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UPBEAT

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The magazine for youth on the move

WIN
BOOKS
A BRONWYN ALBUM

THIS ISSUE

THE HOLIDAYS:
WHAT'S HAPPENING

Durban's DJs
learn the beat

SPORT FLYING FRANKIE
FREDERICKS

HOW TO LOOK
FOR A JOB

ISSN 0257-8697



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EDITORIAL

Dear Readers,

The days are getting longer and warmer. It is almost holiday time. This year, there is no need to sit around feeling bored. There are lots of exciting events for young people in the December holidays.

Many youth feel that places like museums and art galleries, aren't for them. But they are for everyone. Learn to paint t-shirts or to do beadwork. Attend a workshop on photography or spend an afternoon learning to be a DJ - mixing and scratching



records. Find out about all these exciting holiday events on page 36.

Upbeat has also organised Upbeat Days. We've got together with schools and resource centres around the country. There will be clean-ups and plays, beach walks and treasure hunts, food, fun and great prizes to win.

Why not write a story for Upbeat during the holidays? Spend a day being a reporter. If we publish your story, you will be R30 richer. Find out how to be an Upbeat reporter on page 7.

Here's another holiday idea! Put your feet up and spend the afternoon enjoying reading this issue of Upbeat. Read about Bronwyn, the young local teenage star. Wangari Maathai is a tireless and brave woman from Kenya. Don't miss her story on page 4. Have fun making a mask. Or try and find your way through our mind-boggling maze.

Reading and learning is always fun with Upbeat!

Harriet

**N
E
X
T**

Pull-out poster:

SA's music giants

Win lots of great holiday reads

Meet Fikile Sithole

Soweto's soccer star

Holiday special

places to visit

Lifeskills – coping with job interviews

issue



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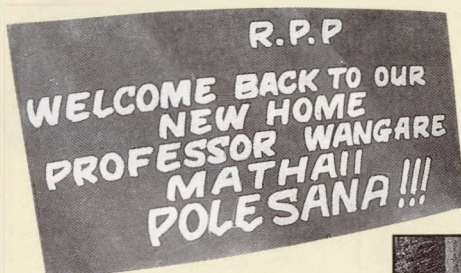




Wangari Maathai - fighting for a better future in Kenya

A SYMBOL OF HOPE: THE STORY OF WANGARI MAATHAI

Trees are very important in Africa. People cut trees for firewood. They have no other source of heat and energy. Now our forests and bushland are fast disappearing. But in Kenya things are different. This is the story of Wangari Maathai and her Green Belt Movement.



► *The women welcome Wangari after she had spent three days in hospital, recovering from a beating by the police.*

Wangari was born a fighter. She was one of six children. Her parents were peasant farmers who lived close to Mount Kenya. Wangari worked very hard when she was at school and won a place at the University of Nairobi. She became the first woman in East and Central Africa to get a Masters Degree.

Wangari then began to do research. 'I saw that animals were suffering because of insufficient food and degraded land. I saw it was easy to control disease. But the real problem was the environment,' she said.

Wangari (standing at the back) together with the women who are fighting for the release of political prisoners.



Symbol of hope

Some time later Wangari started the Green Belt Movement. 'I thought it would be good to create jobs, to plant trees and begin to improve the environment,' she said. Wangari started growing trees in her back yard. 'It was a small thing in the beginning. But now the Green Belt Movement has more than 100 000 members. To join, you plant a tree.

If the tree survives, you're in. If it dies, you're out,' she said.

Today there are 50 000 women in Kenya producing seedlings. They give the seedlings to farmers to plant. The women are paid for each tree that lives. So far the Green Belt Movement has planted 7 million trees.

'Trees have become a symbol of hope,' Wangari explains. 'When you have trees, you have hope. When you have no trees, you are moving in a dangerous direction. You have soil erosion, forests disappear and you lose water. The land becomes infertile. You cannot grow crops and there is no grazing for cattle. You have less food, more famines and greater poverty.'

The Green Belt Movement also teaches people about water and soil conservation. The Green Belt Movement fought to save Uhuru Park in



Police attack the protesting women in Uhuru Park, Nairobi

central Nairobi, Kenya's largest city. The government wanted to build a skyscraper in the middle of the park.

Wangari's work in the Green Belt Movement forced her to think about women in Kenya. 'The Green Belt Movement has helped women to speak out. It has made women leaders in their communities,' she said.

Fighting for democracy

Wangari also gets people thinking about politics. She believes that an undemocratic government, does not care about its people

and the world they live in. So Wangari decided to stand for parliament. This way she hoped to do more, both for women and the environment. But the Kenyan government blocked her. Wangari did not give up.

Earlier this year Wangari joined women who were camping in Uhuru Park, central Nairobi. The women wanted the release of all political prisoners. They told the government that they would not eat for 40 days, until their sons were freed from prison.

Three days later the police attacked the hunger-striking women. Wangari was beaten

unconscious. A week later, Wangari was back. She rejoined the women whose rights she has fought for, most of her life.

Wangari will continue her fight. She knows that political freedom is meaningless, if the environment is destroyed. She also believes that you can't protect the natural world, without caring for its people. ◀

This story is adapted from an article by Glynis Horning which appeared in *Cosmopolitan*, July 1992. With many thanks to the publisher for permission to use it.

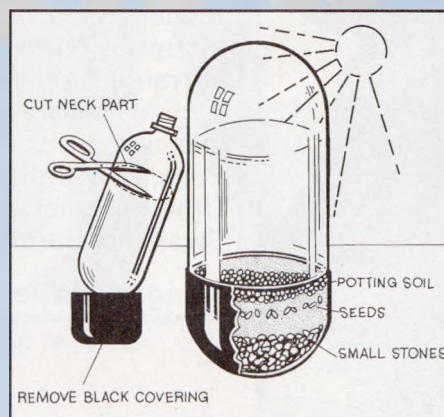
GROW A TREE

Join Wangari Maathai's fight for the environment. Grow your own tree. It is easy. You can plant trees in your garden or in the velt near you. All you need is an empty 2 litre, plastic bottle and some soil.

What to do:-

- 1 Place the empty cold drink bottle in hot water to dissolve the glue around the black base. Cut off the top of the bottle.
- 2 Put soil in the base. Add compost or manure if you have some.

- 3 Plant the tree seeds in the soil.
- 4 Place the plastic bottle over the seeds.
- 5 Water your seeds lightly once



a week. After four or five weeks seedlings will break through the soil.

6 When your seedlings are three weeks old, replant them in plastic bags filled with soil.

7 When the seedlings are about as long as your arm, plant them in the ground.

You can get FREE tree seeds to plant. Write to:-

**The Department of Forestry,
Private Bag 693,
Pretoria 001.**

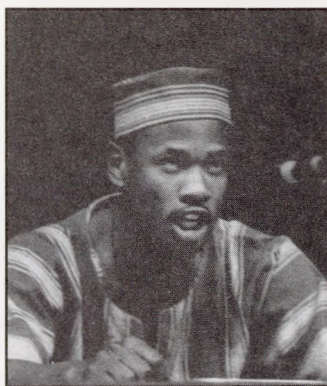
Tell them where you live. They will send you seeds of trees that grow naturally in your area.

BOOKS COME ALIVE



Deborah Watson ▲
challenges the audience with a poem

Bheki Mkhwane
reading from Msimangu's Words ▼



Things hotted up when Taps and his dancers, Buster Jackson and Mockish Jacobs, hit the stage.

On 4 September Upbeat held a fun event. It was part of the Weekly Mail Bookweek. Youth and teachers came together to enjoy an afternoon of books, reading and great entertainment. Authors spoke about writing books. Dianne Case, the well-known author of teenage books; *92 Queens Rd* and *Love David*, was there. She told us about growing up in Cape Town and the people and places in her stories. Nombulelo Makhupela, author of *Xhosa Fireside Tales*,

kept every one laughing. She told stories about her grandmother and her own teenage years. Peter Esterhuizen is a director of the Storyteller group. He had lots to say about the wonderful world of comics.

Then the actors, Bheki Mkhwane and Deborah Watson, came on. They had the audience first laughing and then crying. They read wonderful stories; sad, serious and funny poems. The world of books came alive.

The afternoon was wrapped up by Taps and his energetic dancers. To an up-tempo beat, Taps rapped and danced. We thought they would break the stage with their high energy dancing. But no-one could get enough of them. We were all sad when the afternoon came to an end. ◀

UPBEAT FOR RURAL SCHOOLS

The following companies have very kindly agreed to join our rural schools sponsorship programme. We thank them for supporting those students who need their help the most.

- ☐ Crown Cork (Pty) Ltd
- ☐ Pick 'n Pay Corporate Services
- ☐ The Anglo American & De Beers Chairman's Fund
- ☐ Janssen Pharmaceuticals (Pty) Ltd

For more information about our Rural Sponsorship Scheme contact: Barbara Shafer, Upbeat, P O Box 11350, Johannesburg 2000.

STOP PRESS

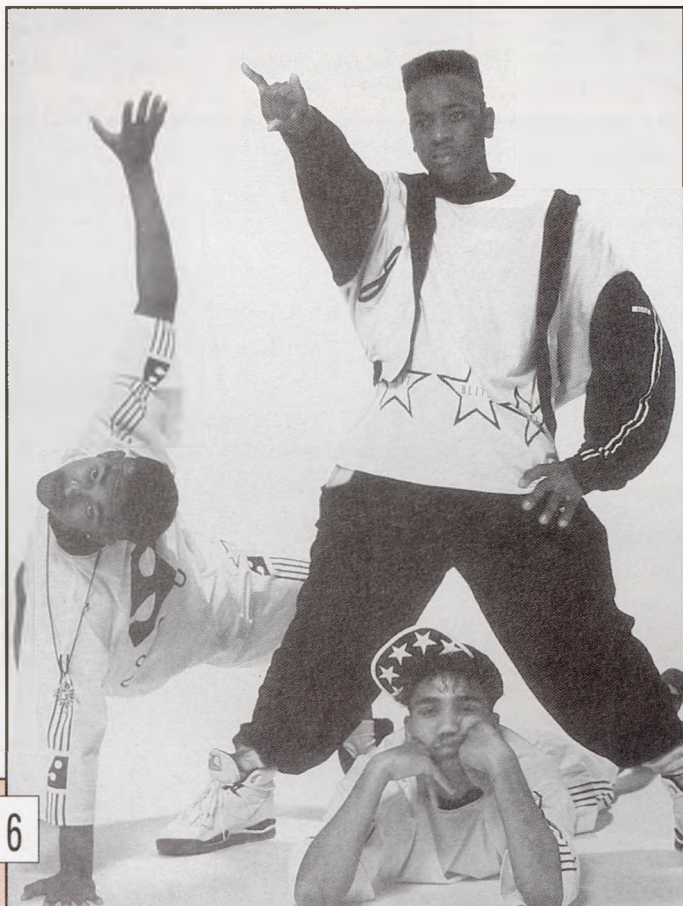
Don't miss Upbeat No. 11. We will be announcing the winners of our short story competition. You could be one of the lucky ones.

COMPETITION WINNERS

These lucky Upbeat readers have all won an album by Nothembi. Lorraine Ditibane, Kagiso; Rose Marakalala, Johannesburg; Punkie Ngombane, Umtata; Amelda Jabs, Swartklip; Barbra

Mafetsa, Letaba; Brain Sibeko, Nyanga East; Freddy Molebatsi, Tlhabane, Isaac Mampuru, Jane Furse; Vincent Viljoen, Potchefstroom; Williard Thizwilondi, Alexandra.

Congratulations! Happy listening, everyone.





UPBEAT REPORTERS

LOWVELD HIGH OPENS ITS DOORS

By Mveli Maphanga

This story was written by Mveli Maphanga, an Upbeat reader from Nelspruit. Mveli describes what it was like to be one of the first black students at Lowveld High. Thank you, Mveli, for your wonderful story and photographs.

BE AN UPBEAT REPORTER

Readers, we want all of you to write stories for us, like Mveli did. If we publish your story, you'll win R30. Tell us what is 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 has happened in your life.

Send your stories to:

**Upbeat Newsdesk,
P O Box 11350,
Johannesburg
2000.**

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

Teachers, get your students 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 at the above address.

Many government schools are now changing into non-racial schools. Lowveld High, in Nelspruit, is one of these schools. It is the only English high school in the Lowveld.

At the beginning of this year, the school committee decided Lowveld High must become a Model B school. Shortly after this, just before the first term started, six bombs exploded at the school. The school was badly damaged.

I was one of the first black students to attend this school.

I was very nervous on the first day. I was so scared that

I was shaking on my way to school. I thought that the students would treat me differently.

They were not used to black people. I expected to be insulted, pushed around and provoked.

As I entered the gate, a girl and boy came up to greet me. They had just climbed out of their parents' car. I felt better because I had people to walk into the school with.

Day by day, life at school improved.

I got to know the white students and I soon made lots of friends. I discovered that there were students at the school from Maputo, Botswana, Zimbabwe, France and England.

There are more than 16 different languages spoken here at our school.

I believe that people are the same, regardless of the colour of their skin. Being black does not mean we are not part of this country. We are all South Africans. Most of our fellow students at Lowveld High have realised this. But there are still a few who have a negative attitude to us.

The future of the school is in our hands. Accepting each other will build our school and bring us closer to a new South Africa. We, the youth, can make that possible. ◀



Students at Lowveld High are learning together.



BRONWYN BREAKS BARRIERS

The teenage kid of song, Bronwyn Chancellor-Madison, arrived in the troubled township of Katlehong, on the East Rand.

She walked on stage and sang her heart out. Her tiny figure danced on the stage of the Easy-By-Night night club. For the evening, people forgot their troubles and enjoyed themselves.

Bronwyn says that she likes singing in the townships. Bronwyn first started singing in Katlehong early this year. Today everyone knows her. People stop and greet her. 'Bronwyn! Bronwyn!' kids shout to her in the streets.

Bronwyn lives in Bryanston, a smart suburb in the north of

Johannesburg.

