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FRONT COVER: Reserve Force member advancing to the terrorists hide-out to conduct a house clearing during a FIBUA exercise conducted at the SAS Wingfield Area between 4 to 19 April 2011 in Cape Town. (Photo: Sgt Elias Mahuma)
He Chief of the South African National Defence Force, General Solly Shoke, dedicated the month of July to the first democratic Commander-in-Chief of the SANDF and former President of the Republic. It is appropriate that we all wish him goodwill. There is nothing we can give the man who almost gave everything for the sake of our freedom except to honour him by emulating what he stands for, in particular humility and humanity. We can all do this by giving 67 minutes of our time to help those who are less fortunate than ourselves. I hope we can all give wholeheartedly.

“Education is the great engine of personal development. It is through education that the daughter of a peasant can become a doctor, that a son of a miner can become the head of the mine, that a child of farm workers can become the president of a great nation. It is what we make out of what we have, not what we are given, that separates one person from another” - Nelson Mandela. The Department of Defence and military Veterans (DOD & MV) indeed strives to educate all its members. On page 18 we inform you about the United Nations senior Mission Leaders Course. Read about the Executive National Security programme on page 17.

Parades in the SANDF are held for various reasons. A parade may be held to welcome important SANDF visitors or to symbolise the successful execution of certain a military task. Parades are held on different occasions for different purposes, on page 21 read about the parade held to welcome the representatives of the United Arab Emirates Armed Forces. On Pages 28 and 29 read about MSDS parade held to congratulate the new recruits on their successful completion of basic training. Page 33 you will read about the medal parade at the Personnel Service School in Thaba Tshwane on 27 May 2011. On page 47 read about Clinical Associates, a new breed of health professionals who after having been trained at the Walter Sisulu University in Mthatha are able to bridge the gap between nurses and doctors.

“A force that cares”, is a slogan by which the SANDF lives as has been proven by the humanitarian assistance it has carried out. Read about how the SANDF adds value to South Africans on page 16. This slogan does not only apply to the external public but to DOD members as well. On page 22 we take a look at Project Phidisa, which deals with the HIV and AIDS epidemic in the military environment. Read about the workshop held to find ways to assist professionals in identifying and addressing burn-out and compassion fatigue associated with performing daily tasks and duties.

It would be an injustice to all the sports fans not to include sport in our pages, so on page 40 you can read about the 2011 Jackie Meckler Marathon, and on page 42, about the world’s greatest ultra-marathon and finally about the less known sport, namely the Jukskei on page 44.

This edition should keep the last “bite” of winter away.

Masiblukane ka fulle de sibeke sikhona kwibhlolo eilibanele

Mr Lufuno Netshirembe
Assistant Editor
n 13 May 2011, the Defence Reserves Provincial Liaison Office Gauteng (DRPLC GT) hosted a briefing session where the Chief of the Defence Reserves, Maj Gen Roy Andersen, engaged the Reserve leadership cadre of the Reserve Force Units and business leaders, academics and Captains of Industry in Gauteng on the status of the Reserves and other strategic issues to ensure the full functionality of the Defence Reserves in Gauteng’s Provincial Office in Sandton.

The aim of the event was the establishment of Employer Support Councils with the business community, Captains of Industry and academic institutions of higher education to create awareness and understanding of the voluntary Reserve Service System in the SANDF in order to provide their employees with the opportunity of rendering their services to the SANDF and the country during peacetime, in times of need e.g humanitarian assistance (national crises, public service strikes and disaster relief) and in times of war. Other key areas in the functioning of the Defence Provincial Liaison Council include:

- Creating awareness of the Reserve System
- Generate active support from business for the Reserve System
- Create a link between the broader public and the Reserve System
- Consulting with the broader public on the Reserve System and obtaining valuable information to be utilised as a growth driver in improving the system to the benefit of the employer and the volunteer.

Maj Gen Roy Andersen said that the Reserves must be revitalised so that they can fulfil the primary role of providing most of the conventional landward capability of the SANDF, whilst at the same time supplementing the Peace Support Missions conducted by the Regular Force.

Maj Gen Keith Mokoape, the Chief Director SA Army Reserves, said that many countries around the world had identified the need for a smaller Regular Force and a sufficiently large Reserve Force. He emphasised that it was important for us to meet our country’s national policy objectives. We have the MSDS programme in which young people undertake to do two years of military service, after which they may be placed in the Reserve Force.

Brig Gen Debbie Molefe, the Director of Defence Reserves, acknowledged the training of future leaders for the Reserves through the institution of higher education. University Reserves Training Unit must be developed further to recruit capable intelligent young men and women, mainly postgraduates and undergraduates with specialist skills who will be influential in society.

In supporting the efforts of the Defence Reserves, the Defence Provincial Liaison Council Gauteng’s constitution was adopted and Mr Meiya Nthoesane, the Research Assistant to the Executive Dean, College of Economic and Management Sciences at the University of South Africa (UNISA), was elected chairperson of the Defence Provincial Liaison Council Gauteng Province. "Investment in skills development and training yields immediate results and better parameters. The Defence Reserves is committed to working with South Africans and like-minded business leaders and employers and learning institutions to achieve government priorities and the vision of a skilled and capable workforce that shares in, and contributes to the benefits of economic expansion and a disciplined skills growth path", he said.

The Defence Reserves Provincial Liaison Council Gauteng hosted a briefing session with business leaders, academics, Captains of Industry and Reserve Force units to ensure the full functionality of the Reserves in Gauteng. The event aimed to establish Employer Support Councils to create awareness and understanding of the Reserve Service System. Maj Gen Roy Andersen emphasised the need to revitalise the Reserves to meet national policy objectives and support peace support missions. Maj Gen Keith Mokoape highlighted the MSDS programme, which trains young people for military service and offers placement in the Reserve Force. Brig Gen Debbie Molefe acknowledged the role of higher education in training future leaders for the Reserves. Mr Meiya Nthoesane, elected chairperson of the Defence Provincial Liaison Council, emphasised the importance of skills development and training for a skilled and capable workforce.
21 SAI BN REACHES OUT TO NEEDY LEARNERS

The members of 21 South African Infantry Battalion (21 SAI Bn) at Doornkop near Johannesburg attended an Introductory Course for Visual Tracking on the farm Modderspruit in the Balfour Area in February 2011. The farm belongs to Lt Dirk Gouws, a member of Regiment Oos Rand (a Reserve unit) who was also the instructor.

On their arrival they noticed that two of the learners who attended the Modderspruit Primary School (a farm school situated on the farm) did not have suitable school clothes and shoes. The members took the initiative and collected R565.00 within one hour and handed it over to the Principal of the Modderspruit Primary School. The two learners were treated to new clothes, shoes and even school bags.

Chaplain (Dr) Hennie Lottering, Chaplain of Regiment Oos Rand.

MILITARY ACADEMY CELEBRATES ITS 61ST BIRTHDAY

The Military Academy was established on 1 April 1950 under the auspices of the University of Pretoria as a branch of the SA Military College, with the aim of elevating the training of Permanent Force cadets to the level of a baccalaureate to provide the Defence Force with a competent, highly professional corps of officers.

In 1957 the Headquarters moved to Saldanha in order to establish the Academy as a separate institution, and to facilitate the participation of naval students. In Saldanha, where it was to fall under the trusteeship of Stellenbosch University, the Academy became a faculty in its own right in January 1961 - the Faculty of Military Science of Stellenbosch University.

Sixty-one years down the line, on 1 April 2011, the Military Academy celebrated its birthday by presenting a fun sport day with the assistance of the physical training instructors of SAS SALDANHA at the Military Academy Sports Ground for the members of the institution with a view to promoting cohesiveness and esprit de corps.

The Vice-Rector: Community Interaction and Personnel at Stellenbosch University, Prof Julian Smith, graced us with his presence and joined in the birthday celebrations. Prof Smith came bearing gifts in the form of the donation of a complete soccer kit to the Military Academy Soccer Team, including gym equipment for the gym of the Military Academy, which the Commandant, Brig Gen Lindile Yam, received with gratitude.

Maj N. Alley, Military Academy

SA SOLDIER welcomes letters to the Editor Short letters are more likely to be published, and all letters may be edited for reasons of style, accuracy or space limitations. Letters should preferably be typewritten and double-spaced. All letters must include the writer’s full name, address and home telephone number. The volume of letters we receive makes individual acknowledgement impossible. Please send your letters to: The Editor, SA SOLDIER Letters, Private Bag X158, Pretoria, 0001. Letters may also be faxed to (012) 355-6399 or sent via email to sasoldier@mil.za. We would like to hear your comments or ideas, particularly about matters affecting members of the Department of Defence. Regrettably, anonymous letters cannot be answered officially or published - Editor.
TRIBUTE TO "BRA T"

31 May 2011 marked a turning point in the history of the SANDF. We were witness to the departure of one of the most dedicated, hard working and focused men to have served this country: Gen Nhlenhla (Godfrey) Ngwenya. He handed over the leadership of the SANDF to his successor, Lt Gen Solly Shoke, former Chief of the SA Army.

For a strange reason, one cannot help but recall the statement made by Ms Minah Sindane-Bloom at an event to celebrate the 100th International Women's Day. She challenged senior women in Defence to answer for themselves a very difficult question: “What would the organisation have lost if they were not born and did not volunteer to serve in it?”

Gen Ngwenya was a man who seems to have been kept awake by this question. He used his tour of duty as the Chief of the SANDF to create an enabling environment for officers to answer this profound question. He went further than that: he was very clear and decisive in promoting equal opportunities for women and men in Defence.

As a result, his name will always be on the lips of those who were familiar with the transformation agenda. In fact, Gen Ngwenya is widely acknowledged and recognised as the Chief who consistently spoke against women’s abuse and exploitation in public forums. And when he did that, he spoke with the passion of a commander and a father.

This would have been surprising for a man who is, presumably, a product of a patriarchal society and structures. But Gen Ngwenya was exposed to women’s potential during his early days as an MK Commander in Angola. He has direct experience of fighting side by side with women who showed that they could do what men could do. Women of South Africa have long earned their right to serve in all Corps, especially during the liberation struggle. Thus it is no surprise that today Defence policy stipulates that they have a right to serve anywhere they choose.

Not enough people know that, today, the SANDF is regarded as the best practice in the world. We are No 1 on gender mainstreaming within the military milieu. For this outstanding achievement we are thankful for Gen Ngwenya’s visionary leadership. He was indeed committed to the women’s cause.

In fact, the person responsible for the transformation agenda, especially the advancement of women, would not have been able to advance it without the support of the military top brass. However, Gen Ngwenya was not only the catalyst, but someone who used his decision-making powers to influence policy, to initiate a practical programme. He was always ready and willing to instruct his Service Chiefs accordingly whenever the need arose.

As a result, at entry level, we now have a pool of women trained and ready to be promoted to the senior ranks in the future. It is the same in the General’s ranks, although not applicable to all corps.

Our organisation’s policy encourages the promotion of officers to senior ranks based on merit and seniority. Race or gender is not the only criteria. As we move into the future, we need consistency in the application of this principle. Gen Ngwenya has played his role. He has now passed on the baton. It is now up to those who are left behind, using the famous MK mantra, to pick up the spear! We are looking to you, New Chief.

In a significant development, Gen Ngwenya has been appointed South Africa’s Ambassador to Angola. This is intended to strengthen our historic ties with that country. Gen Ngwenya spent many years in Angola. Also, he led MK troops in support of the MPLA against former UNITA belligerents.

In fact, the improving and strengthening of relations was done while at the helm of the SANDF and in various posts he held, up to and including as the Chief of the SANDF. As a result, the South African Defence establishment was the one institution of state that the Angolan Government was more amenable to engage with over the years, even at a time when relations were somewhat frosty.

This was no accident. The Angolans were comfortable in dealing not only with those in the military, but in particular with those South African freedom fighters that had been militarily trained there, lived there and married there. There are many freedom fighters who up to this day lie buried throughout the length and breadth of the rich Angolan soil. Gen Ngwenya is drawn from these men and women who were prepared to pay the supreme sacrifice. As Commander he himself did not hesitate to lead from the front!

We have every reason to believe that Gen Ngwenya will further enhance this partnership between the two countries. In fact, both countries will be in a position to enhance the SADC’s capacity for peace mission deployments, contribution to post-conflict reconstruction and regional coherence in tackling mutual security threats, including the building of consensus on international issues, particularly African support for a permanent candidature in the United Nations Security Council and in all other international and multilateral organisations.

We salute our former Chief! He has contributed immensely to the country, both as MK Commander and as the Chief of the SANDF. And we wish him well in his new post.

