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Our first Human Resources Lekgotla

Time for Prometheus to tell his story

Accountability leads to patriotism
Above: Col Bobby Keller, Chairperson of the Defence Youth Programme (left), and Adv Dali Mpofu, Executive Member SABC Board, with the Government GCIS Communicator of the Year Trophy, the BUA Award and R30 000 prize money. (Photo: F Sgt David Nomtshongwana)

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FRONT COVER: Front, right, clockwise: 2Lt N. Zama, 2Lt T.J. Tshidzumba, 2Lt D.B. le Roux and 2Lt P. Molawa. Read all about our young pilots on pages 22 and 23.
(Photo: Sgt Lebogang Thaole)

For the latest news on defence matters in South Africa, visit our website at: www.sasoldier.mil.za
From the Editor's desk

The SA Soldier team, as the winners of the 2005 Government Communicator of the Year Award, was officially invited to the annual prestigious Government Communicators’ Awards gala evening at the Castle in Kyalami in December 2006. And again the Department of Defence was the overall winner! Congratulations to Col Bobby Keller, Chairperson of the Youth Programme, who received the prestigious Government Communicator of the Year Award as well as the BUA Award. You did us proud! Please read more about this outstanding achievement of the highly successful Youth Programme on pages 24 and 25.

Also a big hooray to the winner of our third SA Soldier Spot the Ball soccer competition - WO2 Saartjie Matthysen from Ba-Phalaborwa! Enjoy your winning prize! Read more about this on page 5.

As part of the rejuvenation drive of the Department of Defence (DOD) the focus is to promote the DOD as the Employer of Choice, especially among the South African youth. Therefore creating awareness of the many careers the DOD can offer will be published in 2007, as a priority. According to 2Lt Nandi Zama, one of the recently qualified pilots of the SA Air Force, “people come here not just because they want to be called pilots, they want to be Military Aviators and that is so different. This is definitely an excellent career choice.” Read about our young pilots on pages 22 and 23.

SAS SALDANHA recently welcomed young recruits of the Military Skills Development System (MSDS) for training. These young men and women will be groomed to be exceptional sailors and will receive functional training in various specialist fields in the SA Navy over the next two years. Read more about our young talent on pages 30 to 33.

Unfortunately we have also come to the end of an era, and we have to say a final goodbye to our dedicated members of 12 SA Infantry Battalion (12 SAI Bn). Go well, you served our country with pride. We will never forget you. Read more about the laying up of the colours of 12 SAI Bn on pages 28 and 29.

We end this edition on a mourning note: A dedicated contributor to SA Soldier, Maj Gen Edward Fursdon (81), passed away on 3 January 2007. His continued contributions will be greatly missed. Our sincere condolences and sympathy go to his wife and family. Please read the tribute to the late Maj Gen Fursdon on page 27.

SA Soldier greetings.

Nelda Pienaar
Editor

Van die Redakteur

Die SA Soldier span, as wenners van die 2005 Regeringskommunikator van die Jaar Toekenning, is amptelik uitgenooi na die jaarlike invloedryke Regeringskommunikator gala-aand by die Kasteel in Kyalami in Desember 2006. En weer eens was die Departement van Verdediging die algehele wenners! Veels geluk aan Kol Bobby Keller, Voorsitter van die Jeugprogram, wat die gesogte Regeringskommunikator van die Jaar Toekenning sowel as die BUA Toekenning ontvang het. Knap gedaan! Lees asb meer oor hierdie besondere prestatie van die hoogs suksesvolle Jeugprogram op bl 24 en 25.

’n Groot hoorra ook aan die wenners van ons derde SA Soldier Spot the Ball sokkerkompetisie - AO2 Saartjie Matthysen van Ba-Phalaborwa. Geniet jou wennersprys! Lees meer hieroor op bl 5.

As deel van die verjongingspoging van die Departement van Verdediging (DVV) word daar gefokus op die bevordering van die DVV as “Voorkeur-werkgewer” veral onder die Suid-Afrikaanse jeug. Ter bewusmaking hiervan sal die baie loopbane wat die DVV kan aanbied as prioriteit in 2007 gepubliseer word. Volgens 2Lt Nandi Zama, een van die onlangs geformaliseringe vlieëniers van die SA Lugmag, “kom mense hier nie net omdat hulle vlieëniers genoem genoem wil word nie, maar hulle wil militêre vlieëniers wees en dit is so anders. Hirdie is beslis ‘n baie goeie loopbaankeuse.” Lees oor ons jong vlieëniers op bl 22 en 23.

SAS SALDANHA het onlangs jong rekruite van die Militêre Vaardighede Ontwikkelingstelsel (MVOS) vir training. Hierdie jong manne en vroue sal opgelei word om voortreflike matrose te wees en sal funksionele opleiding in verskeie spesialisasiegebiede in die SA Vloot oor die volgende twee jaar ontvang. Lees meer oor ons jong talent op bl 30 en 33.

Ongelukkig het ons ook aan die einde van ‘n era gekom en moet ons die lede van 12 SA Infanterie-bataljon (12 SAI Bn) groet. Lat dit met julle wel wees, julle het ons land met trots gedien. Ons sal julle nooit vergeet nie. Lees meer oor die neerlegging van die vaandel van 12 SAI Bn op bl 28 en 29.

Ons eindig hierdie uitgawe op ‘n droewige noot: ‘n toegewyde medewerker van SA Soldier, genl maj Edward Fursdon (81), is op 3 Januarie 2007 oorlede. Sy volgehoue bydraes sal baie gemis word. Ons innige medelye en simpatie gaan aan sy vrou en familie. Lees asb die huldebrief aan wyle genl maj Fursdon op bl 27.

Nelda Pienaar
Redakteur
Congratulations from SA Soldier to the winner of our third Spot the Ball soccer competition - WO2 Saartjie Matthysen from 5 Special Forces Regiment in Baphalaborwa! You have won 1 cooler bag, 1 tog bag, 1 back-pack, 1 all-weather jacket, 1 golf shirt and 1 sports cap courtesy of TOTAL SA.

By Maj Tsholofelo Tseke

Below: Fltr: Brig Gen K.D. Mangope, Director Defence Corporate Communication, drew the winning entry, while Maj T.M.B. Tseke from Defence Corporate Communication, Mr D.G. Fourie, Deputy Director Budgeting: Financial Management Division, and Maj A.P. Mphela, SO1 Prosecutions Military Legal Division, were present to observe the draw. (Photo: Cpl Elias Mahuma)

Above: The winner - WO2 Saartjie Matthysen (left), and the Editor of SA Soldier, Nelda Pienaar, after unwrapping the winning prize. (Photo: Sgt Lebogang Tlhaole)
**Compliments to our young soldiers**

Since August 2005 the South Africa Military Health Services (SAMHS) have undergone tumultuous and dramatic changes. Despite all this, the young people, meaning the Non-commissioned Officers (NCOs) and the members of the Military Skills Development System (MSDS) have borne the brunt of these changes. These energetic, strong and forward-looking young people, endured a lot. Most times they performed the most unpleasant jobs of moving furniture from place to place as the preparatory phase for moving out of the building in Centurion began. I never heard an NCO or MSDS members complain when they were given instructions to carry out an order. This is admirable and this is where discipline starts in the Defence Force.

Also to be admired was when the NCOs and MSDS members were on parade, or when they welcomed dignitaries or the other Chiefs of the Services to the Servamus Building in Pretoria before the movement out of the building began. Their neatness, their saluting and their well-kept physiques would have made anybody proud if it had been their children who had taken the decision to join the SANDF.

The manner in which discipline was maintained when the flag of South Africa was hoisted every morning, which the NCO did so proudly, as he carried out the official salute made me proud to be a member of the SANDF and of the SAMHS. I really am proud of the NCOs in the SAMHS and the DOD. They do all the hard work, and most often a word of thanks is forgotten.

The young cadres, young men and young women, need all the support and motivation they can get, because they are the arms, the legs and the strength of the organisation. Let us appreciate them. Let us thank them for all the hard work they are doing. Let us reward them by encouraging them to further their studies, for they are the future generals and colonels. They are the young people who must carry this Defence Force forward when the older generation of generals and colonels retire. Let us groom the already young disciplined cadres of the SANDF for higher levels, eg treat a lieutenant today as if he was going to be a general tomorrow. Then I believe that we are on the right footing to prepare the defence personnel of tomorrow.

Most of all let us praise and thank those who served bravely and endured extreme stress and difficult times short-ly before and after the movement out of the Servamus Building. Wherever you are now, I wish that you continue to serve your country, your people, and remain loyal to the SANDF no matter what. I salute you, the young cadres in the SAMHS. You are the future, so work hard and make sacrifices for the good of the people of the RSA. Also remember that abuse in any form is a crime, whether it be emotional abuse, sexual abuse, or abuse of power or authority, and this should not be kept quiet. The way forward in the DOD is a transparent and honourable way. Col B.V. Martin, Act SSO Gender, Dir Transformation Management

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**Our soldiers care for the communities in Burundi**

On 17 August 2006 Cpln Mandleleni, RSA Battalion 7 Chaplain, Capt Makhanda, outgoing Social Work Officer, Lt S.B. Mshali, incoming Social Work Officer, Ms Strong, outgoing psychologist and Lt W.X. Ngubane, CIMIC Officer visited and donated food to the Children’s Future Hope Orphanage in Gatumba. Our duty as South Africans in Burundi is not only to bring peace but also to support the suffering people of that country by any means. We really believe that the people of Burundi are our brothers and sisters because we are all Africans. On 29 August 2006 the multi-professional team, including Lt Col Jansen, Contingent Second in Command, Lt Col Nziwenti, RSA Bn 7 Officer Commanding and other members of the Battalion visited the Gatumba hospice for people living with HIV/AIDS and children suffering from malnutrition. The objective of the visit was to donate food and clothes. There were two traditional dancers that went to showcase South African talent. Cpln Mandleleni emphasised that they were not to lose hope because the Lord was watching over them. He will not come from heaven to provide for people in need, but he will touch people like South Africans to fulfil his majestic plans. We really need to provide such assistance to institutions like these because for these people seeing other people caring for them is like a dream come true.

“To the Director of Nursing: thank you. It was a surprise. AMHU-KZN and friends, last but not least, the greatest surprise of all. Thank you! May you all be blessed with a safe and happy 2007. We salute you all. S Sgt M.W. Nieuwoudt, Medical Task Group in Burundi”

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**Winning letter**

To the Director of Nursing: thank you. It was a surprise. AMHU-KZN and friends, last but not least, the greatest surprise of all. Thank you! May you all be blessed with a safe and happy 2007. We salute you all.

S Sgt M.W. Nieuwoudt, Medical Task Group in Burundi

Lt W.X. Ngubane, email

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**Xmas surprise in Burundi**

I would like to extend a special word of thanks to the Minister of Defence, other dignitaries and sponsors for the joy they brought to all the uniformed members. The unique gifts we received will always be of sentimental value and will always have a special meaning for us.

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**feedback**

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**Compliments to our young soldiers**

Some Non-commissioned Officers (NCOs) in the SAMHS.

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feedback

Let's Pull Together Against HIV/AIDS

502 Squadron participated in the activities of 502 Squadron participated in the activities planned by 68 Air School to celebrate World Aids Day on 01 December 2006. The activities were planned by the MCDC (Military Community Development Committee), with a special effort by Capt L.P. Mathibela, the social worker at the unit, and Capt A.C. Nel, the medical officer at the sickbay, who also had the whole of 68 Air School and its logger units participating in a competition to make the best banner related to HIV/AIDS. The AIDS Day was also combined with the 16 Days of Activism Against Women and Child Abuse campaign. To create awareness during a march next to the busy Hans Strijdom Road in Lyttelton 502 Squadron chose the theme “HIV/AIDS in the Workplace”. The banner reminded people of the golden ABC (Abstain, Be faithful and Condomise). The Squadron’s slogan - A Hi Kokeni Swinwe (a Tsonga word meaning Let’s Pull Together) was part of the message on the banner. The aim of the message was to advise people to stand together, to stop the ignorance about the disease and to realise that it was the reality in many people’s lives. HIV/AIDS is reality in the SA National Defence Force. We as leaders must be trained do deal with the disease and the people affected or infected by it. In recognition of the outstanding effort of the day 502 Squadron was proclaimed overall best banner. Maj W.D.H. Abrahamse

I wanted to be in touch with the South African Soldier. I wanted to be in touch because I love South African soldiers. The way they are working here in our country, the DRC, makes me happy. I am living in Northern-Kivu, Butembo town. I learnt my English from South African Soldier, which means that I am talking the English from South Africa. I can speak IsiZulu, Sotho, Tswana and Xhosa. But when I am speaking these languages I mix them.

