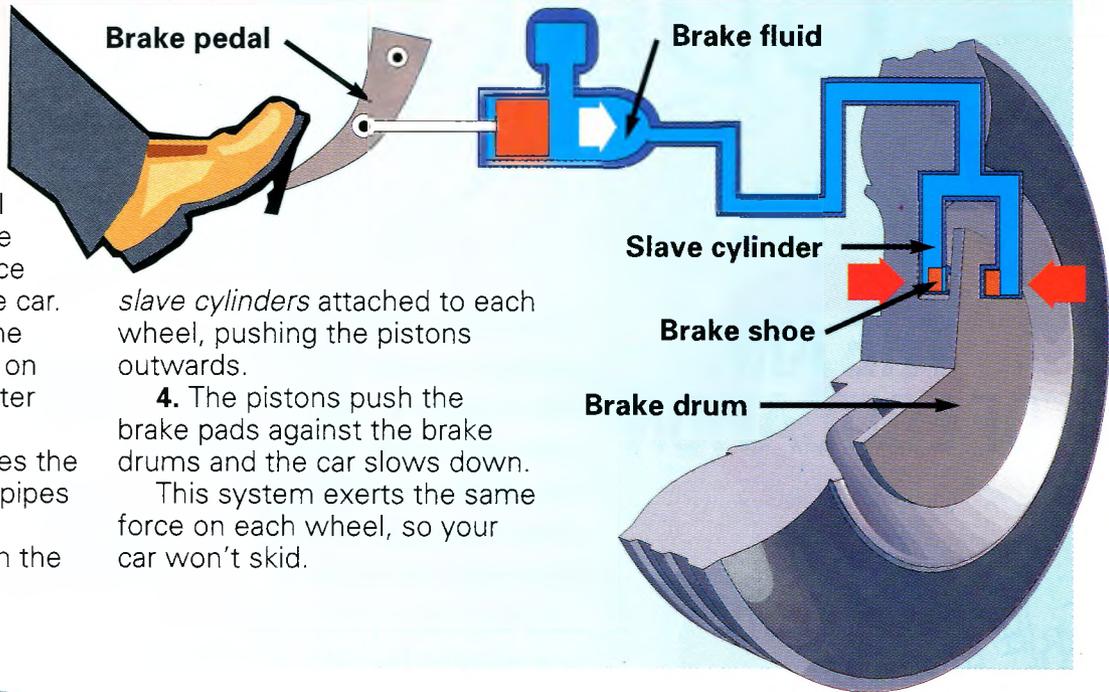
No person is strong enough to stop a fast moving car from the outside. So, how can gentle pressure on a brake pedal stop a car? Car brakes use pressure to build up a force strong enough to stop the car.

1. The driver pushes the brake pedal and pressure on the brake fluid in the master cylinder increases.
2. The brake fluid moves the pressure through narrow pipes to the wheels.
3. Pressure builds up in the

*slave cylinders* attached to each wheel, pushing the pistons outwards.

4. The pistons push the brake pads against the brake drums and the car slows down.

This system exerts the same force on each wheel, so your car won't skid.



### Stop toilet smells

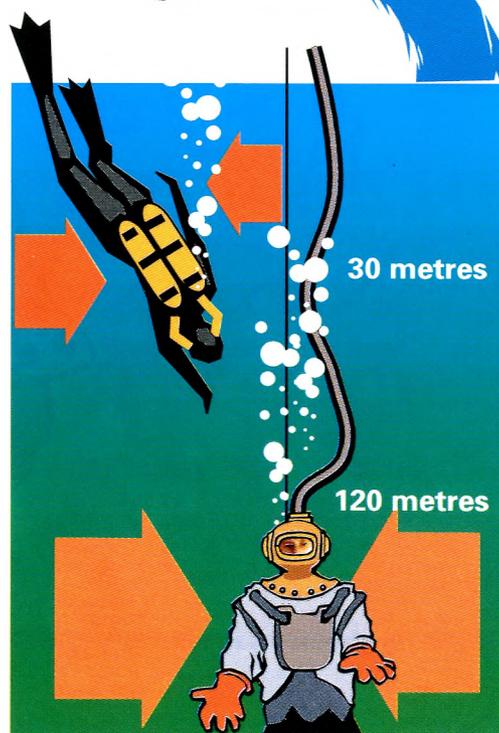
Water always settles into the lowest places. Join a row of buckets together with pipes. Then fill one of them with water. What happens? The water fills all the buckets to the same level. In other words, it will fill all the lowest points first. This is how U-bends in toilets and sinks work.

After you have flushed the toilet or

pulled the plug in the sink, the water runs down a pipe and into the sewage system. But there is always some water left behind in the U-bend of your system. This is because the U-bend is lower down than the outlet pipe. Water pressure makes the water go down one side of the U and up the other side to exactly the same level. This water acts like a *smell plug*, stopping gases in the sewage system from coming back into your toilet or sink.

### Pressure under the sea.

If a scuba diver goes to a depth of 30 metres, the pressure will increase to over four times the surface pressure. Very deep down, the diver's muscles are not strong enough to expand his chest for breathing. The water pressure is just too strong. So he must wear a pressure suit to keep the pressure inside his suit the same as the water pressure around him. His suit is attached to pumps on the surface which pump high pressure air through pipes, into the suit.



### COMPETITION

Ten lucky readers can each win a free year's subscription to Upbeat. First read the article on pressure, then work this out: Sea water is more dense than fresh water. This means that at the same depth, the force exerted by sea water is greater than the force exerted by fresh water. Without pressure suits, can scuba divers go as deep in sea water as they can in fresh water?

Yes or no?

Send your answers with your name and address to: Upbeat Science Competition, P O Box 11350, Johannesburg 2000

# CODE OF CONDUCT



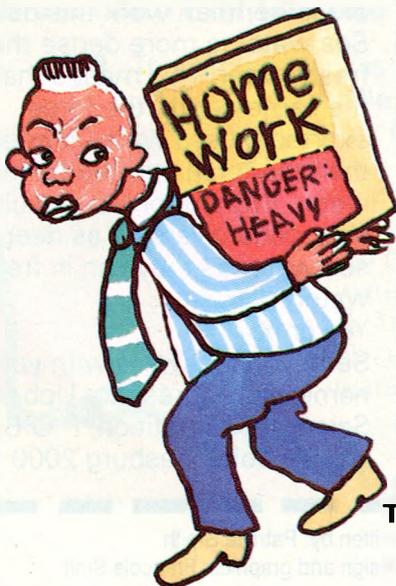
## THE AIM OF EDUCATION

Education must enable students to develop their talents to the full and prepare them for the challenges that lie ahead. Education must transform this land of ours to one of peace and opportunity for all.



## THE SECURITY OF SCHOOLS AND PROPERTY

- Everyone must look after and protect schools and school property.
- People who damage school property will be disciplined.
- Students and teachers must keep school premises and classes neat and clean.



## LEARNING AND TEACHING



- Students must commit themselves to their school work.
- Teachers have the right to teach.
- Students must complete homework or classwork which teachers give them.
- Students who steal or destroy books will be punished.
- No-one must disrupt learning taking place in schools.



# T FOR

# Schools



## 4

### PUNCTUALITY

- All students and teachers must be punctual for school.
- No one should leave school early without permission from the school authorities.



SCHOOL TIMES	
Monday	
Tuesday	
Wed.	
Thursday	
Friday	



## 3 RESPECT AND CONDUCT

- No one must bully, threaten or frighten anyone else.

- Violence and vandalism are not acceptable.
- Drunkenness, drugs and weapons are not allowed at schools.
- There must be respect between students and teachers and among students themselves.

## 5

### MAINTAINING DISCIPLINE

- There must be fair discipline in schools.
- Parents need to play an active role in seeing to the discipline of their children.
- Crimes such as rape, assault or burning school property must be reported to the police.



