

SPEAK

S152

MARCH 1994

RSA: R2.00 (incl. VAT) Namibia: R2.00 (incl tax)

No.58

WIN

- ★ A RADIO CASSETTE PLAYER
- ★ A CAMERA
- ★ A RADIO
- ★ T-SHIRTS

IS IT FAIR TO CHEAT ON YOUR PARTNER?

CONNIE SEPTEMBER

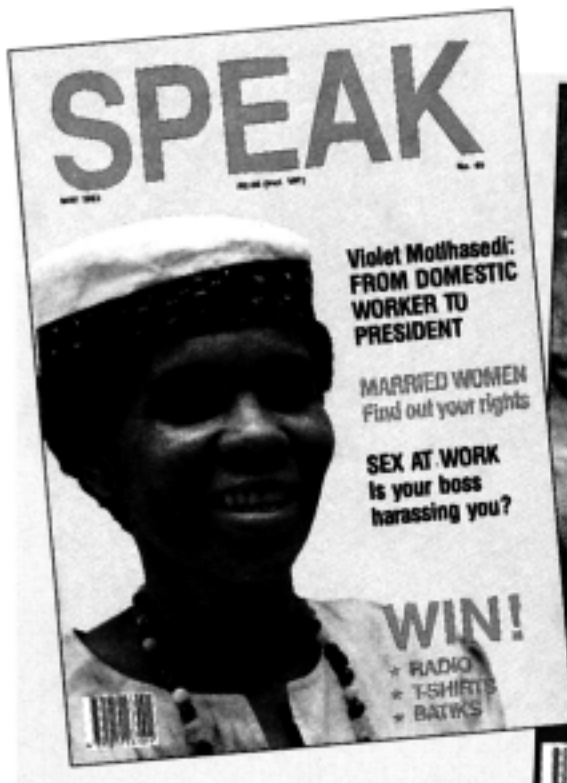
A leader among workers

When baby blues strike

ABORTION

Gcina Malindi ventures a view





Shouldn't you be a SPEAK subscriber?

Make sure you don't miss a single issue. Get a copy of SPEAK magazine posted to you at no extra cost. You only pay for the magazine. Use our freepost number to post your subscription form and you don't need a stamp.

SUBSCRIBE TO SPEAK NOW!

SUBSCRIPTION RATES

	SOUTH AFRICA		SOUTHERN AFRICA		OVERSEAS	
	6 issues	12 issues	6 issues	12 issues	6 issues	12 issues
Individuals	R12.00	R24.00	R18.00	R36.00	US\$ 40	US\$ 80
Organisations	R40.00	R80.00	R45.00	R90.00	US\$ 80	US\$160
Institutions	R40.00	R80.00	R45.00	R90.00	US\$ 80	US\$160
Donor	R40.00	R80.00	R45.00	R90.00	US\$ 80	US\$160

SUBSCRIPTION FORM

NAME

ADDRESS

TELEPHONE NUMBER

I enclose my payment of for issues

Please send your form with your payment to:
 SPEAK, NND Freepost JH 2572, Troyeville 2139 (You don't need a stamp).
 SUBSCRIPTIONENQUIRIES: Edith van Greuning, NND. Toll-free telephone number: 0800 111 088



INSIDE

PEOPLE

- Hardworking and dedicated** 5
Connie September - Cosatu's new Vice-President
- Toni Strasburg** 30
Looking back on apartheid

FEATURES

- Are we forgetting International Women's Day?** 10
Celebrate March 8
- AIDS is spreading fast** 14
Is it fair to cheat on your partner?

ARTS

- Moving into dance** 13
Using dance to teach

VOTER EDUCATION

- Our time to choose** 16
Part 2 of the comic series about voting
- Election day** 24
What you have to do

ADVICE

- Going for a job interview** 22
Hints to help you

HEALTH

- People with AIDS and HIV** 26
Most cannot afford medicine
- What to do when you get the baby blues** 32

OPINION

- The abortion debate continues** 28
Gcina Malindi gives his views

WIN

- A camera worth R100** 4
- A radio cassette player worth R200** 7
- A radio** 25
- 10 SPEAK T-shirts** 33

REGULARS

- Readers talk back** 2
- Health briefs** 34
- As a matter of fact** 35
- Taxi Talk** 36
- Community Notice Board** 37



Connie September
– A worker leader

Page 5



Dance with a difference

Page 13



When you've got the baby blues

Page 32

SPEAK STAFF

MANAGING EDITOR

Boitumelo Mofokeng

EDITOR

Thoraya Pandy

JOURNALIST

Rosalee Telela

Thanks to Bobby Rodwell and Annette Griessel for assisting with this issue

PROJECT MANAGER

Jacqueline Mathabe

ADMINISTRATIVE ASSISTANT

Pumla Baloyi

ADVERTISING

Jacqueline Mathabe

RADIO/AUDIO PROGRAMME

Libby Lloyd

Rita Thathe

Congratulations to Karen and Shan on the birth of their daughter Tahnita.

We wish to welcome Boitumelo Mofokeng as Managing Editor of SPEAK. We also welcome Doreen Zimbezi who joins us as an Assistant Editor

VOLUNTARY MANAGEMENT COMMITTEE MEMBERS

Gill Lincoln, Nise Malange, Shamim Meer, Helen Rees, Elinor Sisulu

SPEAK OFFICES:

Office 7, 17th Floor
Conlyn House
156 President Street
Johannesburg 2001
South Africa
Telephone: (011) 29 6166
Fax: (011) 333 5862

POSTAL ADDRESS:

SPEAK, PO BOX 261363
Excom 2023, South Africa

SUBSCRIPTION ENQUIRIES:

Edith van Greuning, NND Phone
Toll-free 0800 111 088
If you still have problems phone or write to SPEAK

COVER PHOTO:

Pumla Radu

COMMENT

Another year has passed and another International Women's Day is to be celebrated on March 8. But the excitement around the day is not what it used to be. International Women's Day was a day when women got together to sing, dance, laugh and debate. Many women all over the world found happiness, even if it was only for a few hours in a year, out of this day. It was their day. A day when they could be happy just being women.

In South Africa today, the excitement that once saw women organise buses, taxis, halls, speakers, posters and so on is no longer there. We have to bring back that spirit of strength, unity and sisterhood. The position of women in our country has not changed. Violence against women has increased. We are still faced with a police force that is not sympathetic and helpful to rape survivors and battered women. This can only change if women organise themselves effectively. Let us follow the example of many outstanding leaders who are no longer with us.

We continue to admire the courage of Albertina Sisulu, Urbainia Mothopeng, Ellen Kuzwayo, Mma Frances Baard, Amina Cachalia and many others.

If 1994 is to be a year of meaningful change, women will have to play an active role in bringing about this change.

Talk Back

Drop sexist ads

I was very offended by a Toyota advertisement in which a car is compared with a woman. It involves a man phoning "dial-a-date" and asking to "test-drive a model". I would like to see the day when advertisements like this are not allowed on the airwaves. They abuse women's dignity.

*Reverend S Groves
Kei Road*

We could not agree more and encourage women's groupings to unite around issues such as these. — Editor

Expose Bop

I read your story on the Molotlegi family in Bop and I want to thank you for exposing the corruption and violence that is happening under the Bop government. This heartbreaking story did not only happen to the Molotlegi family, but to many other families in Bop. The Molotlegi family are still alive — many others have been killed by the Bop government. Please keep on exposing this corrupt and unjust government.

*Concerned Bop resident
Hammanskraal*

Thanks for your letter. We

**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:
SPEAK
PO Box 261363
Excom 2023
Johannesburg
South Africa**

intend to do a story on Bop in the near future. — Editor

The abortion debate continues

It's a sin

Abortion should not happen at all. If you don't want a child, why have sex? To stay away from making love is not a sin. To kill an innocent unborn baby is a sin. Let your baby live to help us win the coming election.

*Thomas Chauke
Saselamani*

Victims of violence

Women want abortion to be legalised because they are victims of violence and rape. If violence can come to an

end, so can abortion. It is very difficult to say abortion should not be allowed, when there is so much violence in the country. I think the violence must end, in order for abortion to end.

*Innocent Matyanla
Setshabelo*

Read Exodus

We must understand the word of God. Read Exodus 20:13 and Exodus 21:12-13. Know that if you sleep with a man you will have a child. If you want to further your studies before falling pregnant, say NO. That is your right. Abortion is not your right.

*Worried
Saselamani*

SPEAK remains committed to the right of women to make choices about their own bodies. Therefore we demand free, legal and safe abortion in the future South Africa. However, we encourage debate. Thank you for your letters. — Editor

Lots of thanks for SPEAK

Education — the best weapon

I would like to say thank you for the SPEAK T-shirt. I really enjoy wearing it. I want to say to all women that the best weapon is education. You will be nowhere without education. It's roots are sour but its fruits are sweet.

*Freeze Mokwena
Madiseng Village*

Increase your pages!

For the first time the other day, I read SPEAK. It is very educative, and the English can be understood by its readers. I would like to see SPEAK increasing its pages, because it is so exciting.

*Zondi Masemola
Bronkorspruit*

I like it

Thank you very much for the T-shirt. I like it very much. God bless you and help you to keep up the good work you are doing so that you can make up a better magazine in the future.

*Abram Modisenyane
Benoni*

Confidence to read

Many thanks for the T-shirt you sent. I really appreciate it. SPEAK has given me the confidence to read. Please advise me on how to get SPEAK as soon as it comes out. I need to share the stories with the new generation.

*Thomas Malogadihlare
Modjadji Bolobedu*

Enjoy it together

I want to thank you for the T-shirt you sent me for the survey form that I filled in. I will try many ways to work with SPEAK magazine. My wife and I enjoy reading SPEAK very much.

*Shadrack M Ramaila
Suurbekom*

APOLOGIES

SPEAK would like to apologise for not placing the competitions to win T-shirts and a Cassette player worth R200 on page 28 as advertised in the February issue. We are glad to inform you that we are offering those prizes again, in addition to two other prizes in this issue.

We also wish to inform our readers that it has come to the attention of SPEAK that some of the allegations made by Violet Mncube in the February against the Internal Stability Unit (ISU) were found to be not true.

WINNERS!

The winner of the radio Matla Trust

Voter Education

Competition is

★ Busisiwe Siluma
(Siyabuswa)

Congratulations to the lucky winners of

bags from Kenya

★ JL Moswanene
(Masemola)

★ MA Moshokane
(Driekop)

★ Maite Sekgobela
(Burgersfort)

★ Elsie Ndlovu
(Siyathemba)

COMPETITION

WIN A CAMERA WORTH R100

You could be a lucky winner! All you have to do is answer the question below and send your entry to SPEAK

When is International Women's Day celebrated?

Answer

Name

Address

.....

.....

Postal Code

Hurry and send your entry to:

SPEAK Camera 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 and Southern Africa. Employees and relatives of employees of SPEAK are not allowed to enter. The closing date is 20 March. The winner will be announced in the June 1994 issue of SPEAK.

New Ground

THE JOURNAL OF DEVELOPMENT & THE ENVIRONMENT

One the most credible information sources on environment and development — local, regional, global

- Exploring the link between environment and development
- Photographs and journalism of the highest quality
- Covering southern Africa and the world
 - Green issues from the grassroots
- IF YOU WANT TO BE INFORMED, READ *New Ground*

New Ground is a quarterly magazine. Annual subscriptions are: local & Africa — R25 surface mail, overseas surface mail — \$27. *New Ground*, P O Box 322, Newtown 2113, South Africa
Tel: 27 11 834 1905 ■ Fax: 27 11 836 0188

Women's Health Research

The Medical Research Council, together with a broad spectrum of interested stakeholders, is committed to improving the quality of women's health through appropriate research. At a Women's Health forum it was decided to raise funds in order to support such research activity.

The Women's Health Work Committee is concerned that funds should be raised for work on issues which people in the field consider important. As a result we are calling active researchers and individuals with an interest in women's health to submit a descriptive title and a short motivation for the areas of research they believe should be undertaken in South Africa. The suggestions will be compiled into a funding proposal. Once funds have been secured from national and international donors, a call for research proposals within women's health will be issued.

Please address all correspondence to: Mrs Marina Jenkins, Medical Research Council, PO Box 19070, Tygerberg 7505.

