



THE HOUSE HERALD

DURBANVILLE



1st Edition 2017—Welcome to the New CAF Campus Pupil Newspaper

In this issue:

In this edition we have included two informative feature articles. The first feature piece is piece about the problems surrounding cultural appropriation skillfully written by Thato Sepenya. The article highlights some key issues which are often unknown to society.

The second article is an article by Vida Madighi-Oghu which illuminates the response of modern and pre-dated art works to political decisions. The article was proficiently written to expose the underlying truths of many famous artworks.

The lifestyle section contains two enlightening articles by Cassy Ferreira and Rebecca Bibergal which address mental health and how technology is aiding the blind community

Drew Carstens ignited his presence within The House Herald by writing a report of the Knysna cricket tour which occurred during the September holidays 2016.

Message from the senior contributors

Welcome to the first CAF edition of the newly designed House Herald; a newspaper fashioned to suit the tastes of the students by producing relevant news, provocative articles, and an array of photographs submitted by the students of Reddam House Durbanville.

The newspaper has undergone some noticeable renovations since the last release. These changes are largely due to a change in aspirations from the newspaper's innovative members and a change in some key positions. The newspaper team has reconsidered its output capabilities and has decided to release a new edition bimonthly with even more refreshing content.

Additionally, The House Herald would also like to wish all of the students a wonderful start to the year. All of the hard work and preparation will pay off in the end.

As usual, if any student would like to contribute to The House Herald please feel free to contact Ms. Healey, or any other members.

We are also happy for both staff and pupils to add features or articles and advertisements of upcoming events. Please send all the necessary information to the email address below.

We are also keen to have parents advertise on our pages so if you are willing to support the pupil paper please email the address below for space and pricings.

Finally if anyone wishes to respond to any articles in any way we will publish letters and views in the next issue. Please ensure that you put your full name and grade on the letter.

Courteney Miller & Rebecca Bibergal

Grade 12



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FEATURES

CULTURAL APPROPRIATION*

Cultural appropriation is the theft of the elements of a minority culture, stolen by the majority, and joined into pop culture, without acknowledging the original creators of that culture or the struggles the minority has endured/still endures. Appropriation happens when a style leads to racist stereotypes and generalisations for the minorities which created it, but is considered "trendy", fun and "fashion forward" for the privileged majority that wear it which are not aware of the significance of the culture that they are taking part in.

For example, Hip hop in the black community is a genre which was derived from the struggle which people of colour endured daily and was created to help people of colour fight through it. Gold chains, baggy clothes, and grilled teeth on a black man are aggressively stereotyped so badly that he is often subject to police brutality or other racist consequences. Macklemore sports the same attire and it was enough to get his single, "Thriftshop" to the number one spot for Billboard in 2013.

Katy Perry, another well-known pop artist, gels down fake baby hairs, puts on a "black accent" to portray how she believes a black woman speaks in her "This Is How We Do" music video, but yet will not take the struggle and systematic oppression that comes with being a black woman.

Cornrows are a protective hairstyle which was created by black woman to keep their hair knot free, maintained and stylish. Kim Kardashian often wears her hair the same way but changes the name to "Boxer Braids" and doesn't give credit to black women, yet she is still praised by the media without facing the shame that many black women endure for the same hairstyle. The problem with this is that it teaches young black girls that their hair is only good enough when it is on a white woman's head but not her own. Black women's hair is constantly being branded as "ratchet", however when a white woman wears African hairstyles she is branded as trendy and fashion forward.

My hair is not just for fashion. It's part of my heritage. And so are their hijab, bindi, and her henna. It is a statement of pride. It's a culture, not a costume.

Though remember, this does not mean you have to ignore the culture completely. You can learn about other cultures, teach yourself different languages and appreciate it without having to offend anyone. If you are unsure of whether your fashion is offending anyone or if you are appropriating a culture, ask your friends that are a part of that culture! Research it online and educate yourself first. Allow yourself to be wrong and accept it when someone tells you are.

Thato Sepenya - Grade 10

*Cultural appropriation is the adoption or use of the elements of one culture by members of another culture.



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ART AS A POLITICAL WEAPON

“In a decaying society, art, if it is truthful, must also reflect decay. And unless it wants to break faith with its social function, art must show the world as changeable. And to help change it.” - Ernst Fischer

Artists have always done the things which no one would think to do, they say the things no one would say and they paint the things that people don't always want to see because it is the truth. Activist artists adopted the obligation to show the raw truth of the chaos, destruction and catastrophic mistakes humans have made, and while there has always been artists that outline the faults of these people. The 21st century birthed a new breed of artistic activists who create the controversial media which shakes the world.

In Europe, Dada, an art movement from the first decade of the 20th century, is said to be 'a response to first World War'. The Dada was a movement focused on absurdity, and the absurdity of human nature and activities. As a result of this, a large amount of the works by artists that were a part of the movement was done in collage. The Dada movements aimed to alert and inform the middle class about the farcical ways in which humans were going about their lives. Dada rebelled against the army and society's organisation by creating this seemingly random art pieces.