*Author, Julie Frederikse likes teenagers. She also understands that when you are young, it is hard to be different. Her book, THE DIARY WITHOUT A KEY, explores the excitements and difficulties of being a young person in South Africa. The story is told in the words of school girl Tarryn, as she writes in her diary. Here Julie tells us how she went about writing her book.*

# A book about bei

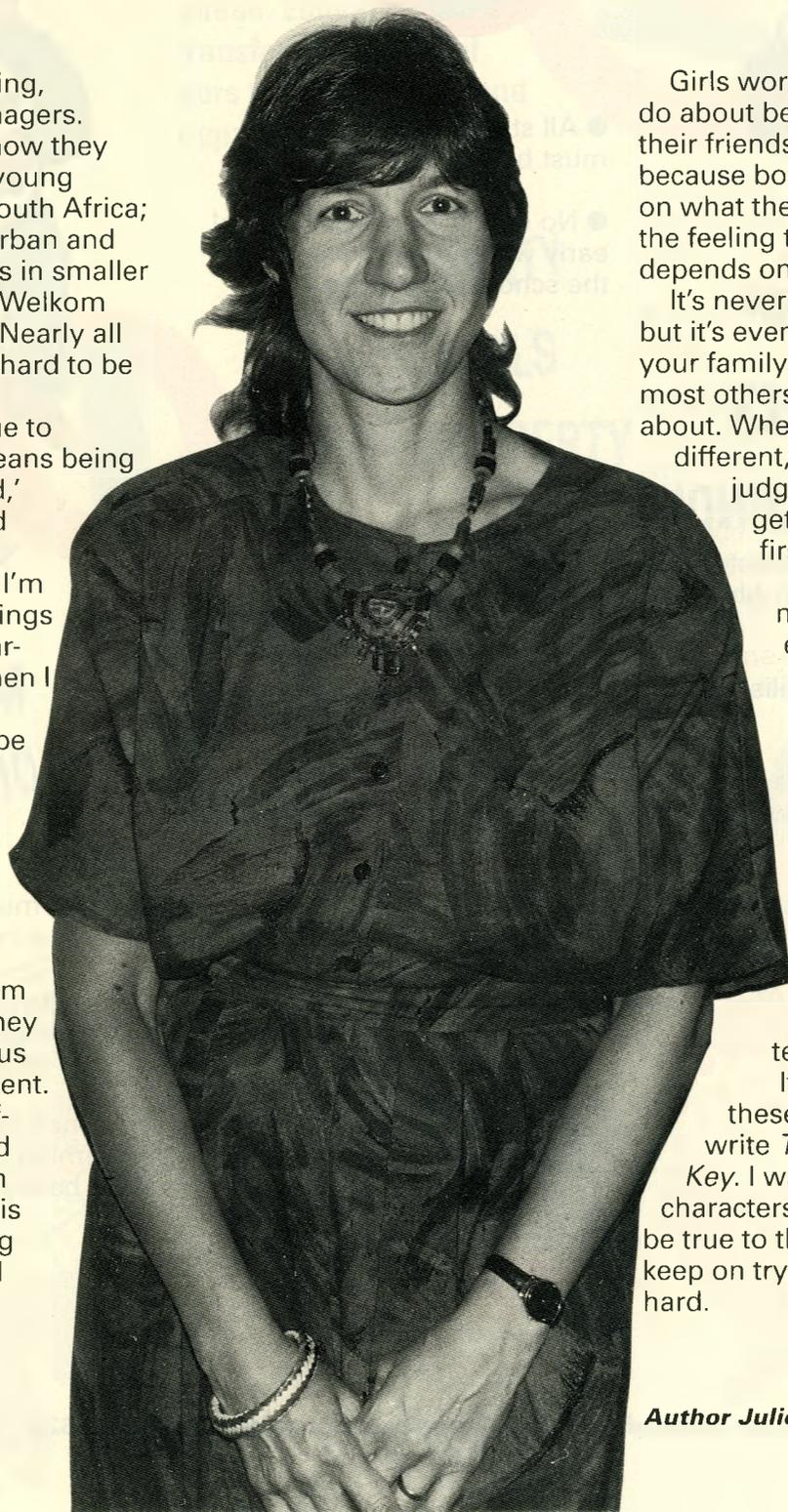
**Before I** started writing, I talked to lots of teenagers. I wanted to find out how they feel. I've talked with young people throughout South Africa; in Johannesburg, Durban and Cape Town, as well as in smaller towns like Nelspruit, Welkom and Port Shepstone. Nearly all of them told me, 'It's hard to be different.'

'You want to be true to yourself, even if it means being different. But it's hard,' explained 18-year-old Phatho.

'When I'm in class I'm always thinking of things I'd like to say,' 14-year-old Thuli said. 'But then I think, if I say that, maybe it is going to be wrong. So then I'm scared to talk.'

The funny thing is, when Thuli was in primary school she would say whatever she felt. But many young teenagers seem to lose confidence, they become self-conscious instead of self-confident.

'I do feel more self-conscious than I used to,' 15-year-old Sarah explained. 'Maybe it is because I am thinking about how I look and what boys will say.'



Girls worry more than boys do about being different from their friends. This could be because boys are judged more on what they do, while girls get the feeling that everything depends on how they look.

It's never easy to be yourself, but it's even harder if you and your family have problems that most others know nothing about. When people are different, others sometimes judge them without getting to know them first.

'I used to freak out if my friends would ever see me with my sister, who is disabled,' says Joe. 'But now I've realised that if people want to make fun of someone just because they're different, that is their problem.' Joe says if he is confident, people tease him less.

It was comments like these that inspired me to write *The Diary Without A Key*. I wanted to create characters who are learning to be true to themselves, and who keep on trying even though it is hard.

**Author Julie Frederikse**

# ng different

Here is an extract from the book.

*June 10 Monday*

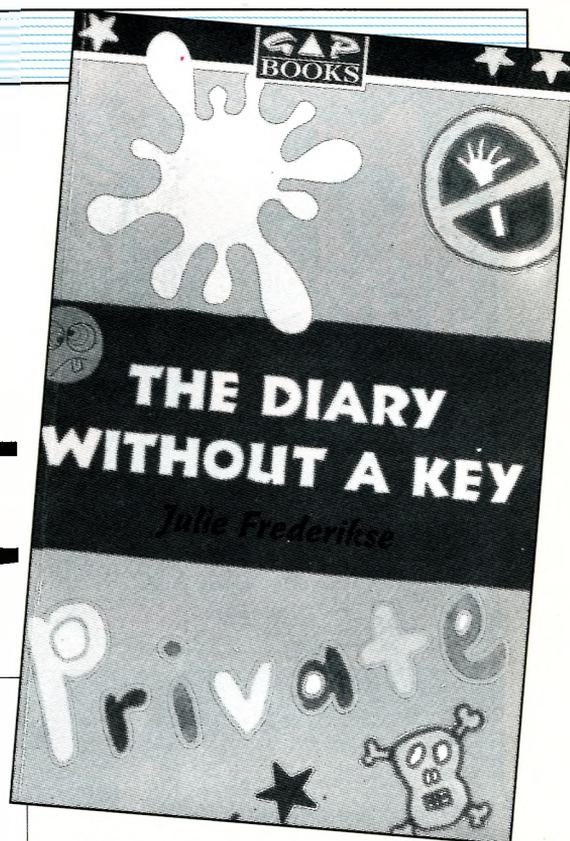
Dear Diary,

Anabela and I had a fight today. It was about Lindi writing that test. I was saying how I thought it wasn't fair that only black children had to write it because there are lots of children who don't speak English properly, not just blacks. And suddenly Anabela got all upset. She said was I talking about her family, I should come right out and say if I meant that people like her family can't speak proper English.

I told her that's not what I meant at all, but she ... (thought) I was saying something mean about Portuguese people. And whatever I tried to say just made it worse. Anabela is really sensitive about the way her parents speak. When her mom comes to school for conferences with the teacher she takes someone else to kind of translate, because she's worried she won't understand what the teacher is saying.

Anabela knows I can't understand everything her family says, because they all talk with that funny accent. And also some of the things they say don't make sense when you first hear them. Like her mother's always saying Ows and I could never figure out what she meant. Until Anabela told me that she means House. And she says Thank You it comes out Tank You. But that doesn't mean I don't like her parents or I think they're thick. If I went to Portugal or to Mozambique people might think I was thick. I tried to tell Anabela that but she wouldn't listen.