She lives with her parents, two brothers and a sister. Bronwyn started singing at an early age. 'I remember how I used to clasp an imaginary microphone and sing along with music on the radio. Friends and family members enjoyed my surprise little shows. Then I started singing at parties and family weddings,' said Bronwyn. 'For me, it was just fun. I never had any serious thoughts about singing professionally.'

Then, Bronwyn entered school competitions. Darryl Heilbrunn and Reuben Beewa of Gallo Downtown studio noticed her. They worked on Bronwyn's voice. They also wrote songs for her.

In her first album, simply called *Bronwyn*, she sings with amazing strength and maturity. You cannot believe she is only 15! Hip hop fanatics and ballad lovers can all enjoy the songs on Bronwyn's album. The music is as funky as the way Bronwyn dresses! 'I chose to sing cross-over music. It's the

kind of music that suits the audience in our country,' she said. The songs, 'Destiny' and 'Walk this way with me' are both doing well on radio stations. The Australian group, Indecent Obsession, recently toured South Africa. They loved Bronwyn and did a single with her.

Bronwyn is lucky to have parents who support her. 'Bronwyn has such talent and her mother and I cannot stop her from singing,' Bronwyn's father said. 'I go with her wherever she goes to perform.'

Bronwyn is doing Std 8 this year. 'Finishing my high school education is important for me. And I'm happy my friends are not treating me differently. To them I'm still the same old Bronny!' she said. ◀

You could be a winner! We are giving away ten Bronwyn albums. All you have to do is answer the following easy questions:

- 1 Where does Bronwyn live?
- 2 What's the name of the night club in Katlehong where she sings?
- 3 How old is Bronwyn?

CLOSING DATE
30
November
1992

Send your answers on a post card to:
Upbeat Bronwyn Competition,
P.O. Box 11350,
Johannesburg
2000.

Bronwyn sings in a nightclub in Katlehong.

Photographs by Anna Zieminski

COMPETITION TIME

CLOSING DATE: 30 November 1992

Strict parents

Dear Upbeat

I am facing a serious problem. My girlfriend and I love each other very much. But her parents don't want her to see me. Please help.

Company, Kwa-Thema

Dear Company

Your girlfriend's parents may be worried that she will get hurt or fall pregnant. Try to speak to them. Tell them you really care for their daughter and that you will treat her well. If they still refuse, ask your girlfriend who you can speak to. Possibly an aunt or uncle could help. Maybe they can talk to her parents.

Lindi

Staying a virgin

Dear Upbeat

I am a girl of 16 involved with a boy of 19. I don't want to have sex with him, but I don't want to lose him. I want to be a virgin until I get married. Please help me.

WSK, Mabopane

Dear WSK

It's okay to say no to sex. There is nothing wrong with being a virgin. If you don't feel ready to have sex, then don't. Sex isn't everything in a relationship. You can love someone without going to bed with them. Talk to your boyfriend openly and honestly about how you feel. Tell him that you want to remain a virgin. Hopefully he will understand. If he really loves you, he will respect your needs and wishes.

Lindi



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

WRITE TO:

UPBEAT
PO BOX 11350
JOHANNESBURG
2000



Dear Buti

I am writing to you, Buti, because I think you are the only one who can solve my problem. There is a girl I love. I have proposed to her for two years but she does not want to love me. Please help me to get her to love me.

N Mkuna, Winterveldt

Dear N Mkuna

I am sorry to hear about your problem. Sometimes we just have to accept that people do not feel the same way as we do. I suggest that you give up loving this girl. Go out and meet other girls. Maybe you can find another girl who will love you.

Buti

Jealous girlfriend

Dear Upbeat

My girlfriend dislikes me talking to her friend. When I tell her that I am not in love with her friend, she does not want to believe me. What can I do?

Bonginkosi, Durban

Dear Bonginkosi

Your girlfriend feels insecure. Try to find out why she feels this way. Perhaps someone in the past hurt her badly. Try to convince her that you won't cheat on her. She must try to understand that you have other friends. But she is the one who is special. Good Luck!

Buti

The pill

Dear Upbeat

I am a girl of 20. I'm still at school and I have a boyfriend. I don't want to fall pregnant, so I'm taking the Pill for prevention. My problem is that since starting the pill my hands get swollen. I went to the clinic but they told me that there was nothing wrong. Can you please advise me?

W.M.B. Saragee

Dear Saragee

We showed your letter to a doctor. He said that it is unlikely that the Pill is making your hands swell. There could be other causes for the swelling of your hands. He says you must see a doctor who will find out why your hands are swelling. If it is the Pill, then the doctor may suggest that you use another form of contraception.

Lindi

FIGHTING CANCER

Lumps in your breast can sometimes be a sign of breast cancer. If you discover the cancer early, it is easier to cure.

Teenagers should know how to protect themselves from cancer, when they are young.

Busisiwe did not know what to do. She had a lump in her breast. She was worried she had breast cancer. What if she lost a breast like her grandmother did? Busisiwe has a greater chance of getting cancer, because her grandmother had the disease. So Busisiwe went to see her doctor.

After examining her, the doctor said that she was in no danger. Her breasts were fine. The doctor gave Busisiwe this advice:

How to avoid breast cancer

- Look after your body. Healthy living protects you from diseases, including cancer.
- Avoid eating fatty foods like chips and fried red meat. Fats contain a chemical which helps to form breast lumps.
- Eat a lot of fresh fruit and vegetables.
- Don't smoke and drink too much.
- Examine your breasts for lumps every month after your period.

How to examine your breasts for lumps

Step One **Look at your breasts carefully**

Check to see if their shape or size has changed. Make sure

there is no discharge coming from your nipples.

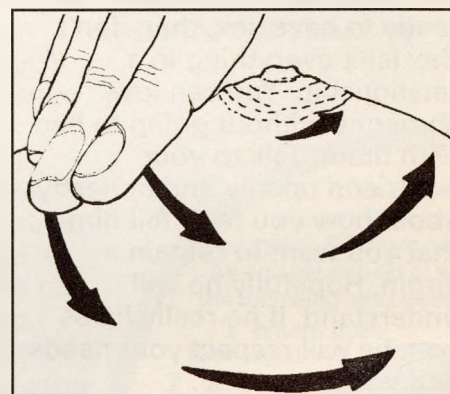
Step Two **Examine your breasts lying down.**

- Begin with your right breast.
- Lie on your left side with your knees bent.
- Make sure that your shoulders are flat on the bed.
- If your breasts are very large, place a pillow under your right shoulder.

Step Two **Feel your breasts.**

- To examine your right breast, put your right arm behind your head.
- Use your left hand to feel your right breast. Make small circles slowly moving inwards towards the nipple.
- Keep your fingers firm and apply gentle pressure to the area you are circling.
- Repeat the movement until you have examined your whole breast.

Place your left hand behind your back. Examine your left breast in the same way that you examined your right breast.



Don't be afraid to ask a nurse or doctor, if you are worried after you have examined your breasts. They will help you, like they helped Busisiwe.

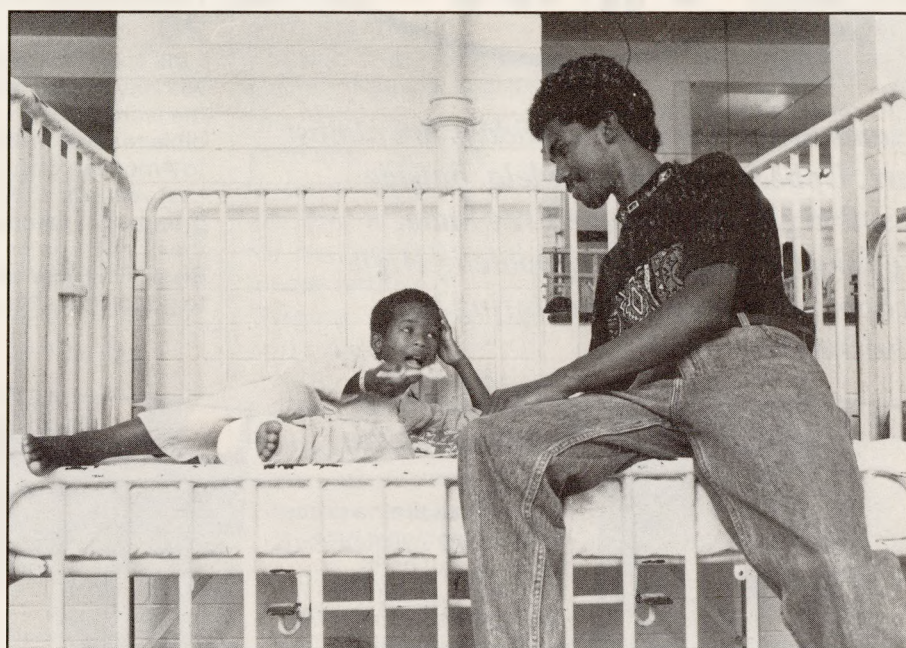
CANCER AWARENESS

Steven Solomon feeds a child in the cancer ward at St Edward's Hospital in Durban.

In Natal, the National Cancer Association are finding new and exciting ways to make young people aware of cancer.

Emmie Le Grange, from the National Cancer Association, runs courses for young women on breast cancer. She uses a breast model that looks and feels like real breasts. The breast has five lumps in it. People must find the lumps. 'Students are very shy to touch the model, so we first teach them why it is important to examine your breast for lumps. Teenagers must learn how to protect themselves from cancer when they are young,' she said.

Emmie is also planning a skin cancer awareness campaign in the December holidays. With the help of lifesavers, she will tell teenagers about the dangers of being in the sun without protection. 'People do



not realise that the ultra violet rays of the sun can damage your skin. You don't feel the effects immediately. But too much sun can cause skin cancer,' she said.

Emmie also tries to help cancer

victims. Every second Sunday Emmie and ten volunteers, go to the King Edward Hospital in Durban. They visit children who suffer from cancer. They play with the children and help feed them. They also brighten up the ward, by painting murals on the walls. 'Every time we enter the wards, we feel that we are doing something worthwhile. The children greet us with bright smiles,' Steven, one of the volunteers says.

If you want to know more about cancer, or if you want to find out about their volunteer programmes, write to:

**The National Cancer Association
P.O.Box 2000
Johannesburg
2000**



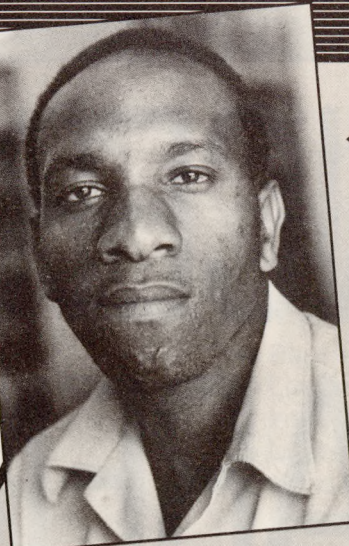
◀ **Emmie le Grange from the National Cancer Association, runs courses for women on breast cancer.**



Paul paints the walls in the cancer ward. ▶

HOLIDAYS ARE ON THE WAY!

Exams are nearly over. Holidays are almost here. Upbeat went to Zamdela, outside Sasolburg in the Orange Free State. We asked students at Nkgopoleng High School, what they will do during the Christmas break.



Joel Choma, 22

I will spend my holidays at the library. I enjoy reading, especially the African Writers Series and books about history. I write matric this year. So I want to find out more about tertiary education. I plan to become a journalist.

Mestarh Faku, 20

I will spend my holidays with my friends. We preach the word of God and share bible readings. I also listen to American gospel music. Last year our church youth group went camping at the Erinna Spa on the Vaal River. This year we hope to go to Bophuthatswana.



Barbara Motholo, 16

I usually spend my holidays here in Zamdela. I visit friends and we go to the library. Sometimes we go shopping in Sasolburg but often the whites are funny to us. Last year I went on a tour organised by Sasol. They took us to a game reserve. I hope they organise more tours like this.

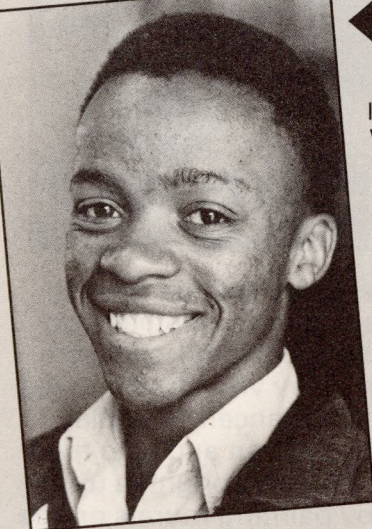
Zachariah Mtshizane, 18

I belong to a drama group. We are planning a new drama to put on in December. I really like acting. I also plan to visit my father in Virginia during the holidays. Virginia is better than Zamdela. There are parks where we play soccer and go for picnics.



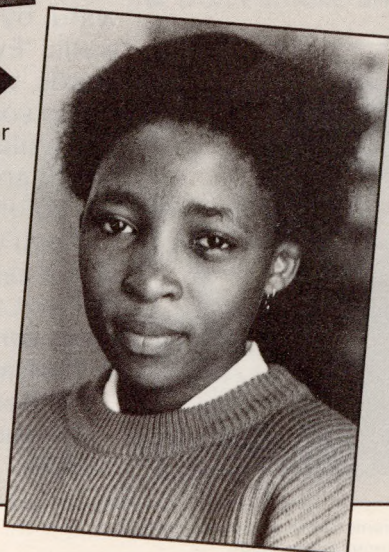
Johannes Tsotetsi, 20

I plan to visit my grandfather in Bophuthatswana. I work in his mortuary or I milk his cows for him. I don't like to stay in Zamdela during the holidays. Often there is trouble with the police. They think all young men are tsotsis. So it is safer to go away.



