

SPEAK

DECEMBER 1993

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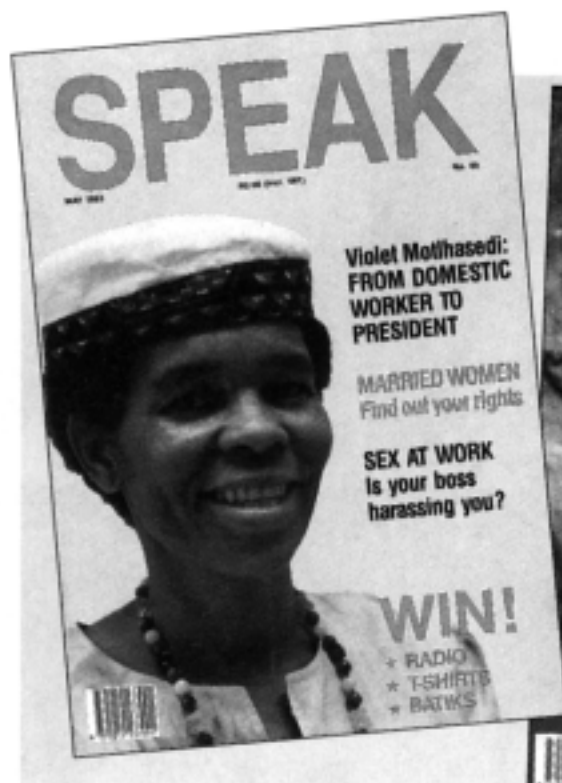
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**"I
CHOSE
NOT TO
MARRY"**

**YVONNE
CHAKA
CHAKA
*My life***





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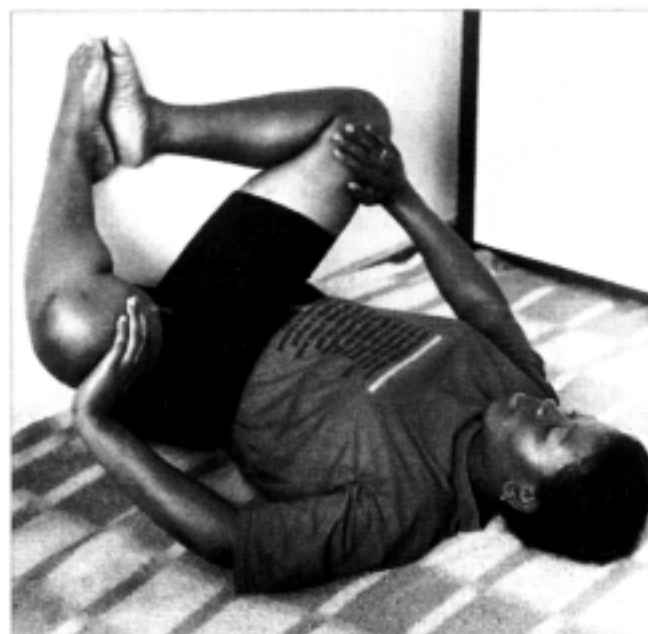
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Sally Shorkend

COMMENT

In October 1993, hundreds of women from Thokoza marched to the Johannesburg city centre to demand the removal of the Internal Stability Unit (ISU) from the East Rand. The ISU, formerly the riot squad, is accused of abusing women and continually harassing residents on the East Rand.

While things continue to look hopeless, the month of October also provided a ray of hope.

More than 60 000 Zulu-speaking people attended an ANC rally in Natal. The importance of this event was that it clearly showed South Africa and the world that the political violence in this country is not based on narrow ethnic lines.

While some political organisations may recruit members along ethnic lines, this is not true for all organisations.

Let this rally be a symbol of the right to freedom of choice.

Let it also see an end to the unfair discrimination against people simply because they are Zulu-speaking.

Let us in 1994 not allow any government forces or the third force to divide our communities.

We wish all our readers a happy and safe new year.

Talk Back

Politicians, don't be selfish

I was shocked to see people who call themselves leaders of the people leave the negotiations to form the Freedom Alliance. As far as I am concerned, this alliance was formed to cause problems for negotiations in our country. Who do they think they are? And do they think they can take us and this country forward? Some want a Boerestaat, some want a federal state, while others want their own homeland. But it is not what they want that is important, it is what we, the people on the ground want. We want a free, democratic, non-racial and non-sexist South Africa, where people will see themselves as brothers and sisters.

The Freedom Alliance leaders must start thinking about our lives and not their own selfish ideas. We must look at what is happening in Angola, Bosnia and other countries and learn from it.

So, Sothos, Zulus, Xhosas, Afrikaners and everyone else, know that you and I are living on the African continent which will be our home for the rest of our lives.

*T Radebe
Bethlehem*

**Thanks to all our readers who have written. Please keep your letters flowing in. We are often forced to shorten letters because of space. Send your letters to:
SPEAK
PO Box 261363
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South Africa**

If only these leaders had the same commitment and wisdom as you do. – Editor

Women should say no to abortion

As someone who is Pro-life, I feel very strongly about abortion. I firmly believe that most women shouting "legalise abortion" don't really know what it is.

Some women say it is their right to do with their bodies as they please. Yes, it is your body, but this baby inside you is not part of your body. It is a whole and separate being, with its own brainwaves, heart, blood and organs.

Wake up women of South Africa. Abortion is not a

means of birth control. Abortion is not the easy way out.

Abortion is dangerous and not good for your health.

*Ms ER Schwarz
Dundee*

The majority of women calling for abortion to be made legal are not pro-abortion, they are pro-choice. This means they believe that it is a woman's decision whether she wants to have a child or not. It is her body because the womb is in her body. Yes, South Africa has to wake up and realise that women have the right to choose, if and when they want to have children. Wake up to the fact that hundreds of thousands of women have unsafe and dangerous backstreet abortions every year. All women want is the right to choose and, if their choice is to have an abortion, that it be safe and legal. — Editor

God is for gender equality

God did not create men to be superior to women. No, not at all! The man is the head of the family by society's choice, not by natural superiority. It is God's aim that husbands should protect and love their wives, not oppress and exploit them. Husbands of course speak the last word in the family but this should not be the case. If one reads the Bible carefully, in Ephessians 5:

21-33, Paul is inspired by the spirit of God when he addresses the issue of gender equality. It says "the two shall become one flesh", which signifies equality. Moreover, in Corinthians 2, Verses 11 and 12, it is stated that "woman is not independent of man nor man independent of woman, for as woman came from man, even so man comes through woman, and all things are from God."

*Themba Mona
KaNyamazane*

We wish more people would read the bible with as much insight as you do. — Editor

SPEAK is across the board

SPEAK is not young or old. It is not thick or thin, or black or white.

Firstly, it deals with literacy, social issues, education and politics. It is across the board.

Secondly, it is the voice of our oppressed working class mothers who at present do not even make up 50 per cent at the negotiating forum at the World Trade Centre.

*Thabisi — ANCYL member
Bohlokong
Vuka uzenzele*

Thank you for writing to us. We hope you will continue to enjoy reading SPEAK. — Editor

Thank you readers

SPEAK wishes to thank our readers who responded to the readership survey in our May issue. Your response has helped us to understand what you like about SPEAK and ways of improving our magazine. We will certainly take up some of your suggestions. Thank you once again. — SPEAK staff

WINNERS!

The winner of the radio Matla Trust Voter Education Competition is

★ Hendrietta Mahladi, Diepkloof

Congratulations to the four lucky winners of bags from Kenya

★ Rachel Maile, Moganyaka

★ Ria Swarathle, Mobopane

★ N B Makhado, Venda

★ Claudia Leyd, George

WIN! WIN! WIN!

TEN lucky SPEAK readers stand the chance of winning a SPEAK T-shirt. All you have to do is tell us what woman you would like to see on the front cover of SPEAK.

Send your entry to:

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The woman I'd would like to see on the front cover of SPEAK is

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The closing date for entries is 26 January 1994. T-shirts will be posted to the lucky winners.

Kwa-Sophie

What a guy

I was very excited when I bumped into my ex-lover a few days ago. We had not seen each other for about a year and, of course, had to speak about the "old times". Then I reminded him of a letter he wrote to me, which read: "I miss you so much I want to cry."

His immediate response was: "Noooo, I couldn't have written something as soppy as that!" Then he smiled at me and said: "Well, that's how I felt at the time."

What a guy, I thought. If only men realise that it is okay to show one's feelings about things.

Come on clinics

A friend of mine went to the family planning clinic for the "morning after" pill. The condom broke while she and her partner were having sex. "Sure," said the nurse, "just about every woman who comes in here uses the same excuse."



"But it did," said my friend, with tears in her eyes. "We only had one condom and decided to use it again the second time we had sex."

The nurse, looked at her with wide eyes and said: "I must congratulate you, I've never heard a story like yours before."

Why is it that single women have to make up stories and feel uncomfortable when they go to these clinics?

It is a woman's right to proper treatment when she goes to family planning clinics.

Dealing with bullies

My cousin strongly believes he is not a violent person.

According to him, the other person is always to blame when arguments end up in a physical fight. He has three sisters and, whenever they argue with him, he hits them. Well, his sisters have found a way of sorting him out. Whenever he tries to hit one of them, they get together, with their mother, and start hitting back from all sides. It seems no-one's "picking a fight with him anymore" and there has been some peace and quiet in the home.

It's not the answer to the violent behaviour of men, but it is probably one of the ways women can deal with bullies like him.

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QUOTE OF THE MONTH

Women must not think they cannot do things. They can! What a man can do a woman can do. Women must just stand up and go forward. This is the way to achieve.

— Liz Abrahams, from the book, *No Turning Back*

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LEARN & TEACH is a magazine written especially for people who want to improve their English. Not only that — each issue is packed with articles that show you how to get ahead in life; stories that inform you; stories that entertain you; and stories that show you that knowledge is power. Learn & Teach also runs an advice office — by mail. Got a problem with work, money or love? We'll help you sort it out. There's all that and much more in Learn & Teach. Make sure you get it by subscribing for the next 11 issues.

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IT'S MORE THAN A MAGAZINE. IT'S AN EDUCATION!



Yvonne Chaka Chaka Princess of Africa

From an unemployed single mother to a successful star. Yvonne Chaka Chaka tells her story to Thandeka Mbuli

Singer Yvonne Chaka Chaka has always been lucky — somehow she's always been in the right place at the right time. But good fortune and success has not made her selfish and vain. It has just made her more eager to help people who have not been as lucky as her. That is why she belongs to many organisations that raise money for the poor and needy. It also explains why she will never forget where her duties lie: with the mother who raised her, with the husband who loves her, with her children who depend on her and with her fans who made her what she is today.

But life was not always easy for Yvonne. She had to cope with two sad events in her childhood.

At the young age of 10, her father, her "favourite person in all the world", died. Her "strict but loving" mother had to bring up three girls all alone. It wasn't easy and Yvonne has

never forgotten what it is like to go hungry.

"It was really difficult after my father died. We were poor and only had my mother's R80 a month income to live on. My mother always said that as long as we all finished our matric she would be very happy. My mother saw education as the only way out of the slums," she says.

Yvonne got to matric, but sadly fell pregnant.

"I've always regretted falling pregnant so young. It was unfair to everybody: myself, my mother and my child. You shouldn't have a child if you cannot deal with it," she says.

However, very little money and a baby did not stop Yvonne. She finished matric and made up her mind that she was going to university.

However, Yvonne's search for knowledge and education led her to fame. "I planned go to university, but I could not get a bursary. But I did not give up. I went to the SABC looking for a job to pay for my university fees," she recalls.

While waiting to be auditioned, a young woman told Yvonne of someone who was looking for a singer. Yvonne agreed to go with her. When

she got there Yvonne was asked to give it a try.

"I did not take the audition seriously because I did not want to become a singer. I did not think I could sing."

Well, she was wrong.

When Yvonne heard the song she recorded, 'I'm in love with a DJ', playing on the radio, she could not believe it. Her song became a big hit.

Her mother was, however, not happy about her singing.

"I cut the single and took photos for the album cover in secret. I didn't have the courage to tell her."

“When my mother first heard the song and then the announcement on the radio that I was the singer, she was very angry. She hit me and told me I was dreaming if I thought I could make enough money to live on as a singer."

But Yvonne proved to her mother that she could make it as a singer. In just a few years, she went from being an unemployed single mother to the heart of the nation. And, when she took her music to the rest of Africa, the audiences loved her. She soon became one of the most popular musicians in Africa. People started calling Yvonne the 'Princess of Africa'.

