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VOL 15 NO 6 June 2008

The official monthly magazine of the SA Department of Defence

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SOUTH AFRICAN SQUADIER



Special Youth Edition

International Military Tattoo



defence

Department:
Defence:
REPUBLIC OF SOUTH AFRICA

SA SOLDIER

The official monthly magazine of the SA Department of Defence

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FRONT COVER: Corporal Kedibonye J. Legodu from the National Ceremonial Guard Military Band (wearing their new uniform) giving a performance to the Chief of the SA Army at the SA Army College prior to leaving for the Virginia International Tattoo in America. Read all about the international military tattoo on pages 16 and 17. (Photo: Desmond de Vries)

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

From the Editor's desk



The SA Soldier team with Katlego. Fltr: Sgt Lebogang Tlhaole, Mr Jim Tshabalala, L Cpl Ally Rakom, Ms Bibi Morgets, Ms Nelda Pienaar, Ms Katlego Moloko, Lt Col Frans Pale and Pte Itumeleng Makhubela.

The year seems to speed up - it is already the middle of the year - and we are celebrating Youth Month and National Youth Day on 16 June. Therefore SA Soldier is dedicating this Special Edition to the youth in the Department of Defence and South Africa.

South Africa is one of the most diverse and enchanting countries on earth. The real heart of this vibrant country is the diversity of its people and cultures. Enjoy a unique cultural mix of stories.

With winter upon us and time hurtling towards year's end, remember to pause a moment, take a long warm bath with hot chocolate and SA Soldier - take time out for yourself ...

When you have finished reading the magazine, please pass it on to a neighbour or friend.

Enjoy the read!

Nelda Pienaar
Editor 

Pursuing editing

By Bibi Morgets

Photo: Sgt Lebogang Tlhaole

"Take a girl child to work" is an initiative started by the Cell C group, a campaign that is supported by numerous companies and organisations throughout South Africa in support of the aspiration on the nation's girls.

The aim of the campaign is to introduce young women to the work environment where they would be exposed to female role models who are successful in their choice of careers. The SA Soldier team had an opportunity to adopt a girl child for a day on 29 May 2008. Katlego Moloko, a 15-year-old learner from Sagewood College in Midrand, visited our office at Defence Headquarters on her journey to discover the true meaning of becoming a magazine editor. The Editor of SA Soldier, Ms Nelda Pienaar, introduced her to the editorial team. During the day Katlego got acquainted with how to manage and produce a magazine from A to Z.


I was tasked to be her chaperone for the day. I showed her the real work of



Gen Godfrey Ngwenya, Chief of the SANDF, and Katlego Moloko, a learner from Sagewood College in Midrand, at the the Spanish Armed Forces Day held at the Spanish Embassy in Pretoria.

compiling articles for publication purposes. The Text Editor, Mr Eugene Muller, explained the importance of his job within the magazine, which is to check grammar and spelling (the editing) of all articles before publishing. She also got a clear picture of how the layout of the magazine was done.

That afternoon she accompanied the photographer, Sgt Lebogang Tlhaole, and myself to the Spanish Armed Forces Day held at the Spanish Embassy where we had to provide media coverage for the event. This gave her direct exposure to how interviews were conducted. The event turned out to be the highlight of her day as she met the Chief of the SA

National Defence Force, Gen Godfrey Ngwenya, and other high-profile delegates in defence. We returned to the office with a happy Katlego who said: "I'm more than sure that becoming an editor is what I want to pursue and maybe I'll work for this publication, who knows?" 

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KEEP LECHEROUS HANDS OFF THE MSDS MEMBERS

In these days of "sugar daddies" and "sugar moms", vulnerable adolescent boys and girls should be guided to a better future and need protection from adult lechery. I have often wondered what it is that we want out of life. I suppose it is natural to be curious, but our curiosity should not be the detriment of others.

Everyone has the right to decide what he or she wants in life. Having said that, I fail to accept or understand the trend of older men dating young girls. I call them girls because they are often between 16 and 18 years old. These men affectionately call them *Amadhanon*. Guys, before you throw your punches or threaten to strangle me, I am merely expressing an opinion, which happens to be one of the rights I enjoy in this country. If you have an

affair with a child young enough to be your daughter, what does your conscience tell you? What does a 16-year old know about life? Has it ever occurred to you that she is going through the most vulnerable stage of adolescence? It is even more unacceptable if the man doing this is married. What I do not understand is what an old man discusses with a 16-year old child. What example do we set as responsible adults? Should we not concern ourselves with guiding these young girls towards a better future instead of taking advantage of them? My basic worry is these young girls end up looking down upon boys their age because these poor teenagers cannot afford to give them the type of money and comfort the so-called "sugar daddies" can offer.

Others might say it is the girls who,

in their lust for adventure, seduce older men for material gain. But for any old man who still has a conscience, the answer should be simple. If a young girl tries to seduce you, tell her parents, if not her seniors. In that way you will save the poor girl's parents the anguish of discovering that their daughter is going out with a man their own age. Please guys, stop destroying the future of these young girls. The future of any nation depends on the present generation. Let us give these girls a chance to be better citizens and encourage them to study, because education is the cornerstone of every nation. And don't forget about the teenage boys whom you deprive of companions.


Let the youngsters play hide-and-seek together, while you stick to women of your own age. Let's also look

2008 - INTERNATIONAL YEAR OF LANGUAGES

The United Nations (UN) has declared 2008 the International Year of Languages. This declaration implies that all languages of the world are given the recognition they deserve and are deemed important.

We should remember that language is part of culture; a culture identifies a group of people with common practices, interests, norms and values.

In our country with 11 official languages, the Bill of Rights spells out in section 30 that everyone has the right to use their language and participate in the cultural life of their choice. This declaration by the UN could not have come at a better time when countries, such as South Africa, Zimbabwe, Namibia, Botswana, Lesotho, Angola, Malawi, Mali, Zambia and others are looking

into the issue of cross-border languages for the unification of Africa. Therefore, SA Soldier readers are encouraged, in support of the International Year of Languages, to flood the Editor with articles written in our beautiful languages. That will be our contribution to this wonderful idea of globally recognising languages. **Lebohang Mathibela, Language Services** 

AFRICANS FOR LIBERATION


*Africans, Rome was never built in one day
Forgive as you wish to be forgiven
Madiba, help leaders of this nation
To reduce war and get to elections*

In this terrible era of war and Aids


*Oh! Africans let's unite forever
Lord, help us to overcome this temper*

*To reconcile and develop togetherness
Education is the weapon and key to success
Tree of liberty grows vigorously by prayer*

*Africans be patient to liberation
God guide Congolese to come to peace
Promote these heroes to negotiation
Suppress terrorism and have tolerance
Eliminate bloodshed among this nation*

*Oh! Lord wipe tears of this nation
Deliver them freedom from heaven
May thy love grace of Christ
And fellowship of thy Holy Spirit
Be upon survival in Congo.
Amen. ALFAOMEGA, email* 

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 sasoldier@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. 

KEEN PARACHUTING COLLECTOR


I got your address from the SA Embassy in Germany. The reason I am writing this letter is that I am an ex-para instructor of the Polish Army (25th Air Cavalry Division, 6th Air Assault Brigade and the Special Forces GROM Thunderbolt).

I am a veteran of the Afghanistan, Iraq and Vietnam wars. I am a disabled soldier collecting parachutists' wings, badges, patches and berets from Army, Navy, Air Force and Marines from France, Spain and other foreign defence forces.

Please publish my hobbies and

address in your magazine so that I can correspond with South African collectors with the same interests. Please help me. I am very assionate about it.

Best wishes and greetings to all the people of South Africa and also all the parachutists and Special Forces of the South African Army, Navy and Air Force. Airborne all the way. **Col Chester Wójcik (Ret), Czech Republic**

** Readers who can assist Col Wójcik can write to him at: J. OPLETALA Str 1634/78, CZ-434 01 MOST, Czech Republic - Ed. *

at the converse situation. What about those older women who go out with boys? Okay granted, the situation is not as common as in the case of the sugar daddies. The women who are doing it don't bring it out in the open. In this regard, women still seem to respect public opinion. But despite all that, both boys and girls need to be protected from adult lechery. With boys the fortunate thing is they do not fall pregnant and the damage to their future is different to that of girls.


The other difference is men tend to take advantage of these girls through all sorts of lies and, in many cases, the vulnerable teenager will be left with a baby when the relationship sours. Women, meanwhile, tend to be more in the habit of mothering young boys.

Capt R.P. Makopo, SAMHS HQ 

MSDS ARE THE FUTURE

The future of the organisation lies solely on the young and restless.

The SANDF is competing with the private sector to attract skilled employees, but it is imperative for our leadership to harness talent at a very young age. The DOD should approach the institutions of higher learning to recruit from there and market the SANDF to the young minds - it is essential. In order to assemble an SANDF with mettle to compete with the rest of the world an investment in human resources is the way to go. Already skilled South Africans are relocating north of the border and the SANDF is no exception. The need to change the mindset of the old guard about Military Skills Development System (MSDS) members is essential; MSDS members are the new vanguard in the making, and in particular we need a sharp increase in the number of applicants who want to join the MSDS. The SANDF is in dire need of highly skilled soldiers to enhance the capabilities of this organisation.

Capt C.G. Kganyago, Lyttelton 

STOP FOOLING YOURSELF

You cannot please other people all the time - that is not what you are here for. But you are here to sing your own song, to be who you are and enjoy it to the fullest. It is better to please yourself for a change by being your own best friend.

Everyone is born with a unique and special value: there is no one who can be a better you. You have a special place in this universe to accomplish this task is to stop masking who you really are. Begin accepting and loving yourself the way you are.

When you are unable to love yourself, it becomes very difficult for others to love you. Never be like the self-righteous who can never admit that they are wrong, for to confess faults could mean the loss of love. Never try to make others wrong in order to be right, never have a rational excuse for everything you do. The self-righteous person needs to familiarise himself with the Word.


A mistake is not a temptation because no one makes a mistake on purpose, but mistakes are necessary to gain experience in life. If you laugh at your brothers' mistakes, know that you are just fooling yourself because a mistake is an integral part of learning. Do not overextend yourself, but set your own boundaries in life by just stopping your mind from wandering into the

past. Be single-minded about your own actions. Do one thing at a time and give it your total attention and do not waste your energy unnecessarily. Talk only when you have to, feel in charge of your life and needs. Although taste in music is a personal thing, reflecting on it is the joy in our hearts. Rather stick to music, the food of love.

An idea that frustrates us in our search for fulfilment is that other people will not like us if we are selfish or that our gain is another's loss. You have to be unique, even though sometimes, to get space for yourself because if you do not, stress can easily build up. Just listen to your body. Never misuse other people for your own gain.

Remember that there is no royal road to anything: you can only get what you have worked for. So update your beliefs and attitudes in order to live more in the present and look forward to the future.

The only key to how to stop fooling is to get used to saying the following words: "I am sorry for what I have done wrong." When you are given something simply say: "Thank you" and also learn to ask rather than take.

Fooling yourself is an intense and useless human emotion that becomes poisonous to your health and to your life. **James Mchunu, Mtubatuba **

OPERATIONAL COMMUNICATION WORKSHOP

Defence Corporate Communication presented the third Operational Communication Workshop at Defence Headquarters in Pretoria from 4 to 8 February 2008. The primary aim of the workshop was to equip Corporate Communication functionaries in the Department of Defence with the necessary skills and knowledge for them to render competent communication support to operations.

Brig Gen K.D. Mangope, Director Corporate Communication, endorsed the workshop and the subsection Strategy, Policy and Planning took the lead in facilitating the workshop with Capt M.H. Cronjé as the course leader. Facilitators included representatives from all the Services and Divisions, and expert operations knowledge was



shared with the attendees. Col D. Boshoff, Capt (SAN) L. Hendricks and Lt Col N.V. Dondolo, were among some of the facilitators who brought communications best practice to the fore, to the enlightenmen of the attendees.

Needless to say the students and facilitators alike enjoyed the workshop and the overall objective, namely creating awareness of the role of communication during operations, was achieved. **Capt M.H. Cronjé, Pretoria**

BASIC TRAINING AT 2 FIELD ENGINEER REGIMENT

Early on Monday morning, 7 January 2008, eager young men and women arrived at 2 Field Engineer Regiment in Bethlehem. They were volunteers ready for Basic Training! Before any training could start all the new recruits had to undergo a full medical examination, after which the necessary admin

arrangements were completed. Once the final selection was completed the remaining recruits were issued with military uniforms and equipment needed for training.

After a long wait and feeling quite confused as to what was in store for them the SAMIL finally arrived. Harshly the new recruits were instructed to get into the vehicle and prepare to be moved to the training area - 20 kilometres outside of Bethlehem! What a surprise for many!

Eventually the vehicle reached 22 Field Squadron ... Welcome to *Basics* - ladies and gentlemen!

Altogether 144 new recruits began with basic training, of which 42 were women. 2 Field Engineer Regiment last presented basic training in 1996; thereafter the Regiment's role changed to that of a rapid deployment unit. Ever since then the Regiment has been part of external deployments and has supplied combat engineers to Burundi, the Democratic Republic of Congo (DRC) and the Sudan.