The South African soldiers are well behaved. They are not so bad as our soldiers of the Congo. Congratulations. If all the people of South Africa are like that, it is very good. I would like to come and study in South Africa so that I may have the same behaviour.

Samy Samuel, email

A system called: Outsourcing

Eleven years of democracy is an enormous achievement, but with a downside for PSAP jobs in the SANDF: on 27 April 2005 we woke up to a resounding success in the effort to make the democratic era a boon to all who live in the Republic of South Africa.

This pen oozes tears, for we as a people in the Department of Defence have failed to take stock of our own, and to look into the degradation of our environment from a personnel management perspective. We have allowed the short-lived interest of greed to eat away at the livelihood of our core support system, namely PSAP jobs in the military environment.

When Democracy was about to set in, the pessimists within and without the military organisation contrived to retrieve what was “inherently theirs” from the sinking ship (Defence Force).

They planned to get that through a system called Outsourcing. This system was to be used to get funds from the unwary Government.

The zealous civil servants were motivated by the prospect of the coming to fruition of their nefarious plans.

What could be outsourced from a military organisation? The military core business of soldiering could not be outsourced (initially). Then the bulk of the support service resources could and were definitely outsourced.

The bulk of the support services outsourced were in effect PSAP jobs, some of which are reflected in the following:

- Hospitality services (messes): laundry, catering and cleaning. General base and unit maintenance: landscape and environmental upkeep (lawn-mowing, tree trimming, and litter removal), office or facility cleaning, erection of fences and painting, including plumbing, carpentry and general masonry.
- The onslaught thereafter descended on military quasi-civilian jobs (technical services) performed at LWT, such as vehicle maintenance and repairs, boilermaking and welding. These services were outsourced under the pretext of cutting costs.
- If this was a bona fide action, why did the services allow these to be allocated to themselves through fronts, manned by members who had resigned from the SANDF after denouncing the democratic process?
- The onslaught on PSAP has continued unabated owing to ignorance on the part of new commanders and the dominance in the SANDF of the “Old Guard” or “Old Boys Club” as they call themselves.

The power of the “Old Guard” is always felt when at Level 4 people wish to air their views to the commander at Level 3, eg comments such as “I know Level 2 will not allow that” and a General Staff Officer is mentioned as the overriding power above the commander at Level 2.

The PSAP must have their jobs protected by us (members in uniform) for we know the benefits of their contribution. The commanders at tactical level must grasp that the military organisation plays a vital role in the socioeconomic system of South Africa.

I therefore recommend that commanders should include the role of PSAP members when planning their service support for the envisaged projects and missions.

I firmly believe that the perception of having a combat element not in control of its logistics is flawed to the core, and thus the GSB/ASB system was contrived on the very corrupt notion of “outsourcing”, and it must be abolished. Maj Geobani Ingram Mazibuko, Infantry School
A masterpiece calendar

I rank the SA Soldier 2007 calendar a masterpiece. The lay-out design of both covers displays excellence in journalistic work. The message of the calendar leaves no one with any doubt that as of now, at the time of writing, DOD peace support operations stretch from the DRC to Burundi, Eritrea, Ethiopia and the Sudan. The areas of operations have been deliberately camouflaged and left neatly specified, thus leaving no doubt even to a casual reader that those areas are embedded in our continent of Africa which, until recently, has been riddled by instability, which is now subsiding thanks to the vision of “Employer of Choice”.

The calendar is rich in art and shows creativity. Both covers are almost identical except for some minor, but important messages inscribed just immediately below the phrases “Employer of Choice”. The calendar reminded me of a cartoon in the history exam paper. A masterpiece calendar is a masterpiece.

O

Are you caring and supportive of your superiors and subordinates?
Do you have vision and direction?
Do you have trust in your superiors and subordinates?
Do you communicate openly, honestly and directly?

Keep the answers to the above questions to yourself and judge for yourself if you are a leader or not and what kind of a leader you are. Leadership can be defined in many ways, but I personally believe that all leaders at all levels are role models. My plea to all leaders at all levels is that whenever lives and careers involved in decision-making are at stake, one needs to consult all involved and assist them by means of advice to come to a fair decision. Leadership is the process of influencing people in order to accomplish a mission, duty or task by providing purpose, direction and inspiration. Are you a leader?

Lt Itumeleng Dihlake, email from RSA Battalion in Burundi

Page by page, the message in the calendar is clearly articulated that our combatants have undergone extensive training and are therefore able to sustain the campaign of peace support operations simultaneously in five countries of the continent. All the pages depict how a preparatory phase is handled in order to ensure the success of the mission. Indeed each and every page has been treated with adequate attention and this leaves the entire calendar well balanced not only in terms of design, but also in terms of the message that is conveyed to the target audience. Unlike previously this year’s calendars were received with “please give me some more”. The calendar is attractive.

What is leadership?

What is leadership? This is the question I ask myself daily and there are many answers to it. When I meet different people everyday I notice and learn different ways in which leadership can be manifested. Does one need to have a big rank on one’s shoulders to be a leader? At which level does leadership begin? As a rank-bearing member in the SANDF do you possess the following qualities:

- Do you put yourself in other people’s shoes?

Inkondlo from Airforce Gymnasium From Air Force Gymnasium

Ngaseabhangalo ase Airforce Gymnasium.
Sahlala khona seajama.
Lapho sikhumbara khona utata ukheneli Ngwenya.
Ngokuba ama R5 ethu nana 9mm ethu sasiwebeke e Q stores.
Ngokuba bathi abaqekileyo sikhalelelelelele igama elilodwa le Airforce.
Simgihekakukela kanjani igama elilodwa le Airforce nje?
Ngathi uma ngiphakamisa isandla sami sokudla ngakhumbula wene Salute ko parade ground.
Ngithi ubusisise othatha isanda sabaqekile asifake edweleni.
Ubussisse othatha isanda sabahlala beye e sikhay asifake edweleni.
Nqathi Airforce qhubeka nemfundiso yakho we phambili.
L Cpl B.P. Miya, Langebaanweg

* Poem translated into English - Ed:

By the Bungalows of Airforce Gymnasium,
where we stayed and trained,
There we remembered the honourable Col Ngwenya
For we had just stored our R5s and 9mms at the Q-stores,
Those who have left, asked us to sing the Airforce song for them,
How can we sing an Airforce song for those who have left?
Whenever I lift my right hand, I remember the salute at the parade ground,
I say, blessed is the hand of the one who erects a statue to honour and preserve the memories of our departed combatants,
Blessed is the healthcare giver, who nurses the sick back to health.
To the Airforce, I say, forward with your teachings! Forward!
L Cpl B.P. Miya, Langebaanweg
Advice for deployed soldiers

As an officer deployed to the Democratic Republic of Congo (DRC) and deployed for the third time I deemed it important to write about this vital topic.

Stages of separation

Each one of us who faces a separation goes through some basic steps. By becoming aware of these stages, you will be able to cope a little better. Knowing what you might expect may help you feel more in charge at times when it is easy to feel out of control.

Anticipation of Loss (immediately before departure): This stage is characterised by crying, depression, anger, then guilt at feeling this way. There is also frustration in realising how many household and family business chores must be handled before he or she leaves. Expect that both of you will experience physical and mental exhaustion. Everyone is on edge, and slight irritations can grow to major proportions. Many couples/families experience an increase in arguments.

Detachmen (immediately before departure): This state is characterised by feelings of hopelessness ("How will I cope? How will the children react?"). Likewise, arguing right before departure is a normal reaction and is part of human nature’s way of making it temporarily easier to say goodbye. I suggest you get all the necessary mechanical things out of the way as quickly as possible. This will help avoid last minute panic. Make time as a couple and/or family "number one" on your priority list.

Emotional disorganisation (up to six weeks after departure): This stage is characterised by irritability, sleep disturbance, and a feeling of aloneness and emptiness. You may find it hard to complete tasks. You feel "out of routine". You may find it difficult to concentrate. If these feelings linger, reach out. This is a good time to get support.

While it is probably hard for you to accept right now, periods of family separation can provide an opportunity for self-growth. You may make mistakes, get upset with yourself and your children, with your spouse or with the military. That is okay! That is how you learn. The following are some things to consider ...

Positive attitude

Why is a positive attitude so important? Because it affects how you look, what you say, and what you do. It affects how you feel, both physically and mentally, and it largely affects how successful you are in achieving your purpose in life.

Keep busy

It is bound to happen sooner or later. The headache and frustration in balancing your job, the kids, the bills, while at the same time trying not to cry when you are talking to your spouse or significant other. There are some things you can do for yourself! Take care of yourself. Get and stay involved in things that make you happy.
**What to expect?**

Loneliness: most people find the dinner hour, Sunday afternoon, after the kids are in bed ... are the times when they miss their spouses the most. Everybody has the occasional "blues". You may not just be feeling sad. It could be something more serious - like depression. Remember: No one takes a giant leap into depression. It is a gradual process. The cure for depression is to be proactive! Take positive action.

**Stabilisation** (while you are separated): Patterns are formed and become routine. You relax a little. You discover that you can deal with the everyday things and even solve the "biggies" without your spouse. This is the stage of personal growth. Make an effort to do things you have always wanted to do and never seem to have time for.

**Anticipation of the homecoming** (before arrival): This stage is characterised by excitement, joy and relief that it is almost over. Many spouses go into a physical frenzy, cleaning every inch of the house, getting all the projects completed, getting the cars in top shape, etc. The spouse at home has few apprehensions, but the spouse returning has many. Depending on the length of time away, the returning spouse wonders how much the kids have grown and changed, how authority will be re-established, whether the spouse has become too independent, where he or she fits in, and whether or not he or she will have any personal space.

The homecoming: This can be very emotional, and is often influenced by the amount of time away. Everyone is on a nervous high. The family is exhausted from the preparation for the return. The service member is exhausted from the trip. Everyone wants his or her attention. When it is not given, there will be hurt feelings. There will be tears. The conversation is long, as you try to catch up with everything that has happened.

**The reunion process**

**Tips for both partners**

Avoid the "I have had it worse" game. Both partners have faced difficult challenges during the past few days, weeks or months. Agree on family plans for the first few days or weeks. Let everyone contribute. Give each other space as needed. People become accustomed to living without their partner and may not always consider another's opinion before making decisions. If there were problems or unfinished business before the deployment, chances are they did not go away. The same financial problems or disagreements regarding children and discipline will probably reappear after the homecoming party is over.

If you have children, that "second honeymoon" you have talked about may have to wait for a while. Children do not always understand being pushed aside at a time when they need attention. Communicate about feelings. Many couples have gotten into a real bind because they feel the need to celebrate their reunion with a spending spree or vacation. Remember, if you cannot afford it, do not do it. Communicate events that occurred during the deployment. Reread letters or discuss questions about the deployment and home life.

**Tips for the service member**

On longer deployments, your spouse may have changed. While you have been deployed, your spouse has learned to cope with new and different situations. Do not be threatened by this independence. The fact that your spouse can cope alone does not necessarily mean he or she wants to.

Ease yourself back into your family gradually. See yourself as a "special guest" for a while. Do not criticise how your spouse has handled the children, finances, or the household - that can cause resentment. If changes need to be made, they can wait a few weeks. Some things will change naturally as a result of your being home.

Be positive about the decisions your spouse has made, even if you would have handled them differently. Do not try and take over the finances immediately. Do not interrogate your spouse over every penny he or she may have spent in your absence. You may find sharing financial responsibilities a welcome addition to your household management.

Do not be surprised if your spouse is a little bit envious of your travels. Your life may have appeared to be very exciting compared with his or her job at home.

When it comes to discipline, take it easy on the children for a while. Stick to the rules your spouse has established during your absence. Changing the rules suddenly may not only be hard on the children, but your spouse may also resent it. On the other hand, it may be very tempting to spoil the children. Do not put your spouse in the position where he or she must constantly play the "heavy" while you have all the fun with the children.

**Tips for the spouse**

You may find your spouse is either surprised or hurt that you have managed so well by yourself. Try not to get defensive. Reassure him or her you very much need his or her companionship and emotional support.

Many spouses have been devastated because their partner arrives home exhausted. Working long hours and jet lag contribute to fatigue and the excitement of returning home. Allow your
Understanding high blood pressure

By Nomonde Vuthela
Photo: Cpl René Naicker

“High Blood Pressure” is as the name says - elevated blood pressure that is considered "not normal". Like many fast growing illnesses of the modern world, high blood pressure remains an enigma with many aspects to it still without answers.

Speaking to SA Soldier and helping to educate us about high blood pressure, Col Andrew Ratsela, Chief Specialist Physician at 1 Military Hospital in Thaba Tshwane, said that the disease affected mostly adults, more rarely the young.

