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SOUTH AFRICAN SOLDIER

SANDF Fittest Soldier Championships

defence

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2005 - Winner of the Government Communicator of the Year Award (GCIS).
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FRONT COVER: Rifleman Lungisani Mthethwa, the SANDF’s fittest soldier in the male category 34 years and younger. Read more about the first ever SANDF Fittest Soldier Championships on pages 20 and 21. (Photo: Sgt Lebogang Tlhakele)
Editor's desk

This is a very difficult time for the whole SA Soldier team as one of our team players and confidants - Lebohang Letaoana - has passed away. I dedicate my Editor’s Note this month as a tribute to Lebo, as he was fondly known to us. Lebo was only 28 years old when he passed away on 14 March 2008, after a tragic car accident. When I got the devastating news on that dreadful Friday night - just before midnight - I was shocked! It was terrible!

After numerous phone calls I decided to ask Lufuno Netshirembe, the Assistant Editor of SA Soldier, to accompany me to 1 Military Hospital to find a chaplain to break the news to Lebo’s next of kin, as they had not been informed of his death ...

The Memorial Service for Lebo was held at Defence Headquarters in Pretoria on 19 March 2008. His burial was in Katlehong on 22 March 2008.

Lebo was like a son to me. I saw him develop and grow into a confident young man and fine journalist. He was my right-hand man. His office was right next to mine. I would constantly call on him to assist me in verifying facts on the Internet or from the applicable sources.

Lebo took it upon himself to handle all the contributions sent to SA Soldier via email. He was always quick to complete and deliver his assignments. He was a very hard worker!

He was a warm, cheerful and friendly person. I never saw him angry. He treated everyone with respect. Lebo was humble, reliable and loved by his co-workers. He was a real team player.

SA Soldier and the Department of Defence have lost a great asset!

I will miss Lebo, dearly! May his soul rest in peace.

To his family, may God continue to strengthen you in this time of great need in your lives. You are in our thoughts and prayers.

Two of our photographers, Sgt Lebogang (Scorpio) Tlhaole and Sgt Mahuma, were also involved in the same accident. Elias suffered a spinal cord fracture and is still in 1 Military Hospital as I write. Scorpio had minor head injuries suffered a spinal cord fracture and is still in 1 Military Hospital as I write.

The good old days:

From the Editor’s desk

As you can see we are now even thinner on the ground, so please send us articles and photos to publish in your favourite magazine.

SA Soldier greetings.

Nelda Pienaar
Editor

A bvaho kha munwaleli

This month’s tribute is to Lebohang Letaoana, who has passed away. I dedicate my Editor’s Note as a mark of respect for a confident young man and fine journalist. He was my right-hand man and a great asset!

As you can see we are now even thinner on the ground, so please send us articles and photos to publish in your favourite magazine.

SA Soldier greetings.

Nelda Pienaar
Editor
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TRIBUTE - MAN OF HUMOUR WHO STOOD UP FOR HIS BELIEFS

Once again GSB Polokwane members experienced a sad moment and tears on our cheeks. 2008 was a year in which everyone enjoyed and celebrated the New Year, but some families are mourning the loss of their loved ones.

This message is dedicated to the family of the late Captain Phuti Phineas Hlahla, who was shot doing his daily duties at the base. To his family, you need to restore faith. His great sense of humour won him a lot of friends. He was everything to everyone. We know life will never be the same again without him. At home he was a loving and caring husband and most of all a father. To his colleagues, he was a born leader from the time of his youth.

The Lord knows everything. He will mend those who have broken hearts. We know in our hearts that the Almighty is taking care of him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace. We learned a lot from him and we know he will rest in peace.

As family we have lost a great man, a hero and a soldier. I quote, 2 Corinthians 4:18: "So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal". And John 13:36: “Simon Peter asked him, ‘Lord, where are you going?’ Jesus replied, ‘Where I am going, you cannot follow now, but you will follow later.’”

To those who have lost loved ones, we as uniformed members of the SANDF are on your side and keep on praying to the Almighty to protect you all the way. May God bless you all. Sgt Neo Sammy Monyamane, Programme Management, AMHU Limpopo

PROUD TO BE A SOLDIER

Most of the soccer players will tell you that when they put on their team jerseys they feel proud and responsible for their team.

Yes it is also true when I put on my uniform with my country’s flag on my top left arm and my nametag on the right side of my chest, I feel honoured and very much respected and responsible.

My message to all uniformed members in the SANDF is: let us be proud of our uniform regardless of our rank and, most importantly, let us respect it. There is something you should know: people out there (civilians) are proud of you. I am also proud to be a soldier. Andries Ramolochi Baloyi, Pretoria

BOOK DONATIONS FOR DEPLOYED TROOPS

Members of the SANDF have been actively involved in peacekeeping operations in Africa for a number of years. A tour of operational duty in these countries can last from three to twelve months. Keeping these members motivated and the morale high is often a difficult task.

Early in 2004 a request was sent to the CMIS Operations Formation from the CMIS Contingent Commander, Lt Col S.P. Sabuka, at Basoko Base, Kindu, inquiring about the possibility of establishing a library at the base. The CMIS Operations Formation tasked Ms Lynn Fordred, the Formation Communication Officer, to investigate this possibility and the library project was launched.

As funding for the library project was not available, Ms Fordred had to rely on the generosity of DOD members and an advertising campaign was launched. Support for the project was overwhelming. Book donations have been received from military bases all over the country. Generous contributions have also been made by many of the well-known publishing houses and bookshops, such as Struik, Exclusive Books, CNA and Fascination Books.

The book drive has continued to receive support and libraries managed by the CMIS Contingent are now operating at most bases and are available to all SANDF members to enjoy. This year for the fourth consecutive year we were pleased to receive a generous donation of over a thousand books from Exclusive Books. The Spokesperson for Exclusive Books, Ms Penny Hochfeld, said it was a pleasure to be able to assist in keeping the morale of our deployed members high, while promoting reading. With the assistance of 11 Field Post Office the books were delivered to the bases all over Africa. Ms Lynn Fordred, SO3 Com, CMIS Ops Formation

WINNING LETTER

R200-00 PRIZE FOR THE BEST LETTER

SA SOLDIER welcomes letters to the Editor. Short letters are more likely to be published, and all letters may be edited for reasons of style, accuracy or space limitations. Letters should preferably be typewritten and double-spaced. All letters must include the writer’s full name, address and home telephone number. The volume of letters we receive makes individual acknowledgement impossible. Please send your letters to: The Editor, SA SOLDIER Letters, Private Bag X158, Pretoria, 0001. Letters may also be faxed to (012) 355-6399 or sent via email to asosoldier@mil.za. We would like to hear your comments or ideas, particularly about matters affecting members of the Department of Defence. Regrettably, anonymous letters cannot be answered officially or published - Editor.
The Joint Tactical Headquarters Western Cape was established on 1 April 2004 and is situated in Silvermine. The Tactical Headquarters Western Cape is mandated to employ multi-roled military capabilities on request to support other government departments in pursuance of national strategic objectives related to the protection of South Africa and its people.

The mandate entails a multiple approach consisting of the following: rendering of safety and security support, the ability to respond to crises in the domain of disaster relief, humanitarian assistance, and search and rescue.

Lt Col Bayanda Mkula was appointed as Acting Officer Commanding of this unit on 4 April 2007. On 1 December 2007 he was promoted to the rank of Colonel and transferred to Army Support Base Eastern Cape. On 1 January 2008 Capt (SAN) Kenneth Redfern Deenik was appointed as the new Officer Commanding of Joint Tactical Headquarters Western Cape. He had previously held the post of Base Manager Naval Base Simon’s Town since January 2002.

The change of command parade was held at Silvermine on 11 January 2008. The participants in the parade consisted of members of 9 SA Infantry Battalion, Air Force Base Ysterplaat, Navy members from Silvermine and the Area Military Health Unit members. Not only did this parade consist of SANDF members; the Reserve Force was also represented by the Cape Field Artillery Band.

Sanwc Operational Working Visit to Zimbabwe

Eighteen learners of the Joint Senior Command and Staff Programme and five members of the Directing Staff had the opportunity to visit Zimbabwe in September last year to obtain first-hand knowledge of the situation in the country.

The visit formed part of a continuous effort to educate learners on the impact of the regional security situation and the conduct of military operations (with the focus on joint multinational forces) on the operational level of war. The intention was also to expand the existing strong relations between the two defence forces, especially at war college level.

The aim of the working visit was to gain an in-depth understanding of the structure and functioning of the Zimbabwean Armed Forces and to gain information on the training methods of the Command and Staff College of the Zimbabwean Defence Force (ZDF). Exposure to the ZDF’s application of combined and multinational operations was also an objective. Prior to the visit, the group received a geopolitical overview of the country to enable the learners to understand Zimbabwe’s current and future role in the SADC region from the perspectives of international relations, Zimbabwe is a member of the United Nations, the African Union and the SADC. The country has been one of the largest troop contributing countries in peace support operations in Africa.

Several members of the Zimbabwean Cabinet, namely the Minister of Defence, Mr S. Sekeramayi, the Minister of Justice, Mr P. Chinamasa, the Minister of Land and Resettlement, Ms M F. Buka, and the Minister of Tourism, Mr F. Nhema, addressed the visiting group. Loyalty towards the government and enthusiasm to overcome the current socio-economic situation in Zimbabwe were central themes throughout their briefings.

The group also visited the Hwange Colliery, the richest coal mine in Southern Africa in terms of reserves and coal quality. The mine is predominantly privately owned, with a government stake of 23%. The mine supplies coal to the Hwange Thermal Power Station, which produces 2 million kilowatts of electricity.

The Zimbabwean approach to life is to “make a plan”. If something breaks, fix it. If you cannot fix it, live on page 8.
with it, or change your life. Although Zimbabwe-weans experience severe difficulties, they still smile and greet you with “How are you?”

The group concluded their Zimbabwe-wean experience with a sunset cruise on the life-giving Zambezi River and enjoyed the splendour of the Victoria Falls.

The visitors enjoyed the experience and would like to wish all Zimbabwe-weans the best for the future. If the visit emphasised one aspect, it was the fact that the two countries undeniably share a common future.

Lt Col J. Zaal, via email

ABOUT US

Too many people think they know COLET - the College of Educational Technology. I agree that most, if not all of you do recognise the building and know some of the people working there.

In a nutshell, this is who we are. We are a training unit tasked with the mammoth task of delivering the educational, training and development (ETD) functions in the DOD and, believe me, we are doing just that and nothing else.

May I kindly refer to what I want you (the reader) and me to talk about, as I will be doing the talking most of the time.

Now that you know about COLET, I would like to tell you about the programmes we have already had this year, 2008. Firstly, I would want to make you aware of how understaffed we are, yet we are expected to play our role and meet our responsibilities. I am so proud to share these experiences with you.

We have an implementation section at COLET named the IC, which is my bone of contention. Our main responsibilities at IC are training, assessing, moderation and evaluation of delegated programmes. These days our functions have extended to designing, administration and co-ordinating, not only in COLET, but in the rest of the DOD. This year we started our programmes earlier, in January, and we had the JETD P and TOT running concurrently. At the same time we had to manage delegated programmes, such as SAAFCOL, SAMHS and SOTI.

