

SECTION 1 – FIRST INHABITANTS OF SOUTH AFRICA



Khoisan camp¹

Main Topics

- Introduction to the History of South Africa
- History is a Story
- The San of Africa
- The San Way of Life
- Sweet Treats
- Food and Social Roles
- San Beliefs
- Nama Languages
- The Khoena of Africa – Men of Men

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RESOURCES	
Essential Resources	<input type="checkbox"/> <i>Ghamka, Man-of-Men, Eve Merchant</i>
Movies	<input type="checkbox"/> <i>The Gods Must Be Crazy</i>
Art Appreciation	<input type="checkbox"/> <i>A Khoikhoi settlement in Table Bay, Abraham G. van der Waert</i> <input type="checkbox"/> <i>Bushmen Hottentots Armed for the Expedition, Samuel Daniell (1804)</i>
Music Appreciation	<input type="checkbox"/> <i>Walking with the San, Charlie Simpson & San</i>
Poetry	<input type="checkbox"/> <i>The Bushman, Thomas Stanger</i>
Copywork	<input type="checkbox"/> Deuteronomy 18:9 <input type="checkbox"/> Acts 17:20
Outings	<input type="checkbox"/> Camissa Museum at the Castle of Good Hope <input type="checkbox"/> West Coast Fossil Park, Western Cape <input type="checkbox"/> Boesmanskloof, Clanwilliam, Cederberg, Western Cape <input type="checkbox"/> West Coast Rock Art Route, Citrusdal, Western Cape <input type="checkbox"/> Blombos Caves, Still Bay, Western Cape <input type="checkbox"/> Pinnacle Point, Mossel Bay, Western Cape <input type="checkbox"/> Richtersveld, Northern Cape <input type="checkbox"/> Wonder Caves, Northern Cape <input type="checkbox"/> Wildebeest Pit Rock, Barkley West, Northern Cape <input type="checkbox"/> Vredefort Crater, Free State <input type="checkbox"/> Kaditshwene, North West <input type="checkbox"/> uKhahlamba Drakensberg Park, KwaZulu-Natal <input type="checkbox"/> Melville Koppies, Johannesburg, Gauteng <input type="checkbox"/> The Cradle of Humankind, Johannesburg, Gauteng ²

² First read *Creation vs. Evolution* in the appendix

ESSENTIAL RESOURCES

Ghamka, Man-of-Men, Eve Merchant

Ghamka is the son of a Khoen chief who yearns to be accepted by the tribe as a man. Khoen life comes alive in this story of a tribe who encounter white men, namely Bartholomeu Dias and his fellow mariners, who come ashore to barter and get fresh water for their ship. Please note that some of the battle scenes may be disturbing for sensitive children.

BIBLE STUDY

This section has an emphasis on courage – the courage of the Portuguese discoverers to venture to new lands despite their superstitions; the courage of the Khoena in facing their enemies and the Europeans and ultimately, the courage that Ghamka shows in the various situations he faces.

There are many examples of courageous leaders, both men and women, in the Bible. Their courage was derived from their faith in God. Choose one of the following to read about and discuss:

- Esther's courage before King Xerxes
- Deborah's courage in going to battle (Judges 4)
- Joshua's capture of the city of Jericho
- Rahab's hiding of the spies
- Daniel's courage in the lion's den
- Shadrach, Meshach and Abednego in the fiery furnace

The following are good questions to consider when studying any leader:

Why is he or she an example of a good leader? Give examples of how this leader is an example of a good leader by explaining how he or she:

1. listens to people;
2. is a servant of the people and works for the good of others;
3. works with a team;
4. has courage;
6. is dedicated and wholeheartedly committed to his/her beliefs;
7. prepared to sacrifice or give up something for the sake of others.

Bible Memory Verse

Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love. ~ 1 Corinthians 16:13

MOVIES

The Gods Must Be Crazy

A San tribe is confronted with an object that disrupts their peaceful existence when a Coke bottle falls from the sky. Believing its rightful owner to be the gods, Xi decides to return the object to them. The humour that largely deals with cultural differences makes for an entertaining story but it will also give you interesting perspectives to debate and discuss.

ART APPRECIATION

In this section, you will study the following works of art:

A Khoikhoi Settlement in Table Bay by Abraham Bogaerts

Bushmen Hottentots Armed for an Expedition, 1804 by Daniel De Vell

Charlotte Mason approached art in a balanced way, particularly allowing time for her students to appreciate the art of others, as well as develop their own. We can do the same regardless of our own artistic abilities. As you work through this section, we encourage you to display the chosen art print somewhere visible in your home. At the appropriate time, we will give you prompts to discuss the pictures with your children. There is also some background information on the artist and sometimes related art activity.

MUSIC APPRECIATION

Links to music for music appreciation are on the course website. In this section, you will listen to the following song:

***Walking with the San* by Charlie Simpson & San**

Charlie Simpson is a British musician, who wrote and performed a song with a group of San people in Namibia. All proceeds from the song go to the San. The song is a unique blend of San voices and rhythms and Western music with thought-provoking lyrics by Charlie Simpson.



