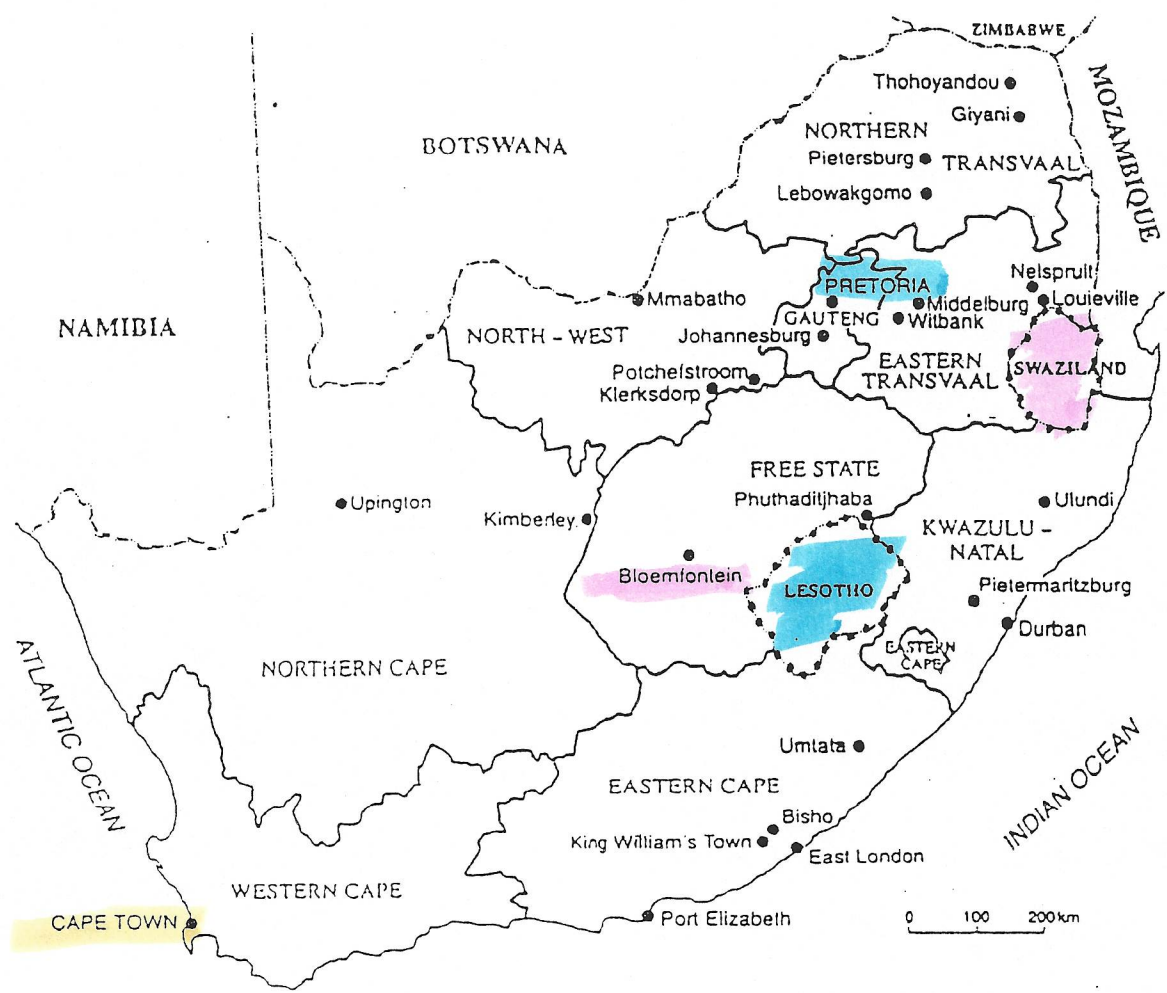


# WORKSHOP HANDBOOK BLACK AND WHITE OF IT

# SOUTH AFRICA



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# SOUTH AFRICA

A brief version of the lesson written for Oregon FCE

The goal of this workshop is to have you become familiar with the unique country of South Africa - its history, people, president and culture.

This booklet contains

Map of the Union of South Africa on the cover

Pre test

Answers to the pre test

Dates in the life of Nelson Mandela

Recipes

National Anthem, Prayer for Africa

1. Pass out pre test to participants allowing time for them to try to answer questions.

What do you know or what do you believe you know about the country of South Africa. The Republic of South Africa is made up of four provinces which came together in 1910 to form the Union of South Africa. It's found at the southern most end of the Continent of Africa and is 1/8th the size of the United States. The climate is mild with summer from October to March.

