SOUTH AFRICAN SOLDIER

FREE ... But pass it on when you are done

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ABOVE: A sense of pride: Seaman Nontobeko Mnisi from SAS SALDANHA ready for inspection at one of the displays at the SA Navy Festival. (Photo: Sgt Elias Mahuma)

FRONT COVER: 20 YEARS FREEDOM DAY CELEBRATIONS
President Jacob Zuma, Commander-in-Chief of the SANDF, escorted by the aides de camp of the SA Military Health Service, Col Immanuel Kamberipa (left) and Col Gloria Lubemba during the Freedom Day celebrations at the Union Buildings. (Photo: WO2 David Nomtshongwana)

For the latest news on defence matters in South Africa, visit our website at: www.dod.mil.za
We kick off this edition with the Defence Review being unpacked by the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, and the Defence Review Committee. The comprehensive Defence Review report was the second of its kind since South Africa embraced democracy in 1994 (see page 5).

The Chief of the SA Army, Lt Gen Vusi Masondo, recently handed over 3 800 trained soldiers of the Armed Forces of the Democratic Republic of Congo (FARDC) to their government at Mura Military Base in Likasi in the Democratic Republic of Congo (DRC). This followed an intense seven months of multi-faceted military training as part of a continuing SA Army training intervention in the DRC, known as Mission Thebe. Read all about this remarkable milestone on pages 10 and 11.

Twenty years later the SA National Defence Force (SANDF) joined South Africans on Freedom Day in celebrating 20 years of democracy at the Union Buildings in Pretoria. Read on pages 14 and 15 of the important role that the SANDF played on this historic day.

In this edition we also bid farewell to the former Chief of the SA Navy, V Adm Johannes Mudimu (pages 20-22) and the Chief of Logistics, Lt Gen Justice Nkonyane (pages 24-26), and wish them all the best in their new endeavours. We also welcome and salute their incumbents: V Adm Samuel Hlongwane (Chief of the SA Navy) and Lt Gen Bongani Mbatha (Chief of Logistics).

On the lighter side there are articles on the Rand Show (pages 18-19) and the SA Navy Festival (pages 28-29).

Sport enthusiasts should read page 41 on how Tae-bo is emerging as an exciting sport in the SANDF. This year 222 runners from the Department of Defence (DOD), including the Defence Reserves, participated in the Two Oceans Marathon, 50 of whom were women. Congratulations to all the DOD achievers! Read more about them on pages 44 and 45.

To help you stay healthy and boost your immune system as the weather turns colder read page 39.

*Nelda Pienaar*
*Editor SA Soldier*
The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, together with the Defence Review Committee unpacked the Defence Review at a media briefing in Pretoria on 23 April 2014. The comprehensive Defence Review report was the second of its kind since South Africa entered into democracy in 1994. During her speech, Minister Mapisa-Nqakula pointed out that the Defence Review 2014 had been approved by Cabinet concerning defence policies for the next 20 years.

The Defence Review report highlights a need for Government to ramp up the SA National Defence Force (SANDF) financially in order to meet the current capabilities of defence. Minister Mapisa-Nqakula said: “There is a mismatch between the Government’s inadequate allocation of funding towards the SANDF and the role defence is supposed to play.”

According to the Defence Review report, defence can only perform its obligations properly if the gross domestic product (GDP) funding is sufficient.

The Defence Review also highlights the fact that South Africa is lagging behind neighbouring African countries in terms of the budget allocated to the SANDF.

Brig Gen John Gibbs, a Defence Review Committee member, gave a detailed account of the report which stated that South Africa was disproportionately allocated only 1.1 per cent of the GDP. This is seen as a far cry from the international norm, which is set at approximately 2 per cent for any developing country at peace. Even countries such as Namibia budgeted 3.2 per cent and Angola 5.8 per cent to their defence forces.

Minister Mapisa-Nqakula said that the current budget allocation to the SANDF had negatively impacted the SANDF’s ability to acquire the necessary armaments. The current budget has only allowed the SANDF to deploy four battalions in various parts of Africa.

The Deputy Minister of Defence and Military Veterans, Mr Thabang Makwetla, said that the budget allocated to the SANDF had remained unchanged since even before 1994.

He stressed that the allocation was solely based on the perceived threat to the old regime.

The SANDF has tabled a 14 year plan to revamp the state of the force. It aims to heighten its reaction, protection, peacekeeping and combat capabilities and to upgrade maritime and cyber-defence security. But to do this the SANDF will need a budget of at least R88 billion to be adequately equipped.

The Defence Review envisages a budget upgrade from the present 1.1 per cent of the GDP to 2.0 per cent by 2028. Minister Mapisa-Nqakula said that she was optimistic that after studying the Defence Review, Cabinet would consider it.

The Defence Review also provides a coherent account of how the SANDF would be able to contribute to South Africa’s overall socio-economic growth if its policies are adequately financed, developed and implemented.
EQUIP YOURSELF ACADEMICALLY

Soldiers must not wait for the DOD to equip them; they must obtain skills themselves through other learning institutions. Military courses are sometimes not recognised outside the military environment. Educational qualifications facilitate one’s integration into civilian life.

14 SA Infantry Battalion (14 SAI Bn) is one unit where many soldiers are studying, whether through Unisa, the Walter Sisulu University or any other learning centres in the Mthatha area. There are many graduates in 14 SAI Bn most of whom are Privates, though it seems as if they are not being encouraged by the DOD. Those who have the intention to study should not be discouraged by this situation, as there is hope that the situation will change and that graduates will be accommodated and recognised.

It would be a good thing if the DOD could devise some plan to improve the lives of those who are highly educated by providing them with better opportunities and a better life. Many of the soldiers use their own money to improve their lives without any assistance from the department.

On the other hand our soldiers must make sure they choose a field of study that is in line with the modern demands of the SANDF so that the DOD can make use of their services.

Some military bases are close to institutions of higher learning, so soldiers can attend evening classes. For instance, Walter Sisulu University and Rhodes are close to 14 SAI Bn. The writer of this letter is one of the people who has managed through sacrifice and commitment to improve his life through higher education. Pte Lindile Htalukana, Mthatha

NOW THAT YOU ARE HERE

Before joining the SANDF one had no idea of the organisation. I came as a civilian and was made a soldier. Never cared for ranks, units, or any other thing … I just wanted to be “here”. I can say I am no different to other soldiers, as some join for employment, some to just be in uniform, some to fulfil fantasies, or for money or to make a career out of soldiering. I can proudly claim that I have gained experience about our organisation. I have been in almost all provinces. I have felt good, bad and sometimes ugly. Like other soldiers I have felt like I have been denied opportunities to progress in my career, sometimes felt underpaid. All one can say is that we face similar problems or challenges in all State departments and even business organisations. There are people who have been in the SANDF for years and years and still feel unhappy or unfairly treated as they have not progressed or been promoted. Yes, I/we have been through a lot and still face challenges in our different units/formations or Services daily. For me, now that I am “here” I am going to do the best to enjoy my work. If given opportunities I will utilise them; I will also create opportunities for myself and other people around me. It is important to appreciate what one has, especially when one has always dreamt of joining the SANDF. My challenge is … “Now that you are “here”, what are you going to do”?

D.M. Tshivhula,
1 Parachute Battalion

SOLDIERS DO NOT DIE

Soldiers do not die, they only fade away. Soldiers do not kill, they protect. Soldiers do not fear death, for to them it is a choice.

Soldiers stare death in the eye every day and say: “Death be not proud, for Thou hast been defeated on the Cross”. Soldiers live forever, for when they die they shall rise again with Christ. Remember us! Respect the patriots! Cpl Rokunda Sikhivhilu,

Air Force Base Ysterplaat

LET US HEAR FROM YOU!

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@mail.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.

PRAISE

I would like to thank the Communication Section for the SA Soldier December 2013 edition. Well done communication team you did a good job! This magazine is so beautiful right through from the cover page to the last page. You captured every moment and useful information. If you did not get the opportunity to attend the memorials and the funeral and the viewing of our first Commander-in-Chief this special edition of SA Soldier will inform you what happened on those dates. What I mean is that everything is perfect. Well done once more communication section, we are proud of you.

If it is possible I would like the communication section to distribute more copies as this is very important and it will be a history for our children, as for me I will file it and put it in a safe place in my memory box to keep it for my daughter, Tshepang, who is 4 years old.

Please, I would like to have more copies to give to my family, friends and the public where I stay. Well done on a good job communication section.

Silatsatsi Kabai, email

*Thank you for the words of appreciation. It was such an honour for the SA Soldier Team to compile this special edition dedicated to the first Commander-in-Chief of the SANDF, the late former President Nelson Mandela - Ed.
**DRAFT A WILL**

Writing or drafting a will and testament brings up a feeling of discomfort and yes, it makes one uneasy, including me. Yet drafting a will while one is still alive is a wise step. It is essential to draft a will while one is still alive, especially when one wants to leave behind possessions and property to loved ones. The will must be professionally done and it can be drafted with any institution of choice. A will has good and bad aspects. A will consists of the wishes and the last words of a person; it is honoured by the law on the distribution of assets, belongings and financial resources. Nowadays, it is important to have a will as it is no longer just for people with money or assets, but a will gives guidelines and instructions about the future. But I wish that soldiers because of an unpredictable lifespan and the possibility of accidents have a will. A will silences disputes that may occur regarding the estate. However, the lack of a will can be interpreted as a lack of trust in and unreliability by the family, friend or spouse. Everybody, Public Service Act Personnel (PSAP) or Defence Act Personnel (DAP), must take wills and testaments seriously and update them regularly as life changes occur. 

D.M Tshivhula, 1 Parachute Battalion

9 SA Infantry Battalion (9 SAI Bn) is a military unit at Eersterivier which is involved in many community outreach programmes for the SA National Defence Force. For some years this unit has been doing a great job as attested to by many successes throughout the country and beyond. 9 SAI Bn has also made the SA Army, the SA Army Infantry Formation and the entire Department of Defence proud by producing a boxing champion.

It all began when this unit took the initiative of identifying young, committed boxers with potential in the unit. They were from disadvantaged communities around the base. Our

**DUKES HERO HONOURED**

A memorial service in honour of Rfn Antonio Titus was held at the Regimental Headquarters of Cape Town Rifles at Fort iKapa on 2 April 2014, which was attended by his widow, Ms Veronique Titus, and several members of her family.

Tragedy struck the Titus family on 9 December 2013. Rfn Antonio Titus (30) of the Cape Town Rifles (Dukes) suffered severe burns, when his home in the Overberg district accidentally caught fire. He later died in hospital. The blaze also caused the horrific deaths not only of two of his young children, but also of his mother and brother.

According to eyewitness accounts, Rfn Titus exhibited the ultimate bravery. Disregarding his own safety, he plunged into the inferno and succeeded in rescuing one of his daughters and his wife, before returning once more in a valiant but ultimately futile attempt to pull the rest of his family to safety. In so doing, he died a hero’s death.

The Cape Town Rifles (Dukes) raised funds to contribute towards alleviating the suffering of the young soldier’s widow and surviving child, who had lost everything in the blaze. Capt John Dorrington, Corporate Communication Officer of Cape Town Rifles, Photos: Ms Regine Lord.

**9 SA INFANTRY BATTALION - THE HOME OF CHAMPIONS**

9 SA Infantry Battalion (9 SAI Bn) is a military unit at Eersterivier which is involved in many community outreach programmes for the SA National Defence Force. For some years this unit has been doing a great job as attested to by many successes throughout the country and beyond. 9 SAI Bn has also made the SA Army, the SA Army Infantry Formation and the entire Department of Defence proud by producing a boxing champion.

