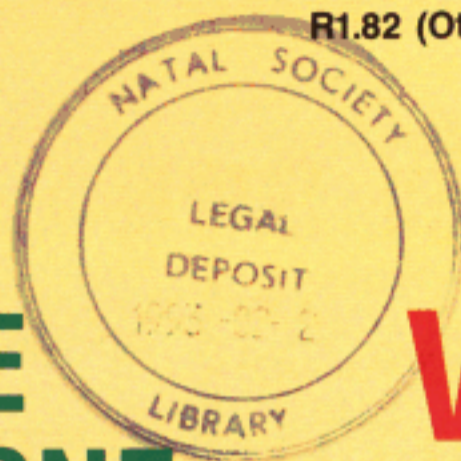


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SPEAK STAFF

CO-ORDINATOR

Karen Hurt

ACTING EDITORS

Lynn Danzig

Elinor Sisulu

DESIGN AND LAYOUT ARTIST

Dipuo Masetlha

JOURNALIST

Thoraya Pandey

OFFICE

ADMINISTRATOR

Jacqueline Mathabe

ADMINISTRATIVE ASSISTANT

Pumla Baloyi

RADIO/AUDIO

PROJECT

Libby Lloyd

VOLUNTARY

MANAGEMENT

COMMITTEE

MEMBERS

Gill Lincoln, Nise

Malange, Shamim Meer,

Boitumelo Mofokeng,

Refiloe Ndzuta,

Helen Rees

A warm welcome to Lynn Danzig who joins the magazine as acting editor. A sad goodbye to Elinor Sisulu who left us in January.

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:

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Telephone: (011) 402 1205

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Cover photo by

Anna Zieminski

COMMENT

Welcome to the first SPEAK of 1993. We hope this year, women's voices will really start to count on the political stage. The coming elections are an exciting chance for women. Let everyone take note - women vote! We will focus on the challenges facing women as voters.

Women are organising in many ways. Women of Tamboville and Wattville on the East Rand are coming together to share and solve burning issues like women's housing rights and alcohol abuse among children. See our story on ways to make sure a people's government represents women. We look at two exciting Black Sash books on women's rights and women in the constitution.

We celebrate International Women's Day on March 8th with messages for you from women at home and in other countries. In our tribute to Helen Joseph, we mourn the passing of a great South African woman. At the same time we celebrate her strength and courage.

How much do you know about your rights in marriage? Our first in a series of articles on women and the law answers some questions every woman should know about.

We talk to Kenyan doctor Elizabeth Ngugi about the experience in her country of fighting the spread of HIV and AIDS.

Our education system is still in a mess. We look at a Johannesburg school which provides a small ray of hope.

Rising costs and inflation have forced us to increase the price of SPEAK to R2.00.

We are sorry about this, but know we can promise readers great value for money, more than ever before! ☀

Talk back

SPEAK is for everybody

I was so happy to see my letter in our October edition of SPEAK. This has confirmed what has long been in my mind about SPEAK. SPEAK is for everybody, SPEAK doesn't discriminate, SPEAK is our future, SPEAK restores life to those dying of hopelessness, cowardice and giving up very soon.

SPEAK is the mother to all.

*Vera Vimbela
Umtata*

Support disabled women

Disabled single mothers are the most oppressed in our communities.

On behalf of the Lukhanyo Association for People with all Disabilities, I would like to thank the editor of SPEAK magazine for publishing our letters in the September '92 issue of SPEAK. We were happy when readers of SPEAK congratulated us on what we are doing.

We would also like to thank the Olwethu Burial Society, who are operating here at Langa, for the afternoon on which they organised fundraising for Lukhanyo. This has shown us that in some corners of our community people are waiting for those who are in need to take action for themselves.

Again I would like to thank the members of Olwethu Burial Society, Tshisa Band and the people who offered their time and gave donations. May what they have given us be replaced twice over to them. God bless you and grant you more.

*Nomawethu Mnweba
Langa*

Legalise abortion

I think it is time issues affecting women such as abortion are placed high on the agenda in South Africa. According to South African law, women can only have abortions under certain conditions.

It is not true that if abortion is legalised women will stop using contraceptives and become prostitutes. It is not true that if abortion is legalised the rate of divorce will increase.

Women do not see legal abortion as a passport to prostitution, murder and crime.

Legal abortion will give women the right to decide, the right to prevent unwanted babies. Legal abortion will also prevent those unhygienic, unsafe, backyard abortions.

We must stand by women and support their struggle for equality.

We should join hands and

educate our community about sex and child-care.
 Legal abortion must be a right in a democratic, free and united South Africa.
 Free nation - free women.
 Equal people - healthy nation.

Morgan Gomati,
 Meadowlands

The right to say No

I disagree with this thing I saw in SPEAK of November 1992 where women say: "No condom, no sex" and "Women have a right to say when, how and if they want to have sex". Why must men use condoms for making love to their partners if they make love to only one woman and the woman makes love to only one man? If the woman follows this second law for women (that women have the right to say when, how and if they want to have sex), what will happen in the home between a man and a woman? What happens if the man desires sex more than the woman? The woman

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

might leave because she does not want sex or the man will go to other women who will give him as much sex as he wants.

If a woman desires sex more than a man, she will leave him for another man who will give her as much sex as she wants.

This will cause AIDS because they will be loving more than one person.

TJ Motaung,
 Sebokeng



A CHILD'S POEM

Living & Loving
 We have lots of people who don't have homes. Some of them die sick. There are many people who need money. But money is nothing. Praying is the best. Some people get drunk

When they get more trusting.
 If you trust someone. You have to love them. But I don't mean you have to love only her but everyone.
 Basani Baloyi 8 years old

SPEAK COMPETITION WINNERS!

Congratulations to Patience Tshabalala of Rustenburg. You have won a WALKMAN.

The winner of our **CUTLERY SET** competition is **Alfred Nkosi** of Pullenshope.

MORE WINNERS!

The five lucky winners of our **KHATAZILE** book competition are:

Gabriela Mojara of Virginia, **Rambuda Kone** of Messina, **Edwin Lenong** of Vryburg, **Sharmila Parshotam** of Lenasia and **OM Matebele** of Botswana.

John Bishop of TV1's Agenda is doing his best to keep up the racist and sexist traditions of the SABC. Bishop recently hosted a debate about the state of the nation. The "experts" he invited were a lot of men, mainly white, and one woman: Gaye Derby-Lewis of the Conservative Party. It reminds one of the slogan of British women when Margaret Thatcher was elected Prime Minister: we want women's rights, not rightist women!

* * * * *

Judging from the comments of some of our progressive male comrades, it looks like women are going to have to fight some hard battles if we want to be taken seriously in a new South Africa.

An SACP leader, Essop Pahad, said in a speech about the media: "Do we really need to know which people are bonking (sleeping with) which women?" Now we know - women may be communists, but they are not people!

* * * * *



Kwa-Sophie

If women are not seen as people, they cannot be seen as leaders. SACP leader Thenjiwe Mthintso found this out when she went to address a National Union of Mineworkers rally in Carltonville. The miners were expecting Chris Hani. When Mthintso walked on to the platform, they carried on singing, clearly still waiting for the "leadership" to arrive. Eventually, Mthintso was introduced as an MK commander and a member of the SACP's Central Committee. At this, some of the miners shouted

out: "Hey, we are waiting here for the leadership! You have brought us a woman, and to make matters worse, such a thin one!"

* * * * *

Beauty contests are being taken to their extremes these days. After all the foolishness of the Miss World contest, we now hear Lucky Dube wants to start a Miss Lucky Dube Fan Club beauty contest! Even music fans have to compete for beauty!

* * * * *

Quote of the month

"Once a male praise poet tried to stop me. He said no woman should do this thing. He had a spear and a knobkerrie but so did I. He was surprised when I challenged him. I said 'I am a warrior just like you!' He was the one who had to back down. The audience cheered. I think people really enjoy seeing a powerful woman."

Elizabeth Ncube, Zimbabwe's only woman praise poet.

SPEAK MAGAZINE VACANCY – EDITOR

SPEAK magazine puts women's liberation on the agenda of the struggle for a new South Africa. We invite applications from black South African women for the post of editor.

This is a senior position. We are looking for a woman who has:

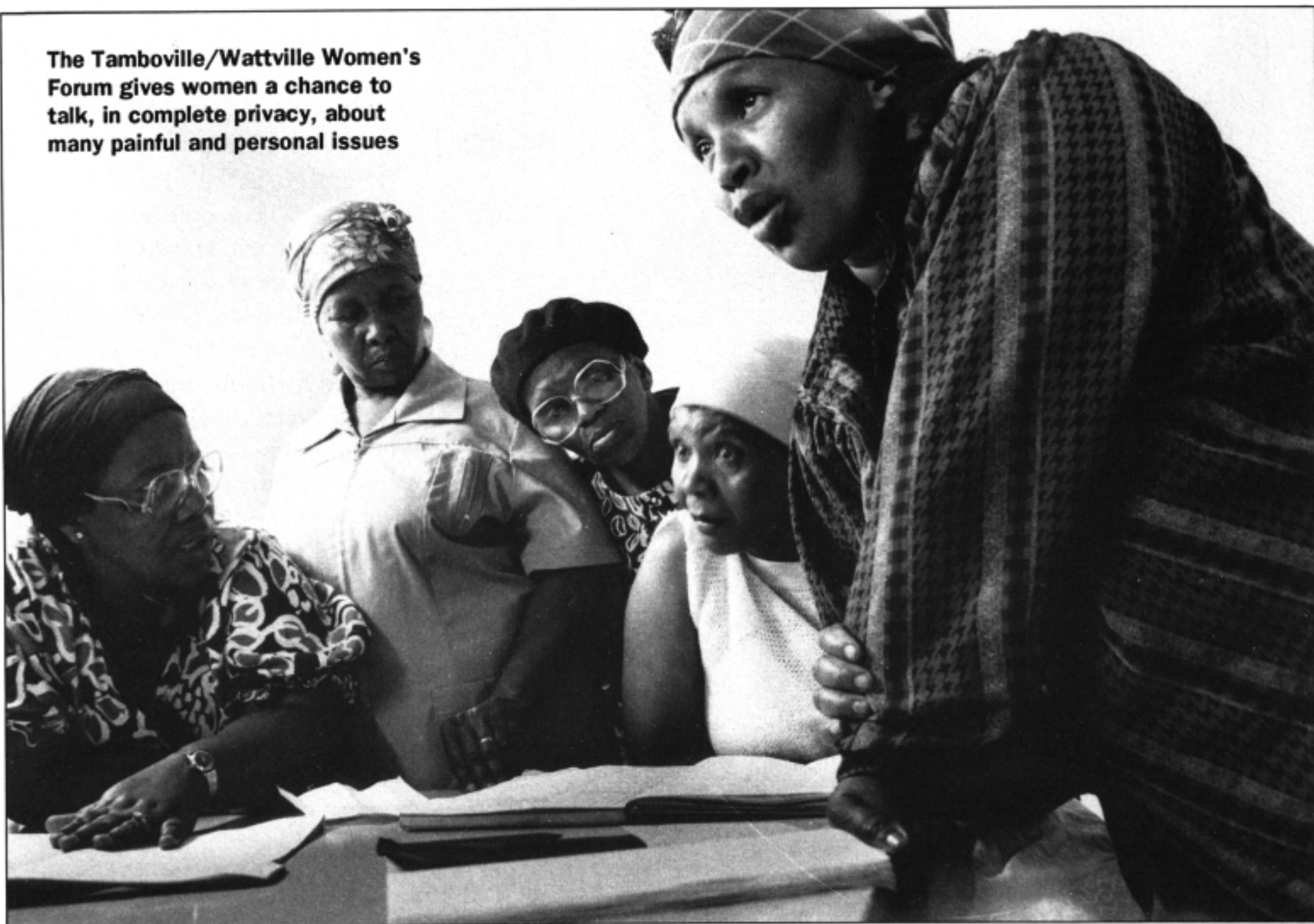
- Sub-editing or journalism, or other media related experience
- creativity, initiative, vision and leadership qualities
- an interest in and commitment to the development and promotion of women's liberation through media
- the ability to work under pressure and in a team

Send in a written application, CV and two written references and contact numbers to: SPEAK magazine, PO Box 261363, Excom, 2023, Johannesburg by mid-March 1993.