"Taking Western music to the oldest tribe on earth, the San bush people of Namibia. A joyous triumph and a glorious reminder of what brings us all together as humans--whatever our tribe." ~ Bevy Ivy, comment on Facebook

SAMPLE

INTRODUCTION TO THE HISTORY OF SOUTH AFRICA

NOTE TO PARENTS

*Some of the stories and poems included in this curriculum use outdated terms, which are now considered ethnic slurs - words like Khoikhoi, Hottentot, Bushman and one book even uses the word, Kaffir. These resources were written at a time when those words were considered appropriate and the fact that they are now no longer acceptable is an important lesson. **No disrespect or offence is intended.** We recommend that you discuss this with your children and then substitute any offensive or taboo words with modern alternatives which are more acceptable, such as Khoena, San or Black person.*

Please use your own discretion when choosing which books to read to your children. If a controversial issue or difficult situation comes up, use it as a discussion point with your children and talk about why this is the case. Instead of “cancelling” and “censoring” historically sensitive issues, we should try to learn from them. History is full of bias and prejudice and learning to recognise it is essential.

Welcome to the story of South Africa’s first few hundred years. Our story will first begin with an overview of the indigenous tribes that were living in South Africa, while the Europeans and other nations were exploring the known world and venturing beyond the continent of Africa. *Indigenous* refers to people, animals or plants, which naturally live in an area. In the case of people, it refers to those who have lived there for centuries before people from other lands came to their country. Europeans were people from the continent of Europe. Can you find Europe on the globe?

There isn’t a country in the world in which blood was not shed on the land, as one tribe or one culture fought to dominate another. Most of the political boundaries on a map of the world were established through violence. South Africa is no exception!

Both politics and economic shaped the history of South Africa - or should we say it more bluntly? The lust for power and wealth have been important factors that influenced events in South Africa. Bloody battles, slavery, colonialism, classism, the struggle to get away from colonial rule, indenturedship, racism, prejudice and war are just some of the violent issues that will come into focus, as we study this era.

If you don’t know what all those words mean, don’t worry, you will soon learn about them.

Why Study the Struggles of History?

George Santayana, a Spanish philosopher said: *“Those who cannot remember the past are condemned to repeat it.”*

The violence of history, while shocking, is not random. There is a cycle in history which can be seen from the beginning of time – a nation rises, it oppresses others in that land, there is a

revolution, the victims become the rulers and then oppress others. This is a clear pattern throughout the 6 000 years since God created the earth and mankind to live on it.

In this programme, you will discover that, for centuries, tribes of all cultures were warring against each other so that they could occupy land, get the best grazing grounds for their herds and have access to good sources of water. When the Portuguese, Dutch, French and British arrived, the cycle continued as one gained the upper hand over the other.



Vintage globe

Why is it that nations fight like this? Well, as you learn about the story of South Africa's early history, it will become clear to you that not only is there evil in mankind's hearts - but that there is hope for mankind in the personhood of the indwelling Jesus Christ.

You are going to delve into the story of our nation's early years along with two very inquisitive twins and their patient, loving grandmother as she unravels the twists and turns of a complex nation, made up of people of many beliefs, race groups and walks of life.

Are you ready? Let's begin.

History is a Story

"Granny, what's that bag of old letters lying there on your desk? I can't even read that old-fashioned cursive writing!" Lauren exclaimed to her grandmother as she plonked herself down on the couch in the living room of her granny's small cottage. Every Friday, she and her twin brother, James, visited their grandmother, while their mother took their older sister, Lisa, to her violin lesson nearby.



Granny Stella's bag of letters

Granny Stella used to teach history and geography, but she loved to use stories and real-life experiences to make learning come “alive”. Although she was not able to homeschool her own children in the 1970s and '80s, she home educated them anyway - as much as she could - after school, by taking them to places of interest, whenever she could. Her grandchildren soon discovered that their grandmother loved sharing her love of history and her love for South Africa.

“Your mother has asked me to take you two through the early history of South Africa,” said Granny Stella, “and I thought that instead of only telling you what the history textbooks say, I would rather take you to give you a more personal account, by sharing with you some of the perspectives shared by your ancestors, who lived through it. Unlike the modern generation, which mainly uses photos and selfies to record the main events of their lives - and even the nonsense they get up

to, past generations, especially the well-educated, were quite diligent about writing about their lives and keeping diaries. Historians refer to these personal records of history as *primary resources*.”

As the twins started to rifle through the bag of letters, Granny Stella continued saying: “We were blessed to have several letters from family members that have been passed down through the ages. I found that I had a diary and some old photos from the family as well. I was looking through them to see how they fit into the history that we are going to talk about over the next while.”

James, the more impulsive of the two twins, looked a little dubious at the thought of listening to his gran reading old letters and piped up saying, “But Granny, our family weren't the first people in South Africa, there were others before us, weren't there?”

“Quite right James! As you know, before the Europeans set foot on the land, there were a multitude of indigenous tribes living in South Africa. We won't learn about all of them, but let's focus on some of them first. If there are others you want to learn about, then you can research further at home.

We know that the first people who roamed our country lived a nomadic lifestyle.”