2 Field Engineer Regiment has the best of the best combat sappers and leader group that not only specialise in external deployment, but are also well prepared and equipped for basic training.

The first two weeks of "Basics" consisted of induction training including general military aspects, hygiene, moral values, Aids awareness and dress regulations. A bit confusing all the strange ranks and customs, but not a challenge to be feared!

Thinking what a nice experience the training would be, some were rudely awakened when week three started! Five o'clock the Corporal wakes you, you rush to prepare yourself and the bungalow for inspection. At 06:00 the Troop Sergeant and Troop Commander walk through. You think what a well prepared inspection, but no, everything is wrong and you start to worry ...

You are instructed to form up outside the bungalow and drill to the mess - what a strange concept? After breakfast all recruits are taken down to the parade ground and the fun starts! Now it feels like the "Army"! The recruits are now taught how to drill. Each morning for an hour after breakfast there is a drill period followed by theoretical lectures up until 15:00. Sitting for so long can make the legs stiff, and just to get the blood circulating, Recruitment "PT" is done up until 16:15. Quite a long day - if you are not used to it - but it's still far from over!

TRANSPORT URGENTLY NEEDED

I am appealing to all units and to anyone within the SANDF, who can assist by donating or lending us a 35-seater bus to be used as a duty vehicle by the personnel of SA Army Gymnasium travelling between Heidelberg and Vereeniging.

We are thankful to the Department of Defence and the Officer Commanding for providing us with transport to and from work, but winter is here, we are going to freeze to death behind a SAMIL 50 truck. Please help, we will take good care of the bus. **S Sgt Hlubi, Heidelberg**

** If anyone can assist S Sgt Hlubi, please give him a call at tel no: (016) 340 2079 - Ed*


DOD DISCIPLINE HAS GONE DOWN THE DRAIN

Lack of discipline is caused by married and single seniors who have affairs with some of the Military Skills Development System (MSDS) members who are young enough to be their children. The divorce rate that is caused by these affairs is high.

Allegations of sexual harassment are rife, but the people who are in charge are reluctant to call women soldiers to order because they cry sexual harassment as an excuse. There should be a witness when instituting corrective measures in your office, otherwise the whole office bearing works against you.

Some MSDS members and women soldiers do not respect, and will not pay the necessary compliments to their seniors, eg at the units where the latter are standing guard. When these misdemeanours are reported you are told to correct the situation. How does one apply corrective measures when some of the MSDS members and some of the women have the cell phone numbers of the senior officers and tell you that you are wasting your time, and then they call the seniors by their names and not by rank.

This is disgusting, and the DOD has to do something about it by establishing

a commission of enquiry that will investigate this problem, and ensure the complaints office is prepared for concerned, loyal, disciplined soldiers who will report all these affairs unanimously, or else a toll free number should be made available with effective teams of about 10 people in each province that will help in addressing this situation with the help of the legal section of the Department of Defence. The moral values of the hard-working, disciplined soldiers are dwindling, and the youngsters who are recruited into the ranks do not have good role models. **M.K. Kekana, Lombardy West** 

Supper is at 17:00 and thereafter the recruits need to start preparing themselves for the next morning's inspection. It feels like heaven when the clock strikes 22:00 - lights out and a good night's rest - or not?!

This might sound sugarcoated, but we can all remember our first few weeks in "Basics"! Today it's easy and second nature to drill, but to the new recruits in Bethlehem it's still a challenge to be overcome!

In February the recruits were introduced to musketry and field craft lessons, guards and sentries and regimental duties. Sounds boring, but in March they fired their first shots. For some recruits it was the first time they handled a weapon and live ammunition!

All the recruits at 2 Field Engineer Regiment will do basic training, followed by Engineer Corps Training and before the end of the year will also have completed the Individual Phase, including Platoon Weapons and Meg Orientation. After completing the first year the recruits will be qualified combat sappers ready for external deployments in 2009! **Communication Officer**

**2 Field Engineer Regiment,
Bethlehem** 



Above: Recruit M.F. Selala (19) (left) joined the SANDF directly after school and would like to stay in the Combat Engineer environment. After completion of her first year she would like to deploy externally to Burundi or the DRC. In the future Recruit Selala would like to do Officers' Formative and pursue a career in the SA Army Combat Engineer environment. Her experience thus far is that the training is very challenging and that the fitness part of training is improving her fitness.

Above: Recruit P.J. Makuwa (22) (right) is more focused on the technical side of the Engineers and would like to pursue a career in the SA Army by undergoing studies in an engineering direction after completion of his initial military training. He would also like to deploy externally in his second year as a Military Skills Development System (MSDS) member.



1 - 3 Above: Drill instructions.

UNAMID soldiers form part of the community

UNAMID (United Nations African Union Mission in Darfur) soldiers deployed in Mellit witnessed the fruits of the peacekeeping seeds that were sowed by previous contingents. This was clearly illustrated when the community of Mellit invited UNAMID

soldiers, civpols and military observers to the annual celebration of the community's achievements.

It was the first time in the history of Mellit Village, that peacekeeping forces formed part of the community's annual celebration. The Officer Commanding Mellit Base, Maj E.M. Motsitsi, was among the dignitaries, including the commander of the GoS soldiers based in Mellit, the commander of the security forces in Mellit, the chief of government police and heads of different departments, including sports, education, culture.

UNAMID peacekeepers were greeted with ululations and jubilation from the community upon their arrival.

UNAMID peacekeepers saw this as an opportunity to build strong and lasting ties between UNAMID as a whole and the community. The event was held at the Mellit soccer stadium, where the Mellit Unamid soldiers' soccer team normally plays soccer with the local teams.

One can humbly agree that sport plays a very important role in bringing people together as they actually forget their differences and find common ground. Hence the first item on the programme (the

curtain-raiser) was a friendly soccer match between the best local teams.


The organisers of this celebration integrated the UNAMID peacekeepers into the programme of the day for sharing the stage with local artists. The well-known choir of Charlie Company gave their best performance and confirmed what the UNAMID Chief of Staff said a month ago during his visit - "Best singing I've ever heard in Darfur so far". Also, a platoon of UNAMID soldiers of Charlie Company demonstrated part of SANDF ceremonial drill that saw the crowd (community) giving a standing ovation.

Local artists and learners whose songs echoed the familiar message of peace in the Sudan, Darfur, peace in Africa and peace in the world, entertained the guests with tantalising melodies. The local police gave a flag hoisting community parade while the guests gave a big round of applause.

Certificates were issued to everyone who deserved one for outstanding performance, eg sport and education. All heads of different departments and commanders of different forces gave speeches, bringing home the message of peace and amalgamation between, firstly, African brothers and then the rest of the world.

As for us, we can truly say that the UNAMID force in the village of Mellit was structured on a firm foundation of confidence building by being part of the community.

After conquering one peak, we could only view from a distance other unconquered mountain peaks. After building the confidence of Mellit village community, we could only view other villages from a distance whose confidence needed more attention from UNAMID, such as Um-badaya, Um-sidr, Um-agaga and other villages in our area of responsibility.

Charlie Company from 7 SAI Bn in South Africa did it again!
S Sgt D.S. Mathibe, email 



Interaction with the community.



Singing for the locals.



UNAMID soldiers singing and entertaining the community of Mellit, while Cpl J. Mabena is playing the keyboard.

He was a soldier

His name is He.

He was a soldier

Yes he was 18 years when he joined the army in 1984

He completed his basic training and worked in the DOD for 16 years

He was very wise and disciplined.

He later became an officer.

He married a very beautiful lady.

He deployed somewhere in Africa.

His wife had power of everything while he was gone.

She was in financial control.

The deployment was over now.

He drove back home from his unit.

The house smelled of beer and everything was scattered all over.

His wife was sleeping with clothes.

He woke her up after a long struggle.

They hugged each other and relaxed.

He was a soldier; yes he was a peacekeeper.

The problem started when he asked about family matters.

Their water was turned off and all the accounts were in arrears.

He was very angry; he became uncontrollable.

A gunshot was fired; his wife lay in a pool of blood.

He was a soldier but he was arrested.

He was sentenced to 20 years in prison.

The army couldn't wait for him to be released.

He automatically lost his job.

He lost his wife.

He lost his freedom.

He even lost the opportunity to deploy again

He moved from a soldier to nothing.

He was a soldier. M.V. Tlabela,

7 SAI Bn 


Letter of appreciation

This letter of appreciation is from Capt V.D. Maseko (Webster Magesh) and his Ops Room staff members at Kutum Base in the Sudan. It does not need someone to go to traditional doctors to prove someone's leadership. My staff members and I would like to congratulate our Officer Commanding of 7 SAI Bn, Lt Col K.W. Nethononda, for making it possible for everyone on the mission in the Sudan to be safe until we return home without any life-threatening incident by applying his good quality leadership.

Lt Col Nethononda, although he was faced with difficulties and some challenges in his battalion's area of responsibility, this did not make any difference because he was trained and prepared for any situation that could occur. The fact that he managed to lead the contingent in the unpleasant and difficult situation of the Sudan, was evident and a clear indication that he was trained at the School of Infantry (Centre of Excellence) as a commander and a leader. Thanks to

Col X. Mankayi for producing these types of leaders - good leaders.

The presence of Maj M.P. Masekwa in the mission area, firstly as Company Second in Command and later as Company Commander facilitated the performing of the smooth, but unpleasant tasks that were faced by the Contingent Commander in the Sudan and also contributed more to the success of that product of the School of Infantry, showing that this was what was really needed in the Defence Force. Thanks once again to the School of Infantry.

I would also like to thank our facilitators of CPX and CPF, because what they did teach us were some of the issues we came to see and experience. This was also a contributing factor in Lt Col Nethononda's problem solving methods. For that also I wish him good luck and let God give him more strength to be a good leader and lead with example, as he always does. **Capt V.D. Maseko, Kutum Base in the Sudan **



Officer Commanding 7 SAI Bn, Lt Col K.W. Nethononda (middle, front), and the ops staff members.

Deputy Minister adds the human touch

By L Cpl Ally Rakoma

On Friday, 9 May 2008, the Deputy Minister of Defence, Mr Mluleki George, Maj Gen Louis Dlulane, Chief Army Force Structure, and other delegates from the Department of Defence (DOD) visited 10 Anti-aircraft Regiment in Kimberley to meet the survivors of the accident that occurred at the SA Army Combat Training Centre in Lohattha on 12 October 2007.

The aim of the visit was to honour the memory of the lives of the fallen soldiers, to oversee progress at 10

Anti-aircraft Regiment and to interact with members. Since the day of the tragedy the unit has been engulfed by a dark cloud of sadness and grief at losing compatriots who were willing to defend South Africa and ready to ensure that the SA National Defence Force (SANDF) was able to fulfil its obligations towards ensuring peace and stability.

The young survivors of the accident who returned to duty were struggling to come to terms with the realities of the situation until Mr George conversed with them and brought the human touch. Having reinstilled their confidence the Deputy Minister of Defence said that the DOD could not


depart from the spirit of *Ubuntu* and that it therefore continued to care for them. He assured them that their future was secure in the SANDF.

"We have made commitments to accommodate those members who were injured, those who returned to duty, those recuperating at home or in hospital, and those other mustering and support environments, such as human resources, logistics, personnel and signals," said Mr George.

He said that while we would like to recover from what happened, he was grateful to the combat ready ground based air defence members for their air defence artillery capabilities.

Our young gunners who were evidently in good health and happy were grateful for the support they received from the DOD and the entire military community. "Thanks for your kindness throughout our sad period; we cannot give enough thanks to each of you for the love you have shown and your support and encouragement," they said.

The day was concluded by a visit to the SA Army Combat Training Centre in Lohattha where the tragic accident happened. On arrival the Deputy Minister of Defence and his delegation were welcomed by Brig Gen Nontobeko Mpaxa, the Commandant of SA Army Combat Training Centre. Brig Gen Mpaxa gave a briefing on the current status of this leading landward combat training centre and presented its overview structure, followed by the Deputy Minister of Defence who addressed the members.

"We came to remind you that the DOD cares about you, and we acknowledge the character you possess in defending the national integrity of our country. As soldiers you are different from ordinary citizens," concluded Mr George. 



Back, fltr: Gunner Kuki Pitso, Gunner Portia Nkadameng, Maj Gen Louis Dlulane (Chief Army Force Structure), Gunner Sinda Nkogatse, Gunner Butana Mabaso, and Lt Col Sandile Hlongwa (Officer Commanding 10 Anti-aircraft Regiment). Front, fltr: Ms Thembisile Madikane (MEC for Safety and Security Liaison Northern Cape) and Mr Mluleki George (Deputy Minister of Defence). (Photo: Lizéll Muller)

The Maritime Reaction Squadron called for assistance

Article and photo by
AB Tumi Sehloho

The SA Air Force has called upon the SA Navy to help with peacekeeping missions in the Democratic Republic of Congo (DRC). The SA Navy has obligated and is deploying a contingent of 19 members from the Maritime Reaction Squadron, who will be assisting in Kamina in the Katanga Province.