I would like to say well done to all the members at COLET because, without your team spirit, we would not have achieved what I have just described. I want to applaud our facilitators and coordinators at COLET and the delegated programmes for your patience, tolerance, undying commitment and the collaboration of all COLET members.

This may come as a surprise: did you know that women at IC are the most brilliant, sophisticated, diligent, meticulous and versatile in their approach? Well, now you know. They are personally and professionally the best. I do not want to talk about their male counterparts - they had their chance!

In conclusion, Dr Voges has brought about some major changes at IC by unifying the two teams into one so that we can achieve overall competence here and in the rest of the DOD and to realise our optimum goal. This transformation makes us crazy and angry sometimes, but when one reflects one will agree that it is to the benefit of all of us and to the survival of COLET. Dr Voges is the manager of IC. What I like about her is that she undertakes the important task of management or delegation and involves us in decision-making, irrespective of our occupational or salary levels. The well-being of her section (Human Resource) is at the top of her agenda - always!

It would be a mistake if I conclude without mentioning our new Officer Commanding, Col Van der Walt, so soft, yet a woman with a very strong personality. Ms Molebogeng More, SANDF COLET.

MILITARIA INFORMATION NEEDED

I have been involved for 30 years in collecting militaria and my collections are meant for reference and information and are done out of a love of military history and a desire to preserve it for future generations. A while ago I started researching Warrant Officer badges and was very disappointed to find that very little information is available on the Internet and in booklet form for reference, as these items are no longer being worn and do not appear in any books. I would like to preserve this information for future collectors before the knowledge is lost forever.

What I would appreciate obtaining from you are: any badges or insignia that you might have in surplus (those stuck away in the back of a drawer or shoebox). This would be all Services of
In the light of International Women’s Day on 8 March it is a real honour to share some experiences of being involved with the Beijing Conference on Women that was held by the United Nations (UN) in September 1995 and its implementation.

This was one of the largest conferences ever held by the UN and 180 countries took part. The NGO Forum of Women took place at the same time as the official UN conference. The main aim of the conference was to address the fundamental obstacles to the advancement of women.

I would like to sum up the key lessons that we learned in putting gender issues on the policy agenda. Policies are guidelines. They are commitments that can be implemented at a variety of levels. We can have commitment at the national level in terms of our government, at international level and also in state departments.

But policy-making and policy formulation are just one part of the process. What we have to do is to think in terms of policy implementation. There is no point having policy formulation without implementation and accountability.

One has to be careful in making assumptions and in reframing old issues.

We have to take into account how the whole larger process actually takes place and how micro-issues are in fact caught up with the larger types of processes. We need to concentrate on linking the macro with the micro, linking the international system with the national, with departmental strategic and operational planning and implementation.

When we are talking about the policy agenda, we have to be aware that we are not alone. International Women’s Day (8 March) is an occasion marked by women around the world. Attending to the critical issue of Women and Peace, Women Managing Conflict and Women uniting for Peace, one knows that women have a role to play in peace operations. They are part of the effort to preserve the social order in countries and a gender perspective has to be incorporated in all aspects of peace, from prevention and early warning to rebuilding societies and future conflict prevention.

The emphasis is on women’s equal participation with men at all levels of peace operations, including as special representatives and special envoys, and being incorporated in all stages of conflict management. This means that when operations are being planned, when advance teams are being sent to conflict zones, when selecting observers, monitors, peacekeepers, civilian police and medical personnel, women should be included and the views of men as well as the views of women and the different impacts of strategies on women and men must be taken into account.

The special session of the General Assembly on “Women 2000: Gender Equality, Development and Peace in the 21st Century” recognised in its Outcome Document the need to increase women’s contribution to conflict management and decision-making. The Millennium Summit and Assembly reached historic consensus that no effort should be spared to free the peoples of the world from the scourge of war and to protect the vulnerable, in particularly women and children.

The important stance taken by these assemblies of member states supported by civil society opened the door for women to participate equally and to take leading positions in these operations. Resolutions, however, do not always lead to de facto action. In this case equal partnership between men and women in peace operations, which have traditionally been male dominated, will not happen overnight, but will hopefully be a well-directed process till parity is reached. The challenge is to raise awareness of the advantages of having a gender perspective in peace operations.

In conclusion, my special tribute to all women and men in the SANDF for their dedication. Let us not see this as a once a year event, but rather let us draw attention to specific areas where the world has ignored half the world’s resources, brain-power and special contributions in solving conflict. The principles of human rights and equality must underpin true development and peace. Let us ensure that this day is just one step towards further concrete action. Rey Groenewald, email: reygroenewaldb@gmail.com

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As usual and as expected the President of South Africa addressed the nation in parliament in Cape Town on 8 February 2008. It was an important day on which the nation got to hear of the successes, challenges and future plans of the Government.

On this beautiful hot summer’s day the parade by SANDF members was a true reflection of what the latter could really offer on a special day like this. The beauty of the synchronised parade moves stirred nostalgic memories of the first parade of the democratically elected government 14 years ago.

The soldiers once again showcased the beauty, discipline and art of marching through selected and temporarily closed streets of Cape Town. The bystanders could be forgiven for emulating the marching soldiers and dancing to the sounds of the saxophone, drums and a variety of musical instruments played by the bands of the SANDF.

The execution of all the step-by-step moves was planned and rehearsed in such a way that nothing was left to chance. According to the Officer Commanding Army Support Base Western Cape, Col Peter Kobbie, Level 4 executor and main co-ordinator for the event, preparations for the State of the Nation address parade had been made since November 2007. "Preparation for this day took a lot of dedication, discipline and joint effort from the Regular Force and Reserve Force members," said Col Kobbie.

He pointed out that it was of paramount importance that the planners (SANDF and Parliament) should liaise approximately seven days before the actual execution of the parade.

The President spoke, among other issues, of war against poverty, and pointed out that this year the National Youth Service programme of the SANDF and the Military Skills Development System (MSDS) intake would be increased from the current 4 000 to 10 000. This means that the SANDF will beef up its efforts to curb unemployment, which should not only be translated as a way of fighting poverty, but as a drive to call up the youth to show their allegiance to their country. Being a soldier means one must have an unsurpassed level of discipline and a very strong will to defend one’s country at all costs.

Timing means order and order means success. With military preci-
sion, the President was on the podium precisely at 10:54 where he took the national salute, the fly-past salute and the 21-gun salute. When the President left the podium WO1 “Jumbo” S.M Smythe immediately indicated to the National Ceremonial Guard and the bands of the SANDF that they could depart.

After the parade it was time for the control staff to meet for the debriefing session. At the debriefing Col Kobbie, as the chairperson, welcomed the members and thanked the parade participants for a job well executed. WO1 Smythe who had planned and coordinated the State of the Nation address parade for the past sixteen years specially thanked the Cape Town Highlanders for providing an extra platoon so readily after just one telephone call. “I feel very proud when everything goes according to plan. It shows that collective effort brings the best results, and it specifically shows that the One Force concept is alive here in Cape Town,” said WO1 Smythe.

Asked if there were any challenges to this operation WO1 Mothusi Kgaladi, Sergeant Major of the SA Army, said he was quite pleased with the fact that everything went so well without any major hiccups and that every participant behaved as expected. He thanked every uniformed member who had contributed to the success of the parade.

After that concluding remark the meeting was adjourned and lunch was served. For these members it was a well-deserved lunch and they could quench their thirst having accomplished their mission on that hot summer’s day in Cape Town.

Well done sons and daughters in uniform, we hope next year you will make us proud again.
Super choppers fly 200km/h backwards

By Lt Cdr P.G. van den Berg

After an absence of more than 20 years the SA Air Force and the SA Navy have designated maritime helicopters again. The WASP helicopters that served the SA Air Force and the SA Navy on the old President Class frigates during the 1970s and 1980s were replaced by four Super Lynx 300 maritime helicopters.

These helicopters, built by Augusta Westland, will be integrated with the weapons and sensor ships of the new Valour Class frigates and will greatly enhance the abilities of the frigates. They are built for maritime missions and will be deployed on board the SA Navy’s new Meko A200 Valour Class frigates.

Some of the advanced features of these helicopters include the ability to fly at a speed of 420km/h forwards and nearly 200km/h backwards! The sensors and radar systems of the helicopter will also provide an over-the-horizon capability to its sensors and radars.

The helicopters have also been designed to operate in very difficult weather conditions, partly thanks to a unique anchoring mechanism that shoots an anchoring cable into a special grid on the flight deck of the frigates. This allows for additional stability for the helicopter in the critical period just after landing and before take-off, when the lashings of the ship are not on.

During the symbolic handover ceremony in Simon’s Town on 14 February 2008 the Minister of Defence, Mr Mosiuoa Lekota, said that the new helicopters were not just an asset to the SANDF, but also a force multiplier that would eventually be used to contribute to peace in the country and on the African continent as a whole.

The next few months will be spent undergoing many technical and safety trials to integrate the helicopter and its crew so that it is a part of the weapons and sensor systems of the frigates.
South Africa and Malawi sign agreement

By L Cpl Ally Rakoma
Photo: Sgt Elias Mahuma

The SA Minister of Defence, Mr Mosiuoa Lekota, and his counterpart from Malawi, Mr Aaron Sangala, signed an agreement on defence co-operation between the Republic of South Africa and the Republic of Malawi. This ceremony was conducted at Defence Headquarters in Pretoria on 25 February 2008. In welcoming the visiting delegation from Malawi Mr Lekota said: "Today is an important day as it marks the signing of the long overdue agreement between the Governments of the Republic of South Africa and of the Republic of Malawi concerning defence co-operation. This day is also one of the important milestones necessary for the formalisation of defence relations between our two countries. The soon to be launched RSA/Malawi Joint Permanent Commission for co-operation will create a platform for our continued engagements in political, economic, social and military issues through bilateral agreements". Also envisaged was that the signing of this Memorandum of Understanding (MOU) would lead to other areas of defence co-operation and the formalisation of relations between the two defence establishments. "By signing these agreements we will be affirming and demonstrating the importance we attach to the relations between our countries and our commitment to the formation and development of our defence relationship," affirmed Minister Lekota. Responding to these sentiments the Malawian Defence Minister said that the MOU signified another milestone between the two governments, and in particular the two Ministries of Defence. "The MOU will seek to achieve industrial co-operation in the field of defence related research, development and the procurement of defence equipment, cooperation in the exchange of knowledge and training in the field of United Nations and African Union peacekeeping operations and the exchange of military personnel at all levels to enhance sporting and cultural links between the two armed forces," said Minister Sangala. This MOU will cover defence matters, such as the exchange of trainees, instructors, observers, military exercises, military information, defence industrial cooperation, military health services and other related defence matters.

The Malawian Minister of Defence, Mr Aaron Sangala (left), and the SA Minister of Defence, Mr Mosiuoa Lekota, signing the Memorandum of Understanding, while Commander Masechaba Ntleko looks on.
Royal College on Defence Studies reunion

By Lufuno Netshirembe
Photo: Sgt Elias Mahuma

In 1995 the SANDF Chief of Joint Operations, Lt Gen Temba Matanzima, attended a Defence Studies Course at the United Kingdom Royal College. It was decided then that the students of this course should meet annually in the various mother countries of the students as determined by the organising committee.

