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UPBEAT
NUMBER 6 1992

The magazine for youth on the move



THIS ISSUE

**YOUR RIGHTS
CHILDREN SPEAK OUT**

RICARDO AND THE ROCKETS

HOW TV WORKS

MENDING A BROKEN HEART

AZEEB A GIRL
WHO HID FOR 10 YEARS

WIN
A RICARDO ALBUM
FREE CHILDREN'S
RIGHTS
POSTER

UPBEAT

The magazine for youth on the move

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. Upbeat is one of them.

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Dear Readers,

From 28 May to 1 June children from all over South Africa came together to talk about their rights. Children flew, caught trains and buses, to get to the conference centre in Somerset West. They were there because they feel that children's rights have been ignored.

At the conference they drew up a charter of children's rights.

This charter will be given to the government, the ANC and other political groups who are talking about our country's future. Upbeat supports the children. We congratulate them for getting together to put forward their demands. We admire them for having the courage to insist on shaping the future. Read about the conference on page 18. There is also a free pull-out poster of the Children's Charter on page 20.

For all our readers who are busy watching the Olympics, read about one of Africa's fastest women,

Maria Mutola. But athletes do not develop overnight, especially when they have few sports facilities. Read about the struggle by athletes in the Boland to develop their skills.

For those of you who are on holiday, we hope that you have a safe and restful time.

Enjoy this issue!

Harriet
Editor

*Keep reading,
and writing!*

OUR RIGHTS
OUR FUTURE



Hamba Kahle, Nombeko

We recently heard very sad news. Nombeko Mazibuko, the woman who gave Upbeat readers advice on their growing up problems, died in a car accident. We at Upbeat extend our deepest sympathy to Nombeko's family. We wish them strength in this sad time.

**N
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T**

MEET TEVIN
America's new singing star

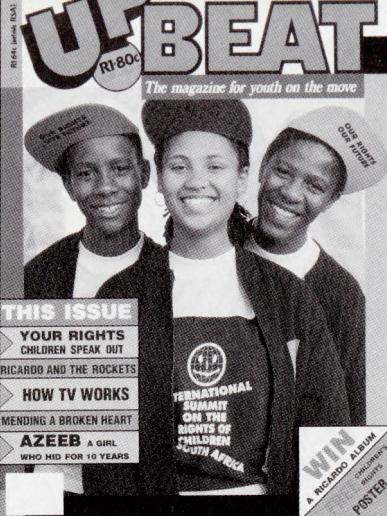
LOVE -
How to make your move

NEED MONEY TO STUDY?
Help with bursaries

Great new comic

Win books and records

issue



Front Cover

Features

Sport -	
Running to beat the best	4
Africa's bright new athlete	7
Music -	
Ricardo and the Rockets	8
Africa -	
Ten years in hiding	10
Streetbeat -	
Grahamstown's fashion scene	16
Your Rights	
SA children speak out	18
Poster - Young people's rights	20
People -	
Following a dream	23
Be a peacemaker -	
Talk before you fight	24
Fighting Unemployment -	
Working in the community	26
Comic -	
Taxidriver: Part 14	28
Growing up -	
Mending a broken heart	34
Learning -	
Durban's Drama Day	31

Your Views

Readers' Writing	6
------------------	---

Talkshop - Is boarding school better than day school?	9
---	---

Letters	15
---------	----

Skills for Learning

Working with science - Turn on to TV	12
---	----

Careers in TV	14
---------------	----

Books - Atlases for everyone	33
---------------------------------	----

Things to do

Quiz - Mending a broken heart	34
----------------------------------	----

History - Build an explorer's boat	36
---------------------------------------	----

Regulars

Advice - You and your body	22
-------------------------------	----

Studying & careers	30
--------------------	----

Penfriends	32
------------	----

Willie Wordworm	38
-----------------	----

Competitions	
--------------	--

Win a Ricardo album	8
---------------------	---

Win great new atlases	33
-----------------------	----

Win a big, colourful	
----------------------	--

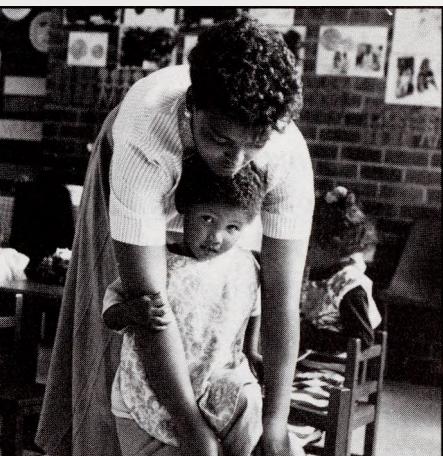
Upbeat poster	40
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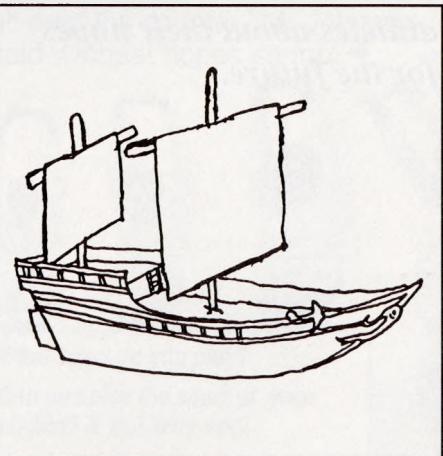
Africa's bright new athlete page 7



Ricardo and the Rockets page 8



Coping with unemployment page 26



Build an explorer's boat page 36



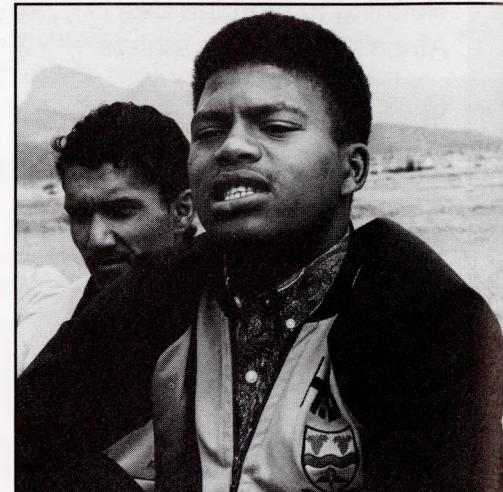
Running to beat the best

South Africa is back in world sport! What chance do young athletes in rural areas have? Will they join the country's top sportsmen and women to compete against the world's best. Upbeat visited Bree River High School in Worcester, Cape. There we spoke to top athletes about their hopes for the future.

The two-hour drive from Cape Town to Worcester is long. But it's not boring. You pass green, open farmlands where cattle graze. Every now and then, you cross a river or a stream. In the distance, the purple mountains frame the blue sky.

Bree River High School
In the valley surrounded by the Hottentots-Holland mountains, you find Worcester. Just outside the town is Bree River High School. Wilfred Zebedezela is a student there. He throws the shotput. He lives on a farm outside Worcester and he travels for an hour everyday to get to and from school.

'At school there isn't a place where I can train with weights,' said Wilfred. 'So I build my muscles by doing farm work. I would like to practice shotput at home, but I can't because there is only one shotput at school. I can't practise at school, as there is no teacher to stay behind in the afternoons with me.'



'We can't afford starting blocks,' says Ruduwaan Visagie.

Ruduwaan Visagie is a 200 metre sprinter. 'We can't afford things like starting blocks. We ran in the South African Junior Athletics Championships. But some of our athletes almost couldn't take part. We didn't have starting blocks. Fortunately, we managed to borrow some.'

Problems trainers face
Years of apartheid have caused inequality in sport. Most black communities have too few sports facilities and equipment. So black athletes are not able to develop their talents. And in rural areas things are worse. We spoke to Mr Johan Johnson. He is the school's athletics coach.
'At our school, there are 1 200 students. But we only have one



Mr Johan Johnson -
Bree River High's Athletics coach

Hannelien John -
the only girl in the school team



shotput and two javelins. We don't have a sports field or qualified coaches to train our athletes,' Mr Johnson explained.

The Boland Sports Congress

But things are changing because of the work of the Boland Sport's Congress. They are helping talented athletes in their area. At the beginning of the year, the Boland Sports Congress received sponsorship of R24 000 from Mobil. They used this money to organise two special workshops for athletes in the Boland.

The first workshop was held in February this year. Top Western Province coaches like Mossie Mostert and Bobby McGee trained and gave advice to athletes. Western Province long distance stars, Jantjie Maartinus and Johan Landsman, came to encourage and help the athletes too.

The second workshop was held in March. Top South African athletes ran the training programme. Jantjie Maartinus and Johan Landsman gave tips on long distance running. Marcel Winkler was also there. She is one of the fastest sprinters in the country. She helped runners to improve their style and speed.

Training makes a difference. The athletes at Bree River High were very excited about these workshops. 'I learned so much,' Desmond Lackay, a 400 and 800 metre athlete, told us. 'I did not know how to do proper warm-up exercises. I could have injured myself. But now I know what to do and what not to do.'

Hannelien John runs the 100 and 200 metre sprints. She is the only girl from Bree River High in the Boland Athletics team. 'It was wonderful to meet Marcel Winkler,' Hannelien said. 'Maybe more girls will take part in athletics when they see how famous Marcel is.'

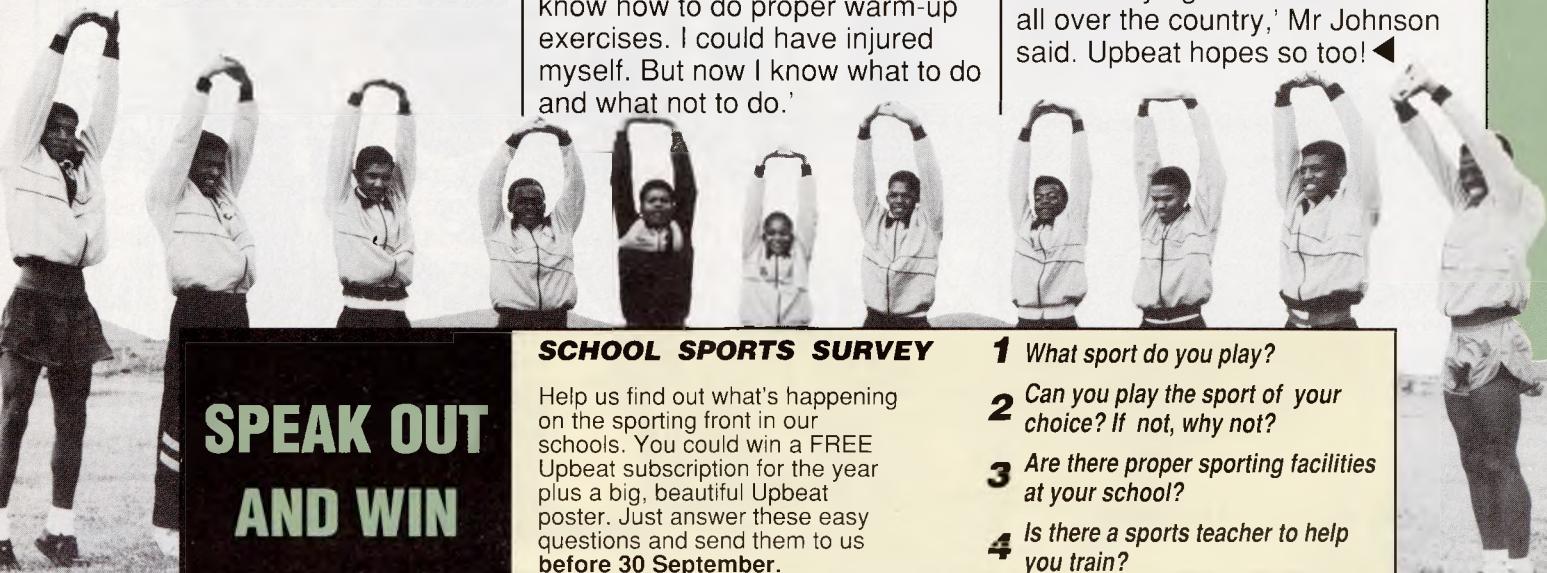
'Our athletes lack technical skills,' Mr Johnson said. 'None of the teachers at our school are trained to coach athletes. So it was great having specialists help us.'

The training workshops are just a beginning. The athletes in the Boland still need lots of training, before they can compete against other athletes as equals. They still have no facilities and equipment.

The lack of specialist training is also a problem. 'I didn't know what to run,' David Damonse said. 'At first I ran the 100, 200 and 800 metre events. That's because no-one advised me to concentrate on a particular distance.'

Boland student in national team

In spite of the problems, there is still lots of talent in the Boland Athletics team. Zubair Africa has been selected as the 100 and 200 metre sprinter for the South African Junior Athletics team. 'We hope that with lots of hard work and some financial help, we will build a strong Boland team. A team that will compete confidently against athletes from all over the country,' Mr Johnson said. Upbeat hopes so too! ▲



SPEAK OUT AND WIN

SCHOOL SPORTS SURVEY

Help us find out what's happening on the sporting front in our schools. You could win a FREE Upbeat subscription for the year plus a big, beautiful Upbeat poster. Just answer these easy questions and send them to us before 30 September.

Send your answers to: Upbeat Sports Survey, P O Box 11350, Johannesburg 2000

1 What sport do you play?

2 Can you play the sport of your choice? If not, why not?

3 Are there proper sporting facilities at your school?

4 Is there a sports teacher to help you train?

READERS' WRITING

SLEEPING ON MY BACK

Sleeping on my back
I noticed the diaphonous artery
seeping from a fat wobbly
plastic bag.
A drop by drop, drip, drip dripped
a life dose slowly, slowly sucked
a wobbly weak limb
like an infant on a nipple.

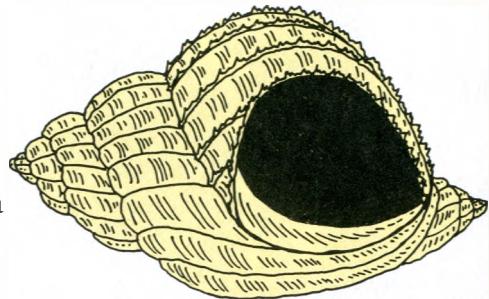
Sleeping on my back
I noticed the Greenies with
artificial fingers half cupped
mouths, shiny eyes, sparkling
fingers.
Cut by cut
cut, cut as life nose
Slowly, slowly a red whirlpool
forms
The blood whets the curiosity.
Sleeping on my back
high above the red road
As misty as morning vapour on
glass
A bip, bip, bip the last of the wave
The beat, beat the beat
the last of the red muscular heart
The master eye shuts its vision
Sleeping on my back I noticed
the nurses slowly fold the sheets
away.

Sleeping on my back
I noticed their
glassy eyes.
Drip, drip, drip their bereavement
As they canned me,
stuffed me,
labelled me,
materialised me,
advertised me
and numbered me
I didn't think it would happen to me
My headstone says Rest in Peace
Sleeping on my back
I rot in ease.

Sandile Radebe, Alexandra

The shell

I am a shell.
I eat broken pieces of wood,
I live right at the bottom of the sea
Well, I think fish can eat me,
And people can use me
As an ornament in their houses
Which I really don't like at all.



Sibonile Sithole, Eshowe

VIETNAM

Napalm and machine gun toys
Mothers call
Bring back our boys!

Crawling through the jungle's gloom
Every smell and sound of doom
Youth is all the army employs
Mothers cry,
Bring back our boys!

Soldiers killing through the night
Oh God, can this be right?
Soldiers lie like broken toys
Mothers all - they've killed your boys!

Lizelle Reneke, Riverlea Ext 2



All readers whose
work is published
here win
R15

SPORT

Maria Mutola is the teenage queen of the Mozambican track. With her time of 1:59 for the 800 metres, there are few who can pass her. Upbeat spoke to the 19-year-old Maria, when she visited South Africa for the African Unity Games.

Maria was always mad about soccer. 'I used to dream about playing in big soccer matches, with the stadium over-flowing with cheering spectators. I was determined to make my dream come true. I never thought I would be an athlete, running and winning races. Never!' Maria stressed.

Maria Mutola's story would be different if Jose Czavarivas hadn't entered her life. Jose is one of Mozambique's most famous poets. 'One day Jose saw me sprinting during soccer practice,' she said. 'He came up to me and started talking about athletics.'

'I didn't want to hear what he said. He almost forced me to go for athletics training. He drove me there in his car. He also bought me running shoes and gave me some pocket money. I used to run away from athletics to play soccer. But Jose' never gave-up.'

'One day he showed me some videos of the

AFRICA'S BRIGHT NEW ATHLETE

Maria leads in the 800m race at Germiston.

Olympic Games. That did the trick. I was so excited by the athletics I saw. So I gave in,' Maria sighed.

Maria's chance to prove her talent came during the 1988 Olympics in Seoul, Korea. 'I was very young and very inexperienced. I had only trained for three months before the Olympics started,' Maria explained. But in spite of all her disadvantages, Maria came seventh.

Since then, Maria has collected one award after another. In 1988 she won a gold medal in Botswana. In Algeria she won a silver medal for her country.

In 1991 the Olympic Solidarity Committee gave Maria a bursary, to study at a country of her choice. 'I chose the USA because I thought sports training there was the best. The people in USA are sports crazy,' Maria said.

This year, Maria did very well



in the indoors athletics competitions in California. She won both the 800m and the 1500m. She broke the 1500m record set by the famous Mary Decker. Maria's new record is 2:01.4. *

Maria is doing her last year of school in the USA. Her coach,

Jeff Fund, says, 'I don't worry about Maria's studies. She is such a hard worker. She is a well-organised student. She gets A's and B's.'