"Normal blood pressure would be 140/90 as described by the World Health Organisation (WHO), but recently that level dropped from 140/90 to 135/85 because of certain risk factors," he explained, adding: "The causes of high blood pressure are not known. The cause of high blood pressure or hypertension is not known in 95% of patients. It could be that one gets it from one's parents, in other words it is genetic."

"5% of them could have secondary high blood pressure or hypertension where one then can find certain diseases which predispose one to hypertension, eg kidney diseases and certain hormonal conditions," he said.

Can one avoid getting high blood pressure? To this Col Ratsela replied: "Yes and no. If it is genetic, ie primary hypertension, one cannot avoid it, but one can make it better. Yes, one can avoid it if one controls one's weight and eats correctly and if one does not end up having 'Metabolic Syndrome-X' which includes diabetes, being overweight and having high cholesterol. So yes, one can avoid it if one keeps trim," he said.

"Hypertension is usually a disease of adults," Col Ratsela emphasised as he outlined what was clearly understood of the disease. "Secondary hypertension arises where young people have hormonal or renal diseases. Generally it is a disease of 'old people'. When we discover high blood pressure in a young person we tend to be very aggressive in our investigation because we know there could be other diseases causing the hypertension," he elaborated.

How does one know if one has high blood pressure? "Unfortunately one will not know that one has high blood pressure until it is measured," remarked Col Ratsela. "It is sometimes called the silent killer because one does not have symptoms that are strictly related to hypertension. One never knows one has the disease until one goes to a health professional for a medical check-up."

How is it treated? "We divide it into mild, moderate and severe hypertension. If you have moderate to severe hypertension it is treated with drugs. There are a lot of drugs that can control hypertension and doctors know how they react, and what treatment is used to get what result."

"If it is mild hypertension then it can be controlled by changing one's lifestyle - in other words losing weight, not drinking alcohol, eating well, avoiding fatty foods, and no smoking. Changing your lifestyle can go a long way to controlling your hypertension," Col Ratsela stated.

Does one lead a normal life with hypertension? "Yes, definitely," replied Col Ratsela. "Hypertension can be controlled. There are many people who have hypertension, but you can never tell because they take their treatment properly," he added.

Is there a worst case scenario for those who do not change their lifestyle? "Yes there is, because hypertension can lead to complications involving certain organs in the body, for instance one can have a stroke, the arteries in the brain can either clog or burst, resulting in bleeding on the brain, and it can affect the heart," Col Ratsela said. "When the heart is enlarged it will fail, resulting in what is commonly called a 'heart attack'. One can also get renal diseases and be on dialysis for life," he added. "The statistics in the SANDF are no different from what you find elsewhere," he noted.

Which groups are more likely to have hypertension than others? "Usually people who lead stressful lives will have worse hypertension and such people are usually driven all the time, as opposed to those sitting in the office or travelling by public transport." According to Col Ratsela the bottom line is that members in the SANDF do not have more hypertension than the general public. "We can say that hypertension in South Africa is no different among the various races of this country, for instance blacks do not necessarily have more hypertension than we see among white people," he added.

"What we could emphasise as health professionals is that our members in the SANDF can avoid some of these diseases even if a family member has had hypertension. The hypertension may not be worse for a person if he or she leads a healthy lifestyle and takes precautionary measures to guard against it," Col Ratsela said.

"We are appealing to our members as soldiers and members of the SANDF to exercise and to stop drinking alcohol and smoking. Then hypertension will not be as bad as it is," advised Col Ratsela.
Burundi re-hat to the African Union

Article and photo by Capt D. Bester, SO2 OPCOM

On 1 June 2004 the African Union (AU) ended the African Mission in Burundi (AMIB) and handed over to the United Nations (UN) to proceed with the United Nations Operation in Burundi (ONUB). On 28 December 2006, after two years and seven months, the UN handed over to the AU to commence with the AU Special Task Force with the primary objective to protect the Palipehutu-FNL.

Under command of the Force Commander, Maj Gen Derrick Mgwebi, the UN ended their tour of duty in Burundi with lots of success stories. They ensured Burundi to integrate their different forces into a National Defence Force.

On 28 December 2006 there was a re-hatting parade where the UN flag was retreated and the AU flag was hoisted. Maj Gen Mgwebi, Force Commander of the UN, handed over command to Col Hein Visser, the commander of the AU Special Task Force. The parade began with the march on of a Guard of Honour from 5 SAI Bn. The UN flag was retreated to symbolise the end of the UN’s mission in Burundi. The Acting SRSG from the UN, Mr Mahmoud, addressed the members on parade. He referred to all the excellent contributions the RSA force made to orphanages, helpless children and disadvantaged children.

The AU flag was hoisted and all members on parade re-hatted with the AU beret. The Special Representative of the AU, Ambassador Mamadou Bah, addressed the members on parade. He congratulated the South African contingent and said that they can be proud of their achievements. The RSA were the first to land in Burundi as members of the AU fighting for peace in Burundi. He placed emphasis on the South African contingent’s mission, which is to help implement the ceasefire agreement signed between the Government of Burundi and Palipehutu-FNL. He saluted Maj Gen Mgwebi for being brilliant, professional, competent, elegant and modest and that he was much appreciated by everybody in Burundi. Ambassador Bah also mentioned the late Lt Gen Sipho Binda, the first Force Commander of AMIB, as a lofty tree in the South African forest. He said that Maj Gen Mgwebi must convey his condolences to Lt Gen Binda’s family.

Ambassador Bah finished his address and the different commanders handed over command. The symbol of command was handed over from Maj Gen Mgwebi, UN Force Commander to Col Hein Visser, AU Special Task Force Commander. The AU started their mission on 1 January 2007.

Supporting mutual defence relations

By Amn Arnaus Rakoma
Photo: Sgt Lebogang Tlhaole

On 6 February 2007 the Chief of Defence Foreign Relations, Maj Gen Dan Mofokeng, hosted the first military attachés accreditation and de-accreditation ceremony for the year 2007 at the SA Army College in Thaba Tshwane.

Maj Gen Mofokeng welcomed the new defence attachés to South Africa: Col Paulo Erico de Oliveira, Air Force Attaché from Brazil, Capt (Navy) Jorge Dias, Defence and Naval Attaché from Brazil, and Col Louis Alberto Silva, Defence Attaché from Chile.

“In supporting our Government’s diplomatic initiatives to help eradicate conflicts in the region and on the continent the SANDF continues to contribute to peacekeeping missions of the African Union and the United Nations. This is done precisely because our peace, security and stability are directly linked to that of the region and the continent,” said Maj Gen Mofokeng.

“Today, we can proudly say that the DOD has reached the stage where concrete co-operation programmes are being signed. These are in the form of Memorandums of Understanding involving defence cooperation with a wide range of countries.”

To the new attachés he said: “Your appointment conveys the important message that both our countries are committed to contributing towards the improvement of the quality of lives of our people. I trust that your service during your tenure of office will transfer specialist knowledge and skills to SANDF members.”

He also bade farewell to the attachés who had discharged their duties: Col Zotti Ferreira, the Air Force Attaché from Brazil, and Capt (Navy) Daniel Martin, Defence, Naval, Military and Air Attaché from Argentina, as well as Capt (Navy) Reinaldo Antonio Ferreira de Lima, Defence and Naval Attaché from Brazil.
Motivating our deployed soldiers

By Lebohang Letaoana
Photos: F Sgt David Nomtshongwana

The Concise Oxford Dictionary defines the word *sacrifice* as the act of giving up something valued for the sake of something else more important or worthy. This, to me, is a perfect description of our members in uniform who are currently on United Nations (UN) duty in Burundi, the Democratic Republic of Congo (DRC), the Sudan and other parts of the continent who left their loved ones and their comfort zones to ensure stability and peace in those countries. What a worthy and selfless act indeed. For that I commend you; not many of us are capable of doing that.

*SA Soldier* was part of the contingent of sponsors and their families who jetted off to Burundi and the DRC to deliver Christmas gifts to our soldiers from 11 to 14 December 2006. This goodwill visit project was spearheaded by the Sergeant Major of the SANDF, WO1 Johan “Skieps” Scheepers, who said it was gratifying to see that the project had brought joy to those who were away from their families during the festive season.

Our first stop was the MONUC: the RSA Aviation Element in Kamina.
DRC. It was an emotional encounter as delegates and soldiers exchanged greetings. Our soldiers were very happy to see people from home. The soldiers had an informal opportunity to converse and share jokes with Ms Busisiwe Ngwenya, the wife of the Chief of the SANDF.

The Chaplain General, Brig Gen (Rev) Marius Cornelissen, encouraged the soldiers in his Christmas sermon to be enthusiastic when performing their duties. After receiving his gift, the Officer Commanding RSA Aviation Element, Lt Col Reginald Howard Schickerwiul, said it was nice to be appreciated by your own people.

"The festive season is a time of peace and celebration all over the world, but it is also a time for personal reflection. People spend their lives wondering whether what they are doing is important. However, you don’t have to ask that question. Being a volunteer who is willing to serve under uncertain and dangerous circumstances makes you a special person. It is definitely not a task for the faint-hearted.

"You can say with pride and confidence that you are making a difference because you care enough to be actively part of the peace and reconstruction process in the Great Lakes region," said Lt Gen Rinus Jansen van Rensburg, Chief of Corporate Staff and the Patron of Goodwill Parcels, in his keynote address to the soldiers. The event ended with a three-course meal courtesy of the Interlink Airline Crew.

Our next visit was the RSA New Site Modderfontein in Burundi, Bujumbura. This day was special because the Minister of Defence, Mr Mosiuoa Lekota, and the Ambassador of South Africa to Burundi, Mr Mduudzi Lembede, paid a surprise visit to the SANDF members who packed the function hall to capacity. Addressing the soldiers the Minister of Defence, Mr Mosiuoa Lekota, said: "As the special kind of youth of South Africa, you made a choice to serve the people of South Africa that is why I am asking you to sacrifice only one Christmas, as to ensure that there’s peace and stability in Burundi." He continued: "We have won the confidence of the people of Burundi and have emerged as one of the most disciplined defence forces in our time," said Minister Lekota.

Before distributing the presents to the soldiers, Minister Lekota and Ms Ngwenya joined the Modderfontein Choir on stage to entertain the audience. They sang and danced to the beautiful melodies.

"SANDF members, you are the best. Please accept this gift as a token of our gratitude and remember that you are in our thoughts and prayers. Stay as committed and motivated as you are. You have our constant support," said Lt Gen Jansen van Rensburg, as he encouraged the members before handing over the gifts. He also thanked the sponsors for their generosity and compassion - SA Army Foundation, Maxi Credit Solutions, Absa Consultants and Actuaries, Absa Group, Sanlam, Clinix Health Group, Old Mutual Group Schemes, Old Mutual PFA, Metropolitan, Novare and Qube.

The last stop was the RSA unit responsible for cargo handling, firefighting and road construction, viz Combined Command Support Unit in Kinshasa, DRC. The guests were entertained by "Actors of Souza", a group of actors under Pte Mandla Shezi, who had penned the script about a play dealing with HIV/AIDS called "Keep the Promise".

"I would like to thank all the sponsors for the wonderful gifts we received here today. They will keep us motivated," said Pte Mandla Shezi, after receiving his gifts which included a motivational book - "Our Daily Bread", a camping chair and a SA Army Foundation key holder.

"SANDF members, you are the best. Please accept this gift as a token of our gratitude and remember that you are in our thoughts and prayers. Stay as committed and motivated as you are. You have our constant support," said Lt Gen Jansen van Rensburg, as he encouraged the members before handing over the gifts. He also thanked the sponsors for their generosity and compassion - SA Army Foundation, Maxi Credit Solutions, Absa Consultants and Actuaries, Absa Group, Sanlam, Clinix Health Group, Old Mutual Group Schemes, Old Mutual PFA, Metropolitan, Novare and Qube.
Supporting our peace-keepers in the Congo

By Lt Col Vusi Ndlovu
Photos: Medics in the DRC

At the end of last year the Medical Task Group (MTG) of OP MISTRAL VII had completed a busy six months in the Democratic Republic of the Congo (DRC), under the command of Lt Col Vusi Ndlovu. The MTG included the full range of the operational health service of the SAMHS, and was supported by patient admin and medical logistic clerks, assistants and drivers.

The Operational Emergency Care Practitioners (OECPs) were kept busy rendering routine health support to the deployed companies and squadrons at forward bases, as well as providing emergency care during operations. They were often the only health professionals in a large area. They have had to develop special skills when required to deal with a wide range of human experiences (physical, psychological and socially) on their own far away from the larger health centres. During operational patrols they travelled with their companies in Casspirs and were exposed to the extremes of both jungle warfare and urban counter-insurgency operations. They also gained valuable experience in dealing with novel and unusual manifestations of deployment stress. Some OECPs further demonstrated particular courage when they travelled over hostile terrain to reach and transport patients in soft-skin vehicles.