The organising committee identified South Africa as the country for the 2008 students’ reunion. From 8 to 10 February Lt Gen Matanzima hosted his fellow Defence Studies students in Cape Town. The group consisted of approximately 20 members, most of them whom attended with their spouses. The majority of the guests were senior, serving or retired officials of different defence forces.

The objectives of the visit were to foster and sustain good relations and mutual understanding between South Africa, the Department of Defence (DOD) and the respective countries of the guests, and to show the guests military installations and other places of interest in Cape Town and to let them experience the diverse cultures and traditions of the rainbow nation.

A “meet and greet” session was held on Friday evening, 8 February, at De Grendel. Sir David Graaf and Lady Graaf were the hosts. On behalf of the guests, Capt (Royal Navy) Caroline Coates introduced the guests as the SA Army Band (Cape Town) played different Marimba instruments in the background to welcome the guests in true African style. Col Alan Nelson (Ret) gave directions and set the mood that the whole visit was to take. It is military culture that people exchange gifts, and to this end Capt Coates offered Sir David Graaf a token of appreciation at the end of the evening.

On 9 February members of the Royal College on Defence Studies ’95 Intake visited Naval Base Simon’s Town. Lt Gen Matanzima and the delegates, comprising generals, flag officers and other high-ranking officers from various countries were given a glimpse of the SA Navy and shown how combat ready the South African warriors of the waters were. R Adm Hanno Teuteberg, Chief Director Maritime Strategy, welcomed everyone aboard the SAS SPIEENKOP. Cdr Francois le Roux, the executive officer on board, gave a brief orientation of SAS SPIEENKOP.

The question in many people’s minds was how environmentally friendly the SAS SPIEENKOP was? Cdr Le Roux said the SAS SPIEENKOP could recycle almost all the perishables. Next, the visitors were
taken to the submarine, SAS CHARLOTTE MAXEKE. The Officer Commanding, Cdr Roland Shortt, took the group for a tour aboard the submarine.

The delegations left with excellent impressions of the capabilities of these sophisticated vessels.

Next they visited the Ikwezi Community Centre in Gugulethu. At “Gugs” a cultural youth club called “Youth on Top” from Khayalitsha entertained the visitors. The visit could not have been complete without someone telling a brief history of the township, and Ms Nomalanga Mosala took it upon herself to explain how Gugulethu came into existence.

In the evening it was time for a formal dinner at the Castle for Lt Gen Matanzima and his Defence Studies ex-students. On arrival the guests were ushered into the Joe Bick Room where Col Nelson (Ret) welcomed them. As a man of few words Lt Gen Matanzima’s speech was brief. He wished his guests luck in all their endeavours and thanked them for coming to South Africa. “To those who are going to tour South Africa, enjoy our lovely country and our warm weather,” he said. He apologised that because of his role as Chief of Joint Operations it was not possible for him to be with them all the time for the duration of their visit.

Lt Col Herbert Mashego (right) receives an award from Col Luis Silva, the Chilean Military Attaché in SA.

The last stage of the visit for the senior, serving and retired officials of the different defence forces was on the Sunday with a visit to Signal Hill where they could get a splendid view of Cape Town. Then it was time for the Cape Peninsula and the wine lands.

After the official visit the guests were at liberty to tour South Africa as they wished. The official farewell session was celebrated with a braai in the evening at Fort Ikapa.

The visit offered an unprecedented opportunity to promote the image of the DOD and showcased the new generation of SA Navy vessels and the combat readiness of the SANDF.

Chilean Defence Attaché honours SA Army Officer

By Lt Col Frans Pale

Photo: Sgt Lebogang Tlhaole

The Chilean Defence Attaché, Col Luis Silvia, awarded Lt Col Herbert Mashego of the South African National Defence Force (SANDF) with a plaque at the Special Forces School in Murrayhill, north-west of Pretoria, on 25 January 2008.

The award was in recognition of Lt Col Mashego’s efforts, dedication and sacrifices in becoming the best SA Army student on the Senior Command and Staff Course at the SA National War College last year.

Presenting the award to Lt Col Mashego, Col Silva praised the good relations between the armies of South Africa and Chile. “During the past few years many SA Army officers have attended specialised courses in Chile and various SA Army delegations participated in infantry, armour and artillery manoeuvres in different Chilean cities,” said Col Silva.

Col Silva added that every year the Chilean Army recognises the best Army student among their allies and it was for this reason that he was giving plaque to Lt Col Mashego.

Lt Col Mashego is currently second in charge of commando training at the SANDF’s Special Forces School in Murrayhill.

Lt Col Herbert Mashego (right) receives an award from Col Luis Silva, the Chilean Military Attaché in SA.
2 January 2008 marked the official commencement of the 17th Executive National Security Programme (ENSP) conducted at the SA National Defence College (SANDC) in Thaba Tshwane.

Col (Rev) Monwabisi Jarnangile, Acting Chaplain General, opened the programme with Scripture reading and prayer. He encouraged members present not to be distracted from their purpose. He gave an inspirational opening speech in which he quoted the wise words of George Washington, who wrote: “No individual has any right to come into the world and go out of it without leaving behind him his or her distinct and legitimate reasons for having passed through it”.

Lt Gen Derrick Mgwebi, the Chief of Human Resources, who officially opened the programme, said that national security was the concern of everyone and not only the military. He mentioned that it was also vital that other State departments take note of the importance of the ENSP as their participation would be required in extending and advancing knowledge of national, regional and international affairs.

“Senior officers and officials within the defence establishment are often called upon to work closely with representatives of other government departments, NGOs, managers in the private sector, scientists, educators and leaders of the groups. They must not only be capable of making sound decisions in their own fields, but must appreciate the wider implications of the decisions that they make and of the actions they recommend. They must be able to relate these judgments and opinions to current strategy and policy. They must bring to this decision-making process clarity of thought and an all-embracing knowledge of national, regional and international affairs,” said Lt Gen Mgwebi.

“It is therefore our aim to increase non-SANDF participation to 50% of the programme members. Unfortunately this has not yet been achieved, but it is still very heartening to have so many civilian members on the programme,” affirmed Lt Gen Mgwebi.

He added that South Africa, in common with many other countries, had instituted policies and legislation to improve the skills level of its population and to ensure portability and recognition of qualifications and the SANDF was committed to ensuring that the course that it presented was compliant with the requirements of Government - consequently the SANDC and the ENSP meet the requirements of the South African Qualifications Authority (SAQA) Act in every respect. He reminded the programme members that ENSP was a programme with a real bite in it and that they would be required to participate actively and fully in the auditorium, during seminars, symposiums and study tours both inside and outside South Africa.

“The DOD members of ENSP 17/08 must please bear in mind that you have all been selected to attend this programme as potential future leaders of our organisation. This is an immense privilege and should be respected as such, and you all have a responsibility to get as much out of the programme as possible. I expect you to attend all lectures and activities and urge all of you to make maximum use of the opportunity to interact with your colleagues and lecturers. The learning process can be greatly enhanced when members are prepared to share their experiences with others,” concluded Lt Gen Mgwebi.
Infanteers remembering their fallen heroes

By Maj Merle Meyer,
Comm Officer SA Army
Infantry Formation
Photos: Col H. Schobesberger
(Ret)

Grey skies and continuous rain did not stop, but rather contributed to the sombre atmosphere when the SA Army Infantry Formation and the Infantry Association paid homage to their fallen heroes on Sunday 20 January 2008 at Fort Klapperkop in Pretoria.

This event is commemorated every year on the Sunday closest to the 22nd of January, the date when the establishment of the Infantry Corps was announced in the Government Gazette in 1954.

Several Infantry unit commanders and Military Attachés also laid wreaths in honour of the Infanteers who had paid the ultimate price in defence of their countries.

Brig Gen Krubert Nel, the Chief of Staff of the SA Army Infantry Formation, said that the Infantry was grateful to have lost no Infanteers during training or deployment in 2007, despite the large number of Infanteers deployed on our borders and externally in the Democratic Republic of Congo (DRC), Burundi and the Sudan.

Infanteers are always willing to answer the call of duty and close to 7 000 of them were deployed during the public servants strike in 2007 for protection and general duties at the hospitals.

Infanteers are also training soldiers of the Central African Republic in their country, at 44 Parachute Regiment and 1 SA Infantry Battalion and a group of instructors have also been sent to the DRC to train their new defence force.

Brig Gen Nel quoted Sun Tzu: "In peace prepare for war; In war prepare for peace. The art of war is of vital importance to the state. It is a matter of life and death. A road either to safety or to ruin. Hence under no circumstances can it be neglected."
In his “I am African” speech, President Thabo Mbeki stated the following: “The pain of the violent conflict that the people of Liberia, Somalia, the Sudan, Burundi and Algeria bear is a pain I also bear. The dismal shame of poverty, suffering and human degradation of my continent is a blight we share.”

In keeping with this notion of the Commander in Chief of the SANDF, 7 SA Infantry Battalion (7 SAI Bn) Charlie-Company (C-Coy) - currently deployed in Millet, in the Sudan - under the command of Maj Mahlomola Motsitsi, has been actively playing its role in the renaissance of the African continent, demonstrating that as uniformed members of the SANDF we are also able to make a difference in other people’s lives. Knowing our main objective is to help the country’s peaceful transition from war to peace, the soldiers deployed here (C-Coy Millet, the Sudan), have decided to do more for the inhabitants of this area.

Knowing that the months of December and January can be cold, the soldiers donated their warm clothes and blankets to the internally displaced people of Millet (IDP). It did not end there. They went a step further by taking money from their own pockets to buy stationery and to help with the school fees of all the children in the IDP camp.

A day later another school sent a letter asking for assistance as they were going to have a closing function on the same day. The soldiers took this in their stride. Within an hour they managed to put together enough money to buy stationery for the young children - again the money was from their own pockets.

The members of 7 SAI Bn’s C-Coy have proved by their actions that soldiers of South Africa can and should play a more active role in the process of rebuilding a society, a town, a city and eventually a country.

We have come to realise that Darfur still has a long way to go. Yet we believe that each and every one of us can and has to make a difference. It is only fitting that we should describe the feelings of the members of this company. The best words we could come across where the following: “Whatever the setbacks of the moment, nothing can stop us now! Whatever the difficulties, Africa shall be at peace! However, improbable it may sound to the skeptics, Africa will prosper”.

In closure, it was clear that the collective effort of different commanders from different countries with different religions, cultures and backgrounds, made all these events a success. Maj Motsitsi, Officer Commanding Millet Base, Capt Islam, Civilian Police Commander, and Lt Col Papa Samba, Commander of the Military Observers together ensured that the goal of UNAMID concerning the Sudan was achieved.

In his address to the learners and the public Maj Motsitsi indicated that it was vital for teachers to encourage the learners to concentrate on their studies so that they would have the opportunity to become future leaders of their beautiful country, the Sudan. He stressed the importance of good education to avoid a situation in which learners become soldiers at an early stage without completing their studies.

