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Chief SA Navy Sports Awards

HIV and exercise

Women showed their rugby skills

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FRONT COVER: The Chairperson of the SANDF Spouses Forum, Ms Busisiwe Ngwenya, hands over a goodwill parcel to one of our externally deployed soldiers at Munigi Base in Goma. Read all about the recent goodwill visit to our peacekeepers on pages 13 to 15.

(Photo: S Sgt Lebogang Tlhaole)

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

ABOVE: The success of the Goodwill Parcel Project is clearly demonstrated by the gratitude shown by the different recipients of the goodwill parcels.

(Photo: S Sgt Lebogang Tlhaole)
From the Editor’s desk

What a bright and vibrant way to kick-start the new year by welcoming 4 000 young men and women of the first intake of the Military Skills Development System (MSDS) for 2011.

The SANDF is able to take in these young people, train and empower them with scarce skills to enable them to contribute meaningfully to the socio-economic growth of our country. This is the DOD’s contribution to skills development among the youth, who are the leaders of tomorrow. Read more about our new family members on pages 20 and 21.

SA Soldier also concluded 2010 on a high note by spreading goodwill to our deployed soldiers. The Photo-editor (S Sgt Lebogang Tlhaole), Photographer (Sgt Elias Mahuma) and Journalist (Cpl Itumeleng Makubela) of SA Soldier visited our internally deployed soldiers along with sponsors and other SANDF members on the borders of South Africa at Musina, Komatipoort and KwaZulu-Natal to hand over goodwill parcels to them.

Shortly after these internal goodwill visits the Photo-editor (S Sgt Lebogang Tlhaole) and myself formed part of a delegation to our peacekeepers in the Democratic Republic of Congo and the Central African Republic. The purpose of the visit was to acknowledge their efforts, show our gratitude and encourage our externally deployed members over the festive season.

These Goodwill Parcel Project visits conveyed the compliments and recognition of the whole SANDF and South African society to our deployed soldiers. It had a positive influence on the morale of our deployed members and their families back home over the festive season. (Those unfortunate enough to be in hospitals or hospices also shared in the goodwill, including those who were on duty on Christmas Day.) Read more about the 10th anniversary of the Goodwill Parcel Project on pages 12 to 15.

You can look forward to receiving a unique Valentine’s gift in February - your SA Soldier calendar!

The SA Soldier team wishes all our readers a 2011 filled with goodwill, joy and happiness!

Nelda Pienaar
Editor

*Translation (Tshivenda) by Lufuno Netshirembe.*
DOD thanked Judges

The Defence Legal Service Division, on behalf of the Department of Defence, hosted a luncheon for the Chairpersons of the Court of Military Appeal at Cynthia’s Indigo Moon Restaurant in Pretoria on 3 November 2010. The objective of the lunch was to acknowledge and express appreciation for the sterling work done by each Chairperson of the Court of Military Appeal and to thank them for their commitment and selflessness that over the years had significantly improved the internal DOD justice system. This is the backbone of the core business, namely to defend the territorial integrity of the country and its people. Maj Gen Bailey Mmono, Adjutant General of the SANDF, on behalf of the Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, and Chief Defence Legal Services, Ms Elizabeth Kubushi, thanked the esteemed men and women of the bench who are soldiers at heart and true South Africans for assisting the DOD in dealing more effectively with legal matters. These legal gurus make sacrifices without any form of remuneration and espouse the integrity of the DOD justice system. The DOD is grateful to Honourable Judge President B.M. Ngqohe, Honourable Judge M.L. Mailula, Honourable Judge I. Hussain, Honourable Judge B.H. Mbathe and Honourable Judge M.F. Legodi who have worked tirelessly to eliminate the backlog of cases before the Military Court of Appeals. Maj Gen Mmono handed over tokens of appreciation to the judges to signify how much the DOD valued their contribution. Maj Gen Mmono concluded: “They have worked long hours to see to it that justice prevails in the DOD environment.”

Fallen Gunners commemorated

Artillery Regiment held its Gunners Memorial Service at its memorial site in Potchefstroom on 12 November 2010. The memorial service was held to commemorate fallen Gunners and to remember their sacrifices on our behalf.

The Officer Commanding of 4 Artillery Regiment, Lt Col Elias Thulo, said that those who attended the memorial service symbolised commitment in remembering the sacrifices made by all Gunners of different races in pursuit of freedom during different operations. Lt Col Thulo said: “Today we are gathered here as one people that share a history and as friends who share a human story. We recall that history, and we keep it clear in our consciousness, and we pass it onto our future generations. We have come to know how our fallen Gunners, all heroes and heroines, paid the ultimate price with their blood by laying down their lives. “We acknowledge this painful history and cherish this enduring human story. We celebrate this way of living and we show our gratitude for having learned it. It is a way of living that values personal effort, courage restraint, humility, sacrifice, resilience and self-belief.”

Lt Col Elias Thulo, Officer Commanding 4 Artillery Regiment, laying a wreath in commemoration of all fallen Gunners, who paid the ultimate price with their blood by laying down their lives.
RESPECT YOUR SANDF UNIFORM

I am typing this letter with a broken heart as I look at civilians wearing the honourable uniform of the SANDF, while others say the SA Army is @*#!

To wear this military uniform is not just like wearing disposable nappies. I respect my uniform because I am a citizen and a proud volunteer of the SANDF.

I have travelled to many places around South Africa and have seen civilians wearing the SANDF uniform in places such as Postmasburg, Olifantshoek, Kuruman, Kimberley, even in Gauteng near Defence Headquarters, in the presence of SANDF members who did not say anything, and did not respond. The Code of Conduct stanza No 13 states: "I will report criminal activities, corruption and misconduct to the appropriate authority". If you are a real SANDF member, that means a lot.

It does not mean that when people are living in poverty you must issue them with SANDF uniforms. To wear the SANDF uniform means something big.

Or maybe I am ignorant. Is it their right to wear the SANDF uniform? If not, I would be glad if further action could be taken. This letter refers to all SANDF members, from unranked members up to the highest ranks.

Pte N.M. Kubeka, SA Army Combat Training Centre

MILITARY UNIFORM DEPRIVATION

I fail to understand what the motive could be for soldiers at Level 4 being prevented from wearing the step-out uniform. This is of concern because whenever there is a need for Level 4 soldiers to participate in some of the military activities, e.g. the death of a senior officer, etc, they would be requested to wear the step-out uniform, which we do not have. Some of us have service medals which we were told to wear proudly at the time when they were handed to us, but we do not have any uniform to display them on, except on the step-out uniform. Our medals have therefore become a white elephant because they serve no purpose. You will understand that the only way to wear our medals (ribbons) is on the military uniform. Otherwise, if you wear them on civilian clothes, you would be considered insane. My request is: let the pride of a soldier be brought back. I hope that the right authority will redress these wrongs.

WO2 P.J. Stemmer, 10 SA Infantry Battalion

A SOLDIER’S TUNE

Work together now
Chin up, stomach in,
Heels on the ground
Stay in threes, ATTENTION
Left, right, left …
Is the parade commanders tune
Every soldier dances to it
For soldiering needs oneness
It survives through sticking together

Highly polished shoes
Cleanly shaven faces
Neatly ironed uniform
Is every proper soldier’s first priority
For, soldierly demands cleanliness
Cleanliness confirms your well-being

It reveals your inner strengths
March on, you brave ones
Show the nation you can and will
Remember, you are unique
Only you represent you
In peacetime, do as if
Preparing for war
Always remember
Soldiering needs a high standard of discipline
Does not accommodate dragged feet
And mourning hearts
It demands submission and serving
You are the nation’s pride
The nation’s only hope
The army

Do the nation proud
And remember to love
One another always. Sgt L.C. Salman,
Buffalo Volunteer Rifles: East London

CULTURAL DIVERSITY

On 26 November 2010 Army Support Base Potchefstroom held a Cultural Day as part of a three-day long Chief of the SA Army Sports Week.

The event was meant to expose members of Army Support Base Potchefstroom and its satellites to different cultures and to promote esprit de corps and cultural diversity in the workplace.

The different sections appeared in cultural attire of their choice, and set up a display according to the allocated culture. Different kinds of cultural music were played during the event.

All the South African cultures were represented and the Indian culture team under the leadership of Capt Lorraine Perumal was finally announced as the Overall Best Cultural Group.

Capt J.M. Mabidikane, Potchefstroom
SA NAVY COMMAND MASTER AT ARMS 1977 TO 2002

I am requesting information on the SA Navy (SAN) senior WO1 appointment post of Command MAA and the badges as worn over the 25 years before the new (3 star) badges were introduced in 2002 for Fleet MAA. I am a Military badge collector and for the last 3 ½ years have been concentrating on building a full collection of Warrant Officer badges as used in the SA Defence Force since World War II.

Presently I am working on the SAN Command MAA and have obtained the following information from various publications. The first SAN commands were created in 1977/78 after the move of Naval Headquarters to Pretoria. Six commands were created, three functional (Operations, Logistic and Training) and three areas (Cape, Natal and Walvis Bay). In 1986 the organisation was changed and combined into two area commands (East and West) and again in about 1990 into two functional commands (Naval Operations and Naval Support).

The badges worn by the Command MAA’s also changed over time, starting with the wearing of the White WO1 badge on winter (black) uniform and the Black WO1 badge on summer (white) uniform. This changed sometime in the late 80’s to the green WO1 badges and then later to the black badge with a lion (MAA of the Navy had a lion in a castle while the command MAA had a plain lion). If the above is incorrect or if you can add anything please let me know. I am also looking for the following information:

Was the white badge as worn on winter uniforms bullion or lurex? When did the changes in badges take place? Who held the various Command MAA posts and when? Does anyone have examples of the above badges for the collection? Postage and costs will be paid. If anyone has any information, please contact me at seadog.collecion@gmail.com. Neville Kemp, Ex CPO SA Navy

HOPE FOR THE BEST

The play has changed but the game remains the same. The sunrise and the sunset confirm that one has to start with a new page to tell a different story.

Cheers! For the New Year is like yesterday. To my fellow colleagues, if God brings you to it, He is the one to bring you through it. We as soldiers have to do what we know best -the art of soldiership. The numbers have changed, but the attitude of a good soldier remains the same. There is nothing more beautiful in the world than plying your trade to the best of your ability.

As we hope for the best for 2011 let us not forget, as the chosen ones, to be loyal, build a good reputation, deal peacefully with anger, be accountable for our choices, listen to others, be compassionate and show that you care, practise self-discipline, forgive others, help people in need, obey laws and rules, and last but not least respect authority.

Bob Marley says hold on there, everything will be alright. Good Lord, guide and bless the SANDF.

Lt Lucas Malatji, Lohatlha

SKILLS TRAINING

As part of empowering its staff, Army Support Base Potchefstroom presented Skills Training from 16 August to 3 September 2010.

The courses that were presented included Basic First Aid Level 1, Maintenance of Fences, Receptionist, Officekeeping, Storekeeping, Knife Skills and Application of Chemicals.

The handing over certificates ceremony of the successful learners took place on 27 September 2010. In his address Lt Col Graham de Lange, the Acting Officer Commanding Army Support Base Potchefstroom, thanked the learners for their commitment and willingness to learn. He encouraged them to use the skills that they had acquired to serve the organisation.