The most popular works from the 20th century came from 1960. The art pieces took the form of anti-war messages with the intention to influence the American government about the Vietnam War in hopes to prevent intervention in the war. The anti-war artwork redesigned American culture and created a movement that led to pop and folk art, with artist such as Yoko Ono and Andy Warhol, both of which were influenced by the Peace movement and 'hippie' culture. This movement was not exclusive to the United States, and also flourished in Europe, revolutionising the art culture.

Picasso, one of the most popular artists known in present day also had an input in political art. A large sum of his cubism work was greatly influenced by the political issues in Europe during the 20th century. The most well-known of these is The Guernica, a response to the Spanish civil war, completed in June 1937. While he did not witness the bombing first-hand, he was greatly moved by a report written in The Times which spoke about the horrors of the Spanish town being wiped out by the airstrike.

Fast forward to present day, art challenges politicians and everyday people alike. Internationally, the feminist movement fights for the rights of women all over the world, such as Shirin Neshat, an Iranian female photographer/artist who aims to highlight the portrayal of women, specifically women in Iran and the import role they play in the country. As a result of her rebellions, she and other Iranian political artists living on the outskirts of Iran have been exiled. Through her artwork, she aims to educate the West on her people and wants to highlight to horrors of her government. She famously stated that “art is our weapon, culture is a form of resistance” during a TED talk.

Michael D'Antuono is another modern day political artist, who specifically targets the American government and society. He has been described as the world's most controversial artist. His artwork has no borders and can be extremely explicit. He has highlighted issues of the American media, modern racial conflict, and flaws within the government. His scandalous artwork illustrates another side of America beyond the 'land of the free' and 'American dream' which country has painted for itself. His most recent trending photo is based off the police shootings in America in support of the Black Lives Matter movement.

All of the artists and art movements mentioned have stirred people's lives in a way that words may not have been able to. They have influenced and educated the world. They are examples of the popular phrase 'a picture is worth a thousand words'.

Vida Madighi-Oghu—Grade 12



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LIFESTYLE

COPING WITH AN ANXIETY DISORDER

Anxiety, a word which is often thrown around by many in response to being informed about an upcoming test or before a painstaking Afrikaans oral. But what exactly is anxiety? While there is no singular description, anxiety is feeling incredibly uneasy about everything happening around you. If you do not have a definitive understanding of what anxiety is, you've probably fallen victim to its stigmatization. In many societies, anxiety as well as many other mental disorders, are looked down upon and are not recognized as real illnesses. Anxiety is a very real mental disorder which affects more and more people each year.

The most common type of anxiety is Generalized Anxiety Disorder (GAD). This entails a person to be worrying over small things in life, or you dream up future events that will never happen, but the thought of them keeps you awake at night. Like what will happen if you never did your homework, when you have already done it. Another type of anxiety is Social Anxiety Disorder. Social anxiety entails a person having an excessive fear of social situations. Extreme self-consciousness may arise from a fear of being closely watched, judged, and criticized by others.

There are many coping methods for anxiety both medical and natural. One method is speaking to a therapist about your anxieties. Another more natural route may be tea, which sends signals to the brain to calm the body. The best teas for anxiety sufferers are ginger tea, Chamomile, and Ginseng.

For more information on anxiety, visit: <http://www.medicalnewstoday.com/info/anxiety>

DISCLAIMER: This article was not written by a medical professional therefore some of the advice given may not be medically accurate or certified.

Cassy Ferreira - Grade 12

TECHNOLOGY AIDING THE BLIND

Visual impairment is a common disability which is prevalent around the world. As of today, more than 285 million people around the world are visually impaired. Blindness is not caused by a single disease, often babies are born blind, or people who contract a specific disease which ultimately results in visual impairment. It is not just eye damage that can cause blindness. But nowadays, the world's scientific community is advancing technology which can change lives for the blind population.

The most exciting technology could be the Bionic eyes which have only recently been invented. These marvels of human technology allow people with retinal damage to see, using an implant, a chip and a transmitter. When light reaches the 3mm chip, in the back of the eye, the chip sends signals to the brain through the optic nerve. Images produced by the implant are black and white but are unfortunately not the best quality; around 1,500 pixels to be exact. However, it is certainly a revolutionary process which is changing the lives of many. As of now, this implant has been given to 40 blind people.

Another aspect of technology that is helping with blindness today is gene therapy. Gene therapy is often considered the most advanced and complex form of therapy used to treat the blind. The treatment entails the use of modified virus containing a healthy gene being delivered to the eye with a form of a gene which has been mutated. However, gene therapy cannot be used to treat age-related macular degeneration (blindness caused by old age).

These two treatments are just the tip of the iceberg. As is clearly visible in the above article, technology is not only curing blindness, but is also making it easier for the blind community to manage and control their disability.