For further information phone (011) 29 6166.

"TOGETHER WE ARE STRONG"

The Tamboville/Wattville Women's Forum gives women a chance to talk, in complete privacy, about many painful and personal issues



Land ownership, sexual abuse, theft, legal disputes ... these are some of the issues women in Tamboville and Wattville are organised around. Mahadi Miya and the SPEAK team went to investigate

It was a cold night. By seven o'clock the air was dark and full of the smoke from coal stoves.

More than 150 women were gathering in a church hall in Wattville Township, many of them huddled in blankets. They had come with a purpose. Once every two weeks, women from Tamboville and Wattville in the PWV meet to share and solve

problems through their Women's Forum. This was one of their meetings.

Kgomotso Rammego, the chairperson of the Forum, told SPEAK that forming the Forum was the idea of women from the Wattville Civic Association. The Forum is affiliated to the Civic Association. "We work hand in hand with the Civic by referring some cases to it, like the prob-

lems of allocation of stands," said Rammego.

The Women's Forum was started at the beginning of last year.

Rammego said women decided to have a separate forum because they wanted to discuss their problems privately. Women were not able to talk about painful and personal issues in front of the men in the Civic.

Photos by Anna Zierminski



Wattville residents stand in line at the new Civic offices to apply for plots and houses on land recently acquired by the Civic

“Women find it easier to talk freely amongst other women, knowing that their problems will not be talked about outside of the meeting. Privacy is one of the main rules of the Forum. They also feel that other women will understand their problems and give them the support they need,” Rammego said.

There was also a need for a Forum in which all women could take part - women from different political organisations as well as women who are not politically active.

“Our Women’s Forum was formed firstly to help women who were being beaten by their husbands and boyfriends.

“Secondly, we wanted to stop the taking over of stands and houses given to women by the men. A typical case is that of a woman who managed to get a stand for herself. Her boyfriend gave the building material to build a shack. After the shack was built, the couple had problems. The woman was kicked out of the shack. Soon afterwards, the boyfriend brought another woman to the shack.”

At the meeting SPEAK went to, sexual abuse was one of the main issues discussed.

You could feel the anger in the air at times. A woman told of a 60 year-old man who had sexually abused a four-year-old child. She said the child was



Tamboville and Wattville women come together to do something about their problems

examined by the district surgeon and another doctor. The woman told the meeting the police had taken the doctor’s certificate. She said it seemed some evidence might have been destroyed and three months later the police had done nothing about the case.

The issue was discussed for a long time. The chairperson said

angrily: “The police handling the case are black. They may be married and have children of their own. Why don’t they do something about this?”

It was agreed a copy of the doctor’s certificate should be given to Rammego, as well as the names of the people involved so action could be taken.

Child abuse was causing a lot of pain in the community. In many cases children were abused by family members and close relatives. Women said they would no longer keep quiet about abuse of children.

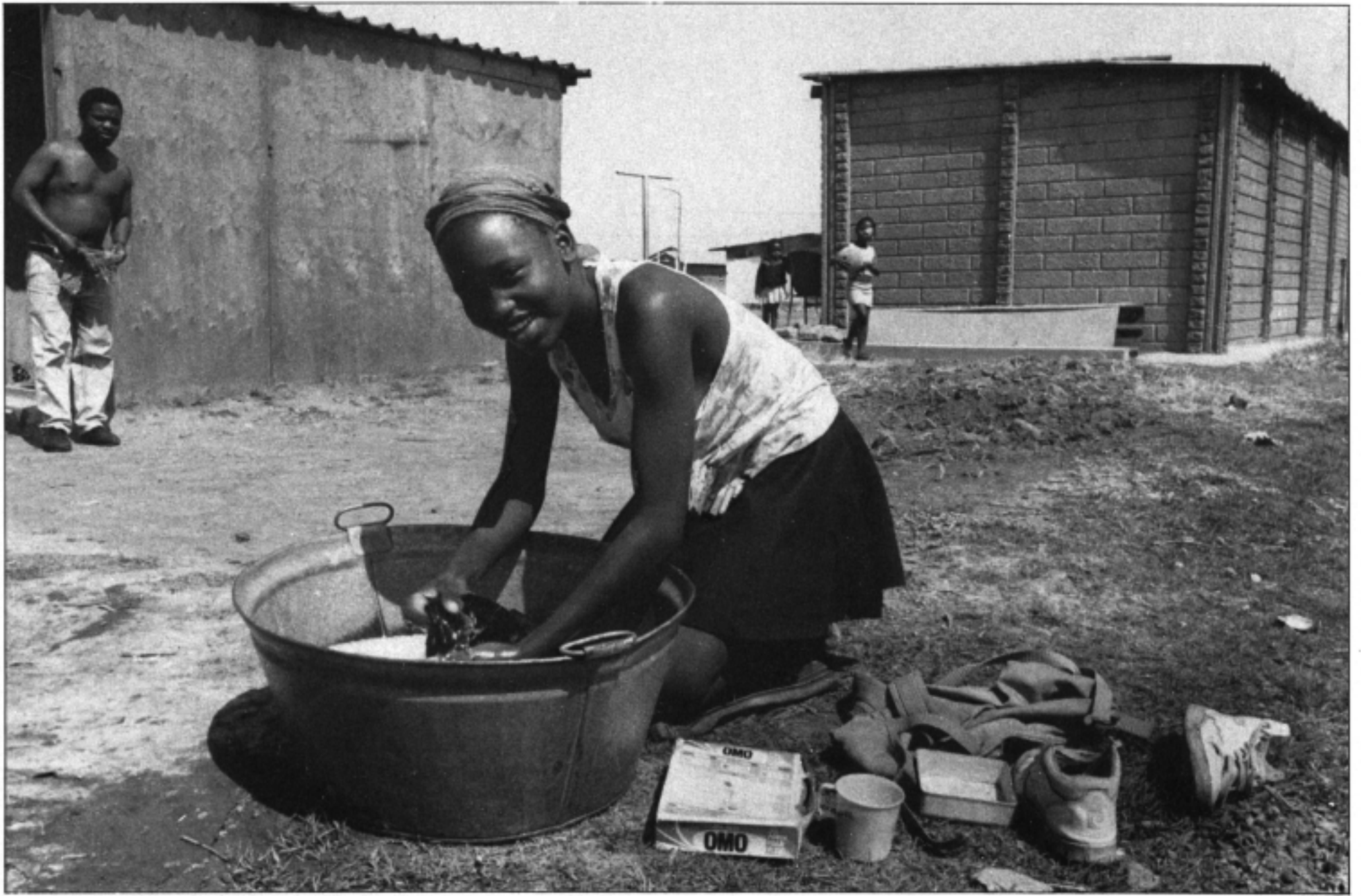
One woman said: “Most of us keep quiet because we think we are protecting our families. The truth is we are actually killing the child by not getting this problem solved.”

A mother said she had found out her daughter was sleeping

with her husband (the girl’s stepfather). She wanted advice.

“It depends on you, the mother,” she was told. “You have to decide if you want to stay with that kind of husband. We would not like to be accused of breaking or destroying your marriage and your home.

“You should be prepared to



Women in Tamboville are struggling to improve their living conditions

stand in court with your husband and accuse him of abusing your child. This will be difficult if you still want to stay married to the man.”

The women talked about the difficulty of bringing up children in townships. They were worried about sexual activity among very young children. An example was given of a two-year-old girl and a four-year-old boy found having sex.

One woman said: “This is caused by the lack of privacy in our homes. We stay in small shacks. We are forced to share a little sleeping area with our children. I blame this problem of lack of proper housing on the system.”

Mothers were advised: “Make time for your children and encourage an open relationship.

Do not be embarrassed to discuss certain things with your children. Answer their questions honestly. Do not think that by ignoring a problem it will go away. If there is no communication in the home, the child should at least be taught and encouraged to know places where they can get help, like Childline.”

The meeting decided to have a counselling session to discuss sexual activity among children.

A mother reported her six-year-old daughter was drinking at shebeens and demanding liquor from her parents.

The chairperson asked for the name and address of the child and the address of the shebeen where she drinks. Someone commented: “Alcohol abuse in children is encouraged

by parents who give beer to babies and children. Children easily become addicted to beer.”

Apart from arranging for counselling, the Forum arranges for legal advice for those who cannot afford it. It also puts people in contact with organisations which can help with their particular problem.

Rammego encourages other women to start these kinds of forums.

Women face many painful problems - in their relationships with men, in bringing up children and within their communities.

Tamboville and Wattville women show that such problems are solved more easily when women organise together.

You can contact *Childline* at Box 32453, Braamfontein. Telephone (011) 484 3044 ●



Children are encouraged to do the best they can and not compete against each other

Every child has the right to learn

A new government will have a lot to do to repair the damage done by apartheid education. In the meantime, there are special schools, like Dunctonwood Bridging School in Johannesburg, that are trying to help

"If only all schools were like this," says one father of a Dunctonwood pupil. "If my son was at a school in the township, he would just drop out. Dunctonwood has saved him." Many other parents of Dunctonwood students feel the same way.

These days many schools that

used to be for whites only are admitting black students. They are supposed to be "open". But many black students are still kept out because they can't pass the entrance exams.

Dunctonwood teaches these children the skills they need to pass the entrance exams and become good students.

"We call ourselves a bridging school," explains the principal Barbara Hollman, "because we help children cross the bridge to enter an integrated school."