Betty Hlahane, 17

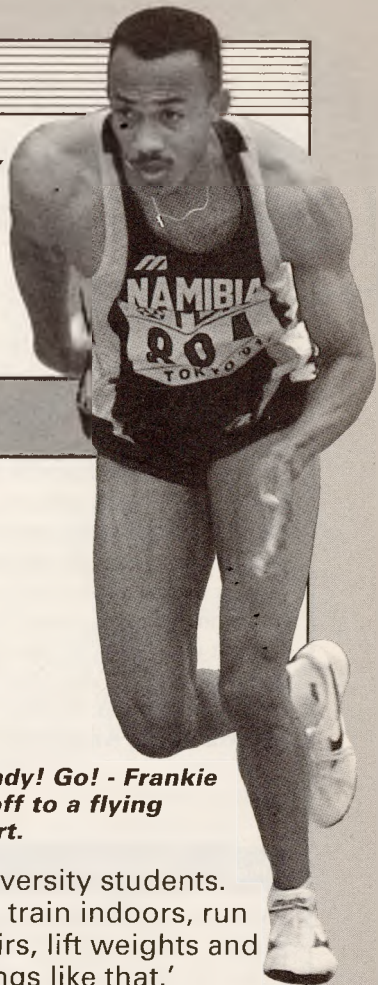
I want to visit my grandmother in Heilbron. I have many friends there. We go on picnics and have braais. I would also like to go to Johannesburg, to the night clubs. It is very boring here in Zamdela during the holidays. Most young people go away. It would be better if there were youth organisations for us.



SPORT

FLYING FRANK

AFRICA'S FASTEST RUNNER



Frankie Fredericks wins a medal for Namibia at the Olympics.



Frankie Fredericks runs very fast. When the going gets tough, he just flies away from his opponents. People call him 'Flying Frank'. The handsome Namibian international sprinter, recently won two silver medals for his country at the Olympics in Barcelona.

Like many youngsters, soccer was Frederick's life when he was in primary school. 'I didn't do much running then because I wasn't particularly good,' Frankie said. As a little boy, Frankie loved soccer with all his heart.

Frankie Fredericks discovered his running talent when he was in high school. 'When I got to Std 8, I went to a school where the soccer team wasn't really good. So, I started running. That was when I realised I could run very fast,' he said.

When Frankie was 17, he beat Gary Banner, the fastest runner in Namibia at the time. 'For the first time

I started to take athletics more seriously. But I still played soccer,' Frankie confessed.

Frankie Fredericks is an only child. 'I lived with my mother,' Frankie said. 'She has always been there for me. She played tennis very well. So, she understood how important sport was for me. One day I came home and said, "Mama, I want to run and I need spikes".'

'I don't have money for spikes,' Frankie's mother told him. 'What if you stop running after two weeks?'

But Frankie was serious about running, so he ran barefoot. His mother saw how good he was. She knew then that Frankie really wanted to run. So she bought him a pair of spikes.

Frankie has come a long way from his first pair of spikes. Today he is a member of the Namibian National Athletics team. But he lives in the USA.

'I think education is the key. If I hadn't got my high school education, I would not be in the USA,' he said. Frankie is a computer science student. He spends his mornings at university. 'I begin running practise at 2.30. I train with

Ready! Go! - Frankie is off to a flying start.

university students. We train indoors, run stairs, lift weights and things like that.'

After the Olympic Games, Frankie Fredericks was given a hero's welcome by the Namibian people. The Namibian Prime Minister, Hage Geingob, went all the way to the airport to welcome Fredericks home. Namibia celebrated! ◀

LETTERS

Dear Upbeat

I would like to express my extreme gratitude for the concern that Upbeat showed me when I was looking for my lost brother. Good news is, through your help I have found my brother. I want to advise young people who are looking for help or information to get in touch with this wonderful magazine. Through Upbeat many people have found penpals and even lovers. You might be looking for something too. Look for it in Upbeat!

Mr Maluleka, Amatikulu

Dear Mr Maluleka

We are thrilled to hear that you have found your brother. We are also proud that our efforts were worthwhile.

Editors

Dear Upbeat

I would like to thank Upbeat magazine for feeding the public with useful information. In Upbeat No 4 you ran an article in which young people gave their opinions on the topic 'What's love all about?'. I just loved the constructive ideas those kids came up with. I hope other young people took heed of some of the ideas. With such brilliant thoughts, I believe we will be better fathers and mothers of tomorrow. Keep up the good work!

Calvin Rabothata, Wasbank

Dear Upbeat

I am a poetry lover. I also write poems. I want to respond to the group of 5 who criticised Upbeat for publishing music and fashion features. I take Upbeat to be the educational magazine for the youth. But learning for me involves lots of things that are not strictly school related. Learning includes our social life which is not catered for in school. Poetry, music, fashion and sports all are part of the youth culture. Upbeat should continue publishing these things.

Nthako Makama, Botshabelo

Dear Upbeat

I enjoy reading your magazine but I have some dissatisfactions. Take the publishing of poems for instance, in almost every issue there is a poem praising Upbeat. I think it is a strategy used by readers to collect the R15. We all know Upbeat is great. There is therefore, no need to publish such flattery!

The magazine is also too thin. You should know I read the whole magazine in about 30 minutes. I agree the price is very reasonable, but the magazine is just too thin. The other thing that really hurt me is, it seems the magazine is for the Transvalers; Capetonians and the Natalians. I have never seen an article about people, schools, clubs in the Orange Free State. I know this province is greatly oppressed, but please we need your support to lighten up the OFS. My last request, can't you guys write articles about people who are far away from us like Tevin Campbell, Will Smith, Richard Grieco and others?

Good luck with your new-look Upbeat!

Livingstone Bob, Welkom (OFS)

Dear Bob

Thanks for your useful and refreshing comments. Did you read Upbeat No. 7? There was an article on Tevin Campbell. You are right about the OFS. We have neglected you. So we travelled to Sasolburg to do this month's Talkshop. Read it on page 12. Send us more ideas for stories, we'd love to hear from you.

We would like to increase the size of our magazine. But it costs too much money. The money that we get from the sales of Upbeat, is not enough to cover the cost of producing the magazine. We produce Upbeat with the help of funders, who want to improve education in this country.

Keep reading Upbeat. We promise the OFS will be there!

Editors

SPEAK OUT:

Upbeat runs stories where we ask readers to share their views with others. The following readers gave their opinions in our Speak Out column.

Dear Upbeat

I would like to say something about boycotts which disturb pupils in our schools. Nowadays you find pupils walking down the streets because they don't have places to learn. Their schools are destroyed by bombs.

The future of these children is bleak because nothing can be done without education. These boycotts are not good. This must be taken into consideration. It must be stopped.

Ntombifuthi Shembe

Dear Upbeat

According to an old Upbeat, I read that corporal punishment should not be administered to (a) any girl and (b) to any pupil with a serious disability. Some teachers at our school do not show any sign of understanding how it feels to be punished in front of others.

Children are not expected to hit back. Frustration builds up which is the cause of hatred. How would you feel if you were hit in front of others? Humiliated and deeply hurt. But you are not allowed to express yourself.

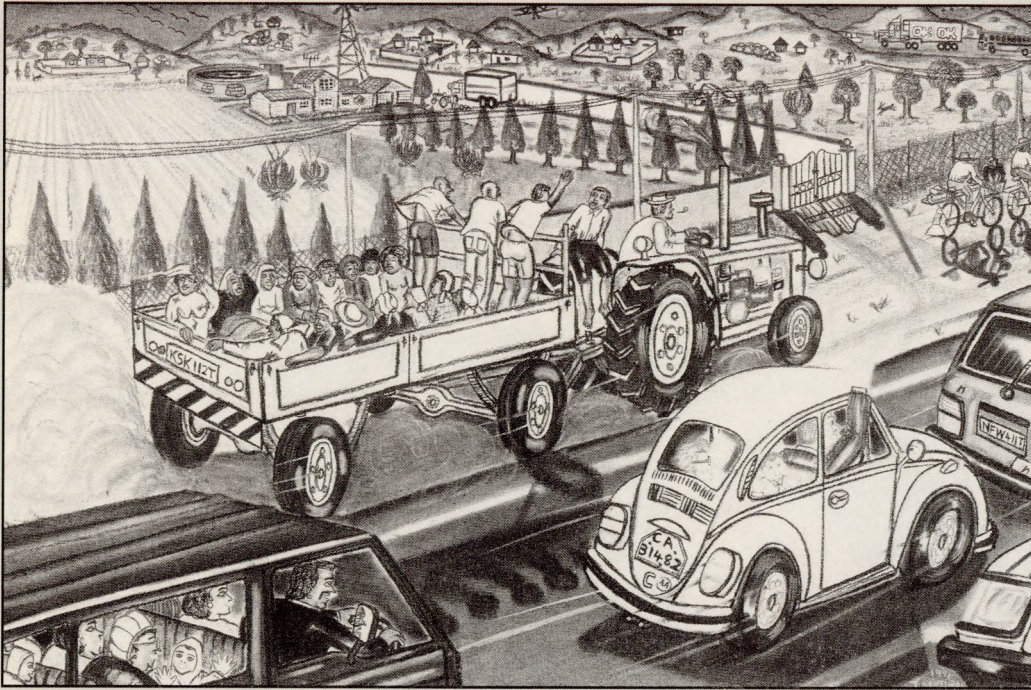
There are so many ways that can be used to punish students. But we are forced to pay the price for stepping out of line and feel the pain and anger. Wouldn't it improve the situation, if we students are able to talk to our teachers?

Our parents don't always understand what we are going through. All of us want our education, but do we have to suffer that much? Help us to stop corporal punishment.

**Miss A.B. Williams,
Paarl**

Send your letters to:
UPBEAT
P O Box 11350,
Johannesburg
2000.

ART



A wonderfully funny picture of wrestlers by Tommy Motswai.

was recognised internationally as a fine artist.

But Tommy was not satisfied. So in 1988 he enrolled to study at the University of Bophuthatswana. Studying at the university was not easy for Tommy, because of his disabilities. But Tommy says his teachers and students were wonderful and generous.

Tommy's drawings capture real people. In one picture children queue to buy ice cream. Nearby, others play soccer. Men walk dogs, women enjoy a quick chat in front of a house. And people swarm into the local store to do their groceries.

This year, Tommy Motswai won the Standard Bank Young Artist Award for Fine Art. Tommy said that the award meant a lot to him. But he also enjoys teaching art to other disabled people.

Tommy's pictures are a gift to those who see them. There is no bitterness or anger in Tommy's drawings. He likes to look at the brighter side of life. His pictures make us laugh. But they also give us hope.

So, take a break. Visit the municipal art gallery closest to you. Entrance is free. Discover for yourself the wonderful world Tommy Motswai has created. ◀

TOMMY MOTSWAI

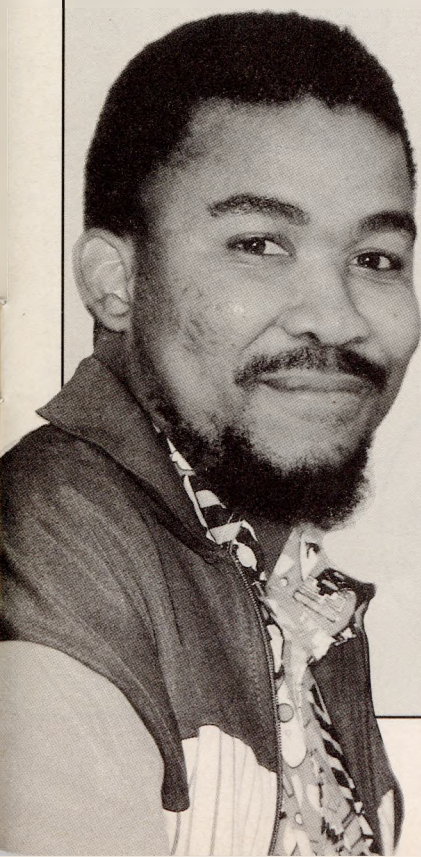
THE SILENT PAINTER

Tommy Motswai cannot speak or hear. He is a deaf-mute. But he has found an amazing way of expressing his thoughts and feelings. Tommy's language is art. Thomas Motswai is one of South Africa's finest artists.

Thomas Trevor Motswai was born in Rockville, Soweto in 1963. Tommy Motswai is married to Evelyn who is also a deaf-mute. They have one child, Tebogo.

Tommy attended an art school called Kutlwanong in Rustenburg. There Tommy began to draw. When he left Kutlwanong Tommy joined FUBA, the Federated Union of Black Artists. Later he studied at the Johannesburg Art Foundation.

In 1985 Tommy exhibited his pictures for the first time in South Africa. In 1987 one of his drawings was exhibited in Monte Carlo, France. Tommy



Tommy Motswai shows the brighter side of life in his paintings.

Can you judge people by their shoes? Upbeat went to the flea market in Johannesburg to see the latest in footwear. Try to match these talking shoes to their correct owners.

LET YOUR SHOES DO THE TALKING



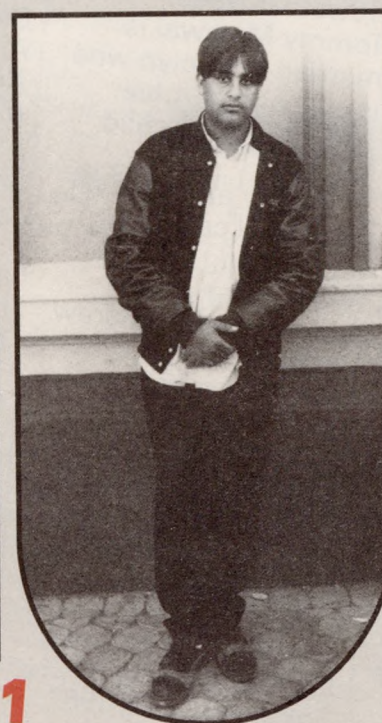
ZOE DUARTE

I like wearing shoes that are in fashion, especially thick soled shoes and the latest All Star takkies.



MOHAMMED LAKSHI

I like nice shoes with bright colours and strange designs.



JANE MOTSHEGUVA

I don't know what type of shoes I like, until I see them. I won't follow the latest fashions in shoes, unless I think I will be comfortable in them.