He has been a leading and visionary soldier all his life. He has now joined the military veterans, and becomes the third Chief of the SANDF in the democratic dispensation.

General, His Excellency, Ambassador Ngwenya, umuntu ubongwa esaphila: this country is proud of you. On behalf of the people of a united South Africa, we say: Thank You. And, farewell Chief Maj Gen N. Memela-Motumi, Chief Defence Transformation Management.
SA SOLDIER

LIFE OF A SOLDIER

It is all about sacrifice with no personal gain. It is all about teamwork with one goal at the end. It is about following command and instructions. A soldier must be strong and mentally fit, to carry your 21 kg kit. Always be calm and stay strong spiritually. Always stay focused and do not lose concentration. Be on duty 24 hours for 7 days through 365 days. Stay tall, avoid falling, be the winner in all stages. Remember what your task is as a soldier. Always do what benefits the Government. Be the pride of the nation.

That is what a professional soldier should be. Cpl M. Guduza, 5 SAI Bn

DAREDEVIL FLIGHT

A singular project was launched in January 2011 by the Swartkop Air Force Museum in collaboration with the artist Juanita Benadé, under the guidance of Lt Col Clive Shepherd. The Museum had commissioned a painting of their very own flying legend, the Dakota 6859, as part of the 75th anniversary of the maiden flight of the Douglas C-47 Dakota.

Lt Col Shepherd explained: “The artwork serves to honour the memory of this very special aircraft’s service and pilots, as it had to perform the sometimes arduous task of transporting essential provisions in challenging circumstances. Renowned for its role in the Berlin Airlift in 1948, the C-47 Dakota has continued to evoke a sense of admiration for its reliability and tenacity. Throughout our country’s history, also in its service as transport carrier during the Angolan Border war, this aircraft never ceased to be a vision of supplies arriving timeously. Currently our Dakota undertakes regular routine flights over the Hartbeespoort Dam and although it is not a glamorous affair, the dogged daredevil spirit of the aircraft and pilots is still the same.”

The painting was officially displayed during the 21 May 2011 air show at Swartkop Air Force Base.

For more information on available museum memorabilia, phone Lt Col Clive Shepherd at (012) 351 2306. In addition, general museum information can be found on the website: www.saafmuseum.org.za.

All enquiries on artworks by Juanita Benadé can be directed to the artist at cell Noc (072) 380 1101 or via email to jbenade@telkomsa.net. Juanita Benadé, email

THE LATE LT COL JAAP GOUWS

It is a great honour and out of my deepest love and respect that I, Lt Col S.S. Gouws - first-born to the late Lt Col J.J. (Jaap) Gouws, pay tribute to one of the legends in SANDF Combat Rifle Shooting.

Every sport has its own legends, names that are remembered, e.g. in rugby: Danie Craven; golf: Gary Player; cricket: Graeme Pollock and soccer: Jomo Sono.

What these people meant and did for their various sports Lt Col Jaap Gouws did for the SANDF and RSA Combat Rifle Shooting.

Lt Col J.J. Gouws started his shooting career in 1964 with his father, the late S.S. Gouws. In 1975 the South African Service Shooting Association (now known as the South African Combat Rifle Association) was established, which held shooting competitions with service rifles. He obtained his Springbok Colours in 1976 and regularly participated and excelled in this sport. He represented South Africa 12 times and toured countries such as Zimbabwe, Namibia, the USA, Taiwan and Great Britain. The last National Championship that he attended was the one in 2010, where he won the SANDF Regular Force Masters Championship. An article in this regard was published in the May 2010 edition of SA Soldier on page 42.

Since 1975 Lt Col Jaap Gouws has held the following positions in Combat Rifle Shooting:

- Chairperson SANDF Combat Rifle Shooting,
- Chairperson Limpopo Combat Rifle Shooting,
- President SA Combat Rifle Association, and
- Honouree President SA Combat Rifle Association,


Rifle Association.

He introduced me to the sport at the age of 16 and, when I received National Colours for the first time in 1993, we were the first and to date the only father and son combination that participated in the same or in any Combat Rifle Shooting test match together. His greatest wish was one day to shoot in a competition together with his grandsons and me. This wish was unfortunately not bestowed upon him.

He was a person’s person, a man between men, always willing to assist and share his knowledge, wisdom and crack a joke where-ever and with whomever, and lastly but not least, he was an AWESOME father, grand-father, husband, colleague and friend who will be sorely missed.

Fu, jou aarde teenwoordigheid was ‘n wond. Jou “squadding” sal altyd leeg wees, jou aardse teenwoordigheid was ‘n voltal, jou “squadding” sal altyd leeg wees. Maar jou legende sal bly voortleef met elke skoot wat klap. Lt Col Bieb Gouws, email  

An artist’s impression of a low-level flypast over the Hartbeespoort Dam wall by Douglas C-47 Dakota 6859.
THE CUSTODIAN OF MASS FREIGHT TRANSPORTATION

18 Deployment Support Unit (18 DSU) is the main deployment support unit in the SA Air Force and is also the custodian of mass freight transportation. 18 DSU is proud to say that they excel in the SA Air Force’s values. They show integrity in their behaviour and actions of taking the conditions they operate into consideration promoting human dignity by caring and supporting their own personnel, and their customers by treating them fairly and with respect. They serve before self by executing tasks in which they sacrifice their personal time, being away from home and working long hours in all they do by conducting deployments in a professional way with great success.

To enable 18 DSU to conduct this enormous and essential task for the SA Air Force they need reliable resources. It is a known fact that 18 DSU has the oldest trucks in the SA Air Force. 18 DSU history was when they received their first three new Hino trucks. 18 DSU is looking forward to enjoying the lifespan of these new trucks and to put good mileage on them. This event contributed towards the motivation of the drivers and boosted their morale. 18 DSU wants to make use of this opportunity to thank everyone that was involved in making this a reality and we can assure you that 18 DSU is proud and privileged to receive the new trucks and will not let the SA Air Force down.

Lt Col Frederik Smith, Officer Commanding 18 DSU

FEEDBACK ON A PREVIOUSLY PUBLISHED ARTICLE

Firstly, I would like to congratulate you on an excellent magazine. I look forward with great anticipation every month to the articles in the magazine since I find them most informative, and they give me an insight into what’s happening in my National Defence Force.

Secondly, thank you very much for publishing two articles in the March edition of SA Soldier, both relating to the prestige awards of the South African Air Force. On page 21 of that edition, you published a wonderful photo of Ms Lindiwe Sisulu, the Minister of Defence and Military Veterans, accompanied by the Chief of the SA Air Force, Lt Gen Carlo Gagiano.

Good things are meaningful if not done in time

Mark 16:3 tells us that three women, Mary Magdalene, Mary the mother of James and Salome, had bought sweet spices so that they could anoint the body of Jesus. To their amazement Jesus was not there anymore. This lesson is highlighted by the words of Alexander Pope: “I shall pass this world but once; any good thing that I can do or say, let me do it now. Let me not postpone it for I shall not pass this way again”. All people deserve good things because all people are created by a good God. Genesis 1:26-27. Mark 16:5-7 - “As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.” “Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen. He is not here; see the place where they laid Him. But go, tell His disciples and Peter, ‘He is going ahead of you into Galilee. There you will see Him, just as He told you.’” The lesson reminds us of the great words of John Wesley: “All people are saved. All people can be saved. All people can know that they are saved. All people can be saved to the uttermost”. A good person can never be put down (forever). The resurrection of Jesus shows that He was too good to remain in a dark, cold grave forever. The Father has raised Him. An illustration. There was an old lady who bred chickens. One day while she was away the yard caught fire. On her return she found the hen that was hatching dead. She sadly bent down to pick up the burnt carcass. Guess what! She was surprised by twelve lively chicks that came running from under their burnt “mother”. The hen might be burnt but the chicks are alive! Yes Jesus hung helplessly on the cross on Friday, but He was surely not hopeless! He was raised on the third day. Remember, it is not over until God says it is over! J.R. Tlhagale, email

The three new Hino trucks received by 18 Deployment Support Unit.
SA SOLDIER

PREPARATION FOR EXTERNAL DEPLOYMENT

The journey to the Democratic Republic of the Congo (DRC) is seldom a long and comfortable one; as was the case for 4 SA Infantry Battalion (4 SAI Bn). As Johnnie Walker puts it, a journey of thousand miles begins with one step. For 4 SAI Bn, the journey to the DRC began with a visit to the Mobilisation Centre in Bloemfontein on the morning of 2 March 2011. At 05:00 the buses arrived at the 4 SAI Bn sports field to transport the Battalion members to the Mobilisation Centre. Some buses were comfortable, especially the commercial bus liners, whereas some were like the normal Army 65-seater bus.

On arrival at the Mobilisation Centre, Capt S.P. Letsoalo (left) and Capt V. Hlungwani.

THE AFRICAN CHILD DAY

4 SA Infantry Battalion (4 SAI Bn) currently deployed on Operation Mistral XVII in the Democratic Republic of the Congo (DRC), also commemorated Africa Youth Day on 16 June 2011 in Goma with our counterparts, the Indian Battalion and the Uruguayan Battalion. Did I see you raising your eyebrows when you saw the Uruguayan Battalion? Yes, the Uruguayan Battalion - the country that beat Ghana in the Soccer World Cup 2010. Anyway, what counts the most now is that they are here to contribute to the stabilisation of peace on the continent and in the DRC in particular. The day was very well planned by MONUSCO and, boy oh boy, what a busy day it was. The RSA grouping, serving as chefs, did not even get time to eat. I guess the joy that was displayed on the faces of those little ones kept them going. It gave great satisfaction to make a difference in the world of our future leaders, our children. True to the spirit of UBUNTU (humanity), the South Africans under the leadership of the Acting Officer Commanding, Maj S. Dlamini (Lt Col W.L. Madikoto was away on other commitments) went a step further. They dug deep into their own pockets to ensure that the DRC’s most vulnerable and needy citizens did not have to fend for themselves. By the way, we are talking about orphans here. This time they went to the Mama Jeanne Samaritan Centre. The orphanage is owned by Pastor Mulengezi and his wife, Madame Banyere Jeanne, after whom the place is named. Surely love begins by taking care of those closest - the ones at home. That is the sacrifice of the RSA Battalion, 4 SAI Bn as a whole. We were welcomed and made to feel at home by the Animal himself. As true as Bob - no joke - that’s how Colonel J. Tshugudu, Officer Commanding Mobilisation Centre, introduced himself to the men and women of 4 SAI Bn. He reminded us of the African saying: the best way to finish eating an elephant is to eat it piece by piece.

True to the spirit of UBUNTU, members from 4 SAI Bn deployed in the DRC personally contributed towards the orphans of the Mama Jeanne Samaritan Centre.

NEWS FROM MALHA BASE

It is the norm in the SA Army that when we arrive in a deployment area we claim ownership and make our mark to indicate that we are there. It all started on 15 April 2011. We the great elephant of the North RSA Battalion 15 (15 SAI Bn) is what we are referred to at the UNAMID in the Sudan. Rfn Malapi Nong was then tasked to mark our arrival. He did, and this is what he said: “We are the ones who fight and die. We might not be able to save the world, but we are determined to defend it with the few resources we have. We at least have walked the path that most have wished to walk and some have feared to travel. As the great Napoleon said: These are the only two forces that unite men - fear and interest.” Rfn Malapi Nong, Malha Team Base, the Sudan.
ARRIVAL IN THE CONGO

On the morning of 29 May 2011 all the leader group elements of 4 SA Infantry Battalion (4 SAI Bn) flew out to the Democratic Republic of the Congo (DRC) to relieve 7 SAI Bn that had to spend Christmas and New Year in the DRC on duty. We spent the night. The following morning we were off to the Transit Camp where we spent the night. After a journey that spanned four time zones and took eleven hours, we finally arrived at MONUSCO HQ in Goma at 19:00. After the mandatory administration processes, we were off to the Transit Camp where we spent Christmas and New Year in the Democratic Republic of the Congo (DRC) to relieve 7 SAI Bn that had to spend Christmas and New Year in the DRC on duty. We at 4 SAI Bn empathise with 7 SAI Bn. After a journey that spans most of the Goma roads. This implies that the SA vehicles will not last as long as their Indian/ Uruguayan counterparts. The North Kivu Brigade HQ, where the Officer Commanding of 4 SAI Bn attends orders/meetings, is situated towards Goma, which is where the Indian and Uruguayan battalions are based. The present upgrading of the roads in Goma, which are still gravel, reaches only to Goma airport where the North Kivu Brigade HQ and MONUSCO HQ are situated. From MONUSCO HQ to Munigi Base, where we South Africans operate, the roads are “indoda yaphandlela” (find your own way/road). However, according to Cpt Phaho, the Recce Platoon/Transport Officer, the Goma roads are freeways compared to the roads in our company operational base areas, such as Pinga. On Saturday, 4 June 2011, we held the United Nations (UN) Peacekeeping Day, whose members are known as the Blue Helmets. The day serves as an acknowledgement to the troop contributing countries for making the world a better place and to commemorate the fallen Blue Helmets who have died in their quest for world peace. Our choir, though not yet complete, held their own against their Indian, Uruguayan and DRC counterparts. Lt M.E. Seemono, Public Info Officer 4 SAI Bn.

