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FRONT COVER: Members of the National Ceremonial Guard leading the parade for the 2015 Opening of Parliament in Cape Town. (Photo: WO2 David Nomtshongwana)

ABOVE: Lt Gen Zimpande Msimang, the Chief of the SA Air Force, handing over the Air Squadron Sword to Lt Nonzaliseko Ndibongo, the best overall achiever on the Officer Forming Course, presented at the SA Air Force College. (Photo: L Cpl Jonathan Mogano)

For the latest news on defence matters in South Africa, visit our website at: www.dod.mil.za
The Chief of the SA Army, Lt Gen Vusi Masondo, delivered an inspiring welcoming address to the newly admitted Generals focusing on the need for commitment, loyalty and selflessness to advance the programmes of the SA Army. Read more about the prestigious inauguration ceremony held at the SA Army College in Thaba Tshwane (see pages 16 and 17).

Addressing the newly admitted General Officers, Lt Gen Masondo stressed foresight and courageous leadership as essential to the achievement of the goals of the SA Army.

Lt Gen Masondo emphasised that the Generals must lead by example and never consider their appointments as an entitlement to settle scores with those that erred against them in environments in which they previously served.

The Chief of the SA Army said that the Generals should live the creed and values that come with such a sacred appointment. He added: “Your behaviour, attitude, lifestyle and actions in general should be such that they steer you clear of scandals and you should only be focused on the attainment of the organisational goal.”

Also read the article “Communicate ethically in the workplace” on pages 32 and 33. In this article the writer refers to Stephen Covey’s best-selling book, The 7 Habits of Highly Effective People, where he suggests six key deposits for building up one’s emotional bank account.

One of them is to “show INTEGRITY by keeping promises, being honest, fulfilling expectations and being loyal to all people equally, including those not present”.

The Department of Defence (DOD) in its Shared Value System has committed itself to organisational values that are rooted in individual values, codes of conduct and unit cohesion. One such an Individual Value is INTEGRITY.

What is INTEGRITY? Integrity is more than just to speak the truth. Integrity is to do what you said you will do. Integrity is to keep your promises. Integrity means your words and actions correspond. Integrity is to do the right thing even when nobody watches.

When people with INTEGRITY start with a task, they finish it. If they make a promise, they keep it. If they made a mistake, they admit it.

The challenge for each of us is to strive to uphold the DOD Shared Value System, including the Individual Values such as INTEGRITY.

Nelda Pienaar
Editor SA Soldier

Sikhulu sama joni we SA Army, u-Lt Gen Vusi Masondo, wethule ikulumo ekhuthazako nekamakela ama joni asandu ukukhethelwa enkhundleni eziphezulu zobo general, inkululeko beqoqha khulu kwaphumiliso zokuwabambeza nokuzithoba bonyana kukuhlisele iinhlelo ze-South African Army. Mbabali yenza bonyana ufunde uhlule nge Inauguration ebyejibanelewe lapha eThaba Tshwane (qala amakhosi 16 ne17).

Ngesikhathi ebeka ikulumo kumajoni asandu ukukhethelwa enkhundleni eziphezulu, u-Lt Gen Masondo, uciniselele ukuwelelela kumbono nokuphatha ocinileko kumajoni bonyana i-SA Army iphumelele.

u-Lt Gen Masondo uzhathile wathi: “Umenzo wakho nokuziphatha kwakho nangendlela ophila ngayo kufuzelele kukwakhe bonyana uhlule ungumuntu eziphezetha kuhle isenzino ezenzwa ngumuntu akukwakhe wakho.”

Mfundi yenza bonyana ufunde umbhalo lahlukhulu emakhasi 32 ne33. Umbhalo la ifunduka ngendlela ethise: “Communicate ethically in the workplace.” Umbhalo wothola la uqhazisa ngengcwadi ka-Stephen Covey. uStephen Covey ukhuluma lapha ngezindlela ezibalelwa kusikhombisa zabantu abanorhono, laho aqala kuhle kumleleza nokunqaba ukuphumulo womuntu. Enye indlela ekhomba ukuwakhe ukuphumevalo womuntu, ukulthela umuntu bonyana aqinge inthembiso zukhe bekge bonyana oziphethe kokuthi nokufanele beziphathe ngokuzithoba beziphezulu zabo.