“Nomadic? What does that mean, Granny?” James interrupted again, looking up from the table where he and Lauren were carefully removing some of the letters to look at the beautiful cursive writing, while they listened. Granny Stella answered his question and continued:

"Nomads were people that travelled from place to place to find good hunting or grazing land for their animals and they had no permanent home. Actually, these days, people also talk of *digital nomads*. These are people who work online so they can travel and live anywhere in the world!

But our first South African nomads were hunter-gatherers, who lived simple lives in a community. These communities would follow the herds, which moved to different areas in different seasons. Later, some tribes became herdsmen. As they travelled, they would leave traces of their lives behind them.



San rock art, Cederberg, Western Cape

Cave paintings are scattered all over our country and tell us about their beliefs, their hunts and their communal lives. In years past, these wandering people were called Bushmen and then later, correctly referred to by their indigenous names: San and Khoena (or Khoe when used as an adjective or singular form). Many of those whom the colonists called ‘Bushmen’ were, in fact, Khoena.

The San and Khoe tribes were pushed further and further south by the Bantu tribes, which I’ll tell you more about shortly. They were tribes moving south from Central and Western Africa so that by the time the Portuguese travelled around the Cape of Good Hope in 1488, it was the Khoena who greeted them. Later, when a Dutchman, named Jan Van Riebeeck arrived at the Cape in 1652, to establish a refreshment station for ships, it was the Khoena with whom his men clashed over the land...but we’ll get to all of that later in time."

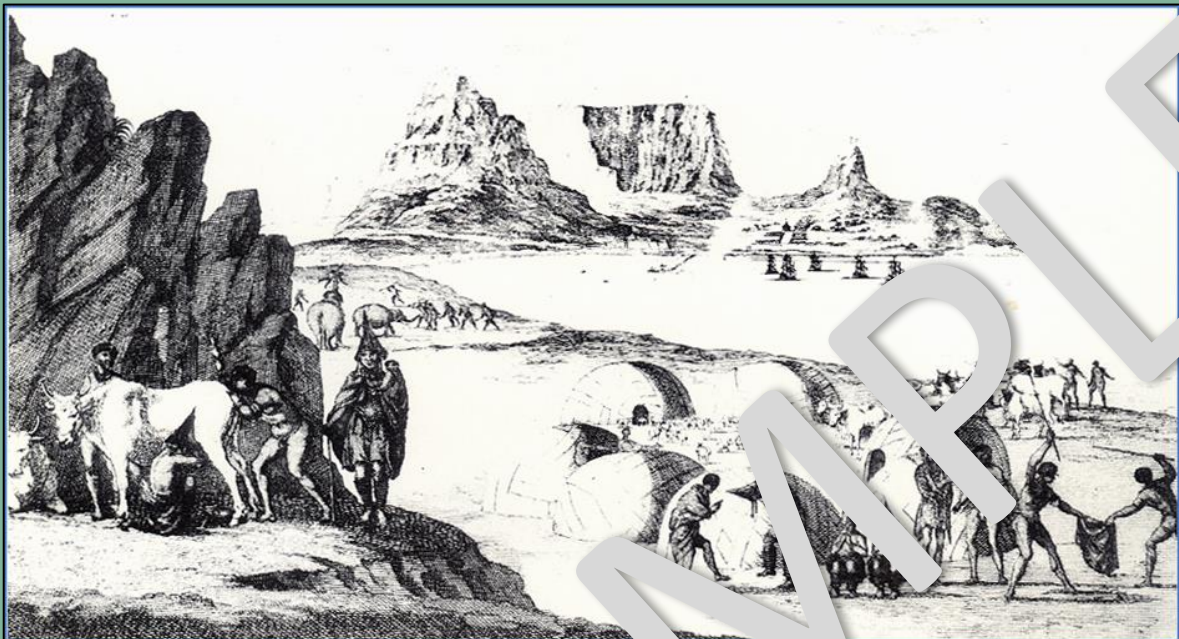


Read *Ghamka, Man of Men* by Eve Merchant as you work through this chapter. Ghamka is the son of a Khoe chief who yearns to be accepted by the tribe as a man.

Khoena life comes alive in this story of a tribe which encounter white men, namely Bartholomeu Dias and his fellow mariners. They came ashore to barter and get fresh water for their ship. Please note that some of the battle scenes may be disturbing for sensitive children.

Art Appreciation

A Khoikhoi Settlement in Table Bay by Abraham Bogaert, published in *Historische Reizen*, 1711



The artist, Abraham Bogaert (1663-1717) was a Dutch pharmacist, author and poet who played a major role in the rebellion of the Cape Burgers against the government of Governor Willem Adriaan van der Stel, which you will learn more about in an upcoming chapter.

Bogaert travelled widely on behalf of the Dutch East India Company and later published an account of his travels along the African coast.

He visited the Cape, in July 1705 on his way to Batavia, where he was the chief physician and later, a merchant. On his return to Holland, he re-entered the Cape in 1706 and took the famous petition of Adam Tas, against the government of Willem Adriaan van der Stel to Holland in that same year. As an artist, he drew various Cape scenes during his stay.

In the era before photography, sketches, engravings and paintings were the only way in which scenes of people, animals and landscapes could be captured.

