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FRONT COVER: Pte Ntokozo Ndlovu recently released his first book: “Matsimane and his people”. Read all about this young talented soldier who works at the School of Armour on pages 18 and 19. (Photo: S Sgt Lebogang Thaole)
We as South Africans celebrate Youth Month in June and, even more importantly, Youth Day on 16 June every year. Accordingly this edition of SA Soldier is filled with inspirational articles on our young talented soldiers in the SA National Defence Force (SANDF). Wow! What a fresh breeze to boost our legacy …

In June, when South Africans were reminded of the 1976 Soweto Uprising, the Department of Defence (DOD) celebrated Youth Day at the Western Cape Military Sport Club in Wynberg. During the event Lt Gen Norman Yengeni, Chief of Human Resources, urged the youth to honour the heroes and heroines of 1976 by drawing from their courage and striving towards building a formidable SANDF (read page 22).

Let us as section heads, supervisors and seniors in the DOD/SANDF set sterling examples to our young colleagues on how to conduct ourselves in the military workplace. Let us instil discipline and pride. Let us take to heart the expression: “As the twig is bent so the tree grows.”

It is of key importance that the values of the SANDF should be instilled in our young generation, as they will become the leaders of our future!

Let us invest generously in our youth for only then can we expect a good return on our investment. The Biblical principle is so spot on: “One will reap what one has sown.”

Young and old must work towards the same vision in the Department of Defence – “Effective defence for a democratic South Africa”.

We must all share the same individual values and be committed to our organisational values. The seven individual values must be instilled in our youth and reflected by our example, namely patriotism, loyalty, human dignity, professionalism, integrity, leadership and accountability.

The development of youth had been elevated to a national priority and is underwritten by the SANDF. I would like to echo the words of Lt Gen Yengeni during the Youth Day celebrations: “Through the SANDF, you have been given the tools to take full advantage of the opportunities and to succeed in life. You, as future leaders of this organisation, should develop a national will which will lead you to the desired end state.”

Be the change you want to see …

Viva to our youth! Viva!

Nelda Pienaar
Editor SA Soldier

*Translation into Sesotho done by Pte Thabo Tukula, Assistant Specialist Writer Defence Corporate Communication
Paying final respects to the former Chief of Naval Staff

Article and photo by S Sgt Lebogang Tlhaole

Members of the Department of Defence, family members, friends, military veterans and close associates from across the political spectrum came in numbers to bid farewell and pay homage to the former Chief of Naval Staff, the late R Adm Mosoeu Magalefa, SA Navy (Ret), during his memorial and funeral services held at Thaba Tshwane City Hall last month. The late R Adm Magalefa (Ret) was accorded full military honours and laid to rest in the Thaba Tshwane Military Cemetery.

The presence of those who attended an indication of commitment in remembering the sacrifices made by R Adm Magalefa (Ret) in pursuit of freedom and democracy during different operations. They gathered as one people that share a history and as friends who share a human story. They recall that history, keep it clear in their consciousness, and pass it to the future generation.

The late R Adm Magalefa (Ret) was honoured and acknowledged for the remarkable contribution he made to the Department of Defence (DOD) and in particular to the SA Navy. He was hailed as a man who stood as a pillar of strength within the SA Navy, for the selfless commitment and dedication he displayed during his years of service in the Azanian Peoples Liberation Army (APLA) and the DOD respectively. The DOD took the opportunity to acknowledge the contributions made by R Adm Magalefa (Ret) in the quest to support the DOD in delivering on its constitutional mandate.

Many speakers maintained that R Adm Magalefa (Ret) was a man of integrity and virtue who provided much needed leadership for the SANDF. They said that South Africa had lost one of its greatest sons and described him as one who loved life and was a friend to the earth who instilled the culture of discipline and togetherness.

The Chief of the SA Navy, V Adm Mosiuwa Hlongwane, described R Adm Magalefa (Ret) as a military leader who shunned corruption, favouritism and opportunism. V Adm Hlongwane said: “R Adm Magalefa (Ret) served the SANDF with determination and loyalty and was committed to peace and stability on our continent. He was a soldier at heart, willing to engage in many debates on defence and non-defence matters to ensure that we deepen and entrench our democracy.

R Adm Magalefa (Ret) retired from the SA National Defence Force in August 2009 having served in various capacities since its inception in April 1994.
Thank you to the SANDF for affording an opportunity to all serving members to complete their school education and write their Gr 12 via different institutions. I grabbed the opportunity with both hands.

For some people the years 2012/2013 were not such good years, but for me those two years in more ways than one were amazing, I was given the opportunity to meet and study with the most amazing group of people from Naval Stores Depot (NSD) Wingfield in Goodwood, Cape Town.

NSD Wingfield had a successful Adult Basic Education Training (ABET) Programme up and running to the extent that ten of the Public Service Act Personnel (PSAP) members at the unit were, after four years of ABET classes, ready to study and write their Matric over a two-year period with six subjects to pass. I was not part of the ABET Programme at NSD Wingfield, but after numerous phone calls and enquiries I was offered the chance to slot in with the group only for the two years, which enabled me to complete my Matric (Grade 12).

The following subjects were presented: First year (2012) Criminology (SG), Afrikaans (HG) first language. Second year (2013) Ethnology (SG), Business Economics (SG), English (HG) second language, and Travel and Tourism (SG).

Our two facilitators were simply “Great!” - Ms Jennie Stoffels and Ms Ellen Mare - these two women are both retired teachers who were quite prepared to educate our group in some of the subjects that they had no or very little knowledge of and they made it their business for us to be successful. Our classes were presented every Wednesday, and during examination time on Saturday as well. The sacrifice was certainly worth the effort; needless to say our whole group (11 students) studied well and passed Matric (Grade 12) in June 2013 with flying colours.

The group as a whole would like to say: “Thank you to the SANDF, the Officer Commanding NSD Wingfield, Capt (SAN) Nkosi, Capt (SAN) Kriel, WO1 ‘Bubbles’ le Roux, Ms M. Louw and the staff that were always prepared to assist with the students’ requests and sundry gripes and groans”.

We did it: Mr Leonard Adams, Mr Neville Alexander, Mr Lionel Barron, Mr Roger Boosens, Ms Colleen Duckworth-Jonker, Mr Chris Egellhof, Ms Pam Hammond, Mr Marchel September, Mr Willie Smith, Ms Erica Wessels and Ms Desire Williams.

Ms Colleen Duckworth-Jonker, PSAP Legal Satellite Office Cape Town

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Lt Gen Derick Mgwebi, Chief of Joint Operations, recently held a formal guest evening at SA Army College in Thaba Tshwane to bid farewell to the outgoing Senior Liaison Officer Democratic Republic of the Congo (DRC) and Director Policy, Strategy and Plan, Brig Gen Ditsebe Simon Qhesi. Brig Gen Qhesi retired on 30 April 2014.

Lt Gen Derick Mgwebi praised Brig Gen Qhesi for his “exceptionally meritorious service while working at Joint Operations Division. During this period Brig Gen Qhesi astutely and efficiently accomplished his tasks and his unrelenting loyalty, initiative and perseverance brought him wide acclaim”.

The guests who attended the evening function were members of the Joint Operations Board, Generals/Flag Officers, Warrant Officers and colleagues who worked with Brig Gen Qhesi. Joint Operations Division wishes Brig Gen Qhesi good luck for the future!

Lt Col Marinda Meyer, Joint Operations Division

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R200 prize for the best letter!

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

A tribute to those who had died while in the service of our country was recently held at Air Force Base Makhado in remembrance of their sacrifice and selfless service they rendered to the SANDF.

More than 150 soldiers were remembered for the role they played in upholding and defending the Constitution of the Republic of South Africa. The memorial service and wreath-laying ceremony were held at the base memorial site. Among the deceased were heroes serving under the Public Service Act in the SA Air Force whose contribution to the base was beyond reproach. They served the country and its people with pride and in accordance with the constitution and the law with honour, dignity and courage.

According to the Officer Commanding AFB Makhado, Brig Gen Schalk van Heerden, this year’s event marked the 10th on the roll of honour since the commissioning of the site by Maj Gen Des Barker on 26 May 2006. Brig Gen Van Heerden added that the event happened once a year. He laid the wreath on behalf of the Chief of the SA Air Force, Lt Gen Zakes Msimang, followed by Col Katiba Madimabe who laid a wreath on behalf of members of Air Force Base Makhado. Also present to lay a wreath was the Director Command and Control at SA Air Force Headquarters, Brig Gen Chris Delport.

The following members laid wreaths on behalf of their sections: Lt Col Francois van Zyl of the SA Air Force Association Limpopo Branch, followed by Col Moses Njomo of 3 Air Servicing Unit. Lt Col Musa Mbhokota laid a wreath on behalf of members of 2 Squadron, while Lt Col Jaco Labuschagne laid a wreath on behalf of members of 85 Combat Flying School. Capt Silas Bowale laid a wreath on behalf of members of 515 Squadron, followed by Lt Col Eddie Rieger. Maj Musiwa Makhavhu laid a wreath for the Health Centre Makhado. This was followed by the MOTHs and family members.

The SA Air Force Chaplain, Chaplain Rebecca Simons, who conducted the sermon, urged the co-workers, family members and friends of the deceased to remain loyal and committed and to humble themselves, stay focused and be passionate in whatever they do. She pleaded with them to look to God and invite Him to be part of everything they do. The Air Force Base Makhado Choir sang a song in tribute to the departed heroes. Sgt Thomas Mulauludi, Air Force Base Makhado.

FAREWELL TO LT COL BENJAMIN W. MALAPI

Lt Col Benjamin W. Malapi was born in Knysna on 20 June 1954. His father was transferred as prison warder to Simon’s Town Prison where he completed his primary education until standard 6. His father passed on in his standard 6 year. He began his secondary school education in standard 7 at High School Northern Paarl where he finished his Matric.

He joined the SA Defence Force in 1977 and served at the SA Coloured Corps (SACC) as a Private. After Basic Military Training he completed the Junior Leadership/Non-commissioned Officer Instructor Course which ended in 1977. At the beginning of 1978 he began to train recruits as a Lance Corporal and became a Sergeant in 1981. He was a Staff Sergeant from 1985 to 1991. As an NCO he participated in the SWA Bush War and served in Logistic, Rundu, Ruacana, Oshakati and Maphhatcha. (SACC units closed.)

He completed Formative Training at Heidelberg in 1991 and was transferred to Pretoria in 1992 as the Loss Control Officer 1 Military Town Management. During his years as Loss Control Officer at unit for the first time received a 3-star grading in Loss Control. He was then promoted to the rank of Captain in 1995 as Logistic Officer at 1 Military Town Management.

He was promoted to the rank of Major in February 1998 as the Housing Officer at the same unit. He participated in the closing down of the unit as Acting Officer Commanding.

He was promoted to the rank of Lieutenant Colonel in June 2013 as Faculty Officer at the newly established Joint Support Base Garrison. He operated as Facility Officer until he joined Project LEBAKA in 2008. Project LEBAKA was the beginning of the SANDF Defence Works Formation. He was part of the pilot group of Project LEBAKA and the first construction supervisor. What made his retirement so special is the fact that he started his career as an Officer at 1 Military Town Management as a Lieutenant and at the closing down was Acting Officer Commanding of the Unit. He ended his military career as Lieutenant Colonel in the same unit lines, now known as Regional Works Unit Gauteng.