It all began when this unit took the initiative of identifying young, committed boxers with potential in the unit. They were from disadvantaged communities around the base. Our

left: Ms Debbie Marais, wife of the Commanding Officer of Cape Town Rifles (second from left) unveiled a plaque in honour of Rfn Titus at the Regimental Headquarters of the Cape Town Rifles at Fort iKapa, while Ms Veronique Titus, widow of Rfn Titus, Lt Col Francois Marais, the Commanding Officer of Cape Town Rifles, and Chaplain Bukhosibakhe Sokoyi of 9 SA Infantry Battalion look on.

ftr: Lt Col Martin Feni, Officer Commanding 9 SAI Bn, Champion Luyanda Kwanwka and Capt Vuyani Ngcofe, Chairperson 9 SAI Bn Boxing Club.
LIFE IS ALL ABOUT MOVEMENTS

It is important to be aware that life is about constant change. Movement, development movement and also growth movement. For a person to stay alive he needs to breathe each and every minute, the blood will flow within his body and his heart will continue pumping. What I want to explain is that if we stop breathing, it means that we are dead. We must also be aware that if our hearts stop pumping blood so that it can flow within our bodies, we will immediately die. We also want to move from an existing situation to a better one. Even if we want to maintain our successful situation, we still have to keep on moving or else everything will end.

We always want to move further in our careers and to move forward within our vital relationships and we also want to move forward in our health. All movements in life are governed by the integration of motivation, direction and supporting structure. In other words, for everything to move from one point to another, the elements of motivation, direction and structure are essential. In order to understand what I am saying it is important to realise that to move yourself or other people there must be a motive. We must be motivated by a certain situation before we can move our body structure to our various destinies.

Motivation: Motivation is a driving element of our movement. Without motivation (reason, motive, purpose, desire and aspiration) of some kind, there will be no movement at all. The quality of motivation becomes a critical factor with regard to movement in the direction of our success. It is important to realise the following: Where there is a will, there will always be a way to win. This clearly tells us that motivation and positive aspirations are synonyms.

Direction: Direction is the second element that is connected with motivation. Motivation without going in a certain direction is useless and fruitless. It will be the same as wanting to become a great leader without following a plan for improvement. Great leaders are driven by mission, vision, strategy, plans, objectives and goals. All these directional elements can take us from one form to another. This teaches us that motivation without direction does not exist.

Structure: Structure is the third basic element of movement. It is connected with motivation and refers to our body, resources, facilities, systems and procedures needed to give substance to aspiration and direction. It means that structure without aspiration and direction cannot move at all. Our plans are based on motivation and are coupled to directional strategies. Structure is used to carry out plans, because if the structure is not in place, it means that there is failure. When the phone is ringing while I am sitting, I stand up to answer it. If the phone did not ring, I was not going to stand and move towards it. Therefore, it means that I had a motive/reason/purpose for moving towards the phone, which is to answer it. What did I use to move? I used my legs, feet, hands and carpet, all of which elements fall under structure.

As a leader you must be genuine and have a real purpose so that people are motivated. It is important to know that people are not only motivated by money or success, but by the way you do things. Great leaders are known by walking the talk because they live what they tell people. As you read this magazine, you are governed by these three elements which increase your confidence (Motivation) so that you may become a great leader (Direction) and I am using my eyes, hands, senses and light (Structure). Nothing in life moves without some motive because there must be something that is motivating it to move. Every single day of our lives we are driven by motives and that is why we wake up every morning to go to work so that we can have money to pay for food, bills, etc and to create a better living for our families. It is important to realise that the main thing in life is to get as much input as possible before one makes workable decisions.

Capt P. Mlangeni, 87 Helicopter Flying School, AFB Bloemspuit.
I am confident posting this to SA Soldier might have an effect on an ongoing problem: 

Dear fellow Military Practitioner, a reminder, the following is frowned upon:

- Wearing a wrinkled uniform
- Walking with a bag over your shoulder while in uniform
- Not wearing your nametag on your uniform
- Standing around at SAFI in uniform during working hours (it is called loitering)
- Walking and talking on your cellphone in uniform
- Wearing a badly shaped beret (shape it like you did in “basics”)
- Putting your hands in your pockets in uniform
- Wearing your ranks incorrectly
- Not paying compliments to seniors (yes, you must even if he or she never acknowledges it)
- Entering a bottle store in uniform

If you were unaware of the above-mentioned points, I suggest you find another job as you are embarrassing the rest of us and, frankly, we, the correct ones, are getting tired of you. Yes, the tone of this letter is straightforward and probably harsh to you, but that is how military practitioners talk, as we do not negotiate about basic discipline. S Sgt Gert Jansen, DOD School of Catering

**THE STORY OF SS MENDI**

The article “The story of supreme courage and valour” about the SS Mendi on page 5 of the July 2013 edition of SA Soldier refers.

The sinking of troopship SS Mendi in 1917 en route from Cape Town to Europe in 1917 is told in Norman Clothier’s book, “Black Valour.”

The story of the SS Mendi is indeed a story of tragedy and heroism in the face of adversity.

It is a story steeped in South African history which has the potential to act as a national unifier as it contains many personal accounts from the officers and men who faced their fate bravely.

This was an international maritime historical event which will no doubt be recognised and be part of the 2014 – 2018 World War I (1914 – 1918) memorial services.

It is interesting to note that the United Kingdom makes available free of charge through the Commonwealth War Graves Commission (http://www.cwgc.org) a series on their work, including the story of the SS Mendi.

The SS Mendi package provided by the British War Graves Commission includes a DVD called “Let Us Die Like Brothers” as well as a worksheet for teachers so that the material can be used in schools.

Would it not be a national resource if something similar was provided for South African teachers so that they can use the story of the SS Mendi to inspire the youth of South Africa to follow the same values as were enacted in 1917? Lt Cdr Glenn von Zeil, email

**SA ARMY SPECIALISED INFANTRY CAPABILITY**

I cannot hide the fact that I love you SA Army Specialised Infantry Capability (SAASIC).

Believe it or not it’s just for SAASIC.

I moved away from sea breeze to mountain breeze just for you. I went away from sea view to river view just for you SAASIC. I left my warm weather to unconfirmed conditions just for you SAASIC.

I left behind my beloved family just to be with you SAASIC. I left my sincere friends to meet new friends in order to see you SAASIC. I went from coast to inland just to be with you SAASIC.

From comfort zone to unconfirmed zone just to be with you SAASIC.

Friends and foes join hands to be with you SAASIC.

No matter how long will I walk I will be happy to be with you SAASIC.

I will not rest when the sun set until I find you SAASIC.

You can be quite but you can hear my voice.

We combine tactics and techniques just for you SAASIC.

Be it summer or winter I pledge I will be with you SAASIC.

Through rain through mud I won’t leave you behind.

I know you are young but strong for the new task ahead.

I invite people to join in unite to contribute to the African continent. Remember this when you rest you rust so keep on moving.

SAASIC today tomorrow forever.

Cpl M. Guduza, SA Army Specialised Infantry Capability

Sgt Gert Jansen, DOD School of Catering

**letters to the editor**

I wish to conclude by encouraging those who are weary, those who have given up hope because of the never-ending trials and tribulations that continue to trouble our hearts. My friends do not lose heart. Stand up and shake the devil off your backs! We cannot afford to lose a campaign. One can risk losing a battle or skirmish here and there – that’s understandable – but never a military campaign.

So, consult your chaplains, baruti ba lena ba dikereke (your church pastors), your commanding officers, your parents and spouses and many other trustworthy elderly persons in your immediate environment. Communicate! Communicate! Communicate! Ask for help. Do not be shy. Tell the truth; confess your frustrations unconditionally so that you can be set free. Learn and practise forgiveness. Pray for those who persecute you. We need you because you are one of us. We actually love you deeply even if we sometimes seem indifferent. Please consider opening your troubled hearts to the sovereign God, so that you may be healed once and for all.

Let’s enter 2014 with a different attitude: an attitude characterised by peace and forgiveness. Gotsa ebe le lena (peace be with you)!

Col T.S. Setetemela,

SANDF COLET
SA Army sows seeds of peace in the DRC

Article and photos by Candidate Officer Marumo Machete, SA Army Corporate Communication

The Chief of the SA Army, Lt Gen Vusi Masondo, handed over 3 800 trained soldiers of the Armed Forces of the Democratic Republic of Congo (FARDC) to their government at Mura Training Centre in Likasi in the Democratic Republic of Congo (DRC) on 8 March 2014.

This happened after an intensive seven months multi-faceted military training as part of a continuing SA Army training assistance to the FARDC known as Mission Thebe. The SA Army is conducting training as part of a bilateral agreement between the SA National Defence Force (SANDF) and the FARDC.

Delivering his address at the parade, Lt Gen Masondo commended the contribution of the SANDF and SA Army members, in particular those involved in Mission Thebe.

Lt Gen Masondo said: “We are proud of you. What you have done here will not go unnoticed by future generations. You sowed the seeds of peace and Africa will remember your service.”

He added that the SANDF did not accept this training mission with the idea that it was a superior and macho force in Africa. Lt Gen Masondo added: “We humbly accepted that no matter how mammoth the task, our brothers and sisters from the DRC were on our side to make things better where we faltered.”

He lauded members of the SA Army for the sacrifice they made, as they had voluntarily forfeited quality time with their loved ones so that they could impart a little conventional military knowledge to fellow Africans in the DRC.

Lt Gen Masondo thanked the DRC Government for allowing South Africa to be part of the training intervention and said both the SANDF and the FARDC had learnt good lessons from their associations.

Mura Military Base is situated some 120km outside Lubumbashi, the DRC’s second largest city. The base near the small poverty-stricken town of Likasi in Katanga province is home to about 65 South African soldiers from different corps, the majority beinginfanteers. There are 45 instructors and 20 support staff.

This round of training, under the tutelage of 46 Brigade (SA Army), started in August 2013 to help
reform and rejuvenate the FARDC, as requested by the DRC Government, in line with the SA Army’s conventional landward military training principles.

The mission has seen the deployment of instructors and support elements from selected SA Army corps to facilitate the instruction of this big group of trainees by the FARDC.

Speaking as the main functionary during the parade, the Vice-Premier and Defence and Military Veterans Minister, Mr Alexandre Luba Ntambo, said the South African nationals deployed at Mura were driven by sheer passion and the will to serve their country and contribute to continental peace.

Minister Ntambo was humbled by the SA delegation’s resilience and their commitment to their work. He said: “The South Africans came here to Mura and, despite all the challenges they faced, braved the odds and concentrated on what their government had sent them to do. They trained our soldiers well and established a bond with them.”

He added: “Our government was grateful to our brothers and sisters from South Africa.”

Minister Ntambo echoed Lt Gen Maseko’s sentiments, adding: “I would like to commend and even own up to the words that the Chief of the SA Army uttered here today, namely that we must stick together as Africans and help each other to prosper.”

He said: “The South African Government and the SANDF have really run this race with us and have never failed to respond to our call for assistance. The Government of the DRC and FARDC would like to express their gratitude to the people, the Government and the Army of SA.”

Lt Gen Amuli Dieudonne, FARDC Chief of Operations, accompanied Minister Ntambo to inspect the parade.

The Chief of the SA Army was once again called to the podium to jointly confer awards and recognition on the best trainees and the SA Army’s instructing staff for their sterling contribution towards making the training successful.

South Africa’s Training Mission Commander, Col Mawethu Mdululwa, received a special mention from Brig Gen Basekay Kamangala Bertin, Commandant of Mura Military Base, for his comradeship and dedication to training at Mura.

Col Mdululwa was assisted by Master Warrant Officer Clifford Kwaza as Mission Warrant Officer, Lt Col Ezekiel Motsitsi as Chief Instructor, Master Warrant Officer Joao Litema as Warrant Officer in charge of training, and other committed SA Army members.

As a sign of how the two sides have built bridges and fostered good and lasting relations since the inception of the exercise in August 2013, Brig Gen Bertin could occasionally be heard exclaiming: “Aowa”, a Sepedi phrase meaning “No”, usually used by South Africans in the deployment area.

Also present in the high-profile DRC Government delegation on parade was the Minister of Internal Affairs, Centralisation and Traditional Affairs, Mr Juvenal Kitungwa Lugoma, the Mayor of Likasi and the Governor of Katanga province.

The more than 3 200 recruits on parade, who made up four battalions, mastered a somewhat impressive French-inspired march-past to the admiration of the guests and ululations from others. The parade was followed by a quick company attack demonstration against the backdrop of the densely forested Mura training area.