I told my mom about it when I got home. She said that maybe Anabela had heard people mocking her family because of how they talk. Sometimes I think she might be a little bit jealous of Lindi, I mean of me getting another friend besides her and having a Pen Pal who writes me letters.



"To me this book is just like a true story that can happen to any kid in South Africa."  
Sello, Standard 5

"I think this book is excellent. My brothers even loved it too."  
Charlene, Standard 5

## COMPETITION TIME

Ten lucky readers can win a free copy of *The diary without a key*. Just write a few words about ways in which you feel different and how you feel about it. You can also send a photograph of yourself so that we can publish your words and picture. If we publish your work, you will get R15 and the book prize.

**Send entries with your name, age and address to:**

Upbeat  
1995 Book competition No 1  
P O Box 11350  
Johannesburg 2000

**CLOSING DATE: 31 MAY 1995**

Outside Tintswalo's room.



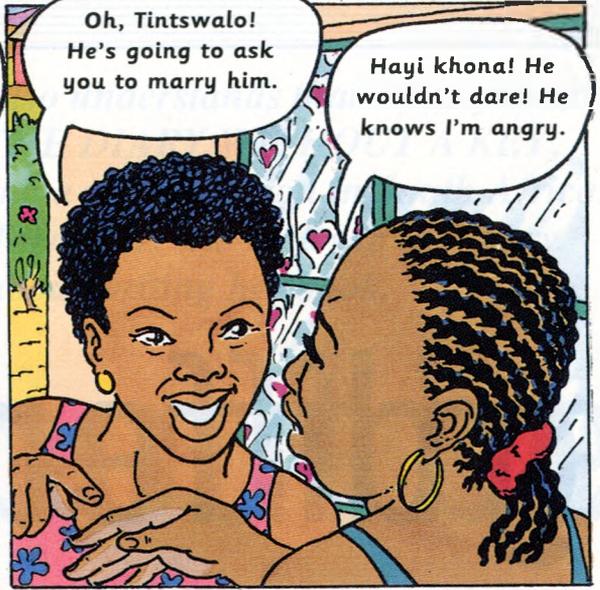
Is it really over between you and Magezi?

I don't know, Lindi. He's coming round later. He says it's important that we talk.



Oh, Tintswalo! He's going to ask you to marry him.

Hayi khona! He wouldn't dare! He knows I'm angry.



But you forget, Magezi's a rich guy. He'll give you everything!

I don't need his mali. I'm going to be a social worker one day.



The best thing is to make him jealous. Find another guy. That'll teach him!



No, Lindi! I don't want to play games.

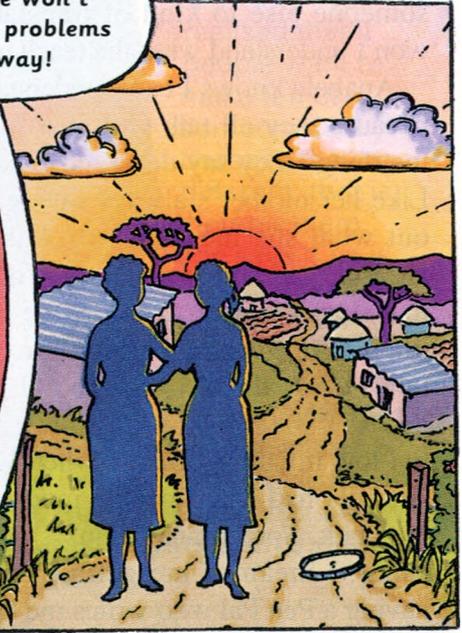


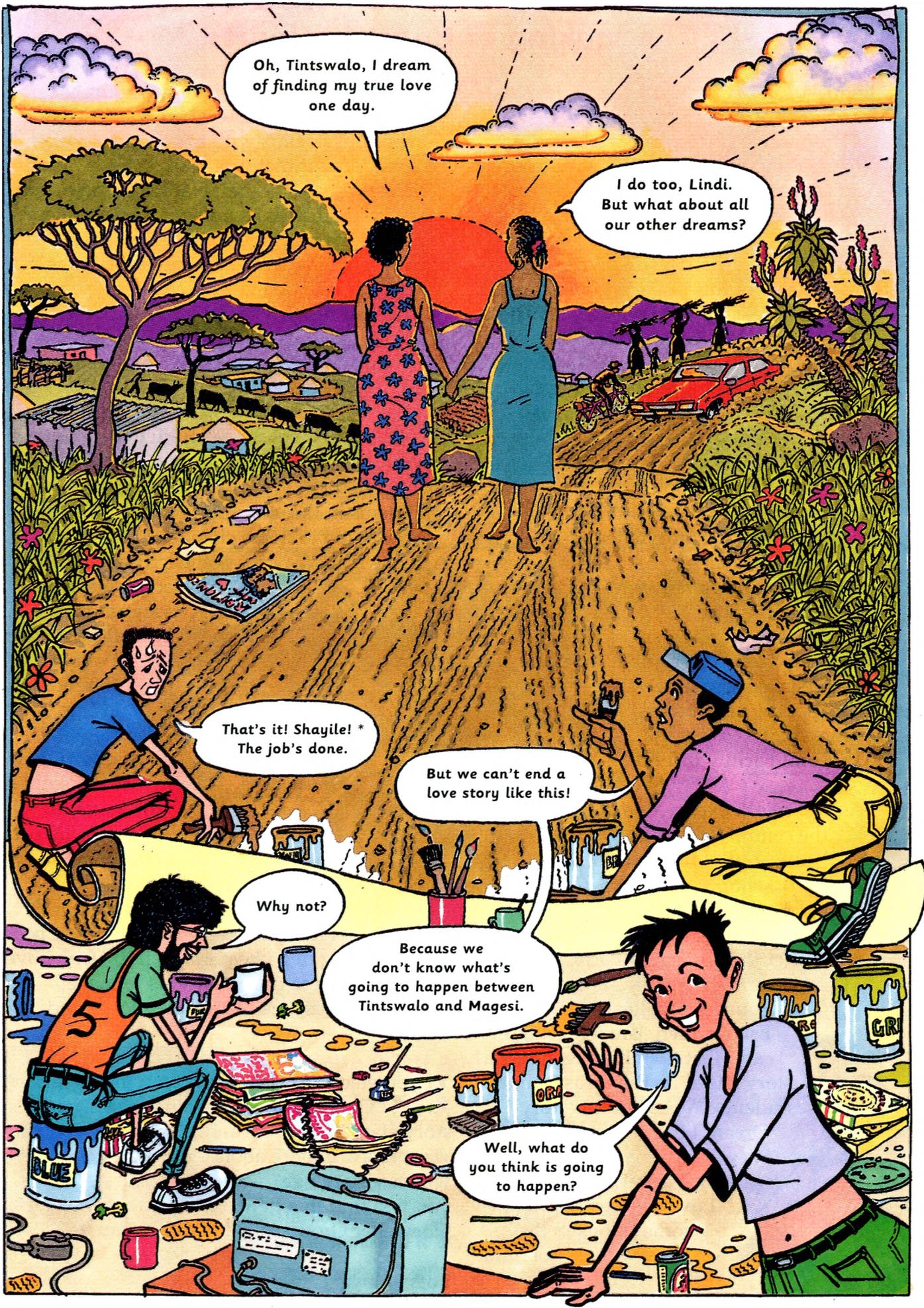
But, Tintswalo, you'll lose him!

What can I do?



Marriage won't make our problems go away!





Oh, Tintswalo, I dream of finding my true love one day.

I do too, Lindi. But what about all our other dreams?

That's it! Shayile! \* The job's done.

But we can't end a love story like this!

Why not?

Because we don't know what's going to happen between Tintswalo and Magesi.

Well, what do you think is going to happen?

\* Shayile! - Work is over!

# FROM DREAM LOVE TO TRUE LOVE

## The making of Heart to Heart

Dear UpBeat Reader,

The comic story you have been reading was developed with the help of students at the Magwagwaza High School in Acornhoek, Gazankulu.

