



SPEAK



BA 305-405 SP
5. 25/100
RECEIVED BY
- 9 JUN 1988
No 6

APRIL 1985



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Speak has now got an office and a telephone. Our office is at 16 Eumenical Centre Trust (ECT) 20 St. Andrews Street, Durban. Phone: 3011624



LETTERS TO SPEAK

Dear SPEAK Collective

Congratulations, your magazine is super. I came across SPEAK no 8 the other day and enjoyed its contents. I must say it has vital information. I would like to subscribe 10 copies of future copies.

I am a representative of the United Women's Association and would like to enlighten you a little about our organisation. our organisation was officially established in 1982. The Association is made up of officials from 21 Women's Circles which make up an umbrella body. We are actively involved in voluntary social and community work in Phoenix. The Women's Circle members run 17 pre-schools, pensioners' clubs, youth clubs and also a creche. We take pensioners on excursions, shows and at the end of the year we give them a lunch party. For pre-school children we take them on educational tours, and have annual events like a sports gala and year-end graduation. The members help in community work and some voluntary work for the neuro clinic. To SPEAK - Keep up the good work.

Yours faithfully,

Mrs M. Govender (Chairperson, Phoenix United Womens's Association.)

THANK YOU PHOENIX UNITED WOMEN'S ASSOCIATION FOR YOUR LETTER AND FOR SHARING WITH US NEWS OF YOUR WORK IN PHOENIX. ALSO THANKS FOR YOUR GOOD WISHES. WE ARE PLEASED THAT YOU FIND SPEAK INTERESTING AND USEFUL. -

⊕ The "Friendly" SPAR Unfriendly to Workers

There are two of us in the bakery section, both of us women. We have to do all the work - loading heavy trays into the oven, taking ready bread rolls out, packing, pricing, selling and cleaning. Customers always swear at us and we cannot cope. We are supposed to have tea break and lunch time but we always end up not having it at all most times. There used to be different people for all these jobs. Our backs are always aching - BAKERY STAFF

Trucks from the warehouse used to come with their own worker to offload. Now they have been done away with and we are forced to offload for no extra pay as they make us do this during our normal working hours. We are still expected to pack and fill up the shelves and if they are not there is trouble for us. Sometimes they make us work till 6p.m. for no overtime pay - A PACKER

These and many other problems that the SPAR workers had made them even more determined to get their union, CCAWUSA recognised by the bosses

For over a year the bosses were delaying the progress. They took down names of union members under the pretext that they were going to check whether they were their workers. The bosses started questioning workers one by one so that they get frightened about being union members.



They tried to divide Indian from African workers - built a new cloakroom for Indian workers while African workers remained in the dirty, cramped one. Indian workers have supervisory and sitting down jobs while African workers stand all day as cleaners and packers. The bosses kept on delaying and the workers were getting impatient.

THE WORKERS FELT THAT THEY HAD HAD ENOUGH

So when talks with the bosses broke down after so many months the workers felt they had had enough.

At a shop stewards meeting they decided to go on strike so as to put pressure on the bosses. The workers were demanding that:-

- *The bosses recognise their union without further delay
- *A wage increase of R80 a month
- *Reinstatement of two dismissed workers