Shaping a healthy future

MNR
MRC

—era— 3422

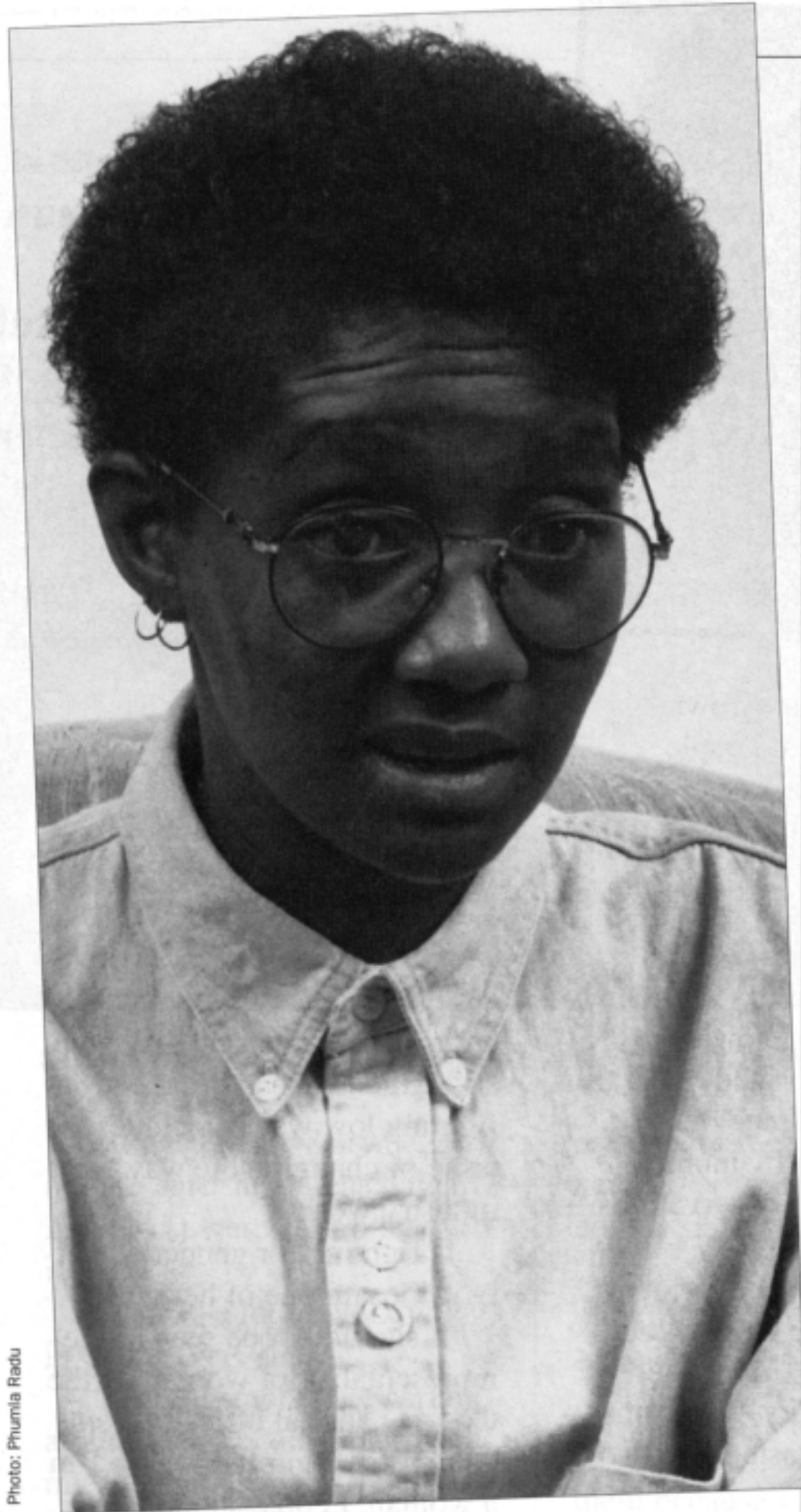


Photo: Phumla Radu

Connie September has come a long way since 1980, when she refused to heed a workers' stayaway call. Today she is the vice-president of the Congress of South African Trade Unions (Cosatu) and the first woman to be elected a Cosatu National Office Bearer since the federation was formed in 1985. Thoraya Pandy spoke to her

Connie September

From the factory floor

In September last year, Connie September became the first woman to be elected as a Cosatu National Office Bearer. Her position? Vice-president. What has her life been like since she was elected? "Hectic," she says quickly. "Some people say they have a 24-hour day. Mine is usually a 48-hour day."

"As a single parent, I find it difficult to give my daughter the attention she needs. I want to spend more time with her but, with all my responsibilities, it isn't always possible," she says.

September still works at a factory in Salt River, Cape Town, and is a local shopsteward. She is also the national treasurer of her union, the South African Clothing and Textile Workers Union (Sactwu).

"It's hard for me to let go of any of the things I'm doing. I believe it is important to work on the ground with the people who elected me to the positions I am in today. Organising at my factory remains important for me. I cannot be everywhere at the same time, but I try very hard to balance my work in the different areas."

How did she get involved in trade unions?

"When I started working at the factory, a union called the Garment Workers Union (GWU) took subs from my salary every month. I didn't even know this was happening, nor did I know what a union was. I had no politics in my head and was one of the few workers who refused to support a call for a work stayaway in 1980."

In a short time, her lack of interest changed.

"In 1982, I went to a meeting of a community

★ ★ ★ ★ ★
WIN WIN WIN
A RADIO CASSETTE
RECORDER
WORTH R200

Answer the questions below and you could be a lucky winner

Which position does Connie September hold in Cosatu?

Answer

Name

Address

Postal Code

I agree to abide by the rules. Signature :

Send your entry to:
SPEAK Radio Cassette Recorder Competition
PO Box 261363
Excom 2023
South Africa

Competition rules: The decision of the judges is final. The competition is only open to people living in Southern and South Africa. Employees and close relatives of employees are not allowed to enter. The closing date is 20 March 1994. The winner will be announced in the June issue of SPEAK.



“We shouldn’t relax now that we have one woman office bearer and think that Cosatu now has total liberation. Cosatu has got to develop a more intense programme on the grassroots level to empower women.”

newspaper in Cape Town called Grassroots. People spoke about politics and workers’ rights, which interested me. In 1983, we began to organise clothing workers out of unions that were not progressive and into the Clothing Workers Union (Clowu).”

Clowu was formed by UDF activists to challenge the Garment Workers Union, which was very conservative at the time.

“But my real face-to-face involvement in a proper trade union started in 1988, when we had a strike at Rex Trueform. That’s when I was elected a shopsteward.

“That strike was important because, for the first time in the history of Cape Town, and maybe even South Africa, we really took out clothing workers (on strike) for a very long time. We had 95 percent of the workforce supporting the strike. We were determined to strike it out to the end to make sure we got a victory,” said September proudly.

She added that this strike changed the face of the clothing industry in the Western Cape.

“The bosses had to deal with the fact that workers were

starting to say that they as workers had the right to get up and stand up.”

September said many lessons were learnt from that strike.

“Women workers are still in the majority in our industry and earn very low wages. Since the strike, Sactwu’s approach to fighting low wages includes the issue of changing the way the industry works.”

Is fighting for gender equality in Cosatu one of her goals?

“I should not be seen as the representative of women on the Cosatu national office bearers’ committee, simply because I’m a woman. People should not speak to me when it comes to what are termed ‘women’s issues’. My position should be seen as the same as the president, secretary and so on.”

September said, although she feels strongly about her position, she cannot ignore the fact that “for the first time since it was formed in 1985, Cosatu has managed to elect a woman office bearer”.

“It has been said that women don’t have confidence and that they cannot take part in certain things in the organisation. I think women should feel



September enjoying a moment with her daughter

Photo: Phumla Radu

encouraged that we are beginning to enter into areas which in the past were controlled by men.”

She said a lot of work within Cosatu was needed.

“Cosatu is not rid of certain attitudes and I cannot see myself keeping quiet about that. We shouldn’t relax now that we have one woman office bearer and think that Cosatu now has total liberation. Cosatu has got to develop a more intense programme on the grassroots level to empower women.”

September says she does not favour “nagging about these things all the time”.

“I believe we’ve got to put things into practice and create space and opportunities for women.”

Workers in the Western Cape were keen to have September on the ANC’s

national or regional lists for a new government. But this was not possible.

“We took a decision that 20 people from Cosatu will be put on the ANC’s lists. I was not one of them because I had made a commitment to workers that I will remain in the trade union movement. My election as an office-bearer has strengthened my commitment,” she explained.

Her new position has meant giving up certain aspects of her life. “I do not have the time to socialise in the way I did. I do not see my friends any more. Some of them have given up trying to get hold of me because I’m always busy,” she says.

“I am very committed to continue a part of my Christian life and try to go to church at

least once a month. It’s not easy but I try to make the best of my situation.”

September’s hopes and dreams are simple. “I’ve always dreamt of becoming a pre-primary school teacher. Because I was forced to work after matric, I had to let go of that dream. But I have not given up.” She has a diploma in pre-primary school teaching.

“I would also like to become a journalist and maybe one day I can interview you,” she says laughing.

Her message to SPEAK readers is: “1994 will be a year where all the things we have fought for can become a reality. It will not mean complete liberation because we must still make sure that our country does become liberated. Don’t place all your hopes on April 27 only. The hard work must happen after that day.” ✪

**“ I HAVE PRAYED.
I HAVE LAUGHED.
I HAVE SUNG.
AND I HAVE CRIED.**

**BUT UNTIL NOW I HAVE
NOT HAD A VOICE.”**

For decades, women in this country have been treated like children. Seen and not heard. Well, no more.

Women have much to offer this country. Not only in our homes, factories and businesses, but in government itself.



PHOTOGRAPHY

Which is why a powerful percentage of our representatives will be women. At last women will have equal opportunities and equal rights. And they will see an end to discrimination.

It's time.

Now is the time for women to be heard.



Celebrate the

International Women's Day

Over 100 years ago, on 8 March 1857, thousands of women marched in silence in New York City. It was a funeral march to bury 175 women textile workers who had jumped to their deaths a few days earlier. A fire had broken out in the Triangle Shirt Factory in which they worked.

The women were trapped inside because management had locked all the doors to prevent theft. The women had no choice but to burn or jump out. This event led to International Women's Day, a day of sorrow, anger and even struggle for all women.

The sorrow, anger and silence of that day has been remembered every year since 1910 by women all over the world on International Women's Day.

Debra Marakalala of the Women's National Coalition (WNC) says: "It has become a day for women to unite in action all over the world and a day to celebrate. It is a day to remember the victories we have won and those we still want to win."

The victories, however small, are a sign that women's struggles are succeeding.

"Today women in South Africa, especially African



Women under the banner of the Women's National Coalition take to the streets to make their demands heard in Johannesburg

women

women, are celebrating the birth of a women-friendly Bill of Rights. It is a victory that the Interim Constitution drawn up at the Multi Party negotiations does not recognise customary laws which oppress and discriminate against women. This is the beginning of a process aimed at achieving equality and freedom for all women," says Marakalala.

International Women's Day has become widely celebrated by women's organisations. It celebrates women's rights and their contribution to the history and culture of the world.

Lydia Radebe from the ANC Women's League in Alexandra

sees 8 March as: "A day when women have a chance to get together and share ideas, to unite and speak in one voice. This year we want to make sure that every woman goes to vote as they will be voting for a government which will secure their rights."

Long time political activist Amina Cachalia links international women's struggles to the fight by South African women for their rights. "In South Africa, the march by 20 000 women against pass laws in 1959 saw

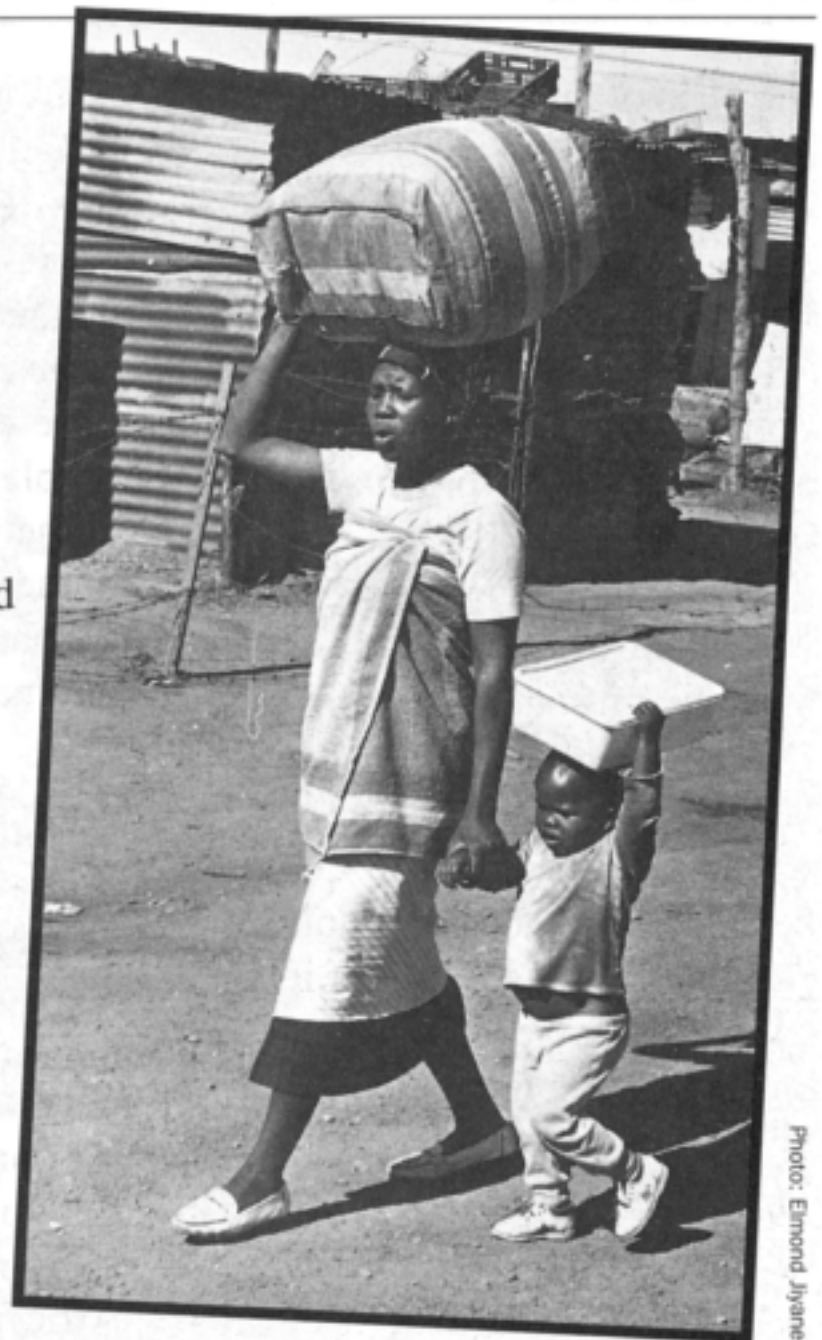


Photo: Emmond Jiyane

Woman and child at the Chicken Farm squatter camp



Photo: Andrew Tshabangu

Women are often the backbone of economic survival in rural areas

the birth of National Women's Day. In America, the 1857 march and strike over bad working conditions saw the beginning of International Women's Day. Both days symbolise the common struggles and victories of women all over the world."