A busy recording programme did not stop the young star from following her dream of studying further.

Last year she got a diploma in Speech and Drama from the Trinity College in London. Yvonne also studied Business Economics and English through Unisa in 1990.

She had to stop her studies

"I did not want to become a singer. I wanted to become a lawyer. And besides, I did not think I could sing." Well, Yvonne, you were wrong



for a while because she gave birth to her third son. But Yvonne is determined her education will not end here.

"Education opens doors for you. It is the basis of all knowledge," she says.

Yvonne would not change her career for a million rand, even though it's been hard to succeed as a woman and as a black person.

"I'm looking forward to April 27, because I see it as the time when blacks will stop being oppressed.

"I don't hate whites, but I think it's sad that they held us back for so many years. South Africa would have been a different place if we were all given equal chances," she adds. "But, at least, with the coming elections we will all be South African, united and equal."

"However, women still have a long way to go till they are free. Women themselves must realise and show men that their place is not in the kitchen. And men must learn that women can do things as well as, or even better, than men."

She feels very strongly about violence against women. This is her message she gave through the Women's National

Coalition: "Too often rape is blamed on the woman or girl who is raped. 'She is wearing a mini-skirt' people say. 'She always looked too sexy. What did she expect?' they'll say. We hear those words too often. Let me tell you, what we wear and how we look has nothing to do with rape. Rape is a crime of violence... it can happen to you, your child, grandmother... or anyone. So, women, let us stand together and fight this violence."


What is her wish for the New Year? "I want people to stop killing each other. We are all the same, there is no reason to fight with one another.

It is also her wish to feel safe on the streets if she wants to take a jog.

"I love jogging, but it's not safe out there. Anyone can just get you and rape you. That is why I say women still have a long way to go before they are free."

What are her plans for the future? "Well, I've just released an album called 'Back on my feet' and there will be more."

She plans to tour more countries in Africa — one place she would really love to visit is Egypt. ✪

A black and white close-up portrait of a woman with voluminous, curly hair. She is looking slightly to the left of the camera with a thoughtful expression. The lighting is dramatic, highlighting the texture of her hair and the contours of her face.

**"I'm
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stop being
oppressed"**

The power of words

In the tallest building in central Johannesburg, women workers meet together two evenings a week to attend literacy classes. *Rosalee Telela* went to speak to them

It is half past five in the evening. Workers at the Carlton Centre in Johannesburg are getting ready to start the night shift. They hurry into their changing rooms to put on work clothes, sign in, collect brooms, buckets and dusters and then go to their supervisor who tells them where and what to clean. Among these workers is a group of women who are not getting ready for work, but to learn how to read and write.

These women workers are learners in a literacy class which is being co-ordinated by Kate Menyatso of Teaching English Literacy and Language (Tell). Menyatso has been running classes for the workers since 1988. She told SPEAK how she started teaching adults. "At the place where I work most of the cleaners and security guards could not read and write. This troubled me so I decided to get involved in adult education. That's how I began teaching."

Before she started teaching Menyatso attended a training course. "One of the most

important things you learn is the difference between teaching adults and children.

Co-ordinators are not only trained to run classes but also to find out what learners want from the classes."

Classes at the Carlton Centre take place on Tuesdays and Thursdays in the evenings before work starts. The arrangements for the classes have been made by Tell, the workers and their employer, Anglo American Corporation.

The leading role of workers in organising the literacy classes cannot go unnoticed. Elizabeth Mmabatho who comes from Pietersburg, but lives in Orange Farm has been involved in organising many of the literacy classes. "In the early 80's when I was a shop-steward I organised the first literacy classes here at the Carlton Centre. The classes were a big success. Women who never went to school learnt to read and write."

But time, a place and people are not all that is needed for the smooth running of lessons.



Above: Learners get ready for their class. Below: Elizabeth Mmabatho and other learners about to start work

There are other problems workers face. Many rely on taxis so they cannot always be sure what time they will get to work.

“Often workers are late. This is a problem because there is so little time for the lessons. Sometimes we do not finish our lesson and other times we have to cancel classes,” said Menyatso.

But transport is only one problem the workers have, the other is the attitude of the company's management.

The workers told SPEAK: “Although management agreed to the classes, there is trouble if we are late for work after



Photos: Rosalee Telela, SPEAK

8 o'clock. The change rooms are filled with tables, chairs and lockers so there is very little space to sleep. Then we go home where we have to do all the housework."

SPEAK asked if it was worth attending the classes under such difficult conditions.

"Yes it is," said Mary Nika, 55, from Orlando East, Soweto, who has been working for the company since 1979. "I started going to classes in 1982. The lessons have helped me to read, and understand words I never did before. I still attend classes because I do not want to forget what I learned. I want to learn more so I can speak to my bosses myself and not have someone else speak on my behalf."

Catherine Ntsimane from Orlando East said: "I have been attending classes for two years. I never had the chance to go school. Today I am 39-years-old and I am learning to read and write for the first time. I am enjoying it very much. Getting to lessons on time is difficult because I look after my father who is 93-years-old," she added.

"Workers must understand how important literacy classes are," said Onica Masibi, who has been employed by the company for 14 years. "I used to attend literacy classes when I worked in Braamfontein. I do not attend classes here because I can read and write. I have realised how important it is to be able to read documents you have to sign. I want to tell all women who cannot read and write to attend classes. Learning opens your mind." ✪



attending lessons. We also have a problem with the room which we use as our classroom. There is a lot of noise because the change room is just next to us and people often walk through our room during our lesson. This makes it very difficult to pay attention to the lesson."

The workers said they often

feel tired when they get to the classroom. "We are given very big spaces to clean. When we wake up to come to work we are very tired. Work starts at 6.30 in the evening and finishes at 3 o'clock in the morning. Some of us catch taxis home at 3 o'clock, while others sleep in the change room until

No regrets

After 45 years in the African National Congress, does Mma Frances Baard have any regrets, *SPEAK* asked her when we visited her home

“No, not at all. My greatest wish is that I live to vote for the African National Congress on April 27 next year,” Mma Baard says.

Frances Baard was born on October 1 1909, in Beaconsfield, Kimberley. She was the fifth in a family of seven children. Today, this mother of two children, Benjamin and Tokela, lives in Mabopane in Bophuthatswana — the place where she was banished to in the 1960s.

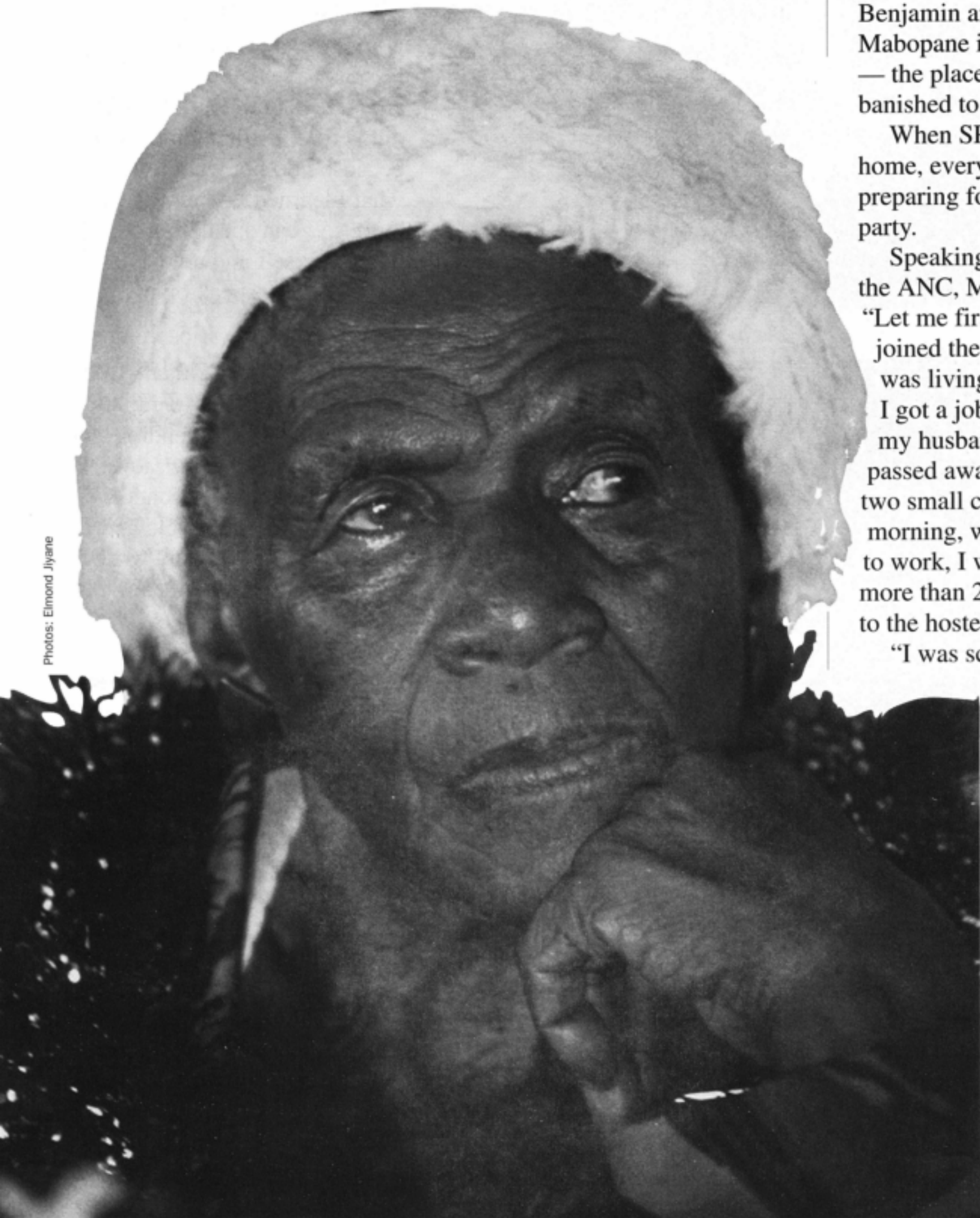
When *SPEAK* arrives at her home, everyone is busy preparing for her 84th birthday party.

Speaking about her life in the ANC, Mma Baard says: “Let me first tell you how I joined the ANC in 1948. I was living in Port Elizabeth. I got a job in a factory after my husband, Lucas Baard, passed away and I had to raise two small children. One rainy morning, while I was walking to work, I was shocked to see more than 20 bodies lying next to the hostel.

“I was scared to go and look at the bodies, but felt I had to find out what had happened to them.

“I went to the ANC office, although I was not a member, to report what I had seen. I met Raymond Mhlaba and Robert Mji who were the ANC leaders in the region. They told me

Photos: Elmond Jiyane





Mma Baard celebrates her 84th birthday. An ANC victory in next year's elections will make her life's struggles worth it for her, she says

the people I had seen were not dead but asleep. They had come from the Transkei and Ciskei in search of jobs and could not get accommodation in the hostel, so they decided to sleep outside," remembers Mma Baard.

"Raymond Mhlaba asked me to come and talk to people at their next ANC meeting about what I had seen at the hostel. That was the beginning of my life with the ANC."

Mma Baard says, since that day, she has never looked back. She dedicated the next 45 years of her life to organising for the ANC, particularly women.

While working at a canning factory, Mma Baard met veteran trade unionist Ray Alexander. Together they organised workers into the Food and Canning Workers Union from 1948.

She soon became a key ANC and trade union leader in

Port Elizabeth.

Mma Baard was one of the organisers and was in the front row of the famous women's march on August 9 1956. On that day, 20 000 women marched on the union buildings in Pretoria to protest against passes. When the Federation of South African Women was formed in 1954, she was elected to its national executive committee.

Mma Baard's leadership and commitment was invaluable during the Campaign of Defiance Against Unjust Laws. She was also active in the campaign against Bantu Education in 1955.

But her political involvement did not go unnoticed by the government and she came to know the inside of prisons very well. She was one of the people charged in the famous Treason Trial in 1956. While on trial, Mma Baard spoke these words from the dock: "No matter where you work,

unite against low wages; unite into an unbreakable solidarity and organisation."

In 1960, Mma Baard was detained under the State of Emergency. She spent one year in solitary confinement in 1963 and was then sentenced to five years in jail. After she was released in 1969, the government banished her to Boukenhoutfontein near Mabopane.