- Which part of the picture captures your attention first and in what letter-shape does your eye zig-zag through the picture? (Perhaps a Z shape?)
- Look at how light and dark, lines and shading or shadows are used to separate the foreground, middle ground and background of the picture.
- What mountain do you think makes up the backdrop of the picture? Do you think it is well-drawn?
- Study the details of each group of people and animals in the picture. There is quite a bit of action! You might be amused to notice that “Air is being blown through the anus of the cow on the left to aid the milking process.”
- Can you identify the large animals in the middle ground of the picture?
- Try your hand at drawing a Khoe hut and shading it to make it look rounded, like the huts in Bogaert’s sketch.

The San of Africa

Granny Stella and the twins moved to the kitchen, where the children took out some a... dry clay to play with, while Granny told her stories. They settled at the kitchen table as s... continued. "Do you remember a few years ago when we all went camping in the Cederberg and we had that very long, hot hike to the caves to look at the San rock painting...?"



Stadsaal Caves, Cederberg, Western Cape

The children nodded and James added, "I remember moaning and groaning all the way. I think I made it quite unpleasant for everyone, Gran, but when we got to the cave and looked at

those paintings, it was worth it...then we had to walk all the way back. I'm glad that Mom and Dad didn't give up taking me to places like that because I really love hiking now."

Granny Stella smiled at her grandson's honesty as she also remembered his complaints on the hike. She simply continued with her line of thought: "San paintings and etchings are prolific throughout Africa not just in the Cederberg, indicating that these people once roamed in many places across the continent. The rock paintings reveal aspects of their lives, such as hunting and camp life, the collecting of honey and gathering of plant food.

Archaeologists and anthropologists who study how people lived in the past believe that most San art has a religious interpretation.

Although they were nomadic, different groups stayed within specific areas. They would move around within their roughly demarcated areas in search of game and water, according to the seasons. They were very possessive over their water holes and would even kill a person, from another tribe, who trespassed and took their water without permission.

Over time, other African tribes and white settlers began to move into the San's traditional hunting areas. Some lived with them and others moved further west and north in their search for a piece of land, where they could live in their traditional way.

Today the San are found in the North-West Province, Kalahari, Namibia and Botswana. Nowadays, the San are less nomadic than their ancestors were. Shall I take a look on the map to see where those places are, children?" asked Granny Stella as the children came and peered over to see where she was pointing. She continued her narrative.

The San Way of Life

"The San people are small, lightly built, yellow-skinned people with peppercorn hair. They tend to have heart-shaped faces and fine facial features. Older people are often heavily wrinkled from life in the harsh African climate.

"Peppercorn hair, Granny?" Lauren interrupted, "That's a weird way to describe hair!"

"I suppose it is, now that you mention it, Lauren, but that's always how people described it. I wonder if that term is still acceptable these days. You should look that up online. You know, in the past there were a lot of words used by whites to describe other cultures that are now politically outdated or even considered rude and racist. That's an important lesson to learn, especially as we look at our own volatile history.

As I mentioned earlier, the settlers of the Cape described the San as Bushmen and the Khoena were called Strandlopers and Hottentots, but these words are no longer the accepted terms for these cultural groups.

I can imagine that the issue of hair classification would be a sensitive matter nowadays too, because during apartheid, one of the ways that people were classified into different racial groups was by the so-called *pencil test*."

“The pencil test?” the twins both exclaimed together and then looked at each other and giggled. “What’s that, Granny?”

“The pencil test involved sliding a pencil or pen into the hair of a person whose racial group was uncertain. If the pencil fell to the floor, the person passed and was considered white. If it stuck, the person's hair was considered too curly to be white and the person was classified as “non-white”. It had devastating consequences for some families, but we’ll study apartheid and its effects at a later stage when we get to the history of the 21st century. For now, let me get back to telling you more about the San way of life.”

Granny Stella guided their attention back to the original topic:

“Since the San are nomadic, they build huts of grass, thatched over a framework of branches, planted into the ground and tied with strips of bark of the knob-thorn tree at the apex. The men usually gather the branches and construct the framework, while the women gather grass and set about thatching the hut in layers. The finished hut is quite warm, which is necessary when temperatures drop suddenly after the sun sets in the Kalahari. The huts are also waterproof to provide shelter from storms in the rainy season. Huts are usually built in a circular arrangement around a central fireplace, which is the focal point of community life.”



A San man demonstrating how to hunt with a bow and arrow

Sleeping places are usually hollowed out of the sand and covered with grass. A fur kaross is used as a covering in cold weather. The San have few household possessions. Skin karosses, loin cloths and aprons are the San's only clothing. Their semi-nomadic life makes it impractical to possess anything that is not easy to carry.”

"Um Gran, what's a kaross?" asked Lauren.

Granny Stella chuckled at herself, realising that she was using terminology that was outside her grandchildren's frame of reference. "Sorry, Lauren, I had better explain that...a kaross is



Assignments

Calendars – Lunar and Gregorian

The San (and the Khoena) measured time by observing the phases of the moon and the seasons. Today we can still measure time by those same means. However, we usually use a calendar. Our present calendar was adapted by Pope Gregory XIII in the sixth century and is thus known as the Gregorian calendar. A year is the time it takes the sun to revolve around the sun. It takes $365\frac{1}{4}$ days to complete this circuit. A day is the time it takes for the earth to rotate once on its axis. A day is 24 hours.

