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SPEAK

Putting women first

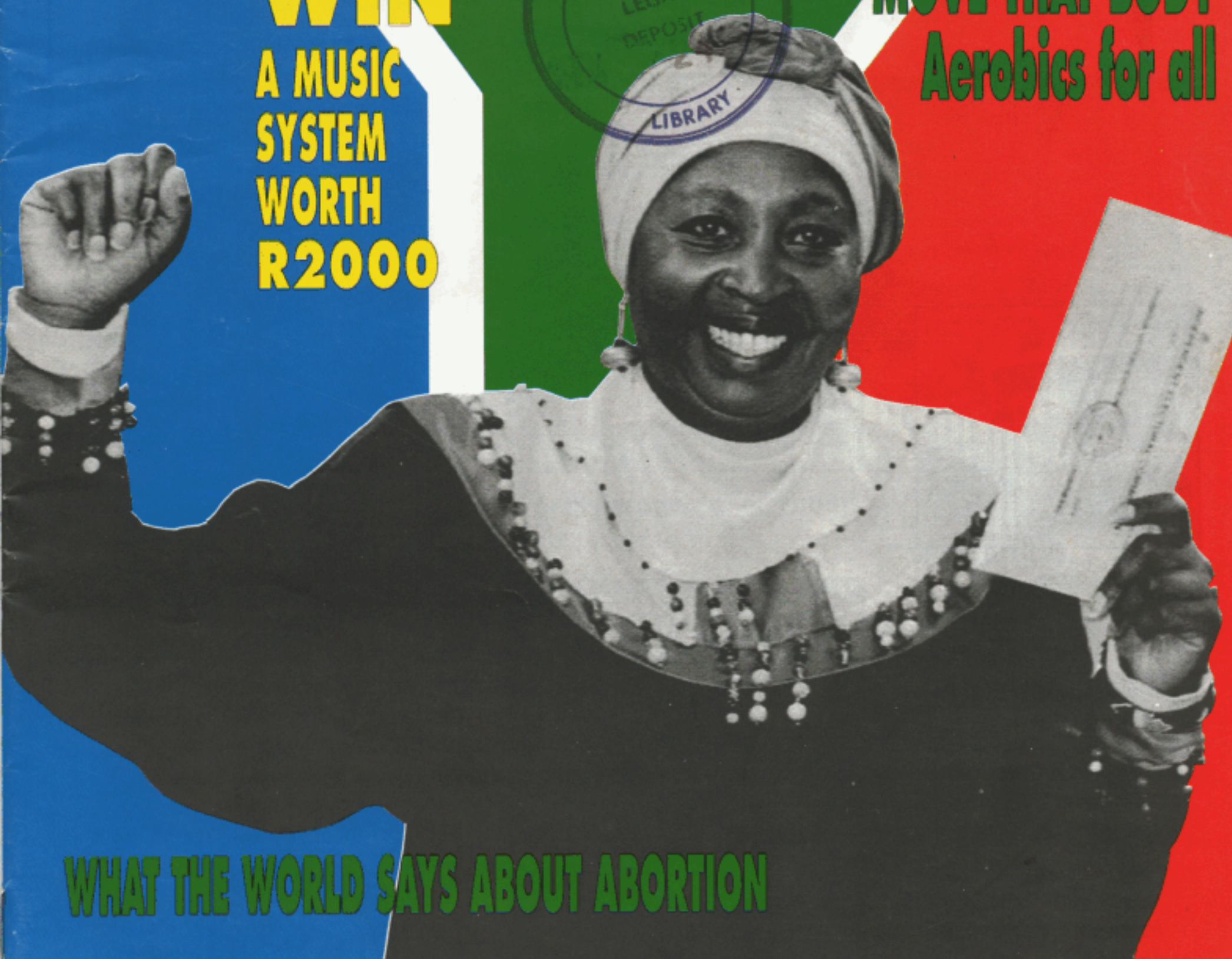
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COMMENT

A great task lies ahead for our first democratically elected government. It is faced not only with cleaning up the mess created by apartheid, but also with people's expectations. This is not going to be easy and change will not come overnight. People expect the government to provide housing, education, running water, electricity, health and so on.

At the same time, policies must take women's conditions into account. No one can ignore the fact that, in the developing world, women grow most of the food, market most of its crops, fetch most of its water, collect most of its fuel, feed most of its animals and weed most of its fields.

And, when their work outside the home is done, they light the fires, cook meals, clean the home, wash clothes and take care of the old and ill. They bear and care for their children.

The multiple burdens of womanhood are too much. If our government does not make any real effort to address these problems, we will not forgive them.

At the same time, women's organisations must continue to challenge the government if it fails to implement the promises made to us. Don't give up the fight against patriarchy and the oppression of women!

Talk Back

Happy, I'm so very happy

Words cannot explain how I feel about Nelson Mandela being our first democratically elected president. I felt an overpowering sense of relief from oppression. I couldn't fight back the tears when he stepped onto the stage to address us at the Union Buildings in Pretoria. Our very own president. As he spoke, the crowd held onto his every word. I know rebuilding our country is going to be difficult but I have faith in President Madiba's leadership. The second best thing about the inauguration was when the crowd broke out into the Mandela jive. May 10 was the day South Africa was returned to its people.

*Thandeka Mbuli
Langa*

We share in your happiness and hope for the future. — Editor

Power to the women

I am a 16-year-old school girl doing Standard 9 and a regular reader of SPEAK magazine. Now that the South African government is representative, we hope to see more women in positions of power.

Women must, however, continue to put pressure on the government to address our issues which have been given the back seat for a long time. We must demand that women have a final say over issues which affect them such as

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

safe and legal abortion and the punishment of sexual offenders.

Women must also take it upon themselves to ensure that they have power in areas such as politics, law and the economy.

*Camila Rose
Cape Town*

SPEAK will watch to see if the new government lives up to the promises they made before the elections. At the same time, we echo your words that women must continue to organise and make their voices heard. — Editor

Women and trade unions

Four issues of SPEAK have been published and yet no letter has challenged the observations

made by Crecentia Mofokeng in the February issue.

I am upset by the silence of shopstewards who did so little in the early 1980s during the trade union struggle.

When CUSA was established, Phiroshaw Camay, the then general secretary, motivated and got a small grant for a women's programme from the United States Foundation. This was a first for both the trade union movement in this country and the US Foundation. In 1980, it was Agnes Molefe and Jane Hlongwane who fought for the establishment of the National Union of Mineworkers at the CUSA Congress.

Union agreements were changed. Maternity and paternity rights were included in the agreements. The union became very involved both at home and internationally. The detention of Emma Mashinini was opposed and the rights of the Sharpville Six were also fought for. This was done with the support of all workers.

International contacts were also established. Women were represented at ILO and regional meetings. Women's conferences in the frontline states were also attended and many networks developed.

If the women's unit fell apart after 1989, this might have been because of political infighting or neglect by union officials.

Whatever happened before 1990 cannot be ignored because it forms part of the history of the trade union movement in this country.

Dale Tifflin
Johannesburg

It is not unusual to see political organisations and trade unions push women's issues off their agendas. This may well have been the case and should not have happened.

We are, however, encouraged by Nactu's new efforts to include women's issues as part of the union programme. — Editor

Teach them young

An article in the April issue of SPEAK stated that one of the demands put forward by the Women's National Coalition to be included in the Women's Charter is that men should share domestic chores.

A great deal of work needs to be done by women themselves to achieve this demand. Ours is a traditional and patriarchal society that does not recognise a woman's role as important. Women must educate children, especially boys, to learn to share in the housework with their sisters. They must teach our children that there is nothing wrong with doing their share of house work.

This will prepare them for adulthood. It will obviously take a long time to convince men that they have to be involved in running households and other duties which have traditionally been considered as women's.

Women must not give up the fight for their rights. Something can be done to get men involved.

Cecilia Mthembu
Soweto

We couldn't agree with you more. — Editor

Be fair to men

I am a male reader of SPEAK and I think men's views are not treated fairly in your magazine. Most of the articles you carry give the women's side of the story without giving men a chance to respond.

It would be very interesting for readers to get both sides of the

story if you took the trouble to ask men how they feel about some issues raised in your articles.

While I appreciate that your major objective is to educate women on their rights, it is important that you do so in a fair and balanced manner.

While I do not have any problems with anyone encouraging women to unite for a common goal, I do not agree that all men are not supportive.

In your comment, you promised South African women that SPEAK would make sure that their political parties' pre-election promises were kept. I think women will be able to do this by themselves through the structures in place already.

All I am asking you is to give men a chance to be involved in the fight for women's rights. By involving men, women will be able to effectively fight for their rights.

Arnold Makofane
KwaThema

As a women's magazine, we serve the interests of South African women. We agree with you that men have to be involved if the struggle for equality is to be won. We do publish men's views, whether we agree with them or not. — Editor

CONGRATULATIONS TO OUR WINNERS

★ **The lucky winner of the Matla Trust Radio Competition is M. Mahlo — Koloti**

★ **Prudence Mazwi is the lucky winner of a Radio/Cassette player**

Kwa-Sophie

A not so progressive activist

A prominent activist and respected head of an educational institution is a man who seems to require some lessons in being progressive and respectable.

We will name him XY — after the male chromosomes.

XY was told about how a woman he works with was being beaten up by her husband. Later, when he met her at a social gathering, he said to her: "A man does not beat up his wife unless she asked for it."

You tell me, how does a woman ask for it? Does this man think we sit there and beg to be beaten up and humiliated? Does he think women enjoy walking around with swollen faces and broken bones?

Surely, we have to do something about men like XY.



Time to burn the bra again?

Now, this is one joke you will appreciate:

A woman and her partner walk into Woolworths, where she decides to buy a bra amongst other things. He turns to her and says: "You really don't need that, you have nothing to put in it any way. I don't know why you insist on wearing it."

The woman smiles and says: "You wear underpants and there isn't much to put in there."

Freedom of expression wouldn't you say?

Cuba goes to the dolls

Twenty-two pairs of blue sparkling dolls eyes stare down from 11 adult bunk beds. This is the first thing that one notices when one walks into Cuba's Feminine Artillery Regiment.

The dolls are there because the government fears that women will lose their natural feminine feelings if they do men's jobs.

In a strange end of the day ritual, the women are encouraged to cuddle the dolls, comb their hair and change their clothes, talk to them and even take them to bed.

Just when you thought women had made it, then something like this comes along. Dear Fidel Castro, I'm disappointed in you.

Quote of the Month

By saying that feminism is not Indian ignores the hundred years of women's struggle and male reformers who were pro-women's rights.

— Himani Bannerji, member of an Indian women's group, Sachetana



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Photo: Anna Zieminski

A new beginning

"Free at last! Free at last!" The famous words of the great African-American civil rights leader Martin Luther King were in the hearts and minds of many South Africans when Nelson Mandela became President of South Africa on 10 May 1994. It was a wonderful day, the high point of the most exciting two weeks in South Africa's history. **Elinor Sisulu** reports ➔

The miracle which made this day possible took place from April 26-29, when millions of South Africans — black and white, young and old, rich and poor — flocked to the polling booths to vote in the country's first democratic elections.

People who had been at war with each other a few days before, stood side by side in long queues, waiting patiently to mark their X on the ballot paper. The terrible violence in the period before the elections faded away as South Africans showed the world they could bury their differences and vote for peace.

This is a time when all South Africans could be proud. SPEAK is especially proud of the women of South Africa. Just as they were in the forefront of the struggle against apartheid, women were also in the forefront of the voting process.

The spirit and determination of South African women was best expressed by Dr Nomaza Paintin, a 50 year-old South African woman living in New Zealand. Paintin, a niece of President Nelson Mandela, made history when she became the first black person to vote in the country's first democratic election.

Because New Zealand is so many hours ahead of South Africa, it was still night in South Africa when Paintin cast her vote at 7 am New Zealand time.

"I was determined to be the first black person to vote, nothing was going to stop me," she said. Speaking by telephone to The Star newspaper

Soweto pensioners wait in line to cast their votes for the first time in their lives on April 26



Photo: Lucky Nxumalo

Waiting for identity documents before voting in Bonteheuwel, Cape Town



Photo: Anna Zieminski

in Johannesburg, Paintin said: "I felt marvellous, it felt wonderful. There are no words to describe it. I felt the tremendous responsibility of restoring dignity to all South Africans."

Television broadcasts around the world showed a confident and joyful Paintin, being congratulated by the Prime Minister of New Zealand, Jim Bolger. The picture of her smiling, hands raised in victory, graced the front pages of newspapers all over the world. What a proud image for South African women!

Closer to home, 74-year-old Lydia Lethaga also made history when she became the first person to vote in Dube, Soweto, just before 8am on 26 April.

Smiling with joy, she said: "I always wanted to vote and I made sure that today I would

be the first one here. I woke up at 5am and was here just after 6. My husband thought he would beat me to it-but I made it first!"

Her husband Bernard had to be satisfied with being second in the queue.

Lethaga said she and her husband would vote "for those leaders who have struggled with us, who have fought with us through thick and thin. We have suffered a long time under apartheid. This is a new beginning."

People were so determined to vote that they stood patiently in the sun, wind and rain for many hours. Many people even slept at polling booths. Helen Suzman, from the Independent Electoral Commission asked a woman in a queue if she did not mind waiting for many hours in the hot sun. "This is not a long time," replied the

women. "I've been waiting for 46 years. I don't mind waiting a little longer."

When polling booths did not open on time, people waited. When voting could not start because of a shortage of ballot papers, voting ink or Inkatha Freedom Party stickers, people waited. From the townships of the Western Cape and the East Rand to the rural areas of Northern Transvaal and KwaZulu, people waited.

Popular leader of the Rural Women's Movement, Mam'Lydia Kompe, said: "I'm amazed at my people. In the face of all these problems, they don't just throw up their arms and leave. They just stay there. They are determined to vote. Whatever happens with this election, that alone is a victory."

For many people, voting was a time of both joy and sadness. Thandi Modise, former Umkhonto we Sizwe leader and now a Member of Parliament, expressed the feelings of many people when she described how she felt when she voted: "Everything I was fighting for all these years was realised. I was thinking of my mother of 66 who was voting for the first time in her life, and of friends who had laid down their lives for the struggle. It was a triumph. I made my cross very nice and thick so they don't get confused."