Hollman started the school three years ago. There were 38 pupils and she taught them in rooms above two restaurants in Yeoville. Dunctonwood soon

grew and moved to Kensington. Now children from as far as Spruitview, Soweto, Vosloorus and Alexandra come to the school.

Hollman says the children are eager to learn, but they are so behind in their education that she has had to stop teaching the normal school syllabus. Instead, she and her team of seven teachers work on filling in the gaps in the children's education, so they can reach the academic standard they should have for their age.

Duntonwood students usually stay at the school for two years before they are ready to enter "open" schools. The classes are small - so each child gets special attention.

"We find out what the strengths and weaknesses of each child are," says Hollman, "and we work on these."



At Duntonwood, children learn to be happy and confident

they are not stupid because they could not pass the entrance exams - it is the fault of a bad education system."

The school also helps children who have lost parents and other relatives in the political violence. These children get counselling to help them cope with their sadness, and the teachers also get advice on how to help them.

The children are encouraged to do the best they can. The school doesn't believe that children should compete against each other for better marks. Instead, they should just try to do better than they did before.

The Duntonwood recipe seems to be working. Some parents say their children are so happy, they don't want to leave.

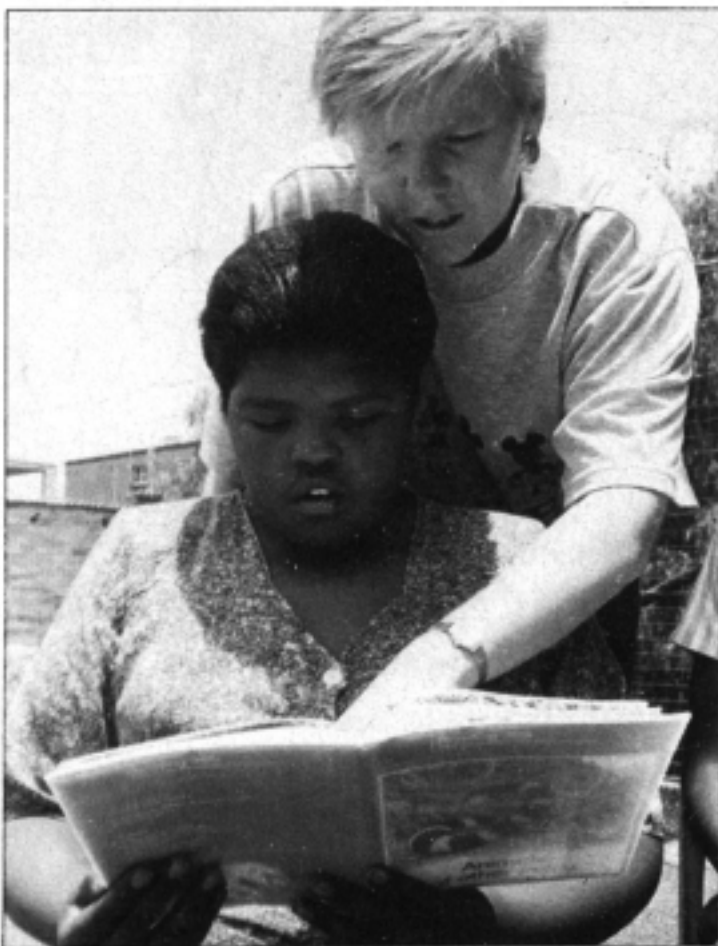
But they have to leave when they are ready and this year, 160 children were accepted into other

schools for 1993. The future for these children looks bright.

But the majority of children growing up in townships will not get the chance to attend such a school as Duntonwood. Most township parents cannot afford the fees of R300 a month, or the transport costs to the Johannesburg suburb. The school gets no money from the government because it is not registered. And even though the fees are high, the school is struggling to make ends meet. "We hate to turn away a child who cannot pay," says Hollman. "All the parents make big sacrifices to send their children here."

Duntonwood is a shining example of how a school can meet the needs of our children. It has shown that all children can do well, if they are given the right opportunities. But it is a tiny drop in the ocean.

What is needed is a nation-wide programme to help the thousands of black children who have had an inferior education because of apartheid. Our children must have a second chance. ☼



Photos by Kate Truscott

Children at Duntonwood get a lot of individual attention from teachers

But the children learn much more than just English and Maths. They also learn to be proud, happy and confident. "A child must feel good about herself to learn," says Hollman.

"We teach the children that

A people's government includes women

South African women are looking for ways to make sure women's needs and demands are taken seriously by a new government

Women the world over have been disappointed when liberation movements who promise equal rights for women forget all about this when they come to power. South African women want to make sure they are not disappointed.

In December last year 80 women gathered at a conference in Durban to talk about the best ways to represent women's needs and demands in government structures.

Most of the women were South Africans from a range of political organisations - ANC, PAC, AZAPO, WOSA, the IFP, the NP and the DP, as well as women's organisations like the Women's National Coalition. There were also visitors from Zimbabwe, Uganda, Sierra Leone and Bangladesh.

In many countries women are represented in government by a ministry or department of women's affairs.

Visitors from Zimbabwe and Bangladesh warned that governments can use the ministry of women's affairs as an excuse to say they are helping women without doing anything practical to make women's lives better.

Shireen Huq from Bangladesh said the Ministry of Women's Affairs was set up by the government "because of outside pressure from international aid agencies, not because they wanted to do something about women's situation... nothing has really changed for women."

Zimbabwean women found that by having a women's ministry, women's issues were marginalised. "The problem with our ministry was that it didn't have enough teeth. It isolated women without educating men," said Judith



Chikore from Zimbabwe.

The idea of having women's desks in all departments and ministries was discussed. These desks would look at all policies and laws to see how they will affect women and to make sure women's interests are included.

The conference also discussed changing the law to empower women. In Canada, there is a Gender Commission in parliament which looks at all new laws to see how they will affect women. A Commission like this can also suggest changes to existing laws which discriminate against women.

The problem of how to enforce anti-discrimination laws was also raised. For example, will sexist advertising or employment practices be illegal? If so, who will investigate and what will the penalties be? Will individual women have to take cases to court, or will there be something like an Equal Opportunities Commission to act on

behalf of women?

One of the most important questions raised was how to ensure fundamental women's rights. Should these be outlined in detail in the constitution, or in a separate manifesto?

It was agreed there is no single way to make sure women's interests are represented in government structures. Women need to look at all the different structures in order to develop a "package" to empower women.

South African women who had been at the Conference for a Democratic South Africa (CODESA) agreed with these arguments. "Although we had won the right to have a Gender Advisory Committee, we didn't have the power to change things," said Mavivi Manzini from the ANC Women's League.

Delegates agreed that even if there are women in the government, it does not mean women's interests will be represented. "One of the problems of women in government is that their first loyalty is to their political party rather than to

women in general," said Shireen Huq. "The women's ministry should be accountable to a constituency of women," she added.

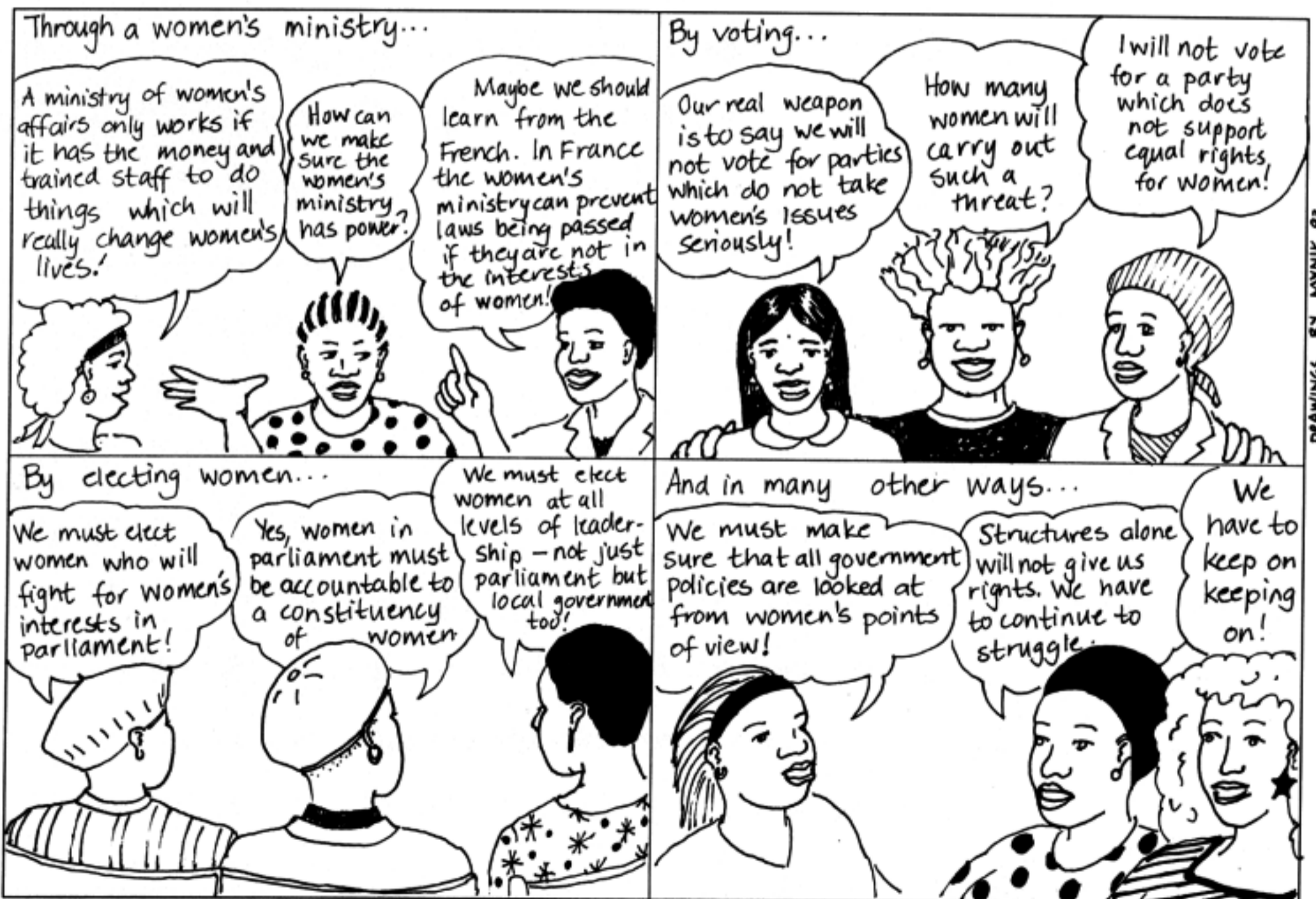
Faith Gasa from the IFP agreed: "We must get together and fight. We must make sure there are women in parliament who will fight for all of us, no matter which political party they represent."

