SANDF Fittest Soldier Championships
From the Editor's desk

Letters to the Editor

News from abroad

Denel donates computers to Ngxwabangu School

Forging interaction with the media

Outlining joint action of forces

Towards effective maritime governance for Africa

Friendly evolution of our continental unity

International Women's Day celebrated in the DOD

Photo competition: 10 years of SA participation in peace missions

SANDF Fittest Soldier Championships

Career Exhibition Day at Manguzi

Inauguration of Col (Dr) Irvin Khoza as Honorary Colonel

Military policing in Thaba Tshwane

Your pension is in good hands

Nurturing skills through leadership

Workshop on disciplinary and incapacity hearings

Help to save energy

The story of cheetahs at our air force bases

Ensuring safe drinking water to SANDF deployed members

A night of triumph

Committed to supporting our youth

Benchmarking via a gentlemen's sport

Mastering the finer arts of musketry

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2005 - winner of the Government Communicator of the Year Award (GCIS).
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FRONT COVER: The SANDF Fittest Soldier Championships were held at the SA Army Gymnasium in Heidelberg in February 2009. Read all about the championships on pages 20 to 22. (Photo: S Sgt Lebogang Tlhaole)

ABOVE: The SAS QUEEN MODJADJI 1 dives into the sea, showcasing her capability to the delegates on the SAS AMATOLA (background). Read more on pages 14 to 16. (Photo: S Sgt Lebogang Tlhaole)

For the latest news on defence matters in South Africa, visit our website at: www.sasoldier.mil.za
April is a very significant month overflowing with commemoration days. Many of us will be celebrating Easter; Christians especially are reminded how much the Almighty loves all of us. He sacrificed His only Son to be crucified for our sins. Fortunately it did not end there. We can rejoice in the Resurrection of Jesus Christ who ascended to Heaven to prepare our places in eternal life with the Holy Trinity. May all of you and your families spend this Easter in harmony together.

Another reason for celebrations this month is the 15th anniversary of Freedom Day on 27 April. Let us all commemorate this day as one rainbow nation. And then, because of democracy in South Africa, many South Africans, if not most, will go to the polls to exercise their democratic rights on 22 April.

Although not in April but in September - South Africa will commemorate 10 years of participation in peace missions in September 2009. To commemorate this event, the Joint Operations Division intends publishing a coffee-table book. The book will provide a broad overview of South Africa's participation in each of the peace missions, supplemented with highlights and photos. To assist Joint Operations Division, members who are in possession of good quality photos taken during their deployments are requested to make these available for possible inclusion in the book. But that is not all! Joint Operations is also launching a photo competition in this regard. For more details see page 19.

Enjoy reading your very own magazine during this very significant month!

Nelda Pienaar
Editor

* Translation (Afrikaans) by Mr Eugene Muller
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AUTO PEDIGREE – You deserve a great deal!
AFRICA THE "LIGHT CONTINENT"

I was one of those South Africans who could not wait to leave this country quick enough, that was until I attended the All African Golden Jubilee Military Christian Conference in Kenya. Whoever it was that coined Africa as being the "Dark Continent" clearly did not experience Africa as I did nor could they ever have been exposed to what I was exposed to.

Members from all over Africa were present. I met the most wonderful, genuine, beautiful people. People who have real, true, living relationships with God. I have been fortunate to have travelled from South Africa to a number of countries and in all honesty I can say thank God for the wonderful people of Africa whom I have met and learned to love in Jesus in such a short time. I was humbled and blessed all at the same time.

With such people living on this beautiful continent I will never again think of Africa as the "Dark Continent". For me it will always be the "Light Continent" because I know the calibre of people living on this continent and I am proud to be identified with them in Jesus. While Jesus is their and my Lord and Saviour there is always hope for our future as a country and continent. Thank you God for the awesome privilege of meeting your children in Africa.

I challenge anyone out there that thinks of leaving South Africa, do not. God is present in our land, find Him and you will find your peace and purpose here in "Light Africa". WO1 Michele Bezuidenhout, South African Military Christian Fellowship
KwaZulu-Natal Military Region

SHOW THEM LIGHT

This poem is dedicated to all the mothers in the SA Army for giving guidance to the youth.

Show them light my empresses
Show them that you are pure
African women lighten the nation
With your African assets
Show them light my empresses
You are a gift to mankind

Show them light my empresses
You are mothers to the nation
A blessing to the youth with your
Light we don’t get lost
Guidance is in your veins and
Discipline in your lips
Inspiration in your face
Direction in your hands
With wisdom that is brighter
Than the rainbow and courage
That is better than the storm
Show them light my empresses.
Dr Zwelithini Mbatha, Evaton

I CHANGED FOR THE BETTER

I changed one thing in my life - myself - and that changed everything for the better.

One year ago my life was a mess. I was in a foul mood. I knew I had to do something as my life was falling part. There were days when I did not want to get up.

I started going to church and building my relationship with my mother. When I was a child my mother taught me how to read the Bible and pray.

It’s just that when you are older you become proud and you want to take your own steps and follow your own rules; that is what happened in my life.

When I started to build my relationship with my mother everything was adjusted and it became normal. I started to see myself as a beautiful woman. A lot of things were changing physically and functionally because I had an inner beauty. I started to buy spiritual books, which helped me to lift myself up as a young woman. I learned to confront the truth and to have self-control. I started facing the challenges and the guilt.

Let me tell you something: my feelings cannot be trusted to tell the truth, only the inner voice can tell you the truth. Makhosi P. (Masango) Zungu, 121 Battalion

KEEN FOREIGN COLLECTOR

How are you? I am very well and hope that you are too. I got your address from the South African Embassy in Germany, that’s the reason of this letter. Please publish my name and address in your magazine. I should like to keep in touch and enter into correspondence with South African collectors having the same interests as I. Please help me.

Thank you and I hope you’ll assist me. With best wishes and greetings to you and all parachutists from South Africa. COL CHESTER W DJCIK, CZECH REPUBLIC (EU)

* SA collectors can contact COL CHESTER WDJCIK at J. OPLETALA 1634-78, CZ-43401, MOTS, CZECH REPUBLIC (EU) - Ed.
INTERNATIONAL WOMEN’S DAY

On 8 March, International Women’s Day, we reflected on the contribution of women all over the world. We women in uniform remembered, among others, all those women who took part in both World Wars. In World War II, when women were excluded from combat in the USA, Gen George Marshall conducted an experiment on how well women could perform on the battlefield by including them in some American brigades.

The outcome was better performance of mixed brigades than the all male ones. The demand of military efficiency called for assigning more women to combat. The Germans used women and so inflicted many casualties on British and American forces, and in turn many German women were captured, wounded and killed. Likewise the USSR and British women fought bravely. As there was a greater demand for men to fight in Europe, the British decided to use women in the anti-aircraft role. Winston Churchill’s daughter Mary served in one of those brigades.

The British formed what they called the Women’s Auxiliary Army Corps. On close inspection it was discovered that these Corps were outstanding in their devotion to duty, willing to absorb and grasp technical information concerning maintenance and tactical disposition involving all types of equipment. Women contradicted the stereotype of being physically weak in performing combat duties, in fact some proved to be stronger than their male counterparts.

During the liberation struggle in Africa women played a vital role. Each country has its own heroines. In Southern Africa Mozambique had Graça Machel, Angola had Deolinda, Zimbabwe had Mbuya Nehanda. South Africa has a number of its own heroines, eg Thandi Modise, Marion Sparq and many more who served in the military wings of the liberation struggle. South Africa had particularly brave women when it was not fashionable challenged the security forces by marching to the Union Buildings.

In our country there has never been a time when women were not involved in some kind of struggle. They have always been there in the vanguard of the struggle. Again I ask myself: why is it that our Defence Force still lacks women in senior positions? Are the capabilities of women questioned in every country? Our country leads in having a sizable number of women in parliament, the cabinet and in different government departments - women occupy very senior positions.

The DOD still needs to match the standard of the whole country. The police have covered some ground in gender equity. As the Chief Directorate Transformation Management we have workable policies and strategies which the Services and Divisions need to employ, notwithstanding the strides that have been made. Our country is the only one with a two star female General in Africa. But is it enough, considering the fact that we had two of them not so long ago? 2007 saw seven women promoted to the rank of Brigadier General, but in 2008 only two were promoted.

We are passionate about this organisation. All you young women within the DOD, get started and try to know as much as you can about this organisation so that when opportunities present themselves you can grab them knowing that you deserve them. If your job is to distribute files, do it in such a way that when you are not there the Formation feels it. No job is too insignificant or to be regarded as useless.

Lastly, we congratulate all the women who were promoted last year. Coming immediately to mind are Brig Gen Mohale, Chaplains Nonjonjo, Frantz and Francis, Col T.M. Magxwaliisa, Col P.E. Nkosi, Col Lekalakala, Capt (SAN) Gumede, Lt Col Mofokeng (Training Formation) and all the others not mentioned here. I wish you would submit your names so that we can keep track and publish every name, from Lance Corporals to Generals.

Col D.N. Tshiloane, Pretoria

SERVICE EXCELLENCE IN THE DOD

The Department of Defence (DOD) accepted the Batho Pele principles as the basis for delivering excellent service to the South African population. In accordance with the wishes of the Minister of Defence and the Chief of the SANDF, numerous programmes were scheduled for training members to understand these principles and to apply them in the execution of their duties.

Deriving from these principles is the imperative of duty with honour and pride in delivering excellent service. This implies that members of the DOD must conduct self-evaluation to determine whether they conform to the requirements and, if not, to adjust their own conduct to reflect pride and to ask the question: “what am I doing in the DOD?” Am I in the DOD for the job or is it a calling to be here and am I proud to be in the DOD or to be associated with the DOD?

One of the Military Strategic Objectives is aimed at supporting the people of South Africa. This objective constitutes support in operations and in activities other than war, such as disasters, emergencies and occasions of humanitarian need - when the responsible State departments do not have the capacity to do so. It is in such situations, and in others where the public has its first contact with DOD personnel, when the quality of the service delivery is measured. The manner in which the telephone exchange personnel answer, the way people are treated by receptionists when they visit public institutions, and the attitude of the people delivering the service are all examples of cases in which the general public may experience excellent or poor service delivery.

Organisations such as Daimler Chrysler and Honeywell Southern Africa initiated quick reply and answering services at their first point of contact - the switchboard. They guarantee that their exchange operator will answer calls within twenty seconds - and they maintain that level of excellence throughout the year. In the DOD, on the
Contrary, calls are regularly answered after minutes of ringing - sometimes seven minutes or more. Now if that is the level of excellence, pride and duty with honour that the DOD portrays, it is a pathetic example of service. The attitude of the receptionists or others that people encounter is at best - poor.

Worst of all is that in many cases the Batho Pele principles are proudly displayed right behind those same individuals that are delivering pathetic service. In most cases these individuals are bombastic and treat people with indifference and in many cases without any respect for the person for whom they are providing the service. It is as though they are doing the customer a huge favour - I have, you want - I will make it as difficult as possible for you to get it. The question is, have those individuals not been elected to do the work or are they there just to earn a salary?