2. Pass out booklet, "South Africa, The Black and White of It". Review test questions, ask for input if time allows.

**(1) South Africa has a mixture of peoples. Which of the following are considered South Africans?**

- |               |                            |
|---------------|----------------------------|
| A. Whites     | D. Coloureds               |
| B. Afrikaners | E. Indians                 |
| C. Bantu      | F. <u>All of the above</u> |

Most Whites were settlers from Holland and Britain. Afrikaners are of Dutch descent and make up more than 60% of the white population. White South Africans number about 5 million. Bantu are from native tribes and number about 36 million. Coloureds are of mixed blood with varying skin tones, numbering about 3 million. Indians were brought in 1860 from India to work on Sugar Plantations. There are about 1 million Indians. (All population numbers are approximate.)

**(2) How many Capitol cities does South Africa have?**

- (A) 3 (B) 2 (C) 1

Look at the map on the cover of this booklet. It is interesting to note that South Africa has three capitol cities; Pretoria (administrative), Cape Town (legislative), and Bolemfontein (judicial & appellate courts).

(3) There are two separate independent countries within South Africa. TRUE Check out the map on the cover to find Lesotho and Swaziland.

(4) South Africa has eleven official languages. The two most used languages are English and Afrikaans.

(5) Apartheid was racial segregation where white man ruled. TRUE

Apartheid was a system of legalized racism whose cruel laws kept the so-called Non-White majority relegated to 13% of the land. The separateness applied to almost everything. The following is a sample of Apartheid Acts or laws in force between 1948 and the early 1990s.

Pass Laws: Every African upon reaching 16 years must apply for a reference book and identity number. Book contains identity number, personal details, employment status, fingerprints. Person must carry the reference book at all times. Any African not having a book in possession is liable for immediate arrest.

Population Registration Act: Declares that the South African population had to be classified by race. Race classification is determined by tests.

Group Areas Act: Declares that South Africa is made up of African, Colored, white and Asian area. Each group must live only in its own area. No black may own property in a white area; no black may even live on white land without special permission.

Defense Act: Makes it a crime to publish any negative statement or comment about a government official which would "embarrass the government in its foreign relations or alarm or depress members of the public".

The Immorality Act: Prohibits any sexual relations between whites and other races.

Influx Control Laws: No African may be permitted to remain in an urban area over 72 hours without a permit, unless he or she was born there and has been a continuous resident since birth.

Blacks had to sit on different benches, use separate toilets, could not go into white theaters. Bitterness, pain, terror, violence, abject poverty, despair and broken homes haunted the black ghettos.

(6) The President of South Africa is Nelson Mandela.

Share some of the important dates in the life of South Africa's new President. Born the son of a tribal leader, to being charged with high treason in 1956 with a 4 1/2 year trial, being acquitted, then living a fugitive. Charged again with treason and sentenced to

life imprisonment. Read the January 31, 1985 entry to group.

(7) The Rand is the currency of South Africa.

(8) South Africa supplies

- A. 60% of gold to the world
- B. 30% of gold to the world
- C. 10% of gold to the world

(9) A South African doctor, Dr. Barnard pioneered the heart transplant. TRUE The first human heart transplant was performed in 1967.

(10) A familiar South African word is "Biltong". Do you  
(A) Wear it? (B) Sit on it? (C) Eat it?

Biltong is similar to jerky. Check out the recipe page in this booklet.

(11) Corn flour is called Mealie by South Africans. TRUE

(12) A common native food is termites. They taste like a cross between chicken and lobster. The protein from termites is 5 times more than beef.

This workshop on South Africa can be expanded by including an in dept description of the country's history, vocabulary, songs and games. Experience Apartheid emotions by dividing your participants into various South African groups. Role play by imposing various Pass Laws and Apartheid rules. Supplement workshop with the latest media articles on South Africa.

#### UBUNTO

A beautiful African word which means  
"My humanity is bound with your humanity. I can not be human if you are not human and you can not be human if I am not human."

