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Painkillers - drugs that could lead to self-destruction

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This month the skilled Operational Photographer of Chief Joint Operational Division, Capt Matthew de Jager, gives us an insider’s look into the whole training exercise at 6 SA Infantry Battalion in Grahamstown (see pages 10 to 12).

Read all about young and confident recruits of the SA Military Health Service and their proud family members cheering them on during their passing-out parade in Lephalale (see pages 22 and 23).

On page 24 you can read about a pony on the Passing-out Parade at Air Force Gymnasium! 15-year-old Sha is from the Majestic Miniature Horse Stud …

On pages 26 and 27 you can read what the youth thinks about Basic Military Training. Ms Kamogelo Ledwaba was one of the students who attended the 2013 University Reserve Training Programme (URTP) at Regiment Mooi Rivier to learn basic military skills. She is currently studying for a B.Sc. degree in Human Physiology, Genetics and Psychology at the University of Pretoria. She has no regrets about joining the URTP, and said that she could do it all over again if asked to.

Getting recognition and acknowledgment of one’s hard work is always fulfilling and worth celebrating. The DOD School of Catering has recently been approved for full accreditation and was declared a self-accounting unit by the Culture, Arts, Tourism, Hospitality and Sport Sector Education and Training Authority (CATHSSETA) in the advanced learning programme. Well done!

Take control of your health by understanding what leads to lifestyle diseases, such as strokes, diabetes and heart attacks and how they can be prevented. With hypertension being the leading cause of these diseases read the article on page 38.

Winter-time is rugby time … Read all about the 2013 SANDF Rugby Week on pages 44 and 45.

*Nelda Pienaar
Editor SA Soldier

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Bala tsena tsohle ka dithlabotjha tsas masole a matjha a motlotlo a SA Military Health Service le botswadi ba bona ba motlotlo habolo ka ha bane ba ha rotlohetse ka nako ya mokete wa dikabelo mane Lephalale (sheba leqhepe la 22 le 23).

Ho leqhepe la 24 o ka bala ka petsana e neng e le teng moketeng, hona moo Air Force Gymnasium! Petsana ena e dilemo tse 15 e bitswangs Sha e tsana sta teng se bitswag Majestic Miniature.

Leqhepeng la bo 26 and 27 o ka bala ka seo batjha ba se nahanang ka dithupello tsa bosole tse qalang. Moretsana ya bitswang Camohelo Ledwaba e ne e le moithuthi ka 2013 wa programo e bitsawng University Reserve Training (URTP) mane Regiment Mooi Rivier, ho ithutla ka dithupello tsa bosole tse qalang. O nise a ithutela lengolo la B.Sc. degree ho Human Physiology, Genetics le Psychology mane unibesitsha ya Pretoria. O re ha a na kgwao ka ho kenela programa ena ya (URTP) O ile a tswela pele ka here a ka e pheta hape ha ka newa monyetla.

Ho fumana tloto le kananelo ya tshebeto ea thatha ho tlisa kgotsofalo e kgolo, e tshwanetsweng ke ho ketekwa. Ho tswa ho lefapha la lebotho le sesole (DOD), sekolong sa catering se ile sa fumana lengolo la tshebetoya nako tsohle, ha se ne le tsibiswa e le self-accounting unit ke lefapha la setso, botjhaba, bohahlaudi, dipapadi, thuto le boikwetliso (CATHSSETA) ho programme ya ditlhuto tse tseletseng pele. Mesebetsi e metle!

Nka taolo ya bophelo bo botle ka ho utlwisisa se tisang dikokwana holoka tsas mokgwana wa ho phela, jwalo ka setroko, diabetise, le tlahelo ya pelo, le hore di ka thibelwa jwang. Hypertenshene e hlwaloswa e le yona e etellang pele dikokwana holoka tsena pele, o ka bala halowanyane ka tsena paleng e ka leqhepeng la 38.

Nako ya maria ke nako ya rugby … bala ka beke ya rugby SANDF 2013 leqhepeng la 44 le 45.

*Nelda Pienaar
Mohlomphisi SA Soldier

* Translation into Sesotho by Pte Phillip Pitso.
The story of supreme courage and valour

By Cpl Ally Rakoma
Photo: Sgt Elias Mahuma

Celebrating and commemorating our past is one way of building our collective memory and consciousness and thus social cohesion. The SANDF is the best example of the rainbow nation.

The Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, held a meeting with his counterparts, the Deputy Minister of Arts and Culture, Dr Joe Phaahla, and the Deputy Minister of Basic Education, Mr Enver Surty, at the Armscor Boardroom at Defence Headquarters in Pretoria recently with the aim of starting the process of commemorating World War I in particular honouring of the more than 600 South African Native Labour Corps soldiers who perished during the sinking of the SS Mendi on 21 February 1917.

The meeting was also attended by the Chief of the SA Navy, V Adm Johannes Mudimu, the Chief Executive Officer of the National Heritage Council, Adv Sonwabile Mancotywa, the Chief Executive Officer of Freedom Park, Mr Fana Jiyane, and representatives from the Government Communications and Information System (GCIS).

Mr Makwetla said that the story of the SS Mendi was a story of supreme courage and valour shown by the Native soldiers. They faced their inevitable hour of death with great dignity and moral high grounds, and this part of history must not be lost.

The comment of Mr Makwetla was echoed by the The Deputy Minister of Arts and Culture who said that commemorating events of historical significance in our country was an affirmation of our history, while the Deputy Minister of Basic Education emphasised the immense value of library exhibitions, teaching and oral history relating to the SS Mendi.

Front, fltr: The Deputy Minister of Basic Education, Mr Enver Surty, the Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, and the Deputy Minister of Arts and Culture, Dr Joe Phaahla. Back, fltr: The CEO of Freedom Park, Mr Fana Jiyane, the Director General of the Department of Military Veterans, Mr Tsepe Motumi, the Chief of the SA Navy, V Adm Johannes Mudimu, and the CEO of the National Heritage Council, Adv Sonwabile Mancotywa.
Thank you for a great magazine. Please find attached a letter which I hope will come in “handy” for most of our members.

Money is never enough; as human beings we always want more. As we grow up responsibilities increase and money becomes “less”. It is often difficult to maintain oneself as most of us are still financially supporting our parents due to poor backgrounds, while culture also requires us to support extended families. Overspending or misuse of money causes anxiety. Payment of school fees, transport money, accounts and other financial necessities leads our soldiers to take loan after loan, which is not financially advisable. It becomes difficult to be productive and concentrate on one’s work. Many of our members absent themselves from work or opt to leave work early because of a lack of money for transport or food for lunch. Debts and owing money lead to soldiers not getting the things they want or need for their lives … this leads to crime like theft of state property, negligence and misuse resulting in damage and loss to the State. The DOD is probably losing a lot of State funds, but often a seminar is all it takes to remedy some of the challenges we face. As I understand it many of our soldiers cannot live within their means as most have never received financial advice. It would be a great initiative if the DOD could introduce financial management seminars for its members or send financial advisers to their respective units. It is important to invest money, even if only in small amounts, or to invest in property. Live within your means by all means. Pte D.M. Tshivhula, 1 Parachute Battalion

Most of the people who have Monday to Friday jobs wish there were never Monday mornings; they are just never ready to work! There is this traditional notion of work, namely that it is a set of activities performed for our employers. We no longer work for the desire of developing a sense of self-worth or perhaps the need for self-actualisation.

Constantly people are being charged, drilled to be negative to others because of not doing what is expected of them and questioning why people are not adhering to the Code of Conduct. Why are we not doing our best in our various sections, after all we volunteered to be in this organisation!

For most people the motivation to work is to meet physical needs, such as having sufficient food and water and a place to stay. If people do not have access to these basic necessities, they spend most of their time trying to satisfy these needs. In other words, unless physical needs have been taken care of one cannot expect people to realise their potential. Thus people are motivated to act if they see values in the outcomes.

Before joining the SANDF we had different motivations in our different situations: we wanted to serve the country in so many and various ways. But why are we not so eager to work anymore, except to meet our physical needs. We human beings are not rigid and unchangeable, we are flexible and able to adapt to a variety of circumstances in our everyday lives.

We all experience failure at one stage or another, but when we do we have to distinguish between failing in a task and failing as a person. One has to find out to what extent one’s job is important in one’s life and hence one’s social rights and responsibilities, and lastly what one wishes to achieve through one’s work.

L Cpl M.L. Mmatli, email

Joint Support Base Garrison recently celebrated Health Awareness Day at the unit. The aim of the event was for the members to know their health status and improve on it, if necessary. The event was also attended by members from Personnel Service School together with Service providers such as the Department of Health and the Government Employees Medical Scheme (GEMS). The day started with the official opening and prayer, after which the members proceeded to complete the forms. They queued at the different stations for the various check-ups, for example sugar diabetes, blood pressure, cholesterol, HIV and AIDS and to be massaged. It was so encouraging to see young and old people standing in long queues wanting to know their health status - it reminded me of our first democratic elections. Pamphlets on the subject of tuberculosis (TB) were also distributed to members to familiarise themselves with the signs, symptoms and cure of TB. Members were also encouraged to eat the right foods, to drink lots of water and to exercise because these are remedies and preventive measures for illnesses. Condoms were also available for safe sex. Members also got to know the negative impact of alcohol and substance abuse. People were told they needed to change their lifestyles. Towards the end of the event sponsors asked questions related to TB, and those who gave the correct answer received a ball which was signed by the Minister of Health, Dr Aaron Motsoaledi, and other high-profile government officials. Mamoeti Suping, email

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.

R200-00 prize for the best letter
MULTI-PURPOSE PERSONAL NET

CSIR Defence Peace Safety and Security (DPSS) was assisted by Joint Operations Division in the development and testing of a new multi-purpose personal net for the dismounted soldier. The requirement stemmed from a study to assist the deployed soldier (at this stage in the Kruger National Park during the borderline protection deployment) regarding personal and base protection against dangerous animals. It was realised that the net could serve multiple purposes, and much additional functionality was build into it. The original idea was to erect the net around a temporary base or an observation post to prevent wild animals from entering. The net was to be deployed together with a number of additional early-warning systems in order to make the soldier aware of animal activity.

It was decided to print an existing experimental digital camouflage pattern on the net (developed by DPSS), which will provide additional data on its effectiveness. The pattern proved hugely successful as it rendered an observation post nearly invisible when proper camouflage doctrine was followed, which allowed the soldier a bit of freedom of movement under the net. The net allows for direct observation from underneath – the soldier does not need to expose himself when observing. The third advantage is that the net acts as a shade that protects the soldier from dangerous ultraviolet (UV) radiation. Circulation of air is not hindered and, together with blocking of the UV, the soldier experiences a much cooler environment underneath. The net can also be used to provide shade for a tent, resulting in cooler living quarters.

The net is made according to the specifications provided by the World Health Organization (WHO), which provides for mosquito vector holes in the net that will be small enough so that mosquitoes cannot penetrate it. The net is also treated with insect repellent, resulting in fewer ticks, flies and midgets during the day.

From November 2012 to March 2013 the net (together with some other equipment) was evaluated by the First City Regiment (Grahamstown) deployed at Sand River Base in the Kruger National Park. The equipment was used extensively during the deployment along the border. Valuable feedback was received during the debriefing session, which will be used to improve the net and enhance its capabilities. D. Moore, email

MOVING WITH TECHNOLOGY

We are subject to change and ours is a world of technology. It is important to be computer literate in the present world we live in. This is borne out by the mobile cellphone (Personal Digital Assistance) we carry all the time. Social media connect us without boundaries and play an essential part in our changing world.

The Officer Commanding 2 Field Engineer Regiment, Lt Col Bennet Monyatsi, with his Executive Command Staff, decided to facilitate matters by capacitating the members of the Regiment by creating a platform where members could learn computer skills. The reason for the introduction of this proficiency programme is to assist the members of the Regiment to operate computers effectively. This in turn will assist members during military operations. The Chark System used during Exercise Seboka and the operating weather station device are notable examples.

The programme started on 31 July 2012 and the interest of the Regiment’s members has been growing ever since. The person who has been appointed to oversee the roll-out of the curriculum on the programme is Spr Sizwe Maseko.

Members who successfully completed the programme commended the Regiment for what it was doing for them. Members who have done the programme are ambitious and would like to spread their wings further by registering with established institutions to acquire the necessary qualifications. They also form part of the fertile seed planted by the Regiment.