Mma Baard remembers a voice calling to her as she walked out of prison: "Mma Baard, go to the Council of Churches. They will help you". The voice belonged to Winnie Mandela.

"That voice was very important to me, because I was just dumped at Boukenhoutfontein. I did not know where I was. This dry place was not my home. The worst thing was that I had no idea where my children and relatives were," she says.

"After my ban was lifted, I stayed in Mabopane and started a new fight against Lucas Mangope of Bophuthatswana after my applications to open a community centre and other community projects were turned down. Today I have lots of friends in this homeland, both young and old, and I do not care about Mangope and his ministers. I am only waiting for the general elections on April 27 1994 when the ANC will be taking over.

"After those elections, I will feel that the struggles I have had to endure in my life will have been worth it, and I can die in peace," says Mma Baard with a smile. ☺

How to vote

What will you have to do on election day? *SPEAK* looks at how to vote and what will happen when you go to vote. This is how it was done in the past, in the whites only elections



The Matla Trust play shows that officials at the voting station will explain to people how to vote

Where do you go?

You will have to go to a voting station or polling station to vote.

Before the election day, election officials will choose a school, church or community hall in every area to use as a polling station. Before the voting day, they will tell people in communities where they should go to vote. Remember, you can take your children with you if you have no child-care.

Who will be there?

There will be many people outside the polling station — those going to vote and those watching to see that things go peacefully.

People from the political parties might also be outside trying for the last time to make you vote for them. You do not have to speak to them. Remember, they won't be able to find out who you voted for — even though they are at the polling station.

Inside the polling station, there will be election officials to help people vote and monitors from the political parties. These monitors are there to make sure the voting is done fairly. They cannot see who you voted for. Your vote is secret.









What happens inside?

1. You will have to show your identity document to one of the election officials. They will check that you are a South African citizen and that you are old enough to vote. You have to be 18 years or older to vote.

2. You will then have to put your hands under a special (ultra violet) lamp. This light

BALLOT PAPER

(Make a cross next to the party or organisation of your choice)

AFRICAN DEMOCRATIC MOVEMENT	ADM	
AFRICAN NATIONAL CONGRESS	ANC	
AFRIKANER-VOLKSUNIE	AVU	
AZANIAN PEOPLE'S ORGANISATION	AZAPO	
BOPHUTHATSWANA NATIONAL PARTY	BNP	
CONSERVATIVE PARTY	CP	
DEMOCRATIC PARTY	DP	
DIKWANKWETLA PARTY	QWAQWA	
INKATHA FREEDOM PARTY	IFP	
INTANDO YESIZWE PARTY	IYP	
INYANZA NATIONAL MOVEMENT	INM	
LABOUR PARTY OF SOUTH AFRICA	LP	
NATIONAL PARTY	NP	
NATIONAL PEOPLE'S PARTY	NPP	
PAN AFRICANIST CONGRESS	PAC	
SOLIDARITY PARTY	SP	
UNITED PEOPLE'S FRONT	UPF	

*This is a sample and not an official ballot paper. Some of the above political parties / organisations may choose not to enter the elections

An example of what a ballot paper will look like

number is printed in the book on what is called a counterfoil. Your identity document number will be written on the counterfoil.

The identity number will only be checked on the counterfoil if one of the parties says there was cheating in the election. They would then have to apply to the Supreme Court,

which would check all the ballot papers against the counterfoils. This does not mean your vote is not secret. It is only to stop cheating.

5. You will then go into a private area called a voting booth to make your vote. You will go into this booth alone. When there, you have to put an X in the box next to the political party you support. Remember, do not make any other marks on the paper — or else your vote won't be counted.

People who are blind or disabled in some way can ask the chief officer at the polling station to go with them into the

booth to help them make their vote. Another person might also go in to check that this officer

COMPETITION WIN A RADIO!

Answer the question below and you could be the lucky winner of a radio

■ Which sign do you put next to the political party you choose to vote for? Is it a ✓ or an X?

Answer

Name

Address

.....

.....

.....

Code

I agree to abide by the rules of this competition

Signature

Send your entry form to
SPEAK/Matla Trust Voter Education Competition,
PO Box 261363, Excom, 2023, South Africa

Competition rules: The decision of the judges is final. This competition is only open to people living in South Africa. Employees and relatives of employees of SPEAK are not allowed to enter. The closing date is 26 January 1994. The winner will be announced in the March issue of SPEAK.

does put the X next to the party the voter wants.

7. You will then go to put your ballot paper into the voting or ballot box. Each ballot paper will have a stamp on the back of it to prove it is official. An election officer will check this mark before you put it into the ballot box. They will not be able to see who you voted for.

That is all you have to do to have your say in who you want to rule this country. Remember your vote is secret. If you notice anything you think is wrong, you should tell one of the election monitors, so they can make sure the voting is free and fair. ☺

shows if you have voted already.

3. After putting your hands under the lamp, you will put your hands in an invisible ink. This ink does not show on your hands. It only shows up under the special lamp. It is to stop people from voting twice. Remember, this ink is not muti. Some people might try to tell you that this ink will tell them who you voted for. That is not so. They are only trying to force you to vote for them.

4. You will then be given a piece of paper called a ballot paper. All the different political parties' names and their symbols will be on this paper.

The ballot paper will be taken out

of a book. Each paper has a number on it. The same



Matla Trust

This page is a joint project of MATLA TRUST & SPEAK

In these times, a job isn't easy to find. We hope this article will help you to write a letter of application for a job.

There are job advertisements in newspapers, magazines and other places. It is important that you read job advertisements carefully so you can see if you are suitable for the job. The advertisement will also tell you how the employer wants you to apply for the job and the information they need from you. Different jobs will require different information.

An example

Receptionist Wanted

The Alex Electrical Company needs to fill the post of Receptionist.

Duties will include:

- Typing
- Handling the Switchboard
- Handling the Reception Desk

Applicants should have standard eight and some experience or knowledge of reception work. This is a full-time position. We offer a competitive salary, medical aid and pension. The company also offers a staff development programme. *Applicants should send a letter of application, CV and the names of three contactable referees.*

All applications must be addressed to:

The Manager
Alex Electrical Company
41 Forbes Road
Johannesburg 2000

Applying for a job

SPEAK offers some advice to people who will be looking for jobs

Questions to ask yourself

- Do I know anything about the kind of job being advertised?
- How can I find out more about the job and the company?
- What qualifications is the company looking for?
- Are they looking for someone who has experience?
- Should I apply by telephone or letter?
- Who do I address my letter to?
- Am I required to send a CV with a letter of application?
- What do they mean by "three contactable referees"?

Ask yourself these questions before answering a job advertisement. You will find the answers in the advertisement.

When the company asks for a CV (Curriculum Vitae), they expect you to give information about yourself, what education you have and what your work experience is.

Contactable referees are people who either know you or have worked with you and will recommend you for the job.

You will be expected to give their names, who they are and their telephone numbers. Make sure that you have asked your "referees" if you can use them before putting her/him down as one. The company will telephone them and ask them questions about you and whether you are suitable for the job.

Once you have decided to apply for the job, always address your letter or telephone call (if they have asked you to apply for the job telephonically) to the right person.

Writing the letter of application

If you answer a job application by writing a letter, there are a few points you need to keep in mind.

State what job you are applying for. State where you saw the advertisement. If you are including a CV, then write about your qualifications and experience. Say in the letter that you are including your CV. Use clear simple language and short paragraphs and keep to the point.

P O Box 2389
Diepkloof
1864

Telephone: 985 3126
02 November 1993

The Manager
Alex Electrical Company
41 Forbes Road
Johannesburg
2001

Dear Madam/Sir

RE: Application for the position of Receptionist

I hereby apply for the job as advertised in the Star newspaper of 30 October 1993 for the position of Receptionist at your company.

I am an experienced receptionist and believe my qualifications meet the requirements of the job.

Please find enclosed my CV, with three contactable referees. I am available for an interview at your earliest convenience and can be contacted at the above telephone number.

Hoping your response will be favourable.

Yours faithfully

.....
Nomalanga Qamata

Here is one way of writing a letter of application for a job

It is a good idea to present your letter of application and CV in a professional way. If the company calls you for an interview, find someone who does that kind of work and find out what it is like. Find out as much as possible about the job you are applying for. This will help you in your interview.

It is important to create the right impression about yourself, whether by letter, a telephone conversation or personal interview.

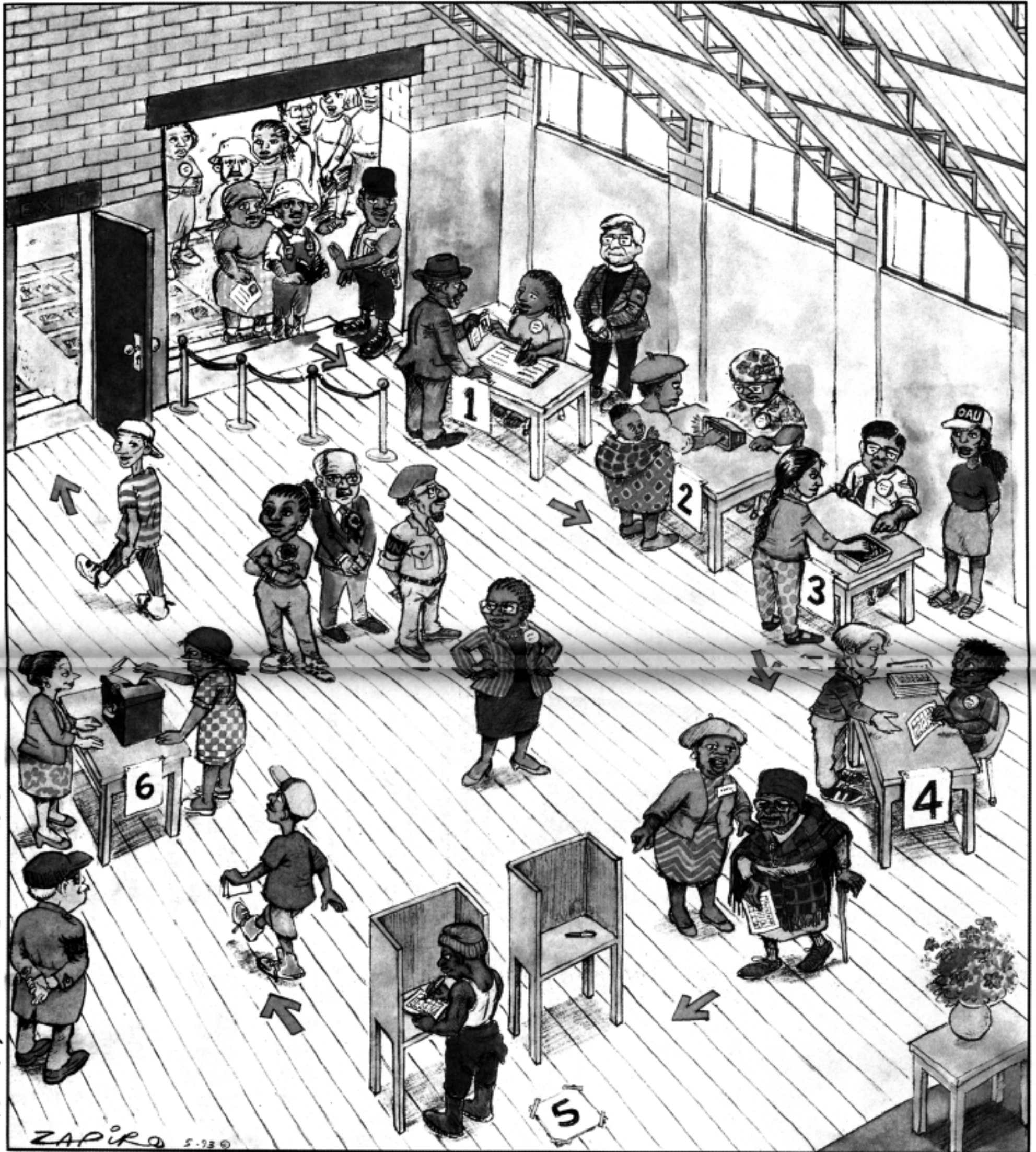
When going for an interview:

Know what you are talking about;

- Be polite;
- Show a genuine interest in the job;
- Don't be late;
- Dress neatly;
- Be confident!

Good luck to all the job-seekers out there. ☆
● In our next article, SPEAK will look at how to write a Curriculum Vitae (CV).