This Oregon FCE workshop edited July 1997  
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## RECIPES FROM SOUTH AFRICA

### PUMPKIN AND MEALIE MEAL

10 pounds pumpkin  
3 1/2 pounds mealie (corn meal)  
salt or other seasonings you like

Cut pumpkin into small squares and boil in water until soft.  
Mash pumpkin, add mealie meal, boil together.  
Season, beat together with wooden spoon until thick.  
Eat alone or add peanuts, or cover with meat gravy.

### BILTONG

1 large rump roast  
1 cup salt (for a 12 to 13# roast)  
1/8 cup brown sugar  
1-2 TB saltpeter (too much makes the meat tough)  
1/2 cup soda (helps meat become tender and moist)  
1 tsp. coriander  
1 tsp. pepper

Cut meat along the grain, in thick strips, leaving some fat.  
Mix salt, brown sugar, saltpeter, soda, coriander and pepper together and rub into meat.  
Place in a crock or enamel container, turn daily for 3 to 5 days.  
When ready to dry, wipe with a cloth dampened in vinegar.  
Hang the meat to dry in a cool, airy place away from flies, dust.  
The easiest way to hang the meat is on wires bent into S hooks.  
Biltong can be smoked for two hours in a smoker before drying.  
Bantu people string their meat on sticks and steam it before hanging it to dry. The Pango cut the meat into long strips and wrap it in a spiral around a stick to dry.  
The finished product can be a snack, or shredded or ground.

### SOETKOEKIES (SWEET WINE COOKIES)

4 TBs butter, softened  
2 to 2 1/4 cups flour  
1 tsp each baking soda and cinnamon  
1/2 tsp ginger  
1/4 tsp each cloves and salt  
1 1/4 cups dark brown sugar  
1 egg  
1/4 cup port, Madeira or sweet sherry  
1/2 cup blanched almonds, finely chopped or pulverized  
15 whole almonds, split lengthwise  
1 egg white combined with 2 tsp water, beaten to a froth

Preheat oven to 350. Oil cookie sheets.  
Sift 2 cups flour, baking soda, salt and spices together.  
Cream butter and brown sugar, beat in the egg.  
Add 2 cups flour/spice mixture. Beat in wine and chopped almonds.  
Gather dough into firm ball, if too soft, knead in up to 1/4 cup more flour. Roll 1/4 inch thick on floured surface. Cut in 2 inch rounds. Press a blanched almond half lightly into the center of each cookie. Brush cookie with egg. Bake 15 minutes, until crisp.

# Prayer for Africa

## Nkosi, Sikelel' i Afrika

Original Zulu words by Enoch Sontonga  
 English words by Katherine F. Rohrbough  
 Swahili words from Ngethe Njroje

(African Nat'l. Anthem)

Melody by Enoch Sontonga  
 Arranged by Nylea L. Butler-Moore

G D7 G

Nko - si, si - kel - el' i Af - ri - ka, Mal - u - pa - kam' u - pon -  
 Bless, O Lord, our coun - try Af - ri - ca, So that she may wa - ken  
 Bwa - na i - ba - ri - ki Af - ri - ka, Il - i i pa - te

G Dsus D G Am Em

da - lway - o; Yi - va im - i - lan - da - zo ye - tu.  
 from her sleep. Fill her horn with plen - ty, guide her feet.  
 ku - am - ka. Ma - om - bi - ye tu ya si - kel - el.

C6 G/D D Em C6 G/D D G

U - si - si - kel - el - e, U - si - si - kel - el - e.  
 Hear us faith - ful ones.\* Hear us faith - ful ones.  
 U - tu ba - ri - ki, U - tu ha - ri - ki.

G

Yih - la Moy - a (Yih - la Moy - a) Yih - la Moy - a  
 Spir - it de - scend. (Spir - it, Spir - it) Spir - it de - scend.  
 U - jeh Ro - ho, (U - jeh, U - jeh) U - jeh Ro - ho.

G D7 G D G

(Yih - la Moy - a) Yih - la Moy - a Oy - ing  
 (Spir - it de - scend) Spir - it de - scend. Spir - it de - scend.  
 (U - jeh Ro - ho) U - jeh Ro - ho. U - jeh Ro - ho. U - tu - ja - za.