NICKY HARTNICK

I find takkies very comfortable because they are casual and they go with all clothes. I am not scared to look different.



HANS PAILMAN

Shoes have to be comfortable and stylish. But I must feel that I can live in them.



MARCEL HARTNICK

I only wear punk clothes and black boots. I don't like takkies at all.



SIMONE DREYER

I pick shoes that suit the hip and baggy clothes I wear. I don't always like the shoes that are in fashion.



JERRY WILLIAMS

I like my shoes to be fun, hip but comfortable. Choosing the right shoes can really make or break an outfit.



- ANSWERS**
- 1 = Marcel
 - 2 = Nicky
 - 3 = Hans
 - 4 = Jane
 - 5 = Zoe
 - 6 = Jerry
 - 7 = Mohammed
 - 8 = Simone

Shenaaz Chodree (14), Lenasia



Illustration by Eric Tesona, Paarl

LOVE

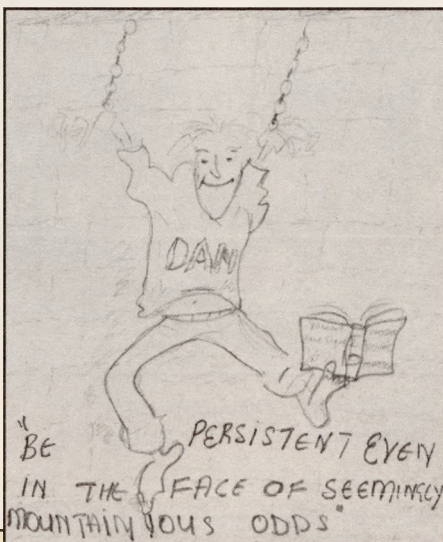
To love is to place
our happiness in the
happiness of another.
I am so glad I found you.
You're kind and
compassionate,
warm and sensitive,
easy going and fun
to be with
and I love the idea
of sharing my life with you.

Violet Mmokoane, Phokeng



Illustration by Cornelius Kekana, Diekloof

**Illustration by Tshehla Lechuti,
Kwa-Xuma**



The day I lost
my colour.

Everything was going well. I had just passed Std 9 and my life was beginning to look like a bed of roses. Then it happened. It was a beautiful November morning. My feet turned a pinkish colour like a white person's skin. I was stunned, shocked. I ran to my parent's bedroom. But they had already gone to work. So I put on a pair of socks. I wanted to forget my feet so I started doing the daily chores.

When I finished, I decided to take a bath. When I got undressed I saw the pinkness was spreading. My legs were now pink. 'What is happening?' I asked myself. 'Am I turning... white?' I looked in the mirror. My whole body, my face, my neck, everything, was white. And my hair... my Afro was gone. In its place was long, blonde hair. I was really scared. I wanted to run away, to escape. I dressed quickly and ran out of the house.

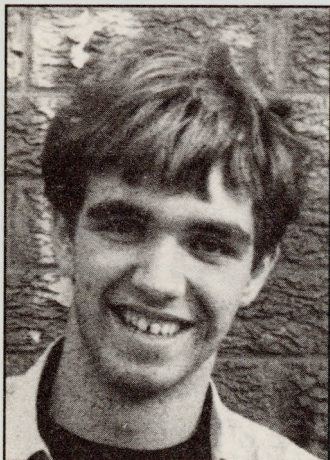
Outside I was met with glares. Two of my friends swore at me in Zulu. I was so angry. How could they be so rude and racist? I decided to flee to Johannesburg. When I got into a taxi, I saw this black girl. She looked exactly like me when I was black. We stared at each other. Suddenly I understood. This girl had changed into me and I into her. Was this the new South Africa?

Angela Makholwa

A certain boy, Thabo, from Thuputlaneng, a mountainous area in Lebowa was afraid of AIDS. He heard that he must always use a condom if he wants to protect himself from AIDS. One day a friend came home. It was rumoured that this man had AIDS. So Thabo put a condom on his hand before shaking hands with his friend.

Portia Masemola (15), Marishane

GERMAN STUDENT SPEAKS ON SA



Heiko Maas - a German student living in Eldorado Park

Heiko Maas is one of seven students who have come to South Africa with the American Field Service (AFS). He is 18 years old and comes from Germany. Heiko is living with the Mattera family in Eldorado Park. He attends Silver Oaks Secondary School close by.

Heiko grew up on a 25 hectare farm near a town called Hanover. He attends a high school and has two years to go before he finishes school. Heiko wanted to visit South Africa. 'In Germany we are too rich. We have everything we need. I wanted to see another world. Now that I am here, I can experience things for myself,' he said.

'My friend, who is also from Germany, is living with an Indian family in Lenasia. It's sad to see how divided people in South Africa are. People can now choose where they want to live. But they

stay in the old, segregated areas because they have made their lives there,' he added.

Heiko enjoys living with the Matteras. He helps with the housework. He gets along well with everyone, especially the youngest Matteras, Noeleen (20) and Malcolm (24). They all go out to parties, disco's and the flea market together.

But Heiko is finding it difficult to get used to school.

'In Germany the teacher and students are a team. We had about 17 students in our class. We did lots of learning, projects and experiments. We were given marks for this. We had more equipment like videos and projectors, which

made learning fun. In Germany teachers are not allowed to hit students. If they do, they are asked to leave the school. So teachers discipline students by giving them extra work,' Heiko said.

'Here I find school boring. There are over 30 students in a class. The students write notes, which the teacher gives them. There is very little equipment. Teachers and students do not mix freely.'

'When the Berlin Wall came down in Germany a few years ago, people were excited. They danced in the streets. Now Germany must work hard to build up the country again. In South Africa, the same must happen. People must put their differences aside and work together.' ◀



Heiko and Noeleen Mattera in Eldorado Park, where they live.

H O L I D A Y S

*WHAT'S
HAPPENING
THIS HOLIDAY.*

Outside the grass is green, bees are buzzing and the sweet smell of flowers fills the air. It's summer – and almost holiday time! And the big question is; what are you going to do with the six wonderful weeks of freedom ahead of you?

Upbeat has joined together with schools and resource centres around the country. We will be holding Upbeat Days. There will be clean-ups, dramas and lots of prizes to win. So read on! Find out what's happening in your area during the holidays.

IN JOHANNESBURG

The Johannesburg Art Gallery has organised an exciting programme of workshops during the holidays.

Workshop 1:
8 – 11 December.
Time: 10:30 – 12:30.

In this workshop teenagers will create their own art objects such as vases, dinner-plates, tea-cups and so on. There will be professional supervisors who will guide teenagers.

Age group: Std 6 – 10.

Fee: R50 including materials.

Workshop 2:
15 – 18 December.
Time: 10:30 – 12:30.

In this workshop, children will restore or re-decorate things such as cracked or chipped tea-cups and plates.

Age group: 7 – 12 years.

Fee: R40 including materials.

Workshop 3: 'Dramart':
8 – 11 December,
15 – 18 December.
Time: 14:30 – 16:30.

Mary Gittel, a drama specialist, will run the workshops. Children will learn to observe, concentrate and develop their listening and vocal/verbal skills.

Age group: 9 – 12 years.

Fee: R50.

Workshop 4:
22 – 24 December.
Time: 10:30 – 12:30.

In this workshop people will look at different types of paintings like still-lives, portraits

and landscapes. They will learn how to draw these different types of pictures.

Age group: Children aged 7 – 12.

Fees: R50 including painting materials, but participants are encouraged to bring materials of their own choice.

Booking is essential as there is limited space in the workshops. If you cannot afford the fees, you can ask for a reduction.

For more information, contact:
Reginald Letsatsi: (011) 725-3130.

The Market Photography Workshop.

Wendy Ewald, an American photographer and photo-educationist, will be visiting South Africa from September to December. She will work with children. The children will photograph and write about their communities, friends, families and dreams. Their work will be shown at an exhibition of children's photographs from around the world.

For more information contact:
Margot Janse: (011) 832-1641 ext 256. (Bursaries are available.)

Upbeat Day – Soweto.

Two schools are planning an Upbeat Day during the holidays. Ithembalihle and Enkolweni Primary Schools are organising:

- a clean-up of the area
- a drama by the local children
- a poster competition and poster display.

For information contact:
D. Msutu or M.D. Mankasi at (011) 988-8195.

IN DURBAN

The Durban Art Gallery is running the following workshops:

Workshop 1: Making Christmas cards:

9 December.

Time: 9:00 – 11:00.

Age group: children from 8 years and upwards.

Workshop 2 & 3: Traditional bead work.

14 and 15 December.

Time: 9:00 – 12:00.

People will learn how to do traditional bead-work.

Age group: children of all ages.

Workshop 4: T-shirt painting.

17 December.

Time: 9:00 – 12:00.

Age Group: children from 12 years old.

For more information, phone:
(031) 300-6238.

Upbeat Day – Natal.

Two resource centres, together with Upbeat are organising a special programme in Natal.

28 November: At the Sibisiswe Resource Centre. Youth and children will clean up the community and there will be a drama performance by the local youth.

Contact person: Sbongile Mthembu: (031) 707-1122.

5 December: The Umgeni Nature Reserve Resource Centre

will run a workshop on environmental awareness. There will also be time for fun activities like horse-riding, boating and swimming.



**MORE
THINGS
TO DO**

To page 22

IN PORT ELIZABETH

Children in Port Elizabeth can expect a full and exciting programme during the holidays. Here are some activities that have been planned:

The King George's Art Gallery is organising two workshops and a children's film carnival.
Workshops 1 & 2: Creative Art. 7 and 8 December.
Time: 9:00 – 12:00.
Age Group: 7 – 10.
Fee: R25 for materials and light snacks.

Workshop 3: Children's film carnival. 9 December.
Time: 13:00 – 16:00. Films for all age groups will be shown.
Fee: Free.

Workshops 4, 5 & 6: Creative weaving. 9, 10 and 11 December.
Time: 9:00 – 13:00.
Age Group: 11 – 17.
Fee: R35 – for materials and light snacks.
For more information contact: Ms Jenny Fabbri at (041) 56-0671.

The Port Elizabeth Museum is offering a four-day summer holiday programme from December 8 – 11.

Children will spend time in the jungle at the museum. Some of the activities planned are: making plaster of paris models, learning about food chains, camouflage colouring, jungle treasure hunts and building tortoises.

8 December: 8-year-olds
9 December: 9-year-olds
10 December: 10-year-olds
11 December: 11-year-olds
Entrance fee: R10 per child. Children must be able to read. They must also wear old clothes.
For more information contact: The Education Officer: (041) 56-1051.

The Khanyisa Education Project is planning a one-day camping trip on 17 December. They will also take children to an old-aged home for a party on the 19 December. **For further information contact: Ms Nkosezana Mdume (041) 55-9224.**

IN CAPE TOWN

The African Hip Hop Movement. This organisation focuses on music and street culture. They are planning workshops on lyric writing and poetry, studio visits, basic DJ skills – mixing, scratching, record-selection and other aspects of dance and street culture.
For more information phone: (021) 788-0519.

The Children's Resource Centre. The centre will run activities for young people. They also know about programmes run by member resource centres. To find out more, contact **Calvin Vollenhoven at (021) 47-5757.**

Nicro. Nicro in Cape Town runs holiday programmes for people between the ages of 6 – 15. People get lunch and refreshments.

Contact person: Ms Fayrus Davids at Nicro Community House, Palestrina Street, Eastridge, Mitchells Plain.

Upbeat Day – Cape Town. Upbeat, together with some Cape Town schools, is planning the following events on 7 December.

- 1 A surf walk from Strandfontein to Muizenberg. Prizes will be given to those who collect certain things during the walk. This will be followed by a film which highlights the importance of nature conservation.
Contact person: B. Koopman: (021) 686-8615.

- 2 A treasure hunt in the Newlands forest, together with a workshop on how to preserve the indigenous plants. A talk and demonstration on hiking will be given and there will be a braai at the end of the day.
Contact person: F. Fakier: (021) 783-1560.
- 3 A poster display and films on environmental issues at the Waterfront and Alfred-Victoria harbour.
Contact person: B. Jansen (021) 783-1415.

Upbeat Day – Kimberley. Miss Tina Joemat is organising an Upbeat Day in the Kimberley region on December 5. There will be a poster competition, a clean-up of the community, drama, talks and films and a workshop on environmental issues.
For more information: (0551) 42577.

IN GENERAL

Churches. Contact your local priest to see whether your church has organised something.

Youth groups. Find out what your local youth group is planning.

Resource centres and libraries. Visit your local resource centre or library. Often they run exciting holiday programmes. If they are not running any programmes, join the library and enjoy the world of reading.

Art galleries and museums. We have space to publish only programmes that will happen in the main centres. If there is an art gallery or museum near you, visit it. Normally admission is free. Often you can find out interesting things at museums. ◀

DJ'S LEARN THE BEAT



'Come on everybody, get on the floor. Let's dance!' says Nikki. *Nikki has just finished a three month course at the Disc Jockey (DJ) Academy in Chatsworth, Durban. She mixes the music, putting a lot of different sounds together. Then she raps to the music and the dancers go wild.*

Every Saturday afternoon, the graduates of the DJ course get a chance to show off their skills at Club Creations. Ravi, the course instructor, is very excited. 'So many young people used to ask me for tips on being a DJ. So I decided to start the academy. We only train 15 kids at a time so that we can

Ravi who teaches kids how to become DJs.

give them personal guidance. But of our 50 graduates so far, only 4 were girls,' he said.

On the course, people learn how to use the recording equipment properly. They learn to mix sounds and count the beats. This helps them to know when to start playing the next song.

They also learn how to scratch the records. Special needles, called industrial needles, are used on the records. The record is protected by a rubber mat on the turntable. Every lesson is followed by a practice session.