Other OECPs rendered commendable assistance to the dislocated local population through a United Nations (UN) operation in support of internal refugees at Tche, where they managed cases ranging from severe dehydration to spontaneous labour in the bush.

The concept of forward medical teams was revitalised, and progress were made in equipping them to the acceptable UN standards.

The medical and nursing officers at

The Medical Task Group at Mavivi.
the level 1 clinics provided base orientated community health services to the contingent members, as well as trauma response to motor vehicle accident victims and in respect of other incidents. Notable achievements include good progress to ensure oxygen supplies and sterile materials for the clinics, as well as revising the medical waste disposal system. In doing so, good co-operative relations were forged with other UN contingents and their health facilities. There was also positive movement in equipping our level 1 hospitals to the UN requirements. The nursing officers further enthusiastically promoted malaria awareness and maintained an early intervention programme to counter the growing threat of malaria in the rainy season.

Our Air Medical Evacuation Teams (AMET) in Goma were on a round-the-clock standby for the specialist air evacuations of critical cases of any UN personnel in the mission area.

The environmental health officer had a busy schedule supporting the many South African bases in the mission area, advising and guiding commanders in temporary forward bases, as well as those involved in the construction of the new RSA Battalion Group HQ base at Mavivi. With this aim in view she travelled extensively and continuously, supported by the pest-control non-commissioned officer, to improve the living conditions of our soldiers in the mission and to combat diseases caused by poor hygiene.

The two social workers also travelled widely to maintain the welfare of our deployed troops. Some of the troops were deployed for twelve months, others for six. The social workers were therefore responsible for the very important preparation of the soldiers for their homecoming and re-integration into their families and communities. Members of the MTG were further involved in discussions on sexual exploitation and abuse, and made meaningful recommendations to the command element on how to curb and eventually eliminate it.

The pharmacist was responsible for supplying the whole mission area. This included preventive preparations (from anti-fungal foot-spray to malaria prophylaxis), routine medications (from headache tablets to drugs for sore muscles) and specialised emergency care drugs and drips. This was managed in spite of interrupted supply processes and very basic facilities.

A particular challenge was the construction of the new battalion group headquarters at Mavivi. Members of the MTG not only had to treat construction related injuries and complaints without a proper sickbay or effective supply processes, but at the same time had to contend with the knee-deep mud, cold showers, the hot equatorial sun, and the lack of proper communication. In spite of this they made great strides in initiating a new level 1 clinic at Mavivi. Which all proves that the MTG of OP MISTRAL VII magnificently rose to the challenge of truly "Serving the Brave". 

Capt Mark Corner in his clinic at Mavivi.

Lt Col Suzanne Joubert in her "pharmacy".

The Medical Task Group in Mavivi in front of the new clinic.
Choppers in Kamina

By Lt Col A.J. McCarthy,
SO Heli Plan
Photos: Lt T. Bind


Kamina is a pretty nondescript town in Katanga province of the DRC. It is linked by rail to Lubumbashi in the south, Kindu in the north, and Lobito (Angola) far to the west. The outstanding feature of the town is the Kamina Airbase about 15 km away.

Since July 2006 some 35 mostly SA Air Force personnel have been based there in support of two Oryx helicopters and crews. In addition there is a battalion of India’s finest infantry and a Jordanian level 2 hospital, all under the UN flag. Originally deployed to ensure free and fair elections in October 2006.

The airfield was built by the Belgians in 1954 to accommodate a flying school that probably rivalled present day Central Flying School Langebaanweg. The Flying School once housed a huge theatre and stage, banqueting hall and magnificent accommodation.

It is arguably the largest airfield in the DRC, with two parallel runways capable of landing the heaviest transports or the fastest fighters. The ebullient ATC, Mr Mabala, clears a taxiing aircraft to land and take off all in one breath on his hand-held radio.

Flying over the rural areas, it is difficult to comprehend that this region was the scene of bloody conflict during the 1960s, when mercenaries clashed with Katangese rebel groups and aircraft strafed villages and towns. Further
to the east is the Lac Upemba region, where roads are dusty bicycle tracks, and most people and commodities travel by dugout or barge on the waterways surrounding the mighty Congo. A primary source of food, the river flows northwards through this region for nearly 800 km before turning westwards towards the distant Atlantic.

Landing in the town of Mulemba Nkulu on the banks of the Congo, the Oryx helicopters were an instant attraction for hundreds of children, all chanting “Sha-Na-Na”, taught to them by a previous crew.

Barely one and a half thousand feet above sea level, this area is stiflingly hot. Except for the odd visiting official, there are no cars and most buildings, apart from the mission stations and churches, are mud and thatch dwellings.

The Oryx helicopters were a welcome sight for the Indian troops stationed there, as they supplied bottled drinking water and other supplies, as well as a quick flight back to the comforts of the base. Besides promoting the Siyandisa Programme in the middle of Africa, the crews also boosted the local economy by buying heaps of grass mats to make the spartan conditions at Kamina more attractive.

There were also many young Congolese males who fell hopelessly in love with one of our young female co-pilots, who admirably handled all advances with diplomatic aplomb. The “amor” of the French-speaking nations has not been lost on these people!

Flying back to Kamina in an Oryx heavily loaded with Indian troops and equipment, we were reminded of our vulnerability by a sudden and seemingly impenetrable thunderstorm. But the rain is a welcome relief to the heat. The storm passed as quickly as it arrived, and gave way to a magnificent sunset such as only Africa could produce.

After the routine paperwork, we looked forward to the weekly evenings of drinks, Bollywood and bingo with the Indian officers. More British than the “Brits” themselves, these guys were organised. All senior officers have a personal “batman” or “flunky” who waits on him (no females) 24/7.

Every morning at six sharp, a bugle sounds reveille and a huge bell at the Quartermaster was rung to mark every hour. Every tent was air-conditioned and an impressive water-purification system had been installed. They had a whole container of genuine Indian victuals and liquid refreshments, and there was a well-stocked tuck shop. Who could forget the Old Monk or the curried nuts, both of which made you wish you had!

Leaving Kamina, one had mixed emotions; many new friends, hard times and good times, fun and frustration. Nobody said it would be easy and hopefully it will get better. Five and half hours later we touched down at Waterkloof and realised that South Africa was truly a land of milk and honey.
The Opening of Parliament

By Nomonde Vuthela
Photos: F Sgt David Nomtshongwana

The Opening of Parliament took place in Cape Town on 9 February 2007. President Thabo Mbeki’s annual State of the Nation Address to the people of South Africa remains a media bang!

The entire nation zoomed in and focused as our President and Commander-in-Chief took his place and spoke to the South African nation.

There is justification for and good reason why people every year dress up for the Opening of Parliament; this occasion is attended by the crème de la crème of our country. This year was no exception!

Addressing South Africa, the President urged all citizens “to deepen the debate” on youth participation, the economy, the upliftment of women,

better education, fighting crime, improving communities, State pensions, matters of health, etc. Looking at ways of building a stronger country, President Mbeki encouraged South Africans: “So let us roll up our sleeves and get down to work … to build the South Africa for which we yearn”, adding that if we wanted to be a successful nation we should work together.

Vowing that Government would do better this year, President Mbeki continued: “The issue of a variety of our identities and the overarching sense of belonging to South Africa needs to be better canvassed across society in a manner that strengthens our unity as a nation”.

He also said none of the great social problems we have to solve is capable of resolution outside the context of the creation of jobs and the alleviation and eradication of poverty. Addressing the crime issue he told the nation that little fault could be found with policies, but that the challenge rather lay in effecting organisational leadership, mobilisation of the mass of law enforcement, correctional and intelligence officers and functionaries of the justice system. “The majority of these public servants have
proved over and over again in actual practice that they are prepared to put their lives on line.” In relation to South Africa being a non-permanent member of the United Nations (UN) Security Council, President Mbeki stated: “We will in these most esteemed multilateral bodies do everything necessary to further contribute to international peace and security”.

With all the spectacle and ceremony that accompany a day such as this, it is always with immense pride that one sees the SANDF do its bit for the sake of nation building. The gun salute that precedes the President’s speech, our soldiers and the SA Air Force with its magnificent air displays, and members of the National Ceremonial Guard displaying such confidence bring added dignity to this occasion. The SANDF bands marched on to the sound of martial music, with its rhythm and bagpipes. This undoubtedly always does it for the South African public!
Young soldier received her wings

By Nomonde Vuthela

Receiving SA Air Force Wings implies making sacrifices in the future, great responsibility, loyalty and above all, reaching for the sky. Graduating and being awarded SA Air Force Wings, as was the case for a group of young soldiers on 7 December 2007, becomes a special way to say, "You have hit the mark and have achieved the necessary standard!"

A wings parade is more than just a graduation day for pilots. It is a moment of pride for families, friends, flying instructors, mentors, the SA Air Force and South Africa, and all because of a young person who chose to serve instead of responding to the need for self-fulfilment first. This particular type of young person is usually passionate, dedicated, very bright and eager: exactly what the SA Air Force is searching for.

Addressing recipients at the Wings Parade held at Central Flying School in Langebaanweg on 7 December 2007, the Chief of the SA Air Force, Lt Gen Carlo Gagiano, said the event marked the culmination of a long period of dedicated effort. He said: "The standards of flying and knowledge set by the SA Air Force are high, they are indeed equal to the best in the world."

Stating that the day marked only the first of many goals, Lt Gen Gagiano added: "A long period of sustained effort still lies ahead." And because the SANDF is in the business of creating leaders, he urged the recipients to maintain high levels of moral conduct. He said: "Indeed, your communities must identify you as members of the SA Air Force primarily because you cleave to these attributes."

Members of the Air Force Reserve Squadron, an integral part of the SA Air Force, also received their wings on this day. The group of young soldiers represents all volunteers who are prepared to sacrifice whatever spare time they have in their civilian lives and careers, to serve in the SA Air Force.

Emphasising loyalty, Lt Gen Gagiano said: "You will soon discover, if you have not already done so, that airlines pay much more than the SA Air Force." He stressed: "If perhaps in future you discover that you have made a mistake and come to the conclusion that you should have joined the airlines, my only request to you is to stay loyal."

As a follow-up, SA Soldier interviewed one of the recipients, 2Lt Nandi Zama, at 41 Squadron in Pretoria. "I thought I was going to be an accountant, but when push came to shove, flying was one of those things that held so much more excitement and potential."

"This means you’ve got to push yourself differently, experience things that you would not normally have experienced and once I was in the Air Force I discovered all the little things and traditions. This was exactly what I wanted." She added: "The first flight I took in an Astra did it for me, I was over the moon. As you advance and you start to do more things you start exploring more, and you realise that this is definitely it."

On now officially owning the title of "Air Force Military Aviator" and having her SA Air Force Wings, 2Lt Zama said: "I was ecstatic! It is a great feeling because you work towards something for a whole year. You do all of this, all the three years, including the non-flying parts, the ground school, the basic training and the
officer forming. You do all that for your wings”.

On her expectations as a new SA Air Force employee, 2Lt Zama said: “I want to advance because Central Flying School will only teach you so much. I want to develop as a pilot who is adaptable to almost anything”. She continued: “Just to experience the diversity to the fullest and do the things they do here in the SA Air Force.”

Commenting on how the grass always seemed greener in the corporate world, she said: “It is a fact that the topic is discussed openly in our circles. All the SA Air Force needs to do is to find some kind of balance that will even out the money issue. I know that they could never compete with the private sector”.

“People come here not just because they want to be called pilots, they want to be Military Aviators and that is so different.” She concluded: “This is definitely an excellent career choice.”

Renegotiation

Renegotiation (for longer deployments): Reality hits! The returning spouse finds a more independent family. A little anger, a little disappointment, and a little guilt creep in. This is not the same family; they are older, more mature, and more self-confident. The children seem to depend more on the spouse they stayed with, forgetting to seek help from the returned spouse. Things cannot be as they used to be! All these people have changed. This is the stage for clear communication of needs and wants. It is time to refocus and reorganise. Each will feel the loss of individual freedom. It is time to renegotiate the “individual space” for all. Many divorces occur during this stage. The returning spouse boldly marches in to recapture his or her kingdom. The family members want to retain their routine and the spouse who stayed may not want to give up the measure of independence, decision-making and private freedom he or she experienced during the separation.