The invited guests and media marvelled at the sounds of battled provided by RPG7 fire, the Browning 12.7 machine gun and the shock effect of the artillery’s 120 mm mortar. The 60 mm patrol mortar with Kalashnikovs in a platoon attack completed the deadly symphony to the delight of all present in Mura.
The aim of these choirs is to support members of the Force Intervention Brigade (FIB) and to take part in all planned Community Projects. The RSA Battalion Choral Choirs have reached out to the community in need to make a difference in the lives of those less fortunate. They are ready to entertain their members until the end of their tour of duty in the Mission Area.

The RSA Battalion Choirs, in coordination with the Sake Community Choral Choir, made a recording which took place in January/February 2014 in the DRC. Both choirs focus mainly on songs about peace and stability, reconciliation, negative armed groupings, the United Nations Stabilisation Mission in the Congo (MONUSCO) and 6 SA Infantry Battalion (6 SAI Bn) unit. We want to express our sincere thanks to Chaplain Thembela Gxabe, the Chaplain of 6 SAI Bn, who always makes it possible for these choirs to achieve their goals. On the same note we extend our sincere thanks to all members who have supported us since our establishment. May God bless them, especially those who helped pave the way for us. To the office of the Chaplain General and SA Army Infantry Formation Chaplain we also express our sincere gratitude for their tremendous financial support for our recording.

Once again we would like to thank the RSA Battalion Commander, Lt Col Altin Gysman, who is a pillar of strength for this choir. May God strengthen him until end of this tour.

Sgt Mthuthuzeli Beja, DRC

The mixed and male choirs were established at 6 SA Infantry Battalion (6 SAI Bn) while they were preparing for the Force Intervention Brigade (FIB) Operation MISTRAL 2013/14. Both choirs are comprised of members from various units who formed part of the FIB Mission. They have performed on several occasions, for example the Farewell Church Service at 6 SAI Bn before it left for the DOD Mobilisation Centre, and the opening of the Day Care Crèche at 6 SAI Bn. The choir also took part in the joint prayer services for peace in the DRC.

DEPLOYED SOLDIERS REGISTERED TO VOTE

The externally deployed SA National Defence Force (SANDF) members were once again afforded the opportunity to register as special voters in preparation for the 2014 elections. The SANDF, through Joint Operational Headquarters, had to deploy election officials specially trained by the Independent Electoral Commission (IEC) to conduct the process of registering the deployed members in Mozambique (Operation COPPER) and the Democratic Republic of Congo (Operation MISTRAL). The election officials were deployed earlier this year. At Pemba they established a registration station at Apart Hotel where the land contingent was staying and on board the frigate SAS SPIOENKOP, which was in port. In the Democratic Republic of Congo (DRC) registration stations were established in the following operational bases: Sake, Kalembé, Kitchanga, Muningi, Kelolirwe and Lake View. 82 members were registered in Pemba and 892 in the DRC. Although registration was a success, not all members were registered as some were not in possession of their green bar-coded identity documents.

The visit brought excitement to both the visiting groups and the deployed members as the troops felt they were going to receive first-hand news from back home. It was also good to hear about their deployment experiences thus far and the relations they had established with the local population, the influence of the weather and their equipment. The SANDF members were happy to be afforded the opportunity to register even though they were going to vote only nationally, not provincially. First-time voters were overwhelmed by the fact that they were going to cast their votes for the first time ever in a foreign country where they were deployed. Capt Dikeledi Mureal Molaoa, email
DRC VOTER REGISTRATION

Earlier this year a delegation from the Independent Electoral Commission (IEC) arrived at Sake Base in the Democratic Republic of Congo (DRC) to facilitate the registration of members of the battalion for the SA national elections. The delegation comprised Lt Col Oscar Charles Viljoen (SANDF/IEC Liaison Officer), Lt Col Wandile Wiseman Mda (IEC Team Leader), Lt Col Hamilton Mzuhlangene Magadla (IEC Team Leader) and Sgt Justice Maluleka (IEC Official). They were greeted on arrival by the Battalion Commander, Lt Col Altin Gysman, and his Second-in-Command, Maj Brian Baloyi. Lt Col Mda gave an initial briefing to those who wished to register, explained the process to everyone and listed the requirements. Lt Col Viljoen explained the various forms and why it was so important to register. He pointed out that if we were out of the country on the date of the election, and had not registered, we would not be allowed to vote. Once the initial preparations were over the actual process of registration began. This proceeded very smoothly on account of the expertise and experience of the IEC delegation. The only hitch in the process was that most of the soldiers registering had not realised that they would need to know their passport numbers, but this was quickly sorted out.

Lt John Dovey, email

HEALTH AWARENESS DAY FOR RSA BATTALION 13

April is health awareness month. The Multi-disciplinary Team (RSA Battalion 13) in Kutum Base in the Sudan thought it fitting that a Health Awareness Day be commemorated by deployed members to encourage a healthy life-style and to maintain combat readiness on 11 April 2014. The social work officer, Capt Faseka Annah Mogobe, led the Multi-Disciplinary Team in planning for the event.

Chaplain Moletelelo Joel Mmola opened the event with Scripture reading and a prayer. The members participated in a fun walk around the base. The first three men and women received prizes. The colours of the day were red and white. Prizes were also handed out to the best dressed man and woman. Capt Mokgadi Mbethe, the Nursing Officer in Charge, imparted knowledge to the members regarding Ebola. The nursing personnel conducted blood pressure assessments, body mass index assessments and HIV tests. Pre and post-test counselling for HIV was done by Maj Ntombekhaya Manqola and Capt Mogobe.

A volleyball tournament was held with the assistance of S Sgt Tebogo Mokoena, the Physical Training, Sport and Recreation (PTRS) Officer. Capt Morris Mashabela, the Adjutant, and Sapper Thabo Madito had led the volleyball team in renovating the volleyball court the previous day to prepare for the volleyball tournament. Military observers, civilian police members and the local community also participated in the event. Maj Vincent Kgaditse, Darfur

IT ALL STARTED AT EXERCISE SEBOKA - NOW WE ARE IN SUDAN!

Members of 7 SA Infantry Battalion, commonly known as “Tenacuters”, deployed on our second mission to the Sudan under the umbrella of the United Nations African Union Mission in Darfur (UNAMID) during OP Cordite XVIII as the 13th RSA Battalion. After the successfully executed Exercise SEBOKA 2012 the Unit started its preparations for the deployment in Sector North Darfur in the Sudan from December 2013 to June 2014. Under the leadership of Lt Col Vusi Maseko, the Contingent Commander, we departed from South Africa on a cold night only to be welcomed seven hours later by the hot desert sun and the hungry mouths of a nation in conflict. The unit’s motto: “Together we stand” suddenly sank in as we realised that this was the only way that the mission was going to be a success. As we resumed our mandate of protecting peace in North Darfur we remembered the words of the General Officer Commanding of the SA Infantry Formation, Maj Gen Lindile Yam: “I do not want soldiers that are sluggish and walk leisurely”. These words inspired us as a Battalion to fly high the flag of our proud nation so that the other troop contributing countries felt our presence as we conducted our daily patrols with diligence and pride. With highly motivated commanders and subordinates alike, 7 SA Infantry Battalion maintained its reputation as being one of the best motorised battalions in the country. We did this by constantly maintaining our combat readiness status and so ensure that any obstacle could be overcome swiftly and effectively while protecting innocent civilians in our area of responsibility. Robust patrols and high visibility of peacekeepers were the tactics employed by the unit to ensure that we won the hearts and minds of the local communities. Regular visits to the Umdas and Sheiks in Kutum also ensured that the people’s concerns were addressed timeously to inspire confidence in UNAMID. As we remember our loved ones at home who are anxiously awaiting their beloved ambassadors to return home, we say be strong, have courage, we are coming home with our heads held high because we know that “peacekeeping is not a job for soldiers, but only soldiers can do it”.

Capt Carl Beukes Lewis, Sudan
Celebrating 20 years of freedom and democracy

By Cpl Ally Rakoma

1994 ushered in a new era of hope for all South Africans. The peaceful process of moving from apartheid to democracy led by former President Nelson Mandela on 27 April 1994 marked a historic day in the life of our nation.

On Sunday, 27 April 2014, the SA National Defence Force (SANDF) in support of the Department of Arts and Culture joined South Africans in celebrating 20 years of freedom and democracy at the Union Buildings in Pretoria.

Freedom Day 2014 is a significant milestone and a defining achievement for our country. It is an opportunity to reflect on the impact that our democratic dispensation has had during the successful transition from a bitter past of racial discrimination and oppression to an inclusive democracy.

Within the broader historical context of where we come from, 2014 is a particularly important year for the SANDF as it celebrates 20 years of defence in a democracy and 20 years of its own existence. The theme for this year’s celebrations is: “South Africa – a better place to live in”.

The military ceremony included a mass band comprised of members from the National Ceremonial Guard, the SA Air Force and the SA Military Health Service that set a festive tone with their soulful repertoire and a guard of honour by the National Ceremonial Guard, including the National Salute accompanied by a 21-gun salute.

In addition the SA Air Force performed a salute flight with two Agusta Westland AW109 helicopters each displaying a National Flag, a BK 117 helicopter displaying the SANDF Flag and the Silver Falcons performing an aerobatics display.

After the military ceremony, Mr Hifikepunye Pohamba, the President of the Republic of Namibia and Chairperson of the Southern African Development Community (SADC) Organ on Politics, Defence and Security, delivered a message of support. He said that in 1994, after a long history of struggle for freedom and human dignity, South Africa started a new journey. South Africa was welcomed back into the family of nations. President Pohamba said: “It was through the new transition by former President Nelson Mandela that the seeds of friendship and solidarity within the region were sown that championed the African cause.” Concluding his message, he mentioned that the region had much to learn from the experiences of its members. He added: “Our cooperation has been growing in many respects and dimensions. We congratulate South Africa on its 20th anniversary of freedom day”.

LEFT: President Jacob Zuma, the Commander-in-Chief of the SANDF, addressing the nation. (Photo: Pte Jonathan Mogano)

ABOVE: President of the RSA, Mr Jacob Zuma, the Commander-in-Chief of the SANDF, cutting the cake to celebrate 20 years of freedom and democracy, while esteemed guests look on, fltr: the then Deputy President of South Africa, Mr Kgalema Motlanthe, the President of Namibia and the Chairperson of the Southern African Development Community (SADC) Organ on Politics, Defence and Security, Mr Hifikepunye Pohamba, President Zuma, wife of President Zuma, Ms Gloria Bongi Ngema Zuma, the then Premier of Gauteng, Ms Nomvula Mokonyane, and the then Minister of Arts and Culture, Mr Paul Mashatile. (Photo: S Sgt Lebogang Tlhaole)
The President of the RSA, Mr Jacob Zuma, the Commander-in-Chief of the SANDF, addressed the nation and highlighted the progress made by South Africa in many fields during the past 20 years. This has helped to create an enabling environment that has changed people’s lives, including increased access to basic services, social security, education, health, land reform, safety and security, infrastructure development, work opportunities and the implementation of the National Development Plan. President Zuma said: “It was the partnership between government, civil society, business, labour and ordinary South Africans that helped the country to reach this point.”

He expressed his gratitude for the relentless efforts of the many heroes and heroines who fought for liberation and who paid the supreme sacrifice for the good of all South Africans. In his speech the President commended the SANDF’s involvement in peace missions on the continent and for remaining committed to supporting people in disaster areas. He congratulated the SANDF on its 20 years of existence.

President Zuma said: “We have seen our soldiers saving our people in disaster areas. We have seen them undertaking peacekeeping duties with dedication and commitment to the continent. We saw them working hard to give our beloved Madiba a dignified send-off in December last year. Indeed we are very proud of our National Defence Force.” He added: “The progress made by the SANDF indicates that we are succeeding not only in building a nation at peace with itself, but also a nation at peace with the rest of the world.”