Rebecca Bibergal - Grade 12



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ENTERTAINMENT

MUST WATCH MOVIES

Assassin's Creed

Through a revolutionary technology that unlocks his genetic memories, Callum Lynch (Michael Fassbender) experiences the adventures of his ancestor, Aguilar, in 15th-century Spain. Callum discovers he is a descendant from a mysterious secret society, the Assassins, and amasses incredible knowledge and skills to take on the oppressive and powerful Templar organization in the present day.



Passengers

On a routine journey through space to a new home, two passengers, sleeping in suspended animation, awake 90 years too early. As Jim (Chris Pratt) and Aurora (Jennifer Lawrence) face living the rest of their lives on board, with every luxury they could ask for, they begin to fall for each other, unable to deny the intense attraction until they uncover that the ship is in grave danger. With the lives of 5,000 at stake only Jim and Aurora can save them all.



UPCOMING EVENTS

SAVE THE DATE!

March the 28th —watch this space—new and exciting extravaganza in our state of the art new theatre...





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TEACHER'S CORNER

MEMORY

In 1946, George Orwell – author of, amongst others, 'Animal Farm' and '1984', published an essay called 'Why I Write'. I read it when I was about 17 years old, and then re-read it a couple of months ago. I'm starting writing this article with no direction in mind. 'Why I write' was the first title which came to mind for this piece. I write because I remember.

It goes without saying that teaching a discipline such as History requires a relatively versatile memory and that, in the eyes of others, one's ability to remember the details of an event defines whether or not you are a talented historian. It is one of my greatest struggles: having to live up to the expectation that, since you are a specialist in the past, you have the ability to recall and explain everything that has happened in the past.

I am not interested in exploring what I remember. Gladly, my days of writing exams recalling content detail are over. I am more interested in exploring how I remember. I remember

1. The smell of the SAB Breweries in Newlands at 7am in the morning when there is a South-Easterly wind (1988)
2. The sight of mercurochrome (1989)
3. The smell of chlorine (1997)
4. The smell of espresso being made (2002)
5. The sounds of an airport departure lounge (2002)

As you can tell, these 'triggers' do not involve my actively looking for a photograph in an album or a letter in one of my old boxes from school. In other words, they are largely unavoidable – random, if you wish. They do, however, provoke very raw emotional responses in me.

For anyone who has lived or lives in the South Suburbs, the smell of the breweries is extremely distinct on certain days. I still smell it on some mornings, and every time that I do, I see my parents dropping me off at nursery school in the late 1980s and I feel alone. When I see the stained red of mercurochrome or listen to someone telling me about an experience of extreme pain, I feel the top layer of the skin on the back of my legs peeling off. In 1989 I fell down a flight of cement stairs at UCT. The wound had to be treated with mercurochrome.

I cannot choose to ignore them, for they are too deeply entrenched in who I have become. And that, perhaps, is why I remember.

Ms. Nasson



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SPORT

KNYSNA CRICKET TOUR 2016

On the last day of term three the cricket team embarked on a five hour drive to Knysna for the cricket tour. After the tiresome but extremely eventful journey to Knysna the team were happy to be welcomed to the charming Bed and Breakfast which they were to call home for the next six days.

The next three days were filled with tedious matches which the team unfortunately lost, but not without extreme efforts from all of the teammates. On the fourth day of the tour the team played against Oakhill. Once Oakhill had scored 180 after 20 overs, went to bat. Angelo Yiatses and Drew Carstens scored 152 after 20 overs without losing a wicket.

That same night the team was treated to luscious dinner of sushi at The Waterfront Knysna Quays. The next day the team played Fishoek again and unfortunately lost with a close score. The team was then treated to burgers with all of the other touring teams; a great socialising experience for the whole team.

On the last day the team left the pleasant Bed and Breakfast to make their way back home. A valiant effort from our first team.

Drew Carstens - Grade 12



A NEW SEASON

Sport is made compulsory in schools all over the country. For some, it may seem like a waste of time, effort, and energy. Whilst for others it might seem to take priority over academics. Different people will naturally have a different attitude towards their physical health and fitness. Whilst one group is focusing on math problems, the other may be battling it out in the rain against a rival school.

For those that seek greatness and some sort of self-accomplishment in their sporting career, equipment plays a significant part in this part of their lives. And as dedicated sports players in high school, you're always begging your parents to buy you the latest and greatest to assist you in reaching your full potential. So parents, if it happens that your child wants the most expensive pair of soccer boots in the store, hesitate only for a short while and acknowledge that your child is only out to strive for greatness as they move closer and closer to a goal set since the ignition of their sporting infatuation.

I encourage those who fear the wooden bats and the depths of pristine blue waters to dive right in and to let go of those reservations you have had about tennis since you were traumatized by it in fifth grade. Take it slow and go at your own pace; make sport an enjoyable experience for yourself.

Thando Edwa - Grade 9