Next year, Maria wants to go to university. It looks like the young Maria has a bright future, in sport and in her studies too. ▲



Maria Mutola

MUSIC

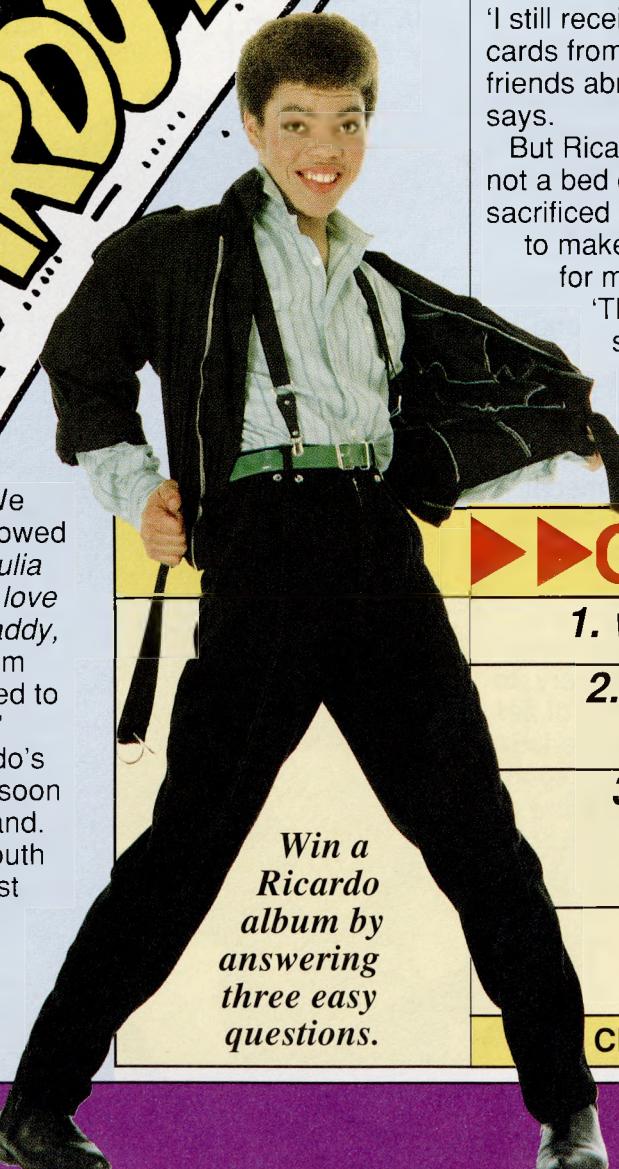
Ricardo's real name is David Green. He was born in Port Elizabeth 19 years ago. Ricardo comes from a family of musicians. 'My father is a music teacher. He wanted me to sing when 'ek was nog 'n babatjie' (I was still a baby). I was only six when I started,' Ricardo laughs.

When Ricardo was ten, he met Al Eto who was once a top musician in South Africa. Ricardo says, 'Al is the guy who brought me into big-time music. He produced my first album called *Julia*.

We followed up *Julia* with *I love you Daddy*, the album I dedicated to my father.'

Ricardo's songs were soon in great demand. He became South Africa's youngest top musician. Kids all over the country sang his songs.

RICARDO AND THE ROCKETS



Win a Ricardo album by answering three easy questions.

The young Ricardo was not only in demand in South Africa.

People overseas heard about the kid with the electric voice. Soon Ricardo was invited to tour Japan and Europe. Ricardo thrilled the audiences there. 'I still receive letters and cards from fans and friends abroad,' Ricardo says.

But Ricardo's life was not a bed of roses. He sacrificed his education to make way for music.

'The tours and shows I had, disrupted my studies. I never concentrated

properly on my school-work. My heart was just in music. I now regret dropping out of school,' Ricardo says.

Ricardo lost many fans in South Africa when he sang in the Bureau Information song. Today Ricardo says, 'I was invited to sing with many other artists. I was only 12. I did not know it was politically unwise to sing in that project.'

At the moment, Ricardo is finishing his next album, which is to be released soon.

'I'm confident this new album will do well. I've got my home-boys, The Rockets, working with me. They are one of the best bands in the country. It's so nice to work with them,' Ricardo boasts.

Ricardo is also working on the 'Peace Song' composed by Chico Twala. They are recording this song to help bring peace to our country. ▲

► COMPETITION

1. What is Ricardo's real name?

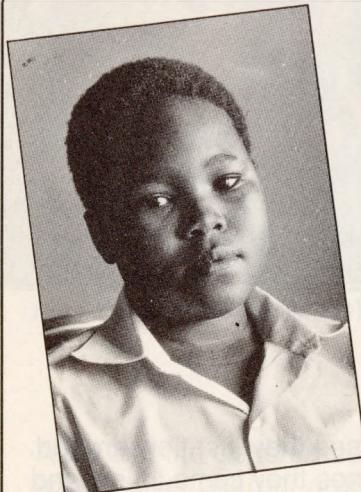
2. Name the person who helped produce Ricardo's first album.

3. What is the name of the band that Ricardo is working with at the moment?

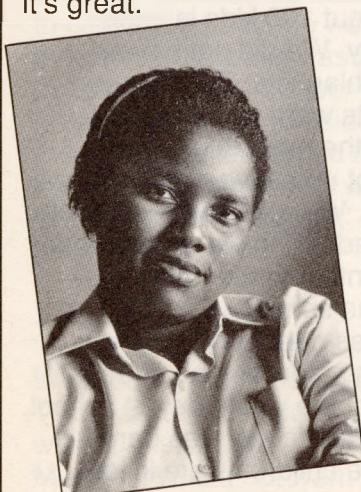
Send your answers on a postcard to:
Upbeat Music Competition
P O Box 11350, Johannesburg.

CLOSING DATE: 30 AUGUST 1992

IS BOARDING SCHOOL BETTER THAN DAY SCHOOL?



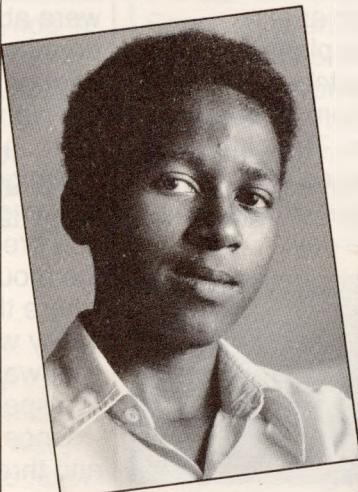
Tembisa Gebeda (13)
I am at boarding school because my parents wanted me to have a better education. I like it here, because you learn to face challenges on your own. I find that my parents spoil me because I am away from home. They give me more money too. And when I go home, everyone makes a big fuss about seeing me. It's great.



Lindiwe Twala (12)
I came to boarding school because in Ratanda, where my parents live, there are no good schools. This school is better than my day school. There the children used to hit each other. There were so many students in class that the teachers couldn't

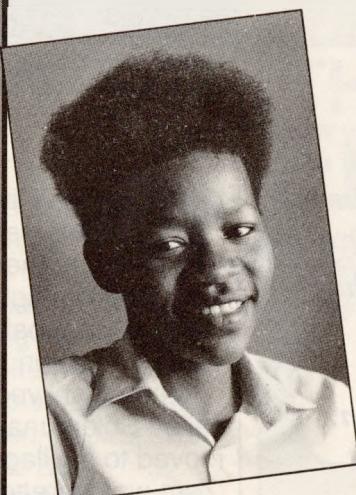
Is it nicer to be at boarding school or at a day school, close to home? Upbeat spoke to students at St Gregory's, a boarding school near Escourt, Natal.

see what they were doing. In Ratanda, Inkatha and the ANC are fighting, so it is more peaceful here. But I worry about my parents.



Tebogo Thulo (14)
My parents sent me here because they wanted to get me away from the school boycotts. Sometimes I think boarding school is better. Other times I would prefer to be at home. I like living with lots of people of my own age and I like talking to

the teachers. I also like speaking English all the time. When I go home, my friends think that I am showing off when I speak English.

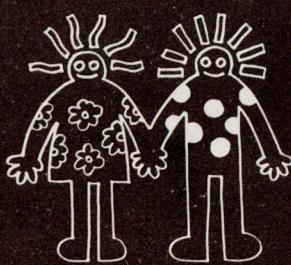


Desiree Mthiyane (15)
I prefer boarding school. You learn to be independent. There are also lots of activities at school. At home I am lonely and bored. At boarding school you meet people with different ideas from many different places. Even the church at school is better. It focuses on young

people. But I do get homesick sometimes.



Tshepo Motiki (13)
I came to boarding school because I often used to stay out of school. I come from Qwaqwa and the students there were fighting against the Qwaqwa government. I have learnt many things here, like how to wash my clothes. I have also learnt about life without my parents guarding over me. But when I am bored, I feel very homesick. I just wish that my parents were not so far away.



Childline

484-3044

a round table national project



For the prevention of child abuse



Hidden from Ethiopian bombers - children cover their shelter

Azeeb and her friends attend school.

The 'hidden' children take turns collecting firewood and water and cooking.

Azeeb lives in Eritrea in the north of Africa. For 29 years Eritrea was at war with its neighbour - Ethiopia. The Eritreans wanted to protect their children. So they built two secret villages in the arid mountains of the north. Azeeb lived in one of these villages for ten years, far from the fighting.

All my life I lived in the mountains,' said Azeeb. 'My mother and father were both freedom fighters. Father died when I was a baby. My mother was killed when I was three.'

Azeeb first lived in the village called Solomuna. Later she moved to a village called Zero. 'Zero was spread over six valleys,' Azeeb explained. 'There were about 500 children in our valley. We had village parents, but most of the time we looked after ourselves.'

Attacks from the sky
 'Our biggest fear was the Ethiopian bomber planes. We watched out for them all the time. The planes only came during the day.'

Story by
 Philip Gottlieb,
 Lisbet Helleberg
 and Kim Naylor.
 With many thanks
 to Barnens Värld

'Sometimes they just flew around. Other times they came in low and dropped their bombs. The mountains shook with the terrible noise of the exploding bombs. Then there was silence.'

'We had to be invisible from the air. So our clothes were the same colour as the rocks. When a plane caught us with no cover, we would duck down and keep dead still. The pilots were not supposed to see any life in the valley.'

Living underground

'Our dormitories were dug out of the mountainside and covered with sand and branches. There were about 100 kids in each dormitory. We did not have enough blankets. Sometimes the nights were very cold, up there in the mountains.'

'We got up at five o' clock in the morning. We ate breakfast of milk and bread. Then we climbed over the mountain to the next valley where the school was. This valley was deeper and narrower, so it was safer from air attacks. We spent the whole day at school.'

'Once the school was bombed and three children were killed.'

After that the classrooms were spread over a larger area. Sometimes we had classes outside, under the acacia trees. The school had a library, so we could study many different subjects. But Science was a problem, as we did not have laboratory equipment. We also struggled to do our homework at night, by firelight.

Taking turns

'We all had duties. We took turns to carry water and firewood, washing and cleaning up, cooking, doing the dishes and building. Some of us were trained to clean and bandage wounds in the clinic. The clinic was a three-hour walk from our valley. It was carved into the side of the valley and stretched for 5 kilometres. I'm sure it was the world's longest hospital,' Azeeb laughed.

Time off

'Our week-ends were on Wednesday and Thursday. This was because some children were Christian and others were Muslim. We did not want to favour

one religion more than the other.

'We played with sticks and stones. We even made a soccer ball from tightly packed old socks. Sometimes during the holidays, music groups visited us.'

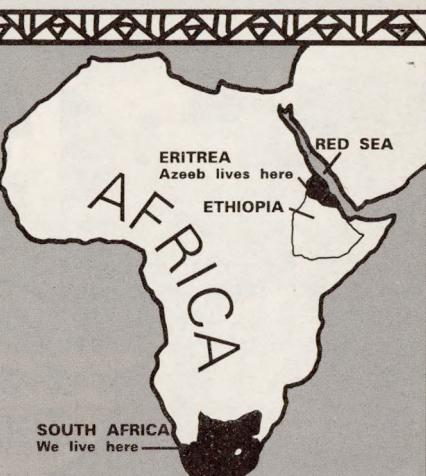
'Our food was plain, just lentils and bread. I tasted my first sweet only a few months ago. Some children got sick because we did not eat enough vitamins. During the rainy season, we suffered from malaria and other diseases,' Azeeb explained.

The war ends

Azeeb left the mountains when the war finally came to an end. Some children had parents, but Azeeb had no-one. So now she lives in an orphanage in the capital of Eritrea, Asmara. But Azeeb is not very happy there.

'In the mountains we were one big family. We were scared and happy together. We helped one another to survive. I felt very lonely, when I first came to town. I miss my friends. But now I am continuing my studies. I hope to become a doctor or teacher one day. It would also be fun to travel to other countries,' Azeeb said. ▲

THE WAR IN ERITREA



Eritrea was at war for 29 years. It fought against its neighbour Ethiopia. Ethiopia wanted to take over Eritrea. Ethiopia is cut off from the sea. Eritrea has a coastline and a good harbour at Masawa. Ethiopia wanted this outlet to the sea.

In 1952 the United Nations declared that Eritrea was an independent country. But Ethiopia's emperor, Haile Selassie, invaded Eritrea with military help from the United States of America. In 1974, Haile Selassie was overthrown. But the war against Eritrea went on. The new, Ethiopian government got military help from the Soviet Union.

At least 600 villages in Eritrea were destroyed during the war. About 100 000 people were killed, many were children. The war ended in 1991.

Now the war is over. But Eritreans need lots of help to rebuild their shattered country. ▲

TEN YEARS IN HIDING

Azeeb

WORKING WITH SCIENCE

TURN ON TO TV

DEBRA WATSON

Upbeat was on television! In May we appeared on the programme 'Turn on to English'. It was unbelievable! So many people came to our office to make one little film. It was hard work but lots of fun. Read on and find out how a TV programme is made.



An Upbeat reporter watched another school TV programme being made. It was filmed at a school. Inside one of the classrooms everyone was very busy.



4 Then the actress went to the wardrobe department. The **wardrobe mistress** gave her a skirt and blouse, just like a student would wear to school.

I FIND THE CLOTHES FOR THE ACTORS. SOMETIMES I DRIVE ALL OVER TOWN SEARCHING FOR THE RIGHT CLOTHES.

5 Back in the first classroom, the crew were getting ready to film or shoot. The **soundperson** was waiting with his microphone, ready to record the voices.

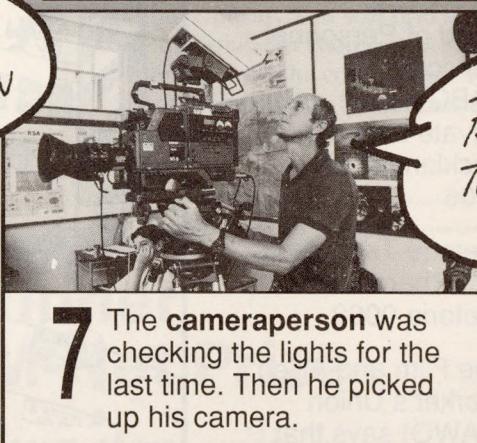
I AM THE SOUND PERSON. I'M READY TO RECORD THE ACTORS VOICES.



2 The **lighting man** was running in and out of the classroom. He was checking the cables between the enormous lights inside, and the generator outside.

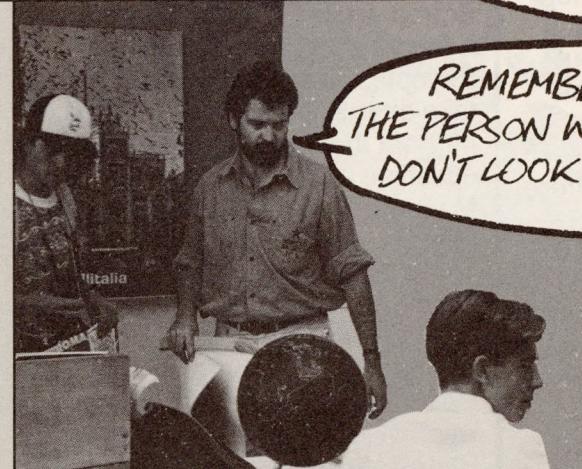
I AM THE SOUND MIXER. I CHECK THE RECORDING LEVELS ON THIS MACHINE.

6 The **sound mixer** was checking the recording levels on his mixing machine.



7 The **cameraperson** was checking the lights for the last time. Then he picked up his camera.

I AM READY TO ROLL!



