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CONTRIBUTIONS:
Although all possible
care is taken with
articles, the editorial
staff cannot take any
responsibility for lost
articles and photographs.

REPRODUCTION, PRINTING & DISTRIBUTION:
Shereno Printers
10 Atlas Road
Dunswart, Boksburg
Tel: (011) 894 4150
Fax: (011) 894 4153
email: nirans@shereno.co.za

EDITORIAL STAFF

Editor: Ms Nelda Pienaar
Deputy Editor: Mr Lufuno Netshirembe
Editorial Staff: Sgt Lebogang Thaole
Sgt Elias Mahuma
Cpl Ally Rakoma
Sgt Itumeleng Makhubela

Text Editor: Mr Eugene Muller
Translation Consultant: Directorate
Language Services
Distribution: Mr Jim Tshabalala
Tel: (012) 355 6341

Layout & Design: Mr Werner van der Westhuizen
ABOVE: Gen Solly Shoke, the Chief of the SANDF (right), and his Ugandan counterpart, Gen Aronda Nyakairima, taking the salute from members on parade. (Photo: Sgt Elias Mahuma)

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FRONT COVER: Ms Nosiviwe Mapisa-Nqakula, the Minister of Defence and Military Veterans, accompanied by Brig Gen Sithabiso Mahlobo, General Officer Commanding 46 SA Brigade, inspecting the Armed Forces Day Parade. Read more about Armed Forces Day from pages 14 to 16. (Photo: Sgt Elias Mahuma)
As we celebrate Human Rights Day this month on the 21st let us not only focus on our rights, but also on being human (to each other).

We all possess the capacity to love. Deep down we want to love our neighbours, even those who do not care about us. Neighbourly love is spontaneous. Love is part of our spiritual being and we need to give expression to it, otherwise we cannot flourish and grow.

All people yearn for love. To have a rich and fulfilling life we should be able to give love unconditionally. Many of us are hungry for love, but we are only prepared to love our neighbour if he or she treats us with love and respect.

Although it is in our nature to love one another, it is not always easy to love and live in harmony with each other, especially when we know our neighbour does not like us, or has done something cruel to us. But to forgive and to love one another are so essential for us human beings.

Love cleans and uplifts the atmosphere, and brings out the best in everyone. This is so true. Let us try to forgive and to love our neighbour when he or she wrongs us.

The love spread by doing this will have a ripple effect, and many blessings will flow from it. Love can encourage and cheer us up. Let us give love and comfort to the helpless and needy. Love can break down barriers, build relations, overcome our differences and heal our wounds. What a way to help bring peace to our world!

Love changes everything …

Nelda Pienaar
Editor SA Soldier

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Ha uno nwedzi musi ritshi pembelela dmvha la ndungelo dza vhathu nga 21, ri songo sedza ndungelo dzashu fhedzi, ri tea u vha na vhuthu kha vhathu.

Rothe ri a kona u funa. Kha vhudziki ha mbilu dzashu ri toda u funa vhadzulisi vhashu nangwe vhone vhasina ndavha. U funa ndi zwithu zwine musiki washi ari fha zwone, u sa funa zwi ita uri risi aluwe na u bvela phanda.

Vhathu rothe ri toda u funiwa, uri ri funiwe ro tea u funa risa sedzi nyimele ya muthu. Ndi hone ritshi do vha vhathu vhare vhakhwine vhutshiloni. Vhathu nga vhudalo vha toda u funiwa, fhedzi vhanwe vho tou di imisela u funa vhafunea ngauri vha pfa vhatshi thonifhe awali vhatshi funa vho imaho nga dila ya khwine vhutshiloni.

Naho zwitshi touvha kha tsiko yashu uri ri funane, a zwo ngo leluwa uri ri wane ritshi ishilisana nga mulalo na vhathu vhane ra humbulela uri a vharifuni kana vhorizvoni khakhelaho. U hangwela na u funana ndi zwone zwo teaho uri ri zwi ite sa vhathu.

Lufuno lua kunakisa na mufhe, lufuno lu ita uri vhathu vhavhe vha vhuya. Ngozo izwo ndi zwone, vhathu ro tea u funana na u hangwela vharizvoni khakhelaho.

U funana ha vhathu zwisia shango nga vhuphara litshi dala nga lufuno zwa disa phathuthshedzo. Lufuno lu disa thuthuwedzo na dakhelo. U funana ndi zwone zwo teaho, khari fune vhasa koni na vhashai. Lufuno lua fhata.

Lufuno na u funana ndi ndila ya khwine ya u disa mulalo shangoni.

Lufuno lu shadukisa tshinwe na tshinwe vhutshiloni…

Nelda Pienaar
Munwaleli SA Soldier

*Translation into Luvenda by Mr Lufuno Netshorembe.*
Keeping our airspace safe

By Mr Lufuno Netshiembe
Photos: WO2 David Nomthshongwana

The existence of the SANDF ensures that South Africa is always protected against security threats. To protect our airspace a component of the SANDF, the SA Air Force, employs two most formidable aircraft, the Gripen and Hawk fighter jet. The two types of aircraft, though different in their technical specifications, can be deployed in similar battle situations, the Gripen being the most powerful. The Hawk would be more efficient in less airspace, whereas the Gripen is normally deployed in situations calling for more air power. The home of these “new generation and highly advanced battle efficient machines” is Air Force Base (AFB) Makhado at 2 Squadron in Limpopo.

Not only is AFB Makhado the home base of 2 Squadron, it is also home to 85 Combat Flying School, which specialises in training Hawk pilots. These pilots, depending on the demand, can receive higher and more intensive Gripen training at 2 Squadron. 85 Combat Flying School acts as a student feeder to 2 Squadron.

The Gripen and Hawk fighter jets are kept in tip-top condition and in a combat ready state. The task of keeping these aircraft in impeccable condition takes a dedicated team with immeasurable passion. A reason why these aircraft are kept in perfect flying condition is to allow for frequent border intelligence gathering, surveillance and what is termed “force preparation”, which is real-time flying practice to ensure that the aircraft and the pilot are ready to be deployed.

The Officer Commanding of 2 Squadron, Lt Col Musa Mbhota, has been the head of the unit since January 2011. Not only is he the administrative leader of the unit, but he is a well trained Gripen pilot and an instructor on both the Hawk and the Gripen. He has obtained the highest qualifications required for his job, and has flown the Pilatus for which he was also an instructor, the Astra, the Impala, the Cheetah, the Hawk and the Gripen.

Col Mbhota came from humble beginnings. He was born in Gazankulu in Limpopo attended Lemanna High School and matriculated at Northview High in Johannesburg. He attended a test pilot course in the United States where he flew about 30 different types of aircraft. His professional track record proves that he is the ideal man for the job, with more than 2 600 hours of flying. He has been flying aircraft since 1996. His advice to the youth who aspire to be like him is that they should never stop dreaming big, working hard academically, especially in Mathematics and Science, always be in good physical shape and have a passion to fly. “Failure is not an option” is his motto; it gives him the zeal to be successful.

F Sgt Keolebogile Leepile from Mahikeng in the North West province went to AFB Makhado in January 2003. In January 2004 he qualified to work on the Cheetah aircraft at 2 Squadron as a line maintenance fitter specialising in mechanics. He started working on the Gripen in 2008 as a technician. This job entailed replenishing consumable items, eg oil, fuel and all the fluids necessary in the Gripen, maintaining the aircraft using ground support equipment and trouble shooting. F Sgt Leepile finds the computer systems of this new generation fighter aircraft complicated and has a sober approach to his work on the Gripen.

Sgt Tondani Mamanyuwa, the only female apprentice on Gripen at 2 Squadron, is training to be a Gripen technician. She qualified as a radio technician on C130 aircraft in Pretoria. As a radio technician, Sgt Mamanyuwa had to deal with all communication and navigation aspects of the C130. To be a Gripen technician she is required to be competent in all technical aspects of the aircraft and has to be “jack of all trades and master of all”. As the only female Gripen technician, Sgt Mamanyuwa finds no problem in working in this male dominated industry. She does not see her gender being hampered. Passion is what motivates her to do what needs to be done. She advises other young women not to disregard career choices in the SANDF as these opportunities in the organisation are endless.
KEEP THOSE POTS COOKING

They are up at 04:30 to start making breakfast for approximately 300 sailors, sometimes even more. Breakfast is at 06:30 …

After breakfast is done lunch is already being prepared and before lunch is finished supper is being prepared and so the cycle continues.

The SA Navy caterers send out approximately 1 600 meals every day and on time. I salute them. Yes, some messes differ in amounts, however a minimum of 300 plates of food per day … and that includes weekends and public holidays.

Then there are also the VIP functions that take place on a regular basis and it is nice to see that a very high standard is kept at all times.

To all those SA Navy caterers at sea and on land, well done! I salute you even though promotion, incentives or recognition might not come your way. Press on and try to remain positive. Remember in our mustering we only get one chance to get it right.

In my whole 22 years of service in the SA Navy no sailor has experienced food poisoning. So take pride in what you do and remember: “You get nothing out of a hungry sailor”. So keep those pots cooking and God bless.

I would also like to acknowledge and thank those caterers in the other Services for the contributions they make to their various messes. PO H.A. Scholtz (The Sinking Sailor), Naval Base Simon’s Town

R4 has come a very long way since the personal weapon, “the R4 Rifle”. Having been in the SANDF for 15 years I worked with the soldier’s personal weapon, “the R4 Rifle”. The R4 has come a very long way since the 1980s.

During recent years the budget and technology have allowed the SA National Defence Force to improve dramatically, so my suggestion is as follows: Is there no means to improve our weapon in any way, eg sights, folding butt or weight, so that it can still be our friend and combat tool?

Sgt E. Aman, Upington

IMPROVEMENT OF THE R4 RIFLE

Young people join the SANDF to serve the country, respect it and make a living for themselves, because jobs are scarce in our country. Each and every individual has a dream when joining the SANDF; a dream to make our country safe and a dream to be successful in the future. Our dreams end after two years when these contracts end, and we are taken off the system.

How can they say this system is building us for the future, when they are tearing our hearts out; R18 000 is not enough money with which to go and study; one cannot even do a one-year course with that amount. We are not all from the same background: some of us will save money to go and further our studies and others will be breadwinners. Not all of us are from advantaged families where we can get everything we want anytime.

This is a real issue that affects the youth of the country; it is not easy to get the salary at the end of the month, then suddenly you are out of the system and you must start from scratch and find another job. If you look at this issue more deeply, you will see that our youth will end up robbing or doing something stupid in order to get money.

It would be better when a certain number of people are recruited who will be trained and given permanent posts. It does not make sense to recruit thousands of people and after that to throw them onto the streets. That is why there is such a high rate of crime in our country. This system must be stopped; I do not see the point of it, it just destroys our youth. Pte T.N.

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.

MARCH 2013
DRAWING OF OUR CHIEF

This picture of the Chief of the SANDF, Gen Solly Shoke, was drawn by my 8-year-old boy, Dimpho. Maj K.M.T. Malaka, email

JSB GARRISON ENJOYS WATER SPORTS

On 8 February 2013 JSB Garrison held a welcoming function at Pretoria Military Sports Grounds at Thaba Tshwane in the form of water sports. The aim was to welcome new members and bid farewell to those leaving the unit. The General Officer Commanding, Brig Gen Peter Kobbie, used the opportunity to wish good luck to all members of the unit deployed and on courses. He also wished a speedy recovery to those in hospital and spoke of the members who passed away. He emphasised that nobody knew what lay ahead, but it was for unit members to work hard and reach their goals in 2013. Members participated in various sports and it was nice to see Brig Gen Kobbie going down the waterslide while Col Gerhard Kotze, Officer in Charge of SAMHS at JSB Garrison, ran as fast as a cheetah. The instructors in the different sporting codes were in charge, which led to the smooth running of the event and accurate keeping of scores. It is said that through sport people unite and become fitter. Teams participated and the overall winner was General Executives Services. After the winners received prizes the day ended with a braai. The winners encouraged the losers to put more effort into their games in future in order to win. By participating in sport people unite and become fitter. Team members can improve their health.