Hence Lt Col Monyatsi cordially invites and encourages other regiments and units to implement this proficiency programme. Spr Sizwe Maseko, email

ARMY SUPPORT BASE MPUMALANGA SUPPORTS CHARITY

Sixty-one members of Army Support Base Mpumalanga, including the Level 2 and 3 Public Service Act Personnel (PSAP) Forum of the unit, visited the Tenteleni Activity Centre for the Disabled in Daantjie Residential Area on 21 June 2013. The aim of the visit was to render support to members of the community and to show that the SANDF cared for the people of the country. They assisted with general maintenance work and donated clothes and food to the Centre.

The Tenteleni Activity Centre started functioning on 10 April 2002 to train people with disabilities according to their capabilities by developing skills and fighting poverty. Although established under the Department of Health and Social Development, the Centre is a non-profit organisation, so all assistance from the community is appreciated.

The people that are being assisted at the Centre vary in age and have different kinds of disabilities. They are taught various skills, such as sewing, basket weaving and making bracelets and picnic boxes. The Centre also assists orphans with home-based care and teaches sign language to the deaf.

Members from Army Support Base Mpumalanga enjoyed spending the day at the Centre and described it as an enriching and humbling experience. Lize Pienaar and Dumisani Mabuza, email

SANDF FOOTBALL

The SANDF Football Association will host its championships at Infantry School in Oudtshoorn from 18 to 24 August 2013. Any enquiries can be directed to the Secretary of SANDF Football Association, WO2 Liberty Maswanganyi, on 012 355 5516.
CANCER AWARENESS AND HEALTH WALK

Area Military Health Unit KwaZulu-Natal (AMHU KZN) recently hosted a cancer awareness campaign and a health walk at the Bluff Military Base Sports Field. All military units in the Durban area were invited to participate.

The programme was professionally conducted by Capt Nozipho Mdlatose and Col Trevor Pillay, Officer Commanding AMHU KZN, opened the event with wise words of encouragement to all members.

Col Pillay in his opening speech emphasised that members should go and test themselves for cancer and make use of the facilities that the SANDF has to offer them and to take responsibility for their own health and the well-being of their family members. He added that cancer was not an illness only for women, but also affected men. Different types of cancer and their symptoms were described to raise awareness of the disease among members.

After the opening address the programme for the day continued with Rumba dancing, which was the warm-up session before the health walk of 15 km. The various teams were kitted out in different dress themes, with the AMHU KZN members dressed in black and white with pink bras to support the fight against breast cancer. After the walk the members participated as teams in the many games arranged for the day and lot of prizes were won. The day was fun-filled although the purpose of the day was to convey a serious message by the organisers of this event.

S Sgt M. Cele, email

ACKNOWLEDGING INDIGENOUS AFRICAN BELIEFS

Mental conditions peculiar to Africa have been prevalent since the origins of African culture. The treatment of these conditions is deemed normal in the African context, for example when one is “called” by the ancestors the calling has to be honoured through certain rituals. The person will then be healed to function socially, physically, psychologically and spiritually after treatment. This indigenous healing practice has been ignored and equated with psychosis, which is usually the diagnosis in Western practice.

A blind eye has been cast on this matte, which has not just done an injustice to the affected SANDF members who constitute the larger part of the organisation, but has put Health Care Practitioners in a predicament. Furthermore, it has exposed the SANDF to not having been reflective of the diverse nation in its policies. Health Care Practitioners are placed in a professional and an administrative dilemma on a daily basis in the management of these conditions.

Functionally, there are no appropriate diagnostic criteria in the ICD-10 or the DSM-IV diagnostic systems. Administratively, there is no appropriate form of leave to be granted to members who need to go and perform appropriate rituals.

Directorate Psychology has therefore taken the initiative in starting academic dialogue in the SA Military Health Service (SAMHS) about African psychology. Col Walter Motaung of Directorate Psychology organised the first such academic symposium which was recently held at 1 Military Hospital in Thaba Tshwane so that role-players could deliberate on this contentious issue. Academics from different walks of life were invited. The seminar was opened by the Surgeon General, Lt Gen Aubrey Sedibe, who was still the Chief Director Military Health Force Preparation at the time. In his opening address Lt Gen Sedibe emphasised the need to embrace and acknowledge indigenous ways of healing. He also reiterated the urgency and importance of drawing up policies relevant in the African context.

The Director Psychology, Brig Gen Warren Burgess, spoke about establishing culturally appropriate psychological practices in the SAMHS and the significance of research to inform future policies in this regard. A call was also made on the Chaplaincy and Directorate Social Work to join the initiative in addressing these issues. Brig Gen Snowy Moremi, the Director Social Work, emphasised the importance of awareness talks to sensitise DOD members to cultural issues. She recommended establishing indigenous knowledge resource centres to preserve African indigenous knowledge. The Head of Psychiatry, Col Jan Chabalala, focused on the following issues: mental health and illnesses in the African context, African beliefs in a Western model and the dilemma of the resulting diagnosis reflected on medical certificates. A clinical psychologist from Area Military Health Unit Gauteng, Capt Tebogo Mothoa, spoke about the two juxtaposed worldviews, namely the African versus the Western. The following questions were posed during her address: “What needs to be done? Which of the two worldviews swallows the other and which one is better than the other?”

A traditional healer, Ms Gogo Nomsa Sibeko, spoke in detail about the phenomenon of being “called by one’s ancestors” and also about the different specialities in traditional healing. A lecturer at the University of Pretoria (Mamelodi Campus), Dr Linda Blokland, used the metaphor of “marching to the beat of a different drum”. Emphasis was placed on the importance of Western trained psychologists to have an understanding of traditional healing. She stressed the need to sustain identity through cultural beliefs, values and modes of healing. Emphasis was also placed on Participatory Action Research to enable psychologists to engage and work with African communities, and in this way discover information not found in textbooks. A retired Senior Psychology lecturer at Unisa, Prof Stan Lifschitz, spoke about the performance of rituals, epistemology and multiple religions in the world, and emphasised the need for psychologists to acknowledge African communities so that they could connect with people who have the knowledge.

It was an enriching seminar and a new awakening. It was apparent that this sort of academic debate was long overdue. It is imperative that the DOD holds academic debates of this nature that will contribute positively to issues germane to the diverse military community that SAMHS is serving and thereby ensure the relevance of its practices.

Col Cynthia Zwane, SAMHS HQ
NEIGHBOURHOOD

Let us preserve our environment and do all we can to love our neighbour; let us all lend a hand to our fellow man. For at least the next week or two try to be a sincere neighbour to two neighbours you like, as well as two neighbours you do not like. Think of the Good Samaritan in the Bible who helped a Jew in need in that era when they definitely were not friends. His good deed was therefore out of the ordinary. We should put aside our differences, our jealousy, bitterness and self-importance and rather focus on being a sincere neighbour. Let us focus on the contagious power of kindness, always remembering the strength of a gentle heart. Live each day to the fullest, until one day the world will say to you: “I am no more and I have got nothing else to give”. Shimmy Dimakatso Boshomane, Seshego

SOME PERSPECTIVES ON ARABIC

Arabic is an ancient language that is spoken in over 22 countries, both Arab and non-Arab. It is the sixth most spoken language in the world. In Africa, the continent with the highest percentage of Muslims, it is spoken in more than ten countries. The spread of Islam has contributed to its popularity. Arabic is divided into three categories: modern Arabic, which is used in both the electronic and print media by diplomats; classical Arabic, found in religious texts such as the Qur’an, Sunnah (prophetic sayings) and religious academic books; and colloquial speech, consisting of over 30 dialects.

The history of Arabic in South Africa can be looked at from two angles: During the apartheid era, Arabic was mainly used for religious purposes. The dawn of democracy saw South Africa’s responsibilities extending beyond the borders of the country to include Arabic speaking countries as well. These increased responsibilities created a need for learning Arabic to meet multilateral obligations, including national and international security.

The SANDF has seen its role extending beyond its borders, and has participated in peacekeeping missions, establishing military attaches in various countries, including Arab-speaking countries such as the Sudan, Oman and Saudi Arabia.

There are numerous contributory factors leading to a shortage of Arabic language practitioners, especially interpreters and translators, the main reason being the failure of the religious Islamic institutions to adapt to the new trend of teaching modern Arabic, resulting in the language not being promoted for career purposes by the Muslim population. Despite the influx of immigrants to South Africa from Arab-speaking countries, it has remained a critical scarce skill, especially among the indigenous people.

JSB GARRISON HONOURS BO-NTATE

On 21 June 2013 JSB Garrison took bo ntate (Fathers) by surprise when they pampered them with lunch at the Thaba Tshwane City Hall. The event was also attended by Mr Mark Southwood, a psychologist, Dr Sophie Msiza, Military Veterans Secretary Zone 13, and Ms Jemina Lihlabi from the Parliamentary Constitution Office. The speakers addressed the roles that fathers played previously and the role they play now in their households. They pointed out that the roles and behaviours of fathers have changed drastically and that this has contributed to the bad behaviour of their children, especially boys. Children can observe every day how some fathers act brutally with women and girl children. A movie was also shown depicting the role of fathers in and out of their families’ lives as well as how they could overcome challenges such as losing a loved one. Mamoeti Angelina Suping, email

TRANSLATIONS IN SA SOLDIER

I was impressed to see that the column in SA Soldier: From the editor’s desk also publishes translations in Venda or Luvenda and other languages; keep up the good you are doing and the Lord will strengthen you at all times. Amen. (Philippians 4:8-10).

Chaplain B. Siqaza, Lyttelton

As a remedial measure in regard to the above, the following may be considered as a means to bridging the skills gap: There is a pressing need for the Department to attract and retain Arabic language practitioners to encourage and promote foreign learning opportunities in this language and to include these in the internship programme of the Department. This will help to enhance the DOD’s ability to satisfy multilateral obligations. Vincent Thulani Langa and Simphiwe Lobi, email
On my arrival at 6 SA Infantry Battalion in Grahamstown, I was greeted by old friends and comrades whom I had worked with before on many occasions. The difference was that this was a more serious and historical event, especially after what happened in the Central African Republic (CAR) a couple of months ago. There were various role-players that supported this training including Col William Dixon and members of the Special Forces who were directly involved in CAR. The troops were living in tents that were not very effective against the cold and wind and I could not help feeling sorry for them in some cases. They have been there since the beginning of the year, so have gradually got used to the extreme conditions.

The whole training exercise was planned by the usual infantry sections consisting of machine-gun, mortar and infantry sections, with Col Dixon in charge of the training. This was the first time that I had been so involved in training at this level. It was amazing to see how soldiers mastered the tools of their trade. Each individual knew what his role was and executed it in an exceptional manner like a surgeon cutting with surgical precision, I was impressed.

New comrades were made and I got to know a lot of new faces. In the evenings we passed the time by talking about our families, childhood and things of general interest while we sat in tents. I got to know a lot of the members on a totally different level.

As each new day started, the different companies had a very difficult and pressurised programme ranging from jungle training, house penetration and urban warfare to company and section attacks. There was a very interesting and new addition to the training which was planned at short notice, namely the inclusion of the Rooivalk attack helicopter. This beast of war was used to support the infantry on the ground and its presence was extremely intimidating.

One of the most impressive facets of training was the execution of a night defensive fire plan where Lt Gen Derick Mgwebi, Chief of Joint Operations, was present. Under flares and the deafening sounds of the 12.7 calibre guns, 7.62 mm Brownings, RPGs, 40 mm Multiple Grenade Launchers assisted by an array of instruments, the Maestro - Lt Gen Mgwebi - watched this orchestra execute a sonata to magical precision. Each
instrument and its master depended on the other to make this spectacular event something to remember for the rest of my life.

The next day Lt Gen Mgwebi addressed the troops and leader group in a fatherly manner, man to man; motivating them, telling them what to expect and to make us proud.

At the end of my visit to Grahamstown, we packed and prepared to go to the Mobilisation Centre in Bloemfontein. I thought

>> on page 12
The last few minutes were used to phone family and virtually every uniformed member was on his or her cellphone saying goodbye and chatting during the last few minutes.

The time arrived to board the plane and as I walked with them I said my last goodbyes and encouraged them. When we arrived at the bottom of the stairs leading to the entrance of the aircraft I knew this was it. I shook each soldier’s hand and told them that I would see them soon in the Congo to take photos and write stories on them.