But Carole Charlewood from the Democratic Party pointed out: "It will sometimes be difficult for us to unite. Although I would love to see Frene Ginwala as Minister for Women's Affairs, I am certainly not going to vote for her."

Lulu Gwagwa from the Conference coordinating committee stressed the importance of a united front among women.

Only a strong, mass-based, non-sectarian women's movement can really make sure women's liberation is put firmly on the agenda. Only an active women's movement can ensure that women's structures in government are not just there for show. ❖

How do we make sure the government represents women?



DRAWINGS BY SIVANI SINGH

“Open the doors we’re coming through...”

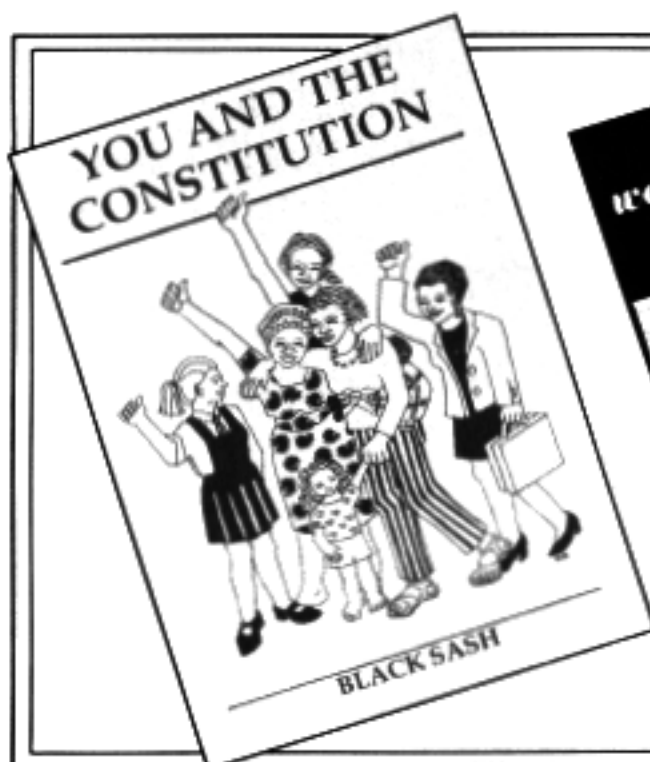
The Black Sash has brought out two books which show women how to make sure their rights are included in the constitution and laws of a new South Africa.

“*Open the doors we’re coming through*” talks about what rights women should be demanding. The book uses the **United Nation’s Convention on the Elimination of All Forms of Discrimination against Women** as a guide to discuss the rights of women in South Africa.

The book says a new constitution (the laws which will govern the country) must make discrimination against women illegal. There must also be laws to correct the effects of discrimination women faced in the past. Changes in the law must give women rights in the family and recognise women’s work in the home. Women must be given rights to education, employment, freedom from sexual harassment and violence. Women must be included in leadership positions at all levels of society.

You and the Constitution tells women what they should know about the constitution. The first part of the book explains what a constitution is. The

How can women make sure a non-racial, democratic South Africa is also non-sexist? The *Black Sash* looks at how in two interesting new books



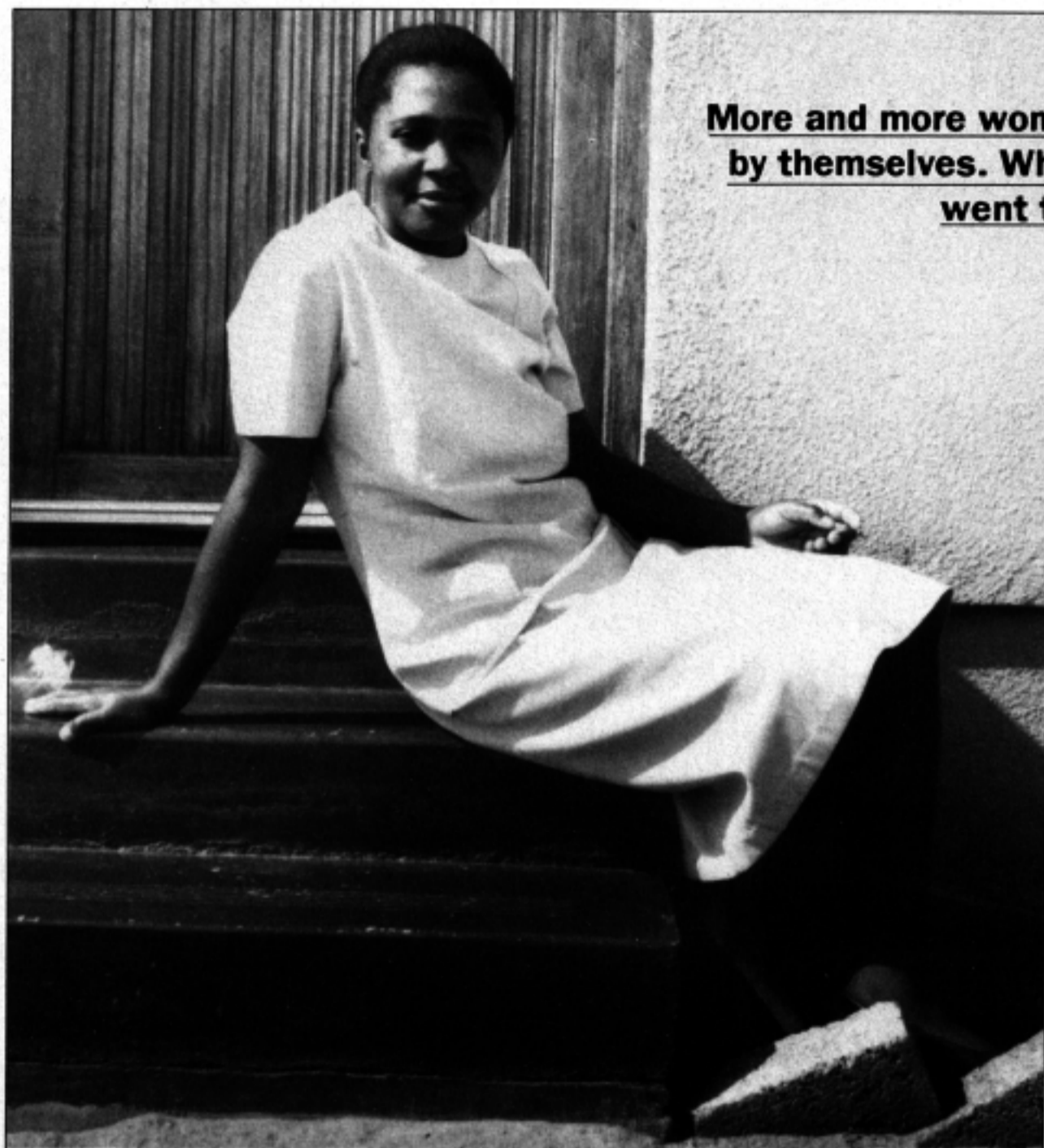
second part talks about the kind of protection which the constitution should give women. The third part of the book gives women advice on how to take part in writing the constitution. It gives examples of how women in other countries have organised to make sure they take part in writing the constitution. It invites women to give their ideas on the constitution to the **Women’s National Coalition (WNC)**. The WNC is working on a women’s charter, which will be given to the people who are writing South Africa’s new constitution. ◉

The Black Sash is giving away free copies of *You and the constitution*. The other book, “*Open the doors we’re coming through*” costs R5.

These books are available at Black Sash offices. **DON'T BE LEFT OUT!** Get your copy of these books now.

You can write to: Black Sash, PO Box 2827, Johannesburg 2000.

ME, MYSELF, I



More and more women are choosing to live by themselves. Why? Desmond Missouw went to find out

Margaret Dipudi says she loves living alone because "I do not need to ask anyone's permission to do anything. I go whenever and wherever I want"

Margaret Dipudi, a divorced mother of two, loves the freedom of staying on her own. She has been living alone in Hospital View, Krugersdorp, for four years.

"I do not need to ask anyone's permission to do anything. I go whenever and wherever I want," she says.

Dipudi says many of her married friends are jealous of her freedom.

"Sometimes they come to me with their marriage problems. I am careful their husbands do not see me as a bad influence," she says.

The husbands are sometimes a problem.

"Many men expect a woman my age to be married. When some men find out I'm on my own, they make advances. When I refuse they become negative, fearing I might tell their partners."

Dipudi says security is a problem. Some time ago she watched a man with a knife chasing a naked woman. She could only look on helplessly through the window.

She says she won't live with another man until her children are grown up, as she does not want to hurt them.

Ruth Meruti, a 36-year-old sales assistant says: "Living alone gives me peace of mind."

She has been living in a backyard room in Soweto for seven years. She never planned to live alone, but her family is in Pretoria and she works in Johannesburg.

Meruti says she "misses the closeness" of her family, but she enjoys being alone. She likes having her own place so she can lay down the rules.

"I am a born-again Christian and keep myself busy by listening to gospel music and studying."

Meruti says she wouldn't live with a man before getting married.

She says she will only marry a man who is responsible and

who shows commitment to their relationship.

Thirty-year-old **Colleen Higgs** from Yeoville, Johannesburg, has been living alone for three years.

"I can do things like read and study without being interrupted," she says.

"I felt nervous at first, but now I am used to it. I would not like to live with friends again. This Yeoville rapist story scares me to death, but for me freedom means quite a lot.

"The worst thing about living alone is that if I feel depressed, I have only myself to rely on to do things like shopping for food."

Higgs says she would think about living with her boyfriend.

"It would be a bit of a loss to live with someone, but it is often difficult to live apart when you are close to someone.



Ruth Meruti says: "Living alone gives me peace of mind"



Colleen Higgs says living alone has been an enriching and empowering experience

"I would definitely encourage other women to live alone. For me it has been an enriching and empowering experience," she says.

Thirty-eight-year-old **Thembi**

Makhubalo from Soweto, has also chosen to stay on her own.

"I like being free," she says. "Being independent can cause problems when you live with a man."

She says one of the problems is that tsotsis can watch you and break into your place when you are out.

"I feel very insecure when I think about this. Once, at two in the morning, some policemen kicked their way into my house, pointing guns at me and claiming to be looking for someone. I did not know who or what they were talking about. I felt harassed.

"Some friends sometimes want favours like providing them with a 'stadium' (love nest) if they know you live alone."

Makhubalo says she thinks some married women in her area feel threatened by 'ukushaywa ugesitina' (to be unseated) by a single woman living alone.

All of the four women SPEAK interviewed said they wouldn't easily give up the joy of only having to answer to themselves. ♣

DON'T BE AFRAID, GRINGO

"When I hear that all this military buildup in Honduras is just trying to maintain peace in our country, I ask myself what peace they're talking about. Maybe it's peaceful for the politicians....their bellies are full of food and drink; they've got a wad of bills in their pockets. So for them there's peace.