After he had been trained as Construction Supervisor he was appointed as SO1 Maintenance Officer at Regional Works Unit Gauteng. Here he was also a member of the pilot group that led to setting up the first Regional Works Unit.

Lt Col Malapi received various medals during his military career. Col Lenie Rohrbeck, Logistics Division.

IF YOU

If you need me to lead you be prepared to be led.
If you need my protection be willing to be protected.
If you need don’t want me to leave be willing to accommodate me.
If you need you want to journey with me be will to be on my footsteps.
If you need my share be willing to share.
If you need you need to destroy something make sure you would not need it in future.
If you do something make sure you do it right the first time.
If you challenge me be willing to withstand the pressure.
If you choose something make sure you got a right choice.
If you demonstrate something make sure the audience enjoy it.
If you expect something be sure you are patient.
If you die before you wake up make sure your soul gone rest in peace.
If you plant something make sure you water it.
If you are afraid be assured I’m behind you.
If your future becomes deemed, pray you will be answered.
If you feel lonely, invite me today tomorrow and forever.
Cpl M. Guduza, Potchefstroom.
MILITARY ACADEMY COMBINED FORMAL DINNER

The Military Academy held its first ever combined formal dinner at the Military Academy Combined Club in Saldanha last month.

Because the Military Academy also houses the Faculty of Military Science, the Commandant of the Military Academy, Brig Gen Lawrence Mbatha, decided to have a formal dinner to include both uniformed members and Public Service Act Personnel (PSAP).

The event was attended by 143 members, including Senior Officers, Officers, Warrant Officers, Non-commissioned Officers, PSAP and Military University Educators. The unit also had the honour of having the General Officer Commanding Training Command, Maj Gen Manfred Mabuza, the Chaplain General, Brig Gen (Rev) Andrew Jamangile, Brig Gen Ashton Sibango, the newly appointed Chief of Staff Training Command, and CWO Zakhele Sikupela, Chief Warrant Officer Training Command, present at the formal dinner.

The evening was a big surprise and a learning curve for all members, especially when the guest speaker, Lt Col (Ret) Gideon Erasmus Visser, a retired lecturer at the Military Academy, enlightened all present about the history and aim of formal dinners in the SA National Defence Force (SANDF) and in military forces over the ages. The Military Academy will continue with events such as these as it strives to bring members at all levels together to enjoy each other’s company, as well as to create a better understanding of the SANDF and each other.

Maj Engela Meintjes, Military Academy

AIR FORCE BASE HOEDSPRUIT CELEBRATES 20 YEARS OF DEMOCRACY

Air Force Base Hoedspruit celebrated 20 years of democracy and freedom with a parade and gave a full account of the achievements and successes of the Department of Defence (DOD) since 1994.

The Base Officer Commanding, Col Andre Russell, commenced his address by asking the men and women on parade to observe one minute of silence in remembrance of our late Commander-in-Chief, former president Nelson Mandela.

Col Russell highlighted the profound and proud moments of the DOD in our 20 years of democracy and freedom, such as the provision of security during the 1995 Rugby World Cup and the 2010 Soccer World Cup, as well as assistance in humanitarian relief operations in Mozambique in 2000. The SA National Defence Force (SANDF) has also played a critical role in peacekeeping missions in Africa and in providing security for international events hosted in South Africa.

He also commended the SANDF for showing the world that it was possible to integrate former Non-statutory and Statutory Forces successfully.

Our peacekeeping achievements in the Democratic Republic of Congo (DRC) have been acknowledged by international bodies, such as the United Nations (UN). In this regard, we can proudly mention the defeat of negative forces (M23) in the eastern part of the DRC in Goma.

Lt Col Pierre Wright, the Base Chief of Staff, also gave an overview of the history of the SA Air Force, the National Flag, the Coat of Arms, the Bill of Rights and the Constitution and pointed out that South Africa was now a better place to live in and had a defence force that all South Africans could be proud of. He concluded by mentioning that an inadequate Defence budget was still one of the main challenges, but that there was hope that this would soon be addressed.

Maj Zola Nombida, Air Force Base Hoedspruit

ABOVE: Brig Gen Lawrence Mbatha, the Commandant of the Military Academy (left), presents a gift to the General Officer Commanding Training Command, Maj Gen Manfred Mabuza, at the formal dinner.

(Photo: Sgt Trevor Ramaila)
The Officer Commanding Air Force Base Makhado, Brig Gen Schalk van Heerden, thanked the Rotary Club of Bedfordview (Johannesburg) for what he described as their genuine humanitarian support by donating wheelchairs to the base for less privileged persons with disabilities.

Speaking during the handing over ceremony of the wheelchairs at Air Force Base Makhado last month, Brig Gen Van Heerden expressed his deepest appreciation for the role of the Rotary Club in restoring, promoting and protecting the rights and dignity of persons living with disabilities. The Rotary Club was represented by the Deputy President of District 9400, Mr Mark Doyle, who came to hand over the wheelchairs to the base.

Brig Gen Van Heerden said that it was every person’s right to enjoy human rights and at the same time to ensure that persons living with disabilities were treated equally and enjoyed equality before the law.

He added that caring for people with disabilities was the right thing to do. Mobility in the form of portable wheelchairs, lifts, platform lifts, chair stair lifts and evacuation chairs in the Department of Defence was encouraged. He said this would contribute to enhancing production while boosting the morale of persons with disabilities in the workplace. Brig Gen Van Heerden said the chairs would be in the inventory of the base and would be used during visits of persons with disabilities visiting the base. A similar project was launched previously with the support of Director Corporate Staff Services, Brig Gen Marthie Visser, and Mr David Blyth of Directorate Logistics when the Rotary Club of Bedfordview (Johannesburg) donated two wheelchairs to the SA Air Force.

Brig Gen Visser and Sgt Thomas Mulaudzi collected the chairs and donated them to needy families in the Neriti community in the Sudan. The chairs were airlifted (by a sustainment flight) to the Sudan under the watchful eye of Lt Col Sello Patric Nukeri who was serving as a military observer for the United Nations.

DEPARTMENT OF DEFENCE CELEBRATING CASUAL DAY 2014

The Curamus Association would like to convey its gratitude and appreciation to each member of the Department of Defence (DOD) who helped in making Casual Day 2013 such a huge success. The DOD raised approximately R278 000.00, which is the highest amount ever raised; only 40% of the money raised was allocated to Curamus. These monies were utilised to assist Security Force members with disabilities.

All members are requested to support the 20th anniversary of Casual Day. The theme for this year is “Bring out the Bling”, which means please Dress Up. The DOD Disability Committee, the Curamus Association and Air Force Base Swartkop are planning a spectacular event. We encourage all units in the Gauteng area to support this event please at Air Force Base Swartkop.

All other units in the country are also requested to celebrate this milestone in a spectacular and unique way. Members and units are encouraged to send in photographs of their events!

For DOD members with disabilities to benefit from this, it is necessary to buy their stickers from the Curamus Association. Please do not buy your stickers from Absa, Game or anybody else, because then the Curamus Association and members with disabilities in the DOD will not benefit from it.

For enquiries please contact Mr Kobus Swart on 012 314 0185 or email him at curamus@mweb.co.za or at curamus1@gmail.com. Please make sure if you contact the Casual Day offices in Johannesburg at the National Council for Persons with Physical Disabilities South Africa (NCPPDSA) that you mention that you are a DOD member or unit in order to obtain a DOD special reference number and the specified order forms! The NCPPDSA’s office telephone number is 011 609 7006, and then please ask for the Casual Day Office. Ms Adele Snyman, Assistant Director Disability Equity and Mr Kobus Swart, the CEO of Curamus Association.
FEMALE INFANTRY PLATOON COMMANDER IN DARFUR

When Lt Kelly Anthea Jantjies arrived at 7 SA Infantry Battalion from SA Army Gymnasium in early 2013 little did she know what she was getting herself into. Coming from a training environment she suddenly found herself the commander of a well-oiled machine in a rapid deployment unit. Lt Jantjies quickly adapted to the situation as she realised that the unit was destined for Operation CORDITE XVIII as the 13th RSA Battalion in Sector North Darfur in the Sudan under the command of Lt Col Vusi Maseko. Being the only female Infantry Platoon Commander among the 805 strong peacekeeping force did not deter her from doing what was expected of her: it only inspired her to achieve more than her male counterparts by being decisive in her planning and giving constant feedback to her Company Commander, Capt Masindana Thomas Manyike.

Asked by her peers what kept her motivated and positive she responded: “Refer to the first principle of war, and if you still do not understand, refer to the second principle of war”. Being in a country where women are not considered able to occupy positions of authority was one of the challenges Lt Jantjies faced. However, she managed to negotiate successfully with various government departments and parties to the conflict at the checkpoints. Lt Jantjies commanded the platoon effectively and successfully completed many confidence building and verification patrols and provided protection for civilians in our area of responsibility. She has made the unit and our country proud by being a good ambassador.

I AM SORRY I DIDN’T KISS YOU …

I’m sorry I didn’t kiss you goodbye;
Fast asleep you were, disturbance was the last thing you needed
As I packed my bags to leave;
The sounds of the rifles and the mortars;
The cries of women, children and the men;
The boots of the soldiers marching past;
I had no time to spare, but to leave don’t despair;
I answered yet another call, for Africa was about to fall;
The cancerous turmoil spreading, the rebel unity;
Like wild fire spurning, the water hose extinguishers;
On the borders of the DRC, Somalia, Egypt, Kenya, Sudan
And later South Sudan;
Why is the Central African region burning
While the rest of the world is watching;
That’s a difficult question for all the soldiers to answer;
I’m sorry I didn’t kiss you goodbye;

In the foreign country, I gasped my last breath;
Yes “He fought honourably”, they exclaimed.
As I lost my soul in relentless battle with the rebels;
My blood soaks the African soil;
Whether to bear good fruit or not, I’m the son of the soil;
I toiled along the streets of Bujumbura, Kinshasa, Lubumbashi, Kutum and Bangui;
The list is endless but nevertheless;
The pride and might of my country I represented;
And still believe my heroic advances will be meted out by the powers that be, against the rebellious tyrants;
The perpetrators of uncertainty to world peace;
Let there be peace in Africa!