He indicated that their newly acquired qualifications would also open doors to pursue a second career in life. Capt Jeffrey Mabidikane, ASB Potchefstroom

Members of Army Support Base Potchefstroom holding their certificates having successfully completed the First Aid Level 1 and Fence Maintenance Courses.
I am proud to write this letter to SA Soldier, having worked in the SANDF as a Military Police official in the Area Offices of the Crime Prevention Section under the command of Capt Podile in Potchefstroom. With a sense of pride I performed all my daily duties and other tasks that were delegated to my professional team and myself. We named our team “Crime Jive” (crime busters) and our slogan was “Together We Can”.

NON SIBI SED PATRIAE simply translated means not for ourselves but for our country. This is the unit motto of Regiment Westelike Provincie. This is a rich motto that sets high standards for a unit, especially a Reserve unit, and the members of Regiment Westelike Provincie know the pressure on them to practice what their motto preaches.

Ninety members of Regiment Westelike Provincie attended the recent Continuation Training at Fort Ikapa from 30 August to 17 September last year. It all started with cadre training on 30 August to make sure the unit’s junior officers and NCOs were on a par when it came to their work and military discipline. It is of the utmost importance that discipline starts with the junior leaders so that they are able to lead the advance in the call for improved discipline in the SANDF.

When the rest of the members cleared in on the fifth they had to stay in a hangar as the bungalows were occupied by other units in the base. This did not dampen the spirits of the members who took it as a challenge to be overcome. The main focus of the continuation training was on “basic soldiering” and that put more pressure on the members who already had a tight training programme.

The programme consisted of rural and urban operations. PT was also part of the programme, as all the members were required to pass the PT test on completion of the training programme. Even though they stayed in a hangar, daily inspections of personal dress and sleeping quarters were done by the leader group. The members showed a great deal of morale for the duration of the training programme despite the training schedule that was so demanding.

The standard they maintained throughout the training was the one that would make any SANDF member proud of being in this organisation. And on top of it all, on 11 September, R.W.P. was activated on a 24-hour standby for Operation PROSPER and they had to put the training programme.

I worked with very effective team members, namely S Sgt Wesinyane, Sgt Pitso, Sgt Motaung, Sgt Wessie, Sgt Mothupi, L Cpl Futhuza, L Cpl Mkitiml and five other young stars: L Cpl Khene, L Cpl Basnere, L Cpl Masibi, L Cpl Molokwane and L Cpl Gwaapele. These members co-operated exceptionally well in executing their daily and other delegated duties as Military Police officials in the Crime Prevention Section.

I always say thanks be to God when I pray and am grateful that I was in the military to serve my country in accordance with the Constitution. I wish to be part of the military personnel again, because I had a dream of being a soldier and I was able to adapt well to the military culture - soldiering is in my blood. I will never ever forget that I was once a soldier. “Soldier Hearted”.

Tuelo Moilwa, Klerksdorp

EXTENDED PROGRAMMES FOR EX MSDS MEMBERS

The Department of Defence has undertaken to support former Military Skills Development System (MSDS) members in their endeavours to progress in their careers. Utilising its combined resources and funds in conjunction with organisations such as the South African Safety and Security SETA (SASSETA), a pilot project involving about 46 former MSDS members to undertake mixed farming at the Kgora Resource Centre in Mafikeng was initiated.

Further training is currently being provided with regard to livestock and crop co-operatives in Pella Village. Taletso Further Education and Training College was chosen as the service provider to offer accommodation and dedicated facilitators and to enrol members on the course. On 23 September 2010 a graduation ceremony was held at Taletso FET College on the Lehurutshe Campus where these members had undergone most of the training at NQF Level 2. The Campus Manager, Mr Eric Nkoe, said he was proud to be of service when the Department needed it. He teamed up with other military instructors to ensure co-operation and orderly behaviour by the learners.

Ms Sybil Gelderbloem, the CEO of Taletso FET College, said the institution was vested with the responsibility of upgrading and enhancing the skills of people in the country in an attempt to narrow skills shortage gaps. She said the college made it possible for learners to make a living.

She congratulated the learners on their achievements and urged them to use the skills they had acquired to help themselves and the country. She mentioned the prevailing food shortages.
CAROLS BY CANDLELIGHT

Children’s faces bright and sparkling – all anticipating what was about to happen, their eyes darting from the brightly polished musical instruments on the stage to the lights on the Christmas tree. Eagerly they dip their little hands into the picnic packets of goodies they were given, gazing around expectantly as they waited for the event to begin – the DOD Carols by Candlelight at Swartkop Air Force Base on 9 December 2010.

Many visitors arrived and found a space for their chairs and picnic baskets – yes this promised to be an evening to relax and enjoy the Christmas story in the company of the SA Military Health Service Band under the baton of the Director Music, Maj Gerald Seekola, and Chaplains from the Chaplain General’s office.

At seven o’clock sharp Maj Seekola lifted his baton and the Band burst into a medley of Christmas songs.

The visitors joined in singing the Christmas Carols - the strains of “Away in a Manger” and “As Shepherds watch their flocks by night” brought back many childhood memories.

The Tempe Choir from Bloemfontein sang “Little Drummer Boy” and a lovely rendition of “Jingle Bells”, especially for the children from the Jakaranda Children’s Home and Le Amagetswe Safety Home.

The Chaplains Service was an opportunity to launch the new SANDF Hymnbook.

An excellent evening was had by all: many commented that the hour and a half was over far too soon!

Jennifer Render, Pretoria

MOVING PAST DISCOMFORT ZONES

DISCOMFORT ALLOWS GROWTH. You cannot grow until you push the envelope of your comfort zone. You must grow in knowledge, skills and habits and enrich your mind. True growth occurs outside your comfort zone.

DISCOMFORT BUILDS CONFIDENCE. Have you ever noticed that the more you do something successfully the more confident you become? Confidence becomes part of competence through practice and by trying new things in order to improve.

DISCOMFORT PROMOTES CREATIVITY. Creativity is borne of necessity. Creativity is tapped to help regain comfort. If you want to be more creative, look for discomfort.

DISCOMFORT OVERCOMES RESISTANCE TO CHANGE. Change to create a new situation that is better and with a higher level of comfort.

DISCOMFORT FACILITATES GOAL ACHIEVEMENT. If you want more learning, growth, promotion, or profits, you must consciously get outside your comfort zone.

Ask yourself this: Do I want my goals enough to put up with a bit of discomfort or even fear? If your answer is “no”, do not be surprised if you do not create a better future for yourself because you have traded it for comfort.

Leading Seaman E.K. Malekane, Thaba Tshwane

and said such projects would assist in combating famine and improving lives. Ms Gelderbloem said: “We expect great things of you.”

The Secretary of Chambers from SASSETA, Ms Ivy Masondo, was pleased with the performance of the learners. She mentioned that their organisation had the noble intention of upgrading the learners’ lives and that their achievements indicated money well spent. She pledged to maintain SASSETA’s support of such initiatives.

Two learners taking part in the project, Godfrey Nkadimeng and Jabulani Sithole, have a great interest in farming and are currently contemplating possible business ventures in the future. They want to start up two companies, each consisting of about 25 members.

Modimosana is undertaking mixed farming, which is producing a variety of crops while Mathako is into livestock production. Another company called Setsuatsue will process what both produce. However, their main challenge is not being able to obtain investors, so they require the DOD to subsidise them initially. Brig Gen Helen Zobane, Director Education, Training and Development Policy and Doctrine, gave an address in which she emphasised the Department’s intention with the project. MSDS members reinforce the Regular Force of the SANDF, while those that were not selected form part of the Reserve Force.

However, these members need other skills to be able to maintain a living in an open society. Brig Gen Zobane said the DOD had partnered other training institutions to integrate these members into society and enable them to obtain employment. Cpl Itumeleng Makhubela, Pretoria
This is our story: it all started during presentations at the DOD Mobilisation Centre. Malha was bluntly described as: "the furthest and most remote of all the RSA bases". I quietly asked myself. Every time they talked about Malha in the hall people looked at us as if we were not going to make it or would not survive the challenges ahead. But then again I remembered that I had pledged to serve and defend my country and its people; so "I will cross that bridge when I reach it", I silently told myself.

Eventually I left my comfort zone for the ‘predetermined hell on earth’ as I imagined it. Three weeks down the line we had already adjusted our outlook. This place was no ‘hell’ contrary to what they told us. Three weeks, that was all it took for us to establish ourselves and gear up for the challenges that lay ahead. Within three weeks, three of the most prominent figures within the UNAMID Structure, namely the Head of the UNAMID Mission, Prof Ibrahim Gambari, the Force Commander, Lt Gen Patrick Nyamvumba, and the Sector North Commander, Brig Gen Hassen Mussa Ibrahim, had since visited Malha and they all sang the praises of the efforts of Bravo Company 5 SA Infantry Battalion. As I said before, it was all to the count of three.

Oh ... It does not end there: 3 December 2010, World AIDS Day was commemorated in style at Malha base since it was not observed on 1 December due to work commitments, obligations and operational requirements. (There were three phases.) Firstly, it was a Fun Day, and the troops participated in several outdoor sporting activities (volleyball, egg run, water slide, strong man relay, etc) and indoor sports (chess, ludo, pool, darts, table tennis, play station, etc). Second in line was the welcoming function, which was attended by all three force structure elements stationed in Malha base, namely the Protection Force, Military observers and the UNAMID Police (CivPol). We enjoyed a three-course meal ... lucky number three. Thirdly, the World AIDS Day commemoration commenced with Lt S.S. Mchunu, the Nursing Officer, addressing the audience on matters related to HIV and AIDS. The main focus was on issues such as discrimination against members infected, acceptance, and maintaining a healthy lifestyle and a balanced diet. “HIV and AIDS is no longer a disease, it is a humanitarian matter and all of us are affected and must play our role in combating this epidemic,” Lt Mchunu emphasised.

In Tshivenda there is a saying: “Muthu u khodwa a tshi kha di tshila” (so let me give credit where it is due) all this was never going to be possible if it was not for the efforts, command capabilities and the mind application of one slender “dude” with three stars on his collar according to the rank insignia of the SANDF; three is a magic number huh? Some call him “Melusi” some “Nazareth” but I call him “Junglemaster”. He is Capt Harold Muzi Skosana, 5 SA Infantry Battalion Bravo Company Commander for Operation CORDITE XII. We as Bravo Company would like to take this opportunity to make a public announcement and thank him for his efforts and commitment; for changing Malha from being the “unwanted” remote location to a place of peace and harmony, a place where everyone who visits feels welcome and wishes to come back more often. We are proud and honoured to be under your command. Commander “Nazareth” with you nothing is impossible. Thank you for making Malha a home away from home. All to the count of three.