There was sadness that many people were voting for the first and last time. Nofanezile Maria Masilela of Bronkhorspruit, who is 93 years old, said: "When I applied for my dompas, I made a cross. When I got married, I

made another cross and today I made what will probably be my last cross."

There was also a deep sadness for those people who came so close to voting but never made it. SPEAK pays tribute to Mrs Skhakhane Mathaba, a 65-year-old pensioner who died at a polling station at Gobandlovu near Esakhawini in Natal. Mathaba had arrived at the polling station at 7am. She died a few hours later.

SPEAK also pays tribute to Susan Keane, executive member of the Johannesburg north-east branch of the

ANC, who was killed in the bomb blast at Bree Street on the Sunday before the elections.

The women of South Africa have voted not only for an end to apartheid, but also for an end to their oppression as women.

We look forward to the promise of a non-sexist South Africa.

As Winnie Mandela said after she voted: "While the day is full of hope, we also have the responsibility to our country to fulfil the promises we have made. That's a bigger test." ★

This article is compiled from reports from The Star, Sowetan and New Nation

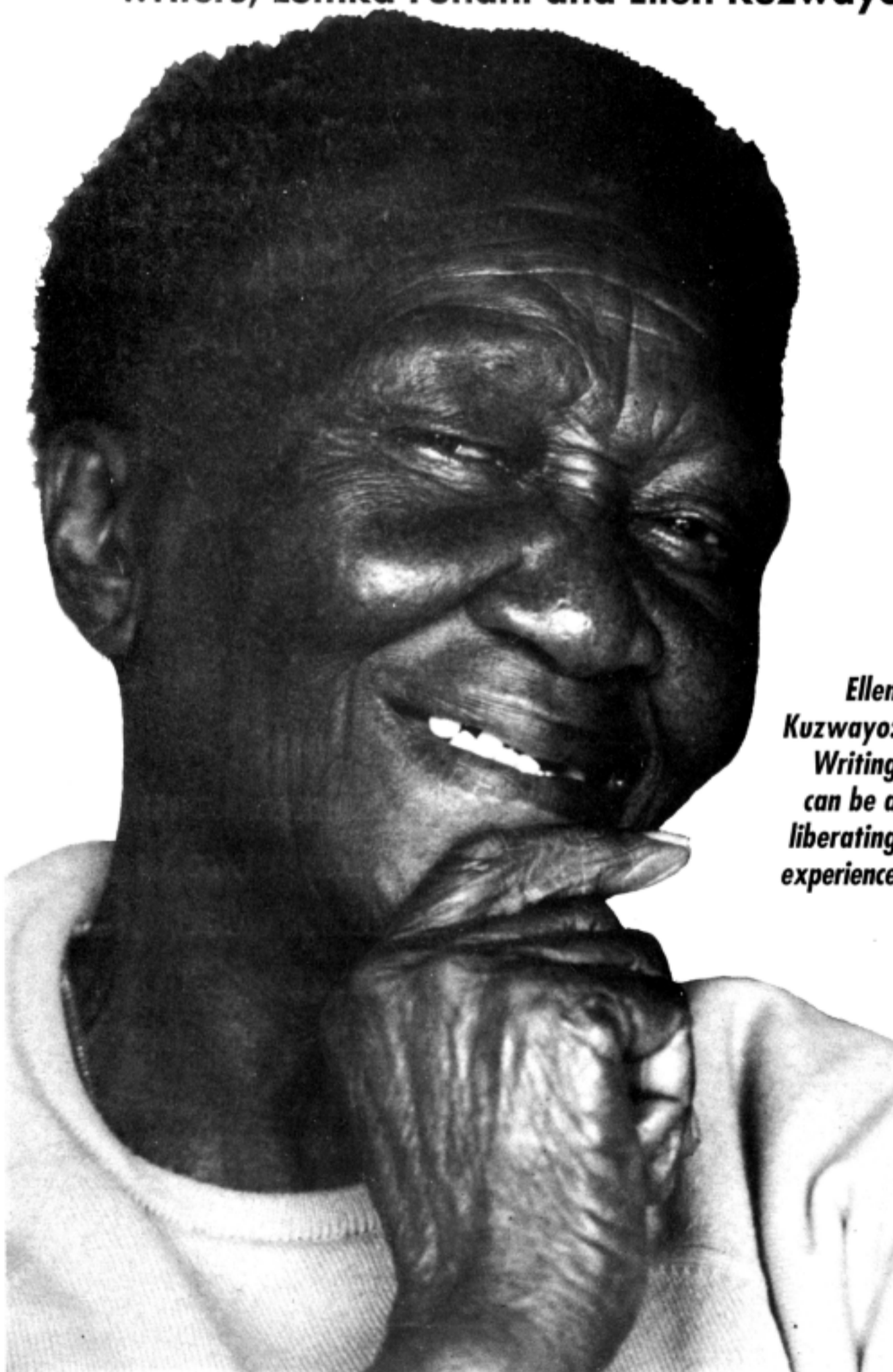
ANC supporters at an election rally in Athlone, Cape Town



Photo: Anna Zieminski

In their own words

Struggle and survival are part and parcel of the lives of black women writers in South Africa. For them, writing is more than just putting pen to paper. It is a way of telling the world who they are, their life experiences, their pain, joy, tears, and hopes. For them, writing is another struggle. Rosalee Telela spoke to two writers, Lumka Funani and Ellen Kuzwayo



Ellen Kuzwayo: Writing can be a liberating experience

Author Lumka Funani believes that the traditional practice of not allowing women to express themselves freely makes it difficult for her to write.

“Women are expected to be obedient and not question their role in life. How can one write when you are not even supposed to think or speak for yourself?” she asks.

This, she argues, denies women the right to be creative. “It has made us less challenging, questioning and rational.”

Funani says, while women continue to suffer under this oppression, male writers have benefitted from it.

“Pressure is never placed on men to write about things that are considered ‘acceptable’.”

Apartheid also contributed to women being left behind.

“Not all the frustrations black women writers go through are caused by men. Apartheid gave white women the skills and resources for developing their talents. We were left with nothing,” she adds sadly.

Funani believes that, if she had more training, she would be a better writer today.

“Nobody bothered to train me. It was a demand I could not make. We can only improve our writing through proper training, resources and support. The biggest challenge, however, is knowing how to make the training effective for ourselves and potential writers,” she adds.

Today, in many parts of the country, several institutions and organisations run writing courses which focus on gender and

deal with problems women writers face.

Funani believes if women support each other, they will become more committed to their writing.

"We can only overcome problems by working through them together and by lending each other support," she said.

Although women belong to writers' organisations, there is no formal women's writers forum in the country.

Funani has a problem with partners who do not support women in what they do. "Women are often afraid to talk to their partners because they fear rejection. They show little interest in our work and our dreams."

Despite the problems, Funani has tried to meet the challenge of writing.

"I wrote a book on circumcision among AmaXhosa. I've also done research on traditional healers and challenge people who want to do away with traditional healing before understanding what it's all about," she says.

Although her research and writing seems to focus on traditional issues, Funani does not confine herself to this.

"I've been criticised for this. I jump from one issue to another, but I'm comfortable with that. I'm learning a lot and I enjoy it," she adds.

But time is not always on the writer's side.

"One cannot always make a living by writing. I have a full time job and write in my spare time."

Ellen Kuzwayo, an award-winning writer and author of *Call me Woman*, agrees that writing is a struggle, but says it can be a liberating experience.

"It depends on what you are writing about. When I wrote my book, it was to show the life of black women through my eyes. For me, writing that book was, in a way, liberating myself from things that hurt me and that I had kept inside for a long time," says Kuzwayo.

Yet the pain remains and it comes out in the writings of black women. "We don't always have to write about pain, but the pain reflects the state in which we live," she adds.

Kuzwayo says, to be a writer, you have to be true to yourself. "You can't teach anybody to write, because it comes from the heart. It comes from yourself, your life, language, feelings and interpretation," she says.

Kuzwayo also helped in the making of a film called *Awake from Mourning*.

Like Funani, Kuzwayo maintains that women writers should support each other by sharing skills and ideas.

"When I attended the Feminist Book Fair in Holland about two years ago, it was wonderful to see

Lumka Funani: Women writers should support each other

women from all over the world come together in such a display of their achievements. We debated issues that affect women and women writers all over the world and it was comforting to come up with ways of dealing with it," she says.

The conference was often dominated by women from Western countries. Kuzwayo does not believe women from Western countries can solve the problems facing women in Africa and other Third World countries.

"They have to understand that our situation is different from theirs and that we deal with problems in our own way." ★

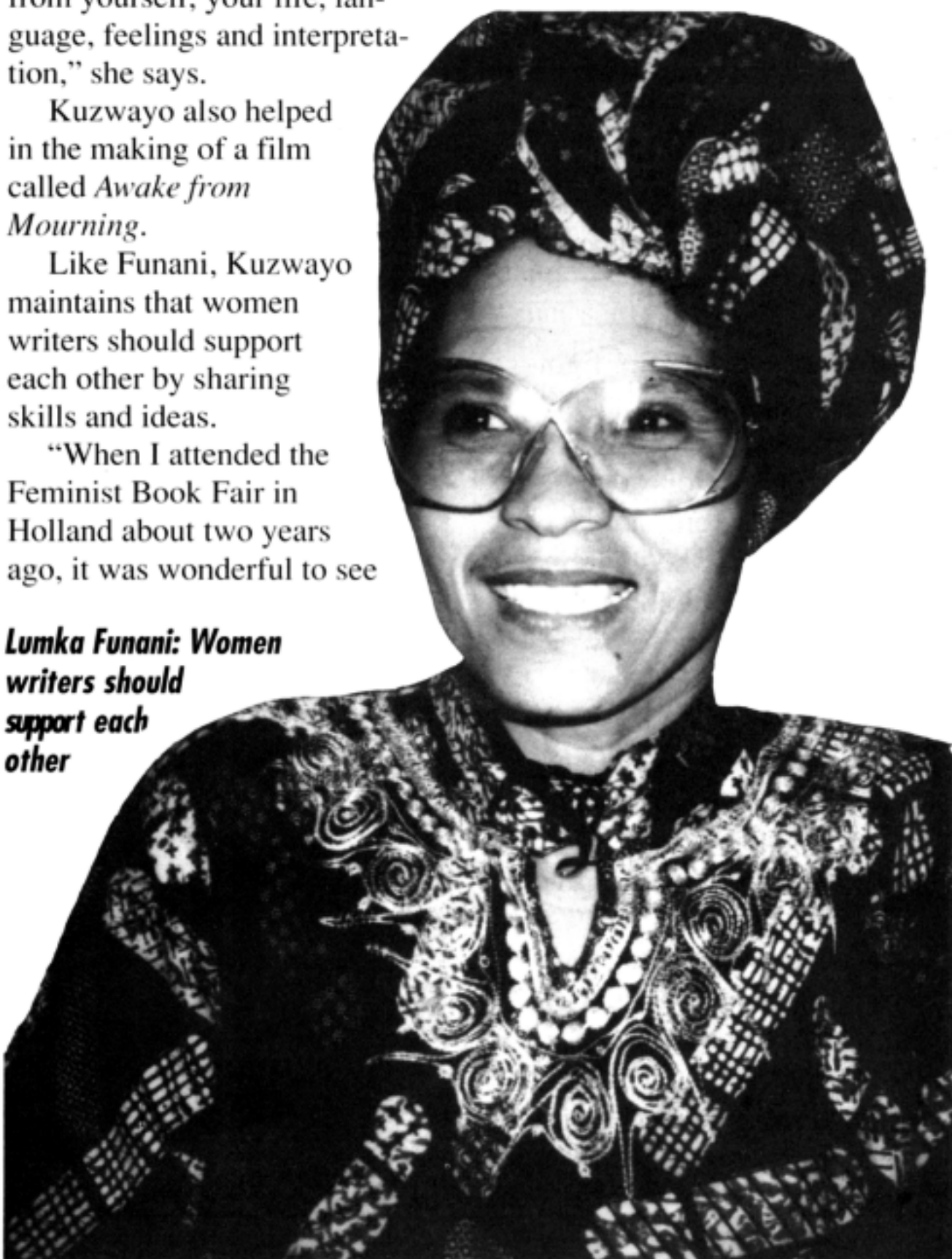


Photo: SPEAK

Crazy for fire

Most fire fighters are men. But one woman was determined to join the fire department and eventually her dream came true. Rosalee Telela tracked down Debbie Lines at the Johannesburg fire station

Debbie Lines grew up in the world of fire fighting. "I was four when my father joined the fire department. I grew up watching the guys do their job. Then, already, I knew what I wanted to do," she said.

But entering that world as a woman was not easy.

"When I finished high school in 1983, I wanted to train to be a fire fighter, but the Johannesburg fire department was a no-go area for women. So I went to do nursing instead."

Her desire to be a fire fighter did not go away and she left nursing to work in the fire department's control room.

"That was the only job women were allowed to do in the department," said Lines.

She worked there for two years in the hope that they would change their policy. Other fire stations around the country started taking women in as fire fighters. But Johannesburg remained hard-lined.

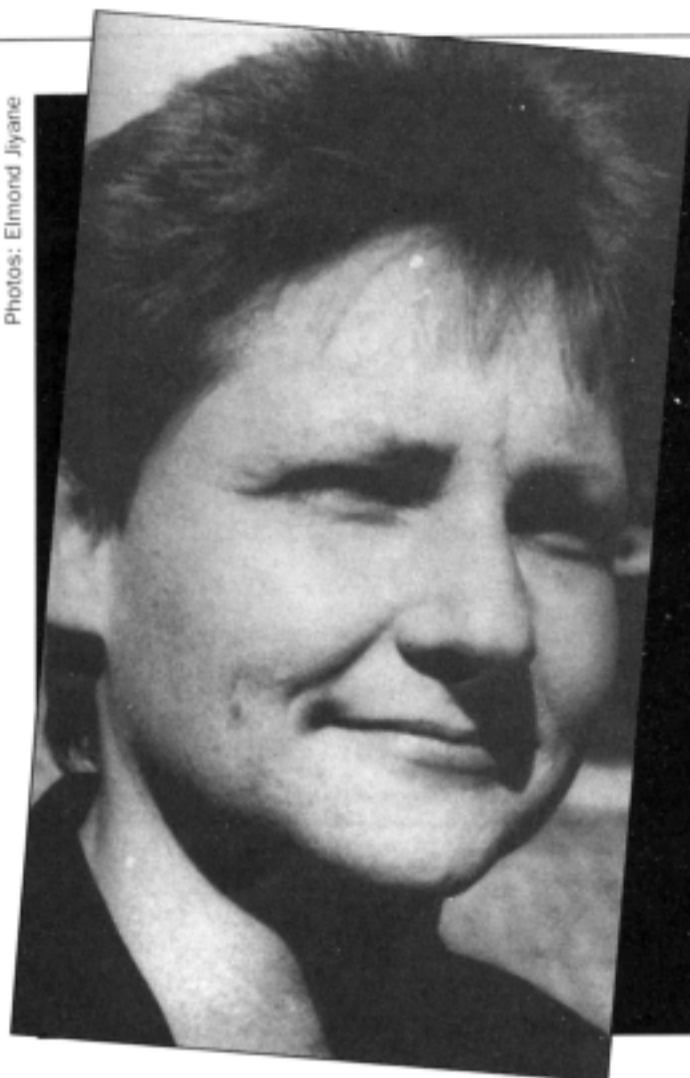
"I did not want to join any other department, I wanted to be in Joburg," she said.