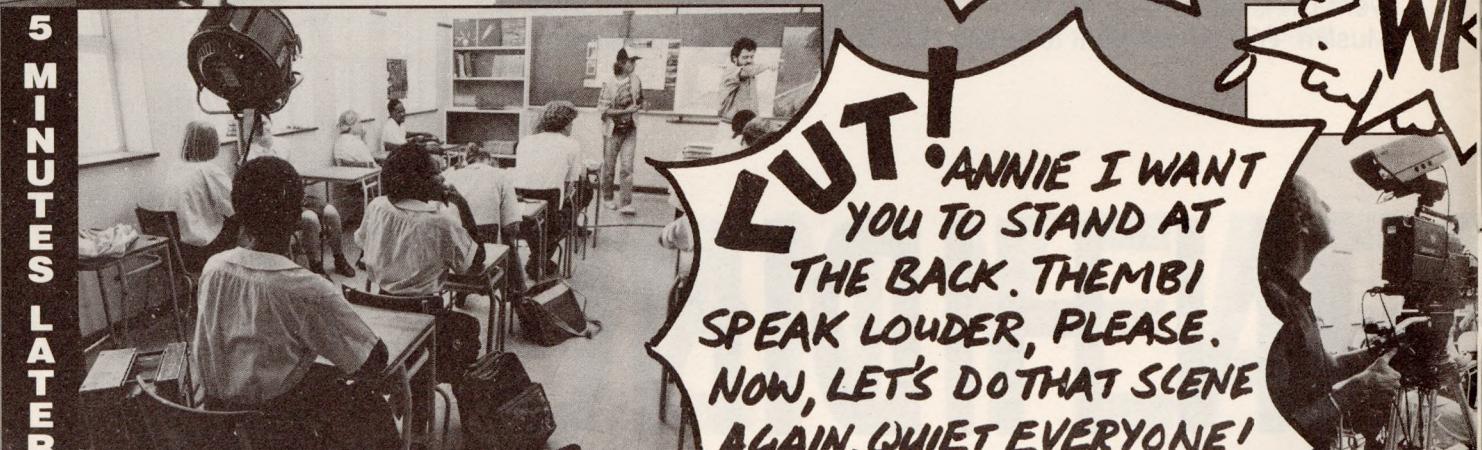
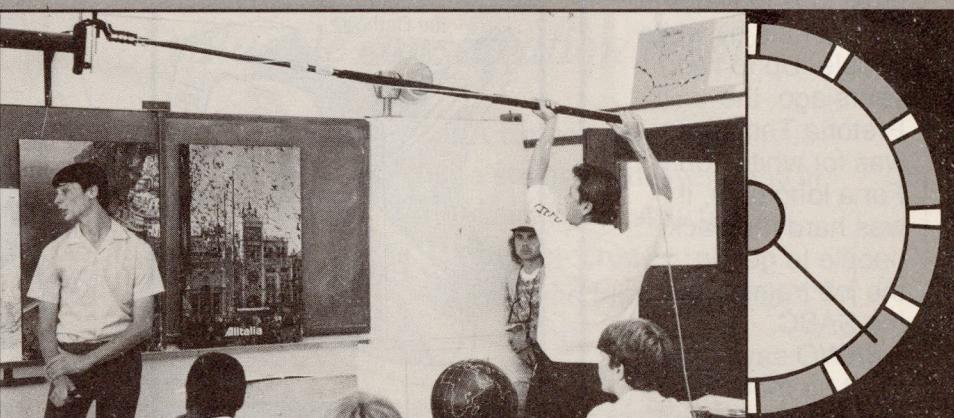
REMEMBER TO LOOK AT THE PERSON WHO IS SPEAKING. DON'T LOOK AT THE CAMERA!

8 The **director** was preparing the actors. Everyone was now ready.

9 The **camera assistant** held up the clapper board.



10 The actors started to act out the scene.



LUT! 'ANNIE I WANT YOU TO STAND AT THE BACK. THEMBI SPEAK LOUDER, PLEASE. NOW, LET'S DO THAT SCENE AGAIN. QUIET EVERYONE!' **WRAP!**

5 MINUTES LATER

MY JOB IS TO MAKE SURE THAT THERE IS ENOUGH LIGHT TO FILM.

1 The set-dresser was pinning maps onto the wall. Then he wrote on the blackboard, so that the classroom or 'set' looked ready for a geography class. He had got all these things from the **props master** - the person who made sure that all the props, like the chalk and the maps, were at the location.



At 4 o'clock, the director shouted 'WRAP' and everyone began to pack up. They had done everything that the director had planned for the day. We spoke to the director.

My work changes throughout the filming. In the beginning I plan. I work with everyone. Together we decide what lights, costumes and props we need. Once the filming starts, I tell the actors what to do and the cameraperson how to shoot each scene. Afterwards I work closely with the editor. I make sure that everything fits together.



OVERLEAF ...
Careers in TV
New Words
HOW TV WORKS



CAREERS IN TV

Interested in
a career in
television?
Here are some
places to contact:

Head of Personnel
Services
SABC
Private Bag X1
Auckland Park
2006

Pretoria Technikon
420 Church St
Pretoria 0002

The Film and Allied
Worker's Union
(FAWO) says that
most jobs in film and
TV are held by white
people. Up to two
years ago, the
Pretoria Technikon
was for whites only.
For a long time, it
was hard for black
people to get on
the job training at
the SABC.

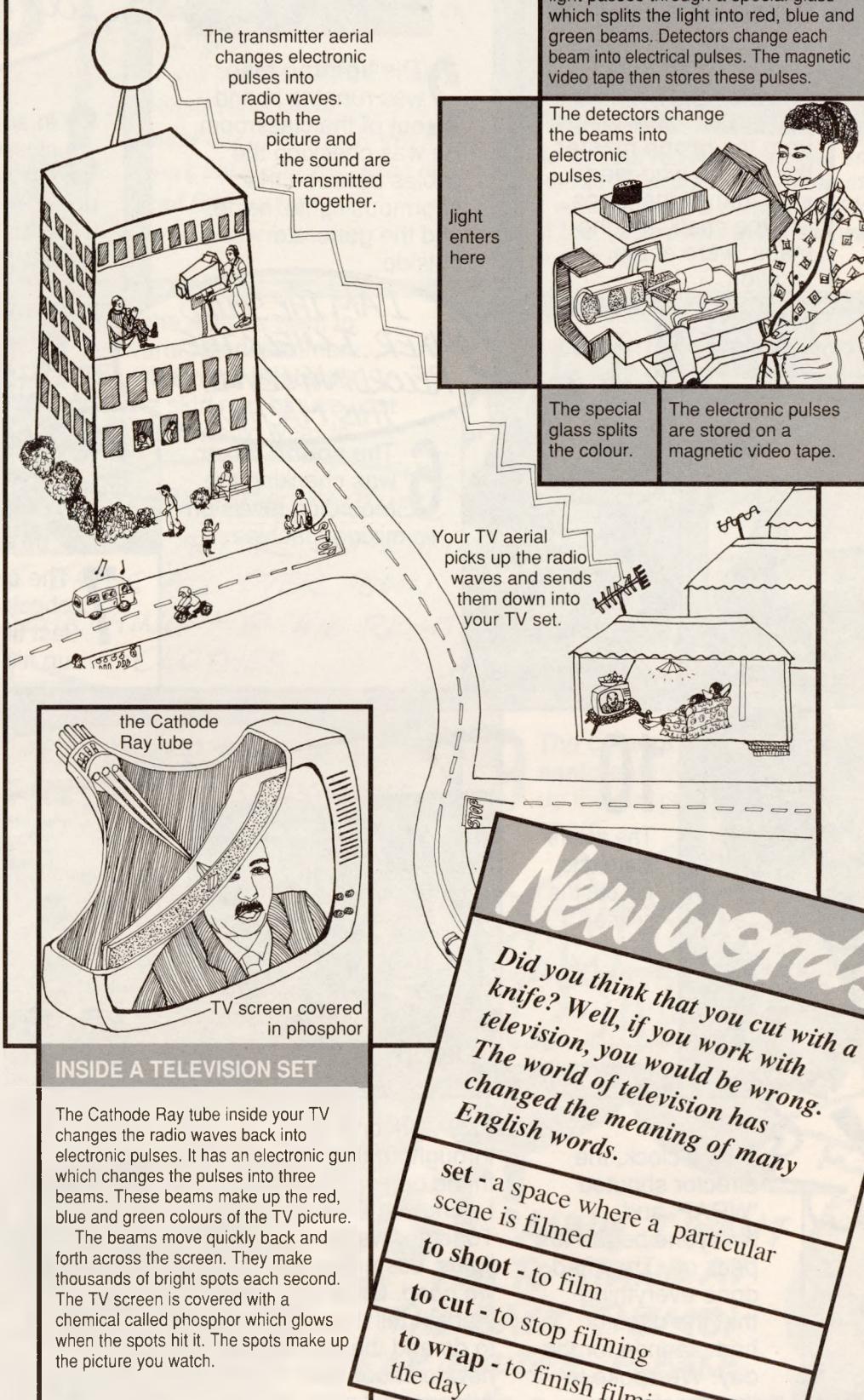
FAWO says there
must be more film
and TV training for
all South Africans.
FAWO runs
training
programmes.

For more
information about
their work contact:
FAWO
Paris Building
End St
Doornfontein
Tel: (011) 402 4570

HOW TELEVISION WORKS

The basic parts of television systems are a camera, aerials and a television set.

From the TV station to your home



HOW A TELEVISION CAMERA WORKS

Light from a picture that is being filmed enters the lens of the camera. This light passes through a special glass which splits the light into red, blue and green beams. Detectors change each beam into electrical pulses. The magnetic video tape then stores these pulses.

New words

Did you think that you cut with a knife? Well, if you work with television, you would be wrong. The world of television has changed the meaning of many English words.

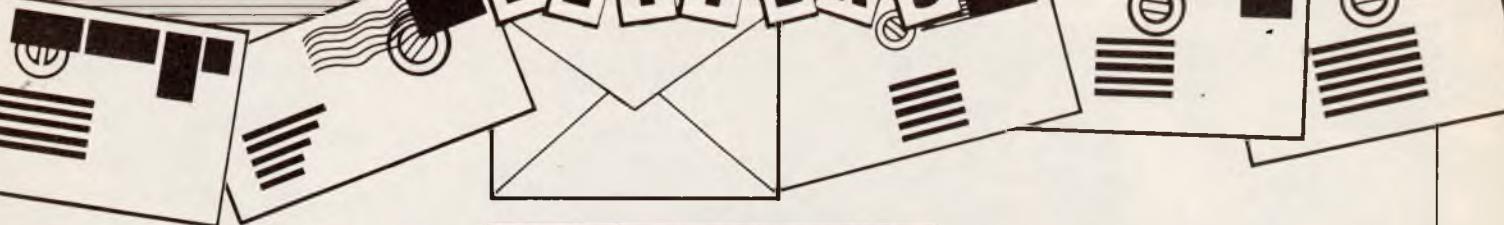
set - a space where a particular scene is filmed

to shoot - to film

to cut - to stop filming

to wrap - to finish filming for the day

LETTERS



Dear Upbeat

We are a group of five students who run a writing project of poems and short stories. Each of us wrote a poem and sent the poems to Upbeat. But none of these poems appeared in Upbeat.

We read Upbeat No.1 and think it will be better for Upbeat to publish more poems. We don't see the reason why the story 'Hip hop style' was in your magazine. We wear clothes that we like, not clothes that we see other people wearing. In the story, someone said, 'My clothes are funky. I wear them to dance and I look good.' Does this help anyone? These two pages could have been filled with poems. We discussed this at school and students said that Upbeat is for rich, fashionable teenagers.

Upbeat No.2 is the same. Now you are teaching us to be funky, electric and to wear hooded tops.

Thank you Upbeat for helping young people to learn. But please stop writing too much about music. Don't turn us into music fans.

A. Moyo, C. Khumalo, L. Mbatsane, G. Khan, T. Shokwe, Meadowlands

Dear Readers

Do you think there is too much music and fashion in Upbeat? Write to us and tell us what you think.

Editors

Dear Upbeat

Thank you for an excellent magazine. It is the best magazine I have read so far. I think it is the most informative magazine for teenagers.

Could you please print the address of Prophets of the City? I think they are really nice and extremely cool. I also have another suggestion. A few of my friends and I regularly discuss Upbeat. We think it would be great if you could have more stories on pop stars, actors and the addresses of famous people. We know it won't be easy to do this. But we hope that you will consider it.

Aniesa

Dear Aniesa

We are always looking for ways to make Upbeat bigger and better. So we like to hear from readers what they like or dislike and what they want to see in the magazine. Keep on reading and you may just find what you've asked for!

You can write to the Prophets of the City fan club.

Here's their address:

P.O.C. Posse
P O Box 13160

Mowbray
Cape Town 7700
Editors

Dear Upbeat

I want to know when Upbeat is available in the shops. I am very interested in your magazine. So please help me make sure that I don't miss a single issue of this great magazine.

Lizzy Mankge, Jane Furse

Dear Lizzy

We're happy to hear that you enjoy reading Upbeat. You will find a new issue of Upbeat in shops or on street corners around the country, on the 15th of every month. Sometimes it's a day or two after the 15th.

Editors

ADVERTISEMENT

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STREETBEAT

FASHION SCENE

Grahamstown

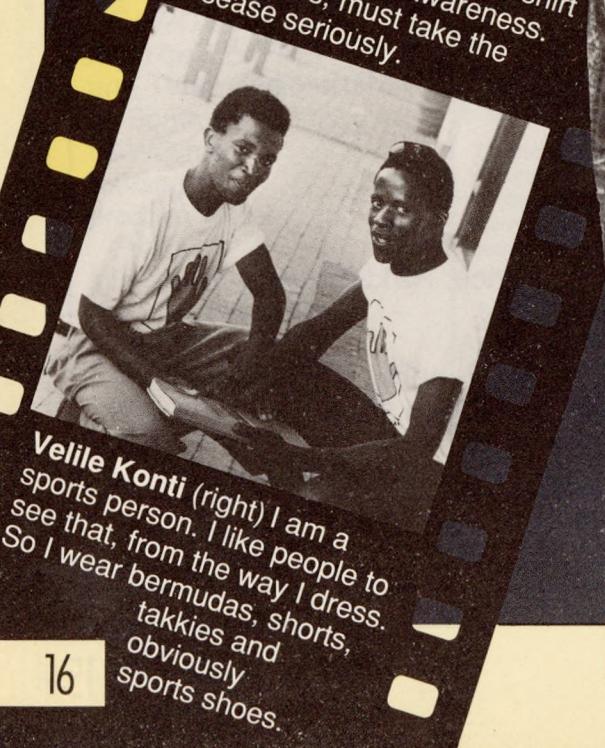
Nomonde Ncanywa

I am still young and anything I wear must reflect my age. So I wear short pants or tight jeans. Those are the clothes I feel comfortable in.

in Grahamstown, everything is just a breeze.

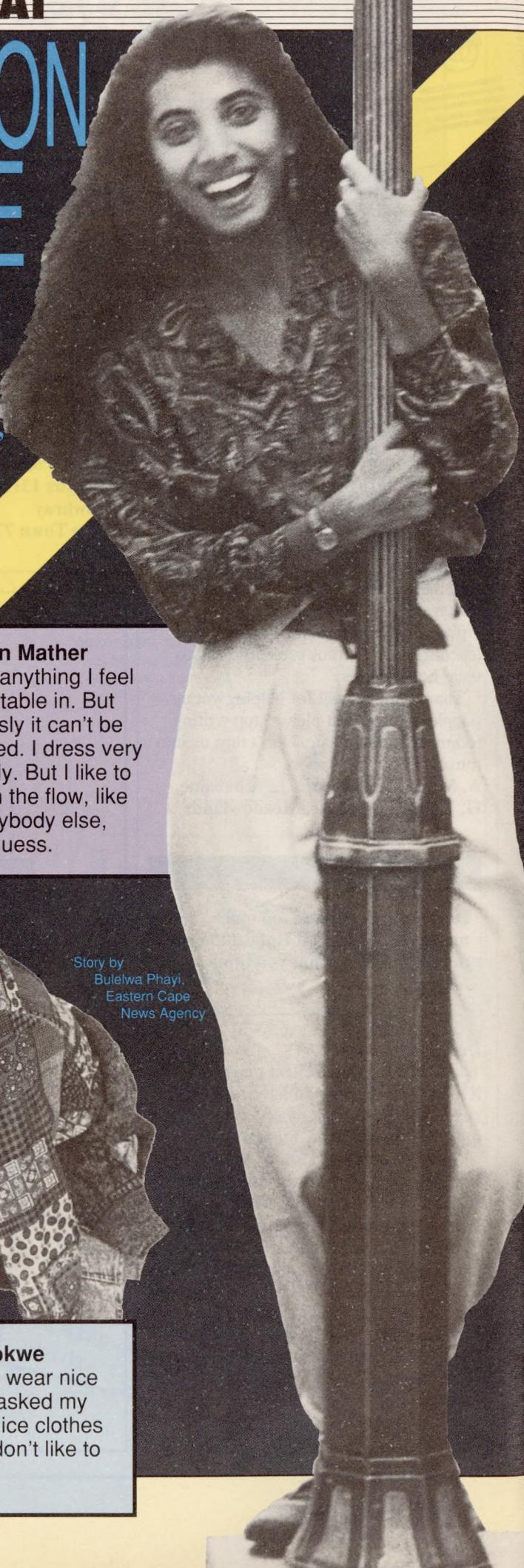
Upbeat went to check out the local fashion scene.

Wellington Dyokwe (left)
I wear my pants with a T-shirt promoting AIDS awareness. Teenagers, must take the disease seriously.



Veliile Konti (right) I am a sports person. I like people to see that, from the way I dress. So I wear bermudas, shorts, takkies and obviously sports shoes.