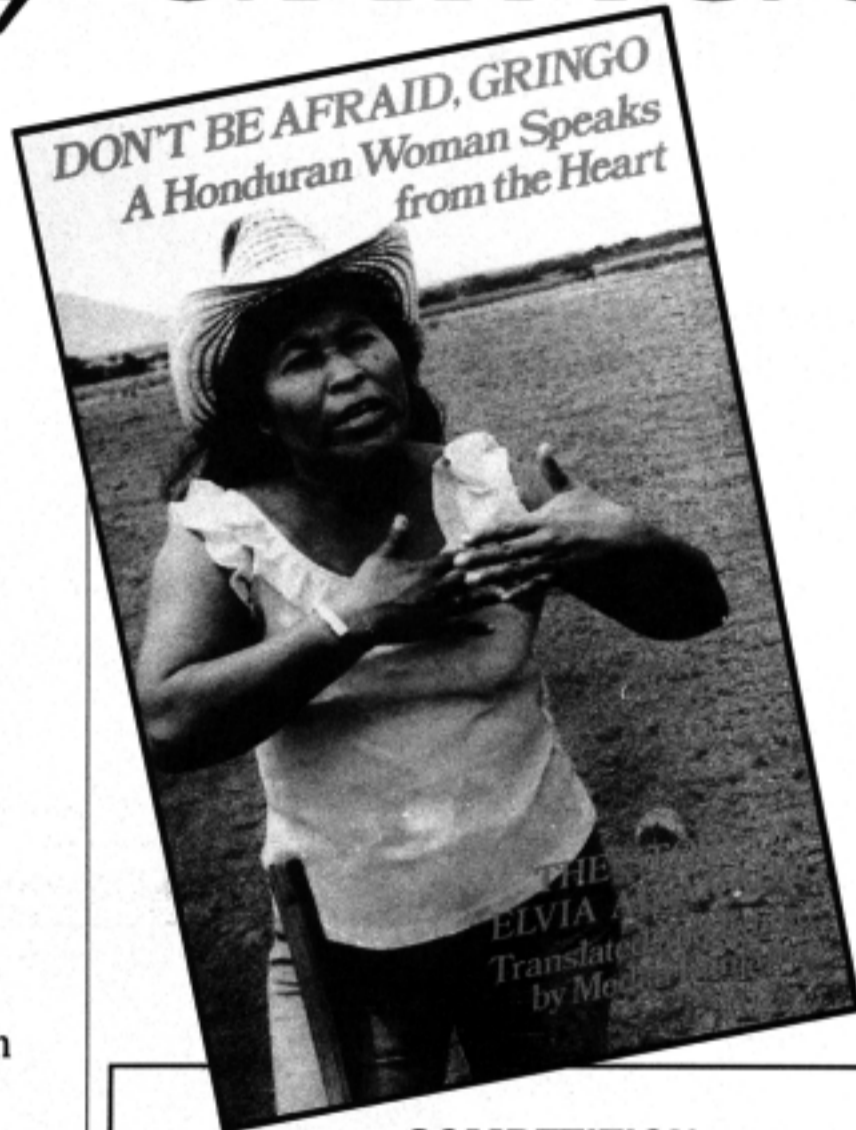
"But not for the *campesinos* (peasants). Do you think a mother who can't send her children to school because she doesn't have any clothes to put on their backs feels at peace? Do you think a mother who watches her child die because she doesn't have a penny to take her to the doctor feels at peace?

"If I had a chance to talk to Reagan, which of course I wouldn't since Reagan is only interested in talking to the rich, I'd tell him to take all the money he's sending to Honduras - all the guns, all the tanks, all the helicopters, all the bases, all the big, expensive projects he's financing - and get the hell out of our country."

This is what Elvia Alvarado says in her book called *Don't be afraid, Gringo: A Honduran Woman Speaks from the Heart*. It is her life story, translated and edited by Medea Benjamin. Alvarado is from Honduras, a country in Central America.

You can buy a copy of *Don't be afraid, Gringo* from the Environmental Development Agency (EDA). EDA has a non-profit **book service** and **resource centre** from which you can buy or borrow EDA publications as well as books, magazines, videos, slides and posters on rural development and the environment.

EDA's physical address is: EDA, 41 Pim Street, Newtown, Johannesburg. The postal address is: PO Box 322, Newtown 2113, Johannesburg. Telephone: (011) 834 1905, Fax: (011) 836 0188. ☎



COMPETITION

You can win a copy of *Don't be afraid, Gringo* if you answer the following questions:

1. From which country does Elvia Alvarado come? _____
2. What does EDA stand for? _____

Name: _____

Address: _____

Postal code: _____

Telephone number (if you have one): _____

Send your entry form to: EDA Book Competition, SPEAK Magazine, PO Box 261363, Excom, 2023, Johannesburg, South Africa.

This competition is only open to people living in Southern Africa. No employee or relative of an employee of SPEAK may enter this competition. The winner will be announced in the May 1993 issue of SPEAK, so make sure your entry form reaches us by 1 April 1993.

International Women's Day

March 8

"This year, women's

Beauty Mkhize, Transvaal Rural Women's Movement

This day is a springboard from which rural women can express their needs, soar above the subservient role demanded by traditional lifestyles, build up strength and unite in the struggle for women's rights. In view of the new political dispensation developing in our country, the need for women to be heard grows stronger. I hope and pray that the new government, as a matter of urgency, adopts a women's charter to benefit all women.



Photo by Gill De Vlieg

Pregs Govender, Women's National Coalition

The WNC would like to see women celebrating the day and using it to focus on their most pressing issues. This year, women's voices must be heard. We are not powerless and must begin to take control of our lives at every level.



Photo by ANC Photographic Unit

Thenjiwe Mthintso, SA Communist Party

This day was started by working class women. Black working class women are the most oppressed and exploited and should not be disempowered by others seeking to speak on their behalf. Let these women speak for themselves.

Elizabeth Thabethe, Chemical Workers' Industrial Union

Let all working class women unite during this transitional period in our country. Let us remind ourselves of the vigorous spirit and courage of women who struggled in the past. Let women's rights be our rallying point. Women workers, fight for unity, peace and democracy now!

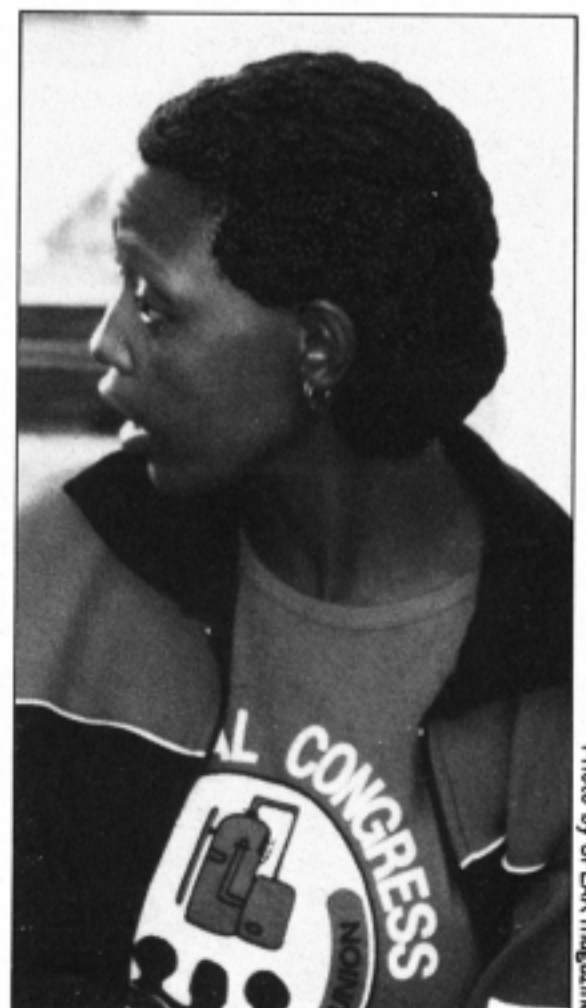


Photo by SPEAK magazine



voices must be heard!"

**Phindi Mavuso,
Azanian Youth
Organisation**

This day means recognition of the efforts of women internationally. Often only the actions of men are remembered, like Martin Luther King. The women who frequented the church and attended the demonstrations are forgotten.



Photo by Thoraya Pandey, SPEAK Magazine



Photo by Karen Hurt, SPEAK magazine

**Philippines: Lota Bertulfo, ASEAN Women In
Development Cooperative Forum**

It is a day of honouring women's struggles to be free from aggression and exploitation. We women in Asia know very little about you - South African women. We see you on TV singing and dancing to the sounds of protest. We feel we are sisters. Your struggle is our struggle.



**Zimbabwe: Salina Mumbengegwi,
Women's Action Group**

The Women's Action Group sends a message of solidarity to our struggling sisters in South Africa.



Febe Potgieter, ANC Youth League

The future of our country is being shaped today. As young women, we must become more assertive to ensure that our futures are taken care of as well.



Hong Kong: Tsang Gar Yin, Association for the Advancement of Feminism

We hope that South African women, in their struggle against racial discrimination, will also succeed in bringing women's rights into the limelight.

Hamba Kahle,



To some Helen Joseph was a mother, to some a friend, to some an inspiration. To all of us she was a true leader, dedicated to the struggle of the oppressed people in South Africa. On Christmas day 1992 at the age of 87, she died.

HELEN JOSEPH

Photo: Mayibuye Centre



Historic women's march, 9 August 1956: Helen Joseph, Lillian Ngoyi, Sophie Williams and others march up the steps of the Union Buildings to hand over hundreds of petitions protesting against the extension of pass laws to women

Helen Joseph's funeral on 8 January this year in Johannesburg was attended by thousands. These included the women who protested with her in the famous

1956 march to the Union Buildings in Pretoria.

Joseph's voice against the oppression of women was as strong and loud as her voice against apartheid. She was a founder member of the Fed-

eration of South African Women (FEDSAW). She and the late Lillian Ngoyi, who was then president of FEDSAW, could not attend any meetings because of banning orders. In spite of continuous banning orders and harassment, Joseph and Ngoyi stood by their beliefs.

Just as she wished, Joseph was buried at Avalon Cemetery in Soweto, next to her sister-in-struggle, Lillian Ngoyi.

Photo by Cecil Sois, Dynamic Images



Helen Joseph, Sister Bernard Ncube and Ray Alexander together at a celebration of International Women's Day at Wits University in 1990

Among those who spoke at her funeral were Nelson Mandela, Winnie Mandela, Frances Baard and Albertina Sisulu.

They spoke with warmth, love and pride of a woman who fought for the cause of the oppressed, no matter what the cost.



