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FRONT COVER: Lt Gen Aubrey Sedibe, the newly appointed Surgeon General. Read more about the change of command parade from pages 22 to 24. (Photo: Capt Sello Segone)

For the latest news on defence matters in South Africa, visit our website at: www.dod.mil.za
n this edition we mourn the loss of our fallen heroes who recently lost their lives in the battle of Bangui in the Central African Republic (CAR). Our sincere sympathy goes out to their families and loved ones at this difficult time.

Read on pages 14 and 15 about the ceremony where the mortal remains of the fallen soldiers were received and where the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, addressed the mourners. She praised the fallen troops as true soldiers who had lived up to their calling. She also acknowledged their selflessness, describing them as lions and warriors who had bravely fought to the end.

They had fought for nine hours against a force of 3 000 Seleka rebels and killed over 700 of them, suffering only minimal casualties in return.


We also grieve the loss of Sgt Matlole Othniel Mahasa and Rfn Lucas Moloko, who were among the 27 soldiers injured in combat in Bangui on 23 March 2013 and was flown back to South Africa for further treatment at initially 1 Military Hospital in Pretoria. They later died in hospital (see page 16).

On pages 16 and 17 you can read about the memorial service where the Commander-in-Chief, President Jacob Zuma, and Parliamentarians mourned with the nation the loss of the soldiers who paid the ultimate sacrifice in the line of duty.

President Zuma said: “Let the fond memories of the fallen compatriots remain with us forever. May their souls rest in peace.” He added that we should be proud of the soldiers who perished defending the integrity of the country.

Another unfortunate tragedy occurred that claimed the lives of five SANDF soldiers: Capt Mziyafihny Philemon Chabalala, Capt Jacobus Andries Janse van Rensburg, Sgt Paulus Shongela Ndishishi, Sgt Gene Paul Ruiter and L Cpl Bheki Petros Cele.

The five members died in a fatal helicopter crash in the Kruger National Park while they were conducting a scheduled aerial patrol as part of Operation Rhino, the anti-poaching operation in the Kruger National Park. Read on pages 19 and 20 about the memorial service in honour of these fallen soldiers.

During the memorial service the Chief of the SA Navy, V Adm Johannes Mudimu, on behalf of the Military Command Council, said that these soldiers had made the ultimate sacrifice for the country and its people. He said: “Our hearts are heavy with grief. We shall remember them because they committed their lives to safeguarding South Africa’s heritage.”

May their souls rest in peace. Amen.

Nelda Pienaar
Editor SA Soldier

FRoM ThE EdiTOr’S dESk

May their souls rest in peace. Amen.

Nelda Pienaar
Editor SA Soldier

* Translation to Sepedi by Ms Tebogo Mampa, Intern SA Soldier
The SANDF prides itself on the performance and successes of its members deployed along the country’s borders. Currently 13 companies are deployed to enforce Government authority on South Africa’s borders. Operation CORONA focuses on a number of areas, including the apprehension of undocumented persons, stock theft, stolen vehicles, illegal weapons, illegal grazing and rhino poaching.

Since 1 January to 16 April this year SANDF members confiscated contraband to the value of R7 580 211 as well as twelve weapons and 4 838kg of dagga, while 1 243 livestock and 30 stolen vehicles were recovered, 212 criminals were arrested and 5 702 undocumented persons were apprehended.

In the first 16 days of April 2013 alone contraband to the value of R791 275 00 was confiscated, as well as 687kg of dagga and 47 livestock. In addition 680 undocumented persons were apprehended and 23 criminals arrested.

During the period January to April five rhino poachers, armed to the teeth, were arrested. They were in possession of two CZ .375 hunting rifles, two .458 hunting rifles, 24 rounds, an axe and a silencer.

Commenting on the achievements of Operation CORONA, the Chief Director Operations, Maj Gen Duma Mdutyana, said the illegal activities on our borders disrupt the plans and programmes of the Government, hence it is so important that we as the SANDF curtail all activities on the borders that compromise the security of our people.

ABOVE: Border patrol.
THE SANDF OFFICER WHO RESCUED HIS COUNTRY FROM A HUGE EMBARRASSMENT

I am writing this letter to report an incident which resembled the recent incident involving the late Mido Macia, a Mozambican citizen. The quick intervention of this Military Officer who later introduced himself as Maj Lesego Mosingathi helped prevent another blow to our country’s relations with our neighbours. The incident occurred in Church Square in Pretoria where I operate my small business as a vendor. This time it was the Metro Police Officials against Lesotho citizens.

On 12 March 2013 a hearse with a Lesotho number plate carrying a body was directed to park on the chevron side alongside the ambulance. The driver of the hearse and the two members told the parking attendant that they were going to the Department of Home Affairs to obtain documents of the deceased member who is in the car they will be back soon. After some minutes they left.

Metro Police Officials with a tow truck approached the hearse and raised it with their tow truck despite being warned by bystanders and a tourist taking photos that there was a corpse inside, but the Metro Police Officials instead took pleasure in the situation and simply carried on. Afterwards they towed the clearly marked hearse with the dead body to their station. And we thought they would do the same to the ambulance.

After some minutes the family of the deceased arrived ready to go to Lesotho only to find that their vehicle had been confiscated by the Metro Police. They looked destitute and desperate, not knowing what to do.

Then a Military Officer, whom I later heard introducing himself as Maj Lesego Mosingathi, passed by the scene. He was approached by the driver of the hearse and a family member of the deceased for help, while the onlookers watched helplessly and some bystanders encouraged these members to go and tell their story to the nearby newspaper.

The Major calmed the situation, took control and told the members of the deceased that all would be fine. They listened to Maj Mosingathi. Personally I never thought that I will ever be proud of a Security Officer of my country any more, but Maj Mosingathi gave me hope.

Maj Mosingathi approached the nearby Metro Police Official to seek assistance, but that Metro Police Official’s response in the presence of the Lesotho citizens was not pleasant at all. I quote: “Let them go and pay the R700 to the Office then they will get their body and the vehicle to go to Lesotho”. But Maj Mosingathi took responsibility and phoned the station commander on his cellphone and the Metro Police Call Centre.

He then informed the members of the deceased that he was hurrying to his office in the Poyntons Building to find the correct contact details. (These Lesotho citizens thought they would never hear from Maj Mosingathi again when he left.) But within 10 minutes he phoned the family members of the deceased and directed them to the place where the hearse was and informed them that they would not be charged any fees. After 20 minutes they came back with the hearse and gave me this message: “A Modimo a e tse Ntate Majoro Mosingathi ha Maonate e ble ore lebisetse ditobo ho ba Holoane bahae) ke khotso” (May our good Lord bless Major Mosingathi abundantly, we appreciate his efforts and may he express our gratitude to his supervisors on our behalf). Then they left for Lesotho.

To General Solly Shoke, the Chief of the SANDF, and the rest of your military cadres, thank you so much for giving us an officer of the calibre of Maj Mosingathi. He prevented what was to be another blow to diplomatic relations with the international community which would have happened if this matter had been reported o the media.

It is my wish that he deserves a military award. “Modimo a moetsa ha Maonate” (May the Lord bless him). Phamodzi Phikade, email

* Letter shortened. - Ed

TRIBUTE TO REMARKABLE MAJORS

I was reading an article that was published in the October 2007 edition of SA Soldier – “TRIBUTE TO REMARKABLE MAJORS”. The article concerned the sudden death of Major Ngema and Major Mogorosi; I was so touched but at the same time happy because I am Major Ngema’s sister and those nice words that were said about my late brother made me realise again that our parents did a great job. I am raising Major Ngema’s daughter. She is 14 and in Grade 10 without problems. She is in a stable financial situation and misses “Dad” a lot. Our parents are still alive and the late Major Ngema’s dad celebrated his 80th birthday on 25 March 2013. I printed this article and will read it to him, and I am sure it will make him very happy.

Princess Ngema-GcabaShe, email

R200-00 prize for the best letter

SA SOLDIER welcomes letters to the Editor. Short letters are more likely to be published, and all letters may be edited for reasons of style, accuracy or space limitations. Letters should preferably be typewritten. 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 concerning the Department of Defence. Regrettably, anonymous letters cannot be published - Editor.
DEFENCE COMMITTEES SEND CONDOLENCES TO FAMILIES OF SOLDIERS

The Parliamentary Defence Committees note with regret the attack on members of the South African National Defence Force (SANDF) deployed in the Central African Republic (CAR).

This attack resulted in the death of 13 of our soldiers, with 27 wounded and one missing, as announced by the President and confirmed by the Chief of the SANDF on 25 March 2013. While we mourn the loss of so many innocent lives, we also express our infinite gratitude for their selfless service and dedication to our country and continent. We also remember all our fallen soldiers who have sacrificed their lives for a cause much greater than themselves.

Our deepest condolences go out to the loved ones of the deceased and we wish the wounded a speedy recovery. We applaud the heroic actions of the SANDF in defence of democratic values, principles of human rights, the sovereignty of the CAR and South African assets. The fight for democracy is a noble cause for which our military forces have laid down their lives.

We further support the resourcing of SANDF personnel based in that country and are hopeful of the safe return of the rest of our troops as soon as their mission is accomplished. The Committee wishes to state that it had been informed by the President of the deployment of the forces to CAR.

Our soldiers are often deployed in hostile environments and, despite the inevitable dangers, they continue to volunteer and answer the call of duty wherever and whenever they are required to do so. This demonstrates the character of their service and we must believe that their contribution to peace and security on the continent impacts positively on many lives. As public representatives, we will continue our efforts to ensure that the well-being of soldiers is protected and that morale remains at a high level.

Issued by the Parliamentary Communication Services on behalf of Mr M.S. Motimele, Chairperson of the Portfolio Committee on Defence and Military Veterans and Mr S.D. Montsitsi, Co-Chairperson of the Joint Standing Committee on Defence.

SUPPORT OUR TROOPS

I should like to express my views in the correct order. Firstly my condolences to the families, friends and fellow soldiers of the 13 BRAVE soldiers that sacrificed their lives. To these must be added the five brave men that died in the helicopter accident.

Then I would like to congratulate the organisers on a good presentation at the Rand Show. Next year please be more informative about the readiness display and drills. I noticed many people were disappointed: they were awaiting the big bang, but got a drill display - which was very impressive. Well done to the navy drill team.

Now as the SANDF prepares to deploy men to the Democratic Republic of the Congo (DRC) I would like to ask as a civilian that all South Africans support our troops. Low morale is their greatest enemy; therefore it is our responsibility to support and show these brave men and women, irrespective of race, that we care and support them. Our prayers go out to all members of the SANDF, no matter where they are in Africa or at sea.

* Please see the poster I created.

Ryno Human, email

GENDER BASED VIOLENCE MUST END

In the past months we read about the rape of women, in particular elderly ones and babies. Late last year a 23-year-old woman was violently gang-raped in India and in February this year Ms Anene Booysen from Bredasdorp in the Western Cape was gang-raped, mutilated and left for dead.

In South Africa rape is so common it barely makes news. The country has one of the highest rates of rape in the world. Last year a 17-year-old mentally disabled girl form Soweto was gang-raped by young men who videotaped her ordeal and offered her the equivalent of 25 cents to keep quiet.

In these days women and children are not even safe in their backyards. Why do we not take a stand against this barbaric act of cruelty against women? I appeal to all the real men to stand up and take a stand against this inhuman behaviour and say enough is enough. I think that every man should say that as a South African man it should not be done in my name. We are the ones who are supposed to use our power to protect women, instead we are the ones who are causing them harm.

President Jacob Zuma should be commended for his appeal to the courts to “impose the harshest sentences on such crimes, as part of the concerted campaign to end the scourge in our society”.

Enough is enough.

Bongani

SINTU, PRETORIA

TEARS OF A SOLDIER

For the rest of my life
I will have to live with the inhumanities I have seen.

Soldiers, civilians, even children
Bleeding to death in front of my scared eyes
Kill me inside.

No longer can I claim any innocence
For I have seen and cried.

A bottle of whiskey and I will forget everything

For a while.
However at the end of the day
I still do cry.

As I lay my fist into a wall to cope with
my loss
I realise it is not my loss at all.
It’s my trained soldiers’ families that lost everything.
How selfish am I?

Too selfish I suppose.

pte S.D. Mothapo,

Potchefstroom
TRIBUTE TO THE LATE COL S.B.T. ZOBANE

I knew the late Col Setsshedhi Benjamin Thomas Zobane for more than eight years, and yes, in these years we had our challenges, but not to the detriment of the organisation.