SA Soldier asked Mr Thomas Hlongwane (55) what he remembers about 27 April 1994. He said: “I voted for the first time in my life. Casting my vote for a first black President, Mr Nelson Mandela, was a blessing beyond measure. We rose above the injustices of the past. It was a new destiny and the glory of a new nation being born. We conquered the impossible.”

Rfn Namhla Stuurman (25) said that freedom and democracy were indeed things to be valued and cherished. Asked about the impact of the SANDF on South Africans, she proudly responded: “Citizens are appreciative of the SANDF because whenever they find themselves in distress they can always count on the SANDF. When there are public health strikes and natural disasters in the country, the SANDF continues to provide essential health care and rescue operations”.

When Rfn Christian Rangwaga (34) was asked what the SANDF meant to the region and the continent, he said that South Africa was not a country in isolation. He added that South Africa was a respected member of the community of nations. He mentioned that our country had emerged from a bitter past supported by the SADC region, our continent and the global world. Rfn Rangwaga said: “Over the past 20 years the SANDF has contributed men and women to peacekeeping missions in support of our country’s mediation and conflict resolution, thus contributing to peace, stability and post-conflict reconstruction and development on the continent and elsewhere. Since democracy the SANDF has strengthened relations with regional and international armed forces and paved the way for military cooperation, exchange of knowledge and training of military personnel.”

ABOVE: Gen Solly Shoke, the Chief of the SANDF (front, left) together with Service Chiefs and Divisional Chiefs came to celebrate the 20th anniversary of democracy on Freedom Day at the Union Buildings. (Photo: WO2 David Nomthshongwana)

ABOVE: Members of the National Ceremonial Guard on parade stood to attention for the National Salute with the Union Buildings in the background. (Photo: S Sgt Lebogang Tlhaole)
The Minister engages with the media

By Mr Lufuno Netshirembe
Photos: Sgt Elias Mahuma

“I know that it is not often that the public gets to engage in open dialogue with its military and we are working very hard to change that. We have a lot to celebrate in the SANDF’s short existence,” said the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, on the morning of 6 March 2014 in the Sandton International Convention Centre where she hosted a media breakfast. A media invitation is a rare event and this was an opportunity not to be missed.

However, in a democracy it is important that the public should be fully conversant with what the SANDF does and what the impact of its existence has on the lives of the nation. Minister Mapisa-Nqakula said: “When South African citizens wake up every day in a country that is calm, stable and secure without worrying about threats or war, they should spare a moment to thank their SANDF.”

The Minister described the SANDF as a force that was proud of its role and uniqueness as a “Chief Defender” on the African continent and that enjoyed credibility and legitimacy throughout the world. She briefly explained the mandate of the SANDF in multilateral institutions such as the African Union (AU) and the United Nations (UN). These institutions ensure that the SANDF with its firepower does not become an aggressor in the affairs of other sovereign states. Some of the AU and UN policies stipulate that the SANDF should offer its assistance in peacekeeping or peace enforcement in countries riven by armed conflicts and gross human rights violations. She added: “It was in pursuance of such policies that members of the SANDF were deployed in countries such as Burundi, the Democratic Republic of Congo (DRC), Central African Republic (CAR) and the Sudan.”

Minister Mapisa-Nqakula commended the monumental role that the Rooivalk helicopters of the SA Force played as part of the Force Intervention Brigade of the UN in bringing peace by foiling M23 actions in the eastern DRC in November 2013. This was indeed clear evidence of the aerial firepower of the SA Air Force as the presence of these helicopters changed the balance of power in the eastern DRC.
Brazilian Defence Minister comes to learn from SA

By Pte Phillip Pitso, SA Soldier
Photos: Mr Frans Setlau

The Minister of Defence of the Federative Republic of Brazil, Mr Celso Luiz Nunes Amorim, embarked on his African diplomatic engagement over the period 18 to 20 March 2014. The National Ceremonial Guard welcomed Minister Amorim and his entourage during his one-day visit at the Defence Headquarters in Pretoria.

The Minister of Brazil held a meeting with the South African Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, during his visit on this particular day as part of his African engagement. They engaged in discussions and presentations on various defence issues behind closed doors. Minister Amorim was interested in continental (maritime) security, something that the South African National Defence Force (SANDF) could give advice on, external operations and its hosting of the Soccer World Cup. Brazil hoped to learn from South Africa as it was busy preparing to host this event shortly.

The two armed forces are members of the BRICS countries (Brazil, Russia, India, China and South Africa) and therefore have similar objectives and opportunities and are able to collaborate in forging a common position in this multilateral forum. Minister Amorim said he regarded South Africa and Brazil as being at the same level of development and facing similar challenges.

Minister Amorim and his entourage continued on to the Department of International Relations and Cooperation (DIRCO) at the OR Tambo Building to meet with Minister Maite Nkoana-Mashabane. They had a one-on-one session with the Minister of DIRCO to increase and strengthen ties between the two countries.

Furthermore Mr Amorim met with the Defence Industry represented by Denel Dynamics, including Mr Kgathatsi Tlhakudi, Deputy Director-General of Manufacturing Enterprises representing the Department of Public Enterprise and Mr Riaz Saloojee, Denel Group CEO, and Armscor Acting CEO, Mr Sipho Mkwanazi to discuss among others the A-Darter project. Denel presented the A-Darter project to Mr Amorim and his entourage.

At the end of his visit Minister Amorim expressed his satisfaction, and assured everyone that technological and technical information would be exchanged in future as stated in the Defence Agreement.
The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, declared the Rand Show, the largest consumer show and the largest consumer launchpad in the country, officially open on 18 April 2014. The Show was held over the Easter holidays for 11 days at Nasrec in Johannesburg.

The SANDF participated in the Rand Show in the following fashion as part of the opening. The demonstrations during the opening included an aerial display by Hawk fighter jets and an
The SANDF was one of the major exhibitors displaying their specialised capabilities as part of celebrating 20 years of defence in democracy.

Soon after the official opening of the Show and demonstrations by the SANDF, Minister Mapisa-Nqakula addressed young learners from Soweto as part of her outreach Programme. She spoke about career opportunities in the DOD/SANDF and many other opportunities available in the SANDF.

Minister Mapisa-Nqakula said: “The SANDF belongs to all the people of South Africa. It exists to protect our country and all who live in it.” It is for this reason that the SANDF is delighted to be part of the Rand Show. She added: “People must be exposed to the equipment and technology used by the SANDF.”

The SANDF sought to achieve a number of objectives at the Rand Show. One of these was alluded to by President Jacob Zuma, to prioritise education and awareness campaigns concerning the SANDF.

ABOVE: During a career guidance session the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula (front, middle) and learners of Soweto. The Minister was accompanied by the Chief of the SA Army, Lt Gen Vusi Masando (front, right) and the Acting Chief of the SANDF, Lt Gen Aubrey Sedibe, the Surgeon General (back, middle).
Chief of the SA Navy passes the baton

By CPO Byron Lombard, NavyNews
Photos: Courtesy NavyNews

After over eight years at the helm of the SA Navy, V Adm Johannes Mudimu handed over the command of the SA Navy to V Adm Samuel Hlongwane at the Change of Command Parade held at Naval Base Simon’s Town on 31 March 2014.

The day started with the outgoing Chief of the SA Navy, V Adm Mudimu, visiting the fleet to say his final goodbyes.

The procession moved to Martello sports field where the formalities of the handing over command took place. The first compliment was given in the form of a 15-gun salute and a fly past by a Lynx helicopter.

This was followed by the tradition of inspecting members on parade, with
the world renowned SA Navy Band providing the music. The members on parade got the opportunity to pay their compliments to the outgoing Chief of the SA Navy by saluting him with the march past to the podium where he reciprocated the salute.

V Adm Mudimu addressed all those on parade for the last time as the Chief of the SA Navy: “I am so indebted to all those that were involved in arranging and executing the events. This has and continues to be the attitude of the people’s Navy when given a task. How powerful it is if we pledge ourselves again and again to always seek opportunities to cast light in darkness and to create hope where there was none before. This is a defining factor of being a society that is creating hope for all our people who yearn for salvation and new hope”.

ABOVE: The crew of SAS PROTEA bidding farewell to V Adm Johannes Mudimu, the outgoing Chief of the SA Navy.

ABOVE: The carriage procession to the Admiralty House.
He also had a few words to say to the incoming Chief of the SA Navy: “Admiral Hlongwane the turn is yours. Lead the SA Navy to even greater heights. I wish you all the success in your command. May your family gain more strength, as they are essential to your leadership. As you stand at the dawn of this day break in your life, I urge you to be of good courage, to go forth and seek not only to, but seek rather to embark to that all important journey of becoming and in becoming”.

The moment had come where V Adm Mudimu handed over the symbolic telescope of command to the new Chief of the SA Navy.

Capt (SAN) Tim Johnson (Ret) presented V Adm Mudimu with a self-portrait which will be hung in the SA Naval Museum in Simon’s Town.

V Adm Hlongwane was also given an opportunity to address the invited guests as the new Chief of the SA Navy. He said: “I do so in absolute humility and consciously aware of the enormous responsibilities that come with my new appointment as the Chief of the SA Navy. I am duty–bound to embrace and overcome, whatever challenges, in line with our democratic Constitution, values and the mandate of the SA National Defence Force.”

After addressing the parade V Adm Mudimo was pulled on a gun carriage to the Admiralty House as part of the Naval tradition when one retires.
The Chief of Logistics, Lt Gen Justice Nkonyane, bowed out as head of Logistics Division after a remarkable track record, thus making way for the new incumbent – Lt Gen Bongani Mbatha.

A change of command parade was held at AFB Swartkop on 19 March 2014 to usher in Lt Gen Mbatha as the new Chief of Logistics.

Lt Gen Nkonyane was appointed Chief of Logistics after serving in different portfolios and ultimately reaching the rank of a three-star General in the division. He prides himself on having contributed to bringing stability, integrity and focus as well as improved morale to the Logistics Division.

He said the SANDF fraternity must recognise the contributions of former Chiefs of Logistics, as the division was today on the same level as other Services and divisional chiefs. Lt Gen Nkonyane said: “Today we are counted as one of the most improved military establishments, with highly improved standards of stewardship and sound financial reporting processes.”

Lt Gen Nkonyane added that the persistent pressure resulting from the Auditor General’s complaints and the constant threat of audit qualifications had made the SANDF one of the most improved military institutions in executing its responsibilities.

After integrating into the SANDF in 1994, Lt Gen Mbatha served the Logistics Division and the SA Army in various capacities. His previous appointments included Officer Commanding of Special Forces Supply Unit, Director Supply Support and Services Management, Director Army Logistics and Chief Director Army Force Structure.

Lt Gen Nkonyane said during the Logistics Division Command Cadre Conference last year: “This being my last year as Chief of Logistics I have to look at the progress made since I started, identifying the achievements, looking at the gaps and some of the outstanding tasks. In this way we will be able to formulate the basis for moving forward, especially for the next incumbent”.

On the progress of Defence Works Formation, Lt Gen Nkonyane stated that its initial mandate was to address the challenge regarding people who had reached their career plateau in the organisation and to enable them to exit with a new skill or a change in their careers.

It later emerged that the DOD was faced with the challenge of a backlog regarding infrastructure maintenance and the inability of the Department of Public Works to deal with the problem.

The Department of Defence conceived the idea of developing its own capabilities and assuming the role of infrastructure maintenance.
Interview with Lt Gen Justice Nkonyane

Q: Take us through the life of Lt Gen Nkonyane in the SANDF, particularly after integration.

A: I was integrated in 1998 when the SANDF had already started the process of transforming itself and taking a leadership position in the region. At the time I was integrated the most important thing was the transformation process in terms of both the systems and racial positioning of the SANDF. The focus then was on the balance of representivity in the SANDF at all levels, at command, strategic and operational level, and I think to date that has been accomplished. However, the only challenge is the system; we still need to align ourselves with the challenges the SANDF is facing.

My life in the SANDF has been a blessing; I have accomplished most of the things I had set myself to achieve during my term in the SANDF. I set out with the aim of becoming a valuable asset in the SANDF having been given that opportunity. All the leaders I have served under in the department, Ministers and Chiefs, have given me the opportunity to contribute to the development of the SANDF.