Umnyango wesinga lokwikela i-DOD tiyiskhakhazisa ngokulandela amajamo waseemthethelwana wehlango yesinga lokwikela. Amajamo waseemthethi acinisilela ukuwakhe kuhle kwabantu kanti nokusebenzisana kuhle kwaeyuni. Emfundo inthetho obomba umuntu ukucwiza usejameni elihle emphakakhithi.


Abantu abanobumise abantu abanokukhuluma akukwakhe abantu abezwi abantu abanokwezi abantu abangakwaald.

Abantu abanengi abanalo irhono lokulandelela imithetho we-DOD ngoba nokwakha. Kanti umuntu lo akaphakile amaphuthakhe.

Abantu abanengi abanalo irhono lokulandelela imithetho we-DOD ngoba nokwakha. Kanti umuntu lo akaphakile amaphuthakhe.

Nelda Pienaar
Umhleli SA Soldier

*Translation into isiNdebele done by Ms Thuli Ntuli, Intern SA Soldier.
Female CONDOMS
Preferred by women who are careful.

AVOID
unplanned pregnancies and sexually transmitted infections.

defence
Department: Defence
REPUBLIC OF SOUTH AFRICA
NEVER LOSE HOPE

It was once said that prayer changes everything; well I am a witness of that. I never imagined my life as a soldier nor as a mother, but today I can proudly say I serve in the SA National Defence Force (SANDF) with loyalty and pride.

I was blessed with a healthy baby boy on 28 August 2013. The experience was beautiful beyond what words can express. I was happy that I was going to be that little soul’s mom, confused as I did not know anything about motherhood and a little worried because I was unemployed.

I applied for the SA Army in 2012 and in 2013 I was invited for an interview. In 2014 I received the life changing phone call from Pretoria to report at 3 SA Infantry Battalion in Kimberley, where I commenced with the Basic Military Training which was successfully completed in July 2014.

Today I am able to care and provide for my family; yes, my blessings have fallen upon me. My career is taking off and so are my studies. For this I have my family and the Almighty to thank for their love and support (especially through tough times) which have carried me through.

So never lose hope or give up on your dreams for the Lord is there to take care of your troubles, believe and pray. Patience is a virtue.

I thank the SANDF for granting me the opportunity to defend and protect my country by rendering my services in the SANDF where I am acquiring skills, experience and knowledge as well as wisdom not only to utilise in my field of specialisation, but in my personal life too.

Soldiering is not only about WAR, but it is a life skill on its own.

My faith and trust in God has given me the strength to move forward and view the world with a positive eye and attitude. I am humbled by his grace. Do not be discouraged by stepping stones that you may encounter because they are there to make you stronger and realise your abilities.

Go out there and make things happen for yourself. The Bible says: “There is a reason for everything that occurs in life.” I encourage the youth such as myself to stand up and follow their dreams, build a brighter future for their country.

Pte Boitumelo Solomon, 44 Parachute Regiment

DEFENCE WORKS FORMATIONS RSM’S DISCIPLINE FORUM WORK SESSION

The first Discipline Forum work session for Warrant Officers from Defence Works Formation recently took place at the SA Army Support Base in Kimberley since Defence Works Formation was established. The Defence Works Formation Warrant Officer, CWO Steve Terblans, highlighted some of the key issues that needed serious attention. He mentioned that the aim of the work session was to update all formation units with guidelines on the procedures, policies, instructions and ceremonial aspects.

He said that these issues were processes that Defence Works Formation must adhere to in order to maintain good discipline within their respective environments.

CWO Terblans also indicated that the Discipline Forum work session was important as it served as a pillar to initiate and execute the promotion plan for ceremonial activities within the formation. Delegates from Defence Works Formation Headquarters, Works Training School and nine units of Regional Works were doubly enriched with knowledge, particularly of the value system, respect and adherence to the command system.

These values became the cornerstone of unity in the Defence Works Formation. One can view these as the “cream of the crop”. He urged that the issue of formal forums and big teas should be addressed urgently because these are social events that are used to promote esprit de corps. MWO Thomas Maphalle, RSM Regional Works Unit Limpopo

letters to the editor

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

ABOVE: CWO Steve Terblans, Defence Works Formation Warrant Officer.
Members in their different capacities recently received medals in various categories at Regional Works Unit Gauteng.

Chaplain Elias Sehume opened the parade with Scripture reading. Col Buzani Madikane in his capacity as Officer Commanding officiated at the parade.

Addressing the attendees, Col Madikane alluded to the importance of the occasion in the development of the unit. His special thanks went to the Construction Unit for its contribution towards the success of the event.