Truly a professional soldier who served the SANDF with vigour and energy. Many others and I sought an opportunity to converse with and grab whatever chance we could to meet him for our own development. Yes indeed we remember a person who was a friend to many, but an enemy to none. A decorated Officer who had zeal and a vivid mind, always looking out for his subordinates and caring for them. Someone who did not care to be the odd one out in the leader group, and always fighting for his followers.

His caring for his members was well known in Joint Support Base Garrison, such as that he at times challenged his superiors, but still coming out tops after these “ordeals”. He was never heard complaining about following orders and instructions, but challenged the status quo and definitely contributed to the development of the juniors. He was well versed in developments in our country, region and international community. He made time for all, even if he was not able to perform his core functions as Officer in Charge of Logistics Executive Services. However, he would face these tasks after hours and it would be finished the next day.

He had this contagious laughter and his friendly and accommodating demeanour embraced those with problems, and he would advise on the best ways to address pressing issues. He always had the soft touch of humanity in dealing with his comrades and friends alike. Books, magazines and intelligent discussions were very important for Col Zobane, but he could also see the funny side of things, but not let things embarrass you. Well, you will not be forgotten or let off the hook just like that.

As juniors we respected him, as he respected all of us. Never did I hear him raise his voice or get angry. Instead I saw a mature and professional soldier prepared and ready to serve his Unit, subordinates and country at any given time. Indeed Col Zobane can and will never be replaced by anyone, for he was a unique figure walking the lines of the Unit. The words spoken at his funeral were appropriate, for a great man had fallen, but as one speaker remarked: “Soldiers never die, they just fade away”.

The SANDF has lost a stalwart; we value his contributions to our Unit and the organisation at large. We thank our dear Lord for lending him to us.

We appreciate his family making big and at times unthankful sacrifices.

We pray to our Lord that his soul rests in peace. Maj A. Pedro, Joint Support Base Garrison

HOLD ONTO YOUR JOB FOR DEAR LIFE

In her opening address at the Jobs Summit and Jobs Fair in Potchefstroom the Minister of Labour, Ms Mildred Oliphant, said: “As Government, we are only too aware that much needs to be done to restore dignity to our people through the pursuit of gainful employment”. Quoting the Nobel Prize winning economist Amartya Sen, the Minister added: “To be unemployed is not just about the want of money, but unemployment is more than a deficiency of income that can be made up through transfers by the State. Among its manifold effects, unemployment leads to loss of self-reliance and psychological and physical health.

“How is it that we, a people deprived of everything, living in dire straits, manage to wage our struggle and win successes? Our answer is: this is because Lenin existed, because he fulfilled his duty as a man, a revolutionary and a patriot. Lenin was, and continues to be, the greatest champion of the national liberation of the peoples.”

These were the words addressed to the delegates attending the seminar on “Lenin and National Liberation” held at Alma Ata, capital of the Soviet Socialist Republic of Kazakhstan in 1970 by Amilcar Cabral, Secretary-General of the PAIGC, who met his death on 20 January 1973 at Conakry, Guinea, at the hands of a traitor, Innocenta Canidia, an agent of the Portuguese colonialists who had infiltrated the ranks of the movement three years before.

However, when faced with the same question that Amilcar Cabral had to answer Mr Vincent Mashaba, a former Military Skills Development System (MSDS) member in the SA Infantry Corps whose contract was not renewed at the end of his two-year-tour, said it was because of the need to provide for his family: two children and an unemployed wife.

Born exactly 23 years ago in Bushbuckridge in Mpumalanga Province, in the rural village of Hluvukani to be exact, Vincent was one of the members who came in to 4 SA Mot Infantry Battalion for interviews and assessment for a possible post in Transnet Security, a project initiated by the DOD to accommodate former MSDS members who could not be offered contracts at the end of their two year MSDS contracts due to financial constraints. Faced with a normal fitness test, including an exercise of sit-ups to be completed in two minutes, a man from Mapulaneng could not reach the needed pass mark, and he suffered from stomach cramps. Hence he was seen lying on his “painful stomach” or so he claimed. If the other candidates made it through all the exercises and met all the requirements, they would hopefully be hired.

After all was completed, it was time for the representatives from Transnet to retreat to the comfort of their quarters and let the numbers speak as they added up the scores. Those that would have made it according to Transnet requirements would be informed at a later stage.

At this juncture I could not help but think about the words of Amilcar Cabral in his book: “Tell No lies, Claim No Easy Victories,” where he says: “Always bear in mind that the people are not fighting for ideas, for the things in anyone’s head. They are fighting to win material benefits, to live better and in peace, to see their lives go forward, to guarantee the future of their children”. Lt M.E. Semono, email Angelina Malema)

The late Col Setsshedhi Benjamin Thomas Zobane. (Photo: Capt
GHANA’S INDEPENDENCE CELEBRATION AT SANWC

The South African National War College (SANWC) celebrated Ghana’s Independence Day on 6 March 2013. This was done in honour of the Ghanaian Directing Staff, Lt Col Job Kuseh, and international learner, Maj Bibi Pantoah, on the Joint Senior Command and Staff Programme (12/2013).

The ceremony commenced with the playing of the Ghana National Anthem, after which Lt Col Kuseh gave a brief presentation on Ghana’s struggle for independence and the situation today. The briefing was concluded with the future expectations and aspirations of the country. The Commandant of the SANWC, R Adm (JG) Lucky Duze, graced the occasion with his presence.

Ghana, a former British colony, gained her independence on 6 March 1957 with Dr Kwame Nkrumah as the first president. Ghana became the first country south of the Sahara to gain independence. Dr Nkrumah was a Pan-Africanist who had a keen interest in the unity and independence of other African countries. In his speech on the eve of Ghana’s independence, he reiterated Ghana’s commitment to the liberation of the African continent when he said: “The independence of Ghana is meaningless unless it is linked up with the total liberation of the African continent”. Lt Col Elaine van Staden and Maj B.B. Pantoah, email.

HUMAN RIGHTS DAY IN OUR NEW WORLD

Although we celebrated Human Rights Day on 21 March 2013, it is such a shame that we have lost the significance of the day. For us celebrating means going to clubs or shiya ichillas (chilling) with friends, which is fine, but we should first stick to the core business of the day. We need to go back and remember how the day came about. It was declared because people felt they were oppressed and their rights as human beings were not recognised by other human beings. These are the very rights we struggle with in this supposedly “better South Africa” but there are people who are still struggling without electricity in rural areas.

Schools are being deprived of their right to education, teachers will strike and complain about their working environments. Then we shift the blame onto them. We keep on blaming each other because we all want a better life and be taken care of. We need to know that the law is on our side. We do not want to be dragged behind police vans because we are connected to a crime of which we are not guilty. What happened to the vision of our fathers and brothers who had to fight for better lives for all? Instead we are victims of the very same who are suppose to protect us.

Maybe we are too comfortable with all that is happening, maybe we do not want to take the initiative. It starts with you. These tendencies of blaming the Government need to stop, we need to ask each other who is the Government? When we actually get the answer maybe we will be more alert.

History is repeating itself and that’s the sad part we are facing. We need always to go back and check the significance of the day before we gather with chairs and cooler boxes, since it is the in-thing to celebrate events! Pte N. Kakaza, Joint Logistic Support Unit.

APRIL IS THE MONTH OF THE MILITARY CHILD …

The official flower of the Military child is the Dandelion. Why? The plant puts down roots almost anywhere, and it’s an unpretentious plant, yet good looking. It’s a survivor in a broad range of climates. Military children bloom everywhere where the winds carry them. They are hardy and upright. Their roots are strong, cultivated deeply in the culture of the military, planted swiftly and surely. They’re ready to fly in the breezes that take them to new adventures, new lands, and new friends.

Experts say that military children are well- rounded, culturally aware, tolerant, and extremely resilient. Military children have learned from an early age that home is where their hearts are, that education doesn’t only come from school. They live history. They learn that to survive means to adapt. The door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences. Author Unknown (email forwarded by Col Riaan Louw)
TRIBUTE TO OUR FALLEN SOLDIERS IN CAR

The death of our colleagues in the Central African Republic (CAR) touched all of us deployed in the Great Lakes region on behalf of the RSA Contingent Commander, Lt Col Bonginkosi Jacob Mabaso, and the entire Operation MISTRAL XX, we would like to send our condolences to the bereaved families and to the Officer Commanding, May they find strength and courage in the Lord Almighty, who will never leave nor forsake them, whether times are joyful or sad.

Kindly find attached a poem from Able Seaman Tinyiko Michelle Mokhari, a very emotional soldier based in Munigi Base. Capt Bongani Masango, DRC

SUDAN DEFENCE ATTACHÉS ASSOCIATION WORKING VISIT

Altogether 26 members recently met in front of the Chinese Embassy to begin a long-awaited working visit to Port Sudan about 1 200 km north east of Khartoum, the capital of the Sudan.

The group consisted of three non-residential Attachés from Sweden and Belgium who were stationed in Egypt, one from Switzerland stationed in Addis Abba, 14 residential Attachés/Assistant Attachés and some of their drivers, three members from the Sudan Armed Forces Attachés Administration Department and four VIP Protectors of the Sudan Armed Forces.

After all attendance and logistical administration had been completed the Dean of the Attachés Association, Senior Colonel Wu from China, announced “Mars Gereed” without knowing that our Arabic/Moslem colleagues roll out their prayer mats on the ground, some of them newspapers for the first of five daily prayers. While waiting, I used the opportunity to enter into a conversation with one of the local drivers who mentioned that we had now been delayed too long and that the group should leave.

Eventually, 30 minutes after the planned time of departure, the convoy was ready to leave and a few hours later we reached Wad Medani about 136 km south-east of Khartoum, our first stop. Here we stretched legs and interacted with the local community. Wad Medani is the centre of a cotton growing region and has a population (estimated in 2008) of 345 290.

Hereafter we drove further to our next stop, Gedarif, about 410 km from the capital on the eastern side of the Sudan bordering Ethiopia and which is surrounded by a range of mountains on three sides. The town is famous for its daily sesame seed auctions. The word Gedarif is deprived from the Arabic phrase (Alli quad-Ye-ri fi) which means: He who has finished selling or buying should leave.

At around 14:15 we reached Khashm el Qirba in Kassala State for our first official commitment. Kassala is in the eastern part of the Sudan and has a population of approximately one million people. It is a market town and is famous for its orchards. It was formerly a railway junction but much of the track leading to and from the town has been stolen or has fallen into disrepair.

Its location along the main Khartoum-Port Sudan highway makes it an important trading centre. Here we were introduced to the Commander of the 11th Infantry Division, Maj Gen Yasir Mohamed Ahmed, who briefed us. Then we were escorted to the Governor “or...
I was sitting in my office at my unit SA Army Technical Training Centre busy with my daily routine when one of my senior colleagues, approached me with an unexpected question: “Sudan needs a Workshop Commander, are you ready for the external deployment?”

My last external deployment was from July 2003 in Burundi for VIP Protection to February 2004. I stared at him with disbelief, thinking that he was joking. Jokingly I replied, “Sir, I am ever ready to serve my country anywhere, any time when needed.” He said to me: “Get ready to spend six to seven months without your family, especially starting this festive season (2012).” Then he left my office.

After he left I realised that he was serious and I started to think about it and how to inform my family. I realised I had to find out about the situation in the Sudan. I enquired about the situation and the answer was: “Situation is calm but unpredictable.” That was from the Commander I relieved in the Sudan. At Mobilisation Centre there was the same response about the situation in the Sudan. Every person being debriefed about the Sudan has his or her own response to the Sudan’s situation, but it boils down to “Situation is calm but unpredictable”. This made me more interested to see what the situation was.

When we arrived at Battalion Headquarters in Kutum, I realised that here we were in a war-torn country. There was a wrecked government chopper next to our Base. Working hard to support the Contingent with mobility for patrols was expected of us. Moving around the villages you will experience a lot of things that differ from what we are used to back in the RSA. The situation is calm as the people go about their business during the day. The following day when you go to the same village you will be surprised when they tell you that two people were killed the previous night or women were raped and cattle stolen.

During the night you might hear weapons being fired and you can feel that here we are not safe at all. The next day when we move around everything seems to be normal; children are playing as if nothing has happened. If there is one thing I have realised, it is that we as South Africans respect life very much, irrespective of whether it is an animal or a human being. We were expected to kill dogs in our Base as the local communities were complaining of our dogs killing their animals, but we refused and said it was against our culture.