He said it was via pen and paper and good negotiation skills, not a rifle, that eternal peace could be attained. That was why the peacekeepers donated books and pens to make this dream a reality. We can all learn a thing or two from these role players. Together we stand and divided we fall. Cpl S.W. Tyatya and Cpl J. Mabena, Darfur (Photos: S Sgt T.S. Maphanga).
Peacekeeping in the Congo

Lt Col M.T. Ngobeni,
SO1 OPCOMM 43 SA Brigade HQ

It was almost twelve months down the line and in the peacekeeping trenches of the Democratic Republic of Congo (DRC). We were fortunate enough to serve under a great leader, Col C.J. van der Merwe. He was the National Contingent Commander for the deployment period of November 2006 to December 2007. The South African forces deployed under his command were 4 SA Infantry Battalion and 15 SA Infantry Battalion as well as members of various units.

Col Van der Merwe is currently the Acting General Officer Commanding of 43 SA Brigade at Wallmannsthal. It has been a long period away from home, but we managed to achieve both our organisational and personal goals.

We gained a lot of knowledge and experience during this deployment. We as the South African peacekeepers believed in the establishment of peace and stability in the region. We established this peacekeeping environment by working side by side with the other contingents, such as the Indians, Bangladeshis, Indonesians and the Angolans. Through this unity the Multinational Force was established. We brought back the skill of combined operations that we had learned.

We achieved these goals by being good learners, committed, proud and confident. Through this courageous display of our members the South African flag could fly high in the sky with integrity, courage and professionalism.

We as the South African peacekeepers believe that one day the Congolese people will be free and liberated from the wars that have ravaged the country for so many years. We believe that peaceful conditions must be established in Africa and that this can only come about through high-level political negotiations and sacrifices.

We can see peace and stability on the horizon of the African continent. The peace signs are evident and can be seen in the DRC.

We thank our wives, husbands, children, families and friends for being so supportive and patient during these 12 months of deployment. Your lonely days and nights without your loved ones contributed a lot to the establishment of peace in the DRC. Remember, when a wife or husband becomes a soldier the whole family becomes soldiers as well. It is therefore tough to be a soldier and soldiers are like tigers: they don’t cry. The phone calls, letters and parcels you sent to us took the loneliness away.

We thank the Chief of the SANDF and his delegations for visiting us in the mission area. Their presence made us feel important and secure. It gave us pride and dignity to see our top leader group come to us bringing best wishes and greetings. We were grateful for the wonderful Christmas presents we received from different South African based sponsors.

Different cultures, languages and nationalities were a real eye-opener to us. It made us realise that we were not the only ones on planet earth. We had to accommodate all the different cultures and sometimes people were allowed to express their cultures. However, when it came to work we did it according to the military culture. There was a lot of cultural interaction, especially with the other contingents and the local Congolese people. To know other people’s cultures is to start learning respect. Through cultural respect we were able to eradicate discrimination and racism.

To those that will come after us we say: “Karibu Sana, Ben Venue Au DRC”.

Members of 43 SA Brigade HQ deployed on a one-year stint, fltr: Col C.J. van der Merwe, Lt Col M.T. Ngobeni and WO1 N.N. Shikwambana.
There was sweat, tears and blood during the first ever SANDF Fittest Soldier Championships at ASB Bloemfontein from 11 to 14 February 2008. This prestigious competition was initiated after the Military Council discovered that very little was being done to promote physical fitness in the SANDF.

When he opened the ceremony the General Officer Commanding ASB Bloemfontein, Brig Gen Morris Moadira, said to the participants: “The policy on physical fitness is a mere instruction and fitness tests are most certainly not popular with units all over the country. The pass rate in these tests is poor and non-compliance with the policy is prevalent. To counter this negative tendency the SANDF Fittest Soldier Competition was developed”.

“The main purpose and objectives of the competition were to determine the fittest male and female soldiers in three age groups, which unit had the fittest team of four members, to provide recognition and exposure for the winners so that others might see and strive to follow their examples and it is also envisaged that Service and Divisional chiefs will encourage their unit members to participate in this competition,” said Col Wolfgang Steinbach, Championship Director, speaking to SA Soldier.

For three days all Services competed in various activities, such as the bleep test, multi-running course, aerobic fitness (2,4 km run), muscle endurance, speed endurance, military pentathlon, obstacle course and grenade throwing. The SA Army team dominated the whole championships as they displayed esprit de corps throughout the tournament.

It was not a surprise that they scooped most of the trophies, the bulk of which went to 1 Parachute Battalion in Bloemfontein. When asked how he perceived the championships, Col Steinbach replied: “I think it was a huge success. Everything that was done was for the first time and it’s still a learning experience.”
Participants started with the bleep test to test their aerobic capacity.

curve for us. The women, especially the first four, were up to standard, as were the first ten men, but the rest must still train more", said Col Steinbach.

Any plans for next year’s competition? "I think with 7 Medical Battalion Group and the Special Forces that will also participate next year - it will be a different ball game. The Military Police also wanted to send a team this year, but they could not. They promised to

**Winners**

The results in the different individual categories were as follows:

- **Winner: Men (45 years and older):** WO1 G.J Howes from Naval Base Simon’s Town
- **Winner: Women (between 35 and 44 years):** PO C. Roodman from Naval Base Simon’s Town
- **Winner: Men (between 35 and 44 years):** Sgt H.L. Fourie from

**Soldiers participating in the 2,4 km walk.**

compete next year, so the tournament will grow and the standard will definitely increase by 20 to 30 per cent. It will be a tougher competition - even today’s winner will not necessarily be next year’s winner," said Col Steinbach.
DOD and Tshwane South College sign training pact

By Lt Col Frans Pale
Photo: S Sgt Noleen Oberholster

The Department of Defence (DOD) and Tshwane South College reached a milestone achievement when they signed a skills development training pact at Thaba Tshwane College on 11 January 2008.

According to the agreement Tshwane South College will offer training to members of the South African National Defence Force (SANDF) in apprenticeship skills, such as motor mechanics, plumbing and welding.

In his opening remarks at the signing ceremony a representative of the SANDE, Maj Gen Louis Dlulani, said the purpose of the signing agreement between the DOD and Tshwane South College was to produce a pool of highly trained craftsmen and women to provide government departments with trained skills.

Addressing himself to the first 100 DOD members selected for the current enrolment at Tshwane South College Maj Gen Dlulani urged them to exercise discipline and conduct themselves in a way befitting a worthy soldier as they resume their studies.

The Chief Executive Officer and Principal of Tshwane South College, Mr Tokelo Chiloane, also described the signing agreement as a symbiotic and mutual relationship between the DOD and Tshwane South College.

Mr Chiloane invited members of the DOD to visit the College anytime of the day for discussions. They would be advised on how to run their programmes for the benefit of the people of South Africa.

Translation - a policical right

By Ms I.M. Goussard-Kunz, Directorate Language Services

The European Union (EU) has to publish its legislation in all its 23 official languages. Nine separate translation services attached to the various EU institutions and bodies manage this enormous task by making extensive use of translation agencies and freelance translators.

In South Africa, the usage of the country’s 11 official languages is regulated by Section 6 of the South African Constitution and the National Language Policy Framework (NLPF). While the Constitution stipulates the “what”, the NLPF outlines the “how”. Accordingly, national government departments must publish documents in at least six official languages if they cannot be made available in all 11. The six languages must comprise at least one each from the Nguni and Sotho group, Tshivenda, Xitsonga, English and Afrikaans.

* To make use of the Department of Defence (DOD) translation service contact Dr J.L. Marais at tel: (012) 392 2412 and Ms I.M. Goussard-Kunz at tel: (012) 392 3182 for official and foreign languages respectively.
Special Forces training boosts SADC integration

By Lt Col Frans Pale
Photos: Sgt Lebogang Tlhaole

The South African Special Forces School opened its doors again to members of defence forces from the Southern Africa Development Community (SADC) countries at Murrayhill, north-west of Pretoria, in January 2008.

This year soldiers from Botswana, Namibia and Swaziland (SADC) together with 120 South African soldiers will participate in the first phase of the Commando Training at the South African Special Forces School.

According to the Commander General Training of Special Forces at Murrayhill, Lt Col Herbert Mashego, the main purpose of training the Special Forces of SADC countries is to qualify them as special operators and prepare them to be ready for deploy-

ment in peacekeeping missions in Africa.

In an interview with SA Soldier at the Special Forces School students taking part in the training expressed happiness and satisfaction at the prospect of interacting with one another in the mammoth task of undertaking peacekeeping missions in Africa.

Capt Julius Kashiwanhapo from Namibia said he was proud to be in South Africa to learn more about peacekeeping in Africa. "This training will help me and my fellow citizens understand how Special Forces operate during peacekeeping missions in trouble spots in Africa," added Capt Kashiwanhapo, whose duties are to protect very important people (VIPs) in his country.

Sgt Bokang Melato from Lesotho summed it up when he said: "My interaction with colleagues here from other SADC countries helps me to understand certain geographic realities in some African countries, such as Botswana, and how to deal with mosquitoes, which is necessary for survival. This interaction will also help boost integration in accordance with SADC objectives".

According to Lt Linda Els, an SANDF woman soldier and a fitness instructor at the Special Forces School, involvement of women in training is proof that gender equality in the army can be easily achieved. "I feel that training women in the SA Army is of the utmost importance because it makes them feel strong and positive," she said.
Germany has found a home in South Africa. This was evident when SA Soldier was invited to attend a media day on 3 March 2008 to witness the bi-national and joint EXERCISE GOOD HOPE III that the SA Navy and the SA Air Force undertook, together with elements of the German Navy and Air Force, to demonstrate friendship between the two countries and to enhance military co-operation.

“This bi-national exercise has become an annual event that provides the opportunity for our maritime forces to improve their preparations, readiness and interoperability. Simultaneously the exercise also ensures that we remain abreast of maritime tactics and procedures utilised by international navies,” said the Deputy Minister of Defence as he addressed members of the media on board the SAS AMATOLA.

This year’s exercise was executed in three phases, namely the preparation, co-ordination and integration phase, the weapons firing and analysis phase and the tactical warfare phase comprising anti-air, surface and subsurface warfare.

Director Fleet Force Preparation, R Adm (JG) Hanno Teuteberg, the Chief Executor of this exercise, said: “This exercise will be conducted in the spirit of learning and observing by both parties involved.”

Members of the media had the opportunity to witness a “war scenario” in which the frigate, the SAS AMATOLA, came under fire from a...
German Tornado aircraft, and the SAS AMATOLA gunners retaliated with their 20 mm anti-aircraft guns. The Chief of German Naval Staff, V Adm Wolfgang Nolting, was satisfied with the response of the frigates and said it showed that South Africa was ready to protect its waters and face any possible threat.

Ships that took part in this month-long exercise were frigates of the German Defence Force: FGS HAMBURG and FGS KÖLN, two combat support vessels, FGS BERLIN and FGS WESTERWALD, six Tornado multi-role aircraft and two Lynx maritime helicopters of the German Air Force.

The SA Navy sent its two frigates, SAS ISANDLWANA, SAS AMATOLA, the combat support ship, the SAS DRAKENSBERG, two strike craft, the SAS GALESHEWE and the SAS ISAAC DYOBHA, a mine hunter, the SAS UMKOMAAS, while the SA Air Force contributed six Cheetah fighter aircraft, two C47 maritime patrol aircraft and three Oryx helicopters to participate in the exercise.
Ittogether 88 years of existence of the South African Air Force (SAAF) was celebrated in grand style on 1 February 2008 with a parade held at Swartkop Airfield in Thaba Tshwane.