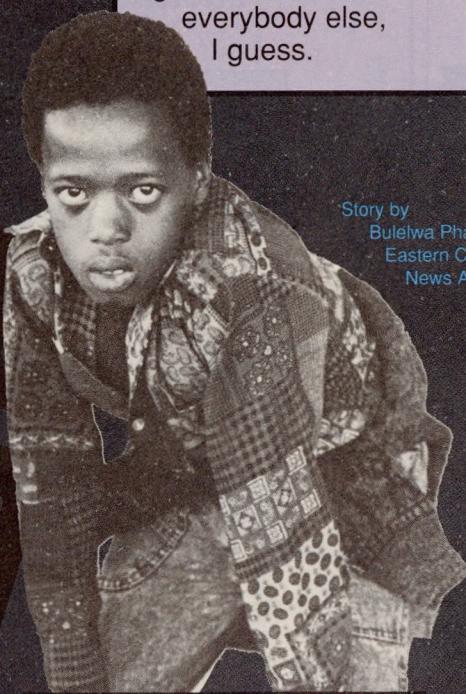
As summer comes to an end in the Eastern Cape, the wind blows hot and cold. But for some young people



Yasmin Mather

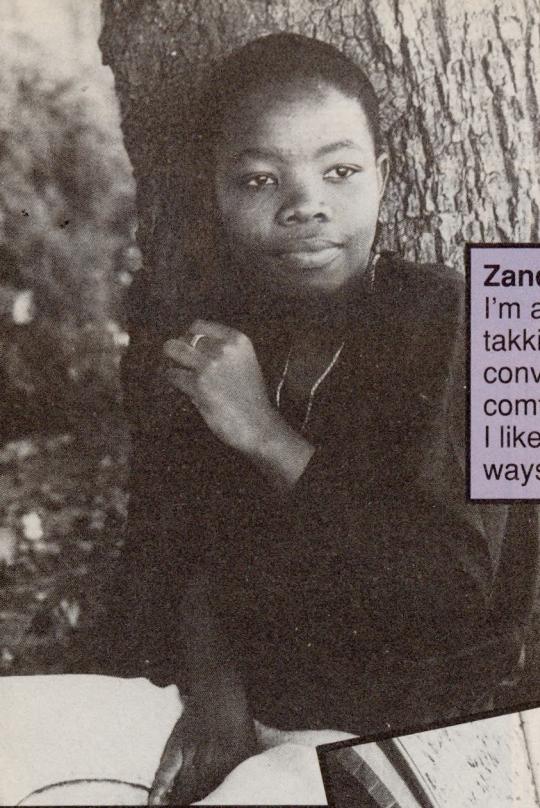
I wear anything I feel comfortable in. But obviously it can't be outdated. I dress very casually. But I like to go with the flow, like everybody else, I guess.

Story by
Bulelwa Phayi,
Eastern Cape
News Agency



Bongani Dyokwe

All my friends wear nice clothes. So I asked my mom to buy nice clothes for me too. I don't like to be left out.

**Zandi Sibeko**

I'm always in jeans and takkies. They are convenient and I don't feel comfortable in dresses. I like bermudas and I always wear flat shoes.

**Buyelwa Ncanywa**

I like to be casual. Everything I wear must go with flat shoes or hiking boots.

Phumeza Mgxiteni

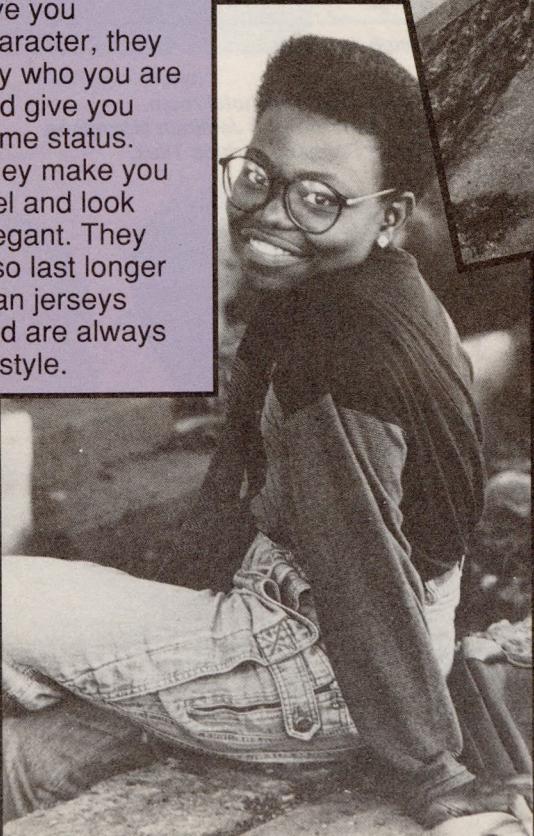
I like to wear shorts on hot days and long pants in winter, but they must be casual. I dress according to the mood I am in and also the weather.

**Zingisa Mgxiteni**

I like to be fashionable. At the moment short is in. I wear mini-skirts and shorts a lot. I only wear formal dresses when I go to church.

Guguletu Sibeko

I go for baggy pants, loose clothes and I just can't resist nice blazers and jackets. Jackets give you character, they say who you are and give you some status. They make you feel and look elegant. They also last longer than jerseys and are always in style.



Elvis Mbebebo looks cool in his leather jacket.



SOUTH AFRICAN CHILDREN SPEAK OUT



David Solomons

Two hundred children from all over South Africa came together in Somerset West, Cape Town. They came to talk about children's rights and how to build a better life for all the children of our country. For four days they talked, played and sang.

Finally, the children came up with the Children's Charter of South Africa.



Caroline Kryne



Maxoli Ngcobo



Zuki Qwanyashe

Equal education for all

'What rights would you like in a children's charter?'

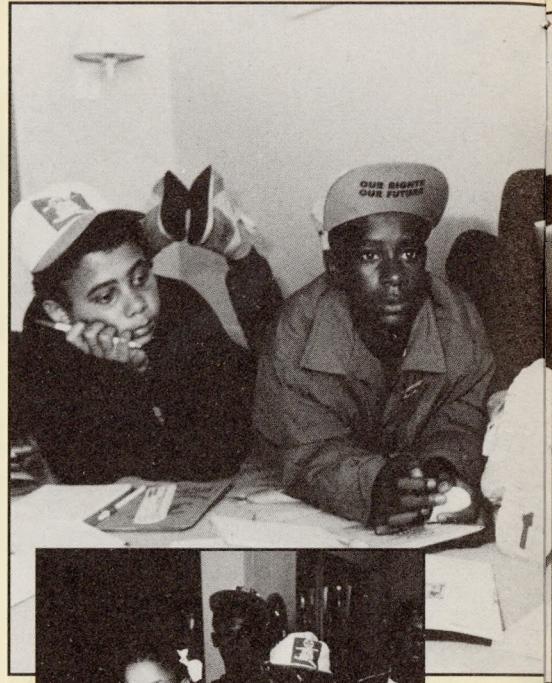
Upbeat asked some of the children during the Children's Summit meeting. 'I grew up in Entembisweni, a small village near Greytown. There was only one school. So the classes were over crowded with 60 children in one class. We were only taught in Zulu. And there were no facilities in the classroom. We had to sit on benches,' said Maxoli Ngcobo, 15. 'So the right I want to put in the charter, is equal education for all.'

Stanley Skoati is 16. He lives in Sebalamakgolo, a village in Phalaborwa in the Northern Transvaal. Stanley also wants equal education for all. 'It's very difficult to learn at our school,' he said. 'There are no facilities. We don't have toilets or taps. And there is no electricity. Our classes are very big - there are 90 children in one class.'

A safe home

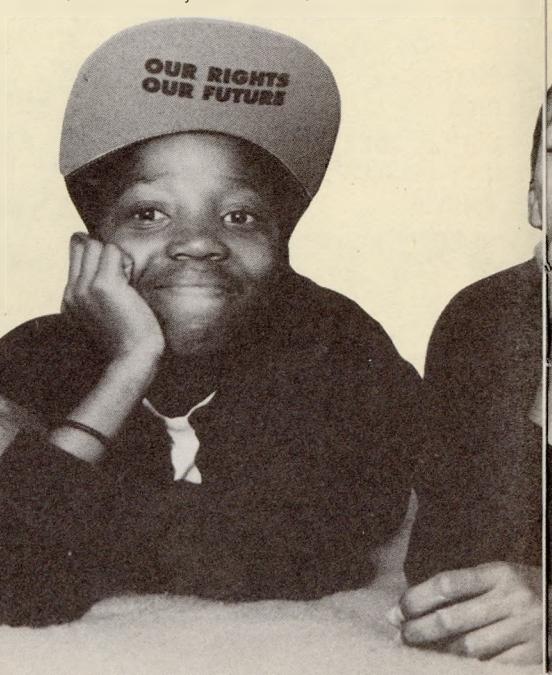
'Children should grow up in a decent home,' said Zuki Qwanyashe, 16. She comes from Pietermaritzburg. 'I grew up in a four-roomed house. Five to six people had to sleep in one room. And the rooms were tiny. But the worst was when my mother and father divorced each other. I had to live with my grandparents. It wasn't nice, especially when other children talked about their parents.'

David Solomons and Simphiwe Masemini don't have a home. They live on the streets in Cape Town. 'Every child must have a decent place to live,' David said.



Lunch time

*It's fun sharing a hotel room.
From Left to right: Jeminah Mpanyane, Hester Parman, Anrhico Titus.*

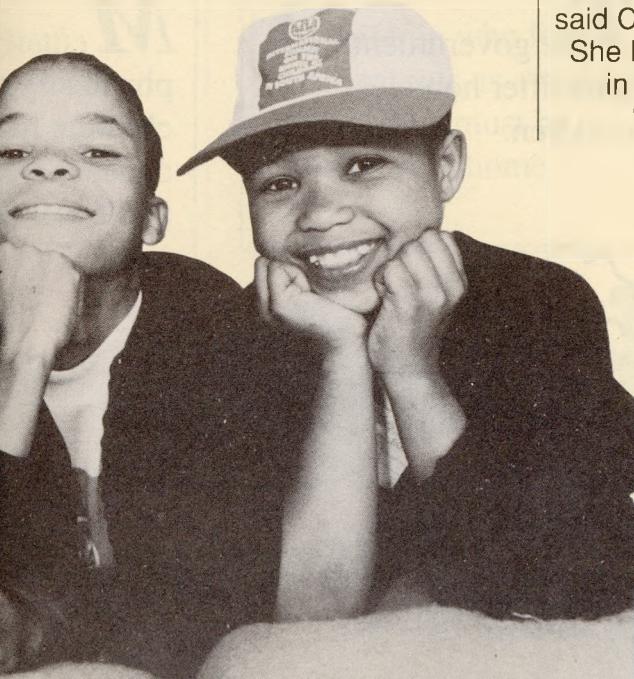


David is 15. He's been living on the streets for three years. 'My brother ran away from home when he was very young. I joined him. I beg for food and money outside Kentucky in Mowbray.'

Simphiwe, 18, agreed with David that life on the streets is tough. 'When street children need money, they break into cars or steal. Then they get sent to the reformatory. But reformatories are not good. There you meet other criminals. They encourage you to be naughty. When you come out, you're on the streets again. So you steal again. And you can get into bigger trouble, like land up in jail,' said Simphiwe.



Putting on a play



Safety from violence

Vincent Mahiane is 16. He lives in Soweto. 'All children should be protected from violence,' Vincent said. 'Lots of

children are dying. One day I took a taxi to school. Suddenly we heard a big noise. Someone was shooting at the taxi. It was full of bullet holes. Fortunately I didn't get hurt. But I'm scared now. Every day when I'm in a taxi on my way to school, I pray that no-one attacks the taxi.'

Fun and games

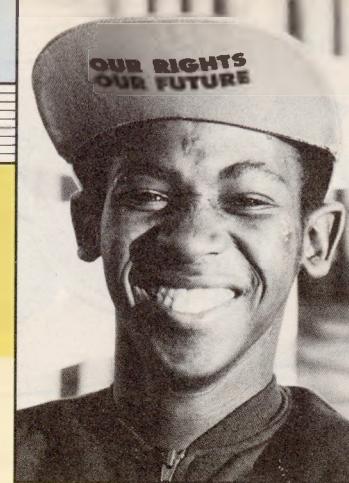
Sipho Makaringe, 14, comes from the Northern Transvaal. 'I didn't enjoy my childhood,' he said. 'I had no toys to play with. There are no recreational facilities in my town - no swimming pool, play park or sports grounds. I had to look after my baby sister. We used to play with bricks. We pushed bricks around, pretending they were cars.'

Love

'Social workers who work with children in children's homes must be loving and caring,' said Caroline Kryne, 17.

She lives in a Children's Home in Norwood, Johannesburg. 'Some social workers are cold. Then it's difficult to talk to them.'

'When I told the children in my class that I live in a children's home, they were amazed. A few of them said things like, "Oh shame, she lives in a home". But I don't take any notice. I'm normal, just like any one of them.' ▲



Simphiwe Masemini

problems of children. 'It is important for children to be involved in writing their demands. Children must have a say in what they want. We will give the Children's Charter to the political leaders who are busy negotiating a better future for the people of South Africa,' Zuraya said.

'But this is just the start,' Zuraya added. 'It's not the final children's charter. We want all the children of South Africa to read the charter and say what they think. If there is any right they would like to add, they must do so.'

Upbeat supports the Children's Charter of South Africa. We believe all children must know and have a say in drawing up their rights. So read the charter on page 20. Take it to your school, church and friends. Spread the word! Children all over the country are demanding rights in a new South Africa. Join them!

DEMAND YOUR RIGHTS AND WIN!

You could win a big colourful children's rights rucksack! Turn to page 20 for the Children's Charter of South Africa. We have made it easier for you to read and understand. Do you support this charter? Is there any right you would like to add? Send your letters to:

**Upbeat
Children's Rights
Competition
P O Box 11350
Johannesburg**

CLOSING DATE: 30 SEPTEMBER 1992

What is a charter?

A charter is a list of demands or rights which people draw up to give to the government.

Upbeat spoke to Zuraya Abass from *Molo Songololo*, the organisers of the children's conference. She told us that political leaders ignore the

YOUNG PEOPLES' RIGHTS

Children should be treated equally, no matter what their colour, race, sex, language or religion.

Children have the right to a name.

Children should have a say in all matters that affect them.

Children should have free legal representation if arrested.

Children should be free to practice their own religion.

Children should be protected from all types of violence.

Children should be protected from corporal punishment at school, home and in prison.

Children have the right to a safe, loving and caring family.

Children have the right to clothing, housing and a healthy diet.

Children have the right to health care before and after birth.

Children should be protected from drugs, cigarettes and alcohol.

Children have the right to a free, non-racial, non-sexist and compulsory education.

Children have the right to play and to free sports and recreational facilities.

Children should be protected from child labour and slavery.

Homeless children must be protected from harassment and abuse from the police.

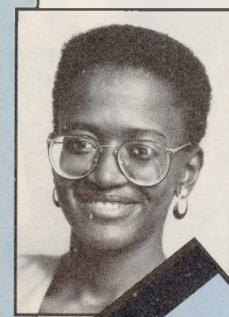
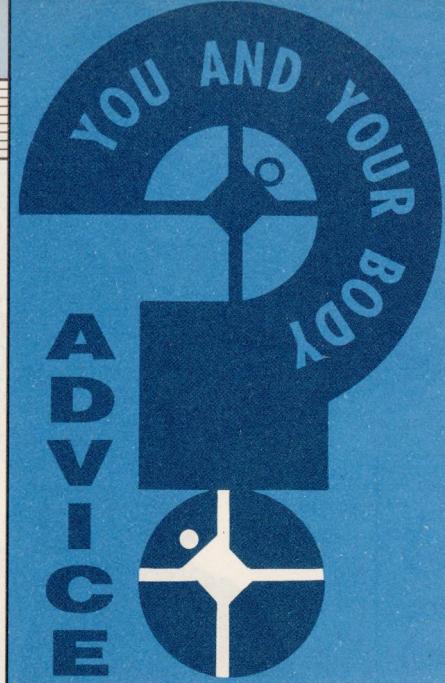
The government must look after homeless children.

Mentally and physically disabled children have a right to decent care, education and training free of charge.

Children who lose their parents as a result of violence must be given a safe home.

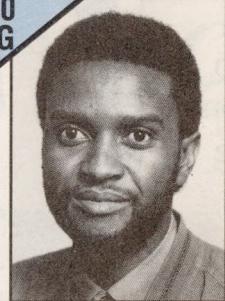
All young people have the right to know and understand their rights.

THIS IS BASED ON THE CHILDREN'S CHARTER. IT WAS PUT TOGETHER BY SOUTH AFRICAN CHILDREN ON 1st JUNE 1992.



Need advice and there's no-one to ask? Buti and Juliet, youth workers for the Planned Parenthood Association, answer your question

**WRITE TO:
BUTI/JULIET
UPBEAT
P O BOX 11350
JOHANNESBURG
2000**



Contraception

Dear Upbeat

I want to warn teenage girls who use contraceptives. Young girls should have nothing to prevent. As teenagers we must respect our bodies. Contraceptives spoil our bodies. You might not have problems now. But you will have lots of problems when you grow old. Why not wait until you are an adult to have sex? Don't rush into it. As a teenager you still have a long way to go.

Sam Pasha, Attridgeville

Diseases from sex

Dear Upbeat

I'm a 19-year-old guy. I have a serious problem. I have suffered from drop and gonorrhoea since 1990. And in the same year I also had pubic lice. I still don't have a cure for these creatures and I am still sleeping with girls. Please help!

Jacob, Hammanskraal

Dear Jacob

You have a number of sexually transmitted diseases. You need to see a doctor IMMEDIATELY. It's very unfair of you, to continue having sex. You are passing these diseases onto your sexual partners. We advise you to stop having sex until you are cured of all your diseases. You must tell your sexual partners that you are sick. You and your partners must see a doctor. Otherwise you will continue to re-infect each other. If you have many sexual partners, there is a big chance that you will spread diseases. Try to stick to one partner and always use a condom. Condoms stops diseases from spreading.