CELEBRATING NURSES DAY IN KUTUM

Every year, on 12 May, we celebrate International Nurses’ Day all over the world. This year we celebrated this wonderful day on 13 May 2011 in Kutum in the Sudan, while we were serving in Operation CORDITE XIII far from home. The celebration was opened by Lt. Lt Col Williams, the Medical Task Group Commander, Chaplain L.G. Madusa, the Commander of the Civilian Police and the Government of the Sudan health workers. The celebration was opened by Lt. A.E. Oosthuizen, who acted as the Programme Director. He read the acronym of a Nurse: - N: The nurturer of humankind - U: She/he unites families in sorrow - D: She/he delivers news from abroad - S: The nurse saves lives of patients and families - E: She/he continually attends - (author unknown). The programme included the Nurses’ Choir, which sang "I am a soldier for my country" (author unknown), which was conducted by Lt. M.E. Molopo (Mellit), followed by a candlelight ceremony led by Lt. J. Mkhondo. The highlight of the morning was the reading of the Nurses’ Pledge in candlelight. This contributed to the atmosphere in which the pledge was received by the guests. Maj S.M. Molefe, the Nursing Officer in Charge (Operation CORDITE XIII), encouraged the Military Skills Development System (MSDS) members on deployment to follow a career in nursing to have a passion for caring for their fellow citizens. She emphasised that nursing was a calling and not merely an occupation, and to be successful in nursing, one had to have empathy. She also gave an overview of Florence Nightingale, the founder of nursing, who was born in England on 12 May 1820. She was called the Lady of the Lamp, as she would walk through the wards with her lamp caring for her patients. Lt Col Singo spoke to the hearts of all nurses. Allow me to quote a few words: ‘The International theme for this year’s Nurses’ Day is ‘Closing The Gap’. ‘Closing The Gap’ would mean that somebody has to gear up for his or her call as a nurse without any strings attached. Florence Nightingale appears to be the author of the Nurses’ Day. Her birth brought a lifetime legacy. Being a mother, she listened to her call. I therefore call on all the nurses here today to have zeal, devotion and perseverance. My address to you is triangular: hardly without love, namely love for our God, fellow soldiers and clients. If you observe what I have just said, once way or the other, there should be no difficulty in your endeavour to close the gap. I encourage all you nurses to go steadily and unwaveringly about your work with judgment, self-sacrifice, courage, a tender sympathy and with a quiet and unostentatious demeanour that will win the hearts of all who are not prevented from appreciating the nobility of your work and character. With that you will have celebrated the legacy of Florence Nightingale. Ensure that whatever you are doing is through ‘Closing The Gap’. ‘I am also aware that nursing is not an easy task, as many suppose. I want to encourage nurses and other relevant stakeholders to continue doing this important service for the nation. We all benefit from your sacrificial kind of commitment. As nurses you are burdened, perhaps with insufficient pay, but hold on to the service God has called you to do. Our health is completely dependent on you. Keep it up.” ‘Closing The Gap’, dear nurse, you are the hope of life for the citizens of the whole world. Your call cannot be underestimated and, if anyone tries to, remain positive: that person is just indifferent. ‘Elie Wiesel says: ‘The opposite of love is not hate, it is indifference; the opposite of art is not ugliness, it is indifference; the opposite of faith is not heresy, it is indifference; the opposite of life is not death, it is indifference’.

Lt Col M.S. Williams closed by thanking all the nurses and commend- ing them for doing a good job. In closing this wonderful day, he reminded us all of how proud we are to wear the Ruby Beret! Lt A.E. Oosthuizen, email.
According to some reports, pirates are moving further south, closer to the Mozambican coastline and already ships in the area have been looted and hijacked.

Piracy in the western Indian Ocean is a further example of the constantly expanding area of pirate activity; and in the process other countries in the region are implicated.

The Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, and the Mozambican Minister of Defence Mr Fillipe Nyussi, met at Defence Headquarters in Pretoria on 01 June 2011 to sign a memorandum of understanding regarding anti-piracy and trans-border crime co-ordination between South Africa and Mozambique. This follows the hijacking of a ship off the coast of Mozambique in December last year when a US American owned container vessel was reported to be under attack by an armed group that later boarded the ship. A rocket propelled grenade was used during the attack, which took place approximately 80 nautical miles east of the Tanzanian and Mozambican borders.

Subsequent to that, a Mozambican FV VEGA 5 fishing vessel was confirmed hijacked on 31 December 2010. It was pirated in the waters between Mozambique and Madagascar and the ship was spotted near the Mozambican coast, approximately 200 nautical miles south west of the Comoros Islands, heading north. South Africa was requested by the Mozambican government to assist with information gathering, assessment and patrolling. The SA Navy’s SAS Isandlwana was then deployed to gather intelligence on these pirate activities.

The SA Navy presented an anti-piracy strategy to cabinet in parliament, which was approved, and the strategy is also going to be presented to the Southern African Development Community. The strategy is intended to provide maritime security in the Southern African Development Community’s (SADC) Indian ocean, with particular emphasis on the Mozambique Channel. Maritime trade is critical to Africa whose exports consist largely of unprocessed commodities. This trade is 90% seaborne. South Africa’s export-oriented economy is dependent on maritime trade as it is situated far from its trading partners. 50% of the South African gross domestic product (GDP) comes from trade and 90% is maritime trade. 30% of the world’s oil supply passes the Cape through the Mozambique channel. Therefore the ability to trade and the freedom of the seas are essential to South Africa and the region’s maritime security.

The economic cost of piracy is estimated at between $7 to $12 billion per year. Factors that give rise to this economic burden include ransoms, re-routing of ships, insurance premiums, anti-piracy organisations, etc.

The anti-piracy strategy encompasses interdepartmental coordination in which states and international organisations work together to achieve a common objective in dealing with piracy.

Multilateral engagement includes the Somali Transitional Federal Government (TFG) working through the mechanism of the African Union (AU). The international community should be approached to support and strengthen the African Union Mission in Somalia (AMISOM). The strategy entails identifying and designing maritime reporting and patrol zones. Frigates, submarines, ocean patrol vessels and maritime reaction squadrons are essential for undertaking patrols.
Chief of the Gabon Navy visits the SA Navy

By AB Dimakatso Khoza, PRO Naval Base Simon’s Town

The Chief of the Gabon Navy, R Adm Nambo Ndouney Herve, visited the SA Navy in Simon’s Town on 11 May 2011 after his visit to Naval Station Durban.

He was welcomed by a Guard of Honour at Fleet Command Headquarters. Thereafter Capt (SAN) Andre de Wet, Submarine Squadron Commander, gave a briefing on underwater warfare and spoke about the roles of submarines in surveillance, reconnaissance and intelligence. Flag Officer Fleet, R Adm Phillip Schoutitz, also presented a short briefing on the Fleet. The Chief of the Gabon Navy was very impressed by the SA Navy’s hard-working team after he saw how the Fleet prepared forces for operations against enemy forces at sea.

The Chief of the Gabon Navy then visited the SA Navy Diving School where he was informed about the naval divers, how they were selected at SAS SALDANHA and about their courses. They then visited SAS SPI- OENKOP for a tour of the frigate. A courtesy call was paid on the General Manager of the Armscor Dockyard, Mr Themba Goduka, followed by an official exchange of gifts.

Indian National Defence College visits the SA Navy

Article and photo by Smn Dimakatso Khoza, PRO Naval Base Simon’s Town

Members of the Indian National Defence College visited Naval Base Simon’s Town on 19 May 2011. Capt (SAN) Douglas Faure, Officer Commanding Combat Officer, was appointed as the programme co-ordinator and accompanying officer for the 19 senior officers led by Air Vice Marshall S.K. Karmaker (the equivalent of a two-star General), P.K. Roy, the Commandant of the Indian National Defence College, and 19 course members ranking from Colonel to Brigadier General. The course members were accompanied by their spouses.

Their first stop was at the Maritime Warfare Training Centre for a short briefing about the SA Navy. Thereafter they were given a tour of the Centre where they were shown classrooms in the process of preparing students for the functional environment.

The Officer Commanding SAS SPI- OENKOP, Capt (SAN) Christopher Manig, gave the delegation and their spouses a tour of his vessel.

The day was a great success that further cemented the relationship between the Indian and South African National Defence Forces.

The Indian Defence Force is the third largest defence force in the world after the USA and China. Indian Armed Forces defend the large land, water and aerial borders of India and are renowned for their courage and valour. The Indian Defence Force has shown its strength in both India and abroad. The Indian Armed Forces have promoted the country’s honour in United Nations Peacekeeping Missions and have impressed everyone with their professionalism and discipline.
The Department of Public Works has formally approached the SANDF to render assistance to build or re-establish mobility in priority areas as determined by it.

The Department of Public Works through the Expanded Public Works Programme (EPWP), a national programme coordinated by the Department of Public Works, has community development projects in Hammanskraal to improve the lives of the people. These projects implemented in the Hammanskraal area include the construction of the Apies River Bridge, the pothole project in Nyathela Street, the clearing of alien vegetation and the fencing of the dam and the renovation of the Tama Tema river crossing.

The mandate of the EPWP is to implement Government’s objective of alleviating poverty, providing income, work experience and skills development through the creation of work opportunities.

The EPWP involves creating temporary and ongoing work opportunities for the unemployed through public sector expenditure. Its fundamental objectives are to increase employment opportunities so that able-bodied individuals who cannot find work and do not have access to social grants can earn an income and gain experience and skills through productive work.

The construction of the Apies River bridge in Temba connects Temba’s local community with essential public services within reach. Approximately 3000 people cross the river daily to access nearby basic amenities, for example shopping complexes, public transport, schools, and clinics. It also supports economic development, services, shorter routes and safe access.

EPWP facilitates government job creation initiatives to create an environment for communities to initiate their
The people of Temba have gained skills and exposure through this project in welding, water purification and general construction.

Since this project has been launched, seven bridges have been built by the South African Army Engineers.

The construction of the Apies River bridge in Temba. The main objective is to connect the Temba local community with essential public services within reach. Approximately 3000 people cross the river on a daily basis to access basic services.

SA Soldier spoke to Samuel Zondi Skosana, a husband and father of two children. He is currently unemployed.

The EPWP has given Samuel the ability to provide for, and maintain his family. The project has provided him with valuable work experience in bridge and road construction. He believes that now that he possesses the capability and skills he knows what is needed to ensure the site is fully operational. Samuel has been trained in water purification and understands the chemical processes and chemical needed to purify water for drinking and use. He feels that working with soldiers has enhanced the opportunities for poor people.

The Apies River bridge project has added substantial value to Ms Constance Golele who has gained additional new skills that would make her more employable. Like Mr Skosana she gained skills relating to the purification of water, the construction of bridges, understanding the difference between various materials and tools and the ability to use tools effectively. She feels strongly that intergovernmental projects such as this should be implemented more often and that such best practices could be duplicated. Ms Golele suggested that more projects should be undertaken by the Department of Defence so that the community can benefit from them.

SA Soldier
The Themba population have been trained in water purification and understand the chemical processes needed to purify water for drinking and other uses.

The SANDF has once again shown the nation that it has a National Defence Force that it can be proud of, one that people can count on to make a difference. The SANDF has in recent years positioned itself as a reliable partner in the creation of stability, peace, security and prosperity in the country and on the continent. It is a skilled, disciplined and technologically advanced Defence Force that remains committed to being a force for good.

Since this project was launched, seven bridges have been built by the South African Army Engineers. These are at Tsomo, 30 metre bridge; Mount Ayliff, a 45 metre bridge; Kokstad, 120 metre suspension bridge; a 36 metre bridge at Nqupa; a 15 metre steel pedestrian bridge at king Seabata; a steel pedestrian bridge at Hammanskraal, which will be 30 metre long; and a suspension bridge of 150 metres.

The Apies River bridge project has added substantial value to the population of Temba. They have attained additional new skills to make them more employable, e.g. in the construction of bridges.