In 1991, Patricia Watson, the co-ordinator of this publication, was a student teacher at Magwagwaza High. As part of her teaching Patricia introduced her students to another Storyteller group publication called "99 SHARP ST". The students really enjoyed this story, but asked: Why are there so few popular stories that reflect the lives of rural people?

Patricia came to the Storyteller Group with the idea of developing a rural comic story, and getting her students from Magwagwaza High to help her. After some gentle persuasion we agreed to her proposal, and the first workshop took place at the WITS Rural Facility in 1991.

As you might expect, one of the central themes that came out of the students' workshop was LOVE - love, dreams and happy endings!

After the workshop Patricia, who was now working at the Storyteller Group, and her colleagues, Peter Esterhuysen, Israel Mashigo and Justin Wells, developed a story based on the ideas from the students. We called this story "Dream Love".

As we developed "Dream Love" we realised that some things in the story were not quite right!

For example, in "Dream Love", Tintswalo falls

pregnant and leaves school, giving up her dream of becoming a social worker. Although "Dream Love" ends with a wonderful wedding, we wondered if that was really a happy ending for Tintswalo. Magezi, the father of their child, has eyes and hands that wander everywhere. Would he ever change? Surely, we asked ourselves, there could be different endings?

But we had developed the story with the help of the Magwagwaza High students; we couldn't just change it by ourselves. We had to involve them!

So we took "Dream Love" back to the students and used drama-in-education techniques to encourage them to explore some of the problems in the story. Some of the students wanted to make changes to the story,

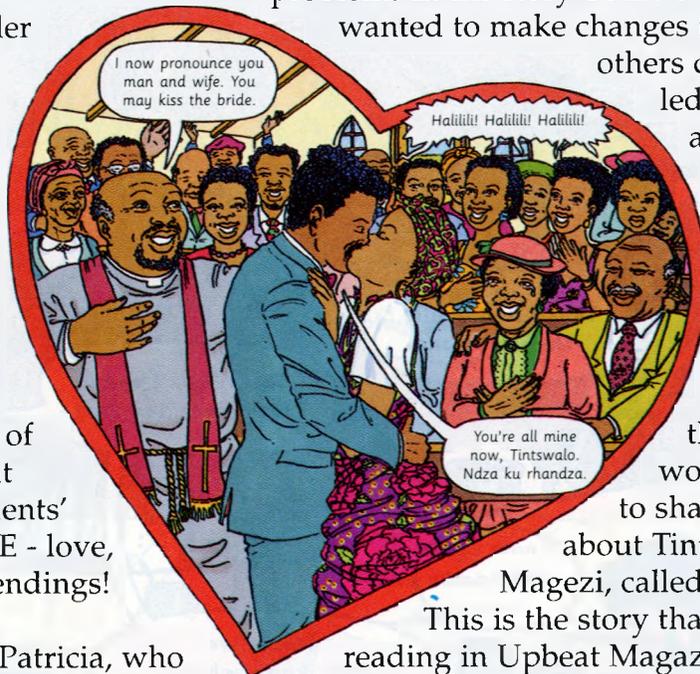
others disagreed. This

led to lots of arguments and healthy debate! All of the different ideas and the different points of view that came out of the students' workshops helped to shape a new story about Tintswalo and Magezi, called "True Love".

This is the story that you have been reading in Upbeat Magazine. "True Love" shows how it is possible for us to make different choices about our lives, loves and dreams...

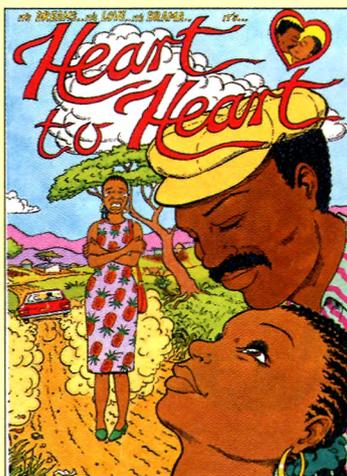
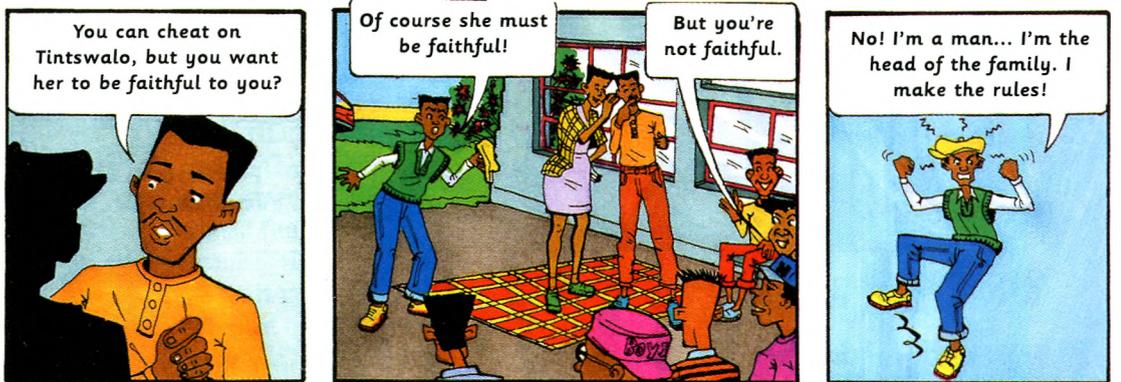
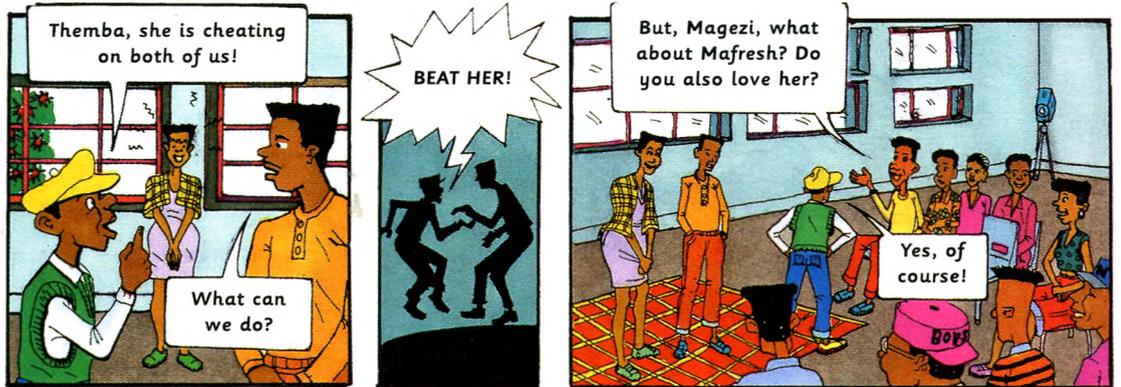
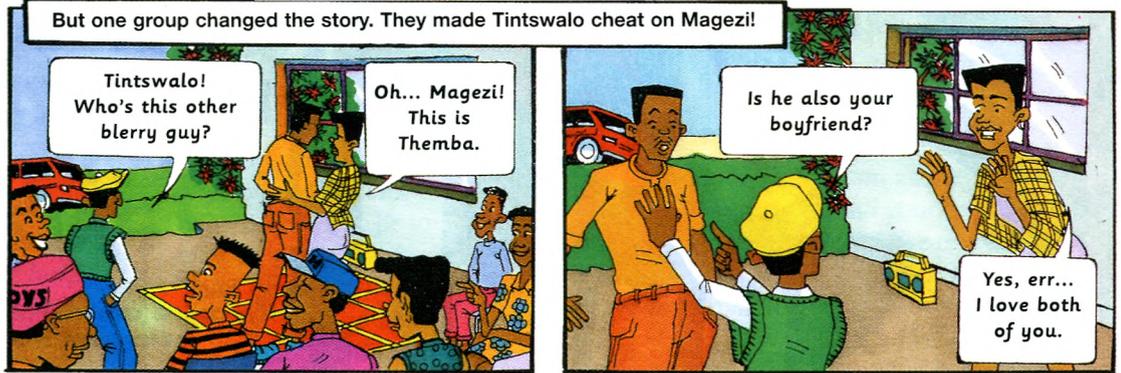
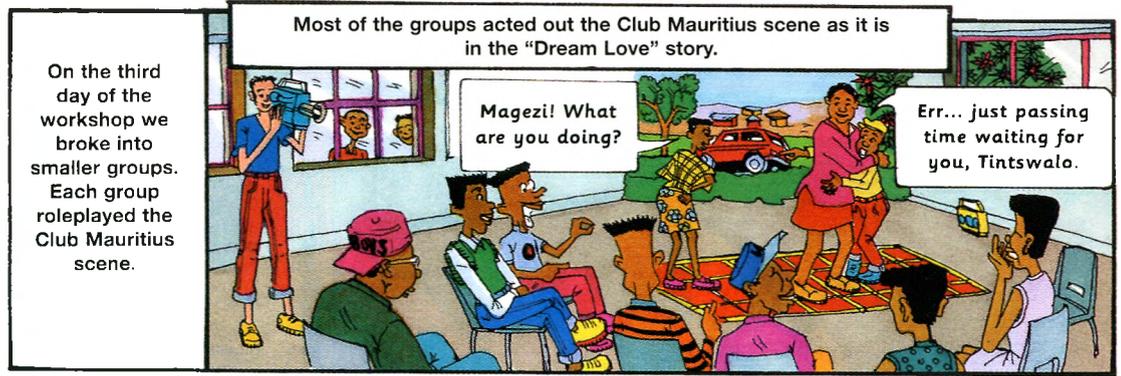
If you enjoyed "True Love" you may want to read "Dream Love" - the students' original story about Tintswalo and Magezi. Or you may want to learn more about the process through which "True Love" was developed. All of this you will find in a new comic book by the Storyteller Group called **Heart to Heart**.