VOTING STATION DITULO TSA DIKGETHO STEMLOKAAL



THIS IS A JOINT EFFORT OF MATLA TRUST & SPEAK

1. Show ID or voter card
2. Check hands
3. Mark hands
4. Get ballot paper
5. Make cross on ballot paper
6. Put ballot in box

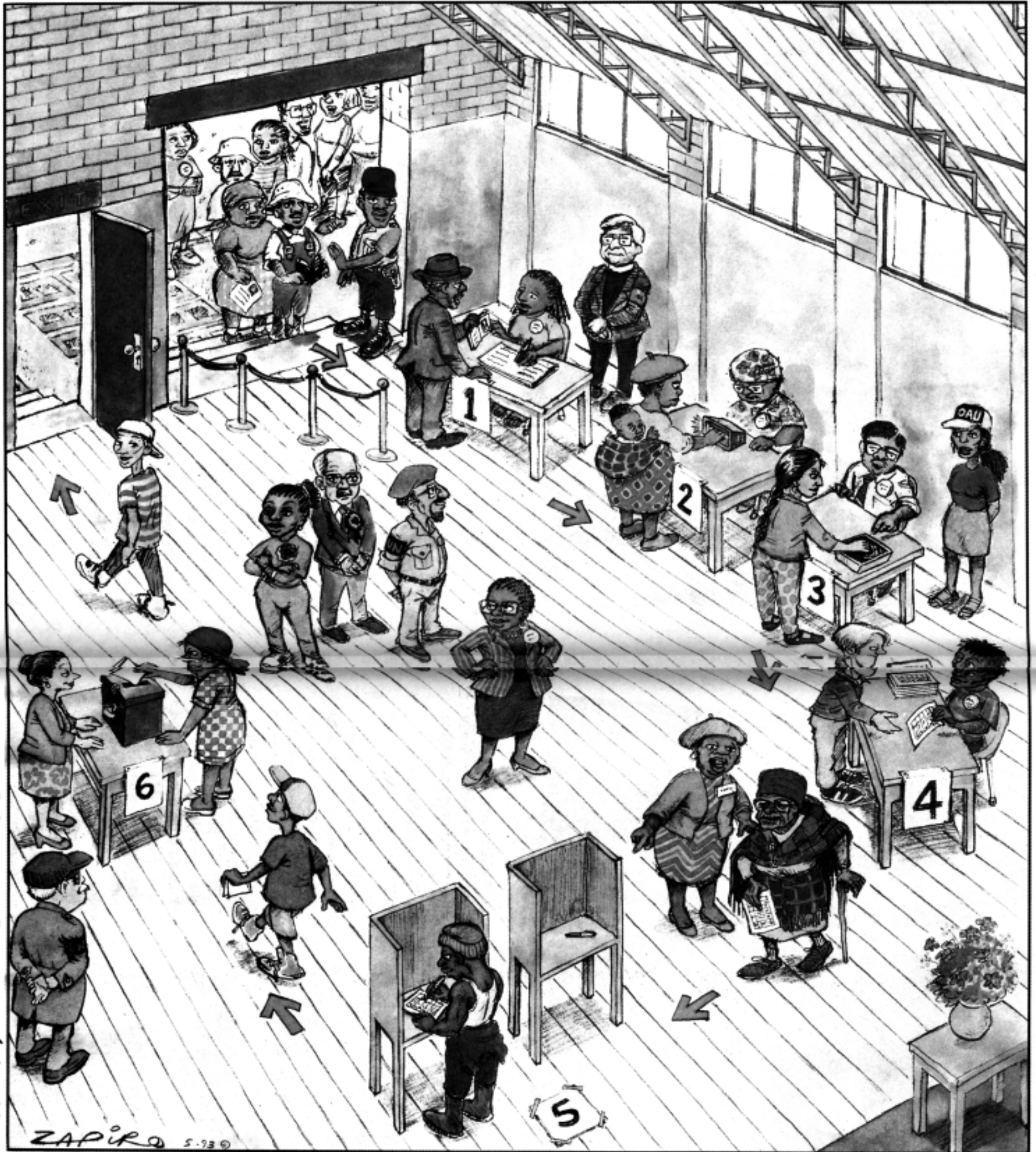
1. Shupa lokwalo – tsupo (ID) kgotsa karata ya go vouta (tlhopa)
2. Seka – seka matsogo
3. Tshwaya matsogo
4. Tsaya pampiri ya go vouta (tlhopa)
5. Dira sefapano mo pampiring ya go vouta (tlhopa)
6. Letloleng la dingwalo tsa ditlhopo

1. Wys ID of kieserskaart
2. Ondersoek hande
3. Merk hande
4. Kry stembrief
5. Maak kruisie op stembrief
6. Plaas stembrief in stembus

A VEETU POSTER (VOTER EDUCATION AND ELECTIONS TRAINING UNIT)

VEETU is a project of ERIP at the University of the Western Cape, in partnership with Afesis (East London), CCLS (Durban), HAP-ODS (Johannesburg)

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Hopes and dreams for 1994

Peace, peace, peace. It's what everyone is wishing for in the new year. What are *your* hopes and dreams for 1994? *SPEAK* asked a number of people this question. This is what they had to say



"I would like to see the elections held in a situation where there is peace and it is free and fair. It is my wish to see that all South Africans go out and vote for a black majority government. My dream is to see the evil of apartheid come to an end when we vote the Nationalist Party government out of power on the 27 April."
Mma Albertina Sisulu, National Executive Committee member of the African National Congress



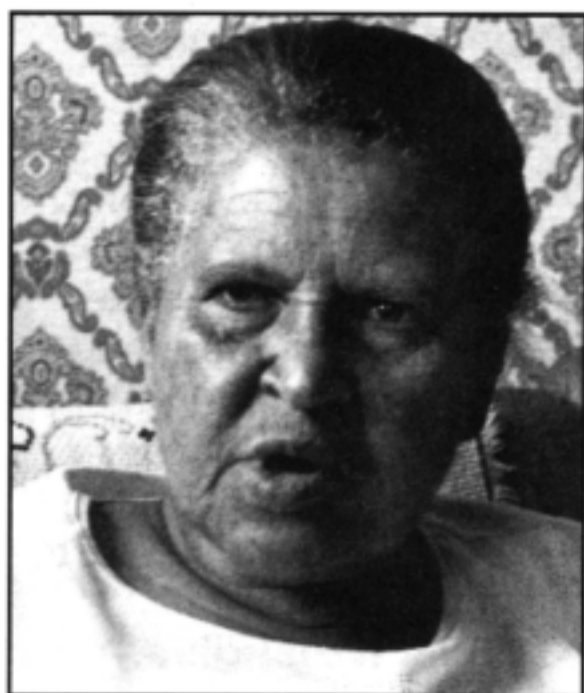
"One cannot talk about hopes and dreams. We talk about our plans for the future. The intention is to overthrow the racist regime of De Klerk and replace it with a black majority government. In 1994, we would like to achieve a democratic, anti-sexist, anti-racist state of Azania."
Pandelani Nefolovhodwe, Deputy President of the Azanian People's Organisation (Azapo)



"To have peace and jobs for all, and a better living place for the working people in this country. We would like 1994 to be a year where the struggles of farmworkers are recognised."
Cunningham Ngcukana, General Secretary of the National Council of Trade Unions (Nactu)



"I wish to be one of the players who put South Africa on the map in the world of soccer, to make South Africa one of the great teams in Africa. I know I have a long way to go. I want to be selected Footballer of the Year again in 1994."
Doctor Khumalo, player for Kaizer Chiefs and the South African national soccer squad



"I hope that everything goes well so we can go into a new South Africa in peace and harmony, and a place in the sun for everyone, no matter their race, colour or creed. In 1994 I would like to see the country free of all the problems. I will do my part in all this by speaking out and organising."

Liz Abrahams, veteran (long time) trade union activist



"My dream is to live in a lovely, free and fair country and to make a lot of money in the film industry. I hope our children see the importance of education and know where they are heading in the future. 1994 is a year in which I hope to work hard and see myself getting better in my work."

Joe Mafela, actor



"I dream of the elections. This is a dream that I have had for 53 years in the struggle. I hope that this dream will be fulfilled next year in April. The elections will be the beginning of the transformation of our society into a democratic one. This is the key to all my hopes."

Joe Slovo, Chairperson of the South African Communist Party (SACP)



"I hope and dream of a country without violence. A country where I can go to work without fear of being mugged. A country where my children can go to school where we live. A country where I can live wherever and love whomever I please. My wish is that, by 1994, my first album will be out."

Sibongile Khumalo, singer



"The first thing we would expect is a situation of peace, not peace just for the elections, but one that will last forever. We hope for a guarantee of the rights of the working class. We want the different worker federations to get together as a symbol of unity. We want a New Year in which as many of the hopes and dreams we have worked for are achieved."

Connie September, Second Vice President of the Congress of South African Trade Unions (Cosatu)



"We are looking forward to a quick change to majority rule. We hope for a new government based on free and fair elections. This would bring peace, stability and a brighter future. In 1994 we want to see the PAC becoming the strongest party.

Johnson Mlambo, Deputy President of the Pan Africanist Congress (PAC)



"I want to see everyone living together, especially black and white people. The laws should not favour one group, but should embrace everyone. Next year I hope to buy a house and to start my own business."

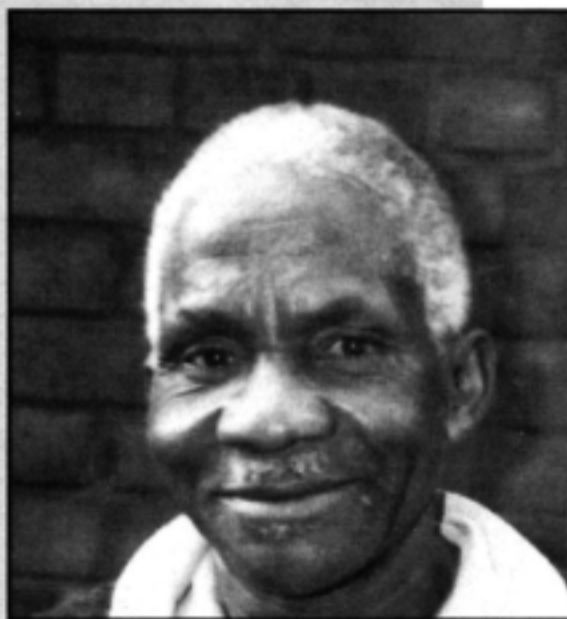
Gabriel Ndlangisa, taxi driver



"I hope that the future will be bright, especially for the oppressed majority. I dream of the government having day schools for women, because most women cannot attend evening schools because of housework.

Women should support one another and put women's names first on their organisational lists for elections."

Ellen Mothopeng, Chairperson, African Women's Organisation of Azania



"I am hoping for the best in everything. There has been some trouble in this country. But it will all work out in the end. There will be peace as soon as people stop arguing about politics. I want peace for myself in 1994, and for everyone in this country."

Wilson Ndlovu, caretaker



"I am hoping for a new and peaceful South Africa where all races can live together in harmony. This used to be a beautiful country to live in. In 1994, I hope to travel if I have the money to do so. It is important to see as much of the world as I can."

Gwen Pillay, manager



"As a Christian, I am hoping and praying for peace. The only way we can get it is if we believe in the power of God. I also hope that my grandchildren will grow up without war and violence. Next year I want to buy a second-hand sewing machine so I can work at home."

Maria Mohola, cleaner

Women and Sport

The long road ahead

Against the Grain: Women and Sport in South Africa is a book written by South Africa's table tennis champion, Cheryl Roberts. Review by Rosalee Telela

In her book, Roberts offers a clear picture of the position of women in South African sport.

Using research and a range of interviews, she looks at why so few women play sport.

Roberts argues that South African sport is controlled by mainly white, middle-class men. This she sees as the biggest problem.

She found that women who have gone into this "male world of sport", are judged in social, sexist, racial and religious ways. "Women get judged

before, after and while they play sport."

Another reason why women do not get involved in sport is because society says a woman's place is in the home. This, she says, influences how they spend their free time.

The women she interviewed in her book agree with her.

"As breadwinners, women see to their families, take care of them after work and have to cook and clean. That gives them no leisure time at all," says Kedi Tshoma, a cricket coach.

"If I want to play sport or go to a sports event, I cannot go alone because I'm sure to be raped, mugged or attacked," says Nonke Mali, a netball administrator.

Roberts' message is encouraging: "Gender and sport is not an issue for women only but must involve sportsmen, who must change their sexist attitudes."