I started as a Brigadier General, and acted in various positions until I became Chief of Logistics with the rank of a Lieutenant General.

Q: Based on your academic background, what is your impression of the different levels in the Logistics Division and their functioning?

A: My strength academically is more on the financial management side. I specialised in Internal Management in Accounting which is closer to what I have been doing in the Logistics Division. I took courses in logistics when I was already in the SANDF, which was at the time I was studying for a Masters in Business Leadership, and then I got to study Supply Chain Management.

Competencies within the Logistics Division are still lacking because the training provided at the School of Logistic is more focused on logistical support for military operations. Logistics has now progressed in terms of the requirements, which are directed more at Supply Chain Management. Our courses in the school need to be improved and curricula need to be developed. In order to meet the challenges in terms of National Treasury, we need partnerships with tertiary institutions.

However, I must say that the commitment is there because a lot of individuals are taking up courses to improve their knowledge and efficiency in the division. Any person who is in the Logistics Division needs to have some knowledge relating to supply chain management, financial management and general management.

Q: What is your impression of the SANDF’s structure; can you indicate achievements over the past 20 years of the National Department of Public Works. Migration of functions has not happened; however, we are in an advanced stage as there is a draft plan to that effect.”

Asked how the Division planned to maintain an unqualified audit following the 2012 positive audit opinion, Lt Gen Nkonyane said: “When I started in 2008/9 our audit opinion as a department was on a high of 12 audited qualifications and we managed to reduce it to one during the Financial Year 2010/11, and finally in 2012 we received an unqualified audit”.

He added that they had identified challenges that made it difficult for the department to meet the requirement of the National Treasury in terms of audit opinions. Lt Gen Nkonyane said: “We had an old legacy information system which was not compliant to the requirement of National Treasury, which is still the case at present. We also lacked the requisite competencies in terms of accountancy and we needed to have a dedicated asset management team.”

Despite all these challenges, Lt Gen Nkonyane said they had had discussions with National Treasury and had come to an agreement to meet certain minimum requirements. He added: “Through our hard work since 2012 we are now expected to match the standards of any national department with adequate competency in accounting. We now have an operational centre to ensure the accountability of assets, including acquisition, maintenance and disposal. We now have trained and dedicated individuals in asset management.”
have such systems in place you need to have a strong military establishment. The SANDF is expected to play so many roles. However, owing to certain constraints, other priorities in the country take precedence and the SANDF lacks sufficient support from the Government. Hopefully, the new Defence Review will address challenges in the SANDF.

The SANDF is overstretched in terms of expectations, as it is burdened logistically and otherwise. The SANDF is currently deployed at the borders and has about three different external deployments which it can barely keep up with. We also have to support internal operations by assisting the SA Police Service as well as other humanitarian relief efforts.

Q: What does it take for a person to be appointed as Chief of Logistics, including yourself?

A: There are two things that allowed me to succeed, namely passion and commitment. You cannot manage without these two things. There was so much pressure inherent in the job, but because of the passion I had for it, I could manage it. I wanted to excel and be an example to young people and be meticulous in whatever I was doing.

Q: Has the SANDF, particularly the Logistics Division, been able to influence other armed forces on the continent, or has it been able to benchmark from other countries around the world and adopt best practices?

A: There are a lot of expectations of South Africa, especially on the continent by virtue of the resources and capabilities we have. However, we still have a lot to improve on. In comparison with small countries on the continent I have to say they have some of the best soldiers in terms of discipline and competency.

Diplomacy is one area we need to improve on, hence the Minister’s comments that our defence attaches are not up to scratch. This is because there is a lot of expectation of South Africa. We have pockets of excellence, no doubt, but being a regional power is what creates expectations by other countries and the SANDF has not lived up fully to those expectations.

Q: As you leave now, do you feel the Logistics Division is where you want it to be?

A: You never reach what you really want, but I have been able to surround myself with the best people. The people I leave behind are capable and I am sure they will give my successor the support he needs to carry out his mandate. We have very good leadership at strategic and tactical level. The Division is at a level that I am happy with; I wish I had more time so that I can contribute even more.

Q: What will you miss about the SANDF?

A: What I will miss is the patriotism; I am yet to see any department that portrays the level of patriotism of the SANDF. I think it is because of our mandate as an armed force. The Chief of the SANDF has indicated on several occasions that we need to recruit a calibre of young men and women that are disciplined and patriotic. They must understand that they are coming in to serve the country and that is exactly what I will miss.

Q: What are your plans after your retirement?

A: There are two areas which I enjoyed in the SANDF, namely strategic management and leadership. I still want to go for training myself in either of the two. But whichever I take I plan to do teaching at a strategic level, which means training leaders in the Public Service.

Q: What challenges have you encountered in your line of work and how have you overcome them?

A: Dealing with people has been the first challenge I have had. In order to have a very effective team you need to have interpersonal skills yourself in dealing with diverse people. It is one area God has blessed me so I am able to handle it. If you are able to get a team of diverse people to work together, then you can consider yourself a good leader.

Q: How would you like to be remembered by members of the SANDF and other stakeholders?

A: The Chief of the SA Army said during the parade that they would miss the valuable inputs I had in meetings, and that means a lot. I got commendations from the highest level of government in parliament, namely from the Chairperson of the Portfolio Committee on Defence and also from the Auditor General.

I was really flattered. Well! That is how I like to be remembered, when people have positive things to say about you.
“Well done faithful servants”

By Pte Phillip Pitso, SA Soldier
Photos: S Sgt Lebogang Tlhaole

As they lay down their responsibility of office and bask in their retirement they leave behind an indelible legacy. No amount of words can honour such retirees adequately. Retired Chief of the SA Navy, V Adm Johannes Mudimu, and retired Chief of Logistics, Lt Gen Justice Nkonyane, not only distinguished themselves as leaders but as torch-bearers since the dawn of democracy in 1994.

The Chief of the SANDF, Gen Solly Shoke, arranged a farewell function to acknowledge officially the contribution of these notable leaders. This intimate occasion with just under 60 guests of honour and their spouses was held at Burgers Park Hotel in Pretoria on 4 April 2014, and was attended by senior officers and their colleagues.

The guests were treated to jazz by the Air Force Band. The speakers took turns to honour and acknowledge the two leaders: “I enjoyed working with you, you are a shining light, and I commend your level of discipline”, said the Chief of the SANDF, referring to both leaders. He added: “Of course there were times when we differed, but we pulled through like soldiers. Well done, you are indeed faithful servants.”

ABOVE: Retired Chief of the SA Navy, V Adm Johannes Mudimu (left), and retired Chief of Logistics, Lt Gen Justice Nkonyane, listen to Gen Solly Shoke’s words of farewell to them.

ABOVE: Fltr: retired Chief of Logistics, Lt Gen Justice Nkonyane, the Chief of the SANDF, Gen Solly Shoke, Military Veteran Ike Mpoto, retired Chief of the SA Navy, V Adm Johannes Mudimu, and the Secretary for Defence, Dr Sam Gulube, at the farewell function.

Taking to the podium, Lt Gen (Ret) Nkonyane said that they were not totally lost to the organisation as they were available for any advice or assistance if needed. On the other hand, V Adm (Ret) Mudimu was appointed as Chairperson of the Armaments Corporation of South Africa (Armscor) Board, which works closely with the Department of Defence/SA National Defence Force.
A team representing the SA National Defence Force (SANDF) led by the General Officer Commanding (GOC) Air Command, Maj Gen Wiseman Mbabmo, and Dr Mongezi Guma from the Ministry of Defence visited Kutama Secondary School in Muduluni (Kutama) in Limpopo province, about 35km from Air Force Base Makhado and in the town of Makhado.

The visit took place in March 2014 as part of the community outreach programme of the Ministry of Defence. The purpose of the visit was to expose learners to various career opportunities in the SANDF, such as pilots, navigators, engineers, air traffic controllers and technicians.

Maj Gen Mbabmo urged learners of Kutama Secondary School to commit themselves to study and work hard in order to become good citizens of this country. He further stated that there are various career opportunities in the SANDF for those who wanted to pursue careers as pilots, doctors, nurses, combatants and divers in the SANDF.

He advised those who thought of joining the SANDF not to think of enriching themselves and not to focus on their salaries. Instead they should be prepared to defend the country and its people. He encouraged them to acquire an education first before they involve themselves in things that would distract them from what they should really be doing. Quoting from the late former President, Mr Nelson Mandela, he said: “Education is the most powerful weapon which you can use to change the world. No country can really develop unless its citizens are educated.”

He also told the learners to explore every available avenue offered by the Department of Education in order to bring positive change to their lives.

Maj Gen Mbabmo added: “Opportunity comes once in a lifetime, so if you misuse the time and the opportunity given, you will carry the wealth of your potential into your grave. Never die without your dreams having enriched the population.”

Dr Mongezi Guma from the Ministry of Defence made an appeal to the management, teachers and role-players of the government to do their best in assisting the needy.

To make the day a memorable one, a poem appreciating the life of the late Madiba was rendered by Grade 10 learners, Mbedzi Sedzani and Andani Maphaha from Muduluni in the Kutama community.

Kutama Secondary School was founded on 29 January 1970 next to Muduluni Primary School and had an enrolment of 10 girls and 17 boys. The school moved to its present site in July 1971 with 32 staff members. The school is located at the foot of the Zoutpansberg Mountains in Muduluni about 35km west of Makhado in Venda.
2014 SA Navy Festival wows Simon’s Town

By Cpl Ally Rakoma
Photos: Sgt Elias Mahuma

A fun-filled and educational programme to both young and old with a variety of activities, exhibitions and static displays was at the order of the day at the SA Navy Festival held in Simon’s Town over the period 14 to 16 March 2014.

On the Saturday, true to its naval tradition, the People’s Navy celebrated its Freedom of Entry into Simon’s Town with a parade attended by the Executive Mayor of Cape Town, Ms Patricia de Lille. The parade featured local groups of young cadets and the Isivunguvungu Band.

Speaking at the parade, Ms De Lille remarked that in providing an entry point for the SA Navy Cape Town considered itself privileged to play its part in the defence network of South Africa. She said that the naval presence in Simon’s Town was part of a peaceful seaside community of greater Cape Town.

She said: “There is a special responsibility upon us and the SA Navy to ensure that we respect the integrity of our military institutions as well as the rights and dignity of ordinary citizens.”

In his reply, the then Chief of the SA Navy, V Adm Johannes Mudimu, said that the parade constituted an age-old tradition with deep historical significance. Reflecting on the close ties the SA Navy has with the community of Simon’s Town since its establishment as a naval base on 1 April 1922. He said: “This week is particularly significant for our Navy, representing as it does not only nine decades of friendship, but as it gives us the opportunity to showcase our capabilities to the people of our country.”

After the parade members of the public visited the shipyard to go on board the frigates, tugboats and submarines. There was more than enough to see, hear and enjoy during the three days of entertainment. Hundreds of excited spectators had the opportunity to explore the SA Navy’s equipment and facilities in Simon’s Town.

Other events included exhibitions by the SA Army, the SA Navy Band and Choir, demonstrations such as precision drill, fire-fighting, gun runs, an anti-piracy operation by the Maritime Reaction Squadron and a night firing exercise by the lower North Battery as well as a performance by the SA Air Force’s Silver Falcons aerobatic team and a display by the Special Forces.

The SA Navy Festival included a remembrance service and a wreath-laying ceremony at Jubilee Square on the Sunday in recognition of the selfless sacrifices of our fallen heroes and heroines who paid the ultimate price.

LEFT: V Adm Johannes Mudimu, the then Chief of the SA Navy, laying a wreath during the remembrance service.
Speaking at the remembrance service V Adm Mudimu said: “Let us remember those who died in the course of pursuing our freedom, whose lives have been lived within the shadows of fear and pain, and who, despite the harshest of conditions, fought relentlessly for the fruits of a democracy which we enjoy today.”
The SANDF utilises all democratic means to recruit young South Africans in sound psychological and health standing to become a SANDF member. In pursuit of this objective on 12 April 2014 the SANDF was engaged in a career expo at the Mondale High School in Mitchells Plain.