Maggie Magubane of the National Union of Metal Workers of South Africa (Numsa) agrees with Cachalia. "Both dates are important for women in South Africa because they show that women can lead a struggle even if it is a tough one. We are the first ones to start and the men follow."

International Women's Day has strong working class roots.

In Russia on International Women's Day in 1917, men joined women textile workers in demonstrations and meetings. This began five days of widespread strike action and demonstrations by all working class people.

These actions formed the

basis of the February 1917 Revolution in Russia.

Crecentia Mofokeng, gender coordinator of the National Council of Trade Unions, says: "The day reminds us that we have to concentrate on the problems and needs of women in the workplace, at home and in the society. It also reminds us that women's problems are international."

In celebrating International Women's Day, women all over the world are saying we need to unite in the fight for our rights. Lerato Mothopeng of the African Women's Organisation (AWO) says: "This day is important because it represents women's solidarity all over the world."

Sheila Masote, coordinator of the Grail's Women's Leadership Training Project, says: "Women's problems are similar the world over. The fact that a day is set aside for women enables us to share experiences and to draw strength to develop new ways of finding solutions. Let all women do something to try and find ways of making one another's lives better." ★

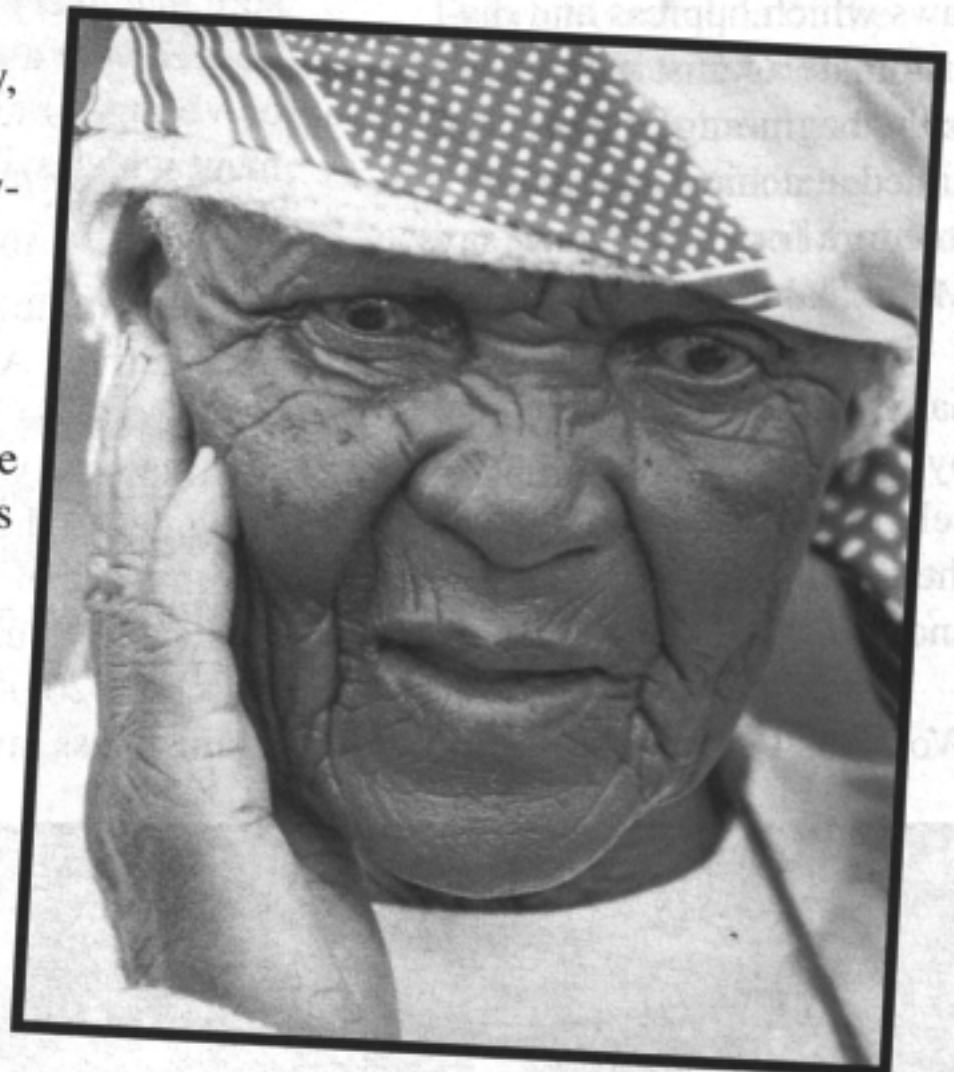


Photo: Elmond Jiyane

Above: A farmworker feeds her baby while she works



Photo: Alain Pinoges (CIRIC)

Women workers in Chile

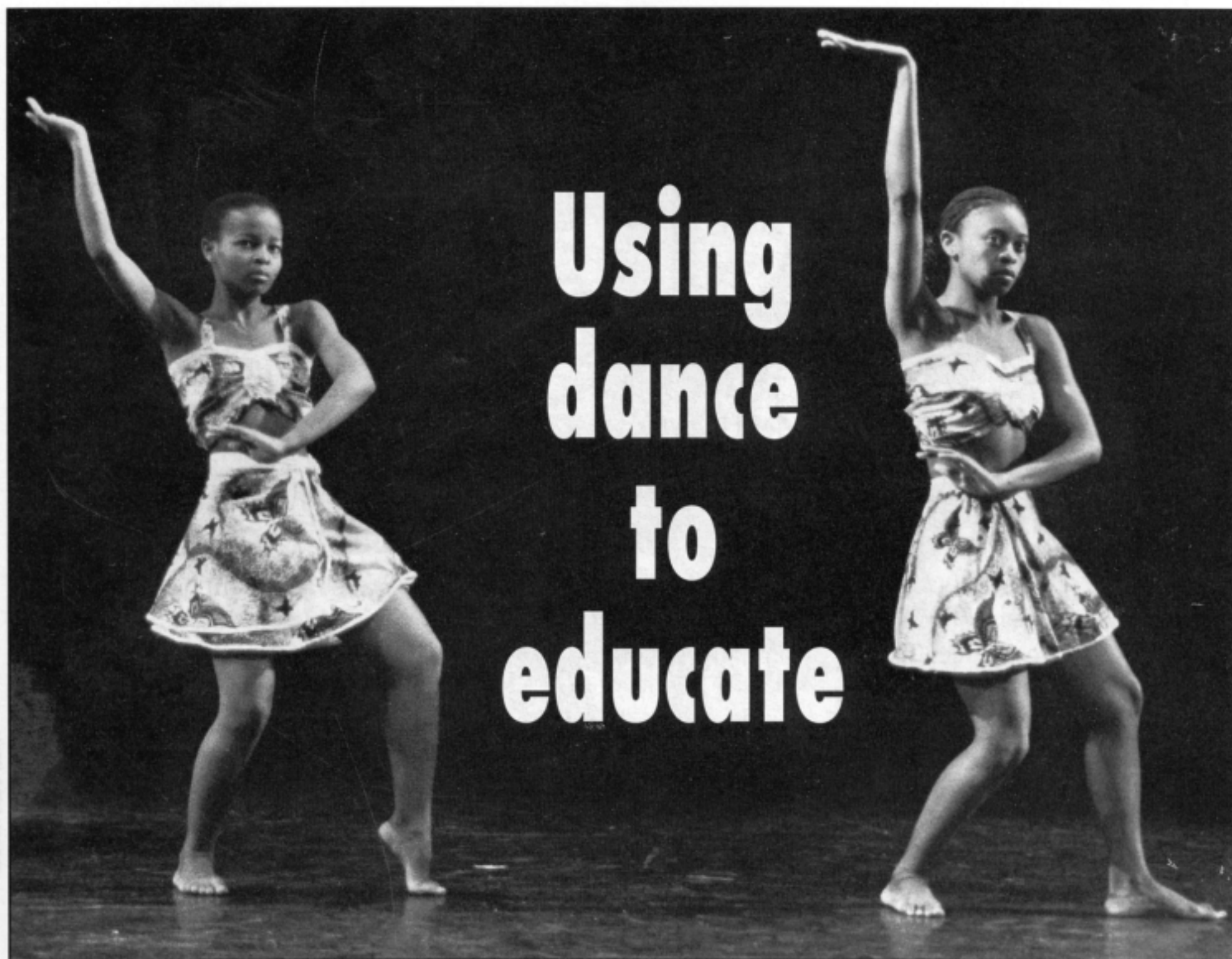


Photo: Mutsaeri Mashibe

Using dance to educate

Can dance be used to educate people? Can dance be used to change sexist behaviour? Yes, say members of Moving Into Dance

Moving Into Dance is a dance company formed by Sylvia Glasser in 1978. The company works in education, training, job creation and performances.

They believe dance can be used for creativity and as a method of teaching.

The company believes that information taught by using the body will be better remembered than through normal teaching methods.

David April, a dancer and teacher, explains: "Teaching dance is a way of helping people develop discipline and can be used to teach normal school

subjects. In Geometry, the basic idea you start with is what is a line. You can demonstrate a line through movement. This can make it easier for pupils to understand."

Fiona Currie Lacy, also a dance teacher and performer, says: "In dance you teach people to like themselves, to be confident and enjoy what they are doing."

According to trainee dance teacher and performer, Gcina Mkhize, dance can also be used to make people question their attitudes. "You can use dance to show people are equal. You can do this by giving women and

men equal roles to play in whatever dance piece you are doing. Women should not be expected to stand at the back clapping while the men do the dancing."

April agrees: "In dance, as well as in society, women and men should be given a chance to do their best. If women and men sometimes play different roles in society, it does not mean that they are not equal. I teach small children and I think one should start breaking sexist attitudes there. It is important that we teach children to respect each other." ★



Photo: Giselle Wulfsohn

An HIV positive mother with her newborn baby. Many women have been infected by their husbands because they did not have the power to force them to use condoms

AIDS and the married woman

"Hawu, mntanami, mntanami!" wailed the grieving mother as the coffin was lowered into the ground. Relatives held the mother up to stop her from falling. The sound of weeping filled the air as family and friends threw handfuls of soil into the grave of Mandla Dube. By ELINOR SISULU

Twenty-nine year old Mandla had died of pneumonia as a result of AIDS, leaving his wife, Thandi, and three young children. Thandi Dube looked dry-eyed at her sobbing mother-in-law. She could not cry. She had cried the year before, when she had discovered her

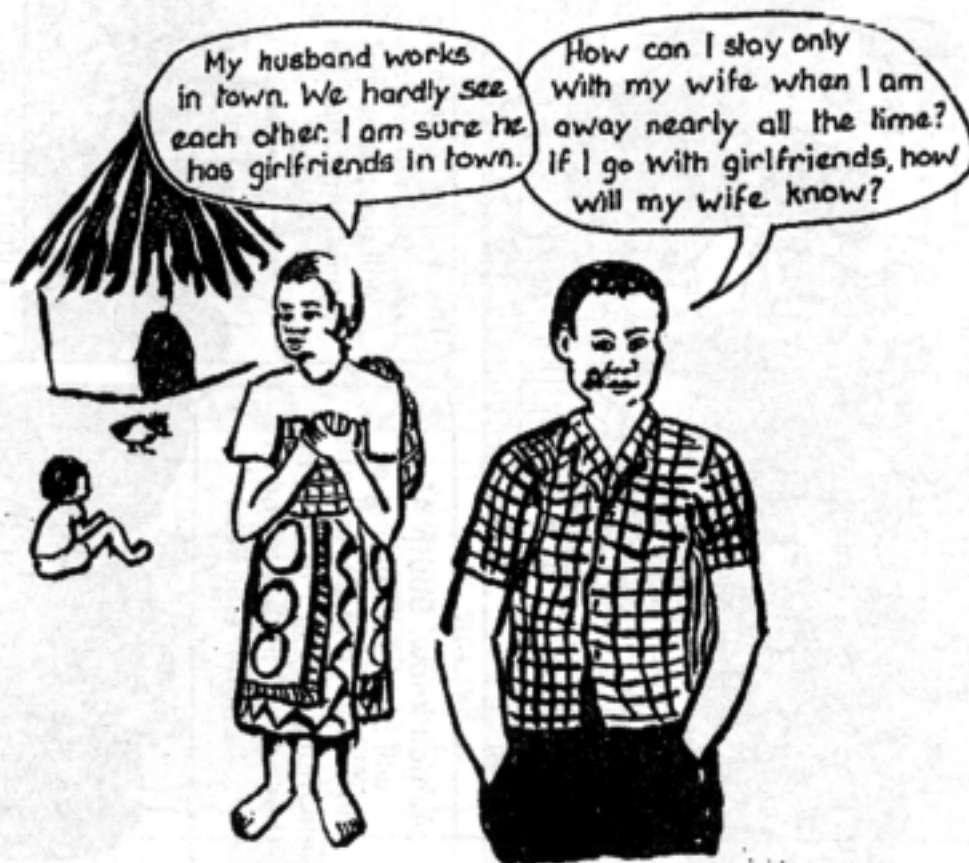
husband had AIDS. She had cried again shortly afterwards when she learned that she herself was HIV positive. She had cried even more when doctors confirmed that their eighteen month old baby, Thoko, was also HIV positive. She cried whenever she thought that her children would soon be added to the ever-growing number of AIDS orphans. By the time she reached her husband's grave she had no tears left. She had been staring into the face of death for too long.