An interesting book to read whether one is interested in sport or not. ★

COMPETITION

Four lucky SPEAK readers stand the chance of winning a beautiful bag from Kenya. Simply answer the question below and send it to SPEAK. You might be our lucky winner!!!

What is the name of the book about women and sport written by Cheryl Roberts?

Answer

Name

Address.....

.....

.....

.....

Postal Code



Send your entry to:
SPEAK Bag competition
PO Box 261363
Excom 2023

Rules of the competition: The decision of the judges is final. This competition is only open to people living in Southern Africa. Employees and relatives of employees of SPEAK are not allowed to enter. The closing date is 25 January 1994. The winner will be announced in the March 1994 issue of SPEAK..

You could be a lucky winner!!

Inside the ANC

SPEAK: The ANC has called for a non-racial and non-sexist South Africa. Do ANC leaders and grassroots supporters practice non-sexism?

Suttner: The acceptance of non-sexism as a principle in the ANC, or in any male-dominated organisation, appears in the first place at the level of lip service (only in words).

There is a strong commitment to the principle of non-sexism. But for people to realise its full significance is still in the beginning stages. And I am not sure there is a real and full understanding of what it means for people in their personal lives. My experience in the democratic movement is that there are quite a lot of abuses of women. I remember in the days before the unbannings, cases of women being beaten up by men, and even rapes. So I think there is a lot of work to do to make non-sexism a reality.

SPEAK: How can we make non-sexism a reality?

Suttner: We have something very strong (and it's a terrible, terrible way to talk about it) that we can build on, and that is the memory of Chris Hani. Chris Hani was very committed to non-sexism. In MK, he worked hard to get rid of sexist practices: women washing uniforms of commanders, officers having relationships with women trainees. In the SACP, he made sure that there was a

Do ANC leaders and members practice non-sexism?
"Yes and no," says Raymond Suttner, head of the ANC's Political Education Department and a member of its National Executive Committee.
Immanuel Suttner (no relation) spoke to him

gender desk, and he himself was involved in that. So, one of the things we should do when we honour Chris Hani is not to remember him as some charismatic figure, but as someone we can learn from.

SPEAK: How, practically, can we overcome the problem of male domination in the ANC and begin to empower women?

Suttner: In terms of empowering women, it is a long road. It's one thing to say men and women must be treated as equals. But I think, culturally, women — especially African women — have been given far fewer opportunities than men. It is now a question of creating special training opportunities which will give women a chance to develop leadership skills.

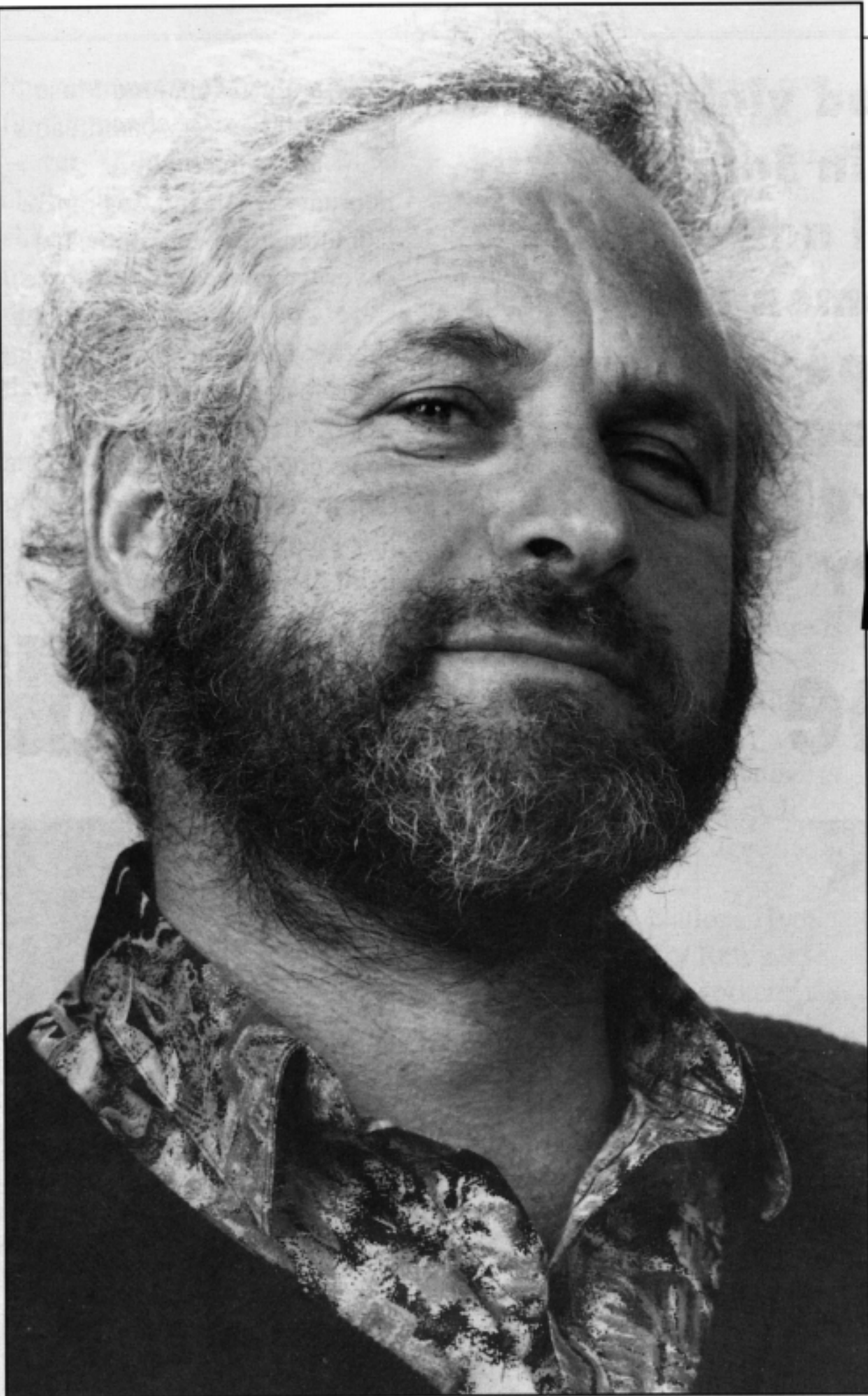
To be quite frank, our department does not have the resources to do this for men, let alone women, but it is one of the things that remain important for us.

SPEAK: You talk about special leadership training for women. Would that be a form of affirmative (positive) action?

Suttner: I do not like this term "affirmative action". It comes from America, where minorities (small groups of people in a society who are being discriminated against) were trying to get a better life in American society. In South Africa, we are talking about a complete change in our society, especially with regard to the economy. Women are not a minority, and really, we need to change society as a whole.

SPEAK: How do you see South African society in the future?

Suttner: We will be a mainly African nation and will move away from the way that European society has been forced on people. But the new South African nation we want to build will not mean an end to the different cultures in our country. People will be able to practise their own cultures. We will not be a nation which on the day of freedom will make everyone speak Zulu. We will speak different languages. We will have different "colours" and we will follow different cultures. The question is how to bring everyone together in a way that we will still have the non-racial, non-sexist, demo-



**Head of the ANC's Department of Political Education,
Raymond Suttner**

cratic society which the ANC speaks of.

SPEAK: What will happen in a case where a person does something that goes against the democratic principles of society, but is accepted in that person's culture?

Suttner: One such example is sexism, where a lot of work

still needs to be done. Unfortunately, we come from a history where problems are solved through violence. The ANC doesn't want to come to power and solve problems through violence and force. What is important is to change people's ideas, and that is why I would like to continue working in political education of the public at large.

There is a strong commitment to the principle of non-sexism, but for people to realise its full significance is still in the beginning stages

SPEAK: How would you define yourself?

Suttner: I am a patriot (a person who loves her/his country). I am a South African. I am an internationalist. (I feel very strongly about what is happening in Cuba.) I am a communist and a democrat. I am a humanist. I care about other human beings, not just politically. I think any person who is prepared to beat up his wife is not a democrat. He cannot see himself as part of the liberation struggle for the people at large. I feel strongly about this. Any person who doesn't care about the suffering of one individual can't really care about the suffering of millions. So my commitment is moral, and very emotional, in the sense that I get very upset by what I see around me.

SPEAK: If you were not working for the ANC, what would you like to be?

Suttner: Maybe an academic, maybe a writer. I like writing, I would love to be a writer or a journalist. ✪

They escaped violence and starvation in Somalia. But they are still not safe. Now Somali women in Kenyan refugee camps face rape by gangs of armed bandits. Keith B Richburg reports from Dagahaley camp, Kenya

Fatuma Mohamud Muse still has very bad dreams about the night in February when she was raped. Her attackers wore clothes to cover their faces, and all three were armed as they entered the shack where Muse lived with her five children.

"I called for help, but no one came," said Muse, who fled to Kenya two years ago. She left Somalia to get away from the violence and hunger.

Now rape haunts Somali

An African tragedy

Somalia is a small country in East Africa. It is one of many African countries which face terrible droughts year after year. Because of this, thousands have died of famine (hunger). The famine was particularly bad last year. This, together with corruption in the government and different political and military factions, led to the government being destroyed. The United Nations then moved into the country to provide food aid and medical supplies to the Somali people. The UN, however, took on other roles as well. Today it is seen as the "government" of the country. A number of UN soldiers have been killed in fighting with Somali military groupings. Since the war and drought in Somalia, thousands have fled to neighbouring countries.

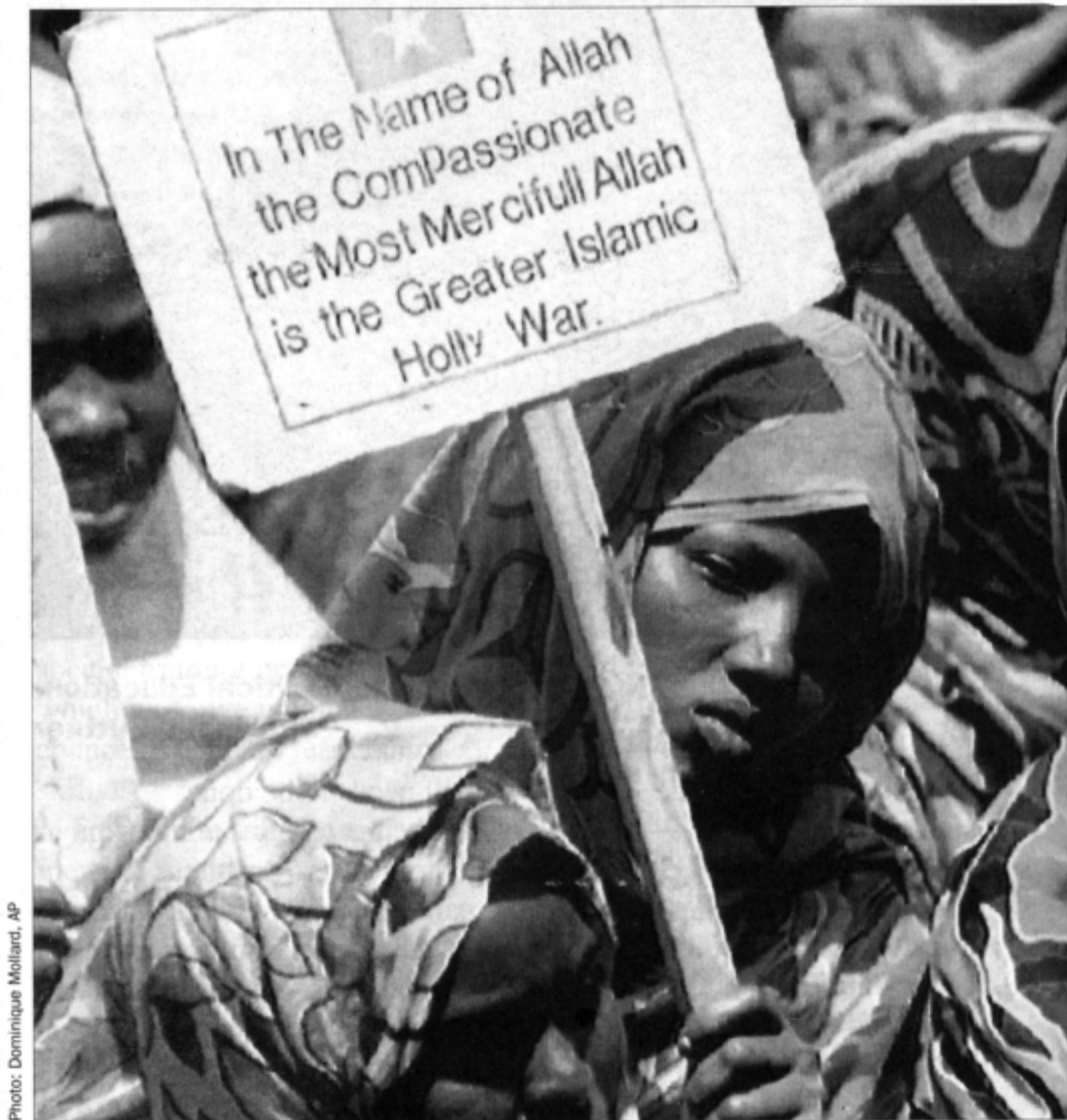


Photo: Dominique Mollard, AP

A Somali woman at a peace rally in Mogadishu. At home in neighbouring countries, women are victims

She remembered how the men first demanded her belongings — very little food, some clothes and 300 Kenyan shillings. They shouted at her in Somali as they held her down and beat her with their guns. And then, each in turn, they raped her.