Truth is yet to come, as I lie to be buried;
For the course of peace enforcement I died;
The truth in Central African regions is yet to be told;
I’m sorry I didn’t kiss you goodbye...
I hope my kids are well looked after;
For the course of peace enforcement I died;
With martyrdom I was in the front line;
I could not go back, my right to life I signed away;
So when you wake up, where the good and the bad share a space;
I’m sorry, I died young and in my prime;
I could not go back, my right to life I signed away;

Don’t feel shame, for things will never be the same;
Accept my sincere apologies as I say;
I’m sorry … I never kissed you goodbye …

The flags fly high in my country of birth;
But so many atrocities are observed;
Who represents whom, cause nations run berserk;
The rebels represent whose interest?
If they can’t get trade to run a country;
The truth in Central African regions is yet to be told;
I’m sorry I didn’t kiss you goodbye…
I hope my kids are well looked after;
For the course of peace enforcement I died;
With martyrdom I was in the front line;
I could not go back, my right to life I signed away;
So when you wake up, where the good and the bad share a space;
I’m sorry, I died young and in my prime;

Would’ve loved to contribute more;
But my chapter got concluded in the war zone;
Just keep your head up; my passing was not in vain;

Don’t feel shame, for things will never be the same;
Accept my sincere apologies as I say;
I’m sorry … I never kissed you goodbye …
Smn Tshepo S. Magoro,
6 Signal Regiment
HR SECTION IN THE SUDAN

Since our arrival on 14 December 2013 in the Sudan, the HR Section has been doing a wonderful job, especially in motivating the deployed members, the majority of whom were from 7SA Infantry Battalion in Phalaborwa and Regiment De la Rey in Potchefstroom. These members work tirelessly on a daily basis in order to help their clients and the team does not hesitate to help members solve their HR related problems.

The Human Resources (HR) Section is composed of seven members, namely Capt Rambelani Dzaga (Personnel Officer), WO2 Matome Kgasago (Chief Personnel Clerk), Sgt Mahlatse Mohale (Senior Personnel Clerk), Sgt Solly Nkuna, Sgt Mnikwa Khoza (Senior Personnel Clerk), Sgt Themeck Sithole (Senior Personnel Clerk) and Cpl Amukelani Nshalati (Personnel Clerk) and two additional Company clerks, L Cpl Magezi Ngobeni (Charlie Company) and Pte Molebogeng Maphetle (Delta Company).

The HR office in the Sudan is in the area called Kutum Base and is under the leadership of the Personnel Officer, Capt Dzaga, who normally works at Army Support Base Limpopo in Polokwane.

The secret behind the success of this section is self-discipline, loyalty, patience, working together, mutual understanding and cooperation. This office makes sure that all their clients, from the Battalion Commander, Lt Col Vusi Maseko, down to the last soldier, receive timely information or updates.

This office operates like any stable Personnel Office in the RSA even though it is on external deployment. The members of the office are dedicated and all of them have received Officer Commanding Commendation Certificates for their hard work. The Battalion did not have any hiccups regarding pay problems even though it was hard to satisfy everybody. They are the centre of attraction because their efforts bear testimony of their value to the United Nations African Union Mission (UNAMID).

The office consists of experienced and young soldiers who know they can do something for the country and do not expect the country to do things for them. Each and every house needs a strong foundation: in this case these members are guided by Capt Dzaga.

Three members were deployed for the first time, but they were just as good as people who had previously deployed. The Office also makes the work easier for the Battalion Commander and his Second-in-Command, because when they address the members there is no need to answer HR related questions.

The Office showed that hard work pays, that one must focus on one’s daily work, without working under supervision, prioritise one’s work, listen to problems, solve them and take a decision when necessary.

Another lesson was to establish and create a good working environment with your superiors and your subordinates. On the other hand, thanks to the members of Joint Operations.

No one can take from you the experience gained abroad, as experience is the best teacher. To deploy externally is to represent your country at an international level where you meet different people with their unique customs.

You can make your country proud, but it is easy to drag its name in the mud. Focus on your main objectives and the rest will take care of themselves. Dedication is also needed to perform your job because you must first love your work.

HR demands capable hands, irrespective of rank, because it is where the careers of the members are catered for. HR is mainly staff work: you cannot do it alone. You also need people who are prepared to work towards the development of their country. Do not focus only on getting a promotion, but expand your experience internationally to the advantage of your country.

To work as a clerk also demands commitment. Luckily the team in which I am in, even though the members come from different units and backgrounds, including 7SA Infantry Battalion, are prepared to go the extra mile.

You must also have strong support from your family because in the end your sacrifice will benefit all of them.

Remember to prepare your members every day in the morning by means of communication. Give them orders and tasks, follow up and have a calendar to help you.

If you are involved in the HR field, your six months in deployment will be like two months because you will not feel it. Everybody expects good service from HR, but soldiers must understand that “NO” is also an answer because if something is impossible, it will remain such. Beef up you experience academically and it will help you even more. Capt Dzaga (HR Officer), Sudan
SANDF retinue honours the Opening of Parliament

By Sgt Itumeleng Makhubela
Photos: Sgt Elias Mahuma and Pte Jonathan Mogano

Within weeks of his swearing-in as President of the RSA at the Inauguration Parade held at the Union Buildings, President Jacob Zuma had to give an account of the state of affairs of the Government. The first State of the Nation Address of the fifth democratically elected Government took place at the Opening of Parliament in Cape Town last month.

Both occasions celebrated 20 years of democracy, thus allowing the Government to take stock of its achievements since then. President Zuma, preceded by the ceremonial motorcycle escort and Guard of Honour formed by the National Ceremonial Guard, was honoured with a 21-gun salute and a salute fly-past.

During the Opening of Parliament President Zuma, the Commander-in-Chief of the SANDF, sent his condolences to the families of three SA Air Force members who died when a Cessna Caravan C208 aircraft crashed in Mpumalanga during training, and sent his good wishes to the injured. President Zuma said: “Our hearts go out to the families of the SANDF members who died in a tragic helicopter crash in Mpumalanga during a training camp. We wish the injured a speedy recovery.”

The President noted in his address that South Africa would maintain its support to volatile regions on the continent: “South Africa will continue to support regional and continental processes to respond to and resolve crises, promote peace and security, strengthen regional integration and significantly increase intra-African trade and champion sustainable development in Africa”.

President Zuma said the SANDF was a source of national pride as it had participated in peacekeeping missions on the continent. He stated that it would continue in this role as the Government was looking into resourcing the SANDF’s mandate in line with the recently concluded Defence Review.

Every year the SANDF takes part in the Opening of Parliament. This year the SANDF’s participation in the ceremony included a ceremonial motor-cycle escort for the President and a Guard of Honour formed by members of the National Ceremonial Guard. Bands from Services provided music for the event.

Soldiers lined the route to Parliament, and formed up on either side of the red carpet and lined the steps to Parliament. As the President made his way to the podium, spectators on either side of the street watched and cheered. The aides-de-camp of the SANDF took up position to the left and right behind President Zuma on the steps to the Houses of Parliament.

As the SA Army Band Cape Town played the National Anthem, a salute flight took place while the 21-gun salute was fired. The guards and the troops in close proximity to the Houses of Parliament presented arms.

After the event Brig Gen John Kobie, General Officer Commanding General Support Base Garrison Thaba Tshwane, and Senior Officer in Charge of the parade, told SA Soldier that the Opening of Parliament was an occasion for joint participation of all Services and the Defence Reserves.

Brig Gen Kobie commended the soldiers after the event at the Castle in Cape Town. He said: “You have shown determination and we are pleased. I cannot accept all the accolades alone, we also have to thank all the Sergeant Majors and people who worked behind the scene to make this parade possible.”
RSA and UAE enhance defence cooperation

Article and photo by S Sgt Lebogang Tlhaole

South Africa hosted an inaugural Defence Committee Meeting of the RSA and the United Arab Emirates recently at Southern Sun in Pretoria.

The aim of the meeting was to strengthen the good relationship that exists between the two countries by means of close defence cooperation to promote peace and stability, identify several defence cooperation projects and aspects of military to military cooperation.

These relations at defence force level were formalised on 18 November 1999 with the signing of the Defence Cooperation Agreement by the Defence Minister at the time and his counterpart in Dubai. The agreement was renewed on 14 November 2011 in Abu Dhabi by the former Minister of Defence and Military Veterans during the state visit by President Jacob Zuma to the United Arab Emirates.

The Defence Committee meeting took place in accordance with Article 3(2) of the Defence Cooperation Agreement for the management and implementation of the identified diplomatic objectives. Both parties agreed to cooperate in the following fields: military training, intelligence, defence industry, scientific research, military medical services, United Nations mandated peace missions, sports and culture as well as in other fields as mutually agreed upon.

The Defence Committee explores avenues and solutions in the quest for security and economic stability, thereby giving effect to the visions of the principals as reflected in the formal diplomatic relations that were finalised as far back as 1994.

This Defence Committee creates a suitable platform for the respective defence industries and armed forces to share information in various fields of mutual interest and to exchange ideas and proposals to optimise strategic capabilities and expertise.

The Deputy Chief of Corporate Staff, Maj Gen Lungile Dlulane, emphasised the importance of the overall strategic partnership between South Africa and the United Arab Emirates. He said that South Africa was indeed honoured to be a member of these prestigious economic groupings that were taking ownership of the future economic growth and social development of our people.

Maj Gen Dlulane stated that they shared common values and approaches to the continuous challenges our countries faced in the global security realm and the economic environment in which we find ourselves.

In their closing remarks both the Chairperson and Co-chairperson agreed that the meeting was a success and they expressed the hope that the decisions taken during these deliberations would be implemented.

ABOVE: Delegates that attended the inaugural meeting of the RSA and United Arab Emirates in Pretoria.
Chinese Navy docks in Cape Town for a goodwill visit

By Sgt Itumeleng Makhubela

Three Chinese vessels berthed at the V & A Waterfront in Cape Town on the last leg of a visit to eight African countries last month. The 16th Escort Task Group vessels included FFG-546 Yancheng, FFG-527 Louyang and its supply ship: AOE-889 Taihu.

Senior Captain Li Peng Cheng, Deputy Chief of Staff of the North Sea Fleet of the Chinese People’s Liberation Army (PLA) Navy and Officer in Charge of the Task Group, said they were in South Africa to conduct their goodwill visit after having travelled for 201 days around the African continent.

Captain Peng Cheng said the relationship between the navies had come a long way and they had learnt a lot from each other. He indicated that such visits would assist in enhancing their ties of naval friendship. He said: “Though we are far apart from each other, China and South Africa are connected by the ocean. May our friendship last forever.”

R Adm Rusty Higgs, Chief of Naval Staff of the SA Navy, commended the Chinese PLA Navy for having spent months at sea. He said: “It shows the ability of the Navy to influence friendship across the globe”.

He said that the visit highlighted the wisdom of South African leaders because when the SA Navy bought similar vessels some years ago they had been allowed to visit China in 2008.

R Adm Higgs said: “It is a historic and strategic occasion and helps one to comprehend the utility of having a professional navy which is capable of doing what is needed today. In 1422, R Adm Zing Li brought the ships of the Great Fleet to the shores of the African continent and, in 2000, the Chinese PLA Navy brought ships to Simon’s Town.”

The Chinese Ambassador to South Africa, HE Tian Xuejun, said China and South Africa enjoy close relations, including military exchanges. He said: “The visit demonstrates the high level of political and mutual trust between the two countries and vividly reflects the ever-growing friendly relationship and cooperation between our countries and militaries, as well as the ever-deepening friendship between our peoples.”