Above: The completed bridge over the Apies River. Approximately 3000 people cross the river on a daily basis to access basic services nearby, for example shopping complexes, public transport, schools, and clinics. The bridge also supports economic development, services, shorter routes and safe access.

The Themba population have been trained in water purification and understand the chemical processes needed to purify water for drinking and other uses.
The Executive National Security Programme (ENSP) 23/11 held its certificate and award ceremony on 08 June 2011 at Army College in Thaba Tshwane. The ENSP was presented over a period of 21 weeks to 33 members.

Five international members representing the armed forces of Egypt, Uganda, Zambia, Malawi and Congo Brazzaville attended the programme. Five members from the State Security Agency, two from the South African Police Service and one each from the State Information Technology Agency, Armscor and Human Settlements were present. The remainder of the programme was made up of naval captains and colonels from the Department of Defence representing the SA Army, SA Air Force, SA Navy and SA Military Health Service.

In order to attain the ENSP qualification members were required to undergo intensive individual assessments at the end of each field of study, a syndicate assessment for EX SIVUKILE and pass the Commandant's Research Paper. Members were also required to demonstrate cross-field outcomes throughout the programme, via problem solving, critical thinking, teamwork, leadership, organization, planning, written and oral communication, and lastly they had to demonstrate the world as a set of related systems. With the exception of Africa and International studies, all assessments were conducted by reputable external assessors in order to guarantee ambiguity and objectivity.

The nominations and awards were presented to acknowledge members who excelled during the course and were deemed to have made the most valued contribution to intra-group support, interpersonal communication, positive energy levels, mutual trust, cooperation, tolerance and sensitivity towards diversity. Mr B. Masando was awarded the Golden Rivet Trophy. The Ibandla Trophy was awarded to Syndicate one for the highest mark for EX SIVUKILE. Ibandla quite appropriately means circle of the wise as it was indeed wisdom that was needed for the task. The exercise ran for the duration of the programme and was the golden thread running through the ENSP.

Each of the four syndicates, with a programme facilitator, were required to reach consensus on the concepts of national power, national will, interests and values as a precursor to identifying domestic, regional, continental and global strategic trends that impact on South Africa’s national security and they had to design scenarios up to 2033 in order to formulate national security policy recommendations. The exercise concluded with a presentation to a panel of invited guests.

Captain (SAN) J.E. Sinovich and Mr V. Nong were the joint winners of the Commandants Research Paper. The SA National Defence College greatly values independent thinking by members of the ENSP. The research paper is normally done after hours, thus it demanding a high level of self-discipline from each member. Capt (SAN) J.E. Sinovich was the author of the paper: “Enhancing national security decision-making through innovative strategic planning.”

Mr V. Nong from the State Security Agency was the author of the paper: “South Africa’s capacity to address cyber threats”. Both papers were exemplary in their examination of complicated subjects of strategic significance.

Capt (SAN) J.E. Sinovich was the overall winner and was awarded the Commandant’s trophy sponsored by Thales South Africa and a Notebook valued at R4 500.00 sponsored by Microsoft South Africa.
If there is peace in the heart, there is peace in the family. If there is peace in the family, there is peace in the community. If there is peace in the community, there is peace in the nation and if there is peace in the nation, there is peace in the world. (Chinese proverb)

The SANDF’s participation in the international arena mirrors South Africa’s long relationship with the international community and reflects and demonstrates our desire to live in harmony with our neighbours and also signals South Africa’s intention to contribute creatively to a better and safer Africa in a better world.

Over the period 23 May to 03 June 2011, the Republic of South Africa (RSA) represented by the Department of Defence and Military Veterans in collaboration with the Department of International Relations and Cooperation, hosted the 14th United Nations Senior Mission Leaders Course (UNSMLC) at the Peace Mission Training Centre (PMTC) in Thaba Tshwane.

The objective of the Senior Mission Leaders Course was to prepare potential and future mission leaders for the roles and responsibilities of senior leaders in United Nations peacekeeping operations. An additional objective was to enable member state officials who cover peacekeeping issues to understand better how multidimensional United Nations peacekeeping missions are conducted. The request for hosting the UNSMLC course comes at a time when the RSA has again taken up a position as a non-permanent member of the United Nations Security Council. It serves to reaffirm its commitment to its international obligations, the maintenance of world peace and the promotion of the human centred development, he said.

Lt Gen Temba Matanzima, the then Acting Chief of the SANDF, in welcoming delegates on behalf of the Minister of Defence and Military Veterans, Ms Lindiwe Sisulu, mentioned that the course was an important event of strategic magnitude: “Our government greatly values your cooperation and assistance with the hosting of the course, which we regard as of great importance within the context of our commitment to Africa, world peace and the security agenda”, he said.

“You may in the near future be charged with the responsibility to assist countries and peoples affected by conflict and to find ways to restore peace and stability. As you start your course today remain mindful of the fact that the knowledge and skills you will acquire over these two weeks will equip you with the competencies required to function as effective and special representatives of the United Nations”, he concluded.

Lt Gen Derrick Mgwebi, the Chief of Human Resources, on behalf of the Department of International Relations and Cooperation extended a word of gratitude to Ms Karen AbuZayd, the UN representative and Ms Leila Zerrougui, the Deputy Special representative of the Secretary-General of the UN in the DRC and other senior representatives of the United Nations. He said: “South Africa is a nation of international solidarity. Our support for inter-

The UN addresses the multidimensionality of Peacekeeping

Cpl Ally Rakoma
Photos: Sgt Elias Mahuma

Lt Gen Temba Matanzima, the then Acting Chief of the SANDF, highlighting the integrated and multi-disciplinary nature of peacekeeping during the opening of the 14th UN Senior Mission leaders course.
national and regional development is a stated policy goal of our government.

Mr Peter Molemma, the Charge d’Affaires of the Embassy of the Kingdom of the Netherlands responded that South Africa was seen as a gateway to the African continent. It had been identified by many observers as the one state able to help ensure effective peacekeeping in Africa and it had an important role to play in the economic and political revival of the continent.

"By bringing together the perspectives derived through a civilian approach and most missions have multidimensional complex mandates that require an array of skills, as operations are now frequently involved in various activities that include facilitating the promotion and protection of human rights, opposing gender based violence, supporting electoral transitions, humanitarian relief, monitoring civil society, combating human trafficking and overseeing disarmament, demobilisation and reintegration of adults and young combatants into society, and family reunification in order to build peace.

During the closing of the 14th UN Senior Mission Leaders Course, the Secretary for Defence, Ms Mpumzi Mpfu, asserted the importance of South Africa’s role in contributing to regional, continental and global peace and stability. She said that South Africa was part of the African continent, and that its economic development was linked to what happened in the continent as a whole. She added that if Africa disintegrated, there would be no the country could not prosper in a sea of African insecurity and instability.

"On the international stage, this is evidenced through the SANDF’s participation in the African Union (AU) and UN Peacekeeping and humanitarian man-

dates, alongside geographical neighbours, and Western nations. In order to further our ambitions of dealing with many critical issues and challenges posed by conflicts, let’s continue in our global responsibility to build peace and security and avoid the spillover effects of conflicts. Accept best wishes for a stimulating and meaningful course from the government of the Republic of South Africa and our Department of Defence and Military Veterans," said Ms Mpfu.

Ms Leila Zerrougui, the Deputy Special Representative of the Secretary General of the UN in the DRC (MONUC) said that South Africa contributed many excellent peacekeeping contingents to the UN Mission and the strong participation of South Africa contributed to the larger framework of the African Renaissance. MONUC was established in November 1999 under UN Security Council Resolution 1279. Its function was to monitor the peace efforts following conflicts, to protect civilians and to ensure humanitarian access. MONUC contingents consisted of troops, military observers, police, international civilian personnel, in addition to local civilian staff and UN volunteers.

SA Soldier conversed with some course participants and they had this to say:

Assistant Commissioner, Veronica Omosomfo from the Nigerian Police said that the course focused on capacity building and was a modest investment in various peace building activities that could help our governments and civil society to head off potential conflicts at an early stage, through dialogue and compromise before differences became more difficult to resolve. She added that its function was to monitor military and civilian capacity in order to promote multidimensional peacekeeping operations.

Brig Gen V George from India said that the course was a fact-finding mission. Experts and our mentors supported us and exchanged information based on their past and present UN experiences as peace process facilitators. Coming from different parts of the world we explored areas of mutual collaboration and posed by conflicts, let’s continue in our global responsibility to build peace and stability.

Ms Karen AbuZaydy, the UN representative said that with the international agency now consolidating its peacekeeping operations, the senior mission leaders course had become even more important. She added that with peacekeeping today being more complex and multicultural than ever before, the judgement and confident decision-making ability of mission leaders becomes even more important and that the change of emphasis would see those attending the course look critically at the legal framework of peacekeeping missions, mission support and the use of military forces and civilian components in peacekeeping and humanitarian operations.

Ms Carolwyn McAusie, the course mentor from the University of Ottawa, Graduate School of Public and International Affairs, cited the multidimensional peacekeeping operation and the involvement of women. The increasing complexity of the environment in which peacekeeping operations are deployed has created the need for women in peace processes and their participation in security initiatives supporting local institutions as partners for peace. She added that women should be on the peace table because peace was not just made by those who made war, but by those who will build peace.
United Arab Emirates visits SA to strengthen military relations

“Your country has a very good relationship with its defence industry and we hope that this will help us build a strategic relationship,” said Lt Gen Thani Al Rumaithi.

South Africans are normally described as hospitable, especially to international visitors to the country, whether on business or holiday. This was experienced by the United Arab Emirates (UAE) Armed Forces entourage on 16 May 2011, during their welcoming parade at the Defence Headquarters in Pretoria.

The aim of the visit was to strengthen military relations between the South African National Defence Force (SANDF) and the UAE Armed Forces, as well as to forge a strategic relationship between the two defence forces.

Speaking after their warm reception, which included a welcoming parade, Lt Gen Hamad Mohamed Thani Al Rumaithi, Chief of Staff UAE Armed Forces, heaped praise on the reception and the welcoming they received.

“We are grateful for the invitation by the SANDF to this beautiful country and for our reception. We were welcomed by a very disciplined force (members of the National Ceremonial Guard on parade) and we hope this will further strengthen the relationship between South Africa and the UAE, especially in military matters and trade. We are also delighted by the fact that your country has a very good relationship with its defence industry and we hope that this will help us build a strategic relationship with it. We have many South African companies in our country that produce top quality military hardware and we are confident that our visit here will further strengthen their will to produce even more of it,” said Lt Gen Thani Al Rumaithi.

In his reply, the then Acting Chief of the SANDF, Lt Gen Temba Matanzima, expressed his appreciation for their stopover in South Africa.

Lt Gen Matanzima said: “I can assure Lt Gen Thani Al Rumaithi and his delegates that their stay is well timed as it takes place against the backdrop of our municipal elections held a short while ago. We are also glad that this will further boost our local defence industry together with the Department of Defence (DOD) to participate actively and do business with the UAE. Your visit here will undoubtedly strengthen our military relations.”
Senior personnel from the SANDF and the United Arab Emirates (UAE) Armed Forces take the salute during the welcoming parade for the UAE Armed Forces entourage.

The UAE Armed Forces’ visit to South Africa was inspired by high-level visits exchanged since 2000 by former State Presidents, Mr. Nelson Mandela and Mr. Thabo Mbeki during some of the meetings, such as the Gulf Co-operation Council in Abu Dhabi in November 1998, and the Emirates International Forum in February 2000 in Dubai respectively, among others.

It is also reported that more than 100 SA companies are currently doing business and established themselves well in the UAE.

* Additional information obtainable from www.southafricadubai.com/relations.html.
Project Phidisa facilitating strides in research

SA SOLDIER

The focus is on increasing efficiency, maximising the utilisation of resources and providing high-quality clinical research.

By Kgabo Mashamaite

In order to ensure the delivery and accessibility of HIV drugs to the South African National Defence Force (SANDF) and the broader Department of Defence (DOD), almost 91 medical practitioners, pharmacists and researchers converged on the Peace Mission Training Centre in Thaba Tshwane. This follow-up scientific meeting of Project Phidisa, a clinical infectious disease research component within the SA Military Health Service (SAMHS), took place from 3 to 5 May 2011. The aim of the meeting was, among others, to refine the operational plan for the more effective integration of Project Phidisa into the DOD/SANDF/SAMHS as a clinical infectious disease research component (Goal 1) and to build capacity for sustainable clinical research within the DOD/SANDF/SAMHS (Goal 2) in terms of the Strategic Plan of Project Phidisa, namely to identify gaps in resources and begin implementing it immediately following the meeting.