Her wish came true in 1992 while she was studying to be a teacher at the Pretoria College of Education.

"They contacted me and



Debbie Lines with the fire engine at the Johannesburg fire station



"You've got to be able to work with people and have discipline and compassion... You've also got to be a little crazy..."

asked if I was still interested. Well, I said, of course, and left the college to begin my training," she said.

"The training takes 18 weeks and you write exams every year for higher certificates. Also, every two or three months, you go back to the training school," she explained.

During and after her training, Lines had to deal with people who think women should not take up what they see as male jobs.

"When I got my certificates, the chief said I must remember two things — 'leave the firemen alone and don't fall pregnant'."

In the beginning, the men at work thought her presence was a laughing matter.

"For them it was a joke that I was a fire fighter. They said I would never make it," Lines said.

They treated her like a 'lady'. "They would step aside to let me walk through the door first. If I was picking up

something heavy, they would come and help."

The public's reaction was no different.

"When people see me drive the fire engine, they stare in disbelief," Lines said.

For a long time, Lines felt lonely because there weren't other women around and she could not get close to the men.

"It's definitely a man's world. When I took on the job, I thought other women would follow. But now I'm used to not having women around," she said.

She is only one of two women fire fighters in Johannesburg.

SPEAK asked Lines if the men she has worked with have ever harassed her sexually. "It happened in the first year I started working. Some tried to come on to me, but I told them I was not interested."

Now things are different. "After two years, I'm one of them and there is a lot of respect between us. I think once they saw what I was capable of, they realised it was

not a joke," Lines said.

Lines has had a lot of support from family and friends for her choice of career.

"People around me always knew I would end up doing something totally different," she said.

"A fire fighter's job is not a nine to five one. We work 24 and 48 hour shifts. When on duty, we stay at the station. When the alarm goes off, you get into your gear and onto the fire engine.

"One never knows what to expect when you get to the fire. You just do what you have to. After that, you go back and relax," she explained.

Fire fighting can be dangerous. "Once, after we put out a fire at a warehouse, we found two gas cylinders which should actually have blown up. We were still in a dangerous area. It was scary," Lines said.

Talking is one way of coping with the stress of the job.

"When we come back to the station, we talk about what happened. The department also has a chaplain, social worker and psychologist who provide counselling," she said.

Despite the hours, stress and dangers of work, Lines says fire fighters do not seem to want to change jobs.

"A lot of people drop out during training. But once they have made it, they stay on. I'm not leaving. I've got something to prove to myself."

What does it take to be a fire fighter? "You've got to be able to work with people and have discipline and compassion. You've also got to be a little crazy," she laughed. ★

Becoming pregnant before the age of 18, or after the age of 35, increases the health risks for both mother and child

Every year over half a million women die from problems linked to pregnancy and childbirth, leaving behind over one million motherless children. Most of these deaths could be prevented by planning and spacing pregnancies.

For health reasons alone, no

girl should become pregnant before the age of 18. A woman is not physically ready to begin bearing children until she is about 18. Babies born to women under 18 are more likely to be born too early and to weigh less at birth. Such babies are also more likely to die in their first year of life. The risks to the mother's health are also greater.

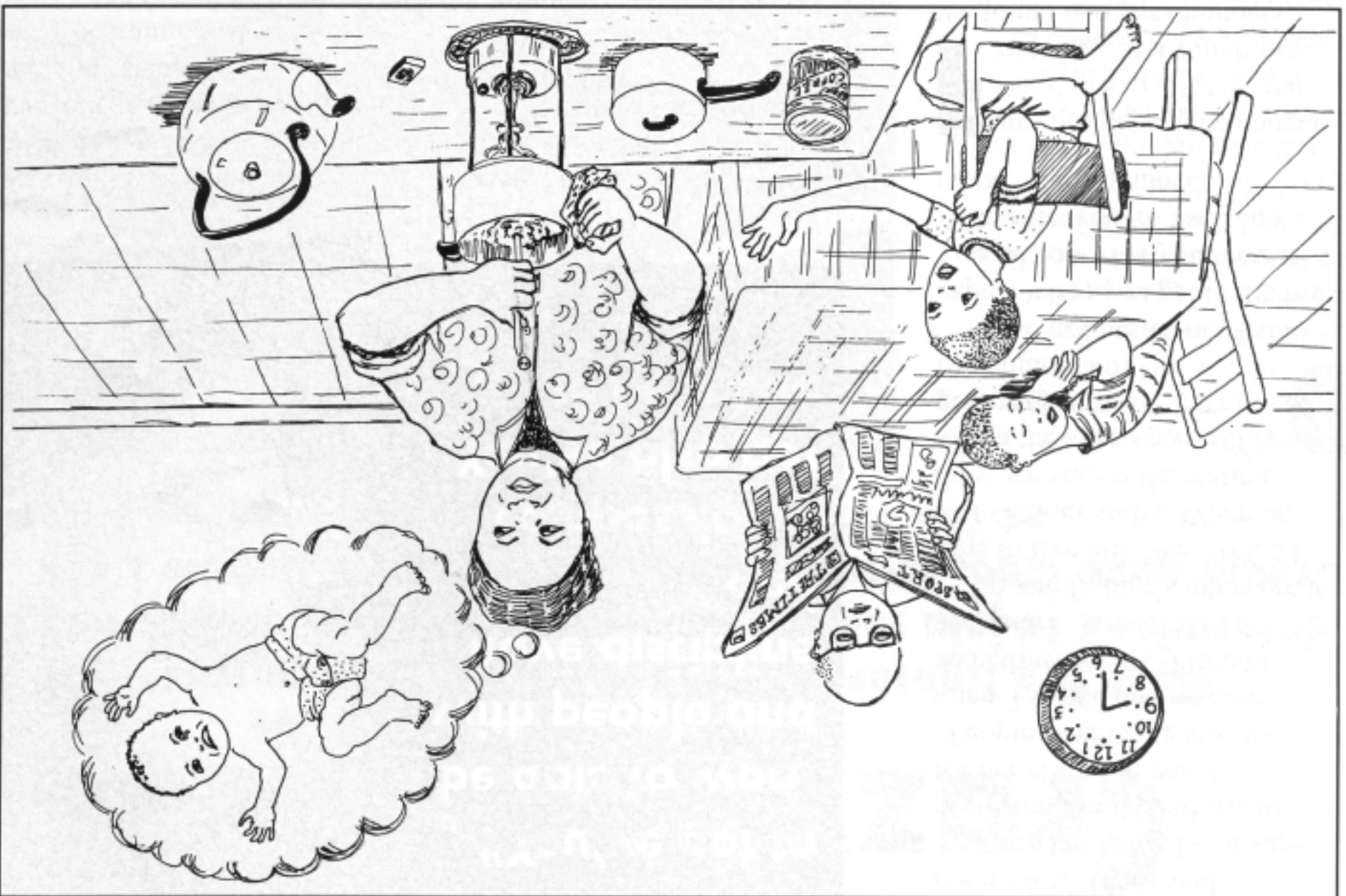
All girls should be allowed the time to become women

before becoming mothers. In societies where many girls marry at an early age, couples should use family planning to delay the first pregnancy until the woman is 18.

After the age of 35, the health risks of pregnancy and childbirth begin to increase again. If a woman is 35 and has had four or more children, another pregnancy is a serious risk to her health and that of her unborn child.

The health of both women and children can be significantly improved by spacing births at least two years apart, by avoiding pregnancies before the age of 18, and by limiting the number of children to four. SPEAK looks at why timing births is important

spacing children



Graphic: IDASA

The risk of death for young children is increased by about 50 percent if the space between births is less than two years

For the health of both mother and child, parents should wait until their youngest child is at least two years old before having another baby.

Children born too close together do not usually develop as well, physically or mentally, as children born at least two years apart.

One of the greatest threats to the health and growth of a child under the age of two is the birth of a new baby. Breastfeeding stops too suddenly, and the mother has less time to prepare the special foods a young child needs. Also, she may not be able to give the older child the care and attention he or she needs,

especially during illness. As a result, the child often fails to grow and develop properly. A mother's body need two years to recover fully from pregnancy and childbirth. The mother needs to give herself time to get her strength and energy back before she becomes pregnant again.

If a woman becomes pregnant before she is fully recovered, there is a higher chance that her baby will be born too early and weigh too little. Babies born with low weight are less likely to grow well, more likely to fall ill, and four times more likely to die in the first year of life than babies of normal weight.

Having more than four children increases the health risks of pregnancy and childbirth

After a woman has had four children, more pregnancies bring greater risks to the life and health of both mother and child.

If the previous births were not spaced more than two years apart, a woman's body can easily become tired

from repeated pregnancy, childbirth, breastfeeding, and looking after small children.

After four pregnancies, there is an increased risk of serious health problems such as anaemia (thin blood) and haemorrhage (heavy loss of blood). The risk of giving birth to babies with disabilities, or with low birth weight, also increases after four pregnancies and after the mother reaches the age of 35.

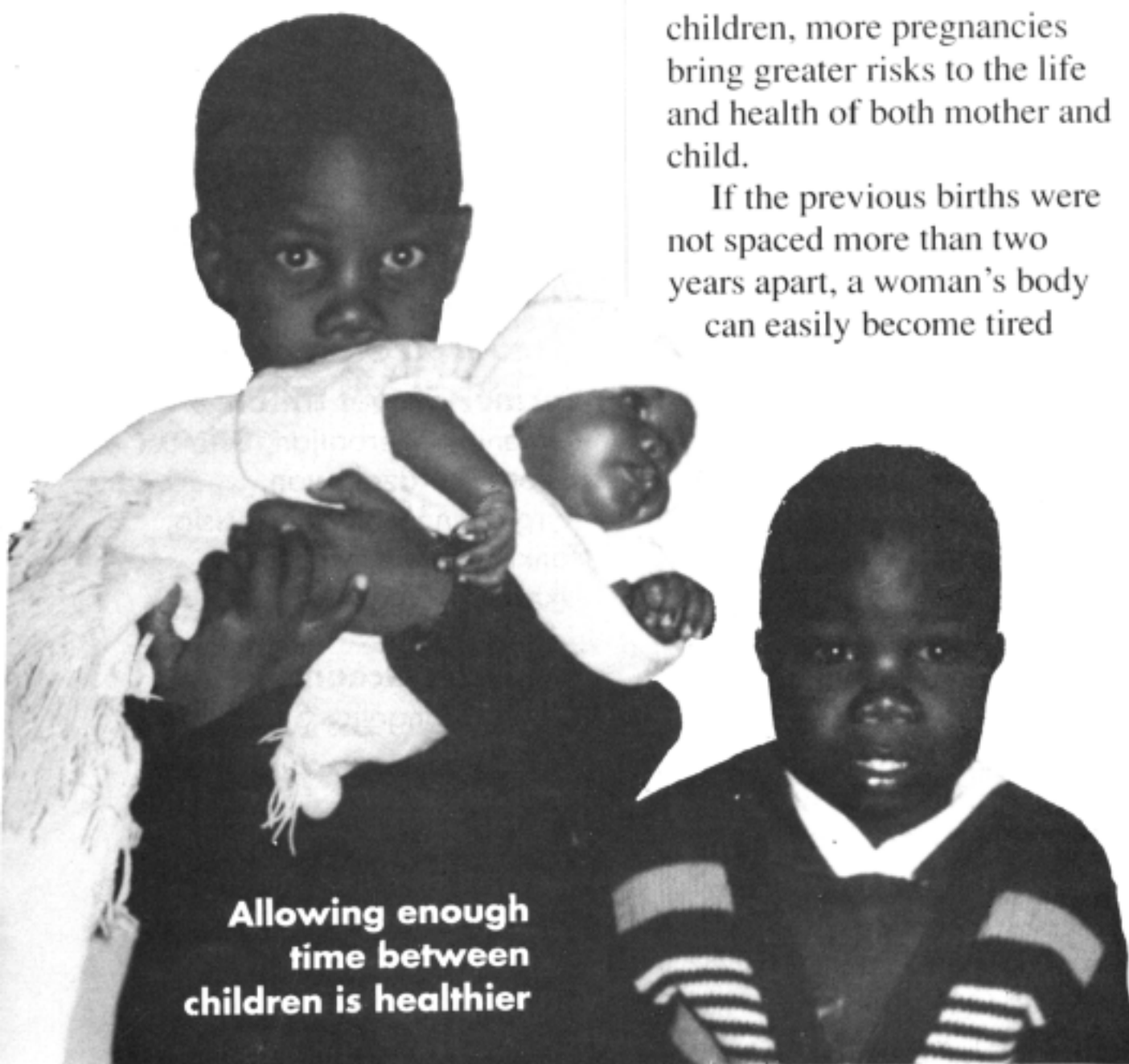
Family planning gives couples the choice of when to begin having children, how many to have, how far apart to have them, and when to stop

Most health services can provide several methods of safe, effective family planning. No one method of timing births is suitable for, or acceptable to, every individual. Couples should ask advice about the most suitable means of family planning from a health worker or family planning clinic.

It is not yet widely known that birth spacing is one of the most powerful ways of improving the health of women and children. Births which are "too many or too close" or to women who are too old or too young are responsible for approximately one third of all infant deaths world-wide.