Like many other married women, Thandi did not dream that she was at risk of getting AIDS. "Practise safe sex by using a condom, or stick to one sexual partner", the AIDS education campaigns said. Thandi felt safe because she had only one sexual partner — her husband. She would not have dreamed of asking her husband to use a condom. Why should she when she believed he was faithful?

He hid his unfaithfulness very well — until he became infected with the HIV virus which causes AIDS.

Jane Hlazo, a social worker, says she has met many women in the same position as Thandi. "They believe they are safe from HIV infection because they only have sex with their husbands. Husbands hide their love affairs from their wives but unfortunately they cannot hide AIDS. It is a double blow for a wife to find that her husband has been unfaithful and has put her at risk of HIV infection."

Dr Eka Williams, the Secretary General of the Society for Women and AIDS in Africa, says women will



have a better chance of preventing HIV infection if they have a stronger position in society.

Mary Sithole, an HIV-positive woman who was infected by her husband, agrees with Dr Williams. "Most campaigns against AIDS say education is the key to controlling the AIDS epidemic. But I know from experience that a woman can know everything about AIDS but be powerless to practise safe sex. When I thought my husband was unfaithful I asked him to use condoms. He said how dare I accuse him of being with other women and he beat me up. Today I am HIV positive because I did not have the power to force him to use condoms."

Miria Makimbe, Chairperson of a Ugandan organisation called Action for Development, says it is very difficult to advise women who are dependent on their husbands and have nowhere to go. "The women tell us they see their husbands with the wives of men who have died of AIDS. And they ask "What can we do? If we say no, they'll say pack up and go. But if we do,

where do we go to?"

It is clear that AIDS campaigns must address women's position in society. Sithole says: "As long as men have control over our bodies and our lives there is little we can do to protect ourselves. Our lives are in the hands of our husbands."

Jane Hlazo believes that men should be educated because "they are the ones who have the power to decide when, where and how they have sex. They feel they must have more than one partner to prove that they are men. We have to fight to change the unwritten rules in society. For example, when we know a man is being unfaithful, we do not tell his wife. This has to change. Women must be made aware that their partners are putting them at risk so they can do something about it."

She argues that women must take control over their lives, even if it means leaving their husbands. "We must stop seeing ourselves as the other half of someone else. We must be prepared to stand alone if our partners take risks with our lives." ★

Our Time To Choose

A Comic Story about Voting

Chapter 3

Our Time to Choose is a 6-part story about ordinary people learning about South Africa's first democratic election. In this election, all South Africans of 18 years and older will be able to vote. Your vote will help to determine the future of our country.

In our story so far, we joined the community of the rural village as they discussed the forthcoming election. The main characters in our story, Thembi and Tshepo, came to realise that they all needed more information about the election. With the help of their community, they attend a voter education workshop.

Our Time to Choose aims to provide first-time voters with information about the voting process. The story explores the common issues that many South Africans are facing as we approach the election. It also offers you, the reader, the chance to share in the election process as our characters question, discuss and learn more about democracy and voting.

In this third chapter, Thembi and Tshepo are at the voter education workshop. They take part in discussions about how the election will be run to ensure that it will be free and fair.



Matla Trust

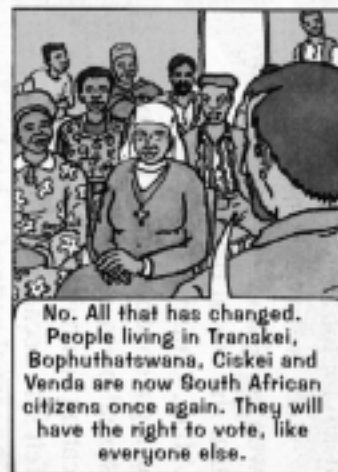
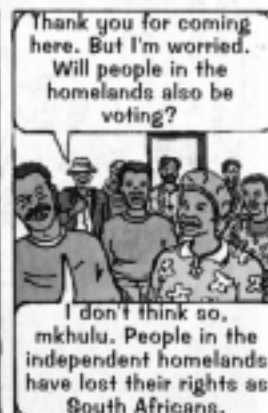
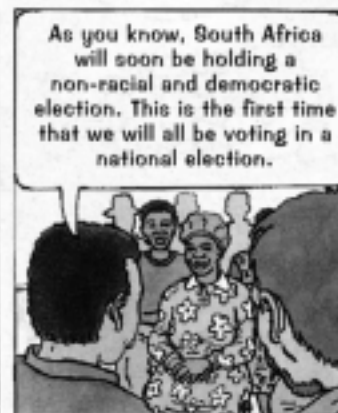
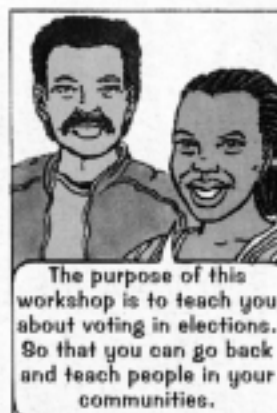
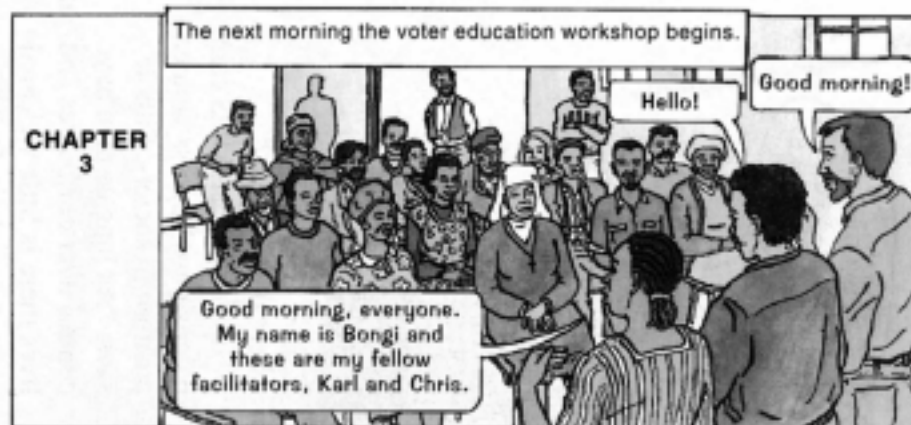
Our Time to Choose was commissioned by Matla Trust on behalf of the Independent Forum for Electoral Education (IFEE). IFEE represents a wide range of independent non-governmental and non-partisan organisations whose main aim is to educate us about this election.

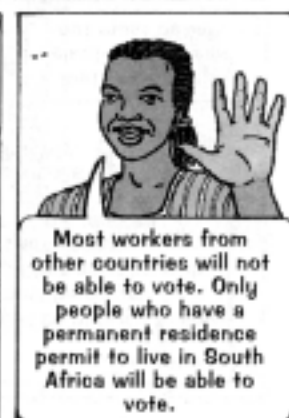
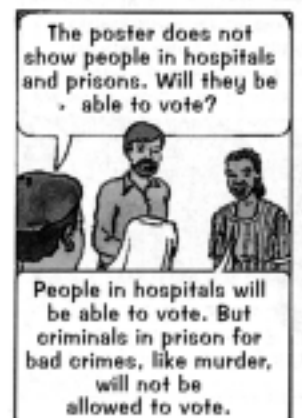
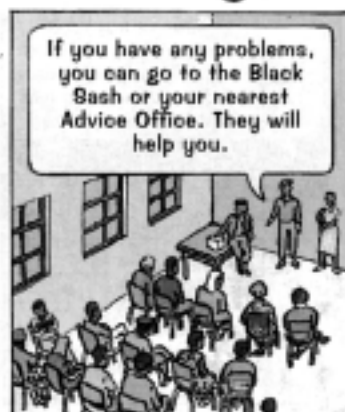
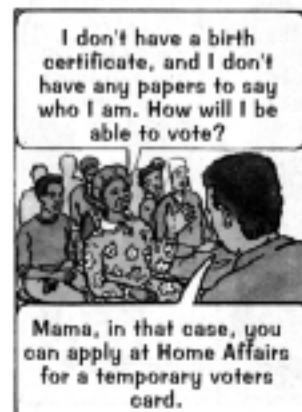
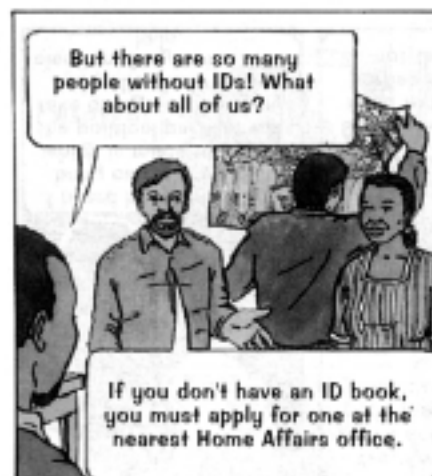
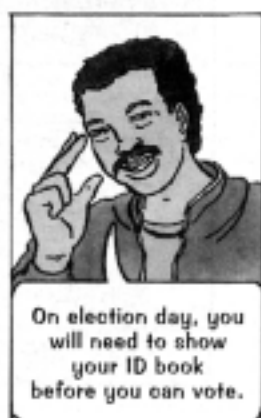
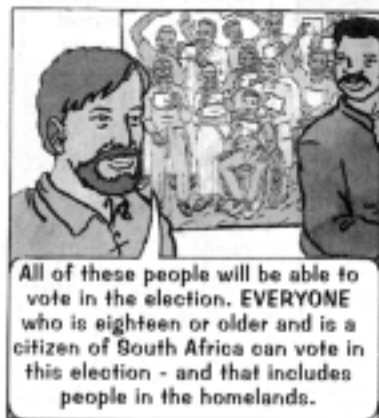
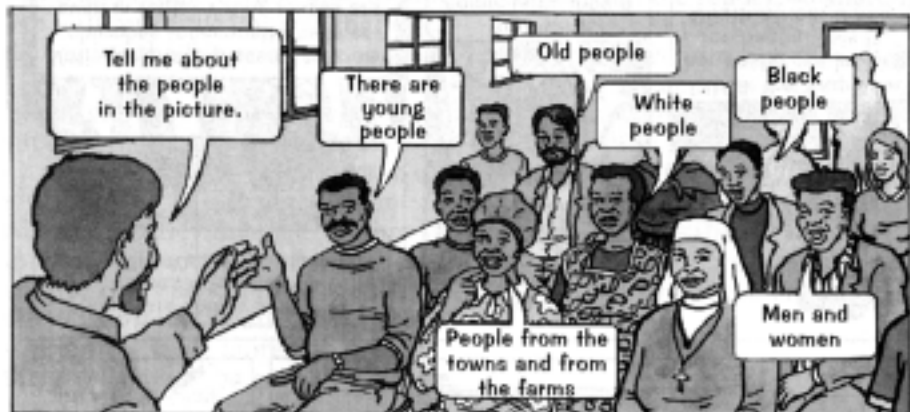
Our Time to Choose was researched and developed by The Storyteller Group.

The research phase involved the participation of individuals and organisations throughout rural and urban South Africa: community-based and development organisations, civics, churches, educational and other organisations involved in democracy and voter education.

Copies of this story are available to organisations in 9 languages. For more info contact IFEE on (011) 836 8061.

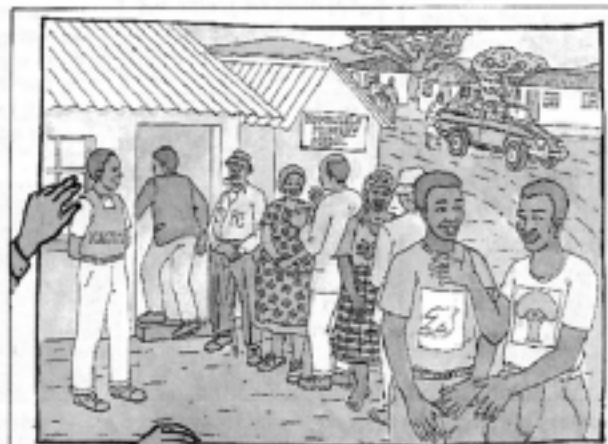
**independent forum for
electoral educaXion**







Here is the next poster. It shows people going to vote on election day.



This picture shows people at a school. Does this mean that the voting will take place at schools?



Voting will take place at schools, churches, community halls or even in tents. Voting places are called polling stations or voting stations.

Will we have to travel far to vote?