Col Madikane praised the recipients for their tireless efforts to put the Regional Works Unit Gauteng on the map. He said: “From this day onwards you must be seen as exemplary in the development of this unit.” He encouraged them not to regard this moment as the first or the last, but as a unique occasion in their lives.

Shedding light on the importance of receiving medals, he said: “The phenomenon is governed by laws and in the Department of Defence (DOD) it is governed by acknowledgement”.

Col Madikane reminded the recipients that receiving medals has its beauty but not everyone sees it. He encouraged the recipients to value their achievements and not to let these perish at their passing on. He said: “When you become a passive hero your deeds must remain.”

Col Madikane said: “Fools glory in the idea of showing off.” He emphasised the point that medals must not be worn to show off, but to show pride of achievement.

Col Madikane, Officer Commanding Regional Works Unit Gauteng, delivers his speech during the medal parade. (Photo: Pte Jonathan Mogano)

THE ROLE PLAYED BY OUR SENIOR LEADERS IS COMMENDABLE

It is not long before they retire. They had led and paved a way for us. I believe with the right skills and the knowledge that they have left us We will cope well when they have gone on retirement.

I am inspired by the loyalty of our leaders They respect state resources and our hard earned regimental fund They are devoted to their work, and their work is their priority They are full of ambition, courage and energy

They have stores of interesting facts in their heads and we must learn from their experience to avoid making them a backup when they are home on pension.

The role played by our senior leaders is commendable The army will not be the same without them; They had passed the baton to us because they believe in our ability. We must be able to manage without them and make them proud. Pte Victoria Mathibela, 7 SA Infantry Battalion (Phalaborwa)

FESTIVE WITH THE STARS

I find myself sitting under this tree again with my trusted old friend who never complains about anything or anyone - the R4 rifles - waiting patiently for any action that could happen. Yes, I’m doing what I’m called to do: serving the nation and safeguarding the borders.

This job is not for the faint-hearted that is to be taken away from your family united with men and women of honour who share the same sentiments as me: serving the nation.

As I think of those I left behind enjoying stuffed turkey and sipping bubbly, I realise I got my day two rat packs and isotonic sports drink fuelling me to conquer yet another day.

They might be enjoying their X-mas pudding, shooters and the seasand gently massaging the soles of their feet, but I become humbled to know that all that is because of the sacrifice I made: to sit under this tree. It’s good to know that all my efforts are met with warmth as those I left behind got their goodwill parcels that say we salute what your son, daughter, husband or wife is doing for this country and I in turn salute those who have dug deep in their pockets to make this happen.

Last but not least, I salute this tree that provides shelter from what Mother Nature throws at us. Yes! Indeed I serve with the stars. Bdr Sivuyiso Deliwe, Kimberley (deployed at Ladybrand)
WORKING TOGETHER WE CAN MAKE A DIFFERENCE

The Military Police Division (MPD) recently held its annual prestigious event at Bloemfontein. During the event all Military Police members participated in different sport, e.g., soccer, netball, volleyball, shooting and policing skills to promote unity among the MPD members.

The Southern Military Police Region (SMPR), today known as Military Police Division (MPD), was formed in 2000 by the amalgamation of the Military Police of the SA Army, the SA Air Force and the SA Navy. Since its establishment the Provost Marshal General, Maj Gen Mogoerutli Joseph Ledwaba, has celebrated this with an annual prestigious event.

The first prestigious event was hosted by the Military Police School in 2000. The involvement of the SMPR also began in the same year. The different regions had to send teams to participate in the different sport on offer. Despite the challenges posed by day-to-day tasks we need to stay focused to balance our work and meet the target dates as required. According to the Officer Commanding Regional Provost Marshal, Col Franz Viljoen, team building is not a one man’s show; rather it is hard work that needs a lot of time and effort from all role-players. Today we are able to say: “We are the best in the Military Police Division”.

The MPD should always encourage its members to take part in prestigious events, since this is the only time that we (the Military Police Division) meet as one family to share our skills and knowledge with colleagues from the different regions. Both the netball and volleyball teams of SMPR achieved first place, and the soccer team fourth place. In the shooting event SMPR achieved first place as prestige team and as development team and second place as master team as well as best overall team.

According to the structures the results were as follows: best functional region was SMPR; best regional headquarters was SMPR HQ; best Military Police Area Office was Langebaanweg Military Police Office. Not only was SMPR best overall achiever, but was adjudged the best military police correctional facility. CO Mzukisi Goodman Simanga, Adjutant Southern Military Police Region HQ.