This event displayed the pioneers of the sky of South Africa and the legacy of the unifying magic of the blue pride (SAAF). The spectacular event included air displays and fly-pasts by a variety of SAAF aircraft, including Rooivalk, Oryx, BAE Hawk, C130 Hercules, Agusta A109-LUH, PC7 Astra, Casa C212, C208 Caravan and BE20/30 Kingair.

Air Force Day is the biggest event in the SAAF diary and is aimed at rewarding the performance of deserving SAAF bases, squadrons, units and individuals that have rendered excellent service in responding to the call of duty and have displayed commitment and hard work the previous year. The event indisputably also belongs to Air Force Reserves, ex-members of the SAAF, veterans and the citizens of South Africa.

Addressing the gathering the Chief of the SAAF, Lt Gen Carlo Gagiano, said that the anniversary celebration was an occasion to reflect on the highs and lows of the past. He mentioned that the year 2007 had not been without challenges and was a period of substantial achievements in many respects.

He added that excellence must become a way of life in the SAAF. The SAAF does not focus rigidly on perfection, but rather on continuing excellence in the way of doing things. Lt Gen Gagiano quoted Charles Reade: “Sow an act and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny”.

Lt Gen Gagiano praised the SAAF for its many roles in humanitarian assistance: “Humanitarian operations featured very prominently in the flying achievements of the SAAF during the year 2007. The SAAF was able to...
Members of the SA Air Force on parade proudly displaying the pride of the blue culture.

“...the SAAF has served our democracy well and continues to do so.”

Various top performers were awarded for their achievements in 2007 during the parade.

**AWARD WINNERS FOR 2007**

**SAAF Aviation Safety Award:** 22 Squadron (AFB Ysterplaat)
**Royal Air Force Training Award:** Bushveld Airspace Control Sector (Air Command)
**Fire and Rescue Services of the Year:** AFB Langebaanweg
**Air Force Protection Squadron of the Year:** 525 Squadron (AFB Overberg)
**Air Force Reserve Squadron of the Year:** 111 Squadron (AFB Waterkloof)
**Air Force Support Unit of the Year:** Air Publication Service Centre (AFB Waterkloof)
**Air Command Directorate of the Year:** Directorate Technical Support Services
**Operational Support Unit of the Year:** Lowveld Airspace Control Sector (AFB Hoedspruit)
**Air Force Training Unit of the Year:** 80 Air Navigation School (AFB Ysterplaat)
**Air Force Permanent Flying Unit of the Year:** 15 Squadron (AFB Durban)
**Air Force Base of the Year:** AFB Ysterplaat
**Air Force Sword of Peace:** 15 Squadron (AFB Durban)
**Air Force Prestige Unit of the Year:** AFB Ysterplaat
As the world as we know it slipping into unsustainability? Worldwide, nations are beginning to face up to the challenge of sustainable energy - in other words to alter the way energy is utilised in support of the social, environmental and economic aims of sustainable development.

In South Africa this has now become a reality. It is known that the public sector is wasteful regarding electricity consumption. The Department of Defence (DOD) therefore supports Government’s goal of the sustainable utilisation of natural resources and the initiatives of Eskom to fulfil the energy demand of the country. The increased “load shedding” will influence the productivity of this department and the increase in electrical consumer unit prices will escalate the DOD’s budget for this service. For this reason, Services and Divisions were instructed to initiate energy efficient measures to reduce electricity demand.

**PRACTICAL MEASURES**

- Amending unit routine to shift electricity consumption to off-peak and efficient consumption during peak periods.
- Giving priority to the procurement of energy saving devices and replacing conventional electrical fittings with energy saving types.
- Switching off unnecessary electrical appliances on standby mode or not in use at the electrical outlet, which will result in 10% savings.
- Switching off unnecessary office lights in government and leased facilities after working hours and over weekends and utilising after-hour security personnel to monitor and ensure adherence.
- Priority security lights on only during dark hours.
- Isolating geysers with blankets, turning thermostats to 55ºC and switching off geysers not in use.
- Managing power in kitchens and messes cost-effectively; for example, urns not to be used on 24-hour basis and kettles to be filled to requirement only.
- Not using heaters and air conditioners in moderate climatic conditions.
- Implementing saving measures at married quarters.

**RENEWABLE ENERGY SOURCES INTO THE FUTURE**

The option of using generators for standby power is an expensive alternative to electricity. In the medium term, the DOD will investigate the implementation of shared savings, performance and fixed fee contracting initiatives, begin using renewable energy, such as solar panels/towers or troughs in military training areas and wind turbines along the coast, investigate a pilot project for utilising hybrid motor vehicles for localised road transport and the utilisation of bio-fuel as an alternative to regular fuel.

**AWARENESS AND RECOGNITION**

As part of the Annual Environmental Awards Programme, an Energy Efficiency Award gives recognition to initiatives in conserving energy within in the DOD. For more on this issue, contact Mr William Mashiloane at (012) 339 5167.
A Soldier was granted an interview with a military veteran, Mr Frank Makhura Sexwale, who recently turned ninety. This was an opportunity not to be missed as our readers could take to heart the advice of one of the living nonagenarians in South Africa.

As the SA Soldier team arrived at the Sexwale home in Dube, Soweto, Mr Sexwale emerged from his room with a smile all over his face as he gave us a firm handshake. Apart from his walking stick and the silver grey hair on his head, one could easily have mistaken Ntate Sexwale for a 60-year-old man who should be starting to plan for his old age.

At 90 years of age, Mr Sexwale still finds time to sit on the veranda outside his house and look at the world map displayed on the wall of his yard. With his stick he pointed at countries on the African continent with trouble spots. Mr Sexwale reveals the politician in him. "The dream for the African Union can only become a reality when African leaders stop looking at themselves as leaders for life," he says.

Commenting on South Africa’s peacekeeping missions in Africa, Mr Sexwale advises that South Africa must continue this role, especially in terms of our immediate neighbours, such as Zimbabwe. "A poor and a politically unstable African region is not in the interests of South Africa," adds Mr Sexwale.

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At 90 years of age, Mr Sexwale still finds time to sit on the veranda outside his house and look at the world map displayed on the wall of his yard. With his stick he pointed at countries on the African continent with trouble spots. Mr Sexwale reveals the politician in him. "The dream for the African Union can only become a reality when African leaders stop looking at themselves as leaders for life," he says.

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A jump-start for life

The South African Department of Defence (DoD) introduced the Military Skills Development System (MSDS) in 2003 to support Government’s focus on youth development. The aim is to rejuvenate the South African National Defence Force’s human resource composition and provide sustainable development opportunities for South Africa’s youth.

Calling Young Patriots

The DoD offers young South Africans of all races – male and female – an excellent opportunity for a two year voluntary service in uniform, with the possibility of contract renewal and added service benefits. The MSDS intends to equip and develop these young men with military training and further functional training. Since 2005, over 8,500 young South Africans have completed or are busy completing the MSDS programme.

Acquiring Military Skills

In the first year of service, MSDS members receive basic military training, followed by functional training in various career options such as professional engineers and medical practitioners, technical (apprentices), as well as combat and support roles. But we urgently need to recruit pilots, navigators and qualified engineers.

During their second year of service, many MSDS members can expand their horizons through operational deployment (sometimes beyond South African borders), mostly in peacekeeping and support activities.

After two years, MSDS members exit the department with an attractive bonus, as a jump-start for the future. If selected, some members will be offered the opportunity to serve as full time members in the Regulars while others can continue to serve part time. Specially selected applicants will be encouraged to join the SA Army, SA Air Force, SA Navy or SA Military Health Service.

Who Can Apply?

When training begins, MSDS applicants must be South African citizens between 18 and 22 and possess at least a grade 12 certificate (preferably with grade 12 mathematics and physical science). Graduate applicants cannot be older than 26 and must have a recognised university degree or three-year national diploma.

If accepted, you must be willing to relocate to another part of the country as required, preferably be single, have no criminal record and comply with medical fitness requirements. You must be recommended by a military selection board and be prepared to receive basic military training, functional training and to serve in uniform.

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Towards more effective discipline management

By Mr Mandla Zwane, Director Labour and Service Relations
Photo: F Sgt David Nomtshongwana

Based on the findings and recommendations of the Chairpersons of Disciplinary Hearing of PSAP in the Department of Defence (DOD), it became apparent that Chairpersons and/or departmental representatives in some instances do not act in a neutral manner and as such are therefore influenced by irrelevant considerations; do not take into account the interests of both the employer and the employee; do not assess evidence objectively with an open mind; do not satisfy themselves as to the commission of the offence according to a balance of probabilities on the evidence adduced during the disciplinary hearing. They have knowledge of the employee without declaring such and recuse themselves from proceedings.

In view of the above, the fairness, credibility and independence of such hearings may be placed in doubt and it further places a difficult burden on the DOD to ensure consistency in the application of disciplinary sanctions. Therefore, the Human Resources Division (Directorate Labour and Service Relations) has undertaken to present a skills development course to DOD personnel in order to meet the specific skills development needs in this regard and to help the established internal departmental panel deal with disciplinary/incapacity hearings with a view to more effective discipline management and improved service delivery.

The content of the course should provide clear guidelines to assist in ensuring substantive and procedural fairness in conducting disciplinary/incapacity hearings. The skills development workshop that was held in February 2008 was attended by 20 delegates from the various units throughout the provinces. It is believed that the delegates experienced the workshop as empowering and that they look forward to applying the knowledge and skills gained from this skills development workshop in their respective environments.

The Human Resources Division will present another skills development workshop during the first quarter of the new financial year to enhance further the number of trained panelists. Further details of this workshop will be presented to representatives of the Services and Divisions at the DOD Labour and Service Relations Co-ordinating Committee meeting.

Mr Mandla P. Zwane, Director Labour and Service Relations (front, middle), with delegates who attended the PSAP Disciplinary Skills Empowerment Workshop for Departmental Representatives and Chairpersons of Disciplinary/Incapacity Hearings.
The time has come to congratulate and give credit to those people who worked hard. The South African Air Force hosted its wing parade at AFB Langebaanweg in Cape Town on 6 March 2008. The forty-three recipients were presented with their wings by the Chief of the SA Air Force, Lt Gen Carlo Gagiano.

The parade was well attended by both senior and junior members of the DOD, and among these officials was the Deputy Minister of Defence, Mr Mluleki George, who handed over the wing badges to the well-deserving recipients.

The crowd gathered, as it was time for the Deputy Minister to step up to the podium to congratulate and encourage the recipients. He urged them to take pride in their work and to use their skills to the benefit of the country, particularly the SA Air Force.

In his address Mr George mentioned a few significant matters to be considered by the Department of Defence (DOD), such as looking at the issue of incentives as a way of retaining pilots in the SA Air Force and getting young black women to join the Force. He said it was time the Force found the equilibrium of gender and race within the organisation.

SA Soldier had an opportunity to talk to one of the recipients, Lt Wendy Sharp, a 21-year-old woman who left home straight after matric to join the SA Air Force. She spoke to us with such zeal and enthusiasm, and said: “The three years I spent in the Force have finally paid off. Now it is time for me to reap what I sowed”. Indeed she is a living product of hard work, determination and perseverance. Today she is wearing her wings (badge) with much pride and honour.