Reintegration

This is the stabilisation stage. Now the conversations become “we”, “us”, and “our”. The family begins to move forward as a unit. When you are back together again, take some quiet time to sit together, holding hands and talking about what happened. You need to listen to each other and you both need to talk. You have a thousand questions to ask, as does your spouse, and you both need reassurance that everything will be okay. Realise that both of you have grown during your time apart and it is important for each one to allow the other some space and time alone. This is the time to re-establish old patterns or to establish new, better ones. This can take several weeks, so do not expect to fall back into “how it was” overnight. Take time to enjoy the intense pleasure of reuniting as a couple. Maj Jacques Raymond Gordon, JSB MOD

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spouse to adjust to time changes. Expect he or she will want plenty of rest the first few days at home.
Youth Programme wins top honours

By Col P.J. Keller, SAMHS
Photo: F Sgt David Nomthongwana

The Africa Aerospace and Defence (AAD) exhibition is the largest exhibition of land, sea and air systems in Africa, a prestigious event that attracts international participation and is recognised on the international calendar of similar events. The exhibition is actively supported by the Department of Defence in the national interest, and was last presented at AFB Ysterplaat, Cape Town, in September 2006.

In view of the significance of the exhibition the Department has appointed the Chief of the SA Air Force, Lt Gen Carlo Gagiano, to co-ordinate its support of the biennial event. As part of its ongoing commitment to the youth of the country, the SANDF has recognised the necessity of presenting a quality Youth Programme worthy of the occasion, firstly to create awareness of career opportunities for the Military Skills Development System (MSDS) programme and secondly to provide exposure to the various national industries during the September 2006 exhibition.

The showcasing of the achievements of the highly successful Youth Programme culminated on 8 December 2006 when the latter received the prestigious Government GCIS Communicator of the Year Award as overall national winner. In addition the Youth Programme also won the BUA Award, an award that symbolises excellence and innovation in government communications. The award ceremony was held at the Castle, in Kyalami, and was hosted by the Minister in the Presidency, Dr Essop Pahad. The awards were accepted by Col Bobby Keller, the Chairperson of the Youth Programme, and Brig Gen Bob King, the SA Air Force Director appointed to the AAD Executive Committee.

THE LIFE-CYCLE APPROACH

The winning concept of the Youth Programme was a life-cycle approach developed by Col Keller, which had a holistic view of youth participation. Firstly, it involves recruiting the youth for careers in the defence environment and then upon completion of their service the young soldiers are required to serve in the Reserve Force. After their careers and having served their country soldiers become veterans, who have to be cared for. The preservation of our military culture and heritage is also in the hands of the next generation. It is therefore important to cultivate awareness among the youth so that they can take over this responsibility. The Youth Programme depicted the life-cycle approach at the exhibition.

THE STRATEGY

Based on the success of previous AAD Youth Programmes Col Keller was appointed for the third time as the Defence Youth Programme Chairperson by the Chief of the SANDF. The Youth Programme supported the strategic intent of the AAD 2006 with its vision of presenting a world-class youth awareness show, and was moreover supported by the career promotion programme for the South African youth in the defence and aviation industry. To achieve this strategic goal the following objectives were set and met in Cape Town:

- To create awareness and establish interest in the MSDS among the youth.
- To enhance aviation awareness among the youth.
- To preserve military history and culture.
- To create awareness of the SANDF Reserve Force and military veterans’ organisations.

THE YOUTH PROGRAMME AT THE SHOW

The Youth Programme was presented over the two public days as an exhibition and interactive programme run by the youth. The programme had two components, namely the 550 members of the Services and the 2 000 youth entering as members of the public. The youth were introduced to all the various careers and handed brochures on how to enrol for the MSDS. They also had the opportunity to explore cultural exchange through discussions and demonstrations of careers in the aviation, transport and defence industries.

These young learners were presented with a signed full colour certificate, a T-shirt, lanyard, ruler, food pack and various posters upon completion of their workshops. The following was included in the programme:

- The SA Army Amajoni Programme participated with 100 young people.
- The well-known SA Air Force Siyandiza Programme was represented. It was a static display.
Communicator of the Year Trophy.

Programme, with the Government GCIS Col Bobby Keller, Chairperson of the Youth Programme. Not only was it a wonderful opportunity for the youth provided an excellent drill display and the Youth Band entertained young and old. The Navy also gave the youth opportunities to visit the SAS ISANDLWANA exhibition at the V & A Waterfront.

A childcare centre provided collection and holding facilities to care for the children during the show.

The AAD has always formed a partnership with its host city when it exhibits there and for this reason a very active and organised City of Cape Town Street Children's Programme was included in this Youth Programme. Not only was it a wonderful opportunity for the children to experience the show, but it also served as an inspiration to create a better future for them. 150 children were transported to the show and introduced to careers in the aviation and defence environment.

- A partnership was formed with the MTN Science Centre ORT-Tech Institute to provide science and technology workshops for the youth. The workshops focused on skills in the aviation, maritime, electronics and engineering environments required to link the defence and aviation industries. A mini-technology conference was held for educators on how the workshops of the Youth Programme could be used to teach science and technology.

- The South African Airways (SAA) Vulindlela Programme contributed to the exhibition with a display in which people were made aware of the role of the SAA.

- The Civil Aviation Authority ensured that all the youth received promotional items after their participation in the science and technology workshops.

- As an official partner of the AAD for search and rescue purposes, the National Sea Rescue Institute (NSRI) presented their water safety project called "Waterwise".

- The Youth Programme included an exhibition by the Reserve Force, as well as a variety of veterans' organisations. The museums of the SA Air Force and SA Navy displayed some of their splendidly preserved historical items.

- The Alta du Toit School for mentally disabled children of all races re-cieved much needed funding for their activities as a social responsibility project from the Youth Pro-gramme sponsor. On the day of the presentation an SA Air Force Oryx helicopter landed on the school grounds with a delegation of the SANDF and the sponsor, Mr David Lee of International Aero Engines, to hand over a donation of R15 000 to the school. The gratitude and joy of the staff and children ensured a most memorable and gratifying visit, which had been undertaken to promote a worthy cause.

SPONSORS

The 2006 show was sponsored by International Aero Engines and Gijima AST, Africa Militaire and staff from Learning Curve Consultants provided the much needed project office, administration and supporting services for the Youth Programme. The sponsors received national and international media exposure during the show, and generally agreed that they had received an excellent return on their investment.

OUTCOME OF THE EVENT

The objectives set by the DOD Youth Programme have been achieved and 120 000 visitors saw the exhibition. The media, senior government officials, foreign delegations and members from the defence industry were among the many visitors to the DOD Youth Programme. The DOD Youth Programme was also visited by the Chief of the SA Air Force and the Deputy Mayor of Cape Town. The Youth Programme Team received acknowledgement and appreciation for the professional exhibition, other activities and the contribution made to the Cape Town community. The SANDF is now in a position to recruit the best of the available South African youth for careers in the SANDF and can highlight career possibilities in the civilian aerospace and defence industries.

CONCLUSION

The DOD Youth Programme 2006, an internationally recognised event presented every two years, remains a prestigious and highly successful event that reflects well on the SANDF. It was created, planned and executed by enthusiastic and positive uniformed and civilian volunteers supporting the vision: "A world-class youth awareness show". The achievements of the 2006 youth programme have strengthened the resolve to make the 2008 programme an even greater success. The key lies in the strength of the partnership with all those stakeholders who are both ready and willing to invest in our youth and contribute to the national vision of "A Better Life for All". The SANDF can take pride in the achievements of its AAD youth programme and the support it provides to the South African defence and aviation industries.

Col Bobby Keller, Chairperson of the Youth Programme, with the Government GCIS Communicator of the Year Trophy.
SANDF donated equipment to Mozambique

By Lebohang Letaoana
Photos: Sgt Lebogang Tlhaole


This donation resulted from the signing of a co-operation agreement between South Africa and Mozambique on 6 May 2000. In terms of the signed co-operation agreement, the defence forces of the two countries will, among others, work together to improve border security, military intelligence and military health.

During the handing-over ceremony the High Commissioner to Mozambique, Ms Thandi Lujabe-Rankoe, said they were standing there to witness the achievements resulting from co-operation, respect for one another and a deep-seated desire to work together to better the lives of all our citizens.

This donation will not only benefit Mozambique, but will also contribute towards strengthening our combined ability to protect our people, our borders and also effectively protect and patrol our very important coastline and natural resources.

In his keynote address our Deputy Minister of Defence, Mr Mluleki George, said: "In contrast to the spirit of that era of uncertainty and sorrow, we are today standing here together, Mozambicans and South Africans, Black and White, who a few years ago were sworn enemies, not to fight but to celebrate. This is a demonstration of the strength of the human spirit. It is also a tribute to the fallen heroes and heroines and an indication that their sacrifices were not in vain".

The donated goods included office equipment, uniforms, a ferry boat and two patrol boats. As some areas of Mozambique are subject to frequent flooding, these boats will come in handy. Another donation, which is still to be delivered to the Mozambican Defence Force, consists of Samil vehicles.

The Mozambican Minister of Defence, Mr Tobias Dai, expressed his gratitude towards South Africa for the donations.
Maj Gen Edward Fursdon (81), a dedicated contributor of SA Soldier, died on 3 January 2007. His continued contributions will be dearly missed. Our sincere sympathy goes to his wife and family.

He capped a military career, which alternated regimental duties in the Empire with increasingly responsible staff jobs, by becoming defence correspondent of The Daily Telegraph.

A tall, imposing man with no direct experience of daily journalism or taste for gossiping in pubs, Eddie Fursdon arrived at the paper a published poet, but he had the sang-froid to tolerate a secretary who kept rats under her desk. Between 1980 and 1986 he proved himself a hard-working reporter at home and abroad, covering Nato meetings, the growing concerns about the Soviet threat to Poland, cuts to the Armed Forces and small wars. While never venturing into the commentator’s realm, he also demonstrated a sure eye for terrain on several trips to cover the Iraq-Iran war from the Iraqi side.

If he unblinkingly recounted an assurance that one million Iraqi women were longing to join up, he could handle general news stories, such as the rescue of three British women from a ship in the Shatt-al-Arab waterway by the broadcaster Jon Snow. There was also the occasion when he led correspondents under fire in making a “long unpractised School of Infantry leopard belly crawl” before a final 100-yard dash for safety.

Fursdon was too busy recording the official communiqués in London to be allowed near the front during the Falklands War. But six months later he made a trip to the islands. He walked the battlefields, watched cattle being slaughtered after their legs had been blown off by mines and described the eerie colours of Cumberland Bay at dawn in South Georgia, where the war began.

On being stood down from his post, after a change in the Telegraph’s ownership demanded a different kind of defence coverage, Fursdon put his findings into a book, Falklands Aftermath: Picking up the Pieces (1988).

Francis William Edward Fursdon was born on 10 May 1925 into a West Country military family, and was brought up at Fursdon Lodge in Dorset. After enlisting in the Royal Engineers, where he was astonished to be greeted by a private who flattened his head to balance his tin trunk on top, then rubbed the sides of his face afterwards to pop it back into normal shape.

He joined a Gold Coast unit on mine-clearing operations in Burma, ferried coal from Mansfield colliery during a coal strike and foiled an attempt to assassinate his commanding officer in Malaya before returning home to obtain a BSc from the Military College of Science at Shrivenham. In 1958 Fursdon was awarded an MBE for his gallantry in removing a shell, which had landed on a simulated nuclear device. It had ignited but not exploded. He had it dug up and safely detonated; some felt a George Medal would have been more appropriate. He then survived grenade and small arms attacks at Port Said during the Suez campaign, and went on to build bridges in East Africa, where he encountered Sergeant Idi Amin, commanding an anti-spear unit, and the explorer Wilfred Thesiger, who had lost all his possessions when his camel bolted.

By now making his mark as a staff officer, Fursdon escaped the hostility of a divisional colonel at Camberley by going off to report on the Canadian Army’s introduction of a single logistics battalion, a measure later adopted by the British Army. He also set up a staff college course on supplying by air, after joining an operational crew in the Borneo campaign and single-handedly making a film about it, which won an amateur film award.

Following a spell supervising the British withdrawal from the Gulf, he became a lecturer in defence studies at Aberdeen University, where he started researching the political and military aspects of Nato; this led to his book The European Defence Community (1980).

After leaving the Telegraph he became a correspondent for several specialist defence journals. Eddie Fursdon, also became director of ceremonies for the Order of St John of Jerusalem, and was appointed CB in 1980. He married, in 1950, Joan Worssam, with whom he had a son and daughter.

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12 SAI Bn saying a final goodbye

Compiled by Maj Merle Meyer, SO1 Com SA Army Infantry Formation

On Thursday 2 November 2006 17:00 an overcast sky created an eerie atmosphere in front of the Jack Hindon Hall at the Infantry School in Oudtshoorn. This atmosphere was enhanced by the arrival of a guard of honour for the laying up of the colours of 12 SA Infantry Battalion (12 SAI Bn).