It appears as though the inherent self-discipline expected of members of the DOD (uniformed and civilian), is a quality lacking in the majority of the members. In the private sector, where performance is a prerequisite for survival, individuals will in general work harder and have the best attitude - normally what is expected of them, because they know that if they fail to conform to the requirements, they may lose the job to someone who is more inclined to conform to the generally accepted norms and standards. In the DOD, on the contrary, it appears as though a number of these individuals do not possess the necessary potential to survive in the private sector due to sub-standard performance, ability, attitude or skills. These members then stay in the comfort and secure environment provided for them in the DOD and they become reluctant to perform, or at least to present an acceptable attitude or standard of discipline.

It is, however, not and insurmountable problem as attitude is an element of behaviour that can be altered. The fundamental principle is to change the will of the individual portraying poor behaviour and to ingrain a sense of pride and desire to change. Arguably all people possess some ability and when this is augmented by an increase in the desire to execute a specific task, the product is reflected in increased performance. The most difficult part of this process will probably be in altering the attitude of the people and instilling a sense of commitment, pride, honour and duty.

Another question is when should this change occur and who should initiate the change? The answer is a twofold reminder that (1) it must be an immediate process, and (2) everyone who identifies a deviation from the accepted standard should initiate the process - this could be either an individual or someone else that observes behaviour outside the norm.

Col (Dr) J.I.C. Vermaak, Pretoria

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**SUGGESTIONS FOR EASTER**

I had the awesome pleasure of being invited to the Christmas celebration held at the Navy Station Durban on 12 December 2008. Wow, again wow! I was simply blown away. The programme was two hours long and the entire base was blown away by the songs, dances, drama, poems and everything else. God was truly glorified that day and everyone was deeply touched, especially myself.

I was blessed by the fact that the Christians from the base got together and produced such an excellent programme. Furthermore it was the beginning of more excellent things to follow because now Christians from other bases joined forces with Navy Station Durban to produce an Easter programme. Three bases will be involved. This is a giant step forward in the uniting of Christians from various bases. It is but one way of building esprit de corps, reinforcing morals, inspiring hope and bringing joy to so many people.

I challenge all South African Military Christian Fellowship (SAMCF) members and other Christians to get motivated to follow suit and become all that God made you to become. You rest you rust - Go Grow. If anyone wants a programme suggestion for Easter, feel free to contact me - it’s all to the glory of God. Well done, Navy Base Durban you are tops and God is happy; be blessed. WO1 Michele Bezuidenhout, South African Military Christian Fellowship KwaZulu-Natal Military Region

* Readers can contact WO1 Michele Bezuidenhout on 031 451 0023 or 083 728 7817 - Ed.

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**I AM THE ROOTS**

I am the roots
The roots of this nation (South Africa)
Buried in the rich mineral earth of Africa
I anchor the nation and I provide inspiration
I am the roots
The roots of this nation

Though the leaves, trunk and branches
Are struck by bullets
And cannons, and the rain of hatred
Has pierced through the branches
I survive the dry white season

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**TRANSFER REQUESTED**

I just want to say that I really enjoy reading the magazine, as do many of the students here at the Military Academy. I was wondering if you could possibly help me with something. I recently asked for a transfer to another Service. However, my request has been rejected by the formation. Is there any other person or persons to whom I could speak that will help me with my situation. 2Lt D. Felix, 09_FELX@ma2.sun.ac.za
The SA Army Engineer Formation wishes to thank the Assistant Editor of the *SA Soldier*, Mr Lufuno Netshirembe, for his participation during the Communication Work Session at 35 Engineer Support Regiment on 10 February 2009. His presentation on writing and the general function of the *SA Soldier* was of great value to the communication officers and helped them understand the general outline of what it meant to write an article for the magazine. His discussion of the uses of wordplay intrigued the communication officers and motivated them to put more effort into their articles. He also urged them to use their imagination in describing the facts rather than reporting them as they were and so making their articles more visually appealing to readers. Advice was also given on how to write an introduction in which the importance of answering the five “W's” was stressed. After this each communication officer had to write an introduction to an article on a subject of his or her choice that involved this unit. They then read their introductions to the group and Mr Netshirembe gave them advice on how they could improve. These practical assignments were very useful to the communication officers as they helped improve their writing abilities.

In all we hope the Work Session was just as enjoyable for Mr Netshirembe as it was for the communication officers and we wish to thank him once again for his time and effort.

Lt Franco Goodheart, SO3 Com: SA Army Engineer Formation

**MOTIVE BEHIND A SOLDIER**

Am proud to be who I am, am a soldier to be a soldier is a calling the angel never recognised the bull never to be pushed Discipline that is our motto am not fat but fit am not straight but raised am not waving but saluting am not walking but drilling am not running but keeping pace am not alone but we are many am not smart but dressed properly am not rough but rendering the service I did not choose but called for am not working but serving the country with pride am not undermining but trained for this isn’t about hard work but commitment I do not talk back but rectify it’s not a request but a command am not stupid but take orders am not great but build myself to be to ask is not to demand but to accomplish it’s not a meeting but a planning session for our mission am not soft because am a man am strong but am not an elephant peacekeeping is our primary task am the coin of Africa when I jump, the international world recognise me, when I fall the world shakes when I lift up my hand the continent smiles am not made but born to be I thank and salute my superiors for developing me to be where I am today I am a soldier now … Always proud in my uniform. Pte Mangena William Monyeki, 16 Maintenance Unit (2008 intake)

**BOXES FULL OF SMILES!**

Valentine’s Day celebrations at 1 Military Hospital brought a lot of smiles, joy and love to the little ones in the children’s ward, Ward 5, this year when the Herberg Crèche in Thaba Tshwane handed over teddy bears, chocolates and boxes with crayons and books to the patients.

“It was such a pleasure to see the smiles on the patients’ faces,” said Capt Karin Stoltz from 1 Military Hospital, while watching the children opening the boxes. “Happiness is just a state of mind within the reach of everyone who takes the time to be kind. Making others happy will make you happy too, as the happiness one gives away returns to shine on you.”

Capt Karin Stoltz, Pretoria
1 MILITARY HOSPITAL GAVE MY FAMILY A REASON FOR JOY

1 Military Hospital has filled my family’s hearts with gratitude. They reckon 1 Military Hospital is one of the best military hospitals on the continent. It is the one hospital that stands head and shoulders above the rest in terms of providing first-class medical service.

My family and relatives found love, peace and happiness during my spouse’s admission, and during the regular visits thereafter. My spouse says that her stay in 1 Military Hospital was one of her best experiences. The atmosphere during her hospital stay was incredible. It was a lovely, safe place with nice and friendly patients and staff members with a fantastic sense of humour. Everything went smoothly during the time of her almost one month’s stay at 1 Military Hospital. She now has distant support and an extended family, which is dear to her and, as her husband, I am very happy and excited the way things were done.

We just hope and trust that the hospital will carry on doing great things to every patient out there. 1 Military Hospital will remain an excellent place if it carries on as at present.

This letter of appreciation serves to acknowledge staff members of 1 Military Hospital. It has made a vast difference.

God bless you in abundance, now and forever more. Amen.

Sincere thanks from S Sgt (pastor) T.D. Makiti’s family and relatives.

S Sgt T.D. Makiti, AMHU Gauteng, currently in Sudan with 15 SAI Bn

WOMEN

I am a woman
Beautiful flower of this house
Precious gold of this nation
Comes in spring Red Rose
When passing men whisper at me
Where there are women there is a nation
Yes I am a woman
A red rose of this society
I am the bread of life
Take this woman with care
I am the cream of this world
Yes I am a red rose - a woman.
Rfn Malusi Isaac Leso, the Sudan, Malha Base

SPORTS DAY IN MALHA

Rfn Malusi Isaac Leso of 15 SAI Bn recited the following poem during the Sports Day held at Malha Base in the Sudan

Viva South Africa Viva

Let’s wave the National Flag up in the sky
Proudly all forces for stability
Integrity and togetherness for protection
Respectfully we support our continent
Pepent from the entire corruption
With pride host the 2010 tournament
Viva Mandela viva …

Through Madiba’s ideology we appreciate
Partnership of security and society
In this terrible era of election time
With honour and loyalty we support for unity

With courage there shall be peace
Good luck, carry it out with dignity
Viva Africa Viva!

SPORTS DAY IN MALHA

WO2 T.J. Sebogodi (right) demonstrating the needle and thread game during the potted sport played in Malja, the Sudan.

OPS CLERK ON DUTY

Rfn T.S. Ramasunzi, the operational clerk of Bravo Company of 15 SA Infantry Battalion at Malha Base in the Sudan. (He is busy consolidating the daily operational situation report that must be sent to the Contingent Headquarters in Kutum to co-ordinate the air operational movements of personnel and to dispatch incoming correspondence as well.)
Denel donates computers to Ngxwabangu School

Article and photo by Capt (SAN) Sonica van Rooyen, SSO OPCOM: J Ops Div

Lt Gen Temba Matanzima, Chief of Joint Operations, shared his idea with the stakeholders and business partners of the SANDF and reminded them that there were those people less fortunate than others and any form of help, be it big or small, would play a significant role in their lives. Donations such as computers serve a very useful purpose for several years in a school somewhere in rural South Africa where the need for such equipment is great.

Mr Siphiwe Hamilton, Executive Director of the Aerospace Maritime Defence Industry Association (AMD), bought into Lt Gen Matanzima’s idea and actively encouraged members of the Defence Industry to contribute to this initiative. Denel donated fifteen computers and supplied skilled technician to install the computers in the schools.

Another partner in this venture was the SA Air Force’s Project Siyandisa. Siyandisa is an Aviation Awareness Programme which was launched by the SA Air Force to encourage the youth to consider a career in the SA Air Force. The SA Air Force played an indispensable role in transporting the computers.

Ngxwabangu School at Cofimvaba in the Chris Hani District Municipality of the Eastern Cape was the receiver of these donations. Situated in the scenic mountains of the Eastern Cape, Cofimvaba is a small town on the R61. It is in an impoverished rural district, 83 km east of Queenstown on the way to Mthatha, which lies 154 km north-west of it.

Lt Gen Matanzima reminded the community that Cofimvaba was home to two shining heroes of South Africa who showed how life could be turned around through dedication and hard work.

Cofimvaba was the birthplace of the struggle stalwart Chris Hani, who was assassinated fifteen years ago on 10 April 1993. He was the fifth child in a family of six. His mother was completely illiterate and his father semi-literate. Despite these humble beginnings, Chris Hani grew up to be a great leader and a visionary. He became a champion of the cause of peace, who called for a spirit of tolerance among all our people. He spent

Learners and community members eagerly await the arrival of the helicopter and guests.
Forging interaction
with the media

By L Cpl Ally Rakoma
Photo: Sgt Elias Mahuma

The Chief of the SA Army, Lt Gen Solly Shoke, hosted a media briefing on the state of the SA Army at the SA Army College in Thaba Tshwane on 12 February 2009.

Addressing members of the media, Lt Gen Shoke highlighted the vision and mission of the SA Army. Its Vision 2020 will bolster its workforce and human resources. He also commented on the challenges and shortcomings facing the SA Army and the replacement of its prime mission equipment.

Members of the media raised concerns about Basic Military Training, old and inadequate equipment, technical and biological expertise, ill discipline and combat readiness. Addressing the concerns raised by the media, the Chief of the SA Army mentioned that the SA Army recently increased the length of Basic Military Training of its new Military Skills Development System (MSDS) recruits to six months (22 weeks).