THE BOSSES DID NOT SCARE US

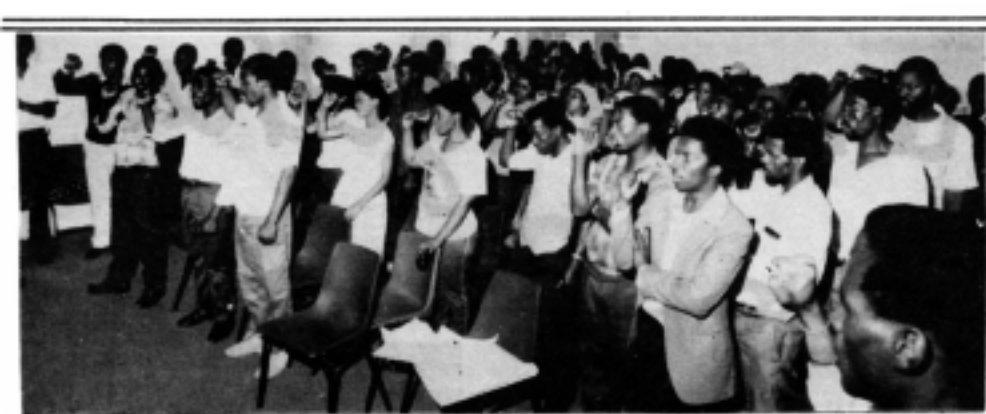
'Somehow the bosses got to know about the strike and our plans soon. They started threatening us with laying us off work. Once we were on strike they started asking us about what we were going to do with our children, food, rent. This did not scare us.

THE BOSSES TRIED TO DIVIDE US

At one SPAR shop on D- day the bosses opened the front door for the cashiers and other Indian staff to come in. One shop steward there told us:" Four of the cashiers came with me to join the strikers outside the shop, as we had planned. The boss came to confront me. He accused me of forcing the cashiers to join the strike. I told him that he was the one who was putting fear into the workers when they wanted to join the other strikers. We shouted at each other and he managed to pull two of them away.

THE BOYCOTT IS WORKING

The SPAR shoppers at Hammersdale are workers at factories in the area and also union members. They have organised themselves and are boycotting the SPAR shop there. The bosses at the SPAR there says that this boycott is not working. They gave out pamphlets asking shoppers to end the boycott. This shows that the boycott is working. They are losing a lot of money.



A support committee has been set up to look into all ways of helping the SPAR workers. A boycott of all SPAR shops has been called. The striking workers also need a lot of financial help. If you feel you can give help no matter how little, please contact:-

CCAWUSA ,
204 Oldwell House,
West Street
Phone 316320 ■



SPAR WORKERS STRIKE



Women Together



Phoenix Women's Circle took their preschool children to Mitchell Park.



Durban Central NOW held a two day holiday programme for children in Overport at the SRS Hall. Fifty children attended and activities included breakdancing, an art workshop and drama.



Workers from Frame attending a meeting.

are Strong!

The Women's Centre organised a slide show at the Peace room at ECT. Women from different groups attended the show, talked about the work they were doing in their areas and borrowed books and articles from the centre.



Hospital workers at the King Edward VIII Hospital went on strike for higher wages. As a result of their fight the workers eventually won higher wages.

WE ARE A FORCE TO RECKON WITH

Hambanathi Women's Action Group



WOMEN TOGETHER ARE STRONG - There can be no other way to describe the womens' group of Hambanati.

We had heard of this group. A resident of Hambanati, a man, had told us, "Hambanati is a place with a difference- the women dominate the organisations there."

We wanted to find out more so that our readers could hear about these women too.

So we made arrangements to meet. When we arrived we were so warmly received and we settled down to hearing about their history.

"We had lots of problems and they were getting worse and too much. The one big problem was in 1979 when the cemetery we were using became full. We were told by the Port Natal Administration Board to go and bury our dead at Ntuzuma cemetery, which is very far, or to cremate our dead, which we didn't want to do.

Well we started to organise. From house to house we went and demanded of all women to come and join a meeting to talk about this problem. Everybody had to come. Anyone refusing had to tell us where she hoped to bury her dead. Did she have a special place?, we asked.





"You run the Township - you must provide a cemetery!"

As women, we first met with the Advisory Board to talk about this. But we found them with no power to do anything. So we forced Port Natal Administration Board to meet with us. Soon we had problems. They asked us, "Who are you? What group? Who sent you to us? " We saw that we could fight these problems if we were an organised group, with a message from our organisation. Then we met and formed the HAMBANATI WOMENS' ACTION GROUP.