Mamoeti Suping, Pretoria

A RIFLEMAN’S PRAYER

As Chosen Men dear Lord we pray You will inspire, guard and lead us Throughout this day Be there at our side when doubts enter in And fill us with courage to overcome sin

For our country, as Riflemen, we do of our best And give of our lives when put to the test In the knowledge that those that are left Will lay us together in eternal rest

In life’s greatest battle if we should but fall

Another Chosen Man will answer our call He will pick up our rifle and also our sword As we seek the way forward That leads to the Lord

He will take us where our needs they’ll tend And stay with us right to the end And hold us safe and speak of thee Until our eyes no longer see Lay us down in God’s safe hands And on our stone state “Here rests a Chosen Man”. S.D. Mothapo, email

OUR FUTURE LEADERS

Where are our future leaders? Many of the youth and teenagers that should become our future leaders are rotting in jails. They should go to school to study so that they can become better people and our future leaders. The question is: Who can help these young people? Why does the Department of Education not come up with some strategies to guide the learners on how to prevent unwanted pregnancies and stay away from drugs, alcohol, violence and theft? Younger girls are falling pregnant every day and the blame is always put on the Government, particularly the Department of Education, while we as citizens do nothing. Let us stand up and fight this together in view of the slogan of our country which says: working together we can do more. All stakeholders, parents, doctors, psychologists, religious leaders and communities must contribute so that we can build a strong future and nation. Cpl M.M. Lamola, Braambos

FATHERING WITHOUT HEAVENLY FATHER

Jesus came to show us how to live, as it is stated in the Bible (1 Peter 2:21 and 1 John 2:6).

Fathers represent God to their children. That is why what we do is so important, and how we live our lives in our own homes can affect the entire world. It is well known that Adolf Hitler murdered more than 6 million of Jews. He demonstrated hatred and violent anger. This godless behaviour goes back to his father.

Adolf Hitler was often severely beaten by his father. One beating he took from his father as a young boy was so harsh that it left him in a coma for weeks. The doctors thought he would not recover, but he did.

Joseph Stalin’s father beat him on a regular basis when he was a young boy growing up. It was common for young Joseph to have blood in his urine. His childhood was characterised by internal bleeding caused by the blows of the most significant man in his life.

These two fathers injured their sons very badly. God calls fathers not to injure but to mentor their sons. Train a child in the way that he should go. He will never depart from what he has been trained to do.

The Bible gives parents permission to discipline their children, but the finger of God must be there (Proverbs 23:13–14). Z.L. Nkosiayixakwa Ntshongwana, Air Force Base Durban

Dimpho Malaka (8).
WHO IS THIS?

One … Two … Three … One!
Sounds his voice … counting the time
Setting the table for the meeting, he does
with a smile.
His surname is echoed in the passage
“What daar” comes the message.
Who is this …?
Ollie called him Underdog, others tease
with Budget and MacGyver
No task for him too heavy
’Cause he is a survivor.
With no experience, he spends the budget
Every time reaching his target
The highest rank of his intake is Lieutenant
Colonel
Seventeen years in the Force and still a
Corporal But diligently he tries to help
t all.
Who is this …?
Someone so humble and dedicated
And yet I have never seen him sad.
For years he tried to re-muster
Each attempt a disaster.
Promises made, but never kept
Yet he endures and never looks back.
His wife calls him Deon, to his children he
is Daddy
With all of this said and nothing to add …
You might call him Corporal
But to me …
He is Mr Matt.

* I dedicate the poem to Cpl D.D.
Matthews (a soldier in the true sense of the word).
Sgt J.J. Rhoode, AFB Ysterplaat

LUGMAG MONUMENT
SKILDERY

Ek stuur ‘n skildery van die Lugmag Monument wat ‘n
groot betekenis in my lewe het.
Ek het by die Lugmag in Januarie 1964 aangesluit
en was by die meeste van die Grensoorlogslae betrokke,
derhalwe die simboliek wat ek ter dokk neergelê het.
Miskien kan u dit gebruik in die SA Soldier.

I recently completed my first volume
of poetry, which includes the poem
“Border War”.
My second volume of poetry has
also been completed and will shortly be sent to the printers. Lt Col Tinus van Rensburg (Ret), Port Elizabeth

* Translated into English by Mr Eugene Muller – Ed.

AIR FORCE MONUMENT PAINTING

I am sending you a painting of the Air
Force Monument which has meant a
lot to me in my life.
I joined the Air Force in January
1964 and took part/ in most of the
battles on the border. This is reflected in
the symbolism in my work. Perhaps you
can use it in SA Soldier.
I recently completed my first volume
of poetry, which includes the poem

HUMILITY

The SANDF is a combined or rather
collective society with different
people from different backgrounds,
so our mindsets are not all the same. I
want to be rooted as an individual at
the workplace. One may not be aware
that our workplace is where we spend
most of our time; in a way it becomes
our second home away from home.

I just want all of us to help each other
in a positive way; we are all human
beings and making mistakes is part of
the weakness that we are all trying to
minimise. Basically what I am asking is
that we should look beyond the person.
We all know and are quite aware that it
is our military tradition to respect and
pay the necessary compliments, but let
us not forget the issue of UBUNTU.
Let us look beyond the rank and
respect any uniformed member
with or without rank. In that way
there will be harmony when we are
all of one accord: a happy soldier
is a productive soldier.

UNITY IS STRENGTH

I had a dream to become a problem solver
I had a dream of dedicating my life to our
country
A dream of wearing camouflage uniform
A dream of being given mission and orders
A dream to make changes in our country,
but mostly on the African continent
But it won’t be possible if there is no unity
In the Army, Navy, Air Force and
SAMHS
By uniting we stand, by dividing we fall
Uniformity or constancy
Forming a whole from separate parts unity
for purpose
Strong is the soul, kind, wise and beautiful
The greatest ability is dependability
Character consists of what you do at the
third and fourth try
We are all in the same boat on a stormy sea
and we owe each other a terrible loyalty
Coming together is the beginning, keeping
together is the progress and working
together is a success
If I have seen further than others, it is
because I stand on the shoulders of giants
Unity is strength - together we stand as
the SANDF for peace in our country and
continent. Pte S. Manyokole, Area
Military Health Unit Northern Cape
MILITARY ACADEMY REACHING OUT

The Military Academy, as a Faculty of Stellenbosch University, is doing its best to help the community through community interaction each year. The student body of the Military Academy is committed to doing something to better the lives of the less fortunate. This is done through a committee called “Masiza”. Masiza is a Zulu word, which means “to help”.

The aim of this project is to increase the social responsibility of the Military Academy towards society at large. It also helps the students to display their leadership abilities, to enhance their command and control as military personnel and to show society that they are capable of performing their primary task, which is to defend the country and its citizens in whatever way possible.

The first project for 2013 was the “Outreach” in which school uniforms were donated, as arranged under Lt Genevieve Winster, the Masiza representative of the student body. The students bought school uniforms and stationery with their own money to make a difference in the lives of less fortunate children. Sometimes you do not have to come from previously disadvantaged communities to know how people struggle; it just takes a little observance and a warm heart.

Upon arrival at the predetermined schools the Military Academy students immediately started to interact with the learners. They were at first amazed and intimidated by the uniforms; however they opened up to the students and the fun and laughter started. The Military Academy students were received with open arms and shared lots of laughter with the learners. They also learned a lot from each other, since some students went through the same hardships when they were children.

Maj Engela Meintjes, email

THE PEOPLE’S NAVY

What manner of men and women are these
The black and white penguins they are often named
Courage that we know not how to measure
Is seen by these men and women a dozen times every day

These men and women of the People’s Navy
With the use of a rifle they are famed
To join their ranks you have to prove
You can pass the course without a tear
To know that you can be trusted to fight
By their sides and show no fear

These men and women are hard but still
Can show compassion to a beaten foe
They fight hard at sea, win at sea and remain unchallenged at sea
Surrender is a word they do not know

The People’s Navy is hard to beat
They are warriors of a special breed
Swift and bold is their motto and they are indeed
If you have one for a friend, then a friend indeed
He and she will be to treat him or her right
And you will find that he or she will
Sacrifice himself or herself for you

These men and women have a code of honour
That you might not understand, but once you get to know them you will wish you were
Part of this winning team that promotes and maintains the spirit of UBUNTU, the principle of batho pele

The SA Navy … The People’s Navy!
PO M. Wentzel, email

LET US SALUTE OUR MILITARY

Let us salute our soldiers, the men and women who constitute the service.
Their dedication to our country does not falter and is not compromised.
Let us respect them for their courage.
Let us salute them for their readiness to do what is right for the RSA.
The RSA, Africa and the world can sleep peacefully because of them.
Let us support and defend them by all means.
They let us walk, talk, sleep free in our country.
They are prepared to defend our liberty and keep the RSA flag high.
They follow rules and orders for their success.
They are fighting for the RSA and African values.
They are fighting for you and me to benefit from our freedom.
They chose to be warriors not to their benefit, but for you and me.
Their discipline and professionalism cannot be imagined.
Let us salute them for their unselfishness when duty calls.
They help without looking for benefits or rewards.
Cpl M. Guduza, email
CHIEF SA ARMY VISITS THE SUDAN

The Chief of the SA Army, Lt Gen Vusi Masondo, and his delegation comprising the General Officer Commanding Infantry Formation, Maj Gen Lindile Yam, Chief Joint Operations HQ, Maj Gen Duman Dumisani Mdutyana, the Personal Staff Officer, Col Joseph Musikayise Thyalisi, and the Foreign Relations Representative, Lt Col H. Mkhize, visited the deployed soldiers in Darfur on 13 and 14 February 2013.

Upon arrival in Khartoum, the capital city of the Sudan, they were welcomed by Col Neville John January, the Defence Attaché to the Sudan. Thereafter they had discussions with Sudanese authorities and other stakeholders.

The delegation then flew to El-Fasher where the United Nations African Union Mission in Darfur (UNAMID) Force Headquarters is situated. Next they visited RSA team sites, such as Kutum, Mellit and Malha. Lt Col Bonginkosi Fanuel Vilakazi, Officer Commanding 21 SA Infantry Battalion, welcomed the Chief of the SA Army and his delegation. He briefed Lt Gen Masondo and his delegation regarding the current situation in their area of responsibility.

Lt Gen Masondo then interacted with members on the ground to hear their comments and ideas. The exercise was fruitful as members expressed their views and feelings about the conduct of the operation. The Chief of the SA Army pointed out that everyone is a soldier and he addressed the issue of extensions in the mission area.

He congratulated the soldiers on the good discipline they displayed under difficult circumstances. He reminded them of the enormous task lying ahead and that his office would always support them as far as possible. He urged them to remember the basics and to apply tactics.

Maj G.I. Gaboutlwelwe, RSA Battalion 21, deployed in the Sudan

WAKING UP IN A FOREIGN COUNTRY

Waking up in a foreign country has never crossed my mind, everyday walking down the streets of a less privileged country than mine makes me appreciate my country, my life, my family and everything around it.

So far this deployment is giving me the most wonderful experience of my life, eg being treated like royalty when boarding the plane and there I was ... my first time in a plane ... Gosh, that was awesome. Arriving in a country where South Africans are respected made me feel so important and proud of wearing my camo every morning ... I am out here still flying my country's flag high with pride and dignity. I am writing this with joy in my heart, a big smile on my face and all I want to say is this experience cannot be traded for anything in the world and all thanks are due to my commanders. Thank you, Col Makeke. Cpl A.M. Modisa, currently deployed in the DRC

MOTIVATIONAL THOUGHTS FOR SOLDIERS

1. Soldiering is a way of life, and not just another job.
2. Friendship can build or break you, and a true friend is hard to find.
3. Lack of planning is one of the most common causes of stress.
4. Don't try to overload your mind with too much information.
5. A dream you dream alone is only a dream. A dream you dream together is reality.
6. True love begins when nothing is expected in return.
7. Financial squabbles are one of the main reasons why couples split up.
8. To be the best we have to beat the best.
9. Coming together is the beginning, keeping together is a promise and working together is a success.
10. A man without a culture is like a zebra without stripes.
11. Commit yourself to the one important act today, and then take action before the sunset.
12. Don't judge a book by its cover or a person by appearance, there is hidden potential.
13. If you are going to jump off a bridge, make sure you know how deep the water is.
14. You have to be systematic about how you might achieve things if you want to get them done.
15. Professionals always think positively; they don't doubt their abilities.

Sgt T.F. Mathivha, currently in the Sudan, Kutum Base
DEPLOYMENT IS NOT ALL ABOUT MAKING MONEY

The success of the mission relies on the members of the SANDF. An attitude of going on deployment with the idea of making money will lead to the failure of the mission at the end of the day. There are individuals who make sure that when they need to achieve a certain goal they use deployment as a way of achieving that goal. Nothing wrong with that, but the needs of the organisation have to come first. Some individuals find it difficult to deploy externally as they go for the wrong reasons. Other members get the opportunity to deploy to satisfy their need to be in the mission area for a certain period. Then they withdraw before the end of their tour of duty. The post that was occupied will therefore be vacant until the end of deployment, while a person who was willing to deploy fully is denied the opportunity.

Installation of Health Care Waste Incinerator

Medical waste is generated by health care activities and includes a broad range of materials, including used needles and syringes, soiled dressings, diagnostic supplies and pharmaceuticals.