At night there is no guarantee that you will be able to sleep as they sometimes fire some shots around our base and drive away. But as soldiers we are always ready for anything and so far we are still doing well this side of North Darfur.

We sympathise with the families of our fellow comrades who lost their lives in the Central African Republic (CAR) just next to where we are now. They gave us the courage always to stay focused and be ready for anything. Yes, the situation is calm but unpredictable and we are always ready for the UNPREDICTABLE.

Capt S.J. Mamadi, email...
FLYING THE SOUTH AFRICAN FLAG HIGHER ACROSS THE BORDERS

Born on 13 March 1983 in Lotus Gardens in Pretoria and raised by a single parent, Cpl Jabulani Thomas Masilo always dreamt of becoming a soldier one day.

This 30-year-old father of a three-year-old child and member of Area Military Health Unit Eastern Cape had his first schooling at Walto Jameson Primary and matriculated in Saulsville High during the late nineties. After completing his two years’ intensive Emergency Care Technician Course at the SA Military Health Training Formation, he was deployed for the first time to the Sudan. Sudan is one of the most difficult external missions in Africa and is under the auspices of the United Nations African Mission in Darfur (UNAMID).

A month after settling into Kutum Base, Cpl Masilo was tasked with providing medical support for his section that had been deployed to Farta Burno in Sector North for a period of seven days. One afternoon just after supper while they were preparing for a shower and getting ready to relax after a day’s work, a sudden barrage of gun-fire was heard just a few metres behind Farta Burno Base. As the only member deployed to render medical service to his colleagues, and to the local community, Cpl Masilo rushed to the scene at the request of the Government of the Sudan soldiers (GOS) to assist.

On arrival at the scene this member, who always had a dream of becoming a disaster manager one day, calmly applied the drills he had been taught and managed to save the lives of four badly injured Sudanese nationals, among them a local school headmaster who was hit by a stray bullet. After he successfully stabilised them, the casualties were rushed to Kutum Hospital. It was only then that this first-born son of Ms Elizabeth Masilo started sweating with a mixture of joy and fright.

Asked how he was feeling when kneeling next to the patients and surrounded by such a large number of unknown people, not knowing whether the shooting would continue, the Corporal responded that the lives of his patients always came first.

It is for this reason that the SA National Defence Force in general and the SA Military Health Service in particular, expresses its gratitude to these members who ensure that the South African flag flies higher and higher around the world.

Cpl Luvolwethu Tivi, email

A LETTER TO MY DAUGHTER

Hello my angel, I hope you are doing well my love. I am now far away from you serving our country. I am on a mission in the Democratic Republic of the Congo (DRC). That does not mean I love the country more than I love you. I am here to secure our future. I want a better future for you. I want what is best for you; I would love to see you prosper some day. I pray that you become a successful woman. I also pray that God anoints you with wisdom to face the challenges of this world. I am here to ensure that you get a good education and become the best you can be. I promise to raise you to the best of my ability and will always support you in your future endeavours. My intention is not to spoil you, but for you to have a better life.

I have never left your site since you were born three years ago. Leaving you my angel was the hardest thing to do. At times I am not sure if I did the right thing. Six months is a long time and a lot has changed in your life and about you. I know how fast children grow; please do not grow too fast for me. I would love to find my baby girl as she was when I left, but that is not possible. What keeps me sane is the knowledge that I have left you in the capable hands of your grandparents; I am certain they will take good care of you and spoil you. I just hope they are not feeding you too many chocolates and yogurt. Since I am far away from home I do not have control over that. I just hope they are not compensating too much for my absence. I will rely on your grandfather since he is the disciplinarian. I am just praying you did not melt his heart with your cuteness.

I called you yesterday and hearing your voice just melted my heart. I cannot believe how mature your voice was; you are becoming articulate. Anyway what is it that I hear about you? Telling your grandmother “gore ga itse sekgowa” (she does not speak or understand English). You started with pre-school just the other day and already you can converse in English. Very opinionated, just like your mother. It fills my heart with joy to hear that you are coping with pre-school and you did not even cry on your first day. You are enjoying yourself so much that you do not want to miss a single day of school. All these things bring peace to my soul. I wish I was there on your first day to share the experience with you. I promise to be there on your first day of school (Grade 1).

At times I become jealous of your grandmother because she is the one experiencing all these things with you and moulding you to become a better person. That was supposed to be me, that is my job as your mother. I trust she is doing a great job raising you. Know that I did not neglect or abandon you. I will not always be absent from you. I will be home soon as I am left with two months, my love, and you and me will be inseparable (go isiwana le monwana le lenala), like Bonny and Clyde, Romeo and Juliet, etc.

What I know for sure is that I am raising you to the best of my ability for you to have all the basic things life has to offer, for you to have a comfortable life. Some children do not have what I am giving you, especially here in the DRC. They are not that fortunate to have parents who sacrifice for them to have a good education, a healthy meal, a decent bath, food and all the finer things life has to offer. Their young lives are spent running from rebels and doing chores that are also difficult for me to do. They take care of their
NEWS FROM THE DRC
Let me start by sending my apologies for not updating South African soldiers back home in terms of what their deployed counterparts are going through in the Democratic Republic of the Congo (DRC). It is definitely due to circumstances beyond our control.

However, the frustrating security dynamics during Operation Mistral XX actually helped as the time went by in a flash; it is quite unbelievable that we are now in our last two months. As we speak the situation is very tense in three of our areas of responsibility, but it is not something our soldiers cannot handle. It is a bit difficult for most of our soldiers to write nice articles while at the same time thinking about their lives, being always on stand 2 and also thinking about their loved ones back home.

The National Contingent Commander (NCC) of Operation Mistral XX, Lt Col Bonginkosi Jacob Mabaso, recently hosted the Chief of the SA Army, Lt Gen Vusi Masondo, and his delegation. Lt Gen Masondo visited Pinga Company Operational Base (COB), Kitchanga COB, Mushake COB, Aviation COB, Munigi Base, Engineer Base and NCC Compound in Lake View.

The purpose of the visit was to obtain a clear understanding of what our soldiers were going through in this mission, to check our capacity in terms of our possible contribution to the Neutral Intervention Force and to have a better understanding of the logistical situation.

I would like to thank Mr Jim Tshabalala for working tirelessly to ensure that the SA Soldier magazines are distributed to the correct office, namely the Public Information Office. Ngiyabonga gqotshana! A colleague, S Sgt Siya Mafanya, sends his greetings to each and everyone at Defence Headquarters. Capt B.S. Masango, OP MISTRAL XX

PROUDLY DEPLOYED SOLDIERS AT ZONSTRAAL
As a proud member of the SANDF deployed at the Zonstraal (Swaziland) border I wish to continue to serve the SANDF with loyalty and pride. I have taken the responsibility into my own hands to continue to work to make sure the SANDF is successful.

I have noted that since we deployed on 6 October 2012 the community around our deployed area is pleased and appreciates the efforts of members of the SANDF under the Commander of 9 SA Infantry Battalion Tactical Headquarters, Lt Col Tebogo David Oss, the Commander of Charlie Company, Capt Mangwase Petrus Molekoa, the Second-in-Command, Lt Shihlangoma Gift Mahlahlane, and the Company Sergeant-Major, WO1 David Johannes Olkers.

Soldiers proudly serve in this uniform we wear every day. We are proud to be given this opportunity to work for the success of the SANDF, and with the help (Psalm 121) of Almighty God we are going to make it to our home units with pride. We will continue to perform as is expected of us as troops on the ground. Pte Tendani Raymond Maphari, Zonstraal (Swaziland) Border Line

sibling, spending the whole day with them, carrying them on their backs. I do not want to see that happening to you. I want you to be a child, I want you to be carefree and I will do the worrying on your behalf. When I was a child I spoke as a child, I understood as a child, but when I grew up to be your Mom, I speak as a Mom, I understand as a Mom. My angel, enjoy being a child. Please do not give my parents a hard time, I did that once. I miss you so much and love you with all my heart.

Love Always. Mom
Capt F.M. Sethoga, Pinga DRC
The receiving of the mortal remains of the deceased soldiers

On Thursday, 27 March 2013, the SANDF held a ceremony at Air Force Base Waterkloof in Pretoria to receive the mortal remains of 13 fallen soldiers who lost their lives in the Central African Republic (CAR).

The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, together with the Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, handed over the soldiers’ remains to their families.

Each family was escorted by a grief counsellor into a hangar at the base to identify their relative’s remains. Thereafter they were seated for a formal military handover during which the SANDF members stood in readiness for the general salute, after which they performed the slow march while carrying the coffins draped with the national flag to the waiting hearses.

Minister Mapisa-Nqakula, flanked by Mr Makwetla and the Chief of the SANDF, Gen Solly Shoke, addressed the mourners. She praised the fallen troops as true soldiers who had lived up to their calling. She also acknowledged their selflessness, describing them as lions and warriors who had bravely fought to the end. The names of these gallant soldiers are: Cpl Mokgadi Darius...
LEFT: SANDF members performing the slow march while carrying a coffin of one of the fallen soldiers who lost their lives in the Central African Republic to the hearse.


They were all members of 1 Parachute Battalion in Bloemfontein and had been deployed to the Central African Republic (CAR).

Our thoughts and prayers go to the bereaved families and their loved ones. May their souls rest in peace.

LEFT: SOUTH AFRICA AND THE SANDF MOURNING THE DEATHS OF THE FALLEN HEROES SANDF members getting ready to load the coffins onto the hearses at AFB Waterkloof in Pretoria.

ABOVE: The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Ngcuka, embracing relatives of the fallen soldiers at AFB Waterkloof in Pretoria.

ABOVE: The Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, comforting relatives of the fallen soldiers at AFB Waterkloof in Pretoria.
In memory of the late Sgt Matlole Othnel Mahasa

By Cpl Ally Rakoma

Sgt Matlole Othnel Mahasa (48) from 1 Parachute Battalion was the 14th soldier to be laid to rest following the ambush in the Central African Republic (CAR). He was among the 27 soldiers injured in conflict in Bangui on 23 March 2013 and was flown back to the country for further treatment at 1 Military Hospital in Pretoria. He died in hospital in Bloemfontein after being rehospitalised following a relapse on 29 April 2013. His memorial service was held at the Tempe Church in Bloemfontein on 7 May 2013. He was buried with full military honours in Botshabelo Cemetery outside Bloemfontein on 11 May 2013.

His Journey’s just begun

Don’t think of him as gone away – his journey’s just begun
life holds so many facets - this earth is only one
just think of him as resting from the sorrows and the tears in a place of warmth and comfort where there are no days and years.

- E. Brenneman

What we have done for ourselves alone dies with us; what we have done for others and the world remains. May his soul rest in peace.

ABOVE: The late Sgt Matlole Othnel Mahasa.

A 15th CAR hero passed away

By Ms Nelda Pienaar

Rfn Lucas Moloke (27) from 1 Parachute Battalion became the 15th soldier to be laid to rest following the ambush in the Central African Republic (CAR). He was one of the 27 soldiers injured in the CAR. The member later died at 1 Military Hospital in Pretoria on 26 May 2013. His memorial service was held at the Tempe Church in Bloemfontein on 6 June 2013. The late Rfn Moloke was buried with full military honours in Mandela Park in Ladybrand in the Free State on 8 June 2013. May his soul rest in peace.

Commander-in-Chief mourns with the nation the death of 13 soldiers

By Sgt Itumeleng Makhubela

Photos: Sgt Elias Mahuma

The SANDF mourned 13 of its soldiers who paid the ultimate sacrifice in the line of duty. The names of these members will go down in history as heroes who served their country with pride, discipline and bravery.

Corporal Mokgadi Darius Seakamela, Corporal Ntebaleng Andrew Mogorosi, Lance Corporal Daniel Sello Molaroa, Lance Corporal Lukas Mohapi Tsheke, Rfn Lesgo Maxwell Hertzog, Rfn Zanami Jim Mxhosana, Rfn Xolani Dlamini, Rfn Vusumzi Joseph Ngaleka, Rfn Karabo Edwin Matsheka, Rfn Khomotso Paul Msenga, Rfn Maleisane Samuel Thulo, Rfn Motsamai William Bojane and Rfn Thabiso Anthon Phirimana were the ones that fought back gallantly, but died in the ambush.

Family members of the deceased soldiers were invited to a memorial service on 3 April 2013 at Swartkop Air Force Base in Pretoria, organised by the SANDF, to hear the testimonies from those who knew their loved ones and had worked with them.