We told the Port Natal Administration Board that their having no ground for a cemetery was not our problem but theirs . They ran the township so they must provide a cemetery.

So the Town Board gave us Gennezana which is close by. But there was a jump in cost from R12 to R53 . They were at war, but we stood our ground. The Port Natal Administration board eventually agreed to lower them to R12 again. We had won.

Having an organised group had many advantages. We now knew who were members and how many members we had, when writing letters and for purposes of keeping records. We had an identity. We had built up an organisation.



THE WOMEN'S CENTRE OFFERS LITERACY

The Women's Centre has asked Learn and Teach to run a training course for women who would like to learn to teach others to : (a) read and write in Zulu,

(b) learn to speak, read and write in English.

Any women who would like to help their sisters by teaching a group is welcome to attend the course, which will be run in May, 1985. No formal qualifications are needed. If you are interested in the course, please contact:

THE WOMEN'S CENTRE,
16 ECT,
20 ST. ANDREWS STREET,
DURBAN.
PHONE - 3011624.

There is usually someone in the office on a Saturday between 9 a.m. and 1 p.m.



So what did we do? We said that we will block the rubbish trucks from entering the township. If they went on dumping rubbish we threatened to take the rubbish and dump it on their beautiful golf course in Tongaat!

Then they started cleaning the place and they soon opened a new dumping site. We now have a primary school on the old dumping site. Now that our organisation was solid the Port Natal Administration Board knew we are a force to reckon with. ■

Another problem we had was with the dumping site. The dump site was close to our township. As a result lots of flies and smell and terrible dirty smelling water and papers got into our yards. People used to come and look for food in the night and tsotsies used to hang around.



things to read from.....

THE WOMEN'S CENTRE

YOU CAN JOIN THE WOMEN'S CENTRE FOR R1.00 A YEAR. COME AND SEE US IN 'SPEAK' OFFICE, ROOM 16 ECUMENICAL CENTRE TRUST, 20 ST ANDREW'S STREET, DURBAN. OR PHONE US AT 61616 (CHANGING TO 3011624 IN MARCH), AND ARRANGE FOR US TO BRING A SUITCASE OF BOOKS AND ARTICLES TO YOU.

HERE ARE SOME WRITE-UPS OF BOOKS AND STORIES THAT ANY WOMEN CAN BORROW FROM THE WOMEN'S CENTRE.



WOMEN'S PROBLEMS

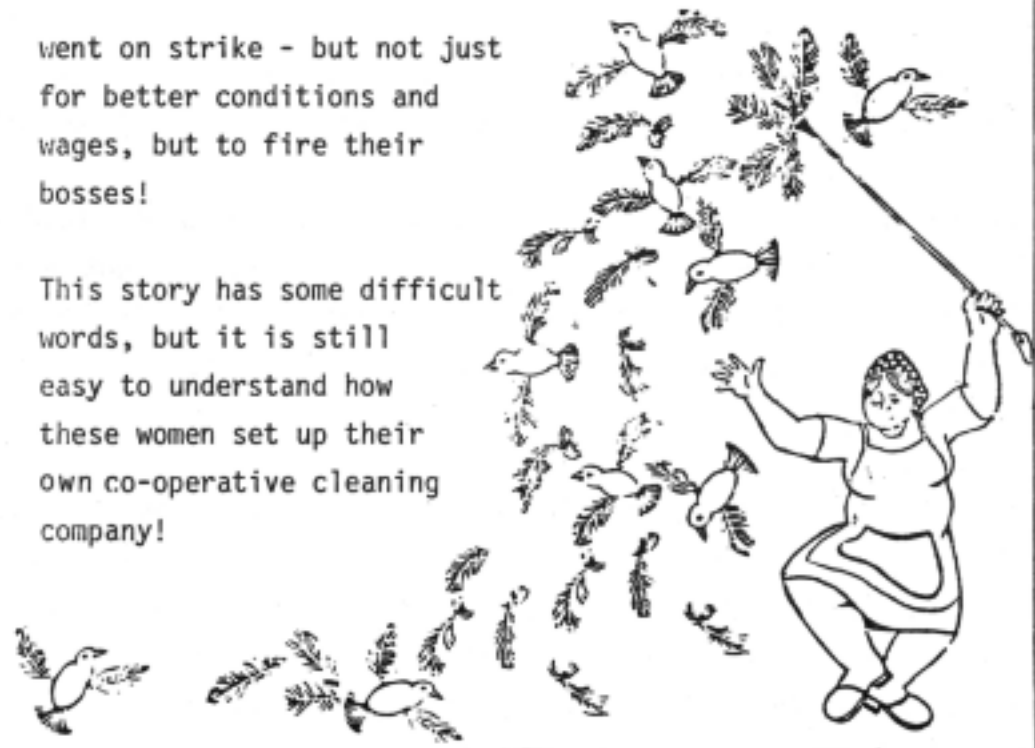
by Kathy Bond-Stewart, and drawings by Chris Hodzi
Published by: Zimbabwe Publishing House