Poor management of health care waste potentially exposes health care workers, patients and the contingent at large to infection and risks polluting the environment. Therefore it is essential that all medical waste is separated, treated appropriately and disposed of.

February saw the arrival of United Nations (UN) technicians for the installation of an electro-diesel powered health care waste incinerator. This will enable all kinds of medical waste in Kutum, Mellit and Malha in the Sudan to be disposed of. Lt K. Maimane, Op CORDITE XVI (Sudan)

Why?

I do not think that there is anyone who dreams of becoming a non-commissioned officer (NCO) in our national defence force; everyone wants to become an officer.

The reason is that our officers have all the privileges and everything good that you can think of in our organisation. Why?

We no longer have the best instructors in our training units as they are also eager and willing to become officers. My understanding is that as a Platoon Sergeant and a Platoon Commander are on the same level of responsibility they should get the same salary. The same goes for a Company Commander and a Company Warrant Officer, as well as a Battalion Officer Commanding and a Regimental Sergeant Major.

Let the officers enjoy their privileges as Commanders, but in terms of salaries please look into it. Bring the dignity of the NCO back by at least empowering them by improving their salaries. It is very sad and shameful to see a Warrant Officer Class 1 (WO1) willing to become an officer after serving more than 20 years as an NCO. Why are our NCOs and Warrant Officers dead?

It is sad to see a Candidate Officer shouting at a Warrant Officer Class 2 (WO2), which teaches them that NCOs are the wheelbarrows and our troops a spade … As long as we continue like this the NCO will always be without any pride, and people will continue “killing” each other for the posts. Cpl J.M. Motimele, currently deployed in the DRC

Operation Mistral needs members who are committed and dedicated to achieving the goals of the organisation, not only to satisfy personal needs. It is difficult to operate below strength due to the withdrawal of someone or misbehaviour with the aim of being repatriated. The contingent will start the tour with a certain number of personnel, but within two to three months members begin to withdraw, which has an impact on the Contingent Own Equipment (COE) inspections as it disgraces our country because we do not meet the United Nations’ standards. I would like to urge our members to understand that we are competing with other countries in the mission areas. Let us lift our flag with pride. Let us do our best, not try our best. Capt C.B. Baloyi, DRC
February in the South African annual events calendar has become synonymous with the Opening of Parliament; this tradition has now been engraved in citizens’ hearts since the advent of democracy. The prestigious event was held in Cape Town on 14 February 2013.

During the Opening of Parliament the President and the SANDF Commander-in-Chief, Mr Jacob Zuma, delivered the State of the Nation Address, which presented an opportunity for President Zuma to highlight the achievements of the Government, the challenges it had
encountered in the previous year and the Government’s programme for the year ahead.

In his speech to the nation, the SANDF Commander-in-Chief addresses South Africa’s international relations with other countries and the political, the social and economic state of South Africa. This annual event is the vehicle used by the Head of State to account to Parliament. The State of the Nation Address (SoNA) is also about celebrating our unity and diversity as a nation.

Parliament’s strategic focus each year is on the theme that relates to Parliament’s vision statement, which is “to build an effective people’s Parliament that is responsive to the needs of the people and that is driven by the ideal of realising a better quality of life for all the people of South Africa”. The 2013 theme was “socio-economic development through oversight and public participation”.

The SoNA is broken down into three parts, the first of which is “public participation” when the civil Guard of Honour welcomes the President and his guests as they walk along the red carpet. This is followed by the State ceremony, which includes a 21-gun salute (the 21-gun salute is fired in honour of the Head of State, the National Flag, the heads of foreign states and members of reigning Royal families and former Heads of State) followed by a fly-past by the SA Air Force, and finally the address by the SANDF Commander-in-Chief.

As is customary, all Services of the SANDF took part in the Opening of Parliament. This year the SA Army contributed 302 soldiers for a guard of honour along the street, of whom 120 soldiers were from 9 SA Infantry Battalion, 40 soldiers were from the Cape Town Highlanders, 60 from Regiment Westelike Provinsie, another 40 from Cape Garrison Artillery, 30 from Regiment Oranje Rivier and twelve soldiers from 71 Signal Unit. The SA Air Force provided 80 members, the SA Navy provided 120 members and the SA Military Health Service (SAMHS) also provided 80 members.

Members of the SANDF line up along the route that the President takes to Parliament to provide the Guard of Honour. The Cape Field Artillery Pipe Band was responsible for the flag company and the step guard consisted of members from all four Services of the SANDF that lined the steps into Parliament, while the Cape Town Highlanders Pipe Band provided music in Adderley Street.

The two ceremonial motorcycle escorts for the President and the Deputy President were provided by the Military Police Division. The aides-de-camp for the President were two Colonels from the SAMHS. The National Ceremonial Guard (NCG) Band and the NCG Guard were responsible for the ceremonial compliments to the President in front of Parliament. The National Anthem is performed by members of the SANDF.

Cape Field Artillery was responsible for the 21 gun salute, while the SA Navy was responsible for the Flame Guard. The Salute Flight was executed by the SA Air Force, which provided four PC7 Pilatus aircraft from Air Force Base Langebaanweg. The SA Air Force Band provided entertainment in front of Parliament. The SA Army Band Western Cape, the SA Navy Band and the SAMHS Band were responsible for the music for the marching on and marching off of the street lining troops. The SA Air Force provided a static display.
On 22 February 2013 the Department of Defence celebrated SANDF Armed Forces Day at the Lucas “Masterpieces” Moripe Stadium in Atteridgeville, west of Pretoria. The SANDF Armed Forces Day Parade also coincided with the 96th anniversary of the fateful sinking of the SS Mendi.

It was held in honour of the men and women in uniform who have served and fallen in the line of duty. The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, envisages this parade as an annual event on the calendar of the Department of Defence.

Local residents, foreign dignitaries and the community were treated to an air display by the SA Air Force and a parade by the different Services of the SA National Defence Force.

Minister Mapisa-Nqakula addressed the crowd and said: “It is important that on a day like this members of the public should learn first-hand about the work of the SANDF and its meaning and relevance in their everyday lives.

“We have a National Defence Force that has risen from the ashes of our unjust past and transcended the differences of that history to become a united national asset we can all be proud of. It is a shining example of the success of the South African story.

By Amn Bibi Sibanyoni
Photos: Sgt Elias Mahuma

ABOVE: Ms Nosiviwe Mapisa-Nqakula, the Minister of Defence and Military Veterans, addressing the crowd during the Armed Forces Day Parade of the SANDF.

BELOW: The Parade Commander, Brig Gen Sithabiso Mahlobo (General Officer Commanding 46 SA Brigade) leads the colour party of the SANDF on parade.
As we launch the first SANDF Armed Forces Day Parade we take pride in the fact that our National Defence Force is a unique example of our unity in diversity. Only 19 years ago we succeeded in bringing together more than seven different

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LEFT: Capt (SAN) Zinasele Kani, SSO Legal Services, and Capt (SAN) Malose Makhura, SSO Career Management, escorting the entourage on parade: Ms Nosiviwe Mapisa-Nqakula, the Minister of Defence and Military Veterans, accompanied by Brig Gen Sithabiso Mahlobo, General Officer Commanding 46 SA Brigade, followed by Gen Solly Shoke, the Chief of the SANDF, and Lt Gen Vusi Masondo, the Chief of the SA Army.
The sinking of the SS Mendi commemorated on Armed Forces Day

Article and photos by S Sgt Lebogang Tlhaole

The President of the RSA decided that the day of the sinking of the SS Mendi should be commemorated annually on Armed Forces Day by the SA National Defence Force.

One of South Africa’s worst military disasters, the sinking of the troopship SS Mendi during World War I, was commemorated on 22 February 2013. The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, accompanied by senior officers of the SANDF layed a wreath at the SS Mendi Memorial at the Gamothaga Resort at Atteridgeville, west of Pretoria, to remember the men who perished in the icy waters of the English Channel.

Like so many other military disasters, the story of the SS Mendi is a story of supreme courage in the face of death and the valour shown by comrades toward each other in dire circumstances. The courage displayed by these men has remained a legend in South African military history. Altogether 616 South Africans, of whom 607 were black troops, plus 30 British crew members died in this disaster on 21 February 1917. The story of the SS Mendi is a pertinent reminder of the sacrifices made by our people to make the world safe for democracy.

Minister Mapisa-Nqakula said: “The Department’s intention is to build a National Defence Force that is modernised and designed to be at the cutting edge of our nation’s innovation in research and technology. The military is no longer the place to dump the worst that society has.”

It is also important to know and recognise how far we have come. Ms Mapisa-Nqakula said: “The parade recognises both our history and the future of the SANDF. It acknowledges that our country has come from a history of division and conflict, but now celebrates the progress we have made in forging unity and a common patriotism.”

Minister Mapisa-Nqakula also urged the community to take a keen interest in the programmes of the SANDF and said: “I am therefore making a call on our young people to take advantage of the youth entry programmes that we have, to join and be part of this highly skilled new cadre of our National Defence Force.”

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S A S O L D I E R
Military relations and friendship between South Africa and Uganda were further strengthened when the Chief of the SANDF, Gen Solly Shoke, hosted his Ugandan counterpart, Gen Aronda Nyakairima, and his delegation during a courtesy visit to South Africa at Defence Headquarters in Pretoria on 25 February 2013.

The visit served as another building block in the process of fostering military diplomatic relations, mutual trust, confidence building measures and co-operation between the two armed forces. The meeting between Gen Shoke and his counterpart was also a reminder of the continued solidarity of the two countries resulting from their shared history of a difficult past.

In welcoming the Ugandan delegation, Gen Shoke said that their visit to South Africa was tangible evidence of the importance of the long-standing and strategic relationship between the two countries. He said: “We cannot enter a prosperous future in isolation. It would be unrealistic not to include our neighbouring states. Given the great possibilities ahead of us we have to move forward together and dare not falter. We are at a stage where our armed forces must work together to address mutual challenges.”

In response, Gen Nyakairima said that his visit would promote close co-operation in various fields, for instance an exchange of expertise, defence-related information and learning programmes. He added that the SANDF was widely acknowledged internationally for its United Nations peacekeeping and peace-making efforts in Africa.
Chief SANDF acknowledges loyalty and hard work

By Mr Lufuno Netshirembe
Photos: Sgt Elias Mahuma

On 13 February 2013 the Chief of the SANDF, Gen Solly Shoke, hosted a medal parade at the Wynberg Sports Ground at 2 Military Hospital in Cape Town to acknowledge and express his appreciation for the hard work and loyalty of SANDF members.

The National Ceremonial Band provided music for the parade, which was opened with Scripture reading and prayer by the Chaplain General of the SANDF, Brig Gen (Rev) Andrew Jamangile.

The Chief of the SANDF decorated Lt Gen Abel Shilubane and Capt (SAN) Johann Nel with the Iphrothiya ye Silva (Protea Medal, Silver) for outstanding leadership, meritorious service and devotion to duty.

The Iphrothiya ye Bhronzi (Protea Medal, Bronze) was awarded to Capt Patricia Riley and Capt Dorothy Warren for outstanding leadership, meritorious service and devotion to duty.

The Medalje vir Troue Diens and Bar, 50 years (Good Service Medal 50 years) was awarded to Capt Len Taylor for 50 years efficient service.

The Medalje vir Troue Diens and Bar, 40 years (Good Service Medal for 40 years) was awarded to R Adm Alan Green, WO1 Victor Packwood WO1 (Ret) Dirk Steenkamp, SCWO (Ret) Mark Hyde and WO1 (Ret) Leonard Lawrence Mack.

The Medalje vir Troue Diens and Bar, 30 years (Good Service Medal for 30 years) was awarded to Capt (SAN) Douglas Faure, Capt (SAN) Abraham Kampfer, Capt (SAN) Donald Philips,


Retired members who were awarded the Medalje vir Troue Diens and Bar (30 years) were WO1 Trevor Beukes, WO1 Gordon Bennet, WO1 Stephanus Hatting, WO1 Venketas Perumal, WO2 Stephanie Leibrandt, CPO Charles Albertus, CPO Zulfagger Baker, CPO Anthony McClure and Sgt Salie Jacobs.

It grants the bearer recognition and respect. You deserve these medals, wear them with pride”, said Gen Shoke in his speech as he addressed the recipients of the medals. He cautioned all the members of the SANDF to refrain from habits of self-entitlement as the SANDF should be a selfless organisation in which members should be volunteers more than employees. “You volunteered to join the SANDF for the love of your country and not for monetary rewards, and upon becoming a member of this organisation you took an oath to serve and to protect South Africa”, said Gen Shoke. He reprimanded those uniformed members who had taken part in labour actions.