Crew members from the Chinese PLA Navy and the SA Navy held cultural exchanges with each other prior to their departure. Members of the public were also invited to tour the vessels during the visit.
Strengthening the military’s bond with honorary colonels

By CO Marumo Machete, SA Army Corporate Communication
Photos: Mr Frans Setlau

The Chief of the SA Army, Lt Gen Vusi Masondo, held an SA Army Formal Guest Evening at the Paratus Club at the SA Army College in Thaba Tshwane last month. The guests also included the Army Command Council and Honorary Colonels and their partners.

Speaking to the guests, Lt Gen Masondo took stock of the challenges the SA Army had overcome since the dawn of democracy and the achievements since then. He also apprised the corps of Honorary Colonels of new developments within the SANDF.

The Chief of the SA Army also reminded the gathering of the responsibilities of honorary colonels and their willingness to serve and make a contribution to the well-being of the Republic of South Africa.

Lt Gen Masondo said: “Serving as an honorary colonel is a symbol of patriotism and love for one’s country. They are the public faces of the respective units that appointed them and they promote comradeship, unit pride and high morale among uniformed members.”

Many might have heard the nominal title of honorary colonel being mentioned, but few would know what this select breed of distinguished patriots do.

Honorary colonels are supposed to be the goodwill ambassadors of the SA National Defence Force (SANDF) and the SA Army in particular. These are appointed officers who must spring to action and educate the public on the role the military plays in a democracy. They are even expected to defend the actions of the military.

ABOVE: Lt Gen Vusi Masondo, the Chief of the SA Army (front row, seated in the middle), flanked by the Army Command Council and Honorary Colonels present at the Chief of the SA Army Formal Guest Evening.
Honorary colonels share the expertise that they have learned every day in their fields of endeavour, such as law, medicine, research, commerce and sport.

The SA Army is in this regard endowed with some of the best minds, who therefore excel in their fields and thus come to be appointed to act as the distinguished ladies and gentlemen that make up the close-knit community of honorary colonels.

Honorary colonels fulfil a liaison function by providing an invaluable link between the military and our civilian populace. They are the eyes and ears of the SA Army, cultivating esprit de corps among members and advising the senior command cadre at units to which they were appointed where far as the expertise notwithstanding the guidance they provide to the high echelons of military command is invaluable.

Once appointed, honorary colonels serve for a period of five years, with the option to continue.

It is a titular appointment and does not carry the commission of the President of the Republic. Hence they have the title but not the day-to-day duties of regular colonels.

Honorary colonels do, however, play a pivotal role in the military as they act as a link between those in uniform and the citizens of the country. They are men and women that the SANDF rely on for advice on issues that fall within their field of expertise.

To be eligible for appointment, Honorary Colonels have to be between the ages 40 and 75 and their appointment is confirmed by the chiefs of Services.

Lt Gen Masondo called for the bond between the SA Army and its honorary colonels to be fortified to the benefit of the SA Army.

The SA Army has 29 Honorary Colonels appointed by units under command and the list is in the process of being updated. Units under command must help maximize the involvement of their honorary colonels in their events to help the military promote its image.
Private Ntokozo Edward Ndlovu recently released his first book titled: “Matsimane and his people”. He is currently working at the School of Armour in Bloemfontein as a Personnel Clerk.

Through this book, Pte Ndlovu tells the story of the Matsimane and his people. The book describes the Matsimane’s family tree, the origins, historical movements, culture, tradition and genealogy, and Pte Ndlovu recognises the unity and the importance of being Kwa-Matsimane. In this book he honours his ancestors and elders living and dead by means of preserving his culture, tradition and family history.

Speaking to SA Soldier, Pte Ndlovu said he acknowledged God and thanked Him for giving him the opportunity, strength and priceless gift to write about Matsimane and his people. He said he wrote this book to restore the lost history pages of his family and for the next generation after him to preserve the history of his wonderful family.

His Zulu surname, “Ndlovu”, with traces in Sesotho, prompted him to write this book, as well as the lack of information at Library Services, provincial archives and universities.

LEFT: Pte Ntokozo Ndlovu signing his book: “Matsimane and his people” at the School of Armour.

ABOVE: Pte Ntokozo Ndlovu recently released his first book: “Matsimane and his people”.

The SANDF boasts a young and inspirational writer
about Africans’ history. Specifically, the origins of surnames made him very eager and he saw the need to document his origins, family bond and identity.

He stated that he decided to examine the pillars of his family and to afford future generations the opportunity to view their ancestors in this monumental work. His passion for writing and love of his family drove him to document this work, and discovering more about the Matsimane’s people who he appreciates for giving him life.

Pte Ndlovu said that writing this book was a journey. “In 2007 I embarked on the adventure of finding my family origins, history and my identity because there is something fascinating about the Matsimane and his people. Although this book is neither a historical book, family tree or genealogy; it is important to know and document the history and the origins of my family”.

The author said when he began with his research he found that libraries, universities and archival institutions did not have the sort of material he was looking for. Thus this journey had the additional difficulty of his having to gather oral evidence in an interview with his elders. He learned that one needed to take time to know one’s people.

He said that the book told one of the greatest human stories of a journey by the most fascinating, legendary sons of the African soil. In this book he tells the story of the Matsimane invading, conquering and living in the kingdom of the Zulus proud of their Sesotho heritage.

Pte Ndlovu said: “Matsimane and his people want to give a fundamental message of knowing one’s family and reawakening the family bonds. We need to be able to create our identity as Africans and write and tell our own stories, because nobody can describe who we are, nobody can teach who we are.

“With this book I went as deep as I could to find first-hand information, pictures, stories, tales, nicknames, praises, locations, different family trees and the memories that the young generation must know, otherwise the Matsimane family will have no meaning.”

The author said that after reading this book even if one does not belong to Matsimane, one should be able to identify our roots as Africans and as South Africans, using historical concepts in order to examine life in the past.

Pte Ndlovu added: “Analysing the socio-economic and political power that operated at that time and to interpret different perspectives of historical events and why people in a particular historical context acted as they did is important. One must be able to construct and communicate historical and current knowledge and understanding, including different family trees and lastly it is popular belief that if you know where you come from, you definitely will know where you are going.”

Pte Ndlovu thanked the SANDF for giving him the opportunity to serve South Africans to write and tell their own history and their family origins.

SA Soldier spoke to his friend, mentor and a brother, Pte Given Shingage from 1 Parachute Battalion, who said that what Pte Ndlovu embarked on was very noble and necessary.

Pte Tshivula said: “Most of us need to go on this journey, find out who we are and where we come from so as to understand some of our behaviours. I am aware that at times it has been difficult to discover some of the histories, but this has to be done anyway. He has managed to unearth a history of his family that generations to come will appreciate and learn from. I am inspired to the extent that I have also started probing my own background. Thank you Ntokozo and all the best in what you would like to achieve.”

The author, Pte Ndlovu, was born in Espingo, Wesmond, in KwaZulu-Natal, and brought up by a single mother after his father passed away. He was brought up under challenging and difficult circumstances. He joined the SANDF in 2005. He is an inspiration and an encouragement to others, a bundle of brains, has travelled extensively around the African continent as a peacekeeper to share his passion and serve humanity.

The book is available at all libraries around the country or you can contact the author, Pte Mpho Ntokozo Edward Ndlovu, on cell no: 079 080 6112 or email him at: mfanakithi.ne@gmail.com to request a copy of the book.
The SA Military Health Service (SAMHS) January 2014 Military Skills Development System (MSDS) intake completed their Basic Military Training last month. In celebration of their success SAMHS Training Centre Lephalale hosted a passing-out parade at the Mogol sports field in Lephalale.

After inspecting the parade the chief functionary, Lt Gen Aubrey Sedibe, the

RIGHT: Lt Gen Aubrey Sedibe, the Surgeon General, presents the SAMHS Fund Shield to Pte Brandan Viviers for overall best recruit who had excelled in all aspects of soldiering during Basic Military Training.

ABOVE: S Sgt Daniel Lemos, the Drum Major of the SA Military Health Service Band, leading the band.
Surgeon General, presented trophies to the best performers to emerge from the SAHMS January 2014 MSDS training course.

The SAMHS Fund Shield for overall best recruit was awarded to Pte Brandan Viviers who excelled in all aspects of soldiering during Basic Military Training. He also received the trophy for the most disciplined recruit who continuously maintained the highest standards.

Pte Viviers was awarded a third trophy, namely for best marksman. The trophy for the best marksman was awarded to both the man and woman who achieved the highest scores during the practical shooting exercise. The best female marksman was Pte Seane Herbert.

The Du Preez Trophy for the best academic achiever of the MSDS course was awarded to Pte Charl Lubbe for obtaining the highest average score in the theoretical evaluation.

Pte David Blom received the trophy for the fittest male recruit while the fittest female recruit was Pte Faren Small.

Pte Ambrose Job received the trophy for the neatest recruit.

L Cpl Thabang Setsosa received the trophy for best instructor.

Speaking to the recruits and guests, Lt Gen Sedibe congratulated the recruits on completing their training successfully. He emphasised that they had qualified to be elite members of the South African citizenry because they had voluntarily heeded the call to serve their country. The Surgeon General said: “Soldiers have always considered service in the military as a calling that goes beyond economic self-interest. Service in the military is therefore more than just a job; it is a way of life.”

Pte Viviers was quite elated about his achievements and was quick to point out that discipline to him was about doing the right thing the right way, even when he was alone. He was thankful to the instructors and for the esprit de corps shown during the training. Ms Elsa Viviers, the mother of Pte Viviers, confirmed that he had always been a very determined and disciplined child who had always displayed an admirable level of maturity. She was happy that the SANDF had given her son an opportunity to serve his country as that had been his passion since childhood.

Talking to SA Soldier Lt Gen Sedibe confirmed that these graduates were the cream of the crop of the SAMHS January 2014 MSDS intake and that they had a bright future in the SAMHS, which was in the process of putting in place a system to keep them motivated for their different tasks. It is of pivotal importance that SAMHS makes concerted efforts to retain these young achievers. Not only are these MSDS graduates expected to excel academically, but also in soldiering because only the best of the best is what the SAMHS desires.

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**The Department of Defence commemorates Youth Day**

**By Sgt Itumeleng Makhubela**  
*Photo: Pte Jonathan Mogano*

In June when South Africans were reminded of the 1976 Soweto Uprising, the Department of Defence (DOD) organised Youth Day celebrations at the Western Cape Military Sport Club in Wynberg.

The theme of the Youth Day of the SANDF was: “Celebrating 20 years of freedom by entrenching our democracy and promoting youth cohesion through cultural and talent display shows”. As part of the theme, the day included a drill competition by the recruits of the 2014 Military Skills Development System (MSDS) intake and various sports played by the different Services.

The SA Navy came out tops in the drill competition as they scooped the award for the fourth time. SA Navy Drill Instructor, PO Tshepo Mofokeng, said he was proud of their achievement. As a first time drill competition instructor from SAS SALDANHA, PO Mofokeng vowed to maintain this high standard accomplished by the SA Navy. He said: "The MSDS recruits are easy to work with as they are disciplined and dedicated. We work together and assist each one so that we are able to get the best from each other.”