"The time spent in the past was not enough to make proper soldiers of our new MSDS recruits. We are focused on the necessities and working at resuscitating expertise in technical fields, including chemical and biological warfare, explosives and ordnance disposal," said Lt Gen Shoke.

Lt Gen Matanzima appealed to the learners to follow these two heroes diligently and to strive to overcome difficulties and work towards a better future. He urged them not to misuse the equipment, but to take care of it so that their brothers and sisters would reap the benefits in years to come. He assured them that if they worked hard, attended classes diligently and took careful note of what teachers said, they would live the dream that Chris Hani fought so hard for and leave the legacy that Phindi Kema values above money.

In closing the event Col George Ramaramisa of the Siyandisa Programme addressed the students and parents and reminded them that if they were interested in a possible career in aviation, for example as pilots, navigators, air traffic controllers or engineers in the SA Air Force, they needed to pursue subjects such as Science and Mathematics.

Phindi Kema's journey began when she bought a farm in the area in November 2007 through a loan. She faced serious challenges with no working capital and it took much blood and sweat to get going. Today, at the age of 36, Phindi Kema is the first and only black person to breed thoroughbred horses commercially in South Africa. She believes that life is not about money, but about leaving a legacy.

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For South Africa to enjoy the fruits of democracy, the region and the continent must be stable.” That’s the view of the South African government on national security and economic prosperity.

On 20 February 2009, at the Joint Operations Division Headquarters at Swartkop Park, the Chief of Joint Operations, Lt Gen Temba Matanzima, held a media briefing to highlight the role and functions of the Joint Operations Division and to reflect on the status of the SANDF’s internal and external operations and deployments.

“The Joint Operations Division stands tall in the face of adversity. We continue to make progress in the enhancement of joint force employment and SANDF capabilities despite challenges and limited resources and we continue to deliver our mandate to create conditions for human existence internally and abroad,” said Lt Gen Matanzima.

South Africa is rated the 15th largest contributor of troops to the United Nations (UN) missions and this year heralds the 10th anniversary of the SANDF peacekeeping missions in support of initiatives of the (UN) and the African Union (AU).

Rear Admiral Philip Schöultz, Chief Director of Operations, told members of the media that the SANDF was over-stretched but capable of assisting in the upcoming major events, viz the elections, the Confederation Cup to be hosted in June and the 2010 FIFA World Soccer Cup. He added that the SANDF would host the biggest military exercise to date, Exercise GOLFINHO, in September 2009, which would involve the countries of the region.

“Exercise GOLFINHO is a joint interdepartmental and multinational force preparation exercise and relates to the establishment of the African Standby Force. It is designed to test the SADC’s armed forces’ capability in managing complex operations. The exercise will involve the police, the Department of Foreign Affairs, disaster management teams from the SADC region and civilian components,” said R Adm Schöultz.

Lt Gen Temba Matanzima, Chief of Joint Operations, addressing members of the media.
Towards effective maritime governance for Africa

Article and photos by S Sgt Lebogang Tlhaole

"The sea is a vital national interest, and that is why we maintain the SA Navy. Just as we believe that all people should be free, so too as a nation we believe in the freedom of the seas.

"It is a matter of national strategic interest. We are a maritime nation trading all over the world. We accept our obligation to combine with other maritime nations to uphold the freedom of the seas and to protect our national interest through naval power," South Africa’s former President, Mr Nelson Mandela, said in his address at the Presidential Fleet Review in 1997.

The SA Navy hosted the third Sea Power for Africa Symposium in Cape Town from 8 to 12 March 2009. The theme for the symposium was "Towards Effective Maritime Governance for Africa".

African Chiefs of navies, coast-guards, countries without seacoasts and members of the international mar-

The Chief of the Nigerian Navy, V Adm Isiah Iko Ibrahim (right), hands over the chairmanship of the Sea Power for Africa Symposium to the Chief of the SA Navy, V Adm Johannes Mudimu. They are flanked by the Acting Secretary for Defence, Mr Tsepe Motumi, and Cdr Prince Tshabalala from the Navy Office.
The symposium also witnessed the participation of academics from universities and research institutes.

The passionate and continuous work of this Sea Power for Africa Symposium is a landmark event for the maritime community to discuss and proffer solutions to the common maritime problems of the continent.

It affords leaders, stakeholders and key players in Africa’s military maritime sector an opportunity to discuss issues of mutual interest in order to improve maritime awareness and to foster closer maritime ties and relationships between the different African navies. It also facilitated intellectual and socio-cultural interactions and promoted further understanding of Africa’s common maritime heritage.

The freedom of the seas and the effective use of its resources to enhance the expanding need for a better quality of life and liberty of the citizens are part of the obligations and responsibilities of the maritime community.

Opening the symposium, the Minister of Defence, Mr Charles Nqakula, said that the symposium was one of the most important events on the African calendar and dealt directly with what Africans define as the African Agenda.

>> on page 16
He hastened to explain that the African Agenda was not a political programme that sought to shift Africa away from global developments, but a programme seeking to empower the continent so that it could play an effective role within the ranks of the world community of nations.

It is a programme that seeks to raise the input of all the countries of Africa to consolidate Africa’s developmental agenda, especially as it relates to peace, stability, security and prosperity. He mentioned that there were many challenges and that the navies of the world must help us to confront the issue of relating to the use of the sea for the sustenance of life.

"Our law in South Africa, among other things, enjoins the South African National Defence Force, in its service to the people inside the country or in international waters, to preserve life, health, or property in emergency or humanitarian relief operations," said Mr Nqakula.

The delegates, having engaged in dialogue on a number of matters crucial to the effective governance for Africa, recognised that such effective maritime governance was extrinsically linked to the human security of the people of the continent, and affirmed that such effective maritime governance was founded upon structured collaboration and cooperation underpinned by trust and the consolidation of good relations between the navies of the continent.

They affirmed the collaborative efforts of the members of the international community in supporting the African maritime security agenda and urged that such support and collaboration continue through the Sea Power for Africa initiative in pursuit of the peace and prosperity of the continent and its people and acknowledged the value of maritime resources to the people of Africa and the inherent dangers to all who used the seas for their livelihoods that depended upon the waters bordering our continent.

The symposium also recognised the vulnerabilities of our oceans and seas, both in environmental degradation and climate change, and also the unscrupulous rogues who engaged in acts of maritime crime, piracy and other illegitimate activities that compromised the maritime security of the continent.

The SA Navy also demonstrated its capabilities to the delegates: the SAS AMATOLA, SAS ISANDLWANA, SAS GALESHEWE, SAS QUEEN MODJADJI I, members of the Maritime Reaction Squadron and the Super Lynx conducted an exercise that included how the ship would react, evade and counter-attack when there was a real threat, and how to land the Super Lynx safely on the flight deck of a moving ship. It was time well spent at sea with the delegates.

The Chief of the SA Navy, V Adm Johannes Mudimu, clarifies one of the points to the delegates.
Friendly evolution of our continental unity

By L Cpl Ally Rakoma
Photo: Sgt Elias Mahuma

One of the great Africans to champion the struggle for African unity, Sékou Touré of Guinea, once said: “Not only must there be no interference in the internal affairs of any state by another, but each must help to resolve the other’s problems. If we do not rapidly achieve such a framework of solidarity, permitting the peaceful evolution of our countries, we risk seeing the Cold War enter Africa and divide the African states into antagonistic forces and blocs”.

The Chief of Defence Foreign Relations, Maj Gen Dan Mofokeng, hosted an accreditation ceremony, to welcome the incoming Military Attachés and Adviser Corps (MAAC), at the SA Army College in Thaba Tshwane on 5 March 2009. The event was used to encourage human centered development relevant to the New Partnership for Africa's Development (NEPAD) and the African Union (AU).

The Military Attachés given accreditation were: Capt (Navy) Franco Silva and Col Joao Tadeu Fiorentini from the Embassy of Brazil, Maj Li Zhiguo from the Embassy of the People’s Republic of China, Maj Emam Morsy from the Embassy of the Arab Republic of Egypt, Col Naha Kolisang from the High Commission of the Kingdom of Lesotho, Col John Kasaija from the High Commission of Uganda, Col Richard Pickup from the High Commission of the United Kingdom, Col Kelly Langdorf from the Embassy of the United States of America, Capt (Navy) Vitaly Timofeev and Capt (Navy) Viktor Matsnev from the Embassy of the Russian Federation and Cmdr Bruno Gerrits from the Embassy of the Netherlands.

Speaking at the accreditation ceremony Lt Gen Maomela Motau, the Chief of Defence Intelligence, said that this century started with a redefinition of world priorities in international relations and has placed the pursuit of a better life for all the people of the world at center stage of the world agenda.

“In this regard regional economic organisations and groupings are taking centre stage in world affairs. This is an important development that militaries should take into consideration and never again will threats to humanity be defined in purely military terms. Human security in terms of social and economic terms will define the agenda of this century,” said Lt Gen Motau.

SA Soldier talked with Col Naha Kolisang, Defence Attaché from the High Commission of the Kingdom of Lesotho, and Col John Kasaija, Defence Attaché from the High Commission of Uganda, Lesotho and Uganda were inaugurated as the latest countries to establish Defence Attachés offices in South Africa.

From the broader perspective, according to Col Kolisang, the defence interests of the Kingdom of Lesotho and South Africa are essentially mutual and there is absolutely no reason why the Lesotho Defence Force and the SANDF could not promote joint operability and common security. "Our areas of co-operation have explored mutual economic integration, the political, social and cultural dimensions and humanitarian co-operation, science and technology, good governance, peace and security, and South Africa has always been there to assist Lesotho during trying times," said Col Kolisang.

Colonel Kasaija on the other hand mentioned that this commendable development was indeed a foothold and a milestone in the historical relations between South Africa and Uganda. Asked to express the importance of this worthy effort, he focused on the regional SADC perspective and said: "We jointly share a common destiny for regional and continental peace and stability. With representatives of SADC members states we are part of the world. In search of prosperity we need to address security issues and threats jointly and focus on achieving political and economic stability for a better region and continent. The region is in dire need of capacity building".
International Women's Day is marked on 8 March annually. It is a major day of global celebration for the economic, political and social achievements of women.

The idea of an International Women's Day first arose at the turn of the century, which in the industrialised world was a period of expansion and turbulence, booming population growth and radical ideologies. The women in the Department of Defence hosted their seminar in remembrance of this great day at the SA Military Health Service Training Formation in Thaba Tshwane on 6 March 2009.

In opening the event Chaplain Monwabisi Jamangile directed these special words to the women saying: “Have faith and dynamic courage in all seasons, for you are the carriers of life.”

Women gathered from all Services and Divisions, and both uniformed members and Public Service Act Personnel (PSAP) came to share ideas and challenges they had come across in their workplaces. They often work in a male dominated environment so support from their male colleagues was much appreciated, that is those brave men who took the time to attend the seminar.

Dr Monica Juma, Executive Director Research: Africa Institute of Africa, emphasised the gratitude she felt that women’s careers took the women beyond themselves in serving their country, in particular that women were doing the right thing by participating in the peace and security agenda around the continent. This is also shown by the number of women deployed in pursuance of peace around the world. It is such issues that contributed to our country having this vanguard role of maintaining peace and building strong ties with our neighbouring countries.

She added that our country was seen as a symbol in other countries, especially on the African continent. This comes after the decision made by former President, Mr Nelson Mandela, of reconciling with the past and having the courage to move on in 1994.