In conclusion he thanked all the uniformed members who performed their mandated tasks with due diligence, and said their efforts would never go unnoticed.
Finance Minister allocates R44.8 billion to Defence

By Cpl Lebogang Ramaboea, Ad Astra magazine
Photo: Courtesy of GCIS

The Department of Defence and Military Veterans (DoD&MV) received the smallest share of the 2013/14 budget. The Minister of Finance, Mr Pravin Gordhan, in presenting this year’s finances to the National Assembly in Parliament in Cape Town on 27 February 2014, allocated R44.8 billion (8.1%) to the Department of Defence. (In the 2012/13 budget DOD&MV was allocated R37.5 billion.)

However, in introducing his spending wishes for this year’s budget Minister Gordhan said the Department of Military Veterans would receive R1.3 billion for veterans’ benefits. This was his fourth budget under the SANDF Commander-in-Chief, President Jacob Zuma.

The Minister of Finance said: “Expenditure on defence, public order and safety will grow at an average annual rate of 6.4% over the Medium-term Expenditure Framework (MTEF), from R142.5 billion in 2012/13 to R171.7 billion in 2015/16.” On expenditure trends, the spending focus over the MTEF period would be on border safeguarding and anti-piracy measures, which accounts for the increased expenditure of the Landward Defence, Maritime Defence and Force Employment programmes.

According to the 2012 Estimates of National Expenditure, the Department of Defence (DOD) received “R600 million over the next three years” for the completion of the strategic defence procurement processes and R749 million for borderline control. For 2013 it states that the DOD “would receive R300 million” in 2015/16 to improve its border safeguarding strategy.

The 2013 Estimates of National Expenditure tabled by the Minister of Finance states that “as part of Cabinet approved budget reductions of R485 million, reductions in expenditure on contractors will be effected across five programmes: Force Employment, Landward Defence, Air Defence, Military Health Support and General Support”.

It further states that a significant decrease in transfer payments between 2009/10 and 2012/13 was due to the strategic defence procurement programme reaching its finalisation stage. While the decrease in the payment of capital assets was due to the completion of the new runway at Air Force Base Waterkloof in 2012/13. Minister Gordhan said the finalisation of the defence procurement programme was also responsible for the decrease in expenditure in the Air Defence programme over the same period.

Minister Gordhan emphasised that the rebuilding of the runway was the DOD’s only mega project. The upgrade was completed in 2012/13 at an estimated cost of R1.1 billion. According to the Finance Minister, funds have been reprioritised from contractors towards the financing of peacekeeping commitments in the Central African Republic (CAR), of which R200 million will be spent in 2013/14, and R215 million in 2014/15.

Moreover, the DOD has deployed about 400 SANDF personnel to the CAR, at a total cost of R415 million in 2013/14 and 2014/15. The deployment was said to continue until March 2018. SANDF troops were deployed at a time when rebels were advancing into the capital city, Bangui. The DOD has also been allocated R1.7 billion over the medium term to fight piracy in the Mozambique Channel.

The DOD is set to continue with 28 refurbishment projects, including 2 Military Hospital in Cape Town, 4 SA Infantry Battalion in Middelburg, the Air Defence Artillery School in Kimberley and the SA Navy Training Unit in Saldanha. And over the medium term the programme would be extended to include 57 small projects, including the flood damage at Air Force Base Hoedspruit.

Minister Gordhan has attributed the significant increase in expenditure on the compensation of employees between 2009/10 and 2012/13 to the implementation of the military salary dispensation to uniformed members and the additional personnel required to strengthen the country’s borders.

The DOD&MV has a funded establishment of 80 380 posts. The ratio of support staff to line function staff is 1:8. Personnel numbers are projected to decrease to 73 724 in 2015/16 as the Department aligns its establishment with the policy framework set out in the 1998 Defence Review which recommends a reduction in the number of Regular Force members and an increase in Reserves.

Minister Gordhan had earlier stated that at this moment South Africa needed economic stability and could not afford any financial experiments. The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, will soon table her R44.8 billion SANDF budget. Uniformed members will be looking forward with great anticipation to her speech in regard to a possible salary increase. This anticipation had been generated by what former Minister of Defence and Military Veterans, Ms Lindive Sisulu, said on 17 May 2012 in her budget speech.

Minister Sisulu announced then that the salaries of soldiers would be adjusted to recognise years of service, and would be de-linked from rank. Minister Sisulu added: “As a sign of gratitude to my soldiers, it is my pleasure to announce the payment of a R2 000.00, non-pensionable and non-recurrent one-off appreciation allowance per member to deserving members of the Department of Defence”. 

Mr Pravin Gordhan, the Minister of Finance.
Sharpen your money sense

When you consider the rate at which basic living costs go up - food, petrol and electricity - doesn’t it make you wonder if there’ll ever be a time in your life when you won’t have to worry about money, when you can simply enjoy life without the financial pressure. We are all exposed to the same price hikes, says Rosie Wilson, market development manager for Old Mutual, but, it’s the way we deal with it that makes all the difference.”

If we sharpen our money sense, we can sail through the economic hiccups and still be able to set something aside even when it may seem impossible. Give your money a good workout by stretching it to cover those price increases instead of going into overdraft or dipping into your savings. There are plenty of smart ways to cut your everyday expenses in half. Just google money saving ideas and you’ll be amazed at what the world wide web will throw back at you.

To be secure in the knowledge that every price escalation is not going to topple us, we need to have financial reserves in place, or a financial ‘safety net’ to catch us if we fall. Building up reserves takes committed effort, discipline and continuity - a start/stop approach will simply not render the desired results.

Then, there is the dilemma of deciding where to invest your reserves – without some knowledge of investing and with so many options to choose from, this could cause some delay, or even prevent you from starting. If this is the case, leave your money in an interest bearing account that gives you instant access until you have done your homework or enlisted the assistance of an accredited financial adviser. We suggest that you do all three – an interest bearing account, your homework and a financial adviser.

While certain banks may offer attractive interest rates on their day-to-day savings accounts, this type of vehicle is only good for emergency funds. The bulk of your savings should be split among vehicles that offer higher growth, with or without risk, that will help you realise your goals a lot faster. Some of the factors that need consideration when choosing an investment are your age, your career, your life stage, your risk profile, your tax situation, and your future goals. This is where the expertise of a financial adviser will come in very handy.

Many people do not want to be tied in to their investments, i.e. they want access to their money when they need it. There are some who need to have their money ‘locked in’, to avoid the temptation of dipping into it when a crisis arises, or because of discipline issues. Whichever your personality type, there is a vehicle that will give you the best of both worlds, where flexibility is underlined to ensure your investment meets all your unique circumstances and personal needs.

Old Mutual’s Max Investments is flexible enough to allow you to decide whether you want to invest on a regular basis, or on an ad-hoc basis. Your investment is also structured to provide you with the most tax-efficient growth, based on your personal income. Old Mutual’s Max Investments would allow you to access your funds before the time, and also deliver good long-term growth. And, if you can’t afford to pay for a while, you can take a premium holiday.

However, it is important to remember that if you are investing for a particular long-term goal, you should avoid accessing your money prematurely.

Remember, we’re all in the same boat – the difference is in our approach. Are you going to swim to the shore and risk drowning or will you use the oars to calmly navigate yourself to ‘financial’ safety?

For more information call 0860 60 4500, or if you need advice, please call 0860 INVEST now.
The SA Air Force continues to grow from strength to strength. As the second largest air force in the world it commemorated its 93rd birthday during a prestige parade at AFB Waterkloof on 1 February 2013.

The Deputy Chief of the SA Air Force, Maj Gen Gerald Malinga, officiated as the main functionary on behalf of the Chief of the SA Air Force, Lt Gen Zakes Msimang.

Maj Gen Malinga indicated during a press briefing that the SA Air Force was in good shape and had been able to fulfil the tasks entrusted to it. He said that challenges did arise, particularly owing to inadequate funding, but this had not rendered the service ineffective.

He said: “We are currently deployed in the east of the Democratic Republic of the Congo (DRC). We are also helping with disaster relief in Mozambique where we are rescuing people affected by the floods. The Cessna Caravan and the C47 TP aircraft are utilised for this purpose. There is also a build-up to Operation Copper where the C47 TP is likely to be used.”

Maj Gen Malinga said that change in the leadership of the SA Air Force and continuity in service faced serious challenges, but the problems were being tackled with vigour, tenacity and innovation.

During the Air Force Day parade Maj Gen Gerald Malinga remarked: “The SA Air Force Day allows us to reflect on the past year and to focus on what lies ahead. In 2012 the seventh Africa Aerospace and Defence (AAD) Expo took place in September at AFB Waterkloof. AAD 2012 had 347 direct exhibitors from 26 countries, including 15 national pavilions. It was without a doubt the biggest ever AAD.”

The SANDF commitments in the DRC, the Sudan, the Central African
Republic and Mozambique were well supported by the C208 and the PC12 aircraft of 41 Squadron and the C130 squadron. Maj Gen Malinga also mentioned the C47MP used in support of the anti-piracy operations over the Mozambique Channel with daily reconnaissance missions assisting the SA Navy.

The SA Air Force has also made use of 19 Squadron and AFB Hoedspruit for rapid response operations in flooded areas in Limpopo and Mpumalanga where a large number of people were rescued and moved to safer areas. 17 Squadron provided Oryx helicopters for search and rescue missions along the flooded Limpopo River valley.

Maj Gen Malinga said: “The flood extended into Mozambique and the SA Air Force was there in full force with Oryx, C130, C208 and C47TP aircraft still operating in the flood ravaged Rio Limpopo area around Chokwe. These forces were ably supported by logistics, and command and control elements from the SA Air Force Mobile Deployment Wing.”

Fighter aircraft from 85 Combat Flying School, 2 Squadron and the radar command and control systems from LASS, BACS and the Air Force Mobile Deployment Wing were effectively used to secure airspace for various high visibility events. Maj Gen Malinga said that the 2013 African Cup of Nations was safeguarded by such airspace security, aided by helicopters on standby and C208 aerial reconnaissance and observation support.

Maj Gen Malinga acknowledged both the achievements and shortcomings of the SA Air Force and noted that according to the Chief of the SA Air Force all members should be inspired by these achievements. He said: “The SA Air Force will embark on a number of strategic initiatives to alleviate the funding shortfalls, such as optimising support, reviewing contracts, reconfiguring capabilities and providing education and developmental opportunities to increase overall productivity.”

He added that the Chief of the SA Air Force had acknowledged the hard work and commitment of the SA Air Force, but had also urged its personnel to get back to basics, mainly with regard to discipline and professionalism.
The Deputy Chief of the SA Navy, R Adm Mosuwa Hlongwane, opened the historic SA Navy Reserve Indaba in Simon’s Town on behalf of the Chief of the SA Navy, V Adm Johannes Mudimu, on 23 February 2013.

The theme of the conference was “Reserves at Sea”. A total of 170 delegates from the Regular and Reserve Force of the SA Navy attended and participated in this epoch making Indaba.

The objective of the Indaba was to provide a platform where the logical and creative thinkers could give inputs and strategic guidance to policy makers of the SA Naval Reserves.

In his opening address R Adm Hlongwane said: “The human resource dimension of our Navy has come to reflect the demographics of our broader society. This has been paralleled by significant revitalisation and growth of our naval technologies, all of which have brought with them a set of unique challenges not previously experienced.”

R Adm Hlongwane added: “Time and again, it has become clear that simply relying on previous modes of thinking, and depending on historical data to derive future forecasts, is not only inappropriate, but also invalid. We cannot be found wanting. Let’s apply ourselves.”

Naval Reservists come from all walks of life and from all parts of South Africa. Some are former full-time personnel who have left the SA Navy, while others have recently undertaken Navy specific training that they can combine with the skills they bring from the civilian world.

The Chief of Naval Staff, R Adm Rusty Higgs, the Chairperson of the Indaba Steering Committee and first session Chairperson, stated: “Colleagues, I urge you today that we seriously interrogate our inner aspirations, and consider whether our intention and our will to competence and professionalism is indeed framed by this apathy, as opposed to an intentionality which asks each day: how can I be better, stronger and more capable”.

He concluded: “The One Force Concept implies a sense of collegiality, coherence and shared perspective, not as a matter of administration, but as a core of our very identity. Naval professional is our greatest strength and our greatest challenge.”

The Chief of Defence Reserves, Maj Gen Roy Andersen, Flag Officers, Mr Helmoed Heitman of Jane’s Defence, Mr Tiyali of the SA Maritime Safety
Authority (SAMSA), Senior Officers and Reserve Officers were the main speakers.

In a paper delivered by Maj Gen Andersen entitled “The Revitalisation of the Reserves”, he stated: “The Reserves must be transformed and revitalised so that they can fulfil their primary role of providing the majority of the conventional landward capability of the SANDF, while at the same time supplementing the peace support missions conducted by the Regular Force.”