The Commander-in-Chief, President Jacob Zuma, and Parliamentarians attended the memorial service and mourned with the nation. He indicated that the members were deployed as mandated by the African Union and the country’s foreign policy was to promote peace and stability on the continent.
He added that the two countries had signed a Memorandum of Understanding (MOU) in 2007 according to which the SANDF would assist in the training of Central African Republic’s armed forces and provide equipment.

An assessment was made after the turmoil broke out in the Central African Republic (CAR) that led to the deployment of an additional 200 members as a fighting force to protect military equipment and

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President Zuma cautioned that strategic and doctrinal military issues should be treated sensitively as some of its contents were not to be made public.

President Zuma said: “Let the fond memories of the fallen compatriots remain with us forever. May their souls rest in peace.” He added that we should be proud of the soldiers who perished defending the integrity of the country.

The Company Commander, Maj Stephen Jiyana, who led his troops in a fierce battle, described the valour of his men. He said they were irreplaceable. Maj Jiyana said: “They fought ferociously like lions.”

A TRAGIC LOSS

During a media briefing held at the SA Army College in Thaba Tshwane on 25 March 2013 the Chief of the SANDF, Gen Solly Shoke, described how the SANDF lost 13 of its soldiers during intense crossfire with rebels in the CAR. He added that there were also 27 members who had suffered injuries, while one was lost in action but was later found.

Gen Shoke said he prided himself on the quality of the soldiers produced by the SANDF after 200 of them had been able to sustain and repel 3 000 rebels in a battle that lasted over 13 hours. He said the rebels had also taken a number of casualties so that they had to ask for a ceasefire.

He added: “The discipline and calibre of the SANDF members deployed in the CAR is highly commended and they are real South African heroes. I personally, as the Chief of the SANDF, want to praise the SANDF members for having conducted themselves valiantly in the face of overwhelming opposition.”

The SANDF had deployed a support and protection team to protect the SANDF contingent and its military equipment that has been in the CAR for training and capacity building.

Gen Shoke explained that they made contact with rebels on 22 March 2013, when a section of the SANFD went to conduct a reconnaissance mission and were ambushed. They tried to protect themselves and their equipment.

The SANDF came under attack on Saturday, 23 March 2013, from rebels on the outskirts of Bangui when 3 000 of them advanced in two main groups, resulting in a high-tempo battle that lasted more than 13 hours.

During the night of 23 March 2013 the rebels continued with sporadic fire on the SANDF positions. In the early hours of 24 March 2013 the rebels indicated their willingness to enter into a ceasefire arrangement with the SANDF and a truce was arranged.

In less than a fortnight after the memorial service for the 13 soldiers that died, another unfortunate incident claimed the lives of five SANDF members that were involved in a fatal crash.

They died while conducting a scheduled aerial patrol in the Kruger National Park as part of Operation Rhino when an Agusta helicopter A109 light utility crashed in a bushy area on Saturday, 30 March 2013, leaving no survivors.
In remembrance of those who died protecting our heritage

By Cpl Ally Rakoma and Ms Tebogo Mampa
Photos: Sgt Elias Mahuma

The Minister of Water and Environmental Affairs, Ms Edna Molewa, and the Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, came to pay their respects and joined the DOD/SANDF members alongside the families of the deceased to say farewell to the five SANDF soldiers who passed away in tragic circumstances on 30 March 2013, following an Agusta A109 Light Utility Helicopter crash in the Kruger National Park, while they were conducting a scheduled aerial patrol as part of Operation Rhino.

The memorial service was held at Air Force Base Waterkloof in Pretoria on 11 April 2013 in honour of the fallen soldiers: Capt Mziyifani Philemon Chabalala (SA Air Force), Capt Jacobus Andries Janse van Rensburg (SA Army), Sgt Paulus Shongela Ndishishi (SA Army), Sgt Gene Paul Ruiters (SA Air Force) and L Cpl Bheki Petros Cele (SA Military Health Service).

The Commander of Operation Rhino, Col Steven Maloma, said that the SANDF felt the families’ pain. He said that the poachers were destroying our heritage and were taking what was rightfully ours. He applauded the deceased for their outstanding service in helping to protect and conserve our

RIGHT: Family members of the deceased escorted by grief counsellors lay flowers next to the photo of their loved one during the memorial service at AFB Waterkloof.

ABOVE: TRIBUTES: The photos of the fallen soldiers at the memorial service, fltr: L Cpl Bheki Petros Cele, Sgt Paulus Shongela Ndishishi, Capt Jacobus Andries Janse van Rensburg, Capt Mziyifani Philemon Chabalala and Sgt Gene Paul Ruiters.
In remembrance of those who died protecting our heritage

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biodiversity and ecological systems.

Speaking on behalf of the bereaved families, Mr Velile Chabalala said that the countries in which there was a market for rhino horns should observe the pain they cause to families. He said: “The pain in our hearts cannot be compared to any we have experienced before. All five members were committed to their profession and to eradicating rhino poaching.”

The Chief of the SA Navy, V Adm Johannes Mudimu, on behalf of the Military Command Council, said the soldiers had made the ultimate sacrifice for the country and its people. He said: “Our hearts are heavy with grief. We shall remember them because they committed their lives to safeguarding South Africa’s heritage.”

Mr Makwetla extended his condolences to the families of the deceased and said: “Endure your pain comforted by the knowledge that you are in our thoughts and we share your grief as the defence community. Through the lives of your loved ones your families have made the supreme sacrifice for the good of all South Africans”. He said that homage was being paid to those five members in a fresh chapter in the long legacy of noble South Africans who had given their lives in the service of their people and country.

Every family had the opportunity to light a candle and lay a red rose next to a photo of their loved one. They were encouraged to take comfort from the words of Psalm 23, “The Lord is my Shepherd”.

Operation RHINO

Operation Rhino is the SANDF anti-rhino poaching operation aimed at combating the scourge of brutal rhino poaching in South Africa.

- The SANDF has been involved in Operation Rhino since March 2011.
- Last year 1 165 flying hours were logged as part of the operation.
- In 2011 altogether 252 rhinos were poached in the Kruger National Park, increasing to 425 in 2012.
- This year 163 were poached in the Kruger National Park.
- In 2011 and 2012, 82 and 73 poaching-related arrests were made respectively.
- Thirty arrests relating to poaching have been made this year.
South Africa continues to build its relationship with countries which share the ideals of democracy, well-being, reconstruction and development, peace and stability.

This was clearly witnessed when the SA Secretary for Defence, Dr Sam Gulube, met with the Chief of the Democratic Republic of Congo Armed Forces (FARDC), Lt Gen Etumba Longila Didier, and his delegation at Defence Headquarters in Pretoria on 19 March 2013. Burning matters under discussion during the meeting were efforts to seek lasting peace and stability in the DRC, ongoing security instability in the eastern part of the DRC and the signing of the FARDC Strategy compiled by Team BULISA (the Special Advisory Team to FARDC) and FARDC Senior Officers. Lessons learned in promoting social change and in enhancing the well-being of the Congolese were also discussed.

The Secretary for Defence, on behalf of the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, and the Chief of the SANDF, Gen Solly Shoke, expressed great satisfaction about the special relations that existed between the two countries and their armed forces. He added that South Africa and the DRC could not be islands of prosperity in a sea of conflict and impoverishment.

Lt Gen Didier said that South Africa played a crucial role in promoting peace in the DRC, the partnership between the two countries, and in particular, the two armed forces had strengthened relations to the mutual benefit of their respective countries and people.

The DRC visit to South Africa was concluded with a gala evening at the SA Army College in Thaba Tshwana hosted by Lt Gen Vusi Masondo, the Chief of the SA Army, on behalf of the Chief of the SANDF, Gen Solly Shoke.

In his opening remarks the Programme Director, Brig Gen Xolani Mabanga, the Director Defence Corporate Communication, said that it was important to give consideration to developing and broadening the African agenda. He mentioned that the partnership between SA and the DRC served to advance common objectives for the promotion of sustainable development, regional integration and conflict resolution in pursuit of the African renewal.

The host, Lt Gen Masondo, reiterated that the two countries co-operated in several projects in various fields, including security sector reform, capacity and institutional building, infrastructure development and other social matters. He added that South Africa believed that peace and stability in the DRC was a prerequisite for the betterment of the lives of the people of the DRC, the Southern African Development Community (SADC) region and the rest of the African continent.
Change at the helm of military health care

Article and photos by Capt Sello Segone, Editor of Milmed

History was written when SANDF members came out in numbers to witness the change of command parade between Lt Gen Vejaynand Ramlakan, the outgoing Surgeon General, and his successor, Lt Gen Aubrey Sedibe, at the Pretoria Military Sports Club in Thaba Tshwane on 27 March 2013.

As per Chapter 19 of the Ceremonial handbook, a brigade in review parade was held to honour the outgoing and incoming Service Chief. A brigade comprising of three battalions from the SA Military Health Service (SAMHS) had converged on the ground earlier for the parade.

Invited guests and spectators were seated by 10:30 and eagerly awaited the proceedings. The arrival of the podium group signified the start of the parade.

There was loud cheering from the crowd when the soldiers marched past in columns and saluted the two Generals. On completion of the salute by the band, Lt Gen Ramlakan had the opportunity to address the parade. He expressed his gratitude to the leadership of the SANDF for entrusting him with the medical care of those defending the country, the guardians of our freedom, and he thanked all the people they leave at home while doing their duty. It is a position of great responsibility, a job in which one must be equally comfortable with a Private and a President.

Some of the achievements during his tenure of office as Surgeon General, included:

Introduction of the Commander’s Intent, a valuable tool that allows one to predict and understand the strategic approach to all organisational issues. It served to convince fellow colleagues that the change imperative maximum potential is 30% of an organisation.

The rest consists of focusing on doing everyday things well.

In 2007 the country faced a major crisis when health care and educational workers went on a nationwide strike. The SAMHS launched Operation BATA, which certainly averted a potential humanitarian disaster in the country. This remains the largest internal operation – and single Service operation – in South Africa in recent times.

Then came 2010 and the Soccer World Cup, which we will remember for the rest of our lives and which involved every single SAMHS member in one way or the other. The SAMHS was tasked to fill all the gaps in the National Health System. The Soccer World Cup saw the establishment of the National Health Operations Centre (NATHOC) at the SAMHS Headquarters. This state-of-the-art facility is a great asset when it comes to medical support of large-scale operations. It will be put to good use in the future.

The Soccer World Cup had barely finished when the country was hit by another health service strike. This led to Operation PROSPER, in which the SAMHS once again showed its value to the country.

Over the past six years, there have been major improvements at all three military hospitals and the SAMHS Training Formation. 3 Military Hospital is now a new facility, while the project at 1 Military Hospital is fast nearing completion. After a tentative start, the Basic Military Training Centre in Lephalale is now the most beautiful unit in the SANDF.

The SAMHS conducted 2.4 million health care activities in the past year, excluding those that have not yet been captured on the system. Moreover, concerted health intervention has resulted in the total number of deployable SAMHS members increasing by 1 777 members between April and December 2012.

One of the proudest achievements is the outstanding medical support rendered to current and former leaders of the country, including visiting dignitaries. The Presidential Medical Unit is probably the busiest unit in the SAMHS, and gratitude was expressed to its members for their loyalty and diligence. The unit treats all former Presidents and has treated more than 30 other Heads of State in recent years. Our Southern African Development Community (SADC) colleagues prefer to make use of our services.

In his speech Lt Gen Ramlakan stated that the Regular Force Medical Continuation Fund had reached one billion rands, having grown from a base of R300 million in 2005. This milestone is evidence that the fund is very healthy and that it will continue to grow to the advantage of its beneficiaries.

In 2005 the SAMHS vehicle fleet was in a sorry state, but the old fleet has
been completely replaced. Plans are in place to revamp the main medical equipment in the SAMHS.

The 2011 and 2012 client satisfaction surveys conducted by the Military Psychological Institute show a figure of 87% client satisfaction. Our clients are satisfied with our current service levels.

In other surveys, it has been found that the HIV prevalence rate in the SANDF currently stands at 8.5%. This is considerably lower than the 28% figure that obtained in some units in 2004.

The former Surgeon General also used the opportunity to boast of the fact that the SAMHS had taken the lead in creating a monitoring and evaluation service. Theoretically and practically, the Centre is on a par with the best in the country.

In 2010 the SAMHS published the book - The Fourth Dimension - the untold story of military health in South Africa, produced through Project TSHEPO, and recently another book: Operational Health Support Doctrine was published.