Lots of love,  
Trish, Peter, Izzy and Justin.



Here is an extract from **Heart to Heart** which shows the second workshops with students from Magwagwaza High.

This comic sequence shows what happened when the students used drama-in-education techniques to explore some of the problems in the first story.



## Put some heart and soul into your classroom!

**Heart to Heart** is a fun, accessible and challenging resource for the guidance teacher and the second language classroom.

The stories deal with issues that are central to the lives of young people, while the unusual format helps to provoke critical thinking and discussion.

The comic can be used as a reading resource, as a stimulus in group discussions and to spark debate, and as the basis for role plays and drama.

- ◆ Encourage your students to explore and share their feelings
- ◆ Consolidate their English language communication skills
- ◆ Provide a framework for meaningful writing activities

For more information contact The Storyteller Group at (011) 482 3008.



## ENTER THE SURF MICRO DRAMA FESTIVAL AND WIN BIG PRIZES!

If you're aged 16 - 25 and dream  
of being an actor, read on...

- Do you live in Gauteng or Kwazulu Natal?
- Join us and put on a play.
- Drama competition runs from Feb - June '95.
- Great chance to work with famous South African theatre personalities.
- Finalists and winning play to be shown on CCV.
- Amazing prizes to be won worth R45 000!  
Including R10 000 for the community of the winning play!

So keep a lookout for more about the Surf Micro Drama Festival in your local newspaper or at your school or community hall.

For more details telephone Surf Washline on 0800-334454 toll free.



WELCOME TO THE BRIGHT  
NEW WORLD OF SURF.

# FEBRUARY - JUNE 1995

## PATH TO BRIGHTNESS COMPETITION

## YOU AND YOUR BODY

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



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

### Unhappy with appearance

**Dear Pebetse**

*I am a girl of 18 years. My problem is that I am too fat and I don't like myself. My other problem is my dry skin and a scar on my face. I also have big breasts and pimples. I want a smooth face like other people.*

**Unhappy**

**Dear Unhappy**

Many teenagers feel unhappy about their bodies - too small, too tall, too thin or too fat. Your body is changing, your hips are probably getting wider. All these changes are quite normal for teenagers all over the world. Hormonal changes make your skin

oily and this is what causes pimples. Dry skin is also very common at your age. You can have both oily and dry patches on the same face. Try to avoid food which has a lot of oil or sugar in it. Eat as much fresh fruit and vegetables as you can. Eating lots of fresh food will help you lose weight too.

Healthy food and exercise will tone up your body and make you feel better about yourself. If you lose weight, your breasts may become smaller. But it may be that you have naturally large breasts. Remember, whatever your shape and size, your body deserves to be loved and treated well by you. Try to accept your body. Think about the things that you like about yourself rather than about the things that you don't like.

**Pebetse**

### Worried about AIDS

**Dear Aubrey**

*I am a boy of 18 years. I am worried about the AIDS disease. I want to know how I can protect myself from this dreaded sickness. Please help me find more information about AIDS and sex.*

**Andries**

**Dear Andries**

HIV is the germ or virus which causes AIDS. This virus destroys the body's ability to fight against diseases. This is why AIDS sufferers fall sick very easily. The virus is passed from one body to another through blood and sexual fluids. You can protect yourself against HIV infection in a number of ways. If you are sexually active, be sure that neither you nor your partner is infected with the virus. You can have an HIV test to see if you are carrying the HIV virus. You can also protect yourself by wearing a new condom every time you have sex. Finally, don't sleep with many partners. There is a much greater risk of getting the virus if you do. For more information, contact your local clinic, where you can also get free condoms. You can also contact the AIDS Advice clinic:

Johannesburg: (011) 725-6712

Durban: (031) 300-3104

Cape Town: (021) 400-2682

**Aubrey**

### Difficult boyfriend

**Dear Pebetse**

*I am a girl of 15 years. I have a boyfriend who is 22. He wants to have sex. I do not want a child. But my boyfriend cannot understand. He does not want to use condoms. I love him and do not want to lose him. What must I do?*

**Confused**

**Dear Confused**

Condoms prevent pregnancy. But they also protect you and your partner from sexually transmitted diseases (STDs), including AIDS. For you, it is important to guard against all of these things. Your boyfriend is being unreasonable. No matter how much you love him, it is not worth risking your life and your future. If he loves you he will respect your feelings and wishes. If you feel ready for sex, then he must wear a condom if he values your life.

**Pebetse**

### Self conscious

**Dear Pebetse**

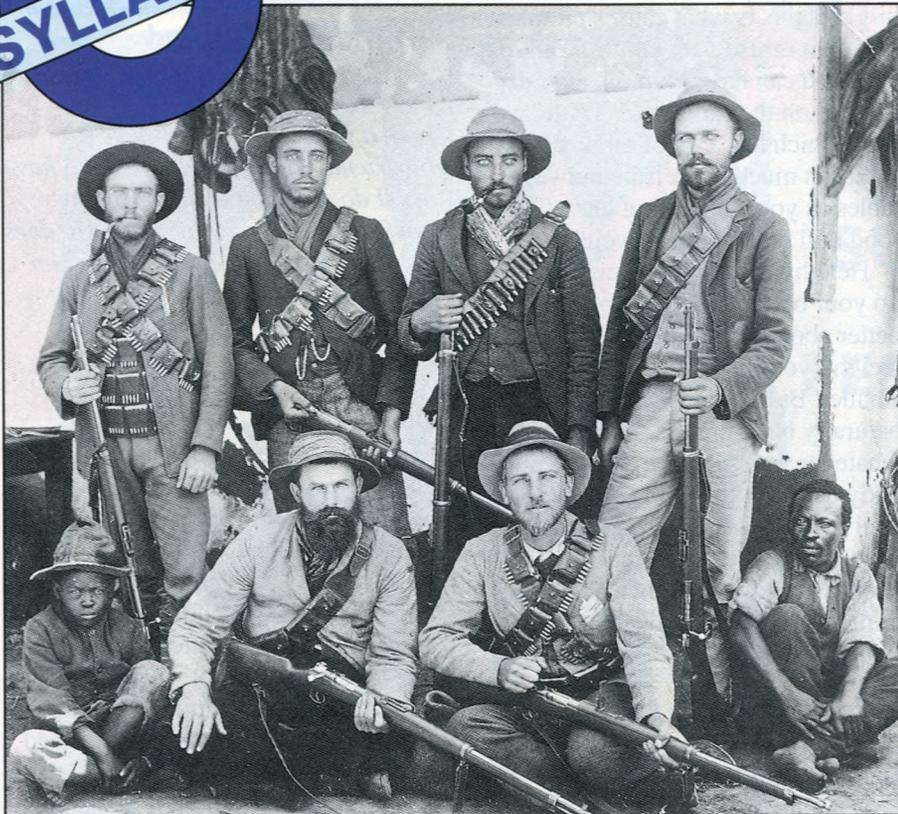
*I am a girl of 21 years. When I have sex with my boyfriend I become so wet in my vagina. This happens long after sex. I also become shy.*

**Shy**

**Dear Shy**

It is normal for your vagina to become wet when you become sexually excited. The vagina produces a fluid which makes it easier for a penis to enter it. Your vaginal discharge could increase after sex and for the few days that follow. This is also normal. But if you have a vaginal discharge which is not related to sexual excitement and which smells bad, you should consult a doctor.