Buti

Shy of girls -

am I gay?

Dear Upbeat

I'm so confused. I don't know what to do. I really want to have a girlfriend but I'm very scared of proposing love to girls. Just the thought of mentioning the word 'love' to a girl frightens me. It worries me because I'm 21. I have never had a girlfriend. I feel tempted to become gay. Is something wrong with me?

Jackie Nick Mbhele, Manzini

Dear Jackie

There is nothing wrong with you. Lots of people are scared of proposing love to someone. Try to spend time with

girls without thinking of proposing love. Learn to relax with girls. Talk to them, share a hobby together. Try to become friends with girls first. Then it will be easier, when you want to propose love to someone you fancy.

But if you think you are gay, find someone to talk to about it. You could write to one of the following places for more advice. Here are the addresses: **The Cape Town Counselling Service** provides counselling on sexuality and gay-related problems.

Contact them at:
P O Box 6010, Roggebaai 8012
Tel: (021) 21-5420

Johannesburg Gay Advice Bureau
P O Box 785493, Sandton 2146
Tel: (011) 643-2311 between 7pm-10pm
Durban Gay Advice Bureau
P O Box 37521, Overport Durban 4067
Tel: (031) 22-1788

Dear Sam

You are right. Teenagers should not rush into having sex. Deciding to have sex is a big decision. Sex can lead to children. And having a baby is a big responsibility. Some people feel strongly that sex should be kept for marriage. Many feel that the best time for it to happen, is when two people share a secure, close and loving relationship.

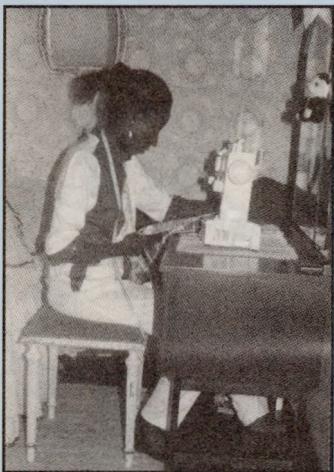
You and your partner may decide that you are ready for sex. But if you have sex, you run the risk of getting pregnant. There is only one way to avoid an unwanted pregnancy. You must always use a reliable method of birth control or contraceptive.

There are many different kinds of contraceptives. Some work better than others. We are all different and our bodies work in special ways. Some contraceptives are better for young people than others. For example, young girls should not use the injection, Depo Provera. Their bodies may take years to recover from the injection and they may never be able to have children.

Young people who want to use contraceptives, should go to a clinic or a family doctor. She will help you choose a contraceptive method that suits you best.

Juliet

Following a dream



By June Madingwane

Brigitte - wearing an outfit she sewed and designed herself.

Upbeat wants you to send us stories about people that you know. June Madingwane an Upbeat reader has written this story for us about one of her friends.

We hope you enjoy it.

Everyone dreams about what they will do after school. But for many people these dreams are just fantasies. I know a 20-year-old girl, Brigitte Morake. She is one of those people whose dreams have come true.

As a young girl, Brigitte used to look at her aunt's glossy magazines. Her eyes were always glued on the beautiful clothes she saw.

She wanted to design clothes. So she began to help her mother when her mother sewed.

Brigitte spent a lot of time sewing dresses for her doll.

When Brigitte reached Std 3, she took sewing as, one of her subjects. She always got higher marks for sewing than the other students did. Brigitte's parents asked her what she wanted to do, when she left school.

'I used to tell them that I have not made up my mind yet. I did not want to disappoint them, by telling them I wanted to sew. They wanted me to be a teacher like my elder sister,' Brigitte explained.

Then a friend of Brigitte's told her about a fashion design school in Johannesburg. She wasted no time. She applied to Kirsten School of Design. She was the happiest person on earth when they accepted her.

Brigitte completed the one-year-course successfully. But she had no money to start her own sewing business.

At the moment Brigitte is working from her parents' home in

Rockville, Soweto. She saves the little money that she makes from selling her clothes. With this money, she hopes one day to start her own small sewing business. She would also like to start a school of dress design.

Up to now, Brigitte has sewn dresses for weddings, parties and other smart occasions. ▲

Be An Upbeat Reporter!

Readers, we want all of you to write stories for us. And if we publish your story, you'll be R30 richer! It's easy.

Tell us what's happening in your school, youth group, family or community. Write about an interesting person you know. Or tell us about a sad, funny or crazy event that happened in your life.

Teachers, see your students' writing in print. Get them to write stories in their English lessons. Last year, we ran a series on how to write a story. If you would like copies of this series, write to us.

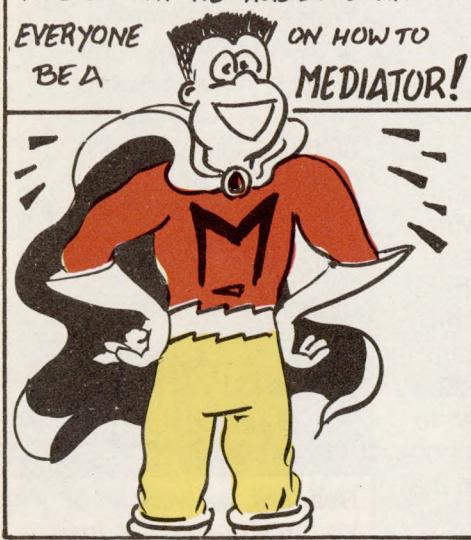
Send your stories to:
Upbeat Newsdesk
P O Box 11350
Johannesburg
2000

Don't forget to send us your name, age and address and the name of your school.

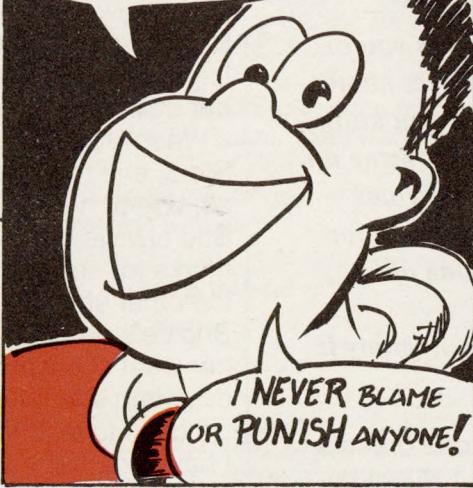
Please send us black and white photographs if you can.

BE A PEACEMAKER

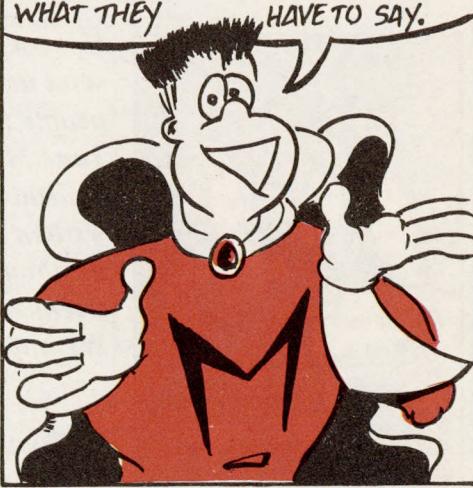
MEET MANDLA: THE MEDIATOR.
HE LISTENS TO PEOPLE WHO DISAGREE.
HE HELPS THEM SOLVE THEIR FIGHT.
THIS MONTH HE HAS SOME TIPS FOR
EVERYONE ON HOW TO
BE A MEDIATOR!



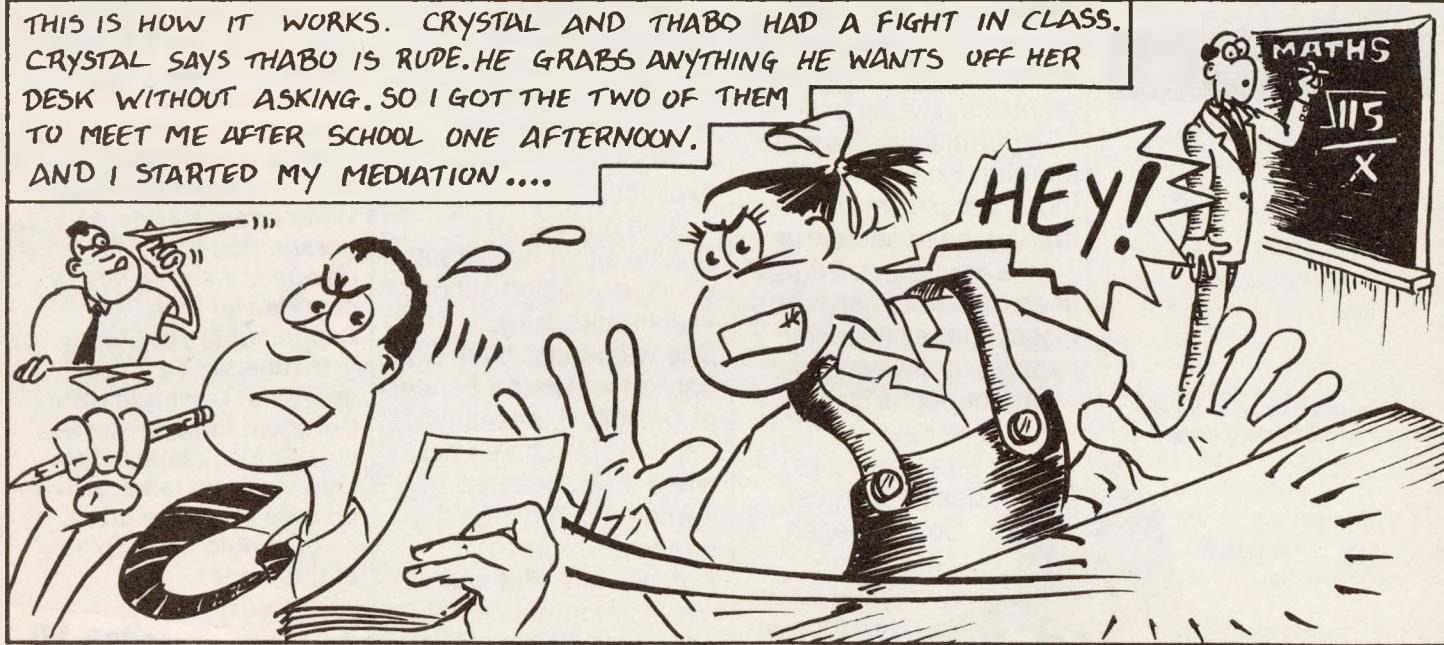
MEDIATION IS COOL AND
IT'S SO SIMPLE. I TRY TO HELP
PEOPLE SOLVE THEIR PROBLEMS.
I LISTEN TO BOTH SIDES



YOU DON'T NEED TO HAVE A "B" IN
MATHS TO BE A MEDIATOR. YOU
JUST HAVE TO BE A GOOD LISTENER.
I LIKE PEOPLE. I WANT TO HEAR
WHAT THEY HAVE TO SAY.



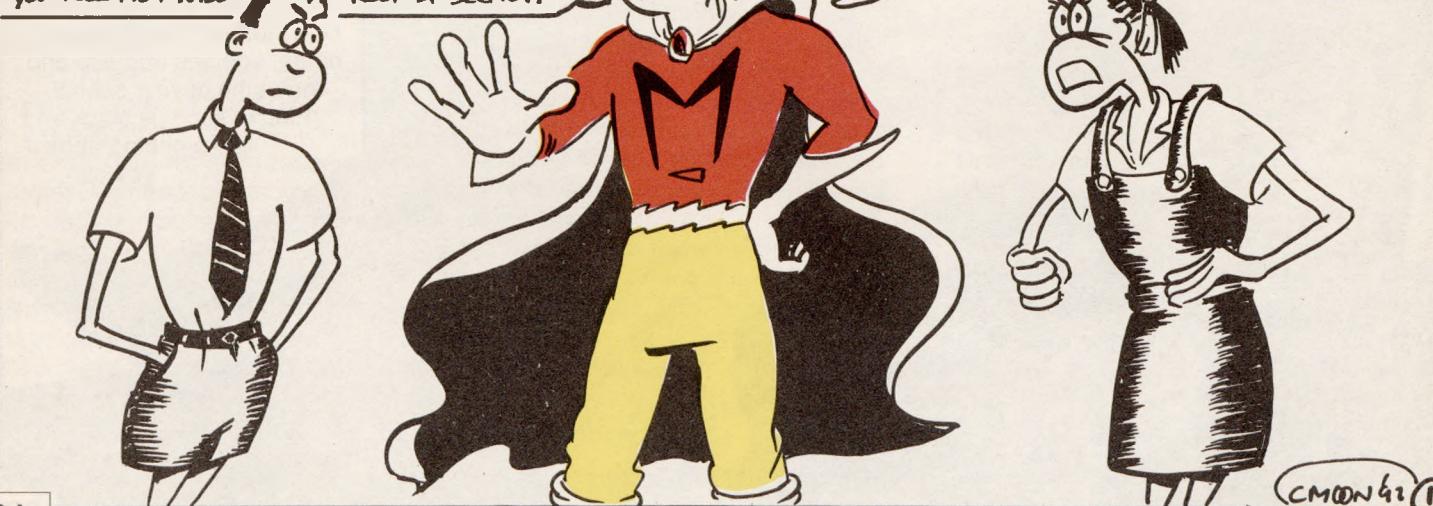
THIS IS HOW IT WORKS. CRYSTAL AND THABO HAD A FIGHT IN CLASS.
CRYSTAL SAYS THABO IS RUDE. HE GRABS ANYTHING HE WANTS OFF HER
DESK WITHOUT ASKING. SO I GOT THE TWO OF THEM
TO MEET ME AFTER SCHOOL ONE AFTERNOON.
AND I STARTED MY MEDIATION....



THE FIRST STEP IS THE INTRODUCTION...

WELCOME! CONGRATULATIONS ON DECIDING TO RESOLVE
YOUR DIFFERENCES THROUGH MEDIATION. BEFORE WE
BEGIN, I'D LIKE TO ASSURE YOU THAT EVERYTHING
YOU TELL ME I WILL KEEP A SECRET.

I'D LIKE YOU TO AGREE THAT YOU WON'T
INTERRUPT EACH OTHER WHEN EACH ONE TELLS
HIS OR HER STORY.



THEN COMES THE STORY TELLING... EACH PARTY TELLS THEIR STORY, ONE AT A TIME.



I JUST TAKE THE THINGS I NEED. I DON'T HAVE A PENCIL, SO I USE HERS.

RUBBISH! YOU GRABBED THE PENCIL WITHOUT ASKING!

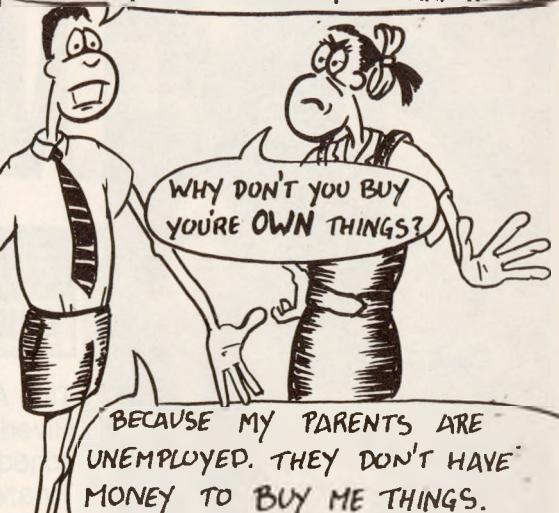
YOU'RE ALWAYS GRABBING MY THINGS!



HANG ON!
NO INTERRUPTING
LET THABO FINISH HIS STORY.

I ENCOURAGE EACH PARTY TO SAY HOW THEY FEEL.

CRYSTALS JUST A SPOILT RICH BRAT. SHE'S GOT EVERYTHING - PENCILS, PENS AND RULERS.



WHY DON'T YOU BUY YOUR OWN THINGS?
BECAUSE MY PARENTS ARE UNEMPLOYED. THEY DON'T HAVE MONEY TO BUY ME THINGS.

THE THIRD STEP IS SOLVING THE PROBLEM. THAT IS THE HARD PART. I LIST THE PROBLEMS AS I HAVE HEARD THEM AND ASK EACH PARTY TO THINK OF AS MANY SOLUTIONS TO THE PROBLEM AS THEY CAN. I GIVE SUGGESTIONS TOO.

WE'VE ALL GOT TO GIVE AND TAKE A LITTLE.



THE LAST STAGE IS MAKING AN AGREEMENT THAT EVERYONE CAN LIVE WITH:

I'D LIKE TO SUGGEST THAT THABO ASKS FOR A PEN OR A BOOK BEFORE HE TAKES IT. HOW DO YOU FEEL ABOUT THAT?



O.K. BUT WHAT HAPPENS IF I NEED A PEN AND CRYSTAL IS NOT AT HER DESK? COULDN'T I JUST TAKE THE PEN AND USE IT?

THAT'S FINE. IF I'M THERE, YOU SHOULD ASK ME BEFORE YOU TAKE ANYTHING FROM MY DESK. IF I'M NOT THERE, THEN YOU'LL TAKE THE PEN AND TELL ME AS SOON AS I GET BACK.

THAT'S O.K.

NOW YOU KNOW THE FOUR STEPS IN MEDIATION. BUT THERE ARE A FEW MORE POINTS TO REMEMBER

1. DON'T FORCE ANYONE TO COME TO MEDIATION.
2. DON'T TAKE SIDES.
3. THE AGREEMENT THAT THE PARTIES COME TO MUST WORK FOR THEM.
4. KEEP EVERYTHING YOU HEAR SECRET.
5. MAKE IT CLEAR THAT THE PARTIES ARE THERE TO GIVE AND TAKE. NO-ONE IS A WINNER OR A LOSER IN MEDIATION.