Dr Juma reminded these women that the seminar should be seen as a reviewing platform for the plans made last August during the women’s conference and that this was the time to put in place all the policies and structures that had been decided.

She furthermore suggested that there should be commitment to promoting gender mainstreaming within the organisation, not forgetting that the ethos of the military is the same and will not change overnight as so much work was needed. Above all, the calibre of the organisation should not be compromised just because there are women involved and she encouraged women in the organisation to seize opportunities presented to them by said organisation and take it upon themselves to further their education and align themselves with these opportunities now because they will not last.

In an interview with Maj Gen Ntsiki Memela-Motumi, Chief Director Transformation Management, Dr Monica Juma, Executive Director Research: Africa Institute of Africa, and Brig Gen Tertia Jacobs, Director Corporate Staff Services, interacting with the audience during the question and answer session.
Call for photos and stories

JOINT OPERATIONS DIVISION
PHOTO COMPETITION

Readers are invited to enter their photographs in the Joint Operations Photo Competition, which will run from April to September 2009. Entries will be accepted in three categories and all photographs complying with the set requirements will be published on the Intranet. Winning photographs will be published in SA Soldier.

Competition rules
1. Entries for the photo competition must reach the organisers by 2 October 2009 (12:00). No late entries will be accepted.
2. When participating in this competition participants accept all terms, rules and legal conditions.*
3. Photographs of current operations, both internal and external, and ongoing joint exercises may be entered for this competition.
4. All photo entries will become the property of the Joint Operations Division and may be published in any future Joint Operations and DOD publications with credits to entrants.
5. Photographs that have been published before may not be entered into this competition.
6. Entries are to be emailed to: photos@jopsdiv.co.za or may be saved onto a CD/DVD (with required information included) and forwarded to SSO Opcom at the Joint Operations Division.
7. Confirmation of receipt of each photograph will be sent to the email address provided by the entrant and/or the person delivering the entries to SSO Opcom.
8. Members currently deployed in mission areas are encouraged to take part in the competition.
9. All photographs received will be published on the Intranet on the Joint Operations page.
10. Members of the organising committee, the panel of judges or their families may not take part in the competition.

Categories
Photos may be entered in three categories:
- Internal Operations
- External Operations
- Joint Exercises

Your entries
- Photographs must be in JPG format and about 1 meg (1 000 kb) in size. (Most digital cameras store photographs in this format and size.)
- Only electronic entries will be accepted.
- Photographs may not be digitally enhanced or manipulated.
- Participants should only enter their best photographs.
- Only photographs taken by the participant may be entered.
- Entries per participant are not limited.
- Send only one photograph per email.
- Participants must provide a caption for each photograph.
- Participants must provide their full names and contact details with each entry.

For each photograph entered, the following information is to be included:
- The category in which the photograph is entered;
- A description of where and when the photograph was taken;
- Confirmation of the operation during which the photograph was taken; and
- People on the photograph should be identified where possible.

The judging
The judges’ decision is final and no correspondence will be entered into.

The panel of judges reserves the right to:
- judge a photo in another category than that for which it was entered; and
- refrain from announcing a winner in any category should the photographs received not fulfil the quality requirements.

The winners in each category and the overall winner will be announced between 19 and 23 October 2009 by DOD Info Bulletin.

The winning photos will be published in SA Soldier, the Joint Operations Calendar 2010 and on the Intranet.

The prizes will be announced in a future edition of SA Soldier.

Note *Details of legal conditions are on the Intranet; J Ops page.
On Monday morning, 23 February 2009, the SA Soldier team drove to Heidelberg to witness our SANDF sports heroes and heroines from the SA Army, SA Air Force, SA Navy, SA Military Health Service, as well as the Chief of Human Resources Team from Defence Headquarters displaying their superior fitness and willingness to overcome physical limits during the 2009 SANDF Fittest Soldier Championships held over the period 23 to 26 February 2009 at the SA Army Gymnasium in Heidelberg.

On our arrival the atmosphere was welcoming, the environment tranquil and the weather ideal. At the morning sports parade, Brig Gen Aubrey Sedibe, the Director Physical Training, Sport and Recreation (PTSR), bolstered the participants’ morale by saying that sport remained a factor in bringing people together in mutual friendship. He added: "The championships are not about winning; physical fitness will be the winner. Pain is temporary, pride is forever."

The SA Army Gymnasium became the testing ground of endurance, speed, strength, toughness, bravery and excellent sportsmanship as teams from the Services and Divisions, as well as individuals contended against each other. Some were not strangers to this prestige event, while for others it was the first time they took part.

Our exemplary sports warriors took part in the following sporting codes: 2.4 km run, shuttle runs, push-ups, sit-ups, sideways running, reverse running, agility T test, endurance walk, route march, obstacle course, surprise activity, bleep test and multi-run. They also had to participate in three categories of groupings, namely seniors, sub-veterans and veterans and had to be quick on pace to cover the allotted time.

In seeing our soldiers persevering against the odds and their willingness to overcome extreme difficulties in a positive spirit, we felt that we were at the right place at the right time with some of us exhausted, dehydrated,
Determined to tame the extreme.

Soldiers keeping their pace through the steep hills and valleys. Determined to tame the extreme.

muscles strained, blisters, bloody toes and fatigue. Participation and fitness remained a factor that brought them together. Of special note, and even more remarkable was the brave novice female veteran "Ouma" - WO1 Annette Tredoux (59) from 2 Military Hospital, who inspired everyone by taking on the obstacles, steep hills and huge valleys, but made it through the hardest events of the championships.

The other participant who competed against his own limits was a
sub-veteran “Man of Steel” - PO Elias Sathekga (36) from Navy Office, who had had an open reduction and internal fixation operation to his right thigh, but proved he had what it took and endured to finish the championships and, as a Physical Training Instructor (PTI), offered motivation and mentoring to his naval team.

The SA Army dominated the whole championships and claimed victory again for the second time. Speaking to SA Soldier, Lt Col Louise Janeke, SO1 PTSR: SA Army, said that sport played a vital role in improving one’s life and health, psychologically and physically. “Our ingredients for success are discipline, guts, determination and team spirit, and there is no turning back. Although some of our members travelled long distances to come and take part, this did not deter them from achieving their goals. In addition, thanks are due to the SA Army Foundation and Surefire for sponsoring us and WO1 Aaron Sibande, our team manager, for mentoring our members so that they gave their whole,” said Lt Col Janeke.

SA Soldier conversed with the leading participant in the male senior category, Rfn Rudzani Mamanyuwa from 44 Parachute Regiment, who said: ‘The event embodies the spirit of participation. Participation is not about winning or losing, it is about a spirit of sportsmanship, perseverance and the will to overcome obstacles’.

L Cpl Molly Moaneno from 1 SA Tank Regiment and Pte Baleseng Motebele from 1 Parachute Battalion were the leading participants in the female senior category. Asked by SA Soldier how they perceived the championships they replied that in a competition one must have a positive attitude and determination to succeed. “Even if the competitors are tough, keep your pace and fix your eyes on the finishing point and nothing will deter you from achieving your desired results,” the two iron ladies enthusiastically agreed.

Tank Regiment and Pte Baleseng Motebele from 1 Parachute Battalion were the leading participants in the female senior category. Asked by SA Soldier how they perceived the championships they replied that in a competition one must have a positive attitude and determination to succeed. “Even if the competitors are tough, keep your pace and fix your eyes on the finishing point and nothing will deter you from achieving your desired results,” the two iron ladies enthusiastically agreed.

Winners - individual categories
- Senior Male (34 years and younger) Rfn R. Mamanyuwa from 44 Parachute Regiment
- Sub-Veteran Male (35 years to 44 years) Sgt M. Phakadi from 7 Medical Battalion
- Veterans Male (45 years and older) Sgt O.P. Batantse from 4 Artillery Regiment
- Senior Female (30 years and younger) Pte M.L. Motebele from 1 Parachute Battalion
- Sub-Veteran Female (31 years to 39 years) PO C. Roodman from SAS Simonsberg
- Veteran Female (40 years and older) Sgt M.M. Williams from 2 Military Hospital

Team category
- 1st place - SA Army Team 1
- 2nd place - SA Military Health Service Team 1
- 3rd place - SA Army Team 2

Team event - units/ formations
- 1st place - SA Army Infantry Formation
- 2nd place - Air Force Base Makhado
- 3rd place - SA Army Training Formation
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DOD Career Exhibition Day at Manguzi

History was made when the Department of Defence (DOD) held its first career day at Manguzi, KwaNgwanase on 21 February 2009. Personnel from all four Services of the SA National Defence Force (SANDF) - the SA Army, SA Air Force, SA Navy and SA Military Health Service - were present to give career guidance and information to the learners.

A euphoric ovation greeted the Oryx helicopter from 15 Squadron as it touched down on the sports field in Manguzi. Those who came over to look and listen to Lt Heinrich Thomas, the co-pilot, who explained the operations of the helicopter, were really amazed.

Manguzi forms part of the Umhlabuyalingana Municipality. It boundaries are Mozambique in the north, the Indian Ocean in the east, the Pongola River to the west and Manzengwenya Plantation in the south. There are no industries or big towns. The area is still developing, but has some big shops. The population in this area varies owing to the number of illegal immigrants from the neighbouring states. The population census (2001) indicated that there were 104 678 people and 19 611 households. The racial distribution of people was 99% Blacks and 1% others. Of this total 52% are women and 48% men.

Two hundred Grades 11 and 12 learners from nineteen schools in KwaNgwanase were present at this historic event. The temperature...
reached a scorching 39 degrees Celsius, but this did not deter the learners from attending.

Brig Gen Thandi Mohale from the Directorate of Human Resource Acquisition said in her address to the assembled representatives from the Department of Education, educators and learners: “Today marks a milestone in the history of this area. We have career opportunities in the SANDF, which can promote national development programmes in KwaNgcwanase.” She added: “Career opportunities in the SANDF are advertised in the Sunday Times, the Sowetan, on the Internet and sometimes via radio stations over the period January to August for the yearly intakes.”

Mr Sam Mkhwanazi, Director Ministerial Liaison in the DOD, said: “The DOD is to spend two hundred million rands during the financial year 2009/10 to increase the number of Military Skills Development System (MSDS) recruits to 10 000 for the January 2010 intake. To ensure that this target is met, the Department has embarked on a recruitment drive to attract deserving and qualified youth to join the SANDF.”

The following are entry requirements for the MSDS:

- A South African citizen without any criminal record and between the ages of 18 to 22 years, with a minimum Grade 12 certificate.
- If you are between ages 23 and 26 years, you must have a tertiary qualification.
- Female applicants should not be pregnant when they apply for the MSDS.
- Preferably single and not area bound.
- Medically fit in order to meet the appointment criteria of the SANDF.

A Grade 12 learner from Hambisanani High School, Noxolo Precious Nyembe, said: “We are so far away from the places of employment. Today we see a light shining ahead that will give those of us an opportunity who pass Grade 12 at the end of the year. I want to join the SA Military Health Service and qualify as a nurse. If I am accepted, I will join for two years and then return home to help the people here to develop. For me it is about giving back to my people, as we have no large industries and factories.”