The Deputy Minister appealed to the recipients to stay in the Force for at least ten years. He said: “This will allow them to be experienced and highly skilled personnel who will seamlessly pass on their know-how to others who will come after them.”

The Deputy Minister of Defence, Mr Mluleki George, presenting Sgt Esther Phokoje from 21 Squadron, AFB Waterkloof, with the Flight Attendant Floating Trophy.
The Transvaal Scottish Regiment held its annual Honours Day parade at the regimental headquarters at "The View" in Parktown on 26 January 2008.

Lt Col D.D. Smythe, Officer Commanding Transvaal Scottish Regiment, said during his speech at the parade that 2007 would be reflected in the history of the Regiment as the beginning of a new era. The change of command and that of the RSM’s posts on the same day certainly made the history books.

He mentioned that the Transvaal Scottish Regiment had successfully participated in numerous activities last year. The following were some highlights:

- The Regiment received a certificate of appreciation from the Natalspruit Hospital in recognition of valuable service rendered during the public sector union strike last year.
- The Regiment was awarded the Mot North Floating Trophy for the best unit in the SA Army Motorised Infantry North grouping.
- Regimental Pipes and Drums - the "A" Band excelled under the guidance of Pipe Major Craig Whitley during 2007. The results were awesome:
  - Regional Champions in 2007.
  - SA Champions in 2007, two years in succession.
  - Champion of Champions, Grade 2 - for the fourth time in five years.
  - The music grading took place at the Kensington Garrison prior to the band participating in the Kremlin Zoria (Russian tattoo) over the period 7 to 18 September 2007.
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- Ten pipers presented themselves for Department of Defence, Musical Services Proficiency Evaluation. All ten qualified at the highest technical level, viz that of Master Musician.
- Voluntary Cadet Programme - Three years ago the Transvaal Scottish and Parktown Boys High School reintroduced a Voluntary Cadet Programme. In 2007 the standard of the drill was remarkably high.

Lt Col Smythe concluded by thanking all the members of the regiment for their diligent efforts to make this regiment a winning one. "Continue to remember that the regiment is what you make of it. Excellent effort is recognised and rewarded."
Young officers excel

By Maj Priscilla Johnson
Photo: S Sgt P. Benn

ub Lieutenant Calvin Manganyi was born at Gandlanani in Malamulele, Limpopo Province. He started his schooling in 1990 at Ripindzi Primary and completed his matric in 2001 at Haluloko High where he obtained an exemption with a distinction in Geography. After matric he stayed at home for two years due to financial constraints.

When asked what inspired him to join the SA Navy, he replied: ‘On my first day of school my shirt was torn, so my grandmother wanted to fix it. When she took the needle book I saw a picture of a ship, but I did not know what it was. I asked my teacher the following day and she said to me it was a ship and explained that people work there. Since that day I was so interested in working on board a ship some day. However, things changed as I grew up and I wanted to pursue a career in medicine.

―Owing to financial constraints following my father’s retrenchment in 1991, I did not manage to go to a medical school. I was determined that I would make it because I gave my best whatever I did and God helps me to achieve all my goals. Some people say that everything I touch turns platinum. This stems from the fact that I was once a photographer, a technician, a guitarist, and a bricklayer just before I was called to serve in the SANDF.

―In all these fields I excelled and in none of them did I receive formal training. I cannot explain how all this happened. They were like gifts from God. But I do not believe that everything I do turns platinum. I believe that God has gifted different people with talents. Some are multi-talented, but we all have potential.’

Since his primary education S Lt Calvin Manganyi has excelled in his studies. He joined the SA Navy in 2004 and completed Basic Training at SAS SALDANHA, after which he went for Officer’s Formative at the South African Naval College in Gordon’s Bay. S Lt Manganyi is just one of the many young South Africans who had good matric results, but no financial back-up for tertiary education. He was delighted to join the military, particularly the SA Navy.

―Firstly I thank God for taking care of me, my parents (especially my mom, Mphemphu Sophie Chauke, and my grandmother, N’wa Xirhami) and the South African Government for giving a chance to the youth like me to further their studies and at the same time to serve their country diligently and professionally and for being able to help their families. The youth of today are the future of tomorrow and investing in the youth is the best investment the country can make.”

When asked what motivated him, S Lt Manganyi replied: ‘My motivation comes from my background, from what I have and what I left behind. If you know where you come from, then you know where to go. If I do not succeed in what I do, what will happen to me? I push myself to the limit. On my arrival at the Military Academy things were difficult given the fact that I still had to work for my contract’.

S Lt Calvin Manganyi has received the following awards: The Sanlam Floating Trophy - the Best Student in Security and Africa Studies (SAS), the SA Navy Floating Trophy - Best SA Navy Student, and the Sword of Honour - the Best Student Overall, which combines both military prowess and academic work.

When asked how he felt about receiving all these awards, he replied: ‘I did not expect it. But as they say in Xitsonga ‘Mintirho ya vulavula’ which means work talks. To those who are coming after, know that nothing is impossible with God, hard work, dedication and belief. To the junior Naval Officers: know that you are the cream of the crop and wear that uniform with pride in order to lift the naval profile higher and show that it is really the Navy for the People. As Lt Gen Temba Mantanzima said: ‘(to) the Sword of Honour winner, in particular, let me say that your achievement, a combination of academic work and military prowess, is an example to all of us’ - let this be an example for junior officers’.

S Lt Manganyi is the first Black SA Navy student to receive the Sword of Honour, the second Black person to receive the SA Navy Floating Trophy and the first to continue with honours in SAS on a full-time basis at the Military Academy, which is the Faculty of Military Science at Stellenbosch University.
Club and putter

By Lebohang Letoaana
Photo: Sgt Elias Mahuma

These days deals are not necessarily closed in boardrooms, but on the greens, so it was the turn of the Department of Defence Matériel Division, under the leadership of Mr Bruce Ramfolo, the Chief of Defence Matériel, to host and strengthen relations between the Department and the defence industry during his golf day. The golf day was held at Wingate Country Club in Pretoria on 22 February 2008.

“We have developed a firm bond with our defence industry over a period of time. We have heard robust and dynamic debates and have not necessarily agreed at all times, but we always have one thing in common - the national interest. We need to cherish and jealously safeguard this cordial relationship,” said Mr Ramfolo during the prize-giving ceremony.

SA Army Foundation tradition

By Lt Col Elize Lizamore,
PRO SA Army Foundation

It has become part of the SA Army Foundation’s tradition to present an award to the Best Army Learner of the Military Academy in Saldanha. The best learner for 2007 was Lt A. van der Merwe.

The Sales Adviser of the SA Army Foundation, Mr Henk Redelinghuys, attended the passing-out parade on behalf of the SA Army Foundation. He presented Lt van der Merwe with a pair of binoculars.

Lt van der Merwe was recruited by 4 Artillery Regiment in Potchefstroom. The SA Army Foundation is once again proud to be associated with the Military Academy under the auspices of the University of Stellenbosch.
Take the load off at retirement

Where do you see yourself at retirement? Will you be relaxing on a deck chair with the ocean as your back drop, or will you be sitting upright in an office chair having to contend with the incessant ringing of telephones?

"If you think retirement is years away, think again," says Rosie Wilson, Market Development Manager at Old Mutual. "The prospect of working well into your retirement years is what you can look forward to if you leave it too late.

Time is of the essence!

"This scenario is unfortunately a sobering reality for many, who thought they had time on their side," she added. The realisation that you've failed to make sufficient provision for the day your income ceases, usually comes when it's too late. This lack of foresight can largely be attributed to procrastination, apathy, insufficient knowledge and a failure to seek professional investment advice. With the government's retirement resources only available to the poorest members of our society, you may have to turn to reluctant family and friends for financial support.

What about my company pension fund?

People generally believe their company pension will be adequate. These days, this is usually not enough unless you're prepared to make serious sacrifices in your living standards. This is even more true if you've changed jobs often and either squandered your benefits, or used it to pay off debt. A rule of thumb is that you should allocate at least 15% to 20% of your pre-tax income to retirement. This can include your existing employer pension fund contributions.

How much money will I need?

This is always difficult to answer because no one knows how long we will live after we retire. Because only some of our expenses decrease at retirement, it is customary to assume that you will require about 75% of your last income.

Let us look at a scenario of a person with a final annual salary of R240 000 (R20 000 pm) and how much savings he/she would require to achieve this replacement ratio:

<table>
<thead>
<tr>
<th>Retirement age</th>
<th>Male</th>
<th>Female</th>
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</thead>
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<tr>
<td>55</td>
<td>2 760 000</td>
<td>3 240 000</td>
</tr>
<tr>
<td>60</td>
<td>2 520 000</td>
<td>3 000 000</td>
</tr>
<tr>
<td>65</td>
<td>2 280 000</td>
<td>2 640 000</td>
</tr>
</tbody>
</table>

This assumes the individual will purchase a single-life with profit annuity with no guaranteed term and a commission loading of 1%. The individual will purchase the annuity with the full retirement savings.

Get the retirement you deserve!

A retirement annuity is one of the best ways to ensure you are not short of money when you can least afford it. It can either be used to top up your existing pension fund or it can be purchased as the cornerstone of your retirement planning. Says Wilson: "Old Mutual has been helping people retire successfully for decades, and with a retirement annuity, you can have the peace of mind that is so essential to your quality of life at this time." What are you doing to secure a comfortable retirement for yourself?

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Successes of Project Phidisa

By Col L. Naidoo,
Academic Head Project Phidisa

Project Phidisa is a South African Military Health Service (SAMHS) clinical research project that aims to establish the impact of HIV infection on South African National Defence Force (SANDF) members and their dependants, and to develop appropriate strategies for the effective management and prevention of HIV infection.

This project is a collaborative undertaking between the governments of the Republic of South Africa and the United States of America and is executed by SAMHS of the SANDF, the United States Department of Defence and the National Institute of Health of the United States.

Four areas of development and support were identified, namely:

- To contribute to the existing and further establishment and development of a research infrastructure within the SAMHS.
- To support existing and new research capacity building in the SAMHS.
- To conduct clinical research into HIV and AIDS and other infectious diseases.
- To support the transfer of research experience and lessons learnt from this HIV study to assist the SANDF in decision-making with regard to combat readiness.

**DEVELOPMENT OF INFRASTRUCTURE**

Six clinical sites for the execution of the clinical research have been upgraded and developed. These are:

- 1 Military Hospital (Phidisa Clinic)
- Matubatuba (121 SA Infantry Battalion Sickbay)
- 2 Military Hospital (Phidisa Clinic)
- Mthatha (141 SA Infantry Battalion Health Centre)
- Bloemfontein (Phidisa Clinic)
- BaPhalaborwa (7 SA Infantry Battalion Sickbay)

Five of the sites are currently operational, including the last site at BaPhalaborwa, which was opened on 1 April 2007. In addition, satellite sites are operational in Durban and Ladysmith. This spread ensures that clinics in rural, peri-urban and urban areas are developed, making access to such research sites not only representative, but ensuring that rural areas also benefit from the clinical research.

A basic Data Management Coordinating Centre has been developed, with a mainframe computer to collect and store the research data. This facility is housed at 1 Military Hospital and the data from all sites are stored at this facility and a daily back-up is stored off site.