Addressing the participants, the Chief of Human Resources, Lt Gen Norman Yengeni, said that the development of young people had been elevated to a national priority as underwritten by the SANDF. He said:

“Through the SANDF, you have been given the tools to take full advantage of the opportunities and to succeed in life. You, as future leaders of this organisation, should develop a national will, which will lead you to the desired end state.”

The youth are used to rejuvenate the organisation through the MSDS and the University Reserve Training Programme (URTP) and they are the backbone of the SANDF.

Lt Gen Yengeni said: “As young cadres of the SANDF, it is your responsibility to understand the concept of democracy in relation to discipline.

For national security to be successful, it is imperative to have a formidable, well-structured and cohesive disciplinary system as enshrined in the Constitution of 1996. The cornerstone of a professional and functional national defence force is based on sound discipline as a governing principle.”

He said the SANDF is among the world’s largest contributors to the United Nations (UN) peacekeeping operations which render support to war-torn countries in Africa. Stability of the African continent contributes towards economic growth, social cohesion and creates a better life for all. The SANDF acknowledges their preparedness to serve in any circumstances in the interests of the country.

Lt Gen Yengeni added: “I would once more remind the members of the SANDF to serve with pride and professionalism and to take the organisation to new heights. In work and in play we must never forget our professional identity which sets us apart from the ordinary citizens of our country.”

ABOVE: Recruits of the Military Skills Development System from SAS SALDANHA with the winning trophy after winning the drill competition during the Youth Day celebrations.
Meet the youngest skydiver in the SANDF

Cpl Dakalo Mavhungu is the youngest skydiver in the SANDF. He is a 22-year-old from Tshakuma Venda in the Limpopo province and a “parabat” at 7 Medical Battalion in Pretoria.

Cpl Mavhungu joined the SANDF in January 2011 as a Military Skills Development System (MSDS) recruit and the same year he went for his basic static line selection. Asked about the selection, he laughed, saying: “It was rough, but I managed to survive”. This youngster from Venda seems to be driven by a unique philosophy. He quoted from the Bible: “Many are called but few are chosen”, implying that he was one of the few chosen ones.

Determination, endurance and passion assisted him in achieving his desired goal. During the selection he had constant doubts about becoming a paratrooper.

It was a true test of character, because most people succumbed to the pressure and did not make it. He recalled how many doubted his potential during the selection, and mentioned some of the names the instructors called him: “Baby face, small, shorty, baby medic”. However, he emerged victorious and proved that indeed a book should not be judged by its cover.

Skydiving for some seems to be a crazy and a potentially suicidal activity. However, Cpl Mavhungu takes pride in his decision to take part. He did his free-fall course last year and did not have to go through the selection process as he was already parachute qualified.

“The is part of the airborne family,” he said smiling. However, he admitted the hardship that he went through during his selection for basic static line parachuting.

With regard to his future plans, the young skydiver indicated that he wanted to study in the medical field to become an airborne medic.

As a young person, he urged the youth to follow their dreams and focus on what they wanted. He said: “I do not regret the decision that I took and I am proud and comfortable with it.

Those who are still at school should continue studying hard and focus on what they want to achieve.”

The military developed the parachuting technology as a way to save aircrews in emergencies, both aboard balloons and aircraft in flight. It later developed as a means of delivering soldiers to the battlefield. Early competitions date back to the 1930s and it became an international sport in 1952. Parachuting is performed as a recreational activity and a competitive sport, in addition to its military role.
# MILITARY SKILLS NATIONAL COMPETITION

**ENTRANCE FORM**

*(After completion fax to 012 355 1570 / e-mail: uys@cornergate.com)*

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I hereby confirm that the above competitor is a member of this unit and hereby authorise his/her participation in the Military Skills Competition and that man days are available for the member.
What is the Military Skills Competition?

Every year the Reserve Force Council is host to the Military Skills Competition, supported by the Defence Reserves. The competition is open to all ranks, gender and ages. We have invited various countries to enter teams for the 2014 competition and are looking forward to observe how their skills have developed over the past few decades. Unit commanders are urged to enter at least four members to be considered for the team prize.

Please note: All entries to be submitted through your unit.

Disciplines

Rifle Shoot: 200m
- Deliberate: Prone position: 10 rounds in 2 min.
- Rapid: Prone position: 10 rounds in 1 min.
- Wearing of helmet paratrooper is compulsory.
- Dress: 4b: Long sleeves (Cammos)

Pistol Shoot: 25m
- Deliberate: Standing position: 10 rounds in 2 min.
- Rapid: Standing position: 10 rounds in 30 sec.
- Wearing of helmet paratrooper is compulsory.
- Dress: 4b: Long sleeves (Cammos)

Water Obstacle: 50m
- The competitor must cross five obstacles in a lane of a 50m swimming pool as quickly as possible.

Land Obstacle: 500m
- The competitor must pass over 20 obstacles on a 500m track as quickly as possible.
- Dress: 4b: Long sleeves (Cammos)

Combat Run: 8km
- Running the full distance over different types of terrain in as short a time as possible.
- Dress: 4b: Long sleeves (Cammos)

Hand Grenade:
- Throwing four grenades, 1.575g, at each of four targets placed at 15m, 20m, 25m, 30m.
- And three attempts to throw the grenades as far as possible. Furthest to count.

Contacts

Reserve Force Council:
- Mrs Fryer
- Tel: 011 444 2843

Defence Reserves:
- Col Motswadira
- Tel: 012 355 6300

SA Army: Force Prep: ETD:
- Lt Col Kamana
- Tel: 012 355 1516

OIC MILCOMP 2014:
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Closing Date for Nominations
30 September 2014

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The National Rural Youth Service Corps (NARYSEC) held its 5th graduation ceremony at 3 SA Infantry Battalion in Kimberley last month for the youth who underwent the NARYSEC skills development programme.

The youth were mobilised by the Department of Rural Development and Land Reform (DRDLR) and seconded to the Department of Defence for a ten-week long non-military character building training. This programme focuses on creating platforms for youth and...
focus on youth

LEFT: The top achievers that graduated from the National Rural Youth Service Corps Programme.

BELOW: Some of the participants in the National Rural Youth Service Corps Programme performing for the guests during their graduation ceremony.

to curb youth unemployment in rural areas and to teach them important life skills and values.

Addressing the learners, Maj Gen Asuryah Fakir, Chief Director Human Resources Development, said that the programme would enable the graduates to promote self-employment in their different communities. She added that the SANDF was delighted to be partnered with the DRDLR to train young people. Maj Gen Fakir said that the DOD would like to assure the DRDLR that in the DOD they had chosen a better and more compatible partner for this programme.

Maj Gen Fakir said: “The SANDF already shares your commitment and passion for the improvement in the quality of life of our youth. We believe that the most important feature of this improvement is the provision of skills and opportunity for the youth.”

Mr Mduduzi Shabane, Director-General DRDLR, said that while the SANDF was providing its facilities for the programme, they were not expecting them to become soldiers. However, graduates are leaving this programme as disciplined individuals equipped to face the world with their new-found skills. He stated that he was convinced that working together the two departments would succeed in ensuring a better future for the youth.

The graduate who received a certificate as the most determined and inspirational participant in the programme, Mr Motsowoasele Lulang, said that he was ready to face the world with his new-found skills. He said: “I highly appreciate the chance that was given. Now I am going back to my community to start creating things for myself.”

The NARYSEC Programme is the flagship programme of the DRDLR based on moral regeneration principles with the aim of developing youth ambassadors nationwide.

This specially designed foundational programme was aimed at training the youth in personal discipline, civic education, leadership, patriotism and civic participation (voluntarism). It was also meant to provide youth with multi-disciplinary skills through civic education and to equip with basic concepts, methods, techniques and their practical application in training, based on identified needs.

This initiative seeks to contribute to the enhancement of youth, who represent our present and future social capital. Our investment in youth is the only way to ensure their meaningful participation in the political, social and economic life of our country.
Umvoti Mounted Rifles conferred the Freedom of Entry into Pietermaritzburg and Pinetown

By Cpl Ally Rakoma and Ms Thuli Ntuli, Intern SA Soldier
Photos: Sgt Elias Mahuma

After being conferred the Freedom of Entry into Pietermaritzburg and Pinetown, members of the Umvoti Mounted Rifles from KwaZulu-Natal and 1 Special Service Battalion from Bloemfontein recently paraded through the streets of Pietermaritzburg and Pinetown with pipes, drums beating, regimental colours flying, fixed bayonets and armoured vehicles. The parades were held in honour of the 150th anniversary of the Umvoti Mounted Rifles.

The Umvoti Mounted Rifles is one of the oldest regiments in the SA National Defence Force and it stands proud as the only SA Army Armoured Car Regiment in KwaZulu-Natal.

Speaking to the members on parade, Councillor Chris Ndlela, the Mayor of Msunduzi Local Municipality in Pietermaritzburg, expressed his pride and said that the Municipality was proud to have taken a council resolution to grant the Umvoti Mounted Rifles freedom of entry into the city of Pietermaritzburg. He said: “You are an inspiring sight. It is rare to see such practised and perfect discipline these days.”

On accepting the Freedom of Entry
Lt Col Pat Titlestad thanked the Council for the symbolic gesture of trust bestowed upon the Regiment. He said: “We serve as citizens and volunteers; over the years we have stood the test of time. Thank you for a symbolic token of appreciation and making us part of the city.”

In recognition of the services rendered to the city in particular and the country in general, and as a sign of gratitude, the Regiment received its scroll of the Freedom of Entry into the City of Pietermaritzburg.

Two days later when the Umvoti Mounted Rifles took to the streets of Pinetown, the Ethekwini Metro

Municipality Ward Councillor, Mr Sibongiseni Mkhize, speaking on behalf of the Mayor, said: “Most people do not have good role models, but today people have found new role models in members of the SANDF.”

Mr Mkhize said that the story of the Umvoti Mounted Rifles was one that is intertwined with the story of South Africa. He added: “From the colonial wars, South African wars and international battles and in the transition towards a democratic South Africa, the Regiment has always conducted itself with true military discipline, albeit in the context of the different circumstances under which it had to serve.”

Conferring of the freedom of the city or granting official permission to military units by the Mayor to enter the area of jurisdiction of the city is a token of appreciation and trust placed in a military unit by the civilian population in recognition of the valued participation of the unit in support not only of civic functions, but also of the citizens.

Brig Gen André Retief, the General Officer Commanding of the SA Army Armour Formation, thanked the Councils and citizens of Pietermaritzburg and Pinetown for the honour bestowed upon the Umvoti Mounted Rifles. He said that: “The tradition and close mutual working relationship with the cities and the communities would carry on.”

**ABOVE: PINETOWN. Members on parade in front of the Flame of Armour.**
Area Military Health Unit Gauteng gives recognition for hard work

By Cpl Ally Rakoma

Area Military Health Unit Gauteng (AMHU Gauteng) members who have performed their duties diligently and professionally between January and June 2014 were recognised and rewarded for their hard work during the unit’s prestige awards ceremony recently held at the Madiba Hall in Gezina.

These members from various sections who had worked tirelessly were awarded certificates for making tremendous strides in their respective fields, such as Nursing, Social Work, Human Resources, Occupational Hygiene, Pharmacy, Environmental Health, Dental and Oral Health, Emergency Care and Logistics.