The implementation will be structured on the review, revision and additions to the tasks completed to achieve the objectives in the Strategic Plan by identifying leaders to ensure that each objective is achieved and to identify the timelines for each task by identifying the critical resources required for the tasks as well as the process for monitoring the implementation of the operational plan.

The meeting follows the signing of the new Memorandum of Understanding (MOU) between South Africa and the United Nations for a new research agenda in October 2010.

In his opening remarks, the then Acting Chief of the SANDF, Lt Gen Tshwane Motsepe, said that the research project could be beneficial to the SANDF and the whole country in managing HIV/AIDS.

According to Dr Lotty Ledwaba, Acting Officer Commanding Phidisa, since the signing of the agreement to continue with the clinical research, the strategic plan has provided a road map for Phidisa to achieve its mission and vision which will also act as a guide to decision-making and it will be updated on an annual basis. She added that its focus was on increasing efficiency, maximising the utilisation of resources and providing high-quality clinical research.

Ms Gugu Matchaba, Head of Pharmaceutical Services at the Phidisa Headquarters in Pretoria, said that the Project had already made strides in the management and treatment of HIV/AIDS and other infectious diseases.

Ms Matchaba added: "As a result of Phidisa, information has been, and will continue to be generated to assist the SANDF in its decisions about how best to manage the HIV/AIDS epidemic in military settings, to advise the SANDF on combat readiness and to expand knowledge regarding the best way to treat HIV infections. At Mthatha there is an antiretroviral (ARV) roll-out clinic, it is just a regular sickbay or clinic. Patients needing HIV and AIDS services are seen by Phidisa staff or referred to the Durban ARV roll-out site if they do not want to be part of the research effort. At 1 Military Hospital in Pretoria, however, we have an ARV roll-out clinic, currently headed by the Officer in Charge, while the Phidisa HIV Research Clinic is headed by the Site Principal Investigator who operates independently, each with its own staff complement. Our protocol currently also covers sexually transmitted infections and Hepatitis B. We are hoping that in future and in line with Goal 1 of the Strategic Plan, the HIV component will also incorporate more research on other infectious diseases."

Project Phidisa continues with its cooperative scientific research on the impact of HIV and AIDS within the South African military community, after the MOU between the South African and the United States Governments was extended in October 2010. The Project started in early 2004 and currently has six clinical locations throughout the country. It is led by the SANDF and the National Institutes of Health of the US Department of Health and Human Services and the Department of Defence in the United States.
Playing it smart

There’s a lot of wisdom in the old adage ‘good things come to those who wait,’ and it couldn’t be more true when it comes to investing your money, says Rosie Wilson, market development manager for Old Mutual. Just like a good wine gets better with age, so too will your investments.

“In times of economic recovery, exercising patience with your investments could be one of the wisest moves you can make. It bears reminding that long term investments do not respond to market fluctuations as quickly as short-term investments do, and one’s investment is therefore safe. It is in times like these that you should not deviate from your investment objectives,” Wilson cautioned.

Long-term vision

“Without question that the safest investments that still deliver inflation beating returns are those that are long term especially when you have concrete financial goals in place,” she said. Sound long-term investments are often selected by people with their eye on the future. In most cases, people choose long-term investments, when they have certain goals in mind such as retirement, or a quality education for their children. If you truly understand what you need it for and are ready to wait for the rewards long-term investments are a safe and wise choice!

Important guidelines for long-term investing:

- It is a time proven fact that investing for longer usually yields the best returns;
- A healthy financial plan should be able to weather any market storm because what goes down will eventually go up;
- A sound investment portfolio should be diversified, ie. include a mix of shares, unit trusts, cash and property, to safeguard it against risk. In this way, any losses on the one hand will be ironed out by gains on the other;
- In a diversified portfolio, never review each investment in isolation, but rather review your entire portfolio as a whole because there will be times when one asset class outperforms another. Property prices may decline while share prices may rise;
- It is time spent in the market and not timing the market that counts. Start investing sooner and for longer to increase your chances of healthier returns;
- Cash is unlikely to deliver the returns needed to beat inflation over the long term;
- There is no doubt that experience counts when it comes to investing your hard-earned money. Invest with a reputable and stable financial organisation that has a proven track record;
- Take investment decisions in conjunction with your accredited financial adviser or broker.

Speak to your Old Mutual financial advisor or broker about a long term investment strategy that will allow you to do great things. Call 0860 WISDOM or visit www.oldmutual.co.za
Dukes takes the lead in a FIBUA exercise

It was crucial to include safety precautions such as the correct handling of a weapon and to ensure members were fully kitted with the correct safety combat gear.

By Kgabo Mashamaite
Photos: Sgt Elias Mahuma

For the first time in the history of the Cape Town Rifles, a Defence Reserve unit in the Western Cape, commonly known as the “Dukes”, has taken the lead in a fighting in a built-up area (FIBUA) exercise. The exercise was held at SAS Wingfield in Cape Town between 4 and 19 April 2011 and consisted only of Reserves.

The aim of the exercise was to prepare the Reserves adequately in order to utilise their combat skills in built-up areas and also keep them physically fit and alert at all times.

According to Capt Mark van Zyl, the Exercise Commander, the members started early in the mornings with a demanding physical training exercise to ensure peak physical fitness and mental readiness.

Capt Van Zyl said: “Their days started at 05:00 every morning with a physical training exercise, which included a 10 km walk to and from the battle ground. The exercise was then split into two phases to measure speed and endurance, in which members would negotiate the obstacle course of up to 3 m walls, be able to adapt to the noise and poor visibility simulated by the application of pyrotechnics while in search of a target.

Thereafter the members did a FIBUA exercise, which included house clearing, where so-called “terrorists” were eliminated from their hide-out, the elimination of a sniper, after which a search and rescue mission in the targeted house was conducted.

During the exercise it was crucial to include safety precautions such as the correct handling of a...
Reserve members advancing to the terrorists hide-out to conduct a house clearing during a FIBUA exercise.

weapon and to make sure that a member was fully kitted with the correct safety combat gear.

MWO Shaun Louw, Sergeant Major of 1 Parachute Battalion, said: “Safety was a top priority in this exercise and if a member was not in a good frame of mind, he or she was bound to be distracted and not observant of the rules. Therefore it was important that the members were always alert at all times. If a member failed to observe safety rules, such as placing a weapon on safety mode, the member was immediately removed from the field because he or she was a safety risk to all team members in the theatre of operation.”

MWO Louw was tasked along with other six instructors to provide training for the FIBUA exercise.

1 Parachute Battalion was the first unit to be trained in the FIBUA concept as it is still new in the SA Army and the instructors are well equipped to provide training for the Reserves. Among the Reserve units involved were members from the First City in Grahamstown, the Cape Town Highlanders, 3 Parachute Regiment, 71 Signal Unit, 30 Field Workshop, including SA Air Force elements and 3 Medical Battalion, which had to render medical support.

Maj Francois Marais, the Exercise Co-ordinator and the Battle Commander, said that the FIBUA training would provide the Cape Town Rifles with the opportunity to become a priority one Reserve unit - a nodal point for the training of Reserves in the Western Cape in line with the air assault and the sea landed qualifications.
The biannual South African Air Force (SAAF) air power capability demonstration took place at the Roodewal Bombing Range located at AFB Makhado in the northeastern part of Limpopo Province on 12 May 2011. Considering the uncertainties and unpredictability of today's world, it is important to understand that air power is more than just fire power, and that it has manifestations of offensive operations and humanitarian support, as natural disasters often bring destruction with effects equal to or worse than the effects of war that wreak havoc on mankind at irregular intervals.

Lt Gen Carlo Gagiano, the Chief of the SA Air Force, briefed members of the media and said that the demonstration was meant to highlight the multi-role air capabilities of the SANDF, the importance of air power and the integration of different air and ground components to achieve complementary roles. Lt Gen Gagiano is determined to ensure that despite tight budget constraints and challenges in the air...
transport field, the SA Air Force remains on top of its game and the United Nations (UN) number one port of call for peacekeeping mission support operations in Africa, whether for defensive or offensive missions.

The demonstration commenced with advanced state-of-the-art attack aircraft of the SA Air Force displaying high-speed manoeuvring tactics. Precision-guided bombing attacks, deadly accurate cannon fire, missiles, rockets, mortars, machine-gun fire, static airborne capability, fast-roping of troops into battle landing zones, high-explosive mortar fire and spin, high performance firepower and deafening explosions were the order of the day as the SA Air Force demonstrated its air superiority.

The "real-life" war simulations painted a broad and detailed picture of the different scenarios and superior air-to-ground and air-to-air attacks, air-lifts, rescue, air dropped logistical support equipment, air assault forces, excellent co-ordination of command and control that showed capability in quelling threats, humanitarian relief and rendering assistance in terms of the well-being of not only our national needs, but the SADC regional allies, the African Union (AU) diplomatic initiatives and the UN Peacekeeping operations in Africa.

Then followed a force multiplier using the Rooivalk attack helicopter in its first "operational" mission, namely a trio of helicopters firing high-explosive 20 mm rounds and rockets in support of a simulated ground attack and the formidable Gripen fighter jets demonstrating their electronic warfare capabilities.

The star-studded spectacular event was attended by an elite group of students from the Executive National Security Programme (ENSP) inclusive of foreign students from the SA National Defence College, the Junior Command and Staff Course, the SA War College, the Junior and Senior Air Power Course, the Officer Formative course and the SA Air Force.
focus on youth

SA Army Infantry injects new blood through MSDS

"When you go out there will be elements that would like to degrade your achievements, but you should stand tall, maintain your discipline and not bring shame on the SANDF." - Maj Gen Themba Nkabinde

By Kgabo Mashamaite
Photos: Sgt Elias Mahuma

Hundreds of people from the Oudtshoorn community, and family and friends from all across the country came to witness the seventh Military Skills Development System (MSDS) passing-out parade held at the Infantry School parade grounds on 11 May 2011.

A total of 749 recruits consisting of 278 female recruits and 471 male recruits successfully concluded their two-year training at the military institution to be utilised by the South African National Defence Force (SANDF).

During the debriefing session with the members, Brig Gen Buyisile Baartman, Director SA Army Infantry Force Preparation, urged members to conduct themselves as professional soldiers and wear their uniform with pride.

Brig Gen Baartman appealed to the jubilant recruits: "When you go outside these buildings there will be some elements that would like to degrade your achievements and profession, but you should stand tall, maintain your discipline at all times and conduct yourselves in a manner that does not bring shame on the National Defence Force. When you reach your respective units, you will find long serving members who think they know the system better, but maintain focus and uphold the high standards you attained here. For those selected to serve in other specialised units, please also maintain a high degree of discipline and enjoy yourselves in your careers in the National Defence Force. The SANDF command will reward you accordingly. You should also wear the uniform with pride because you know how you earned it. Not everyone has the opportunity to be where you are now." He also passed on the regards of Maj Gen Themba Nkabinde, the General Officer Commanding SA Army Infantry Formation, to the recruits.

As it is the tradition of every SANDF training institution to award the individuals who excelled better than their peers, the Infantry School awarded worthy recipients for their outstanding performance during their period of training at the institution.

AWARDS
- MSDS Basic Military Training (BMT) Best Overall Learner 2011 Old Mutual floating trophy: Recruit Kenneth Marais (Alpha Company).
- MSDS BMT Best Academic Learner 2011 award: Recruit Natasha Ronelley Arends (Charlie Company).
- MSDS BMT Best Practical Learner 2011 award: Recruit Efedio Leholo (Bravo Company).
- MSDS BMT Fittest Female Learner 2011 award: Recruit Maron Brand (Alpha Company).
- MSDS BMT Fittest Male Learner 2011 award: Recruit Nhlakanipho Nkosi (Foxtrot Company).
- The MSDS BMT Best Shotlist 2011 award: Recruit Sinenhlanhla Khuzwayo (Delta Company) (female) and to Recruit Matthew van Zyl (Bravo Company) (male).
- The MSDS BMT Neatest Learner 2011 award: Recruit Ruth Mokoena (Charlie Company) (female) and Recruit Sifiso Mzulwini (Bravo Company) (male).

MSDS members proudly display their hard earned awards at the School of Infantry after their passing-out parade. Front, l/r: Recruit (Rct) Sifiso Mzulwini (Neatest Learner, Male), Rct Matthew van Zyl (Best Shotlist, Male) and Rct Nhlakanipho Nkosi (Fittest Learner, Male). Back, l/r: Rct Maron Brand (Fittest Learner, Female), Rct Kenneth Marais (Best Overall Learner) and Rct Sinenhlanhla Khuzwayo (Best Shotlist, Female).
SA Army contributes to skills development

The passing out parade was held to acknowledge the skills and discipline the recruits had already learned.