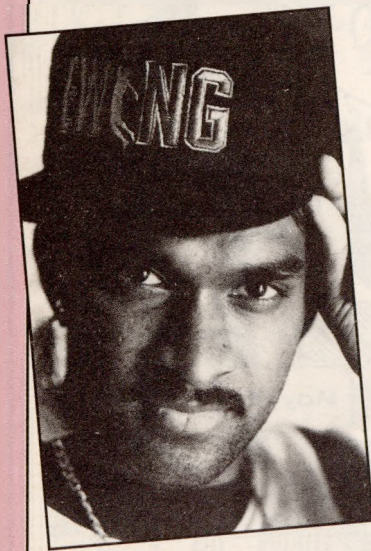
The records they use, are not sold in record stores. They are especially imported from America for DJs to use. The records are called DJ mixes. They have big spaces between the songs. This gives the DJ enough time to change records.

After three months, the DJ students are tested at the club. They must play music and entertain the crowd. No swearing or shouting political

Nikki Govender - one of the few girls at the DJ academy in Durban.

slogans, is allowed. The students must use what they have learnt creatively. If Ravi is satisfied, students get a certificate at a special graduation ceremony.

Kevin, one of the DJ students, loves being on the course. 'I really enjoy all kinds of music. I love seeing people enjoy themselves. The course is giving me confidence to entertain people who come to have fun at the club,' he said. ◀



BE A PEACEMAKER

"NO TO VIOLENCE"



Meet Miriam the Mediator. She is building peace in South Africa. She helps people to solve their differences by talking instead of fighting. Let's see how Miriam solves a fight in the classroom.

The class is preparing for exams. Lerato is trying to work.

I think Peter is lekker. I'm going to ask him out.

He's mine, leave him alone.....



Shut up! I am trying to study.

OW!



Miriam, we need you.

There is big trouble.



There are four steps mediators follow.

INTRODUCTION:

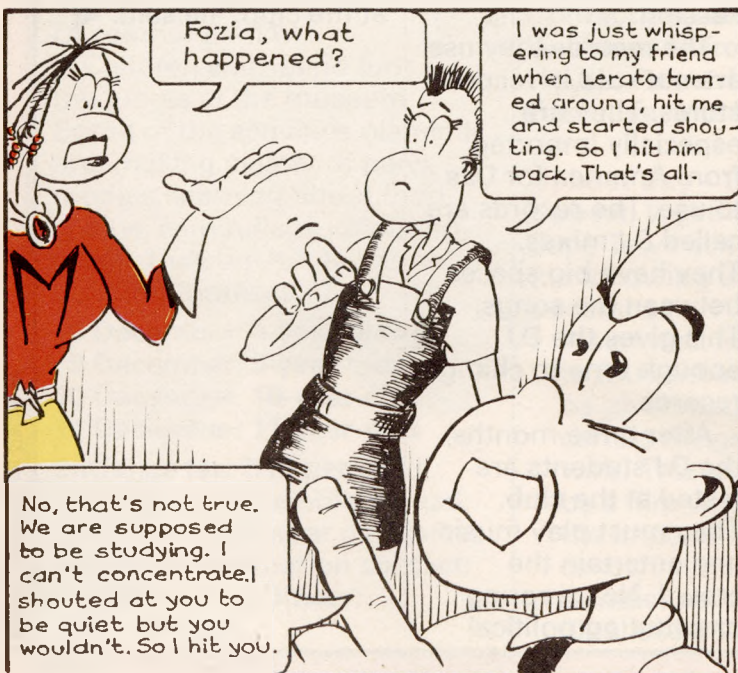
Miriam takes Fozia and Lerato aside to a quiet place. She explains that by fighting they are not going to solve their problem. She suggests that they try and solve the problem peacefully through mediation.

They agree. Each side is given a chance to tell their side of the story. No interrupting is allowed. Then everyone tries to find an acceptable solution to the problem.

Fozia, what happened?

I was just whispering to my friend when Lerato turned around, hit me and started shouting. So I hit him back. That's all.

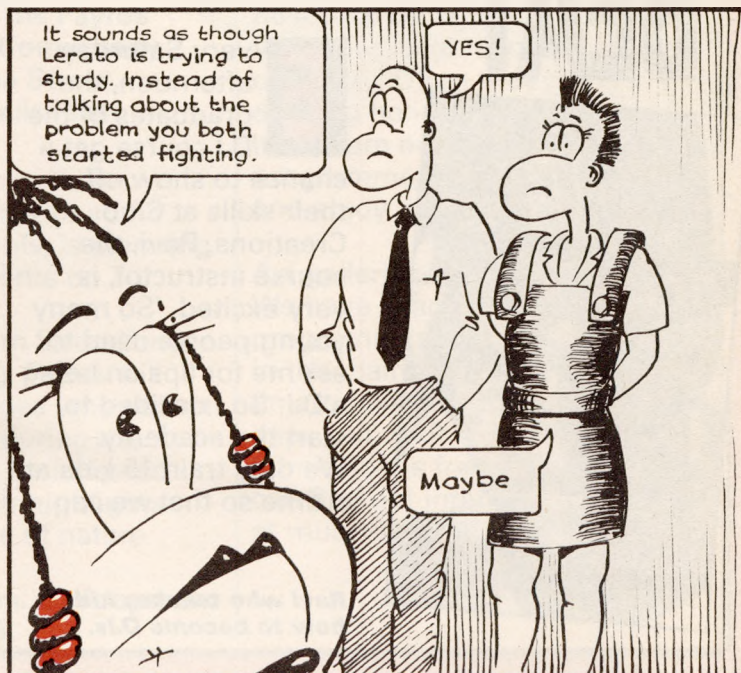
No, that's not true. We are supposed to be studying. I can't concentrate. I shouted at you to be quiet but you wouldn't. So I hit you.



It sounds as though Lerato is trying to study. Instead of talking about the problem you both started fighting.

YES!

Maybe

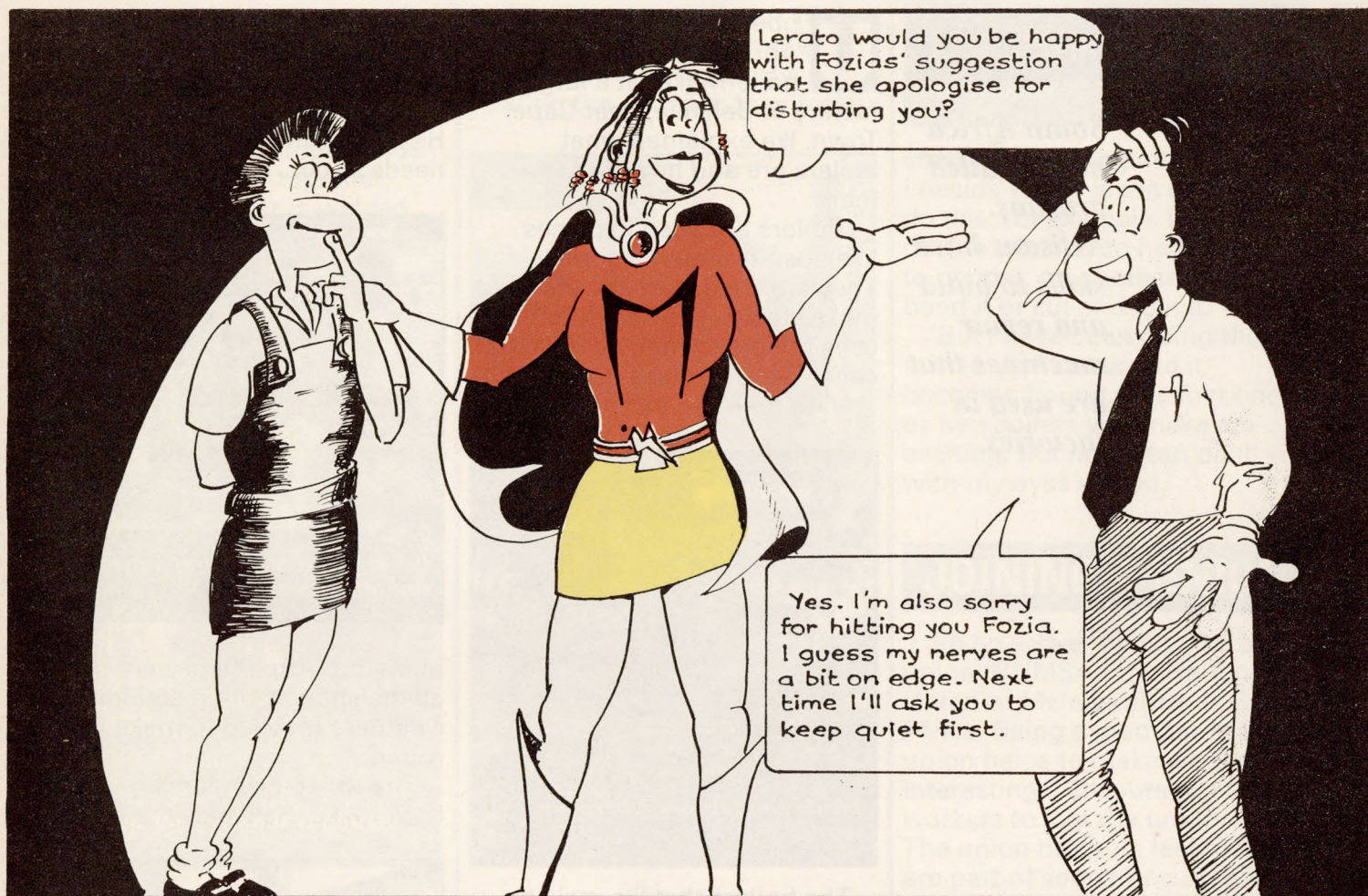


STORY TELLING:

Fozia and Lerato tell their story. When they have finished Miriam summarises what they have said. She identifies all the issues and concerns. Then she tries to solve the problem. In this case, the problems are that Fozia disturbed Lerato and that both Fozia and Lerato hit one another.

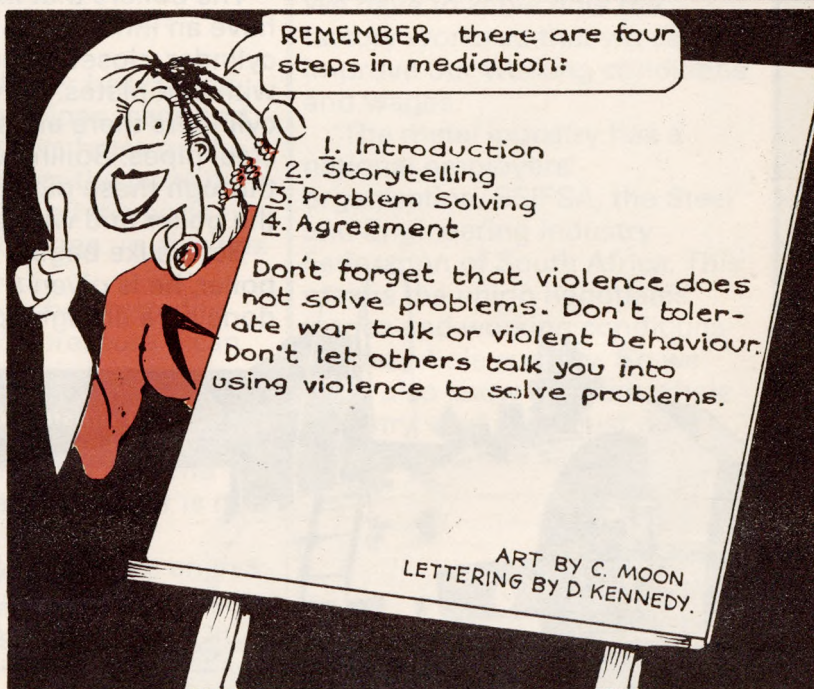
PROBLEM SOLVING:

Miriam encourages Fozia and Lerato to say how they feel and to talk directly to one another. They each start suggesting solutions to the problem. Miriam doesn't judge or give advice but helps them to think creatively.



AGREEMENT:

Miriam has helped Fozia and Lerato find a solution that they are both happy with. A good agreement is one which makes both parties happy and which will last.



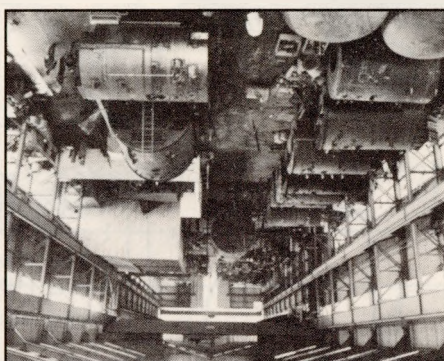
BOILERMAKING

BY MICHELLE SAFFER

South Africa needs skilled artisans. Artisans have skills to build and repair machines that are used in factories.

Upbeat spoke to Ike Abrahams. Ike is a boilermaker at a large factory in Bellville, near Cape Town. Ike explained what boilers are and how he makes them.

'Boilers are used in places like hospitals and factories. They are used to heat water and make steam. The sugar industry uses boilers to melt down sugar cane. We also make tanks for storing fuel,' Ike explained.



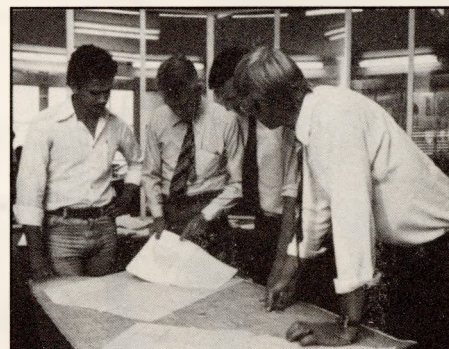
Inside the factory where Ike works.

The boilers that Ike makes, have an inner and outer cylinder, closed at both ends with end plates. Between these cylinders there are stainless steel pipes. Boiling water runs through these pipes, heating the boiler and whatever is in it.

Before Ike begins work on a boiler, he is given a drawing done by a draughtsperson.

works out what he needs to make the boiler.