If today's knowledge about the timing of births is to fulfil its potential, then the deaths of over three million children and 200 000 women worldwide each year can be prevented. ★

Thanks to FACTS FOR LIFE for permission to use their material. FACTS FOR LIFE is a booklet planned and produced for UNICEF, WHO and UNESCO

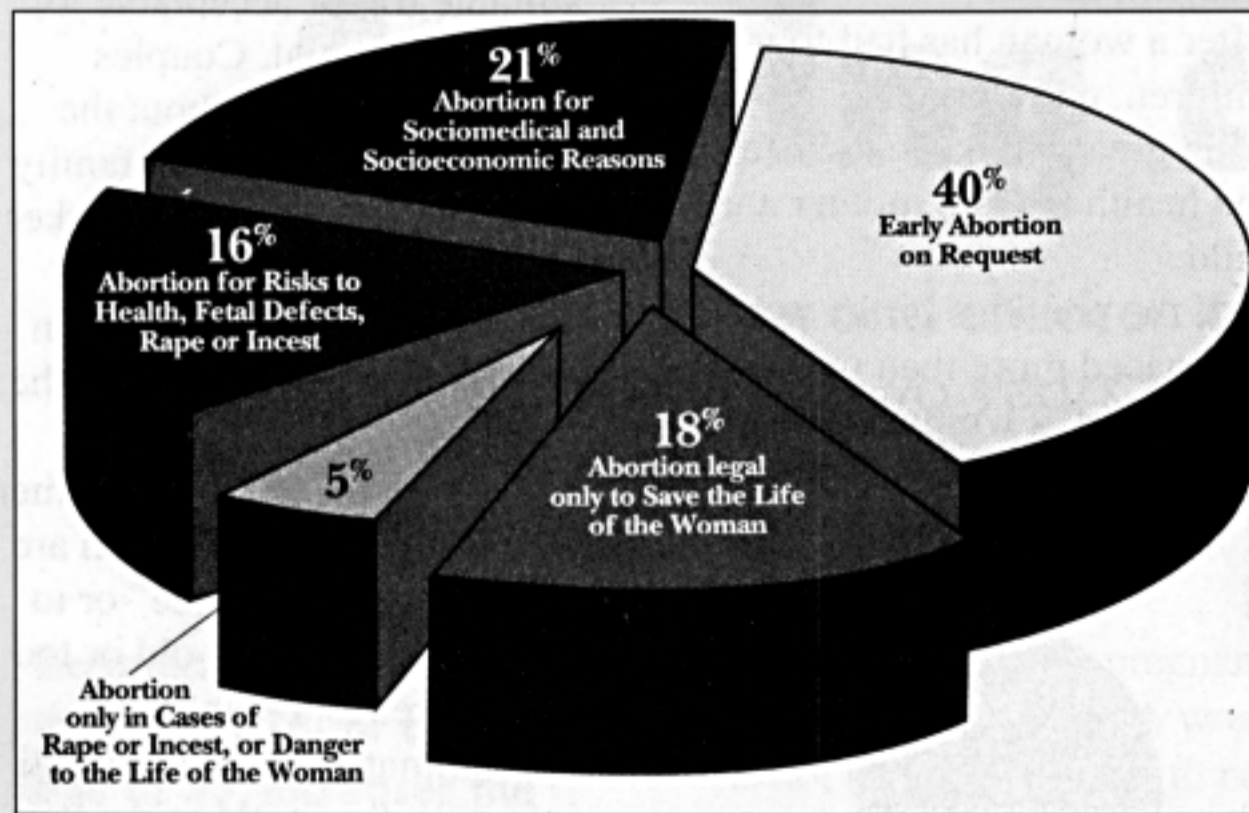


Allowing enough time between children is healthier

Abortion Laws

Virtually all countries have laws permitting abortion in some circumstances. In practice, however, access to safe abortion is often not just determined by the law. A number of other factors also influence access to abortion in a country. These include medical practice, administrative needs, the availability of doctors and facilities and public attitudes. Because of this, women often have difficulty getting access to abortion, even if they are victims of rape or incest, or if the pregnancy is a risk to their lives.

Access to Legal Abortion: Percentage of the World's Population Affected by Different Abortion Laws



● In South Africa, abortion is allowed in cases of rape or incest; if there is something wrong with the foetus; or if the pregnancy threatens a woman's life.

We expect the new government to make abortion legal so that it will be up to the woman to decide whether to have an abortion.

This table reflects the status of abortion laws as of June 1993, given information that was available. Abortion laws are always subject to change. Information and graphic from: Population Action International

Countries which permit early abortion on request

40 percent of the world's population

North America

Canada, United States of America

Latin America and the Caribbean

Cuba, Puerto Rico

Europe

Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Estonia, France, Greece, Italy, Latvia, Lithuania, Macedonia, Netherlands, Norway, Romania, Serbia-Montenegro, Slovakia, Sweden, Slovenia

Former Soviet Union

Armenia, Azerbaijan, Belarus, Georgia, Kazakhstan, Kyrgyzstan, Moldova, Russia, Tajikistan, Turkmenistan, Ukraine, Uzbekistan

Asia and Oceania

China, Mongolia, Singapore, Vietnam

Middle East

Turkey

Africa

Tunisia

Worldwide

Countries which permit abortion for socio-medical and socio-economic reasons (such as low income, life crisis, young or old age and health)

21 percent of the world's population

Europe

Finland, Great Britain, Hungary

Asia and Oceania

Australia, India, Japan, North Korea, Taiwan

Africa

Zambia

Countries which permit abortion only in the cases of rape or incest, or to save the life of a woman

4 percent of the world's population

Latin America and the Caribbean

Brazil, Mexico

Africa

Sudan

Countries which permit abortion for risks to the woman's health, foetal defects or in cases of rape or incest

16 percent of the world's population

Latin America

Argentina, Bolivia, Costa Rica, Ecuador, El Salvador, Jamaica, Peru, Trinidad and Tobago

Europe

Germany, Poland, Portugal, Spain, Switzerland

Asia and Oceania

Hong Kong, South Korea, Malaysia, New Zealand, Pakistan, Papua New Guinea, Thailand

Middle East

Israel, Jordan, Kuwait, Saudi Arabia

Africa

Algeria, Botswana, Burundi, Cameroon, Congo, Egypt, Ethiopia, Ghana, Guinea, Kenya, Lesotho, Liberia, Morocco, Namibia, Rwanda, Sierra Leone, South Africa, Tanzania, Togo, Uganda, Zimbabwe

Countries which permit abortion only to save the life of a woman

18 percent of the world's population

Europe

Ireland

Latin America and the Caribbean

Chile, Colombia, Dominican Republic, Guatemala, Haiti, Honduras, Nicaragua, Panama, Paraguay, Uruguay, Venezuela

Asia and Oceania

Afghanistan, Bangladesh, Cambodia, Indonesia, Laos, Myanmar (Burma), Nepal, Philippines, Sri Lanka

Middle East

Iran, Iraq, Lebanon, Oman, Syria, United Arab Emirates, Yemen

Africa

Angola, Benin, Burkina Faso, Central African Republic, Chad, Cote d'Ivoire, Gabon, Libya, Madagascar, Malawi, Mali, Mauritania, Mauritius, Mozambique, Niger, Nigeria, Senegal, Somalia, Zaire

Doing the Mandela jive. President Nelson Mandela celebrates the ANC's election victory at the Carlton Centre, Johannesburg. On the left is former Zambian president Kenneth Kaunda and Coretta Scott King, wife of the late Martin Luther King



Photo: Phumla Radu

The days South Africa belonged to all who live in it

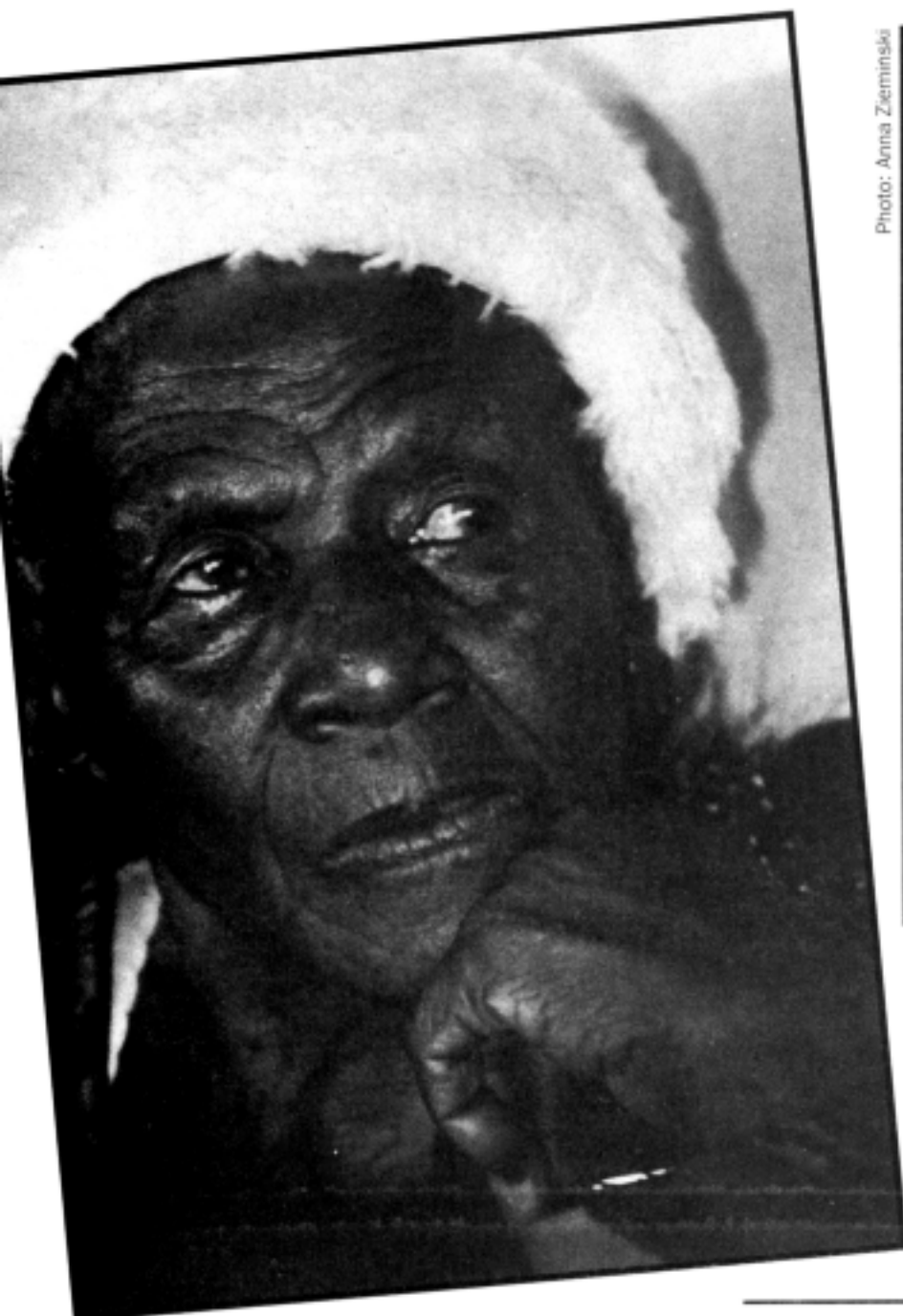


Photo: Elmond Jiyane

Photo: Anna Zieminski



(Left) Veteran political activist Francis Beard: "After the 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." (Above) Women in Cape Town march to parliament on International Women's Day, March 8. They were demanding that women's rights be part of the new constitution.