Lt K. Mphigalale, Bravo Company 2IC
A WARM WELCOME TO THE SUDAN

The day I landed in the Sudan
I was not told, but the heat from
The blazing sun was too much.
The sand from the desert welcomed me.
While I was still amazed
By such harsh weather conditions
I was welcomed by the marvellous sight
Of a nomad on camel,
Women on donkeys, goats and
Sheep herded by young boys.
Girls with long robes and scarves covering
their heads so that only their beautiful faces
were visible.
They were gathering at the water point, taking
turns in consuming and fetching the most
valuable resource for their survival.
I then remembered the lessons and the teach-
ings of my youth about the Pharaohs and the
desert of Egypt.
In a few hours I found myself on the northern
side of Darfur in a secluded called Malha.
The sight of the dark mountains from above,
the impact crater and the volcano was most
exciting.
At sunset the crows, the eagles, the cranes and
all the birds of the Sudan were singing in har-
mony. Their song sounded like “welcome to the
Sudan”
The doves seemed to sing: “welcome to Darfur,
Sadik! Welcome to Darfur!”
Then I realised that I am in a foreign
land and that it was indeed a warm wel-
come to the Sudan. Cpl Guduza, 5 SAI Bn
(Sudan)

EXTERNAL DEPLOYMENT
AN EYE-OPENER

It was an eye-opener to see what a great
experience we achieved both as the
SANDF and the country at large. I wish
each and every soldier of the SANDF
could get this opportunity of being
deployed beyond the borders of our
country. If you want to see the true
colours of your subordinates, peers and
commanders, go with them to see what
makes us the beacon of hope to the
world. If the Israelites were the chosen
nation at the time of Moses, I believe so
were the Africans today. At the begin-
ning of the mission in 2003 we started as
a Reserve Force. What surprised me then
was that wherever there was a conflict
we were the first to be sent there. Indeed,
great South Africans will do wonders
without even firing a single shot. Our
presence among them brings peace and
harmony. Today, as small as we are in
peacekeeping missions, we are known as
ambassadors of peace by the whole
world. That is why the enemies of peace
are against us. They make sure that we
are down, but like a phoenix we rise
again. Gloom and despondency have
never defeated adversity. M.L. Dickson,
Engineer Squadron, Goma

WELCOMING FUNCTION AND SPORTS
DAY IN THE SUDAN

The RSA Battalion Operation CORDITE XII hosted its Welcoming Function and Sports Day at Kutum Base in the Sudan on 26 November 2010. The event was the first of its kind since 5 SAI Bn took over from 1 SAI Bn on 18 October 2010. Altogether 300 members, including the Civilian Police and Military Observers participated in the event.

The day was officially opened by the Officer Commanding RSA Battalion Operation Cordite XII, Lt Col Sehaka Thomas Hloka, from 5 SAI Bn.

The aim of the day was to “Win the hearts and minds of the locals and friends of the Unit”. The event was scheduled as potted sport organised by Maj Kena Lobelo and her committee.

The activities included: spin and kick, hip ball kick, brick relay, Charlie Chaplain, blindfolded wheelbarrow and needle and thread.

Participants comprised four teams, namely HQ Bn, Alpha Company, Charlie Company and Civilian Police and Military Observers with two teams of 17 members in both categories (male and female).

After completion of all stations the teams participated in tug-of-war. During TUG-OF-WAR. When the going gets tough the Warrant Officers get going.

this event we witnessed the men sepa-
rated from the boys. The Warrant Officers’ team had the opportunity to participate with the Civilian Police.

The day was graciously the presence of the Kutum Village Commissioner, his entourage and members from the Sudan Military office. Members were invited for a finger lunch with the Officer Commanding and his senior personnel.

This recreation was aimed at boost-
ing the morale of the deployed soldiers. The Civilian Police were recognised as the team with the most spirit and Charlie Company as the most motivated team.

In his closing remarks Lt Col Hloka thanked Maj Lobelo and her committee for hosting a successful event. He encouraged the other teams to put more effort into their next participation in physical training, sport and recreational (PTSR) activities.

The day was concluded with a braai.

Maj Kena Lobelo, email

TUG-OF-WAR. When the going gets tough the Warrant Officers get going.
Spreading goodwill to our deployed soldiers

By S Sgt Lebogang Tlhaole

Representatives of the various sponsors and SANDF members visited all internally deployed members on the borders of South Africa in Musina, Komatipoort and KwaZulu-Natal between 6 and 9 December 2010 to hand over tokens of appreciation to them.

The Goodwill Parcel Project Visit also provided sponsors with the opportunity to convey their good wishes and appreciation of their companies to the internally deployed soldiers. All activities of the Goodwill Parcel Project are undertaken with the good wishes and appreciation of the entire SANDF and the South African community as a whole, and have an important impact on the morale of deployed members and their families over the festive season.

During 2010 the Goodwill Parcel Project celebrated its tenth year of existence. Over the years the project has become one of the more significant events on the calendar of the DOD.

The Project not only touches the hearts of the deployed soldiers over the festive season, but also their family members back home. Those unfortunate enough to be in hospitals or hospices also shared in the Project, including those who were on duty on Christmas Day.

The Patron of the Goodwill Parcel Project, Lt Gen Derick Mgwebi, thanked the sponsors on behalf of all soldiers for the commitment they continue to show. This gesture is a clear indication to the families of the thousands of deployed soldiers that the private sector is willing to partner with the Government in improving the lives of our people.

Lt Gen Derick Mgwebi, Patron of the Goodwill Parcel Project, hands over a token of appreciation to an internally deployed soldier.

Soldiers who are deployed internally on the border between South Africa and Mozambique admiring their Goodwill parcels (tokens of appreciation).

(Sorted: Sgt Elias Mahuma)
Acknowledging the efforts of our peacekeepers

By Nelda Pienaar
Photos: S Sgt Lebogang Tlhacle

To celebrate the 10th anniversary of the Goodwill Parcel Project while at the same time showing appreciation and support to our externally deployed members as many sponsors as possible were invited to meet with our peacekeepers in the Democratic Republic of Congo and the Central African Republic when goodwill parcels were presented to them.

This goodwill visit took place over the period 11 to 17 December 2010, not to reimburse our deployed soldiers for their efforts, but to show gratitude and to encourage them over the festive season.

For the past ten years goodwill parcels have been synonymous with tokens of appreciation. The Goodwill Parcel Project has since grown and evolved to provide goodwill parcels to all internally and externally deployed members, including hampers for these members’ families back home.

In order to show that the sacrifices of soldiers who passed away while on deployment or operations are not forgotten, the Goodwill Parcel Project, through the Warrant Officers Spouses Forum, has been also extended to include these deceased soldiers’ families, starting 2010. As a token of appreciation from the Warrant Officers Spouses Forum these families received Bibles in their own language donated by the Chaplain Services.

A two-minute silence was observed during the handing over of goodwill parcels in memory of those who lost their lives in operations. “They will never grow old. May their souls rest in peace,” said the Patron of the Goodwill Parcel Project, Lt Gen Derick Mgwebi.

Credit must be given to all the Warrant Officers in the SANDF. It all started in 2001 when the Warrant Officer of the SANDF and the Warrant Officer of the Joint Operations Division established the Goodwill Parcel Project. At that stage there was no funding for the project, and the Warrant Officer of the SANDF then requested that all Warrant Officers in the SANDF donate R1 towards the project.

Since then sponsors from the private sector, the SANDF Spouses Forum, and the Warrant Officers Spouses Forum (in 2010) joined in. Currently the SANDF Spouses Forum is the custodian of the hamper packs for the deployed members’ families, oversees the obtaining of sponsors and determines the contents of these hampers.

Members of the Goodwill Visit team with our peacekeepers in Kinshasa.
Not only was it the 10th anniversary of the Goodwill Parcel Project, but it was also the last year that the Master Chief Warrant Officer of the SANDF, MCWO Johan Scheepers, would form part of the goodwill visits to our deployed soldiers.

MCWO Scheepers said his goodbyes at the various pit stops while delivering the tokens of appreciation to our deployed soldiers. MCWO Scheepers said: “There is a time to come and a time to go. It was a privilege to have served my soldiers and country. Thank you for being a family for Sheron, my wife, and I.” He also thanked each and every sponsor for his or her contributions over the years.


The Patron of the Goodwill Parcel Project also thanked MCWO Scheepers: “Thank you for spreading goodwill. The understanding and the make-up are because of you.”

Lt Gen Mgwebi said that without Sergeant Majors the SANDF would not be able to do this handing out of goodwill parcels. “Please continue to do the good work you do.” He also thanked Ms Ngwenya for her and her team’s (SANDF Spouses Forum) good work.

He also thanked all the sponsors for seeing fit to come and experience what our deployed soldiers were going through. They are usually deployed for six months or even longer. He said that they would now have a better understanding of the challenges of Africa. Lt Gen Mgwebi, when referring to the gifts, said: “When you use your multi-utility tools back home, it will remind you of this trip.” He added: “The soldiers we did not see in the Sudan. They will also receive their goodwill parcels.”

Addressing the South African soldiers, far away from South Africa, Lt Gen Mgwebi said: “If someone waves at you (in the deployed area) it comes from the bottom of their hearts. That is all they can do. That means you have done something good. You are respected not only because you wear this uniform, but also for what our Government stands for. Therefore you must be respectful at all times”.

He added: “Peace and stability contribute to the economy of this country. Please do what you do best. Provide that security so that Africa can be secured.”

Lt Gen Mgwebi also stressed that the Non-commissioned Officers and the Warrant Officers were the backbone of the SANDF. He added: “Without them we are not a well-disciplined force. They are the advisers to their commanders at all levels.”

On presenting the goodwill parcels to the deployed soldiers MCWO Scheepers said that inside the wooden box was a pack of playing cards and a multi-utility tool. He explained to the soldiers that the utility tool could be used to fix everything, “BUT NOT to settle arguments between each other. Then the multi-utility tool will be taken back and the person will be returned to his/her unit (RTU) immediately”. He added that the men could utilise the empty wooden box to keep their medals inside, while the women could use it as a jewelry box. Soccer and netball kits were also presented to the contingents at the various bases.

Each soldier also received a Bible from the Chaplains Service. The Chaplain General, Rev Marius Cornelissen, said: “Inside the Bible is the Anthem, the Code of Conduct and a calendar with important dates, including verses for comfort.”

MCWO Scheepers said to the deployed soldiers: “We are proud of..."
Col (Rev) Andrew Jamangile (Chief of Staff SANDF Chaplain Service), Chaplain Rampape Moremoholo (Chaplain of 1 Construction Regiment), Ms Lizette Cornelissen, Brig Gen (Rev) Marius Cornelissen (Chaplain General), Chaplain Patricia Phaka (Chaplain of 7 SAI Bn) and Rev Ben Fourie from the Bible Society of South Africa donated Bibles to our deployed members.

Ms Ngwenya added: “All women soldiers, be good ambassadors for South Africa. I spoke not only to women, but to everyone here deployed, but I mentioned women soldiers first because I am a mother. We salute you. We respect and recognise you. We care and support you. We shall be there for you. I wish you a blessed Christmas and hopefully a more successful 2011.”

The Chairperson of the Goodwill Visit also provides sponsors with the opportunity to convey their good wishes and appreciation of their companies to our deployed soldiers.

Mr Ezrom Ramadiro from Old Mutual Group Schemes hands over a gift to our soldiers deployed in the Democratic Republic of the Congo. The Goodwill Visit also provides sponsors with the opportunity to convey their good wishes and appreciation of their companies to our deployed soldiers.

Mr Ezrom Ramadiro from Old Mutual Group Schemes hands over a gift to our soldiers deployed in the Democratic Republic of the Congo. The Goodwill Visit also provides sponsors with the opportunity to convey their good wishes and appreciation of their companies to our deployed soldiers.
The Interim Military Service Commission report curtain unveiled

By Lufuno Netshirembe
Photo: Sgt Elias Mahuma


In a short space of time after Minister Sisulu was appointed by President Jacob Zuma as the Minister of Defence and Military Veterans it became apparent that the SANDF had many problems that needed to be solved.

In October 2009 the INDFSC was established to deal with the following: (1) the unique challenges of the SANDF that fall outside the ambit of the Public Service; (2) to advice on a regulatory framework for unique service dispensation; and (3) to investigate and provide advice or recommendations on conditions for service for members of the SANDF.