The contingent was addressed by R Adm (JG) G.P. Basson, Director Maritime Warfare, before their depar-

ture earlier this year, and he emphasised discipline and professionalism. He said they had to remember that they were not going as individuals, but as members of the SA Navy and part of the SANDF. He also pointed out that not one sailor had been repatriated through lack of discipline and it had to remain that way because it was a standard of the SA Navy.

LS G.A.J. Kok has been transferred from the SA Army to join the SA Navy, especially to be part of the Maritime Reaction Squadron. It will be his first deployment and he is very excited. The same goes for AB A.M.

Gotshelwang who feels that this opportunity is like a dream come true for him.

LS M.B. Mathonsi said he learned Swahili and has completed the theoretical part of deployment training and it is now time to put what he learnt into practice, and he is more than ready to do so.

The deployment is consistent with Chief of the SA Navy's vision to strategise and broaden the SA Navy's footprints on the continent. It is estimated the contingent will return towards the end of November 2008, and we wish them a safe journey and a pleasant stay in the DRC. 



The contingent with R Adm (JG) G.P. Basson, Director Maritime Warfare, and Capt (SAN) S.F. du Toit, Senior Staff Officer Strategic Projection.

Ugandan People's Defence Force visits the Cape

By S Lt S. Khasuli
Photos: PO M. Mbiza

The Chief of Military Intelligence of the Ugandan People's Defence Force (UPDF), Col L. Kyanda, was invited to visit the SA National Defence Force from 7 to 11 April 2008. When visiting the SA Navy on 9 and 10 April the UPDF had indicated a keen interest in the operations of boats, diving training and the general training of personnel with the aim of establishing its own maritime presence on Lake Victoria in Uganda.

The programme for their two-day visit was tightly drafted in order to allow the delegates to observe as many activities as possible within a



V Adm Johannes Mudimu, the Chief of the SA Navy(right), welcomes Col L. Kyanda, the Chief of Military Intelligence of the Ugandan People's Defence Force.



The delegates on completion of a Namaccura boat ride.

short period of time. The Officer Commanding Maritime Reaction Squadron, Capt (SAN) S.F. Petersen, was appointed as the accompanying officer for 9 April and SSO Human Resource Support, Capt (SAN) L.M. Ntintili, for 10 April.


On arrival at the airport, the delegates were met by the accompanying officer, Capt (SAN) Petersen, and liaison officers, Cdr M. Bongco and S Lt S. Khasuli. They were then taken for demonstrations at Maritime Reaction Squadron and at the Operational Diving Team facility. Afterwards the group was taken for a boat ride on a harbour patrol boat, a visit to the sub simulator at the Submarine Training

Centre, followed by a courtesy call on R Adm (JG) W.H.O. Teuteberg, Acting Flag Officer Fleet, and they finished the day's programme with a visit to the submarine SAS MANTHATISI, and the frigate, SAS ISANDLWANA.

Following a successful day of activities, the delegates had the opportunity to meet the Chief of the SA Navy, V Adm Johannes Mudimu, at Admiralty House for dinner.

On the final day of the visit to the

SA Navy, the delegates visited SAS SALDANHA and SA Naval College. At SAS SALDANHA, they were met by Training Commander, Cdr G. de Voogd, and the Public Relations Officer, S Lt T.J. Mabina. The Training Commander presented a detailed presentation about the core business of the unit after which the delegates were taken for a display at the parade ground. The last activity on the programme was a visit to SA Naval College. On their arrival the guests were met by Lt Cdr N.L. Letseka and Lt Cdr P.S. Grove. Lt Cdr Grove gave a presentation on the SA Naval College and afterwards took the group for a tour of the facilities.

The delegates left the SA Navy with a much better understanding of how the fleet operated, especially in the Maritime Reaction Squadron and Operational Diving Team training units. 



The Maritime Reaction Squadron conducting beach landing demonstrations.



The divers demonstrate their capabilities to the delegates.

Virginia International Tattoo in America

Article and photos by Lt Col Roger Buczynski, SO1 Regular Force Music, and Mr Tebogo Dube, Defence TV Video Editor

South African military musicians are certainly among the leaders in the national and international military music field. South African military bands have in the recent past functioned as the primary hub for providing military music training for foreign defence force military bands and musicians.

A strong emphasis upon military

music training has resulted in the emergence of talented young directors of music, bandmasters and other band personnel who have become an invaluable asset to achieving international recognition.

In 2007 the civilian organisers of the Virginia Arts Festival in America requested the SANDF to participate in the 12th International Virginia Tattoo between 12 and 22 April 2008. This event is one of the world's largest, most renowned and prestigious tattoos held annually. The 2008 tattoo event was held at the Scope Arena in Norfolk Virginia.

After approval by the relevant authorities a composite military band comprising members from all four Services was formed. It included 45 band members, 38 men and 7 women. Altogether 31 members were from the SA Army, 4 from the SA Air Force, 5 from the SA Navy and 5 from the SA Military Health Service.

Maj Dawie Fourie, Director of Music SA Army Band Kroonstad and a reputable musician, was selected as the Director of the newly created SANDF Military Band. His mandate was to produce and compose an eight-minute highest international profes-



Bands including the SANDF Military Band, the Marine Band of the Royal Netherlands Navy and the United States Navy Fleet Forces Band at the Scope Arena in Norfolk, Virginia.

sional standard band show presenting South African oriented military music.

The four Services' Directors of Music were involved in identifying suitable military musicians for inclusion in the visit to the Virginia Tattoo. Racial and gender representivity were taken into account when the band name list was drawn up. The band members came together at Kroonstad for the first extended rehearsals in February 2008. Further rehearsals took place at the SA Army College in Pretoria in April, shortly before the band's departure to the USA.

The three-member advance group led by Col Neville January arrived in Norfolk, Virginia on 10 April. The remaining 48 members left O.R. Tambo International Airport in two groups, one group travelling via Washington D.C. and the other via New York.

A Virginia Arts Festival Educators Symposium also took place on 12 April at Attucks Theatre Norfolk, where Col January and Lt Col Buczynski gave short presentations on developments and culture in the South African military environment.

During this period, the SANDF Military Band also participated in outreach school concerts at the Chesterfield Academy, Norfolk on 14 April, Southwestern Elementary School, Chesapeake and York High School on 15 April, Yorktown and St Pius X Catholic School, Norfolk on 21 April. Dress rehearsals and final student performances took place at the Scope Arena, Norfolk, on 16 and 17 April. (The enormous arena, the size

and shape of a football stadium caters for 13 000 spectators and is one of the largest convention centres in the USA.) The impressive opening "premiere" took place at 19:30 on Friday, 18 April.

The South African band's music was primarily South African. The works performed included the following:

"Ipi Tombi" medley, translated as "Where is the Girl," is taken from the show composed by Berthe Egnos and arranged for band by Maj Dawie Fourie. The second song "The Warrior" relates the story of a young Zulu man falling in love with a lovely maiden, who is too shy to face him.

"Dingaka", a traditional Zulu lullaby, performed on the alto saxophone by Capt Andries Mostert of the SA Army Band Kroonstad.

"Pata Pata", a traditional IsiXhosa song written and sung by the internationally famous Miriam Makeba ("Mama Africa"). The title of the melody translated as "touch, touch" refers to the style of dancing in which the hands touch in passing.

"I just can't wait to be king" written and arranged by Elton John. It is taken from the well-known hit movie and stage show, "The Lion King".

"Special Star" one of the most famous hits by the South African band, Mango Groove. It was originally conceived as a tribute to one of the greatest penny whistle players of all time - the late Spokes Machiane. It is a dance item and the band performs suitable steps to the music.


The last song "Suikerbossie" may be translated as "Sugar Bush". It is a tradi-

tional Afrikaans song by Joseph Marais.

In other concerts and parades during the visit, performances included "Swinging Safari" by the German composer, Bert Kaempfert, a medley of African songs recorded by the Soweto String Quartet, the march "Umkhontho" by Maj Dawie Fourie and the swing tune "Dancing with Bra Sisco P" by Cpl Siphon Ndlovu from the SA Air Force Band, and some Frank Sinatra songs.

Three infantrymen, Privates Msawenkosi Mazeka, Phikwatinkosi Biyela and Sibusiso Mabaso from KwaZulu-Natal were also included in the military band show as traditional Zulu dancers. Every time their performances had a striking impact on the audiences!

The SANDF Military Band was also invited to participate in the Azalea Festival Parade in downtown Norfolk on Saturday, 19 April. Other countries participating included Germany, Iceland, Poland, Greece, Slovenia, Romania, the United Kingdom, the Netherlands, Spain, Portugal, Turkey, Hungary, France, etc. It was truly an international event.

After a long week of performances and rehearsals with very little time to relax, the band returned home having acquired a wealth of knowledge and experience from meeting people of different cultures and performing with some of the best musicians in the international military world. Well done to Maj Dawie Fourie and his team! You truly made us proud. 



The SANDF Military Band outside the Scope Arena in Norfolk, Virginia.



SA Army Commander's Intent



By Lt Gen Solly Shoke,
Chief of the SA Army

I consider myself to be highly privileged to lead the South African Army in its quest for future relevance within the African security architecture, a process spearheaded by the SA Army Vision 2020.

The envisaged end-state to be achieved in following this strategic path is to ensure that the SA Army remains a formidable force, relevant and ready to face the security challenges of the 21st century. This is the *raison d'être* of our existence as the main contributor to the landward defence capability of the SANDF.

The Commander's intent serves two purposes. Firstly, it clarifies the envisioned end-state. And secondly, it affords the subordinate commanders and soldiers in general the opportunity to apply disciplined initiative in order to accomplish the mission.

It is therefore critically important that each and every member of the SA Army internalises and demonstrates a sound understanding of this strategic intent. It represents the core identity of our transforming SA Army, the anchor and solid rock upon which our future SA Army must be built.

I therefore expect of all members of the SA Army to be meticulous in the execution of their duties and tasks within the framework provided by this strategic intent.

SA ARMY: COMMANDER'S INTENT

People are the SA Army's most valuable asset

The SA Army's future will not be determined by brilliant systems, the latest equipment, the best business processes and the like, but by high quality, professional, dedicated and loyal people who take pride in their work and who are willing to serve and sacrifice beyond the call of duty. Such people are the result of focused recruitment, rigorous selection and a career-management system that ensures that only the best people are developed and maintained to lead the army of today, tomorrow and after tomorrow.

The SA Army is structured for its mandate

The SA Army is an agile, balanced, flexible and cohesive force with rapidly deployable capabilities, and structured to execute both force preparation and operations at the tactical level of war. Its force design makes it suitable to engage in conventional and operations other than war as well as to contribute to socio-economic upliftment and skills development.

SA Army forces are sustained during peace, conflict and war up to the third line

The SA Army support system is a flexible and agile system. It is capable of supporting high-intensity manoeuvre operations for short periods of time and expeditionary operations over protracted periods, using multiple supply lines to non-contiguous areas with no secure rear areas.

The support systems are appropriately networked, computerised and fully integrated into the C4I3RS systems, both during peace and war. This capability ensures asset visibility, situational awareness and enhances decision-making as well as an anticipative and pre-emptive support system.

The logistic system reduces response times, reduces the logistical footprint and the logistical infrastructure that in turn enhances the flexibility and agility of SA Army fighting forces.

The SA Army trains as it fights

The SA Army has an appropriate and cost-effective army force preparation system, based on contemporary doctrine and TTPs (tactics, techniques



Lt Gen Solly Shoke, Chief of the SA Army.

and procedures). Realistic individual and force training permits the provision of dynamically led, combat-ready land forces capable of conducting successful operations across the full spectrum of conflict.

The SA Army is led by well-trained, educated, and visionary leaders who are capable of dealing successfully with issues that are complex, uncertain and volatile during the execution of their command.

Future doctrine and TTPs direct the modernisation programme of the SA Army.

The SA Army's equipment and technology are optimised for the African battlespace

The SA Army is a balanced, modern, affordable and technologically advanced military force, capable of executing all missions effectively and efficiently. Investments in equipment and technology provide SA Army forces with the ability to outperform their opponents in both human and material systems.


The SA Army's facilities support its core business

The facilities of the SA Army portray its professionalism and serve the purpose of creating trust and pride within the community, including its serving members and their families.

The facilities of the SA Army are strategically placed throughout South Africa. Units are not only located in accordance with appreciated operational needs and requirements, but are also in close proximity to force projection infrastructure, which enhances training requirements. Facilities are tailor-made to support the specific types of forces they house.

The SA Army is future-focused, concept-driven and capabilities-based

The SA Army continuously positions itself to remain relevant and ready to engage successfully in future challenges.

"The SA Army selects the best people, places them in the right posts and presents realistic training to prepare its soldiers for what they are going to be confronted with during battle" 

Advancing the noble cause of democracy

By L Cpl Ally Rakoma
 Photos: Sgt Lebogang Tlhaole

As our country took its first steps in advancing the noble cause of democracy in 1994, the emphasis was placed on the Reconstruction and Development Programme (RDP) and socio-economic priorities.