# SOUTH AFRICA

## TEST

1. South Africa has a mixture of peoples. Which of the following are considered South Africans?
  - A. Whites
  - B. Afrikaners
  - C. Bantu
  - D. Coloureds
  - E. Indians
  - F. All of the above
2. How Many Capitol cities does South Africa have?  
(A) 3 (B) 2 (C) 1
3. (T/F) There are two separate independent countries within South Africa.
4. South Africa has eleven official languages. The two most used languages are \_\_\_\_\_ and \_\_\_\_\_.
5. (T/F) Apartheid was racial segregation where white man ruled.
6. The President of South Africa is \_\_\_\_\_.
7. The \_\_\_\_\_ is the currency of South Africa.
8. South Africa supplies
  - A. 60% of gold to the world
  - B. 30% of gold to the world
  - C. 10% of gold to the world
9. (T/F) A South African doctor, Dr. Barnard pioneered the heart transplant.
10. A familiar South African word is "Biltong". Do you
  - (A) Wear it?
  - (B) Sit on it?
  - (C) Eat it?
11. (T/F) Corn flour is called Mealie by South Africans.
12. A common native food is termites. They taste like a cross between \_\_\_\_\_ and \_\_\_\_\_. The protein from termites is \_\_\_\_\_ times more than beef.

## DATES IN THE LIFE OF NELSON MANDELA

- July 18, 1918 -- Mandela is born at Qunu, a small town in the southeastern Xhosa-speaking region of Transkei, the son of a Tembu tribal leader.
- 1938 -- Mandela enters the University of Fort Hare. Two years later, he is expelled for participation in a student strike and moves to Johannesburg to avoid an arranged marriage.
- 1944 -- Mandela, Oliver Tambo and Walter Sisulu help form the Youth League of the African National Congress.
- 1952 -- Mandela is appointed "volunteer-in-chief" of the ANC's Defiance Campaign and travels around the country recruiting volunteers. On June 26, Mandela and 51 others break curfew regulations as their first act of defiance. In December, Mandela and others are arrested and charged under the Suppression of Communism Act.
- Dec. 6, 1956 -- Mandela is among 156 political leaders arrested and charged with high treason.
- June 1958 -- Mandela marries Winnie, a social worker, after divorcing his first wife, Evelyn.
- March 21, 1960 -- Sixty-nine black protesters are killed by police in Sharpeville, A state of emergency is declared and the ANC is outlawed.
- March 29, 1961 -- Mandela and all his co-defendants in the treason case are acquitted after a 4½ year trial, Mandela starts living as a fugitive.
- January 11, 1962 -- Mandela makes a surprise appearance at the Pan-African Freedom Movement Conference in Ethiopia. He then travels to Algeria for guerrilla training and to London to meet leftist politicians...
- August 5, 1962 -- A few weeks after returning to South Africa, he is captured and charged with incitement and leaving the country illegally.
- November 1962 -- He is convicted and sentenced to five years in prison.
- July 11, 1963 -- Police raid the ANC's underground headquarters and seize documents outlining a planned guerrilla campaign.
- June 12, 1964 -- Mandela and seven others are convicted of treason and sentenced to life imprisonment.
- June 13, 1980 -- An International "Free Mandela" campaign culminates with a call for release by the U.N. Security Council.
- Jan. 31, 1985 -- President Pieter Botha offers to free Mandela if he renounces violence. Mandela says he will not do so until the government takes the initiative in dismantling apartheid and granting full political rights to blacks.
- Aug. 12, 1988 -- Mandela is hospitalized for tuberculosis. After recovery, he is transferred on Dec. 6 to a prison farm, where he is allowed unrestricted family visits.
- July 5, 1989 -- President Pieter Botha invites Mandela to his official Cape Town residence for a 45-minute talk.
- Oct. 15, 1989 -- Five co-defendants of Mandela are freed unconditionally by Frederik de Klerk, who replaced Botha as president in August.
- Feb. 2, 1990 -- De Klerk legalizes the ANC and 60 other organizations, vows to free all political prisoners, ends restrictions on 374 individuals and places a moratorium on hangings.
- Feb. 10, 1990 -- De Klerk announces that Mandela will be released from prison the next day. Discussion begin concerning the development of a new constitution which will dismantle apartheid, racism, and sexism.
- April 26-28, 1994--South Africa came to a halt as the entire nation flocked to polling stations to determine their country's future. Ending nearly 50 years of racial domination, the country's first democratic election was an event its people would never forget. To the millions who voted for the first time, it was the culmination of a lifelong dream, a dream of democracy come true.
- May 10, 1994 -- Mandela elected Executive President with de Klerk as Deputy President.
- July 1996 -- Mandela has a meeting with Queen Elizabeth in London.

\* ANC -- African National Congress