One of the biggest achievements of the SAMHS over the past decade has been the development of the new HIV and AIDS policy. This policy is not only scientifically based, but is the most progressive in this field in the world. In addition, the SAMHS won a landmark case this year when we went to court to ensure that a newborn baby received ARV treatment even though the parents did not agree. This will have a tremendous impact on similar cases in South Africa and elsewhere.

Internationally, the SAMHS has proved to be a force to be reckoned with. While in most other spheres South Africa looks to the rest of the world for inspiration, countries such as India, Brazil, Germany, France and Russia have in recent times come to South Africa to observe this so-called fourth Service – the SA Military Health Service.

The SAMHS has continued its involvement in and contribution to the International Committee of Military Medicine and the Pan African Congress on Military Medicine. In terms of chemical and biological defence, the SAMHS is at the forefront of developments with internationally recognised experts.

The SAMHS Band has been invited to perform at the Presidency on a regular basis.

Then there is Operation BULLDOZER. This operation is about applying management and science to implementation. Major improvements are evident in the filling of internal and external deployment posts, the availability of all 121 items of uniform in the stores, the completion of career interviews, the attitudes of front-desk managers, vehicle serviceability, procurement, tele-health, centralised patient administration and general discipline.

Lt Gen Ramlakan added: “Assistance to the Department of Military Veterans has increased in leaps and bounds. Operation BULLDOZER has been a great success, and I hope that its principles will continue to be used in the SAMHS in the future.”

In his speech Lt Gen Ramlakan also warned of three serious challenges needing attention:

Firstly, the inadequacy of the SAMHS Capital Budget, and secondly the most frustrating situation whereby SAMHS health care practitioners earn exactly the same as their civilian counterparts. Why should they continue to serve in this difficult environment when they can get exactly the same pay for working at a hospital down the road? Thirdly, the failure of our colleagues to accept that we are unique in military health and that we never stop being doctors or nurses while being soldiers - we move seamlessly from one to the other.

However, there were also some low points during his tenure at the helm of the SAMHS, none more troubling than the passing away of colleagues and friends. Here he mentioned specifically former Chief Director Military Health Force Preparation, Maj Gen Abie Landman, the former Warrant Officer of the SAMHS, Senior Chief Warrant Officer Moses Sebone, and the Warrant Officer of the Area Military Health Formation, Chief Warrant Officer Thomas Jantjies.

To his successor, Lt Gen Ramlakan said: “I believe that I am handing over a healthy organisation to you –

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S A S O L D I E R

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GIKI. Grow the SAMHS to heights that have never been achieved! Take good advice and surround yourself with good people who will make us all proud. Heed the words of our most famous patient, our beloved former President Nelson Mandela: ‘After climbing a great hill, one only finds that there are many more hills to climb’. This is pertinent both to me and to you. Having brought the SAMHS to a state that I am tremendously proud of I am going off into the unknown. Having reached the pinnacle of becoming a Service Chief, you will realise that this is only the beginning. I wish you the best of luck.”

The newly appointed Surgeon General

Lt Gen Aubrey Phegelelo Sedibe was born in Alexandra Township in 1957. He grew up in Diepkloof, Soweto, where he attended school from lower primary school up to Form iii (1964-1974). He completed his matric at Orlando West High School (1975-1976). Owing to the student uprising of 1976 Lt Gen Sedibe left South Africa to join MK in exile.

He did his military training from 1977 to 1979 in Mozambique, Angola and the Soviet Union. In July 1979 he survived an ambush in Quibaxe Angola. There he received medical treatment until 1981. He was later sent to Germany for further treatment and medical studies.

He studied German for one year, and studied Laboratory Diagnostics from 1982 to 1985, after which he received a bursary to study medicine, having been honoured with a Humboldt University Award. The General completed his MBChB and internship in 1993. He finally returned to South Africa in 1994 to join the SA Military Health Service. He worked as a Medical Officer at 1 Military Hospital from 1995 to 1998 in the Urology and Surgery Department.

He completed all the military courses from Formative Training up to the Executive National Security Programme over the period 1995 to 2000. He was the General Officer Commanding (GOC) of 1 Military Hospital from 2001 to 2005. He was laterally transferred to Directorate Physical Training, Sport and Recreation, where he served from 2005 to 2010. He was GOC Area Military Health Formation HQ from November 2010 to October 2011. On 1 November 2011 he was promoted to the rank of Major General. Before this he was Chief Director Military Health Force Preparation.

SADIC empowers surveillance commanders

eventeen learners from nine countries were awarded certificates after successfully completing the Southern African Development Community (SADC) Surveillance Commanders Course. It was presented by the South African Defence Intelligence College (SADIC) at the Fontana Military Base over the period 21 January to 15 March 2013.

Learners from Zambia, Tanzania, Malawi, Angola, Namibia, Zimbabwe, Botswana, Lesotho and South Africa participated in the course.

The learners received accolades during a certificate ceremony held in Centurion on the evening of 14 March 2013. The course was the first ever of its kind presented at SADIC and is designed to equip learners with the necessary knowledge and

Article and photos by Sgt Itumeleng Makhubela

ABOVE: Brig Gen Raymond Moroane, Director Special Acquisitions, congratulates Capt Helen Soko from Malawi on her achievement as the best academic student on the Surveillance Commanders Course.
practical skills so that they can be employed as Surveillance Commanders at sub-subunit level.

The course had four objectives, namely to apply military skills up to squadron level after completion of the Concept of Battlefield Surveillance Module. With the Command and Control Module, the learners will be able to manage surveillance troops up to squadron level.

The Warfare Module will enable the learners to understand, apply and execute all operational responsibilities in the SADC region. The Battlefield Procedures Module will equip them to practically apply and execute the responsible and drills of a troop commander.

Col Nathaniel Nthunya, Officer Commanding SADIC, said participants had done a lot in their eight weeks of studies, having obtained an average of over 81% with the help of the best facilitators at the SADIC College.

He said: “I hope that the education that you gained through these past few weeks will give you opportunities and capabilities to excel in your different environments. Thank you for being such a positive group.”

Maj Edgar Musanse from Zambia, the Course Chairperson, commended the South African Government and the SANDF for hosting them on such a worthwhile and well conducted programme. He said: “We are also aware that this programme of training surveillance for the SADC Brigade is the first of its kind. I wish to assure you that the officers before you have successfully acquired the knowledge to see the Brigade effectively implement its role in the SADC region.”

Brig Gen Raymond Moroane, Director Special Acquisitions, urged the members to keep their contacts, especially those in the SADC region. He said that it was crucial to strengthen bilateral ties and diplomatic co-operation among countries on the African continent.

He added that the SADC needed eradicate potential threats that contribute to the instability of African countries by working together. He said that the SADC was a force for peace and it must strive to curb proxy wars that continue to ravage the continent due to its mineral resources.
SANDF sparks the curiosity of the public at the Rand Show

Article and photos by Cpl Ally Rakoma

Military tents covered with camouflage nets and the display of a wide range of landward, air and maritime military hardware sparked the curiosity of the members of the public at the Rand Show held recently at the Nasrec Expo Centre, south of Johannesburg.

The Secretary for Defence, Dr Sam Gulube, on behalf of the Minister of Defence and Military Veterans, was the main functionary. He inspected the parade, delivered the opening speech at the Rand Show and paid tribute to the 13 SANDF soldiers who made the ultimate sacrifice and to the 27 injured soldiers during a battle with rebels in Bangui in the Central African Republic (CAR). He added that the Department of Defence was proud of these soldiers. Dr Gulube said: “In their deaths we find the strength to carry on delivering on our Constitutional Mandate to defend the sovereignty of the Republic of South Africa and to support her people.”

He said that the Rand Show had grown in leaps and bounds over the years and had established itself as one of the largest consumer exhibitions in the world. He added: “It is the best trade show to exhibit furniture, food, outdoor lifestyle accessories, arts and
Dr Gulube also noted that this year’s Rand Show was taking place following the 5th Brazil, Russia, India, China and South Africa (BRICS) Summit held earlier in the week in Durban. He said: “Inescapably, our country’s economic growth is linked to such partnerships with global players. The African Agenda became prominent when Trade Ministers from all BRICS countries pledged increased support for the African continent.”

In conclusion, he said the aim of the SANDF’s participation in the Rand Show was to display, demonstrate and exhibit the SANDF’s capabilities to ensure that the people of South Africa are safe and feel safe. Dr Gulube said: “This is in line with various policies and initiatives that are undertaken by Government in partnership with the people of South Africa.”

The SANDF had an impressive array of military equipment on display and had exhibits inside and outside for the public, covering all four of its Services. The SA Army displayed armoured vehicles, small arms, electronic and surveillance equipment, mine detection vehicles, mobile bridges, mine detector equipment and bomb disposal suits.

The SA Air Force brought an Agusta A109 Light Utility Helicopter, radars and air-to-air surface missiles, while the SA Navy displayed harbour patrol boats, a diving tank and naval weapons such as torpedoes and machine guns. The SA Military Health Service had a mobile field hospital, complete with mock patients.

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ABOVE: Young people had fun climbing on an armoured vehicle at the Rand Show.

ABOVE: A member of the Maritime Reaction Squadron briefing the young ones on the SS 77 light machine-gun mounted on the boat.

BELOW: Ms Lucinda Baartman gets to hold an R4 rifle under the watchful eye of Cpl Joseph Makheta.

LEFT: The SA Air Force brought an Agusta A109 Light Utility Helicopter to display at the Rand Show.
Easter is a profoundly spiritual time for various faith groups. It is a time for grace. It is also a time for reuniting with families.

The Chief of the SANDF, Gen Solly Shoke, hosted the Easter Church Service at the Armscor Sports Ground in Pretoria on 28 March 2013. The aim was to remind SANDF members and their civilian counterparts to observe Easter as the holiest religious period in our country, and of the grace and redemption that accompanied it.

Gen Shoke said that in this holy period the DOD/SANDF had suffered the unfortunate loss of 13 SANDF members who perished in the Central African Republic (CAR) and the 27 members wounded while on international duty on behalf of our country.

He said that while we mourned the loss of our troops we should remember them in our prayers and their selfless service and dedication to our country and continent.

The Chaplain General of the SANDF, Brig Gen (Rev) Andrew Jamangile, said that their contribution to peace and security on the continent had impacted positively on many lives. He mentioned that as we faithfully observed Easter we should express our gratitude for the supreme sacrifice they made.

The Chief of the SANDF Easter Church Service was supported by the Chaplain General and his team of Chaplains who provided those in attendance with food for the soul in the form of sermons. They prayed for the safety of all holidaymakers, motorists and pilgrims that were about to travel to their different destinations over this period.
The launch of the Indian Ocean Naval newsletter

The Indian Ocean Naval Symposium (IONS) came into existence almost five years ago with the aim of addressing regional maritime concerns by capitalising on the collective maritime strengths of its members. South Africa, as the current Chair of IONS, was bestowed the honour of launching the first bi-annual newsletter of the IONS at the Naval Mess in Pretoria on 6 March 2013. “IONSPHERE” as the newsletter is appropriately dubbed, seeks to strengthen collaboration among its members and publicises the wide-ranging activities engaged in by the body’s member states. The first issue of the maritime journal has been produced by the Indian Navy as the custodian and contains contributions from a number of countries that have attended previous IONS meetings. The articles of the maritime newsletter cover a number of topical issues, such as anti-piracy operations, the human and economic costs of piracy and maritime challenges and threats facing the countries bordering the Indian Ocean.

The Chairperson of IONS, V Adm Johannes Mudimu (Chief of the SA Navy), speaking at the launch said: “IONSPHERE has been conceived to promote greater involvement at a working level by creating a platform for expressing views, opinion, concerns and the diverse activities of IONS”. He added: “Those responsible for maritime safety in the Indian Ocean and its littoral countries must not only be capable sailors and masters of ship-borne tasks, they must also be competent when it comes to reading and writing knowledgeably.” The inaugural issue of “IONSPHERE” will be distributed in the near future and will be followed in a few months by the next issue. Future issues will host articles contributed by the IONS community as well as award winning entries to the IONS open essay competition.

To cap the auspicious occasion, the IONS Chairperson’s birthday was also celebrated and after the formalities of the launch, all had a chance to wish him a prosperous and wonderful birthday and were able to indulge in the big birthday cake.

Article and photos by
LS Nkululeko Zulu, Internal Corp
Com Clerk, SA Navy HQ

LEFT: V Adm Johannes Mudimu, the Chief of the SA Navy, proudly showing off the Indian Ocean Naval newsletter “IONSPHERE”.