As we celebrate unity in building a better South Africa, Freedom Day celebrations in our country mark the culmination of a long and hard won struggle that has seen countless heroes and heroines make the ultimate sacrifice, and living the life of selflessness for freedom and democracy.

The Lansdown stadium in Cape Town was the place to be on 27 April 2008 as the SA National Defence Force (SANDF), other State departments and the people of the Western Cape assembled to celebrate the 14th anniversary of freedom with President Thabo Mbeki, Dr Pallo Jordan, the Minister of Arts and Culture, and Mr Ebrahim Rasool, the Premier of the Western Cape.

The theme of this year's celebrations was "Business Unusual: All Hands on Deck to Speed up Change". President Mbeki said in his address that the important progress we have made in the reconstruction and development of our country and our communities since 1994 was an achievement that belonged to all the people of South Africa.

President Mbeki placed emphasis on our youth. He touched on the



Fltr: President Thabo Mbeki, Mr Ebrahim Rasool, the Premier of the Western Cape, Dr Pallo Jordan, the Minister of Arts and Culture, and Councillor Grant Haskin, the Deputy Mayor of Cape Town, on the podium during the singing of the National Anthem.

greater all-round attention to the issue of inculcating morality in our youth and the absence of adequate good role models for young people in many of our communities.


"Indeed many of our young people have to face difficult challenges at times without parental and adult

guidance. As society, we need to inculcate in the youth the ethos and ethics that help build great and successful nations. We need to help bring about a spirit of resilience in the face of what would seem formidable odds. We need to bring up young people who know that to sustain the progress of



the last 14 years we need skills and better education," said President Mbeki.

So what does Freedom Day mean to the youth? *SA Soldier* talked to some young people to find out what Freedom Day really meant to them. One voiced his opinion as follows: "As we celebrate the 14th anniversary of our democracy South Africa has built the sense of national unity, and Freedom Day highlights the achievement of our Government in-service delivery, social goals and the creation of solidarity among the rainbow nation and a better life for all," said Oupa Japhta (23).

Tiko Fezeka (20) commented: "Many of us young people have matriculated and we sit at home without jobs. The Government needs to break the unemployment cycle by addresses it and coming up with youth development programmes to develop the abilities of young people and identify young talents and potential, especially those of us from the previously disadvantaged backgrounds, and advance the country's efforts to have young scientists and other professionals," she said. 

Left: Celebrating the beauty of freedom and democracy.



Members of the National Ceremonial Guard lined up to form the Guard of Honour and the SA Army Band Western Cape capturing the hearts of those present with their soulful repertoire.

Migration parade of Signallers to SA Army

By L Cpl Ally Rakoma
 Photos: F Sgt David Nomtshongwana

The unique migration parade of the Command and Management Information Systems (CMIS) Operations Formation to the SA Army was held at Military Base Wonderboom in Pretoria on 28 March 2008. The parade included a flag-hoisting ceremony and the unveiling of the "Jimmy" (the Mercury Statue) to symbolise the handing back of the traditions and symbols of the SA Corps of Signals to the SA Army.

It all started way back in 1923 when the SA Corps of Signals was established. Its role was to provide professional, specialist signal services for the SA Defence Force.

Intense planning and research followed in which the Minister of Defence and the hierarchy of the SA National Defence Force took a decision to merge the communication support of all Services. This culminated in the inception of one overall support division - the Command and Management Information Systems Division on 1 April 1999, its tasks being to deliver the products and services required by a modern defence force.

While keeping abreast of the relevant changes in this Information Age, the CMIS Division, which included personnel from all Services (SA Army, SA Air Force, SA Navy and SA Military Health Service) was set the challenge of providing products and rendering tactical support to the Department of Defence (DOD) and its clients at all levels. The support comprised the following: telecommunications,

information technology (IT), computer support, registries, documentation services, record management, operational electronic equipment, power supply in the field, teleprinter network, telephone services, archives and libraries, call desk facilities, electronic warfare and all forms of communication.

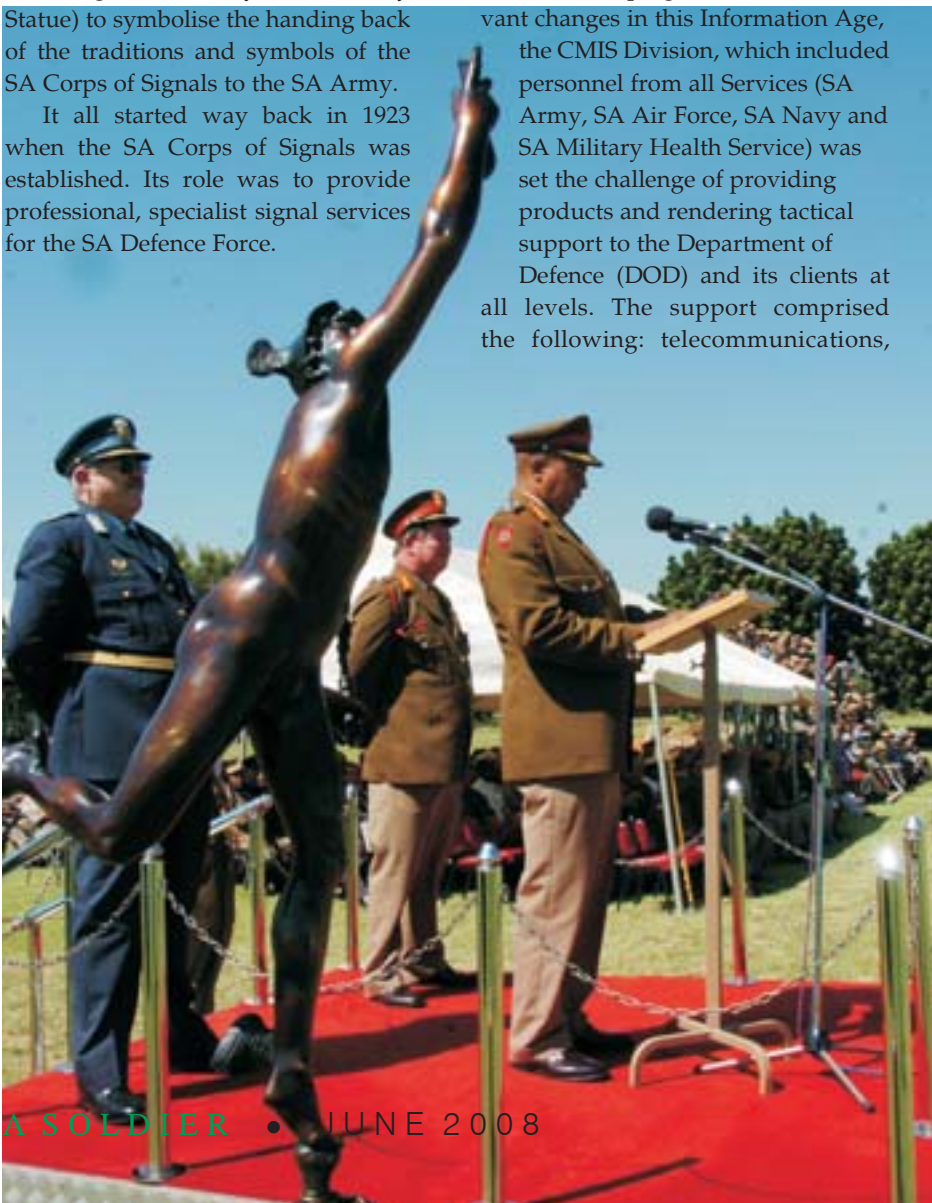
In his address the Acting Chief of Command and Management Information Systems Division, Brig Gen Mario Brazzoli, said that the migration parade of the CMIS Operations

Formation marked the historic handing and taking over of the signal component to the SA Army. These fell under the command of the SA Army as from 1 April 2008 and will be known as the SA Army Signal Formation. Its aim is to provide combat ready signal user systems capabilities for the SA Army and specialist services for the Department.

Brig Gen Brazzoli officially handed over command and control of all symbols and traditions of the SA Corps of Signals to Maj Gen Louis Dlulane, Chief Army Force Structure, on behalf of Lt Gen Solly Shoke, the Chief of the SA Army.

"A lot of water has passed under the bridge since the 1999 transformation process. These transformational imperatives were initiated to prepare, employ and support forces strategies. One of the objectives of that process was

Left: Maj Gen Louis Dlulane, Chief Army Force Structure, giving his address during the parade with Brig Gen Mario Brazzoli, the Acting Chief of CMIS Division, and Brig Gen Leon Eggers, the GOC Signal Formation, behind him on the podium.





March past in columns with the colour parties in the lead during the Signallers' migration parade to the SA Army.

to reduce the size of the SANDF and structure it along business lines, with specialised centres of excellence and a centralised support concept," said Maj Gen Dlulane. He said that today marked yet another milestone in the history of the SA Army.


Below: Brig Gen Leon Eggers, the GOC SA Army Signal Formation (left), and WO1 Erick Kahn, the Formation Warrant Officer, unveiling the symbol of the SA Corps of Signals, the "Jimmy" (Mercury Statue).



One-on-one with Acting Chief CMIS Division

Asked what the intention was in handing back (migration) the CMIS Operations Formation to the SA Army, Brig Gen Brazzoli said: "The handing over of the CMIS Operations

Formation back to the SA Army will provide integrated electronic warfare, command and control and general communication services to satisfy the many and diverse requirements of the SA Army, and the new CMIS Division will now concentrate on the governance, integration and interoperability functions it has to perform for the DOD, and provide common information communication technology systems and services".

In answer to the question of how he saw the way forward regarding the SA Army Signal Formation and the new CMIS Division and how the split between the two organisations would influence the support, he said: "The old concept of centralisation will now change to decentralisation and will enable the two organisations to function much more effectively, efficiently and affordably. The concept of centralisation will be replaced by that of decentralisation, which will require the Services to assess their own information communication systems and services capabilities once again," said Brig Gen Brazzoli. 

Truly dedicated to fitness

Article and photo by
Able Seaman H.N.P. Ngongo

Leading Seaman Kagiso Maliwa is not only qualified as a Physical Training Instructor, but also as a Freshwater Lifeguard. He is currently based at the Naval Gymnasium in Naval Base Simon's Town. One of his many achievements is his outstanding per-

formance in the Fittest Sailor and the SANDF Fittest Soldier competitions.


He was born and raised by his grandmother and late father in Mofolo Central in Soweto. He matriculated at Johannesburg Senior Secondary School in 2002 and joined the SA Navy in 2004. In 2005 he qualified as a Freshwater Lifeguard and completed the Physical Training Instructor (PTI) Course in Pretoria where he received the Best Academic Achiever Award

and the Best Student on Course Award.

He was crowned the Fittest Sailor after competing with fellow sailors in the male category of 34 years and younger in Simon's Town on 23 November 2007 (the first time that the competition was held). He then represented the SA Navy in the SANDF Fittest Soldier Competition where he took 8th position after competing with the fittest members from all four Services. He took part in the Two Oceans Half-marathon three times, and every time walked away with a silver medal.

This 23-year-old gentleman is also a soccer player for the SA Navy team and has a merit certificate for soccer, an award he received in 2006. During the SAS SALDANHA Unit Awards ceremony in 2007 he was awarded Honorary Unit Colours for soccer and a Gold Certificate for athletics. On the West Coast level he received a gold certificate for soccer and athletics.

As a man who loves challenges Leading Seaman Maliwa says his next challenge is to run the Comrades Marathon and a complete Two Oceans Marathon in the future. He is not only a sports achiever, but is also a second level BA Management Accounting student at Unisa.

He would like to thank WO1 I.E. Woods, WO2 L.M. Nkosi and CPO D.B. Ditsela for being his mentors and for continuously encouraging him to achieve his goals. He would also like to thank his colleagues from SAS SALDANHA for their motivation and support during his years of working with them. Last but not least he thanks his family for supporting him and for being there for him through difficult times. 



Leading Seaman Kagiso Maliwa.

Aircraft mechanic loves his day job

By Bibi Morgets

Photo: Sgt Lebogang Tlhaole

“**A**nthing is possible if only you believe” is Sgt Christopher Nortjé's motto in life. An aircraft mechanic based at 41 Squadron at Air Force Base Swartkop, he is a man with much knowledge and a love of working with his hands.

He grew up in Gezina, in northern Pretoria. Years ago Christopher admired the soldiers wearing the blue uniform with the caps on their heads and this gave him the drive to finish school and join the Air Force. After he finished his matric in 1996 he joined the SA Air Force.

After Basic Training he qualified for the trade test in September 2000 and went on to enrol for more courses for which he paid out of his own pocket. He holds certificates in Air Frame General, Engine General, PT 6, Cars and Cats, and Cessna Caravan C 208 and Beechcraft King Air 200/B200.


His job entails fixing aircraft, aircraft servicing and maintenance and ensuring that all aircraft are in good condition for take-off. He explains that after an aircraft has flown

a certain amount of hours it should go for servicing and that it is up to him to do it.