On 14 June at 02:00 the first group went to Bloemfontein airport for their flight to the Democratic Republic of the Congo (DRC). The usual administration was done, baggage and cargo were booked in and the troops moved to the departure hall. The last few minutes were used to phone family and virtually every uniformed member was on his or her cellphone saying goodbye and chatting during the last few minutes.

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Senegalese Armed Forces Chief visits Chief SANDF

By Cpl Ally Rakoma and Ms Tebogo Mampa, Intern at SA Soldier
Photo: Cpl Ally Rakoma

South Africa has always been in the forefront in promoting diplomatic and military relations with the global community. Our Government’s commitment to reconstruction and development, stability, peace and global security is demonstrated by its involvement in and contribution to the African Union (AU), the Southern African Development Community (SADC) and the United Nations (UN).

On 18 June 2013 the Chief of the SANDF, Gen Solly Shoke, hosted his counterpart from Senegal, Lt Gen Mamadou Sow, and his delegation during their goodwill visit to South Africa over the period 17 to 22 June 2013. The aim of the visit was to show goodwill and enhance bilateral relations between the two countries’ armed forces.

During the courtesy visit to the office of the Chief of the SANDF, the two Generals held discussions on various issues. This was followed by a presentation on the role, mandate and capabilities of the SANDF’s internal and external operations and the support given to other government departments.

Senegalese Armed Forces Chief visits Chief SANDF

The Chief of the SANDF, Gen Solly Shoke (right), presenting the SANDF Shield to the Chief of the Senegalese Armed Forces, Lt Gen Mamadou Sow, during his goodwill visit to Defence Headquarters in Pretoria.

After the briefing, Lt Gen Sow mentioned that the visit would give them a better concept of the military capability of the SANDF. He added that it would also pave the way for co-operation in training and in the exchange of expertise and information.

Gen Shoke said that he was grateful to meet Lt Gen Sow and his delegation and this indicated that the two armed forces were prepared to co-operate with each other to promote trust, confidence building and mutual relations.

Combat-readiness model training for Angolan Armed Forces members

By Col Celeste Scheepers, Performance Audit Manager

During the 2012 Angola/South Africa Defence Bilateral Committee meeting, the Angolan Armed Forces indicated that it saw a need to have its members trained in the Combat Readiness Model, as they were in the process of establishing this capacity within their Inspectorate Division.

The Directorate Performance Audit, a directorate within the Defence Inspectorate Division, was then tasked to assist with the training of five officers from the Angolan Armed Forces as Combat Readiness Model practitioners. Col Scheepers and instructors from the Institute for Maritime Technology were the facilitators for the course recently presented at the Institute for Maritime Technology in Simon’s Town.

The course taught members how to set up their own Readiness Index Model for measuring combat readiness in the Angolan Defence Force. The highlight of the course was that the Angolan students managed to develop a model which they will test once they return to Luanda and that will be implemented within the Angolan Armed Forces.

Although the students only communicated in Portuguese, Sgt Angie Marcolino, the official translator, minimised the language barrier to ensure that effective learning and communication took place through constant translation.

Through the presentation of learning in the SANDF, the Institute of Maritime Technology was afforded the opportunity not only to educate the Angolan officers in the concepts of combat readiness, thus strengthening relations between the two countries, but also to underline the SANDF’s commitment to evaluating a force’s combat readiness in the Southern African Development Community (SADC) region.

As the leading nation in the SADC, South Africa can contribute to the professional measurement and evaluation of combat readiness. It is therefore of critical importance that the SANDF shares its knowledge and expertise with member states of the SADC, as the objective measurement of local combat readiness proceeds to a regional and eventually an African context.
ENSP study tour to Zimbabwe

By Col Francis Ofori, 27/13 ENSP member

The curriculum of the Executive National Security Programme (ENSP) prescribes a regional study tour to enable Programme members to familiarise themselves with the national security policy and strategy of the host country to be visited and the forces and trends which shape its foreign policies. The 27/13 ENSP group recently visited the Republic of Zimbabwe. The tour was preceded with briefings by the Department of International Relations and Co-operation and the Zimbabwe’s Ambassador to the RSA, Mr Phelekezela Mphoko. The joy of traveling with the SA Air Force C130 transport aircraft added to the excitement. The direct flight took off from AFB Waterkloof and landed at Manyame AFB in Harare. The delegation was received by the SA Defence Attaché, Col Mathule Mathiba, a Zimbabwean Conducting Officer and a Protocol Officer. The programme commenced with a courtesy call on the Zimbabwe Air Force Commander, Air Marshal Perence Shiri, by the Commandant of the SA National Defence College, R Adm (JG) Laura van Vuuren. Next they received a presentation on the “Power of the Media”, which generated an interesting discourse on the background to the media reportage on Zimbabwe which is perceived as skewed against Zimbabwe. A tour of the new site of the Zimbabwe National Defence College followed a presentation on Zimbabwe’s Foreign Policy. It also affiliated to the University of Zimbabwe in order to offer a Master of Science degree for programme members. The following day consisted of a series of lectures covering Zimbabwe’s Defence Policy and the Global Political Agreement both of which were delivered by the respective sector ministers. The last presentation on tourism was on the next day and was a prelude for us to experience the tourism potential of Zimbabwe. Next was a visit to the National Heroes Acre, where a wreath was laid on the “Tomb of the Unknown Soldier”. The Acre has monuments dedicated to the liberation struggle and tombs of their national heroes. As with most countries which fought liberation wars, it is a national identity symbol which the citizens identify with. The last part of the trip was dedicated to experiencing the serenity of the Victoria Falls, one of the Seven Wonders of the World. Victoria Falls with its soul-stirring power and breath-taking beauty was a delight to watch. The cascading water from the height and the accompanying rain would uplift the soul and calm nerves. Indeed there could not have been a better climax to the tour.

The Executive National Security Programme begins

By Mr Lufuno Netshirembe

The Chief of the SA Navy, V Adm Johannes Mudimu, officially opened the 28/13 Executive National Security Programme (ENSP) at the SA National Defence College in Thaba Tshwane on 9 July 2013.

V Adm Mudimu said: “Welcome to the members and officials of the South African National Defence Force and the Department that are embarking on this programme today. I extend a special welcome to our international, continental and regional partners from Congo Brazzaville, Malawi, Pakistan, Tanzania and Uganda.”

The ENSP is a highly regarded, internationally acclaimed course in which students are equipped with knowledge and skills in matters concerning state security, which encompass the socio-economic, financial, technological, political and legislative aspects that affect and influence it.

The course is attended by high-ranking military and government personnel from different countries and representatives of influential local business concerns. During the programme students attend lectures given not only by military experts, but by experts from other government departments, parastatals, non-governmental and private organisations.

The ENSP endeavours to prepare officers and officials to function at the national strategic level, which places a high premium on human security and increasingly addresses national security issues on a multilateral basis.

At an advanced stage and on completion of the programme students are expected to understand, evaluate and communicate the judgements and opinions of politicians and many other experts. This should allow them to participate in the planning, formulation and execution of National Security Policy strategies.

In his keynote address V Adm Mudimu encouraged the 28/13 ENSP students and said: “I therefore encourage you to become active participants in both the academic and social programme because it is only by means of active participation that we become doers and not spectators.”
The prestigious Naval Order of Merit Medal was bestowed on Chief Director Maritime Strategy, R Adm Walter Hans Otto Teuteberg, in recognition of the significant and exceptional contribution made by him towards bilateral relations between the SA Navy and the Brazilian Navy. This honour was bestowed on R Adm Teuteberg by the Commander of the Brazilian Navy, Adm Julio Soares de Moura Neto, at the Brazilian Embassy in Pretoria on 13 June 2013.

The award ceremony was presided over by the Brazilian Ambassador to South Africa, Mr Pedro Luiz Carneiro de Mendonça, and Brazilian Defence Attaché, Capt Ralph Dias da Silveira Costa.

R Adm Teuteberg was proud of the accolade, saying: “I am very grateful to the Brazilian Navy for awarding me this medal; I know this recognition will further strengthen ties between our two proud navies and I hope more naval officers will receive the same recognition and more. I thank you”.

Ambassador Pedro Luiz Carneiro de Mendonça also highlighted the importance of the ceremony, saying: “It’s always a great honour for me to award distinguished individuals, such as R Adm Teuteberg deserving rewards for their tireless and immeasurable contribution towards a peaceful society. Congratulations you have done your country proud”.

The Naval Order of Merit Medal was created on 11 July 1934 for the purpose of awarding Navy personnel who had distinguished themselves professionally and exceptionally in national or foreign military and civilian institutions, as well as to Brazilian or foreign military or civilian personnel who have performed exceptional services to the Brazilian Navy.

The “Grande Master” of the Order is the President of the Republic, and the “Chancellor” is the Chief of the Brazilian Navy.
President Obama lands at AFB Waterkloof

By Cpl Lebogang Ramaboea, Journalist at Ad Astra
Photos: Courtesy of GCIS

The Commander-in-Chief of the United States Armed Forces, President Barack Obama, touched down at Air Force Base Waterkloof on 28 June 2013. The Republic of South Africa (RSA) was his second stop of the three-nation tour of Africa. President Obama came into the country at the invitation of the Commander-in-Chief of the South African National Defence Force (SANDF), President Jacob Zuma.

President Obama raised his right hand and waved as he stepped down the Air Force One (presidential aircraft). On the last step lining the red carpet laid out on the tarmac were members of the National Ceremonial Guard with flags of both countries at the far end.

Awaiting the President who arrived at approximately 20:10 were a number of journalists and photographers. President Obama and his family were greeted by, among others, the Minister of the Department of International Relations and Co-operation, Ms Maite Nkoana-Mashabane. His delegation consisted of business leaders and advisers.

The President of the United States (US) had no public engagement on Friday evening planned after arriving. The Obama family was flown less than 20 minutes later from the airbase in the US presidential helicopter, Marine One.

Air Force Base Waterkloof was on security lockdown by US Secret Service agents, the SANDF and the South African Police Service. Those entering had to proceed through numerous checkpoints. Outside the base over a hundred people braved the cold and camped around the thick fenced wall for a possible glimpse of the family.

The US leader was on a three-nation tour of Africa, starting in Senegal, then South Africa and lastly Tanzania. President Obama spent three days in South Africa. His SA tour started in Pretoria, and on Saturday he had to meet President Zuma at the Union Buildings after which he addressed young people at the University of Johannesburg.

On Sunday morning President Obama and his delegation departed from AFB Waterkloof for Cape Town for further engagements. Then they departed for Tanzania for the final leg of his sub-Saharan Africa tour.

Three days before the Obama’s arrival, Minister Nkoana-Mashabane told the media that the Obama administration had expressed interest in partnering with SA domestically and regionally. She added that this was in line with the strategic partnership signed in 2010. According to Minister Nkoana-Mashabane relations between the two countries were “solid, strong and positive”. She noted that safety and security were some of the many common challenges Pretoria and Washington faced.
The two Commander-in-Chiefs began the official programme with a meeting at the Union Buildings in Pretoria on 29 June 2013. President Zuma and President Obama discussed the status of bilateral relations between the RSA and the USA. The talks included trade, health, education co-operation, development assistance, peace, security and development co-operation in Africa.

The heads of state addressed a joint media briefing after their talks which included cabinet ministers and business leaders from both countries. President Zuma told journalists that South Africa welcomed the ongoing co-operation in the field of defence under the auspices of the SA-US Defence Committee and the training of the security services in the fight against crime. He added that the country was looking forward to co-operate with the US government in enhancing peace-building, post-conflict reconstruction and development co-operation. President Zuma said this co-operation would take place under the auspices of the United Nations (UN) and the African Union (AU).

President Zuma told President Obama that South Africa was concerned about the mushrooming rebel movements in some countries on the continent. He said it was happening at a time when the AU was promoting adherence to its policy of zero tolerance for people who come into office by unconstitutional means.

Mr Zuma said: “Mr President, we are hopeful that the AU, with the support of the international community, will find solutions to the challenges we face in the Democratic Republic of the Congo (DRC), Mali, Niger, the Central African Republic (CAR) and Somalia.” South Africa's military deployment is well documented on the continent. The DRC deployment is on-going while in the CAR South Africa has since pulled out after losing lives early this year in the battle for Bangui.

In his statement, President Obama said he acknowledged South Africa’s efforts to promote peace between Sudan and South Sudan. He noted that Africans must take the lead in peace talks on the continent. The US leader also met with AU Chairperson, Dr Nkosazana Dlamini-Zuma, in Sandton to discuss US foreign policy with regard to regional groupings.