Photo by Elmond Jiyane, Dynamic Images

Mourners at the funeral of Helen Joseph on 8 January 1993 included Nobel prize winner Nadine Gordimer

In 1986, Joseph ended her autobiography, *Side by Side*, with the words:
“My book is ended. Our struggle is not, but one day it will be. I do not know if I shall still be here then, for my time is running out, but I know that all that I have lived through together with the people I love, will not have been in vain.” ☪

SNAPSHOT OF A LIFE OF STRUGGLE

- 1905 Born in England
- 1928 Taught in India for three years
- 1930 Came to South Africa
- 1952 Active in the ANC-led Defiance Campaign against Unjust Laws
- 1953 Elected to the national executive committee of the Congress of Democrats
- 9 August 1956 Together with the late Lilian Ngoyi, Sophie Williams and Rahima Moosa, led a march of 20 000 women to the Union Buildings in Pretoria to protest against the extension of pass laws to women
- Mid 50s Elected secretary of national and Transvaal executive committees of the Federation of South African Women (FEDSAW)
- 13 October 1962 First person in South Africa to be placed under house arrest. Despite constant harassment by the police, she stood by her beliefs
- 1983 Elected honorary patron of the United Democratic Front (UDF)
 Still banned and listed at the time, she could not be on structures of any organisations
- 8 January 1992 Awarded the ANC's highest honour Isithwalandwe/Seaparankoe by Nelson Mandela for her contribution to the struggle

C O M P E T I T I O N S



The SACP offers you the chance to win a ticket for two to the People's Republic of China.

- ★ Johannesburg – Beijing – Johannesburg
- ★ One week's food & accommodation
- ★ Cultural events
- ★ Sightseeing and guided tours
- ★ Seeing the longest wall in the world



HOW TO ENTER

Answer the question below and complete the entry form. Then detach the entry form and send it to SACP, PO Box 1027, Johannesburg 2000.

Remember to include a R10 entry fee!

All cheques and postal orders must be made payable to the SACP. Entries must reach us by Monday, 5 April 1993.

Question: In what country is the longest wall in the world situated?

SACP/TICKETS TO CHINA COMPETITION ENTRY FORM (PLEASE PRINT IN BLOCK LETTERS)

Answer:.....

Name:.....

Address:

.....

..... Code:.....

Home phone:

Work phone:.....

I agree to abide by the rules of the competition*

Signature:

*(The rules of the competition are printed below)

COMPETITION RULES

1. The prizes will be awarded for the first correct entry drawn after the closing date.
2. The judges' decision is final and no correspondence will be entered into.
3. The prize is not transferable. It may not be converted into cash.
4. You may post as many entries as you wish. No photocopies of the entry form can be accepted. If you need another entry form, please write to the SACP at PO Box 1027, Johannesburg 2000.
5. Winners must be prepared to be photographed for SACP publications.

6. Winners will be notified in writing.
7. All entries must reach us by 5 April 1993.
8. The competition is open to all.
9. Each entry must be accompanied by a R10 entry fee. All cheques and postal orders must be payable to the SACP.
10. No members of the SACP Finance Committee or Central Committee may enter the competition.

SEND IN YOUR ENTRIES NOW!

WIN THIS BEAUTIFUL OUTFIT!



- Simply answer the questions below and you could be
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• 2. Where is Ekhaya Fashions situated?

• Name:.....

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- Competition Rules: This competition is only open to people living in Southern Africa. Employees and relatives of employees of SPEAK and Ekhaya Fashions are not allowed to enter this competition.
- The closing date for this competition is 1 April 1993.
- The winner will be announced in the May issue of SPEAK.

- *Ekhaya Fashions is the place to shop for beautiful African clothing designs. You will find Ekhaya Fashions at 112 Main Street on the corner of Eloff Street, Johannesburg. You may phone them at (011) 331 9578.

Behind the wheel to save lives



Photos by Elmond Jiyane, Dynamic Images

Ambulance driver Gladys Mlangeni: "I get satisfaction from the service I provide to the community"

Driving at high speeds, going through red robots, with sirens wailing does not scare Gladys Mlangeni. Since she became an ambulance driver 14 years ago, speeding has been part of Mlangeni's life.

Ambulance driver Gladys Mlangeni spends most of her time behind the wheel rushing patients to hospital. She spoke to Thoraya Pandey about life in the fast lane

Saving people's lives, she says, is worth the stress.

Mlangeni was one of the first women ambulance drivers at Baragwanath Hospital.

She now makes up to 20 trips daily. Many of the cases are "life

and death" situations.

Her very first emergency case was shortly after she finished training. A woman had had problems while giving birth to her child at home.

"Once the woman got into the ambulance, I sped off with the wheels spinning. It was difficult keeping my eyes on the road, I was so worried about the patient.

"She was in a lot of pain and screamed all the way to the hospital. I kept telling myself ... I must get to the hospital on time, she must not die!"

Mlangeni did and the patient gave birth to a healthy baby.

"I felt proud I was the one who saved their lives," says Mlangeni smiling.

Mlangeni says there are times when she gets really scared - like in some parts of Soweto.

"There are always a lot of people, especially children, standing in the streets. I must swerve from one side to another so I don't knock them over."

She sometimes fears for her life when she has to go into areas of political violence.

Mlangeni has also faced sexism.



For ambulance driver Gladys Mlangeni, her work is more than just a job. "I feel responsible for the lives of the patients"

"The male ambulance drivers were angry when women were employed and accused us of stealing their jobs, but the women helped each other and proved to be good drivers.

"Men say what women can or cannot do because they want jobs for themselves."

The pressure did not only come from male co-workers.

"Family and friends said I was stupid to do a man's job. They told my husband I will dominate him if I carried on.

"I told him to respect my decision and he did," adds Mlangeni.

"Some patients also refused to go with a woman at first."

SPEAK asked Mlangeni if it is easy for a woman to become an ambulance driver.

"If a woman can control a car at high speed and work under pressure in emergencies then she stands a good chance.

"She must also pass the medical training the hospital gives her."

The long shifts of up to 12 hours a day and driving all the time have affected Mlangeni's health.

"I get pains in my arms and my eyesight is getting bad, but I don't want to leave this job.

"For me it is not just a job. I feel responsible for the lives of the patients. I get satisfaction from the service I provide to our community," says Mlangeni proudly. ●

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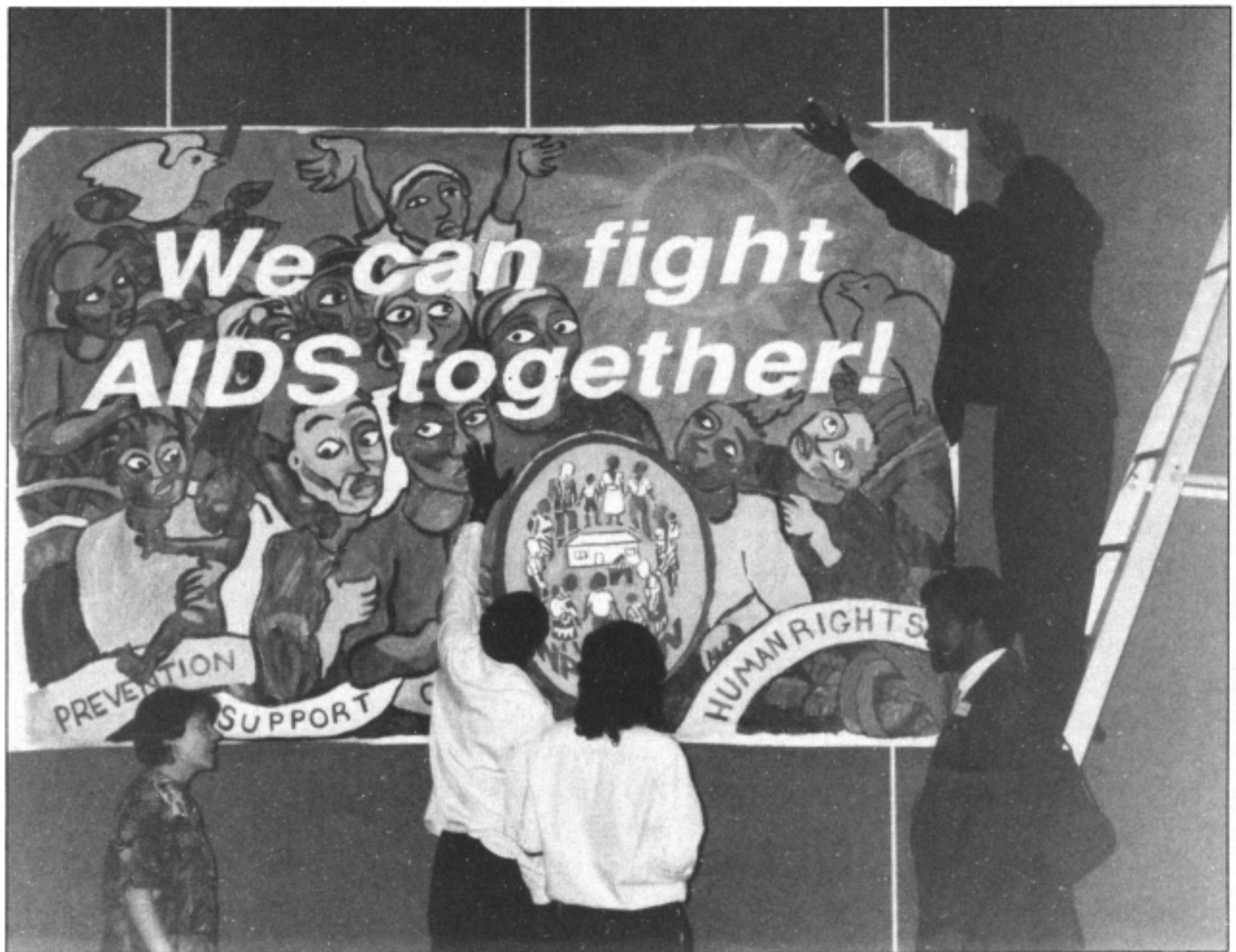
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Act against AIDS now!



Kenyan doctor and AIDS worker, Elizabeth Ngugi, says Kenyans campaigned to make their government serious about the fight against AIDS. She urges South Africans to do the same. *Thoraya Pandey* spoke to her

“You must not let the government come to conferences and make promises about things they plan to do. It is up to you to make sure they put their words into practice.”

This was the advice of Kenyan doctor, Elizabeth Ngugi, on a recent visit to South Africa.

Kenya’s experiences are a valuable lesson for

South Africa.

Kenya was one of the first African countries to be badly hit by the AIDS epidemic. South Africa is only now experiencing what Kenya experienced five years ago.

Ngugi, a professor at the University of Nairobi in Kenya and a dedicated AIDS worker, spoke about what people in her country were doing to fight the spread of AIDS.

“In Kenya we have learnt to put a lot of pressure on our government to carry out their plan. Otherwise they would have remained just that, plans and no action!

“In South Africa you must do the same,” she said.

Ngugi said government support and resources to spread information speedily was very important in fighting AIDS.