Find a calendar that shows the phases of the moon.

Use a calendar to determine on what day of the week the following will fall, both this year and next year:

- your birthday
- your parents' and other family members' birthdays
- Christmas Day
- New Year's Day

Phases of the Moon with Cookies

The moon does not make its own light but reflects the light of the sun. It takes 28 days for the moon to orbit the earth. The processes of *waxing* and *waning* take about a month and the phases of the moon we see are from the same side of the moon facing the earth, just reflecting different amounts of sunlight from different angles, depending on its position.

- new moon – we see only blue outline of the moon
- crescent – a sliver of moon curving to the right
- half moon – half a moon
- waxing gibbous moon – $\frac{3}{4}$ of the moon illuminated from the right
- full moon – complete illumination
- waning gibbous moon – $\frac{3}{4}$ of the moon illuminated from the left
- half moon – illuminated from the left
- crescent – sliver of moon curving to the left

Use cream-covered cookies (like Oreos or Lemon Creams) to depict the phases of the moon.



Oreos showing the phases of the moon

Superstitions and Omens

The San were superstitious and believed that certain natural events could be good or bad omens. An omen is defined as a sign of future happiness or disaster. Read Deuteronomy 18:9-13 aloud together.

Copywork – Deuteronomy 18:9

Write this Bible verse in your neatest handwriting. Pay attention to spelling and punctuation.

When you come into the land that the Lord your God is giving you, you shall not learn to follow the abominable practices of those nations.

As the children busied themselves with their copywork and rolling moon shapes on the cookies, Granny Stella continued:

Nama Languages

“The sounds of the San languages are considered the most complex in the world. There are several varieties of this group of languages, known as the Nama languages. Family clans would often speak different tongues from their neighbours and kinsmen, but there would normally be a fair degree of similarity and understanding between them.

They consist of the most distinctive clicks and other unique sounds. There are three main click sounds, indicated by the following signs: /, ! and //

- 1. / or dental click.** To make this click, the tip of the tongue is placed behind the upper front teeth and it is then pulled away, making the fricative sound.
- 2. ! or alveolar - palatal click.** For this, the tip of the tongue is pressed firmly against the hard palate at the top of the mouth. It is then snapped down very sharply creating a loud pop sound.
- 3. // or lateral click** The tongue is placed behind the alveolar ridge in the top of the mouth. It is released at the sides by being drawn in from the teeth. The sound produced is much like the sound that drivers of horses make to signal them to stop or go.”

The children had fun click-clacking their tongues trying to create the correct click sounds, between munching the left-over cookies, they were now enjoying.

The clicks found in other African languages, like Zulu and Xhosa, are believed to be a result of the influence of the Khoena tribes that lived alongside other African tribes in earlier times.

“Do you know that there are words that we often use in South Africa that originate from these indigenous languages?” Granny Stella asked, without expecting them to answer as their mouths were full.

“I’ll name a few you are sure to know:

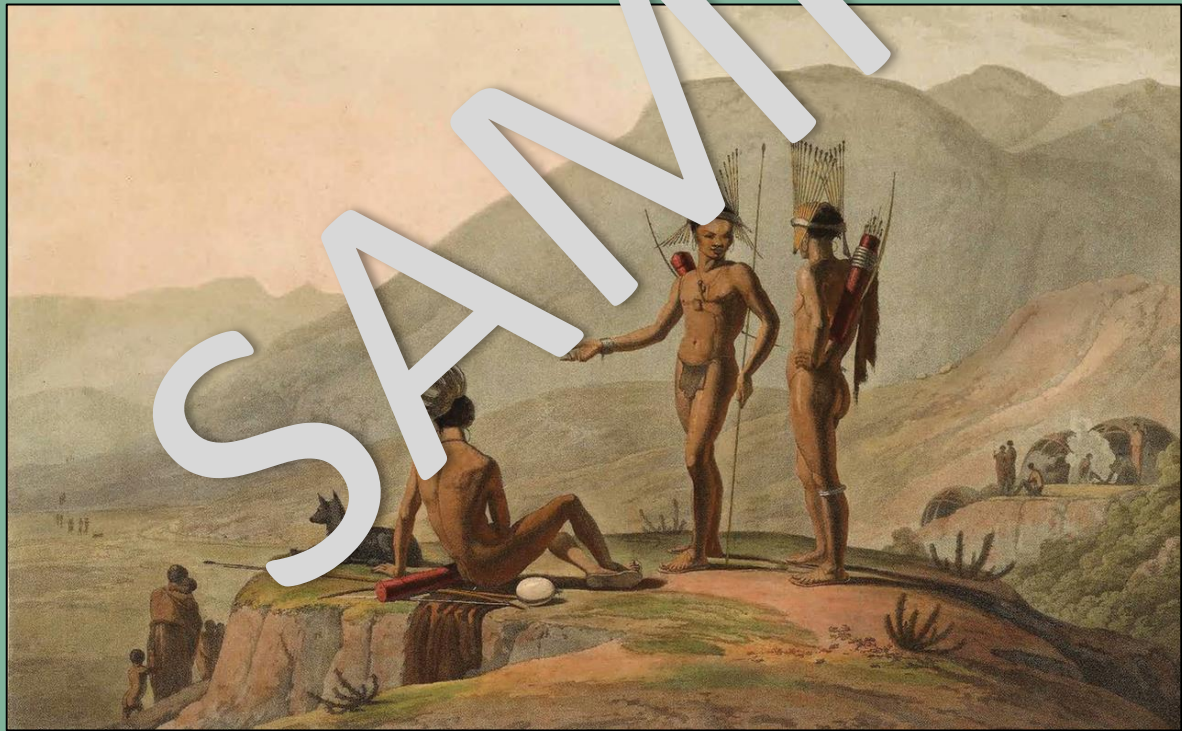
- *eina* – exclamation of pain
- *aitsa* – exclaiming agreement
- *gogga/goggo* – bug
- *dagga* – marijuana
- *kierie* – a walking stick, or cane
- *kaross* – garment made of animal skin
- *buchu* – aromatic medicinal plants
- *abba* – carry
- *bamboos* – milk container
- *geitjie* – lizard
- *kanna* – eland or channa plan
- *kamma* – pretend
- *Karoo* – dry place
- *karree* – honey beer
- *kudu* – antelope species
- *sies* – disgusting”