President Obama arrived at a time when most South Africans are preoccupied with the health of former President, Mr Nelson Mandela, who remains in a “critical but stable” condition in hospital. The 44th US leader first assumed office on 20 January 2009, and is now in the second term of his presidency. President Obama first visited the country in August 2006 in his official capacity as a Senator from Illinois.
Meet the new Chairperson of the Court of Military Appeals

Sgt Itumeleng Makhubela
Photo: S Sgt Nico Jacobs

The Defence Legal Services Division introduced the Honourable Judge President Dustan Mlambo, the Judge President of the North and South Gauteng High Court as the newly assigned Chairperson of the Court of Military Appeals. Maj Gen Bailey Mmono, Acting Chief Defence Legal Services and the Adjutant General of the SANDF, announced his appointment recently during a welcoming function held at SA Air Force College in Thaba Tshwane.

Maj Gen Mmono said: “Honourable Judge President Dustan Mlambo, the entire Defence Legal Service Division and legal fraternity welcome you to the highest seat of the Court of Military Appeals with high hopes and expectations. We know that no matter where one finds oneself, the language of justice is universal.”

He said he was honoured to have Judge President Mlambo as part of the military judiciary, adding that the SANDF was structured and managed as a disciplined force and that the establishment of the military court would ensure that discipline was maintained.

He said: “Our focus as military courts is to ensure that discipline is maintained. The Minister indicated in Parliament recently that there was no room for ill-disciplined soldiers in the SANDF.”

Maj Gen Mmono said there were policies and statutes to ensure that the courts functioned effectively. He added that they promulgated the Supplementary Military Act to speed up legal processes as recommended in the Military Disciplinary Bill.

The Court of Military Appeals is an independent body appointed by the Minister of Defence under section seven of the Military Disciplinary Supplementary Measures Act. It consists of a serving High Court Judge as Chairperson, an appropriately qualified Regular Force Officer with a law degree and a Regular Force General or Flag Officer who is experienced in the conduct of Military Operations.

The court is convened to consider cases when the sentences, including imprisonment, cashiering or discharge with ignominy and dismissal are passed by a military judge.

Judge President Mlambo, who has an impeccable judicial background, remarked that he was heartened by his appointment and appreciated the confidence in him of the military legal fraternity. He said that the confidence of any country lay in the discipline of its armed forces. He realised that the military legal regime was of a hybrid nature.

Short Curriculum Vitae - Judge President Dustan Mlambo

Judge President Dustan Mlambo, Judge President of the North and South Gauteng High Court appointed to serve as Chairperson of the Court of Military Appeals.

Judge President Dustan Mlambo completed his law degree at the University of the North in 1983. He then worked as a legal assistant in the Department of Justice of the then Ka-Ngwane Government until 1986.

His professional career began in the Fellowship Programme of the Legal Resource Centre in Johannesburg where he served from January to December 1987. From 1988 to 1989 he served as a candidate attorney at Bowman, Gilfillan, Hayman, Godfrey Inc in Johannesburg. In 1989 he was appointed as a Professional Assistant and in 1991 as an Associate Partner in the same firm.

In January 1993 he established his own law practice, called Mlambo & Modise Attorneys. In 1991 he was accepted as a Labour Dispute Facilitator and Mediator by the Independent Mediation Service of South Africa.

In November 1997 he was appointed as a Judge of the Labour Court of South Africa and in January 2000 as a Judge of the High Court of South Africa, Witwatersrand Local Division (now the South Gauteng High Court). From March to November 2003 he served as Acting Judge in the Supreme Court of Appeals and was thereafter appointed permanently in April 2005.

He has been serving as the Judge President of the Labour Appeal Court and Labour Court since June 2010 and as Acting Judge President of the North and South Gauteng High Courts from July to October 2012 and on a permanent basis with effect from 1 November 2012. He is currently the Chairperson of Legal Aid SA.

He was the Chairperson of Africa Legal Aid from 2010 to 2011 and in this capacity has attended and addressed conferences, both locally and internationally, on access to justice.
Chief of the SA Army hosts his Formal Guest Evening

By Lt Col Annelize Rademeyer, SO1 SA Army Corporate Communication
Photo: S Sgt Nico Jacobs

The Chief of the SA Army, Lt Gen Vusi Masondo, hosted his annual Formal Guest Evening at the Paratus Officers’ Club at the SA Army College in Thaba Tshwane on Friday evening, 19 July 2013. His guests were Honorary Colonels and General Officers serving on the Army Command Council and General Officers serving at SA Army Headquarters and their spouses. The aim of the occasion was to strengthen relationships and to promote the military culture.

In his speech Lt Gen Masondo indicated that he especially appreciated the attendance of the Honorary Colonels as they all had very busy schedules. He said that the time Honorary Colonels spent with their units and the difference they made at grass-roots level was appreciated by the SA Army.

He said that the SA Army was indeed running into challenges with regard to the over-employment of its forces and that in the long run it might impact the SA Army’s combat-readiness. He added: “The SA Army does indeed need more soldiers.”

Lt Gen Masondo indicated to the spouses that their support made a huge difference in the lives of the General Officers in his team.

The Mess President of the evening was Maj Gen Spinx Nobanda (Chief Army Force Preparation) and the Vice-President was Col Sydney Zeeman, (SSO SA Army Corporate Communication).

Front, fltr: Col (Hon) Derick Moe (19 Field Engineer Regiment), Maj Gen Roy Andersen (Col [Hon] Transvaal Horse Artillery), Col (Hon) Roy Jackson (Light Horse Regiment), Lt Gen Vusi Masondo (Chief of the SA Army), Col (Hon) Irvin Khoza (Logistics Formation), Col (Hon) Jean-Marie Jullienne (Regiment President Kruger) and Maj Gen Lindile Yam, GOC SA Army Infantry Formation. Back, fltr: Brig Gen Deon Holtzhauen (GOC SA Artillery Formation), SCWO Charles Laubscher (Warrant Officer of the SA Army), Col (Hon) Prof Sibusiso Vil-Nkomo (Regiment Noord-Transvaal) and Col (Hon) Gert van der Walt (Regiment Mooi Rivier).
Honouring our soldiers who perished in Delville Wood

By Mr Lufuno Netshirembe
Photos: Sgt Elias Mahuma

“T hey shall grow not old, as we that are left grow old, age shall not weary them, nor the years condemn. At the going down of the sun, and in the morning. We will remember them” - Laurence Binyon.

Honouring our passed-on heroes and heroines is one of the most sombre acts performed by the living since time immemorial in remembrance of the good deeds by those who died. Our progress is partly attributed to the action they took to benefit us today. It is an attempt to acknowledge that the departed did not perish in vain. The SANDF with the Pretoria Memorial Services Council and the South African Legion held the annual Delville Wood Memorial Service at Burgers Park in Pretoria on 14 July 2013.

Wreaths, crosses and medals

On the day wreaths were laid on behalf of the citizens of certain countries, namely Australia, South Africa, the Kingdom of the Netherlands, Canada and the United States.

Entities that paid their respects were the Delville Wood Trust,

RIGHT: Maj Gen Roy Andersen lays a wreath on behalf of the Delville Wood Trust.

LEFT: Maj Gen (Ret) Keith Mokoape lays a wreath on behalf of the SA Army Reserves.

the Department of Military Veterans, Warrant Officers of the SA Army, the Council for the Military Veterans Organisation, the South African Legion of Military Veterans, the SA Legion (Pretoria branch), the Gunners Association, the Sappers Association, the SA Armour Association, the South African Korean War Veterans Association, the SANDF Association, the Common Wealth War Graves Commission, the Order of St John, the EBO Trust, the Giorgio Italo Rada Association Carabinieri and the Silent Soldiers Brotherhood.

The following organisations placed a cross: the SA Air Force Association, the Savannah Veterans Association, the Cape Highlanders, Pretoria Regiment.
A total of 245,419 South Africans signed up to serve in the Great War (WWI) of which 30,880 joined the 1st SA Infantry Brigade. Altogether 83,000 Black soldiers signed up to serve with the South African Native Corps, of which 25,000 served in France, 2,500 were coloureds. Three thousand South Africans served with the Royal Flying Corps.

All in all 67,000 troops invaded what is nowadays known as Namibia (South West Africa). In December 1915 the 1st SA Infantry Brigade was deployed under command of Brig Gen H.T. Lukin. After a short successful campaign in North Africa the 1st SA Infantry Brigade was deployed to France under the 9th Scottish Division to Longueval along with the 26th and 27th Brigades. On 1 July 1916 the Somme Offensive begins, the Allies suffer 58,000 losses on the first day, 20,000 killed and 38,000 wounded. Altogether 121 officers and 3,052 other ranks entered Delville Wood the morning of 15 July 1916. Only three officers and 140 other ranks emerged out of the Wood on the morning of 20 July 1916. Delville Wood was referred to as the Devils Wood among the men of the 1st SA Infantry Brigade.

Association, Victoria Cross Lodge, Flame Lily Foundation, the Heritage Foundation and the Pretoria Memorial Services Council.

Lt Col (Ret) Godfrey Giles, the National President of the SA Legion of Military Veterans, presented fourteen medals to eight veterans at the annual Delville Wood Memorial Service.

Four Pro Patria Medals were awarded for service in the operational area in defence of the Republic of South Africa.

Two Southern Africa Medals were awarded for operational service conducted across the border in defence of the Republic of South Africa for the prevention of and suppression of terrorism.

Seven General Service Medals were awarded for operational service within the borders of the Republic of South Africa in the preservation of life, health and property or for maintenance of law and order or the prevention of crime.

One Unitas Medal was awarded in commemoration of the unification of defence and armed forces on 27 April 1994.

**History**

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**Below:** Wreaths were laid and crosses planted at the Delville Wood Memorial at Burgers Park in Pretoria.
Injecting young blood into the SA Military Health Service

By Pte Tumelo Seiso, SAMHS Corp Com MSDS intern
Photo: Capt Sello Segone

On Saturday morning, 8 June 2013, I felt a feeling of déjà vu creeping in as I walked into the Mogol Sports Club at Lephalale. This is where most SA Military Health Service (SAMHS) recruits are affirmed at the end of a long journey on which much energy has been spent, including hard work, sacrifice, and the colossal challenge of letting go of one’s individuality and gradually blending in with the rest of the members in uniform.

This day marked the end of the Basic Military Training of the January 2013 intake conducted at the SAMHS Training Centre Lephalale. Anxiety and excitement appeared to be dominant as the recruits entered the parade ground where the cheering family members and friends seemed added to the state of affairs. However, the recruits managed to maintain military discipline and precision in their drill movements that they had learned during their six month at the training facilities.

The main functionary was the Deputy Surgeon General, Maj Gen Lourens Smith, who stood in for Surgeon General, Lt Gen Aubrey Sedibe. Maj Gen Smith was inspirational in his motivational speech.

Maj Gen Smith said: “For some of you the past five months may have been the worst you have ever experienced, while for others it may have been a stroll in the park. Whatever you have experienced, you have reached the end of the first step in your career as soldiers: you have completed your Basic Military Training and you are now ready to embark on the next leg of your journey as a soldier in the SANDF.”

He made reference to what followed the Military Basic Training for the Military Skills Development System (MSDS) members. Maj Gen Smith said: “Regardless of where your new unit will be, you will still form part of a military community and as such it will be expected of you to maintain a high standard of discipline and to remain true to the ethos of a soldier. Remember, you are defined by your actions.”

Three companies made up the Battalion in review parade. One could not help but pick up the high morale among the recruits. “I am excited because I am a Private now; I was looking forward to this day,” said Pte Marie-Louise Esterhuizen, one of the MSDS members. She added that she drew strength from the words of encouragement of her parents. She also conveyed her appreciation of the

ABOVE: Pte David Ramlakan with the SAMHS Fund Floating Trophy for Overall Best Recruit.
focus on youth

S A S O L D I E R

Pte Esterhuizen articulated how the information she had received before Basic Military Training had enabled her to endure training, meet her expectations and had enabled her to enjoy some training elements, such as drill. She enjoyed meeting people from different cultural backgrounds and made new friends. Pte Esterhuizen, originally from KwaZulu-Natal, looked forward to going to her new unit in Port Elizabeth.