“It is very difficult to run programmes and try to tell people what is happening when the government ignores the issue.

“People usually take things more seriously when the government pays attention to it.”

Ngugi said for years the Kenyan government ignored the problem, but because more and more people were testing positive with the HIV virus it was

forced to do something.

“Encouraging, urging and fighting was how AIDS organisations got our government to see it as a serious problem and to support us.

“According to the World Health Organisation six million people in Africa alone are infected with the AIDS virus.

“AIDS spells doom for Africa and there is a need to prevent this with speed and dedication.

“Radio and television must be used to get the message across to people,” she said.

Ngugi said recent studies in Kenya have shown that 57 percent of the people got AIDS information from radios and only 7,3 percent from television.

“Newspapers and magazines are also a good way of getting messages across.

“One of the most successful ways of getting the message across was speaking to little groups all across Kenya.

“We met with small groups of youth, people in villages and with



Dr Elizabeth Ngugi says government support is very important in fighting AIDS

polygamous families,” said Ngugi.

A polygamous family is one in which a man has more than one wife.

“Although polygamy is something we question and might not agree with, it exists and is part of our culture.

“We held meetings with these

families and although they did not agree with everything we said, we got the men to agree to be faithful within their marriages,” said Ngugi.

She said getting people to understand that they have to be responsible about sex was not easy.

“Men believe they can do what they want and do not want to accept the fact that they can become infected with AIDS.

“They speak as if the disease does not exist in African society.”

Fighting the myths around AIDS and other sex-related diseases was very difficult but “it has to be done,” she said.

“AIDS prevention programmes must be an important part of health programmes run by the government and organisations.

“Remember, AIDS has not spared any colour, creed, nation, age or gender and can only be defeated if people are united and serious about fighting it,” she said. ●



Dr Elizabeth Ngugi: “AIDS can only be defeated if people are serious about fighting it”



How much do you know about your marriage? Cathi Albertyn looks at how marriage changes the rights and status of women in the eyes of the law

YOU AND YOUR MARRIAGE

They say love is blind. Many women find this saying is true when it comes to marriage. After the honeymoon is over, women often realise they have fewer rights than before the wedding. Test how much you know about your marriage ...

Is your marriage legal? To check, answer this question ...

Were you married by:

- a magistrate?
- a commissioner?
- a minister of religion?

Not all ministers of religion are marriage officers. If you were married by a religious minister who is not a marriage officer, your marriage is not legal. Make sure your marriage is legal.

If you were married by a magistrate or a marriage officer, your marriage is legal.

As a married woman, are you seen as an independent adult in the eyes of the law? To check, answer this question ...

Are you an African woman who was married before 2 December 1988? (YES/NO)

or

Are you a coloured, Indian or white woman who was married before 1 November 1984? (YES/NO)

SIX MONTHS LATER...



If you answered YES to the question, then you are not seen as an independent adult in the eyes of the law.

Women who married before these dates are seen as "minors". Just like children, they must have their husband's permission to do things like buying on hire purchase, opening a bank account and even signing a lease on a house. Your husband also has control over the property that you brought into the marriage.

If you were married after these dates, then you are an "adult" and can do things without your husband's permission.

Did you and your husband sign an agreement (ante-nuptial contract) before you got married? (YES/NO)

If you answered YES to this question, then the ante-nuptial contract will tell you whether or not you are an adult in the eyes of law.

If your husband dies or you get divorced, will you get some or all of the property? If you do not know how you were married, check your marriage certificate.

Were you married:

- in community of property?
- out of community of property?
- by ante-nuptial contract with accrual?

If you were married in **community of property**, then you will get half the property of **you and your husband together** when he dies or you get divorced. You will only get some of your **husband's** property if he leaves it to you in his will if he dies, or if you ask him for it when you get divorced.

If you were married **out of community of property**, then you keep all the property and money that you bring to the

marriage and that you get during the marriage. Your husband also keeps all the property and money that he brings to the marriage and that he gets during the marriage. You have no legal right to get some or all of your husband's property, and he has no claim on yours.

An **ante-nuptial contract** is an agreement in writing that you and your husband sign before you get married. The ante-nuptial contract says exactly what you and your future husband have, and exactly what will happen to it if you get divorced. If you have an **ante-nuptial contract with accrual**, it means that anything you and your husband get during the marriage must be shared equally between you if you get divorced.

In South African law, the husband is the head of the household. Does this mean he can make all the decisions and do anything he wants? (YES/NO)

The answer is NO. South African law does say that the husband is the head of the household. But this only means that he has the right to decide where the family will live and how they will live.

Can you charge your husband with rape if he forces you to have sex with him? (YES/NO)

The answer is NO. South African law says that a woman does not have the right to lay a charge of rape against her husband. But she can charge him with assault. As you can see, South African law still sees women as the property of their husbands.

(Cathi Albertyn is a researcher at the Centre for Applied Legal Studies, University of the Witwatersrand.) ●

Dying to be thin

Worried about your weight?
Be careful, slimming can be dangerous. *Lauren Richer*
writes about anorexia nervosa
or "slimmers disease"

Six months ago, Thandi was a college student who did well in her studies, was popular with students and teachers, and had a brilliant future ahead of her. Today Thandi's life is in ruins. She left college after collapsing because she had almost starved herself to death. Now, she looks like a walking skeleton, yet she believes she is too fat. Her family don't understand what is happening to her since they always tried to do what's best for her.

Thandi is suffering from anorexia nervosa, also known as "slimmers disease". Like other anorexia sufferers Thandi



Artist: Lois Neethling

is in danger of causing permanent damage to her body. She can also become so underweight that her menstrual cycle will be interrupted and she may never have children. She may even weaken her heart or starve herself to death.

Anorexia is an illness of the mind. People with anorexia worry all the time about being thin.

Thandi is a typical example. She got to college but deep inside felt she was not really clever enough. Her family were proud of her, yet did not understand the pressures of college life. She was lonely and tried to

In many societies, like ours, too much attention is paid to how a person looks, and not to other qualities, such as personality.

get the attention of her friends by wearing the latest fashions, but she was always unhappy about how she looked. She thought that by eating less she could be thin, fashionable and popular. Instead, she became very sick.

Symptoms of Anorexia

Anorexia nervosa is an eating disorder. Anorexia sufferers are people who become over-concerned with being thin. No matter how thin they are, they believe they are too fat.

Anorexics may use slimming tablets to lessen feelings of hunger. Or they use laxatives to loosen the stomach so the food can pass out of the body quickly. Some sufferers may feel weak and dizzy from lack of food, but they force themselves to exercise



so they won't put on weight. If someone stays anorexic for a long time, they may stop wanting to eat anything at all.

Who gets anorexia nervosa?

Most anorexics are teenage girls. It is sometimes found in younger girls, teenage boys or in women and men in their 20s and 30s. Many famous people have suffered from anorexia. Singer Karen Carpenter died of heart failure caused by anorexia. Film star Jane Fonda battled for many years with eating disorders.

Until recently, many people thought anorexia was a "white, middle-class" illness, caused by over-anxious parents and western fashion pressures. In African culture, beauty was traditionally associated with rounded bodies, but as western culture creeps into our society, so anorexia is affecting more and more blacks.

What causes anorexia nervosa?

There are many reasons for anorexia nervosa.

Anorexics are usually people who are very unsure of themselves and feel they do not have any control over their lives.

Anorexia is more common in teenagers because this is the time when boys and girls start developing sexually. They need to feel accepted and liked.

In comparing themselves to others, most teenagers find they are not perfect physically. Teenagers who feel insecure may be unable to accept this "imperfection".

They may also feel unable to live up to the expectations of parents or friends. Many anorexics come from closely-knit families in which there is a lot of tension between family members.

As a way of getting control over their lives, anorexics control what they eat to make themselves thin. They think this will make them attractive and popular, but this may actually destroy their health.

In many societies, like ours, too much attention is paid to how a person looks, and not to other qualities, such as personality. This is especially true for women and girls.

Newspapers, TV and magazines are full of images of slim, attractive women. Fashion models and beauty queens are always tall and thin. This gives all women the message that only thin women can enjoy life and be beautiful, happy and successful.

Since most of us don't look like fashion models, we are made to feel unhappy about our bodies and our looks. Mature people learn to accept the way

they look, but this is harder for teenagers.

What You Can Do

Firstly, anorexics may not realise they are seriously ill. They may even be proud about being so thin, but anorexia is very dangerous. Anyone who is extremely thin or over-worried about their weight should see a doctor.

Secondly, it is important to accept our bodies as they are. There is nothing wrong with eating sensibly and exercising to be healthy. What is dangerous is to damage our health by trying to look like a "magazine beauty". Remember, beauty comes from within!

Thirdly, anorexia often comes from being very lonely or depressed. Parents often don't talk to their children or try to understand them. Friends or teachers

can be blind to the personal problems experienced by many teenagers. In a society changing as fast as ours, we need to talk to and understand each other better.

Where to Get Help

Some experts believe anorexics can only be helped by joining support groups with other anorexics or people suffering from similar illnesses so they can talk to each other. Some doctors recommend treatment for the whole family.

*An organisation called **Overeaters Anonymous** helps people with problems of overeating, bulimia and anorexia.*

Phone (011) 648 0396 for information on who to contact in Johannesburg and other parts of the country.