Sibelo Zikhali who passed his grade 12 examination in 2008 with a pass rate of 83% in Mathematics and 71% in Physical Science had this to say: “After listening to all the speakers wearing the different uniforms I have completed my application form and want to be in the SA Navy. Capt Ralph Warrin explained thoroughly how the SA Navy works and the various career opportunities it offers. My parents were very worried about my future, but now I see the light. I am very thankful for this career day, not only for me, but for everyone in Manguzi”.

1 Military Hospital celebrates National Condom Week

Article and photos by Capt Karin Stoltz, SO3 Corp Com: 1 Military Hospital

National Condom Week marks a significant period in our collective fight against HIV and other sexually transmitted diseases. During the week of 9 to 13 February 2009, we were all urged to use every ounce of our energy to raise awareness of sexually transmitted diseases (STDs) and to encourage the use of condoms (male and female) as one way of curbing the spread of HIV and other STDs.

The objective of National Condom Week was to ensure awareness and prevention of STDs.

National Condom Week was used to break the silence about STDs and to remind everybody that effective prevention or treatment of STDs is crucial to the prevention of the spread of HIV and AIDS. Remember the following message: “We can reduce HIV transmission through abstinence from intercourse, by being faithful to our spouses or partners and by always using a condom!”

Posters on display during National Condom Week.
Military honour bestowed upon Col (Dr) Irvin Khoza

By L Cpl Ally Rakoma
Photos: Sgt Elias Mahuma

ith the modern world currently experiencing crises of various kinds, many of us would tend to overlook the good role that sport plays as a nation builder and social unifier. Sport portrays and signals messages of national unity, pride, and feelings of a shared identity that glue our nation together and extend beyond feelings of patriotism. Taking into consideration South Africa’s diverse cultures, sport is an instrument for social unity and nation building.

During South Africa’s bid to stage the 2010 FIFA World Soccer Cup a strong bond of unity among fellow African countries on our continent added a sense of belonging and togetherness in pioneering the development of the socio-economic transformation of Africa. The 1995 Rugby World Cup and the 1996 Africa Cup of Nations Soccer Tournament ignited the palpable sense of unity among Africans and became an ideal tool for achieving social and human development.

History was made on 18 March 2009 at the DOD Logistic Division as the day marked the official induction parade for the man who is at the helm of the FIFA’s Local Organising Committee (LOC) for the world’s major soccer event, South Africa’s 2010 FIFA World Soccer Cup, viz Honorary Colonel (Dr) Irvin Khoza, known as “Iron Duke” by the soccer fraternity. The parade was held at the DOD Logistic Support Formation at Tek Base in Pretoria.

Besides the senior ranks of the SANDF were top businessmen, such as Honorary Colonel Tokyo Sexwale (Chairman of Mvelaphanda Holdings [Pty] Ltd), Mr Raymond Hack (CEO of the South African Football Association), Mr Kaizer Motaung (Kaizer Chiefs’ boss), representatives from the South African Football Association (SAFA) and the Premier Soccer League (PSL), as well as sports administrators and distinguished guests from the soccer fraternity.

Addressing the audience at the parade Brig Gen Aubrey Se-dibe, the Director Physical Training, Sport and Recreation (DPTSR), extended his good wishes to Col (Dr) Khoza. He said that the occasion was a milestone in the history of the DOD Logistic Division and DPTSR due to the benefit of sport in the SANDF.

Maj Gen Thulile Nkonyane, the General Officer Commanding DOD Logistic Division (left), conferring the title of Honorary Colonel on Col (Dr) Irvin Khoza.
and that the DPTSR was reactivating interdepartmental and inter-organisational relations with the South African sporting fraternity.

“The Department of Sports and Recreation, the SA sports Confederation and Olympic Committee (SAS-COC) and the South African Football Association (SAFA) are closing ranks with SANDF sport in order to create an integrated approach to the upliftment of sport in South Africa,” said Brig Gen Sedibe.

Accepting the honour bestowed upon him as the Honorary Colonel in the service of the DOD Log Division, Col (Dr) Khoza said that he stood as a proud protégé of the Army of the people and was deeply honoured to stand there that day in that esteemed organ of state and be part of what future generations would look back on as a generation that returned this great nation to a path of progress.

“Setting a nation on a path of progress is not an event, it is a process that particularly requires solid foundations steeped in a value system and practices that are fair, inclusive and uplifting. Of all the assembly of institutions that have come to represent the modern state, none has more claim to the establishment and integrity to the constitution of the state than the SA Army,” said Col (Dr) Khoza. He added that one of the key challenges of our society was the socialisation of our nation towards service.

Col (Dr) Khoza’s mission was further defined when he quoted Dwight D. Eisenhower: “When you put on a uniform, there are certain inhibitions that you accept”. It becomes important to note that one of the things that he has high on his agenda is moral discipline. He quoted William Bainbridge who was a Sergeant Major in the British Army: “It is intertwined with the discipline of physical and mental achievement. Total discipline overcomes adversity. This is the essence of being a soldier”.

Having noticed the progress that the SANDF was making in social responsibility to help build a better future and establish a programme aimed at youth empowerment, viz the Military Skills Development System (MSDS), Col (Dr) Khoza said that the SANDF inspired change in our societies and represented leadership and courage. "As the entrepreneur John Maxwell said: ‘A leader is somebody who knows the way, and goes the way and shows the way’. In the SANDF you are trained to be leaders.” He quoted Mark Twain: “Courage is resistance to fear and mastery of fear, it is not the absence of fear”.

Football has a profound and undeniably positive effect on those who play and those who support the game, which contributes to an environment for social change. Col (Dr) Khoza, with his roots firmly grounded in Africa, is one of the great football stalwarts who does not forget where he comes from and now shares his dreams and beliefs that have moulded him into the extraordinary man he is today and a most respected man in the world of sport.

Since soccer has elevated Col (Dr) Khoza to where he is today, he firmly believes in encouraging youth from all walks of life and those living in the realm of uncertainty with limited opportunities to engage in sport and build solid bridges to contribute significantly to promoting social change and be the driving force to eradicate social ills and so become responsible citizens. That is the value and importance of service to the country.

His ideas were in keeping with the words of the 35th President of the United States, Mr John F. Kennedy, during his Inauguration Address when he said: “Ask not what your country can do for you, ask what you can do for your country”. “As we approach the 2010 FIFA World Soccer Cup, we say: Ask not what 2010 can do for you, ask what you can do for 2010,” concluded Col (Dr) Khoza.

Col (Dr) Khoza was born on 27 January 1948 in the township of Alexandra, north of Johannesburg. With his eyes set on his goal, he became instrumental in the development of football in South Africa and made waves throughout the world of soccer. He is the Chairperson of FIFA’s Local Organising Committee (LOC), the Vice-President of the SA Football Association (SAFA), the Chairman of Orlando Pirates Football Club and of the Premier Soccer League (PSL).
Military policing in Thaba Tshwane

Article and photos by S Sgt Lebogang Tlhaole

Crime prevention refers to visible policing, public education and combating easy access to drugs at home. These activities do not depend on the Military Police only, but on the community.

The Thaba Tshwane Military Police regularly undertake crime prevention operations in the Thaba Tshwane Military Area, as well as on public roads. Roadblocks are held with other law enforcements agencies, such as the SA Police Service, the Traffic Department and the Tshwane Metro Police. Regular foot and vehicle patrols are also conducted in Thaba Tshwane to prevent crime.

On Friday 27 February 2009, WO2 Mduduzi Ngema, Crime Prevention Warrant: Thaba Tshwane Military Police, and his dedicated team did a sterling job by arresting a civilian and confiscating dagga plants at Ikageng Hostel (NMC) in Thaba Tshwane during a crime prevention operation.

Speaking to SA Soldier, WO2 Ngema and F Sgt William Mothwa emphasised that Thaba Tshwane was a zero tolerance area for criminals and that strategies that are put in place to tackle crime have recently begun to yield good results.

“We want to prevent crime, raise public confidence and increase the rate of detection and arrest, but in order to achieve that it is important that the Military Community becomes involved in crime detection and prevention in the military areas,” concluded F Sgt Mothwa.

They have excellent working relationships with all other law enforcement agencies, such as the Traffic Department, the Tshwane Metro Police and the SA Police Service.

They also conduct general police investigations, such as criminal investigations directed from the military premises, and vehicle accidents relating to military personnel, and cases involving fraud, assault, robbery and corruption that occur on the roads within the military area.

The Client Service Centre is open daily and members are available on a 24-hour basis on stand by to attend to any complaints. It acts as an information centre. To report any criminal activities or any complaints, call the toll free number 0800 222 091.

The importance of the Thaba Tshwane Military Police succeeding cannot be overemphasised. Crime prevention cannot be done in isolation, but once the community is involved there is a possibility of winning the war against crime.
If you snooze you lose, says Old Mutual

How will you be spending your retirement in 30 or perhaps 40 years from now? Most people have no idea. Rosie Wilson, Market Development Manager for Old Mutual highlights some pertinent questions on why you should start saving for your retirement as soon as possible.

When is a good time to start saving for your retirement?

From the day you earn your very first pay cheque! Most people tend to believe they have time on their side, but this couldn’t be further from the truth! The reality is that more than 90% of South Africans will become reliant on a small government pension, or be forced to move in with family or friends to survive during retirement. Many people only start thinking about their retirement at the age of 40 or 50, and it is often too late to accumulate enough funds to retire.

Why is it necessary to start so early?

By starting to save early, your money will have enough time to benefit from the powerful effect of compound interest. Your money earns interest on interest which is at its most effective when it has been given enough time to ‘work its magic’. People are also living longer, thanks to advances in medical technology, which may mean they could find themselves running out of money long before they run out of life.

I belong to an excellent company pension fund. Is this not enough?

Most employees do not spend their entire working life at one company. When they change jobs they are often tempted to spend their pension money. These spent savings (plus interest) can never be recouped, so it is always important to preserve your pension fund benefits in a recognised fund when changing jobs. Even if you contribute to a pension fund for your entire working life, you have no guarantee that your pension fund will be enough. Most pension fund benefits need to be supplemented by other retirement planning investments during one’s working years.

What is the best way to save for retirement?

There are many ways to accumulate money for retirement, but one of the most tax-efficient ways is via an investment in a retirement annuity fund, either to supplement your existing pension fund, or as a stand-alone investment. A retirement annuity fund is specifically designed to hold your money until you reach retirement age. Contributions are tax deductible up to a certain limit and in general, your capital cannot be attached by your creditors, should you ever run into financial trouble.

What are you doing to secure a comfortable retirement for yourself? Don’t get caught snoozing. For more information contact your Old Mutual personal financial adviser or broker.
Your pension is in good hands

By Brig Gen A.L. de Wit, Director
Human Resources Strategy and Planning

It is my pleasure as the current elected Trustee for the SANDF uniformed members on the Board of Trustees of the Government Employees Pension Fund (GEPF) to report on key achievements of the GEPF. Over the last six months many newspapers and financial journals have reported on the rough ride ahead for South African pensioners due to the impact of the current worldwide economic climate.

Some economists have reported that pension funds could be in for a shock as their benefits have lost more than half of their value since the global credit crisis that has wreaked havoc in the United States, Britain and parts of Europe.