NEXT MONTH I'LL INTRODUCE YOU TO MY SPECIAL FRIEND, MIRIAM. SHE'S A GREAT LISTENER. AND A GREAT MEDIATOR. SEE YOU THEN!!!



Tina Adams

Tina Adams

CHILD CARE WORKER

Tina Adams is 23. She lives in Riverlea, Johannesburg. Tina left school when she was in Std 8. Tina was pregnant. 'My mother was furious with me,' Tina said. 'She worked for the Garment Workers Union, so there was no money. After the baby was born, I had to look for work. My mother wanted my younger brother to stay at school.'

Tina was lucky at first. She got a part-time job but she left soon afterwards. Tina was worried that her baby wasn't well cared for while she was at work. So she stayed at home for the next two years.

'My brother was active in the

Riverlea Youth Congress,' Tina told us. 'He knew that my dream was to work with children. He told me that the Riverlea women's group wanted to start a day care centre. He suggested that I speak to them.'

'My brother took me to a women's group meeting. I was very nervous. But the women made me feel at home. They asked me to help Aunt Mina who was looking after children. But I was frightened, because I had never worked with children before.'

'The women agreed to send me on a child minders' course at the Funda Centre. In the meantime, the domineer said we could use his church. So when I finished the course, Aunt Mina moved

to the church with 12 children. She cooked and I looked after the children with the help of a young student called Conrad.

'It was very difficult at first. Some children just cried all the time. I wanted to run away. Now there are 43 children at the centre. We have divided them into two groups and everyone is happy. We are also the cheapest child care centre in Riverlea. We are helping the parents who need us the most,' Tina said.

'I am so pleased that I went to that first meeting with the women. I have had a chance to realise my dreams of working with kids. But I am also able to help my community,' Tina ended. ▲



Many young people in South Africa leave school and cannot find work. They sit at home and feel bad. They feel they have no future. But here are two young South Africans who have not let unemployment beat them.

I have had a chance to realise my dreams of working with kids,
Tina says.

WORKING IN THE COMMUNITY

Stephen Hugo

AIDS WORKER

Stephen lives in Mannenberg, Cape Town. Like Tina, Stephen left school when he was in Std 8. 'I was bored. My subjects didn't interest me, so I left,' Stephen said. 'At school I would start something and give it up. If someone told me I couldn't do something, I just stopped trying.'

At first Stephen worked as a temporary waiter. But later getting a job became more difficult. 'There was not much I could do,' Stephen said. 'Today you need an education, matric and all that, for a job. I had always been interested in the ozone layer and AIDS. I knew I couldn't do anything about the ozone layer because I wasn't a scientist. So I decided to do something about AIDS instead.'

So Stephen spoke to the people at the Mannenberg Advice Office. They thought that an AIDS awareness programme would help people in Mannenberg. With their help, Stephen started a group called FXU2, short for 'Affects you too'. Most of the members of the group are students and unemployed youth. The Catholic Church in Mannenberg has given them a room.

Stephen and his group are trying to raise money for their project. They are also doing a course on how to teach people about AIDS. 'Next year,' Stephen says excitedly, 'we are going to take our AIDS awareness programme into the community. We want to work in the schools. We plan to use art, videos and drama to tell kids about AIDS.' ▲

YOU too can fight unemployment by helping in your community.

HERE'S HOW

► **Speak to your civic association.** If you are sitting at home, unable to find work, don't feel bad. Talk to your civic association. Ask them if you can help them. You will feel better addressing envelopes, than sitting at home by yourself.

► **Speak to a social worker.** Find out what problems people in your community have. Are there ways that you can help people to overcome these problems?

► **Help a child minder look after children.**

► **Become a volunteer at a hospital.** Most big hospitals use volunteers to help them, especially in the children's wards. Speak to the matron at your closest hospital.

► **Help younger children with their homework.**

► **Help old people, by cleaning their houses.**

► **Find out if there is an advice office in your area.** See if you can help them. Perhaps you could go on an advice office training course.

► **Be an Upbeat reporter.** Look at page 23 for more information.

Speak out

Do you have other ideas for helping out in the community? Do you know young people who have started projects of their own? Write and tell us about them. If we publish your contribution, you'll get a FREE subscription to Upbeat with a beautiful colourful Upbeat poster.

Write to:
Fighting Unemployment
Upbeat
P O Box 11350
Johannesburg 2000

NEXT ISSUE

Earn money by making things at home.

TAXI DRIVER

PART 14

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

The police had sealed off all the main roads to Sekhukhuneland. My mission was to smuggle ANC leaders in. It was May 1958.

We must keep the resistance alive. We mustn't let the government control our chief.



I took the back roads late at night. One night...

It is the police!

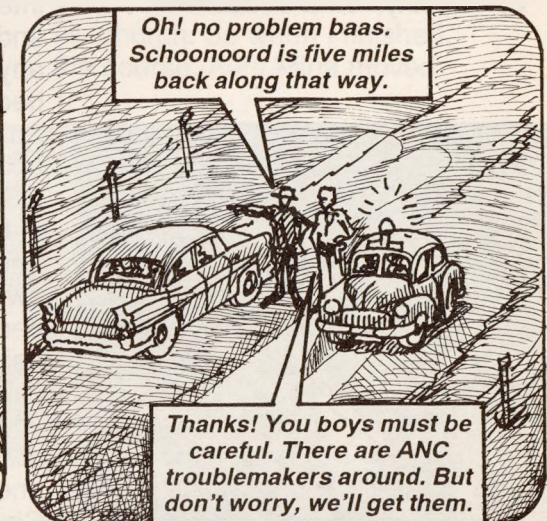


Hell am I pleased to see you okes! I'm lost! I'm new in the area and I can't find my way to Schoonoord.



Oh! no problem baas. Schoonoord is five miles back along that way.

Thanks! You boys must be careful. There are ANC troublemakers around. But don't worry, we'll get them.



Ha! Ha!

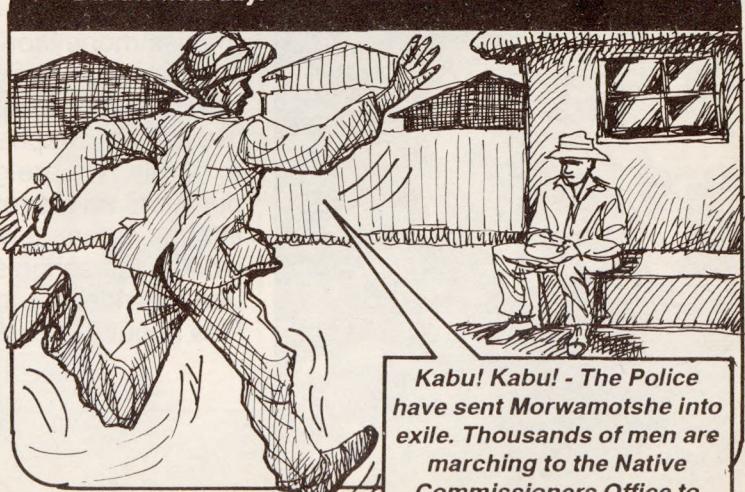
We fooled him. It will take him hours to reach Schoonoord.

SCHOONORD



But the next day.

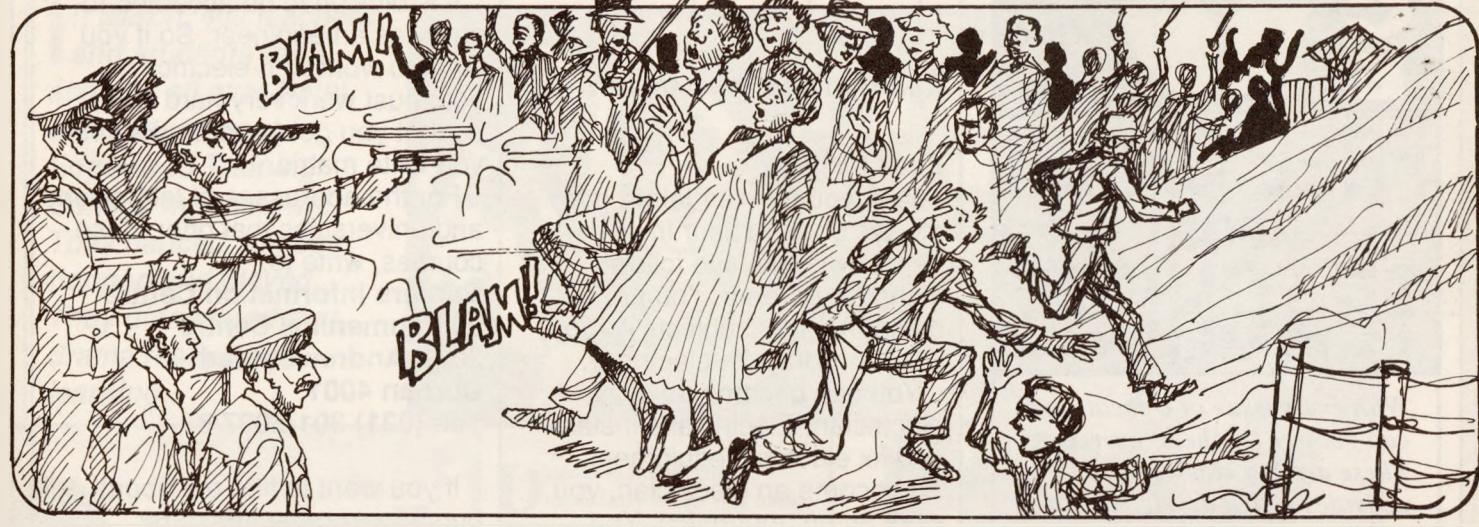
Kabu! Kabu! - The Police have sent Morwamotshe into exile. Thousands of men are marching to the Native Commissioners Office to demand his release.



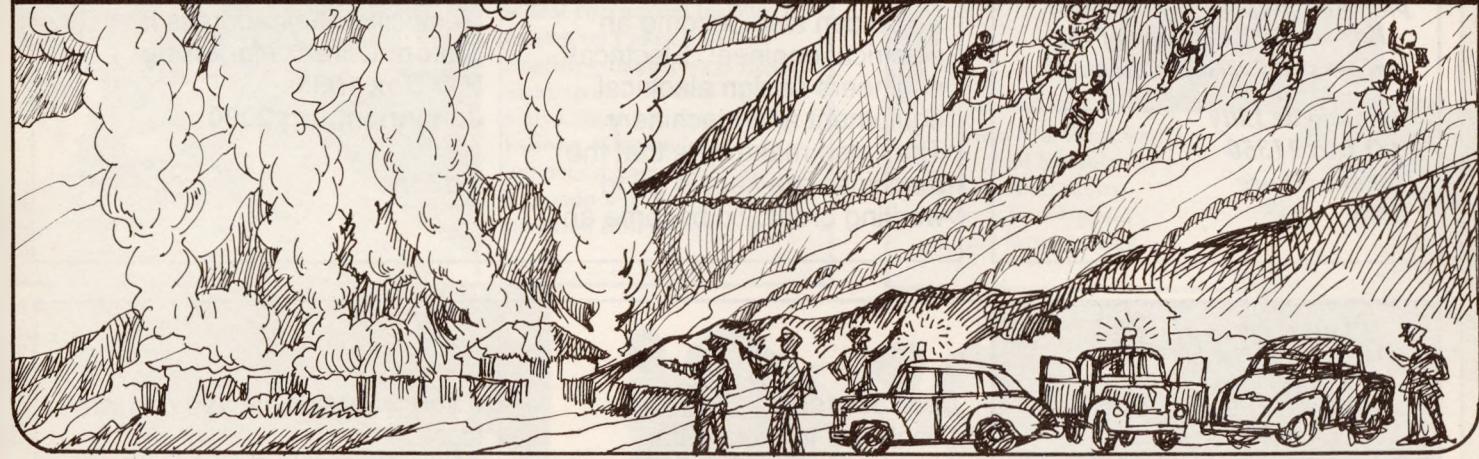
Three days later the police arrived at Manganeng to arrest leaders of the resistance.

We've got you now.

We will not let you take those men away.



Over the next few months Sekhukhuneland went up in flames. Men took to the hills to hide.



Mma the ANC have to get out of here. I'm taking people back to the reef.

It is not safe Kabu. I'm scared.

Dont worry! I can drive these roads with my eyes closed.

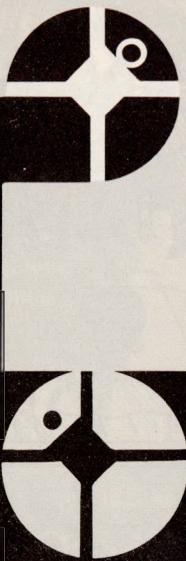
Will Kabu and the others make it out. Don't miss Upbeat No 7.



Illustrations by Mzwakhe Nhlabatsi. Script by H. Perlman and J. Boraine, assisted by Peter Delius. Story is based on life history interviews done by Peter Delius.

**A
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E**

**STUDYING &
CAREERS**



FREE OFFER FOR TEACHERS

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

For your FREE copy of the teachers' exercises contact:

Amanda de Lilly
P O Box 11350
Johannesburg
2000

Dealing with Unemployment

Dear Upbeat

I am a boy of 21. I have passed my matric but I do not have money to study further. When I apply for work, the only answer I get is, 'There are no vacancies.' I have looked for work since 1990. Right now I am suffering as there is no-one to help me. My mother and father are like me. They also have no work. So what must I do to get a job?

Samson Ramatsitsi, Venda

Dear Upbeat

I am a boy of 19. I am doing Std 9 at Abantungwa High School. I am doing Maths, Physical Science and some other subjects. I want to work with electricity when I leave school. How can I get a bursary and where can I find work or get training?

Rodney Dlamini, Estcourt

Dear Rodney

Thank you for your letter. It is always good to hear from people who want to follow technical careers. You are doing the right subjects if you want to work with electricity.

You can become an electrician. Electricians install and fix electrical equipment. To become an electrician, you work as an apprentice. You study at a technikon (at the same time).

You can also become an electrical engineer. Electrical engineers design electrical equipment and machinery. They also make sure that the machines are kept in good working order. To become an

electrical engineer, you study at a technikon or university for four years. After that, you will receive a Bachelor of Science degree, if you studied at a university, or a diploma, if you studied at a technikon.

It is difficult to be accepted to study as an engineer. So if you want to work with electricity, you must work very hard now, so that you get good marks when you write matric.

For the addresses of technikons and universities that offer these courses, write to:

Careers Information Centre
36 Ecumenical Centre
20 St Andrews Road
Durban 4001

Tel: (031) 301-2097/8

If you want to find out about bursaries, contact Eskom. They offer many bursaries to people who want to work with electricity. Their address is:

Eskom Career Marketing
P O Box 1091
Johannesburg 2000

Editors

Dear Samson

Thank you for your letter. We are very sorry to hear about your problems. It is very difficult for young people to find work in our country. There are just not enough jobs for everyone at the moment. Do not blame yourself. Only one person out of every ten people who look for a job, find one. In Upbeat we are running stories on how to beat unemployment. We suggest that you try to make work for yourself. Find something to sell that the people who live around you need.

If you want advice, you can write to:

Akamani Rural Development Association
P O Box 401
Elim 0960

You can also contact Operation Hunger for advice on starting a self-help project.

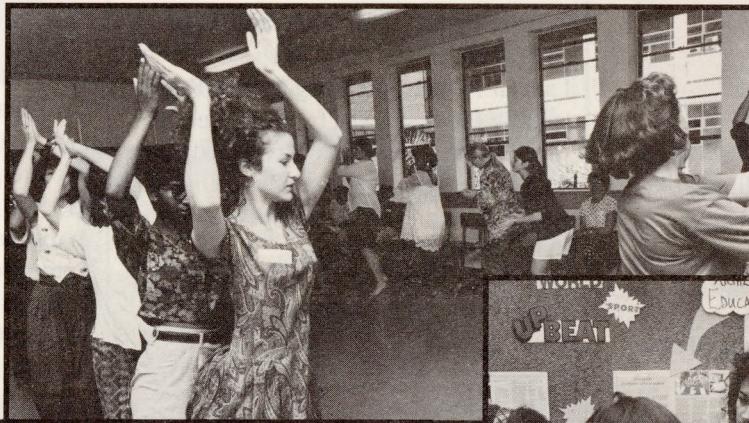
Their address is:
Operation Hunger
P O Box 401
Jane Furse 1085

Good luck
Editors

LEARNING

DURBAN'S DRAMA DAY

In March, 400 teachers and students from schools all over Natal came together at Edgewood Training College in Pinetown. They danced, jumped, hopped and played. They discovered that drama really helps learning.



Using drama in the geography class? The students were surprised to learn that geography doesn't have to be boring. In the workshop, they looked at an urban Geography lesson. The teacher asked them to act the parts of a farm worker, a farmer, a migrant worker and a factory owner. 'The lesson became real for us,' one student said. 'I had not thought of learning geography like this.'

As we grow out of childhood, we forget how to play. Shane Moonieya thinks this is bad. He thinks all students must learn to enjoy running, jumping and dancing.



Drama is lots of fun, especially when you make your own props. Here students are making masks. 'Drama should be part of the school curriculum because it relates very closely to the English syllabus,' says Elisha Sirkissoon, a student from the Holy Childhood Convent in Eshowe. 'Drama is an important part of education. You gain self-confidence and speaking skills through it.'