As at 30 June 2006, R5 999 000 had been spent on renovating existing SAMHS clinics and buildings in the six operational sites and the Phidisa Headquarters. A further R1 029 000 has been spent on medical and office supplies to ensure that the clinical research infrastructure meets both national and international standards.

**CAPACITY BUILDING**

Part of the partnership with the US provides for the development of research capacity within the SANDF. At the inception of the project, the US provided appropriate expertise for professional skills development of South African personnel to ensure that the execution of research met national and international standards. This included functional and professional training in clinical acumen and support functions, such as information and communication technology and data support according to research protocols. International academic support is also available in strengthening the research capability when required.

There are currently approximately 254 members staffed in Phidisa. As of June 2006 approximately R885 000 had been spent by Phidisa Headquarters on skills development for its members.

Medical support is provided by SAMHS clinics. All operational pharmacies at the Phidisa Clinical Research sites have been registered with the National Department of Health.

Each clinical site is equipped with modern information and communication technology (ICT). This ensures access to current literature and modern trends in the management of HIV. For example, Phidisa members have access to the electronic library of the National Institute of Health in the US, comprising thousands of health journals as well as Microdex, which is a comprehensive, continuously updated drug and disease information system.
since the inception of Phidisa. This includes short-term training opportunities such as workshops and short courses, as well as long-term training. All personnel associated with the research undergo mandatory courses such as Introduction to HIV Management and Good Clinical Practice.

As of 31 December 2006, 236 short-term training opportunities had been attended by Phidisa members. These included courses in TB and HIV management, Data and System Analysis Software (SAS) tools, ICT and biostatistics. Twelve Phidisa and SAMHS members attended a workshop in Ethics and Conducting Research Responsibly. Four medical practitioners have successfully completed the Galen Examinations, which is an internationally recognised examination in clinical HIV medicine. Thirteen members attended international conferences. Three members have attended SAS training in the US and two have further consolidated this knowledge at South African institutions. Four members have qualified as basic-level pharmacist’s assistants and all enrolled to do their post basic level pharmacist’s assistants course.

Currently, two members are being supported financially to obtain their undergraduate degrees/diplomas and seven members are engaged in postgraduate studies and research at South African and other universities for Master’s degrees in Public Health (2), Master’s degrees in Clinical Pharmacology (2) and postgraduate diplomas in HIV Management (3). Additionally, two members have received other support for the completion of Master’s degrees in Palliative Care and Clinical Pharmacology. Currently one person is registered for a PHD (Nursing) with a view to examining and developing mentorship models for SA students to facilitate information in a clinical situation.

**CLINICAL RESEARCH PROTOCOLS**

- **Phidisa I** is a screening protocol that in essence is an epidemiological study of HIV and AIDS, sexually transmitted diseases and the associated risk factors for developing HIV infection.
- **Phidisa II** is a well controlled study, designed to compare the safety and efficacy of different combinations of antiretroviral therapy in the management of HIV infected persons.

All the treatment arms of the study use antiretroviral drugs that are in use by the national government, which will ensure that members will continue to be treated after the research project has been closed.

As of December 2006 more than 5000 participants were enrolled in the project. Altogether 1737 members and their dependants were receiving antiretroviral therapy (ART), of which 42 were children under the age of 14 years and 267 persons were on the PEPFAR (President’s Emergency Plan For Aids Relief) US programme.

Clinical outcomes of the research studies have thus far positively impacted on the standard of clinical care. For example, the management and monitoring of concomitant infections have been greatly enhanced. Preliminary data presented at the annual Phidisa Conference held in Port Elizabeth in July 2006 showed without doubt that not only do ARVs save lives, but that the quality of the lives in about 60% of the participants has been greatly improved.

The group on ARVs showed an impressive drop in the viral load and a rise in their CD4 cell count, which was clearly evident early on after starting ART. Not only was there a general increase in the CD4 cell count, but the number of patients with a viral load of less than 400 copies has substantially increased, the latter being considered a measure of success. These changes were maintained over the period under investigation.

**TRANSFER OF RESEARCH EXPERIENCE AND LESSONS LEARNT FROM PHIDISA STUDIES**

A Phidisa annual conference to review the lessons learnt from the project were held from 2004 to 2006. Excluding the final results to determine which combination of ARV triple therapy is most effective, one sub-study emanating from the research being conducted in this project has shown that Kaletra®, one of the ARVs used in the management of HIV infections, is unstable at the high temperatures found in sub-Saharan Africa.

This finding had a profound impact in the region where refrigeration is not a household item in rural and high-density urban areas. From a combat readiness point of view, it would be difficult to deploy soldiers internally on this regimen. Another sub-study has questioned the accuracy of generally accepted laboratory methods to determine viral loads below the levels of viral detection. Both these studies have received international exposure.

**CONCLUSION**

While there have been challenges in conducting research within a military environment, there have been several, especially short-term, successes with regard to the four objectives of the Phidisa partnership with the US. However, how the protagonists choose to respond to the eventual findings of the study will be the determinants of its success and failures.

**Note:** All financial information was supplied by HJF for its financial year ending 30 June 2006. All other reports have been supplied by the relevant sections. However, the writer assumes responsibility for the interpretation of this information.
Tshireletso e bohlale ntle le tshenyo ya dibeso

Ka Cdr Adri Liebenberg,
A/SSO Environmental Services

a lefatshe lee jwalekaha re le tseba le kgasetsa tshenyehong na? Lefatshe ka bophara, matjhaba a lwantshana le phepheto ya tshebediso ya dibeso tse ntjhafalang - ho rialo ke hore ho fetolwe mokgwao dibeso di sebediswang kageng ho ntshetsa pele tsa bophelo, tikeloho le mabaka a ekonomi a ntshetsopele e ntjhafalang.

Sena ke sona se re tjametseng mona Afrika Borwa ha jwale. Hoa tsebahala hore tshibelele tsa setjhaba botsong di bohlaswa ha re tla tsebediso yo ya motlakase. Lefapha la Tshireletso (DOD) kahoo, le tshibetsha sepheo sa Mmuso tshebedisong e bohlaile e bolokang meholo di ya tlhaho, le ditsela tsa Eskom ho kgotsofatsa ditlheko tsa naha tsa motlakase. Keketsebo ya “kgasetsa ya phepelo”, e tla le tshwaele bohlaing ba lefapha lena la rona mme le kketsehong ya theko ya tshebediso ya uniti ya motlakase, ho tla nyolland tekanyetsa ya ditjhelele ya DOD ho tshibelelo ena. Ka lona lebaka lena, Ditshibelelo le Makala a laetswe ho qala ka mekgwa e makgethe tshebedisong ya oona ho fokotsa tshebediso ya motlakase.

MEHATO E SEBETSANG

Mehato le mekgwa ya ho netefatsa hore sesole se fokotsa tshebediso ya motlakase ka 10%, e kenyetsa:

- Ho ntlafatsa tshebeto ya uniti ya letsatsi, hore motlakase o sebediswe nakong tsa tlhokeho e tlaae le hore motlakase o sebediswe ka makgethe nakong tsa tlhokeho e sekghala.
- Ho qala ka ho batlana le sebediswa tsa mofuta o bolokang dibeso bakeng sa sebediswena tsa motlakase tse tlwaelehleng.
- Ho tima sebediswena tsa motlakase tse itjhang feela, kapa tse emeng feela masobeng a phephelo ya motlakase, e leng se tla thusa polokong ya 10% ya motlakase.
- Ho tima mabone ao e seng a bohlokwa ka tshibele le ka diwikente diofising sa mmuso le tse hiriweng, le ho sebedisa bhlanaka ba setjhabiti ho disana le kutlo tabeng ena.
- Mabone a bohlokwa a tshireletso a kganye feela nakong eo ho leng lefifi ka yona.
- Ho apesa di-geysara ka dikobo, ho fokotsa thomostata ho fihla ho 55 °C le ho tima di-geysara tse sa sebedisweng.
- Ho tshwara tshebediso ya motlakase di-kitjhineng le di-mesen ng ka makgethe. Mohlala, di-urne di se sebetsi letsatsi kaofela mme le diketele di fletswe metsi a lekaneng feela.
- Ho se sebedise di-hitara
ditora tsakhalasedi a letsatsi le tse ding, kahara tulo tsu thupelo tsa sesole le di-bentemele mabopong a lewatle. DOD e tla fuputsa porokeja ya matswathaka ya tshebediso ya dipalangwang tsa mofuta wa tsosa bitsong la teranseporoto e hautshwane, le tshebediso ya bio-fuel bakeng sa mafutara a tlwaelehleng.

LESEDI LE THOHOLETSO

Energy Efficiency Award e fana ka thoholetso ho mamulwana a amehang mabapi le ho boloka dibeso kahara DOD, e le karolo ya Annual Environmental Awards Programme. Ilane e le Mong William Mashiloane mohaleng wa (012) 339 5167 ho fumana lesedo tabeng ena.

* Translation into Sesotho by Sechaba Khaile, Directorate Language Services
Awarding our sports heroes

By Lebohang Letaoana
Photos: Sgt Elias Mahuma

When people achieve good results they must be acknowledged and rewarded,” said the Chief of Human Resources, Lt Gen Derick Mgwebi, during the annual SANDF Sports Merit Awards ceremony held in Pretoria on 27 February 2008.

Lt Gen Mgwebi is the new SANDF Sport Manager and Patron. He is the custodian of Physical Training, Sport and Recreation (PTSR).

The SANDF presents this sports merit awards ceremony annually to recognise the members of the SANDF for outstanding contributions to sport. "Physical fitness is part of us, that’s why programmes such as Phakamisa (lift up) needs to be taken seriously by all of us," said the chief functionary, Lt Gen Mgwebi.

In his speech Director Physical Training, Sport and Recreation, Brig Gen Abe Sedibe, said: “2007 was a busy year for the athletes as they competed in the different sporting codes, namely the fourth Military World Golf Championships in Sun City, the fourth Military Games in India and the Security Cluster Games against Correctional Services and the National Intelligence Agency. The SANDF was victorious winning 80% of the trophies in different sports codes”.

Sports Merit Awards 2007

Winners

SANDF Sport Achiever of the Year:
Winner: Cpl B. Visser (Judo)
Runner-up: S Sgt V. Fraser (Body building)

SANDF Sport Administrator of the Year:
Winner: Maj A.J. April (Martial arts/ Kick-boxing)
Runner-up: Golf (Col G. Odendaal)
* The best achiever, administrator and player who showed the most progress per SANDF sporting code were selected and awarded by their various SANDF Head Committees.

The new SANDF Sport Manager and Patron, Lt Gen Derick Mgwebi (Chief of Human Resources), and S Sgt Annelie Hoeksema, who was selected by the SANDF Head Committee (Parachuting) as the Best Administrator (Parachuting).
Another one bites the dust

Article and photo by
Capt L. Lombard, SO3 Com,
Project DOMINO

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ANDF members know just how to throw it, when it comes to the game of jukseki. After weeks of training at their individual units, then being chosen for their respective provinces, chosen SANDF members took part in the Jukseki B and C Championships.

Official team managers were also appointed for the various teams. The championships took place from 24 to 29 February 2008 at Jukseki Park in Kroonstad, Free State. It was a kaleidoscope of colour, as teams from various provinces of South Africa and from Namibia took to the playing fields every day.