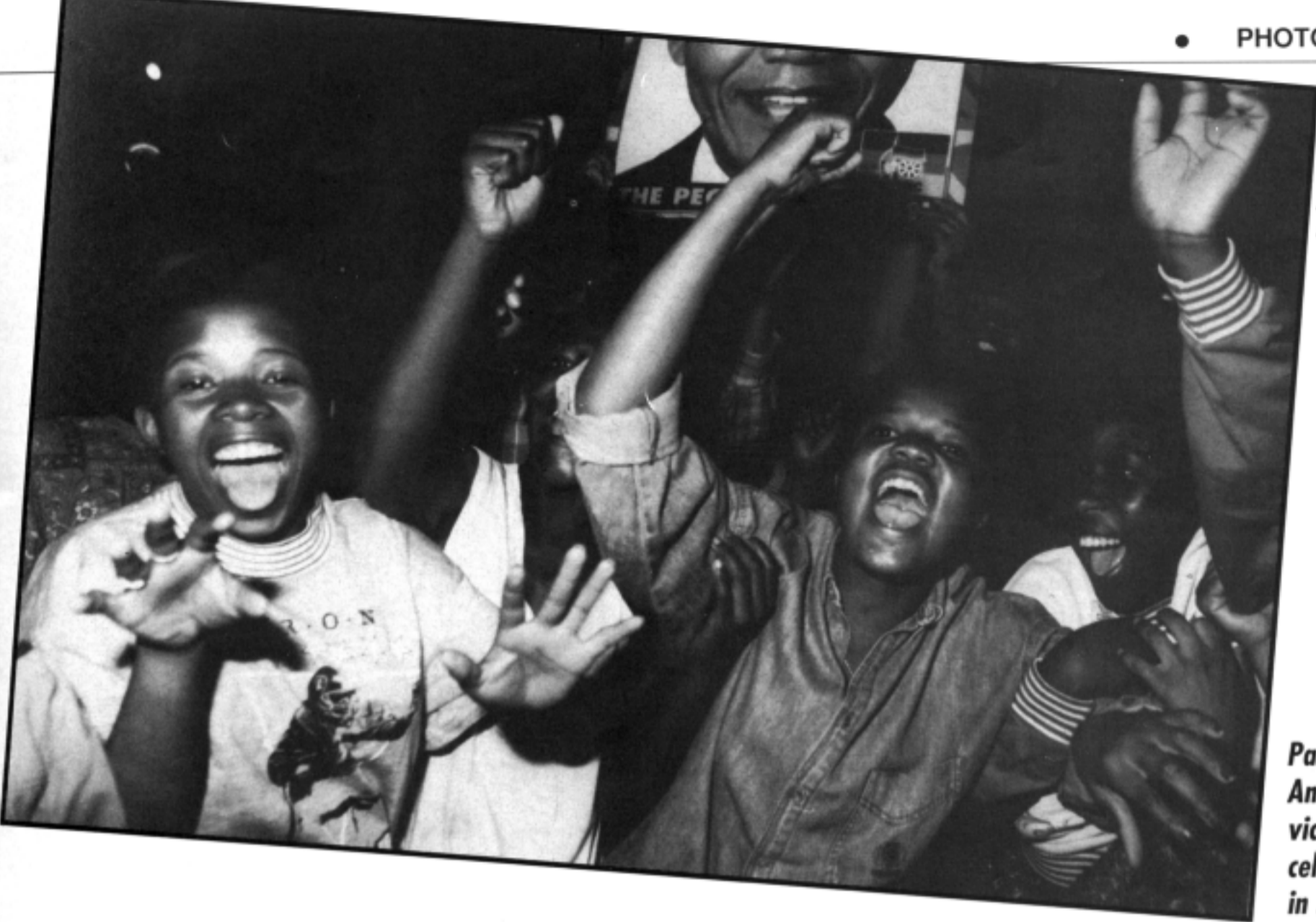
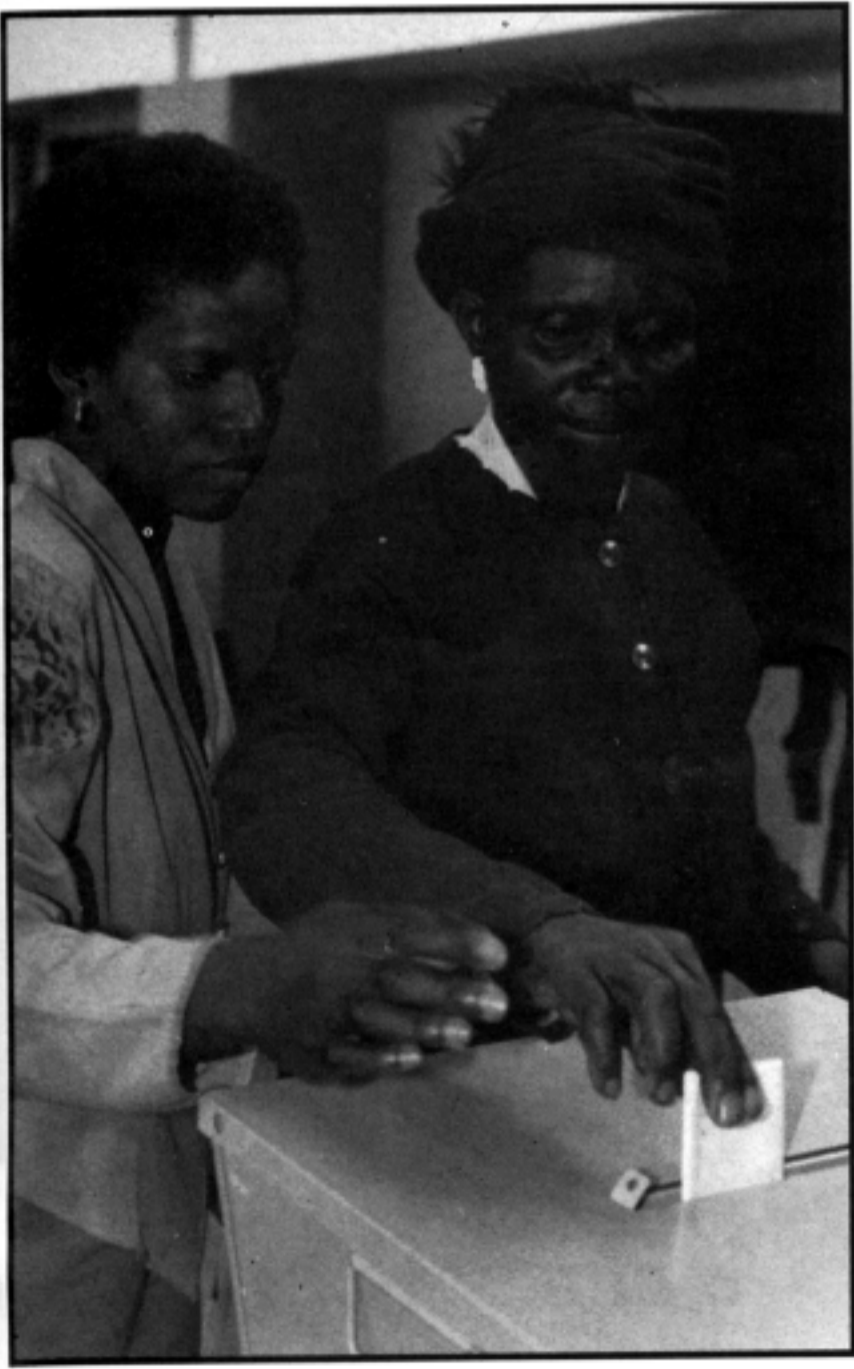


Photo: Edmond Jiyane

Party time!
An election
victory
celebration
in Soweto

Photo: Anna Zieminski



The hour has come. A woman in Crossroads,
Cape Town, casts her vote

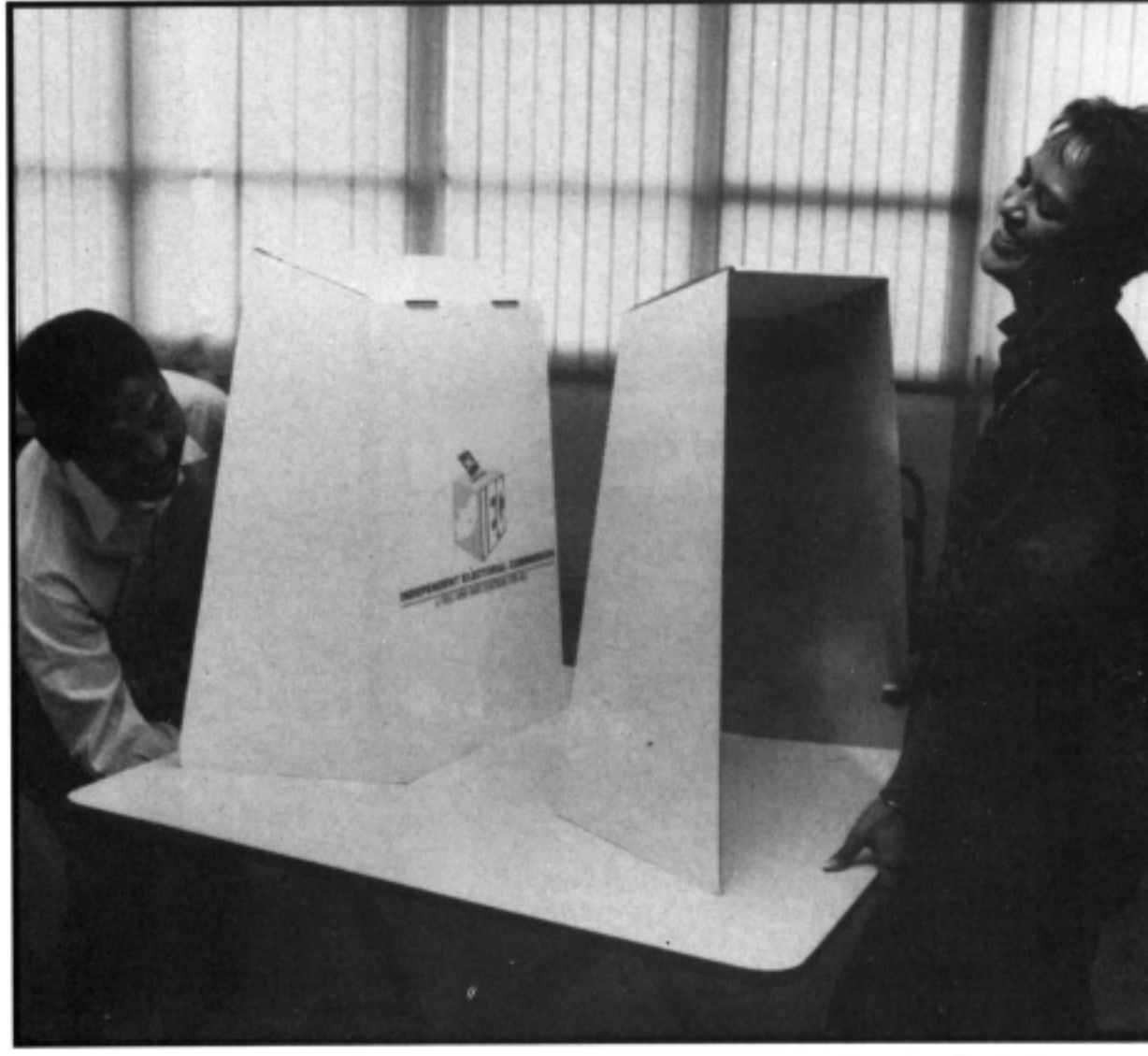


Photo: Anna Zieminski

**Final preparations for the
historic elections.** Members of
the IEC set up a polling station
in Groote Schuur, Cape Town



Photo: Nigel Dennis

***Stella Sigcau, newly appointed
Minister of Public Enterprises***



Photo: Elmond Jiyane

***Dr Nkosazana Dlamini Zuma, the
new Minister of Health***



Photo: Phumla Radu

***Winnie Mandela was appointed
deputy minister of Arts, Culture,
Science and Technology***

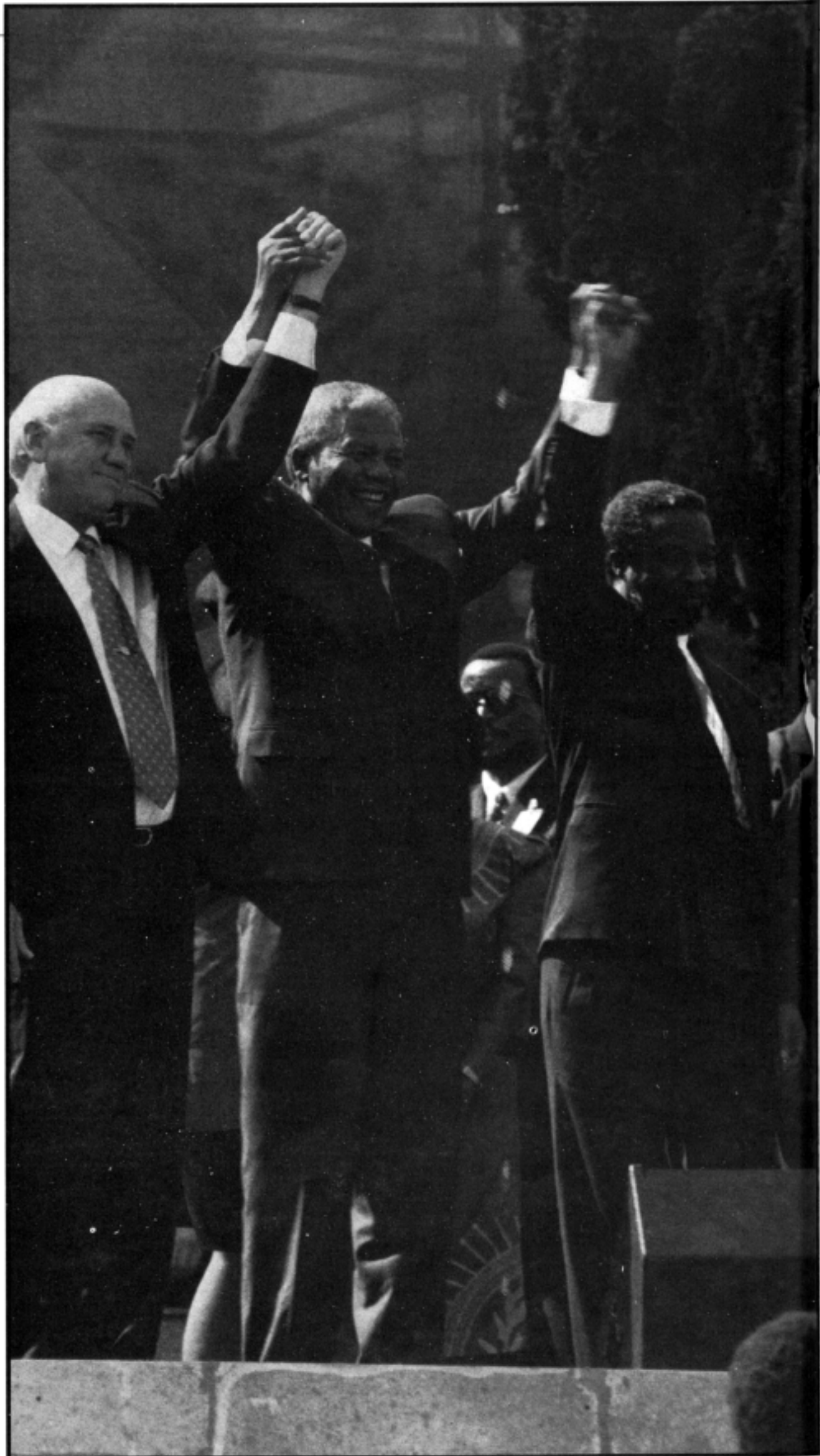


Photo: Phumla Radu

***President Nelson Mandela with his
deputy presidents, Thabo Mbeki and
FW de Klerk at Mandela's
inauguration in Pretoria. Mandela
called on all South Africans to be part
of building the new South Africa***



Photo: Elmond Jiyane

More than 150 000 people were at the inauguration of the first democratically elected president, Nelson Rolihlahla Mandela at the Union Buildings in Pretoria



Photo: Elmond Jiyane

Thousands attended a thanksgiving service for the president and his new cabinet at the FNB stadium on May 8



Photo: Elmond Jiyane



Photo: Lucky Nsumalo

(Left) Sangomas doing a traditional dance at the inauguration

(Above) Mandela's inauguration attracted thousands of heads of state and foreign diplomats from all over the world. Here Pakistani Prime Minister Benazir Bhutto and Winnie Mandela pay tribute to South African women.

Women fight on!

The struggle for women's rights is not over yet, warns *Nozizwe Madlala*, Member of Parliament of the new government



Nozizwe Madlala has been an activist in the women's movement for many years. She was a founder member and first chairperson of the Natal Organisation of Women in 1983. She served on the steering committee of the Women's National Coalition. Madlala is now a Member of Parliament and has promised to fight for women's interests in parliament.

"Now, as never before, women must work together and maintain the gains made in the fight for equal rights. It is not good enough just to have women's rights included in the constitution. Women have to make sure the laws work for them on a day-to-day basis.