**Pebetse**



*Black people fought with the Boers against the British.*

# Blacks in the Boer War

*History books tell us about the Anglo-Boer war of 1889-1892. But most books only tell us what happened to the Boers and the British. What were Black people doing while the boers and the British fought? Read on and find out.*

In 1899 war broke out between the British Empire and the Dutch settlers in South Africa (the Boers). They were fighting for control over the interior of South Africa with its great mineral wealth. Neither side wanted Black people to fight in the war. They feared that black involvement would undermine white control. But despite this, Blacks played an important role in the fighting.

## Fighting with the Boers

When the Boers went to war they took their Black servants along with them. Black men cleaned guns, looked after horses, made food and carried letters.

The Boers also used Black people as scouts. Scouts went ahead looking for British soldiers. Many of these servants and scouts came from communities who had lived on Boer farms for many years.

But there were others who helped the Boers. Not because they wanted to, but because they or their families were threatened with violence if they did not.

## Fighting with the British

Many Blacks also fought on the side of the British. The British made their Black allies promises. If they won the war, the British would do away with racial discrimination and improve conditions for Black people in South Africa. So Black people helped the British in many ways. Black farmers sold cattle, horses and crops to the British army. They also supplied information to the British about the movements of the Boers.

Black people also worked with the British forces, especially as scouts and transport riders. Others worked as grooms for horses, as cooks, gun carriers, builders and gun loaders in battle.

## No guns

Throughout the war, the Boers and the British agreed on one thing only. That was that Black people should not be armed. But they did not practise what they preached. They gave guns to them when they thought it would help them win. At least



**Many Blacks fought on the side of the British.**

10 000 Blacks were armed and fought alongside the British.



**Colonel Baden-Powell**

### **The siege of Mafikeng**

A famous battle in which Blacks fought side by side with the British against the Boers, was at Mafikeng in 1899. The British controlled town of Mafikeng, was surrounded by the Boers for seven months. The people of Mafikeng were trapped.

No one could leave. Colonel Baden-Powell, the British officer in command, gave weapons to people in the town to defend themselves.

The Boer commander wrote letters to Baden-Powell, complaining that Black people were defending themselves with guns. Baden-Powell ignored him.

The townspeople fought off the Boers for many months. But the Boers cut off supplies to the town. Food ran short. People ate horses and even dogs. Everyone was hungry but Baden-Powell controlled the food supply and he gave most of the food to whites. Many Black people starved to death.

Some Black people tried to escape from this misery. They crept out at night, but they were caught and shot by the Boers.

### **Raids on black farmers**

Black farmers also suffered during the war. Both Boers and British seized cattle and crops to feed their armies. And while they sometimes promised to pay, they rarely did. The British also burnt the fields of Boer farms in order to starve out the Boer Commandos. But the crops of Black farmers were also destroyed in the fires.

### **Refugee camps**

In the last part of the war the British moved about 200 000 Boers and Blacks into camps. They did not want people on the land. As long as people were growing food and keeping cattle, the Boers could feed themselves and keep on fighting.

Life in the camps was hard. Food was scarce and sickness spread easily. Many people have written about the 28 000 Boers who died in the camps. But little has been said about the 14 000 Black people who died.

Many African people fought because they were forced to. But in large areas of the Transvaal Black communities saw the war as a golden opportunity. They had recently been conquered by the Boers and had lost their land and livestock. So they fought to take back what they believed was rightfully theirs. They took control of farms, seized cattle and fought against Boer commandoes. The British told them that they could keep this land after the war was finished.

### **Broken promises**

The Boers finally surrendered in 1892. The British no longer needed their Black allies. So they went back on their promises. Many Black people believed that the defeat of the Boers would lead to a better future for them. But they were betrayed. Blacks were still denied the vote and a fair share of the land. The cattle which they had captured were handed back to the Boers.

Silas Molema, a man who lived through the siege of Mafikeng said: 'The support given to the British army by Black people during the war had been in vain. It is a fact that the position of the Bantu after the South African war was worse than before it. Their rights, never many or mighty, have been taken and the future is dark and dreary.' ◀

## **ABOUT HISTORY**

**History books often tell the story of powerful people. The people in power today, often decide how they want us to view the past. When we read accounts of the past we should ask ourselves questions:**

1. Who's point of view is being given? Why?
2. Who's story has been left out?

# The wrong information

By Stephen Leshalabe,  
Gatang High School,  
Mamelodi West

I listened in disbelief when my dad said angrily, 'from now on this will be your room as you've chosen to carry death with you'. He was pointing at an old shack which was empty except for the rats. I looked at him, trying to ask for his mercy, but the anger reflected in his eyes made me feel helpless. 'I no longer want you near any of the family,' Dad continued. Then he threw the shack keys at me and left.

I unlocked the door and was shocked to see all my belongings already dumped on the floor. Tears started rolling down my cheeks. They did not stop until I shut my eyes. The new life I was to lead began to unfold before me. Fear of living in isolation began to haunt me. For the first time in my life, I wished that I was not alive. I regretted all the things that I had done.



It all started when my parents sent me to boarding school. I went happily into my new life, looking forward to new freedom. I made many friends. Johnny, my room-mate, taught me many new things. Some of them were bad. I joined his gang called Tigers.

On weekends the Tigers would sneak out of school and go to night-clubs. I started taking drugs, drinking and smoking. We even hired prostitutes at times. Although I did not like everything the gang did, I followed their steps because I did not want to be isolated.



School life became even more exciting when I met Queen. She was sweet, friendly and beautiful. I knew that she was the right person for me. She asked me to leave the Tigers, but I refused. She finally gave up asking.

One Saturday, the school basketball players were subjected to a blood test. The coach said it was just to ensure the safety of the players. Two weeks later the results were released. I couldn't believe my ears when I was told that I was HIV positive. I felt as if I was dreaming. Before, when people had warned me about AIDS, I would joke that it was an American idea to stop us having sex.

I was expelled from the school. I thought that my parents would support me as they had always done. But when I got home, they did not shake my hand as usual, nor did they allow me into the house. My dad simply said, 'Hi Stephen, I would like to have a talk with you. Follow me.'

He led me away from the house and through the trees to the corrugated iron shack.

In the shack, I realised that I was now alone forever. I remembered how Johnny had reacted when I told him of my sickness. He told me to stay away from him forever. I was also chased out of the gang. But my greatest loss was Queen. She had just said, 'I advised you, but you just teased me. It's over between us.'

For two weeks, I lived alone. A toilet was hired specially for me. I had my own eating utensils. My dad simply put my meals on the table and left. My friends did not visit me. I felt helpless. I tried to think of ways to solve my problems.

I had started thinking about suicide. Then one day, Queen arrived. I was very happy, I had thought that I would never see her again. I asked her to forgive me. She said that I should rather forgive her. In tears, we hugged and I told her about my life in those two weeks. She said that she had come to tell me that I had been re-instated at the school. She said that the doctor who did the blood tests had returned with medication for me. He heard that I had been expelled. He took up the case with the school and convinced them to accept me back again.