The Minister highlighted the four categories that the recommendations by the interim commission fell under: (i) recommendations that required Cabinet approval (i.e. budgetary considerations and executive responsibilities that needed to migrate from one department to the other (ii) those that the Minister could attend to as part of her work and responsibilities as a member of the Executive (iii) those that could be addressed by either or both the Secretary for Defence and the Chief of the SANDF, and (iv) those that related to the Military Service Commission.

The ten-member commission was chaired by Judge R. Bosielo with Mr A. Ismail as the Deputy Chairperson. Other commission members were Lt Gen (Ret) L. Moloi, Maj Gen (Ret) B.H. Holomisa, Mr P.J. Groenewald, Ms H.C. Mgabadeli, Dr A. Mokgokong, Bishop M.M. Mpumulwana, Prof R.L. Christie and Mr Z.T. Ngcakani. The Acting Chairperson, Bishop Mpumulwana, announced that the Commission had handed its final report to the Minister on 16 November 2010, one month earlier than the scheduled date of delivery. Among other issues that the Commission had to deal with were issues relating to the Defence Budget, infrastructure, Health Service Support, a grievance mechanism, Military Skills Development System (MSDS) recruitment and military careers.

The Minister of Public Works, Ms Gwen Mahlangu-Nkabinde, confirmed that the Department of Defence and Military Veterans had requested an overhaul of the military facilities. She said her department was giving soldiers’ accommodation priority attention.

Since the INDFSC was established some of its recommendations were implemented immediately and the results of the commissioners’ tasks and recommendation have indeed brought much needed change in the lives of South African soldiers.
O n 9 January 2011 we welcomed 4 255 young matriculants into the SANDF through the Military Skills Development System (MSDS). The MSDS is designed to inject new blood into the SANDF. It also serves as the developer of highly technical skills that feed into the aviation and maritime industry and other sectors of society. Since 2003 the programme has seen the SANDF training 27 000 young people between the ages of 18 and 22 in military skills, discipline and commitment to their country. Graduates from the military have become employees of choice. They are sought after by the aviation, maritime and engineering sectors. The MSDS is our strategic contribution to addressing skills challenges in the country and rejuvenating the SANDF. 

Aside from the responsibilities that come with being a member, such as protecting and promoting democracy and political stability at home and abroad, a military career is extremely fulfilling as it provides a platform for the youth to grow to their full potential. In the SANDF we grow men and women who are proud of what they do, proud of their uniform and proud of their country. We grow men and women who will take an oath to be exemplary, an oath that puts the country and its people before self. This is the identity they assume, which requires of them to abide by the requirements of exceptional discipline, patriotism and extraordinary commitment to the country and its defence. We expect no less from the recruits since the National Defence Force is the last bastion for the preservation of all those rights that our people enjoy. It is through defence that we project to the world our resolve to protect that which we consider in the national interest. 

Indeed, the SANDF is a critical index of how we measure ourselves in the world. And this is not about our arsenal, the nature of our weapons, or the level of defence expenditure. It is about the quality of the people we expect and attract to the National Defence Force. The SANDF expects and demands extreme mental and physical endurance, extraordinary discipline and loyalty and commitment to the people and the country.

In joining the SANDF one enters into a world populated not by ordinary men. It is for this reason that we have decided on 16 December as Armed Forces Day, precisely to capture the quality and calibre of the men and women in uniform. Our government is very proud of the calibre of men and women in uniform and it is precisely with the purpose of expressing this confidence that we decided last year to commemorate Armed Forces Day as a day to be set aside for the celebration of reconciliation. To capture our sentiments regarding the National Defence Force I will quote what the President said:

"The men and women who served in our militaries rendered unique service because of the immense sacrifice involved. The discipline involved in training and engagement in armed combat, including the possibility of losing one’s life for gains that are not for individual benefits, compels us as Government and the public to feel indebted to them for the contribution and sacrifice for the creation of a democratic South Africa. This is the essence of those of us who are soldiers in any society.

"We are acknowledging this on a very special day in our country’s calendar, the National Reconciliation Day. There is no better example of our success as a country of reconciliation than that of our armed forces. Not too long ago we were saddled with bringing together more than seven different armed forces that were sworn enemies, yet today they offer us peace and stability and are the protectors of our hard won democracy. The contribution of our military can therefore not be forgotten nor go unnoticed by this country as their sacrifices have brought us where we are today. Whether we served on opposite sides dur-
Armed Forces Day in support of Military Veterans

By Cpl Ally Rakoma
Photos: Sgt Elias Mahuma

December is the day dedicated to unity, healing and reconciliation. The day also reminds us of all the wars of resistance, wars of liberation and conflicts South Africa has gone through and that we were once a nation divided, whose people were at war against one another for many decades.

It was fitting that the Commander-in-Chief, President Jacob Zuma, the Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, the Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, the Chief of the SANDF, Gen Godfrey Ngwenya, and Service Chiefs were able to commemorate National Reconciliation Day with members of the SANDF at an event called Armed Forces Day.

The Programme Director, the Minister of Arts and Culture, Mr Paul Mashatile, welcomed the President, members of Cabinet, dignitaries, and guests from foreign countries to rejoice with the SANDF, military veterans and the rainbow nation.

Armed Forces Day was a dignified, ceremonious event that will linger in the memories of members of the SANDF, military veterans, dignitaries, guests and the public who made time to come to Thaba Tshwane City Hall in Pretoria as the Commander-in-Chief addressed the soldiers and the nation.

Speaking at the Armed Forces Day at Thaba Tshwane, President Zuma said that the SANDF was the country’s last line of defence, and men and women of the SANDF had never disappointed when called upon to discharge their duties at home. He applauded the SANDF’s unwavering dedication to the country and its people.

He mentioned that there was a need for SANDF members to exercise discipline, commitment, reliability and...
President Zuma said: “We reiterate too, that our soldiers are not ordinary civil servants who are guided by the Public Service Act. Precisely because of this unique situation of our soldiers, they require special attention, which we are working on as Government.”

President Zuma said that the Government had created the Department of Military Veterans within the defence portfolio to take care of military veterans’ affairs, thus helping us finally to formalise support to military veterans. He reiterated that some of the military veterans who had fought with all they had to break the shackles of the apartheid system were today largely destitute. However, he said a number of departments including Human Settlements, Social Development, Arts and Culture and the Government Employees Pension Fund had been roped in to assist the military veterans.

In conclusion, President Zuma mentioned that he had signed into law the Defence Amendment Bill, which among others, manages all the affairs of the SANDF.

16 December 2010 was an appropriate time to recall that the new SANDF was formed through the integration of various armed forces to unite former enemies in an integrated force. The day was also marked to pay tribute to the military veterans.

Background photo: PROUD TO SERVE. Members of the SANDF salute during the singing of the National Anthem.
The Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, accompanied by the Secretary for Defence, Ms Mpumi Mpofu, and the Acting Chief of the SANDF, Lt Gen Temba Matanzima, welcomed and bade good luck to 4 000 young men and women who had complied with and been accepted on the first intake of the Military Skills Development System (MSDS) for 2011 at the Thaba Tshwane Sports Ground on 9 January 2011.

The MSDS remains the primary mechanism through which the DOD contributes towards structured military skills development, occupational functional skills development and leadership development among the youth.

The aim of the MSDS is twofold, namely to enhance the SANDF’s mission-readiness through the systematic rejuvenation of its human resource composition. This is done through annual intakes of young, fit and healthy people. Secondly, the MSDS serves as the feeder system for the Reserves and seeks to provide scarce skills for the youth of the country to enable them to contribute meaningfully to the growth of the country.

The MSDS recruits will be divided, as per organisational requirements, into the four Services of the SANDF, namely the SA Army, the SA Air Force, the SA Navy and the SA Military Health Service. They will...

undergo six months of Basic Military Training subsequent to their Basic Military Training. Deserving MSDS members are afforded an opportunity to choose training in specific careers, such as engineers, pilots, surveyors, etc.

The SANDF has become a training institution of choice for employers such as the SA Police Service, Transnet, the aviation industry and engineering. The SANDF is able to take in young people, train and empower them with the necessary skills and make them available to different sectors. This is the DOD’s contribution to skills development said Minister Sisulu when she welcomed the class of 2011.

She wished all the recruits well as they were embarking on an unforgettable journey. Minister Sisulu mentioned that the DOD was a unique family and prided itself on discipline and commitment. Minister Sisulu said: “We build tomorrow’s leaders”. Then she thanked the parents for allowing their children to join the SANDF and to be part of the military family.

Speaking to SA Soldier, 23-year-old Wayne Olivier from Randburg and 18-year-old Tiaan van Schalkwyk said they were very happy and honoured to have been chosen to serve their country and to be counted among those serving in uniform. They concluded by saying they would give their utmost best as to remain in this noble profession.
History was made when the representatives of the Governments of South Africa and Argentina formally signed a Memorandum of Understanding (MOU) on Defence Co-operation and Military Development. The signing ceremony was held on board SAS DRAKENSBERG in Buenos Aires on 20 November 2010.

The Chief of the SA Navy, V Adm Johannes Mudimu, the Director Maritime Plans, R Adm (JG) Sagren Pillay, Flag Captain, Capt (SAN) Andre Katernic, and the Defence Attaché, Capt (SAN) Lesley Johnson, were present at the signing ceremony.

The South African Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, and the Argentine Minister of Defence, Ms Nilda Celia Garre, formally signed the MOU.

The MOU included an additional protocol on the protection of classified information exchanged between the parties within the framework of the MOU agreement.

The agreement will strengthen co-operation in the area of training and search and rescue operations in the Southern Atlantic Ocean. The two countries will also cooperate in the exchange of students, defence science, technology and industrial development.
In her address, Minister Sisulu said: "Madame Minister, you and I come from a generation of militants who fought for a just cause. Therefore, I feel a profound pride in that two women are signing the MOU today. I am convinced that this symbolic act will allow for greater co-operation in the Southern Atlantic Ocean. It has been a lonely environment for me till I met you. We as women have 'that' with which no one can compete.

"The speed at which this event has unfolded has made me drop everything to be here to sign the MOU. You ably covered our people and our history in your address. The MOU comes at an important time in our history. I missed the ATLASUR VIII Maritime Exercises held in your country. The exercise was well co-ordinated by the naval chiefs. I am pleased that with the countries of the south we are jointly in a better position to achieve South-South Maritime Co-operation. I propose to the Chairpersons of the Defence Committees to use the MOU and to take these bilateral relations further and make the SA Defence Industries available, in particular the long-range radar environment, which presents us with the opportunity for a joint project to meet the common long-range radar requirements in both South Africa and Argentina. The South African Defence Industries are keen to enter into joint ventures with the Argentine Defence Industries and to offer advanced system houses for future research and development of weapons systems."

In her comments on the media Minister Sisulu said: "I am pleased that the South African media are present here today to tell South Africans back home of the importance of this event and how far we have advanced in maritime co-operation in the South Atlantic".

The agreement allows for an exchange in technology, innovation, military health development and participation in joint training exercises and partnerships for search and rescue operations in the Southern Atlantic Ocean.

Ms Sisulu was quoted as saying: "The South African Defence Industries are technologically highly advanced and diversified and can present the Argentine Ministry of Defence with a vast range of defence systems required for its modernisation programmes."

The two countries also agreed to explore areas of defence industrial co-operation in the aviation, avionics, command-control-communications, air-to-air missile technology, grenade launchers and maritime environments.