He speaks about his other talent as a "DJ" and says all work without play for him would be boring, so in his spare time and over weekends he puts his other skills to the test and acts as DJ at parties to relax.

Asked what the challenges in the workplace were he laughed and hesi-

tated to give an answer, but eventually said that the small spaces in the engines were his challenges, besides his love for his day-to-day work.

As we said our goodbyes, he looked up, smiled and gave a message to the youth: "Live life as if there's no tomorrow. Do all that you can today and believe in the power you possess inside. Work hard and remember education is your best friend". 



Sgt Christopher Nortjé demonstrating his work on a Cessna Caravan.

India, Brazil, SA maritime friendship grows stronger

By Lt Col Frans Pale
Photos: Sgt Lebogang Tlhaole

The naval friendship among India, Brazil and South Africa (the IBSA countries) gained more impetus as three vessels from the respective countries showed themselves at the V&A

Waterfront in Cape Town on 10 May 2008.

The IBSA initiative is aimed at promoting South-South co-operation and the exchange of ideas to find common positions on issues of national importance for the three countries.

The arrival of the three vessels at the V&A Waterfront was preceded by thorough preparations, including a

spectacular search of about ten metres into the sea for possible explosives around the dock by a team of divers from the South African Police Service and the SA Navy.

The three vessels were open to the public and Capetonians were invited to go on board the vessels and meet the sailors of the three countries.

The Indian Navy's INS Mumbai (a destroyer) is a large, impressive vessel, about 160 metres long. Though the INS Karmuk (a corvette) is smaller, it is heavily armed with 16 surface missiles and an armoury of other offensive weapons.

Both the Brazilian ships, BNS Independencia and BNS Defensora, are impressive ships. They are about


The Brazilian ship, the BNS Independencia.



The SAS ISANDLWANA.

the same size as the SA valour class frigates, the SAS AMATOLA and the SAS ISANDLWANA.

In early May 2008 these vessels concluded a successful series of exercises in waters off Cape Point. Some of the exercises included surface gunnery shoots, anti-air warfare, replenishment at sea, Officer-of-the-Watch manoeuvring and boarding exercises.

As the three countries involved in the exercise are major economic players in their regions, it is hoped the IBSA initiative will also improve trade and investment opportunities for citizens of these countries. 



In the forefront is the Indian Navy's INS Mumbai and next to it is the INS Karmuk.

SA youth shine at IBSA vessel display

By Lt Col Frans Pale

Photos: Sgt Lebogang Tlhaole

The recent India, Brazil and SA (IBSA) trilateral vessel display at V&G Waterfront in Cape Town provided an opportunity for young sailors in the SA Navy to showcase their talent.

The cold and windy weather at the Waterfront on 9 May 2008 presented a chance for Seaman Tim Skelton (19) to prove his worth as a diver in the SA Navy.

"As you know, the deeper you swim the colder it becomes. But to me that means nothing. All I am here to do is to demonstrate to my fellow South Africans my ability to save lives in the sea," says Seaman Skelton, the youngest of a team of divers who went down 10 metres into the sea at the Waterfront to search for possible explosives before the arrival of the IBSA vessels on 10 May 2008.

At 19, only the sea floor is the limit for this young Durban born lad, who wants to go on a part one level course next year. The part one level course will enable him to swim about 54 metres down in the sea. This will increase his current diving capability (39 metres) with 15 metres.

Asked about life below the surface, Seaman Skelton said: "When you are down there, your only chance of survival is your friend next to you and the



Sub-lieutenant Gaebee Seape.

amount of oxygen you are given. So, you have to trust your friend with you because he or she is the only one who can share his or her oxygen with you when yours is finished."

Born in 1989 at Kloof in Durban, Seaman Skelton started his education in the area and finished his matriculation at Kloof High School. While he was doing his basic military training at the local SA Navy base, he did a pre-selection course in diving.

Administrative abilities

The other youth to demonstrate her administrative abilities on deck at the Waterfront was 28-year-old Sub-lieutenant Gaebee Neo Seape. With lightning speed and accuracy Sub-lieutenant Seape gave the required infor-




Seaman Tim Skelton.

mation to anyone looking for it, as she went about her administrative chores.

Currently serving as Divisional Officer for the Counter-intelligence Department at Naval Base Simon's Town, Sub-lieutenant Seape was born at Ga-Rapulana village in the Free State, where she received her formal education.

In 1998 she passed her matric at Goronyane High School and the following year she enrolled for a Bachelor of Social Sciences degree at the University of the Free State.

In 2003 she enrolled in the Military Skills Development System (MSDS). Between 2004 and 2006 she did courses in Protection Force Part 1 and Military Training for Officers in the SA Navy. 

The story of my life

By Lt Dineshree Naidoo,
Staff Officer Environmental
Services, SAAF

All my life I wanted to become a medical doctor. Fortunately when it was time for me to commence my tertiary education I was offered a scholarship from the University of the Witwatersrand to complete my Bachelor of Science degree. I majored in zoology and decided that it was far more interesting to me than medicine. After completing my degree in 2005, I worked on a farm near Pietermaritzburg as the environmental consultant for a year prior to joining the SA Air Force.


I attested on 10 January 2007 as a student engineer as I was unaware at the time that the SA Air Force had its own environmental capability until my *BMT* was almost over. From there, the desire to re-muster as a military environmental management practitioner was overwhelming. After completing my pre-study engineering phase at the University of Pretoria, I was offered the opportunity I had waited for. I completed my Officers Formative Course in November 2007 and thereafter re-mustered with Environmental Services.

Even though I majored in zoology because of my love of animals, I understand that there is a fragile link among the biological, physical, socio-cultural, economic and spiritual components of the environment and that



Lt Dineshree Naidoo.

upsetting the balance can deprive us of the benefits and opportunities each of these add to our quality of life. I feel that we, as the human race, need to step forward as the caretakers of our environment as it is all we have left, as once it is destroyed, it is gone for ever.

If each individual steps forward to do his or her little bit, much can be accomplished. Many alternatives are available to people to ensure that we conserve, preserve and help rehabilitate our natural surroundings: recycling, pollution control and the efficient use of water and energy are but a few. If people pull together to aid society or humanity, why cannot we do the same for Mother Nature -after all our well-being is directly dependant on the quality of our environment. 



A dental experience

Article and photo by
Lt Sello Segone, A/Editor *Milmed*

To many people a visit to the dentist is a painful experience, unless one has been to the dental clinic at Waterkloof Air Force Base. There one would find a smiling young dentist, Captain Leeren Walton. Patients know that they are in good hands. This makes them feel at ease and forget all the horrible fears associated with dentistry.

Born in Port Elizabeth 26 years ago, where he also grew up, Capt Walton completed his primary and secondary schooling there as well. He had big dreams and an earnest desire to serve the community. Hit was a life-long aspiration and he had the determination to fulfil it. He wanted to become a dentist.

Upon completion of his secondary schooling, Capt Walton enrolled at the University of the Western Cape and studied there from 2000 to 2005. In his first two years he did his B.Sc. degree and by 2005 he had completed his dentistry studies. Among his accomplishments Capt Walton mentioned that he received a Rhodes Scholarship for being an "A" aggregate student for the first four years on campus.

He immediately joined the military after graduating and has not looked back. This experience, especially after completing his Officer Formative Course, has been fulfilling. He described the opportunity as extraordinary as it taught him a lot about being a soldier serving in uniform and being a dentist at the same time.

His consulting rooms are at the Waterkloof Air Force Base. He describes the working environment as being friendly as he gets the opportunity to interact with a lot of patients on a daily basis. He derives satisfaction from ridding patients of their pain and




Captain Leeren Walton and one of his patients in his consulting room.

seeing a smile on their face as they leave his surgery.

Capt Walton also boasts a unique military and medical background as he has a sister who is an oral hygienist at the Institute of Maritime Medicine in Cape Town and his brother-in-law, Col Peter Maphaha, is the Officer Commanding at 2 Military Hospital.

He advises other young members

of the SA National Defence Force (SANDF) to take advantage of the opportunities offered within the organisation, to do their best and thus reap the rewards of their hard work.

The SA Military Health Service (SAMHS) and the SANDF as a whole pride themselves on having such dedicated young professionals within their midst. 

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An engineer of great calibre

By Sgt Lebogang Tlhaole

He is outspoken, disciplined and intelligent, a young soldier with big heart who has acquired experience and expertise in many areas of his occupation, and he attributes his success to the SA Army Engineer Corps.

Born and bred in Temba Location at Hammanskraal 28-year-old Lt Mpho "Charlie" Makgata has always been fascinated by the image and discipline of the military and this prompted him to join the SA Army in January 1999.

His interest in water purification when he was an instructor at the School of Engineers led to his applying for and studying at State expense at the Tshwane University of Technology for his National Diploma in Water Care, which he received on 23 April 2008.

Currently Lt Makgata is utilised within the Civil Engineering Service Section, Operational Construction, at the SA Army Engineer Formation as a Project Officer responsible for co-ordination, supervision and the provision of advice and guidelines concerning civil engineering and construction projects and by maintaining and repairing military bases.

He is also a member of the Robben Island Museum Young Leaders Academy. Its aim is to mentor the emerging/potential SA youth so that they can achieve basic leadership skills and take our country to new heights. He facilitates programmes annually. These are presented, organised and hosted by the Robben Island Museum during the spring school holidays.

During his interview with *SA Soldier*, Lt Makgata highlighted the shortage of professional engineers, which in turn causes work overload for the few available engineers.




Lt Mpho "Charlie" Makgata after the graduation ceremony at the Tshwane University of Technology, Soshanguve Campus.

However, he draws his motivation from being in a position to contribute to the tasks at hand and from seeing progress in projects he is tasked to do.

His message to the youth is that "one's background, whether poor or not, should not withhold your potential as an individual; avail yourself of the opportunity to be challenged. Do not fear to fail or make mistakes, rather take up the challenge so that you are able to gauge yourself, your weaknesses and strong points".

He added: "Being aware of your

weaknesses will help to remedy them and allow you to become a better person for the future. Dream bigger than who you really are, then you will always have something that pushes you to live towards your dream," concluded Lt Makgata.

This aspiring young soldier has completed the following specialist military courses: Engineer Demolition, Tactical Demolition, Chemical and Biological Warfare Advisers Course, Advanced Physical Training Instructor and Advanced Bridge-building. 

Young Eagles protecting our borders

By Maj Merle Meyer, Com Off
SA Army Infantry Formation
Photo: WO1 China Chinanayi

Young paratroopers from 1 Parachute Regiment have been deployed to the border area in Limpopo in the area between Madimbo and Pontdrift. These soldiers moved to the area at the beginning of April and will remain there until the end of July.

The company deployed at Madimbo are all Military Skills Development System (MSDS) members who joined the SANDF in 2007. This company is to be accommodated in two-man tents for 14 days and will then return to base for one week while the other companies stay in small houses along the border, also for 14 days.

In the base food is prepared for the members, but on the border they rely on dry and wet rations that they have to prepare for themselves. This food preparation can become a very innovative process.


In these three companies there are three women - Pte Chavonn Malgas, Pte Morongwa Motebele and Pte Marriam Skosana - all qualified paratroopers.

They were the winners of the Fittest Soldier Competition of the SA Army and the SANDF.

According to WO1 Shaun Louw, the RSM of 1 Parachute Battalion, the paratroopers are doing very well and have apprehended a large number of illegal immigrants who have crossed the border. They have also confiscated some illegal weapons and vehicles that were being smuggled over the border.

WO1 China Chinanayi, the Formation Sergeant Major of the SA Army Infantry Formation, recently visited the paratroopers and was

impressed with their discipline and the positive attitude with which they performed their tasks. While he was there a woman crossed the border from Zimbabwe with her six-month-old baby called Tumisani. This was an example of the heartbreaking scenes that these young soldiers experience every day, but they are doing a great job in creating a safe environment for our country.

Members of 1 Parachute Battalion have proved that they are combat ready and worthy to be part of the SANDF Reserve, ready for any eventuality. 



Fltr: Rfn Lako Wagenaar, Pte Chavonn Malgas and Rfn "Marengo" Marengo.

Fighting poverty through motivational talks

Article and photo by
Cdr Prince Tshabalala

On Saturday, 6 April 2008, Commander Prince Tshabalala, Staff Officer for Corporate Communications at Navy Office Public Relations Department, was invited by the youth community leaders of a small informal settlement called "The Ghetto", to present a motivational talk to the youth. The 200-strong community resides at the vacated Old Vista University premises near Koma Road in Soweto.

The main objective of the motivational talk was to promote good values to the youth and inspire them to find ways to reduce poverty and economic hardships within their communities. About 60 plus youth between the ages of 10 to 18 years gathered in a makeshift community hall to listen to Cdr Tshabalala's address.

He spoke passionately about the importance of finding good hard working role models within our own communities so that they could be

emulated. Cdr Tshabalala, however, warned the youth that they must learn to choose their role models carefully in the community by choosing role models that have earned their success through honest and hard work, not through criminality and corruption. "Success and wealth logically does not just fall from the sky, but instead they are an end result of hard work, perseverance and positive thinking." The youth must make a mind shift by starting now to think positively in terms of finding solutions to our country's challenges and stop blaming or expecting Government to deliver everything for them. The Government's responsibility is to create favourable economic opportunities within the private sector and government departments so that the youth can seize those opportunities," said Cdr Tshabalala.