Alumni of the Mondale High School in Mitchells Plain invited the SANDF to participate in this career expo.

On this day the Chief of Human Resources, Lt Gen Norman Yengeni, who was the chief functionary of the day sought to raise awareness of the career opportunities available in the SANDF.

This awareness and recruitment campaign at Mondale High School further sought to project the SANDF as a caring disciplined democratic organisation. This platform also offered the SANDF an opportunity to demonstrate its capabilities and communicate its constitutional mandate.

In his speech addressing the learners and invited guests, Mr Owen Brigens, the Principal of Mondale High School, expressed his gratitude towards the SANDF initiative. He was of the opinion that the Mitchells Plain community until this day seemed to have had a limited knowledge of the actual role of the SANDF. The Principal went at length to explain possible careers that learners can choose from in the SANDF. He encouraged the learners to take advantage of the opportunities presented to them in order to break...
focus on youth

In conclusion Mr Brigens thanked the SANDF for availing itself to visit Mondale High School and the Mitchells Plain community to demonstrate some of its capabilities.

Talking to SA Soldier Mr Ebrahim Philips, an unemployed Mitchells Plain community member, indicated that it was his first time to experience the SANDF so close that he could even carry the guns on display, get inside its battle vehicles and have his blood pressure examined by the SA Military Health Service.

LEFT: Lt Gen Norman Yengeni, the Chief of Human Resources, getting his blood pressure measured at the SA Military Health Service exhibition.
Displaying the engineer capability of the SA Army

By Lt Siyakha Xweso, Acting Communication Officer at 35 Engineer Support Regiment

Learners on the Joint Senior Command and Staff Programme 2014 visited 35 Engineer Support Regiment on 7 March 2014. This visit formed part of the annual programme of the SA National War College, the purpose of which was to familiarise the learners with the capabilities of each of the four Services of the SANDF. 35 Engineer Support Regiment is the depot for all engineer equipment and is therefore an obvious choice for anyone wanting to learn about the engineer capability of the SA Army.

On arrival the learners and the Directing Staff of the SA National War College were welcomed by Maj Benjamin Mokhunano, Regiment Second-in-Command, after which Col Andrew Mahapa, SSO Terrain Intelligence, who represented the General Officer Commanding of the SA Army Engineer Formation, gave a presentation on the capabilities of the military engineers. These capabilities include Operational Construction, Combat Engineers, and Terrain Intelligence, which includes the printing and mapping services that the Engineer Support Squadron prepares. After the presentation they visited the display of equipment and power tools used in carpentry, welding, electronics and prime mission equipment (PME) of combat engineers. The display by Col Mahapa held the visitors in awe. It included both the theoretical and practical presentations that they received from 35 Engineer Support Regiment. At question time the members of the regiment were available to explain the capabilities of the Engineer Corps. All the engineering equipment that was displayed highlighted the Military Engineer’s mission to “enhance the mobility and survivability of our own landward forces and deny the enemy’s mobility”. After the presentation and the display, the visitors were treated to a lunch prepared at the SA Engineer Corps golf course.

Sappers celebrate Human Rights Day

By Lt Col Bafana Nxumalo, Communication Officer SA Army Engineer Formation

Members of the SA Army Engineer Formation celebrated Human Rights Day on 19 March 2014 at Sappers’ Heights to re-commit themselves to the upholding of human rights wherever sappers are deployed. The ceremony kicked off with an inspiring sermon by Chaplain Charl de Kock which highlighted the question of the dignity of human beings. He asserted that we needed a new theology based on three principles, namely accountability, human dignity and compassionate justice. Prof Bonita Meyersfeld, the Director of the Centre for Applied Legal Services at the University of the Witwatersrand, gave the keynote address to the members of the SA Army Engineer Formation. She spoke to the members about human rights issues that might arise when soldiers are deployed outside the borders of their own country - this deployment could be under the auspices of the United Nations, the African Union or a regional grouping on the basis of a bilateral agreement. She briefly traced the origins of Inter-national Law and explained how it had developed rapidly in the last twenty to thirty years. She also explained how International Law was related to International Humanitarian Law, and ultimately to Human Rights Law. A lively debate ensued about specific sections of the law, especially as they relate to soldiers. She emphasised the notion of the right to dignity of all human beings in all situations. With great skill, the professor dealt with the trauma that soldiers might suffer during deployments and how that could affect their perspective on what needed to be done, especially when they were being shot at. She also talked about the biological responses of the body, which are irrational, and that have to be reconciled with the three sets of laws: International Law, International Human Rights Law and Human Rights Law.

Bringing smiles to the faces of children

By Cpl Ally Rakoma

In realising the vision of building a caring society, the learner group of the Joint Senior Command and Staff Programme (JSCSP 13/2014) and staff members of the SA National War College in Pretoria invited children with special needs from Prinshof School as part of their community outreach programme. On 6 March 2014, Brig Gen Siseko Nombewu, the newly appointed Commandant of the College, welcomed the children and their caregivers to the College. He said that people with special needs had to deal with societal attitudes and perceptions regarding their capabilities. He encouraged the children not to give up the essence of who they were.

The Prinshof School caters for children with special needs, blind and partially sighted children. Lt Col Marietjie Nicholson, Directing Staff member at the College, explained that the College had adopted Prinshof School as part of their community outreach programme. She added that the staff members and students of the College contributed weekly towards their social responsibility programmes. She said: “Children are like flowers, we should prepare for their nurturing and growth.”

Students of the JSCSP 13/2014 interacted with the children and encouraged them always to strive to do their best, and assured them of the love and understanding that would always be provided by the caregivers when they felt most alone. Ms Ansie Engelbrecht, Head of the Severely Intellectually Disabled Section at Prinshof School for the Blind, was touched by this gesture.

She thanked the SA National War College for its support and recognition of the underprivileged. The visit ended with a presentation of gifts and other donated goods.
Five former matriculants of Kananelo Secondary School in Kroonstad were awarded bursaries to study at Nanchang University in China following their successful matric results.

In 2012 the school approached the School of Engineers Military Base at Kroonstad and requested permission to hold a spring camp at Bossiespruit during the September school holidays so that their learners could revise and prepare for the matric exams. The reason for this was that Bossiespruit is far from town and therefore the learners were going to prepare for their exams without any disturbances.

The Officer Commanding of the School of Engineers, Col Martin Mokoena, approved their request and since then Kananelo Secondary School has been using Bossiespruit for their annual revision and preparation for the exams. This has been fruitful as the school has had good results. Among the learners who received bursaries to study at Nanchang University in China is a 2012 matriculant and four 2013 matriculants.

Tshepo Folotsi (19) who matriculated in 2012 received six distinctions and is going to study Actuarial Science. Tshepo Kareli (18) obtained one distinction and is going to study Political Science. Thato Seloko (18) obtained five distinctions and is going to study Political Science. Maleke Thulo (18) obtained one distinction and is going to study Law. Maleke Thulo (18) obtained one distinction and is going to study Food Science and Engineering.

The guest speaker was Dr Mahlathini Tshabalala, the Schools Manager of the Sasolburg Department of Education. During his speech he said the learners must be like eagles. Eagles have vision, they do not flock together and they do not eat dead meat. He said a person with vision will never be poor because he always strives to go beyond his vision.

He said they must refrain from being involved in groups, especially those doing wrong because at the end of the day they sit alone in the exam room and the group will not be there to assist them.

He also emphasised that they must refrain from being spoon-fed, they must work hard and do their own work. Lastly he told them they must have a dream and have the attitude of an eagle so that they can prosper in life.

The commitment of the School of Engineers to assist the community was also acknowledged as well as the commitment of the unit in upholding the school’s slogan: “We train ordinary children to be extraordinary citizens”.

The School of Engineers was also invited to the farewell ceremony on 16 April 2014 as the unit has close ties with Kananelo Secondary School.
Bethlehem celebrates its 150 years of existence with the SANDF

By 2Lt Derrick Sekgobela, Acting Communication Officer, 2 Field Engineer Regiment
Photos: Spr Bukani Nkabinde

Field Engineer Regiment participated in the celebrations marking the 150th year celebration of the City of Bethlehem on 7 March 2014. 2 Field Engineer Regiment members participated as part of the community of Bethlehem and other state departments in this historic event as they marched through the streets of Bohlokong Location.

The parade marched into the arena under the command of the parade Second-in-Command, Capt Mbongeni Ncobela. The main functionary, the Executive Mayor of Dihlabeng Municipality, Mr Tjhtane Mofokeng, followed shortly to address the community. Maj Stanley Mapp was the parade commander during this event.

During his address the Executive Mayor emphasised that it is important for the community to work together, strive for a better life for all, and to keep the spirit of UBUNTU glowing in the youth and elderly people of South Africa. With his powerful theme of the event: “Unity in diversity - Marching together towards prosperity”, he rekindled a great sense of belonging in the community as they applauded to his statement.

This parade represents the highest level of participation and cooperation by members of the community in Bethlehem. 2 Field Engineer Regiment stood up to be counted among various other state departments, such as the SA Police Service, Correctional Services, Traffic Department, Department of Home Affairs, Department of Education and the Dihlabeng Municipality (the Local municipality) participating in this historic event. Once again, 2 Field Engineer Regiment has proudly demonstrated its commitment to the community and reinforced its claim to be part of the local community in Bethlehem.
SA Army Combat Training Centre gives recognition to its learners

By Maj Jacobus Mogoto, SO2 Communications SA Army Combat Training Centre

The Acting Commandant SA Army Combat Training Centre, Col Peter Nong, handed out certificates to those members on the first Junior Command and Staff Duties (JCSD) Practical Course at the SA Army Combat Training Centre on 27 March 2014.

This practical course follows the theoretical part of the course that these learners completed at the SA Army College in Pretoria. It also makes it their last course in the tactical level of warfare in the SA Army. For such learners to further their careers in the SA National Defence Force (SANDF), they will have to complete the Joint Senior Command and Staff Course at the SA National War College (in Pretoria), which will be attended by all four Services of the SANDF.

Col Nong congratulated the learners on their achievements. He said: “As future leaders of this Army, you will have to adapt and become dynamic in order to withstand the storm of uncertainty. The only certainty about the future is that there will be change. You need to arm yourselves with the necessary knowledge, skills, competence and attitude to make a difference and steer the SA Army into the future. The future will place an increased demand on the SA Army to deploy not only to foreign countries, but also within or on our borders.”

A pass rate of one hundred per cent was achieved and Col Nong said that the learners who have been rated competent now have a big responsibility as not only should they now apply and convey their knowledge, but they should also strive to improve themselves to the benefit of the SA Army.

Col Nong added: “Although you are academically qualified as Commanders and Staff Officers, you will now have to operationalise your insight and skills. You can only succeed in this if you continuously challenge yourselves to learn more about your noble profession.

“Allow me to convey my sincere appreciation to the following role-players: the SA Army Training Formation for support and guidance to the SA Army Combat Training Centre to achieve the desired result of qualifying you, the instructors of the JCSD Branch for their unselfish efforts to facilitate learning and so creating the conditions for learning and their continuous support to you and the vision of the SA Army, and of course your families without whom successful study would be unthinkable.”

The day ended with a light lunch in the Joe Slovo Officers Mess with invited guests, staff members of the SA Army Combat Training Centre and Officers Commanding of the various units within the Lohatlha military area.
Two decades later, and the year 2014 is a success story to celebrate as it presents our country with a historical milestone that epitomises many of the elements of the transformation that South Africa has undergone since 1994.

On 4 April 2014 Defence Intelligence Division, under the leadership of Lt Gen Jeremiah Nyembe, celebrated its role in 20 years of democracy at the SA Defence Intelligence College (SADIC) in Pretoria.