Upbeat was there too! Crystal Rosenberg from Durban shows students how Upbeat puts life into learning.



Shane Moonieya (far right) is the Speech and Drama teacher from Uthongathi school. He plays hand-games with students. He uses Indian hand-games, stick dances, nonsense rhymes and African rhythms to help students relax and feel confident. 'We all sit on chairs and watch too much TV,' he says. 'So we lose touch with how we feel.'

Vrenika Pather agrees with Shane. She demonstrated how students write more creatively if they are active. 'For writing lessons, we must try to draw ideas out of students in an enjoyable way,' Vrenika says.

PENFRIENDS

CAPE

NY7 3, Gugulethu 7750

Dear Upbeat

I am a guy of 19. I would like to correspond with guys and dolls of 16-17 years. My hobbies are listening to soft music, especially Anita Baker and Louis Armstrong. I also enjoy watching soccer and TV. I promise to reply to all letters written in Xhosa or English.

Wilford Mpungoshe

56c Harper Street, Paarl 7646

Dear Upbeat

I am a boy of 9 and I would like to correspond with boys and girls of all ages. My hobbies are listening to music, watching movies and modelling. I like having fun with friends. Photos are welcome.

Momay Adonis

14 Mountain Crescent, Grassy Park 8000

Dear Upbeat

I am a girl of 14 years. I would like to correspond with girls and boys of 12-19 years from all over the world. My hobbies are swimming, cooking and cycling. I promise to reply to all letters written in English or Afrikaans.

Marilyn Smith

NATAL

St Gregory's College, P O Box 482, Estcourt

Dear Upbeat

I'm 15 years old and I would like to have penfriends (girls only) of 15-17.

I promise to reply to all letters in English. My hobby is listening to music.

Wandile Motloung

E 876 Umlazi, P O Umlazi 4031

Dear Upbeat

I'm a boy of 17. I am doing Std 9 at Grosvenor High School. I would like to correspond with girls and boys of any age. My hobbies are singing, listening to soft music and watching cricket.

I promise to reply to all letters in English or Zulu. Send photos if possible.

Themba Alex Skhosana

TRANSVAAL

P O Box 889, Louise Trichardt 0920

Dear Upbeat

I am a guy of 16. I'm looking for penpals of 18-24. My hobbies are jogging, travelling, camping, reading comics and listening to music, especially Joan Armatrading, Billy Ocean, George Michael and the Spinners. I promise to reply to all letters written in English.

Eddie Kgotsi Ramutshila

Private Bag X 2021, Thlabane, 0305

Dear Upbeat

I am an 18-year-old doing Std 10. I'm looking for penfriends from all over the world. I enjoy reading, dancing and going out for fun. I promise to reply to all letters written in English or Tswana.

Betty Naniki Mankge

3130 Gubanxa, Dobsonville, 1865

Dear Upbeat

I am a girl of 17 years old doing Std 10. My hobbies are listening to music, going to church, watching TV, baking and reading. I would like to correspond with penfriends of 16-18, especially from overseas. I promise to reply to all letters written in English.

Constance Mguli

403 Panorama Place, 38 Prospect Road, Berea

Dear Upbeat

I am girl of 22. I would like to correspond with penfriends from overseas and South Africa. My hobbies are cooking, reading novels, swimming, dancing and helping out in the church. I will reply to all letters.

Heiserrena Ronica

P O Box 529, Carletonville 2500

Dear Upbeat

I am a 19-year-old matriculant. I would like to correspond with guys and girls of 15-28. My hobbies are modelling, reading, out-door life, listening to music and acting. I promise to reply to all letters written in English and Afrikaans.

He-Larenz Sasha Seobe

AFRICA

House No. 2102, Tangwana Street, Mucheke T/Shipo, Masvingo, Zimbabwe

Dear Upbeat

I am a Zimbabwean girl of 16. I would like to correspond with girls and boys of 16-18 from all over the world. My hobbies are swimming, visiting, watching TV, exchanging photos and gifts. I will reply to all letters written in English or Shona.

Agivah Kwangwari

P O Box 940, Gaborone, Botswana

Dear Upbeat

I am a young lad of 18 and I would like to correspond with girls and boys of 15-18. My hobbies are listening to reggae and going out to movies. I promise to reply to all letters written in English or Tswana.

Norman Lekgabane

OVERSEAS

Hasslingegatan 15, 42160 V-Frolunda, Sweden

Dear Upbeat

I am a Swedish girl by the name of Hanna. I would like to have some penfriends from your country. I'll be 14 years old in December. My hobbies are painting, acting, cooking, and walking in the woods. Sweden is a small country with a population of about 8,5 million people. Please write to me.

Hanna Jonsson

Valla 1676, 83200 Froson, Sweden

Dear Upbeat

My name is Anja and I live in Sweden. I am almost 16 years old. I would like to have a penfriend from South Africa. They should be between the ages of 14-18. It doesn't matter if it's a boy or girl. I like sports, music and animals.

Anja Andersson

Wandmacherstiege 10, 4730 Ahlen/West, West Germany

Dear Upbeat

I'm a 16-year-old German girl. My greatest wish is to have lots of African boys and girls as penfriends. I like music, dancing, writing letters, playing volleyball and animals. Please write to me soon!

Claudia Sozech

BOOKS

ATLASES FOR EVERYONE

In this issue Upbeat looks at books for Geography students. We asked Peter Ranby, a well-known Geography teacher, what he thinks of three new atlases.

The Skotaville World Atlas

Published by Skotaville Press.

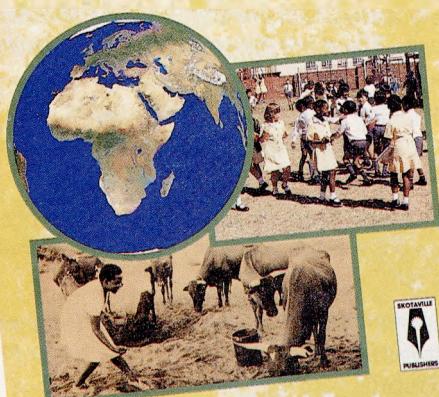
If you bought two books while you are at school, the *Skotaville World Atlas* should be one.

The first few pages of the atlas has information which explains the world. There is information about space, the seasons, the reasons for day and night - just what you need when your memory gets a bit rusty.

There is a summary of South African history, from the earliest time, right up to the present. There are also maps on climate, environmental problems and many other topics.

What makes the *Skotaville Atlas* different, is that two thirds of the atlas is about Africa.

SKOTAVILLE WORLD ATLAS



This is great if you are interested in Africa. It's a problem if you want to find out about other parts of the world. There is only one page each on Europe, Asia, the Americas and Australia.

The *Skotaville World Atlas* is a bargain at R25,25.

ATLAS OF ENVIRONMENTAL ISSUES



NICK MIDDLETON
Oxford

The *Oxford Atlas of Social Issues* and the *Oxford Atlas of Environmental Issues*. Published by Oxford University Press.

Both these atlases provide interesting information and they use pictures and maps to do so.

STUDENTS WIN A SKOTAVILLE ATLAS!

Answer these two easy questions and send your answers to:-Upbeat/Skotaville Atlas Competition, P O Box 11350, Johannesburg 2000

The senders of the first five correct answers will soon receive their atlas in the post. Look out for it.

Oxford ATLAS OF SOCIAL ISSUES



ALISDAIR ROGERS

Both atlases cover many topics.

The *Atlas of Social Issues* tells us about issues like women at work, housing, and health care. The *Atlas of Environmental Issues* covers problems like the ozone layer, acid rain, and threatened animal species. There is also more cheerful information about alternative energy.

I have only one problem with these books. They do not give very much information about any one topic. But they are very useful for teachers and school libraries. They can be used for project work, speeches and group activities. ◀

TEACHERS COMPETITION

Teachers, you can win a set of these two atlases worth R70. We have three to give away. All you have to do is write and tell us what geography you would like to see in Upbeat. Please send your contribution to:-

Teachers' Geography Comments,
Upbeat, P O Box 11350,
Johannesburg 2000.

Closing Date: 30 August

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2

*What makes the Skotaville Atlas different?
How much does the Skotaville Atlas cost?*

CLOSING DATE: 30 AUGUST

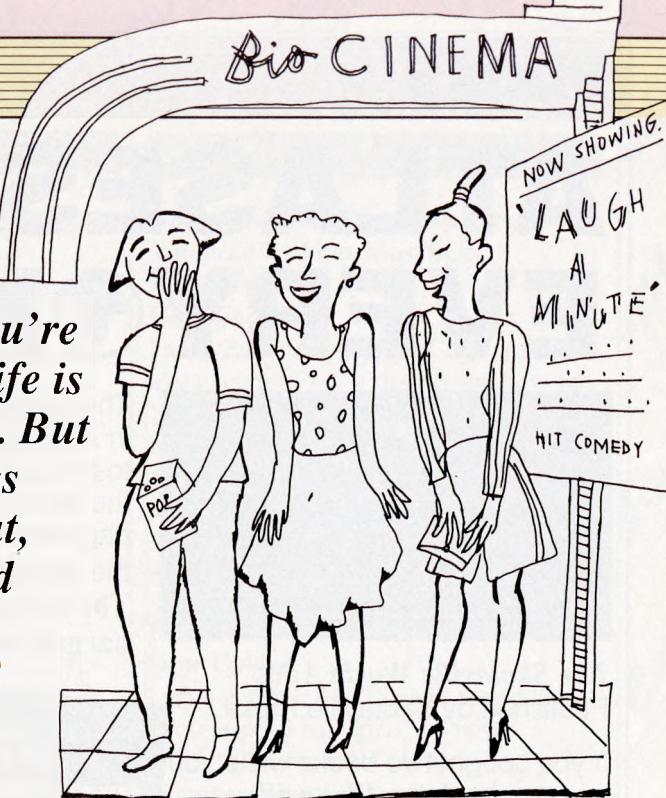
MENDING A BROKEN HEART

When you're in love, life is wonderful. But when things don't work out, your whole world falls apart.

Nombu was 14 when her first boyfriend broke her heart. 'He was the most popular guy at school. For two weeks, I was the happiest girl in the world. But then I found out that he was also going out with my cousin. It hurt me very much. I was too sad and depressed to do anything. I just managed to drag myself off to school. For a few days, I didn't talk to anyone,' Nombu said.

Patrick was also very hurt when his girlfriend told him it was over: 'I attended school far from my home in Lichtenburg. So I only saw my girlfriend over weekends. I came home one week-end and she told me she was in love with someone else. It was very painful. I had trusted her and believed that she loved me as much as I loved her. It took me two years to get over her.'

It's very hard when your boyfriend or girlfriend leaves you.



You feel awful, hopeless and ugly. Nobody loves or wants you. You hurt deep inside.

But there is hope. Nobody ever died of a broken heart. You'll survive. And believe it or not, you will learn to laugh and love again.

Becoming an adult is not just a matter of growing older and taller. Part of growing up, is learning to overcome difficulties. Here are 10 tips on how to cope with a broken heart.

10 TIPS FOR BROKEN HEARTS



 You are not the first person to lose in love. It has happened to lots of people. Talk to your parents or a friend. Don't hide your hurt feelings.

 It is okay to feel sad. Cry, scream and yell at the world for awhile. Take one day at a time. Don't think about the future.

 Remember that there are still people who love you. You have other friends. Your family still cares.

 You may hate the other person for leaving you. But feelings change. He has the right to end a relationship, if he isn't happy. And if it is not right for him, it won't be right for you.

 Don't go to places where you'll see him. Try to avoid him, if you can.

 Don't hide inside your bedroom. You'll stay lonely and without friends. Get out and meet people. There are people out there who still like you.

 It is normal to feel angry. But it won't help to hurt the other person. It won't take away the pain and it won't bring him back.

 Start a new hobby or join a youth or sports club. Keep busy. Then you won't have time to feel sad and hurt.

 Feel sad for awhile, but then get on with your life. You can't make someone love you. So try to forget him.

 Finally, forgive him. Think of the happy times you shared. Maybe then you will become friends.

1 Two weeks ago your girlfriend/boyfriend told you that it was over - she/he doesn't love you any more. You:

- try to talk to her/him every day. (3)
- try to get on with your life. (1)
- sit in your room and cry every night. (2)

2 When you go to a party and see your ex-girlfriend/boyfriend.

- you hide in a corner where you can watch her/him the whole night. (2)
- you dance with every other girl to make her/him jealous. (3)
- you greet her/him and then try to talk to your friends. (1)

3 Since you've broken up, you spend your time:

- training your dog to attack his/her new date. (3)
- thinking of ways to get him/her back (2)
- reading or going out with friends. (1)

4 How do you feel about your ex-girlfriend/boyfriend?

- A bit sad because he/she is a great person. (1)
- You think she/he is the only person you'll ever love. (2)
- You'll do anything to get him/her back (3)

5 How do you feel when your friends talk about your ex-girlfriend/boyfriend?

- You shout at them, saying you don't want to hear her/his name. (3)
- You burst into tears. (2)
- You listen to what they say. (1)

How do YOU cope when your boyfriend or girlfriend leaves?

Try this quiz to find out.

6 A boy/girl has asked you out. What do you do?

- You agree to go out with him/her. (1)
- You refuse, because you worry about what your ex-girlfriend/boyfriend will think of you? (2)
- You phone your ex-girlfriend/boyfriend to ask what you must do. (3)

7 You still have your ex-boyfriend/girlfriend's tape with your favourite song on it. So:

- you listen to it all the time and sob. (2)
- you listen to it now and then. (1)
- you cut up the tape. (3)

8 When you find a jersey your ex-girlfriend/boyfriend left at your house,

- You phone him and tell him to fetch it. (1)
- You take it to his house, dressed up in your best outfit. (3)
- You keep it. (2)

Your score

8 - 10 You cope well with breaking up. You know that you must get on with your life and so you try to go out like you did before.

10 - 18 You are still hopelessly in love with your ex-girlfriend/boyfriend. Stop dreaming and dry your tears.

There's nothing you can do to make her/him love you again. Read our tips for coping with broken hearts and try to get on with your life.

18 - 24 You are angry with your ex-girlfriend/boyfriend for leaving you. But you still love her/him. And you'll do anything to get her/him back. But the chances are you won't succeed.

You must remember that people's feelings change. It's hard to accept this. But there's nothing you can do about it. So be brave and try to face the world.

FEELINGS

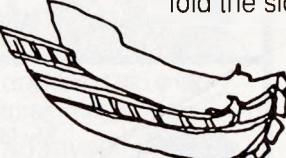
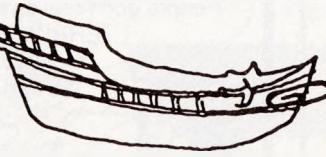
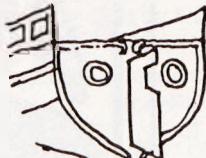


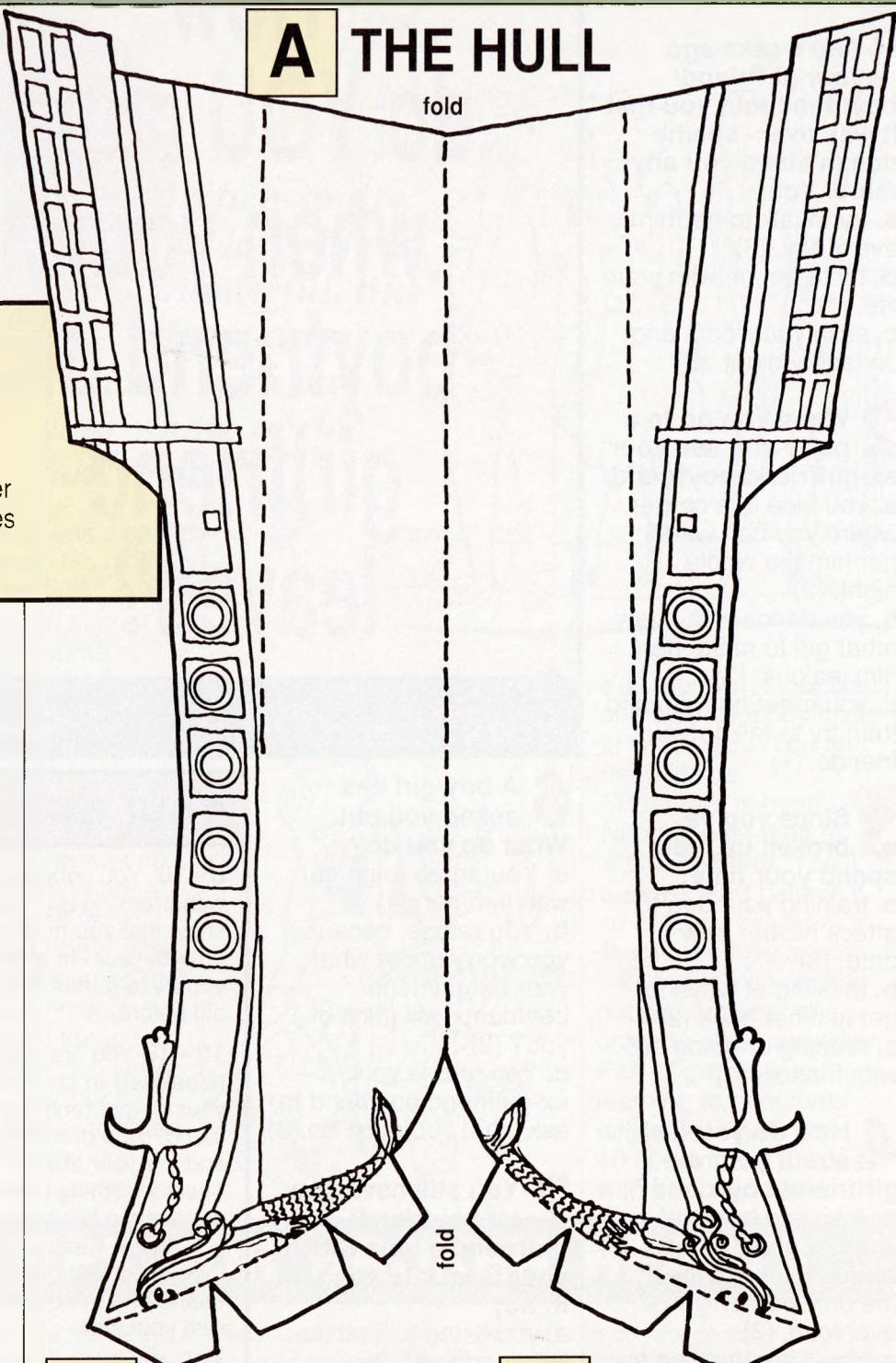
HISTORY : BUILD AN EXPLORER'S BOAT

In Upbeat No 3 we wrote a story about Columbus. Here is a boat like the one he sailed on. Build this model boat for your classroom or home.