Maj Gen Andersen concluded: “The Reserve strategy must be finalised and fully implemented. It is a Ministerial Priority and it is good for citizenship and nation building.”

A total of 15 papers were presented together with five work group sessions. At the end of each work session, the group leader presented the group’s recommendations. The main focus for the Reserves is that the Maritime Strategy of the SA Navy will drive the Reserve Force.

The clear message from the presenters is that the mission of the Naval Reserves in any navy around the world is to generate trained individuals and teams for their defence and armed forces operations, including domestic safety operations, security and defence missions, while at the same time supporting the navy’s efforts in connecting with South Africans through the maintenance of a broad national presence.

The recommendations and critical assessments of the Indaba have been noted. The implementation of these recommendations in the form of policies is expected after a strategic review to see what works best for the SA Navy.

The Indaba was a gathering of the best naval minds, people with experience and knowledge of the business of maritime strategy. Both the Regular and Reserve components of the SA Navy made a critical assessment of the current status of the SA Naval Reserves to chart the way forward. An SA Naval Reserves strategy is envisaged.

The Reserves are a vital part of our navy. Our members serve on a part-time basis, but the contribution they make to the SA Navy as a whole is highly valued. It is the link between the SA Navy and the South African population.

Naval Reservists are individuals engaged in their civilian lives while pursing a military career. They work evenings and weekends, and during the summer in a trade of their choice. They can be students, teachers, lawyers, deliverymen, secretaries or other members of society.

“The Indaba was the best event ever organised to date,” said Cdr Graham Matthei, Directing Staff at Naval Staff College.
A female pioneer hands over command of the SA Army Combat Training Centre

A female pioneer, Brig Gen Nontobeko Mpaxa, handed over the command of SA Army Combat Training Centre to Brig Gen Bhasie Gqoboka at Lohatla Training Area on 28 February 2013.

The SA Army Combat Training Centre is unique in the sense that it is one of only four similar institutions in the world where exclusive and permanent facilities exist for continuous practical training. It is also the only institution of its kind in the Southern Hemisphere. The key to these successes lies in the facilities, technology and quality training.

History was made for the first time when Brig Gen Mpaxa took over the command of SA Army Combat Training Centre on 25 January 2008. Over the years Brig Gen Mpaxa has proved herself as an all-round soldier woman pioneer in the fighting corps. This was evident when she became the first woman to command an Infantry Battalion. In 2005 she was appointed the first ever female commander of the Army Support Base Eastern Cape. During her term as Officer Commanding Army Support Base Eastern Cape she was presented with the Leadership Award by the
SA SOLDIER

events

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She initiated a lot of projects with great success, one being Project FACELIFT that resulted in the revamping and upgrading of various facilities at the SA Army Combat Training Centre.

One of the biggest projects was upgrading the main entrance to Lohatla. Part of this project was a Wall of Shields of units participating in exercises taking place in Lohatla. The following are some of the achievements the unit enjoyed under her command: the changing of the previous Castle at the Rock Piling area to Nine Star, the renaming of courses and living-in quarters, the total revamping of the Lohatla base’s main entrance for guards to shelter against weather extremes, the renovation and extension of the General’s Lounge, the erection of “Lappies se Gat” where visitors can enjoy a drink, the Holding Room where high-ranking visitors can refresh themselves while waiting for the activities to commence, the building of a better planning area for the Junior Command and Staff Duties Practical Course, the Maremane Housing Project, and lastly the establishment of a branch of Unisa at the SA Army Combat Training Centre.

This is the legacy that will not only be enjoyed by the Lohatla community, but by the learners on various courses offered by the unit and those from afar who participate in exercises taking place at Lohatla. This rare privilege will be celebrated by the entire Northern Cape province.

In her speech the outgoing Commandant took a moment to remember our brothers and sisters who had been killed during exercises or accidents while on their way to and from Lohatla for courses, exercises and other work related missions. She also reported on successes achieved by the SA Army Combat Training Centre in changing the lives of ordinary South African citizens.

Brig Gen Mpaxa thanked the support received from her family, staff members, suppliers, churches and Lohatla Unit Commanders who had themselves achieved significant accomplishments in supporting her, in innovating, creating and implementing new ideas, and for their continued support in achieving their common goal of excellent training and exercises.

In accepting the post of Commandant of SA Army Combat Training Centre, Brig Gen Gqoboka thanked Brig Gen Mpaxa and unit members for creating a culture of leadership and teamwork in achieving the vision of the unit. He said he was convinced that like many great leaders she never set out to seek glory, but to do the right thing to make the vision a reality.

Brig Gen Gqoboka said that a lot had been done, but more still had to be done to make the vision a reality. He said: “This is not an easy task and it is a tall order, but working together we shall overcome.” As he took over he emphasised the principles of teamwork, viz contribution, flexibility and resources. In conclusion he quoted Henry Ford who said: “Coming together is a beginning, keeping together is progress, and working together is success”.

While Brig Gen Mpaxa was at the helm of the SA Army Combat Training Centre the unit enjoyed a period of development, education and success never achieved before. She initiated a lot of projects with great success, one being Project FACELIFT that resulted in the revamping and upgrading of various facilities at the SA Army Combat Training Centre.

In acceptance of the post of Commandant of SA Army Combat Training Centre, Brig Gen Gqoboka thanked Brig Gen Mpaxa and unit members for creating a culture of leadership and teamwork in achieving the vision of the unit. He said he was convinced that like many great leaders she never set out to seek glory, but to do the right thing to make the vision a reality.

Brig Gen Gqoboka said that a lot had been done, but more still had to be done to make the vision a reality. He said: “This is not an easy task and it is a tall order, but working together we shall overcome.” As he took over he emphasised the principles of teamwork, viz contribution, flexibility and resources. In conclusion he quoted Henry Ford who said: “Coming together is a beginning, keeping together is progress, and working together is success”.

Eastern Cape Award Office.

Above: The parade marches past in columns of route during the change of command at Lohatla.

Above: The Army Support Base Limpopo Band entertaining the guests with stirring melodies during the parade.
Meet the Warrant Officer of the SA Military Health Service

By Capt Sello Segone, Editor Milmed
Photo courtesy 5 ASU

Senior Chief Warrant Officer (SCWO) Virginia Nomsha Sebone followed in the footsteps of her late husband, SCWO Moses Matumi Tumi Sebone, the former Warrant Officer of the SAMHS, when she was appointed Warrant Officer of the SA Military Health Service.

Her husband passed away on his way back home from the passing-out parade of the Military Skills Development System (MSDS) Basic Training of the January intake of 2012 in Lephalale.

SCWO Virginia Nomsha Sebone joined the SANDF on 14 August 1995 with the rank of Staff Sergeant at Area Military Health Unit Gauteng, the then Medical Command. In 1997 she was transferred to Area Military Health Unit Northern Cape. In 1999 she was transferred back to Gauteng to join 7 Medical Battalion Group. In 2000 she was transferred to SA Military Health Service (SAMHS) Headquarters as a Chief Clerk at the Human Resources Division and promoted to the rank of Warrant Officer Class 2 in 2002. In 2005 she was promoted to the rank of Warrant Officer Class 1 and appointed as Regimental Sergeant Major (RSM) at the Institute for Aviation Medicine (IAM). In 2007 she was appointed as Chief Warrant Officer at the Military Health Support Formation (MHSF). On 1 September 2012 she was appointed as Warrant Officer of the SAMHS.

SCWO Virginia Nomsha Sebone views

What is your personal goal that you would like to accomplish in this new post?

My personal goal is to have a healthy, disciplined and inspired military Warrant Officer, Non-commissioned Officer and Private cadre.

Are there any of your late husband’s goals in this post that you want to take forward and build on?

We plan to continue to strive for military professionalism, including training and empowerment, so as to develop soldiers to a high level of combat readiness.

Her background

She was born on 1 July 1961 in Alexandra Township, but attended primary school in Thabisang Lower Primary in Orlando West Extension and completed her high school education at Immaculate Roman Catholic High School.

On 10 June 1977 she was arrested and kept in solitary confinement at Jabulani Police Station for three months, whereafter she was transferred to Ford Prison in Hillbrow which was known as Number Four Prison. She stayed there for one year and two months in solitary confinement. When political parties were banned in 1977 she was in this prison, but communicated with Mma Kkuzwayo and Thenjiwe Mthitso who managed to get her a change of clothes.

In 1977 she joined the ANC. She left the country for exile through Botswana in 1979, then proceeded to Zambia to a transit camp where she underwent military training. During her Basic Training in Angola in 1985 she was selected to attend the Moscow youth festival in the Union of Soviet Socialist Republics (USSR). After completing Basic Training it was recommended that she study Political Science in the then German Democratic Republic (GDR). She successfully completed her studies and was posted to the ANC Department of Information and Publicity.

She also worked for Radio Freedom, the voice of the ANC and MK in 1988 until she was transferred to Lusaka in Zambia to the office of the Chief Representative of the ANC, which embalmed comrades who had passed away in Tanzania, Angola, Zambia and the Republic of South Africa. During that time she was a member of the Women’s League, Youth League and an MK Cadre.
A Navy diver from the Reserves

Article by WO1 Manny Gounden, Public Relations Officer, SA Navy Reserves
Photo: AB Shanton Prince

CPO Absalom Mafeking is a qualified part three Reserve diver who joined the SA Navy in 1973 at the age of 18 years. He completed his basic military training at Scala Barracks in Simon’s Town.

He is currently on call-up at the SA Navy’s Diving Centre as a senior diver. On call-up with him are fellow Navy Reserve divers, CPOs Richard van der Merwe and Joe van Nieuwenhuizen.

The Reserves are a vital part of our SA Navy. Our members serve on a part-time basis, but the contribution they make to the SA Navy as a whole is highly valued.

CPO Mafeking is a second generation Navy diver. His appointment at the time of his resignation was Coxswain of SAS FLEUR.

He joined SAS UNITE as a Navy Reserve diver to maintain continuity of learning and to serve the SA Navy as a Reserve.

CPO Mafeking is a qualified part three clearance diver. He qualified in diving supervision, deep dive training and the disposal of underwater explosives. He is responsible for underwater damage control, basic underwater ship repair tasks, submarine rescue, underwater explosive disposal, underwater sabotage device disposal and air sea rescue. (He learnt to swim at the age of 13.)

Naval Reserves come from all walks of life and from all parts of South Africa. Some are former full-time personnel who have been discharged from the SA Navy, while others have recently undertaken Navy specific training, which they combine with the skills they bring from the civilian world.

In November 1973, CPO Mafeking was drafted on board SAS PROTEA. In December 1973, two Buccaneers of the SA Air Force crashed into the sea off the coast of Gansbaai; the SAS PROTEA and the SAS FLEUR were dispatched to assist in the recovery. The SAS FLEUR carried divers. The young Seaman Mafeking watched in awe as the divers carried out their duties. He then made up his mind to become a Navy diver.

CPO Mafeking and LS Derrick Mathee were the only two non-white divers who passed the stringent pre-selection phase.

The mixing of race groups was permitted and it was not practical for the Navy to train just two non-white divers and he was drafted back to the SAS PROTEA. In 1977 an integrated course was started. He passed the part one diving course and qualified to dive down to 39 metres. He finally qualified as a part three diver.

CPO Mafeking said: “The Navy diver’s job is not an easy one. We work in the most extreme conditions to perform various underwater tasks ranging from underwater ship repair, underwater salvage and special operations/ special warfare type diving. The area of operations is varied, and we are required to utilise any type of diving equipment for use in any depth or temperature in any part of the world.”

During his career in the regular force he was deployed on board SAS DRAKENSBERG which sailed to the Republic of Taiwan together with two strike craft. He also saw active diving duty in South America, Antarctica, Marion Island and Gabon, besides serving in Durban and Port Elizabeth at the diving centres. He has been regularly called up as a Naval Reserve for diving operations and exercises.

One diver explained the ethos of a diver to me. He said: “We come in all shapes and sizes; we are always around when you need us, on land, at home, or in the water. We spend our lives drifting somewhere between childhood and adulthood.”

Cdr Mike Vrey, Officer in Command of the Diving Centre Simon’s Town, said: “Navy Reserve divers are performing outstanding work at the Diving Centre. They provide the valuable experience and guidance they have gained over the years for their fellow divers. Their contributions are highly valued.”

The Chief of the SA Navy, V Adm Johannes Mudimu, has ordered an “Indaba” of SA Navy Reserves in Simon’s Town for the weekend of 23 to 24 February 2013. The theme of the conference will be “Reserves at Sea”, but this includes all the critical elements of support and landward functions of a modern navy.