It was a day like no other as the former Chiefs of Defence Intelligence of the SANDF since 1994 attended this occasion, namely: Lt Gen (Ret) Dirk Verbeek who served as Chief Defence Intelligence from 1 April 1994 to 31 May 1999, followed by Lt Gen (Ret) Moreti Motau, who took the reins from 1 June 1999 to 31 March 2009 and Lt Gen (Ret) Mxolisi Shilubane from 1 April 2009 to 31 November 2012.

Lt Gen (Ret) Verbeek said that the definition of intelligence would remain constant with the passing of time. He added that the true strength of defence intelligence lies in the calibre of its human resources.

Lt Gen (Ret) Motau told a positive story of how Defence Intelligence had made progress in finding the key to.

ABOVE: Lt Gen Jeremiah Nyembe, the Chief of Defence Intelligence (right), unveiled a plaque in commemoration of 20 years of Defence Intelligence in a democratic South Africa. Three former Chiefs of Defence Intelligence looked on, fltr: Lt Gen (Ret) Moreti Motau, Lt Gen (Ret) Mxolisi Shilubane and Lt Gen (Ret) Dirk Verbeek.
history

ABOVE: Learners from Masizakhe Primary School promoting cultural awareness as members of the Defence Intelligence Division celebrate 20 years of Defence Intelligence in a democratic South Africa.

ABOVE: Three former Chiefs of Defence Intelligence, fltr: Lt Gen (Ret) Mxolisi Shilubane (1 April 2009 to 31 November 2012), Lt Gen (Ret) Moreti Motau (1 June 1999 to 31 March 2009) and Lt Gen (Ret) Dirk Verbeek (1 April 1994 to 31 May 1999).

a peaceful transition and an inclusive new path for South Africa in which all people would be regarded as equal.

Lt Gen (Ret) Shilubane thanked his predecessors for taking Defence Intelligence to greater heights. He said that today we looked back with pride as this organisation taught us a broader understanding of the world. He added that Defence Intelligence had the capacity to analyse anything happening around the world.

While noting the progress made by Defence Intelligence since 1994, Lt Gen Nyembe said that the 20th year of our freedom enabled us to reflect on the remarkable transformation of Defence Intelligence that had taken place during this period in which this organisation had played such a big role in bringing about the peace and stability that we see in the region and beyond today.

Speaking to SA Soldier Lt Col Thiswa Bhefile from Directorate Vetting mentioned that the celebration of 20 years of freedom was a historic milestone. 1994 ushered in a new era, and we have a lot to be grateful for. South Africa today, through the SANDF, is recognised internationally as a symbol of peace, a crowning achievement.

Ms Dudu Madela, an educator from Masizakhe Primary School in Tweefontein, Mpumalanga, said that since 1994 South Africa had grown into a unified nation. Today as a citizen she could not help but feel proud and inspired to witness the changing landscape of our military where representation of women in the SANDF has advanced - now that is a success story.

The day presented an opportunity for members of Defence Intelligence Division to reflect on the important strides and key milestones made over the past 20 years. A moment of silence was observed in recognition of those who paid the ultimate price in the course of pursuing our freedom.
Have you been diagnosed with kidney disease? You are not alone. South Africa’s National Kidney Foundation (NKF) notes that 10% of all people in the world have some form of kidney disease.

Sadly, in South Africa we have a special problem. “Kidney failure in the black population is four times higher than other groups – due to the high incidence of hypertension,” says the NKF. Undetected and untreated high blood pressure has long been known to be widespread among those who have poor access to healthcare, whether through lack of money or long distances to clinics and hospitals. And equally unfortunately, it is these very people who are also at a high risk of adult-onset diabetes, the second of the major risk factors for kidney disease. High blood pressure accounts for about 60 to 65% of all cases of kidney disease, while diabetes adds another 20 to 25%.

What do the kidneys do?

The kidneys play a crucial role in keeping our bodies healthy. These two fist-sized organs, which sit towards the back of your abdomen around your waist area (just where a fighter would deliver a “kidney punch”) are our filters. They filter waste and excess water out of your blood, which makes urine. They also keep the body in chemical balance, juggling chemicals like salt and potassium, help control your blood pressure, and make certain hormones. So if you have chronic kidney disease (CKD), which means your kidneys are damaged, your kidneys struggle to filter your blood to keep you in tip-top health. Waste substances can therefore build up.

The bad news is that once there’s damage, it cannot be fixed. You will be told, for example, that your estimated glomerular filtration rate (GFR) is a figure somewhere between 0 and 100 (100 is perfectly healthy); if it is 90, you cannot do anything to push it back up to 100. The good news is that there’s a lot you can do to prevent it dropping lower – people with Stage 3 CKD (and figures of between 30 and 59) have about an 80% chance with the right treatment of never experiencing kidney failure at all.

So here’s one case where making the right lifestyle choices really makes a huge difference – how you live and eat can mean never having to go on dialysis or experience the trauma of waiting for a kidney transplant.

Stop unhealthy choices right now

Smoking increases the progression of CKD significantly. Rather take the pain of withdrawal and give up now rather than face possible dialysis in the future.

A diet high in salt is also known to affect the kidneys. It’s hard to give up salt, but your taste buds actually do change over time; thus when the British government reduced the allowed amount of salt in processed food after a few months, Britons who travelled abroad came back complaining that the food was “too salty”.

Finally, be cautious about the use of medications such as painkillers and anti-inflammatories; consult your doctor about why you are using them and what your alternatives are.

Make health your choice in every way

First and foremost, if you have high blood pressure, keep it well under control. Never miss a dose of your blood pressure medication. Keep your salt levels low, keep your weight down as much as possible, get regular exercise (discuss this with your doctor first) and reduce stress as much as possible. This advice will also help you control adult-onset diabetes if you have it. For those who do, it is critical to keep your blood sugar under control. Ask your doctor about things that can help with some of the symptoms of CKD – the disease often causes anaemia, for instance, which can be controlled.

Lots of water is essential, but drinking too much could be harmful. It all depends on how your body is coping. Your doctor is also your best guide here.

Eat a diet rich in fresh vegetables and fruit, and low in starches and sweets. Opt for low-fat dairy products. You might be better off avoiding dried fruit and some fresh fruit, which contain high levels of potassium and cause problems for your kidneys. Some specialists believe that lowering your levels of animal proteins can help. Best idea? Chat with a dietician who understands chronic kidney disease.

*References:
Startling facts: http://www.nkf.org.za/
http://lifeoptions.org/kidneyinfo
Boost your immune system to beat the bug

By Martina Nicholson Associates
Newsdesk
Photo: Pte Jonathan Mogano, SA Soldier

With the winter season fast approaching, the influenza virus is starting to make the rounds with its usual vigour, so it is important to keep your immune system strong and healthy.

“A few simple measures can boost your immune system and help prevent you getting the common cold, sinusitis or even the dreaded ‘flu bug,” advises Dr Neville Wellington, a general practitioner at Medicross Kenilworth in the Cape.

Here are a few valuable tips from Dr Wellington and Natasha Conrad, Pharmacy Manager at Netcare Sunninghill Hospital, to help you stay healthy and boost your immune system as the weather turns colder:

• Get vaccinated with the latest influenza vaccine well ahead of winter. Each year new vaccination formulations are developed, based on the latest influenza strains. The vaccination is made up of a chemically inactivated virus, which enables the body to get to know and store the “shape” of the virus so that when you are exposed to the actual virus the body is armed to fight it.

• Regularly using a saline nasal spray could be most effective when those troublesome sniffles and sneezes start. Use the spray four to six times a day when you feel a cold or sinusitis starting to creep up on you.

• Eat healthy and nutritious meals, including generous portions of fruit and vegetables, protein for cellular repair and foods containing healthy fats and oils such as fish, nuts and avocados.

• Keep yourself hydrated by drinking lots of water and fluids.

• Consider taking a multivitamin.

Vitamin and mineral supplements, particularly those containing zinc and vitamin C, will help boost your immune system and help you fight off colds and flu.

• Wash your hands regularly with soap and water or an alcohol based hand sanitiser to help prevent the spread of germs.

• Avoid close contact with sick people. Germs are spread through close contact as well as through the air and can enter your system via your eyes, nose and mouth. Try and keep your distance from people who are sick and wash your hands immediately if you have had physical contact with them.

• Quit smoking. Smoking impacts your body’s ability to absorb many essential vitamins and minerals and drains it of these vital nutrients, especially vitamin C. Ask your doctor for advice on how to quit smoking and also think about taking a vitamin C supplement.

If you fall ill with a cold or the flu, remember the following, advises Dr Wellington:

• Prevent the further spread of harmful germs by coughing or sneezing into your bended elbow and blowing your nose into a tissue and not a handkerchief. Dispose of the tissue immediately into a dustbin.

• Get enough rest. While getting enough sleep is good for your health in general as it helps keep your immune system strong, you should also stay at home and rest if you have cold or flu-like symptoms. This will give your body the chance to fight the virus and will also prevent the virus spreading to others, for example colleagues at the office.

• Treating flu with antibiotics is not advisable as flu is caused by a virus and antibiotics are only effective against bacteria. Secondary infections, such as bronchitis or pneumonia, respond well to antibiotics. Take paracetamol to help alleviate your symptoms and discomfort. Consult your doctor if you are concerned about your condition.

Above: Eat healthy and nutritious meals, including drinking lots of water to help your body stay healthy.
Military Attaché and Advisory Corps spouses visit Soweto

By Cpl Ally Rakoma
Photo: Pte Jonathan Mogano

Defence Foreign Relations, together with the SANDF Spouses Forum chaired by Ms Charlotte Shoke, took the spouses of the Military Attaché and Advisory Corps (MAAC) on a journey of discovery to Soweto on 28 March 2014.

The aim of the event was to strengthen ties of goodwill and rekindle friendships. Of greater importance on this day, however, was to reflect on the historic milestone of transformation since 1994 that South Africa has undergone and the 16 June 1976 Soweto uprising, which have become turning points in our history.

They visited Kliptown Museum where the Freedom Charter was adopted, then proceeded to the Hector Peterson Memorial which was unveiled by Mr Nelson Mandela on 16 June 1992 in honour of the youth who gave their lives in the struggle for freedom. The last stop was at 8115 Vilakazi Street Orlando West, the home of the late former President, Mr Nelson Mandela. The house has been declared a national monument.

At the end of the tour the Chairperson of the SANDF Spouses Forum, Ms Charlotte Shoke, delivered a message to the spouses of the MAAC and emphasised the importance of this visit as part of the way to strengthen goodwill and friendship. Furthermore she said it was important for the spouses of military attachés to know and appreciate our history.

ABOVE: The SANDF Spouses Forum and spouses of the Military Attaché and Advisory Corps strengthen ties of friendship in Soweto.
Tae-bo emerges as an exciting fitness sport

By Capt Kagiso Motsitsi, PTSR 1 Military Hospital and Pte Phillip Pitso, SA Soldier
Photos: Sgt Elias Mahuma and Pte Jonathan Mogano

Capt Kagiso Motsitsi, Physical Training Sports and Recreation (PTSR) Officer and her team from 1 Military Hospital PTSR Department, hosted a Tae-bo marathon (exercise), the first of its kind in the history of the SA National Defence Force.

This Tae-bo marathon took place in the Pretoria Military Sports Club (PMSC) Hall in Thaba Tshwane on 26 March 2014.

Tae-bo was invented and made famous by Billy Wayne Banks, an American fitness expert, martial arts practitioner and actor. It is an energetic, explosive sport which is fun, exciting and easy to learn. As a combined strength and cardio workout it can help reorganise your true self and change your body and attitude for the better.

A proper exercise programme enhances a person’s quality of life, improves production and promotes positive physical and mental change. These attributes are what a soldier should possess. A soldier’s level of fitness has a direct impact on his or her combat readiness. It is expected of a soldier to be mentally and physically fit.

Although a first, success was noticeable by the full capacity of the PMSC Hall. S Sgt Mmelesi Gaoantebala, a Tae-bo participant, said: “It’s a good initiative as it encourages physical activity in the SANDF, and enables PTSR functionaries to come together and work out as a group.” This is the perfect choice for those who prefer an effective workout to be fun.