ABOVE: Maj Portia Xaba, Social Worker AMHU Gauteng, who
acted as the Programme Director, remarked that it is always stimulating to celebrate success. She explained that the award ceremony is an annual event, held specifically to keep members inspired and motivated.

Other presentations on the day were for creative decorating of tables by different sections, celebrating creativity, teamwork and collective group achievements.

Addressing members on behalf of the Officer Commanding of AMHU Gauteng, the Acting Officer Commanding, and Acting HQ Services Manager, Maj Boitshoko Maje, said that the importance of recognising excellence at the workplace motivates members to work hard to achieve their best. He said that as the leadership of AMHU Gauteng they are aware that in certain instances they are required to do more with less to render services to their clients and improve lives. Maj Maje added: “We appreciate the many sacrifices you continue to make.”

L Cpl Evelyn Molekwa, Pharmacist Assistant at Armscor Military Medical Clinic, who was awarded the best Pharmacist Assistant award, expressed her feelings about her recognition to SA Soldier. She said that hard work goes a long way and you need to dedicate yourself to what you are doing. L Cpl Molekwa said: “When you live for something greater than yourself, which is to serve, you must always have passion for your work, do what is right, the right way. Good work will always be recognised. I am also grateful to the entire staff of Armscor Military Medical Clinic for their support, motivation, guidance and mentoring and for giving young members the space to grow.”

The prestigious awards have facilitated continued excellence in various areas and have enhanced the operational requirements of the SA Military Health Service.
New leaders for Infantry School

Article and photos by S Sgt Lebogang Tlhaole

Infantry School recently held its Change of Command and Change of Office Parades to bid farewell to Brig Gen Siseko Nombewu and Master Warrant Officer (MWO) Ruben Mckenzie and to welcome the newly appointed Officer Commanding (OC), Col Abram Nthejane, and Regimental Sergeant Major (RSM), MWO Xolani Bunu.

The infanteers took the opportunity to acknowledge the contributions made by the outgoing Officer Commanding, Brig Gen Nombewu, and the RSM, MWO Mckenzie, in the quest to support the SA Army to deliver on its constitutional mandate.

It was a joyous occasion, especially for Brig Gen Nombewu and MWO Mckenzie who have been personally involved in conceptualising and shaping Infantry School. They shared the vision and aspirations for the future of Infantry School and recognised the unique role that the school plays in the SA Army and the entire community and improving and empowering members of the Infantry Corps.

Members of the SANDF, family and friends celebrated the visible beginning of a new milestone in the journey of Infantry School living its vision of being a Centre of Excellence, working as a professional team, committed to the organisation and the community, and providing excellent quality training as the pride of the Infantry Corps and the SA Army.

Infantry School forms an integral part of the SA Army. As a Centre of Excellence it provides quality training, education and development to members of the SA Army in order to empower and qualify infanteers on behalf of the Infantry Formation.

The General Officer Commanding of the Infantry Formation, Maj Gen Lindile Yam, on behalf of the Infantry Formation expressed his thanks and appreciation and also acknowledged the sterling work and great example that Brig Gen Nombewu and MWO Mckenzie set during their tenure of office as the OC and RSM of Infantry School for the past two and eight years respectively.

He said that Brig Gen Nombewu and MWO Mckenzie were always loyal and supportive of the cause and calling of the SANDF and had been actively involved in all the strategic processes and had contributed to the overall strategy of Infantry School. He wished them well in their new endeavours.

Regarding the newly appointed OC and RSM, Brig Gen Nombewu said that he was convinced that they would take on the role and responsibility of charting the way forward for Infantry School into new areas of education, training and development. He urged them to lead by example and take Infantry School into a new chapter aligned with the strategic planning of the SA Army and Infantry Formation.

Brig Gen Nombewu said: “All the infanteers and members of Infantry School are now part of your flock and you have to equip, train, develop and release them to protect us. We look up to you; please build with the building blocks of the past and add new innovative blocks to make this service a continued and desired service from which others, worldwide, will seek advice and guidance.”

In conclusion, Brig Gen Nombewu thanked the members of Infantry School. He urged them to keep up their good work so as to ensure that Infantry School remains what it is, and that it continues to be the best institution of the South African Infantry Corps.

ABOVE: MWO Xolani Bunu, the newly appointed Regimental Sergeant Major of Infantry School, after taking the oath of office as the RSM of Infantry School.
In pursuit of regional peace and security

By Mr Lufuno Netshirembe
Photo: Pte Jonathan Mogano

The Executive National Security Programme (ENSP) 29/14 students consisting of members of the SANDF, various government departments and business entities, including foreign defence forces were awarded for their hard work after successfully completing the ENSP.

The Commandant of the SA National Defence College (SANDC), Brig Gen Gordon Yekelo, hosted the certificate and award ceremony recently at the SA Air Force Museum.

Confirming the objective and the outcome of the programme, Brig Gen Yekelo said: “Many of the members on this programme will in the near future assume higher and strategic positions in their organisations. Those from the military have been exposed to and been persuaded to realise that understanding of tactics and operational art is a necessary, but not sufficient condition for understanding questions of statehood, peace, conflict and warfare”.

All 28 students received certificates which attested to their hard work. Various trophies were awarded to the members who distinguished themselves during the course.

Col Luciano Menne from the Brazilian Air Force received the Golden Rivet Trophy which was awarded to acknowledge the member deemed to have made the most valuable contribution to intra-group support, interpersonal communication, positive energy levels, mutual trust, cooperation, tolerance and sensitivity towards diversity.

The Ibandla Trophy (meaning “circle of the wise”) was awarded to Syndicate One facilitated by Capt (SAN) Steven Makhanya. This syndicate obtained the highest mark for Exercise SIVUKILE. The exercise ran for the duration of the programme, and was the golden thread of the ENSP. Members of Syndicate One were: Col Zuyisile Beja, Col Phillip Kraehmer, Group Capt Joseph Malgwi (Nigerian Air Force), Brig Gen Getrude Mngadi, Capt (SAN) Bruce Carter, Col Excellent Currie and Dr Kaven Naidoo (CSIR).

Each of the four syndicates was required to reach consensus on the concept of national power, national will, interests, identity and values as a precursor to identify domestic, regional, continental and global strategic trends that impact on South Africa’s national security and designing scenarios up to 2035 in order to formulate national security policy recommendations.

The Commandant’s Research Paper Floating Trophy and R2000 gift card from Exclusive Books sponsored by Thales were awarded to Col Phillip Kraehmer, a member of Defence Intelligence, who obtained the highest overall academic achievement in a research paper. Col Kraehmer’s research paper dealt with human mobility between Zimbabwe and South Africa: the impact on South Africa’s national security.

Col Kraehmer also received the Commandant’s Trophy for achieving the highest mark for overall academic achievement. He also received a laptop sponsored by the SANDC.

The ENSP Certificate and Award Ceremony was sponsored by Absa, Denel, Old Mutual and Thales, while the ENSP was sponsored by AMD, Armscor CSIR, Denel Dynamics, Logtra Solutions, Reutech Communications, the SAMHS Fund and SAMI.

This year’s ENSP consisted of 28 students, 23 of whom were local members from the Department of Justice and Constitutional Development, the South African Police Service, CSIR and Armscor. Five members were from foreign countries, namely Brazil, Botswana, Nigeria, Uganda and Zambia. (The ENSP is the most senior programme in the SANDF and is presented by the SANDC.

In the first week of their 21-week long programme the students visited Matlapeng (Sesotho for rocky place). On their arrival they had to begin the exacting task of forming teams after which individual groups went through the various stages of team building that were essential to raising their levels of both self and team awareness, the most important factors in passing the ENSP. It was in this first week that students included the vision and mission for which they coined the slogan: Usalama (Swahili for security).

The students set themselves the goal of becoming visionaries in global security and dedicated themselves to life-long learning to serve to their respective countries and to pursue regional peace and security.
Junior Command and Staff Duties Course Certificate Ceremony

By Cpl Ally Rakoma
Photo: Mr Frans Setlau

The SA Army College in Thaba Tshwane hosted a certificate ceremony in recognition of learners’ achievements for a group of 68 learners of whom one was an international fellow from the Lesotho Defence Force who had successfully completed the Junior Command and Staff Duties Course (JCSD).

The aim of the course is to train Officers Commanding and Staff Officers at the tactical level of war. The selected group of officers started the course on 1 July 2013 as part of the distance education phase. After completion they continued with the residential phase until mid-2014.

The main functionary at the ceremony was Lt Gen Vusi Masondo, the Chief of the SA Army. He was officiating at the certificate ceremony where he congratulated the learners and acknowledged the support of their families.

Speaking to the recipients, Lt Gen Masondo said that training unit commanders and staff officers at the tactical level of war was one of the essential core activities of the SA Army. He reminded them that completion of this course was not a means to an end but part of the developmental journey for all learners and directing staff. Lt Gen Masondo indicated to the graduates how valuable they are to the SA Army and encouraged them by saying that as future leaders of our time-tested Army they would have to adapt to various environments and be dynamic so as to weather the storm of uncertainty that the future might unleash.

In conclusion, Lt Gen Masondo stressed that they must restore a sense of self-worth and portray a positive attitude. He said: “Take these lessons to greater heights and harvest them to the benefit of the SA Army. Always remember that no amount of military training is useful in war unless buttressed by a high level of discipline and selflessness. Pledge allegiance to your country and stay true to your deed of commission.”

In his vote of thanks, Col Xolani Ndlovu, the Commandant of the SA Army College, shared words of encouragement and best wishes to the graduates. He pointed out that they must apply their minds to what they had acquired.

The sponsors of the certificate ceremony were the SA Army Foundation, Red Pepper Books, Olympia Trophies and Denel Dynamics.

Winners

Learner Displaying the Best Progress: Maj Sonto Kubayi.
Best Overall Learner: Maj Jacques de Waal.
“This is my solemn pledge”

By Pte Phillip Pitso
Photos: Capt Matthew de Jager

With their heads held high they shout one by one and pledge to serve as part of the elite. This is a small grouping who have successfully completed the South African Special Forces Training Cycle 01/2013 and joined the ranks of the Special Forces operators. The Special Forces Operators’ Qualification Parade took place at the Special Forces School in Murrayhill, north of Pretoria, last month.

In the evening darkness and bitter cold the ceremony opened with a live demonstration during which newly qualified operators showcased their acquired skills and capabilities. They demonstrated their abilities in a hostage rescue enactment that terrified and entertained parents and loved ones alike. The ceremony was also attended by senior officers and officials of the South African National Defence Force (SANDF) as well as other distinguished guests.

After a rigorous 17 months of intensive and gruelling training each member, including two members of the Namibian Defence Force, received the coveted South African Special Forces Operators’ Badge, a proud moment in their military careers.

The Chief of the SA Air Force, Lt Gen Zakes Msimang, acted as functionary for the parade on behalf of the Chief of the SANDF.