An important task now that we have a new government will be educating all women on their rights. Women must be encouraged to claim their rightful place in society, which for a long time has treated them as second class citizens.

Officially, the Bill of Rights is more important than customary law, which denies women land rights and allows for polygamy and authority of chiefs. But things will not change overnight.

It will be a long road of reminding people what the law says and what their rights and duties are. The new laws will also be given real meaning by challenges in the courts — before we have effective equality for women.

A number of laws which discriminated against women have been scrapped. But, in practice, the situation of women has not changed. For example, although there are equal pay laws, women in the civil service are still being paid less than men doing the same jobs, according to a recent study by the Human Sciences Research Council (HSRC).



Many laws have changed for the better, but women will still have to fight for their rights

The equal education opportunity programme has not yet helped the 65 percent of rural women who are illiterate.

The Women's Charter is a great victory for the women's movement in South Africa. It has united women. But we must still convince our political parties to include it (Women's Charter) in the new constitution.

The transition period gives women a great chance to demand change. The election also gave women an advantage because all political parties realised the importance of women's vote.

The main task of the women's sub-council before the elections was to make sure that women's issues were addressed seriously. It looked at problems which would make it difficult for women to vote. It also promoted and moni-

tored voter education programmes for women. The sub-council will advise the new government on issues relating to women.

A Ministry of Women's Affairs in the new government would have placed women's issues in one department. At the same time, it would have given women representation in the cabinet.

Women need a strong presence in all areas of govern-

ment.

The women's sub-council will continue to fight for women to be fully represented in local government and in parliament.

The aim is to encourage women to enter politics and to be informed of their rights. Just getting women into high-level policy-making councils is not good enough. Real empowerment of women means that the culture and style of government has to change to make it more acceptable to women.

For women to be effective in rebuilding the new South Africa, men should be prepared to share responsibilities which in the past have been seen as women's work. Child care facilities, for example, have to be provided. Men must do their share of house work. This will allow women to participate fully in nation building." ★

For women to be effective in rebuilding the new South Africa, men should be prepared to share responsibilities which in the past have been seen as women's work

PHOTOS: SPEAK

All kinds of people walk through the door — a young woman with a baby, two teenage boys talking about whose turn it was to beg on the streets, a woman complaining that her friend gave away their last two rand.

But, with all the complaints, arguments and noise, those who consider the the Welcome Home Centre home are happy.

Keeping the shelter going has not been easy for its director, Emelda Damane, who manages the centre on her own.

“The shelter accommodates people of all ages and backgrounds. We’ve got exiles, criminals, women who have lost their husbands and children who lost their parents in political violence,” said Damane.

The centre is in an old building and is usually cold. There are a few chairs and two old couches which make up the lounge area. The place is not beautiful, but it’s neat. It is a place of comfort and security for many who only knew the streets as home.

There is a lot of respect between Damane and the people who live in the shelter.

“When I walk into the centre, I do not walk with my nose in the air. I treat them like human beings and they treat me in the same way,” said Damane.

When she first became involved in the centre, she had to choose between working full time as a writer or at the shelter.

“I was really heartbroken, because I did not want to give up one for the other. But there was a strange power that kept



Emelda Damane, who runs a centre for the homeless

Tougher than

For thousands of people in South Africa, a street corner or patch of veld is home. The Welcome Home Centre in Johannesburg has become home to hundreds of people who would otherwise be homeless.

***Rosalee Telela* paid a visit to the centre**

telling me that this is what I should do,” she said, smiling.

Damane worked as a freelance journalist and is an award-winning author of books, radio plays and a television script.

Although she has never been homeless herself, she understands the pain of homelessness.

“When I saw what I had compared to others, I decided to share with people who have no houses, no money to buy food, no place to stay and no jobs,” she said.

Damane wants society’s



One of the homeless people at the Centre

WELCOME HOME CENTRE



Damane and some of the people who stay at the shelter

the world

attitude towards homeless people to change. "People just don't care. They won't even buy a blanket."

But this has not discouraged Damane from her mission. "You've got to be tougher than the world," she says.

Damane has learnt that it is not enough to simply give people food and shelter.

"The homeless become forgotten people. It is not easy to restore their dignity and self-respect," she said.

"That is why we treat them as equals, as people who are part of society and not a problem to society," added Damane.

All homeless people lead a difficult life. But women are more affected.

"Women have to deal with so much more since the threat to their safety and lives is greater. They are the ones who

are often without jobs and are left to raise the children by themselves. They become victims of violent crimes such as rape and battering. To escape their situation, some turn to prostitution," Damane said.

For many living on the streets, the centre is the answer.

"A woman who is homeless needs all the support she can get. Hold her, advise her and give her choices," she added.

Some women at the centre survive by selling fruit, vegetables and eggs.

Damane believes women adapt more easily than men. "Once a man loses his dignity, he becomes angry and begins to hate. Women are more willing to improve their situation, no matter what they are up against."

Although the centre houses both men and women, Damane says there has been no sexual

harassment. "The men at the centre never take advantage of the women. It is the rule of the shelter. The fact that they treat each other as brothers and sisters is a victory," she said.

Damane also challenges those who see homeless people as 'thieves who do not want to work'.

"You have to look at their backgrounds. These people are victims of circumstances. They are forced to find other means to survive because they don't have money to buy food and nobody is willing to help.

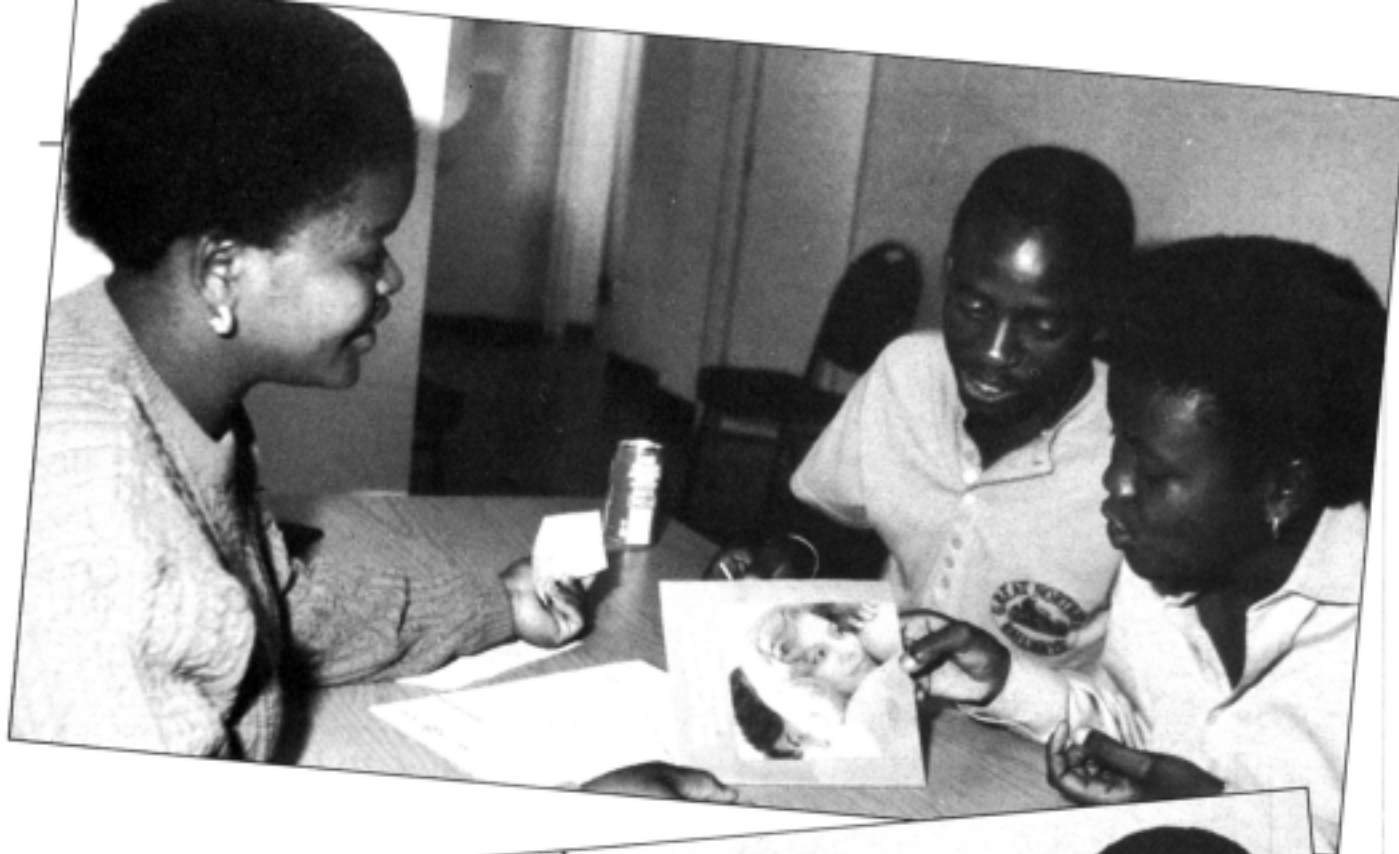
"The government gives us very little money. It pays for only one meal a day. In the beginning, the city council helped me with the rent, but they no longer do so," she added.

As a single mother of five, who does not earn a wage or salary, things have not been easy for Damane.

"My children would complain because I could not afford to buy them all the things they wanted. They have now learned they can't get everything."

Now even her daughter has been drawn into her fight to keep the shelter going. "My daughter, who is a teacher, is a pillar of support. She gives me money to buy food and other things for the shelter," she said.

Although there is a new government, Damane does not see things changing in the near future. "I'm not going to wait for them to bring about change. I'll struggle along with homeless people because the purpose of life is to help others." ★



Young people at the Youth Information Centre, which gives family planning services in a relaxed atmosphere

and women, especially about power in relationships and the growing problem of rape.

When educators from the Planned Parenthood Association of South Africa (PPASA) run workshops with young people, these problems are always talked about. Youth say they are frustrated, and do not have places to go for help and ways to improve the situation.

As one 16-year-old girl at the Youth Information Centre said: "The nurses and women at the family planning clinics make you feel uncomfortable if you go for contraceptives. They say we are too young to have sex. But we are having sex!"

Parents and teachers often find themselves too busy or embarrassed to discuss sexuality with their children and students — even for the parents who want to help their children.

The co-ordinator of the Youth Information Centre, Aubrey Senne, explains: "We wanted to establish a clinic that could be a model for other family planning services. We wanted to create a place where young people could discuss their problems freely. We established the Youth Information Centre at the Carlton Centre to supplement the education programmes we run with schools and youth groups. We have tried to create a service that is user friendly,



Friendly family planning

SPEAK looks at a new style of family planning clinics aimed at young people

It is a Saturday morning in central Johannesburg.

Young people have gathered, some dancing as Toni Braxton blares from a ghetto blaster. Others are talking and laughing in small groups. Bright posters line the wall, a mobile made of condoms is hanging from the ceiling. This

is the new Youth Information Centre — a family planning clinic with a difference.

In South Africa today, there are a large number of unwanted pregnancies and back street abortions among teenagers. Sexually transmitted diseases, including HIV and AIDS, are spreading very fast. There is tension between young men

"The nurses and women at the family planning clinics make you feel uncomfortable if you go for contraception. They say we are too young to have sex. But we are having sex!"

Photos: Elmond Jiyane



Aubrey Senne takes a youth's blood pressure at the centre

affordable and accessible to the youth," said Senne.

"We hope that young people who come to the centre will encourage and lobby clinics in their areas to improve their services for youth. PPASA will continue to campaign for more family planning clinics which are sensitive and friendly toward youth," he said.

Most staff members at the centre are young. There are also youth volunteers – peer educators who assist with education and counselling.

The services offered at the centre include the distribution of contraceptives, pregnancy tests, full reproductive health examinations, treatment of sexually transmitted diseases (STD's) and pap smear tests for cervical cancer.

The centre also offers counselling services and education on sexuality and contraceptives, on an individual basis

and for groups, says Senne.

Small Kgengwe is 18 years old and a member of PPASA's Marlborough House Youth Group. He works at the centre as a peer educator. He thinks peer education is important because youth listen to young people more than they do to adults. We've been trained, we can handle their questions," says Kgengwe.

Training for peer educators includes counselling and facilitation skills, as well as sessions on HIV/AIDS, sexuality, relationships, anatomy and physiology, and sexually transmitted diseases.

Sibongile Nyanda, a nurse and youth educator explains what she feels is different about the Youth Information Centre.

"We find the clinic to be accessible to young people because most of them come to the Carlton Centre to shop,

meet their friends and to go to the movies. The costs are low so they can afford it. Most youth don't have medical aid, and if they do, they may not want to tell their parents they want to get family planning. Other clinics are formal, but here they can experience real freedom.

"Because most of the youth cannot talk to anyone at home, we have counselling for them. We want to fill the gap."

Juliet Mapiletsa, a 17-year-old Standard 9 student, came to the centre to get contraceptive pills. She and six friends had met at the Carlton Centre, as they do most Saturday mornings, to go shopping and watch movies.

"Mothers must be glad their daughters want to use contraceptives. They don't want their children to have babies, and we must finish school first," she said.

Mapiletsa and her friends agreed that the centre was a friendly place. They said they would be back soon. ★

• The PPASA Youth Information Centre is on the 100 level of the Carlton Centre, next to the Standard Bank escalators. It is open Monday to Saturday from 10am to 6pm.

A women's victory

Sunera Thobani's election as president of Canada's largest feminist organisation was hailed as a major victory for black women in that country.

Although everyone was not pleased with her election, many feel the movement is heading in the right direction.

"For many years, women of colour did not feel they belonged to the movement because it was mainly white-dominated. Now women are beginning to feel differently," said a woman from the movement.

"Although one person cannot change the ideas of people overnight, there is a growing sense of belonging to the movement," she added.

Sunera Thobani was born in Bukoba, Tanzania. She moved to England in 1971 and later moved to Canada.

In the 1980's, Thobani's longing to visit Africa came true. "I wanted to go back to Tanzania but could not because the borders were closed, and went to Kenya instead," Thobani remembers.

Her stay there reminded her of how colonisation had divided African and Asian communities in most of East Africa.

"The Asian community was used to encourage racial division. The colonial powers offered Asians a better life than they did blacks. This caused a lot of anger and hatred," Thobani said.