Just as Granny Stella and the children finished practising saying the words together, there was a gentle hoot outside the door and they realised how long they had been at the delightful learning activities – the children’s mom was waiting and it was time to go.

As they hugged goodbye, Granny Stella promised the children that the next week they would carry on with their studies on the Khoena.

Art Appreciation

Bushmen Hottentots Armed for an Expedition by Samuel Daniell, 1804



Samuel Daniell (1775-1811) was an English painter and draughtsman who arrived in South Africa in December 1799.

He was appointed secretary and artist for the expedition of 1801-1802 from the Cape of Good Hope to Bechuanaland led by P.J. Truter and William Somerville. Samuel Daniell sketched indigenous people and animals from life in their natural habitats. His work was praised for its accuracy and attention to detail.

- Which line leads your eye into the picture?
- Notice how the colours seem to fade into the background. What effect does this help to create?
- What is the effect of the man and the dog looking towards the left side of the picture? To where do they lead your attention?
- Compare the artist's representation with the photographs in this chapter. Do you think he has accurately portrayed this group of people?
- Try drawing a landscape with hills or mountains rolling away into the distance, using lines similar to those in this picture. Draw something interesting in the foreground to create a focal point.

The following Friday, Granny Stella looked up from her misshapen bowl as her chattering grandchildren tumbled into the kitchen. "Hello children, what's all the excitement about?"

James responded first saying, "On the way here we stopped at a craft store and Mom let us choose something to keep our hands busy while we waited to get read. I chose this wooden T-Rex kit to build and paint and Lauren chose a knitting fork." He clearly thought that his choice was better than his sister's, by the way he pulled his face, when he mentioned her knitting fork.

The twins chattered away with her while she pulled a loaf of banana bread into the hot oven to bake. They brought their gran up to date on all the happenings in their home, with a running commentary.



James began to remind her of her promise to carry on telling the story of the first inhabitants of South Africa, when there was a knock on the door. He saw Granny Stella's eyes light up as she said, "Ah! Here is our special tea guest today!"

The twins looked over at each other as this was unexpected but knowing that their gran would have a delightful treat in store for them, they peered around the kitchen door to see who was joining them.

"Children, I want to introduce you to Quinique! [pronounced *QUIN-EKE*]" she said as she led a beautiful, diminutive young woman into the

Quinique from Kaapse Khoi tea

kitchen. Quinique's eyes shone with delight as she saw their alert and eager faces. The children looked at her with a sense of amazement.

"I met her this week at the wellness store and asked her to join us for our weekly session for two reasons...Quinique is a tea master – she makes some of the most unique tea blends. She was stocking up the shelves, when I went to the store. But she is also a Khoe woman and I thought she could tell us her people's story...how does that sound, children?"

Lauren, always the readiest to accept a change of plans, stretched out her hand to shake Quinique's but James, one to struggle with self-control, blurted out: "But you are wearing normal clothes." To which everyone burst out laughing and the ice was broken.

As Quinique began to unpack her bag, Granny Stella brought her tea tray through to the sitting room. Quinique had brought her own little teapots and a sample of her teas for them to try. With little prompting, she began her narrative.

The Khoena of Africa – Men of Men

"The name Khoena means 'men of men' or 'proper men'. It's a name that indicates the Khoena's pride in their culture. There are no similarities between the Khoena and San and often these two people groups are referred to as one. The major difference is that the Khoena were herders of goats, cattle and sheep and became the first farmers, growing basic grains. They set up homesteads, similar to the San, for as long as they needed to for grazing and gathering food.



Khoe woman and child

Animals were a sign of wealth for the Khoena. They were not killed regularly for meat, only for feasts, like weddings and funerals. Their cattle were mostly used for milk which was a very important part of their lives. They drank both fresh milk and curdled sour milk, and they cooked other food in milk. Other food came from game hunting and the gathering of berries and roots, and insects such as locusts and ants.