A few months after the attack, Muse found out she was pregnant. Kenyan law does not allow for abortion at all, even if the woman was raped.

refugees



Somalia or in refugee camps of the violence

Muse tried to hide her pregnancy using a long, striped cloth. But in the small world of this refugee camp outside the Kenyan town of Dadaab, everyone knows Muse was raped. "I'm confused," she said, when asked about the child.

"I have five children already. Their father is missing. I don't know if he is dead or alive."

Muse said she will have to raise the child of her rapist. "There is no choice — there is nothing else I can do." She said she will never tell the child the truth.

What happened to Muse, is happening to many Somali women living in refugee camps in Kenya.

The United Nations High Commissioner for Refugees (UNHCR), social workers and human rights groups say thousands of Somali refugee women have been raped over the last year. Most have been raped by Somali bandits (criminals) and some by members of the Kenyan security forces who are supposed to protect them.

It is difficult to get information on how many women have been raped because the area is very big.

Because of the shame that women often feel when they have been raped, only 100 rapes were reported between February and August this year. UNHCR spokesperson Pano Moumtzis said the actual number of rapes is probably 10 times that.

A report released by an organisation called Africa Rights claims that "thousands of Somali refugee women have

been raped". The ages of the rape victims range from four to 50 years. The report sees the situation of these refugee women as "the forgotten part of Somalia's tragedy". It blames the UNHCR and the Kenyan government for failing to properly protect Somalis who have lost their homes and their land in the war.

The UNHCR agrees that rape is a very serious problem. The high numbers of rape cases is linked to a lack of law and order along the border between Kenya and Somalia, where bandits attack refugees, relief workers and even the police. Bandits have killed at least 20 Kenyan policemen for their guns.

Gun battles between Kenyan police and heavily armed Somali gangs have become common and the gangsters often outnumber the police. Africa Rights blames the Kenyan government for the lack of law and order long the border. Kenya says the violence comes directly from the war in Somalia. The government says the situation has worsened since the United States of America brought its soldiers into Somalia, because many gunmen have moved across the border into Kenya.

The UNHCR has started raising money for a project called "Women Victims of Violence". The first thing this project will do is buy 60 bullet-proof vests for Kenyan guards along the border. ★

● We would like to thank the *Weekly Mail and Gaurdian* for giving its permission to adapt this article

Thenjiwe Mthintso chose the memorial service of her lover (partner), Skenjana Roji, to defend their choice to live together and not get married. The South African Communist Party (SACP) and African National Congress (ANC) “forgot” to mention her in a pamphlet in which they paid tribute to Skenjana. The pamphlet about his life read: “He is survived by his mother, father, six sisters and one brother.” No mention is made of Thenjiwe, with whom the deceased chose to live with for many years.

We (the women who attended the service) were ashamed of our organisations.

When Thenjiwe walked into the hall where the service was being held, we wanted to protect her. We did not want her to see the pamphlet. But how could she not look at the programme for the memorial service of her lover?

She read the pamphlet and decided to stand up and talk about her relationship with Skenjana. Thenjiwe openly and clearly challenged our society, the SACP, ANC and Cosatu. Why had they ignored her partnership with Skenjana? She told the crowd that people must learn to accept that not everyone agrees with the rules set by society.

Many people will say Thenjiwe should have been more careful about what she said. However, with courage and strength she spoke about how she felt. She chose that hall as the battle field. She said it was her right to be recognised as the woman who was in a partnership with this man.

Had she been silent, it

Bitter-sweet memories

On Friday 1 October 1993, Thenjiwe Mthintso broke the rules of African tradition. She chose the memorial service of her lover (partner) and comrade, Skenjana Roji, to defend the choice they made years ago to live together. Nomboniso Gasa pays tribute to her

would have been a betrayal of Skenjana and the choice they had made together.

As a soldier, she turned the hall into a battle field. As a political educator, she educated us.

We listened with bitter-sweet feelings. We were sad that she had to fight this battle on that sad day.

We were proud and even happy that she had taken it up. We admired her courage. We nodded our heads to show that we agreed with her. We looked at her with pride, sadness and joy. Go on, sister. Go on! Kubo!

As she spoke, our eyes comforted her. With our hearts, we touched her. With our tears we helped her to cry, because we were the women she was talking to.

When Thenjiwe said, “the personal is political”, many of us felt a bit guilty. This was something we often forget

about.

She said the struggles we are fighting in our personal lives are important.

For the sake of “peace” in the home, many strong women choose to wash the dishes and ignore the oppression they face in their homes. But, in fact, it is this struggle which is central to our daily lives and struggle as feminists.

Thenjiwe spoke of the need to practice what we preach in our personal lives. At the end of it all, we were left with ourselves and our thoughts. There is a need to balance the political and the personal aspects of our lives; to love and be loved; to appreciate and be appreciated.

She showed a lot of courage when she spoke openly and honestly about Skenjana’s shyness. Many of us hide the emotional side of our being. Dealing with the regime, and exile meant that we had to be strong, we did not want to be



Photo: Pumla Radu

Hamba Kahle Skenjana Stewart Roji

Skenjana Stewart Roji was born on 10 November 1952 in King Williams Town. Skenjana became involved in politics while studying at Fort Hare university. In 1975 he was expelled from Fort Hare because of his political involvement. After his detention in 1976, Skenjana went into exile to join the ANC. He worked in the ANC's military structures and, in 1986, re-entered South Africa and began to build underground structures inside the country. For many years, Skenjana avoided arrest. In 1990 he was detained under Section 29 of the Internal Security Act and was released under the indemnity granted to political prisoners. In 1991 he was elected General Secretary of the SACP in the Border region. He also served on the ANC executive committee of that region. In 1992 he moved to Johannesburg to take up his position as SACP National Political Education Officer. He died on September 28 1993 after a long illness.

He is survived by his partner, Thenjiwe Mthintso; his mother; father; six sisters and a brother.

ANC and SACP leader Thenjiwe Mthintso... people must learn to accept that not everyone agrees with the rules set by society

emotional about things because we did not want to show any signs of weakness.

Our society also decides that men should be strong and not have or show emotions. Women are expected to be soft, gentle and tender. Sometimes women in the struggle for equality have been expected to be as strong as

men in order to be accepted.

The time has come for all of us, women and men, to drop our shields. To be human again — to accept ourselves; to cry, laugh, love and enjoy life. Perhaps we will find that being honest and open with those closest to us will make us more useful and strong in our struggle. Maybe the most powerful struggle is the one that is from

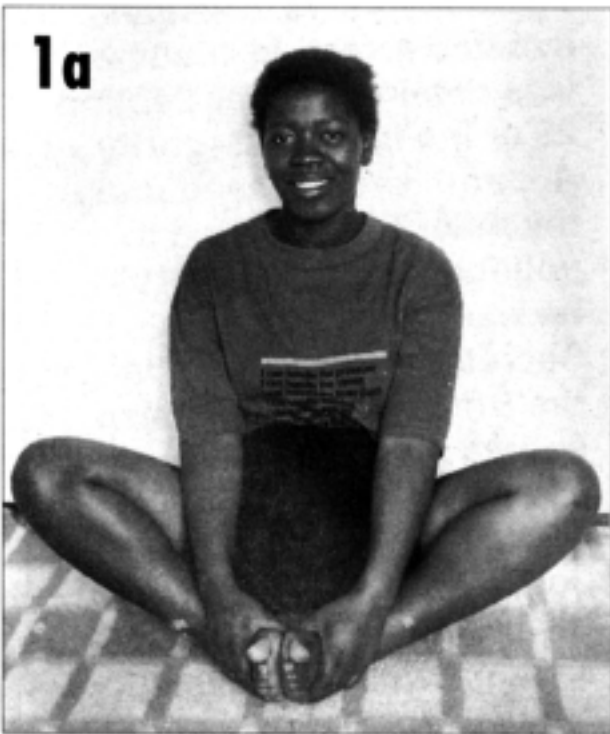
inside all of us.

Thenjiwe said what she believed needed to be said, in the most difficult situation.

This is our tribute to you sister. Thank you for doing it for us, the women and men in that hall. In doing it for yourself you have done it for all of us, with courage, and strength and beauty, so much beauty, you did it. ☪

A healthy body means a healthy pregnancy

Healthy eating habits and proper exercise during pregnancy will help you a great deal when you go into labour. Exercising is good, but you have to know which exercises are good for you. Here are a few exercises you can do

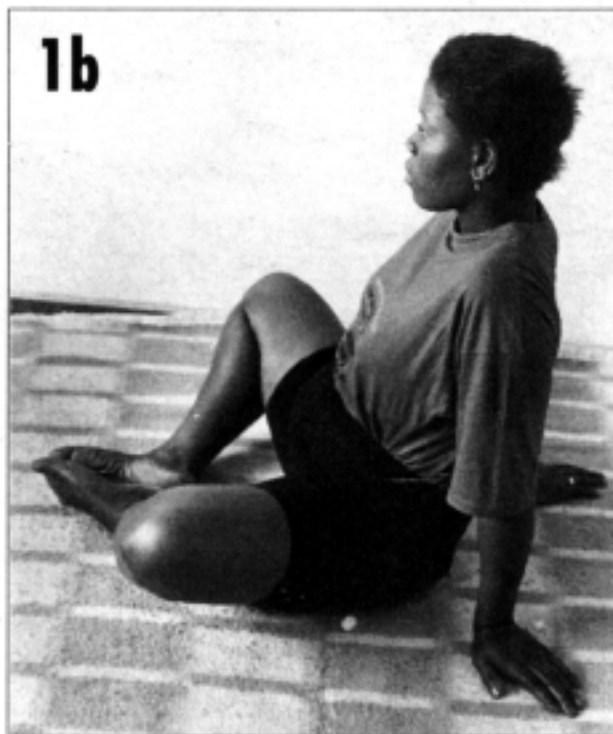


1. Cobbler's pose

This exercise helps the pelvic organs by helping blood circulation in this area. It also helps to form the position of the pelvis correctly. You can do this exercise as often as you like and it can be used as a sitting position.

When sitting in this position, you should feel the inside of your thighs, vagina and hip joints stretching. You may also feel a stretch in your knees and ankles.

1a. Sit on the floor with your back straight and your legs



stretched out in front of you. You can use a wall to support your lower back.

Bend your knees and bring your feet close to your vagina.

Bring the bottoms of your feet together, with the outer sides of your feet resting on the floor.

Open out your thighs and lower your knees towards the floor.

Now breathe deeply.

1b. This is the same exercise as 1a. Make sure your back is straight and your arms are comfortable behind your back.



2a



2b

2. Kneeling with knees apart

This exercise releases tension in the vagina and pelvic joints and will help to improve your posture. It will also help take away the pain in your lower back. It opens the pelvis and lengthens and relaxes the muscles of your back, buttocks and pelvic floor. At the same time, it takes the weight you are carrying off your back.

Go only as far as you can without bending your back, and then stay there, breathing deeply. Once you are comfortable in this position, you may use it as often as you like.

You should feel the stretch mainly in the vagina and possibly in your knees and ankles.

2a. Kneel on the floor with your knees as wide apart as possible, your toes pointing in towards each other. If you can, sit between your feet with your buttocks on the floor. If this is too difficult, sit on your heels.