This was why Asians were

Sunera Thobani is the first black president of Canada's largest feminist organisation, the National Action Committee for the Status of Women, representing over 550 organisations. She visited South Africa as part of a group of Canadians to learn more about the political situation here. Rosalee Telela found out more about Thobani and her organisation

kicked out of some East African countries after independence.

Born in Africa and living in the West has not been easy for her. "We had a lot of difficulty fitting into another lifestyle. I felt a sense of rootlessness, not knowing where home was or where I belonged."

At the same time, Thobani thinks it can be positive to live in different countries. "The different experiences have helped me understand how to fight against racism and for women's rights in a global way," said Thobani.

"The lesson might be positive, but it is one I've learnt through being discriminated against.

"There is so much discrimination which people do not speak about or do not admit. If you are black and living in Britain, the United States of America or Canada, you feel it," she said.

As a black woman and a foreigner in Canada, Thobani has experienced this racism.

"When my election was made public, a member of parliament

said that I'm an illegal immigrant, because I'm black. We have had foreigners being elected as leaders of other organisations, but nobody questioned their status because they are white," she said.

Thobani believes there is an attitude that people from Africa, Asia or Latin America have no right to live in western countries.

"We are always treated as second class citizens, even though the work we do contributes to the welfare of society. For women, the situation is harder. The lowest paying work in this society is done by women from third world countries."

Thobani says her organisation has become stronger as a result of her election as president. "It showed the commitment to anti-racism was real. We cannot pretend that racial divisions do not exist. We cannot pretend that our experiences are not important."

"We (black women) have always been part of the

**"Power sharing
is a long painful
process...
Women and men
need to learn
that if you do not
share power, it's
going to be
taken away from
you anyway"**



women's movement, but we were never in leadership positions. You had a certain class and race of women who dominated. Now it is slowly changing," Thobani added.

But attitudes toward black women's experiences are not changing.

"As an Indian woman, I'm constantly being told that I do not have a tradition of feminism or fighting for women's rights because it is a western thing.

"When I look back in my own community, I know there are very strong women who fight for their demands in a way they understand them to be. To me, they are feminist by any definition of the word. There is not one community in the world where women have not fought against their own oppression," argued Thobani.

What is her vision for South African women?. "I believe there is a need for an independent women's movement," Thobani said. "Women have played an equal role in fighting against apartheid. If women want their demands to be listened to and met, they have to be independent from political parties."

She added that the foundation for a women's movement had already been laid through the Women's National Coalition.

Her message to South Africa is that power sharing is a long painful process and it is never easy. "The thing that women, and men, need to learn is that, if you do not share that power, it's going to be taken away from you anyway." ❖

BREAKING THE SILENCE



WOMEN SAY OUR MEN MUST STOP BEATING US

Battered, but no more

Why must my life story
be about my past
the past I enjoyed
being loved, cared for and admired

Why is it that my past
cannot be my present
Who cut my past
to make me end in this present

The present
of bashing
smackings
smashings and
kickings

Look at my
twisted jaws
scarred face
broken bones
shattered dreams
I am no more that person of the past
My past has been stolen
Crushed and buried

Talk about justice
I want it
Talk about human rights
I do not want mine to be violated
violence is not my right
victimisation is not my right

Let me have my choices
Because of the slit in my skirt

Do not slit my throat
Do not bash me
if you cannot cushion
Your head on my bosom
If you can't talk
don't punch the life out of me

You and I are mirrors of our lives
even clear waters show our mirage
I do not want to look
like a cracked mirror
with distorted reflections of my image

I won't even
ask you to let go
of my freedom
You are not my keeper
neither do you hold
the key to my happiness

Listen, follow your paths
and don't turn around
to grab and twist my arm
wanting to tear my skirts
because your sexual drive
drives you to act so beastly
Don't violate me
Don't violate my rights

Boitumelo Mofokeng
July 1993

Poem written for the Women's National Coalition (WNC) campaign/protest on Violence Against Women and recorded by SPEAK Radio Audio Programme

HEALTH BRIEFS

Breast is best

The United Nations Children's Fund says the death of about a million babies every year is a result of women no longer breastfeeding their infants.

Alternatives for breast milk are easily available and used, even when the mother is capable of breastfeeding. This happens despite scientific evidence that breast milk is the best.

Needing to be thin

Anorexia nervosa, also known as 'slimmers disease', is an eating disorder. Most of those who suffer from anorexia are teenage girls and boys, and women and men in their 20's and 30's.

Anorexia is an illness of the

mind. People with anorexia worry all the time about wanting to be thin. Those who suffer from it are in danger of causing permanent damage to their bodies and may even die.

People who are very thin or worried about their weight should see a doctor or go their nearest clinic.

Infertility in women

There are lots of things that can cause a woman to be infertile (not able to make babies). Here is a list of them:

- A woman may be infertile if she has had a bad infection in

her womb or her tubes. This is called Pelvic Inflammatory Disease (PID).

- A few women who have used the contraceptive injection called Depo Provera find they cannot get pregnant when they want to.
- A woman may be infertile if she does not produce an egg. This usually means that you do not get your period every month.
- A woman may not be able to have a baby if the opening of the womb, called the cervix, keeps the sperm out. This happens when the mucus (discharge) produced by the cervix fights against the sperm and kills it before it reaches the egg.

Women and bone disease

When a woman is young and healthy, she does not often think about the aches and pains of old age. Bone disease, osteoporosis, is mostly experienced in later years.

The condition develops slowly in women over the age of 50. The loss of bone tissue increases as a result of changes to the body.

Young people can also develop the bone disease in certain circumstances. Research has shown that women with slender bodies and a fair complexion are more likely to develop the disease.

No proper treatment for osteoporosis has been found. However, eating foods rich in calcium and vitamin D and regular exercise helps build strong bones.



When Alice Rantsane hit the 68kg mark, she knew she had to do something about her weight. Besides being overweight, she felt very uncomfortable. Although she had not played any competitive sport before, she wanted to find something to help her lose weight without spending a lot of money.

Phiri Hall in Soweto was the answer to her problems. Every day, people searching for fitness, mainly women, gather there for aerobics classes.

Mpho Mphotho, the instructor, patiently takes classes of about 30 people through a range of exercises. It's a lot of fun, especially when the difficult exercises go with loud, high-energy music.

The fitness craze has hit Soweto in a big way and more than a 100 people have joined the Phiri Hall aerobics club, which runs four days a week. They seek the perfect shape and health from exercising.

Although he had been involved in aerobics for years, it was only in 1991 that Mphotho decided to open the first aerobics club in Phiri.

Why aerobics and not any other sport?

"Aerobics provides the basic training for all sports," says Mphotho. "Its a healthy way of loosening up, especially after a hard day's work. It involves basic dance routines and it's a lot of fun."

When the demand for aerobics started to grow in Phiri,

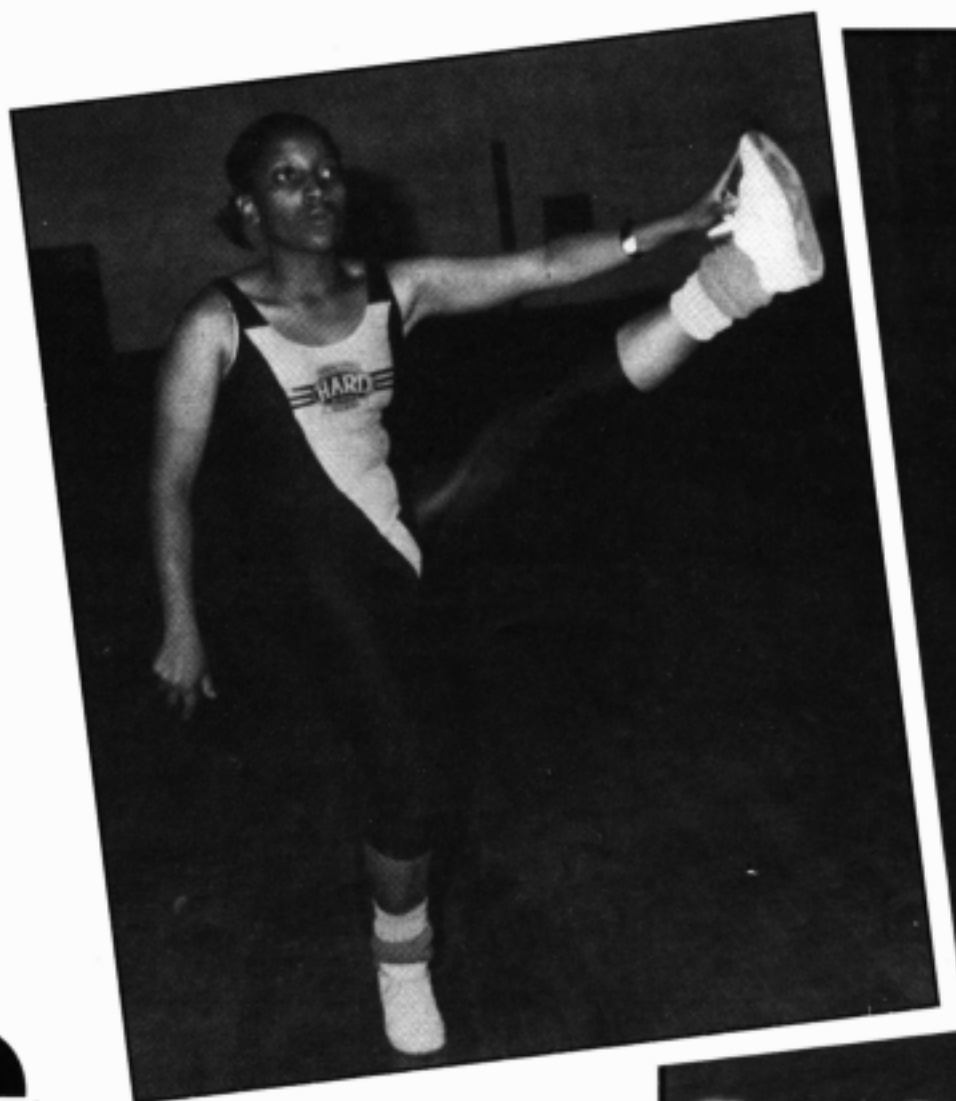
Mphotho needed assistants. Rantsane and Sweetness Moloko took up the challenge and the three now take turns as instructors.

"When I first started attending aerobics classes, I had a big weight problem. I weighed 68kg and I had to do something about it," said Rantsane. I have now lost 13kg and I am very happy with the progress I have made. Besides keeping fit, aerobics help me maintain a beautiful figure," she said.

"I didn't play any sport before I started aerobics. But, today, because I am fit and healthy, I sometimes take part in marathons. Exercising is good for your health," she says.

Health and fitness is becoming a big thing in South Africa. Doreen Zimbizi visited a gym in Soweto and picked up on the energy

Move that body



Photos: Elmond Jiyane

Aerobic classes at Phiri Hall are held from Monday to Thursday for about an hour from 6pm and on Saturday mornings for two hours.

"Our biggest problem is a lack of basic equipment. We need mirrors, mats and other pieces of equipment. We have tried to negotiate with the council authorities to provide the equipment we need. Because we use community halls, we have very limited time during which to train every day. We have to make way for other activities such as karate," said Mphotho.

Since the aerobics classes started at Phiri Hall, eleven clubs have been set up in Soweto.

"On average, we get about

30 people per session. But, now, because it's winter, only about 10 or so people come for lessons," said Mphotho.

Apart from the cold weather, he said, fewer women attend the classes in winter because it gets dark early and they are afraid of being attacked on their way home.

Advice on health and fitness goes beyond the aerobics class. Mphotho and his assistants advise people attending the classes to eat healthily by cutting down on fatty foods.

"We advise them to cut out fats and to watch their weight," said Rantsane.

"Aerobics does work for a lot of people, as long as they

are disciplined and dedicated to the training" she said.

One of the women in the class said she loves working out because it takes away the stress and tension of the day.

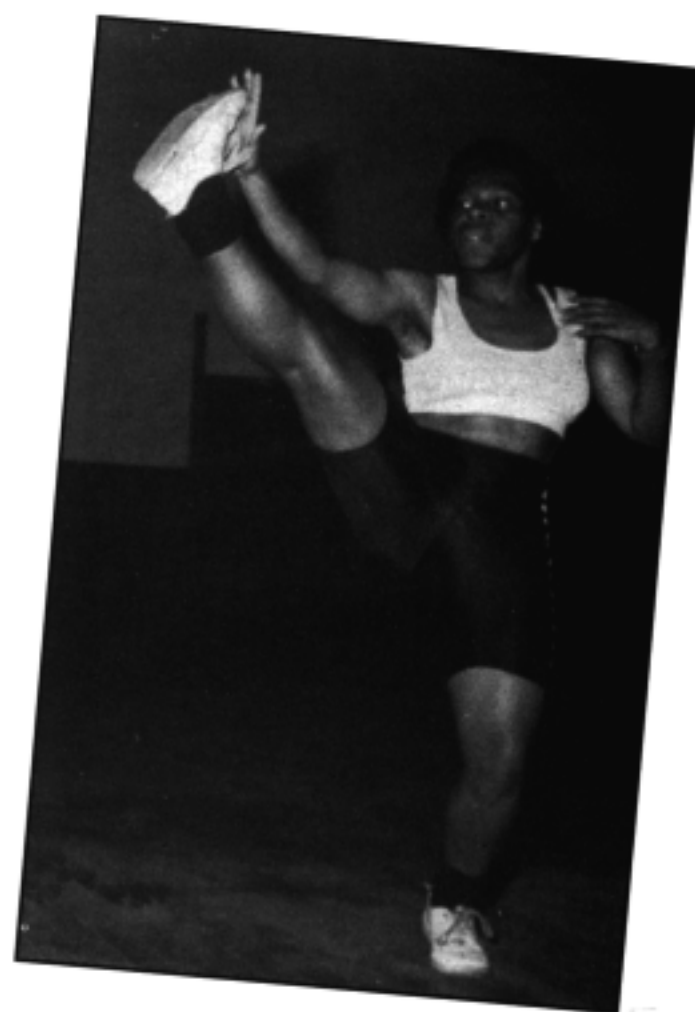
"Aerobics makes me feel good about myself and helps me deal with day to day problems," she added.

Although it is not seen as a competitive sport, aerobics competitions are beginning to take off.