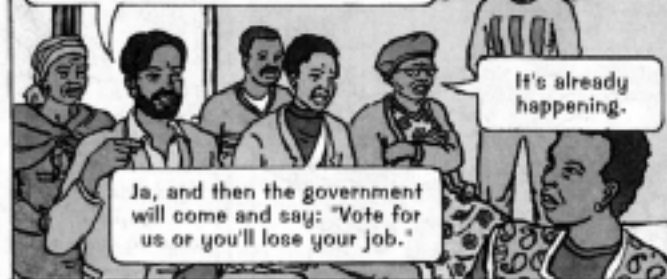


No, every community should have its own voting station.



I think the people in that poster are looking too happy. This is South Africa. Some people will be very afraid on election day.

It's true. I think that there will be a lot of intimidation and violence. Parties will come and say: "Vote for us, or we will burn your house."



It's already happening.

Ja, and then the government will come and say: "Vote for us or you'll lose your job."



It is important that the election is free and fair if our country is to have a future...

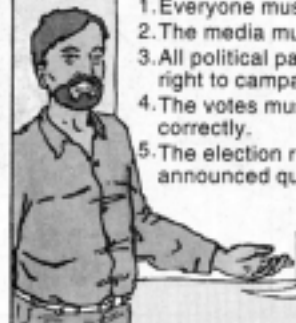
What do you mean by a free and fair election?



An election is free if everyone is allowed to vote for the party of their choice without intimidation or bribery.

FAIR:

1. Everyone must be allowed to vote.
2. The media must be neutral.
3. All political parties must have the right to campaign freely.
4. The votes must be counted correctly.
5. The election results must be announced quickly.



And the way the election is carried out must be fair.



Will the Chiefs understand about free and fair elections?



Ya. And tsotsis who make our mothers drink oil?

And what about the boer farmers?



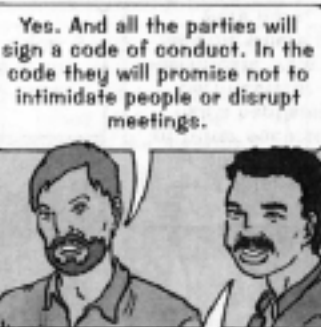
And the hit squads?



I am not very hopeful. Who will be able to stop people from intimidating others? No one has been able to stop the killings.



I heard in a taxi that a body called the TEC, which is made up of all the political parties, will take charge of the army and police before the election. Maybe that will help.



Yes. And all the parties will sign a code of conduct. In the code they will promise not to intimidate people or disrupt meetings.

Supporters of political parties need to recognise that other parties have a right to carry out their political work.



People and parties who do not obey the code of conduct will be fined, or even stopped from campaigning.

Our Time To Choose

A Comic Story about Voting

Chapter 4

Our Time to Choose is a 6-part story about people preparing South Africa's first democratic election. In this forthcoming election, all South Africans, 18 years and older, will be able to vote. We will make the choices that will determine the future of our country.

In our story so far, we joined the rural community discussing the election. The main characters in our story, Thembi and Tshepo, came to realise that they all needed more information about the election. With the help of their community, they attend a voter education workshop where they learn more about how the election will be run.

Our Time to Choose aims to educate first-time voters about the voting process. It also provides information to those who will be teaching voter education to others. The story allows you, the reader, to share in the process of preparing for the election as we join our characters as they discuss and learn more about democracy and voting.

In this fourth chapter of the story, the participants in the voter education workshop learn more about the actual process of voting by taking part in a mock election.



Matla Trust

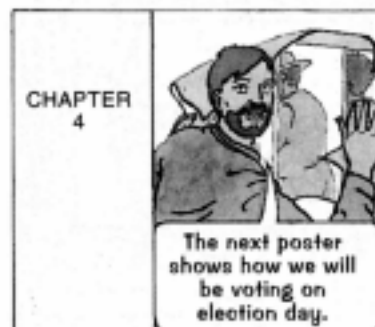
Our Time to Choose was commissioned by Matla Trust on behalf of the Independent Forum for Electoral Education (IFEE). IFEE represents a wide range of independent non-governmental and non-partisan organisations whose main aim is to educate us about this election.

Our Time to Choose was researched and developed by The Storyteller Group.

The research phase involved the participation of individuals and organisations throughout rural and urban South Africa: community-based and development organisations, civics, churches, educational and other organisations involved in democracy and voter education.

Copies of this story are available to organisations in 9 languages. For more info contact IFEE on (011) 836 8061.

**independent forum for
electoral educaXion**



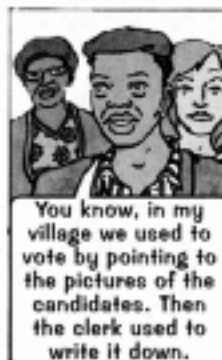
The next poster shows how we will be voting on election day.



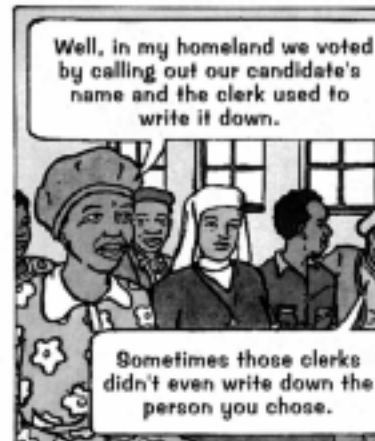
As you can see, this woman is alone inside a private place. This place is called a voting booth.



She is putting a cross in the empty space next to the party of her choice.



You know, in my village we used to vote by pointing to the pictures of the candidates. Then the clerk used to write it down.



Well, in my homeland we voted by calling out our candidate's name and the clerk used to write it down.

Sometimes those clerks didn't even write down the person you chose.



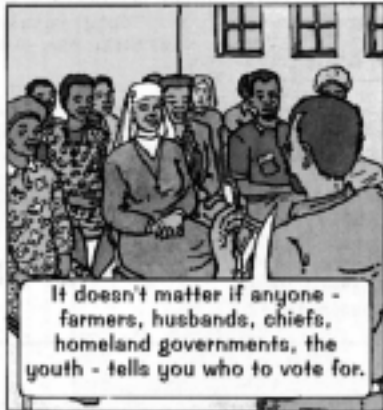
In the homeland elections, everyone knew who you voted for.



Well, in this election your vote will be a secret! No one will know who you are voting for.



A secret vote helps to make sure that an election is free and fair.

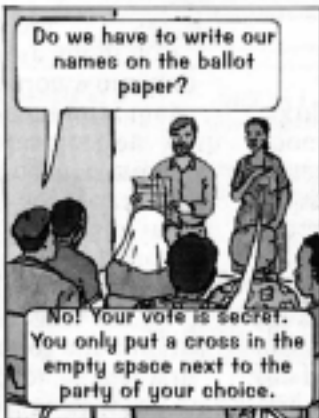


It doesn't matter if anyone - farmers, husbands, chiefs, homeland governments, the youth - tells you who to vote for.



You can say that you will vote for their party, but when you are alone in the booth, you vote for who you want.

We call the voting paper a ballot paper.



Do we have to write our names on the ballot paper?

No! Your vote is secret. You only put a cross in the empty space next to the party of your choice.



Why do you put a cross?

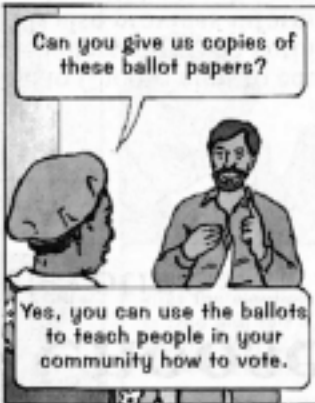
That's because a cross is easy to see and to write.



At school, a cross was a bad thing. Now it means something good!

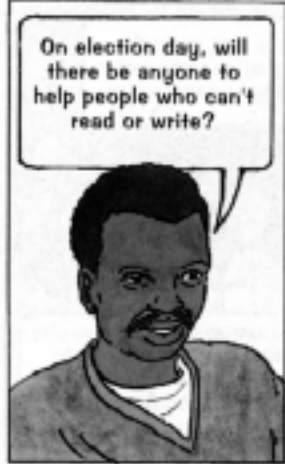


The ballot paper will have the names and symbols of all the parties. It will also have a picture of each party's leader. Everyone, including those who cannot read and write, need to recognise the name and symbols of their party.

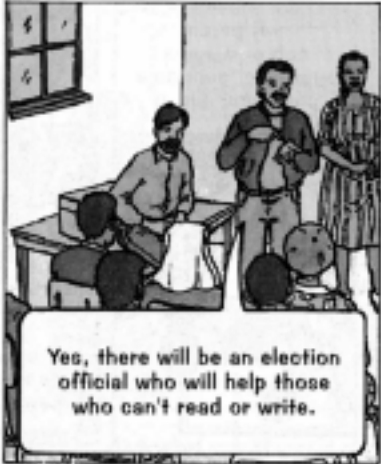


Can you give us copies of these ballot papers?

Yes, you can use the ballots to teach people in your community how to vote.



On election day, will there be anyone to help people who can't read or write?



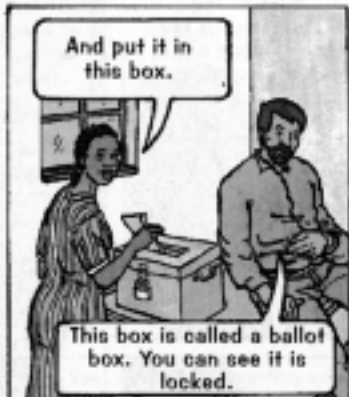
Yes, there will be an election official who will help those who can't read or write.



But it will be against the law for officials to tell those people who to vote for.

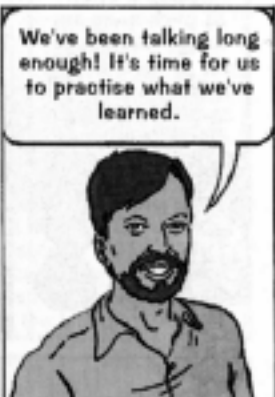


After you have voted, you must fold your ballot paper.

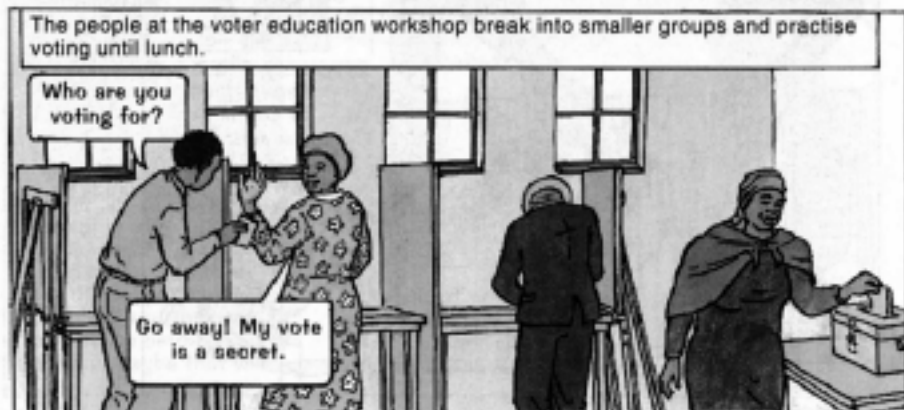


And put it in this box.

This box is called a ballot box. You can see it is locked.



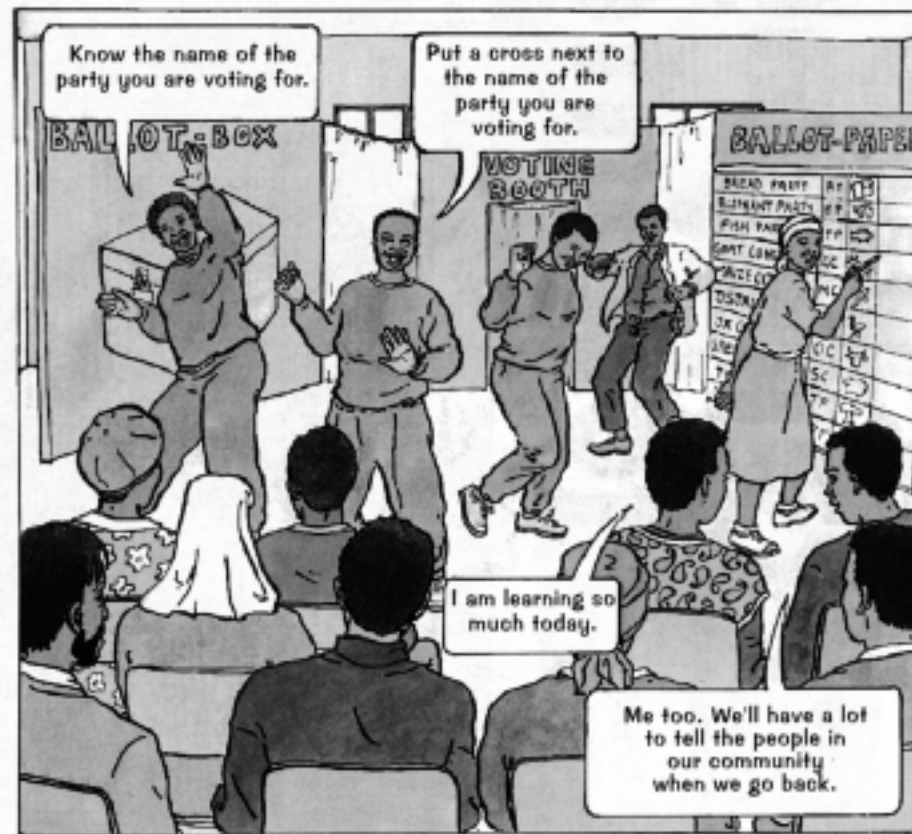
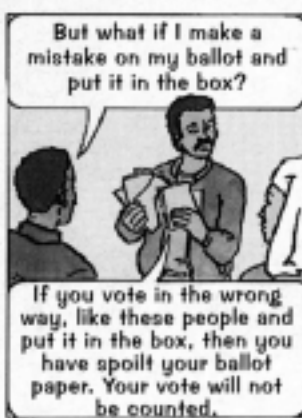
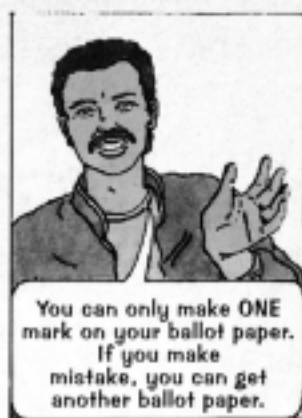
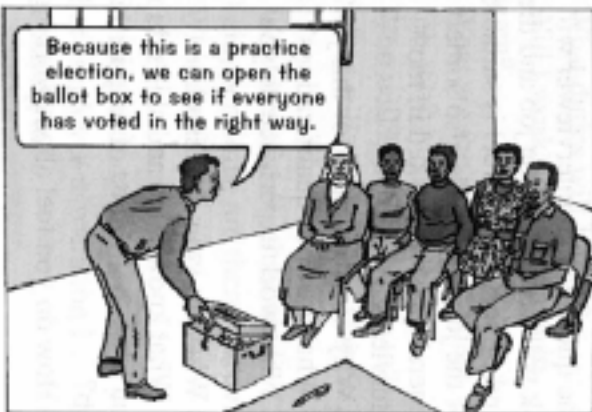
We've been talking long enough! It's time for us to practise what we've learned.