The two main groups of the Khoena were called Great Korana and Little Korana, but after repeated quarrels over grazing and water rights the community split and many splintered off into groups to form smaller tribes. The smaller groups trekked away from their larger communities and

settled in other places, all around the country, from what is now George through to the Vaal River in the North, the Karoo and the Overberg in the West.

It was in Mossel Bay that the Khoena clashed with Vasco Da Gama in 1497. A Khoena warrior was killed when a fight broke out between the sailors and the tribe, who believed that the Portuguese were stealing their water from a spring."

Quinique turned to Granny Stella, "May I interrupt a little here, please Stella, and take you on a story journey about the Camissa River which runs from Table Mountain through the city of Cape Town?"

Granny Stella smiled and said, "Of course," as she left the room momentarily to fetch the boiled kettle and banana bread that was ready.

The young woman started her story. "When the seafaring nations (these being European as well as Indian, Asian and Arab) started to travel around the Cape, the first people to trade with them were the Ilammaqua People, or as we say today, Khoe, and as the European seafarers called them 'Watermans'. They lived alongside the Camissa River, which is roughly translated as 'the sweet water for all.' While today we talk about it as the river only, it was also the name of the settlement, which is replaced by Cape Town city centre and so on. Other Khoena tribes lived in the area seasonally, as well as the Sonqua, who were San hunter-gatherers.

The Camissa River, with its 40 tributaries and springs was called Vars (Kouers) River by the Dutch who settled in Cape Town later on. This river, which still runs through the streets of Cape Town, was eventually channelled and dammed up in various places. Through the ages the water from the river filled holding tanks on ships, provided refreshment for farm and dockworkers on land and replenished irrigation systems, wash houses and public water fountains. The city even got electricity before London did, in 1891 thanks to energy generated by the strong flowing water source.

What's more, open canals, or *gruete* (where the streets Buitengracht and Heerengracht get their name), were the lifeline of society, even determining the city's layout. These were tunnelled over in the 19th century, when the British deemed the exposed water source unsanitary and roads more important. So, the above-ground tributaries were buried underground, where gallons of water still flow today."

Quinique looked from the table arrangement to the children and finished her story saying, "If you aren't claustrophobic, you can do a tour through these tunnels!"

Granny Stella handed the kettle to Quinique, who placed a tea bag into the little pot. "This tea has a combination of buchu, rooibos, myrrh resin and hibiscus petals. It is useful to drink when people experience inflammation, muscle cramps or need kidney cleansing. It is rich in Vitamins A, B2 and C. Myrrh serves as an anti-viral ingredient," she explained. As the children enjoyed their tea and baked treats, Quinique continued her story of the Khoena.



Delightful tea from Kaapse Khoi

“The Khoena were the first native people with whom the Dutch came into contact in the mid-17th century. As the Khoena were farmers, they traded cattle with the Europeans at first, in exchange for iron, copper, tobacco and alcohol, but soon they were no longer needed and their land was taken over by the wandering white farmers, called trekboers. Resistance broke out, but the Khoena were defeated and forced to work for the farmers or risk being arrested or worse, shot.

Some Khoena stayed on at the Cape as servants and interpreters, but others formed groups who conducted raids on the Dutch and later British settlers, living on what was still their land. Eventually, most of the Khoena that were left at the Cape were rounded up and relocated to areas around Upington and other places further inland.

New diseases, such as smallpox, also killed many of the Khoena and San people and many white farmers interbred with their Khoena servants, Malay and black slaves, causing the respective (recorded) numbers to dwindle. The number of Khoena declined from about 100,000 in the 1600s to less than 20 000 in 1805.

Some Khoena, like Adam Kok and his clan, fled and established the Griqua nation in the Northern Cape, while others stayed at mission settlements like Genadendal, in the Western Cape. Others fled inland, away from the white farmers and many were killed due to narrow-minded thinking and genocide.” Seeing the look of confusion over this word, Granny Stella asked Quinique to pause.

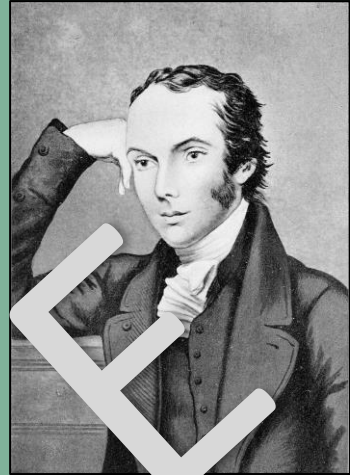


Khoena women

"Lauren and James, the word *genocide* describes the deliberate killing of a large number of people from a particular nation or ethnic group to destroy that nation or group. It's very

Poetry

Thomas Pringle composed this poem in the early 1800s when South Africa was under British colonial rule. Known as the father of South African poetry, he was the first successful English language poet and author to describe South Africa's scenery, native peoples, and living conditions.



Thomas Pringle

He was also an abolitionist - which means that he wanted to do away with slavery.