Suddenly the shack door opened and my parents, my younger sister and the doctor entered. My dad said, 'Son, I am very sorry about what I have done to you. Your headmaster gave me the wrong information about your disease. I put you in here because I was trying to protect the rest of the family. I was ignorant.'

In tears, my mother continued, 'Now the doctor has shown us how wrong we were. From now on you will come back into the house.' My sister gave me a hug and I just said, 'Thank you all of you, for everything.' ◀

## SENIOR COMPETITION

### 1st PRIZE R200:

Stephen Leshalabe,  
Mamelodi West

### 2nd PRIZE R100:

Ellen Modibane,  
Mabopane

### 3rd PRIZE R50:

Philhormonique Maluleke,  
Berea, Johannesburg

## JUNIOR COMPETITION

### 1st PRIZE R200:

Abigail George,  
Port Elizabeth

### 2nd PRIZE R100:

Deidre D,  
Mitchell's Plain, Cape

### 3rd PRIZE R50:

Yazeed Kamaldini,  
Lansdowne, Cape

## RUNNERS-UP FOR BOTH COMPETITIONS

Sibusiso Ngobese, Lenasia  
Roseline Kubheka, Halfway  
House

Edward Ramovha, Pietersburg  
Leratho Tronk, Bloemfontein  
Michael Khumalo, Mabopane  
Nelly Mokena, Hammanskraal  
Vuyelwa Nonxuba, Mdantsane



# WAYS TO MAKE MONEY

*Sipho is in Std 10. He is finishing school at the end of the year and he wants to save up to buy a second-hand car. How can he get the money to buy his dream machine. Read on and find out.*

There are about nine ways to make money.

## GETTING A JOB

You can get a part-time job or piece-work and earn a salary or wages which you save. To get a part-time job you probably need

to go for an interview. Also, you need to give up some of your free time. You will have to be disciplined. Don't spend all the money that you earn. This way you will be proud of your car, because you have worked to pay for it. Doing piece-work will also give you work experience. This may help you to get a full-time job later.

But I have been entering competitions for 13 years. And I'm still waiting to win. There are about 5,000 entries for every competition. Some day you may be the lucky one. But do not rely on competitions to get the money that you really need.

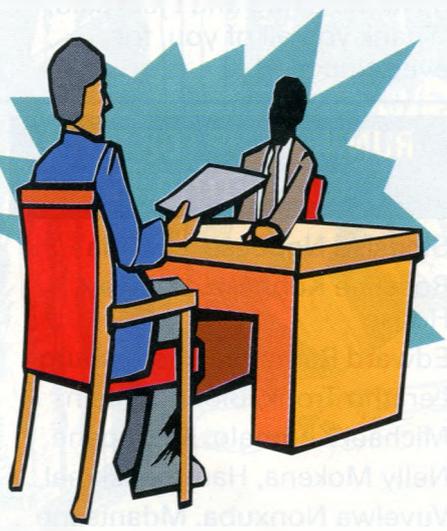
## WIN A COMPETITION

You might win money by entering competitions.



## GAMBLING

Some people try to get money by gambling. But casinos and gambling machines are very tricky. Sometimes you hear of a



person winning big money. You don't hear about all the people who lose. Why are casino owners so rich? They win nearly all the money that people spend in their clubs. Gamblers can also mislead others. They love to talk about their winnings. But when it comes to losing, they are much quieter. Don't rely on gambling to get your car.

## BEGGING

What about begging for the money? Many people stand on street corners to get money for food. Most people beg because they are desperate to survive. It is wrong to beg so that you can buy a car. If I discovered that I



gave a beggar money so that he could buy a car, I would take my money back! Also, if a young healthy person like you begs, you won't get enough money for a car. Maybe you would get a broken *skorokoro* after begging for a year.

## STEALING

You could steal the money? This way, you will always know that the car doesn't really belong to you. It belongs to the person who worked hard to earn the money that you stole. The other problem is that you can get into



trouble if you are caught stealing. Stealing is a quick way to ruin your life. Rather earn the money honestly.

## BORROWING MONEY

Another way to get money is to borrow it. A bank will lend you money, but only if you have a full-time job. In a later edition of Upbeat we will explain how and



why banks lend money. But whatever you do, do not borrow money from the loan-sharks or *mashonisa*. They will rob you with very high interest rates. They will also make your life very difficult if you cannot pay them back.

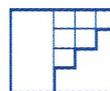
## GETTING INTEREST

There are also other ways to earn money like getting interest or dividends on your shares. But to earn money in this way, you



need to start with some money. Look out for the article called *Money makes Money* in a future Upbeat to find out how this works.

The very best way to make R6 000 for your car is to start a small business. Find out how to become an entrepreneur in Upbeat No 4.



CENTRE FOR  
OPPORTUNITY  
DEVELOPMENT

This series is compiled and written by Burt Neetling of the Centre for Opportunity Development.

Design & illustration: Francois Smit

## Bumper Money Competition

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

### THIS MONTH'S QUESTION:

**How much money would you have to save each month to buy a car that costs R6,000 after one year, and pay the license fees of R120?**

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

1. Name four advantages of money.
2. Give two reasons why budgeting is a good idea.

# Notice Board

## New ideas for a New Education

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

- UPBEAT is linked to the new revised syllabus. (History, Guidance, Science, Geography, Business Economics)
- English teachers can use Upbeat to get students reading and writing.
- UPBEAT brings new learning to your class each month.
- UPBEAT is for Std 5 - 7 students.

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The Teaching guide offers assistance in:

- using Upbeat in the classroom
- lesson preparation
- language support
- developing skills.

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Johannesburg 2000.

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# Energade®

POWERFUL THIRST QUENCHER

SPORTS DRINK

## Peak performance with Energade team

South Africa's top sports professionals are drinking **Energade**. Only 18 months after the launch of **Energade's** powerful range of thirst quencher drinks, sports personalities have taken them to their hearts.

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Stay out in front with **Energade's** new range of great tasting sports drinks available in a 500 ml ready-to-drink bottle.

**Energade's** unique American formulation offers the perfect combination of fluid, mineral salts, vitamins and carbohydrates. It is non-carbonated and allows the body to easily replace fluid and mineral salts lost during exercise lasting up to two hours.

**Energade** also has a much lower kilojoule count than most fruit juices and carbonated drinks.

**Energade** is available in three great flavours - Orange, Lem-lime, and Naartjie. It is packed in 1-litre concentrates (making 5 litres) and in ready-to-drink 500 ml PVC bottles. More value for your money!