I AM A SOLDIER

I am a soldier because I like to be.  
I am a soldier because I believe I am.  
I am a soldier because I am happy to be.  
I am a soldier in and out of seasons.  
I am a soldier through perils of life.  
I am a soldier through love and hatred.  
I am a soldier being poor or rich.  
I am a soldier through closed and open doors.  
I am a soldier being known or unknown.  
I am a soldier being bounded or freed.  
I am a soldier being young or old.  
I am a soldier a mounted one.  
I am a soldier a specialising one.  
I am a soldier today.  
I am a soldier tomorrow.  
I am a soldier forever. Cpl Mafunda Guduza, Potchefstroom

STOP REJECTING COURSES!

Our resolution for this year should be
To take any course as a stepping stone to success
Go for courses and develop yourself
Work harder to achieve your goals
Go for it, do it passionately and improve your knowledge
We need soldiers equipped with the right skills and cutting-edge solutions to
Our problems, to take our department to the next level
You must be heroic in achievements, stop undermining yourself
Be full of optimism, even if it is obvious to others that you will not succeed.
Always have hope that something good will happen
Stop rejecting courses, it will not be easy, but you will succeed if you persist.
We need soldiers who will do the most honourable things
You are so fortunate to be a soldier and you should consider yourself lucky
There is free education and many opportunities in our department.

Many people out there would like to pursue a career in catering, mechanics, 
engineering, medicine, policing, preaching, but had to put their dreams on hold 
because of financial problems. Pte Victoria Mathibela, 7 SA Infantry 
Battalion (Phalaborwa)
WORLD AIDS DAY

World Aids Day has been celebrated every year on 1 December since 1988. It is dedicated to raising awareness of the Aids pandemic caused by the spread of HIV infection and to mourn those who have died of the disease.

Area Military Health Unit North West celebrated World Aids Day at the Johann du Randt Stadium in Potchefstroom with the theme: “Getting To Zero New HIV Infections”. It was attended by members of the various military units in Potchefstroom. Area Military Health Unit North West had stalls to market the different disciplines within the unit. Members were given the chance to go for HIV testing as part of the Know Your Status Campaign.

The events of the day included a talent show, sport and an ice water bucket challenge (the Commanding Officers and Regimental Sergeant Majors of the units challenged each other). Competitive sport was played by ten members per team from each unit and 1 Tactical Intelligence Regiment Unit managed to beat all the other sixteen units and walked away with all the medals. I Cpl Gugu Nxumalo, Corp Com AMHU North West

TO WHOM I TREASURE

My hero, my love, my friend, my superstar, my child.
1987, 02, 29 a hero was born. It wasn’t easy everything was done in hasty. Bombs, toyi toyi’s and chaos were daily cinemas.
The day I lay my eyes on you I saw a superhero, a breadwinner, a lover, a friend and a guard.

Creed in Lord was all I had to guide you in every move you make.

To my lost and found soldier Lendalela engiyhambayo sometimes inzima Iyahlaba Futhi inamatshe Kodwa Nkosi ngicelungisize ngiwanyathele Lameva kuhle komuntu onamansense (meaning: This path sometimes is hard, thorny and rocky, but please Lord give me strength to tread on these thorns).
Sometimes I tend to forget I have a personal life because your safety means a world to me.

My ears are always ready for a call from my sisters and brothers asking for my protection from rebels and terrorists.

I am a soldier by occupation.
I am a lover and a friend by heart.
I am a superstar by fame.
I am a brother to my sisters and a sister to my brothers.
CAR attack was a nightmare and worse ever in my life but I never lose hope.

Bekuthi mekuufika uBusika neHlobo ngizibuze ukuthi kazi kunjani kulawomahlathi okuwona My Love (meaning: when seasons change, winter and summer passes I wondered how it is like where you are).
But your melodic voice is all that I have left now.
Your love, your kindness, your friendliness, your laughter, your protection and your care are all that keeps me going. Without you I shouldn’t have been living this highly protected life.