He also spoke about the SA Navy's Military Skills Development System (MSDS) and how the SA Navy was changing the lives of the South African youth through its social responsibility programmes, such as the Isivunguvungu Sailing Academy.


On completion of his motivational talk, as a gesture of thanking him for his time, the officer was invited to watch a soccer match between the local under 19 soccer team called "The Ghetto Stormbreakers" and the visiting team, the "Pimville Young Lions". Although the Stormbreakers lost the game by 2-1, they were a better team as they showed true fighting character and good team spirit.

After the soccer match, the officer reciprocated by handing over the SA Navy's corporate gifts to the youth and their community leaders on behalf of the Chief of the SA Navy. He further assured the youth that there were many who were like them who came from the same backgrounds, but who have succeeded in life by choosing to serve their country proudly in the SANDF, and therefore positively changing the lives of their communities and our neighbours in Africa.

Urgent appeal

An urgent appeal is being made on behalf of the community of "The Ghetto" to SA Navy members to

donate soccer kits, soccer balls or unused soccer boots as the soccer team is in desperate need of soccer kits, as at present they have to share one soccer kit among the three divisions, namely the under 10, under 15 and under 19 teams.

Remember, the only way we can fight poverty in our communities is when we show our true *Ubuntu* by helping those who are less privileged in the true spirit of the People's Navy that is relevant to all South Africans. 



"The Ghetto Stormbreakers" team posing proudly after being navalised.

Fly smoothly through the turbulence

Ideally market-linked investments should deliver inflation-beating growth over the long term. But markets go up ... and down. Did you know that you can smooth out market fluctuations during turbulent conditions, and enjoy a less bumpy ride, asks Rosie Wilson, Market Development Manager for Old Mutual.

"It's true that current markets are volatile and that investors are concerned about their investment performance," adds Wilson. But as part of a global economy, we cannot escape the market corrections presently taking place elsewhere in the world.

And this is the time when investors should act with caution and guard against implementing reactionary investment strategies. Launching a counter-attack on unfavourable market forces is not the answer. Neither is disinvestment. Markets that go down will go up again.

Prepare for the long haul

It's always best to take a long-term view. At times like these, many investors tend to let emotions override logic when taking investment decisions. This often leads to seemingly wise short-term investment decisions, which actually expose the long-term investor both to capital loss through badly timed disinvestments, and spending power erosion through the impact of inflation.

"What investors should keep in mind, is that in their quest for short-term gain, their investments could also be exposed to market volatility – often resulting in poor returns," says Wilson. Instead, investors should focus on achieving inflation-beating growth over the long term.

Expect a comfortable landing

While all investments carry some level of risk, smoothed bonus funds are ideally placed to provide some degree of capital protection as well as real growth over the medium to long term throughout all market conditions. By holding back some of the growth during peak market conditions, this same growth can be allocated in times of poor market performance, thereby smoothing out market fluctuations.

Old Mutual's smoothed bonus funds offer:

- Exposure to growth assets
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- A track record of outstanding inflation-beating returns since inception

Performance that delivers

While past performance is not necessarily indicative of future performance, in 2007 Old Mutual experienced yet another year of outstanding real returns on its range of retail smoothed bonus funds, declaring returns of between 14.8% and 16.2% - in line with its inflation-beating track record of the past 23 years.

Source: Old Mutual 2007 Smoothed Bonus declarations

Before you take your next investment decision, speak to your financial adviser or broker, who will explain the advantages of including a smoothed bonus investment in your portfolio.

In the words of one of the world's leading investors, Warren Buffet: "Look at market fluctuations as your friend rather than your enemy"

Rosie Wilson
Market Development
Manager



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Measles and Polio

By Dr Lehlohonolo Majake,
a general medical practitioner at
1 Military Hospital

Measles and Polio are infectious conditions, which have the potential of being deadly if not managed appropriately. Immunisation of children as per the South African schedule is crucial in preventing common childhood infections, such as the two mentioned. Measles, though seen rarely these days, can have serious consequences, but the children's immunity can be boosted by vaccination.

What is measles?

It is a contagious respiratory infection caused by a virus (paramyxovirus) that is passed on by droplets from contagious persons whenever they sneeze or cough.

How do I know if my child has measles?

These are the symptoms to look out for:

- Flu-like symptoms (cough, runny nose, red eyes)
- High fever
- Blotchy red rash all over the body, which develops on the fourth day after the infection. It typically begins on the face, then spreads to the trunk and the limbs.
- Small red spots with a minute white centre in the mouth develop, known as Koplik spots.

How is measles prevented?

The measles vaccine is administered specifically on the 9th and the 18th month to provide the required immunity. However, measles vaccine should not be given to pregnant



women, children with active tuberculosis, leukaemia, lymphoma or people with compromised immune systems, as the vaccine itself causes temporary immunosuppression.

How long will it take for my child to return to normal?

It is safe to return to school 7 to 10 days after the fever and rash go away.

How is measles treated?

- It is self-curable with bed rest and analgesia unless complications, such as bronchitis, conjunctivitis (pink-eye) and pneumonia occur
- Pain and fever medication with aspirin should never be given to children with viral infections as they run the risk of getting Reye's syndrome.
- Antibiotics should only be given if there is a bacterial infection that has occurred, eg otitis media (middle ear infection), pneumonia or bacterial diarrhoea
- Encourage breastfeeding and high

energy meals as nourishment for the infected children is pivotal

- Vitamin A therapy has been shown to reduce significantly the risk of complications
- Cleanse the eyes with saline solution to prevent pink-eye
- Encourage children to drink plenty of fluids

What is Polio?

Poliomyelitis is a viral infection that is spread from person to person via the faecal - oral route (bacteria into mouth from contaminated hands). The spread is promoted by poor sanitation, not washing hands after utilising restrooms, and contaminated water. The polio virus prefers to inhabit the gastrointestinal tract and it causes disease in humans alone.

Signs and symptoms?

In people who are immune to polio there are rarely any active symptoms. There are three strains of the polio virus in total and while one may be immune to a particular strain, one does still run the risk of being infected by another.

The infection presents in three forms:

- A mild form called abortive polio (most people with this form will not know they have it as they only have basic complaints, eg sore throat, fever or gastrointestinal disturbances (nausea, vomiting, diarrhoea)
- A more serious form known as non-paralytic polio, commonly associated with aseptic meningitis
- A severe, debilitating form called paralytic polio where muscle weakening occurs (in cases where the virus spreads to the central nervous system)

In people who have been immunised the infection rarely has major effects.

Does everyone with polio become paralysed?

The prognosis of polio depends on the part of the human body that is infected.

Mild infection with polio rarely leads to paralysis, but infection of the nerves in the spine can lead to permanent paralysis if they are completely destroyed. Many cases of poliomyelitis, which may result only in temporary paralysis, return to normal within six to eight months.

Treatment

It is based on the type of infection that occurs. Flu-like symptoms will be treated with fluids, bed-rest and pain medication, but no aspirin - containing medication for children.

In the paralytic type supportive management will include splints for

the deformed skeleton, physiotherapy and rehabilitation. It is imperative to avoid the complications of long-term bed-rest in paralytic polio, such as



bedsores, pneumonia or other lung conditions, such as pulmonary (lung) oedema. In people who have been immunised or are immune to polio the infection rarely has active effects.


Prevention

Immunisation with the oral polio vaccine from the 6th, 10th and 14th weeks after birth and at 5 years of age.

It is normal to have children present with a fever and irritability after their immunisation.

In conclusion, children who attend crèche are prone to recurrent infections. It is important to refer children who do not respond to anti-fever medication, have long-standing vomiting and diarrhoea or who look weak to your local sickbay. Remember, an immunised baby is a healthy baby.

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SA Army Foundation empowers its employees

**Article and photo by
Lt Col Elize Lizamore,
PRO SA Army Foundation**

Since Maj Gen Keith Mokoape took over the reigns of the SA Army Foundation in April 2005 it has become clear that it is the wish of the newly appointed General Manager that all the employees of the Foundation should be uplifted and empowered in various life skills and disciplines. One such a skill is to teach employees how to help themselves when they find themselves in a situation literally of "deep water".

For three weeks six members of the SA Army Foundation received intensive swimming training. Under the watchful eye of their personal swimming coaches the employees tried their utmost to overcome their fear of deep and freezing water. Some members were natural water babies, like Ms Sinah Molo. She was awarded Best Swimmer in the Basic Water Orientation Course that was

presented by Joint Physical Training, Sport and Recreation (PTSR) Training. The SA Army Foundation remains

committed to its mission of placing people first in the true *Batho Pele* spirit. 



**Front, fltr: Maj L. Wolmarans, Maj Gen Keith Mokoape (General Manager SA Army Foundation), Capt J. Sehloho and CPO C. Roodman.
Back, fltr: Ms Sinah Molo, Ms Emma Kolobe, Mr Johannes Shongwane and Mr Kleynboy Klaka.**

Young officer working his way to success

Article and photo by Tumi Sehloho

Many might not see the opportunities offered by the SA Navy, but not so Sub-lieutenant Guqu Thulasizwe Michael Ndlovu, who is from Ladysmith in KwaZulu-Natal.

He matriculated in 1999 at Inkomana High School, where he liked choral and opera music. Next he worked at *Dunlop Tyres* before he joined the SA Navy.

Sub-lieutenant Ndlovu joined the SA Navy in January 2003, and was in the first Military Skills Development System (MSDS) group. He initially wanted to be a biomedical engineer, but owing to financial constraints he was not able to pursue his tertiary aspirations. Little did he know, however, that the Lord had planned a better future in the SA Navy for him. He was recruited as a naval technical officer (electrical) and he completed his National Diploma in Electrical Engineering at the Cape Peninsula University of Technology in 2005.

He worked as a naval technical officer at the Fleet Maintenance Unit where he underwent training until he was appointed as an assistant to the Weapons Electrical Officer at SAS ISANDLWANA for six months. Thereafter he took an inter-branch transfer to his current mustering, munitions.

He was staffed in his current post, Staff Officer 3 Technical Support Training (Munitions) in August 2007. He maintains the training programme, including functions such as course scheduling, course accep-




Sub-lieutenant Guqu Thulasizwe Michael Ndlovu.

tances, course co-ordination and other training functions. He is responsible for the basic management of both munitions officers and non-commissioned officers, as well as inputs towards their promotions, staffing and utilisation.

Sub-lieutenant Ndlovu is also a member of the explosives experts team. He is thus involved in the peace support operations in Africa that the Department of Defence has embarked on. His biggest achievement and the

highlight of his career is being part of Operation BAPISA, which was the humanitarian mission to assist the armed forces of Mozambique with munitions clearance and the safe disposal of unstable and unexploded ordnance. Although seven brave men lost their lives in the process he and his team were able to save lives at the greatest risk of their own.

His philosophy in life is "trust in the Lord with all your heart and never rely on your own understanding". 

Soldiers can be tough and pretty

Article and photo by
Cpl Johannes Mokou, Com Clerk
SA Army Infantry Formation

As a soldier one undergoes numerous difficulties: waking up in the early morning, sleeping in the bush, etc. This is needed not only to protect the country and fellow members in uniform, but also to walk with pride knowing that one has contributed to improving our country.

In the eyes of outsiders it is a different story. They look in disbelief that there are actually quite a number of pretty smart people in the military. Those in the know have a better view of things: they have learned to accept the realities.

Of course it is not as easy as it sounds finally to be crowned "a soldier". It requires an immense amount of training and one's full participation, especially if one is a woman. A soldier's life is not only about wearing boots and carrying a gun. Rifleman Gladness Morake is such an example. For her being in the Military is just like any other job. She says that she does not see herself doing anything except working for the military.

Dressed in her white high heels and her beautiful green dress, one can hardly recognise her from afar. She looks like any other successful woman in the corporate world. "The mentality people carry about soldiers is wrong: it is our responsibility to help them make a mind shift," she said after a photo shoot during the interview.

She admits though that she never thought she would join the military because of the fears and perceptions she inherited from her elders. But as she grew up and came to her senses, all that changed. Indeed it is our responsibility to teach members of the

public about the military life. She adds that most of the people do not believe she is in the military because of how pretty she looks. "I am tired of always being called a liar," she adds.


The fact of the matter is soldiers shop where everyone shops, they use the same parks to relax and mostly use the same mode of transport, but one can never pass comments, such as "This is a beautiful car and it has been driven by a soldier!" Such comments are touchy and very painful because they can be interpreted in many ways, eg implying that soldiers deserve less. This is not meant to criticise members of the public, but uniformed members should also be reminded that they are also members of belong to the public. We were all born first as members of the public prior to joining the military, therefore the former is our home and they are our brothers and sisters, so why not teach them about our culture.