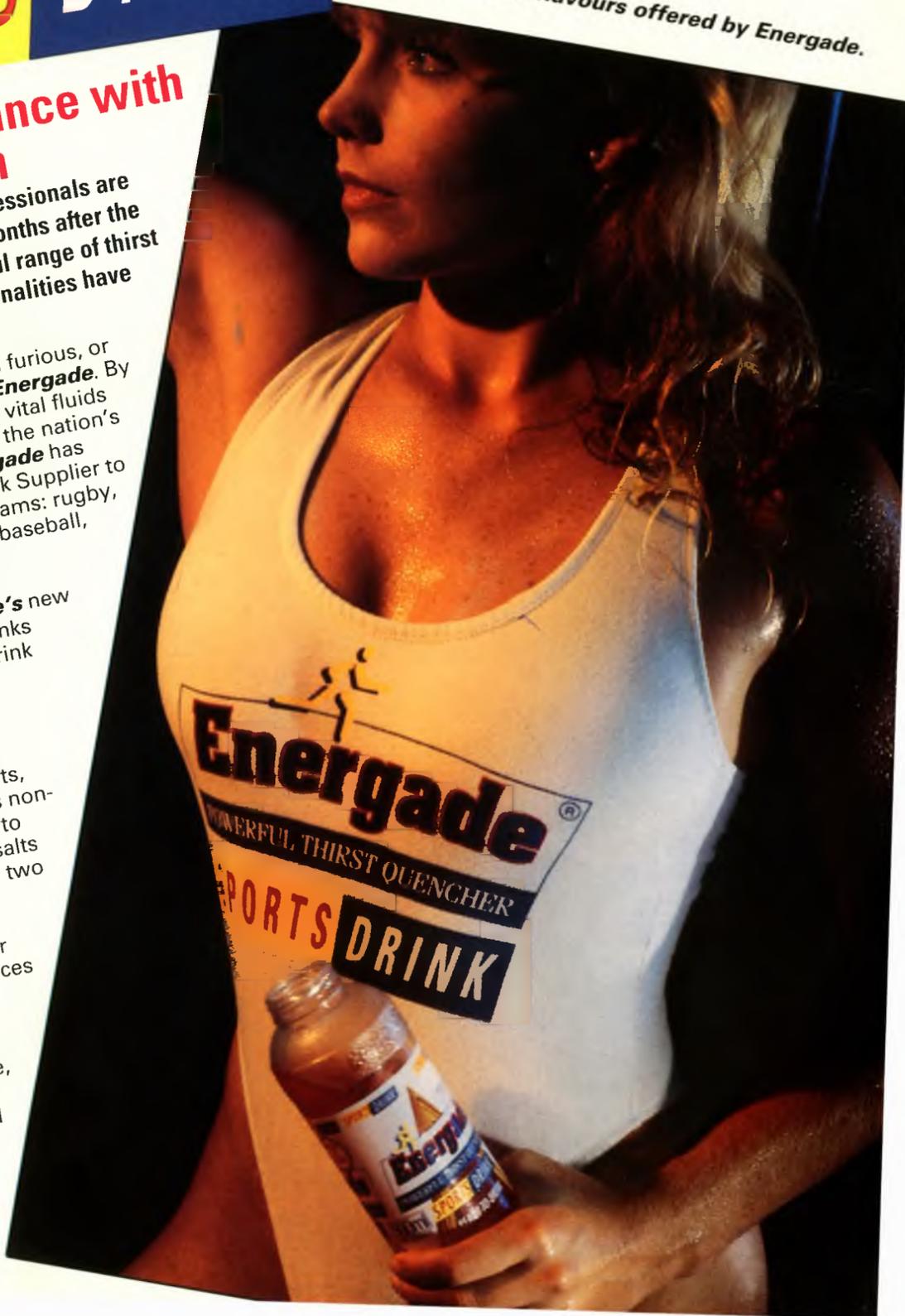
## COMPETITION

Energade will sponsor 1 year's supply of Energade to 3 lucky Upbeat readers to the value of R1 200 each. Just answer this easy question and post your answer to:

**Upbeat Energade competition,**  
P O Box 11350, Johannesburg 2000

### QUESTION:

Name the three flavours offered by Energade.



# PENFRIENDS

## OVERSEAS

Bakkerager 9, 3230 Graested,  
Denmark

Dear Upbeat

I am a 15-year-old girl from Denmark. My interests are: basketball, Hip Hop, horse riding, animals and much more. I like Rap and Hip Hop. I want to correspond with boys and girls of 14-20 years. I will reply to all letters written in English.

Ann Grove

## AFRICA

P O Box 43, Liwaladzi Sec School,  
Nkota Kota, Malawi

Dear Upbeat

I am a girl of 15 years old. I would like to correspond with penfriends from all over the world. My hobbies are listening to music, especially Cathy Dennis, Kylie Minogue, Whitney Houston and Don Williams. I will reply to all letters written in English. Photos are welcome.

Tettie Chigwede

P O Box 1711, Walwis Bay 9190

Dear Upbeat

I am a guy of 20 years old. I would like to correspond with girls and boys from all

over the world. My favourite artists are Freddy Jackson, Keith Sweat and Luther Vandross. Please write in English and Afrikaans. Photos are welcome.

Ivo Irua

## GAUTENG

46 Kiepersow Street, Leondale 1401

Dear Upbeat

I am a girl of 20 years old. I would like to correspond with girls and boys from all over the world. My hobbies are watching movies, cooking, baking, reading magazines and collecting posters. My favourite artists are Michael Bolton, James Ingram, Tevin Campbell, Maria Carey, Atlantic Stars, Baby Face and Keith Washington. I will reply to all letters written in English.

Busie Mota

P O Box 10504, Extension 8, Lenasia  
1820

Dear Upbeat

Hi!, I am a 17-year-old girl. I would like to correspond with boys and girls from all over the world. My favourite artist is Richard Marx. I will reply to all letters written in English. Please send Photos.

Naeema Seedat

## NORTHERN TRANSVAAL

P O BOX 986, Turfloop Township,  
Sovenga 0727

Dear Upbeat

I am a girl of 18 years old. I would like to correspond with girls and boys of 14-18 years. My hobbies are reading, soccer, going to church and listening to music. My favourite artists are Toni Braxton, Baby Face and Snoopydoggydog. Please write in English. South Sotho and Northern Sotho.

Abram D Modiba

## NATAL

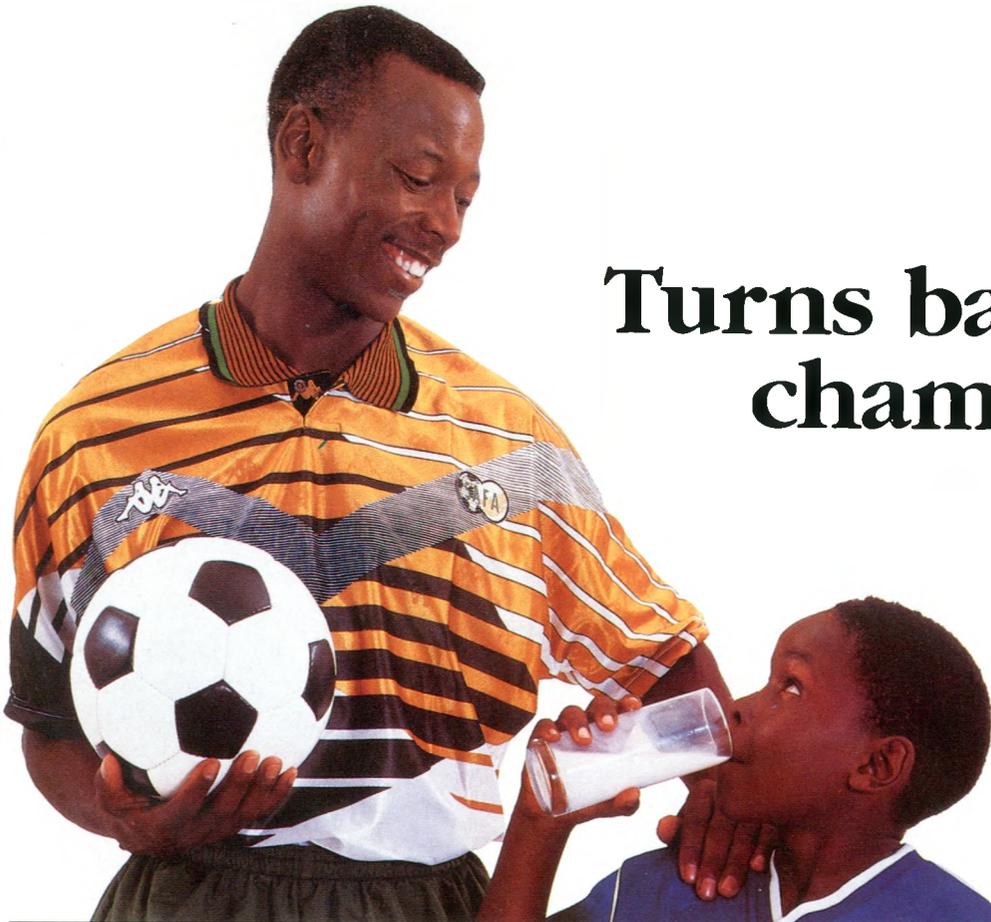
P O BOX 65, Esikhawini 3887

Dear Upbeat

I am a boy of 18 years old. I would like to correspond with girls and boys from all over the world. My hobbies are reading magazines, writing letters and listening to music. My favourite artists are Janet Jackson and Rebecca Malope.

Samson Masinga

# Turns bafana into champions.



## The No.1 milk for growing up fit.



T. F. V. I. N.

CAMPBELL