Both Ministers agreed that the threat of conflict between nations has almost disappeared and that new threats and challenges of a special type had emerged to challenge the stability and security of nations. The most obvious of these are terrorism, piracy on the high seas, proliferation of nuclear weapons among rogue countries, biological and chemical weapons, cyber warfare, resource scarcity and climate change. Minister Sisulu said: "These threats present major challenges to the deployment of our armed forces, and deterrence is not enough. Our armed forces must be able to anticipate and act swiftly to address these threats whenever they arise."

She added that the two countries shared similar interests based on common national values within the sphere of South-South Co-operation.

Like Minister Sisulu, Minister Garre is a former leftist militant and the first woman to hold the defence portfolio.

The hosting of the MOU required extensive preparation. The ship’s company of SAS DRAKENSBERG with the assistance of the SA Embassy staff, expended enormous effort to ensure the success of the ceremony.

The Officer Commanding of the SAS DRAKENSBERG, Capt (SAN) Charl Coetzee, thanked the Officers, Warrant Officers and ship’s company for their commitment and dedication in preparing for and ensuring the successful hosting of the MOU.
Inauguration Ceremony of SA Army Generals

By Bibi Sibanyoni
Photo: S Sgt Lebogang Tlhaole

The SA Army has honoured the newly appointed Generals during an inauguration parade held at the SA Army College in Thaba Tshwane on 24 November 2010. The twenty SA Army Generals took the solemn oath of accepting the new rank, a rank that bears much responsibility and accountability.

Maj Gen Themba Nkabinde, the General Officer Commanding of the SA Army Infantry Formation, swore the Generals into their new rank by making them take a pledge in front of the audience that had come to witness the occasion. The pledge emphasised what the Code of Conduct of the SANDF stands for, namely to continue to serve the country with loyalty and honour, to discharge their duties with zeal and diligence and to set a good example to those appointed under them. The Generals make the pledge individually. Among the twenty Generals inaugurated, three were women, which shows the National Defence Force is working towards the enlistment and equalisation of women in the DOD.

The Chief of the SA Army, Lt Gen Solly Shoke, congratulated the new incumbents on their new ranks and posts, and said: "This is the greatest honour in the military, that is being a General and I urge you continuously to emphasise discipline in your working environments, remembering that with this rank not only are you reporting to me, but you are also accountable to our Commander-in-Chief, President Jacob Zuma".

Lt Gen Solly Shoke, Chief of the SA Army (middle, front). Next to him is Maj Gen Themba Nkabinde, GOC of SA Army Infantry Formation, and the Warrant Officer of the SA Army, SCWO Mothusi Kgaladi, with the twenty newly inaugurated Generals.

SA SOLDIER • JANUARY 2011
The South African National War College presented the residential phase of the Joint Senior Command and Staff Programme that took place between 18 January and 18 November 2010. The aim of the course is to prepare selected learners for appointments as senior staff officers and operational commanders within the South African National Defence Force.

The programme has received attention from higher learning institutions, such as the Durban University of Technology. With over 740 graduates thus far, the programme is accredited with the Safety and Security Sector Education and Training Authority (SASSETA) and is SA Qualifications Authority (SAQA) qualified.

At its 9th graduation ceremony in 2010, Lt Gen Derick Mgwebi, Chief of Human Resources, addressed recipients and guests during the ceremony at the Peace Mission Training Centre at the SA Army College in Thaba Tshwane. He pointed out that the programme was established to empower officers in the tactics of modern warfare.

The programme is also aimed at enhancing cross-developmental studies in all aspects by analysing shared experience. This experience will ensure that officers function efficiently at the operational level of war.

Lt Gen Mgwebi warned that the SANDF should not lag behind as it might be caught by surprise on account of the emergence of new kinds of warfare and it must be ready to move with the times to be able to utilise sophisticated war equipment.

He added: "This highlights changes in the tactical and strategic planning of warfare rather than engaging in old methods. Should evolution not take place it could lead to a point where we are stuck, and this could result in many casualties on our side."
Creating ecological awareness

By Cpl Itumeleng Makhubela
Photo: S Sgt Lebogang Tlhaole

The annual Environmental Awards Programme inspires units and members of the SANDF to honour their responsibility towards the natural and built-up environment under their control as well as give recognition to these units and individuals for their contribution to Environmental Services in the military.

The Environmental Awards ceremony at the SA Army College on 19 November 2010 acknowledged the awareness of selected units and offered trophies and certificates in eight categories for their achievements. These trophies and awards are presented annually within the Department of Defence.

The Chief of the SA Army, Lt Gen Solly Shoke, said at the awards ceremony: "Therefore, the Department endeavours to manage facilities and equipment sustainably throughout its life cycle in order to reduce environmental rehabilitation costs and support responsible disposal associated with the process of base conversion and base closure projects, thereby executing Military Environmental Stewardship through Green Soldiering."

Lt Gen Shoke continued by saying that this awards ceremony acknowledged and honoured the accomplishments of military bases, units, individuals and teams concerning their own and the Department’s environmental performance. He said: “It serves, furthermore, as a token to civil society and other organs of State as to the earnestness in which Defence adopts its role as custodian of our people’s national heritage.”

**Winners**

- **Winner of the Rand Water Award for Water Efficiency in the DOD:** Air Force Base Langebaanweg
- **Winner of the National Energy Efficiency Campaign Award for Energy Efficiency in the DOD:** Army Support Base KwaZulu-Natal
- **Winner of the Keep eThekwini Beautiful Award for Integrated Waste Management in the DOD:** Army Support Base Potchefstroom
- **Winner of the Endangered Wildlife Trust Floating Trophy for Ecological Management in the DOD:** Air Force Base Ysterplaat
- **Winner of the Caltex Floating Trophy for Base Environmental Management in the DOD:** Air Force Base Overberg
- **Winner of the Professor Kristo Pienaar Floating Trophy for Environmental Educational and Awareness Training in the DOD:** Army Support Base Potchefstroom
- **SA National Parks Floating Trophy for Military Integrated Environmental Management in the DOD:**
  - Maintenance Category: Air Force Base Overberg
  - Development Category: Air Force Base Makhado
- **Winner of the Conservamus Floating Trophy for Environmental Services in the DOD:** Army Support Base Limpopo Team

WO1 Pieter Smith and Sgt Kenny Mashike received the Conservamus Floating Trophy on behalf of the Army Support Base Limpopo Team. This team initiated a project to ensure a cleaner and more sustainable environment by means of improved used oil management.
December has been earmarked as World AIDS Day and is commemorated annually. On 1 December 2010 SA Army Signal Formation took part in a ceremony to acknowledge and remember those who fell victim to the scourge of HIV and AIDS. Wonderboom Military Base was abuzz with activities geared to celebrating and commemorating World AIDS Day.

There was a relay race, motivational and guest speakers, songs by the Wonderboom Military Base Choir, and tents where members could go to be tested or counselled. Dr Sima Khwitshana from the Infectious Diseases Clinic at 1 Military Hospital was the motivational speaker at the event.

Dr Khwitshana said: "As we celebrate this day I remember the days when anti-retroviral medicine was not so easily or readily available, when lack of knowledge led to scepticism about anti-retroviral medicine and some refused to be treated. This is a bitter-sweet moment as back in those days many had lost their loved ones to AIDS related illnesses and today we celebrate the strides achieved towards conquering this dreaded disease."

She mentioned that HIV was controllable, but where did one begin? Dr Khwitshana advised: "Know your status. Get counselling. Join support groups. Don't disclose your status because you are pressured by someone (but do disclose it to your partner or spouse, as this will help you and your family). Get credible information and make sound decisions." She concluded: "Let us change our attitudes and fight HIV and AIDS. Let us form a partnership to ensure an efficient service to members."

Prof Chika Sehoole was another guest speaker. He was from the University of Pretoria and His Sanctuary Ministries. In his talk he mentioned that he had personally lost family members to AIDS. He said that people living with HIV or AIDS needed to "win the battle of the mind" if they wanted to live longer than expected. In conclusion he said that people must seek knowledge to empower themselves. Any deficiency in character and discipline will pull you down … the truth will set you free".

The last guest speaker for the day was Capt L.G. Ramuada, a dietician working at the Infectious Disease Clinic, 1 Military Hospital. She told the audience about the importance of good nutrition and exercise.

SA Army Signal Formation strongly supports the fight against HIV and AIDS, along with much of the rest of the world. The programme was brought to a close with the annual "Candle Lighting Ceremony", in which SA Army Signal Formation unit and regimental Officers Commanding each held a candle, which was lit by Col M.P. Shashape, Acting General Officer Commanding.
The Chief of Human Resources bade 2010 farewell

By Cpl Ally Rakoma
Photos: Sgt Elias Mahuma

or any organisation to remain competitive in today’s constantly changing environment it needs to have an understanding of who it is, what it represents, who its clients are and what it needs to be able to succeed. The strategy of any organisation is shaped by the available resources and the mandate of its leadership and its employees to achieve the desired strategic outcomes.

The Chief of Human Resources, Lt Gen Derick Mgwebi, hosted his annual gala evening at AFB Swartkop Museum in Pretoria on 19 November 2010 to bid the year 2010 farewell. In his address Lt Gen Mgwebi said that keeping abreast of advancements in service delivery and technology was crucial to defining the core business of the DOD and how it conducted business.

He mentioned that it was common knowledge that very few organisations in the work environment found it prudent to survive on their own. He expressed appreciation to the Human Resources (HR) Division staff members, friends and partners for their continued support in advancing the output of the DOD Human Resources.

Lt Gen Mgwebi said: "High standards of patriotism, discipline, courage and self-sacrifice that are demanded in the execution of duties, unity of command and obedience to legitimate orders from superiors are the foundation of military cohesion and attainment of military objectives. These must be observed by all at all times for the HR Division to succeed in achieving its core objectives."

He further announced that some HR policies that needed to be reviewed had been identified and this was key to resolving the challenges we are faced with, in so far as they were relevant to the needs of the people. Target dates for finalisation had been set and had to be complied with.

He also pointed out that keeping abreast of advancements in service delivery meant that the DOD had to overcome the lack of Human Resources Policy Writers. Lt Gen Mgwebi said: "It is incumbent upon us to address this shortcoming by training and developing HR Policy Writers, as from 2011."

In conclusion Lt Gen Mgwebi said that the HR Division required a variety of extraordinary out-of-the-box solutions to ensure that the system was well oiled and could move forward. He proudly announced that the DOD was working very hard to provide credit bearing training, as confirmed by Services and Division under the guidance and leadership of HR Division working closely with SASSETA. The learning programmes being offered by the colleges of the DOD, such as the SA National War College and the SA National Defence College are under review, with the intention of aligning them with the necessary higher education institutions.

Lt Gen Mgwebi concluded: "May you all have a joyous festive season and I hope to meet you again in the new year. Do not let difficulties get the better of you at whatever you do. However insignificant your work may seem, you’ll leave an imprint on history."
A soldier’s career is a journey. Along the way some of us will get the opportunity to display our bravery and courage. Others will serve with distinction over many decades and contribute to the successes and highlights of the greater organisation without earning recognition for a single act. In both cases, however, their contribution to the attainment of our goals cannot be underestimated.

These were the wise words of the Surgeon General, Lt Gen Vejaynand Ramlakan, to the more than thirty recipients who received their medals on 5 November 2010. The medal parade was held at the SA Military Health Service (SAMHS) Training Formation in honour of those who serve the SANDF, specifically the SAMHS, with bravery, commitment and loyalty.