The Officer Commanding of SAMHS Training Centre Lephalale, Col Willie Nieuwoudt, appeared to be satisfied with the outcome of this year’s Basic Military Training. “We teach them how to take control of their lives. They should not go home and tell you they cannot make a bed, because we have taught them how,” said Col Nieuwoudt, highlighting some of the life skills that MSDS members had acquired during their training.

During the parade awards were bestowed on members who excelled in different aspects of training, such as musketry, fitness, exceptional academic performance and maintaining a high level of discipline. However, one MSDS member, Pte David Ramlakan, topped them all and received the SAMHS Fund Floating Trophy as Overall Best Recruit.

According to Pte Ramlakan, Basic Military Training was hard. However, the hardships managed to unite the recruits as they were facing a common challenge. He added that during the field phase they motivated each other even though the circumstances were tough.

One of the challenges that recruits face is adapting to the training routine. The winner of the floating trophy indicated that waking up early to prepare for the day was a challenge. Sharing one of his secrets for survival and success, Pte Ramlakan indicated that being part of the team was very important. He said: “You will never stand alone. The way I was raised helped me to achieve; people must see courage and discipline when a soldier walks past.” He studied B Com Accounting. However, he did not finish his degree as he discontinued his studies during his second year. After training he is going to work in KwaZulu-Natal in the logistics environment.

At the parade one cannot but hoping that military discipline be engrained in the minds of the MSDS members throughout their military careers. This would lead to professionalism in the military. There seems to be a common ailment in the organisation, namely members coming from Basic Military Training epitomising the desired qualities of a soldier, but after reaching their units some tend to forget to do the right thing.

For a civilian to be turned into a soldier is a long process in which a lot depends on the instructors. L Cpl Rudzani Netshandama seemed to have succeeded in this as he walked away with the trophy for Best Instructor. He said: “It was the first intake I trained as a regimental instructor because I previously presented Physical Training (PT), but it was a nice experience, even though the recruits can give you a hard time. Thanks are due to my senior instructors for advice during hard times. Learning does not end; I am looking forward to presenting Basic Military Training to the next intake.”

ABOVE: Confident recruits drill during the passing-out parade.

LEFT: Proud family members cheer on their young relatives during their passing-out parade.
A pony on Passing-out Parade at Air Force Gymnasium

By Cpl Lebogang Ramaboea, Journalist at Ad Astra

Photo: WO2 David Nomtshongwana

15-year-old Sha, a pony, was part of the passing-out parade of the Basic Military Training (BMT) held at the Air Force Gymnasium on 20 June 2013, after only one day of military training. This was not a first for a BMT parade, but a first since the Air Force Gymnasium moved to Boston at Air Force Base Hoedspruit a few years ago, recalled WO2 David Nomtshongwana, a photographer at Ad Astra, about his own passing-out parade.

Sha is from the Majestic Miniature Horse Stud. On parade it was accompanied by a military instructor and was able to emulate military drill movements, including marking time and marching forward. It marched off with the right leg first and stood still where the 110 airmen were. The pony is a gelding owned by Ms Juanita Strydom and Ms Margaret Ambler. Spectators and some members of the military were surprised to see a pony taking part in a military parade. It prompted Ms Dimakatso Malatsi to ask her sister Lebogang, a Corporal at 516 Squadron: “Does the Air Force train ponies now and what rank is it wearing?” Cpl Malatsi replied that as far as she knew the Air Force did not train ponies, but she would find out.

Speaking to an Ad Astra correspondent, Ms Ambler said Base Commander, Col Kevin Moonsamy, contacted their stable after the pony appeared in the local newspaper to take part in the parade. She added that Sha entertains people at parties and draws a carriage at weddings. Asked how much a pony of his age would cost, she said more than R10 000 and lamented the fact that they were not selling.

On parade, Col Moonsamy said to the Chief of the SA Air Force, Lt Gen Zimpande Msimang, who was officiating in his first Basic Military Training (BMT) parade since taking office that the 110 airmen were ready to defend the country. Lt Gen Msimang told the airmen that they should broaden their experience in the Air Force and make their mark, and reminded them that the military did not end with the BMT they had received.

For more than two years now the parade for new airmen has taken place in the evenings, which has cancelled the traditionally fly-past. So as not to deter spectators, they have introduced a fireworks display that lasts over five minutes. Loud cheers from the spectators could be heard from a distance and was a photo opportunity for photographers.

In his address the Chief of the SA Air Force told the airmen to keep up with the new vision, namely “An Air Force that inspires confidence”. Lt Gen Msimang said they must not forget the discipline that the instructors had instilled in them during training.

Airman Thapelo Nhlapo scooped two of the seven trophies on offer. His family members shouted: “Tlala byale gona e sepetse ka gae ngwana waga Nhlapo wa shoma byale” (Sotho for: from now on starvation has left us, a Nhlapo son is now working).

Airman Kholofelo Malatsi is a 22-year-old from Soshangwu who will now be deployed at Air Force Base Makhado in the supply support environment. He passed Grade 12 in 2008 at Lethabong Secondary School. Airman Malatsi said the Makhado heat would not deter him from realising his dreams. He told Ad Astra that being away from family would not be a problem, because he was used to it during Basic Military Training. Asked who he would miss the most, he replied with a smile: “My girlfriend”.

Over one thousand spectators turned out to witness the new soldiers mandated to defend the territorial integrity of the Republic of South Africa, among them the Mayor of Maruleng Municipality, Mr Pule Mafologele.

The SA Air Force flew over 30 family members of the new airmen that day in a C130 Hercules aircraft from Air Force Base Waterkloof to Air Force Base Hoedspruit. Many admitted it was their first flying experience.
United Kingdom Sea Cadet returns home

Article and photos by Lt Cdr Glenn von Zeil, SA Naval Reserves

PO Sipho Wanliss, from TS Broadsword, Belfast, Northern Ireland, was born in Cape Town 18 years ago and relocated with his family to the United Kingdom. He recently returned “home” as the United Kingdom Sea Cadet of the Year and visited TS Knysna and TS Woltemade as part of his experience.

PO Wanliss joined the Sea Cadets three years ago at TS Broadsword, a small unit of around 20 Sea Cadets. In this he has followed in the footsteps of his father, Lt (RN) Hector Wanliss, who was a Naval Cadet in Pretoria before being conscripted as a National Serviceman in the SA Navy in the early 1980’s. Thereafter he followed a career as a padre in the Royal Navy and British Army before being appointed as Officer Commanding of TS Broadsword.

In order to qualify for this opportunity PO Wanliss attended a leadership course at Dartmouth along with selected Sea Cadets from the United Kingdom where he was selected as the Best Cadet on Course. His reward was a trip “home”.

While visiting TS Woltemade and TS Knysna he joined in the activities within the units by sharing his leadership experience with aspiring Able Seamen, Leading Seamen and Petty Officers. In addition he assisted by painting and “squaring off” a local crèche in Knysna as part of the Units’ outreach activities, participated in a trip around the Knysna lagoon and the Heads and visited the Cango Caves and ostrich and local wildlife farms. In Cape Town he visited the Simon’s Town dockyard and various SA Naval ships.

PO Wanliss intends studying teaching at Queen’s University and his dream is to become a “naval/nautical teacher”.

His visit to TS Knysna and TS Woltemade highlighted for the South African Sea Cadets that there were international opportunities available to those who excelled and were prepared to put in the effort to achieve these goals.
Regiment Mooi Rivier and its training facility at 4 Artillery Regiment, in particular, is a home during school holidays to 121 students from five universities in Gauteng and North West provinces. Young professionals of different musterings ranging from engineering, medicine, psychology to veterinary and environmental sciences, learn basic military skills at this regiment as part of the 2013 University Reserve Training Programme (URTP). The end state of the current Basic Military Training is to provide students with skills from a military perspective for use in their future careers.

The reserve component of the SA Military Health Service (SAMHS) in this specific case has a vested interest in the URTP project. In a joint marketing and recruitment campaign conducted early this year, which included the SA Army and Logistics Division, the SAMHS Reserves enlisted 34 young recruits from the universities of the Witwatersrand, Johannesburg, Pretoria and Potchefstroom. These young professionals are currently doing Basic Military Training at 4 Artillery Regiment in Potchefstroom. Ms Kamogelo Ledwaba from the University of Pretoria is one of the SAMHS URTP students on this course.

Ms Ledwaba appears at first glance a reserved and shy person. However, this can be deceptive as her willingness to grant us this interview and her adroitness at answering our questions with ease during this interview appears to show the contrary. Ms Ledwaba was born and raised at Ramotse village in Hammanskraal, north of Pretoria, where she lived with her grandparents, mother, uncle and cousins in one household. She attended her pre-school and Grade 1 at St Camillus Primary School. In 1997 both mother and daughter relocated to Johannesburg following the death of her grandfather. Life in this affluent suburb posed new challenges for her mother, a single
focus on youth

parent, who had the problem not only of raising her child, but also of providing shelter and education for her. She speaks highly of her mother, how she instilled all the good values in life in her, and often laid stress on what she summarises in three words as: “God, education and family”. Ms Ledwaba clings tenaciously to this wise teaching of years ago.

She is currently studying for a B.Sc. degree in Human Physiology, Genetics and Psychology at the University of Pretoria, having completed her matriculation at Loreto Convent. Not surprisingly, her mother who has been supportive throughout her career, has been singled out for praise, and this is how Ms Ledwaba describes her: “She has always stood by me through thick and thin, offering protection against bad influences prevalent in our local community, as I was the apple of her eye”.

Ms Ledwaba joined the 2013 URTP together with other SAMHS students in June this year. Her approach to the current Basic Military Training has been guided by emphasising her mental acumen more than physical fitness. Explaining this, she said: “I realised the importance of mental fitness as compared to physical fitness and this has helped me to keep going, so I was never tempted to quit”. Added to the rigorous training that these students have to undergo, is exposure to harsh weather conditions in Potchefstroom and at this military base in particular, where temperatures often plummet to minus 2 degrees centigrade on a cold winter morning.

Basic Military Training is conducted over a period of sixty days, spread over two months, with recess periods during winter and summer. Students learn fieldcraft, how to march, and musketry during this phase. At the shooting range they are taught how to shoot from different positions: kneeling, standing, sitting at 50 m, 100 m and 200 m respectively. Fieldcraft teaches students basic skills such as orientating oneself by means of a compass and how to navigate with troops during a route march. Students are also taught Military Law during this phase. We asked Ms Ledwaba which subjects she enjoyed most, those she did not like, and how these subjects were to relate to her daily schedule after the end of Basic Military Training. She replied: “First and foremost, I enjoyed the drilling sessions because they taught me to concentrate better. Secondly, I enjoyed musketry training because it taught me to challenge myself, as I had never thought of learning how to handle a gun, let alone an R4, having thought it was not meant for me, but at the end of the training I was proud of myself. Finally, I enjoyed the saluting and compliments. They taught me to respect everyone, which is something that civilian life does not do much.” Ms Ledwaba was honest and frank in stating which subjects she disliked: “Military Law was the only subject I did not enjoy because it made me aware of the strictness of the SANDF”, she chuckled. “On the whole the subjects taught me values that will enable me to be a great employee/employer someday.”

It is quite amazing and somewhat baffling to think what made this young lady choose to enlist for this training when an average youth of her age would shy away from venturing into this profession. Ms Ledwaba surprisingly discovered that what appeared to be a contrast between two worlds, namely her civilian life as a Human Physiology, Genetics and Psychology Science student at university, and the other as a soldier undergoing training at 4 Artillery Regiment as a reserve, was that neither world was at variance with the other, but that they actually complemented each other. She said: “Contrary to the belief that this training would affect my studies adversely, I have noted a remarkable improvement in my study patterns in that what I have learnt during military training, such as waking up early for roll-call parades, and the fixing of our rooms before we had breakfast, which has become a part of me, has taught me how to concentrate and prepare for my lessons at university”.

Concerning the reaction of her fellow students at university regarding this training, she said: “My friends were also excited and supportive, but I do not think they understood the finer details and hardships that I had to go through while in this programme. Their encouragement was based on what they thought this experience would mean to me”.

Ms Ledwaba has no regrets about joining the URTP, and told us that she could do it all over again if asked to. She concluded: “I wish my fellow students could see how we spend time fruitfully during school holidays here at this military base. I have learnt a lot during the past few weeks, and I know now what military life means in general, and what it is to be a military health professional in particular.”