All these dreams and hopes with you became reality. Your security is always tight when it comes to your nation.
May God bless all my heroes and heroines with no fame but well known and respected in their hardly seen uniform in the bush.
Saying that, my love for you will never change my love, my child, my best friend, my superstar and you will always be a hero. Nokuthula Mkhize, KwaZulu-Natal

ABOVE: Ice water bucket challenge.
MISSION THEBE HQ STAFF REACHES OUT TO THE COMMUNITY OF LIKASI (DRC)

Having yielded to the call by the Mission Commander, Col Arthur Nziweni, to embark on a community outreach project, a fund to which every member of Mission Thebe Headquarters donated $10 per month was established. A committee comprising three members, Lt Matlale Phasha (Treasurer), Ms Tshifiwiwa Lihaiaiwa and Cpl Sydney Kabe, was established to determine where the Mission HQ could lend a helping hand.

Ms Lihaiaiwa and Cpl Kabe were tasked to do a needs assessment in the community. As part of the needs assessment, the members visited hospitals, clinics, an orphanage, an old age home and other facilities in Likasi in the Democratic Republic of Congo (DRC). Having completed the assessment the members invited the Mission Commander to visit the different shortlisted facilities.

After the Mission Commander’s visit based on the needs assessment results, a determination was made that the Mission HQ would provide support for the home for people with disabilities, the old age home and the orphanage.

Members of Mission Thebe Headquarters donated mattresses, toiletries and food to the three homes. During the handing over, the Mission Commander emphasised that it was the mission members’ wish to make a difference to the people of Likasi. He said that as little as the donated items might seem, the recipients must know that these items come from the bottom of the members’ hearts and that the members of Mission Thebe HQ hope that they will make a difference to the recipients’ lives. At all the homes, the recipients welcomed the donations and wished that God would bless the Mission members for their goodwill.

After the handing over, the Mission members toured the different facilities and photos were taken. At the old age home the Mission Commander signed a register where all the items donated to the old age home were recorded.

The mission is determined to carry on with this project until the end of its deployment and to hand it over to the new incoming contingent.

Capt Crystal Saayman, email

ARMED FORCES DAY IN DARFUR, NORTH SUDAN

In an unprecedented manner, 4 SA Infantry Battalion (4 SAI Bn) commemorated Armed Forces Day in Kutum on the periphery of Northern Darfur in the Sudan with various activities that took the minds of the soldiers off their daily tasks as mandated by the United Nations in its provincial headquarters in El Fasher. This battalion is deployed in this part of the world under the United Nations African Union Mission in Darfur (UNAMID) and whose primary purpose is to stabilise the volatile and unstable Darfur Region in Northern Sudan.

Amid all the challenges encountered by the contingent in its operations, a celebratory atmosphere to commemorate the formation of the SA National Defence Force (SANDF) was created, some members confessing that they even forgot that they were involved in a mission of such intensity due to the entertainment provided by various Force Structure Elements (FSEs) and sections.

As customary in the SANDF, the day started slowly with prayers and a moving speech by the Officer Commanding, Lt Col Andries Matlaila, in which the historical formation of the SANDF was outlined. He shared with all present the history of the military in South Africa and highlighted the main developments up to the integration of the various Statutory and Non-statutory Forces in 1994 at the dawn of democracy.

The Officer Commanding
also urged those who were born during that period and after to take pride in researching and studying how South Africa obtained her freedom followed by the formation of various organs of this democratic state, including the SANDF.

After all deliberations, the Programme Director, S Sgt Nomawethu Fuzile, requested all members to sing a song, especially from the struggle, to cheer up the somewhat numb audience. She had to do it herself as the audience could not respond, and after that everybody suddenly became alive.

Charlie Company kick-started the practical demonstrations by offering an item on section battle drills and some other maneuvers in battle, much to the delight of the audience. During this demonstration, the onlookers cheered enthusiastically and chanted the slogan coined by the Intelligence Officer, Capt Kholsile Mbhele, in one of his presentations, namely “Siyabangena” (meaning we shall attack and defeat our enemy). The commander of the forces on the ground, Sgt Amon Mafase Mohale, shouted commands as if they were really attacking the enemy and the speed at which the actions were portrayed was breathtaking, confirming that the battalion’s success depended on it.

Delta Company demonstrated a very strange form of drill which is popularly called “Jippo drills” in SANDF terms. With this demonstration the Commander, WO2 Dliso Joseph Rhadebe, aimed at portraying how some of the forces involved in the conflict carried out their business without displaying the proper drills as one was accustomed to in the SANDF. His disorganised troops on parade thrilled the audience.

Fire-fighters did not disappoint as they tried to put out a pseudo fire. This was also the case with the Medical Task Group which had to evacuate an “injured” member on the battlefield. All these demonstrations meant a thing or two to the members, as these situations are possible in Kutum.