The people at the voter education workshop break into smaller groups and practise voting until lunch.

Who are you voting for?

Go away! My vote is a secret.



Preparing for a job interview



Many people feel scared and nervous when they go for a job interview. You do not have to be. SPEAK looks at how you can prepare for a job interview

An interview is usually a fairly in-depth meeting based on questions and answers between you and the employer to whom you have applied for a job. The interview may be conducted by one person or by a panel of interviewers.

In the interview, you will be asked questions to determine whether you are suitable for the job.

Some points to consider before going for an interview

The questions an interviewer will ask will depend on the job and the kind of person they feel is suitable for the job. There are also some general questions asked in most interviews:

- Why did you apply for this job?
- What are your qualifications?
- What work experience do you have?
- What are your interests?
- What knowledge and skills do you have that can be of help in this job?
- How do you feel about working

Make sure you arrive on time for the interview

Photos: Elmonel Jiyane



Don't look bored and uninterested



Remember your body language is important

in a team?

■ What salary are you expecting?

Think about how you would answer these questions. Practice what you will say.

Some questions you could ask

- What duties will I have?
- Will I work on my own or in a team?
- What are the responsibilities of this job?
- Who will I be responsible to?
- What will my starting salary be?
- What benefits (such as medical aid, pensions) are there?
- What are the chances of promotion?
- Is there a trade union or any other employee association I can belong to?

Important points to remember

- Make sure of the name of the interviewer, date, time and place of the interview
- Arrive on time
- Dress neatly
- Should you wish to smoke, ask for permission
- Try to relax and sit comfortably in your chair
- Take everything you need — pen, CV, copies of your references and certificates
- Speak clearly
- Avoid one word answers. Qualify your answers with short explanations
- Try to be polite and friendly
- Before the interview, find out as much as possible about the company, history and nature of the job etc, from annual reports and employees

A trial run

An activity that could help you before going for an interview:

1. Get three or four friends or family members to play the part of interviewers.
2. Tell them about the job that you are going to be interviewed for, or give them the job advertisement to read.
3. Give them time to prepare some questions to ask you.
4. Start the interview. They should ask you the questions they think the interviewer may ask you, and you can ask some of the questions that you have prepared.

■ Remind the interviewer of the address and telephone number where you can be contacted

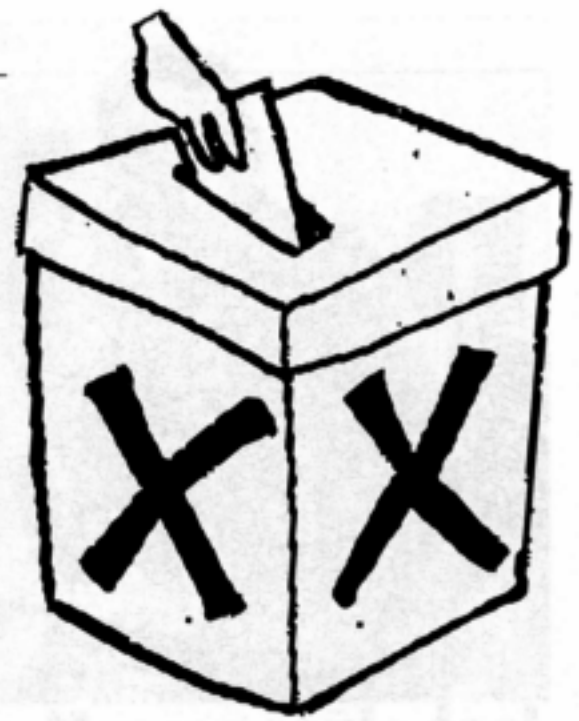
■ Ask when you can expect to hear whether you have got the job or not

Remember that it is both what you say and your body language that play an important role in the interview. Even though one thinks of people speaking in an interview, the way you use your body is also very important.

It is important to be relaxed when going for an interview. Remember that the interviewer wants to get to know you a little and find out whether you are suitable for the job. If you are relaxed you have the best chance of showing your best side. ★

(adapted from "The Next Step" CRIC Cape Town)

Make your X for freedom



Where do you go?

You will have to go to a voting station or polling station to vote. Before election day, election officials will choose a school, church or community hall in every area to use as a polling station. Before voting day, they will tell people where to vote in their community. Remember, you can take your children with you if you do not have anyone to look after them at home.

Who will be at the polling stations?

There will be many people outside the polling station — those going to vote and those watching to see that things go peacefully. People from political parties might also be outside, calling on you — for the last time — to vote for them. It is important to remember that they won't know 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 political parties. These monitors are there to make sure the voting is done

Election day is getting closer and closer. Yes, April 27 is the day all South Africans, 18 years and older, will go to the polling stations and vote for the party they believe represents their interests. It will be the first democratic election ever held in our country. *SPEAK* looks at how to vote and what will happen when you go to vote

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 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 up on your hands. It only shows up

under the special lamp. It is to stop people from voting twice. Some people say the ink is muti to scare you. They might even try to tell you that this ink will tell them who you voted for. That is not so. They are saying so because they want 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 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



Photo: Andrew Shabangu

Make your X against hardship and poverty

to the Supreme Court to have the votes counted again. If it is agreed, then all the ballot papers will be checked against the counterfoils. This does not mean your vote is not secret. It is only to stop people from cheating by voting more than once.

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

6. 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. ☆

**COMPETITION
WIN A RADIO!**

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

■ How many political parties can you vote for on April 27?

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 25 March 1994. The winner will be announced in the June issue of SPEAK.



Matla Trust

**This page is a joint project
of
MATLA TRUST & SPEAK**



Treating AIDS

In South Africa, 550 people are infected daily with HIV, the virus that causes AIDS. Although there is still no cure for AIDS, the illnesses people with HIV and AIDS often get can be treated. *SPEAK* takes a closer look at the issue

“Nobody dies from AIDS. You die from illnesses which attack your body when you have AIDS,” said PPHC media worker, Judy Seidman.

The first step of treatment is prevention. “This includes anything that prevents you from getting ill in any kind of way. You should take vitamins, do a lot of exercise, do not smoke and do not drink more than two glasses of alcohol a day,” Seidman added.

The difficulty is that, in South Africa, most people do not have money to buy proper food. This makes it very difficult for people to buy vitamins.

The second level of treatment is fighting illnesses which take advantage of a per-

son’s body when it cannot fight back. Some of these illnesses are pneumonia, fungal infection, tuberculosis (TB), cancer and diarrhoea.

“These illnesses can be treated,” said Seidman. “Pneumonia used to kill most people with HIV or AIDS for the first five years of the disease. Now it can be prevented and cured, if it is found and diagnosed early.”

Although these illnesses can be treated, some doctors still fail in their duty to recognise these illnesses and treat them in time. What makes the situation worse is when doctors discriminate against people with HIV or AIDS.

Seidman said: “Some doctors still do not want to treat

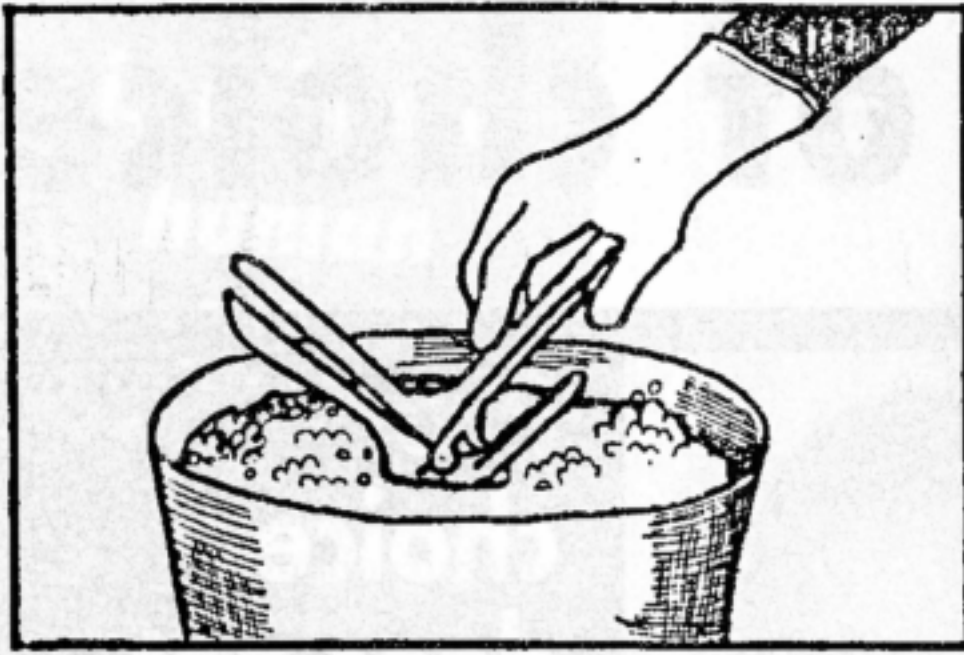
such people. Some of them even say it is dangerous for them to touch the person.”

Many drugs have been researched and tested in the fight against AIDS. There are no drugs which destroy HIV. This is because HIV ‘hides’ in the body cells it infects. To kill it, a drug will probably also kill these cells, damaging the person’s strength to fight disease even more.

At present the leading AIDS drug is Zidovudine, commonly known as AZT. A study done by some British researchers has found that AZT is poisonous to the bone marrow, even at low doses. This causes serious anaemia (a shortage of red cells in the blood). Other side effects are nausea (when you feel you want to vomit), loss of appetite and insomnia (when you feel restless and cannot sleep).

Despite its side effects, AZT has been approved for use against AIDS in most countries.

“AZT is helping a number of AIDS patients live longer. It is now being tried on people infected with HIV, before they get AIDS, in the hope that it may prevent the disease from developing,” said Seidman.



The first step against AIDS is prevention. Sterilisation of medical equipment and instruments is one way of preventing the spread of AIDS

The biggest problem with AZT is that it is very expensive.

According to Seidman, clinics and certain doctors charge about R480 a month for the drug. Some private hospitals and pharmacies charge as much as R720 a month.

“Some people make a lot of profit from selling the drug,” she said. And its high price discourages many people from using it.

“There is a general attitude that AIDS medicine is too expensive to use. But, if you get treatment very early, it will cost less in the long run.”

Seidman’s words support the argument that good medical care for people with HIV and AIDS is very important, both in the early stages and for people who have developed full-blown AIDS.

AIDS hit countries in Africa and most of the developing world at a time when their economies were weak. In these countries, the poorest families have suffered most from rising prices and unemployment.

AZT is an important treatment, but many of those hit by AIDS are too poor to buy the drug.

The need for a proper health

system to provide medication, proper treatment and prevent infection is urgent.

As an individual, once you learn that you have HIV, you can take steps to protect yourself and others from further infection. Try to avoid cigarette smoking, stress, depression and poor diet. Make sure you go for treatment for any illness as soon as you get it. Waiting could cost you your life. Do not be afraid to go to your local clinic, hospital, doctor, AIDS organisations and centres for help.