The olive-green background with the chilly-red and gold emblem of the dogs and horseshoe on the colours of 12 SAI Bn brought back happy and sad memories for the members who attended the event. The raw emotion could be seen on the face of Lt Col TC Thidziambi, the last Officer Commanding, when he handed over the colours to Chaplain M.D. Mence.

This proud unit was established in 1964 and moved from Voortrekkerhoogte (now Thaba Tshwane) to Welgegund, then to De Aar and later to Bourkes Luck and also to Potchefstroom. The equestrian capability was taken over by the SAPS Mounted Service while the canine capability was transferred to the SAMHS.

The motorcycle and visual tracking training capabilities were transferred to the Infantry School in Oudtshoorn.

Caring equestrian soldiers

The members who served in this unit were of a special kind. They were caring and dedicated. They had an immense love for the horses and dogs. They knew they had to take care of the animals 24/7 and then they would look after you, and many a day a young soldier was saved by his horse.
or dog. The horses and dogs were also very effectively utilised in patrols and even during unrest in urban areas, where uproars were calmed and the troublemakers dispersed the moment they saw a dog or a horse.

Later on the equestrian soldiers also included those on motorcycles. They were soldiers with a passion for their work and for caring for the people that they had to protect. During the late 1990s these soldiers had an immediate positive effect when they were deployed on the Cape Flats during the taxi/bus and gang wars. The sound of the motorcycles created an element of fear among the criminals, while on the other hand it was a sound of relief to the innocent.

Over the years 12 SAI Bn was deployed on a continuous basis, especially in the role of border protection. Several companies were deployed externally to the Democratic Republic of the Congo (DRC) and Burundi, where they had an excellent record. In 2004 the members of 12 SAI Bn came to the rescue of the other United Nations (UN) forces which were attacked by rebel forces.

Several female Infanteers received training in all three fields. The very first female company commander to deploy internally was Maj Romi van Tonder, with two female platoon commanders in KwaZulu-Natal where they did an excellent job.

End of an era

This ceremonial event saw the SA Army Infantry Formation bid farewell to a proud unit - a unit full of history. Now the time has come to write new doctrines and to adapt to a new environment in the African Battle Space.

To the members of 12 SAI Bn: go well, you served the country with pride. We will never forget you.

The laying up of the colours of 12 SAI Bn brought back happy and sad memories for the members who attended the event.

Fallen Infanteers honoured

By Maj Merle Meyer,
SO1 Com SA Army Inf Fmn

The annual Infantry Memorial Service was held at Fort Klapperkop in Pretoria on 21 January 2007. At this event the SA Army Infantry Formation, the Infantry Association and several other military veterans' organisations remembered all fallen Infanteers.

At the Memorial Service Brig Gen Krubert Nel, the Chief of Staff of the SA Army Infantry Formation, emphasised the important role the Infanteers played in bringing peace to Africa, as they were the ones deployed in the Comoros, the Sudan, the Democratic Republic of Congo (DRC) and Burundi.

Despite being deployed in war zones, no Infanteer has died in the past year in battle, and for this we must also be thankful. Let us remember all fallen Infanteers with the Soldier's Prayer:

"In proud thanks-giving, let us remem-ber our elder breth-ren. They shall grow not old as we who are left to grow old. At the going down of the sun and in the morning, we will remember them."

The Transvaal Scottish Pipe Band played at the annual Infantry Memorial Service.
New recruits set off for SAS SALDANHA

By AB V.D. Maleka, LS Com and Admin
Navy Office PR
Photos: F Sgt F. du Bois

ervous, ecstatic, enthusiastic, I am looking forward to the physical training. I want to be a submariner. I want to be a diver. I am ready to serve my country. My childhood dream just came true. I will face all challenges head on …”

These were some of the thoughts and feelings of the new SA Navy (SAN) recruits who will embark on a journey to become members of the SANDF serving in the SA Navy.

On Friday, 12 January 2007, the SA Navy recruits from Gauteng, Polokwane, Nelspruit...
and Potchefstroom met in the Thaba Tshwane City Hall to depart for the SA Navy training unit, SAS SALDANHA.

One of the youngsters, Patricia Peo, said: "I am prepared and ready. I am a productive individual and I will prove to be an asset to the SA Navy".

The youngsters were accompanied by family and loved ones. When it was finally time to leave, goodbyes and hugs were exchanged and of course some tears were shed as parents saw their sons and daughters off. Some of the youngsters also shed some tears as they realised the reality of leaving for SAS SALDANHA.

For two years these young men and women will be groomed to be exceptional sailors and will receive functional training in various specialist fields within the SA Navy.

...I am ready to serve my country."
SAS SALDANHA welcomes SDS recruits

By S Lt Sam Khasuli, PRO SAS SALDANHA
Photos: CPO Louis Wadsworth

A Navy recruits from the various provinces of South Africa arrived at SAS SALDANHA on 13 January 2007. Since the inception of the Military Skills Development System (MSDS) in 2003, more than 600 recruits have been arriving each year at SAS SALDANHA for their Basic Training.

Owing to the large number of people wanting to join the SA Navy this year, a decision to have two intakes per year was taken. The first intake is these youngsters who have just arrived, while the second intake will be in July.

The Officer Commanding SAS SALDANHA, Capt K. Naidoo, briefed Naval Gymnasium Programme (NGP) members on 15 January 2007 about what to expect over the next few months. According to Capt Naidoo only the fittest will survive as the recruits start the transition from civilian life to the military environment. This transition is going to challenge them both mentally and physically.

It should be borne in mind that the MSDS was previously presented over one year and this year it will have to be presented over only 23 weeks. The Training Commander, Cdr S.A. Malepe, and the MTR1 Course Officer, Lt Cdr R.P. Fourie, were asked how the training programme would be conducted. With confidence both senior officers said that although the training time had been reduced drastically most of the outcomes of the curriculum had been retained. Therefore the training programme will be more intensive.

At present recruits start with an induction phase of two weeks. During the induction 40 candidates will be selected to undergo Basic Training for Officers at the SA Naval College. After their induction 12 weeks of intensive Basic Training will take place at SAS SALDANHA and thereafter the programme of the MSDS will kick off, which will continue until the graduation ceremony. The graduation ceremony will take place on 21 June 2007 and shortly thereafter the next intake will commence.

SAS SALDANHA amalungu amatsha

Ngu S Lt Sam Khasuli, PRO SAS SALDANHA
Ifoto: CPO Louis Wadsworth
Iguqulele eSithu
N.P. Ndwanwde

malungu amatsha oMkhosi  

Ngenxa yokuba bebaninzi abantu abafuna ukuzibandakanya ne-SA Navy kulo nyaka, kwathathwa isigqibo sokuba kuthathwe amalungu amatsha omkhosi kabini ngonyaka. Iqela lokuqala liqale uqeqesho ngenyanga yoMqungu elesibini ke liza kuqala ngenyanga yeKhala.

Learners' commitment paid off

By Lebohang Letaoana

The SA National Defence College recently celebrated the achievements of five learners who successfully completed the Adult Basic Education and Training (ABET) level 1 and 2 programme on literacy (Basic English, writing), which was presented by Media Works.

The Regimental Sergeant Major of the SA National Defence College, WO1 Stephanie Ferreira, said she was very happy about the progress made by the learners, who perform maintenance work at the College. "They attended classes in the morning, three days a week for one hour. Their commitment really paid off," said WO1 Ferreira. One of the learners, Mr Ben Lesufi, said: "This course has really helped me a lot. Now I can express myself clearly."

Front, fltr: Mr Ben Lesufi, Mr Petrus Tshishonya, Mr Johannes Dingaan.
Back, fltr: Ms Martha Phalane and WO1 Stephanie Ferreira.
Mr Ephraim Tutja from COLET was not present during the photo session.
Inauguration of our Human Resources Division

By Nomonde Vuthela
Photos: Cpl Elias Mahuma

The Department of Defence celebrated the establishment of the SANDF Human Resources Division (HR Div) at Thaba Tshwane in Pretoria on 26 January 2007. The HR Div is to play a pivotal role in the redesigning of the DOD so that the organisation continues to provide effective and efficient service delivery.

Thanking all the members in his division for working tirelessly to establish the HR Div, Lt Gen Temba Matanzima, Chief of Human Resources, said: “I really must say that it has not been an easy road. We have created a legacy for which we will be remembered proudly”.

The inauguration ceremony consisted of a flag hoisting parade with the new HR Div emblem and colours on display. The emblem bears the traditional colours of the SANDF, the nine-pointed star shaped emblem, in the centre of which lie the quill and key symbolising the expansion of knowledge in all DOD structures located in and around all nine provinces of our country.

In short, the newly unveiled HR...
Div will see to it that Defence provides, manages, prepares and employs capabilities which are proportionate to the needs of a new South Africa, as detailed and outlined by the Constitution. “I have already declared my intention to make Human Resources the function of excellence,” said Lt Gen Matanzima. “Let us create a culture of equity where everyone will be treated in an equitable manner.”

As a direct result of keeping in line with the DOD transformation process, the year 2000 saw the disbanding of the Personnel Division, which led to the splitting of its elements between the Defence Secretariat and the SANDF.

Unforeseen challenges later erupted within the personnel division environment, particularly in that of the DOD Chief of Personnel and Chief of Joint Support. In an attempt to stabilise and unify the human resources fraternity, the post of Chief of Human Resources was revived in 2004.

As Lt Gen Matanzima put it, “I am on my way to top performance; I am an HR functionary representing the HR Div”.

The establishment of the HR Div will unite the elements of the former Chief of Personnel and thus create unified and streamlined control of DOD HR matters, providing a democratic South Africa with an effective Defence Force. The intent is clearly reflected in the new HR emblem. The Key of Knowledge represents the Joint Training Command, while the key to the future represents the Service Corps. The quill, a traditional writing device, stands for the personnel aspects of the division. The key and the quill symbolise the training, skill and professionalism of DOD members.

The Chief of HR Div concluded: “This Division must be respected for its high standard of performance, high levels of discipline and good work ethics. Let us live and eat the principles of service delivery.”

Top DOD members at the inauguration ceremony, front, fltr: Lt Gen Carlo Gagiano, Chief of SA Air Force, Lt Gen Rinus Jansen van Rensburg, Chief of Corporate Staff, Mr January Masilela, the Secretary for Defence, and Lt Gen Temba Matanzima, Chief of Human Resources.
Military Police awarded for devotion to duty

By Amn Arnaus Rakoma
Photos: Sgt Lebogang Tlhaole

The Military Police Agency hosted an impressive medal parade and flag hoisting ceremony at AFB Ysterplaat in Cape Town on 8 November 2006. To start the day, Chaplain James Smith of AMHU Western Cape conducted a service with scripture reading and prayer. After the guard of honour formed up, the flag hoisting and National Salute were performed and the Code of Conduct was read.

The Chief of the Military Police Agency (MPA), Brig Gen Joseph Ledwaba, the chief functionary for the day, in his opening address stated that 8 November 2006 was a joyful and a memorable occasion for the MPA and an opportunity to honour members for their devotion and excellent service to the Agency and the DOD.

"History shows that soldiers have faced hardship, mutilation and death in battle and yet did not complain. They were prepared to die for that which they believed in - duty, honour, country," Brig Gen Ledwaba said. He added that the military was a way of life and that it was a century-old tradition to award military personnel with medals and that it was an internationally accepted method of giving recognition to members for their service and skill.

In his keynote address he continued: "The honouring of our members today with medals must be seen as recognition for their work and duty and also as a challenge to all other MPA members with a clean record."

Brig Gen Ledwaba reminded the members that in the MPA discipline and law went hand in hand, even in their private lives, as Military Police officials are governed by a Code of Personal Conduct and society looks at them as Military Police to set the example. It is expected that the behaviour of a Military Police official should at all times be beyond...
Top Achiever

SA Soldier interviewed Maj Raylene Bosman from the TITANS (a combined team from the MPA HQ, MP School and 13 PRO COY), who won various top awards at the Military Police Agency Prestige Gala Event. The awards were conferred in various categories of team and individual competition.

Maj Bosman was the recipient of the following awards: the best academic individual in the MPA, the best Major in the MPA, the fittest individual MPA member, the best 9 mm shottist and the overall best MP official in the MPA.

She was born on 31 May 1974 in Pretoria and completed her primary school education at Rachel de Beer Primary and went on to Gerrit Maritz Secondary School in Pretoria. She holds a BA law degree obtained in 1995 and an Honours Degree in Criminology from Unisa. Currently she is enrolled for a course in Russian as part of her degree.

Maj Bosman, who is a Chief Training Officer at the Military Police School in Pretoria, is a qualified criminologist. She joined the SA Army in 1996 as a Reserve Force member. She completed her basic military training at SA Army Infantry School in 1996 and was the first female student to be the best overall student, even in competition against male students.