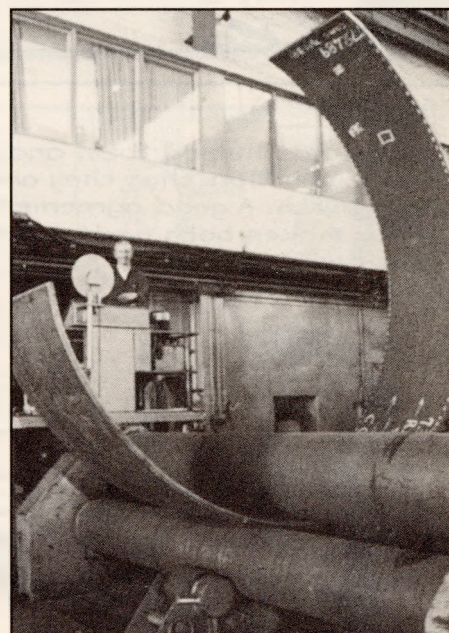
Ike takes a sheet or plate of metal of the correct thickness. He marks off the shapes he needs to cut. Then Ike cuts



Ike is given a drawing done by a draughtsperson.

them out. After he has cut out all the shapes, the metal for the cylinders is rolled to make it round.

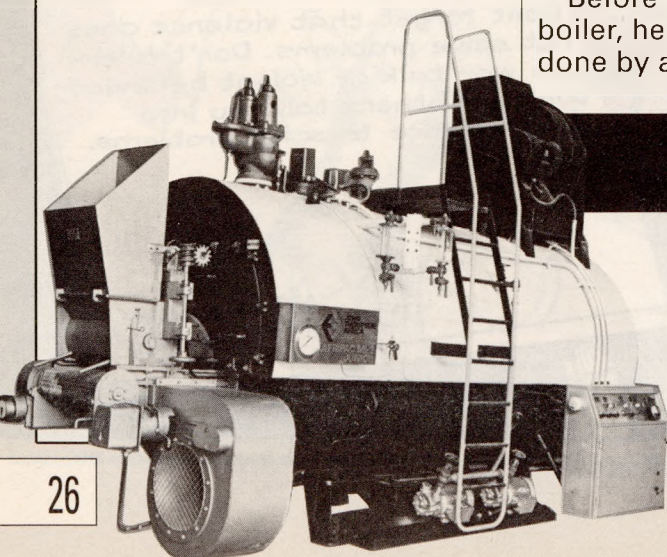
The rolled cylinders are sent back to Ike. He welds the edges



Rolling a cylinder

A finished boiler

This drawing shows all the parts of the boiler. Using this information, Ike



in a few places to keep the metal together. When Ike is happy that the cylinder is the right size and shape, he calls a welder. The welder then welds the whole cylinder together.

After the cylinder is welded, it is sent for testing. If there is



Welding the cylinder together

a hole in the welding, the cylinder might explode. So Ike must make sure that the welding is good.

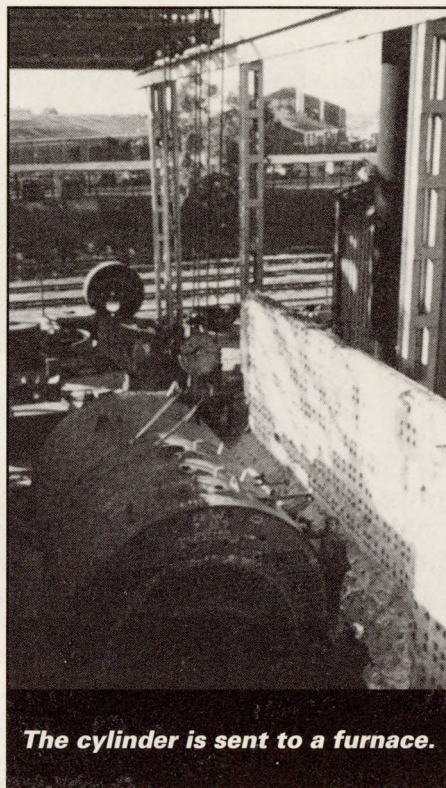
A liquid with red dye in it, is sprayed onto the welded seam. They leave it on for 20 minutes. Then they wash it off with



The quality controller checks the welding.

water. The red dye shows up any holes.

The quality controller then comes along. He checks that there are no holes. If he is satisfied, the cylinder is sent to a furnace. There it is heated up. It stays in the furnace for 18 to 24 hours depending on the thickness of the metal. By heating the cylinder, they make



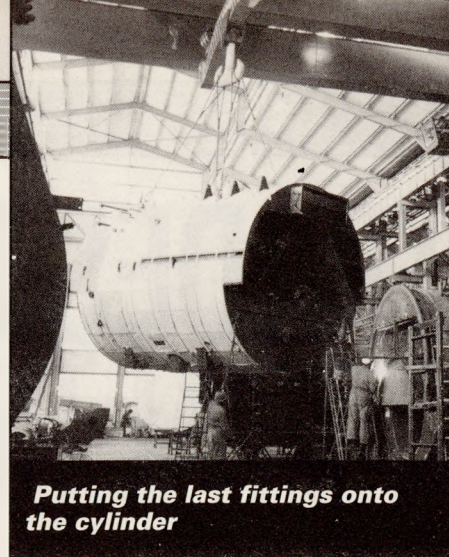
The cylinder is sent to a furnace.

sure that the metal is not stressed.

When the boiler has cooled off, Ike fits the pipes, pads and switches. He cuts holes on the cylinder and puts the parts on. A welder welds all the parts together and cleans up all signs of welding.

The boiler is then tested to see how much pressure it can take. The last fittings are attached. The inner cylinder is covered with a layer of insulation and then with the outer cylinder. The boiler is now ready.

Upbeat asked Ike if he enjoys his work. 'I enjoy the work I am doing,' he said. 'I have to use my own initiative. I have to



Putting the last fittings onto the cylinder

change a drawing into a boiler. I decide which is the best way to do this. For example, I must decide whether to heat a pipe to bend it, or whether to cold-bend it or cut and join it.

'But I have been doing this for ten years now and it becomes boring. The first one or two boilers you make are exciting. But now I can do it with my eyes closed.

JOINING A UNION

'I am an active member of our union, NUMSA - the National Union of Metalworkers of South Africa. Being a member of the union helps to make work more interesting. I encourage other workers to join the union. The union helps us feel that we are part of something bigger. We have to know how the factory works so that we can improve our working conditions and wages.

'The metal industry has a national employers' organisation, SEIFSA, the Steel and Engineering Industry Federation of South Africa. This means the union negotiates wages and working conditions for the whole country. So we must also know how the whole industry works, not just our own factory,' Ike said. ◀

**TRADES IN
THE METAL
INDUSTRY**

TRADES IN THE METAL INDUSTRY

Boilermaking is not the only trade you can do. Ike needs a welder to weld the boiler together. He also needs a plate maker to make the end plates for the top and bottom of the boiler.

Factories that make machines and engines employ mechanics, electricians, fitters, turners, millwrights, moulders, pattern-makers and many other skilled artisans.

Do you enjoy making things with your hands? Then you

should think about becoming an artisan. To be an artisan, you need to train. You are called an apprentice, while you are training. You need a minimum of Std 7 with English or Afrikaans and Mathematics or Science. But for some trades you need Std 8 or Std 10.

BEING AN APPRENTICE

First you must find an employer who will give you an apprenticeship. An apprenticeship is a

contract between you and your employer. Your employer agrees to train you on the job and allow you to study at the same time. So you get paid while you are training.

In most apprenticeships, you work for six months and go to technical college for six months. Some apprenticeships are for three years. Some take five years. When you have finished your training, you do a trade test. Now you are a qualified artisan.



If you want to find out more about trades in the metal industry, write to:

The Metal and Engineering Industries Education and Training Board, P O Box 1338, Johannesburg 2000 ◀

SUBSCRIBE

Become an Upbeat subscriber and get a colourful Upbeat poster FREE. Just fill in this form and post it off together with a cheque or postal order for R17,00 (R19,00 if you live in Botswana, Lesotho, Zimbabwe or Swaziland) to Upbeat, P O Box 11350, Johannesburg 2000

I would like to receive the next 11 issues of Upbeat at my home.

Name _____

Address _____

_____ Code _____

I enclose my postal order/cheque for R _____

I would like to receive the free teachers' exercises

YES / NO

to UPBEAT

**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 much more. They will help you plan and prepare lessons using Upbeat. For your FREE copy of teachers' exercises contact:

Amanda de Lilly,
UpBeat
P O Box 11350,
Johannesburg 2000

DID YOU KNOW?

POPSTARS

Madonna is the most successful female singer in the world. She has sold over 11 million records. She is also the only woman to have hits on the singles and albums charts at the same time.



TESTING ANIMALS

14 million animals are killed each year during the testing of cosmetics and household products.



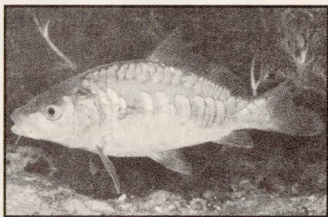
OUR WORLD

Rain forests around the world are being destroyed. In the minute that it takes to read this, 500 square metres of rain forest will be burned or cut down.



MARINE ANIMALS

About 10 000 marine animals die each year. These animals die from swallowing plastic or getting entangled in litter dumped at the bottom of seas and dams.



WORLD HUNGER

Since 1985, more people have died of hunger than have been killed in all the wars, revolutions and murders in the past 150 years.



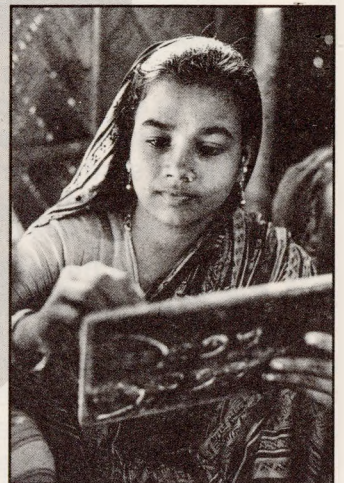
TV VIOLENCE

By the age of 18, children would have seen more than 20 000 acts of violence on television shows.



CHILDREN AND SCHOOL

105 million children around the world do not go to school. Of these 63 million or 60% are girls.



COCA COLA

In South Africa over 1 billion bottles and cans of Coke were sold in 1991. If you were to lay all these bottles and cans flat on the ground, they would go around the equator 6.75 times!



Studying law

Dear Upbeat

I am in Std 9. I am doing Physics, Maths and Biology. I want to become a lawyer. But my friends say that I am doing the wrong subjects. Must I think about another career or can I do law with these subjects?

Denver Kekana

Dear Denver

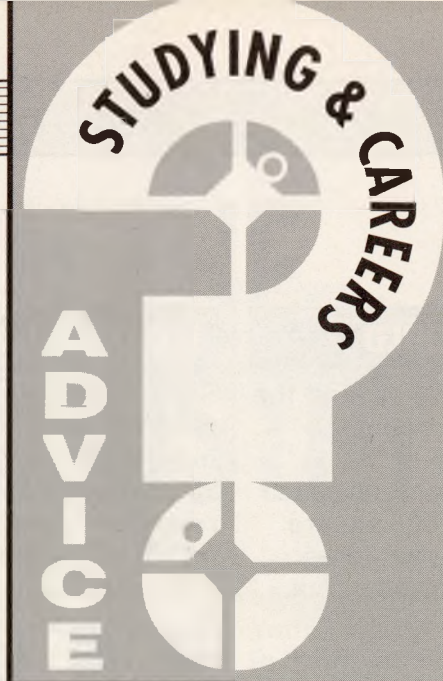
Thank you for your letter. Your subjects are fine. You can study to become a lawyer. If you want to study law, you must do an undergraduate degree first. This takes three years. When you have finished your first degree, you then register for an LLB. This can take two or three more years. It depends on the number of subjects you do each year.

To be accepted at university for a BA, it does not matter what subjects you do. But you have to get good marks so that you get enough points.

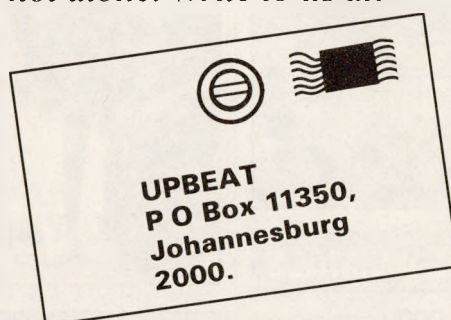
But there are other courses you can study, if you have science subjects. You can do a Bachelor of Science degree. With a BSc you can become a scientist and do research or you can teach. You can study engineering or medicine. You could also study at a technikon.

The Education Information Centre helps people choose careers. Write to them, if you are not sure what you want to do. They also have addresses of universities and technikons. Their address is:

EIC,
P O Box 62270,
Marshalltown 2107
Editors



Problems with studying or choosing a career? You are not alone. Write to us at:



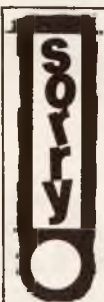
Promat College

Dear Upbeat

I am a student at Elukhanyisweni High School. I want to complete my matric at Promat College. Please send me their address.
Lefty Lefty, Witbank

Dear Lefty

Here is the Promat College address:
Promat College,
P O Box 27265,
Sunnyside 0132
Editors



In the last Upbeat we promised you a list of technikons. You'll find the complete list in Upbeat No.11. Don't miss it!

Expelled from School

Dear Upbeat

I am a boy of 18 years. I am in Std 7. I had been missing school. When I returned to school, the teacher told me that I must leave. He said I am no longer a student at the school. So I went home. Please Upbeat, I need your help. I am too scared to tell my parents that I was expelled.

Seth, Pimville

Dear Seth

We are very sorry to hear about your problem. We spoke to the inspector for schools in Pimville, Mr Lentle. He says that a teacher cannot tell a student that he is expelled.

The school must tell the management committee of the school first, if they want to expel a student. The management committee decides what to do. Then they tell the inspector what they have decided. If the inspector agrees that the student must leave, the principal calls the parents to the school.