BELOW: “IONSPHERE” – the Indian Ocean Naval newsletter.
SANDF paid a courtesy visit to a rural school in Ga Maja

Article and photos by S Sgt Lebogang Tlhaole

Director Defence Corporate Communication (DDCC), Brig Gen Xolani Mabanga, accompanied by Senior Staff Officer Communication Information (SSO Com Info) Col Mpho Pheko, and SO2 Media Liaison, Maj Daniel Wagenaar, visited Ditsepu Secondary School, a rural school adopted by the SA National Defence Force at Ga Maja in Polokwane, on 12 March 2013.

The deliberations of the day were informed by the decision of the Chief of the SANDF, Gen Solly Shoke, during his term as the Chief of the SA Army to adopt this rural school in Limpopo.

The aim of the visit was to obtain an overview of the current status of the school and to strengthen and enhance the already existing good relations between the SANDF and Ditsepu Secondary School.

The visit included a briefing on the status of the school and exploring areas of mutual co-operation in various spheres and related matters to obtain a better idea of the school. The courtesy visit to the school served to demonstrate the public partnership with the SANDF and its support to the community. It also served as a gesture of the Chief of the SANDF in reaffirming his appreciation of community development.

In this respect the Principal of the school, Mr Douglas Tshoga, welcomed everyone present and acknowledged the tremendous efforts made by the SANDF towards the development of the school. He also expressed satisfaction with the commitment and co-operation demonstrated by the SANDF and appreciated the continuous support from the Army Support Base Polokwane and for the spiritual guidance of the Base Chaplain.

This gathering afforded the representatives from the SANDF and the school the opportunity to take stock of the status of the school and they discussed a wide range of issues affecting it.

The challenges faced by the school impact negatively on the culture of learning and teaching, but despite these challenges Ditsepu Secondary School is the best performing school in the Mogodumo Circuit. Last year the matrics achieved a 95% pass rate under the circumstances.

ABOVE: Learners of Ditsepu Secondary School face many challenges, but despite this it is the best performing school in the Mogodumo District.
Central Procurement Service Centre Change of Command Parade

Article and photo by Sgt Itumeleng Makhubela

Central Procurement Service Centre (CPSC) held its Change of Command Parade between the Officer Commanding and the incumbent whose abilities are widely recognised in the DOD Logistic Division.

Brig Gen Edward Mulaudzi handed over the reigns to his successor, Capt (SAN) Michael Bologo, as the new Officer Commanding of CPSC during a parade held at General Support Base Garrison in Thaba Tshwane on 13 March 2013.

Brig Gen Mulaudzi was transferred to the CPSC in 2007 as the first Officer Commanding of the procurement unit under the Logistic Division. He was promoted to the rank of Brigadier General and appointed to head the newly established structure of Directorate Procurement Management under Logistics Division Level 2.

Capt (SAN) Bologo obtained the following qualifications: a programme in Logistics from the University of Pretoria, a Senior Management Certificate from the University of Durban and a National Diploma in Joint and Multinational Operations.

He has served in numerous posts in the DOD, including the Accounting Section at Naval Store Depot Durban, Transit Section at Naval Depot Durban, Ammunition Supply Officer at Naval Depot Simon’s Town, Executive Officer at SAS Saldanha and the Officer in Command Logistic Executive at DOD HQ Unit.

CPSC provides reliable, effective, efficient, economic, fair and transparent procurement processes to satisfy both clients and suppliers. Its mission is achieved by adherence to the National Treasury Regulations, Procurement Policies, the Public Finance Management Act (PFMA), the Preferential Procurement Policy Framework Act (PPPFA) and Supply Chain Practice.

Brig Gen Mulaudzi said that the CPSC was initially a procurement section of the SA Air Force. It was transferred to Defence Materiel Division as level 3 procurement capability after 1994. By 2009, CPSC and Simon’s Town Procurement Service Centre migrated to Logistic Division as level 4 procurement unit without any functional head, until he was asked by Chief Logistics to take over the unit.

He added: “Ladies and Gentleman, allow me to say again to the Captain that to be the Officer Commanding of CPSC is an honour. Almost 70% of DOD operating funds go via your desk and this will make you feel good, more especially if you manage to finalise 90% of payments in the way I always did.”

Brig Gen Mulaudzi congratulated Capt (SAN) Bologo on his new appointment and indicated that the opportunity made him strong and confident. Brig Gen Mulaudzi added that he would continue excelling in his new appointment to ensure that DOD procurement is conducted in a credible way and in line with the prescripts.
Tuberculosis can be cured

By Martina Nicholson
Associates News Desk

Do you have a cough that just refuses to go away and flecks of blood in the phlegm that you cough up? If so you should be aware that these might be symptoms of tuberculosis and you would be well advised to visit your doctor for a check-up.

Most of us have heard of tuberculosis or TB. What is less well known is that if it is not treated, TB is a very dangerous disease, and can even be deadly. The World Health Organization (WHO) says that TB is second only to HIV and AIDS as the planet’s greatest killer. It is also a very common illness in South Africa and the leading natural cause of death in this country.

For this reason all South Africans should be aware of the signs and symptoms of TB and be sure to visit their clinic or healthcare provider if they become concerned that they may have contracted the disease. It should be kept in mind that TB can be successfully treated and completely cured with antibiotics. However, the longer TB, which is a type of bacterium, is left untreated the more damage it can do to the body. TB can affect different parts of the body, but most commonly it attacks and damages the lungs.

By adopting a healthy lifestyle and taking precautions against catching TB, we can all go a long way towards protecting ourselves from this disease.

TB spreads from person to person

TB is an infectious disease, the germ of which may be passed on from person to person through coughs, sneezes and spitting. People nearby may inhale the TB bacteria and become infected.

Many people catch the germ, but it never develops into the active form of the illness because their immune systems keep it in check. It is only when their immune systems are weakened, such as when they develop another medical condition (e.g. AIDS or diabetes) that the disease becomes active. TB is thought to infect as much as a third of the entire population of the world, but only between five and ten per cent of people will actually develop the active form of the disease.

Treatment works

TB is highly infectious in individuals who have the active form of the disease and, if it is not treated, it can be passed on to our families and those near to us. Most people with TB will stop spreading the illness just two weeks after they start taking medicine for it. The early treatment of TB helps to ensure that we not only stay healthy, but also protect our loved ones from catching this disease.

Anyone can develop TB

It should be noted that anyone can catch TB, although some people are at greater risk of developing the active form of the disease than others and should be particularly careful. Individuals who should take extra care include those who:

• Suffer from poor nutrition and a lack of food
• Have illnesses such as AIDS or diabetes
• Are in close contact with TB patients
• Suffer from a lot of stress in their lives
• Take excessive amounts of drugs and/or alcohol
• Live in poorly ventilated, overcrowded rooms

It is not the common cold

Many people with active TB make the mistake of thinking they have nothing more than a common cold or cough, and they leave it untreated in the belief that it will go away in time. In fact, if you have a cough and have been experiencing night sweats for more than three weeks, you should visit your healthcare professional. These may be signs that you have TB. Bronchitis and pneumonia are some other illnesses that can have very similar symptoms to tuberculosis.

TB can express itself in different ways, but there are some symptoms that are common in most people. The following could be signs that you have TB:

• Coughing for longer than two weeks
• Coughing up flecks of blood
• Chest pains
• Feeling tired and weak
• Night sweats, even when it is cold
• Loss of appetite
• Weight loss

Do not stop the treatment

There are a variety of medicines used to treat a person with active TB. It should not be forgotten that these treatments need to be taken for a minimum period of six months to make sure they kill all the TB bacteria.

More than 95 per cent of people who are properly treated for TB and who take their medicine as instructed by the doctor or healthcare practitioner are cured. The best thing you can do to support a family member or friend with TB is to make sure that they take their medication for the whole six months and that they do not stop the treatment when they start feeling better or because they do not like it.

By not finishing your course of TB medication you are at risk of developing multidrug-resistant tuberculosis (MDR-TB) – a strain of TB bacteria that has become resistant to TB drugs that is much more difficult to treat and can be fatal. MDR-TB has to be treated with special, more powerful medications that have to be taken for a much longer period of time than ordinary TB treatments and have worse side effects.

Protecting your family

There are also a few practical steps you can take to protect you from catching or passing on the disease. For example, if you keep your home well ventilated by keeping windows open and letting in plenty of air, you...
Military Veterans Verification Committee sworn in

The verification exercise is an important part of the core mandate of the Department, namely to have an accurate database with the necessary integrity and reliability. The process is to ensure that no military veterans are left out and to prevent any act of fraud or corruption when the rolling out of social and economic benefits for military veterans and their dependants begins.

The verification process will be overseen by the five-member panel comprising former Non-statutory Force members headed by Maj Gen (Ret) Mshengu Mandita as the committee’s chairperson. Military veterans can now report for verification and be added to the National Veterans Database at Braam Park in Johannesburg.

The Military Veterans Act of 2011 states that a military veteran is a South African citizen who rendered military service to any of the military organisations that fought on any side of South Africa’s liberation war from 1960 to 1994, those who served in the Union Defence Force before 1961, and those who became members of the South African National Defence Force after 1994, and someone who has completed his or her military training and no longer performs military duties, and has not been dishonourably discharged from the military.

The establishment of the Department of Military Veterans forms part of Government’s commitment to support and recognise military veterans for their contribution in bringing about the realisation of a peaceful, democratic and a prosperous South Africa.

The Department of Military Veterans has been set up to initiate and manage military veterans’ affairs through overall co-ordination and facilitation of all activities of the Government and the private sector.

The Verification Committee comprises former Non-statutory Force members, fltr: Maj Gen (Ret) Enoch Muiseng Mashoala, Lt Col Kenneth Floyd Russie, Lt Col Gumanyani Lucas Sigela and Maj Dipuo Annah Monthso. (Maj Gen (Ret) Mshengu Mandita not on the photo)

Mr Tsepe Motumi, Director-General of the Department of Military Veterans, signs off members’ certificates of oath at the swearing in ceremony.

Article and photos by Sgt Itumeleng Makhubela
“Gender agenda gaining momentum”

Article and photos by
Sgt Itumeleng Makhubela

The Chief Director Transformation Management (CDTM), Maj Gen Ansuyah Fakir, provided insight into the theme of the Women Leadership Seminar - “Gender Agenda Gaining Momentum” - in support of International Women’s Day. The event was held at the Generals’ House at the SA Air Force College in Thaba Tshwane on 6 March 2013.

In her opening address it was interesting to note that the Military Disciplinary Bill was mentioned, which is yet to be promulgated. It will deal with sexual offences, which will be tolerated in future. Maj Gen Fakir said it was necessary to sensitise women to behaviours, actions and attitudes that could be identified as sexual offences.

She said there should be a follow-up on the proposed life coaching programmes as they have not proved to be particularly effective, and adding that it should also be offered to men. She said that the level of brutality against women and the resultant cases reported must be dealt with, and she pointed out that women in the armed forces were not exempt from this scourge.

Maj Gen Fakir said that it was crucial for women to understand their responsibilities when deployed on peacekeeping missions and cited a resolution in which it was proposed that women should know what to do if confronted by gender discrimination or sexual offences.

In delivering her address the Deputy Chief of Human Resources, Maj Gen Ntsiki Memela-Motumi, said the SANDF needed to prepare women for senior management positions, adding that there should be a least 30% representation of women on deployments, and for foreign learning opportunities and promotions.

She said a study was conducted to determine the reasons why women re-mustered, particularly from combat-based corps into non-combatant corps. It was discovered that they were motivated by the desire for career growth and being with their families as they grew older.

The reflections at the seminar were presented by a Communication Strategist and Life Coach, Ms Minah Sindane-Bloem, who said that she had been facilitating workshops for emerging women leaders within the DOD for the past two years as part of an intervention for young women who had demonstrated the potential to be in management positions.

She said: “As senior women within the DOD, we need to begin evaluating our programmes and their impact on the people they are meant to benefit. For example, I would want to suggest some kind of evaluation tool to be put in place for every person who comes to present a workshop, programme or course.

“You may also need to look at the feasibility of doing the programme in-house by training people within the DOD who can offer that workshop, programme or course. Of course we reflect on what we did in the past, the impact on our productivity, and then see what our current position is with a view to crafting the future end state.”

She hinted at a number of challenges that the CDTM needed to look at. She had discovered that some members wanted to leave the DOD/SANDF because they did not know how to deal with their frustrations. Issues such as unhappy staff members, unachievable aspirations and sexual harassment were constantly eroding hope for some members.