The week consisted of games in the B and C sections respectively. "Double games" were played on Thursday, 28 February 2008, and the next day the five best players from every section took part in the "five best" games. A double game consists of only two players in each team, and is played for a maximum of 30 minutes.

Members were treated to a tour of the Jukseki Museum in Jukseki Park during the week when time was found to relax. On display were parts of an ox wagon used as “skeis” centuries ago, to a “skei” donated by the USA when a team from that country was in South Africa for a Jukseki tour a few years back, and other items that grabbed the attention of everyone who entered the museum.

SANDF members are already preparing for the SANDF Jukseki Championships to be held in Port Elizabeth from 12 to 16 May 2008 at Army Support Base Port Elizabeth. For more information WO2 M. du Pisani can be contacted at ASB PE. Whether you are a player or supporter, come and play, watch or enjoy, but remember to bring your sunscreen, hat and chair because it's going to be hot and happening out there.

More about Jukseki

A jukseki playing field consists of two playing areas juxtaposed in opposite directions, so play can take place in both directions. During a game the "skeis" are thrown over distances of between 11 and 16 metres at a peg planted in a sand-pit. The distance thrown is determined by the age and gender of the player. The protruding section of the peg is 460 mm long by 25 - 30 mm wide. Teams usually consist of four players, each with two "skeis". Players from the two teams alternate, each player throwing both their "skeis" during their turn. A game can be anything from 1 hour to 1 hour and 15 minutes long.

Determination, dedication, accuracy, being fit and, last but not least, enjoyment are integral parts of playing jukseki.

"At the beginning of 2001 the SA Government launched the ‘Indigenous Games Project’. This project identified Jukseki as one of seven indigenous games that should be encouraged and developed in South Africa". (Article extract from www.petanque.co.za.htm). Jukseki is an internationally recognised sport, which is also played intensively in Namibia and the USA. In South Africa it has a long and interesting history. (Read all about it on www.petanque.co.za/jukskei.htm).

Jukseki is for everyone, young and old. If you are interested in playing this sport, contact your sport representatives or officers in your units or areas. In Pretoria the chairperson of the PMSC Jukseki is Maj C.P. van Tonder. He can be contacted on 084 739 6246.
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Premature baby celebrates first birthday

By L Cpl Ally Rakoma
Photos: Sgt Lebogang Tlhaole

We make a living by what we get, we make a life by what we give,” said Sir Winston Churchill. On 31 January 2008, exactly one year after the birth of a very special baby boy, SA Soldier was invited to witness and attend his success story and thanksgiving ceremony at 1 Military Hospital - 4 Intensive Care Unit (4 ICU).

On 31 January 2007 Israel Tlotlego Moganyaka was born very early - after a 26-week pregnancy. His birth weight was only 630 grams and the chances of survival for this baby were 1 per cent, since most of his body parts and functions were for the most part half developed. It was also the first time in the history of the hospital that they met such a challenge, but through dedication the 4ICU staff, doctors and nurses performed with great zeal and saved the baby’s life. Baby Tlotlego against all odds survived and 31 January was his first birthday - the day of his special thanksgiving ceremony at 1 Military Hospital.

SA Soldier spoke to his parents, Maj Twice Moganyaka and his mother, Dikeledi. They expressed feelings of gratitude and said that Cod was faithful to His promises. “It was a hopeless situation, but miracles still happen when we believe. We thank the staff of 4 ICU - the doctors and nurses - for their hard work in saving our son’s life. We are grateful and appreciate their success. Now Tlotlego is healthy and lively,” the Moganyaka couple said.

We also conversed with Capt (Dr) Zaais Badenhorst and Capt Tinette Mooiman. Front, fltr: Maj Salaminah Seemola, Capt Phillipa Sekhampu, S Sgt Yvonne Mpethu, Hlompho Moganyaka, Dikeledi Moganyaka (mother) with Tlotlego (1) and Maj Twice Moganyaka (father).
A record crowd of 16 500 swimmers of all ages and physical shapes swam the 35th Halfway Telkom Midmar Mile this year. This international event was held from 9 to 10 February 2008 at the Midmar Dam near Pietermaritzburg. The Midmar Mile is the world’s largest open water swimming event. It took place for the first time in 1973.

Naval Station Durban was requested to assist with the safety aspects of search and rescue (S&R) and water traffic control. The event provided the ideal opportunity for Naval Station Durban to use the Midmar Mile as a training opportunity with stakeholders. Rain, mist and choppy water did not spoil the atmosphere at the dam as thousands of swimmers braved the cold to take part. The important function of the Aquatic Rescue Co- Coordinating Committee (ARCCO) at the Midmar Mile was to ensure maximum safety for the swimmers and so prevent any loss of life. In addition, ARCCO ensured that the swimming line was clearly defined by keeping over - zealous supporters in pleasure craft clear of the swimmers.

The Officer Commanding Naval Station Durban, Cdr Dave Jones, assumed command of the deployed forces. The Operations Officer, WO1 Brett Engelbrecht, was in charge of the operational control of the boats, divers and protection force personnel. Naval Station Durban interacted with various S&R stakeholders in KwaZulu-Natal. This also accorded with the policy to allow the participants to test S&R protocols. In this way, the stakeholders gained valuable experience from this event. It also was an opportunity for Naval Station Durban to measure the unit’s ability to support S&R operations in the interior. The deployment also gave the crew of the harbour protection boats the chance to operate inland and in fresh-water conditions. One harbour protection boat, two rigid hull inflatable boats, nine divers and six protection force personnel were deployed for the safeguarding of the Midmar Mile. Divers from the Operational Diving Team East and the Protection Force Personnel of Naval Station Durban were deployed at the Midmar Dam for this international event. In this type of deployment communication with all the role players was vital as the success of the exercise was dependent on clear, precise and effective communication.

This was also an excellent medium for the marketing of the SA Navy as the boats were clearly marked and visible. The divers’ interaction with the public and the swimmers also reinforced the SA Navy’s presence. The interaction by members of Naval Station Durban with the swimmers, supporters and stakeholders once again endorsed the fact that Naval Station Durban is working with the people of KwaZulu-Natal.

**Stubble with a cause**

Members from Naval Station Durban volunteered to have their haircut or sprayed green to endorse the cancer awareness. Uniformed members who had their hair sprayed green wore civilian clothing.

The successful national CANSA Shavathon returned to workplaces and malls on 15 and 16 February 2008 to raise awareness and funds for the fight against cancer.

By shaving your head, having a hair cut or spraying your hair a multitude of colours for a R50 donation, South Africans helped raised funds that will be used for youth and family support programmes run by the Cancer Association of South Africa (Cansa) nationwide. “Shaving your head is an act of solidarity with people living with cancer because hair loss is a common side-effect of cancer treatment,” said Ms Sue Janse van Rensburg, National Executive Director of CANSA. “Many South Africans who take part in the CANSA Shavaton shave or spray their hair on behalf of a loved one who is living with cancer or who has lost the battle with the disease.”

“Stubble with a cause” was the theme for the 2008 CANSA Shavaton. It was the fifth time the event was held nationally. (Stubble is the short hair that grows back after being shaved.)

Cancer can be beaten. This is the message we should take to heart, even if one of us should suffer the misfortune of falling victim to it.
Authority

By Chaplain (Dr) R.M. Ngwanya, Log Support Formation Chaplain
(Please note that Cpln (Dr) R.M. Ngwanya wrote this article from a Christian point of view)

Authority according to the Christian point of view belongs to God the Creator who made us to know, love, and serve him. God's way of exercising his authority over us is by means of the truth, reconciling us with him, and wisdom from his written Word.

From the human standpoint, each Biblical Book was written to induce more consistent and wholehearted service of God and from the divine standpoint the Bible carries such a purpose. Since the Father has given the Son executive authority to rule the world on his behalf (Matt 28:18), Scripture functions precisely as the instrument of Christ's lordship over his followers.

Christ's authority
As mentioned above, we hear that Jesus told his disciples that complete authority has been given to him in heaven and on earth. This shows God giving authority to Jesus over everything and everyone in the universe. If so, Christ is the visible image of the invisible God, showing us that everything has been created through him and for him. Christ is the head of the church, which is his body. As He has been given complete authority, such authority includes authority over the lives of God's chosen people.

Christ spoke with authority
As Christ has authority, he speaks with authority. During his earthly ministry, the scribes (religious scholars) often cited traditions and quoted authorities to support their arguments and interpretations. But Jesus spoke with a new authority, his own authority. He did not need to quote anyone because he was the original Word (John 1:1).

Self-centered authority
God ordained kings and judges, and it was during the time of the latter that the Israelites experienced trouble because everyone became his own authority and acted according to his own opinion of what was right and wrong, thus producing haphazard results. No doubt one may say that our country today is similar to that of the Israel of that time.

Individuals, groups, and societies have made themselves the final authorities, without reference to God. One may be disturbed by the fact that ours is seen as a Christian nation when some submit all their plans, desires, and motives against the authority of God. When people selfishly seek to satisfy their personal desires at any cost, everyone pays the price. The Bible says that where there is no vision the people perish.

Contrariwise, 1 Peter 2:13-14 tells us that for the Lord's sake everyone should accept all authority that comes from the head of state and the officials because God has appointed them. If God has appointed human authorities to uphold and enforce his laws in society, then so be it.

Paul emphasises this point in Romans 13:1-2. He says, "Obey the government, for God is the one who put it there. All governments have been placed in power by God. So those who refuse to obey the laws of the land are refusing to obey God", and punishment will follow. God wants us to obey the authorities.

God-centered authority
What is implied by this? God does not always work in ways we would expect. One would naturally expect an audible message from God to be given either to the head of state, to the leader of the community or a party, or that He would speak to the priest as in the case of Eli, and not to the child known as Samuel. When one looks at Eli, one finds an older and more experienced father who held a proper position. But friend, God's chain of command is based on faith. His view of authority is not based on age or position. In finding faithful followers, God may use unexpected channels. So be prepared for the Lord to work at any place, at any time, and through anyone He chooses.

Conclusion
Finally, Jesus says all power is given to the people by God the Father from above, making God the ultimate source of authority over people's lives and over governments. As God rescued Israel from slavery in Egypt, so God has a special way of saving people. When he brought them out of slavery, He was using his ultimate authority over his chosen people.

Therefore, people should be aware that ultimate authority comes from God. He is supreme over all creation, including our nation. We must believe that authority is from God, or our deeds are hollow and meaningless. Stay blessed.
Questions?
we can help

When do I need to start taking Antiretrovirals?
Can I use Antiretrovirals whilst using other forms of medication?
Where can I get counseling?
Is counseling available 24 hours?
What do I need to ensure a healthy lifestyle?
In my military environment will I be discriminated against, because of my HIV status?
How long does the Antiretroviral treatment last?
Are there any side-effects to Antiretrovirals?
What options do pregnant women have in regard to Antiretroviral treatment?
What will Antiretroviral treatment cost?

TO ANSWER RESEARCH QUESTIONS RELEVANT TO SOUTH AFRICA ON THE USE OF ANTIRETROVIRAL THERAPY AND OTHER NON-ANTIRETROVIRAL THERAPIES IN THE MILITARY

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