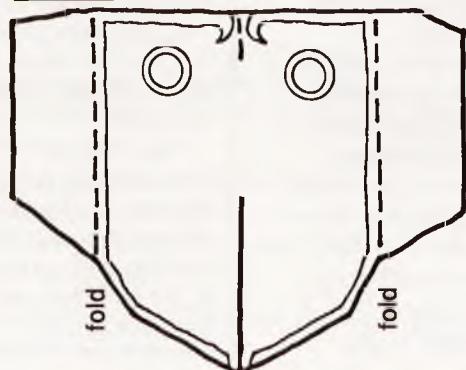
WHAT YOU NEED

- scissors
- crayons
- pen/pencil
- tracing paper
- thin cardboard or thick paper about the size of three pages
- 4 straws or 4 short sticks
- glue

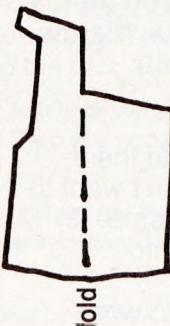
- 1 Trace the shapes numbered A - E onto the cardboard. Colour in the shapes.
- 2 Cut out the hull of the ship and fold the sides up.

- 3 Glue the flaps of the front of the boat. Hold them together until the glue sets. You can use a paper clip to hold the sides together like this.

- 4 Cut out the stern and the rudder. Cut the line on the stern. Put the flap of the rudder through this cut. Glue the flap of the rudder to the inside of the stern.

- 5 Glue the stern onto the back of the ship.



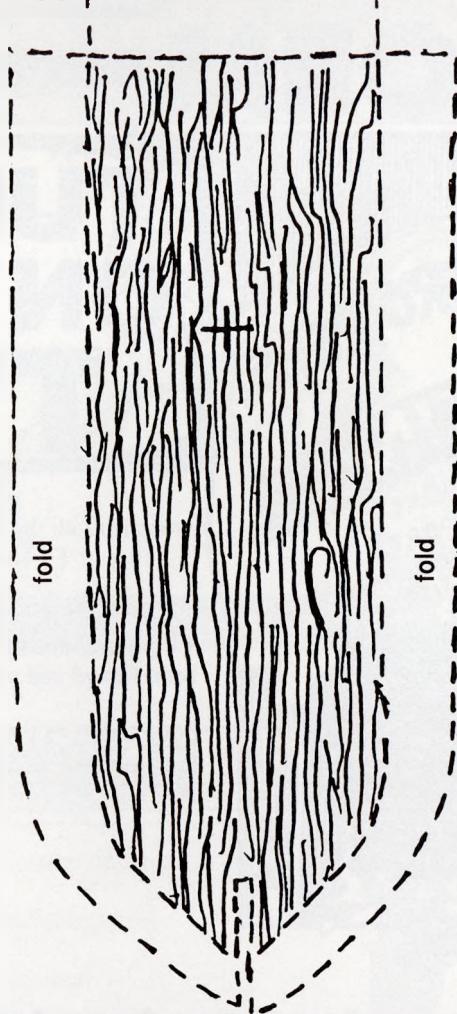
B THE STERN



C THE RUDDER

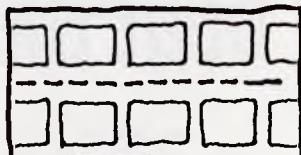


fold



D FRONT DECK

fold



E TOP DECK

fold

fold

6

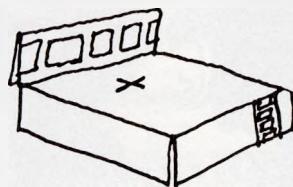
Cut out the two deck pieces.

7

Fold the flaps of the front deck and glue it into the hull like this.

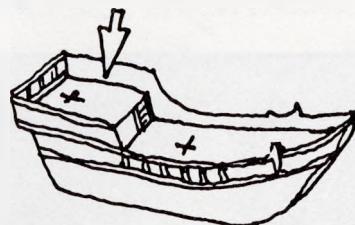
8

Fold the top deck to look like this.



9

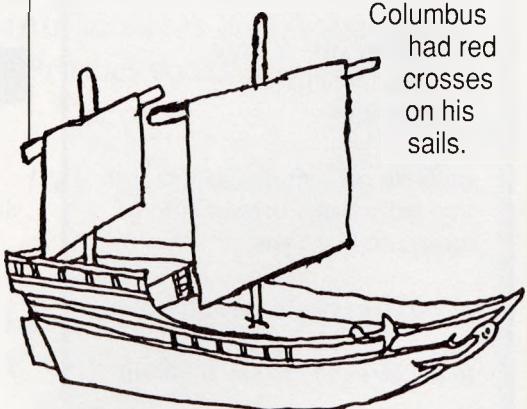
Place the top deck at the back of the ship and glue it into place.



10

From the left-over cardboard, cut out two sails. One sail must be 10 cm by 10cm and the other sail must be 5cm by 5cm. You can decorate them.

Columbus had red crosses on his sails.



11

Find four sticks for the masts and bind them together. Glue the sails onto the masts.

12

You can make a stand for your boat or you can hang it from the ceiling with string or cotton.

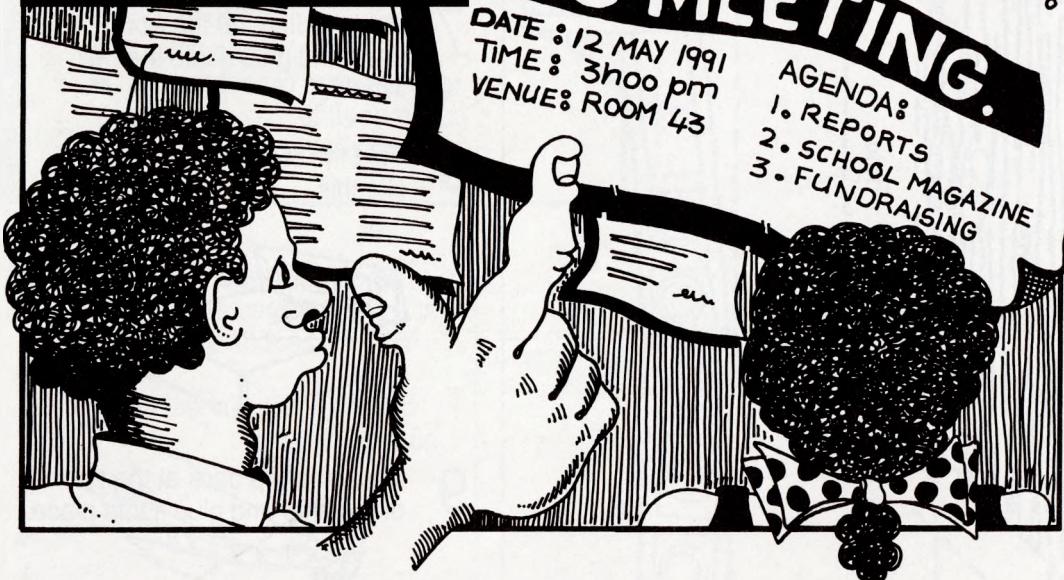
WILLIE WORDWORM

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

TALKSHOP

independent (adj) - able to look after yourself

to focus (v) - to look at something



10 YEARS IN HIDING

freedom fighter (n) - someone who takes up arms to fight for freedom

dormitory (n) - a large bedroom where lots of people sleep

malaria (n) - an illness which you get when a certain kind of mosquito bites you

to survive (v) - to stay alive

to declare (v) - to say in public

shattered (adj) - broken

CALLING ALL SRC REPS!
COME TO AN SRC MEETING.

DATE: 12 MAY 1991
TIME: 3h00 pm
VENUE: ROOM 43

AGENDA:
1. REPORTS
2. SCHOOL MAGAZINE
3. FUNDRAISING

TURN ON TO TV

props (n) - all the things that are used in a film or TV show set

editor (n) - a person who prepares a TV programme by choosing what has been filmed and putting it in order

director (n) - a person who decides how to make a TV programme

Running to beat the best

to afford (v) - to have enough money to buy something

to borrow (v) - to use something that belongs to someone else

to injure (v) - to hurt

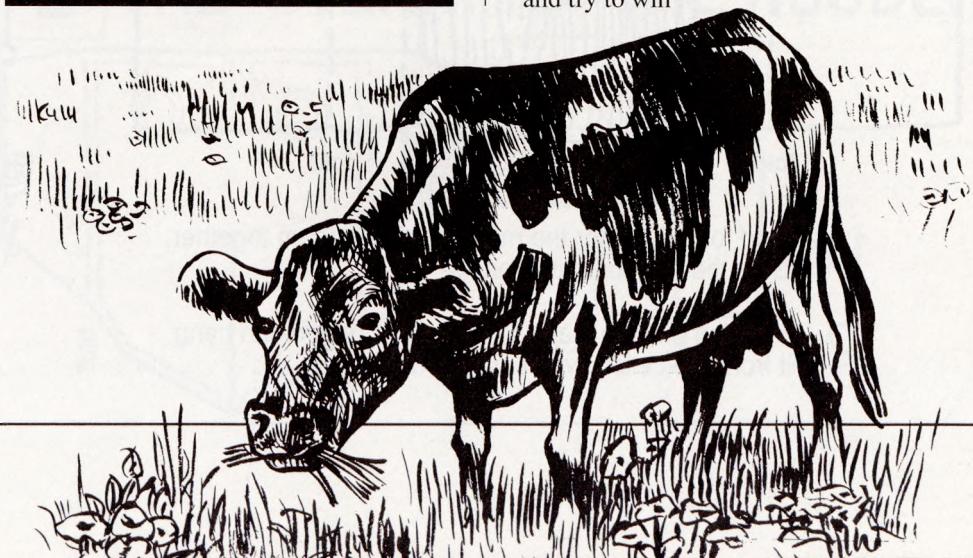
to graze (v) - to eat grass

technical (adj) - the skills and methods a person uses to play a sport

specialist (adj) - someone who knows a lot about something

to select (v) - to choose

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



HELPING IN THE COMMUNITY

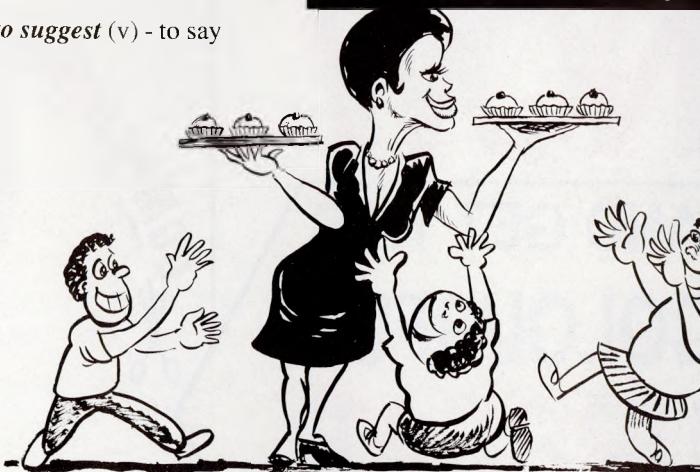


furious (adj) - very angry

active (adj) - involved in

to suggest (v) - to say

enthusiasm (n) - a strong feeling of wanting to do something



ADVERTISEMENT

STREETBEAT



outdated (adj) - out of fashion

to resist (v) - to fight against

status (n) - of position

elegant (adj) - smart

to reflect (v) - to show

convenient (adj) - useful or easy to wear

to promote (v) - to spread

COMPETITION ♦ WINNERS ♦

Here are the 10 lucky winners of the book competition in *Upbeat* No.1 1992. They have each won a copy of *The Song of Be* by Lesley Beake. Look out for your books in the post!

Xaba Calvin Themba,
Odendaalsrus
Christina Moloisane,
Waterkloof
Nicolette Mereotlhe,
Kuruman
Motshabi Mokolobate,
Mmabatho

Bonginkosi P. Mathebula,
Komatipoort
Vincent Sipho Viljoen,
Ikageng
Givemore Nyathi, Katlehong
Charlotte Mpho Moagi,
Kwa-Xuma
Sumiyya Khan, Actonville
Glenise Levedal, Knysna

The following readers have each won a copy of Dr Victor's album, 'Hello Afrika'. Happy listening!

Gloria Viljoen, Ikageng
Joseph Semata, Messina
Themba Alex Sikhosana,
Umlazi

Bertha Kgabo, Mabopane
Nivedna Ganesh, Westville

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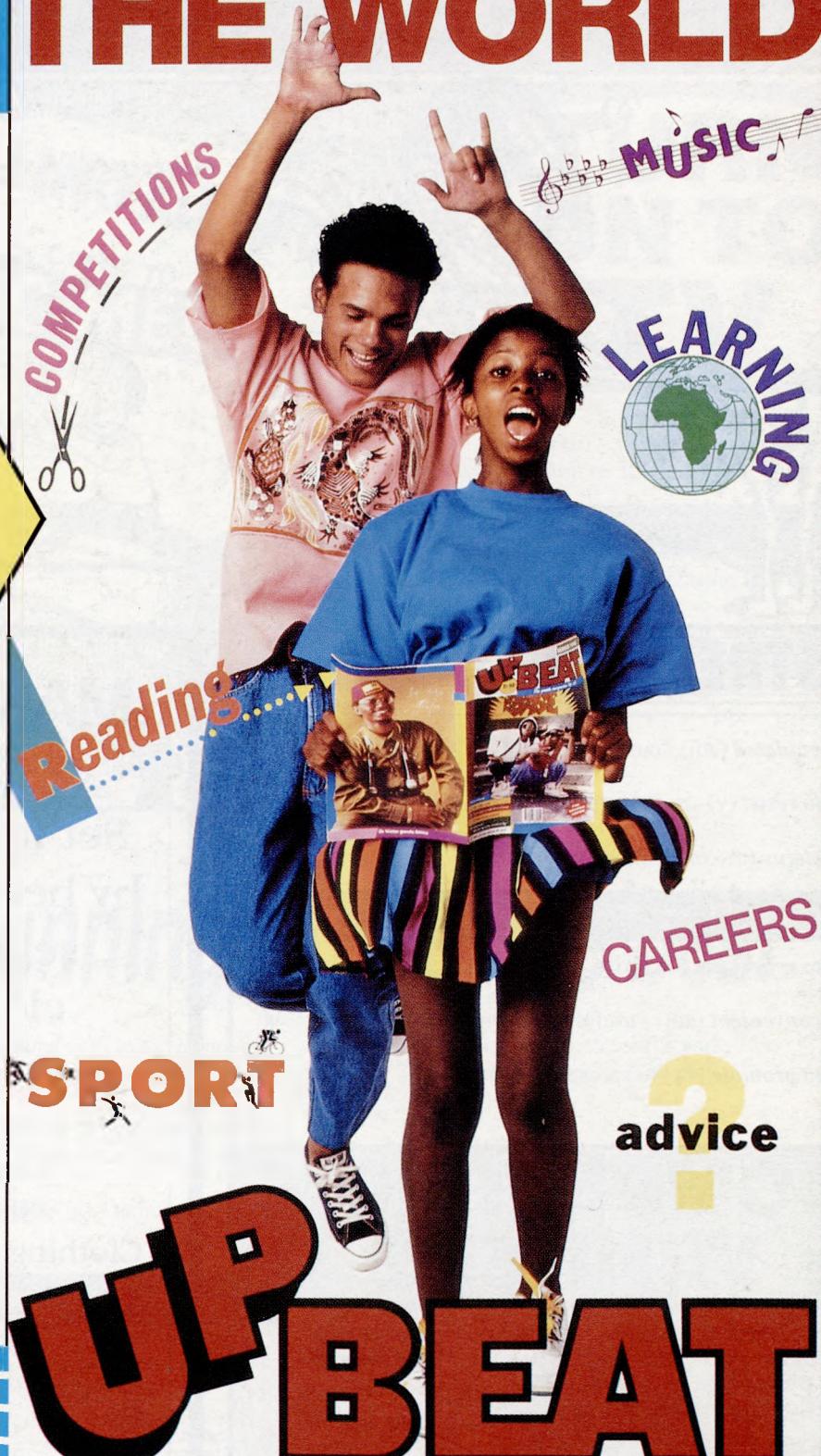
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