I asked her what motivated her to join the Defence Force. She said: “I really wanted to make a meaningful contribution to mankind, and the passion, commitment and undying love for my country grew into a lifetime of dreams and aspirations.”

In conclusion I asked her what message she had for fellow MPA and SANDF members to motivate them and how she felt to be the top achiever. She replied that receiving the awards was a humbling experience. She shared the following words of encouragement for fellow members: “In the difficult times of today, where one is not sure of tomorrow, it is important to hold on to one’s dreams, faith, religion and support that one receives from one’s family and friends and keep on doing good and being the best one could ever be.”

During her leisure time she likes reading criminology and detective fiction. She takes part in 9 mm shooting, plays golf and loves spending quality time at home.

Top Achiever

reproach. He encouraged them to serve as honest Military Police officials and good leaders who always set an example not only to their colleagues, but also to society and their clients and to act loyally and defend the MPA against criticism from outside.

He thanked the medal recipients for their dedication and hard work and also thanked their families and friends who stood by them and helped them to become worthy recipients.

In conclusion he thanked the Regional Provost Marshal of the Southern Military Police Region, Col Franz Viljoen, members on parade and the military band of ASB Youngsfield for their colourful display.

The flag hoisting and medal parade coincided with the third MPA Prestige Event. Officially opening the Prestige Event, Brig Gen Ledwaba quoted Gen George S. Patton who once said: “Don’t measure a man’s success by how high he climbs, but how high he bounces when he hits bottom”.

Brig Gen Ledwaba told SA Soldier that the MPA was forging ahead in a well planned and structured way. “Through planning and excellent organisation we are able to meet the challenges of the day and of the future.”

Members of the MPA in the rank groups Private to Major competed against each other in various sporting activities, in both team and individual competition.

Western MP Region won in soccer, Northern MP Region won in volleyball and Southern MP Region won the 7 aside rugby match. Central MP Region won in netball, while Southern MP Region won the best adventure sport title.

Speaking to SA Soldier, Col Viljoen said: “2006 will be remembered for both the unique achievements of the Southern Military Police Region (SMPR) as a team and for the achievements of individuals in the SMPR who formed part of the winning team”.

Maj Raylene Bosman from the TITANS team receives an award for the best shottist from Brig Gen Joseph Ledwaba, Chief of the Military Police Agency, while Col Franz Viljoen, Regional Provost Marshal of the Southern Military Police Region, looks on.
Benchmarking national security

Compiled by Col Marthie Visser, and Ms Reshma Matura, both ENSP 14/06 members

Knowledge, skills and understanding of national security in a geo-strategic context are critical for the development of a framework for the future of a country and to facilitate development of a national security strategy for the State. It is therefore important how institutions are utilised to promote national security and international politics.

The SA National Defence College is aimed at achieving this goal by providing the leaders of tomorrow with practical experience and knowledge to develop such strategies - all in the interests of a South Africa that truly belongs to all who live in it!

As part of the “International Studies” segment of the Executive National Security Programme (ENSP), the members of the ENSP 14/06 had the enviable opportunity to visit Spain and East Africa (Kenya and Tanzania). The members departed in two groups to conduct a foreign study tour on 2 and 3 November 2006. One group departed for East Africa and the other group for Spain respectively.

The tour was designed to provide the members with an international perspective on issues that relate to national security and to benchmark how other countries pursue their national security objectives.

AN EAST AFRICAN EXPERIENCE

The official visit began in Nairobi, Kenya on the Monday, with a visit to Mr Tony Msimanga, the South African High Commissioner. He confirmed the strong relationship that existed between the Kenyan and South African military forces and provided a good understanding of the challenges that existed in the country.

Next the group visited the Kenyan Ministry of Defence, where the Chief of Operations addressed them, among other issues the Chief of Operations talked about their involvement in peace support operations in the region. It became clear that the Kenyan Army was well-trained as a result of their bilateral co-operation with countries such as France, the United States and the United Kingdom.

The visit to the Kenyan Defence College proved to be a highlight of the visit as the group found many areas of common interest. The group was also privileged to be addressed by Dr M. Katumanga from the University of Nairobi on the issue of “Geopolitics Knowledge for State Building” with the focus on human security.

On Tuesday morning the group visited the International Mine Awareness Training Centre, currently manned by a British Army team. A presentation and impressive demonstration of anti-mine equipment was given. The group then departed for the Export Processing Zone (EPZ). A company that runs a successful project of producing nutritional products for communities in conflict stricken areas was visited.

The afternoon was spent with the Ministry of Foreign Affairs where the group was briefed on Kenya’s foreign policy and the country’s priorities to promote and protect its national interests. Managing refugees from its neighbouring states seems to be one of the country’s biggest challenges.

The last morning in Kenya brought the group to the Ministry of Planning and National Development where they were briefed on Kenya’s Vision 2030, based on economic, social and political development. It became evident that the Kenya was faced with similar challenges as South Africa, such

A Zanzibar Market.
as unemployment and HIV/AIDS. The group then departed for Dar-es-Salaam in Tanzania.

The South African High Commissioner in Dar-es-Salaam addressed the group on Wednesday afternoon. The next morning presentations were given by the Ministry of Foreign Affairs on the increasing cooperation related to peace and security in the Great Lakes region in Tanzania’s foreign policy and its influence on relations with the East African Community and with the SADC. The focus was on finding solutions to conflict in the region.

During the after-lunch session, the group was enlightened on economic development and investments in mining, agricultural and tourism sectors.

The group departed for the island of Zanzibar on Friday morning, with its first port of call the Brigade Headquarters. Mr Somia Sittassan, Minister of Tourism, addressed the group on challenges facing the island and the relationship and co-operation between Zanzibar and Tanzania.

The most amazing observation made in Tanzania was the harmony and peace that existed among a culture and religion diverse population. The unitary factor in the country seems to be a government that does not have squabble over difference in religion, tribalism and regionalism - and in addition to this, a single language used by all - Swahili.

In summing up the range of experiences during the tour one can say that both countries give priority to economic diplomacy aimed at promoting growth and development. It is also clear that both Kenya and Tanzania have a crucial role to play in the development of the East African region.

A SPANISH ODYSSEY

The warmth and spontaneity of the people, the amazing cultural diversity and the feel of a developed country is evident as soon as one steps onto Spanish soil.

Visiting such a large country in only ten days and be exposed only to certain regions and towns makes it somewhat difficult to draw any absolute conclusion about the eclectic mix of people, cultures and traditions. However, just as the climate of Spain warms, so too do the people. We received friendly smiles in the small coastal town of Puerto de Santa Maria, which is also home to one of the country’s major naval bases far surpassed the initial reception we had in Madrid.

The ENSP members were hosted by CESEDEN, Spain’s equivalent of the SA National Defence College. The Defence Attaché in Spain, Col Chris Pheiffer, who had also helped arranged the tour over the preceding number of months, accompanied the group throughout the trip.

The exposure of the ENSP to the Defence sector in Spain included visits to CESEDEN, the Spanish Navy at Naval Base Rota, which included a visit to the ‘Castilla’, a Spanish amphibious warfare ship, and Torrejón Airbase where the CESAER-OB satellite facility was visited. The members were also exposed to two large private sector organisations in Spain, including EADS CASA (the company which will be manufacturing the A400M aircraft, eight of which have been ordered by the SANDF) and General Dynamics. The South African Ambassador in Spain, Mr Bruce Kolane, invited ENSP members for dinner to his ambassadorial residence, and entertained the group in true South African style.

Spain impressed us with the professionalism of the military forces. The vibrant Spanish economy, much like the country’s culture, is reflected in continuous infrastructure development and the number of new buildings. The official language of Spain is Spanish; very few Spaniards speak English.

The visit to the Rastro, a flea market in central Madrid, provided the ideal occasion for some shopping, while exposure to a flamenco night was a very welcome exposure to this Spanish dance. When we visited the city of Toledo, the former capital of Spain, we were able to experience something of the old country.

Spain was indeed an amazing experience. It not only allowed the ENSP members the opportunity to experience a First World nation, it also enabled new friendships to be formed.

The academic value of visits of this nature cannot be underestimated. It is indeed necessary for the leaders of tomorrow to have this exposure to enable them to build a solid foundation based on first-hand experience.

The city of Toledo in Spain.
Our first Human Resources *Lekgotla*

By Sgt Lebohang Letaoana
Photo: Sgt Lebogang Tlhaole

The Chief of Human Resources, Lt Gen Temba Matanzima, hosted the first Human Resources *Lekgotla* in the DOD at the Council of Scientific and Industrial Research International Convention Centre (CSIR) in Pretoria on 30 November 2006.

The aim of this gathering was to serve as an empowerment, communication and networking opportunity for senior Human Resources functionaries of the DOD (uniformed and civilian defence employees).

"The DOD Human Resources *Lekgotla* 2006 comes at an opportune moment in the evolving transformation of the DOD. With the Department’s increasing commitment to peace and security in the African region, our defence diplomacy commitment and implementation commitments arising from the commissioning of new main equipment also comes increasing resource management commitment and therefore human resources management commitment,” said Dr Mary Ledwaba, Acting Chief Director HR Strategic Direction and Policy, who spoke on behalf of the Secretary for Defence, Mr January Masilela, at the opening of the *Lekgotla*.

She added that the Secretary for...
Defence’s vision for the Department’s HR Management function was therefore that each and every employee should contribute optimally, which would promote an effective, efficient, economical and transparent HR Management System, the hallmark of which is excellent service delivery to all clients and stakeholders and full compliance with the regulatory framework.

Addressing the delegates, the Chief of Human Resources said: “The establishment of the DOD Human Resource Division means that there would henceforth be a unified and integrated approach to implement the higher order HR planning guidelines for the Minister of Defence, Secretary for Defence and the Chief of the SANDF”. These guidelines form the basis for planning and give broad direction for the management of the DOD’s HR composition and for its HR function.

Topics such as the status of the HR profession in South Africa, leadership in a transforming society, performance and reward management and remuneration, strategy to mainstream gender in the DOD, operationalisation of the HR Division and HR development were discussed at the Lekgotla.

At the press conference Lt Gen Matanzima mentioned some of the opportunities lying ahead for 2007, such as the internships for people with tertiary qualifications: “The process of recruiting interns has already commenced. There are a number of services such as the SA Navy and SA Air Force that have interns in their Services,” said Maj Gen Molefi Keith Mokoena, Acting Chief Director Human Resource Development.

Other opportunities in the pipeline for 2007 are the establishment of a new format for the Military Skills Development System (MSDS) curriculum in all the Services, which will incorporate marketable and portable skills to empower members for the civilian economy while they are still serving in the MSDS.

“In moving forward let us, as an HR division, but also as the DOD’s total HR Management function, exercise the required leadership and service delivery ethic which many thousands of our members and employees want us to exercise,” concluded Lt Gen Matanzima.
A Soldier had the opportunity to interview Brig Gen Cobus Smit, the Director Education, Training and Development (ETD), Chief Directorate Human Resource Development (CD HRD), Human Resource Division (HR Div) with a view to creating awareness of the role and functions of the ETD sub-system and management in the HRD environment.

BACKGROUND

In 1998 the DOD went through a cumbersome process of restructuring to become more effective and efficient. "The transformation process resulted in the creation of 18 so-called silos, where ETD was recognised as a sub-system of the Department of Defence (DOD)," says Brig Gen Smit.

During 2000, shortly after OPERATION BOLEAS, another restructuring was effected that resulted in the fragmentation of Human Resource Management. The fragmentation led to dissatisfaction within the DOD and as a result of the Parys Resolutions a full-scale investigation to optimise HR management within the DOD commenced.

The investigation indicated that a single HR division should be established in the DOD, where the Chief of HR reports to the Secretary for Defence for HR Governance, while reporting to the Chief of the SANDF on HR management and development. Chief HR has two distinct roles to fulfil: he officiates as the DOD’s Departmental Training Officer (DTO) and as Chief HR Officer (CHRO). As functional head of HR, the Chief of HR also officiates as the competency authority (FCA) for HR and ETD practitioners.

The proposed structure for the HR Division provides for a Divisional Head Office, two formation headquarters and 20 units. The functional staffs within the Divisional Head Office comprise four chief directorates. They are Chief Director HR Strategy and Plan (CD S&P), Chief Director Transformation Management (CD TM), Chief Director HR Management (CD HRM) and Chief Director HR Development (CD HRD).

CD HRD is responsible for directing, orchestrating and controlling HRD.

The DOD comprises members of the Regular and Reserve Force as well as Public Service Act Personnel (PSAP).

ETD SUB-SYSTEM

The ETD sub-system comprises four sub-processes. The first determines the need, the second designs the appropriate intervention (course/learning programme), the third presents learning opportunities and the last one controls the execution thereof by ensuring that people in the workplace demonstrate the required competencies, skills and knowledge to be effective.