The GEPF Board of Trustees is very mindful of the fact that the continued market growth at the rate that we have seen over the last three years is not likely to continue. Taking the good growth of the past few years into consideration the Trustees of the Fund had the vision to lock in some of the gains and subsequently set aside reserves for the inevitable market slowdown. Following the conclusion of a detailed asset liability study based on the 2006 actuarial valuation, the fund has set aside a healthy solvency reserve of R42 billion to counter market volatility between valuations, as well as a pension increase reserve of R57 billion to allow Trustees greater discretion in targeting real pension increases each year. The latter reserve will to a large extent allow the fund to maintain all pension payments at a level equal to the pension at retirement, adjusted fully for the effect of inflation.

Five permanent Board Committees ensure the effectiveness of the GEPF through the active involvement of Board members in the Fund’s strategic agenda and the promotion of good governance, which has been a high priority for the Board throughout. The Benefits and Administration Committee of the Board of Trustees is chaired by myself and I am proud to announce the following key achievements:

- Above expectation annual pension increases that were supplemented with additional adjustments over the last three years to maintain the real value of pensions. The fully adjusted effect of inflation to maintain the value of pensions at retirement was achieved with the 2007 pension increases.
- The growth of the fund and good governance of fund assets were possible through the development and implementation of sound policies by the Committee, such as the GEPF funding level policy, pension increase policy, debt collection policy and interest rate policy.
- Remarkable strides have been made towards operational efficiency of the GEPF administration, which included research initiatives on best practice administration and the upgrading of the information technology infrastructure. These and related projects have culminated in a comprehensive administra-
tion business case and a long-term strategy that will guide the operational improvement process going forward.

- There is a remarkable improvement in the turnaround time from the exit of a member to the payment of the first pension. This was achieved through the centralisation of client services, the expansion of client communication, the implementation of regional offices and the improvement of employer interaction.

- The development and implementation of a management information grid with the aim of ensuring improved visibility concerning aspects such as member/pensioner profiles, contribution and payment tendencies. This project is supported by an extensive data cleaning exercise.

Apart from the above benefits and Administration Committee achievements that were approved by the GEPF Board of Trustees, the following general highlights achieved by the Board are notable:

- In order to drive forward the GEPF’s position as a responsible investor and founder signatory to the United Nations Principles of Responsible Investment the Investment Committee, under the stewardship of the Board, has compiled a comprehensive responsible investment policy and strategy. The process to engage major stakeholders on this policy content is at an advanced stage.

- The fund and reserves have grown by 31,3%, 20,8% and 7,3% over the last three financial years and for the first time the funding level of the fund has exceeded the 100% mark to reach a level of 102%. The accumulated funds and reserves of the GEPF amounted to R707 billion as at 31 March 2008. This makes it the seventh largest pension fund in the world with 1,2 million contributing members and more than 300 000 pensioners.

- The development and implementation of a comprehensive Asset Liability Model with the aim of ensuring proper investment performance reports on a quarterly basis.

- The fund received unqualified audit reports during the current term of the Board.

As indicated above, I am the current elected Trustee of the GEPF for the SANDF (uniformed members) and am highly respected by my fellow Trustees for the work being done, specifically in regard to the Benefits and Administration Committee of the Board. The four-year term of the current Board of Trustees comes to an end in June 2009 and, after long consideration, I decided to stand again for the next election to be conducted in April 2009.

Current indications are that the ballot paper will be attached to SANDF members’ April 2009 pay sheet. With a hundred percent attendance record at Board and Committee meetings during my current term as Trustee, I have demonstrated my commitment towards the GEPF and have ensured service delivery improvement within the fund administration, good governance, pension benefit improvements and I have taken the necessary steps to protect the value of pensions during the current tough economic climate. My election as a Trustee for a second term will ensure continuity and the achievement of the GEPF strategic objectives, including the improvement of SANDF members’ pension benefits, which were initiated during my first term as Trustee.
Nurturing skills through leadership

By Kgomotso Seruba,
Communication Officer
Service Corps (Intern)

The most important gift you can ever give to a human being is imparting education to their lives. In March 1998 the Plenary Defence Staff Council (PDSC) approved the appointment of the Service Corps as the Redeployment Agent of the Department of Defence (DOD). The mandate of the redeployment agent is to ensure the successful development of soldiers so that they have vocational skills that they can use as a survival tool after their retirement.

The main objective of the agent is to recruit and uplift the morale of the learners, and to develop skills. The Service Corps has opened one training institute, namely the Centre for Advanced Training - also known as CAT near Atteridgeville in Pretoria, as well as eight Regional Offices throughout the country. CAT is a training institute mandated to reskill DOD members and military veterans to be self-sustainable or redeployable within other government departments.

This institute encompasses many fields of expertise, such as textile manufacturing, motor mechanic, welding, air conditioner and refrigeration, nature guiding, autoelectronics, machining, and the well-known International Computer Driving Licence (ICDL). The Manufacturing Engineering and Related Services SETA (MERSETA) recognises the courses offered by CAT.

This recognised qualification offered by the institute has resulted in a service level agreement being signed between CAT and the Ifihlile Training Academy to assist further in training the young Military Skills Development System (MSDS) members who exited the SANDF, as well as the community.

Mr Ben Ackerman, Branch Manager of the Ifihlile Training Academy, says this co-operation is a step in the right direction as it forms the perfect partnership that develops infrastructure expertise of benefit to our youth. CAT complies with the standards set by the South African Qualification Authority (SAQA) and will also help its students to maintain the necessary military discipline. This is a win-win partnership in that knowledge, expertise and facilities are utilised for training, both in the DOD and private sectors. He added that those learners who already had employment would go back to their respective workplaces, while the unemployed would be placed with various employers in the industry.

* For more information on how to enrol, the following persons can be contacted:
-Col Z.A. Temba on (012) 355 0002
-Lt Col J. Mothibi on (012) 674 4770/4180
-Maj T.J. Morweng on (051) 447 8928
-Lt Col A. Botes on (021) 799 6602

Staff Sergeant Norman Netsianda showing Ms Martha Vilakazi how to use a vice grip at the Centre for Advanced Training.
SANDF Receives First Zephir “LOK” Shunting Locomotive

The South African National Defence Force (SANDF) has invested in a state-of-the-art shunting locomotive for its ammunition depot based in De Aar.

Utilising “rubber on steel” technology, this new shunting locomotive will improve the efficiency of the depot and also allow for any future expansion and increased shunting workloads that may arise.

The range of ZEPHIR “LOK” shunting locomotives have a pulling capacity of up to 6,000 tons and travel both on the rail and on the road, thereby improving turnaround times and rail access.

The official handover took place at the depot on 30 October 2008. The unveiling was an exciting occasion for everyone present and a competition was held to find an appropriate name for the loco.

Finally, the name “Likwewaan” was chosen because a Likwewaan is a strong, powerful reptile that lives both on land and in water.

Driver training was an important part of the entire process and all the drivers were handed their certificates at the handover.

Special guests welcomed by Colonel Marais included Colonel Kweza who enjoyed driving the loco through the ammunition depot.
Workshop on disciplinary and incapacity hearings

By Yvonne Naudé, Asst Dir PSAP Discipline
Photo: Sgt Elias Mahuma

In terms of section 7.3(b) of the Public Service Act, 1994, (as amended) the Head of Department (Secretary for Defence) is inter alia responsible for the maintenance of discipline and the promotion of sound labour relations in his Department.

In order to perform these functions effectively, rules and regulations are essential to any workplace where organised group action takes place, and where goals and targets are to be achieved. In terms of the Code of Good Practice: Dismissal, as contained in Schedule 8 to the Labour Relations Act, 1995, all employers should adopt disciplinary rules that establish the standard of conduct required of their employees.

For rules to be effective, they must be enforced, but in the interests of fairness, such enforcement should be constrained by concern for the rights and needs of the individual. It is this interaction of enforcement, penalties and rights that constitutes the complex fabric of discipline.

The purpose of disciplinary action is to change behaviour, and not solely to invoke penalties for offences. Discipline should thus aim at constructive support and reinforcement of approved action, while correcting wrong behaviour. The principles of corrective and pro-
gressive discipline can therefore be seen as having a rehabilitative function. Although it is accepted that in certain circumstances dismissal may be justified for a single instance of serious misconduct, the principles of corrective and progressive discipline view it as the purpose of discipline (in less serious cases) to ensure that employees know and understand what is required of them and to attempt, through a system of graduated disciplinary measures, such as warnings, to persuade or to educate employees to comply with these standards. Only after unsuccessful attempts have been made to correct the employee’s behaviour (and the employee has been given sufficient opportunity to do this) will dismissal be fair. However, dismissal can only be effected after the formal disciplinary procedure has been followed. Only then may the sanction of dismissal be imposed.

In line with the new Regulatory Framework for the Public Service, the
State as employer has negotiated and adopted a collective agreement on a Disciplinary Code and Procedures for the Public Service, which came into effect on 1 July 1999. As regards misconduct the Public Service Co-ordinating Bargaining Council (PSCBC) Resolution 1/2003 envisages the issuing of a directive by the Minister for the Public Service and Administration to cover disciplinary matters of members of the Senior Management Service (SMS). The procedures for misconduct contained in Chapter 7 of the SMS Handbook incorporate those provisions of PSCBC Resolution 1/2003, which were considered appropriate and practicable in respect of members of the SMS.

Appreciating the above, the Director Labour and Service Relations was proud to facilitate a skills empowerment workshop for Departmental Representatives and Chairpersons of Public Service Act Personnel (PSAP) Disciplinary/Incapacity Hearings in Pretoria over the period 22 to 26 February 2009.

The level of exposure and experience of the forty delegates ranged from those who have not been involved in the disciplinary processes of PSAP, to those who actively lead evidence or preside over hearings and/or provide advice on the processes.

The presentation consisted of a mix of theory and practical application of knowledge learned through the use of exercises, case studies and role-play. The content of the workshop appeared to be one that is most topical in the Department of Defence (DOD) and where there is a thirst for empowerment.

It is believed that the delegates enjoyed the training and seemed motivated to apply the skills learnt in their working environments. All delegates are therefore urged to keep up the good work and never to give up the challenge of promoting a culture of professionalism in the performance of their tasks.

**Processes**

The processes to be followed for PSAP discipline is contained in the following SOPs/DODI/JDP (Standing Operating Procedures/Department of Defence Instruction/Joint Defence Publication) and can be obtained from the Regional Labour and Service Relations Officers (former Multi-skilled Functionaries):

- **SOP C HRS/DLSR/04/01 (Chief Human Resources Support/Director Labour and Service Relations): Discipline of PSAP in the DOD in terms of the Disciplinary Code and Procedures for the Public Service (PSCBC Resolution 2/99).
- **DODI: PERS (Personnel)/00041/2007 (Edition 1): Policy for the Management of Incapacity (poor work performance) of PSAP (including SMS members) in the DOD.
- **SOP C HRS/DLSR/02/01: Incapacity in respect of ill health or injury of PSAP in the DOD in terms of the Incapacity Code and Procedures in respect of ill health (PSCBC Resolution 12/99).**
Help to save energy

By Ms Nelisiwe Magubane, Chairperson of the National Energy Response Team

Take energy efficiency into the kitchen. It is easy to make a big difference by changing little habits. The kitchen - with all of its heating and cooling devices - offers a wealth of opportunities for cutting down on your energy use. The National Energy Efficiency Campaign Team found the following useful tips - tips that we can all take home as we strive to overcome our energy addiction as a nation.