CPO Mafeking is a devoted family man and is married to Sherezaan. They have two sons, Tougheed (22) and Ambrose (16). Young Ambrose wants to continue in his father’s footsteps by becoming a diver.

CPO Mafeking lives by the divers’ creed:

I will swim faster, run further and fight harder from the sea, air and land.
I will fight with all my might and bravely overcome the enemies in defence of my land.
I will carry out my duty with HONOUR and INTEGRITY.
I will care for my team mates and I will never leave a fallen comrade behind.
Loyalty, Courage, Integrity and TEAM SPIRIT distinguish me.
I am a Naval Diver, Frogman from the Sea.
Hooya!
NOTHING STANDS IN OUR WAY!
SA Army Signal Formation rewards achievers in Braille

Most of us take our gift of sight for granted, whereas those without sight have constantly to prove themselves in today’s world. They can work and lead a fulfilling life like everyone else, but often they do not get rewarded, and if it does happen, the reward, certificate or medal does not cater for the blind.

The Ministry of Defence (MOD) Signal Unit, a sub-unit of 2 Signal Regiment, under command of SA Army Signal Formation, saw an opportunity to have certificates printed, and then reprinted in Braille, with the help of Blind SA Braille Services. This unique process started in January 2013 with the blessing of the Officer Commanding of 2 Signal Regiment, Col Loy de Jager. It was the first time in the history of the SA Army that blind members received commendation certificates in Braille, which allowed them to read what they achieved and had been awarded for.

On 20 February 2013 Lt Col Barney le Roux, Second-in-Command of 2 Signal Regiment, presented four Regimental Commendation Certificates (Gold) in Braille to achievers working as switchboard operators at various sub-units of 2 Signal Regiment. (There are nine certificates in total, and the rest will be handed over on a later occasion to other blind members who do not work in the Gauteng region.)
The first recipient of the Commendation Certificate (Gold) was Ms Beverly Joan Wiid from Gauteng Signal Unit. She is also a volunteer who has been working with the Alpha Prison Ministries since 1994. The second recipient, Ms Rozelle Smit from MOD Signal Unit, also serves as Chairperson of the Public Service Act Personnel (PSAP) Forum, and is Programme Director at various prestigious functions. The third recipient, Mr Johan Schroeder from MOD Signal Unit, received two certificates: one for excellent work and the other for sport. He represented South Africa at the first T20 Blind Cricket World Cup in Bangalore, India, from 26 November to 13 December 2012. Mr Schroeder was the first and only totally blind person (B1 classification) to score a maiden century score of 112 runs in a T20 game. The game was against Sri Lanka and it was one of the games that South Africa won. He is currently Captain of his provincial cricket team.

The members were asked if they would like to share with the audience what they would have liked to see and do if they could see for one day … Mr Schroeder said that he would have liked to drive a car. Ms Smit replied that she would like to see her 14-year-old son, and Ms Wiid said she would have liked to see her husband and family.

Ms Smit, on behalf of the group, thanked 2 Signal Regiment and MOD Signal Unit for the special initiative.

Lt Col Le Roux mentioned in closing that the gift of sight was something everyone must treasure, even though many times we take it for granted. He added that these members were an inspiration to the rest of the SA Army Signal Formation, and he was glad that they were getting recognition in a way that they could also enjoy.
Two Navy Reserve female members are at present serving on board SAS MENDI, the one as an apprentice electrician and the other as a shipwright.

Apprentice shipwright LS Nomacebo Buso (33) hails from King Williams Town and apprentice electrician LS Khethukuthula Zwane (26) is from Durban.

Both these apprentices are honing the skills required to qualify in their respective trades. The Navy Reserves have accorded them this opportunity.

An apprentice shipwright

LS Buso previously worked for the SA Military Health Service (SAMHS) in Goodwood as a clerk. She then worked as a secretary at Directorate Fleet Quality Assurance. She took an interservice transfer from the SAMHS in 2007 and joined the Navy Reserve.

In 2011 she had her first call-up and worked in the technical library in Simon’s Town where she spent six months. She then went to SAS WINGFIELD for evolution training. The first phase of three months consisted of engine room attendant training and the second three month phase consisted of fitting, machining and workshop skills.

On completion of her workshop training she was drafted to SAS MENDI as an apprentice shipwright.

CPO Adlino Voigt, the senior

shipwright on board SAS MENDI, said: “She learns quickly and is enthusiastic.”

An apprentice electrician

LS Khethukuthula Zwane (26) was born in Durban. After school she completed a year’s course in Public Management.

She completed the Military Skills Development System (MSDS) training and worked as a storekeeper at SAS WINGFIELD. On completion of her MSDS training she joined the Reserves.

From November 2010 to August 2011 she worked in the bulk rations store of the Navy.

She heard that there was a career opportunity following an apprentice in the Navy and joined up. She worked in the technical library for four months.

LS Zwane’s husband, Eldon, is
The DOD education, training and development (ETD) system operates within the national ETD system. Since 2006 the Republic of South Africa (RSA) ETD landscape has undergone many changes, which in turn has had a significant impact on the ETD of Public Service Act Personnel (PSAP) in the Department of Defence (DOD). This impact has resulted in the alignment of the ETD of PSAP with the National Qualifications Framework (NQF), the guidelines of the Department of Public Service and Administration (DPSA) and the requirements of the DOD and the individual.

In order to provide Services and Divisional ETD representatives with strategic direction on the ETD of PSAP for 2013 and beyond, Chief Directorate Human Resources Development (PSAP ETD) co-ordinated the annual PSAP ETD Workshop with Services and Divisions at the SA Army Engineering Formation in Pretoria on 6 February 2013.

Objectives of the workshop

The aim of the workshop was

- to review the challenges that were experienced by Chief Directorate Human Resources Development (CD HRD) PSAP ETD and the
Annual PSAP Education, Training and Development Workshop

Services and Divisions during the Financial Year (FY) 12/13:
• to provide strategic direction on the ETD of PSAP, with special reference to the objectives for the FY 13/14; and
• to discuss the main projects coordinated by CD HRD (PSAP ETD) for the FY 13/14.

Training statistics on the ETD of PSAP

In the latter part of 2010 the Government’s priority was that at least 25% of PSAP must participate in ETD opportunities by the end of the FY 2013/14. The targets set by Government are illustrated in Figure 1 on page 33.

Compliance with the Government’s target is as follows, with 3,539 PSAP that participated in ETD in the FY 12/13:

<table>
<thead>
<tr>
<th>FY</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>2011/2012</td>
<td>18%</td>
</tr>
<tr>
<td>2012/2013</td>
<td>20%</td>
</tr>
<tr>
<td>2013/2014</td>
<td>25%</td>
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</tbody>
</table>

Development programmes for the FY 13/14

During the FY 13/14 the following development programmes will be co-ordinated by CD HRD (PSAP ETD) and more information on the dates, cost and entry requirements are available on the PSAP ETD Intranet portal.

PSAP ETD projects for the FY 13/14

During the FY 13/14, the following PSAP ETD projects will be co-ordinated by CD HRD (PSAP ETD):

- **Review of PSAP ETD Policies.** The review of the PSAP ETD, General Education and Training (GET) inclusive of Adult Education and Training (AET) and Further Education and Training (FET) policies is in process and it is envisaged that the reviewed policies will be implemented by 1 November 2013.

- **Learning Path for PSAP.** The need for a learning path to provide direction on the ETD of PSAP in the DOD is a burning issue, both from the side of the organisation and the employee. A competence based learning path that addresses both the specific needs of the DOD and the broader Public Service will guide Services and Divisions in identifying relevant ETD that will contribute to qualified, competent PSAP for effective Defence. The concept for the design and development of a learning path for PSAP was approved by the Human Resources Board on 21 June 2012 and supported by the Secretariat Council on 9 October 2012. A work group has been established with representatives from all the Services and Divisions. It is envisaged that the learning path will be implemented by April 2014.

- **Safety and Security Sector Education Training Authority (SASSETA) 800.** One of Government’s priorities is to reduce illiteracy levels in the country and to ensure that everyone is afforded the opportunity to be educated, especially in the field of basic education as stipulated in our Constitution. Although there have been some pockets of excellence in support of this initiative, the DOD has intervened in various ways to ensure that members and employees embark on GET (AET). CD HRD approached SASSETA to assist in achieving this national imperative. Since 2008 Service Providers have been appointed to train 800 learners to pass Grade 9, which is a level 1 qualification on the NQF. It is reported that during the FY 12/13, altogether 463 learners participated in the SASSETA 800 project, which is continuing in the FY 13/14.

<table>
<thead>
<tr>
<th>Programme</th>
<th>Target Group (Salary levels)</th>
<th>Number of Programmes</th>
<th>Number of Slots</th>
</tr>
</thead>
<tbody>
<tr>
<td>Departmental Induction and Reorientation Programme</td>
<td>8 to 12</td>
<td>1</td>
<td>40</td>
</tr>
<tr>
<td>Foundation Management Development Programme (FMDP)</td>
<td>3 to 5</td>
<td>2</td>
<td>20 per programme</td>
</tr>
<tr>
<td>Emerging Management Development Programme (EMDP)</td>
<td>6 to 8</td>
<td>2</td>
<td>20 per programme</td>
</tr>
<tr>
<td>Advanced Management Development Programme (AMDP)</td>
<td>9 to 12</td>
<td>1</td>
<td>20</td>
</tr>
</tbody>
</table>
Some good reasons why your body cannot do without sleep

Who needs sleep - you can sleep when you are dead?" Why do we need sleep? Let us face it, for those of us who feel we have things to do and places to be: sleep seems to be little more than a waste of time. Despite our desire to make the most of every waking moment, we do in fact all need sleep. If you are reading this article, you are clearly a person who has chosen to make this the year of taking charge of your health. There is no question that people who care about their bodies experience less down time and places to be: sleep seems to be little more than a waste of time. Would you rather not enjoy life to the fullest instead of being sick just because of illness? Here are some good reasons why your body cannot do without sleep on an ongoing basis.

Damaging to your health

Sleep is vital for the proper functioning of our bodies, a link having been found between sleep deprivation and a number of medical conditions, some of which are serious. For example, insufficient sleep - less than an average of seven hours of sleep a night for adults - can lead to memory loss, weight fluctuations, a weakened immune system, high blood pressure and even heart disease. From this we can see that getting enough sleep is as important to us as a balanced diet and exercise.

A high price

Insufficient sleep can also affect our daily lives and activities. We have all had nights in which we have not had enough sleep; we tend to pay a high price for it the next day. We feel constantly tired and as if we might nod off to sleep at any time, and it certainly is not good for our productivity at work. If we work with heavy machinery or drive every day, lack of sleep may cause us to feel drowsy and to lose concentration. These lapses may cause falls, mistakes and accidents.

Memory loss

Having trouble remembering where you put your car keys or when your best friend’s birthday is? This may be caused by a lack of sleep and it can be remedied by ensuring that you get a good night’s rest on a regular basis. By getting your average seven hours you give your brain a chance to consolidate memories, learn daily tasks and make decisions.

Weight fluctuations

When your body is forced to stay awake, it finds it difficult to regulate blood sugar and leptin. Leptin is a hormone that regulates your appetite and metabolism. The poor regulation of blood sugar and leptin could potentially lead to type 2 diabetes and weight gain. Sleeping is one of the simplest ways to help your body remain at a healthy weight, coupled with a healthy diet of course.

Weakened immune system

Can you feel those sniffles coming on a bit more often these days? Sleeping is essential for your body to repair tissue, assist in muscle growth and aid protein synthesis. This generally only happens when we are asleep. Depriving yourself of sleep can make you more vulnerable to infections such as the common cold because your body is not given the chance to repair daily wear and tear. A person who gets enough sleep is healthier in general.

High blood pressure

Sleeping gives the heart a bit of a break as it slows down for several hours. Cutting back on sleep leads to your heart working overtime. Depriving yourself of sleep constantly leads to your body having to accommodate new conditions and elevates your overall daily blood pressure. Not getting enough sleep also diminishes your brain’s ability to regulate stress hormones. This can become permanent and may lead to elevated blood pressure.

Heart disease

A chronic lack of sleep produces certain hormones and chemicals in the body, which can lead to an increased risk of stroke and heart disease.

Recharge your batteries

Today there is so much stimulation available to us at night after work, including television, games and computers. This encourages many of us to stay awake much later than we should and results in insufficient sleep. Our bodies are not designed to stay awake for days on end. We need to recharge our “batteries” just as we do with our cellphones. Do you ever forget to charge your cellphone? Not likely! Why then do you neglect to “recharge” your own body through sleep?

Sleep gives our bodies time to repair themselves and be re-energised. This leads to a better quality of life and productivity at work. Make sure you get your seven hours of sleep a night to stay healthy and cut down on those sick days spent in bed.