Lack of attention to male empowerment seems to have discouraged men from supporting women’s empowerment programmes. She said: “Our biggest challenge is that we are empowering only women and leaving our men behind. The men are not co-operating because they perceive women’s empowerment as some kind of ploy to take power away from them. Thus, they resist instead of giving their support.”

Ms Sindane-Bloem said that a number of days had been selected to promote women’s issues. However, for men it’s a different story. She said: “As far as I can remember the only men’s day is Father’s Day. It almost feels as if there is a plot against men, at least this is the perception this has created among men.” She concluded: “While I paint a picture of problems for purposes of our discussing, I need to emphasise that not many defence forces around the world have achieved what the SANDF has in terms of gender issues.”
FAREWELL TO A WORLD WAR II HERO

Article and photo by Mr Lufuno Netshirembe

A Soldier would like to pay tribute to a World War II Veteran, Rfn Balanganani Solmon Ramakuela, who has passed away. He was born on 4 March 1915 and he died on 25 March 2013.

He joined the army in 1938 and went for his military training in Springs, near Johannesburg. He fought in World War II in Germany, Russia and Italy. His combat name was Mushondwane.

He came back from the war in 1949. During the war he had spent some time as a prisoner of war somewhere in Europe. Upon his return he was given a bicycle as a reward for his services. Rfn Ramakuela is survived by his 18 children, 78 grandchildren and 76 great grandchildren.

Vha edelele nga mulalo (Rest in peace).

ABOVE: The late Rfn Balanganani Solmon Ramakuela, a World War II Veteran.

RESPECT OUR UNIFORM

By SCWO Tanduxolo Huet Gogo, SCWO Joint Operations Division

It raises a number of questions when one sees SANDF uniforms being worn by members of the public on the streets and in bars without permission from the SANDF. It is, however, worse if one thinks about SANDF members giving these uniforms to civilians. If any member of the SANDF plays a role in this illegal activity, he or she is skating on thin ice! Another increasing form of misbehaviour is SANDF members blatantly disregarding military dress code at bus stops in the morning. They stand there without headgear. Others have a tendency in their residential areas to just stroll, for example to the tuck shops, without headgear or improperly dressed.

Members do these things because in their minds there is no senior person in that environment to correct their behaviour. SANDF members seem to think they can act according to the famous idiom: when the cat is away, the mice will play. This idiom has no relevance to the military and will never have. Those uniformed members who ignore our dress code forget the fact that the SANDF is accountable to the people of South Africa, and that we are required to be exemplary and to do the correct things wherever we are.

It must be understood that our uniform forms part of our SANDF identity which says who are we and where we are going. If you disrespect the SANDF uniform, you are inevitably telling the public we are ill-disciplined and that you do not understand what is expected of you as the members of the SANDF.

Our behaviour contributes towards shaping the manner in which our clients feel and think about us. Hence it is so important for us not to engage in any activity which leads to negative publicity or perceptions about the SANDF.

To those members who believe that discipline is required only within units and bases, maybe they are in the wrong profession, because in this organisation discipline is expected to come from within ourselves and to be applied at all times.
Do you deserve a holiday?

The SA Army Foundation welcomes all its members to the new Rainbow Holiday Club – free of charge

By Ms Mari-Louise Kaplan, HoD Communications SA Army Foundation

On 10 April 2013 the SA Army Foundation launched the new and improved Rainbow Holiday Club, which giving all members of the SA Army Foundation access to 160 local and 3 500 international resorts, as well as international cruising options.

Mr Angel Ramphele, General Manager of the SA Army Foundation, explains why the Club was redesigned and how members of the SA Army Foundation can benefit from it.

He said: “After a thorough analysis of the Rainbow Holiday Club, we have found that while Club members consistently pay their monthly membership fees, only a few of them actually use the benefits to go on holiday. As the ‘points/stars’ system fell away in 2011, this means that many of our members do not get sufficient benefit from their membership.

“Studies show that the best way to ensure that you take your annual holiday is to create a vacation fund where you set aside money every month towards your well-deserved break. At Rainbow Holiday Club we do this for you, because our members’ well-being is of the utmost concern to us.

“The new Rainbow Holiday Club was designed to provide maximum benefit for all its members. Membership of the Club does not require any monthly membership fees as it did in the past, and all SA Army Foundation members will in future automatically belong to the Club.

“We work on the premise that all our members have different needs to match their own unique circumstances. Therefore the Club provides members with a monthly savings opportunity to ensure that they have enough money available in their Vacation Fund when they want to go on holiday.

“Your monthly savings accumulate until you are ready to go on holiday and then it is as easy as deciding where to go and just booking. Remember, the more you save the better your holiday options!”

Mr Ramphale went on to remind members to take their holidays within three years of joining the Club to fulfil the Club’s purpose of encouraging its members to take an annual or biannual vacation.

The Club provides four options:

- Silver: R100 savings per month
- Gold: R150 savings per month
- Platinum: R250 savings per month
- Club 60: No savings per month, holidays on a pay-as-you-go basis (over 60’s only)

The different options differentiate between holiday durations and seasonal availability, as well as special offers and international rentals. Therefore it is important for members to familiarise themselves with the options before deciding which vacation fund is appropriate for them.

Mr Ramphale continues: “It is important to note that the old Rainbow Holiday Club has been deactivated and no more premiums towards the membership of the club will be deducted as of 30 April 2013. Settling of the final administrative details of the old Rainbow Club will be managed by a committee under the leadership of Brig Gen Leon Eggers with committee members Brig Gen Ian Johnson and myself. We will inform previous members of any updates in this regard as a matter of course.”

SA Army Foundation members are welcome to contact us using any of the contact details given below.

- Visit your nearest SA Army Foundation office.
- Send an sms to 45963 with the keyword “holiday” and we will call you back.
- Let us know on our Facebook group at Facebook/SAArmyFoundation.
- Call us on 012 675 9400.
- Visit our website for more information www.armyfoundation.co.za

SA Army Foundation welcomes all its members to the new Rainbow Holiday Club – free of charge available in their Vacation Fund when they want to go on holiday.

“Your monthly savings accumulate until you are ready to go on holiday and then it is as easy as deciding where to go and just booking. Remember, the more you save the better your holiday options!”

Mr Ramphale went on to remind members to take their holidays within three years of joining the Club to fulfil the Club’s purpose of encouraging its members to take an annual or biannual vacation.

The Club provides four options:

- Silver: R100 savings per month
- Gold: R150 savings per month
- Platinum: R250 savings per month
- Club 60: No savings per month, holidays on a pay-as-you-go basis (over 60’s only)

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The Maritime Reaction Squadron (MRS) consisting of a few subdivisions, namely the Operation Boat Division, the Reaction Force Division and the Operational Diving Division, together make up a rigid combat force in the SA Navy’s landward defence.

On 12 March 2013 the MRS joined forces for the first time with 9 SA Infantry Battalion (9 SAI Bn) in an operational maritime exercise called Operation BEACHY. Operation BEACHY was under the command of Lt Falatsi Knowledge Sehako (training co-ordinator of the exercise) who was responsible for the operational boat squadron second in charge at MRS. The exercise took place over a period of four weeks (25 February to 8 March 2013) which was broken down into three performance stages.

The first stage of the exercise focused on outlining the planning and preparation of the entire exercise, which included selecting facilitators to led the Reaction Force Division, gathering the necessary equipment and weapons required, including thirty-one R5 rifles, magazines and slings, twelve 9mm pistols, magazines and holsters, a 60mm mortar pipe and three 40mm light machine-guns (LMG), life jackets, steel
The second stage of the exercise focused more on briefing all parties involved regarding the exercise. To start with, the MRS and 9 SAI Bn members were given a presentation on the exercise and what each party was required to do. Members from 9 SAI Bn were firstly given Lima boat orientation, water orientation (man overboard) and safety drill procedures before the exercise commenced. The parties involved carried out a dry run of the exercise during the day before it started, which included the SA Air Force’s participation in flying 9 SAI Bn members from Martello Sports Field to Long Beach in Simon’s Town.

The actual exercise commenced on the evening of 7 March 2013 at 19:00 at Charlie Wall where the SAS DRAKENSBERG was anchored. Then both the MRS and 9 SAI Bn performed a scramble net operation from the SAS DRAKENSBERG (3 Lima boats were launched from the auxiliary ship, and 14 members were required to exit from the SAS DRAKENSBERG using scramble or fish-nets into Lima boats). MRS members were then ferried to Long Beach to survey and secure the land from external threats which might hamper the exercise. Members of 9 SAI Bn followed and were also required to be in a group of 14 members per boat. During an interview Lt Sehlako said: “9 SAI Bn is the amphibious Battalion of the SANDF, hence the MRS was linked with them to perform sea landing operations to test the members’ emergency response within the time allowed and to evaluate their training to conduct marry-up drills to ensure that when the members are called upon to execute their duties during sea landing operations they do so diligently”.

The aim of Operation BEACHY was to strengthen collaboration, establish an operational relationship between the two entities, not forgetting team-work among the members. It was evident that the objectives were reached as none of the members were injured during the exercise. (The last stage of the exercise was a debrief session among MRS and 9 SAI Bn members.)
The SA Air Force hosted the Annual General Meeting (AGM) of the SANDF Spouses Forum on 16 March 2013 at the Generals’ House at the SA Air Force College in Thaba Tshwane with the theme: “One Woman”.

During the meeting the Forum reflected on progress made, called for change and celebrated acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.

When we celebrated International Woman’s Day on 8 March the Forum took the opportunity to celebrate those hardworking women, especially those in rural communities making a difference against all odds, eg by contributing to leadership, creating diverse opportunities and building our economy.

The Forum was established seven years ago and is recognised as an official entity of the DOD community. The SANDF Spouses Forum is an SANDF programme co-ordinated by the spouse of the Chief of the SANDF, Ms Charlotte Shoke.

Through this forum the SANDF has implemented community development projects to improve the lives of ordinary citizens and SANDF serving members and their families. It supports the Government’s job creation initiatives, whether temporary or sustainable, to create an environment for communities to initiate their own development initiatives.

Currently the SANDF Spouses Forum is the custodian of the goodwill visit hamper packs; it oversees the finding of sponsors and determines the contents of the hampers.

The occasion was an opportunity to recognise the incredible achievements of the SANDF Spouses Forum for 2012, including its initiatives to support the advancement of women.

The meeting gave members time to interact and strengthen mutual relations. The Forum took the opportunity to acknowledge the contributions made by their stakeholders.

Some of the achievements of the SANDF Spouses Forum for 2012 include the approval of its logo by the Chief of the SANDF, a visit to the deployed soldiers in Pemba, Mozambique, the roll-out and support of the skills development programme, supporting a creche in Tek Base, a military widow on Mandela Day and helping her to access health/social worker care, a visit to the Children’s Ward at 1 Military Hospital to present books for a library, visits to the various families of deployed soldiers in December 2012 to present them with food parcels, rendering support to Spouses Forum members who lost relatives during 2012 and, lastly, attendance of a cancer awareness talk with cancer survivors hosted by SA Military Health Service.

Through these projects the SANDF Spouses Forum was able to spread its wings and cultivate, maintain and enhance partnerships with community based structures and old-age homes that have benefited there from.
Tuberculosis

can prevent the TB germs from remaining in the air and infecting people. If you know anyone who is in the habit of spitting, encourage them to stop this now as it can propel TB bacteria into the air where they can be breathed in by other people. If you cough or sneeze, always make sure you do so away from other people.

If you find out you have TB, it is a good idea to take leave from work or school during the first three weeks of treatment and to avoid sleeping in the same room as other people. It is also a good idea to wear a surgical mask when you are with others.

Improving awareness

Remember that anyone can develop TB, so be sure that you know the major symptoms and visit your medical practitioner urgently should you have any concerns about the disease. TB can be beaten if we all take responsibility for our own health.

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Military spouses forge ties with each other

D efence Foreign Relations organised a visit to the Vaal River for the spouses of the Military Attaché Advisory Corps (MAAC) and the SANDF Spouses Forum on 15 March 2013.

The day was not only used to network, but also afforded the two entities an opportunity to strengthen their existing relations.

The two forums held substantive and fruitful discussions on a wide range of issues of common interest, such as working together to be able to meet whatever challenges they might face in order to deliver quality service to people who have made huge sacrifices to ensure that we are able to live safely and to feel protected.

It is necessary that constant liaison with the MAAC members be maintained at all times. Defence Foreign Relations is primarily responsible for promoting foreign relations between representatives of the MAAC and members of the Department of Defence.