They are there to help, guide, treat and support you. Remember, you can also help change society’s attitude towards people with HIV or AIDS. ★

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

These pages have been made possible by NPPHCN National AIDS Programme

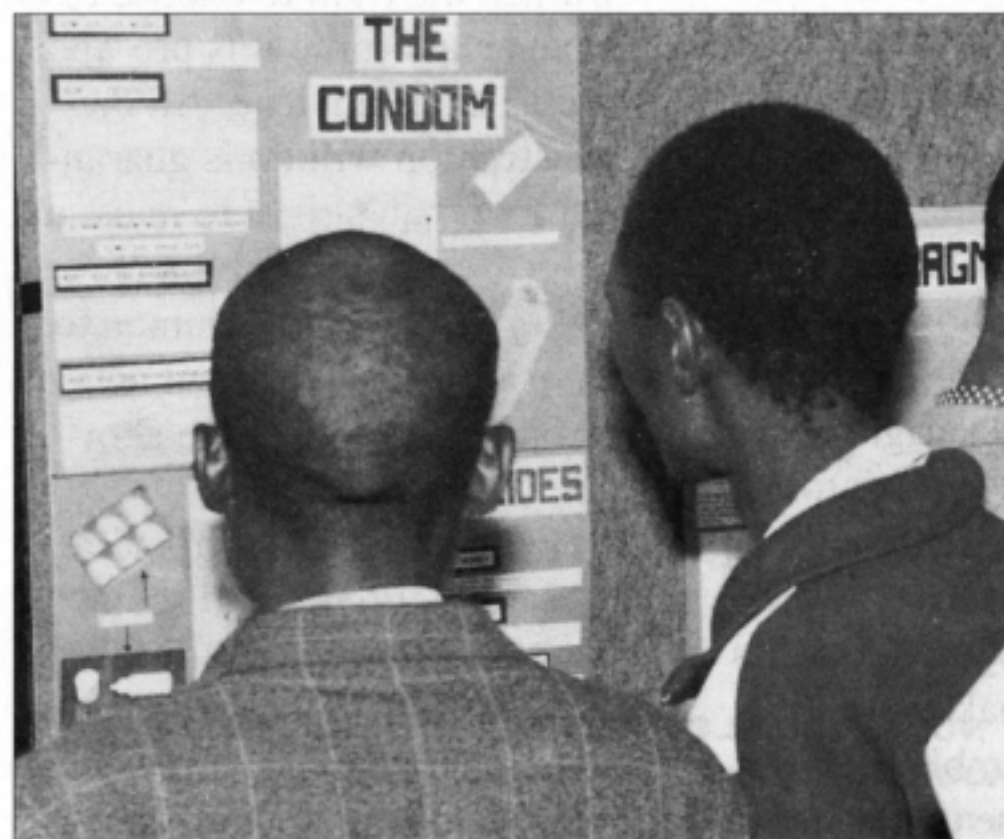


Photo: SPEAK

Education remains the most powerful weapon against HIV and AIDS

A matter of choice

The Law

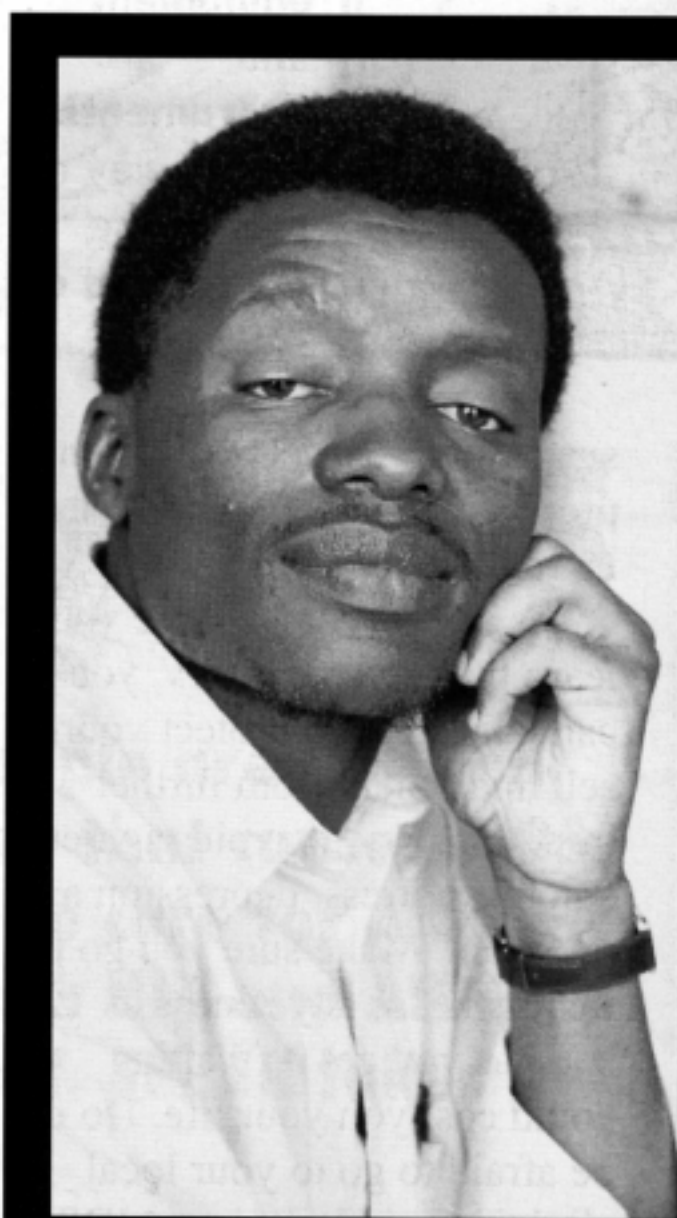
The law in South Africa says women can only have abortions in certain cases. Abortion is allowed where there is serious risk to the mental or physical health of the mother of the unborn child, where the pregnancy is the result of rape or incest (sexual intercourse between close family member), or where the mother is mentally disabled and not able to take care of the child. This means that South Africa's abortion laws are among the harshest in the world. Less than 1 000 legal abortions are granted every year. Most of these are given to wealthy white women who know how to use the law.

The reality

Even though the law against abortion is so strict, it does not stop women from all walks of life from having illegal and unsafe abortions. There are between 200 000 and 300 000 illegal abortions in South Africa every year. Women who have illegal or backstreet abortions often become ill, infertile and sometimes even die.

It's time to change

Women must be allowed to choose whether to have an abortion or not. The right to choose must be written into the constitution. At the moment, the interim constitution of our country does not guarantee this right. We must make sure the Constituent Assembly includes the right to choose to have an



Pro-choice does not mean pro-abortion, argues GCINA MALINDI

Photo: Ermond Jiyane

abortion in the final constitution.

Pro-choice does not mean pro-abortion

Some people believe if the country's constitution allows women the right to choose to have an abortion, it is pro-abortion. This is not true. All the constitution will do is guarantee a woman's right to make a choice. It is a basic human right. Not allowing women to have abortions is as bad as forcing women to have abortions.

Because of our own moral, religious, cultural and social beliefs, we all have different attitudes towards abortion. The state must therefore allow each woman to be guided by her

own beliefs in deciding whether to have an abortion or not.

This is similar to Article 5 (3) of the ANC's Draft Bill of Rights, which says that all citizens must have the freedom to choose their own religion, without the state forcing a state or official religion on people.

The Rights of the Foetus

The South African constitution has a clause that protects the "right to life". The question is, at what stage should life in the womb be protected — from the time the child is conceived or from a certain stage of pregnancy? The constitution gives the right to life to a person, and not to a person "still to be

"Abortion is a basic human right"

born". The foetus therefore enjoys no constitutional rights. The debate around the rights of the foetus is therefore not a legal issue but a moral one.

The state has to protect the rights of the woman before the rights of the foetus.

There are many reasons why women choose not to have babies. Their decisions may be based on economic, social or personal factors.

But it is important that the state does not stand in judgement over women who want to have abortions. It should rather create a situation where women can feel okay about the choice they make.

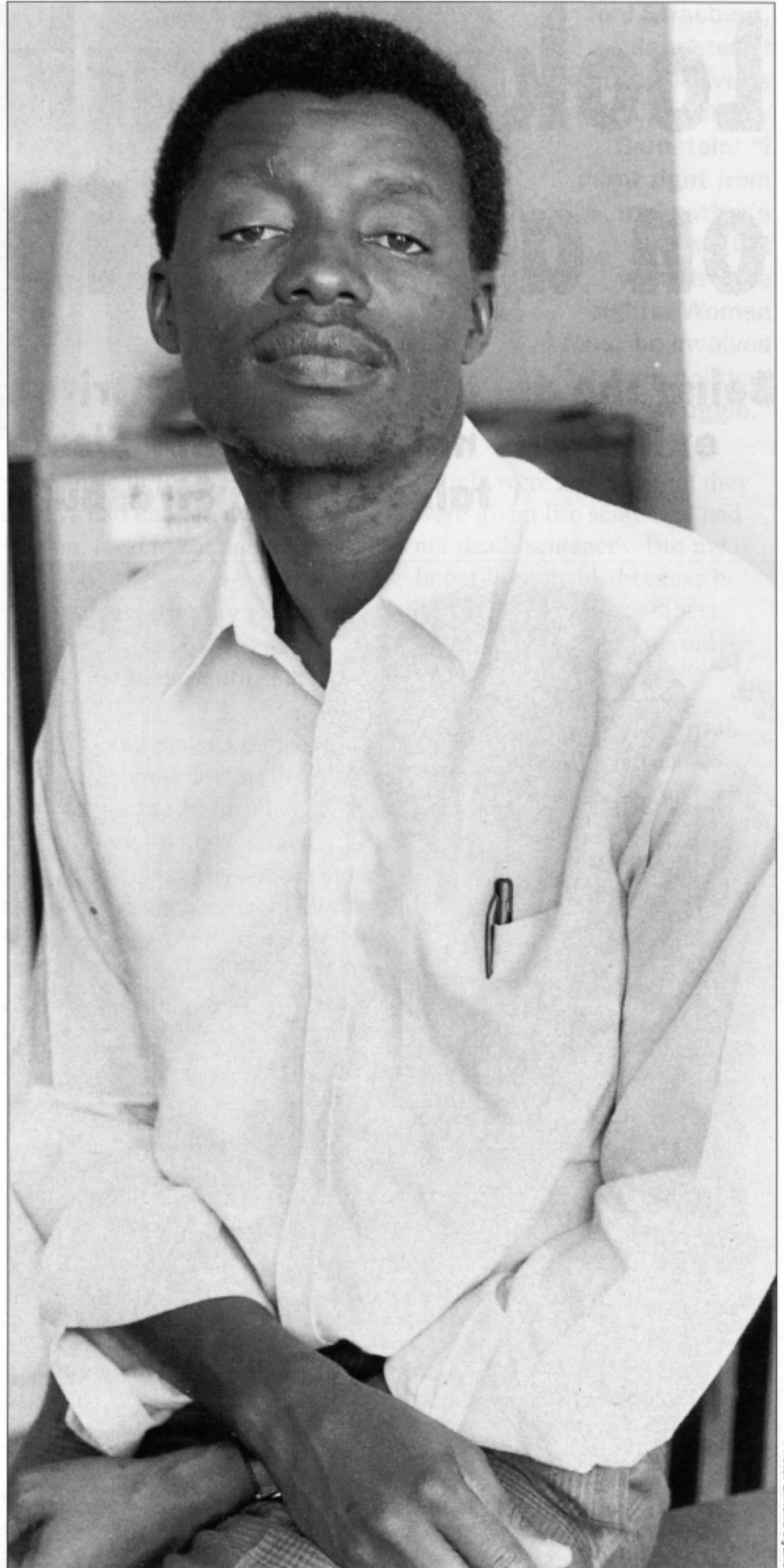
Abortion is not contraception

Many people argue that abortion will be used as an easy method of contraception if it is made legal.

It is important to understand that the pro-choice view does not support abortion as a means of contraception.

Free, safe and legal abortions must be part of a good health and family planning policy.

While major laws in this country are being changed, it is important that the constitution is changed to give women the right to choose whether to have an abortion or not. This is a basic human right. ✪



Gcina Malinde: "The state should allow each woman to be guided by her own beliefs in deciding whether to have an abortion or not"

Photo: Edmond Jiyane

Looking back on apartheid

Being the daughter of South African exiles was not easy. Elinor Sisulu talks to Toni Strasburg



“Mother, tell him to stop harassing me!” cries a young woman in the courtroom. Everyone turns in surprise to look at the young woman reduced to tears by a policeman.

The year was 1963 in the courtroom of the famous Rivonia Trial, where Nelson Mandela, Walter Sisulu and other leaders were sentenced to life in prison. The young woman was 19-year-old Toni Bernstein, daughter of SACP leaders Lionel (Rusty) and Hilda Bernstein. Toni’s father was one of the leaders on trial.

It is difficult to believe the strong and dynamic filmmaker, Toni Strasburg (she changed her surname when she married), was once that weeping young woman. Thirty years later she can laugh at what happened in court.

“I was under a lot of pressure, my father was on trial. In those days, women had to cover their heads in court,” remembers Strasburg. “I was wearing a scarf which kept falling off my head. A young policeman kept harassing me about the scarf until I burst into tears. He was so embarrassed when everyone turned to look. I don’t think he ever harassed anyone again!”

Strasburg has come a long way since the Rivonia Trial days. During her 30 years of exile in England, she has built a career as a producer and director of films. Her films have won her many international awards. In Africa, she is best known for her film, “Chain of Tears”, which shows the bad affect war has had on children in Mozambique,

Photos: Phumia Radu



Toni Strasburg, daughter of political activists Hilda and Rusty Bernstein: "I learnt right from my mother's breast that women have rights. Women must be involved in political struggle."

Angola and South Africa. Another film, "Frontline Southern Africa", shows how South Africa tried to destroy neighbouring countries, Zimbabwe, Mozambique and Angola.

Strasburg recently visited South Africa with a group of international observers to monitor violence. The group was invited by the Ecumenical Monitoring Programme in South Africa.