The medal recipients have displayed their willingness to make sacrifices for their country - not necessarily by giving their lives in the traditional sense of the word, but by devoting their time, their families, and ultimately their lives to the defence of their country.

One unique feature of the parade was the awarding of the South African Medical Service Cross to S Sgt Johannes Ockert. This medal is awarded to members who have distinguished themselves in dangerous or critical situations by exceptional courage, leadership, skill, ingenuity or tenacity in the handling of personnel, weaponry or other equipment.

S Sgt Ockert was commended for his bravery as his action led to the successful apprehension of criminals who had cut a large hole through a border fence of his unit while doing rounds as a Duty Officer on 21 June 2001. He and two guards managed to apprehend the perpetrators who had with them a collection of cutting tools and it later transpired that one of the perpetrators was also armed. Bearing in mind that all this took place during a dark and bitterly cold winter’s evening with visibility reduced to a minimum. It was pitch dark when S Sgt Ockert managed to bring the situation under control. This saved the Government over R80 000 in terms of computers, a vehicle and several expensive vehicle spares that were recovered and his positive identification of the main perpetrator. He could quite easily have turned a blind eye and let the culprits get away, keeping himself completely out of danger, but instead risked everything to pursue them.

The other outstanding feature was the awarding of two medals to Maj Gen Mokhethi Radebe. He received the Medalje vir Troue Diens and bar to the Medalje vir Troue Diens (30 Years) and the Tshumelo Ikatelaho (General Service Medal) from the Surgeon General, Lt Gen Vejaynand Ramlakan.
Reserves promote military excellence

Article and photos by S Sgt Lebogang Tlhaole

More than 150 Reserve Force soldiers from over 20 different military units competed in the Defence Reserves Military Skills Competition held in Potchefstroom from 8 to 13 November 2010.

A team from the United States, the Netherlands and from the Regular Forces took part on invitation. Three officers from the Tanzanian People’s Defence Force attended as observers with the intention to enter a team in a future SADC Competition.

The competition provides members with challenging and rewarding military skills to enhance professional development and military excellence. The competition significantly tests the member’s ability to shoot, move and communicate with the stress on teamwork among the classes as a fundamental and essential element in a soldier’s life.

Soldiers were judged on their ability to shoot with a R4 rifle and Z88 pistol, and on how they negotiated land and water obstacle courses. They also had to throw grenades and complete an 8 km cross-country run. Competitors were wearing swimming trunks for the water obstacle task, running clothes for the 8 km race and combat gear for other sections of the competition. The event combined athletic ability with basic marksmanship and military skills over a three-day period, which is fundamental to a soldier.

Sergeant First Class Troy Mechanick, a Non-commissioned Officer in Charge of the USA Team, said that the great thing about the competition was that they were able to enter a military exchange programme with the SANDF and observe how the SANDF operated.

The Defence Reserves Military Skills Competition brings members of the Reserve Forces of South Africa and other countries together to compete on a friendly basis that also serves as a training platform. This competition, enhanced by internal participation, contributes to uplifting military skills standards of the Reserves.

OVERALL WINNERS

LADIES
On Invitation: Rfn Mabaso (CISM)
South Africa: S Lt De Jager (Navy Reserves)

MEN
On Invitation: Capt Beaurain (CISM)
South Africa: Capt Le Roux (3 Parachute Battalion)

Water obstacles formed part of the Defence Reserves Military Skills Competition.
Participants busy crossing the land obstacle course during the Defence Reserves Military Skills Competition.

ABOVE: Leopard crawl under the ropes was part of the land obstacle crossing during the competition.

ABOVE: A rope was also used to cross a wall during the competition.

ABOVE: This item requires athletic ability and basic marksmanship, which is fundamental to a soldier.

LEFT: The competition significantly tests a soldier’s ability to move.
The year 2010 has come and gone. It was a year full of events and important milestones reached, such as the successful hosting of the FIFA Soccer World Cup, where the SANDF played a significant role and proved its capabilities by providing air, sea and landward security, which the country is really proud of.

This was also the case during the 2010 Military Science passing-out parade at the Military Academy in Saldanha on 9 December 2010, where female officers continued to outshine their male counterparts in a quest to obtain their three-year Bachelor of Military Science degrees.

Female officers who were representing the SA Army, the SA Navy and the SA Military Health Service (SAMHS) scooped every award and this confirmed the vision of the Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, regarding the modernising of the SANDF and achieving the right gender balance within the organisation.

Standing head and shoulders above the others was Lt Lindiwe Mashigo from the SA Army Engineer Formation who, among others, clinched the Sword of Honour for her outstanding achievement as the 2010 military science graduate and the SA Army Floating Trophy in recognition of her outstanding achievement. Lt Mashigo also won herself a notebook (laptop) with her name engraved on it. (The SA Army Foundation sponsored the prize for the Overall Best SA Army Student and it is the first such gift to be awarded to a student in 2010.) The SA Navy Floating Trophy was awarded to Ensign Melinda Banda as the 2010 SA Navy Overall Best Student, while the SAMHS Floating Trophy was awarded to Lt Lerato Sekonyela for being the 2010 SAMHS Overall Best Student.

Lt Mashigo’s road to success was noticed last year when she scooped four distinctions during the second year of her Bachelor of Military Science degree. The subjects for which she received awards included...

Industrial Psychology III, for which she obtained 82%; the Industrial Psychology Association Floating Trophy for the final year student for which she obtained 79%; the Hugo & Hugo Toyota Trophy in the Programme in Human & Organisation Development for obtaining 79%; the P.P. Loubser Floating Trophy for an undergraduate student obtaining the best results during the past year, namely 79%; and the P.J.G. de Vos Medal for a final year student who obtained the best results over three years of study, namely 79%.

Delivering his address during the passing-out parade, the Acting Chief of the SANDF, Lt Gen Temba Matanzima, said that graduating from the prestigious Military Academy required hard work, dedication, perseverance and discipline to be able to focus on personal and organisational goals.

Lt Gen Matanzima said: "You have been through many experiences while at the Military Academy, made huge sacrifices to be here and now is the time to take your well earned place in the greater society of educated military professionals in the National Defence Force. Our fundamental job is to produce wise warriors, of which these men and women standing in front of you are the examples. You must now realise that you have the responsibility of setting an example to your colleagues, your subordinates and your superiors and to keep the name of the Military Academy flying high when you leave for your different units. To those who received awards, you are being acknowledged for your dedication and diligence and you deserve the acknowledgement and congratulations due to you. This should also serve as an inspiration to those who will follow you in later years." He also thanked the families of the graduates for their support throughout their stay at the Military Academy.

According to Maj Gen Manfred Mabuza, General Officer Commanding of the Training Command, under which the Military Academy also falls, the standard of training is improving and all the results obtained are based purely on merit and the hard work of individuals. Maj Gen Mabuza said this was because the exam papers were marked according to the exam number allocated to the learner and there could be no external influence on the marking process. He encouraged the 2011 graduates to take the example of their predecessors and redouble their efforts, while the leadership would continue to ensure they performed in accordance with SANDF requirements.

During his address at the Military Awards ceremony, Adv Raisaka Masebelanga, the Executive Director for Legal and Business Development for Omnia Holdings Ltd, said that the graduates had made informed choices in joining the SANDF, because they were given an opportunity to obtain the best education in one of the prestigious institutions of higher learning. Adv Masebelanga encouraged them to go back and apply their knowledge in order to enhance the image of the SANDF and help to modernise the operations of the National Defence Force.
November 2010 marked the first certificate ceremony of the new DOD Works Capability Project that is currently led by Brig Gen David Masters. The Chief of SA Army, Lt Gen Solly Shoke, officiated at the SA Army College.

One hundred learners from all four Services were awarded certificates for the different trades that they had studied from various colleges in the country. They had needed practical exposure for a minimum period of two and a maximum period of three years from the different industries as required by section 28 of the Manpower Act, 1981. This was needed before each learner could finally be tested at a specific trade centre.

The Chief of the SA Army emphasised during his speech that the achievement of the DOD Works Capability Project was not only to the benefit of the DOD, but also for South Africa as a whole and it marked the beginning of a new dawn, a dream come true for the SANDF. He said that the project started with so many questions, uncertainties and discussions pertaining to who should nurture this project among the four Services.

He applauded Brig Gen Masters and his team for their enthusiasm, courage and determination in putting the SANDF’s dream into practice and mentioned that as the Chief of the SA Army he was proud to officiate in front of many witnesses at the DOD Works Capability’s prestige certificate ceremony.

Lt Gen Shoke concluded by encouraging the learners to continue with their good work and assured them that the DOD would give recognition to all Services’ technical personnel in the form of an allowance, even though the Department was facing budgetary constraints that made it difficult to prioritise this matter. Be that as it may it is a fact that a technical allowance will be implemented as part of the Minister of Department of Defence and Military Veterans’ priorities.

The Chief of the SA Army also thanked the industries for the role they played in supporting the DOD to achieve
its objective of imparting skills that would benefit the organisation. He also said that the relationship between the DOD and industries must be strengthened. He said: “Together we can.”

Brig Gen Masters followed with a vote of thanks to the Chief of the SA Army for encouraging the project team. The most important guideline he mentioned was the “One Force Concept” that served as the force multiplier for the project to achieve its main objective. He then presented a token of appreciation to the Chief of the SA Army.

The following DOD projects serve as evidence of the success of the DOD Works Capability: the hospice in Lenasia, the upgrading of “A” Mess in Thaba Tshwane, 102 Workshop in Potchefstroom, upgrading of the accommodation block at 2 Battalion, upgrading of the Luken & Menz Building at the SA Army College, upgrading of alleyways at the SA Army HQ, upgrading of the School of Military Justice in Thaba Tshwane, upgrading of Project LEBAKA HQ in Thaba Tshwane and the building of 150 houses in partnership with ABSA Bank. (The Chief of the SA Army received a letter of thanks and appreciation from ABSA Bank for affording them the manpower and opportunity to build 150 houses.)

The DOD Works Capability Project was launched in 2008 in conjunction with the Department of Public Works (DPW) partnered by Murray and Roberts. The project was initially aimed at assisting the National DPW in repairing and refurbishing DOD infrastructure.

In order to achieve this objective DOD Works Capability situated in the then Group 15 unit in Thaba Tshwane needed to recruit members from all four Services (the SA Army, the SA Air Force, the SA Navy and the SA Military Health Service) to be trained in different trades, such as welding, bricklaying, electricians, site supervising and plumbing.

The project kicked off with the first intake of 100 learners in early 2008 followed by 250 learners in July 2008.

The learners were placed in different colleges according to their desired trades for six months theoretical training followed by practical exposure as required by section 28 of the Manpower Act, 1981 for a minimum period of two years and maximum of three years. This was necessary before one could be trade tested at the designated trade centre.

Among the learners four were women. They qualified in electrical work, welding, tiling and plastering. The learners also consisted of different rank groupings, although it was predominantly junior ranks. Two senior officers were trained in construction site supervision. The DOD Works Capability relied on the partnership with different industries, such as Murray & Roberts, WBHO, Group 5, Multi Volt Laden, GDD Irons, AFRIT and Pelma Trucks to achieve success.

Much curiosity about Project CYTOON

Article and photo by Maj Cheryl Essop, SA Army Intelligence Formation

They arrived at the venue with eagerness and curiosity in their eyes. They had heard about Project CYTOON, but now was their chance to actually see the new Tactical Intelligence System and its capability.