We wish Ms Ledwaba and all the students on this course success in their training and future careers.
Tactical Intelligence Regiment was established under the command of the SA Army Intelligence Formation in 2001. The main reason why this prime unit was established was to provide the SA Army with a surveillance capability in the area of operations – as per mandate and as explained in the doctrine of 1 Tactical Intelligence Regiment. In order to execute the mandate and required surveillance in the support of operations and missions, surveillance teams are being infiltrated into predetermined areas of responsibility (intelligence) in accordance with orders received from the Operational Commander.

Infiltration of such surveillance teams is mainly executed at night and the main method of transportation for this infiltration is by helicopter. In the SA Army Intelligence Formation the School of Tactical Intelligence is responsible for conducting all the surveillance training required by the members of the surveillance teams of 1 Tactical Intelligence Regiment to equip them to execute their given tasks successfully when they infiltrate predetermined areas.

Addressing guests at the official commissioning of the Puma airframe recently held at the School of Tactical Intelligence in Potchefstroom, Brig Gen Nontobeko Mpaxa, the General Officer Commanding of the SA Army Intelligence Formation, said: “The gesture is one of the initiatives aimed at strengthening, and will contribute significantly towards, the standard of training at the School of Tactical Intelligence. I therefore feel very honoured, grateful and pleased to officially commission this helicopter frame as a training aid”.

Brig Gen Mpaxa unveiled the plaque and declared the new equipment officially commissioned as a training aid for the School of Tactical Intelligence and other units in Potchefstroom.

Next two teams performed a live demonstration in full kit to depict a realistic situation regarding debussing and embussing, while utilising the Puma airframe.

The relationship between the SA Army and the SA Air Force is going from strength to strength and the donation of the equipment is evidence that the warm and cordial relationship will be maintained.

**Uses of the Puma airframe**

1. It serves as a training aid for initial and retraining purposes for surveillance operators and any other units in Potchefstroom. It will also serve as a realistic replacement in the event that the SA Air Force is unable to provide an aircraft for helicopter training.
2. General training can be conducted on the Puma airframe prior to the arrival of the real aircraft which will save on the time that the aircraft is required for training purposes. This includes, inter alia, the following:
   - Introduction to the general layout of the helicopter, for
events

LEFT: A LIVE DEMONSTRATION All-round defence is executed on the landing zone after debussing.

BELOW: SIMULATING The in-flight procedure to the landing zone.

ABOVE: Brig Gen Nontobeko Mpaxa, General Officer Commanding of the SA Army Intelligence Formation, and Col Eric Boihang, Officer Commanding of the School of Tactical Intelligence, unveiling the Puma airframe at the School of Tactical Intelligence in Potchefstroom.

example danger areas, position of crew, entry or exit points and preparation for landing.

- Helicopter trooping drills, including embussing and debussing, protection of aircraft, seating arrangements inside the aircraft.
- Night training in embussing and debussing and requesting of air support using radio speech and procedures.
- Research into and development of “insurgence” and “extraction” techniques and tactics of teams will be done to develop doctrine applicable to the uniqueness of the Intelligence Corps.
- Training in the preparation of the landing zone and demonstrations as to why the safety areas are what they are.
- Training, demonstrating and exercising packing arrangements for resupply drops for the replenishment of deployed surveillance teams, specifically for learners on the Surveillance Troop Sergeant Course who will be responsible for replenishing the surveillance teams.
Getting recognition and acknowledgment of one’s hard work is always fulfilling and worth celebrating. The DOD School of Catering has recently been approved for full accreditation and was declared a self-accounting unit by the Culture, Arts, Tourism, Hospitality and Sport Sector Education and Training Authority (CATHSSETA) in the advanced learning programme.

In celebrating their momentous achievement the DOD School of Catering hosted an event which included presenting the certificates to some of the members at the School in Thaba Tshwane on 12 July 2013.

Col Kantha Boer, SSO Supply Support Resource Management, and the Acting Officer Commanding of the DOD School of Catering, Maj Khombo Hector Munzhedzi, handed over the certificates and congratulated the members of the DOD School of Catering. Maj Munzhedzi said: “Today we mark the history of the School; we have also decided to celebrate our hard work and dedication. As caterers we need to be proud of this accreditation. This is the beginning of our journey, and in building the academy of catering we are learning and growing. We also need to be professional as we have been partnered with the DOD Logistic Support Formation Headquarters.”

He acknowledged the support received from the South African Chefs Association and other institutions in achieving the vision of the School, which was to be the university of catering in the Department. Maj Munzhedzi encouraged the members to be steadfast in achieving their personal objectives and that of the School, saying: “We need to prove to the whole Department of Defence that we are indeed capable of training the best chefs and best caterers”.

Sgt Rankoe Pochana, one of the recipients of the certificates, started working as a guard and developed a passion for hospitality. As an optimistic soldier he worked hard to be where he is today. Sgt Pochana said: “I feel honoured and very proud of my achievement and this unit’s professional progress. After all the hard work and cohesion that everyone put in, we have indeed showed a spirit of camaraderie in achieving both personal goals and being on track in attaining the vision of the School.” In agreement with Sgt Pochana, Pte Kirby Ackerman said she was proud of the achievement.

Col Boer said: “We are on the right path that leads to our destiny. Our hard work, team spirit and dedication will see us overcome all sorts of challenges. We are well aware of what lies before us and we are resolute in transforming the DOD School of Catering into the Defence Hospitality Academy. The academy will present full qualifications in catering and become the mother body for other defence satellite cookery services.”

Maj Munzhedzi confirmed that CATHSSETA had accredited the DOD School of Catering for a course that took up to a year and a half and consists of three advanced courses. This achievement must also benefit other units. We also invite and welcome advice that would add value to the School and anyone who wishes to join us in training is welcome; a lot will be learned in this school. It is our ambition to have our own formation and career managers in future.”
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SA Navy celebrated World Hydrographic Day

Article and photo by AB Tashwill Atson, Public Relations Clerk Naval Base Simon’s Town

The SA Navy hosted the World Hydrographic Day celebrations in Durban from 20 to 23 June 2013. World Hydrographic Day is celebrated each year on 21 June 2013, and aims to celebrate the vital role that hydrography plays in the modern economies of the world. This year the theme was “Hydrography – underpinning the Blue Economy”. The term blue economy means the sum of all economic activity associated with the oceans, seas, harbours, ports and coastal zones.

This eventful weekend for the SA Navy started on Thursday, 20 June 2013, with a courtesy call to the Mayor of Durban, Councillor James Nxumalo, by the Executive Officer of SAS PROTEA, Cdr Godfrey Masimala, the Naval Base Simon’s Town Public Relations Officer, Cdr Pieter van den Berg, and the Assistant Personnel Officer of SAS PROTEA, Midshipman Karabo Malahle.

During the visit to the Mayor’s Office Cdr Masimala briefly explained the purpose of the visit of SAS PROTEA to the port of Durban, her capabilities and the reason for the research. After the courtesy call Cdr Masimala handed over a gift to the Mayor on behalf of the Acting Officer Commanding of SAS PROTEA, Capt (SAN) Andrew Blake. Thereafter the Mayor handed over his gift to Lt Cdr Masimala.

The Mayor was also invited to sail on board SAS PROTEA the following day. Councillor Nxumalo had a wonderful experience on board as it was his first time out to sea; he was also taken to the bridge whose function was explained, as well as the role of each person working there during the trip. He was also taken on a tour on the SAS PROTEA.

On Friday evening the members of SAS PROTEA hosted a cocktail function on board its flight deck. The Chief of Naval Staff, R Adm Rusty Higgs, welcomed the guests and explained the importance of hydrography and what impact it has on the SA Navy, and especially on the country, because cargo vessels use the charts which are made possible by SAS PROTEA.

On the Sunday afternoon the SA Navy Band hosted a concert at the Durban Playhouse Theatre, which was attended by invited guests and members of the public. The concert was opened by R Adm Higgs, where after the SA Navy Director of Music, Cdr Kenneth Leibbrandt, and the SA Navy Band took over with a variety of spectacular musical pieces which moved the audience. The SA Navy Band even performed jointly with the J.G. Zuma High School Choir.
A new age of military health care

By Pte Tumelo Seiso, Corp Comm MSDS Intern
Photo: Capt Sello Segone

The Junior Staff and Command (JSC) Course under the auspices of the School for Military Health Training engaged in a pilot programme to expose SA Military Health Service (SAMHS) members to a mobile field hospital. The JSC Course students recently implemented their practical knowledge on the set-up and function of a mobile field hospital, displaying the capabilities of the SAMHS in providing healthcare under any circumstances, and most importantly during operations at the Area Military Health Unit Gauteng.

A mobile field hospital can be a level one or two type. Each type of hospital has unique healthcare facilities and other complementary components, such as a kitchen and ablution capabilities. The overall set-up vividly outlines the medical support role which the SAMHS plays during operations. The other objective was to highlight the technical aspects of preparing for operations because they are likely to be faced with the responsibility of organising an operation as they are officers.

Different levels of care were simulated utilising genuine health equipment. Level one consists of resuscitation of the patient by the health care practitioner attending to life-threatening conditions and contains surgical apparatus. Facilities utilised at level one can allow the medics to deploy only with such capabilities. While at level two, the patient would receive further care and there are various health practitioners, such as psychologists and dentists. It is also used for minor ailments and there is a high-care section, wards and support components. According to Maj Gerrit Maritz, a facilitator from the School for Military Health Training, it is the first time focus is being placed on the level two. The JSC Course had the mobile field hospital subject incorporated into the course.

During the Africa Cup of Nations SAMHS had its members with level two capabilities on standby, should the need for medical support have arisen. Moreover, during the recent devastating floods in Mozambique the SAMHS members were also deployed with level two capabilities according to Capt Mmakoena Mahlo, who was one the facilitators.

In addition, students were orientated regarding the other components of a mobile field hospital, such as the mortuary. Students had to break from listening to the facilitator, and be hands on by erecting a segment of the mobile field hospital as part of the practical exposure to these unique facilities.

Currently upgrades are being performed to try and maintain a high standard of health care. At level one the minor ailments, resuscitation, surgical and casualty section are being revamped. However, the modification ends at the resuscitation post, according to Capt Mahlo. This opportunity will have many benefits for the organisation as people did not previously know about the mobile field hospital. Capt Mahlo, who was optimistic about this initiative, said: “Previously we used to draw an imaginary line”. 

A mobile field hospital enabling the SA Military Health Service in providing healthcare under any circumstances.
The SA Military Health Service (SAMHS) in cooperation with Area Military Health Unit KwaZulu-Natal (AMHU KZN) recently took part in the Royal Agricultural Show in Pietermaritzburg as part of the SAMHS Week celebrations. The show presented an opportunity to reach out to communities visiting the show. Members of AMHU KZN and SAMHS Training Formation orientated members of the public visiting the SAMHS stand regarding the role of SAMHS. The resuscitation post and mobile clinic formed part of the static display and 4,967 members visited the stand during the show.

Primary Health Care Nurses, Oral Health, and Operational Emergency Care Practitioners screened a total of 1,213 patients, and those found to have problems were referred to local hospitals and clinics. Patient screening consisted of taking blood pressure, eye, blood...
glucose and oral screening. The total number of patients referred was 346, on the basis of the referral notes. The oral hygienist and the dentist referred 332 members.

The SAMHS Training Formation added value by presenting cardiac pulmonary resuscitation (CPR) demonstrations to parents, teachers and children. The show was marketed as a career opportunity for learners who were informed about the entry requirements, especially the subjects and marks required. This presentation added value to learners who were interested in pursuing medicine at universities and they had a chance to engage with various medical professionals.

The mobile clinic also served as a consultation room for the SANDF members who were serving at the Royal Show and it assisted in stabilising civilian emergency cases. Five civilian members were stabilised and transferred to ER24.

The gala evening that was held at the Victoria Country Club added prestige to the SAMHS Week. The SAMHS Band provided entertainment with excellent music during the gala evening.

A special Medal Parade was held at the arena of the Royal Agricultural Showground and SAMHS members were given an opportunity to honour our members who had excelled. The public had a rare glimpse at a military parade. The SAMHS Band that entertained the public throughout the SAMHS Week also participated in the Medal Parade.

However, the best was yet to come, when the Royal Show Committee gave an award to the DOD stand, viz a gold medal. The stand that received the gold medal award had to undergo another round of votes. The public and judges voted for the stand with the best community impact. Once again the SANDF took the trophy for the best outdoor display.