Rifleman Morake grew up in Makgabetlwane, next to Jericho Village, close to Brits. She matriculated in 2002 from the Maruatona Dikobe High School and joined the SANDF in 2005 at 3 SA Infantry Battalion where she completed her Basic Military Training. Thereafter she completed the Infantry Corps courses at the School of Infantry and in 2005 she took part in Exercise SEBOKA with 121 SA Infantry Battalion. In August 2006 Rfn Morake deployed with 5 SA Infantry Battalion to Burundi at the New Side Base where they were responsible for patrolling with the Casspirs, guard duty. Their company was the reaction force of the battalion.

The most difficult part of the deployment was patrolling with the Casspirs up in the mountains and missing her mother's good cooking and fried chicken.

Rifleman Morake served in Bravo Company with many other women soldiers, and their discipline was excellent. Their *esprit de corps* was the best of all the companies. They had a choir that used to entertain the other soldiers on Sundays and at other events. This company used to win all the sporting competitions, especially the soccer and volleyball.

Rifleman Morake is at present working at the SA Army Infantry Formation in the Board of Inquiry Section where she is doing an excellent job.

To all the young women out there Rfn Morake is an excellent example of a woman in uniform. She enjoys the tough military life, but never forgets that she is a lady. 



Rifleman Gladness Morake.

Hazards associated with computers

PART 2

Source: Occupational Safety & Health Administration, 200 Constitution Avenue, NW, Washington, DC 20210

By WO1 M. Bester, SHERQ Manager
AFB Waterloof

Last month you were introduced to the hazards associated with the prolonged use of computer workstations. We emphasised the risk factors such as repetition and working posture, and we addressed the importance of medical awareness that can help to minimise exposure to risks, and stop the progression to injury. The article further pointed out that employees must be trained to recognise these hazards and that awareness must be created to identify any signs and symptoms related to working on computers.

This month we will explore the workstation environment.

WORKSTATION ENVIRONMENT

Appropriately placing lighting and selecting the right level of illumination can enhance your ability to see monitor



images. For example, if lighting is excessive or causes glare on the monitor screen, you may develop eye strain or headaches, and may have to work in awkward postures to view the screen. Ventilation and humidity levels in office work environments may affect



Figure 1 - Blinds are in front of the windows and the monitor is placed at an angle (perpendicular)

- user comfort and productivity.
- Arrange your office to minimise glare from overhead lights, desk lamps, and windows.
- Maintain appropriate air circulation.
- Avoid sitting directly under air conditioning vents that "dump" air right on top of you.

LIGHTING

Potential hazard

Bright lights shining on the display screen "wash out" images, making it difficult to see your work clearly. Straining to view objects on the screen can lead to eye fatigue.

Possible solutions

- Place rows of lights parallel to your line of sight (Figure 1).
- Provide light diffusers so that desk tasks (writing, reading papers) can be performed while limiting direct brightness on the computer screen.

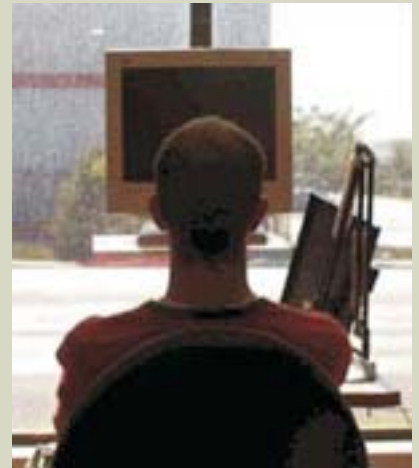


Figure 2 - Bright light entering from a window

- Remove the middle bulbs of 4-bulb fluorescent light fixtures to reduce the brightness of the light to levels more compatible with computer tasks if diffusers or alternative light sources are not available.
- Provide supplementary task/desk lighting to illuminate writing and reading tasks adequately while limiting brightness around monitors.

Potential hazard

Bright light sources behind the display screen can create contrast problems, making it difficult to see your work clearly (Figure 2).

Possible solutions

- Use blinds or drapes on windows to eliminate bright light. Blinds and furniture placement should be adjusted to allow light into the room, but not directly into your field of view (Figure 1).
- Use indirect or shielded lighting where possible and avoid intense or uneven lighting in your field of vision. Ensure that lamps have



Figure 3
Glare from overhead light source

glare shields or shades to direct light away from your line of sight.

- Reorient the workstation so bright lights from open windows are at right angles to the computer screen (Figure 1).

Potential hazard

High contrast between light and dark areas of the computer screen, horizontal work surface, and surrounding areas can cause eye fatigue and headaches.

Possible solutions

- For computer work, use well-distributed diffuse light. The advantage of diffuse lighting is that
- there are fewer hot spots (or glare surfaces) in the visual field; and
- the contrasts created by the shapes of objects tend to be softer.
- Use light, matte colours and finishes on walls and ceilings to reflect indirect lighting better and to reduce dark shadows and contrast.

GLARE

Potential hazard

Direct light sources (for example windows, overhead lights) that cause reflected light to show up on the monitor (Figure 3) make images more difficult to see, resulting in eye strain and fatigue.

Possible solutions

- Place the face of the display screen at right angles to windows and light sources. Position task light-



Figure 4
Monitor with a glare screen

ing, eg a desk lamp, so the light does not reflect on the screen (Figure 1).

- Clean the monitor frequently. A layer of dust can contribute to glare.
- Use blinds or drapes on windows to help reduce glare (Figure 1). Note: vertical blinds work best for east/west facing windows and horizontal blinds for north/south facing windows.
- Use glare filters that are attached directly to the surface of the monitor to reduce glare (Figure 4). Glare filters, when used, should not significantly decrease screen visibility. Install louvers, or "egg crates", in overhead lights to re-direct lighting.

Potential hazard

Reflected light from polished surfaces, such as a keyboard, may cause annoyance, discomfort, or loss in visual performance and visibility.

Possible solutions

- To limit reflection from walls and work surfaces around the screen, paint them with a medium coloured, non-reflective paint. Arrange workstations and lighting to avoid reflected glare on the display screen or surrounding surfaces.
- Tilt down the monitor slightly to prevent it from reflecting overhead light.
- Set the computer monitor for dark characters on a light background; they are less affected by reflections than are light characters on a dark background.

VENTILATION

Potential hazards

- Users may experience discomfort from poorly designed or malfunctioning ventilation systems, for example, air conditioners or heaters that directly "dump" air on users.
- Dry air can dry the eyes, especially if the user wears contact lenses.
- Poor air circulation can result in stuffy or stagnant conditions.
- Temperatures above or below standard comfort levels can affect comfort and productivity.


Possible solutions

- Do not place desks, chairs, or other office furniture directly under air conditioning vents unless the vents are designed to redirect the airflow away from these areas.
- Use diffusers or blocks to redirect and mix airflows from ventilation systems.

Potential hazard

Exposure to chemicals, volatile organic compounds (VOCs), ozone, and particles from computers and their peripherals, eg laser printers, may cause discomfort or health problems.

Possible solutions

- Enquire about the potential for a computer or its components to emit pollutants. Those that do should be placed in well-ventilated areas.
- Maintain proper ventilation to ensure that there is an adequate supply of fresh air.
- Allow new equipment to "air out" in a well-ventilated area prior to installing. 

Cultural diversity

By WO1 Manny Gounden,
PRO Naval Station Durban

No man is an island. I am because we are! We are because I am! One cannot expect to reap any personal rewards without a dedicated and sincere level of personal investment. Under-standing human resources and affording respect leads to better understanding between individuals.

The youth of Naval Station Durban showcased through song, dance and guest speakers the pure essence of African culture. The unit members in the spirit of *Ubuntu* and working diligently during rehearsals did their utmost to make this event a success. The event was to celebrate and learn from our cultural diversity. It enabled the members "to walk in the shoes" of another culture and in so doing encourage tolerance and understanding. This cultural diversity event was conducted in line with the Moral-Regeneration and Sociological Awareness Workshop, which was held at Naval Station Durban last year. This was the third cultural diversity event, the previous ones focusing on Hinduism and Christianity.

The Officer Commanding Naval Station Durban, Cdr Dave Jones, said: "South Africa is a country of diverse cultures and is unique. We are proud of our heritage. The history of the SANDF comprises different cultures working side by side for the purpose of a common goal. Enjoy the programme and learn from what is showcased so that we can have a better understanding of one another."

Family rituals

In his address Mr Siphon Machi, a traditional healer, outlined the role of spirits in birth and death. He said: "The receipt and registration of the baby in the family arrives in this new family and new land. It does not come alone, but with a gift in its hand and surrounded by ancestral spirits. The

strengths and nature of spirits that possesses it become influential and determine the character of the baby. There is a specific family ritual that the parents should perform for the baby as a tradition of showing gratitude for receiving a gift."

Child family registration is performed to welcome and register the child as a new gift that has come to perform its duties in the motherland. The parents of the baby are responsible for receiving and caring for it. This is done by slaughtering a goat which is the animal used for communicating with the ancestral spirits.

African culture

Reverend Lindani Hadebe, an ordained minister with the United Congregational Church, outlined life and tradition in African culture. It was pointed out that in the African way of life it was not African for a young person to sit down, while an adult is left standing. It is also not African to pass someone without greeting him. The rationale is that if you need help, how can you ask it of the person you just passed by and did not greet.

Developing a sense of nationhood


Petty Officer Nkosinathi Kunene led the Naval Station Durban choir and they opened with the soulful rendition of a traditional Xhosa song, *Unonganga*.

Traditional dancing to the pulsating beat of the Zulu drums and a play depicting African culture all came to the fore.

For South Africa the challenge is to promote the diverse heritage of our nation. The challenge was to encourage cultural diversity and to develop a sense of nationhood in a country that was once divided along racial and ethnic lines.

Modern science has confirmed what ancient faiths have always taught us, viz that the most important fact of life is our common humanity. Therefore we should do more than just tolerate our diversity; we should honour it and celebrate it.

The ship's company was to some extent able to absorb the values and traditions of African culture.

A prayer by Mr Dexter Mkonyeni concluded this special event. 



Young women dressed in traditional attire. (Photo: PO Anthony Booth)

Inspiring youth in defence

By Pte Itumeleng Makhubela

Photo: Sgt Lebogang Tlhaole

June has an epic symbolic history for the youth of this country. History can prove that the youth took charge in shaping their own future and destiny in this month.

However, the energy and ideologies of the past should now be transformed into creating a better life for the youth. The SA National Defence Force (SANDF) is in favour of the further development of young people within the organisation.

Ms Mpho Stambles (27) is working as a graphic designer in the SANDF at Defence Corporate Communication (DCC). She is the second born and has two other siblings from Soweto Pimville, but currently staying with her parents in De Deur.


This young graduate from the Midrand Graduate Institute is passionate about her work. Her vision and versatility are reflected in her work. She gets her inspiration from her surroundings when she colours and creates original banners, posters,

promotional material, etc.

Although it was difficult for her to abide by military norms at first, she has now been one and a half years in defence and she embraces every challenge that comes her way. Her advice to the youth is: "Love what you do, keep an open mind and follow your heart".

This is an indication that the SANDF is reaching out with youth development initiatives and keeping the momentum going. It is also imperative for the SANDF to attract youth with higher learning to keep up with the new dynamics and innovation.

Leadership is one of the most important elements in defence, therefore young people coming into the

National Defence Force must be prepared for their future as the leaders one day. This all depends on the SA community, the organisation and its stakeholders. 



Ms Mpho Stambles.

Internship Programme of Language Services

By Juliette Bagaers, Directorate Language Services

Photos: Sgt Lebogang Tlhaole

Directorate Language Services implemented an internship programme for four graduates in 2007. This pilot programme was aimed at equipping the four interns with working experience in the language field, namely editing, translating and facilitation. This year two new interns have been appointed: Mr Sello Ntema and Ms Bonisile Zungu.

Mr Sello Ntema is from Botshabelo in the Free State and has completed a B-Tech degree in Language Practice. With this internship he is aiming to become a valuable asset to the Department of Defence. His motto is: "The sky is not the limit, it is just where our eyes' vision ends". He will




Mr Sello Ntema.

be doing his Master's degree in Language Practice in a few months time.

Ms Bonisile Zungu is from Standerton in Mpumalanga. She obtained a B PAED from the University of



Ms Bonisile Zungu.

Zululand, an Honours degree in IsiZulu from the University of Pretoria and a Master's degree from the University of KwaZulu-Natal. She is currently busy completing her Master's degree in Language Practice at the University of the Free State. She intends specialising in translation, as she has a special interest in the development of IsiZulu, her mother tongue. She sees this internship as an opportunity to offer her skills and to grow in her field of specialisation. 

Youth at Waterfall Barracks reach out to Red Hill community

By Able Seaman A.T. Tshabalala
Photo: Able Seaman B. Linganiso

One of the greatest challenges Simon's Town has had to face was the uncontrollable fire that occurred at the beginning of this year. The effects of this left most people in Red Hill in a state of fear as their futures seemed uncertain with their lives in constant jeopardy.

The living-in members at Waterfall Barracks decided to reach


out to the Redhill community by holding a Charity Offer. Among themselves they collected various items, such as shoes and various clothing items, which they handed over to the community on 28 March 2008.