Before delivering his address Lt Gen Msimang presented the Simphiwe Nyanda Floating Trophy to the best learner on the South African Special Forces Training Cycle 01/2013. This trophy is awarded to the learner who displays the best attitude, skills and knowledge throughout the cycle. The trophy was named after Gen Siphiwe Nyanda, former Chief of the SANDF, and a strong believer in the development of Special Forces capabilities throughout the region. The trophy indeed captures the unique spirit and the very being of the Special Forces.

Lt Gen Msimang said: “The future environment requires new thinking and new approaches. We must be committed to being a dependable, agile and flexible defence force. We need capable soldiers and leaders with a high level of discipline and a sense of duty to meet the diverse military challenges one may encounter in future during external and internal deployments as prescribed by the Constitution.” Lt Gen Msimang challenged each one to go and live out the Special Forces Operator’s Creed, as they had pledged on parade.
SA National Defence Force Golf Championship

The SA National Defence Force Golf Championship was recently held at the Kuils River Golf Club in Cape Town. The aim of the championship was participation of all qualifying SA National Defence Force golfers to test their skills and perseverance. This is an annual opportunity for Defence golfers to compete.

The Patron of SANDF Golf, Brig Gen Ashton Sibango, officially opened the SANDF Golf Championship, which was played over four days in the form of a stroke play competition. 78 players from all parts of South Africa took part, including six women and other identified players who will represent the SANDF during upcoming events, such as the Inter-forces Golf Tournament at the Selborne Country Club in Durban between the SA Police Service, Correctional Services, Fire and Emergency Services and the Metro Police.

During the week of the SANDF Golf Championship it is always tradition to give back something to the community in the area where the championship is presented. For 2014 it was decided to invite learners from Parkdene Primary in Kraaifontein for developmental golf.

Members of the SANDF Golf Committee and some of the players divided the children into different groups to assist them by demonstrating golfing techniques and etiquette.

The day ended with the handing over of goodie bags. The SANDF golf players were pleased to give back to the community.

The week ended with a prize-giving function where SANDF Golf Colours and all the winners in the different categories were announced.

It was the first time that SANDF Golf Colours were awarded in the form of a silver pin to members who had contributed towards the development and growth of SANDF Golf. These pins

**Article and photos by Lt Col Ilze du Toit, PRO SANDF Golf**

![LEFT: Cpl Paulus Motobi offering a learner close-up golf mentoring.](image)

![ABOVE: Fltr: Maj Jay van der Walt, winner of the 2014 SANDF Golf Championship, Brig Gen Ashton Sibango, Patron of SANDF Golf, and Col Karin Watts, the SANDF women’s golf champion.](image)

The winner of the 2014 SANDF Golf Championships and Men’s Open A-Division was Maj Jay van der Walt with a gross score of 303 over four days.

During the function the Vice-Chairperson of SANDF Golf, Lt Col Ronel Janse van Rensburg, thanked all players and committee members for presenting an excellent championship.

Inter-services Golf Tournament

The day prior to the SANDF Golf Championships the Inter-services Golf Tournament was held at the Kuils River Golf Club. During this event golfers of the four Services played 36 holes divided into foursomes in the morning field and individual matches were played in the afternoon. The teams consisted of 18 players per Service. This event was divided into A-teams, B-teams and C-teams.

The SA Navy won the A-Division in the Inter-services Golf Tournament. The B-Division was a draw between the SA Army and SA Air Force teams. The SA Air Force won the C-Division.

During the week there was also a competition among the different regions to identify the best region in the SANDF Golf environment. The winners were Western Province A (875) and the runners-up were Western Province B (894) with Gauteng North (897) in third position.

The women’s champion was Col Karin Watts with a gross score of 328 over four days.

During the function the Vice-Chairperson of SANDF Golf,Lt Col Ronel Janse van Rensburg, thanked all players and committee members for presenting an excellent championship.

Golf Club. During this event golfers of the four Services played 36 holes divided into foursomes in the morning field and individual matches were played in the afternoon. The teams consisted of 18 players per Service. This event was divided into A-teams, B-teams and C-teams.

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The annual SA Air Force (SAAF) Football Championship kicked off at Air Force Base (AFB) Swartkop, formerly Air Force Gymnasium, in Valhalla last month. This soccer tournament consisted of 15 teams comprising 11 men's teams and 4 women's teams from different SAAF units.

The games promote friendship through sport, and the spirit of fair play and sportsmanship were the order of the day. The driving force behind the success of this exciting soccer spectacle can be attributed to the support the teams receive from their Officers Commanding to make football alive in the SAAF. The championship was sponsored by Old Mutual and Turbomeca Africa.

Brig Gen Tsoga Sehlare, the Director Technical Support Services and Patron of SAAF Football, officiated on behalf of the Chief of the SAAF, Lt Gen Zimpande Msimang. He encouraged participants to reflect the true spirit of sportsmanship and to compete for best results in a friendly and encouraging atmosphere.

According to Lt Col Nicholas Tshihomu, the Chairperson of SAAF Football, another objective of the championship was to increase inter-unit competitive sportsmanship in the hope of identifying football talent. He also pointed out that the games are not played in vain, but serve as a platform to nominate best players, both men and women, who will form part of the SAAF National Team.

In the game of football it is true that ability is what one is capable of doing, motivation determines what you do and attitude determines how well you do it. The spectators were entertained with the “shibobo”, “show me your number” and “tsamaya”.

The championship ended with a prize-giving function where all the winners in the different categories were announced.

• The third and fourth place play-

AFOVE: An SA Air Force Headquarters woman (red/yellow) dribbles past her opponents (Air Force Base Waterkloof) towards the goal post.

LEFT: Cpl Absalom Pitso of Air Force Base (AFB) Swartkop mesmerising onlookers with his dribbling skills during a clash between AFB Swartkop and AFB Langebaanweg (AFB Swartkop won 4-0).
offs were between AFB Waterkloof and AFB Makhado. AFB Makhado left nothing to chance, winning the game 5-4 on penalty kicks.

- The Shield final was won by AFB Langebaanweg.
- The Men’s Wooden Spoon was won by 10 Air Depot.
- The SAAF Men’s Soccer finals were played between 68 Air School and AFB Bloemspruit. They played to a 2-2 draw in the game’s regulation time, after which they went for extra time and the game was won by 68 Air School on penalties.

- The women’s team finals were between AFB Waterkloof and SAAF HQ. AFB Waterkloof thrashed SAAF HQ by 3-1. The 2014 SAAF women’s champs were AFB Waterkloof; in second place was SAAF HQ and in third place was AFB Ysterplaat.
SA Air Force raced in the 360NE Mountain Bike Challenge

SA Air Force Cycling Team took part in the longest single stage mountain bike race in South Africa, the 360NE Mountain Bike (360NE MTB) Challenge, which was recently held in the Karoo in Oudtshoorn in the Western Cape.

The 360NE MTB Challenge is a 361km race with a 36.1-hour time limit. It includes a total vertical ascent of more than 5,000 metres. There were various categories in which riders could enter. Cyclists tackled the event solo or in teams of two, three or four. More than 200 riders entered the challenge.

The SA Air Force team entered the race to demonstrate that soldiers are capable of handling tough challenges. The SA Air Force team consisted of Lt Col Anthony Cloete (Chairperson), Lt Col Carel Strydom (SA Air Force Master), Lt Col Tinus Smit, Maj Gideon Joubert (SA Air Force Master), WO1 André Martin and Ms Izaan de Jager.

Twelve hours before the race started the Chairperson was ready for the challenge. He said: “Nerves are starting to kick in; I can feel the moment has come now and I am grateful for the saddle hours we have put in to prepare for this race.”

Lt Col Cloete added: “My main aim in taking part in this type of endurance sport is to inspire other soldiers to participate in sport.” Approaching the finishing line Lt Col Cloete was riding in his well-known cow suit to create awareness for Children Haematology Oncology Clinics (CHOC). This foundation contributes to the well-being of children with cancer or life-threatening blood disorders and their families.

His next challenge is to ride from Air Force Base Hoedspruit to Cape Town, bolstered by the following sentiments: Remember the forgotten, Honour the fighters and Never give up faith.

83km from the finishing line, Lt Col Carel Strydom, wearing the SA Air Force jersey, was determined to finish the race. Fatigue, muscle cramps, and temperatures of up to 38 degrees in the hills of the Karoo were not going to deter him. He said it did not matter how old or young one was, as soldiers we need to be fit, not only physically, but also mentally. Asked if he would undertake this challenge again, his answer was: “of course I would”.

Lt Col Strydom shared the same sentiments with the Chairperson of the team and said he wanted to inspire confidence and initiate developmental cycling programmes and support within the SA Air Force to see more members taking part in this type of event.

Mr Jean Biersman from Belgium won in the solo men’s category. He was three hours faster than 2013 winner in a time of 14:25:15. Ms Hannelle Steyn from 1 Military Hospital won the solo women’s category in a time of 17:28:57.

The SA Air Force Masters ended in the 11th position in the Men Team 2 category with an overall position of 98th in a time of 25:54:15.

Speaking to Mr Steven Liptz, co-founder of the 360NE Asset Management Company, which was the main sponsor of the race, he said: “360 degrees is the full circle. For many it is the limit of what is possible. However, 360NE is a company with a vision that breaches boundaries. For us, good is not enough, only extraordinary is acceptable.”
GROUP LIFE INSURANCE SCHEME
Deduction Code: 3889

Start planning now for those unforeseen life events

Presentations will be held at all major units & further information will be provided via the internet & marketing brochures shortly.
I am relieved that I actually did it,” said a man who had just successfully pulled an aircraft a distance of 14 metres. Mr Ettiene Smit, a car sales manager at Volvo in Hatfield, is 158 kilograms of pure muscle. The 40 year-old pulled a Hercules C-130 aircraft (fondly known as the Flossie) at the SA Air Force Museum not once but twice.

Mr Smit has been competing in Strongman competitions for the last 14 years. Although he has eight championship titles under his belt for pulling cars, planes and trains, he admitted that he was concerned about successfully managing this stunt. Mr Smit said: “I was a little bit worried. There was a lot at stake. I am used to competing, but today was different because it was a promotional stunt and I could disappoint many people. Usually in competitions if I lose, I only let myself down so I needed to make this happen.”

He added: “The most challenging thing I ever pulled before the Hercules C-130 aircraft was a steam locomotive last year. Even though I was successful, I was still worried about pulling this big plane.”

Mr Smit had a thin rope tied from his waist to the plane. He arched his whole body forward and crouched. When he lifted each of his legs, the 30 ton (30 000 kilogram) aircraft wheeled slowly forward. After successfully completing the stunt, Mr Smit repeated the performance, only this time he pulled it without balancing his body with a rope attached to a 4 ton vehicle used to pull planes, called an aircraft towing tractor, which was in front of the aircraft. He managed to pull the Hercules C-130 aircraft 14 metres again, to a total distance of 28 metres.

Lt Col Mike O’Connor, Officer Commanding of the SA Air Force Museum, said: “This has never been attempted before. Mr Smit requested permission to pull the aircraft. We are not sure how much fuel was left in it, but we assumed there was 6 tons of fuel left in its tanks. The lack thereof added more weight to the aircraft. To prove how heavy it was, it took my crew of 12 people to get it to move slightly.”