This book comes from Zimbabwe and talks about the problems which women there have. For each problem mentioned there is a play for women's groups to act, as well as ideas and information to help in solving the problems. It is easy to read, and, apart from telling us about women in Zimbabwe, the exercises might be quite helpful to women's groups here in South Africa.

THE LIBERATED BROOM

This is a two-page story about a group of women cleaners at a university in Belgium. These women were paid very little and worked under very bad conditions. So they went on strike - but not just for better conditions and wages, but to fire their bosses!

This story has some difficult words, but it is still easy to understand how these women set up their own co-operative cleaning company!



ANA'S STORY



I won't forget what has happened in my life. I haven't got a husband because my husband died in Johannesburg. I met a man with no wife. I stayed together with him at Kwa-Mashu with his children and his grandchild. But he didn't like my children, saying they finish food. He refused to have them written in the file for the house and to get them a permit.

I stayed being worried about my children. He called my children snakes. He once said, "I won't grow these snakes which are going to hit me tomorrow."

One day when I was at work in Montclair, one of the women told me about Lindelani. Then the following Saturday we went there and got a site for myself. The following Sunday I bought some building materials at Microl Timbers. I haven't got money to buy corrugated iron so I have to stay in this little house of boards.

One day rain came and flooded and the water got into the house. I woke up at night. Idug drains inside my house so that the water must go out. The side of the house came off and the roof was off with the wind. And now it's still like that because I am trying to buy the stuff to build a roof. The sides of the house, I'll make from mud. Every Saturday and Sunday I do this work. ■

CONTRACEPTION CHART

The Health articles in previous SPEAK's have looked at the different forms of contraception in detail. The table here gives a summary of the different contraceptives. If you would like more details on these methods please write to SPEAK.

The most commonly used methods of preventing pregnancy are often not safe for our health. We are forced to choose between these uncomfortable or harmful side effects and unwanted pregnancy.



**WE
DEMAND ...**

In the long term we must demand safe forms of contraception for women. But in the meanwhile we must know what different methods are available and how they work on our bodies, so that we can choose the method that suits us best.

What is it?	How Does it work?	Is it easy to get?
Condom. A rubber bag which fits over the penis and stops sperm from entering the woman's body.	It has no harmful side effects on either woman or man.	Easy to get at clinics Also available at chemist but quite expensive. It prevents pregnancy 99 out of 100 women
Withdrawal Withdrawing or taking the penis out of the vagina before the fluid comes out (ejaculation).	Not good at preventing pregnancy -drops of fluid always come out of the penis before ejaculation and could cause pregnancy.	Can be practised by any couple at any time.
Rhythm A woman calculates at what part of the month she can fall pregnant. At this time of the month she does not have sex, or she uses some other form of contraception.	There are no dangers to a woman's health but this is a difficult method to use and it is easy to fall pregnant when using it.	Can be practised by any woman at any time.
tubal ligation The tubes through which the egg travels from the ovaries to the womb are cut and tied.	The operation is done under general anaesthetic and has all the risks any operation has. Otherwise it does not harm women. It is permanent and a woman can't have any more children.	Easy to get if a woman is over 25 and has three children.
vasectomy A small operation done without general anaesthetic. The man's sperm tubes are cut and tied.	The operation is safe and there are no serious side effects. It is permanent and the man can't have any more children.	Easy to get if a man is over 30 and has three children.