References

http://health.howstuffworks.com/mental-health/sleep/basics/5-effects-of-sleep-deprivation.htm
World Wetlands Day 2013

Article and photos by CPO Keith Linderoth, Ecological Manager, Naval Base Simon’s Town

Every year, on 2 February, World Wetlands Day is celebrated all over the world. Governments, environmentalists and non-governmental organisations (NGOs) use this day to clean up rivers, their surrounding areas and wetlands. Most importantly, this day is used as an awareness tool to educate people, among other things, about the consequences of littering and polluting.

World Wetlands Day had its origin in the Iranian city of Ramsar when, on 2 February 1971, the Convention on Wetlands was signed. It was called the Ramsar Convention and to date the Treaty has been signed by 158 countries.

To support this initiative, Naval Base Simon’s Town Environmental Services Section met with Lady Bromley of the Glencairn Education and Environmental Enthusiasts (GEEESE) where we agreed to have a joint clean-up of the wetlands and surrounding areas in Glencairn. The SA Navy was represented by a group of enthusiastic Communications Part 1 students while GEEESE was represented by local Glencairn residents.

The clean-up stretched from the Els rivulet behind the V Adm R.A. Edwards (Glencairn) Sportfield through to the wetlands’ outlet at the Glencairn Beach. The rivulet’s banks were thick with overgrowth in some places, but this did not deter the volunteers from cleaning a substantial length of the rivulet. Even though the wetlands looked in pristine condition, a significant amount of litter was collected which had been blown there by the wind or brought down by the rivulet and, worst of all, thrown there by people. We also had a group who cleaned up the Glencairn Beach and the sensitive sand dunes.

The exercise lasted for approximately two hours, after which everyone reassembled at the Viper Lounge in front of the Glencairn Hotel for some refreshments. One of the GEEESE members spoke about the importance of wetlands and how, among others, they are the maternity wing and nursery for many insects, but are also a vital cog in the food chain as these lave provide food for frogs that eat mosquitoes and keep our environment healthy.

The day’s activities ended when the Chairperson of GEEESE, Sir Rupert Bromley, handed each volunteer a certificate of appreciation expressing the thanks of the community for helping to care for our environment. The international theme for World Wetlands Day 2013 was “Wetlands Take Care of Water”.

You can make a big difference directly or indirectly to the health of our wetland eco-system. Avoid polluting our rivers and do not litter, because your rubbish can end up in our river system of which wetlands are part. If we look after our wetlands, these will look after our water and reduce risks to our health.
The SA Army Foundation helps you look after those you love

BIGGER, BETTER GROUP SCHEME BENEFIT
We are very pleased to announce that from 1 April 2013, the current Group Scheme member benefit will increase from R24 250 to R32 345 for a minimal increase of only R10 per person! This means single members will now pay R60 instead of R50 per month and married members will pay R100 instead of R80 per month for an increase in benefit of over R8000 per person.

LONGER CLAIM PERIOD
In addition, we are delighted to announce that from 1 February 2013, members will have 24 months to claim instead of the 12 months previously.

For more information contact us at any of our offices nationwide, or
Visit us on www.armyfoundation.co.za, or

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Follow us on Twitter

Army HQ 012-326 2823; Army Gymnasium (Office); ASB Johannesburg 011-2125746; ASB Nelspruit 013-7522711; ASB Port Elizabeth 041-5821151; ASB Youngsfield 021-7871456; Bloemfontein 051-4021781; De Aar Ammu Depot 053-6311869; Defence HQ 012-3555721; Durban (Bluff) 031-4664307; Infantry School 044-2034296; Lohatla 053-3214383; Kimberley 053-8303158; Marienvale (Office); Polokwane 015-2933424; Potchefstroom 018-2933805; School of Engineers 056-2124317; SAFI Thaba Tshwane 012-6516388; Tek Base 012-6641716; 2 Fielg Engr Regt 058-3036665; 2 SAI Bn 018-6423886; 3 SAI Bn 053-8303550; 4 SAI bn 013-2432573; 5 SAI Bn 036-6375788; 6 SAI Bn 046-6226115; 7 SAI Bn 015-7810617; 8 SAI Bn 054-3321380; 9 SAI Bn 021-7876295; 10 SAI Bn 018-3861588; 14 SAI Bn 047-5360898; 15 SAI Bn 015-9652024; 21 SAI Bn 011-2125746; 121 SAI Bn 035-5504570
SA Air Force Museum raises breast cancer awareness

By Amn Bibi Sibanyoni
Photos: Sgt Morris Sekgothe

The SA Air Force Museum at Air Force Base Swartkop in Thaba Tswane hosted a charity event in support of the Pink Drive which focuses on raising funds for breast cancer awareness between 25 February and 2 March 2013.

This event involved a group of eight “static pilots” in four jet aircraft and the Shackleton on display at the Museum. In support of this initiative these pilots sat in the aircraft for 100 hours starting on 26 February at 08:00 and ending on 2 March at 12:00.

The Officer Commanding of the Museum, Lt Col Mike O’Connor, welcomed everyone attending the opening day and said: “This will go into the annual calendar of the Museum. This disease affects most people and we often take it for granted unless it hits closer to home. While preparing for this event we discovered that my wife had been diagnosed with cancer, so it has more meaning for me now than it did when we started”. He emphasised that it was important for women to undergo monthly check-ups as prevention was better than cure and if the disease was detected early, it could be healed.

One of the highlights was when the Presenter of Radio Rippel, Mr Riaan Grobler, hosted a live broadcast during a tandem parachute jump. Other activities that had been planned for raising funds included a Skymaster movie show, a Gabriel Pitts Aerobatic Display, a ladies runway walk and Harvard Club Painting Competitions.

In closing, Lt Col O’Connor thanked everyone who came to support the SA Air Force Museum during this important week of breast cancer awareness, and said: “People should become friends of the Museum and are welcome to visit it to learn more about its rich aviation heritage. He reminded the members of the public of the Air Show to be hosted at the Museum on 11 and 12 May 2013.”
Selection of future Officers Commanding and Regimental Sergeant-Majors

By Lt Vusi Masilela, Communication Officer 5 SAI Bn
Photos: Pte Clepas Khwela

We all thought it was going to be a walk in the park, asking ourselves what is this Future ntontoni?

Altogether 39 members from different units, namely 5 SA Infantry Battalion (5 SAI Bn), 15 SAI Bn, 44 Parachute Regiment and KwaZulu-Natal Joint Tactical HQ reported at the parking area next to the Battalion HQ. Standing in front of the squad were Maj Jabu Joki and Maj Diamond Meshack Mphafudi from the SA Army Infantry Formation, Maj Stephen Jiyana from 44 Parachute Regiment, Maj Fezekile Kandile from Infantry School, Capt Tiisetso Sekgobela from 1 SA Infantry Battalion, MWO Ncedakele Elliot Mtshatsheni from 46 Brigade and WO2 Sibongile Remind Bvuma from Infantry Formation. These were the men and women who would make sure that only the best are selected to be presented to the General Officer Commanding SA Army Infantry Formation, Maj Gen Lindile Yam.

This is a programme initiated by the General Officer Commanding (GOC) Infantry Formation to groom future Officers Commanding (OCs) and Regimental Sergeant-Majors (RSMs). The GOC chose this programme to avoid having incompetent Officers Commanding and RSMs. Some of the personnel assisted him to select a few members from several units with specific capabilities and these were assembled at a centralised unit.

The selection was not an easy task. It started with syndicates, followed by class competitions. They had to do push-ups, swim in the water on cold mornings, ran around with tyres around their necks, etc.

The next day was very tiring, as they had to do the military pentathlon. Members had to run around, jump, leapord crawl, get into a hole filled with water and climb high ladders. At the end, one felt like going to sleep.

At night there were endless inspections - no time for sleeping. On Saturday it was a long distance route march.

In the second week, they were taught navigation at the Boschhoek Training Area. This was where navigation skills, command and control and Platoon attacks were put to the test. They had to walk long distances with heavy equipment. It was too late to quit; it was the last week. The aim of the programme was to test candidates to see if they could take the pressure and still be able to function normally by performing a soldier’s daily tasks.

The candidates had to work together and support each for the entire two weeks. Facilitators supported and motivated the candidates, hence no one quit during the programme. Maj Diamond Meshack Mphafudi would always say: “Together everyone achieves more”, meaning teamwork was of the utmost importance, especially when conditions were unfavourable.

It all ended when no one thought it would end. Some of us were still traumatised even a few days after the facilitators were gone.
He will be remembered as one of the Sergeant-Majors

**Article and photo by Maj Lizette Lombard, SO2 Corp Com, SA Army Signal Formation**

On 1 February 2013, SA Army Signal Formation officially bade farewell to CWO Eric Francis Kahn, the outgoing Formation Sergeant-Major, and welcomed CWO Motshwarateu Elias Mositi as the incoming Formation Sergeant-Major. CWO Kahn has been transferred to SA Army Office.

The General Officer Commanding (GOC), Brig Gen Leon Eggers, gave a short but powerful address in which he referred to a person’s career in the SANDF as a book filled with chapters. He said that the most important chapter in CWO Kahn’s career had come to an end and concluded with the words: “I salute you 9CF!” He added that CWO Mositi had some big boots to fill, but that he had the unconditional support of the GOC and the rest of the Formation.

In a heartfelt and emotional farewell speech, CWO Kahn said: “These are my roots; I will never be able to forget this”. He thanked every member who played a part in his 36 year career. He ended his speech with two powerful phrases: “We should stop dwelling in the past and focus on the future” and “today’s actions will have an impact on the future”.

After the parade, CWO Kahn was asked what his fondest memory was of the Formation. He replied: “The endless opportunities I was given to do my job to the best of my ability”. CWO Kahn not only made his mark in the Formation, but also in the hearts and minds of those whose lives he touched. He will not be forgotten. We all salute you 9CF!

1958 to 2013

He was born in Lesotho in 1958, and matriculated in 1976 from the Hoër Seunsskool Helpmekaar in Johannesburg. He joined the SA Army on 4 January 1977 at the School of Signals (then situated at SA Army Gymnasium). He qualified and served as a Drill and Musketry, PT and Communication Centre Operator Instructor until 1982.

CWO Kahn was transferred to 61 Mechanised Battalion Group as the Signal Troop Non-commissioned Officer (NCO) where he served until 1985. In 1986 he was transferred to 2 Signal Regiment as the Squadron Sergeant-Major of 212 Squadron at Boekenhoutsloof Military Base.

In 1990 he became the Unit Sergeant-Major of 21 Signal Unit. Later on he was also appointed as the Regimental Sergeant-Major (RSM) of Wits Command Signal Unit (now Gauteng Signal Unit), then of SA Army Signal Formation HQ Unit (now Joint Support Base Wonderboom) and thereafter of 2 Signal Regiment.
In 1999 he was appointed the Formation Sergeant-Major of the SA Army Signal Formation (then called CMI Formation). The Formation became the Command and Management Information Systems (CMIS) Division as a subdivision of the Joint Support Division. CWO Kahn was the Division Sergeant-Major of CMIS Division until 2008. The Joint Support Division was disbanded and this had an impact on the CMIS Division’s structures and responsibilities. He was then transferred back to the SA Army Signal Formation as the Formation Sergeant-Major.

He successfully completed all the required military programmes. He completed a three year Military Management Programme through Unisa in 1996. He also completed various educational, training and development (ETD) programmes to increase his proficiency regarding operational standards and training.

Highlights

CWO Kahn was the pace stick team leader of the SA Corps of Signals Pace Stick Team that won the SA Army Skills Competition in 1997. He was a member of the Warrant Officer SANDF Work Group and in this capacity reviewed the role and functions of appointed warrant officers in the SANDF. This project resulted in the establishment of the Warrant Officers Academy and the current new warrant officers’ rank structure in the SANDF. He also played a part in the establishment of the formation warrant officers functional management process in line with the warrant officers’ roles and functions.

He helped to review the ceremonial, drill, guards, sentries, saluting and compliments manuals, the outcome of which is currently available on the Warrant Officer of the SANDF Intranet web page. This project was made possible through the support and participation of members of the SA Army Signal Formation.

Achievements

CWO Kahn was awarded several Campaign Medals, such as the South African Medal, the Pro Patria Medal and the Unitas Medal. He also received the Good Service Medals: Bronze, Silver and Gold. In addition, he was honoured for his outstanding achievements with the Pro Merito Medal, the Protea Bronze Medal and the Military Merit Medal.

He represented the SANDF as a provincial rugby player in three provinces, completed the Comrades Marathon three times and the Cape Argus Cycling tour an impressive ten times. He has also played volleyball at SANDF level. He supported Project Masibambisane (promoting a healthy life style) and took up the challenge with a formation cycling team that covered a 783 km route to Durban, of which the last 106 km was a race. All the members completed the challenge successfully.