THE ROLE OF DIRECTOR ETD

Director ETD is responsible for directing, orchestrating and controlling ETD within the DOD. This includes training, educating and developing people entering the DOD who then serve in the structures of the DOD and plan to separate from the DOD after contract expiry.

Director ETD serves as the nodal point to determine content for joint and common learning programmes, and secondly ensures the alignment of single service learning programmes through the Standard Generating Bodies Coordinating Committee. Like the Secretary for Defence, Mr January Masilela, who ensures governance and compliance, the Director ETD annually monitors the DOD’s compliance with national HRD imperatives.

The Director ETD concluded: "The DOD is a people driven organisation. No product or service can be delivered without competent and committed people; likewise no military operation can be executed without a well trained and assertive soldier. In line with international trends the DOD has accepted the challenge to move beyond the boundaries of ETD by embracing the concept of human resource development. HRD, as a concept and its terminology, is not, however, internalised as yet."

"The DOD is bound by law to provide outcome-based and where possible accredited education and training. SANDF unique, credit bearing and internationally recognised service learning programmes through the Standard Generating Bodies Coordinating Committee. Like the Secretary for Defence, Mr January Masilela, who ensures governance and compliance, the Director ETD annually monitors the DOD’s compliance with national HRD imperatives."
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Time for Prometheus to tell his story

Dr Phenyo Keiseng Rakate,
Director: Office of the Secretary for Defence

W riting a personal memoir must be a daunting and invidious task, especially when the truth about our past is sometimes a contested terrain. Critics might charge that such an exercise is a self-seeking prophecy because of its subjective nature and that it is always difficult to strike the right balance between one's angels and one's demons. Nevertheless it is imperative we tell our stories and reflect on the past if we are to build a common identity and memory of the past.

The appearance of Roy Andersen's book, Commanding Heights, caused a sigh of relief for at least two reasons. First, the decline of a national debate on the state of defence, which preceded the advent of the democratic order and the subsequent creation of the South African National Defence Force (SANDF), is a worrying phenomenon. Secondly, the unique contribution of Andersen's experience is that it straddles both the military and business worlds. The book has received positive reviews in the local press and talk shows of some radio stations.

The bare bones of Roy Andersen's illustrious business and military careers are worth noting. Andersen currently holds the rank of Major General in the SANDF and is also Chief of Defence Reserves. He has trained and qualified as a Chartered Accountant (CA) both in South Africa and the United States. He subsequently became a partner in an accounting firm, Ernst & Young. In the early 1990s Andersen was instrumental as President of the Johannesburg Stock Exchange (JSE) in transforming that institution before he was headhunted and appointed the CEO of the insurance company, Liberty Life. He retired in 2003 and is now chairperson of Sanlam, Murray & Roberts and Virgin Active.

In my view, the real fascination and deeper meaning of the book lie in his exposition of the strong military tradition and culture. As Andersen has sought to demonstrate, the military is based on the principle of reciprocal trust between the troops and the commander. The commander must trust the willingness of his troops to obey orders, and in return the troops must have faith in the judgment and integrity of the commander. Two lessons learned by Andersen about leadership are that a leader must be visible and has to demonstrate a command of his subject. In essence the military is founded on values of discipline, obedience, esprit de corps and the camaraderie of soldiers who have to care and look after one another. A lack of these values does not go unpunished.

Military historians will confirm that not only is the military the oldest of the professions, but some of the practices and rituals have stood the test of time. The concept of strategy, for example, which Andersen addresses in the latter part of his book, originates from the military. In fact the business world is a beneficiary of ideas originating from the military. This is what makes Andersen's experience unique and fascinating.

The true commanding heights of Andersen's boardroom experience are what he calls "The Andersen Achievement Six-pack" which provides some food for thought for the reader. In the master's own words "I like to work to an agreed strategy, plan and budget. I'm not a spontaneous manager. I can see an opportunity, but I prefer to plan" (p 164). If indeed a strategy is about markets and products, it must be linked to a corporate plan, a budget and a performance incentive system.

While the book is lucid and a recommendation for all to read my only misgivings are that Andersen did not to my satisfaction address in detail his experience of the post-1994 transformation process. I still believe the master could have said more about his perspective on the future, for example of the Reserve Force or Citizen Force. Another issue, albeit of a tangential nature though important, is that I do not, with respect, concur with Andersen's comparison of an MBA programme with Military Staff courses. It is nevertheless correct that most MBA programmes use military case studies or simulation exercises. A famous case study on strategy and planning, for example, is the story of the British Naval Captain, Robert Falcon Scott, who led an unsuccessful expedition to the South Pole in 1910. The tale of the doomed expedition was later to be told by the youngest member of the expedition, Apsley Cherry-Garrard, in his book, The Worst Journey in the World, published in 1922. More recently, the Geneva Graduate School of Business in Switzerland (for aspirant CEOs) has also used Shaka Zulu as a case study.

Andersen's work presents a challenge to the entire community of military intellectuals, both serving and retired, particularly the Black intelligentsia, to archive the memory of the past for the next generation of generals, flag officers, officers commanding and others so that they may draw from the rich and unique experiences of those who have gone before. Like Prometheus, who in Greek mythology is credited with having stolen fire from...
A Day at the Races

By Lebohang Letaoana
Photo: Sgt Lebogang Tlhaole

In celebration of its 50th anniversary the SA Army Foundation hosted “A Day at the Races” at the Turffontein Race Course in Johannesburg on 9 December 2006.

In welcoming the guests the SA Army Foundation General Manager, Maj Gen Keith Mokoape, said the Foundation would always play a major role in the lives of men and women in uniform because they were very important people to the Foundation.

The guests and sponsors were treated like royalty as they indulged in a sumptuous three-course meal. As part of the entertainment package all invited people were offered an exciting, sneak opportunity to bet on the horses, and small money vouchers were issued for this purpose.

Maj Gen Lungile Dlulane, Chairperson of the SA Army Foundation Board of Control, emphasised that the success of the Foundation lay with its members. In conclusion he expressed the wish to see the Foundation reach another 50-year milestone.

World Body Builder

Sgt Vernon Vincent Fraser, a carpenter at Port Elizabeth Army Support Base, was rated the world’s 6th champion when he took 6th place at the World Body-building Championships. The competition was held on 3 November 2006 in Bolzano, Italy. He competed for the World Masters under 75 kg of the UIBBN competitions.

S Sgt Vernon Vincent Fraser shows his winning trophy.
"Today's thanksgiving service is significant as it falls within the 16 Days of Activism Against the Abuse of Women and Children. Because we care, we are mindful of our actions and responsibilities to each other," said V Adm Johannes Refiloe Mudimu, the Chief of the SA Navy.

Addressing Navy staff at the Navy Office in Pretoria on 5 December 2006 the Chief of the SA Navy thanked all Navy staff for their support and dedication throughout 2006.

He stated that the Constitution of South Africa upheld basic human rights, but that unfortunately there were many evils in society that detracted from these rights. "We need to be exemplary - we need to be copied because we mirror the good and the beautiful," he said, adding: "People see hope in us, they see understanding, because we are selfless in that we volunteered with our lives to make our people happy. ... In this regard we are prepared to lay down our lives so that our people can have life in abundance."

To help promote awareness and show support for the campaign the SA Navy launched a strategy that included peace tables and workshops to be held in all SA Navy centres on issues such as domestic violence, women empowerment, sexual harassment and hearing the male perspective. Members of the SA Navy also marched against violence and wore white ribbons in solidarity.

V Adm Mudimu pledged: "The SA Navy is fully committed to the empowerment of women and they are subsequently being fast-tracked, promoted and appointed to senior decision-making forums throughout the Navy."

One such woman is R Adm (JG) Khanyisile Litchfield-Tshabalala, Director of Transformation in the SA Navy. Speaking to SA Soldier our first female Admiral argues that the SA Navy has done quantitative transformation, but the only thing lacking is where those numbers fit: "It would be very rewarding for me if I was to leave this post having managed some form of qualitative transformation," she said.

With clear designs to inspire V Adm (JG) Litchfield-Tshabalala asserted that every woman was given beauty from within. "It's only when we nurture that beauty or seed that we build communities that make strong nations", she said. "God has given us the big responsibility to hold and to build and to uphold". It is also her heartfelt opinion that women should act against violence for 365 days of each year and not just for the 16 days set aside to mark the national campaign. She added: "I was shocked the other day by the SABC statistics that every 24 minutes a child is raped. It is only when women join hands that the struggle to fight against rape, abuse and any form of violence can be won."
Accountability leads to patriotism

By Chaplain (Padre) Addie Burt, Command Chaplain SAAF

Accountability: Websters: - “The state of being liable to answer for one’s conduct; liability to give account, and to receive reward or punishment for actions. 2. Liability to the payment of money or of damages; responsibility for a trust”.

2 Corinthians 5:10 (The Message) “Sooner or later we’ll all have to face God, regardless of our conditions. We will appear before Christ and take what’s coming to us as a result of our actions, either good or bad. v11 That keeps us vigilant, you can be sure. It’s no light thing to know that we’ll all one day stand in that place of judgment. That’s why we work urgently with everyone we meet to get them ready to face God …”

Accountability means reward or punishment for our actions. Therefore actions have consequences. Everyone will be accountable and that requires responsibility and reliability. We ask the question: who do we blame when things go wrong? That’s responsibility, but we have to give an account of our choices and the resulting actions.

You can make others responsible for executing a task, but you cannot abdicate your accountability. You are responsible because your actions have consequences. This is because whatever we do, or do not do, will affect the world and those who live in it. People will react according to the impact of the actions that take place around them. How we choose to operate does affect people around us - our loved ones and community and eventually our country. You have to be accountable for your actions.

God’s Word in Corinthians explains accountability for a trust”.

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God’s Word in Corinthians explains that we all have to appear before Christ, to be judged by Him and then each will receive what he deserves according to everything that he has done - good or bad. This means that nobody is above the law. My conduct in all spheres of life should be exceptional and I should set the example. The life I live should be an advertisement and an example to all.

When we falter or fail, it is not only God who sees, but also our critics. Questions are asked about your behaviour which brings criticism of your conduct. Don’t just speak accountability, live it. You cannot profess good and live evil. You are liable to answer for your own conduct. Remember that reward or punishment follows your actions. God requires of you to serve Him with all your heart, mind, soul and strength.

God expects of you to be truthful, honest and to care for people around you, reminding yourself that you will have one day to give an account to God on your obedience to His word. It’s only when we realise that we will be held accountable for our actions that we become responsible. Our actions then become important, firstly to God, then to those whom we influence, making you more dependable and thus resulting in your making a positive change in those around you.

For us in the SANDF accountability leads to patriotism, which is defined as: “Love of one’s country; the passion which aims to serve one’s country, either in defending it from invasion, or protecting its rights and maintaining its laws and institutions in vigour and purity. Patriotism is the characteristic of a good citizen, the noblest passion that animates a man in the character of a citizen”.

Love is very passionate and also serves as a motivator. We will go to extremes and pay the highest price to protect love. That is good soldiering, sacrificing your life for your country. John 15:13 “The greatest love you can have for your friends is to give your life for them.” This statement was made by Christ in his reference to a love that is totally selfless and selfless. He laid down his life so that we may have life.

Let us then use the life that was given to us in service and patriotism to our country and its people. Let us not do evil, rather we should be available for service to our country so that all may benefit from our loyalty. Remember that your attitude will motivate you to take action. Patriotism is evident in your actions. We should serve with pride. Stand up and be counted as one of the faithful servants.

Serve with devotion and diligence. Be proud of your actions. Complete the task assigned to you. Be ready when called upon. Defend by taking responsibility for your decisions and their actions. Be determined to stand for justice and fairness. Protect the right of freedom and set the example of sacrifice. Maintain the moral standards that are expected of a good citizen and a soldier, being steadfast in doing the best for your country. Display self-respect and self-esteem when dealing with all who expect an example from you. Be loyal to yourself and your fellow citizen.

We all have an important part to play in our country, especially as soldiers in protecting and preserving life, and maintaining peace and stability. You have been called to give an account of your life and actions. Your loyalty leads to patriotism which, by your decision, demands of you the ultimate price of service to your fellow man and country.

1 Peter 2:13 “For the sake of the Lord submit yourselves to every human authority, to the Emperor, who is the supreme authority, v14 and to the governors, who have been appointed by him to punish the evildoers and to praise those who do good. v15 For God wants you to silence the ignorant talk of foolish people by the good things you do. v16 Live as free people; do not, however, use your freedom to cover up any evil, but live as God’s slaves. v17 Respect everyone, love other believers, honour God, and respect the Emperor.”

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Chaplain (Padre) Addie Burt.
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