During his introductory announcement, Lt Col O’Connor said that the Flossie was flown from 28 Squadron (Air Force Base Waterkloof) years back. He added: “The undercarriage is made to land on gravel. It is not an aircraft to be moved.”

The hobby that has allowed Mr Smit to travel the world is not an easy one to maintain. He said: “This is my life. It is not just a lifestyle. It takes consistency to maintain this kind of strength.” He maintains his weight with a daily six meal regimen. He wakes each day to a cup of coffee and rusks followed by two pieces of toast and four eggs. He snacks on sandwiches, fruit and yogurt. For lunch he has meals stacked with protein and carbohydrates and he ends his day with a heavy dinner.
Mr Smit said: “I do not play when I exercise. All my workouts are heavy. I train four to six times a week. I do four gym sessions and two sport specific training sessions called Strongman sessions.

The host of the event was television personality, Mr Garth Collins, a fellow strongman competitor, also known as Granite.
Is your love life going up in smoke?

By Martina Nicholson Associates for Resolution Health and Zurreal

Is smoking a turn-off for young South Africans and is the trend of “vaping” vaporising efforts to create a smoke-free society?

A recent online survey by one of South Africa’s top ten largest open medical schemes, Resolution Health, and its loyalty and well-being partner Zurreal, found that cigarette smoking is a big turn-off when it comes to dating for many young South Africans in this day and age.

“There is no doubt about it that smoking used to have sex appeal.” explains Dr Jacques Snyman, clinical adviser to Resolution Health and Managing Director of Integrated Care Solutions at Agility, owner of the Zurreal programme.

According to Dr Snyman: “There used to be a stage in the not too distant past when smoking cigarettes was actually considered cool.” Up until the end of the twentieth century, taking a long, deep drag of smoke from a cigarette was seen as a rather sexy, sultry affair. Men ogled at beautifully manicured, red-lipped women delicately drawing on slim rolls of finely shredded premium tobacco leaves enclosed in delicate paper-thin wrappers. Businessmen in spiffy suits swilled their whiskey tumblers and puffed away on cigars or cigarettes at their mahogany desks. You even found doctors on billboards endorsing their favourite brands of cigarettes. He says: “There is no doubt about it that smoking used to have sex appeal.”

Fast-forward 50 years and there is an altogether different picture. Dr Snyman says: “Results from the survey show that there has been a definitive change in people’s attitudes towards smoking. The fact that someone smokes can actually be a deal breaker when it comes to dating and choosing a partner.” Only 32 per cent of the respondents who participated in the survey were in a relationship with a smoker.

“Why would I want to date or possibly marry someone who might die from lung cancer in 20 years’ time?” said one respondent. Another said that kissing a smoker was “like kissing an ashtray” and that it made her nauseous. A male respondent admitted that as soon as he saw a woman smoking, her level of attractiveness went down radically in his estimation.

It is clear that government policy has done a lot of legwork in making smoking socially unacceptable. South Africa has indeed made significant strides in curbing the use of tobacco by implementing wide-ranging tobacco control legislation. The Tobacco Products Control Amendment Act signed into law by former President Nelson Mandela in 1999 provides South Africa with one of the most comprehensive tobacco control legislation packages in the world.

The Act bans tobacco advertising and protects children and adolescents from all promotion of cigarettes and also ensures a smoke-free environment. In 2009, further anti-smoking regulations strengthened limits on smoking in public places and the manufacturing and marketing of tobacco products. These include big fines for smoking in non-smoking areas. For example, there are prohibitions on smoking in partially enclosed public spaces, cars with passengers under the age of 12 and areas used for commercial childcare, school or tutoring. Compulsory smoking areas are provided for persons only over the age of 18. Tobacco industry sponsored “parties” have been outlawed, a tactic used to continue to try to promote cigarettes to youngsters. Prohibitions on the sale of tobacco products to and by persons under the age of 18 have been toughened.

South Africa was also one of the first signatories to the World Health Organisation (WHO) Framework Convention on Tobacco Control (FCTC). The convention, which took effect in 2005, was ratified by nearly 170 countries. The recommendations state that smoke-free laws must cover all enclosed public places, workplaces, and public transport.

However, despite the stringent tobacco control legislation in South Africa there are fears that the new upward trend of “e-cigarettes” or “vaping” might make smoking glamorous again, especially among younger members of society. These products exist in a sort of regulatory vacuum and the consequences of the marketing, advertising and sale of these products, especially for the youth, may unravel all the progress South Africa has so far achieved.

With 98 per cent of the respondents in the survey declaring that they were aware of the risks of smoking and almost 40 per cent already having experienced adverse health effects from smoking, it is clear that South Africans are well informed about what they are getting themselves into when taking up the habit. However, when it comes to e-cigarettes the lines are blurred and South Africa may just be taking “one step forward, two steps back” in the fight to create a smoke-free society if there is no well-defined and implemented regulatory framework for the sale and consumption of e-cigarettes. The question remains: is smoking an e-cigarette still as much a turn-off as smoking the real deal?
Organ donation saves lives

By Ms Anne Dolinschek, Martina Nicholson Associates Newsdesk
Photo: Pte Jonathan Mogano

Becoming an organ donor is a very personal and, for some individuals, an immensely emotional decision to make. What is certain is that organ donation improves many people’s quality of life and often even saves lives. These are good reasons to seriously consider becoming a donor.

While organ donation saves lives and improves the quality of many others, approximately 4 300 South Africans are currently awaiting organ and corneal transplants according to the Organ Donor Foundation of South Africa. There is therefore an urgent and pressing need for more South Africans to become organ donors.

Organ transplantation is the treatment of choice for many diseases and medical conditions. More than 20 different organs, including hearts, livers, kidneys, and tissues such as corneas and bone marrow can be successfully transplanted into patients. The vast majority of transplants today are highly successful and can literally give recipients a completely new life.

Not enough suitable organs

Organ transplantation is without doubt one of the miracles of modern medicine and is often called the “gift of life”. However, many South Africans are currently unable to enjoy the benefits of a transplant because there are no suitable donated organs available for them. Transplantation depends on the generosity of those donors and their families who are willing to make this life-saving gift available to others.

Transplantation in South Africa

When Prof Chris Barnard successfully performed the world’s first human heart transplant in Cape Town more than 50 years ago, it captured the imagination of the media and of people throughout the world. Nowadays many South Africans are not even aware that transplants still take place in this country. In fact, when organs are available transplants are regularly undertaken at certain facilities in both the private and public sectors. More than 570 organ and cornea transplants took place in South Africa during 2012.

Saving lives

The Organ Donor Foundation says that by becoming an organ donor you can save as many as seven lives after you die. Your heart, kidneys, liver, lungs and pancreas can all be used to assist seriously ill people to live longer and healthier lives. Not only can this be done, but you could potentially help a further 50 people by donating tissues such as corneas, heart valves, skin and bone.

Improving awareness

The Organ Donor Foundation hopes that by highlighting the importance of organ donation, many more South Africans can be encouraged to become donors and more people can benefit from organ donation.

Treatment of choice

As noted earlier, transplantation is the treatment of choice for many diseases, but all too often a suitable organ is not available to meet the demand. An individual with a damaged heart, for example, may require a new one in order to survive, while someone with end-stage renal failure will require a kidney transplant. A pancreas can save an individual who is suffering from diabetes.

How to become an organ donor

Organs for transplantation come from two sources: people who are still alive and those who have died. Individuals may register as organ donors with the Organ Donor Foundation and voluntarily leave their organs for the purposes of transplantation once they have passed away. You can become an organ donor by doing the following:

- Call the Organ Donor Foundation’s toll-free line (0800 22 66 11) or visit the website www.odf.org.za for information on how to become a donor.
- The Organ Donor Foundation will send you an organ donor card to carry in your wallet and organ donor stickers for your ID book and driving licence.
- Inform your family that you want to become an organ donor. This is most important because your organs cannot be used for the purposes of transplantation without the consent of your family.

Facts about organ donation

The Organ Donor Foundation has compiled the following five important facts about organ donation:

- Organs that can be transplanted include the heart, lungs, kidneys, liver and pancreas.
- Tissue that can be transplanted includes corneas, heart valves, skin and bone.
- People can agree to transplant some organs and not others.
- Any individual who is under the age of 70 years and in good health can become an organ donor.
- Anyone who has become an organ donor is welcome to change their mind. Simply destroying your organ donor card and informing your family that you no longer wish to be a donor.
You have a choice

By Col (Rev) Masello Mothopeng, SSO Religious Communication and Liaison

Life is full of choices, and everyone has a choice. We are living in a democratic country where everyone has the freedom of choice without being victimised or discriminated against. The only challenge is that sometimes we fail to live according to our choices and we end up being slaves of our choices.

In Deuteronomy 30:15-20 Moses talked to the Israelites about making a choice. This was just before they entered the Promised Land, and was almost the last sermon that Moses delivered to his people. He started by reminding them about the God of the covenant, and promises made to them (verse 1-14). In today’s political language, Moses spoke like a political leader in delivering the manifesto of the party to the nation. He told the Israelites about the prosperity that was awaiting them in the Promised Land, but only if their hearts remained in the Lord. He reminded them of the good things that the Lord had promised to their forefathers, things that they would inherit when they enter the Promised Land. Moses had to do so to get them in the right frame of mind so that when they entered the Promised Land they should not be confused by the practices there, but remain in the Lord.

After delivering his speech, Moses gave them the freedom to make their choice. He said in verse 19: “I have set before you life and death, blessings and curses”. The nation had the opportunity to choose what would be best for them. They had the freedom to choose what would best suit their needs and what they deemed to be good for them. Although they were the chosen nation of God, that did not make obvious what they should have, they have to make a choice.

Also, as their leader, Moses could not make a choice for them, but could only give advice on what he would want for them. That is why in verse 20 he says: “Choose life so that you may live.”

If you are asked today to make a choice, what would be yours? The Israelites had a choice between life and death, blessings and curses. What will be your choice, if you are asked to choose?

As mentioned earlier life is full of choices; it is just up to us to make the right ones. Your position or status does not matter; ultimately you have to make a choice. And for you to remain in that position or even move higher, you likewise have to make a choice.

Do not make a choice that you cannot live with, or a choice that will burden you along the journey. Do not make a choice that will lead you to death or curses, but make one that will lead you to live. Make a choice that will take you from poverty to a life of abundance. Make a choice such that when you look back, you will feel proud of yourself. That choice is to have Christ as your Lord and Saviour. Paul in 2 Corinthians 5:17 say: “Therefore, if anyone is in Christ, he is the new creation; the old has gone, the new has come.”

You have the freedom to make a choice, but make the right choice. Let the Holy Spirit lead you in making the right choice, that of taking Christ to be the pillar of your life. And that is the decision to choose life and not death; be sure to choose blessings and not curses. Make a wise choice, and have life in abundance. Amen!

*This is what CHOICE means for me:
Confession of sins = 1 John 1:8-10
Humbleness before the Lord = James 4:10
Obedience to the Word of God = Luke 11:28
Imitate Christ = 1 John 2:6
Commit to God = Proverbs 16:3
Embrace the Word of God = Hebrews 4:12
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