Mphotho says their first aim was to get people involved in aerobics and get them fit. They would start thinking about entering competitions later.

There are many ways to keep fit on your own, but doing it with other people is so much more fun. ☆

Aerobics instructors at Phiri Hall keep themselves in shape, from the left: Alice Rantsane, Mpho Mphotho and Sweetness Moloko



Safer relationships

What is sexuality?

Sexuality is more than just sexual practices and cannot be separated from relationships. It is about relationships and how partners treat and respect each other. Women's reasons for having sex may be different from their partners'. Pleasure, pain and power are expressed through sex. But, for women, sex can become a nightmare when they are forced to do it against their will. Rape and sexual abuse are experiences that women never want to go through.

How can we address these issues all at once, and in a straight forward way?

Challenging male sexual norms

Women are in a process of changing a lot of things — challenging ideas of women as a weaker sex and their role in the family. They are also fighting for (and winning) laws aimed at improving the legal status of women. Women are

There is a big difference between women's experiences and what most of them expect from sexual practice and relationships. This is perhaps the central issue of sexuality for women. HIV and AIDS should force us to talk about this issue which is considered taboo

becoming more educated, and entering jobs and professions which were in the past considered to be for men. But they face inequality, injustice and discrimination by both institutions and individuals.

It would be wrong to ignore these changes in any discussion of women and sexuality. Yet many AIDS activists are doing exactly that. They think women

have little or no power in sexual relations with men and go no further.

Many criticise the fact that women are being asked to take responsibility for safer sex with men, as with birth control. As if responsibility were not power. As if a woman has to become empowered without taking responsibility.

It is important to guard against the danger of presenting women as victims. That strengthens the helpless, passive image of women, which we strongly oppose. Women should be seen as active participants in this struggle, taking active roles in supporting each other and in the fight against HIV/AIDS. But the success of this approach depends on women's ability to feel strong and confident.

As long as a helpless passive image continues, women will not be able to express themselves in the ways that are necessary to overcome their problems.

While there are many cases of women who deny the risks they face and find it impossible

These pages have been made possible by NPPHCN National AIDS Programme



The PPHC National AIDS Programme helps communities fight ignorance about AIDS. If you need the support of a community worker or if you have any further questions contact the PPHC National AIDS Programme. The telephone numbers of their offices are:

National office: (011) 337 8539
Eastern Transvaal:
 (01315) 41 181

Northern Transvaal:

(01521) 91 4221

Southern Transvaal:

(011) 337 7126

Orange Free State:

(057) 396 5509

Natal: (031) 301 2582

Natal Midlands: (0331) 45 0453

Northern Natal: (0354) 74 181

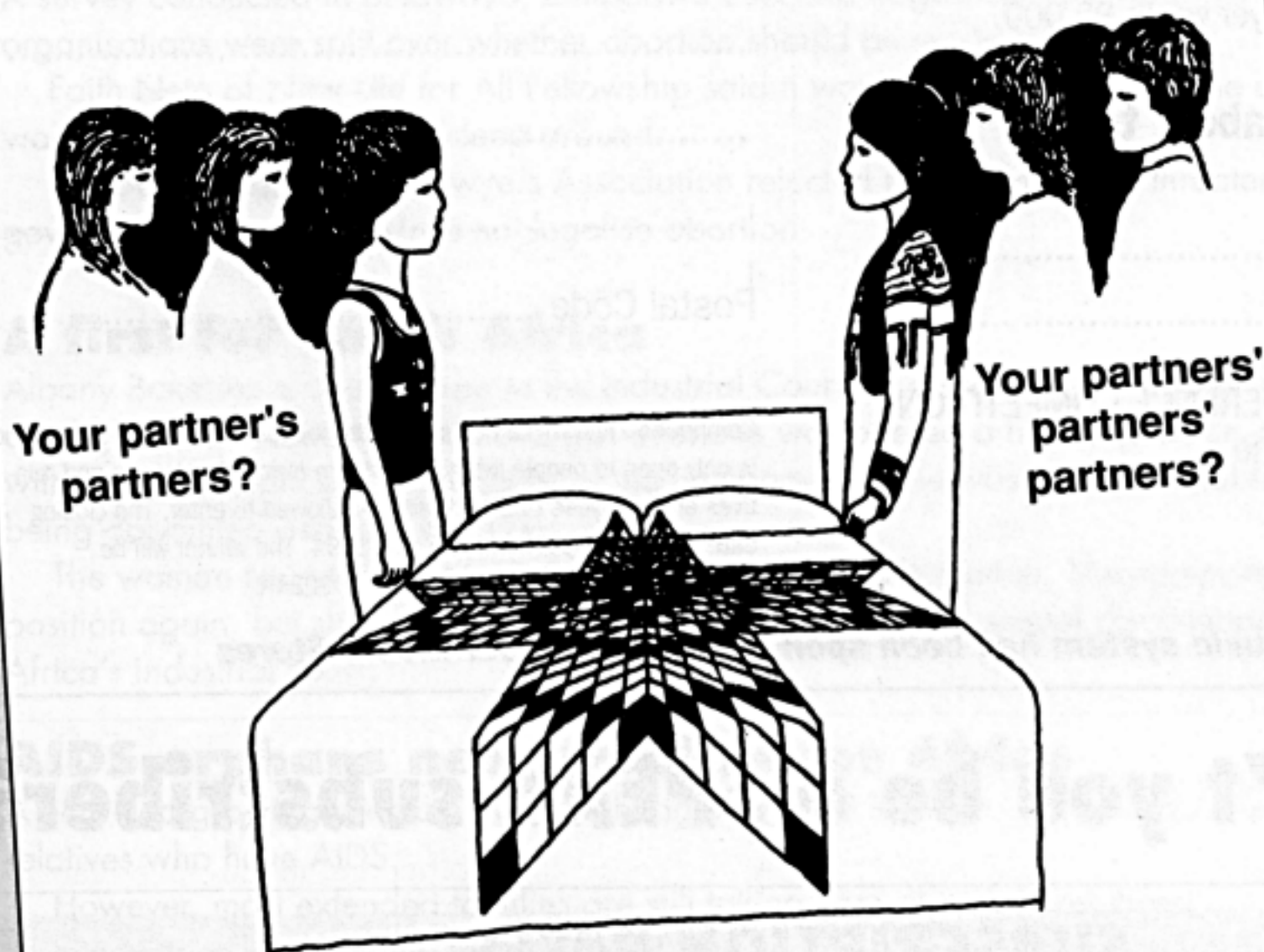
Border: (0431) 43 6733

Eastern Cape: (041) 41 1618

Transkei: (0471) 31 0757

Western Cape: (021) 696 4154

How well do you know your partner?



Only when men and women respect each other in relationships can the spread of AIDS and HIV be slowed down

Could your partner have a history of risky sexual behaviour in the last ten years that you do not know about? Because you might not know everything about your partner, talk about the risk of AIDS. It is up to you to protect yourself.

Graphic: Women and HIV/AIDS

to protect themselves from HIV, others are challenging gender and sexual roles. Examples of women who have managed to deal with such problems can help end the image of women as victims. Women have begun to question the role of marriage and what it means to them and their children. Is it fear of being rejected, financial support and being alone that often makes women more faithful than men? Or are women by nature

more honest in relationships than men? Both women and men sometimes live with one person but have other partners. Others have more than one partner. How do women feel about this? What is good and bad about greater sexual freedom? Should people be open and honest about what they are doing, or is it better not to? Whether people are married or single, heterosexual, bisexual or homosexual, young or old,

most have had more than one lifetime sexual partner or have partners who have done so. This is one of society's biggest secrets from itself. AIDS has forced us to think again before we become involved in relationships. You are better safe than sorry. Only when men and women are honest and respect each other in relationships can the spread of AIDS and HIV be slowed down. ★

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There is something different on our front cover. Can you SPOT THE DIFFERENCE. If you can, fill in the entry form below and send it to us. You could be the lucky winner of a CD player worth R2 000.

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Send your entry to:

SPOT THE DIFFERENCE COMPETITION
SPEAK Magazine
PO Box 556
Johannesburg
South Africa

Name

Address

Postal Code

Competition rules: 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 for the competition is 15 July 1994. The winner will be announced in the September issue of SPEAK.

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As a matter of fact...

Zimbabwean women divided on abortion

A survey conducted in Bulawayo, Zimbabwe's second largest city, showed that women's organisations were split over whether abortion should be made legal.

Faith Neta of New Life for All Fellowship said it would be wrong to legalise abortion as this would encourage people to sleep around.

The Bulawayo Women Lawyers Association rejected this claim and is threatening to take the government to court if it does not legalise abortion.

A first for South Africa

Albany Bakeries is being taken to the Industrial Court for discrimination against women. A former employee of the company laid charges after she was offered a higher position which was later withdrawn. The divisional manager of the company said he was not comfortable with a woman being appointed assistant manager.

The woman resigned and laid charges of sexual discrimination. The company later offered her the position again, but she turned it down. This is the first case of sexual discrimination brought to South Africa's industrial court.

AIDS orphans new problem for Africa

A new and growing problem in the fight against AIDS in Africa is that of families abandoning relatives who have AIDS.

However, most extended families are still taking care of their ill relatives.

In countries like Malawi, the number of sick people is getting too much for the extended family to cope. Many young people are dying, leaving behind helpless orphans and old parents. It is estimated that, by 1998, Malawi could have as many as 560 000 AIDS orphans.

Depressing facts

According to a United Nations report, women are more likely to be poor than men. Women are less able to get an education, find it more difficult to get a job and work two hours longer every day than men but earn less.

The report says the number of rural women living in poverty nearly doubled over the past 20 years.

Women form at least 60 percent of the world's one billion poor. At least half a million women die every year from problems related to pregnancy, and another 100 000 as a result of unsafe abortions.

By the year 2000, more than 13 million women will be infected with the AIDS virus, and about four million of them will have died of AIDS.



Graphic: Terry Hirst from Agroforestry Today

TAXI TALK

Free at last

For six months, I held onto something that was not there, writes Tsakane Manganyi from Atteridgeville

Vusi and I had been in a relationship for more than four years and were planning to live together. I don't believe you have to be married to share your life with the person you love. Vusi felt the same way. My parents would not hear of it, but I had made up my mind.

A month before we were to take the big step, Vusi started acting strangely. He began "working late" and would come to my place late at night. He would argue with me about little things and accuse me of seeing other men. At first I felt good about his jealousy but, when it continued, I realised that he was seeing someone else.

The best way to deal with one's guilt is to blame the inno-

cent partner. When I asked him about it, he became all loving and tried to convince me that it was not true. Of course, I doubted myself, but deep down I knew he was lying. Besides, you can tell when the person closest to you is lying. We agreed to put off moving in together.

One day I decided to pay him a surprise visit and found him with another woman. The look on his face confirmed all my suspicions. I wanted to cry but I was scared that, if I started, I would not stop. When he came to my place later that day, he once again told me I was silly to think he would get involved with anyone else. He begged me to take him back. To make the pain go away, I slept with him. The lying and the "work-

ing late" did not stop. The only way to make my feelings go away was to have sex with him. I did not want to think of the pain and this was my way of drowning my sorrows. Because he knew I was in love with him and would not stop seeing him, he continued with the affair.

Well, love is not always practical and sex is not the answer. I know there is no future in a relationship that is filled with dishonesty and insincerity.

It took me six months to end the relationship. I'm not completely over him but I feel better about myself. I no longer doubt my feelings or myself. I've learnt that the moment you doubt yourself, the more difficult it is to let go. ☺



NOTICES

Teenagers and Sex

Responsible Teenage Sexuality is a manual for teachers, youth leaders, health workers, parents and teenagers.

It deals openly and honestly with issues of teenage sexuality and sensitive issues that concern young people.

This approach helps counsellors answer young people's questions in an honest and comfortable way.

Issues dealt with in the manual include: Puberty and adolescence, sexual decision making, homosexuality, teenage pregnancy, contraception and sexual abuse.

The book is available from the Planned Parenthood Association of South Africa at a cost of R45.00

Order your copy from:

PPSA
The Resource Centre
3rd Floor, Marlborough House
60 Eloff Street
Johannesburg 2001
Telephone: (011) 331-2695/6/7

Women for Human Rights

The Black Sash is a women's organisation committed to human rights. It was formed in 1955 when women voters protested against the National Party government's proposal to remove coloureds from the common voters' role.

Although the mass protest failed to stop the government from achieving its goal, the Black Sash continued the fight against human rights abuses.

Black Sash membership is open to all women over the age of 18.

If you want to get involved in their activities, write to:
The Secretary
Black Sash National Office
7 Long Street
Mowbray 7700
Telephone: (021) 685-3513
Fax: (021) 685-7510

Claim your prize

Will the following people please contact SPEAK to collect prizes they won in our competitions:

Wilson Mafifi — Pietersburg North
Windyorah Mabaso — Chiawelo
Mapula Ramosibudi — Soekmekaar
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Gilbert Tshipugu — Tsakane
Nolitha Ndazilwana — Pietermaritzburg
Boykie Matsane — KaNyamazane
Enos Montsho — Hebron

Phone or write to Jacqueline Mathabe
Telephone: (011) 29-6166 Fax: (011) 333-5862
Address: P.O.Box 556
Johannesburg 2000

Conference on offences against children

A conference on "Sexual offences against children: the management of the offender and victim" will be held at the University of Durban-Westville from July 6-8.

Speakers at the conference will include academics, doctors and experts on the topic.

For further information please contact :

Dr Lorraine Glanz
HSRC: Cape
Private Bag X5,
Roggebaai 8012
Telephone: (021) 419-2572
Fax: (021) 419-6766

Healthy information

SmithKline and Beecham Pharmaceuticals have introduced public information in doctors' waiting rooms and pharmacies. The pamphlets, which contain facts about various common illnesses and medicines, will be available to members of the public free of charge.

The information includes symptoms, management and advice about the use of medication and is written in simple language.

For more information on the carousels and pamphlets, please contact:

Mahomed Randeree or Julia Barkley
SmithKline Beecham Pharmaceuticals
Telephone: (011) 444-5200

History workshop

The History Workshop of the University of the Witwatersrand will be holding its sixth triennial conference from July 13-15. The theme of the conference is: "Democracy: popular precedents, popular practice and popular culture."

Should your organisation/publishing house be interested in taking part, contact:
Ismail Mahomed
Telephone:
(011) 716-2818

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