Article and Photos by
S Sgt Lebogang Tlhaole

On 13 May 2011 3 South African Infantry Battalion and Air Defence Artillery held their MSDS Basic Military Training passing out parade in Kimberley. The event symbolised the beginning of a new era of graduating MSDS members. They knew that another phase in their lives had ended and by the next sunrise would come a new day, new challenges, new experiences and the next step in their military careers.

The passing out parade was held to acknowledge the skills and discipline the recruits had learned during their Basic Military Training as well as to display, endorse and enhance the image of training given by 3 SAI Bn and Air Defence Artillery to the January 2011 SA Army recruits. Maj Gen Masondo handed out certificates and trophies to recruits who had excelled during Basic military Training to acknowledge their achievements and to encourage other soldiers to improve their level of discipline.

Some recruits expressed excitement about their steps towards becoming soldiers and being called up to serve the larger community of South Africa. Through training they were transformed and were different from ordinary civilians. They were happy that the parade had finally come and said they were now more fit and disciplined than ever.

The primary purpose of the Military Skills Development System is to create effective, efficient and economical human resources. The MSDS ensures a continual intake of young, deserving, healthy South Africans into the SANDF in an attempt to transform and rejuvenate it. The programme not only provide South Africans with military skills, but also contributes to their social upliftment by providing them with general life skills beyond the military environment that they can use after completing their military service.

The recruits do Basic Military Training with the aim of introducing them to military discipline and military culture.

Regular drill sessions were conducted, which are an indispensable part of a uniformed member’s conduct and discipline. They were also taught about buddy aid which gave them tools to use whatever means necessary to save lives with the few resources at hand.

The SANDF has become a training institution of choice for employers such as the South African Police Service (SAPS), 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.

Training remains high on the DOD priority list to ensure that members are better equipped to utilize their newly acquired capabilities. This training is of key importance for the SANDF to succeed in its quest to support the Government’s diplomatic initiatives and to help eradicate conflicts in the region and the continent. The DOD values this training as a foundation on which it can build a solid National Defence Force that is fully capable of defending the country’s territorial integrity and to provide support to its people.

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Inspectorate Division's meaningful achievement

Article and photo by Cpl Itumeleng Makhubela

The Defence Inspectorate Division has added a significant level of competency and substance to its Division through the successful completion of the General Internal Audit Course presented by the Institute of Internal Auditors over the period January to December 2011.

Altogether 20 graduates will treasure an achievement of a lifetime after being endorsed at the graduation ceremony held at the South African Air Force College in Thaba Tshwane on 13 May 2011.

This learning programme has enhanced the knowledge and competency of internal auditors and enables members of the Defence Inspectorate Division to conduct audits in line with practices associated with the Auditor General. This is to ensure that they add value to the Department of Defence (DOD).

Dr Claudelle von Eck, CEO of the Institute of Internal Auditors, and Maj Gen Mxolisi Petane, the DOD Inspector General, presented the certificates to the recipients and congratulated them on putting effort into a worthy cause of uplifting themselves and adding value to the Division.

The General Internal Auditors Course is a supervisory level designation and the format of this programme is structured as workplace training. The focus is on being able to perform some senior and supervisory tasks and perform duties with limited or no supervision at all.

Dr Von Eck was inspired by the Department’s visionary ability to invest in its people by providing them with learning opportunities that will promote their advancement and create a favourable working environment.

Referring to the Reliving In The Spirit of UBUNTU, she pointed out that although we have individualistic tendencies of independence, we should not forget that we exist as a collective and that we are connected to one another.

Dr Von Eck said: “As auditors, we need to be independent and brave to stand in the midst of adversity and do all for the greater good of the collective.”

On the contrary, Dr Von Eck cautioned that people had to add value to a collective by thinking independently and not falling into groupthink.

She added: “As auditors, we need to be independent and brave to stand in the midst of adversity and do all for the greater good of the collective.”

Dr Von Eck concluded: “Auditors need to be above reproach. We need to grow and become competent and stay competent so that years down the line we are still relevant, adding value to a collective to Relive In The Spirit of UBUNTU.”

The CEO of the Institute of Internal Auditors, Dr Claudelle von Eck, presenting a certificate to Col Antonio André, Chief of Staff Directorate Performance Audit at the Defence Inspectorate Division.

“As auditors, we need to be independent and brave to stand in the midst of adversity and do all for the greater good of the collective.”
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On Saturday, 14 May 2011 the South African Irish Regiment, a Reserve Force component of the SANDF, conferred on Mr Brian Molefe the highest honour for his allegiance to a country when he was appointed as an Honorary Colonel at the SA Army Gymnasium in Heidelberg.

Col Molefe is the Chief Executive Officer of Transnet Limited, the state owned freight transport and Logistics Company. His appointment follows a successful stint as the Chief Executive of the Public Investment Corporation (PIC), which manages the Government Employees’ Pension Fund. Before joining the Public Investment Corporation, he was the Deputy Director-General at the National Treasury where he was responsible for Asset Liability Management.

Col Molefe obtained a Master of Business Leadership and a Bachelor of Commerce (B.com.) degree from the University of South Africa (UNISA) and has a Postgraduate Diploma in Economics from the University of London. In addition, he attended several specialised courses on a variety of management and executive programmes at some of the leading institutions of higher learning, including Harvard University’s renowned Kennedy School of Government. He also served on the boards of some of South Africa’s largest corporates including Telkom, the Airport Company of South Africa and the National Empowerment Fund.

He is also an active Reserve Force member serving as a Senior Staff Officer at the SA Army HQ in the office of the Inspector General. Maj Gen Themba Nkabinde, the GOC of the SA Army Infantry Formation, mentioned in his address that the appointment of honourable colonels was an age-old tradition, to assist in the maintenance of regimental traditions, to foster esprit de corps and to represent regimental and unit interests.

The main functionary, Maj Gen Themba Nkabinde, the GOC of the SA Army Infantry Formation, acknowledging a compliment from members on parade, while Lt Col Marius Bennett, the Officer Commanding of the SA Irish Regiment, and Hon Col Brian Molefe (right) look on.

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The Chief of Human Resources, Lt Gen Derrick Mgwebi, presented medals to 26 recipients in different categories during a medal parade organised at the Personnel Service School in Thaba Tshwane on 27 May 2011.

Besides perks a soldier may deservingly acquire, a medal is a peculiar token that represents a level of competence, loyalty, pride and good conduct. It is also insignia that supports and inspires an individual to perform better.

Lt Gen Mgwebi said during his address that a medal parade was a military tradition to award SANDF deserving members for their extraordinary contributions to the development of the SANDF.

A medal may not physically develop someone, but it may instil a sense of confidence in the knowledge that an individual has. Therefore doing something confidently means one’s competence in a particular field has developed.

Lt Gen Mgwebi conceded that pinning a medal on a soldier’s chest signified a good way of honouring him for excellent work done. He said that the Department of Defence must strive to acknowledge and complement soldiers to make them better than before.

Chief Human Resources
Medallion Honourship

To award deserving SANDF members for their extraordinary contributions.

Cpl Itumeleng Makhubela
Photo: S Sgt Lebogang Tlhaole

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SSgt William Tshinangwe is congratulated by Chief of Human Resources, Lt Gen Derrick Mgwebi, after receiving his medal.

Recipients march across the parade ground towards the podium to receive their medals from Lt Gen Mgwebi.
It is one of the old military traditions to appoint Honorary Colonels. The South African Military Health Service (SAMHS) held an induction parade for Dr Victor Ramathesele as an Honorary Colonel of the SAMHS Headquarters Unit. This prestigious event was held at the Pretoria Military Sports Centre in Thaba Tshwane on 20 May 2011.

Col Hendrik Coetzee, the Officer Commanding of SAMHS HQ Unit, addressed the parade and said: “Honorary rank is ‘honorary and advisory’ and it does not confer authority or command function.”

Dr Ramathesele (well-known TV presenter of Bonitas House Call) was born in Springs on 12 August 1961. He graduated with an MB ChB from the then University of Natal in 1985. He later obtained an M Phil in Sports Medicine from the University of Cape Town in 1998 and completed the Management Advancement Programme at the Wits Business School in 2002. He worked in the Soweto clinics in the late eighties and later practised in Kathlehong and Tembisa as a General Practitioner until 2000 when he joined the private sector.

In between these engagements, Dr Ramathesele was the football doctor of the SA Premier League soccer side Jomo Cosmos and subsequently served in the same capacity for the South African National Soccer Team from 1992 to 2000. Dr Ramathesele joined Human Dynamics, a corporate wellness company, as a medical consultant in 2000, which paved the way for his tenure as a pharmaco-economics manager at Novartis Pharma in 2002. Later he was appointed as Market Access Manager. In late 2003 he assumed his current position of Chief Executive Officer of a medical technology company.

He also served as Sports Medicine Instructor for the Confederation of African Football since 2000 and is also a member of the SA Football Association Medical Committee. He also represents the sports sector in the SA National AIDS Council. The Surgeon General described Dr Ramathesele as a distinguished personality in all spheres of life in South Africa and his valuable and active support for the SAMHS over the past few years made him a natural candidate for Honorary Colonel in the SAMHS.

In his acceptance speech, Col (Dr) Ramathesele expressed his gratitude to all the people who had shaped him as a person and the professional he is today: “from the dusty streets of Evaton, Qwaqwa,” he noted, where he went to school. In recognition of the SAMHS successes, he said: “But what caught my attention, and influenced, to large degree, my acceptance of this honour, was some of the work the organisation has done outside this mandate in support of all South Africans, and beyond.”

He acknowledged the SAMHS responses to natural disasters, services rendered to public health facilities during strikes and health promotion initiatives, and emphasised that they had not gone unnoticed. As the Chief Medical Officer of 2010 Soccer World Cup, he also highlighted the significant role played by the SAMHS in our health services and the excellent manner in which it established, resourced and managed the National Operations Centre during the event, which set a standard that many developed countries can only dream of.

Col (Dr) Ramathesele expressed his appreciation that he was joining a truly honourable and dignified organisation that he had always admired from a distance. He assured the Surgeon General that he had been truly overwhelmed by the confidence the SAMHS has shown in appointing him. In closing, he echoed the words of Tagore who said: “I slept, and dreamt that life was joy. I awoke, and saw that life was to serve. I served and realised that service was joy.”
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Military Tattoo helps to celebrate a milestone

By Kgabo Mashamaite
Photos: Sgt Elias Mahuma

A record number of almost 16,000 spectators came to witness entertainment of the highest order when the two South African National Defence Force (SANDF) Regular and Defence Reserve structures took the Royal Show main arena by storm during the three-day 2011 SANDF KwaZulu-Natal (KZN) Military Tattoo held at the Agricultural Society of Natal showgrounds in Pietermaritzburg.

The event which took place from 27 to 29 May 2011 was aimed at projecting a positive image of the SANDF as a professional organisation in its approach and effective in executing its mission, as well as the marketing of its services in the Regular Force and the Defence Reserves of the SANDF via the Military Skills Development System (MSDS).

In his opening address on the first day of proceedings, which also marked the 160th anniversary celebration of the formation of the Royal Agricultural Society of Natal, KZN Premier, Dr Zweli Mkhize, expressed his appreciation for the presence of the SANDF.

Dr Mkhize said: "This year’s event is special not only because the Royal Agricultural Society, the host for the 2011 Royal Show, is participating but also because of the presence of the SANDF. The relationship between the SANDF and the people of KZN dates back to the days of the Battle of Isandlwana (Anglo-Zulu War) in 1879, the battle of Blood River in 1838 between the Voortrekkers and the Zulu warriors, and the Battle of Rorke’s Drift in 1879. These are some of the occurrences that have had a military influence on our modern National Defence Force. It is this heritage that we are witnessing before us here. The presence of our National Defence Force is a true indication that this is one of the acclaimed..."
The 2011 KZN Military Tattoo ensemble, which kept the audience on their feet with music and a gun-run event, included among others, the KZN SA Army Band, the SA Army Kroonstad Band, the SA Army Limpopo Brass Band, the SA Military Health Service KZN Irish Pipe Band, a Platoon of the Natal Carbineers, Natal Field Artillery Regiment, Umvoti Mounted Rifles, 15 Maintenance Unit, 84 Signal Unit, SA Navy Drill Squad, 3 Electronic Workshop Unit, 5 Infantry Battalion with Zulu dancers, the Natal Field Artillery and the SA Air Force Bomb Squadron, which demonstrated what its dogs could do. The event was also graced by the presence of Maj Gen Lungile Dlulane, the Chief Director SA Army Force Structure, who represented the Chief of the SANDF.