Bring your shoulder blades (at the back) down and towards each other. Lift your back up

pushing your shoulders up against your head.

Holding this position, move slowly forward from the hips, keeping your buttocks down as much as possible and your arms straight, until your hands reach the floor. You should begin to feel a stretch in the vagina.

Try making a gentle rocking movement, shifting your body weight from your arms to your legs.

Breathe deeply. Stay in this position for a minute or longer, and then come up.

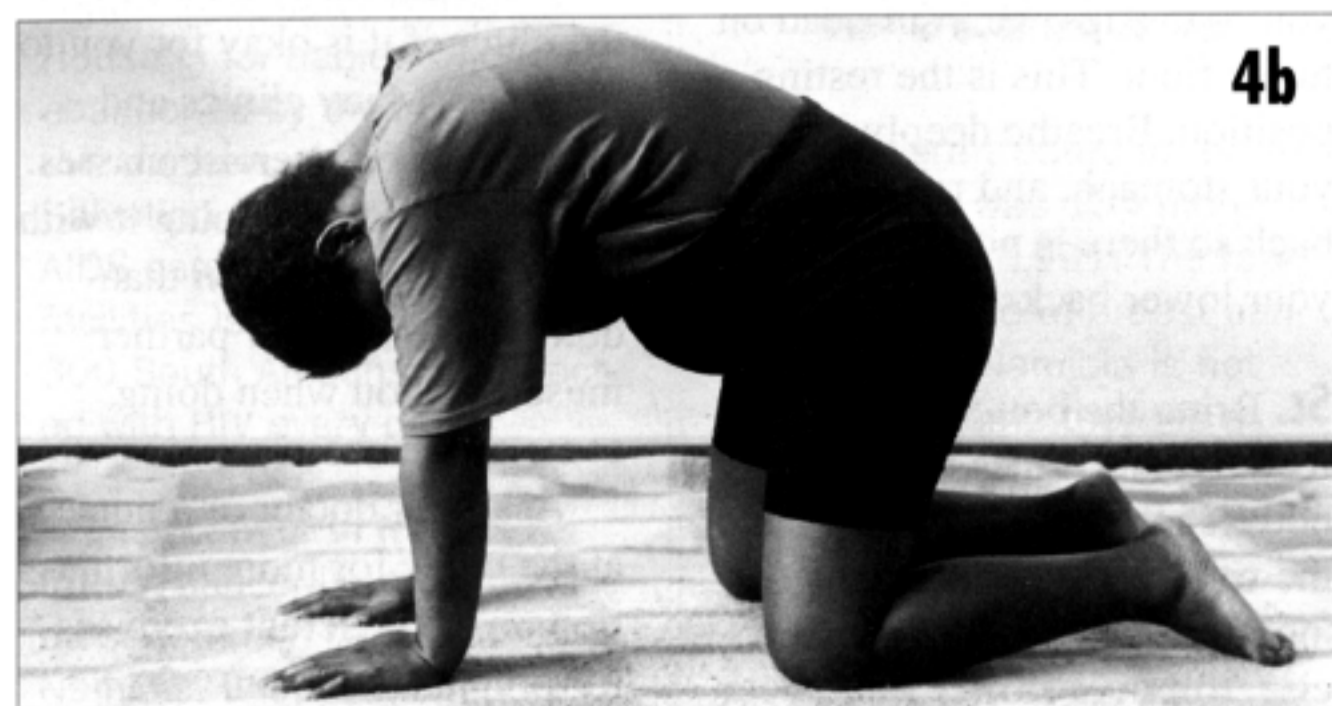
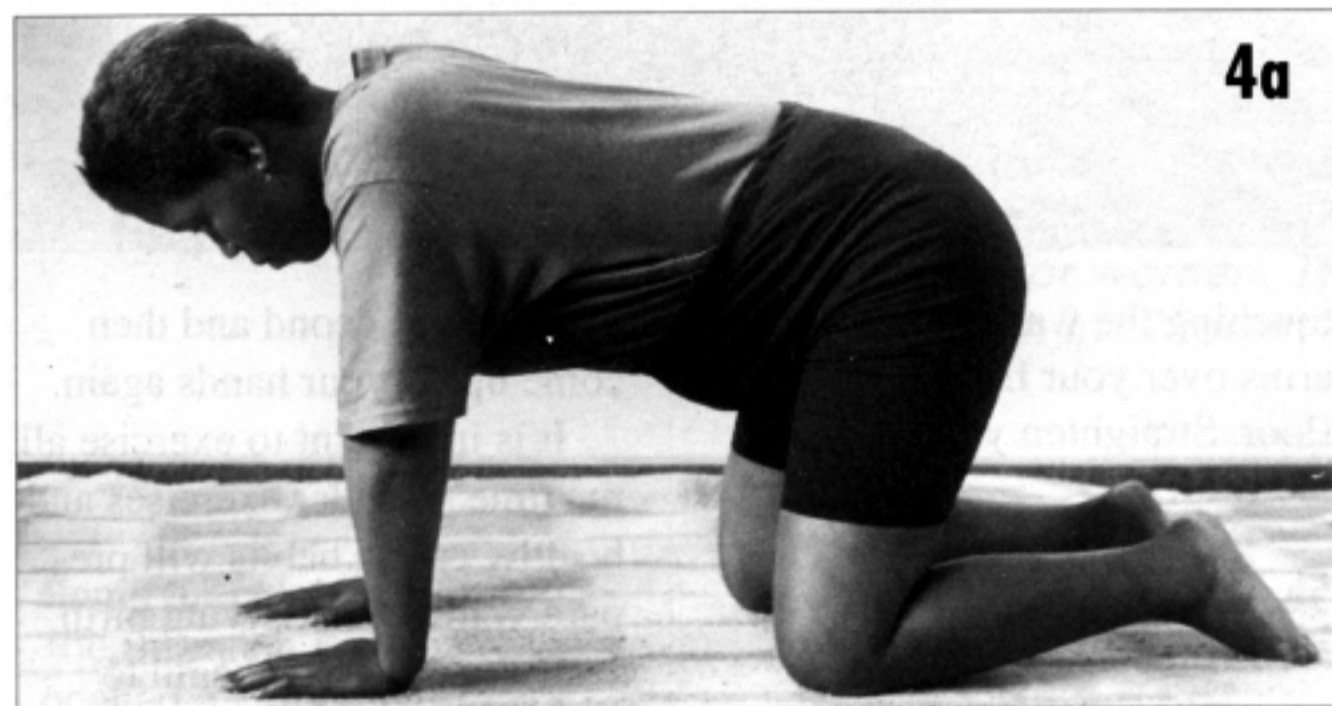
2b. If you can do the movements of exercise 2a, try resting on your forearms, keeping your back straight. Check in a mirror that your back is straight or ask someone to see if it is straight.

3. Pelvic floor exercises

If you do this exercise often, it will help your pelvic-floor muscles relax. This will be helpful in the second stage of labour. It might also prevent a tear when giving birth.

This exercise should be done daily, especially in late pregnancy.

3a. It is important to remember that, if you have piles, you must do this exercise on your



hands and knees, with your head down and buttocks up. Stand with your feet about 60cm apart. Sit down on your toes in an easy position. Lean forward on to your hands, keeping your arms and back straight, and open your knees wide apart.

Tighten your pelvic-floor muscles, pulling them in as if you are trying to stop yourself from peeing. Hold for a few seconds and then slowly let go. Do this a few times.

Do the exercise again, this time letting go in four stages, little by little. Do the exercise again, this time picture your baby's head passing through your pelvis during the second stage of labour. Each time you breathe out, imagine that you are breathing your baby out as you release your pelvic muscles.

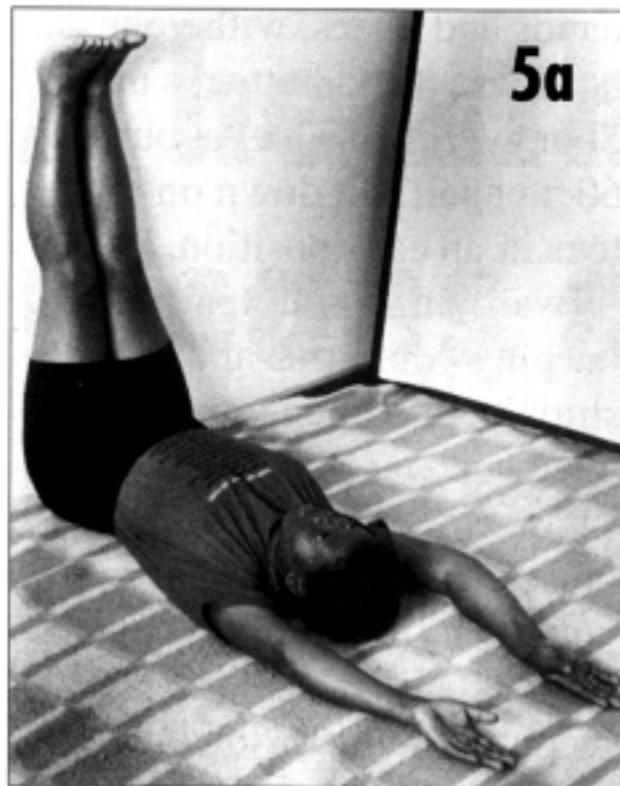
4. Pelvic tuck-in

During pregnancy, there is a lot of strain on your lower back because of the extra weight you are carrying.

Pulling in tightly and letting go your buttock muscles will strengthen your buttocks. This will increase support to your lower back and prevent back pain. This exercise also helps your pelvis stay in the position it should be. It may also relieve pain. It is good practice for labour: a gentle pelvic rocking movement can lessen pain and help the baby come out through the birth canal.

4a. Go on to the floor on your hands and knees. Your knees should be about 30cm apart.

4b. Pull in and tighten your buttocks, pulling in your pelvis



so that your back arches like a cat's. Hold for a few moments, then let go. Make sure your back remains straight when you let go. Do this over and over again. Do the same exercise a bit faster, rocking your pelvis gently up and down.