What is it?

How Does it work?

Is it easy to get?

Pill



Come in packs of 28 pills
One pill is taken every day until the end of the pack, and then a new pack is used. The pill has hormones which stop an egg from being made.

Most women who use contraceptives use the pill. For some women it works well but many do suffer side effects like headaches, nausea. Also if you miss a pill you may fall prgnant. Women with conditions like high blood pressure, heart trouble should not take the pill.

Easy to get at clinics.
A nurse or doctor should discuss a woman's health condition with her before putting her on the pill. It prevents pregnancy in 90 to 98 out of 100 women.

Loop



A small plastic object, sometimes covered with copper wire. It fits into the womb.

Some women have no problems with the loop, but some do suffer side effects like heavy bleeding. Some women find that their womb can't hold the loop in.

Easy to get at clinics
Has to be put in by a nurse or doctor. Prevents pregnancy in 96 out of 100 women.

Injection



An injection is given to the woman every 3 months. It has hormones which stop an egg being made.

The injection has been found to have harmful side effects for women and has been banned in some countries. It is believed that use of the injection for a long time could be a cause of cancer. But for some women who can't take the pill or the loop, the injection is the only thing.

Easy to get at clinics,
Prevents pregnancy in 90 to 95 out of 100 women

(depo-provera)

Diaphragm.



A rubber cap which is put into the vagina and stops sperm from entering the womb.

It has no harmful side effects on either man or woman.

Very difficult to get from clinics and very expensive. Prevents pregnancy in 98 out of 100 women.

USING A MENSTRUAL CALENDAR

We all know that having periods is not just bleeding for a few days every month. For many of us it also means swollen ankles, depression, tension, irritability, stomach cramps, headaches, tiredness with every cycle. But we don't usually prepare ourselves for all this.



Why is it important to be aware of these things? Mostly it is important to know what is happening to your body because it makes it more easy to deal with and just knowing why something happens helps.

Filling in a menstrual calendar can make us more active and aware about dealing with tension before a period and with the other discomfits that go with periods. It can also help the people we live with realise that the menstrual cycle is a very real part of our lives, affecting us in a very real way.

MORE PARTICULAR REASONS FOR USING A MENSTRUAL CALENDAR ARE :

- * For noticing spotting (little bits of bleeding in between your monthly periods.) This usually means that something is wrong with your womb.
- * If your periods have always been regular but start to become irregular there may also be something wrong with you and you should see a doctor . For older women it may mean the beginning of menopause (change of life).
- * Ovulating is the time you can fall pregnant so it may be worthwhile to take extra precautions at this time if you want to avoid pregnancy. You ovulate in the middle of your cycle between bleeds. The mucous or white stuff from your vagina is also more sticky at this time.
- * Your periods may change as a result of the contraception you are using and this might mean you should think about using something-else.
- * By marking when your period starts every month, you will know more or less how long your monthly cycle is. This will help you to know when you have a late period which may mean that you are pregnant.■

menstrual calendar 1985

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
JAN			FEB																	JUN				APR															
																	JUL					MAY																	



This calendar can be used to record when your period starts; how long it lasts; premenstrual tension and ovulation.
 Circle the date on which your period starts every month. Look at the line the circles make across the page as you fill it in. If your cycle is 28 days long the line will be straight; if it is shorter than 28 days the line will slope upwards; if it is longer the line will slope downwards. You ovulate about 14 days after the beginning of your period. ☛