The principal is the only person who can say that a student is expelled. And the principal must tell the parents, not the student. So you must tell your parents what the teacher said. They must go and speak to the principal.

The inspector said if you have difficulties, you can phone him at: 339-1486. Or you can go and see him at:

The Regional Office,
Department of Education
and Training,
North City House,
Cnr Jorissen and Melle Sts,
Braamfontein.

Good luck!
Editors

*Here is a fun mask for you to make.
Copy the mask on to another piece
of paper. Then cut it out. Colour it in.
Have fun frightening your
neighbours and
friends.*

Cut a hole.
Attach string
or elastic here.

Cut a hole.
Attach string
or elastic here.

Cut a hole here
for eyes.

Cut a hole here
for eyes.

Cut along the teeth line for a mouth.

MAKE A MASK

PENFRIENDS

OVERSEAS

Toringsgatan 11, 703 67 Orebro, SWEDEN

Dear Upbeat

I want to have penfriends from South Africa. It does not matter if they are boys or girls. I am an 11-year-old Swedish girl. My hobbies are dancing, sports, music, reading books and watching movies. Please send me a photo in the first letter.

Nanna Mencin

Kirunagatan 54, 1TR, 162 25 Vallingby, Sweden

Dear Upbeat

I read about Upbeat in Ocean Magazine. I believe it is the magazine that will link me with South Africa. I am looking for a penfriend in your country. I am a 28-year-old gentleman. My hobbies are music, writing letters and sport. I am deeply religious. I'd love to hear from both sexes. Send me a photo if possible.

Anato Yawo

Hassletvagen 39, 439 32 Onsala, Sweden

Dear Upbeat

I'm a girl of 15. I would like penfriends of 13-17 years old. Both girls and boys can write to me. Please send your photo in the first letter. Write in English, Swedish or German.

Ann Lindgard

TRANSVAAL

Thethe High School, Box 1242, Phokeng 0316

Dear Upbeat

I am a 17-year-old girl. I am doing Std 8 at Thethe High School. I want to correspond with girls and boys of 18 - 21. My hobbies are listening to gospel music, singing and reading books. I will reply to all letters written in English or Tswana.

Tebogo Valencia Mmekoane

University of the North, P/Bag X 1111 - MBL, Svenga 0727

Dear Upbeat

I am a 21-year-old man and I am at the above university. I am looking for female penfriends. My hobbies are reading, listening to music and

watching TV. All letters must be written in English, Sotho or Tswana. I will reply to all letters with or without photos.

Michael Senyolo

19 Sunbird Ave, Extension 1,

Lenasia 1820

Dear Upbeat

I am a 12-year-old girl. I am doing Std 5. I would like to correspond with boys and girls of 13-16. My hobbies are dancing, playing tennis and listening to music. Photos are welcome.

Cindy Chita

CAPE

P O Box 420, Keimoes 1860

Dear Upbeat

I am a guy of 19 and I am at a teachers training college. I want penfriends from all over the world. My hobbies are reading, swimming, soccer and listening to music. Letters must be written in English or Afrikaans. Photos are welcome.

Desmond Mostert

56C Harper Street, Paarl 7646

Dear Upbeat

I am a 19-year-old guy. I want to correspond with guys and dolls from around the world. My hobbies are listening to soft music, drawing and I am fond of animals, especially fish. I like going out with friends.

Morne Erasmus

10 Bluebell Square, Bridgetown, 7764

Dear Upbeat

I am a girl of 15. I am doing Std 7 at Bridgetown Senior Secondary School. My hobbies are playing netball, dancing and listening to music. Please send a photo in your first letter.

Dunnia M'pdy

2021 NU 9, Mdantsane 5219

Dear Upbeat

I am a 17-year-old girl at Philemon Ngcelwane High School. I want to correspond with girls and boys of 16-19. My hobbies are reading, discussing maths problems and playing tennis.

Sisanda Aphia Msindeli

AFRICA

Chipaza Village, P O Box 339, Kasungu, Malawi

Dear Upbeat

I am a boy of 20. I am doing Std 7. I would like to correspond with penfriends from South Africa, Namibia, Botswana, Swaziland, Britain and the USA. My hobbies are playing football, reading newspapers and listening to music. I also like exchanging gifts and I travel a lot. I promise to reply to all letters.

Joseph G Z Mwale

Robert Blake Sec. School, P/Bag 1, Bowa East, Malawi

Dear Upbeat

I am a boy of 17 at the above school. I am looking for penfriends from South Africa. My hobbies are playing soccer, table tennis, going to church and watching TV. I promise to reply to all the letters written in English.

Rabson Chikusa

House No 17350, Unity M, Seke South, Chitungwiza, Zimbabwe

Dear Upbeat

I am a boy of 22. I am looking for a penfriend. Sharing jokes with people is what I like most.

Anyway Mutsani Majongah

ORANGE FREE STATE

P O Box 2434, Sasolburg 9570

Dear Upbeat

I am a 22-year-old guy. I would like to have penfriends from all over South Africa. My hobbies are reading, listening to music, soccer and indoor games. Letters must be written in English, Zulu, South Sotho or Tswana.

Zacharia H Mlangeni

P O Box 13088, Witsieshoek 9870

Dear Upbeat

I am a boy of 20 and I am doing Std 10. I would like to correspond with girls and boys of 14-18. My hobbies are playing volleyball, singing, listening to the music of Brook Benton and the Commodores. I promise to reply to all letters written in English and Sotho.

Thabo Trinity Motaung

MIND-BOGGLING MAZES

CHECK YOUR ANSWER ON PAGE 39.

*Find your way
out of this maze.
Start on the
left and finish
on the right.*



PART 1

APPLYING FOR A JOB

The exams are nearly over. It's time to decide what you are going to do with your life. Maybe you have to go out and look for work. These four easy steps, will help you find a job.



STEP 1

COLLECT DOCUMENTS

⊕ Collect all the documents you will need. Find your:

- ⊕ birth certificate
- ⊕ identity document
- ⊕ matric results
- ⊕ references.

⊕ Ask your teacher, principal and a respected member of the community to write a reference for you. Make sure they include their addresses and telephone numbers.



STEP 2

WRITE A CV

⊕ A CV or curriculum vitae is a personal history. Type it or write it out neatly. Show that you are hardworking, honest and keen. Here is an example.

Curriculum Vitae

Personal background

Name: Thebiso Mashinini
Address: 1425 Tambo road
 Zone 5
 Orlando
 1765
Phone: 985 4235
Date of birth: 12 April 1974
Drivers licence: Code 08
Languages: English, Xhosa and Zulu
Marital status: Single



Here are some addresses if you are interested in the following jobs:

Banking – Contact the personnel department of your nearest bank.

Chemical Industry – Write to: The Secretary, Chemical Industry information centre, P O Box 6 Wits, 2050

Computing – Write to:

The Director, Computer Society of South Africa, P O Box 1714, Halfway House, Midrand 1685

Entertainment – Write to: The SABC, Private Bag X1, Auckland Park 2006

Fire fighters – Contact your nearest municipal fire station for details.

Hotel industry – Contact your local hotel for details.

Educational Background

Primary Education: Orlando Primary School (1981- 1986)

Secondary Education: Orlando Secondary School (1987 - 1992)

Subjects Passed: Symbols received

English	B
Xhosa	C
Physical Science	C
Biology	D
Mathematics	C
Geography	D

Special Merits:

Captain of the school's soccer team in 1991 and 1992

Interests:

Play soccer, volleyball and do athletics. My hobbies include reading, camping and working with children.

References:

1. Mr Mbeki
Principal Orlando High School, P O 113 Orlando
(Tel) 904-4356
2. Mrs Sebe -
Geography teacher,
Orlando High School,
P O 113 Orlando,
(Tel) 904-4356
3. Reverend Jones -
Diepkloof Methodist Church,
P O 267 Diepkloof

Insurance – Contact the personnel department of life insurance companies.

Modelling – Contact modelling agencies. Look in the Yellow pages telephone directory.

Mining – Write to: The Chamber of Commerce, Box 61809, Marshalltown 2107

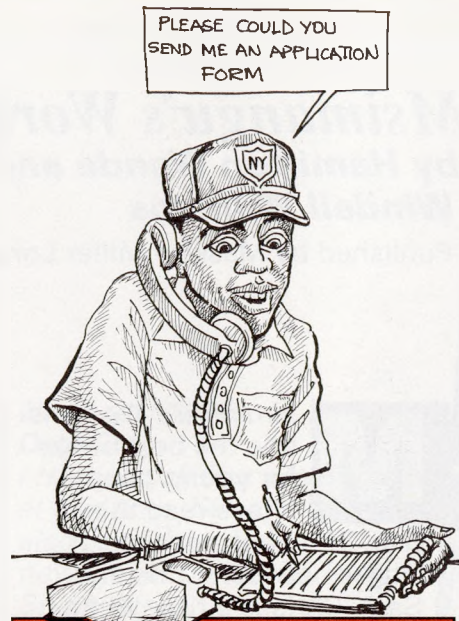
Nursing – Write to: The South

African Nursing Council, Box 87761 Houghton 2041

Post and telecommunications
Write to: The Senior Director Personnel, Private bag X 148, Pretoria 0001

Public services – Contact the Department of Manpower.

Transport – Contact your station master for details.



STEP 3

LOOK FOR PLACES TO WORK

- ⊕ Get all the names, addresses and phone numbers of places where you would like to work.
- ⊕ Look in the classified section of newspapers under Employment. Ask your teachers and parents to help you.



STEP 4

FILL IN APPLICATION FORMS

- ⊕ Write a short letter to companies or institutions where you want to work. Ask them to send you application forms. You must say which job you want to apply for.
- ⊕ Read your application form carefully before you answer it.
- ⊕ Look after your form. Don't lose it or make it dirty.
- ⊕ Make sure you send your forms away on time. Write neatly and clearly.
- ⊕ Complete your form in pencil. Ask your teacher to check it for you. Then do it in pen.
- ⊕ Put all your documents in a large envelope.
- ⊕ Never send original documents. Make copies and ask your priest, doctor, or a Commissioner of Oaths to sign and stamp them. There is a Commissioner of Oaths in every bank.

Finding a job is not easy. So don't feel bad if your job application is not successful. All you can do is try again. It is easier to find a job if you have a skill. If you cannot find a job, do a course that will give you a new skill. ◀

Don't miss Upbeat No 11.

PART 2 How to succeed in job interviews

Msimangu's Words by Hamilton Wende and Windell Williams

Published by Maskew Miller Longman

Msimangu's Words is one the best books for young people I have read this year. The book consists of letters between Chris and Sam. Chris is a rich, white South African boy. Sam is a black American boy, who lives on a farm. Through their letters, we watch Chris and Sam grow up. They give up comics for girlfriends. Then the 1976 Soweto Uprising starts. Sam and Chris are forced to confront racism, their own feelings and friendship.

Here are a few letters from the book.

3 March 1974

Dear Chris

My name is Sam. I got your address from an international penpal service in an Atomic Frogmen comic book. I am writing to you from Ayden, North Carolina. My mother and sister and I moved here to live with my grandparents on their farm in December.

What is it like to live in Africa? I see pictures of people starving with paint marks on their faces and no clothes on in National Geographic magazine. My grandmother says not all the people in Africa are starving. Are you one of those that are not starving? I hope you are...

Sam

PS Send me a picture of yourself.

14 March 1974

Dear Sam

I was very glad to receive your letter. My name is Chris. I am nearly your age. I'm just a normal boy in Std 4 who hates cricket and maths and most of school except for my friends. I like comic books too and my favourite ones are Archie comics and 'The Trigan Empire.'

Chris

25 March 1974

Dear Chris

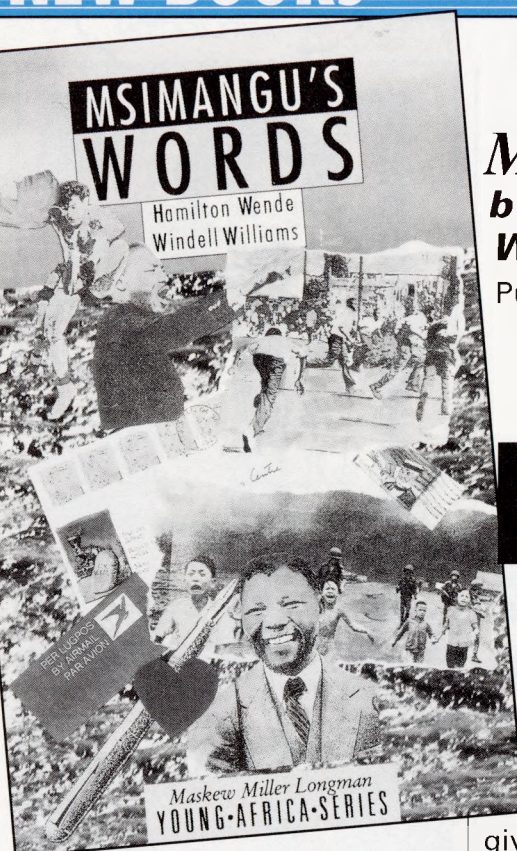
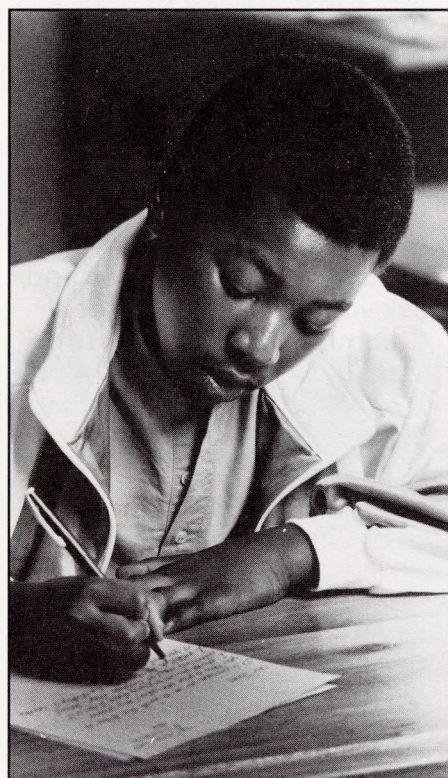
I am very excited you wrote back to me. When I wrote to you I did not know that you were white. I thought you were black. It does not matter. I knew there were whites living in Africa but I did not think there were very many. I still want to be your friend. I figure that anybody who likes Archie comics cannot be all bad. Joke!