Defrosting
It all starts with a bit of pre-planning. If you can think about what you want to cook for dinner the day before, you can take it out of the freezer and let it defrost in the fridge, rather than using an electrical device to thaw it out.

Microwaves
Believe it or not, the most powerful energy-saving gadget in your kitchen is your humble microwave. Microwaves use a lot of energy while in use, but cut down on your cooking time dramatically. Overall, microwaves use only about half as much energy as conventional stoves. Large meals and meat should still be cooked in a conventional oven.

Ovens
When you are cooking in your oven, there are a few steps you can take to minimise your cooking time. Try to avoid opening the oven door, as about 20% of the hot air escapes every time you do so. It is not necessary to preheat the oven unless you are baking, and you can cut down on cooking time even more by turning off the heat when the food is almost fully cooked. Make sure that air can circulate properly by keeping the oven racks clear and by not using foil. And finally, make sure that the seal on the oven door is intact and closes tightly, so that heat cannot escape.

Fridges
A refrigerator is one of the most energy-intensive appliances in the home. The best way to cut down on the amount of power it uses is to adjust its thermostat according to the season. To find out what the setting should be, place a thermostat in a jar of water and leave it in the fridge overnight. In the morning, it should read between 1 and 5 degrees Celsius. The fridge setting can usually be reduced in winter.

If your freezer is only half full, plug the gaps with empty milk bottles filled with water: when these freeze, they will help to keep the temperature down so the freezer does not need to do so much work. Make sure that your freezer is defrosted at least twice a year. Ensure that the cold air remains inside the fridge by checking the seal regularly. Replace if torn, and clean if it becomes caked with dirt. Avoid placing your fridge near the stove, dishwasher, or in direct sunlight and make sure that air can circulate around it properly. One large refrigerator is cheaper to run than two small ones.

Stoves
The most energy-efficient way to boil water is in a kettle, but it is important to ensure that you only boil as much as you need. When using a stove, use pots and pans that completely cover the stove plate so that heat is not lost to the air. If you put lids on your pots, you will be able to turn the temperature a bit lower, and you can turn it off completely a few minutes before your food is done.

Cookware
The best way to cook stews and casseroles is in a pressure cooker, as this can halve both cooking time and energy use. When buying pots and pans, invest in sturdy metal with slightly concave bottoms (when they heat up, the metal expands and the bottom flattens out). Buy copper-bottomed pans, but use ceramic in the oven. Throw out cookware when it becomes warped - you can save about 50% in energy consumption by ensuring that the base of your pan is in full contact with the element.

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Using just enough electricity for what we need will make a major difference. So let us take the first step together; one meal at a time.
The story of cheetahs at our air force bases

By Capt T. Snyman, AFB Makhado
Environmental Services Officer

The secured area of Air Force Base Makhado covers an area of 2 602 hectares and approximately 70% of this area consists of natural vegetation, which is the preferred habitat to some of the species of fauna and flora. Unfortunately some of these animals were hazardous to aircraft, so they had to be removed.

Following the successful introduction at AFB Hoedspruit of cheetahs to control game around the airfield, two cheetahs, Steven and Le Roux, were introduced to the secured area of AFB Makhado on 6 September 1996. Environmental personnel monitor the movements of the cheetahs. Altogether 114 kills were recorded for a one-year period (65% of the kills were warthogs, 10% impala, 10% duiker, 9% steenbok and 7% hares). Most of the kills of the cheetahs are young animals, but large impala ram kills were also recorded.

The cheetahs naturally roam in open country where they can easily spot their prey, which is the explanation for their spending more than 80% of their time around the airfield. These cheetah males stay together to form small bachelor groups, whereas the females go their separate ways. Therefore a single female feeds only on a small part of its prey, which attracts vultures that could pose additional threats to the high-speed jets in the air.

Sadly, Steven was killed in 1998 when a Pilatus Astra aircraft that came in to land hit him as he chased a warthog across the runway. Steven was replaced by Bongani to keep Le Roux company.

In 2003 it was decided to introduce a third cheetah at both AFB Makhado and AFB Hoedspruit to increase the predatory rate on problem animals around the airfields. Le Roux and Bongani and their Hoedspruit cousins were sent to the Kapama Cheetah Breeding Centre. It was noted that Le Roux formed a stronger bond with the cheetahs of Hoedspruit and therefore Bongani returned with two new cheetahs, namely Coke and Victim. Three years later Victim’s carcass was found in the northern part of the AFB area where it had died of natural causes.

Today Bongani and Coke still enjoy the free life on the base without any interference by other larger predators. Once a week environmental personnel track these majestic animals by means of a radio tracking system and continue to monitor their movements, kills and well-being.

I’m watching you ...

Since their introduction in 1996 a total of 2 851 people have accompanied the environmental personnel on their monitoring duties. Most people are base members and other South African visitors. Foreign visitors from other countries have also been taken to see the cheetahs.

The radio collars on the cheetahs have reached the end of their lifespans and need changing. It was for this reason that the environmental personnel temporarily ceased taking visitors to the cheetahs. As soon as the new collars have been fitted visits to the cheetahs will resume.
With the recent outbreak of cholera in Limpopo, the Area Military Health Unit Limpopo decided to take the proactive approach by creating awareness campaigns on the causes, symptoms and prevention of the disease to maintain a healthy military community. After all, prevention is better than cure.

The units in the affected areas, namely Madimbo and Musina, were visited to give lectures to and enlighten members about this disease. Health prevention lectures regarding cholera were also given for members at the Army Support Base Polokwane who were scheduled to deploy to the border region and who are living in and have dependants in affected areas.

All the health centres and sickbays in the Area Military Health Unit Limpopo area of responsibility conducted awareness campaigns. Health education pamphlets and posters were obtained from the Department of Health and distributed to members attending the briefings. The situation is currently still being monitored. We are pleased to say that to date no SANDF members have been infected and we continue to maintain a healthy military community.

It is good to know how to prevent cholera.

**How can we stop cholera?**

There are a few things that people can do so that germs do not spread from one person to another:

- It is best to build and use a toilet.
- The toilet should be kept clean.
- The toilet should be far away from the river or stream that is used for drinking or washing.
- Wash your hands each time after you have been to the toilet.
- Wash your hands each time before you touch food or work with food.
- Wash fruit and vegetables before you eat them.
- Do not use water unless you know that it is clean.
- Do not drink water unless you know that it is clean.

**How can water be made clean and safe?**

1. Boil the water
2. Add bleach to the water
   
   If you need a lot of water, add 1 teaspoon of Jik or Javel to 25 litres of water and mix it. Leave the water in the container overnight or for at least 2 hours before using the water.

   If little water is needed, add 5 drops of bleach to one litre of water and leave it for half an hour before use.

**How do we help someone who is sick with cholera?**

A person can die very quickly from cholera. This is due to dehydration and the loss of salt and sugar.

Most important is to give a water, salt and sugar mixture or watery rice or maize porridge in large amounts.

*Photo posed*
Ensuring safe drinking water to SANDF deployed members

Article and photos by Lt Col Annelize Rademeyer, SO1 Com SA Army Engineer Formation

Our members of the South African Engineer Corps (sappers) deployed just before Christmas 2008 to the town of Musina. The mission was to guarantee safe drinking water to all SANDF deployed members in the region of Musina, including members at the Mdimbu Base.

As traces of cholera were found in the Limpopo River and in other regions of the northern part of the Limpopo Province in early December 2008, it was important to Chief Joint Operations that soldiers deployed in the area would not be exposed to any health risks.

The new reverse osmosis system was utilised to purify the water. It proved to be very efficient and did not have any chlorine taste as was the case with water purified by the old sand filter system.

During a staff visit to his unit members, the Acting Officer Commanding of 35 Engineer Support Regiment, Maj Simon Mokhunoane, was given a guarantee by deployed infantry members from 15 SA Infantry Battalion that the water purified by the field engineers really made a difference to their daily task of border protection in the heat of the bushveld sun.

The members returned at the end of February 2008 and once again the sappers could be proud of a mission well executed.

Lance Corporal Mlungiseleli Nxasana filling containers with safe drinking water purified by the reverse osmosis system.

The reverse osmosis water purification system, installed in the Waterbuffel vehicle used by field engineers of the South African Engineer Corps, was introduced early in 2008.

Sergeant David Mofokeng, L Cpl Mlungiseleli Nxasana, Sgt Daniel Mathafeng with the Acting Officer Commanding of 35 Engineer Support Regiment, Maj Simon Mokhunoane, during a staff visit to the deployed members.
A night of triumph

Colonel Thembi Mkhu lis e and her team pulled out all the stops to ensure that the evening was the most unforgettable in the minds of all those attended. Lt Col Swayer did a sterling job as the Master of Ceremonies and the National Ceremonial Guard Band entertained and mesmerised the guests with their melodies during the night.

This awards ceremony focused on the acknowledgement of selected members in the Department of Defence (DOD) that have excelled or improved in sport as well as in the SANDF Fittest Soldier Championships.

In his opening address the Director PTSR, Brig Gen Aubrey Sedibe, quoted E.R. Kelly who differentiated between a boss and a leader. "A boss will say go and a true leader will always say let’s go - leaders lead by example.” He congratulated all the Generals who took part in the 8 km endurance walk during the SANDF Fittest Soldier Championships earlier in the day before the awards function. He said...
that by combining the sports and fitness awards they wanted to do away with the SANDF perception that they only recognised sport in the Department.

He mentioned that fitness played an important role in a soldier's life - as part of force preparation and combat readiness. "It is a tool that is used to show that our soldiers are capable and fit to face any situation, both internally and externally." Brig Gen Sedibe urged all present to celebrate together, to remain fit and to continue participating in sport.

**Winners**

The Best Achiever of the Year Award was scooped by F Sgt M. Lambrecht from AFB Waterkloof (Practical Shooting).

The Best Administrator of the Year Award was conferred upon Capt M.A. Prinsloo from Area Military Health Unit Gauteng (Badminton).

The Best Sporting Code of the Year was presented to the Chairperson for Walking, Col E.O. Step from Air Command.

On behalf of the Chief of the SANDF, Gen Godfrey Ngwenya, who could not attend owing to other work commitments, the Chief of Human Resources, Lt Gen Derick Mgwebi, was the guest of honour. In his speech he touched on the commitment and dedication shown by the competitors, the esprit de corps and the spirit of competition among the competitors during the SANDF Fittest Soldier Championships.

"I urge all who have received awards to continue excelling in their different sporting codes. To the Administrators - thanks for your hard work in coaching these sportmen. To the runners-up, you have made these winners, you kept them on their toes to be the best," said Lt Gen Mgwebi.

In his closing remarks he uttered the words of Brig Gen Sedibe who had said: "Pain is temporary and pride is forever". Referring to those who were limping to receive their awards on stage as a result of the hardships they went through during the SANDF Fittest Soldier Championships, and added that the smiles on their faces said it all. He thanked all those who had made the night a success and congratulated all the recipients on a job well done on behalf of the Chief of the SANDF.
Article and photo by Sgt Chelsea Mohlakoana, Corp Com NCO: Air Force Mobile Deployment Wing

Air Force Mobile Deployment Wing (AF MDW) donated goal posts, nets, soccer bibs and soccer balls to learners at the Thaba Tshwane flats. These Paratus Primary School learners share a vision of becoming football stars one day. Upon receiving the soccer kits, a new team was formed with the name Young Tigers Football Club (FC).