The SAMHS Training Formation, the Area Military Health Formation, the SAMHS Corporate Communication and the AMHU KZN played a significant role in ensuring that the SANDF received this award.
A Naval Reserve Officer at sea

“N”othing is for free. Work hard and you will achieve. Earn your respect,” said Director Fleet Force Preparation, R Adm (JG) Bubele “Bravo” Mhlana to Lt Sharquin November, who is serving on board the SAS MENDI. Those were words of inspiration and encouragement for Lt November.

Lt November obtained his bridge watching qualifications in May 2012 as a Sub Lieutenant (S Lt) while serving as a Reserve Force officer. In June 2012 he was promoted to a Lieutenant. He completed his theory at the maritime warfare training centre and his practicals on board the SAS AMATOLA.

Lt November (32) was born in Galvandale, Port Elizabeth. He was the eldest of five children. He completed his Grade 12 at St Thomas High School.

He resigned from the SA Navy on 31 August 2010 as a Sub Lieutenant to take care of his parents and provide guidance for his younger siblings. In the private sector he utilised the skills he had learnt in the SA Navy to open a logistic company. He yearned to be in the SA Navy. His longing led his parents and the rest of the family to relocate to Cape Town. He then made himself available for call-ups.

He joined the SA Navy in 1999 as a Seaman, qualified as a surface weapons operator (SWO) and served on board the SAS UMZIMKULU, the SAS UMHLoti, the SAS KAPA and the SAS GALESHWE as a gunner.

He was appointed as a Leading Seaman Surface Weapons Operator Instructor at the Maritime Warfare Training Centre in Simon’s Town.

While serving in the Regular Force he was recommended for officer training. He had a Grade 12 certificate with mathematics and biology. It was essential to have physical science to become eligible for officer training. He enrolled through Intec College and studied through distance learning for his physical science subject. He completed a four year course of study in two years with a C symbol (Grade 12) and became eligible.

On 8 December 2006 he completed his Military Training for Officers at Naval College and became a Midshipman.

In 2007 he completed his Combat Officers Qualifying 1 (COQ 1) at the Maritime Warfare Training Centre and was appointed on board the SAS ISANDLWANA as a trainee officer from 2007 to 2010.

Before attempting his bridge watch keeping exams he completed his COQ 1 task book, obtained his Harbour Watch Keeping and Ocean Navigation Certificates in March 2012.

He had his first call-up in August 2011 for three months on board the SAS MENDI for Operation COPPER IV, and was given the opportunity to prepare for his Bridge Watch Keeping Board Exams which took place in two phases, theory and practical.

The examination was held at Maritime Training Centre and the SA Maritime Training Authority. When he passed his bridge watching examination he was appointed as the navigator on board the SAS GALESHWE. He had another call-up on 1 January 2013 for six months which will end on 30 June 2013.

His wife, Leonie, previously an Ensign in the SA Navy, is now a lecturer in maritime studies at the Cape University of Technology.

Lt November lives in Kuils River. He has two children, Nalaehi (8) and Blake (4 months).

His role models were his Officer Commanding at Naval College, Capt (SAN) Peter Eldon, who taught him methodology and professionalism and his present Office Commanding, Capt (SAN) Jabu Mbotho, who emphasised that one must at all times “respect people and take care of your men”.

When I asked him if he could be referred to as a “comeback kid,” he laughed. He said he was very grateful to the SA Navy for giving him the opportunity to qualify and obtain his bridge watching keeping qualifications while serving in the Reserve Force. He acknowledged the role that senior officers, fellow officers and the men and women who served in the SA Navy had played in assisting him to get to this level of training and in obtaining his qualifications.

He has applied for a core service system contract and is now awaiting a reply.
From 1 July 2013, all SA Army Foundation members will have the added benefit of *Army Foundation Risk* funeral cover of R15 000 for a monthly premium of only **R20 for single** members and **R40 for married** members. The R40 premium for married members include cover for children from R3000 to R10 000 (depending on age).

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- FREE membership of the SA Army Foundation, including discounted products and services like funeral cover, iNkomo funeral provider, IT Combo, transfer fees on home loans, micro loans, wills & testaments, holiday resorts and more!
- Gratuity on Retirement
- Access to the SA Army Foundation Bursary Programme (terms & conditions apply)
Hypertension is a condition that could change your life

By Martina Nicholson Associates

Newsdesk

Photo: Sgt Itumeleng Makhubela

Take control of your health by understanding what leads to lifestyle diseases, such as strokes, diabetes and heart attacks and how they can be prevented. With hypertension being the leading cause of these diseases this article focuses on a condition that affects one in five South Africans. Hypertension can be one of the leading causes of death and disability globally.

What is high blood pressure or hypertension?

Blood pressure is the force of blood pushing against blood vessel walls.

Normal blood pressure is a reading of 120/80 mm Hg. Readings above that, up to 129/85, are called pre-hypertension, which may carry the same risks as established hypertension, but are unlikely to cause organ damage if treated promptly.

A consistent blood pressure reading of 140/90 mm Hg or higher is considered high blood pressure or hypertension, which is the correct medical term. Malignant hypertension is a reading of ≥ 180/110, and is a medical emergency.

Hypertension may be due to an underlying disorder, such as Renal Artery Stenosis, but in the vast majority of cases no cause is found. This is called essential hypertension.

If undetected and left to manifest itself, hypertension could lead to heart disease and stroke.

How can I find out if I have hypertension?

You will need to get your blood pressure tested. Fortunately a regular visit to your doctor, ie at least once or twice a year from the age of 18 to 65 to have your blood pressure tested could help to catch hypertension early.

What causes hypertension?

Although the exact cause is unknown, smoking, your diet, obesity, being overweight, lack of exercise, high salt intake, stress and excessive intake of alcohol can lead to hypertension.

What can I do if I have hypertension?

Consult your doctor about your options. Hypertension may be treated medically by changing your lifestyle factors or through a combination of the two. Important lifestyle changes include:

- Losing weight.
- Quitting smoking.
- A healthy diet, for example replacing bad saturated fats, such as red meat, dairy and baked goods with good ones, such as omega-3 rich deep-sea fish like mackerel and salmon.
- Reducing your salt or sodium intake. Adults should consume less than 2 000mg of sodium, or a teaspoon of salt daily.
- Exercising regularly.
- Limiting alcohol consumption.

* References

Southern African Hypertension Society
http://www.hypertension.org.za/
Thirty-two Public Service Act Personnel (PSAP) on salary levels 3 to 5 and one uniformed member from the different Services and Divisions recently attended two Foundation Management Development Programmes at the Public Administration Leadership and Management Academy (PALAMA) in Pretoria. Chief Directorate Human Resources Development (PSAP ETD), through PALAMA, presented these two programmes in two blocks over the periods 27 to 31 May 2013 and 1 to 5 July 2013.

The Foundation Management Development Programme (FMDP) covered the basic principles of management with the objective of introducing sound management practices to first-line supervisors and aspiring supervisors in order to “grow” good managers for the future.

The Programme was presented over ten working days and consisted of two blocks of five days each. Block 1 focussed on gaining understanding of oneself and the team, while Block 2 focussed on supervision. Training modules included, among others, Self-management, Working in Teams and Management Functions.

The participation and enthusiasm of learners throughout the programme constitute evidence of the success of the FMDP. Learners said that they would bring about a positive change in the Department of Defence after attending the programme, which has contributed to filling the gap in development within the foundation management group.

The two programmes with their content, logistics and facilitators were rated excellent by 70% of the learners who indicated that the programmes equipped them with knowledge of their roles as aspiring supervisors.

Some of the learners provided feedback after successfully completing the Programme. Mr Hlengani Makhubele from Human Resources Divisional Staffs, remarked: “The FMDP was excellent and inspiring and it has improved my leadership skills.”

Mr Mpumezo Mapela from the SA Navy commented: “The Programme was very informative. I did not know how the Government works, but now I understand the levels of management and how they function.”

Ms Lindsay Silvano from the Human Resources Strategy and Planning said: “Overall I think it was an enlightening and an empowering programme, an inspirational eye-opener to things we normally take for granted.”

Chief Directorate Human Resources Development acknowledges the great need for the development of PSAP as first-line supervisors and aspiring supervisors on salary levels 3 to 5. It is envisaged that one such programme will be presented annually.
Warming the hearts of Huis Ebenhaéser

WO1 Jugdeesh Munoo,
SO1 Material Administrator
Navy Office
Photo: LS Nkululeko Zulu

Situated in Daspoort and managed as a home by Mr Johnny Thomas and his wife, Soekie, Ebenhaéser House serves as a place of shelter for abandoned adults and children with disabilities.

The couple have been doing this community service for 33 years. As a non-profit organisation that receives only a foster care grant for two children, they rely on donations and help from the community and churches to take care of the needs of 38 children, whose ages range between 3 and 18 years, as well as 20 adults.

On 26 June 2013 the SA Navy utilised funds generated by the SA Navy Prestige Ball to donate fifty blankets and a Defy twin-tub washing machine to the home. Mr and Ms Thomas were extremely grateful for the SA Navy’s kind donations, saying: “We want to extend our sincere thanks and appreciation to the SA Navy. The blankets you have graciously donated will keep our little ones and adults warm this winter”.

Happy residents of Huis Ebenhaéser after receiving their blankets.

SA Navy Band performing in KwaMashu

Article and photo by WO2 Mathebula Moraile, PRO Naval Station Durban

The SA Navy Band and the J.G. Zuma High School Choir met up for the first time on 23 June 2013 at the Durban Playhouse Theatre where they performed a joint musical piece on stage. The SA Navy Director of Music, Cdr Kenneth Leibbrandt, wanted the SA Navy Band to have a community concert where the SA Navy Band would perform with a local band or choir. On 26 June 2013 the SA Navy Band went to KwaMashu where they had a concert with the J.G. Zuma High School Choir, a choir well known in KwaZulu-Natal (KZN).

The J.G. Zuma High School Choir has performed with South Africa’s top musicians, including the KZN Philharmonic Orchestra, the Youth Orchestra, the World Orchestra this year in February 2013 and has been invited to Holland to perform there in August 2013.

The SA Navy Band did not stop there; they went on to perform at the International Convention Centre in Durban at the WACE 18th World Conference on Co-operative and Work-integrated Education on 27 June 2013.

CPO Nkululeko Magubane, a SA Navy musician, leads the J.G. Zuma High School Choir and SA Navy Band.

The Conference was a success and the delegates were kept on the dancing floor with a repertoire of African vibes, the Marimba Band and a variety of music.
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Painkillers – drugs that could lead to self-destruction

By Martina Nicholson Associates
Newsdesk
Photo: Sgt Itumeleng Makhubela

According to recent research, millennials (the generation comprising children born between 1982 (some say 1980) and 1995 and the late baby boomers) use and abuse alcohol and prescription drugs more than street drugs.

Many people think that prescriptions drugs are harmless, but they can become dangerous if abused. Oxycontin (oxycodone), a drug prescribed to treat chronic pain or for example when wisdom teeth and tonsils are removed, can become addictive when it is taken incorrectly. For example, instead of taking the slow release tablet that releases the dose over 12 hours a person injects or snorts it. This releases a great deal more of the active ingredient than the manufacturer intended, which alters the chemicals in the brain and the person starts seeking more of the drug in order to obtain the sense of euphoria he or she associates with it. In high doses, overdoses, or in patients not tolerant to opiates, oxycodone can cause shallow breathing, bradycardia (a slow heart rate), cold, clammy skin, apnoea, hypotension, pupil constriction, circulatory collapse, respiratory arrest, and death.

For many people it is also a gateway drug – the first step on the road to more addictive and dangerous drugs that are currently plaguing South Africa, such as “whoonga” — a potent and highly addictive mixture of marijuana, heroin and antiretroviral (ARV) medications, or nyaope, a mixture of dagga, heroin and talcum powder.

South Africa’s drug problem

Drug abuse has become a major problem among South Africans. According to the Anti-drug Alliance’s 2012 annual survey, one in three middle-class South Africans use an illegal substance for recreational purposes. The alliance found that drugs and become addicted. Some experience problems at home, such as violence or abuse, and want to “escape from it all”.

Young people are also more easily influenced by their friends to do things they might not otherwise do, such as to try drugs. They desperately want to fit in with their group and will do anything to impress their friends. Remember that nobody starts taking drugs because they want to become addicted. Rather the drug takes over their life and they struggle to live without it.