***Tara Hospital** in Johannesburg has a special unit dealing with anorexia and other eating problems. Phone them on (011) 783 2010. ☉*

South African
LABOUR BULLETIN

South African
LABOUR BULLETIN

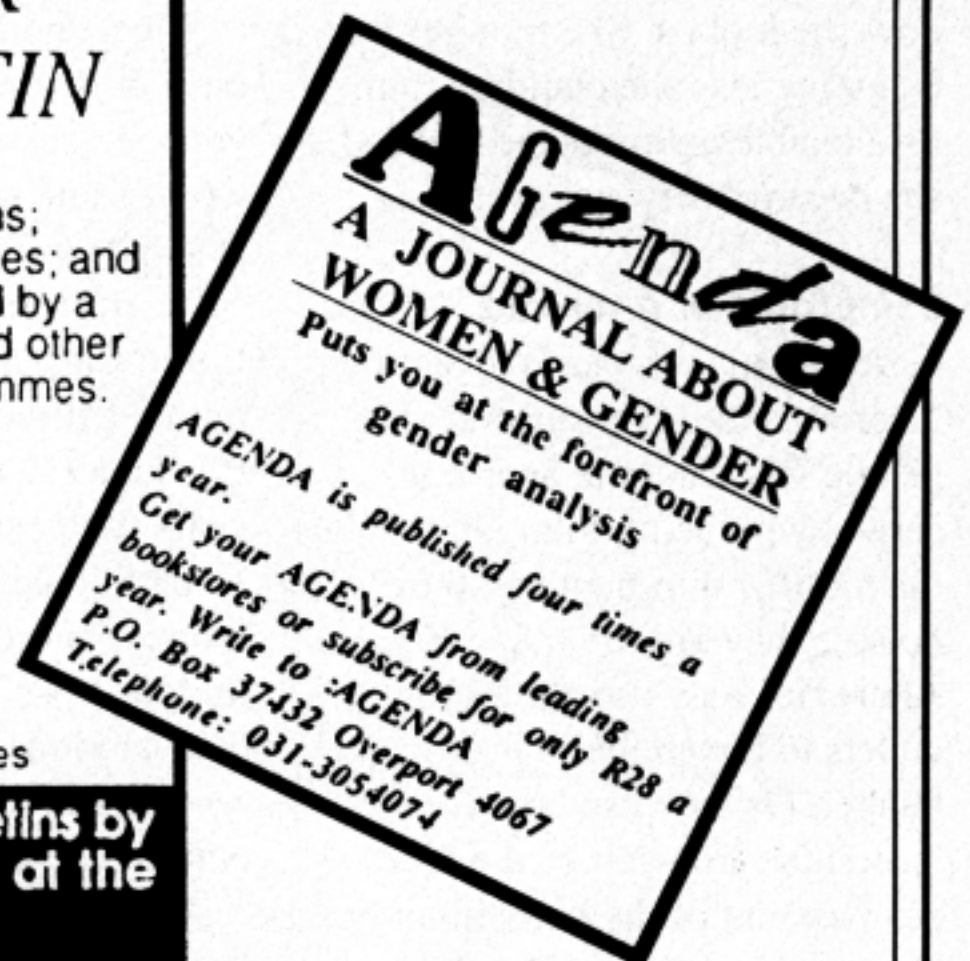
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As a matter of fact...

Abortion laws kill women

According to a study by Worldwatch Institute, about 50 million abortions a year are performed worldwide, half of which are illegal. The study said as many as 200 000 women die every year from unsafe, secret abortions. The institute found "laws and policies restricting access to abortion don't curb the abortion rate - they instead caused women to die".

Psychiatrists support abortion

Fifty one percent of psychiatrists in South Africa believe abortion should be legalised. According to a survey conducted by the Society of Psychiatrists of South Africa, as many as 40 000 illegal "backstreet" abortions are performed each year.

Arab feminist organisation banned

The Arab Women's Solidarity Association (ASWA) in Egypt has been refused permission to continue operating while it appeals against a government ban. The Court denied the request saying the group "threatens the peace and political and social order." The Egyptian government said one of the reasons for banning ASWA was because the organisation criticised the government's support of Kuwait in the Gulf War. Feminist writer Nawal El Saadawi, who started the organisation in 1982, has been in the forefront of the controversial and difficult battle to promote equality between the sexes in the Arab world. ASWA is determined to fight the ban, even though it could take years before the appeal is heard.

Murdered for saying "no"

A woman from a village in Bangladesh was sentenced to death by a village arbitration committee because she refused to marry the head preacher of a mosque. Nurjahan Begum, 30, was buried up to her waist and then stoned to death by villagers.

Korean women harassed on trains

Women in Korea will have separate trains during peak hours to protect them from sexual harassment and victimisation. The Korean National Railroad agreed to provide separate trains after continuous complaints by women about being molested by men on trains.



Graphic: Women in Development - Isis International

Battered into stealing

The California Appellate Court granted a convicted robber, Debra Romero, a new trial. Romero said she was forced to steal by the man who battered her. The court ruled that she had not been properly represented because her public defender failed to call an expert witness on the Battered Woman Syndrome. Justice Miriam A Vogel pointed out that if testimony about the syndrome "is relevant when a woman kills her batterer then it is relevant when she takes part in robberies at her batterer's insistence".

Prison Christmas for children

Although 61 children aged 14 and younger were released from jails across South Africa and placed in alternative care over the Christmas season, 100 children still remained behind bars.

Give women a sporting chance

Women in the National Sports Congress and National Olympic Committee of South Africa (NOCSA) want to form a national women's sports structure to encourage women's participation in sport, recreation and leisure. National Olympic Sports Congress (NOSC) women's co-ordinator, Cheryl Roberts, said: "There are too few women involved in sport. Of those involved in organised sport, only 14 percent are black women." At a seminar in November 1992, women from different codes of sport and affiliations agreed to form a national structure by June 1993.

Taxi Talk

Masepeke Sekhukhuni finds out the "Great South African Movie" is not so South African after all



Photo by Ideal Films (Pty) Ltd. All Rights Reserved.

Leleti Khumalo and Whoopi Goldberg in a riveting dance sequence from the film *Sarafina*

You should see *Sarafina!* It's great, it's fantastic!" my friends said. I was finally persuaded to go see the "Great South African Movie".

I was most impressed by the powerful music and wonderful singing. The actors are very talented and the film is beautifully made. The film is also unusual in the way it uses theatre on screen.

Yes, *Sarafina* has a great many good points. But is it really the "Great South African Movie"? I think not.

In fact, I found certain things in *Sarafina* very un-South African. For example, when

Sarafina (acted by Leleti Khumalo) imagines herself talking to Nelson Mandela, she calls him "Nelson". It is quite strange for an African child to refer to an older person, especially such a highly respected person, by their first name.

Come to think of it, I have never heard any black person refer to Mandela as "Nelson".

Even though *Sarafina* was filmed entirely in South Africa and the cast is all South African (except Whoopi Goldberg), *Sarafina* is no different from other Hollywood films about South Africa.

Hollywood is more

interested in the profits it gets by using its own stars than choosing South Africans who could play the parts much better.

There was a lot of publicity about Whoopi Goldberg's role in *Sarafina*. I was quite unimpressed. I think she plays the part of a township teacher in a very American way. She fails to give it a South African feeling. Perhaps for overseas audiences, this is acceptable.

Films play an important part in reflecting the culture of different societies. Unfortunately *Sarafina* has too much Hollywood and not enough of the real South Africa. ✪

NOTICES

A CALL ON WOMEN !!

The Women's National Coalition is launching the Women's Charter Campaign on 8 March 1993. Across South Africa women and their organisations are urged to use International Women's Day to launch the campaign in whatever creative way you want to (festivals, demonstrations, picnics, human chains, songs, workshops, banners, etc, etc). Use the campaign to make this year the year that women's issues, your issues, are visible, the year that women break the silence.

YOU AND THE VOTE

The Black Sash has produced a booklet called *You and the Vote*. It explains many issues about voting in an impartial, straightforward and easy way. The booklet is being distributed free of charge. For free copies, write to:
Black Sash
Khotso House
25 Anderson Street
Johannesburg
Telephone: (011) 834 8372

ADULTS WHO ARE INTERESTED IN ADULT EDUCATION OR WANT TO LEARN TO READ AND WRITE.

Here are places you can contact:
Adult Literacy & Advice Centre
16 Durham St, Umtata
Telephone: (0471) 31 0226
and ask for Themba

Centre for Adult Education
One year course for adult educators at Natal University
Telephone: (031) 816 2399

Wits Workers School
Basic literacy classes and classes for workers who want to finish their formal education. Registration fee is R2 and then you pay R5 a month after that.
Telephone: (011) 716 3670
and ask for Theo Ndzadza



A booklet on *Sexual Harassment in the Workplace* has been jointly produced by a few organisations and companies. The booklet costs R7.00 each or R3.00 each for ten or more copies. Write to: Caroline White
Centre for Policy Studies
PO Box 16488
Doornfontein, 2026
Proceeds from this booklet will go to the ANC Women's League

BUILDING THE CHILDREN'S MOVEMENT

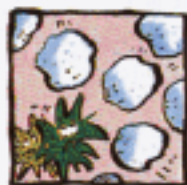
- The Children's Resource Centre (CRC) assists with setting up children's groups in communities. CRC provides resources and training for members and co-ordinators of the groups.
- The CRC has produced a manual on how to go about forming children's groups. It costs R14.00 (including postage).
- To buy a copy and for more information, write to:
Children's Resource Centre
Community House
41 Salt River Road
Salt River, 7945
Telephone: (021) 47 5757

IF YOU WANT TO PLACE A NOTICE IN SPEAK, GET IT TO US BY THE 10th OF EVERY MONTH!!!

SEND IT TO US:
PO BOX 261 363, EXCOM, 2023
TELEPHONE: (011) 296166
FAX: (011) 294354

How AIDS makes you sick.

Your body is protected by an immune system which is made up of white blood cells. These white cells kill the germs and viruses that make you sick.



So white blood cells help to keep your body healthy.

The AIDS virus or the Human Immunodeficiency Virus (HIV), lives in

Some behaviour patterns also place you in danger of becoming infected. These include having sex with more than one partner, sex without a condom if you are not in a mutually faithful relationship, and alcohol and drug abuse.

How you cannot get AIDS.

Rumours concerning many other sources of HIV infection are rife. It is

Symptoms and early signs.

HIV infection shows in a number of ways. You may suffer from prolonged fever. Your glands, especially those in the neck, armpit and groin may be continually swollen. Sometimes a change in mental behaviour, like forgetfulness



The plain and simple truth about AIDS.

blood and other body fluids. It attacks the white blood cells and destroys them. So your body is unable to fight germs and viruses. You can have AIDS for a long time before you become sick. But there is no cure for AIDS so the virus destroys the immune system and the person with AIDS eventually dies from diseases like TB, Pneumonia or any other opportunistic infection.



important to realise that you cannot get AIDS from kissing, masturbating, playing a contact sport like rugby or soccer, telephones, toilet seats, sneezing, mosquitoes, eating food prepared by persons with AIDS or sharing a communion cup.



and confusion, is an indication of HIV infection. Other signs are persistent diarrhoea, loss of more than 10% body weight and sometimes even TB (Tuberculosis).

Remember these signs and symptoms are not only found in people with HIV infection. They can also be caused by other conditions.

How to prevent AIDS.

We all know the surest way to prevent AIDS is to abstain from sex, but as this is not always practical, here are just a few suggestions.



Should you have any of these symptoms you should consult your doctor or clinic.

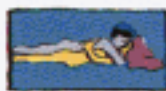
Want to know more?

For more information contact the nearest Regional Office of the Department of National Health and Population Development, the nearest AIDS Training and Information Centre (ATIC) or phone Lifeline-AIDS Line toll-free at 0800 012 322.

All enquiries will be handled in absolute confidentiality.

How you can get AIDS.

The AIDS virus is spread in three main ways. You can get it from having unprotected sex with an infected person (female or male). Or an infected mother may pass it on to her new born or unborn baby. Sharing needles for intravenous drug use also exposes you to AIDS.



Consider the risk carefully before you have sex. Limit your sexual partners - casual and short-term sexual relationships without condom usage is regarded as high-risk behaviour.

Ideally you should be involved in a long standing relationship in which both partners are faithful and uninfected by AIDS. If you're a habitual drug user do not share needles.



AIDS. Don't let it happen.