This dream had been slowly fading for WO1 Frederick van de Venter (also a resident at Thaba Tshwane flats). Peer pressure played a major role in the anti-social behaviour of young people in the area. Most of the youth residing there are not active in sport and there is not much to do after school.

The Thaba Tshwane neighbourhood is alleged to have become a place where the youth are involved in drugs, alcohol abuse and violence. The aim of this initiative is to get them away from the streets and support their interest in sporting activities. “As a way of uplifting our communities, we must be mindful that we will be assessed by the next generation waiting to be born. They will want to know how many of us really lived the pledge that we made to make a difference to our country,” said Lt Anna Stavridis, Physical Training, Sport and Recreation Officer at AF MDW.

Lt Stavridis shared words of wisdom with the eager young ones and told them that life’s journey provided one with many special experiences that become the building blocks of one’s life and that these experiences come in different ways at unpredictable times. They can be powerful emotional events or just small enlightening moments.

It was a breathtaking experience as the Young Tigers FC pledged their promise to the Air Force Mobile Deployment Wing that they would be careful not to be involved in drugs, alcohol abuse or violence. They further stated that they would not leave school, as that would guarantee their removal from the newly formed team.

Lt Anna Stavridis, Physical Training, Sport and Recreation Officer at Air Force Mobile Deployment Wing, posing with the Paratus Primary School learners.
Benchmarking via a gentlemen's sport

By L Cpl Ally Rakoma
Photo: Sgt Elias Mahuma

For the Department of Defence (DOD) and the SA National Defence Force (SANDF) to interact and foster existing relations with stakeholders, businessmen, defence related industry, private sector and government officials, the Chief of the SANDF, Gen Godfrey Ngwenya, hosted his golf day to benchmark the DOD via this gentlemen's sport in Pretoria on 27 February 2009.

Senior members of the SANDF kept their allies on their feet in building the spirit of alliance and understand that the DOD and SANDF are all about. The participants gathered to enjoy a day of golf in a relaxed atmosphere where they could leave behind the stress of decision-making in the corridors of power and boardrooms, and enjoy the greens instead.

Addressing his guests at the prize-giving ceremony, Gen Ngwenya expressed his gratitude to all the participants for their professionalism and personal involvement. He also conveyed his appreciation to Brig Gen Kwenza Mangope, the Director Corporate Communication, and the entire Defence Corporate Communication Team, members of the SANDF and dignitaries for accepting his invitation and making the event a success. "Topping an excellent performance on the greens, what you portrayed reflects the spirit of friendship, networking and building contacts with our stakeholders," said Gen Ngwenya.

Elevating CISM Day run

By J.M. Mabidikane,
SO3 Com ASB Potchefstroom

The Army Support Base Potchefstroom hosted the annual CISM Day (motto: "Friendship Through Sport") on 20 February 2009. The event is also observed internationally to promote sport in the military, in particular the International Sports Council Day. The soldiers are invited to participate either in running or skiing events to promote peace. The Army Support Base Potchefstroom decided to include walking on the list.

The following units participated during the march: Army Support Base Potchefstroom, 17 Maintenance Unit, 4 Artillery Regiment, Military Veterinary Institute, North West Area Military Health Unit, 1 Tactical Intelligence Regiment, Artillery Mobilisation Regiment and 102 Field Workshop Unit.

In his address to the participants, Col Phillip van Dyk, Officer Commanding Army Support Base Potchefstroom, said that the event was meant to promote the principle of "sport for all" and to allow everybody, regardless of sporting ability and rank, to show up on the start line. It was also an opportunity to build enduring relations between our organisation and international sports organisations, armed forces and governments. He also thanked the neighbouring units for their participation on this important historical day.
Mastering the finer arts of musketry

Article and photos by
S Sgt Lebogang Tlhaole

To enhance the actual combat fitness and rifle expertise among personnel, it is essential that Riflemen undergo regular cross-country assault training, carrying and using the rifle expertly under all conditions to improve their musketry skills and to handle weapon systems professionally to be able to defend the sovereignty and integrity of the Republic and its people.

1 SA Tank Regiment, under the auspices of Chief Army Force Preparation, held the second SA Army Combat Rifle Shooting Competition for Regular and Reserve Force members at General De Wet Classification Range in Bloemfontein from 2 to 7 March 2009.

Altogether 272 shottists (Regular Force), 310 (Reserves) and two foreign teams (Botswana and Lesotho Defence Forces) took part in this year’s competition - double the number compared to last year’s participants.

R4 and R5 rifles were used during the championships and the competitors fired between ranges of 100 m and 200 m. There were Table 2 shooting groupings with four exercises in 200 m and two exercises in 100 m - five rounds per exercise.

During the championships, individuals and teams had the opportunity to participate in different competitions to accumulate points. Based on the number of points they scored, the winners of the individual and rank category as well as best teams and development teams were determined.

On the first day of the competition the musketry seminar was held at the School of Armour where delegates could discuss issues of mutual interest and concern and how to improve the musketry training within the SA Army based on the competition’s set of rules. In addition it was intended to exchange ideas and gain better insight into worldwide musketry issues.

Numerous officials presented papers, Lt Col Tshepo Seakamo from Chief Defence Materiel spoke about the African warrior, new soldier of the future and new development, specifically with regard to musketry how it fitted into the global picture. Mr Hennie Vermaak from Pretoria Metal Press (PMP) discussed new trends and developments concerning ammunition for small, medium and large arms.

Mr Gerrie van der Merwe from British Aerospace Landystem also presented the fixed installation rifle system training (FIRST) simulator training used by the SA Army to the delegates. He emphasised that simulators were a very cost-effective training asset, with shooter performance and a monitoring system that records or measures the shot on and wide of the target, trigger finger control, pressure and breathing control, sight positioning and follow-through, after which the shot can be measured electronically before you fire live rounds on the range.

Major Joseph Carnagie and WO2 Ritchie Hinnit from the British Peace Support and Advisory Team presented the United Kingdom Musketry, while the SA Army presented new strategy and complex war fighting in built-up and urban areas, mountains, jungles and desert areas to the delegates.
Our African brothers were introduced to the simulators at the School of Armour to get the feeling of how to use the assault rifle of the SA Army, as it was the first time they shot with R4 and R5 rifles. Then they were taken to the range for a live firing practice before the actual competition started. Lastly, the rules of the competition were explained to them.

SA Soldier spoke to Lt Col Mautenyane Mautenyane, Team Manager of the Botswana Defence Force Team, who was impressed with the conduct on the range and the fine shooting standards of their South African counterparts.

"We are here to establish existing friendships with our neighbouring countries. It is the first time we have used R4 and R5 rifles, but the introduction we had on the simulators and the live firing practice on the range boosted our confidence. You cannot tell that it was the first time because our teams have done relatively well," concluded Lt Col Mautenyane.

Colonel RC Brand, Senior Staff Officer (SSO) Education, Training and Development, and Col Ray van Zanten, SSO Infantry Reserve and Chairperson of the SA Army Reserve Shooting Association spoke to SA Soldier. They said this competition was a joint initiative between the SA Army and Reserve Force Council to improve the overall skills of the soldiers and to learn to use a rifle as the main weapon. They wanted to improve scores compared with last year, concluded the Colonels.

Regular Force competition

OPEN CATEGORY

Ten gold medals were awarded to the ten best overall SA Army shottists:
1.WO1 P. Peschel (School of Armour)
2. Maj H. Terblanche (1 Special Service Battalion)
3. Capt W. Gerryts (Infantry School)
4.S Sgt J.J. Strydom (School of Armour)
5. Cpl D.P.J. de Bus (School of Armour)
6. S Sgt R.C. Els (School of Armour)
7. WO1 G.J. van Vollenstee (ASB KwaZulu-Natal)
8. Sgt A.H. Beukes (8 SA Infantry Battalion)
9. Maj W. de Jong (School of Armour)
10. Lt Col R. Botha (School of Tactical Intelligence)

TEAM CATEGORY

Eight shottists per team (including a team captain and a team manager)
School of Armour (winners)
1 Special Service Battalion (runners-up)
School of Tactical Intelligence (third place)

NOVICE CATEGORY

Rfn V.K. Khwerana from 5 SAI Bn (winner)

Team category foreign participants

Lesotho Defence Force (winners)
Botswana Defence Force (runners-up)

Reserve Force competition

OPEN CATEGORY

Ten gold medals were awarded to the ten best shottists:
1. WO2 A.F. Smythe (Natal Carbineers)
2. Cpl J.H. Karsten (Regiment President Steyn)
3. Lt E. Irle (Witwatersrand Rifles)
4. L Cpl J.R.W. Mentor (Regiment President Steyn)
5. Lt J. Loock (Witwatersrand Rifles)
6. Bdr W.J. de Wet (Vrystaat Artillery Regiment)
7. Cpl K. Vos (SA Irish)
8. Rfn R. Dalgliesh (Witwatersrand Rifles)
9. Rfn S.J. Minnie (Cape Town Rifles)
10. Lt P.G. Bekker (Regiment President Steyn)

WHITE HORSE TROPHY (Regular vs Reserve units)
School of Armour (winners)
1 Special Service Battalion (runners-up)
Regiment President Steyn (third place)

GOLD CUP TROPHY (Teams)
Regiment President Steyn (winners)
Vrystaat Artillery Regiment (runners-up)
Natal Carbineers (third place)

REMBRANDT TROPHY (Individuals)
WO2 A.F. Smythe (Natal Carbineers) - winner
Cpl J.H. Karsten (Regiment President Steyn) - runner-up
Lt E. Irle (Witwatersrand Rifles) - third place

Members of the Reserve Force participating in the shooting competition at the Gen De Wet Classification Range.
Never give up

By Chaplain Brenda Siqaza
(DOD TSU)

Life is a journey full of surprises. There’s a reason for whatever happens in your life. When you meet challenges never think of quitting or dying, hating yourself, never, never, never give up.

In times of sorrow, tribulation, persecution, difficulties, storm and hunger, when nothing seems to be possible, when nobody encourages you, when friends are turning against you, when there is no hope, no money in your pocket, never give up. Always strive to reach the goals you have set for yourself. “A hero is an ordinary individual who finds the strength to persevere and has courage in spite of overwhelming obstacles.”

In Luke chapter eight verses 43 to 48, the Bible tells us about a woman who for twelve years suffered from severe bleeding. She had spent all she had on doctors, but no one had been able to cure her. Then she heard about the Healer, Jesus Christ, and through her determination to get healed she believed that if only she could touch the hem of His garment she would be healed. She never gave up. Where there is no hope He becomes hope.

It does not matter what your sickness is and what people have named you, never give up. Seek healing and you will be healed. You might be facing problems in your life, but never give up. Perhaps you want to start a business, but you are asking yourself where you are going to get money. God is Jehovah, Jireh, the Lord. Your Provider will provide. Maybe you want a house, never give up, in the fullness of time you will receive. Never give up,

- Your season has come
- Season of healing
- Season of peace
- Season to be loved
- Season to prosper
- Season to be above and not beneath

Chaplain Brenda Siqaza.
STOP HIV & AIDS
KEEP THE PROMISE
LEAD • EMPOWER • DELIVER
Care for your Family
It is the most important unit
you will ever have.

Fathers, Mothers, Sons and Daughters
Celebrate Family Day!