CWO Kahn is one of the founding members of the Jimmy Motorcycle Club of the SA Corps of Signals (SACS), in which he has served as the chairperson for the last 15 years. All the members are serving or retired SACS members who support annual charity events in the community on behalf of the SACS.
The world’s biggest open-water swim

By WO2 Mathebula Morale and LS Nkululeko Zulu
Photos: WO2 Mathebula Morale

The Midmar Mile’s own world record mark of 13 755 finishers was broken during this year’s 40th aQuellé Midmar Mile. This record number of swimmers of all ages and physiques competed in the 40th aQuellé Midmar Mile - the world’s largest open-water swimming event. This international swimming event of 1,6 km race was held at the Midmar Dam near Pietermaritzburg on 9 and 10 February 2013.

This year saw quite a few milestones with the entry of the biggest SA Navy and South African National Defence Force (SANDF) contingent in the history of the competition, with over 100 SANDF members overall, 75 of which comprised SA Navy members. The Patron of Swimming in the SANDF, R Adm Rusty Higgs (the Chief of Naval Staff) accompanied by the Director of Physical Training, Sport and Recreation in the SANDF, Brig Gen Gordon Yekelo, reiterated the significance of military participation.

At the start of the race Brig Gen Yekelo encouraged the swimmers: “I am truly encouraged by what I see here; you are true patrons of the SANDF and on behalf of the Chief of the SANDF I thank you and wish you the best of luck in your race”.

After braving his third consecutive Midmar Mile, R Adm Higgs had these words of encouragement for the SANDF participants: “I want you to savour the occasion because this is a once in a life-time opportunity and you must treasure this memory for the rest of your lives of having been part of a significant occasion in the history of the National Defence Force”.

The Midmar Mile would not be complete without a naval presence seeing to the safety aspects. Naval Station Durban assisted with search and rescue and water traffic control. Divers from the Operational Diving Team East and the Protection Force personnel of Naval Station Durban were deployed to ensure the safety of participants and spectators.

Naval Station Durban obtained the support of various search and rescue stakeholders in KwaZulu-Natal. This also afforded the participants the opportunity to test sea and rescue protocols. In this way, the stakeholders gained valuable experience. It was also an opportunity for Naval Station Durban to test the unit’s ability to conduct search and rescue operations inland. The deployment also gave the harbour patrol boat crews a chance to operate...
inland in fresh-water conditions.

An important function of the Aquatic Rescue Co-coordinating Committee (ARCCO) at the Midmar Mile was to ensure the maximum safety for swimmers. In addition, ARCCO ensured that the swimming line was clearly defined by keeping over-enthusiastic supporters in pleasure craft clear of swimmers.

In this type of deployment, communication with all the role-players is vital as the success of the exercise is dependent on clear, strict and effective communication. Naval Station Durban had one harbour patrol boat, two rigid hull inflatable boats, eight divers and three protection force personnel to help safeguard participants in the Midmar Mile.

The swimming event entailed two days of fun-filled competitive swimming with a total of eight races taking place over these two days.

The AQuelle Midmar Mile has become world renowned and holds the official Guinness world record as the largest open-water swimming event. It was swum for the first time in 1973.

ABOVE: The SA Navy contingent participating in Midmar 2013.

LEFT: Brig Gen Gordon Yekelo, the Director Physical Training, Sport and Recreation, and R Adm Rusty Higgs wishing the swimmers good luck.

ABOVE: The Free State National Defence Force Team that competed in the Midmar Mile on 10 February 2013 with good times, ltr: WO1 Billy Brand from Vrystaat Artillery Regiment (00:45:43), Maj Johan Muller from the School of Engineers (00:43:55), Ms Salome van Rooyen from the School of Engineers (01:11:51), Capt Henk Venter from the School of Engineers (00:35:13), Capt Helena Delport from 1 Special Service Battalion (00:37:22), Capt Erika Jooste from the School of Engineers (00:46:14). (Photo: Lt Thys Delport)

LEFT: A fleet of boats of the SA Army Engineer Corps and Harbour Patrol Boat from Naval Station Durban.
Athletes from all over South Africa descended on Infantry School in Oudtshoorn, which hosted the SANDF 21.1km Championships on 23 February 2013. The SANDF 21.1km Championships formed part of the Infantry School Cango Marathon and Half Marathon, which was an open race over distances of 21km and 42km.

A total of 1 280 athletes competed in both the 21km and 42km marathon. Altogether 580 athletes participated in the 21.1km race of whom 100 were DOD/SANDF athletes, officials and executive committee members.

Prior to the Championships the athletes were briefed on training programmes and participated in an official relay race, 2km for six male athletes and 2km for four female athletes per team.

The Gauteng men’s team won their division in a time of 39 min: 30 sec. Western Province was second in 39 min: 55 sec and Limpopo Province third in a time of 40 min: 33 sec.

The ladies’ team of Western Province won their division in 41 min: 09 sec and Northern Cape was second in 41 min: 51 sec while Mpumalanga came third in a time of 42 min: 17 sec.

Entries were finalised at the team managers meeting held in the Jack Hindon Hall at Infantry School on 21 February 2013, whereafter the Executive Committee of Athletics SANDF concluded with a planning meeting. On Friday 22 February Infantry School arranged a visit for the athletes to the Cango Caves.

**Winners**

The first SANDF athlete to cross the finishing line (SANDF 21.1km Championships) was S Sgt Colin Witbooi from Gauteng (Engineer Terrain Intelligence Regiment). His overall position out of the 580 runners who finished was 6th in a time of 01:11:03 sec. In the second position was Pte Lucky Dladla from Mpumalanga (4 SA Infantry Battalion) in a time of 01:12:36 sec. L Cpl Zolani Ntsodo from Western Province (9 SA Infantry Battalion) was the first SANDF Veteran in a time of 01:17:14 sec. The first SANDF Master was L Cpl Edward Sibanda from Limpopo (5 Special Forces Regiment) in a time of 01:20:06 sec. These runners obtained their silver medals for completing the race before the 1½ hour cut-off time.

Scout Thato Charles from North West (1 Tactical Intelligence Regiment) was the first SANDF woman to cross the finishing line, in a time of 01:39:14 sec, which was the 5th position among the woman runners. WO2 Sandy de Beer from KwaZulu-Natal (Army Support Base KwaZulu-Natal) was the...
Municipality and Oudtshoorn Teacher’s College first presented the marathon in 1976. In 1979 Infantry School was approached to get involved in the presentation of the marathon due to its resources, planning and organising abilities. The Infantry School Cango Marathon is the oldest and second biggest marathon in the Suid-Westelike Distrikte (South-Western Districts) [SWD] and is attended by nearly 1 200 athletes each year. The event is also considered as one of the 10 best races to qualify for the Comrades and Two Oceans Marathons. This is the only marathon before the Two Oceans Marathon in the SWD.

Walkers were also welcome to enter the half-marathon. The 5km fun run was held the evening before the main races, on Friday 22 February 2013, starting at 18:00 from the Military Sports Club House in Oudtshoorn.

Both the races ended at the Military Base Oudtshoorn Sports Grounds in a carnival atmosphere with big screen Super 15 Rugby, a flea market, gazebos, food stalls and live entertainment.

Most athletes rounded off their run with an ostrich steak, which is said to have great medicinal properties for post-race recovery. This is one of the most understated races in South Africa.

DOD and SANDF members are invited to become members of road running or walking by signing up at the various SANDF road running/walking clubs in each province.

The first SANDF women’s team to cross the finishing line was Western Province, with Northern Cape as the runners-up, while the first SANDF senior men’s team was Gauteng with Northern Cape as the runners-up.

Western Province was the first SANDF veteran men’s team (40–49 years) to finish the race with Limpopo in the second place, while the first master men’s team (50–59 years) was Western Province.

**History of the race**

Infantry School presented the 37th Cango Marathon in Oudtshoorn on 23 February 2013. The Oudtshoorn second SANDF woman and the first SANDF female veteran, in a time of 01:39:55 sec.

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**ASB Mpumalanga participates in CISM Day**

By Ms Lize Pienaar, Communications Officer ASB Mpumalanga

Army Support Base Mpumalanga participated in the commemoration of Conseil International du Sport Militaire (CISM) Day on 15 February 2013. CISM is also known as the International Military Sport Council.

Being the 65th commemoration of this day, Army Support Base Mpumalanga joined in this effort by running or walking a 5km or 10km route in Nelspruit. Uniformed members and non-uniformed members participated in this activity. CISM was founded on 18 February 1948. It is one of the largest multidisciplinary sports organisations in the world.

Comprising 133 member countries, it uses the sports field to unite the armed forces of countries that may have confronted each other previously owing to political and ideological differences.

The SANDF joined CISM in 1994 and the main aim was to strengthen relations with other defence forces in Africa. The SANDF also participates in this annual event.
Loyalty and patriotism

By Col (Past) M.C. Dladla from Defence Intelligence Division

Patriotism and loyalty are two interrelated attributes which are vital for relationships in any organisation. I have mentioned patriotism deliberately first. Within the SANDF, patriotism is preceded by loyalty. One’s patriotism is pretentious if the element of loyalty is neglected. The two are interrelated and have spiritual significance. Both are concepts that affect human nature, but are independent of time and space. Love, which is the greatest of all values, is the overarching principle and source of them both.

Attitude and interpretation

The word patriotism is ultimately derived from the Greek “Patria” which means Fatherland. Patriotism is the love of the fatherland. This term is often used in the liberation struggles waged by indigenous populations against invaders. You also find this term used in the Americas where Spanish slogans are heard, such as “Patria ou morte, venceremos” which means: Our Fatherland or death, we shall win. In English patriotism means to be patriotic: to love your fatherland, country or nation.

Loyalty is the state of being loyal, honest, and trustworthy. A loyal person is trustworthy; he or she is dependable, has a sense of belonging, is obedient and open to correction, instruction and guidance. Being egotistical is the opposite of all of the above. It is very difficult to teach or command someone who is proud. It is impossible for a person who is self-centred to be a good and exemplary leader. Loyalty and patriotism are not to be found in the vocabulary of egotists and self-centred people. But they go well with society, community and a healthy nation.

Scriptural references

Biblical references occur throughout the Bible. The best example is from Daniel (Chapter 6). Daniel, as one of the best princes of Persia, was promoted to a prominent position. But jealousy prevailed and they schemed against him. He was then thrown into the lions’ den because of his convictions and belief.

Daniel believed in his God who had saved and liberated his nation from the Egyptian oppressors. He trusted God even in difficult situations. He knew that nothing was impossible with the God of Israel. He and the other young men with him, namely Meshack, Shadrack and Abednego, were faithful and honest before their God. Because of their unwavering trust and obedience, they were confirmed in their faith, ie they were righteous in the sight of God.

Patriotism in experience

During the basic military course that I did in southern Angola, I came across some Cubans. These people amazed me by the kind of love they had for one another. They were internationalists helping us in training. Though they were far away from their home, high morale kept them together.

During my stay with them I also learned of their selfless sacrifices during the Angolan struggle. It was not money or the prospect of promotion that motivated them. These people loved their country and leaders. They trusted their leaders and supported the cause their country stood for, hence they were prepared to die for the ideals their people and leaders in Cuba stood for.

We need men and women who will challenge our consciences so that we make the right decisions and stand as true patriots and loyal citizens of our democratic country. Remember where you come from and do not forsake the teachings of your mother and father, then you will be assured that your country is a safe and wonderful place to reside in. If asked today to die for South Africa, in any field you are deployed in, as a soldier, would you do that out of compulsion or from deep within your heart (conscience)?

May the Lord God Almighty reveal to us the length, width, height and depth of His riches when we are loyal and patriotic!
The Department of Defence is creating public awareness of the SA National Defence Force (SANDF) in all nine provinces of South Africa by embarking on a bus advertising campaign to enable the public to view interesting facets of the SANDF.

Forty-five buses will travel from cities to rural areas where children can view military hardware in the form of graphics on buses. For many children it will be the first time they see aircraft, frigates and battle equipment.

Five buses are travelling in the Eastern Cape in Port Elizabeth and East London. Five others are doing the same in Bloemfontein in the Free State province. Gauteng has ten buses divided between Johannesburg and Pretoria.

KwaZulu-Natal has five buses as has Mpumalanga whose buses are travelling in Witbank and Nelspruit. There are five buses in Limpopo for Polokwane and Mokopane. Three buses are travelling in the North-west in Rustenburg and two in Kimberley in the Northern Cape, while five are travelling in the Cape Town area in the Western Cape.
The SANDF Supports

World Water Week

Use water sparingly - as it sustains the world
Without water we would not survive

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