Drug addicts can be helped to overcome their addiction, even when hooked on powerful drugs such as heroin.

A first step for any user is to admit that he or she has a problem and needs help. Parents of drug users or users themselves can contact a support group, such as SANCA on 086 14 72622. In extreme cases drug addicts may require the help of a rehabilitation centre to give up.

How do you tell if your child has a problem with drugs? There are a number of warning signs that may indicate that your child has a drug problem:

- They skip school and their grades decline.
- They start getting into trouble at school and even with the authorities.
- They become withdrawn, secretive, irritable and depressed.
- You discover you are missing money, valuables or prescriptions from the doctor.
- You discover they are taking drugs. Young people may display some of these behaviours without being drug addicts. However, it is a good idea to watch out for behaviour in your child that is out of character. It may just be a warning that he or she is taking drugs.

Those who are tempted to experiment with drugs in order to escape from reality should keep in mind that drugs do not make your life better or your problems to disappear. Indeed, taking them can be a health risk and cause you to lose control of your life.
The annual Buddy Care KwaZulu-Natal (KZN) Fishing Competition and Family Day took place at Naval Station Durban on 29 June 2013. This year marked the 5th anniversary of the competition since its inception in 2008 with 150 anglers with disabilities from all over the country assembling at Naval Station Durban to ply their fishing skills.

According to Mr Roy Roux, Chairperson of the Buddy Care Group, Buddy Care KZN was established in 2010 as a voluntary, non-profit organisation dedicated to the social welfare and of the sometimes “Forgotten Soldiers” who were injured during the “Bush Wars” while doing their National Service. The initiative came about after the first Trout Fishing Competition which was held at a private dam in Nottingham Road with only 10 persons with disabilities attending and 20 volunteers. There are currently two volunteers assigned to each angler with a disability who contribute to the success of this initiative.

This year 134 fish of various sizes were caught. Mr Frank Kruger, last year’s winner, once again wowed the crowd with his astounding catch of a 2.32 kg rock cod. Mr Colin Naidoo, who caught the most fish, also received the second prize, Mr Ethan Mahumed came third and Mr Patric Chetty fourth.

In 2009 the SA Navy came on board by approving the utilisation for this purpose of Naval Station Durban. Mr Roux thanked the Acting Officer Commanding of Naval Station Durban, Lt Cdr Rachel Dulamo, and her dedicated Operational Diving Team who give up their free time and effort to make this event a success. Senior Staff Officer Naval Public Relations, Capt (SAN) Jaco Theunissen, donated T-shirts and caps to the participants on behalf of the Chief of the SA Navy. The day ended with a fishing competition for the children.
Winter-time is rugby time and this year has been no exception as far as SANDF Rugby is concerned. The 2013 SANDF Rugby Association (SANDFRA) Rugby Week took place at the SA Army Gymnasium in Heidelberg from 24 to 28 June 2013.

The first activity of the 2013 Rugby Week was the Team Managers’ Meeting on 23 June 2013 during which the presence of teams was confirmed and the playing programme for 24 June 2013 finalised.

Gauteng (GT), Western Province (WP), South Eastern Cape (SEC), Free State (FS) and West Coast (WC), the latter formerly known as Boland, participated in the Senior League. A team of the Botswana Defence Force once again joined them as has been the case for quite a number of years. North West (NW), KwaZulu-Natal (KZN) and Northern Cape (NC) played in the President’s League. Gauteng and WP also entered teams in the President’s League, while the NW team was a combined team of members from NW and Mpumalanga. The fairer sex also showed their muscle with rugby teams from WP, WC, FS and NC.

With all matters finalised all present attended a church service in the unit at 18:00. The offering collected during the service is traditionally donated towards the distribution of Bibles. With a chill in the air the opening ceremony took place at the Unit Rugby Stadium at 08:00 on 24 June 2013 and at 09:30 the first match commenced.

At the roll-call parade on 25 June 2013 the Players of the Day and results of previous matches were announced: Rfn Keanin Esau of WC in the Senior League, Cpl Adrian-Lance Meyer of WP in the President’s League and PO Gaynor Fritz of WC in the Women’s League. Mr Hennie Stander of the Falcons Rugby Union took the honours as the Referee of the Day.

L Cpl Omphile Debula of the Botswana Defence Force took the honours as the Player of the Day in the Senior League, Amn Nigel Williams of NW the same in the President’s League, while Mr Dawid Mosiane of the Lions Rugby Union was proclaimed the Referee of the Day for 25 June 2013.

The Wednesday night during Rugby Weeks is reserved for a social function to express SANDFRA’s gratitude and appreciation to donors, sponsors and all who contributed to the success of the Rugby Week. Colours and Honorary Colours are also awarded to players and officials during this event. This year Colours were presented to PO Chanté Baadjies, AB Chantal Beukes, Pte Elisma Fortuin and Rfn Nolene Viviers, while honorary Colours were presented to Capt Ruben Arries, Cpl Conrad Viljoen, AB Marlene Evans, LS Amourette

ABOVE: Free State (in dark jerseys) preparing for a dash during the final match of the 2013 Rugby Week against Gauteng.
Local businessmen and women were also thanked for their generosity and kind-heartedness. They were Ms Esna Roux of Roman’s Pizza, Mr Piet van Coller of Steak Masters, Mr Neil Rice of Sausalito Spur, Mr Pieter van de Venter of Jumanji Industrial Supplies, Mr Johan van Heerden of Heidelberg Nissan and Mr Arno Kotze of Heidelberg Battery Centre. Ms Elsa Jacobs and her team of ER Signs were specifically thanked for the sponsoring of trophies.

A welcome break from matches came on Thursday, 27 June 2013. On this day WP with 20 players, supported by 10 players of WC, visited the Wiking Rugby Club to present a coaching clinic to learners in the community.

The teams that were still in the competition did their final practising and concluded their strategies for the final day’s matches on 28 June 2013. With all other matches and leagues concluded, the main and final match of the 2013 Rugby Week took place between GT and FS. Free State won the match 30 – 24.

During the Closing Ceremony the Players and Referee of the Day were announced. They were Tpr Maclin Kiewiet of FS in the Senior League, Pte Mthuthuzeli Shode of NC in the President’s League and Sgt Martha Moloa of NC in the Women’s League. The Referee of the Day was Capt Jeffrey van Rooyen. This was followed by the announcement of the Players and Referee of the Week. Here the honours went to Rfn Keanin Esau of SEC in the Senior League, L Cpl Adrian-Lance Meyer of WP in the President’s League and PO Gaynor Fritz of WC in the Women’s League. Mr Richard Schwulst of the Lions Rugby Union was named as the Referee of the Week. Professional team administration is essential to the success of any Rugby Week. S Sgt Eugene Kruger of FS took the honours as the Team Manager of the Week. The Patron of SANDF Rugby, Maj Gen Luvuyo Nobanda, acted as the main functionary during the Closing Ceremony and handed trophies to the winners in the different leagues.
Courageous and adventurous living

By Chaplain Ofentse Tshabalala, Chaplain of the Works Training School

Deuteronomy 31:6 – “Be strong and of good courage, do not fear nor be afraid of them; for the LORD your God, He is the One who goes with you. He will not leave you nor forsake you.”

The Lord is always present with you and wants you to live without fear but hope for the future. That is why you need to take courage and be strong in your fear because you are not alone. He is with you.

The former President, Mr Nelson Mandela, said: “I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.”

The word courage means the quality of mind or spirit that enables a person to face difficulty, danger and pain, without fear. Another definition of courage is having the courage of one’s convictions to act in accordance with one’s beliefs, especially in spite of criticism.

As dear Children of God, it is a reminder again that it is possible to live courageous and adventurous lives, as we learned from our great hero, the former President, Mr Nelson Mandela. It is with great joy that all of humanity can participate in such a great legacy of courage that has been left for everyone, great and small. It should be the pride of each and every individual to serve one another in such a way that we do not forget our strength, and that our hope for tomorrow is derived solely from serving one another.

It goes beyond mere charity if we take 67 minutes of our time to change the communities we live in. It is so true that one cannot always control what life throws back at you, but you can always change how you respond towards it. Taking time to serve others means that you take the courage to do what you are normally afraid to do, in spite of the presence of fear.

Let this legacy of courage that one displays, stay with us and future generations. Remember always that out of little you can change somebody’s life. It is a call to make a difference wherever you are. In a world of despair and uncertainty allow the Lord to use you today.

Lastly, it is not about the situation you find yourself in, but how big your heart is in being part of a solution rather than being part of a problem.

Mr Nelson Mandela wrote (quoting Marianne Williamson): “The greatest glory in living life is not in never falling, but in rising every time one falls”.

Chaplain Ofentse Tshabalala.
Crime gradually invades military residential quarters

By Maj Lesego Amon Mosingathi, Chairperson of Tek Base Military Married Quarters

An ordered and clean environment is one which is maintained and monitored and that sends a signal that criminal behaviour will not be tolerated.

Conversely, a disordered environment, one which is not maintained, and is comprised of broken windows, damaged fences, dilapidated buildings and excessive litter sends the signal that the environment is not monitored and that one can engage in criminal behaviour with little risk of detection. Broken windows, excessive litter and dilapidated buildings give criminals the message that a military community lacks informal social control and is therefore unable to or unwilling to defend itself against criminal invasion.

It is not so much escalation of crime that is important, but rather the message people get from vandalised buildings and excessive littering. It says we are living in a military community that lacks a sense of social cohesion and mutual interest, therefore one that has a high risk of criminality. This image of disorder within our military community encourages further incivility by telling residents and the society looking up to us as their buffer against crime is just not fit to defend them against crime.

The Tek Base Military Community introduced informal social control methods to demonstrate the “Get Tough Attitude” which is supposed to express the assurance that disorderly conduct will not be tolerated. One of the successful strategies introduced was to hold a general cleaning day for residents as part of an awareness campaign against the gradually increasing crime within the military community. The approach of this campaign is to fix things (problems) when they are still small. If criminals tend to be overlooked and given space to do what they want, then the level of criminality is likely escalate from petty crime to more serious offences.

Measures introduced include the utilisation of street committees, patrols and warning whistles. Although the work done by the police is crucial in crime prevention, the presence of the police is just not enough for a safe and crime free residential area. People in the community also need to lend a hand in crime prevention. The area will eventually be safer if the people have a sense of ownership of and responsibility for their military residential area.

The reason why theft and vandalism are still prevalent is that communities simply do not care about it. Regardless of how many times these crimes have been reported, including the lack of reaction by the police, we still have to invest some of our time in keeping our military environment safe, otherwise we are giving the impression to these criminals that we are defenceless and vulnerable, and thus we allow them to control our living space.

Secondly, the Department of Public Works and related stakeholders have to fix these houses, roads, fences, street lights, conduct regular inspections to determine service delivery and must tighten access control at all entry and exit points.

Allowing the criminals to invade our living space will mean we have accepted a disorderly life which this will lead to more serious problems in future. Residents will begin to change the way they see their community. In an attempt to stay safe, a cohesive community will start falling apart as individuals spend less time within the communal space to avoid potential attacks by strangers. The slow deterioration of a community as a result of crime will in turn lead to a breakdown of community control. Rowdy teenagers, drunk panhandlers, addicts and prostitutes slowly making their way into a military community is a sign that the latter is unable to assert informal social control and the citizens’ sense of insecurity grows apace.

Problems arise when outsiders begin to disrupt the cultural fabric of the military community. Consequently what used to be considered normal daily activities for residents now become uncomfortable as the culture of the community gets a different feel to it compared to what it once had. Many residents now feel that dealing with disorder is not their responsibility, but that of the Military Police. People often refuse to go to the aid of someone seeking help, not due to a lack of concern or selfishness, but because they do not see why they should personally accept responsibility for that person. On the other hand, others plainly refuse to put themselves in harm’s way, especially if they see the situation as grave or even as a nuisance.

The community that sets standards will communicate a strong message to criminals through social control that their neighbourhood will not tolerate behaviour that is below the level of such standards. If, however, a community is not able to ward off criminals on their own, then the police must do their best to give a helping hand.

Vandalism of buildings and littering everywhere within a military area reflects poorly on the units, general support bases and formations situated in the area concerned. They should therefore at least make a commitment regarding every unit’s role in maintaining standards in a military residential area and in this way make it a safe, crime free environment.

Let’s get tough with criminal activities that are gradually invading our military quarters.