The SA Army Intelligence Formation, together with Thales Defence Systems, hosted a “Show and Tell” at Special Forces Headquarters on 17 and 18 November 2010 to introduce the Tactical Intelligence System and demonstrate its capability. Two sessions were held on each of the days. Lt Col Danie Labuschagne and Maj George Smit conducted the presentations and fielded a battery of questions. Interest was definitely sparked.

Thereafter instructors from the School of Tactical Intelligence under the leadership of Lt Col Riaan Botha had the opportunity to show each piece of equipment and its capability while the guests were allowed to

handle some of the new equipment.

Thales Defence Systems took the opportunity to showcase new products and systems, such as the unmanned aerial vehicle. These new pieces of equipment were displayed and demonstrated by Mr Claude Bottom and Mr Sebastien Simon of Thales France and Mr Hans Jochen Solter of Thales Germany. This added value, making the event even more memorable.

Maj Gen Louis Dlulane, Chief Army Force Structure, received a trophy from Mr Danie van der Walt, Marketing Manager of Thales.
Chief of the SA Army rewards excellence

Article and photos by S Sgt Lebogang Tlhaole

ard work, dedication and perseverance make ordinary soldiers extraordinary. The Chief of the SA Army, Lt Gen Solly Shoke, paid tribute to the men and women in the SA Army that through hard work, determination and a strong belief in themselves had excelled in their respective fields.

To highlight these achievements of soldiers and the high standards achieved either individually or as teams, these achievers were acknowledged during the 2010 Chief of the SA Army Awards ceremony held at Denel Land System in Lyttelton, Pretoria, on 25 November 2010.

TOP RIGHT: Lt Gen Solly Shoke, Chief of the SA Army, awarded L Cpl Molly Moaneno with the trophy for being the 2010 SA Army Sportswoman of the Year.

RIGHT: L Cpl Green Myeko from the Cape Town Highlanders won a gold medal when he was a member of an international team that participated in the NATO Reserve Military Skills Competition in Norway in August 2010.
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A night of awards and entertainment

By Maj Lizette Lombard, SO2 Corp Com SA Army Signal Formation  
Photo: Cpl N. Otto

On the evening of 5 November 2010, office dress, camouflage and "step-out" uniforms were traded for ball gowns, mess dress, tuxedos and suits when members arrived for the SA Army Signal Formation (SA Corps of Signals) Ball at the St George’s Hotel in Pretoria.

The Master of Ceremonies, Lt Col J.P. Botha (Second in Command of 1 Signal Regiment) welcomed everyone to the event, which is a highlight on the annual event calendar of the formation. During the evening the achievements of units, regiments and members throughout 2010 were recognised by means of the various trophies awarded.

The Acting General Officer Commanding SA Army Signal Formation, Col M.P. Shashape, thanked everyone for their support in 2010 and said he looked forward to the challenges 2011 would bring.

The formalities were brought to a close by the Director Divisional Staff CMIS Division, Brig Gen S. Sipika, who proposed a toast to the 87th birthday of the SA Corps of Signals. This was definitely a sizzling night of awards and entertainment, expertly organised by 1 Signal Regiment, and will not soon be forgotten.

The trophy for the overall winning unit was awarded to 5 Signal Regiment for the second consecutive year. Fltr: CWO E. Kahn, FSM SA Army Signal Formation, MWO M.C. Haasbroek, RSM 5 Signal Regiment, Col M.O.H. Mokoma, OC 5 Signal Regiment, and Col M.P. Shashape, Acting GOC SA Army Signal Formation.

A "spark'ling idea

By Maj Lizette Lombard, SO2 Corp Com SA Army Signal Formation

Arriving at work, most of us do not think twice before switching on lights, air-conditioners, computers, kettles, etc. Some of us even forget to switch these off when we leave at the end of the working day. Do we ever ask ourselves how much of our resources gets wasted during the day?

WO1 D.S. Klopper, a Reserve Force member in the Logistics Section of SA Army Signal Formation HQ, started asking himself these and other questions and then came up with the "spark'ling idea of Project SPARKY.

The project endeavours to remind soldiers and Public Service Act Personnel (PSAP) of the necessity of saving resources, and it is communicated in the form of A3 and A4 posters displayed throughout the units and regiments under the command of SA Army Signal Formation.

The colourful and eye-catching posters remind you as follows at the end of a working day:

"DON'T FORGET TO DO YOUR BIT ...
1. Switch off all non-essential lights.
2. Shut down your computer and printer.
3. Remove all chargers.
4. Switch off non-essential air-conditioners.
5. Switch off heaters.
6. Switch off fans.
7. Unplug all plugs from wall sockets.
8. Do not abuse multi-plugs and extensions.
9. Close all windows.
10. Lock your phone.
11. Make sure all taps are properly closed.
12. Make sure all toilet and kitchen lights are off.
13. Report all leaking taps and toilets.
14. Lock doors on leaving.

YOU CAN MAKE A DIFFERENCE ... SAVE OUR RESOURCES!

The project was officially launched during the SA Army Signal Formation (SA Corps of Signals) Ball on 5 November 2010.

Col H.E. Gunter, Acting Chief of Staff of SA Army Signal Formation (and Officer Commanding School of Signals) thanked WO1 Daan Klopper for his initiative and pro-activeness.

We can certainly all learn something from WO1 D.S. Klopper and "be the change that we want to see in the world" and come up with our own ideas and solutions to everyday problems.

For enquiries about this and other events of SA Army Signal Formation, please contact Maj Lizette Lombard on (012) 529 0009 or fax: (012) 529 0028.
Mabuza, the General Officer Commanding Training Command, expressed his good wishes to the graduates and the subject matter experts, the directing staff and the Safety and Security Sector Education and Training Authority (SASSETA) that formed an integral part of the programme and guided members towards their achievement. He appealed to the graduates to put what they had learnt into good practice and create an enabling environment.

Maj Gen Mabuza said: "The SANDF demands that you reinvest this achievement in the organisation. Do not be selfish with your newly found knowledge, skills and experience. Share it with others, so they too can benefit from your time spent at the Warrant Officers’ Academy. You now have a light to put on the table so that it can provide light to everyone."

WO1 Pieter le Roux, the Training Warrant Officer of the SA Army Gymnasium, earned the respect of his peers and scooped the trophy for the best overall achiever who excelled on the programme.

Describing the highs and lows of the programme with SA Soldier, WO1 Le Roux said that his approach in the course was based on basic principles such as dedication, every soldier making his mark, a healthy body contains a healthy mind, faith and human relations.

Asked what kept him going, he replied: "Instilling in myself a mental arsenal so that I can be bold and assertive. The programme gave me a qualification that will teach me to approach my work from a wider perspective and therefore see life differently for an improved understanding of the critical dimensions underpinning safety and security operations, sustainable development and the notion of serving the needs of the nation we serve".

Graduate Warrant Officers who completed the Joint Warrant Officers’ Programme 2010 at the Warrant Officers’ Academy.
Departmental Induction and Reorientation Programme

By Ms Karin Swart, Assistant Director PSAP ETD

The 7th DOD Departmental Induction and Reorientation Programme for Public Service Act Personnel (PSAP) at salary levels 8 - 12 was held at the Officers’ Mess AFB Waterkloof in Pretoria from 1 to 5 November 2010. The Chief Directorate Human Resources Development (PSAP Education, Training and Development) presented this compulsory programme.

Departmental induction and reorientation is the process of introducing, reorientating and integrating existing and new employees by providing them with knowledge and an understanding of the DOD. The DOD is a dynamic organisation in which a continuous demand for change is evident. In an effort to expose PSAP at salary levels 8 - 12 to the latest developments in the DOD, subject matter experts have compiled a programme to induct and reorientate employees.

It is a Government imperative that all Public Service employees should undergo induction and reorientation. Induction and reorientation are divided into four categories, namely:

- Knowledge and Understanding of the Public Service: Public Service Induction
- Knowledge and Understanding of the DOD: Departmental Induction
- Knowledge and Understanding of a Service/Division: Functional Induction
- Knowledge and Understanding of a specific job: Job-related Induction

Feedback

Twenty-three employees from diverse working backgrounds attended the programme and indicated that the programme was of great worth as it could be applied to the workplace. Three of the participants provided the following feedback:

Ms S.D. Masemola, a Deputy Director from the Finance Division, said: “The orientation and induction has enlightened me as to the core business of the DOD and shown that the DOD is unique among government departments. I have also learned that the DOD has different components that are interlinked to form part of the greater objective of the DOD, ie to protect the country and to offer assistance to African and overseas countries. For me, the highlights of the programme were the presentations on Logistic Support, Occupational Health and Safety, Finance, Strategic Planning, Policy Support and then the presentations by the Services and the other Divisions.”

Ms M. Abbott, an Assistant Director from the Human Resources (HR) Division, said: “I have recently joined the DOD as a PSAP appointee within the HR environment. The programme is an excellent initiative as it has broadened my perspective of the DOD and more specifically my role within the organisation and that of my fellow employees and the uniformed members. I was given an excellent overview of especially the organisational structure, the HR, the core business of the various Services and Divisions, the Conventions of Service Writing and the various rank structures. The event was very well organised and, in a nutshell, very intense and informative by indicating who does what, how and where.”

Mr W.M. Netsitututetse, a Control Works Inspector from the SA Navy, said: “Thank you for the opportunity given to attend the programme, which was an eye-opener to me. I learned a lot of things that I was not aware of. All the presentations contained sufficient information. The presenters were prepared and ready to share their own experience. Thank you for the DVDs shown as they apply to all PSAP on levels 1 - 12 and will help me to share the information with my division, subordinates and peers. The knowledge that I have gained will be utilised to bring about change in my unit and division.”

Way forward

Two programmes will be presented in Pretoria during 2011. Instructions calling for nominations will be promulgated among Services and Divisions at least four weeks prior to the delivery of the programme.

During the 10/11 Financial Year, Chief Directorate Human Resources Development, in collaboration with Training Command and the Services and Divisions, will finalise the design and development of a Departmental Induction and Reorientation Programme for employees on salary levels 1 - 7, which will be implemented by Training Command in April 2011.
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As expected, fitness is a crucial requirement for members of the DOD. Exercise encourages members to have fit bodies, fit minds and a fit spirit. The SA Navy needs members who are active in sport as this ensures discipline, teamwork and, above all, fitness. It is imperative that individuals are recognised for their outstanding performances and involvement in sport. It is equally important that the ship’s company should be involved in all these activities.

The West Yard Gymnasium hosted the annual Chief of the SA Navy’s Sports Awards on 12 November 2010 to honour the sportsmen and women who excelled in their respective sporting codes.

The 2010 SA Navy Veteran Sportsperson of the Year was Commander H. Möller. She was placed first at the SA Judo National Championships in the Women’s Masters Division.

The 2010 SA Navy Sportswoman of the Year: Able Seaman C. Roberts represented the Boland Provincial Team at the Provincial seven-a-side tournament in November 2010. She also played for Western Province in the Inter-Provincial Championships in June 2010 and was subsequently selected to play for South Africa against Scotland. She represented South Africa at the Women’s Rugby World Cup in England.

Seaman D. Bosman was chosen as the 2010 SA Navy Sportsman of the Year. He began competing in Judo and Kurash in 2010, and recorded the following achievements: runner-up in the SA Judo National Ranking Event (Men’s u/73 kg) and winner in the SA Kurash Open and the SA National Kurash Colours Africa Championships (both in the Men’s u/73 kg category). Seaman Bosman came fifth in the SA Judo International Open Championships (Men’s u/73 kg).