Capt Thuso Phage, another Tae-bo participant, said: “It’s the best thing as it enables participants to have fun while improving their physical fitness and good health. Moreover they socialise in the right way and are revitalised after the office environment”. The vision, according to Capt Motsitsi, is to develop Tae-bo into a recognised sporting code within the SANDF, to establish a committee to run it and to develop a policy with proper funding.

With a big smile on her face Capt Motsitsi said: “I would like to take this opportunity to congratulate the members who attended the Tae-bo marathon on taking that first step to achieving their fitness goals and that of the organisation, and everyone is welcome to join”. If you have a goal in mind, the only person who can make it reality is you!
Chief Human Resources Communication Period and Recreational Day

By Mr Meshack Nengovhela, Intern at Human Resources Division (Corporate Communication)
Photos: Pte Jonathan Mogano, SA Soldier

On 16 April 2014 during his first communication period and recreational day since assuming his new appointment as Chief Human Resources (on 1 February 2014), Lt Gen Norman Yengeni had an opportunity to express his views to the Human Resources Division members on different responsibilities regarding the future of the Division.

Addressing members of the Chief of Human Resources Division at the Personnel Services School in Thaba Tshwane, Lt Gen Yengeni began by appreciating the opportunity to be appointed as Chief Human Resources. He said: “I am grateful for the appointment and confidence shown in me. I am fully aware that this position comes with a huge responsibility.” He talked about the latest developments within the DOD to highlight some of the accomplishments of the division. “Under Training Command, Personnel Services School was awarded full accreditation for the Human Resources Level 4-5 certificates until the year 2016 granted by the SA Board for People Practices (SABPP), which is a human resources professional body for education, training and quality assurance management. The SABPP is responsible for setting Human Resource standards in South Africa. The Division also received a certificate as Top Training Provider of the Year from the SABPP.

Lt Gen Yengeni said: “You would also understand that for a long time there has been an outcry and media criticism about the level of Directing Staff (DS) qualifications at the SA National War College (SANWC). With the assistance of the Chief Directorate Development, the SANWC improved the academic qualifications of the DS through Wits University, and encouraged further academic development of DS and personnel in general at the College.”

He added: “Chief Directorate Human Resources Management is busy with the implementation of an electronic system called ‘e channel’ which will in future prevent delays in the
pension payment benefits when a member terminates his or her service.”

Lt Gen Yengeni also addressed the recruitment strategy that the Department of Defence (DOD) utilises. He said: “I am worried about the situation where the DOD recruits more people than it needs. For instance, it would not be reasonable to recruit 3 000 people for military training and retain only 2 000 of them. It would be heart-breaking to those 1 000 people who after going through training are told that there is no position for them. As the DOD’s Human Resources Division, we are reconsidering this matter.”

Lt Gen Yengeni added that he had a discussion with the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, about this concern. He also mentioned that there was a need to decentralise and retrain the human resources practitioners to ensure that they understood the fundamentals of the Human Resources Division.

After speaking members were given the opportunity to ask questions about anything pertaining to the Division. Many issues were discussed. Most members were concerned about receiving higher ranks, however, the salary remaining the same and them being given the opportunity to study further at state expense, only to be told that there are no positions after they have completed the degree or diploma. Regarding the ranks without compensation, Lt Gen Yengeni said the DOD was dealing with this matter and that good progress was being made. He said he had even approved the policy for some allowances in this regard. He cautioned that qualifications were not necessarily a passport for promotion, though performance was.

He encouraged members to stay committed to the mandate and objectives of the DOD and emphasised that they should have confidence in the Human Resources Division and the collective strength. This will ensure that the Division continues to serve all members with the aim of realising the goal of better service conditions for all DOD members.

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2014 World Masters Athletics Championships

By Col Celeste Scheepers, Performance Auditor at the Defence Inspectorate Division

Two members from the Pretoria Military Walking Club, Col Celeste Scheepers and Ms Retha Knoetze, represented South Africa at the 2014 World Masters Athletics Championships in Budapest, Hungary, in racewalking over the period 25 March to 2 April 2014. Col Scheepers achieved a 10th place, while Ms Knoetze achieved a 6th and 8th place.

ABOVE: Col Celeste Scheepers (right) and Ms Retha Knoetze, both members from the Pretoria Military Walking Club, proudly represented South Africa at the 2014 World Masters Athletics Championships in Budapest, Hungary.
The 45th Two Oceans Marathon

By Col Zirk Lourens, PRO for SANDF Athletics (completing my 14th Ultra Marathon in a time of 06:55:20)
Photos: courtesy official photographers from Jetline Action Photo

A windy and chilly start to this year’s Old Mutual 45th Two Oceans Marathon in Cape Town on 19 April 2014 did little to dampen the spirits of the more than 27 492 runners of whom 1 880 were international athletes who took part in the 21km (16 134 runners) and 56km (11 358 runners) races.

Altogether 222 runners from the Department of Defence (DOD), including the Defence Reserves, of whom 50 were women, participated in the race.

Capt (SAN) Chris Dooner, previous Chairperson of Western Province Athletics and recently retired, was appointed as a referee for the 56km race. He also ran the 21km on Friday the 18th. (The cut-off time for the 21km race is three hours and for the 56km seven hours.)

The R1 million prize of the main sponsor - Old Mutual - for participants remained intact as there was no runner who broke the 1988 and 1989 records. These records were set by Thompson Magawana and Frith van der Merwe respectively.

Mr Antony Nyabanyaba (60) from the SANDF Free State Athletics Club who works at Physical Training, Sport and Recreation (PTSR) at Army Support Base Bloemfontein won the overall Grand Masters category (60-69) in the open race in a time of 04:22:14. He was overall 369th out of 8 486 runners. This was an outstanding performance by Mr Nyabanyaba for a Grand Master athlete.

In the 56km race the first SANDF athlete to cross the finishing line was CPO Nhlanhla Khanyile from the SANDF KwaZulu-Natal Athletics Club. His overall position out of 8 486 competitors was 215th in a time of 04:05:27.

In second position of the same race was L Cpl Edward Sibanda (53) from the SANDF Limpopo Athletics Club; he was also the first SANDF Master athlete (50-59 years). His overall position out of 8 486 competitors was 532nd in a time of 04:33:59. During the 2011 and 2012 Two Oceans Marathon he was the second SANDF runner to complete the 56km race and the first in 2013.

The first woman running for the SANDF in the 56 km race was Capt Nokholo Hlezupondo from the SANDF Eastern Province Athletics Club in a time of 04:51:45 (80th position among 2 326 female runners and 929th overall position among 13 247 finishers).

In second position of the same race was WO2 Sandy de Beer from the SANDF KwaZulu-Natal Athletics Club in a time of 04:53:26 (92nd position). In the third position was Ms Martha Pretorius from the SANDF Western Province Athletics Club in a time of 05:14:23.

In the 21km race the first SANDF athlete to cross the finishing line was WO1 Desmond Frechas (a Master
ABOVE: First SANDF runner in the 56km race - CPO Nhlanhla Khanyile from the SANDF KwaZulu-Natal Athletics Club.

ABOVE: First SANDF lady runner in the 56km race - Capt Nokholo Hlezupondo from the SANDF Eastern Province Athletics Club.

The DOD/SANDF athletes and their families gathered at a certain point at the finish line to meet and congratulate their friends and family members who had finished the race. Maj Mickey Trauericht, Chairperson of the SANDF Western Province Athletic Club, and her team assisted the Defence runners with their needs and also provided refreshments for the runners.

History

Looking back, the first race was held in 1970. It saw 26 runners line up to face the unknown challenge and only 15 finished. Since then the race has become a national event and a firm favourite with locals and international athletes. The breathtaking views of both oceans, along with the spectacular stretch along Chapman’s Peak, is why the Two Oceans Marathon is known as the world’s most beautiful marathon.

*Additional information provided by the Two Oceans Marathon Association*

The first woman for the SANDF in the same race was Ms Chandre Roodman (a Veteran athlete: 40-49) also from the SANDF Western Province Athletics Club in a time of 02:05:31 in 3 206th overall position. In second position was Ms Patricia Kruger from the SANDF Gauteng North (Pretoria Military Marathon Club) in a time of 02:10:06.

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When I was requested to reflect on this theme, I realised the magnitude of this theme. One page might be insufficient to give credit to it. The Bible and scriptures of other world religions have never attempted to give us ready-made guidelines for a successful democracy.

The various scriptures guide people to respect each other and live a life without threatening the co-existence of any person, group, gender or culture. It is more the influence of Biblical – and other principles that have informed our present social institutions.

1 Peter 2:13-17 of the King James Version (KJV) provides us with guidance.

We have made great and wonderful strides in making South Africa a country where all can enjoy a happy life and where everyone can live free and without fear. However, there is still much to be done to ensure complete and total peace and happiness.

We have to learn from the mistakes of the past and realise that power struggles always result in the pendulum swinging to one or other extreme. These power struggles result in insecurity for some, and security for others. Bishop Desmond Tutu remarked: “We learn from history that we don’t learn from history”.

Our text requires us to support the kings and governors of the day. In the Old Testament we observe that though the prophets reprimanded and advised the kings of the day, they did not provide alternative social governing structures. They supported their current structures, because God said so! They asked for God’s guidance on how to advise respectfully. Their advice was sometimes ignored and on other occasions honoured, but they continued to advise.

The bigger picture regarding the Old Testament stories illustrates how God, though daily life, influenced the followers and leaders of the day for the better. Kings and governors were constantly reminded that when they honoured God and respected people, they were deserving of the acceptance of their followers. Leaders who preserve order and uphold justice will be favoured by those who live in a world guided by Biblical principles which guarantee them protection against exploitation.

At the time of his death Steve Biko left his wife and three children a letter in which he said: “I have devoted my life to see equality for Blacks and at the same time I have denied the needs of my family. Please understand that I take these actions, not out of selfishness or arrogance, but to preserve a South Africa worth living in for Blacks and Whites”. We are highly privileged to live in a South Africa that has already and will in future influence the world in how to ensure happy living for all.

Leaders like Steve Biko were touched by God to make statements like these. We strive to implement their dreams and aspirations, but reality does not always support this.

We learn lessons from reality. But as Dr John Mason stated: “Learn the lessons. Forget the details”. Where do we find ourselves in this era? Looking back and thinking of all the lessons, can we honestly say that we are living up to our democracy?

Soon we will be entering into a new series of elections. God provided us with a diversity of political parties to select from. Our support, not just in terms of a vote, but constant prophetical support, will result in our leaders growing to meet the needs of the society as required by the Bible and our Constitution.
Easter is a period when Christians remember the crucifixion and resurrection of Jesus Christ. It is a profound spiritual time for the religious and other faith groups.

The Chaplain General of the SANDF, Brig Gen (Rev) Andrew Jamangile, and his team of Chaplains, hosted the 2014 Chief of the SANDF annual Easter Service at the Armscor Sports Ground in Pretoria on 16 April 2014.

The purpose of the service was to remind members of the SANDF to observe Easter as the holiest of religious periods in our country and to give the Chief of the SANDF, Gen Solly Shoke, an opportunity to wish well all the SANDF members and the Public Service Act Personnel (PSAP) that were going to travel to different destinations for the holy weekend to give glory and praise to the Almighty God.

Members of the SANDF joined in celebrations of prayer and praise.

The Programme Director, Col (Rev) Masello Mothopeng, in welcoming the members to the service spoke about the divine and spiritual connection with God. Col (Rev) Bonga Bosiki conducted the sermon and prayer. He said that Easter is the most important period where Christians celebrate the crucifixion and resurrection of Jesus Christ.

The SA Military Health Service Band, DOD HQ Unit Choir and the SA Air Force Choir formed part of the spiritually rejuvenating service.

The Surgeon General of the SANDF, Lt Gen Aubrey Sedibe, who was the Acting Chief of the SANDF, expressed his gratitude and that of the Chief of the SANDF, Gen Solly Shoke. He said that the 2014 Chief of the SANDF Easter Service had coincided with the SANDF celebrating the 20th anniversary of democracy.
THE SOUTH AFRICAN NATIONAL DEFENCE FORCE

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