Ms Charlotte Shoke, Chairperson of the SANDF Spouses Forum (third from right), with some members of the Military Attaché Advisory Corps and the SANDF Spouses Forum on the banks of the Vaal River.
Pleasure and pain after the Old Mutual Two Oceans Marathon

By Col Zirk Lourens, PRO Athletics SANDF, with acknowledgement of the Two Oceans Marathon Association for much interesting information

Photos: Courtesy of official photographers of Jetline Action Photo

Athletes consistently vote the Two Oceans Marathon as one of the best in South Africa and it continues to attract strong fields as well as an increasing number of international entrants. The event has become synonymous with the Easter Weekend in Cape Town, with the pre-race activities at the Expo, Family Day, and fun runs on Easter Friday.

This year the participants could choose among various distances – the scenic 56km ultra-marathon or the popular 21km half-marathon that was held on 30 March 2013 or the 10km or 20km trail runs, 5km or 2.5km fun runs or a 5km Nappy Dash (up to age 3) on 29 March 2013. These events attracted close to 33 000 participants, of whom 1 800 were international athletes. An “International Friendship Fun Run” was also presented at the V & A Waterfront in Cape Town.

A great performance by DOD runners

More than 27 000 athletes entered for the 21km and 56km race, but owing to extreme weather conditions and for other reasons only 22 699 runners started and 21 385 completed both the distances.

Altogether 214 runners, of whom 45 were from the Department of Defence, including Defence Reserves, finished the 21km and 56km races. The Two Oceans Marathon was also an international event for the SANDF. Capt (SAN) Chris Dooner, the former Chairperson of Western Province Athletics and recently retired, was appointed as a referee for both the 21km and 56km races.

In the 56km race the first SANDF

56km ultra-marathon

ABOVE: S Sgt Colin Witbooi (SANDF 21.1km Champion for 2013) from Pretoria Military Marathon Club, the first SANDF runner in the 21km race, and Ms Irvette van Blerk, overall third female runner.

ABOVE: Capt Nokholo Hlezupondo from the Eastern Province Athletic Club, the second SANDF female runner in the 56km race.

ABOVE: S Sgt Colin Witbooi (SANDF 21.1km Champion for 2013) from Pretoria Military Marathon Club, the first SANDF runner in the 21km race, and Ms Irvette van Blerk, overall third female runner.
athlete to cross the finishing line was 53-year-old L Cpl Edward Sibanda from 5 Special Forces Regiment (SANDF Limpopo Athletic Club). He was also the first SANDF master athlete (50 – 59 years). His overall position out of 8 223 competitors was 304th in a time of 04:10:01. During the 2011 and 2012 Two Oceans Marathon he was also the second SANDF member to complete the 56km race - an excellent achievement.

In the second position was Mr Monageng Lebakeng from SANDF Gauteng North (Pretoria Military Marathon Club) in the 335th overall position in a time of 04:13:48. L Cpl Zolani Ntsondo from 9 SA Infantry Battalion (SANDF Western Province Athletic Club) was the third SANDF athlete to finish (in a time of 04:15:47) and in the 353rd overall position.

The first SANDF woman to complete the 56km race was Ms Martha Pretorius from SANDF Western Province Athletic Club in a time of 04:59:27 and in the 121st position among 2 180 female runners and in the 1 381th overall position. Capt Nokholo Hlezupondo from Area Military Health Unit Eastern Cape (SANDF Eastern Province Athletic Club) was the second SANDF woman to complete the race (in a time of 05:00:57). She finished in the 128th position among the female runners and in the 1 510th overall position.

Representing the Defence Reserves from KwaZulu-Natal (Natal Carbineers) Mr Mdumiseni Zondi was the first male athlete in a time of 03:49:19 and in the 118th overall position. Ms Nonsikelelo Mbambo also from Natal Carbineers was the first woman in a time of 05:03:47 and in the 1 510th overall position.

21km half-marathon

In the 21 km race the first SANDF athlete to cross the finishing line was S Sgt Colin Witbooi from Engineer Terrain Intelligence Regiment (Pretoria Military Marathon Club). His overall position out of 13 162 competitors was 46th in a time of 01:15:29, an excellent achievement for an amateur competing against professional international and national athletes. His is the current SANDF 21,1km Champion (male) for 2013.

The second SANDF athlete was CPO Julien Paul (a master athlete in the 50 – 59 years category) from Naval Base Simon’s Town (SANDF Western Province Marathon Club) in a time of 01:24:41 and in the 118th overall position. He was also the first SANDF master athlete. In the third position was Leading Seaman Kagiso Maliwa also from Naval Base Simon’s Town in a time of 01:25:17 and in the 129th overall position.

Limping and hobbling …

The finish line at the rugby fields of the University of Cape Town resembled the aftermath of a “day of reckoning” as participants came limping, hobbling and some crying. Even walking after the 21km and specially the 56km ordeal became a slow, difficult process for many. Some were carried off on stretchers.

Participants found the Two Oceans Marathon much tougher and one commented as follow: “The scenery is beautiful, but there is no time to see anything. There’s too much pain. I think I must drive back on Sunday to see the views”.

Col Zirk Lourens, PRO Athletics SANDF, liaised with the media and SABC2 concerning the DOD/ SANDF participation in this prestige road race and other South African race fixtures. He also finished his 13th Two Oceans Marathon.
International kick-boxing at the Military Academy

By Capt Josh Cloete, Sports Officer Military Academy
Photo courtesy of West Coast Kick-boxing Association

The Military Academy is renowned for its community outreach programmes and is always seeking new ventures to contribute to community development. Four years ago the previous Commandant of the Military Academy, Maj Gen Lindile Yam, saw the need for the Military Academy to extend its community involvement through sport. Hence the Physical Training, Sport and Recreation (PTSR) Officer, Capt Josh Cloete, was tasked to initiate a programme that will be sustainable and provide life skills for the people of the local community.

It made perfect sense to introduce a vibrant sport such as kick-boxing (which encompasses most aspects of combat sports) to the people of the West Coast, as a former world title contender.

The Military Academy steered the establishment of the West Coast Kick-boxing Association in accordance with the sport policy and received recognition from the West Coast Sport Council, the Western Cape Provincial Sport Confederation and the SA Amateur Kick-boxing Association. Since the commitment from the Military Academy's outreach sport programme the following major events have already taken place: In 2009 the SA Taekwondo Championships in Saldanha, in 2010 the Mauritian Kick-boxing Team participated in Saldanha, in 2011 the Canadian Kick-boxing Team participated in Vredenburg and the SA Kick-boxing Championships. All these events were co-ordinated by the PTSR Officer of the Military Academy with the assistance of the various section of this unique unit.

Currently the West Coast Kick-boxing consists of eight clubs, the newest one being one at the Military Academy for the children of the Military community within the Saldanha Military Base. Owing to this initiative military members from the SA Air Force, SAS SALDANHA and 4 Recce have also joined hands to make an even bigger impact within the community.

The handing over of command of the Military Academy could not have been to a better person then Brig Gen Lawrence Mbatha, who is passionate about sport and social development. He understands that we in the SANDF have a pivotal role to play within the development of our communities in raising the standards of our citizens holistically. When Brig Gen Mbatha was approached to have the international kick-boxing event at the Military Academy, it was a historic moment for the unit and, in terms of sport it was the first time an international sport event had been hosted at the Military Academy for years. For this event Capt Cloete acted as the Chief Co-ordinator and Capt Alfred Sehone was the Coordinator.

The event was made possible by Club Mykonos which provided accommodation for the entire Canadian team for the duration of their stay. The Western Cape Department Cultural Affairs and Sport who provided transport for the visiting team and the Military Academy sponsored the venue for the event.

The event - in the format of kick-boxing demonstrations and dining - was attended by almost 300 people. The guests were entertained by world-class kick-boxing bouts, while guests enjoyed a three-course cuisine prepared by the hospitality team of the Military Academy.

When the National Anthems of the two countries were played one could sense the spirit of respect and sportsmanship of the participants when all of them came to attention. An exchange of gifts took place within the ring and the participants got ready to rumble.
Lance Corporal also an SA Cricket Champion

By Amn Bibi Sibanyoni

Photo: Sgt Elias Mahuma

Cpl Marcia Mathshi Letsoalo is a cricket champion in her own right. She is a bowler in the SA National Women’s Cricket Team. This 29-year-old is a self-motivated and dedicated soul who puts all her energy into her passion for cricket.

SA Soldier met up with her, and found her such a humble and grounded woman. She opened up about her love for sport, her humble background, her future plans in the SA National Cricket Women’s Team and above all her career as a soldier in the SA National Defence Force.

L Cpl Letsoalo laughed when she said: “I remembered how I used to play in the dusty streets of Phalaborwa in Limpopo, as the only girl among the guys. Everyone in my street thought I was a tomboy.” She added: “I was determined to pursue this sport due to my love and passion for it regardless of the negative remarks I got from people. My family’s support was all I needed.”

Her dedication landed her a position in the FOSKOR Cricket Team in her community where she was still the only woman cricket player. She was criticised, but her dedication was obvious as she became ever more determined to prove her worth and break the stigma in her community that cricket was a sport for men.

After she completed her matric she moved to Pretoria and joined the SANDF in 2004, and joined the Atteridgeville Cricket Club. L Cpl Letsoalo said: “It was during this season that I had a call from the provincial governing body. I played for the region’s team and in the same year I had a call from Cricket South Africa, which wanted me to join their National Team. My stats were very impressive, I guess, and in 2006 I joined the SA National Cricket Women’s Team where I have been ever since.”

It is with the National Team that she went to play against the West Indies in preparation for the International Cricket Council Women’s World Cup on 28 December 2012. She returned on 25 January this year. Their performance as the National Team was excellent as they are now ranked 6th in the world. She said: “Although we did not reach our targeted goal, we were happy to move up the charts from 8th position to 6th in the world.”

She praises the support she gets from her Director, Brig Gen Steven Mthimkhulu, and her colleagues at the Directorate Air Force Reserves. L Cpl Letsoalo says she would like to see herself working at Directorate Physical Training, Sport and Recreation (PTSR) within the SANDF. L Cpl Letsoalo affirmed: “I am happy because when I returned from India in January 2013 Maj Lenny Pillay, Directing Staff at the Junior Officer Development Wing at the SA Air Force College, has started woman’s cricket in the SA Air Force. It made my heart jump for joy as this is a call I would respond to anytime. It is my wish to see that SA Air Force women’s cricket advancing to higher ranks on the cricket field.”

As our talks comes to an end she is ascertain that her life plan is where she wants it to be, saying: “The sky is the limit. I will continue to pursue my sport career with the SA National Cricket Woman Team and maybe keep and open eye for new endeavours that come up.”
Be courageous

By Col (Rev) Kingsley Masemola, SSO Army Chaplain Service

Courage is a pivotal quality necessary for victory or success. Any person desiring leadership will have to develop a lot of courage to achieve anything. God exhorted Joshua three times to be strong and of good courage.

“Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give.” (Jos 1:6)

The free encyclopaedia describes courage as the ability to confront fear, pain, danger, intimidation or uncertainty. It is indeed a state of mind and disposition of being bold or brave enough to face danger or challenges in life despite the possibility of pain or even harm to oneself. Mr Nelson Mandela in one of his popular quotes notes that courage is not only the absence of fear, but the triumph over it. He believes that a brave man is not one without fear, but he who conquers it.

The story of David and Goliath in the Old Testament is a classic example of true courage. It is a story of a teenager who discovered what faith could do to confront fear (I Sam 17-18). The story of Shadrack, Meshach and Abednego in the book of Daniel is another good example of courageous individuals. They chose to be burned alive for the sake of their convictions (Dan 1-3). It does not matter how big the challenge is, faith as small as a mustard seed can move mountains.

It takes courage to quit smoking or drinking or even drug addiction. It takes tons of courage and discipline to confront your weight challenges by returning to the gym and getting in shape. Courageous people have developed a habit of investing in their personal development by continuing to study to improve their skills, despite countless work related commitments.

For what it is worth, it is never too late or too early to be whoever you want to be. If you put your trust in the Lord, there is absolutely no limit to what one can achieve. “Courage is grace under pressure”. From a Christian perspective, or that of all other prominent faiths, courage is trusting in God’s ability to protect, provide and even fight battles on your behalf. As long as you trust in God’s ability to provide, protect and fight on your behalf, the rest will take care of itself.

1  http://www.en.wikipedia.org/wiki/courage
2  http://www.goodreads.com.quotes
3  http://www.qoutedb.com
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