Sanlam and Capitec generously supported the sporting events throughout 2010 and were recognised and thanked for their support.

Flag Officer Fleet, R Adm Rusty Higgs, said in his closing remarks: “I encourage people to take part in sport and I am delighted that the leadership is encouraging sport”.

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Flag Officer Fleet, R Adm Rusty Higgs, said in his closing remarks: “I encourage people to take part in sport and I am delighted that the leadership is encouraging sport”.

The HIV pandemic will inevitably affect physically active people. This would include individuals who are physically active in competitive and recreational sport. The HIV-positive individual who has led an active lifestyle would want to maintain this practice, and enjoy the social and health benefits of sport participation. Exercise forms part of a holistic HIV management programme, which incorporates appropriate diet, medication and lifestyle modification.

The exercise guidelines for HIV-positive individuals vary, depending on the stage of the disease, medication, functional capacity and symptoms exhibited.

Physical inactivity and psychological factors (anxiety, depression) contribute to muscle wasting, weakness and fatigue. The HIV wasting syndrome may also be precipitated and/or aggravated by a combination of the body’s increase in metabolism, the decrease in intake and absorption of nutrients, and the decrease in lean muscle mass over time.

Candidates suitable for the Biokinetics HIV Programme include:
- Any person with a CD4 (key white blood cells of the immune system) cell count of >500 and asymptomatic (stage 1).
- Any person with a CD4 count cell of 350-500 and early symptomatic (stage 2).
- HIV-positive individuals in stage 1 or stage 2 derive the most benefits from exercise.

The benefits of exercise for HIV-positive individuals are:
1. Increased aerobic capacity and functional status.
2. Enhanced immune function/indices.
3. Maintenance of and/or improvement in lean body mass/weight.
4. Improves mood.
5. Enhances quality of life.
6. Improves heart and lung endurance.
7. Improves energy levels, thus reducing episodes of tiredness.
9. Helps to stabilise or prevent decline in CD4 cell counts.
10. Regulates sleep patterns.

Regular participation in moderate intensity aerobic (walking, running, stationary cycling) activity results in improved immune system function. Aerobic and resistance training programmes can improve skeletal muscle mass and function, mood state and endurance capacity. Regular physical activity can delay the progression from HIV to AIDS.

HIV-positive individuals who are interested in exercising should consult with their doctor prior to commencing with an exercise programme. Individuals interested in participating in the Biokinetics HIV Programme are referred to the Biokineticist by the medical officer.

* For further information or enquiries, contact Maj Sanchia Reddy on (012) 314 0186.
In one of its community empowerment endeavours some members of the SA Military Health Service (SAMHS) School for Basic Ambulance Assistance provided buddy aid training in their free time to the Silverton Neighbourhood Watch on 10 November 2010.

The aim was to empower the community members with first aid training, which is a temporary help in an emergency in order to save lives, to prevent further injuries and to relieve suffering until a qualified medical care practitioner becomes available. Among the exercises explored were cardio-pulmonary resuscitation (CPR), which should be performed when a victim stops breathing and a pulse cannot be felt. According to L Cpl Kgotso Selome, a qualified Basic Ambulance Assistant, before any CPR can be performed various steps are to be considered in order to protect the victim against any further injury.

L Cpl Selome elaborated by saying that the first step for a First Aider is to look around to see whether there is any further danger to the patient or himself/herself, then greet the patient and ascertain whether he/she can hear you. When and if the patient vomits, place or roll the person on his/her right side to prevent him/her from choking. If breathing stops, use artificial respiration, but investigate first whether there are any obstacles in the airway that could prevent breathing.

Also presented was comprehensive bandaging to stop excessive bleeding. The Silverton Neighbourhood Watch members were taught to locate and identify pressure points to decrease bleeding. L Cpl Thembile Baloyi, also a qualified Basic Ambulance Assistant, said that in order to stop bleeding a clean thick cloth should be applied. L Cpl Baloyi added that the patient should position the wound above the level of his/her heart, but if the bleeding continues a comprehensive bandage should be applied until it stops.

Candidate Officer (CO) Aubrey Molefe, a qualified Basic Ambulance Assistant, said that in the event of an amputation, tourniquets should be used, but only as a last resort because they were dangerous and could harm a limb. CO Molefe said tourniquets could be made by using a long strip of cloth at least 5 cm wide and could be placed on an uninjured part of the limb just above the wound in such a way that it would not slide when tightened.
**Sponsorship for amateur boxing**

Mr Angel Ramphele from the SA Army Foundation representing Title Sports Equipment (right) symbolically hands over boxing gloves to Lt Gen Solly Shoke, Chief of the SA Army. SA ARMY FOUNDATION, MAXI CREDIT SOLUTIONS AND TITLE SPORTS EQUIPMENT will be the official sponsors of boxing accessories and attire for Delta Company Amateur Boxing at the School of Infantry in Oudtshoorn. (Photo: S Sgt Lebogang Tlhaole)

**Women showed their rugby skills**

Article and photo by Col P.D. van der Merwe, Manager SANDF Rugby Association 7’s Rugby

Twelve women from various units represented the SA National Defence Force in the SA Rugby Union (SARU) Inter-Provincial 7’s Rugby Tournament in Cape Town on 5 and 6 November 2010.

The team had to compete against teams from the rugby playing provinces and was put in a pool together with teams from Border, Free State, Pumas and South Western Districts (SWD). The women only had one training camp two weeks before the tournament, but they were not humiliated by the other teams and they showed their character after having been beaten comprehensively by Border, when they came from behind and drew against the Pumas, who eventually came second overall in the pool.

Considering that the Border team played in the final of the Cup Competition and that SWD won the Plate Competition, the women did not do badly at all and in the end surprised quite a few people at the tournament.

**SANDDF member coaches rugby**

By Col G.S. van Eeden, Vice President Media, Communication and Finances of the SANDF Rugby Association

In the spirit of serving his community Cpl J.J. Verreynne of 15 SA Infantry Battalion in Thoyandou decided to reach out to the local community by assisting with the presentation of rugby coaching clinics to learners in two local schools in the Thoyandou area.

Cpl J.J. Verreynne said: “Every year in July many South Africans celebrate Mr Nelson Mandela’s birthday by spending 67 minutes of their time in the service of their fellow countrymen. We as soldiers have a responsibility towards our communities. I decided to give up a small portion of my time to coach the youngsters to play rugby. Sport not only teaches these youngsters to work together, but also helps to keep them off the streets and away from potential dangers such as drug abuse. It helps them to develop their potential and contributes to their development as responsible citizens. You should see how their faces light up and how they enjoy playing the game.”


With more practice and more game time the team can become a big factor in future tournaments.
World AIDS Day commemoration

By CO R.E. Siaruli from Area Military Health Unit North West
Photo: Pte M. Masondo

The Area Military Health Unit North West (AMHU NW) combined the commemoration of people living with disabilities with the 2010 World AIDS Day, which took place at the Potchefstroom Dam. The Ikalafeng School for Children with Special Needs and all units in the North West area were invited to the event.

The Commanding Officer, Col G.T. Pillay, opened the event and welcomed everyone present. In his welcoming speech, he encouraged all members present to be tested voluntarily at the HCT stall that was set up at the venue and coordinated by Capt Paul and his team. Approximately 100 people were tested following the message given in the welcoming address, namely "It is important to know your status and to say we are responsible". The message was that people who tested negative must continue to maintain the status quo while those who tested positive must make lifestyle changes to ensure they were able to live a long, healthy and productive life.

The occasion was graced by Tlokwe City Counsellor, Mr Maphethle Maphethle. In his address he encouraged members to know their status and to act against women and children abuse. He also commended the AMHU NW as one of the leading lights in the province in the fight against HIV and AIDS. He also expressed his appreciation for the work that the Ikalafeng staff members were doing.

Thereafter members embarked on a 4 km walk with a difference. The SANDF members had to walk hand in hand with a child, or carry the child if he/she was unable to walk, or push those that were wheelchair bound. This was indeed a humbling experience for those of us able-bodied people as we realised the difficulties that those children endured on a daily basis.

After the walk, all the children were awarded a medal. It was indeed an absolute pleasure to see the expression of joy on the faces of the children.

The day ended in true South African celebratory style with a bring and braai to celebrate the great work done so far and to look forward to achieving more in the fight against HIV and AIDS and in the campaign against women and children abuse. The fight against HIV and AIDS will be long and hard, but as Col Pillay says: "We shall overcome!"

Chief SA Army Prestige Golf Day

By Cpl Itumeleng Makhubela
Photo: Sgt Elias Mahuma

The Chief of the SA Army, Lt Gen Solly Shoke, took heed of the needy and, as part of its social responsibility, hosted his annual SA Army Prestige Golf Day on 12 November 2010 with the aim of raising funds to support hospices, orphanages, day-care centres and schools.

The golf day was presented simultaneously at both the Services Golf Club in Thaba Tshwane and the Pretoria West Golf Club. Later that evening a prize-giving function was held at the Thaba Tshwane City Hall.

Lt Gen Shoke said: "I want to express our sincere appreciation and gratitude for the support that we received from the sponsors and the players. Our objectives with this golf day are to raise funds for the SA Army Hospice in Johannesburg (Lenz Base), the still to be established hospice in Bloemfontein, the day-care centre for the children of our soldiers at Tek Base and for an orphanage that we envisage. We really appreciate your support for these deserving children."

The Chief of the SA Army, Lt Gen Solly Shoke, in action at the Pretoria West Golf Club.
The curtain went up for the 2010 Cape Town Military Tattoo at the Castle of Good Hope. The excited audience ululated with praise for the different bands that performed at the tattoo over the period 31 October to 6 November 2010.

The Cape Town Military Tattoo for 2010 invited the Rwanda Army Band, the SA Army Band Cape Town, the SA Army Band Kroonstad and the SA Police Service Band Western Cape.

The Cape Town Military Tattoo is produced by a dedicated team of Regular and Reserve Force members of the South African National Defence Force. This largest military entertainment event showcases the military history of Cape Town, South Africa and the entire African continent.

The Cape Town Rifles (Dukes) Band, which is the oldest surviving military band in the country, took part in the celebrations. So did the Sea Cadets - volunteers who devote their weekends to training under the direction of the SA Navy. Their training not only includes basic discipline and drill, but also seamanship, navigation, engineering, communication, catering and leadership.

The Beating of Retreat, a group of learners who rehearse in their own time after school, performed during the recent FIFA World Cup. They came third in the show called South Africa’s Got Talent, and took part in the 2010 Cape Town Military Tattoo.

The Cape Town Muzzle-loaders Association was part of the celebration. Their firearms use gunpowder poured into the barrel. Dating back over 200 years, they gave a demonstration as part of the Canon Association of South Africa. The association restores and preserves cannons to educate the public and potential gunners about these historic weapons.

Tchaikovsky’s 1812 Overture, which was the signature act, was composed to commemorate the Battle of Borodino. The gunfire was supplied by the 25-pounders of the Cape Field Artillery’s Saluting Troop just outside the Van der Stel Gate.

The 2010 Cape Town Military Tattoo enjoyed the support of KIA Motors SA which provided courtesy vehicles for the use of the tattoo organisers and gift packs for the participants and for lucky members of the audience.
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OPERATION CORONA
Safeguarding our borders by:
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- Assisting in the recovery of stolen vehicles
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