The 2011 KZN Military Tattoo ensemble, which kept the audience on their feet with its music and other acts at the Royal Show held in Pietermaritzburg.
The guardian of discipline and traditions in the SANDF

The warrant officer is the guardian of discipline and traditions and as such sets the example that others should follow. In addition, the warrant officer is an adviser to officers and a leader to his subordinates. He or she must accept ownership of high standards and discipline.

Furthermore, the warrant officer is responsible for the well-being and good conduct of soldiers and must be totally and sincerely involved with all activities, training and the welfare of soldiers. While it is difficult to say what a warrant officer is, it is not difficult to say what he is not. First of all he is neither an officer nor a non-commissioned officer.

The warrant officer is the most experienced soldier in the unit/formation/Service/Division. The warrant officer is a professional when it comes to training, tactics, team building, ceremonial, organizing and controlling. Because of his vast experience the warrant officer does things within the parameters of laid down orders, rules and regulations. As long as he or she carries out his or her duties and responsibilities in a proper manner, and the team or unit flourishes, fair enough. If not, the officer in command has a serious problem.

The warrant officer is a motivator, a mover and a shaker. He or she is out there among soldiers, watching, looking, teaching, setting and maintaining standards. While supervising administrative and logistical matters, the Warrant Officer gets on with the job, being seen and seeing things for himself. Lastly, the warrant officer is not just another player in the team, but a key player. The warrant officer is the pivotal person, the experience base, the mover and the shaker. Anyone who has seen a good warrant officer going about performing his duties has seen something special. The team clicks, things happen, people bounce, men respond, the team wins again and again.

The image of the warrant officer

As warrant officers we have a tough, demanding, but very rewarding job. It is the warrant officers and soldiers that are the heart of the National Defence Force. This is so because we lead soldiers at the action level where the important day-to-day, fundamental work of the National Defence Force is done. Because we live and work directly with and amongst our soldiers, we have the best opportunity to know them as they really are. We should be the first to identify and teach our soldiers how best to use their strengths, the first to detect their shortcomings and to train them to overcome them.

We are also in the best position to secure the trust and confidence of our soldiers. We do this by leading them and leading by example. We have the advantage of a deeper understanding of soldiers’ behaviour, which comes from the fact that we were promoted directly from the ranks and now lead and serve. Our soldiers will challenge us, but we will be rewarded by the respect they hold for our ability, and we will be successful as they follow our leadership in the difficult chore of...
The role and tasks of the warrant officer

The warrant officer operates mostly within a largely defined parameter with a prescribed policy and guidelines for achieving the required standards or objectives. The main function of the warrant officer is that of a military specialist who advises his officers and provides and ensures training and operative leadership for subordinates. Because of their experience, warrant officers are quite often utilised in a staff function. One of the main tasks of the warrant officer is that of being an operative leader. The warrant officer is responsible for the day-to-day running of the unit with respect to matters other than military. He must maintain momentum within the unit and must show the way. Normally the warrant officer in the unit is the soldier with the longest military service and has usually served with various units and in various post appointments and has gone through the ranks. Therefore the warrant officer has the military background, military knowledge, military skills and accomplishments to supervise his superiors and his subordinates.

The trainer

The role and tasks of the warrant officer can be comprehended and summarised by the all-important word: Trainer.

Wherever the warrant officer may be, he or she is always busy teaching, instructing, supervising and training. The warrant officer must know the whereabouts of his soldiers and what they are doing, be responsible for their discipline (dress and behaviour), must ensure that soldiers are trained so that they can be used productively and is responsible for the equipment issued to him or her and his or her soldiers and their maintenance. The warrant officer as a militarist must be upright, brisk, energetic, punctual and never late, have respect for military traditions and habits, be a master of his or her trade, be just and firm in his or her decisions, must obey military and civil laws and regulations, be strict regarding behaviour and dress and tolerate no excuses or faults, and be loyal to the SANDF, the nation and the country.

The principle of the warrant officer

"To look down" means to be sincerely involved in the development, training and welfare of subordinates according to the principle of mutual respect, confidence, reliability and trust. The good warrant officer knows that the good non-commissioned officer gets the job done. The good non-commissioned officer knows that the good warrant officer will let him do it. The warrant officer has long been regarded as the custodian of standards and discipline.

However, in a modern defence force where there are many small professional and technical units, the syndrome of members considering standards and discipline as ‘someone else’s’ problem - such as that of the Regimental Sergeant-Major, is detrimental to the maintenance of standards and discipline. The responsibility therefore rests with all members, regardless of rank, and in particular with the warrant officers who are in direct control of the majority of members.

There is a distinction between standards and discipline, although the words are often incorrectly used as being synonymous. Standards have two dimensions, the technical standards required in the working environment and the normative standards that are rooted in values and behaviour, such as integrity, honesty, loyalty, courage and service to society. Discipline permeates all aspects of military life. It is the force that guides the ethical and moral behaviour of soldiers during both war and peace. Discipline is also the means used to maintain standards and obedience and is used to bind the military together, for chaos would ensue in combat if there was no discipline. Discipline provides immediate action on command and allows individuals to be able to withstand pressure.

If discipline lapses, the soldier is the first to suffer and the result could be an unnecessary death. Warrant officers should bring a member’s attention to a lack of discipline as a breach of the code of personal conduct at the earliest stage possible. There should then be no need to resort to the MDC to maintain discipline. The use of kindness, humanity and justice promotes good discipline. Obedience in deed and in spirit is the heart of discipline. Discipline in the soldier becomes loyalty in the warrant officer.

The basis of all discipline is self-discipline. A warrant officer should always attend ceremonial parades in his or her local area to show support and interest. When appointed as a warrant officer in the SANDF a warrant of appointment is issued under and by virtue of the powers vested in the Minister of Defence and Military Veterans.
The 2011 Jackie Meckler Marathon

Over the years the race has gained popularity and has attracted some of the top ultra-distance athletes in South Africa.

Article and photos by S Sgt Lebogang Tlhaole

The Pretoria Military Club hosted the 2011 Jackie Meckler marathon to pay tribute to the comrades marathon icon, Jackie Meckler, on Saturday 07 May 2011 at the Pretoria Military Sport club in Thaba Tshwane. Over the years the race has gained popularity and has attracted some of the top ultra-distance athletes in South Africa. For the seventh time the race was sponsored by Konica Minolta South Africa.

Jackie Meckler was one of only five people to have won the comrades marathon on five occasions. He made an early start to his comrade’s career at the age of 20 coming seventh in his first run, and achieved his first win in 1958 when he finished 45 minutes ahead of the field. In 1960 the golden moment belonged to Jackie who became the first man to break through the six hour barrier on the up-run, in those years considered unachievable. In 1963 he also set a new down record to hold the up and down records at that time. Jackie Meckler’s five wins and five other top 5 positions over a 16 year span were achieved against very competitive fields thus proving his worth as a world-class runner.

The Jackie Mekler race was first presented by the Pretoria Marathon Club in 1980. In 1986 PMMC took over the event and the venue was moved to PMSC in Thaba Tshwane. The event consisted of a 25km race, 10 km run and walk and a 5km fun run. It was decided to scrap the 50km race due to the dates being so close to that of the comrades marathon, the latter being just three weeks after the Jackie Meckler marathon which would not have provided sufficient recovery time.

A total of 1 346 athletes successfully completed the 25km race. The overall winner was Richard Mavuso from Mr Price Athletics Club. He completed the race in 1h18:37. Louisa Leballo was the first lady to cross the finish line in 1h34:11. The Pretoria Military Marathon Club memorial 10km race was won by Mr Lebonto Tootse from Global Athletics in 30:33 and Adinda Kruger who runs for Nedbank Athletics Club won the ladies race in 38:19. 933 athletes crossed the finish line. 227 athletes participated in the 5km fun run and Petrus Nomaqumba was the first male athlete to cross the line, while the first lady was Matlize Events.

Mr Jackie Meckler congratulates Richard Mavuso from Mr Price Athletics Club as the overall winner in 1h18:37.

Lt Col Vivian Petrus, Chairperson Pretoria Military Marathon Club thanks Mr Jackie Meckler for supporting the marathon.
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On 29 May 2011, as the Durban City Hall clock struck 05:30, thousands of runners began their epic “Up Run” race of 87 km to Pietermaritzburg. This is an event that has evolved to embrace the diversity of our country in all its aspects and is an event that belongs to the people of South Africa.

A total of 19 992 athletes entered this year’s 86th Comrades Marathon and 14 332 qualified for the race. Only 12 977 athletes started the race and 11 080 successfully completed it. Altogether 1 897 runners did not make it to the finish line before the 12-hour cut-off time. In total 126 runners from the Department of Defence (DOD), including the Defence Reserves, completed the race.

The largest South African club entry was the Rand Athletic Club with 480 runners, followed by the Irene Road Running Club with 316 runners, the Rand Harriers with 236 runners, the Nedbank Running Club with 184 runners. The South African National Defence Force (SANDEF), as a combined club, was the 9th largest club with 171 runners.

The four largest foreign countries represented (out of 60 countries) were the United Kingdom with 262 athletes, the United States with 207, Australia with 157 and Brazil with 122.

The most common surnames of athletes that competed were: Naidoo (109 entries), Botha (102 entries), Smith (94 entries), Dlamini (87 entries) and Van der Merwe (86 entries).

**Defence achievements**

The first Defence Reserve male runner was Mr. Sanede Ndelo of the Natal Carbineers Athletic Club KwaZulu-Natal (KZN) in a time of 06:37:24 and in an overall position of 83rd - an excellent achievement.

The first SANDF male athlete to cross the finishing line was Cpl Edward Sibanda from the SANDF Athletic Club Pretoria. His overall position among the 12 977 finishing runners was 196th in a time of 07:05:14. He obtained a silver medal for running under the 7½ hour cut-off time.

The second SANDF male athlete to complete the race was Cpl Zolani Ntabiso from the SANDF Athletic Club Western Province in a time of 08:04:09 and an overall position of 861st. The third SANDF runner to finish was WO1 Geddes Gallant from the SANDF Athletic Club Eastern Province in a time of 08:05:57 and in an overall position of 878th. (They obtained their Bill-Rowan Medals for running under the nine hour cut-off time.)

The first SANDF woman to complete the race was Cpl Bernise Geyser from the SANDF Athletic Club Western Province (Defence Reserve) in a time of 08:41:36 and in an overall position of 1 576th. (She also achieved second position among the Defence female runners during the 2009 and 2010 Comrades Marathons.)

Col Zirk Lourens (10:54:08) and Mr Richard Hammil (10:56:15), both from the SANDF Athletic Club Pretoria, completed their 27th consecutive Comrades Marathons. Lt Col Chris Steyn, also from the SANDF Athletic Club (AC) Pretoria and the Chairperson of the SANDF Road Running Association, completed his 20th consecutive race in 09:40:07 seconds.

Two SANDF runners obtained their Double Green Numbers by completing their 20th Comrades Marathons, namely Lt Col Chris Steyn of the SANDF AC Pretoria in 09:40:07 seconds and WO1 Peter Johnstone of the SANDF AC Western Province in 10:28:04 seconds.

Four SANDF runners obtained their Green Numbers by completing their 10th Comrades Marathons.
The last SANDF athlete to make the cut-off time of 12 hours with only six minutes to go was Mr Johan Grobler of the SANDF AC Pretoria in a time of 11:54:47.

Col Lourens conducted a radio interview on Radio East Coast prior to the race regarding the DOD/SANDF participation in the Comrades Marathon.

WO1 Sandy de Beer, who has also successfully completed 10 Comrades Marathons, and her team from the KZN Military Athletic Club, assisted the Defence runners with their personal needs and also provided warm soup for the runners. The Area Military Health Unit KZN manned a refreshment station 39 km into the race for the 18th year, which was an achievement on its own.

The SANDF had a special stand at the Oval Stadium in Pietermaritzburg where all the families and friends of the runners got together to watch as the runners entered the stadium. The stand could be identified by the banners of the DOD and the SANDF.

**Origins of the Comrades Marathon**

The first Comrades Marathon took place on 24 May 1921 on Empire Day, and started outside the City Hall in Pietermaritzburg with 34 runners. It has continued every year since then with the exception of the war years 1941-1945. The direction alternates each year between Pietermaritzburg and Durban, the so-called up and down runs.