Pringle's accounts of settler violence against indigenous San 'bushmen' and the Xhosa were instrumental in drawing the attention of the abolitionist lobby to the mistreatment of indigenous labourers at the Cape in the years immediately before the abolition of slavery in the colonies.

In the 1820s, the authorities called for commandos to murder any San accused of stock theft. This was effectively state-approved genocide. Genocide means the deliberate killing of a large number of people from a particular nation or ethnic group with the aim of destroying that nation or group, by settlers who claimed to be Christian!

The Bushman by Thomas Pringle

The Bushman sleeps within his black-brown den,
 In the lone wilderness. Around him lie
 His wife and little ones, feebly
 For they are far away from Christian men."
 No words, loud looting call him down the glen:
 He fears no foe but famine; and may try
 To wear the hat he has noon slumbering;
 Then rise to search for roots—and dance again.
 But he shall dance no more! His secret lair,
 Surrounded, echoes to the thundering gun,
 And the wild shriek of anguish and despair!
 He dies—yet, ere life's ebbing sands are run,
 Leaves to his sons a curse, should they be friends
 With the proud "Christian men,"—for they are fiends!

- Why do you think Pringle has placed the words "Christian men" within quotation marks?
- Do you know what a fiend is? Why does he call them that?



Assignments

A Day in the Life of a Khoe Person

Write a descriptive story entitled: "A Day in the Life of a Khoe Man/Woman".

Traditional Food

Make a traditional San or Khoe meal using berries, root plants, venison etc.

Find out more about the foods you can forage for in the wild of your area and make a poster displaying them.

Write a Myth

Write your own mythical story about how an animal got its specific feature.

Make a Model Hut

Build a model hut from clay and twigs. Alternatively, follow the link on the course website to a printable 3-D model of a Khoe house and village.

You can also purchase the Zulu and Xhosa and village 3-D models for a forthcoming lesson.



3D model hut

Rock Art

Create your own rock art by painting on a concrete slab or rock in your garden. You can make your own paint using beetroot juice, squash and berries or mud!

Mapwork – Modern-day San and Khoe Settlements

Make a copy of the blank map of Africa from the appendix and mark the areas where the San and Khoena now live.

Medicinal Plants

There is an interesting array of plants in South Africa which can be used for food by animals or have medicinal purposes. Do some research on the flowering plants of your area and create a project about it. Cover the following questions:

- Is it medicinal or poisonous?
- Is it useful for animals or humans?
- How often does it flower?
- Is it found all over South Africa or just in one region?

Try your hand at drawing the plants you find.

Language Arts – A Captivating Hero?

To maintain the reader's interest, a story must have a hero or heroine that captivates the audience. He should have an interesting character or personality, as well as a personal goal that urges him to overcome any difficulties that may present themselves. This is the conflict of the story. After reading *Ghamka, Man-of-Men*, answer the following questions:

- Who is the hero of this story?
- How does the author introduce him?
- What do you discover that makes the hero interesting to you?
- What do you still want to discover about the hero?
- Is the hero presented in a way that makes you want to read further?
- Does the author reveal the hero's character all at once, or a bit at a time?
- List some character traits that are revealed about Ghamka in Chapter 1.

Parent: An example may be:

Ghamka is a boy, timid of his father, the chief, but eagerly desires to be regarded as a man. He hates being treated as a baby by his older cousin and humiliated by his mother. He realises that he will one day become a chief (p6) and begins to stand up for himself, and overcome his fears.

Book Review

Write a book report about one of the books you have read. Make use of the note page provided.

Timeline

Use your timeline book and put all the people and places you learned about in their correct places.

Course Website

Check out the additional resources on the course website.

SECTION 1 – ASSIGNMENT CHECKLIST

We recommend that each child does the following:

- Complete all the map work and timeline activities.
- Write at least one book review about a book you have read in this section.
- Complete at least four other optional assignments scattered throughout the chapter.

Mandatory Assignments

- Mapwork – Modern-day San and Khoe Settlements
- Timeline and Picture Discs
- Book Review
- Copywork – Deuteronomy 18:9
- Copywork – Acts 17:6

Optional Assignments

- | | |
|--|--|
| <input type="checkbox"/> Storytelling –Your Family and Cultural Heritage | <input type="checkbox"/> ... in the ... of a Khoe Person |
| <input type="checkbox"/> Heirlooms | <input type="checkbox"/> Traditional Food |
| <input type="checkbox"/> Write Letters | <input type="checkbox"/> Write a Myth |
| <input type="checkbox"/> Animal Spoor Print | <input type="checkbox"/> ... Model Hut |
| <input type="checkbox"/> Calendars - Lunar and Gregorian | <input type="checkbox"/> Rock Art |
| <input type="checkbox"/> Phases of the Moon with Cookies | <input type="checkbox"/> Medicinal Plants |
| <input type="checkbox"/> Superstitions and Omens | <input type="checkbox"/> Language Arts – A Captivating Hero? |

Art Appreciation

- A Khoikhoi Settlement in Table Mountain, Abraham Bogaerts
- Bushmen Hottentots Preparing for an Expedition, 1804, Samuel Daniell

Music Appreciation

- Walking with the Sun, Charlie Simpson & San

Poetry

- The Bushman, Thomas Pringle

Outings and Movies