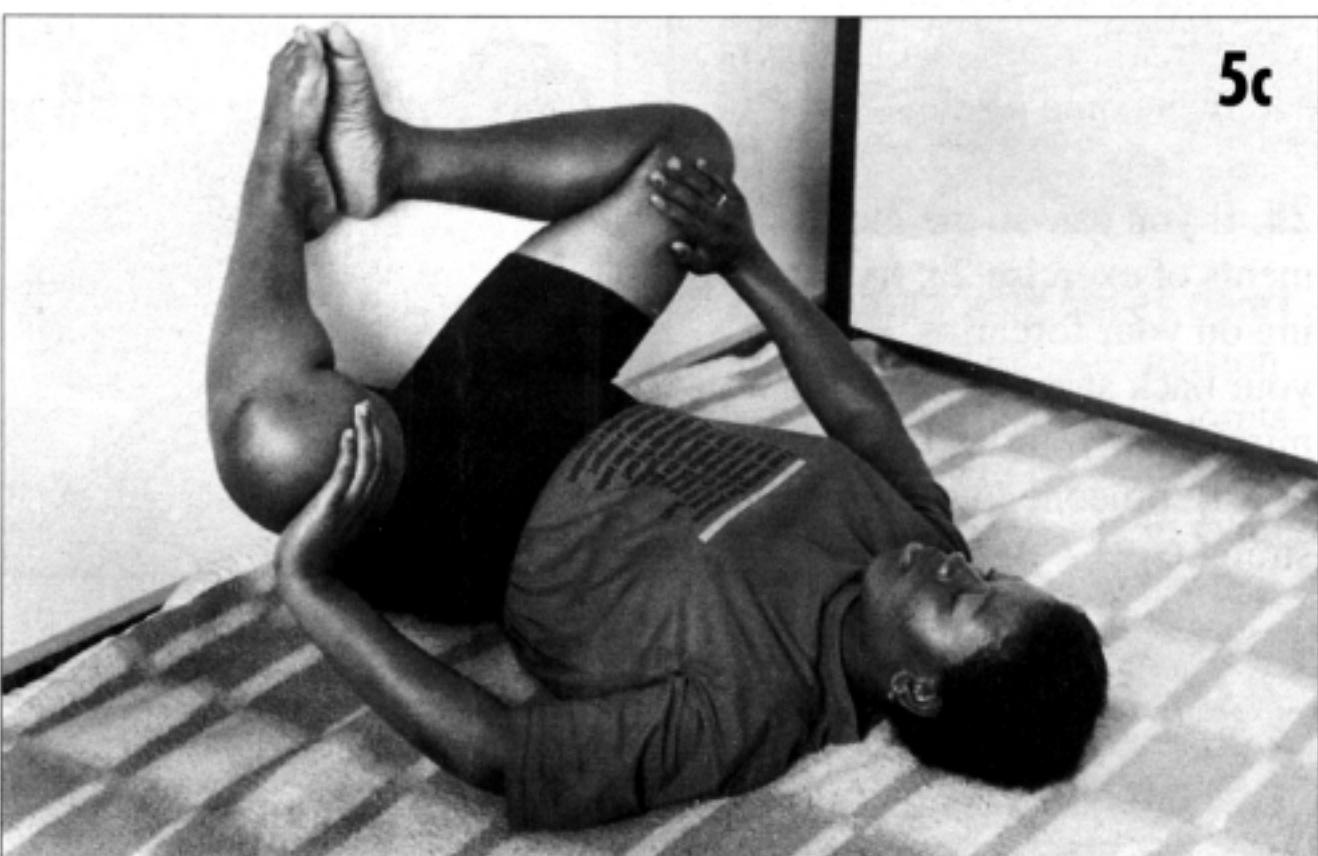
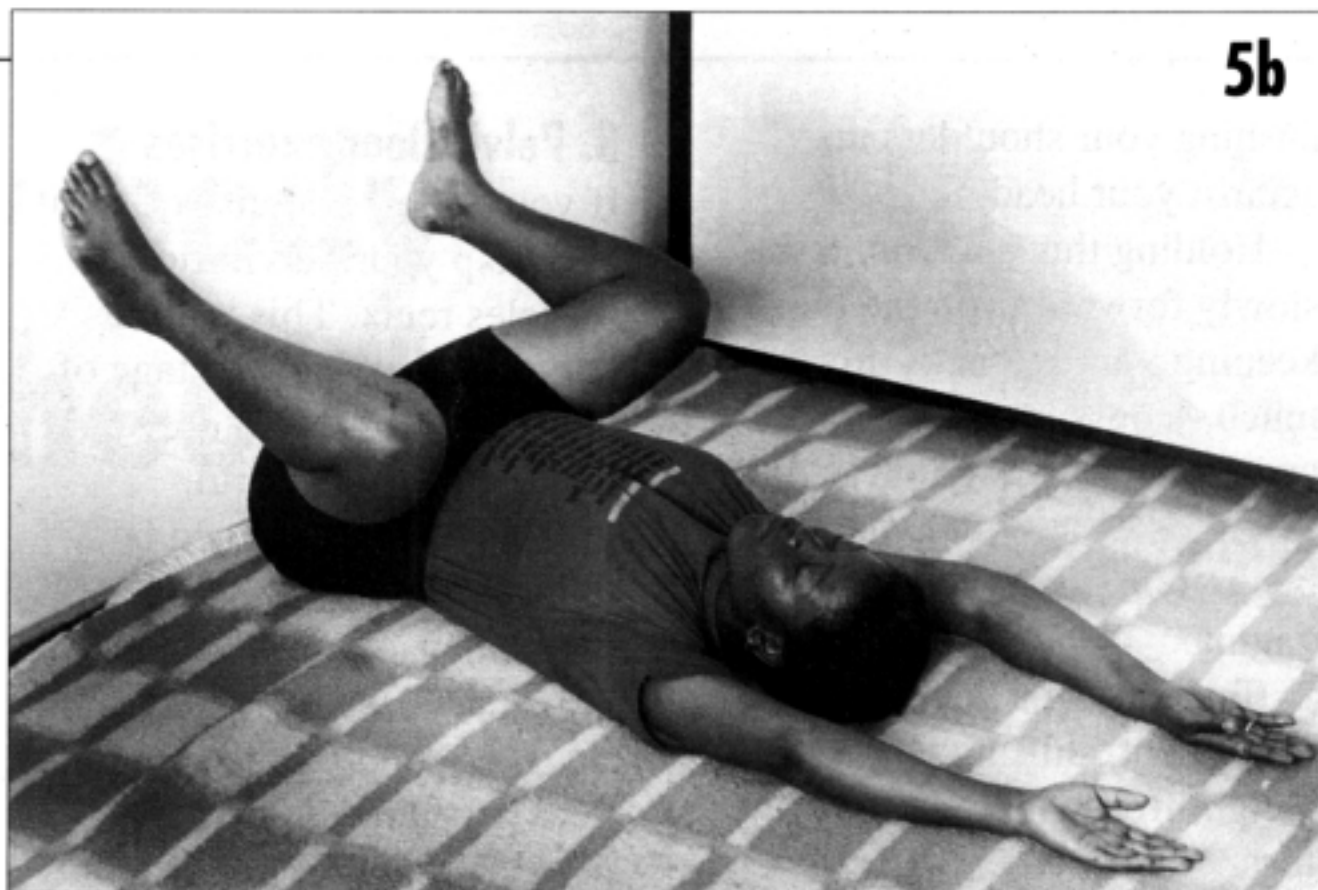
5. Legs against the wall

This exercise stretches the large muscles along the inside of your thighs from the pubic bone to the knees.

Remember: During pregnancy, especially in the last weeks, some women find they become dizzy if they lie flat on their backs. This is caused by the weight of the heavy uterus pressing down on blood vessels which slows down blood circulation. If this happens to you or if you are uncomfortable, do not do any exercises which involve this position.

When doing this exercise, you will feel a stretch in the inner thighs. You will feel stiff in the beginning, but with a little practice it will go away.

5a. Sit down sideways next to a wall, so that one hip is touching the wall. Turn round until your legs go up the wall and your buttocks are close to or



touching the wall. Stretch your arms over your head on to the floor. Straighten your legs up the wall.

5b. Bend your knees as if you are sitting. Place your feet flat against the wall and stretch your arms up over your head on to the floor. This is the resting position. Breathe deeply into your stomach, and relax your back so there is no gap between your lower back and the floor.

5c. Bring the bottoms of your feet together, close to your body. Press your knees towards the wall with your hands.

When you finish this exercise, roll over slowly on to your

side, wait a second and then come up on your hands again.

It is important to exercise all the time. Regular exercises and healthy eating habits will prepare you well for giving birth.

But, before you begin to exercise, check with a doctor at the clinic if it is okay for you to go ahead. Many clinics and hospitals offer exercise classes. It can be more fun doing it with other pregnant women than doing it alone. Your partner must help you when doing some of the exercises.

Ask your doctor or a nurse at the clinic for more information on the different exercises for pregnant women. ★

As a matter of fact...

Nelson Mandela says, share the housework

Addressing women in Athlone, Cape Town, not long ago, ANC

President Nelson Mandela expressed sympathy for the millions of women who come home after a long day of work. They have to cook and, on top of that, they have to wash out the underwear of the men in their lives.

"It's time men washed out women's underwear," he said.

More than a thousand killed in one month

According to police figures, at least 1 500 South Africans are murdered every month. Between 1 January and 30 June this year, 8 434 people were murdered. During the first 10 months of last year, 15 772 people were killed.

Swazi women can't wear long pants

Swazi women were recently banned from wearing long pants. Chief Lusendo Fakudze, a senior Swaziland chief, told a special meeting of the Nkanini community that the growing number of women wearing long pants in public is 'shameful' and showed disrespect for the King.

Swazi chiefs have the power to make people follow Swazi custom and tradition, and punish them if they do not.

Men cannot be trusted

The words "any man could be a rapist" came true for a woman in Pennsylvania, America. The woman was stranded in the street after being raped. She was later raped by another man who offered to help her. Police said the man found the 26-year-old woman on a street in the middle of the night and told her he would call police for her. Instead, he raped her.

Power to women in India

To increase women's participation in public life, the Indian constitution was recently changed. One-third of the seats in the governing councils of villages across the country have been set aside for women. This will empower 80 000 women in different villages and districts of India.

Home for children with AIDS

The Salvation Army has opened a 12-bed AIDS care centre in Soweto. Bethesda House is for babies who are abandoned by their HIV-positive mothers. According to the Salvation Army, the need for AIDS care and counselling facilities is growing. More than 300 South Africans are infected with HIV every day.

Breast cancer in Namibia

Breast cancer is the second most common cancer in Namibia. Last year about 900

women were treated for breast cancer. This was 134 more cases than in 1991. The reason for the rise of breast cancer cases in Namibia is not known. It seems there is a higher rate of breast cancer among young women (under the age of 40) compared to Western countries. The reason for this is also not known.

HEALTH BRIEFS

Increase in TB linked to poverty

A study done in England over six years has found that poverty may increase the chances of getting tuberculosis (TB). Symptoms of TB include tiredness, weight loss and coughing. Bleeding of the lungs may take place as the disease becomes serious. The World Health Organisation has declared TB a worldwide health emergency and says the disease will kill 30 million people over the next ten years. ★

TAXI TALK

Bosses are up to their tricks again

I have been working at a company for four years as a sales clerk. At the end of my fourth year, the company employed a white man, even though there was no work for him. One morning, the manager called me to the office. When I went to see him, he seemed a little angry and didn't even offer me a seat.

"I'd like you to teach Mr McKay (the new white man) your job for a week," the manager said to me. "After that, I want you to let him do your work for a month," he continued.

I felt this was unfair but I was too scared to say anything. The manager does not like it when anyone questions him. He is the type of person that makes

**Bosses are
using the bad
state of the
economy to
exploit
workers,
argues June
Madingwane**

workers feel like nothing. When I raised problems with him before, he tried to get me fired. Luckily, he did not succeed. I did not want to have an argument with him again. So I agreed to teach Mr McKay. He was, of course, not co-operative at all. As a sales clerk, he had to order goods, receive, despatch and give technical information to the customers. He did none of this.

I was later asked to step down from my job for a month so that this white man could get to know my job better. I did not realise that he was to become my supervisor. I had to do whatever this man wanted me to do for fear of losing my job.

A month passed and I did not get my job back. I'm too scared to ask for my job back because there's been a lot of talk of retrenching people in our company. Work has become a living hell for me. I know they're trying to get me to leave, but I won't. I believe it is very unfair of companies to exploit workers, knowing their chances of getting another job are slim because of the state of the economy. ★

NOTICES

● Immunisation: A weapon against killer diseases ●

Last year alone, 2 014 people died from diseases that could have been prevented through immunisation (having an injection to stop you from getting a disease). These diseases include tuberculosis (TB), measles, whooping cough and poliomyelitis. It is important that all parents know why, when and how often their children should be immunised.

For more information contact your local clinic or hospital or write to:

The Department of National Health and Population Development

Private Bag X828

Pretoria 0001

Telephone: (012) 312 0115

● Training in Child Education ●

The Border Early Learning Centre (BELC) wants members of the community to join their Regional Training Programme. The BELC's aim is to provide training and resources for education and care of the highest quality to young children.

If you wish to attend sessions in your community please contact the BELC at:

50 Albany Street

East London 5201

Telephone: (0431) 20723

● People's History ●

The Centre for Peace Action (CPA) in Eldorado Park has started an oral history project. The CPA is a community-based project aimed at violence prevention. The CPA, through their oral history programme, would like people to write about their past and present, based on their experiences.

For more information, write to:

Centre for Peace Action

Oral History Project Co-ordinator

PO Box 293

Eldorado Park 1813

● Wanting Women's Writing ●

Pella Schafer and Laurel Fain are creating a collection of work written by and for women with serious illness.

Send poetry, essays, fiction, oral histories and autobiographies on topics such as religion, race, culture, relationships and age. Written material must be typed and should not be longer than 15 pages. If you want your work returned, include a self-addressed envelope.

Send your submissions, before 1 December to:

Anthology

PO Box 492

Santa Cruz

CA 95061

● Research on disability ●

The Women's Health Project in Johannesburg is encouraging research on women and disability. They would be pleased to get any information whether it is personal stories or academic research.

If you need help in planning your research, they would be happy to support you. They are particularly interested in supporting disabled women in doing the research themselves.

For more information write to:

Women's Health Project

Centre for Health Policy

Wits Medical School

Parktown 2193

Telephone: (011) 643 4318

● Weekly reports on negotiations ●

The National Women's Coalition has started monitoring the multi-party talks. The issues raised at the talks are looked at from a gender point of view on a weekly basis. They are commented on and sent to women in political parties and the regional and national coalitions. This is also available to the general public.

For further information, contact Pregs Govender at: (011) 331 5958/9



**WOMEN
SAY**

**GIVE PEACE
A CHANCE**