The first race was run on untarred roads, with the runners having to pass through several gates and at least one stream. It was won by Bill Rowan (26) a Transvaal farmer in a time of 08:59:00, which would be the slowest winning time in the history of the race. There were 16 official finishers of the first race.

**Comrades Marathon 2012**

The 2012 Comrades Marathon will take place on Sunday, 3 June 2012, and will be a "Down Run", starting in Pietermaritzburg and finishing in Durban. The race will commence at 05:30 from the Pietermaritzburg City Hall and finish at the Sahara Kingsmead Stadium in Durban.

All former and aspiring Comrades runners are invited to submit their entries for the 2012 race from 1 September to 30 November 2011. There will be only one three-month window (September to November) for athletes to enter, be they former Comrades Marathon runners or novices.

Entries will be limited to a maximum of 18 000 athletes. This means that the entries will officially be closed when the maximum number of 18 000 entries is reached. For example, if the number of 18 000 entries is reached on 7 November 2011, no further entries will be accepted for the 2012 Comrades Marathon.

*Enquiries: Col Zirk Lourens, PRO for Comrades Marathon 2010, Cell: 083 501 3640, Tel: (012) 312 2060, Fax: (012) 312 1252.*

Did you know? Last year the Comrades Marathon made the Guinness Book of World Records and was officially recognised as the world's greatest ultramarathon - "The Ultimate Human Race" - based on the number of people able to cross the finish line before the cut-off time.
2011 SANDF Jukskei Championships

By: Lufuno Netshirembe
Photos WO1 Y. Bezuidenhout

Army support Base, Eastern Cape hosted SANDF the Jukskei Championships from 23 to 28 May 2011. 89 SANDF members, 76 males and 13 females, 48 Army, 8 SAMHS, 32 SAAF and 1 in the SA Navy took part.

SANDF Jukskei members from eight provinces participated in the 2011 SANDF Jukskei challenge. 17 were from Gauteng, 8 from Limpopo, 13 from the Free State, 13 from Western Cape, 19 from the Northern Cape, 11 from the West Coast and 8 from the Eastern Cape converged on ASB, Eastern Cape to compete in this sporting code that has unofficially been rated the fourth most complicated game. The ages of the participants were between 21 to 57 years with lowest rank to Colonel.

Jukskei seems to be one of the least understood sporting codes and riddled with misconception that it is a sport for a specific demographic group and age. I must confess that I unfortunately had no idea of what this sport was all about before I had to cover it. As far as I was concerned it was a sport for senior citizens of a certain demographic group (I couldn’t have been further from the truth). It was only after taking a deliberate interest in this sporting code that my eyes were opened (figuratively) and that I found this sport interesting and my misconception concerning the sport was dispelled. To my surprise I found it enjoyable in all racial groups and ages.

The object of the game is to knock over a peg planted in a sandpit at a distance of between 11 and 16 m (depending on age and gender). It is played in teams of usually four members each. Each member has two skeis (and thus two turns). The playing field consists of two pits juxtaposed in opposite directions, so that play can take place from both ends. Each time a team member knocks over the peg, he gets three points. If the peg wasn’t knocked out, the team lying closest to the position of the peg, scores as many points as they have skeis closer to the peg than their opponent’s closest skei. The first team to get exactly 23 points wins the game. If the team gets more than 23 points, they start from 0.

“Jukskei” is an original Afrikaans term meaning “yokepin”. In Afrikaans juk means yoke and skei means pin, which is how the term jukskei was coined.

Jukskei is believed to have originated in approximately 1743 in the Cape, it was developed by transport riders and the “trekkers” who travelled by ox wagon. They used the wooden pins (Skeis) of the yoke (juk) of the oxen and threw at a stick that was put in an upright position in the ground and tried to hit this target from a distance with their skeis, which were skittle-shaped pegs used in the ox yoke. The game was also played during the Great Trek, and was also played by the farmers in the Boland, and on beaches. The sport was traditionally associated with the Afrikaners and in

The object of the game is to knock over a peg planted in a sandpit over a distance of between 11 and 16 m (depending on age and gender).
The object of the game is to knock over a peg planted in a sandpit. The team gets three points for knocking over the peg planted in the sandpit.

2001 it was chosen by the SA government as one of the sports to be included in the Indigenous Games Project. Since then the game has started to gain popularity with young people of all cultures. Jukskei became an organized sport around 1939 when the first unions where established and rules where formalized.

A team consists of four players, one of whom is the Captain. The Captain determines the order in which the team members cast. The match cannot be played by fewer than three members, in which case the team concerned forfeits their points.

**Scoring**

If a stake is knocked down by a skei, 3 points are awarded to the team whose player has hit the stake. This is known as a fall. A fall is also scored if the stake falls over as a result of the shock caused by a falling ski or knocked down by another ski that has shifted because of the throw. (For the purposes of a fall, both ends of the stake must be out of the sand.)

If the stake is hit but does not fall over because it is supported by a ski, then the referee or team leader may carefully remove the ski(s) concerned. If the stake does fall over, then the team hitting the stake is awarded 3 points. However, if a ski is removed to determine whether the stake will fall over, that ski must be repositioned as close as possible to its original position. No sand may be used to support a ski. If the ski rolls, then it should be allowed to do so.

If a ski belonging to a player from Team A is pushed against the stake by a ski cast by a member from Team B and the stake falls over, then this counts as a fall (3 points) for Team B. The opposite also applies.

A set (or ‘skof’) comprises 23 points. The team that has scored 23 points at the end of the round wins the set. The winning team will be awarded 5 points. If both teams score a set during the same round, then each is awarded half the number of points (2.5 points). The set is shared only once all 16 skis have been cast or forfeited.

If a team scores more than 23 points, then it ‘bursts’, and should then start from scratch in the next round. If a team bursts, the game proceeds as usual.

A game should not last longer than 75 minutes. It can be adapted to a shorter period (minimum 10 minutes). The team that is leading when the time is up is the winner.

The **2011 SANDF Jukskei Championships Team Managers were**:

- Ms. A. Knight (Army) from Northern Cape
- S. Sgt. Y. Meyer (Army) from Free State
- S. Sgt. A. Van der Merwe (SAAF) from Western Cape
- WO1 W.J. Els (SAMHS) from Gauteng
- WO1 L. Diedericks (Army) from Limpopo
- WO1 Y. Bezuidenhout (Army) from Eastern Cape

**Regional Results**

- Gauteng: 331.5
- Northern Cape: 325
- Western Cape: 220
- West Coast: 179
- Free State: 136.5
- Limpopo: 95
- Eastern Cape: 63
- Free State received the regional trophy as the other regions failed to comply with the competition rules regarding representivity and the need for at least 2 women per region.

**North vs. South Results**: North scored 109 points making the South a winner by 112.5 points

**Army vs. Air Force Results**: Air Force scored 134.5 points making the Army a winner by 165.5 points

**Veteran vs. Youths**: The youth were shown a thing or two when they scored 45 points and were walloped by the veterans by 62.5.

**SANDF team vs. Eastern Cape Provincial team**

- A. Section
  - i. SANDF A
  - ii. Eastern Cape Province A1 and A2
  - iii. Invitation Open Team A
- B. Section
  - i. SANDF B
  - ii. Eastern Cape Province B1 and B2
- C. Section
  - i. SANDF C
  - ii. Eastern Cape Province C1 and C2
  - iii. Invitation Open Team C
- D. Section
  - i. SANDF D
  - ii. Eastern Cape Province C1 and C2

All SANDF teams won their competitions and the 2011 Jukskei championship tournament.
Life is not about making money, acquiring power or recognition; we push very hard everyday to make more money, to gain power and recognition. We often neglect our health, time with our families and the hobbies we love. One day when we look back, we will realise that we don’t really need that much, but then we cannot turn back the clock for what we have missed.

On 20 May 2011, the SA Soldier team was invited to attend the care of the caregivers workshop hosted by the Area Military Health Unit (AMHU) Gauteng. The workshop was facilitated by Maj Mpho Modikoane, the HIV Regional Programme Manager AMHU Gauteng at 1 Military Hospital in Thaba Tshwane. The objective of the workshop was to assist professionals in identifying and addressing burn-out and compassion fatigue associated with executing daily tasks or encountered while performing duties.

Chaplain (Dr) Kenneth Mashishi, the Clinical Pastoral Counsellor at 1 Military Hospital described burn-out and compassion fatigue as an experience that could change a persons life for worse in that he or she could be wounded physically, spiritually and psychologically. He said that life was a balance of work and play, family and personal time - happiness is the meaning and purpose of life. He gave members some golden rules on how to get around difficulties and not be too hard on themselves and live a balanced lifestyle.

Cindy Strydom, a psychologist, described burn-out as the result of cumulative stress caused by long-term involvement in emotionally demanding situations and which is experienced as a state of physical, mental and emotional exhaustion. She added that symptoms could vary widely, from behavioural to physical, interpersonal and attitudinal.

An inspirational speaker, Col Mongezi Kweta, the Director Management and Renewal Services from the SA Air Force, gave a thought-provoking presentation with the theme: “Are you a wave or part of the ocean?”. He encouraged members to stride boldly on their journey through life and at the same time to share a general responsibility for all humanity and being to aid those whom we think we can help. He says that when we strive to be as good as we can, we can all be winners. Col Kweta also encouraged members not to compete, but to participate and leave a legacy. In concluding, he said: “Watch your thoughts, they become words. Watch your words, they become actions. Watch your actions, they become habits. Watch your habits, they become character and watch your character, it becomes your destiny”, he said.
The SAMHS new cadre of health care professionals

By Zuki Tshabalala
Photos by Lt Sello Segone

Following the official launch of the first Clinical Associate Programme at the Walter Sisulu University in Mthatha on 18th August 2008, the South African Military Health Services (SAMHS) welcome its first Clinical Associates trained at the Walter Sisulu University. The Milmed Magazine visited the programme co-ordinator, Lt Col (Dr) Robert Netangaheni on 5 May 2011 at Tshwane District Hospital.

During the visit students demonstrated some of their procedures as clinical associates. Under the supervision of the Co-ordinator, CO Nondumiso Ndala explained the suturing procedure while CO Xolisa Dlamini performed the procedure. They also performed Lumbar Puncture technique which is one of their important procedures they are being trained on, this was some procedures that nurses are not trained on. The trainees will become the professionals who bridge the gap between the Nurses and the Doctors.

Lt Col (Dr) Netangaheni completed his Ph.D. at UNISA in October 2008. He joined the BCMP programme at the University of Pretoria in September 2008. He coordinates placement for “practicing purposes” of 87 SAMHS members at the University of Pretoria, Witwatersrand (Wits) and Tshwane District Hospital. Col Netangaheni also plays a role in the enlistment and selection committee for the University of Pretoria. He has contributed to the job profile of the Clinical Associates approved by the National Department of Health. As a soldier he believes that students must always be disciplined at all times. "I don't want them to forget that they are soldiers, just because they don't wear uniform everyday”.

Maj Rita van Schalkwyk, a nursing officer joined the BCMP programme in October 2009, has been a facilitator in 1 Military Hospital (1 Mil) from 2010 when the first group of students the hospital. Some of her tasks include facilitating the students and coordinating the programme in the hospital where students work in the wards with nursing personnel and doctors.

“I am proud to be called a Clinical Associate”, said CO Diana Nel, a BCMP 3rd year student. She admits that she was sceptical about the programme at first as she didn’t know what to expect, but that has changed. CO Nel was the only white student, and of course was very worried about the language barrier with patients. With the support of her mentors, Lt Col Netangaheni and Miss Zukie Tshabalala, and the enthusiasm she has in helping others, she now understands some basic words in African languages.

As a CA her highlight was during exercise Golfinho in 2009 at Lohalthe Hospital. “It was a very enriching experience and a great learning opportunity” she said. She was also one of the students chosen to do practical work in Bloemfontein at 3 Military Hospital in Tempe base. In her third year she noticed the big impact the CAs were making in a clinical setting and said that the doctors and nurses at the Tshwane District Hospital appreciated their work and in return provided them with more learning opportunities. “People just didn’t know who we were as CAs and what we do”, this is what CO Dikeledi Kau, a BCMP 2nd year student said in an interview with Milmed. During her 1st year as a BCMP student it excited her to explain to people how CAs fitted in the health professional team. She added that the first group at the Tshwane District Hospital made things a bit easier for them.

She pointed the public service workers strike in 2010 as a highlight of her career as CA. She believes that the presence as CAs made a big difference and as the doctors and nurses appreciated their work. CO Kau also expressed her gratitude to the Tshwane District Hospital doctors for the support they offered.
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