While in South Africa, Strasburg shared memories of her childhood. SPEAK asked her what it was like being the daughter of Hilda Bernstein, a writer, painter and dedicated political activist.

"Quite difficult!" she says and laughs. "But my mother gave me the confidence to accept myself as who I am. She was a feminist in the 1950's, at a time when feminism was very unpopular. I learnt right from my mother's breast that women have rights. Women must be involved in the political struggle."

Growing up in a home where both parents were politically active was not easy. "Just before the Rivonia Trial, it was

very difficult for the family. We always had enough money to live on, food to eat and a house to live in, because we were a white family. But my parents were oppressed by the state, because of their political activities."

With both parents banned and under house arrest, life was difficult for the Bernstein children. "If we invited friends home for a meal, my father had to eat in the kitchen because he was not allowed to have visitors."

Strasburg remembers very clearly her father's arrest before the Rivonia Trial. "It was a July evening and very cold. My mother started getting more and more worried because my father had not come home and it was already dark. He was supposed to be home by six o'clock because he was under house arrest. Later the police brought my father home looking very stressed. They searched the whole house and took him away again."

Rusty Bernstein was the only Rivonia trialists who was found not guilty. "The weekend my father came home, everything felt very strange. The trial was over. The leaders were sentenced to life imprisonment.

People were relieved that they were given life sentences and not death sentences. But my father felt terrible because he was released and the others were locked up. He carried a sense of guilt all his life".

After the Rivonia Trial, Hilda Bernstein was forced to go underground because the police were looking for her. Because of the constant danger of arrest, both Rusty and Hilda left South Africa. After some time, the Bernstein children joined their parents in England.

"I got onto the plane without thinking about what it means to go into exile. I wanted to leave South Africa and live a normal life. I never thought it would be so difficult outside my own country, living in a strange culture," says Strasburg.

While in England, she became involved in filmmaking. "I started making films about Mozambique and Angola. I felt their war was my war. People in those countries are suffering because of the actions of the apartheid government. I feel my films can contribute towards the ongoing struggle against oppression in Southern Africa." ❁

Many women feel sad and depressed after the birth of their babies. In the past women who had these feelings were not taken very seriously. This view is changing says Kosi Xaba

Nana was very excited about having a baby and could not speak about anything else. On February 1, in the early hours of the morning, Nana gave birth to a baby boy. She remembers feeling very happy, but only for a short time. Nana began to feel sad and had no desire to hold, feed and change her baby's nappy. These feelings made her feel guilty and even more sad. When Nana went to the clinic, the sister told her she was suffering from post partum depression. SPEAK takes a closer look at what it is all about.

What is post partum depression?

Post partum depression, also known as post natal stress, happens after the birth of your baby. You will have on and off feelings of sadness that you cannot explain. You will also feel depressed all the time. This depression can later become so bad that you cannot do anything else.

What causes the depression?

Many argue that the oppression of women by society makes it easier for her to get post partum depression. Women often do not get enough support from their families, and the health care system.

Many are also shocked by the pain and process of giving birth. It is also believed that as your body tries to adjust itself from a pregnant to a non-pregnant state, the hormones upset the balance in your body to such an extent that post partum depression develops.

How do you know it is post partum depression?

You may find yourself crying, being very worried or frightened most of the time. This may last for a day or two after the birth of your baby. Some people call this the baby blues. If these feelings last for more than a day or two, you are suffering from mild depression. You may begin to feel lonely, unable to cope with your life and very



Baby blues

lonely, unable to cope with your life and very guilty for not wanting to be close to your baby. These feelings will interfere with your daily activities like eating, sleeping, going to work or lovemaking.

If you start having strange thoughts — seeing and hearing things that others do not see or hear — and getting panic attacks, you have developed what is called post partum psychosis. These attacks happen suddenly. Your heart starts beating very fast, your hands begin to sweat and you will find it difficult to breath.

Women find it impossible to carry on with their daily routine if this continues. If this carries on, it will lead to chronic depression. Your doctor will put you on medication and even book you into hospital.

Who is most likely to suffer from it?

Like other illnesses, only some women get this depression.

Anything in your family history that can make you nervous about becoming a parent and living far away from your family can increase your chances of getting post partum depression.

If your partner does not help, support and treat you properly, you are likely to develop post partum depression. Your physical and mental health is very important.

Preventing, coping with and treating depression

Women are often so nervous about giving birth that they do not prepare for other things that can happen to them after the baby is born. You must take time to think about post partum depression so that you could prevent it or know what to do if you get it.

Here are some tips from women who have suffered from depression:

- Take time for yourself each day

- Take care of yourself
- Talk to others about your fears
- Build a network of people that can help you take care of your baby (while you take a rest) even if it is an hour a day
- Find someone who will help you get a realistic view of parenthood
- Do not deny what you are feeling and most importantly,
- Do not feel guilty about your feelings.

You do not need professional help for baby blues and mild depression, as they normally do not last long. You may need professional help for panic attacks and medication and hospitalisation for post partum psychosis and chronic depression.

What is important is that you get someone who will go beyond just telling you which medication to take but will try to understand the deeper causes of your depression. Medicines cure the symptoms of an illness but not the causes. ☆

WIN! WIN! WIN!

10 lucky readers stand the chance of winning a SPEAK T-shirt.

All you have to do is answer the question below and send it to us.

Question: What is post partum depression also known as?

Answer

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 25 March 1994. T-shirts will be posted to the winners.

Name

Address

.....

.....

.....

Postal Code

Send your entry form to:
 SPEAK T-shirt competition
 PO Box 261363
 Excom 2023
 South Africa





Violence and women's health

The last two years have seen South Africa become the most violent country in the world. Women are often the direct targets of political violence. The violence has a serious effect on women's health. It is destroying women physically, emotionally and mentally. An estimated 300 000 women are raped each year – that's one every 83 seconds.

In 1990, reported rape cases in Johannesburg increased by 25 percent.

Reports of serious assault, including sexual abuse, of children under the age of 14 increased by more than half in 1990.

Discrimination against people with AIDS

In Kenya, an Anglican priest is refusing to conduct ser-

HEALTH BRIEFS

vices for people who have died of AIDS. According to the Kenya Times, the priest believes: "By willingly attending and conducting these services, the church may be seen as encouraging the spread of the disease."

More women are using contraception

Many South African women are using contraception and the number is increasing very fast. The Department of National Health and Population Development figures of the percentage of women using effective methods of contraception are: Indians 63 percent, Africans 45 percent, coloureds 60 percent and whites 66 percent.

Here's how to stay healthy

- Eat whole grain cereals, brown rice, wholewheat bread and pasta.
- Eat plenty of fresh fruit and vegetables.
- Eat more raw (not cooked) food.
- Avoid storing food for too long.
- Cut down on animal fats,

found in red meat and hard cheeses.

- Eat white meats such as chicken.
- Cook in oil rather than fat and don't re-use cooking oil.
- Avoid fried foods. Grill, steam, or stew your food instead.
- Avoid foods with lots of sugar, such as biscuits, cakes and sweets.
- Eat more fish. Fish is low in fat, and fish oil seems to protect against heart disease.
- Eat more vegetable proteins such as beans.

Playing with fire

It is known that smoking is bad for your health. Despite this, many people still smoke.

Lung cancer, once a disease mainly seen in men, has increased in women to the same level as that of men. Research has found that women cigarette smokers have more serious health problems than women who never smoked.

Working women smokers stay away from work more often due to illness than working women who do not smoke. Heart disease occurs more often in women who smoke. Cigarette smoking is also associated with kidney and cervical cancer and is responsible for 25 percent of all cancer deaths in women. ☼

As a matter of fact...

Living on the streets

A Human Sciences Research Council (HSRC) report said money is the most important feature of survival for South Africa's estimated 8 000 street children.

Street children make between R5 and R30 a day. With involvement in prostitution, the figure could increase to R100 a day.

According to the study, street children regard white English-speaking people as the best potential clients and black people as the worst because they often shout at the children for being on the street.

SA government spent millions on Miss World

The South African government spent four million rand on the Miss World competition in 1992 and 1993.

The Department of Trade and Industry said the money had been made available as "financial assistance to promote the image of the Republic overseas".

Jailed for killing child abuser

In California in the United States of America, a woman who shot and killed a man suspected of sexually assaulting her young son was sentenced to 10 years in prison.

Ellie Nesler shot Daniel Driver in a courtroom last April. He was on trial for charges of sexually assaulting four boys, including Nesler's son.

Music stars for voter education

Top local musicians have decided to get involved in the April 27 elections by coming out with an album to educate voters.

The 14-track album is called Sekunjalo — Bread and Roses.

Co-ordinator of the project, Lazarus Mphahlele, said: "This is a vital contribution to the voting process, and we hope the result will provide bread for our children and roses to make this country a better place for all."

All doctors are equal?

Women doctors in Zambia have formed an organisation to make sure they receive the same employment opportunities as male doctors.

The Medical Women's Association of Zambia (MWAZ) already has more than 200 members. MWAZ hopes to establish contact among female medical professionals across Zambia and internationally. It also plans to do research into health problems affecting women and to become involved in national health policy and health education.

Brother rapes sisters

In what could be a historic decision by a Zimbabwean court, a 16-year-old youth was sentenced to a seven-year jail term for raping his two sisters.

The court heard that the youth had been left to look after his two sisters by his mother, who had gone to visit her ill husband. The youth raped his nine-year-old sister twice. After that, he raped his 14-year-old sister, who was ill. She later committed suicide as a result of the rape.



TAXI TALK

“Mntanami! What’s this thing about elections that’s happening next year?” asked MaPhumla.

“You must all go to the polling stations and vote for the party you want,” shouted Mandla the taxi driver. “It’s going to change the lives of all people in this country, apartheid is coming to an end. We can all live our lives the way we want to,” Mandla added proudly.

“Does this mean that after April 27, I can go home from work and not have to clean the house, cook food, iron clothes?” asked MaPhumla.

Most of the people, especially the men, in the taxi looked at her as if she’d just said the craziest thing.

“Hey wena, why would you want to stop doing the things that makes you a real woman?” shouted another man in the taxi.

“Doing all of those things does not make real women of

Why should we vote?

*by Angela
Dwane*

us but slaves,” replied Nolizo angrily.

The tension in the taxi could be felt stronger and stronger as Mandla took the turn into Orlando West.

Nolizo was the first to get out of the taxi. As she got out, she said: “Yes, this election

will change the quality of life in South Africa but not very much for women. I am going to vote. I feel very excited that for the first time all South Africans will have a say in the future of our country. Ngifung’uMa! Ngeke! (I swear I won’t) vote for a party that does not believe in fighting for women’s rights.”

Nolizo left a lot of passengers howling, shouting and thinking. “Women will never be free because they are the property of men. We pay lobola so you belong to us,” said a young man angrily.

“Is that what our struggle has been about?” asked Palesa.

“I certainly did not go to all those marches just to be told I must cook for my husband,” added Palesa.

“I agree!” shouted MaPhumla so loudly that everyone in the taxi went quiet. They might not agree with what Nolizo and Palesa said but it got them thinking about it. ★



Don't let your hard work be forgotten after the elections

NOTICES

Workers Guide To Medical Aid

This is a 32-page handbook for all those who wish to know how medical aid can be used to the benefit of workers. If you would like a copy of this handbook, send R5 to:
Medscheme Education Department
P O Box 1375
Randburg 2125

Voter Education

South Africans will soon be voting in the country's first non-racial election. Close to 21 million South Africans qualify as voters of whom 68,5% are black; 18,8% white; 9,8% coloured and 2,7% Indian.

KONTAK is running training workshops on Voter Education mainly for community leaders, churches and youth groups.

Training involves basic principles of voting, the importance of voting, the rights and responsibility of the voter and accepting the election results.

For more information contact KONTAK at:
Telephone: (011) 29 8996

A Book for the Future

Etopia is a short little book by Ari Satis. It paints a picture of what life could be like in the year 2020. The story follows the lives and activities of a group of people who live in Inanda in Durban - workers, school children, parents, lovers and youth. The story is told mainly through the eyes of Matthew Zondi, a worker at a metal factory.

The book is available for R25 at Adams and Premier bookshops in Durban and from:
The Institute of Black Research,
Hut 8
University of Natal
King George V Avenue
Durban 4000

Women's Health Workshop Packages

The Women's Health Project has put together three educational workshop packages which cover the following health topics: The women's body, AIDS, and Cancer of the cervix. The packages are aimed at women's groups, community workers, nurses and all concerned with women's health. The set of workshop packages costs R30.

If you are interested in buying one or all of the packages, please write to:
Women's Health Project, CHP
Wits Medical School
7 York Road
Parktown 2193

Workers and Adult Education

The Community Adult Education Training Project is run by the University of Natal. The project runs courses for adult education trainers and educators. If you are interested call:
Telephone: (031) 816 2399

Worker Education

Wits Workers School offers basic literacy classes and general worker education, including politics, time management and communication. It also offers classes for Standard five and eight and matric students.

For more information, contact Sonto Mokgadi at this telephone number:
(011) 716 3670

YOU'VE

PRAYED

FOR IT

YOU'VE

WORKED

FOR IT

YOU'VE

STRUGGLED

FOR IT

YOU'VE

LONGED

FOR IT

NOW

VOTE

FOR IT



**HEAL
OUR
LAND**



**VOTE
APRIL
27TH**

John Deere 6-1000