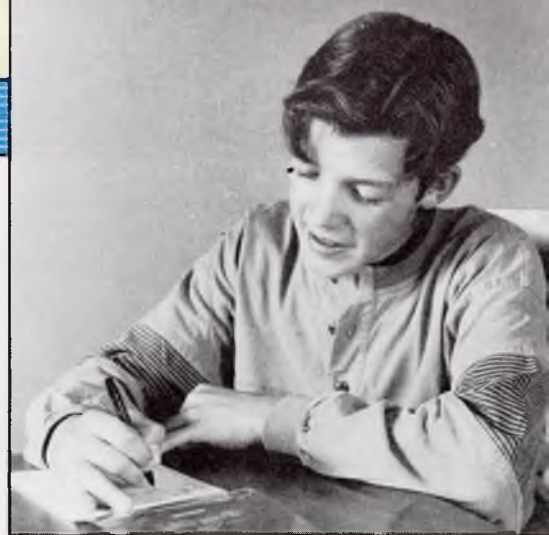
Sam

31 May 1975

Dear Sam

My mother took me and Richard to the Children's Bookshop in Rosebank and bought us a book with broken eggs and ducklings on the cover. It was supposed to teach us all about sex and mating, but it said things like, "after getting married your mommy and daddy lie very close to each other and a wonderful thing happens and nine months later you or your baby brother or sister are born." The stork is more imaginative than that!..





13 September 1975

Dear Chris

I have a new girlfriend. Her name is Simone. We have been going together for three months. She is a nice girl. She is pretty too. I think she is the prettiest girl in school. She has light brown eyes, curly black hair and a body that is out of this world. She said she likes me a lot. I kind of like her too.

I mean I like her a lot, but you don't tell a girl that you like her a lot, then she thinks she has your nose open. If she has your nose open, she will start acting like she can control you, which in actuality she can because she has your nose open... Well, I got to go. My mother just let Simone in.

Sam

16 June 1976

Dear Sam

Today the riots broke out in Soweto, which is the black township next to Johannesburg. It was started by schoolchildren who were protesting about having to study in Afrikaans at school.

My mom was in Soweto when the riots started... I can't help thinking what might have happened if they had stoned my mother's car.

Sam, I want to ask you something. Do you think you would hate whites if they killed your mother?

Chris

26 August 1976

Dear Chris

I received all four of your letters at one time. Simone and I have also read the articles in the newspaper on the uprising in South Africa.

Chris, why did they kill those children? They were just children. They were our age. You asked me if I would hate all whites if they killed my mother. It would be hard for me to like them. I am glad your mother did not get hurt.

I hate white people. I don't hate you.

Chris, why do you live in South Africa?... Simone told me to ask you that. I agree with her. Why are you there if you don't like what is going on?..

Sam

19 September 1976

Sam

Listen, this chick of yours is messed up something terrible, china. Who the hell is she to ask us why we stay in South Africa? We stay in South Africa because it is our country, and we're going to stay here and solve its problems. Not run away from them.

You hate white people, do you? You don't hate me, you say. So, why not? I'm white too. Why shouldn't you hate me?..

Chris

Does their friendship survive? Read Msimangu's Words to find out. It costs R19,95. Ask your mom, dad or favourite uncle to buy it for you. Otherwise rush to your closest library and take it out. But don't miss reading this book.

COMPETITION • TIME •

**CLOSING
DATE**
30 DECEMBER
1992

You can win a copy of this wonderful book by answering these three questions. Put your answers on a postcard and send them to:

**Upbeat Msimangu
Competition,
P O Box 11350,
Johannesburg 2000.**

1

Which of the letter writers, Chris or Sam, is American?

2

Why is Chris so angry?

3

What is the name of Sam's girlfriend?

WILLIE WORDWORM

FIGHTING CANCER

lumps (n) - any small swellings in the body

nipples (n) - the small round part in the centre of the breast

murals (n) - large paintings on a wall

TOMMY MOTSWAI THE SILENT PAINTER

deaf-mute (n) - a person who is unable to hear or speak

to exhibit (v) - to show something in public

generous (adj) - to be willing to help or give away something

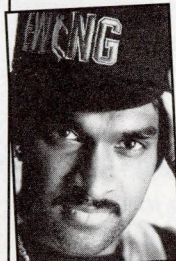
to swarm (v) - to move into or out of place in large numbers

disability (n) - the condition in which part of your body or mind is not able to function



to queue (v) - to form a line

DJ^s LEARN THE BEAT



to graduate (v) - to be awarded a certificate for completing a course of study

academy (n) - a school for training in a particular skill or profession.



FLYING FRANK

AFRICA'S FASTEST RUNNER

to confess (v) -
to tell the truth

spikes (n) -
special shoes which are used
by athletes for running

barefoot (n) -
to have no shoes on



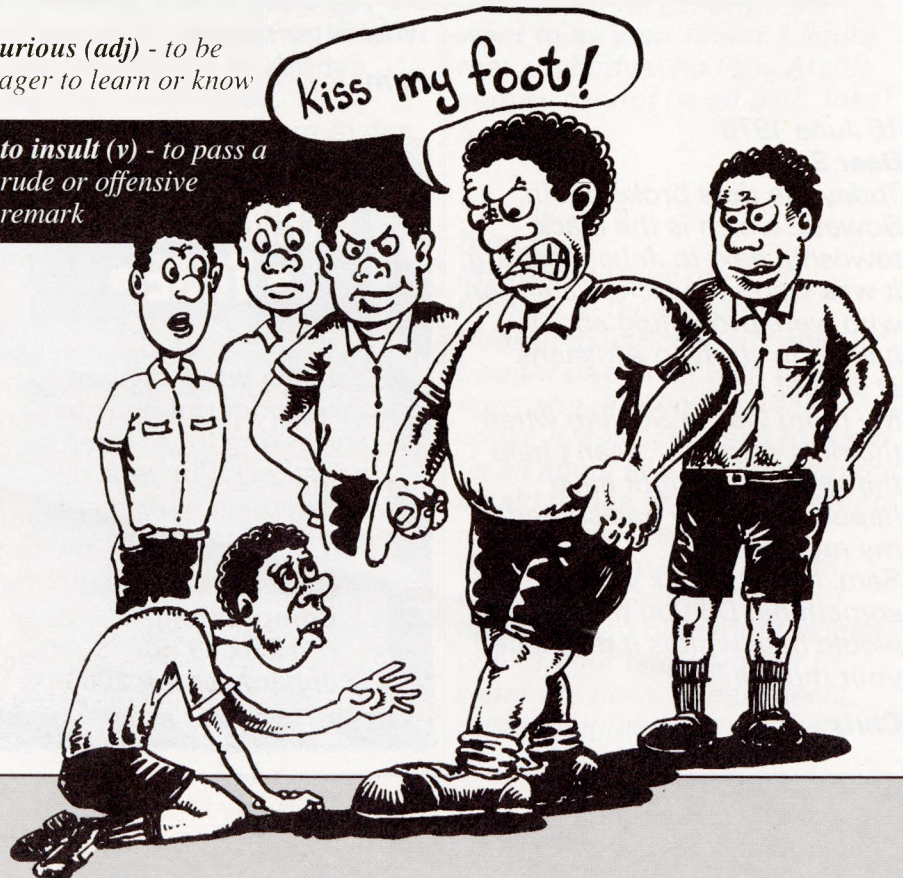
TALKSHOP

mortuary (n) -
a place where dead bodies are
kept before being buried or
cremated

LOWVELD HIGH OPENS ITS DOORS

curious (adj) - to be
eager to learn or know

to insult (v) - to pass a
rude or offensive
remark





A SYMBOL OF HOPE: THE STORY OF WANGARI MAATHAI

insufficient (adj) -
lacking or too little

conservation (adj) -
the act of taking care of the
environment, for example, animals
and plants

environment (n) -
surrounding living conditions which
support life

skyscraper (n) -
a very tall building with many floors

de-forestation (n) -
to cut down trees

degraded (v) -
something which is reduced in size or
quality

infertile (adj) -
poor soil in which plants cannot grow

soil erosion (n) -
the wearing away of soil by wind
water and ice

BRONWYN
BREAKS
BARRIERS



to clasp (v) -
to grasp firmly with a hand

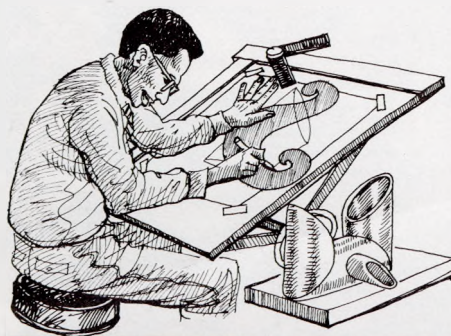
imaginary (adj) -
something which exists only in a person's
mind

audience (n) -
a group of people listening or watching
something



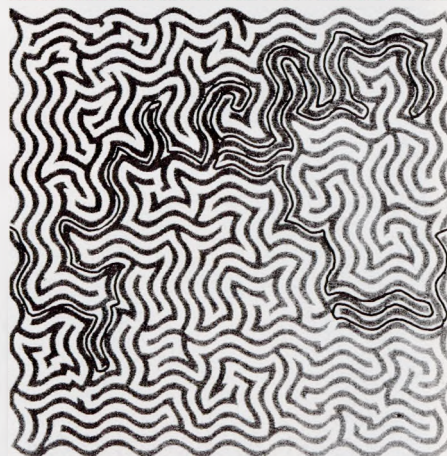
BOILERMAKING

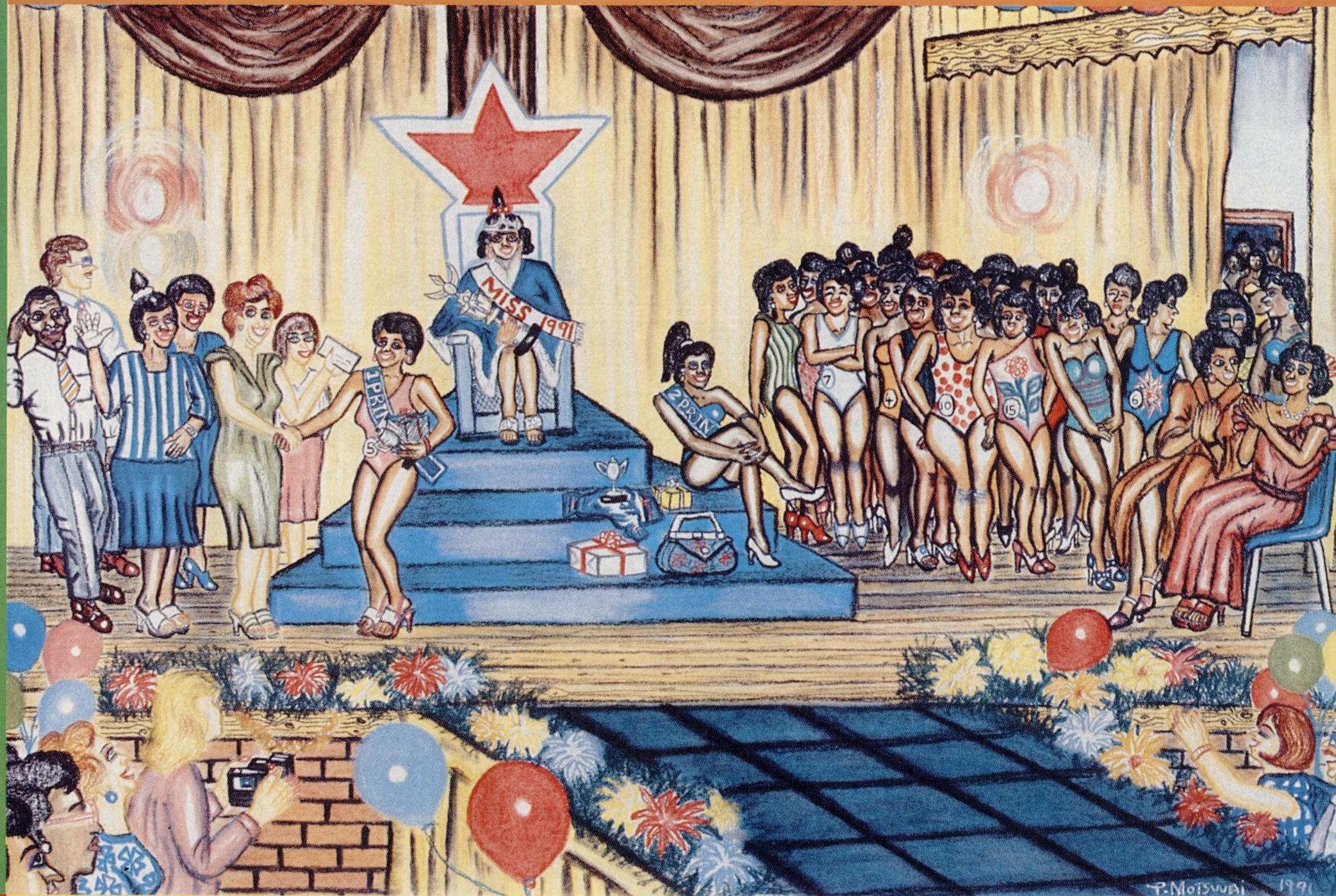
to weld (v) -
to join metals or plastics



draughtperson (n) - a person who
is skilled in drawing

MIND-BOGGLING MAZES SOLUTION





*This painting is by Tommy Motswai.
It is called 'Miss 1991 Kutlwanong for the deaf'. Read all about this wonderful artist on page 15.*