Able Seaman M. Baloyi, the Master of Ceremonies, started the programme by welcoming all present to the event. During his address Flag Officer Commanding, R Adm (JR) J.E. Louw, said that he was proud that Waterfall Barracks had taken the initiative to help the neighbouring communities. R Adm (JG) Louw said that when he saw

people of Red Hill suffering and lying on the roads with their little ones crying, he remembered a passage from the King James version of the Bible that highlighted the fact that we need to have wisdom. R Adm (JG) Louw said that one could never please everybody; there was nothing better in life than to serve. He thanked the members of Waterfall Barracks for having shown through their actions that we are the People's Navy, the Navy that cares.

Melinda Overmeyer, one of the women who lost her home during the fires, said that she appreciated everything offered to them and was happy that somebody cared about them. Liz Danks, the co-ordinator from the Red Hill Relief Fund, thanked the Waterfall crew for their generosity and for caring.

Charity begins at home, which means "You" are the key of hope for them! We often take it for granted that other people are dying of hunger. You can make a difference by just offering a helping hand. Create awareness about the adverse effects people suffer as a result of unwanted fires. If you see someone maliciously starting a fire, report him or her to the nearest police station.

Remember, even when accidentally causing a fire you do not only put your family and friends' lives in jeopardy, but also your own. 



Leading Seaman G. Mogale from Naval Base Simon's Town handing over a parcel to Melinda Overmeyer, one of the women who lost her home during the fires.

A Half Mac in 2008

By Lt (SAN) Glenn von Zeil,
SA Naval Reserve

This year three SA Navy Bosun's dinghies and three Bosuns and a Laser from the Isivunguvungu Sailing Academy in Simon's Town competed in the MAC24, a 24-hour dinghy endurance race hosted annually by the Milnerton Aquatic Club at Rietvlei. (They were among 28 teams who had entered the competition.)

The start of the race was blown out owing to winds reaching in excess of 30 knots, but sailing officially got under way just after midnight - resulting in only 12 hours of competitive sailing. Twenty-two teams eventually took part.

Entrants included teams sailing Bosuns, Sonnets, Mirrors and GP14's with the Cape wind favouring the lighter boats. The objective of the race

is to complete as many laps as possible during the 24-hour period. Crews can be rotated as often as necessary - giving many team members an opportunity to test their skills.


The SA Navy teams this year included "Navy 1", "Navy Belles" - an all women's team, and an SA Naval Reserve team - "Navy Reserve Too" while Isivunguvungu teams comprised the "Bosun Bailers", "Bosun Boys", "West Coast" and "Sibusiso".

The first placed SANDF team was the SA Navy team "Navy 1", with the "Navy Belles" winning the endurance trophy and sharing the second prize on handicap.

The pleasant surprise of the challenge was the excellent performance of all the teams of the Isivunguvungu Sailing Academy that walked away with many of the prizes, including the best Mirror start - "Isivungu Mirror Masinya", best Bosun start - "The Bosun Boys", Sportsman's Trophy and first

placed Mirror, Bosun first class - "The Bosun Boys", Bosun second class - "Isivungu Bosun Bailers", Bosun third Class - "The West Coast Bosun", first prize on handicap - "The Bosun Boys", second prize on handicap - "The Bosun Bailers" and "The West Coast Bosun" tied.

The Chief of the SA Navy, V Adm Johannes Mudimu, envisages similar sailing training academies to that of the Isivunguvungu Sailing Academy to be associated with the various SA Naval Reserve offices in the nine provincial centres, which are in the process of being established. This would be an appropriate way for SA Naval Reserve members to maintain their sailing skills while sharing them with the youth and future sailors of the SA Navy.

Any member of the SA Navy or SA Naval Reserve who is interested in sailing is urged to contact PO Shane Ramsden at the Simon's Town Sailing Centre on (021) 787 4725. 

Navy 1 Team with their boat in the new naval "cammo",
fltr: CPO E. van der Merwe, AB K. Maytham, PO A. Bestha,
Sea E. Terblanche and
PO E. Groenewald.



The youth of today and moral values

By Chaplain Oscar Madlala,
AFB Langebaanweg

Isaiah 40: 31a *"Even the youths grow tired and weary and young men stumble and fall but those who hope in the Lord will renew their strength"* (New International Version).

The month of June is youth month. This is the time when we remember the young people of our country who laid down their lives fighting for the voice of the young people to prevail and achieve a democratic state and society. The year 2008 marks 14 years of liberation from both political and economic bondage. We therefore thank God for His faithfulness and righteousness that the young people may now live and take possession of equal opportunities and rights in a free society.

In Biblical times the life of a young person was always monitored by guidelines and values that contributed to his upbringing and effective functioning. As a result even the great prophets, such as Isaiah, spent plenty of time writing sermons and letters dedicated to the youth in exile in Babylon. God revealed to Isaiah that the old people who were kept in exile would not be able to see the promised land. However, the youth would have to inherit the land and take over as leaders.



Chaplain Oscar Madlala.

Realising the trends and tendencies of the youth during the exilic era, and taking into account their strengths and weaknesses, Isaiah wrote a letter that sought to encourage them in their hopeless situation. He was fully aware that as a result of evil and wickedness young people would easily fall into despair. They would live in an atmosphere of unhappiness and uncertainty and therefore be easily influenced by the prevailing conditions. They would lose values and succumb to the temptation to give up the struggle against the wickedness of the world.

In responding to their state he says in Verse 29-30a, "He gives strength to the weary, and increases power to the weak. Even the youths grow tired and weary and young men stumble and fall but those who hope in the Lord will renew their strength." I want us to focus on the youth of today and moral values in South African society. Everyday and every hour we see the signs that reflect the severe crisis of morality affecting our young people.

This brings collapse to every aspect of life in our community. A review of the trends and risk factors associated with moral degeneration begs the question about who should be leading the effort to prevent this crisis situation. The acceptance of unethical attitudes has promoted immorality as a way of life throughout our society. The wall of basic moral values that deters the individual from committing wrong acts has collapsed. The accumulation of money has become the legitimate standard of value, which dominates our definition of a satisfactory life.

There is a mental acceptance of economic injustice, and a widespread lowering or outright

rejection of moral standards. This kind of mentality, often promoted by people who consider themselves to be vastly superior to the nation, produces the climate in which morality withers. When he presented the "4th Annual Nelson Mandela Lecture" at the University of Witwatersrand on 29 July 2006 President Thabo Mbeki severely criticised the extent to which the citizens of our country have abandoned former President Nelson Mandela's call for an "RDP of the soul", the Reconstruction and Development Programme of the soul of our society.

I believe the message was also extended to youth as they form part of the citizenry of the country. We realise that there is concern regarding moral values across all levels. This spiritual famine is always accompanied by a decline in the focus on morality. Though the Bible prophesies about spiritual famine (Amos 8:11), we should not sacrifice and compromise ourselves in regard to it. The world has become more secularised, with the result that people withdraw from the influence of the church and fundamental value systems of religion.

As a result many young people have been alienated by the religious package of structures and practices, rather than with spirituality itself, and no longer appear in church, mosque, synagogue or temple. They have not deliberately embraced evil, but some have become prey to negative moral influences. This affects the behaviour and moral decision-making of our young people and it is directly related to moral abuse, HIV and AIDS.

The pace of life among the youth has become even faster and physical urges intensify each day which, like hunger, can become uncontrollable and lead to unmitigated tragedy. Our spirituality is faced with the challenge of contending with the new order that has inherited a well-entrenched value system that places individual acquisition of wealth at the very centre of the value system of our society today. This is a major assault on our spirituality because the market is openly and deliberately predicated on selfishness.

We have said enough about signs, however. Solutions are needed in response to these concerns among the youth. Isaiah is providing us with a solution. He says that though some youths will grow tired and weary and young men will stumble and fall, those who hope in the Lord will renew their strength. The youth of our country need new spiritual strength. There is a great need of moral revival amongst the young people. Our decision-making leaves a lot to be desired. There is an entrenched sense of carelessness and disorientation concerning the future. As a result the rate of HIV and AIDS among young people and teenage pregnancy have become an area of serious concern.


I think it is about time that we take responsibility as young people by contributing to moral awareness through a lifestyle based on moral values. These days people think they deserve respect and admiration because they are rich. However, in God's eyes we only deserve respect because of our faith and moral values. It is about time we started looking at life with a spiritual eye. The



eye that looks beyond the current unemployment crisis and inflation, the eye that looks beyond worldly riches, the eye that conquers the physical urge, the eye that will make us see our eternal riches.

The market suggests that young people should invest in properties and other assets. However, the greatest investment is to know the Lord, your Creator. The Bible has proved to us that the young people who survived the sword of death are the ones who had hope in the Lord. The young people who survive during these times of despair will be the ones with faith based on a firm foundation, which cannot be shaken. They will face flames, but these will not set you ablaze because the Lord will be fighting on your behalf. As young people you will then be able to stand on the heights, and your hands will be strengthened until they can bend the bow of bronze (Ps 18: 33-34).

The book of Matthew 6:33 says: "Seek first God's kingdom and His righteousness and all these things shall be given unto you." As a closing remark I want to quote the words of Henry Ward Beecher: "This side of the grave we are exiles, on the other side we are citizens; on this side we are orphans, on the other side children; on this side we are prisoners, on the other side liberated beings".

May God bless all the young people of this country, and protect them against all dangers that are visible and invisible, both now and forever. Amen. 

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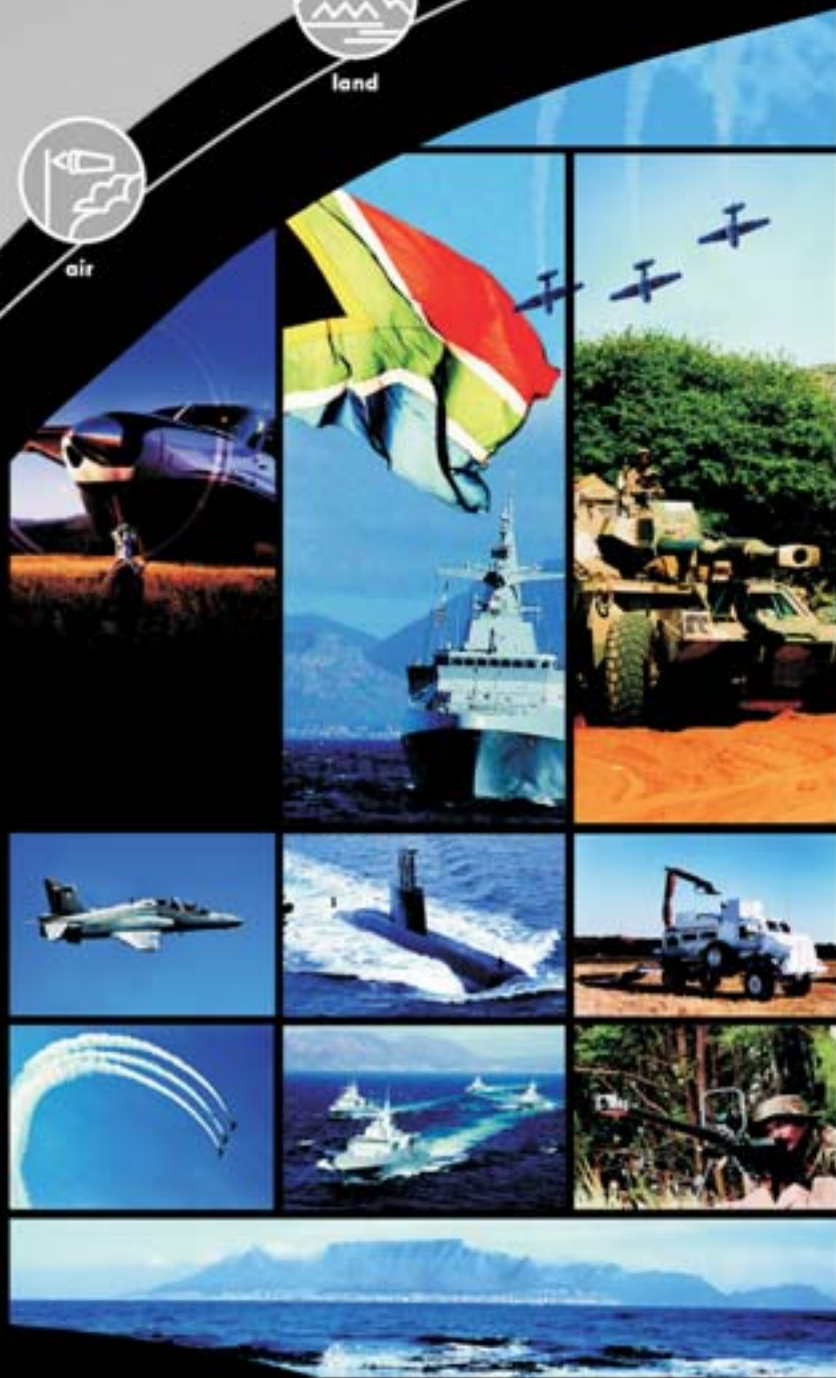
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