The highlight of the celebrations was when Mr and Ms Kutum were demonstrated by equally talented individuals from various FSEs. This part of the celebrations gave rise to laughter and cheers from beginning to end. A stage play was presented by men pretending to be women, and vice versa.

An emotional element was introduced as members witnessed some of the events and occurrences that happened in the mid-nineties of the last decade of the twentieth century in South Africa. This happened when a group called the “Armed Forces Day” simulated Sarafina, the group that stage-played the political history of South Africa through music, dance and song. This group brought back those memories and the lead singer and dancer of Sarafina gave a message outlining the integration process of all forces that formed up the current SANDF. She literally relived all the challenges that emanated from that process and highlighted the fact that some of these forces were sworn enemies who decided to lay down their arms for the future of South Africa and her children. All members enjoyed the presentations and called for more.

Maj Nsikelelo Mantshongo,
Public Information Officer

LEFT: The captain of the RSA contingent team at Kutum, Sudan, Lt Thulani Ntuli (green shirt), leading his soldiers to battle it out on the soccer field with the local Kassab Internally Displaced People’s (IDP) camp team. Although the SA Team won 2-0 - the actual winner was soccer in true spirit of the situation prevailing in these shores. (Photo by Capt Gerzwynn Richards)

RIGHT: The SA National Defence Force team (green shirts) and their competitors, the local Kassab Internally Displaced People’s (IDP) camp team, prior to the soccer match. (Photo by Capt Gerzwynn Richards)
The SANDF played an essential role at the Opening of Parliament

ABOVE: President Jacob Zuma, the President of the RSA and the Commander-in-Chief of the SA National Defence Force, taking a salute from members on parade.

LEFT: The SA Air Force Band entertains the guests on their arrival for the Opening of Parliament.
President Jacob Zuma, the President of the RSA and the Commander-in-Chief of the SA National Defence Force (SANDF), delivered his 8th State of the Nation Address (SoNA) in Parliament in Cape Town. The SoNA is a speech to the nation by the President of the RSA as head of state and the Commander-in-Chief of the SANDF. It is delivered at the annual Opening of Parliament to a joint sitting of the National Assembly and the National Council of Provinces.

During the SoNA, the President sets out the Government’s key policy objectives and deliverables for the year ahead, setting out the basis for executive action during the calendar.

Since the Opening of the first democratic Parliament in 1994, the tone of the SoNA has been inclusive, joyful and informal. The Opening of Parliament has become an opportunity to showcase the country’s cultural diversity and a chance for ordinary citizens, especially children, to become part of this nationally important day.

It is one of the rare occasions where the three arms of state, namely the executive (government), the legislature (Parliament) and the judiciary (the courts) gather in one place.
The executive is represented by the president, deputy president and ministers. The other spheres of government are represented by provincial premiers and local government officials.

The reason for having the SoNA at this time is to enable as many South Africans as possible to be part of this major event on our country’s political calendar.

The theme for 2015 SoNA was “20 Years of a Democratic Parliament”. The theme reflected on how far we have come since the Opening of our first democratic Parliament in 1994 with its emphasis on promoting a participatory, representative and constitutional democracy.

A breakdown of the proceedings

The SoNA is broken down into three parts. The first is public participation when the civilian guard of honour welcomes the President and his guests as they walk along the red carpet. This is followed by a state ceremony which includes a 21-gun salute and a fly-past by the SA Air Force. Members of the SANDF play a crucial role by lining the route that the President takes to Parliament. Finally, the President delivers his address to Parliament.

The military guard of honour also participates in the ceremony and the military band plays South Africa’s National Anthem.

The SANDF facilitated the Opening of Parliament with ceremonial drills led by the National Ceremonial Guard, a 21-gun salute, military escort by the Military Police, the entertainment military band and a ceremonial flypast by the SA Air Force.

In addition, the SA Air Force guarded the Flame of Remembrance which is located in the Wall of Remembrance to honour those who died while in service of the state.

Soldiers, airmen and sailors all came out in force displaying their immaculate precision military skills to ensure that the occasion was dignified, splendid and pomp to make the day memorable. More than 1 500 members of the SANDF were on show in a variety of ceremonial roles as such there was a great feeling of pride in the heart of every SANDF member participating in the Opening of Parliament.
It is done and dusted. Defence Matériel Division handed over the deliverables of Project GUARDIAN, also known as Ground Based Air Defence Systems Phase 1, to the SA Army.

The Chief of the SA Army, Lt Gen Vusi Mazondo, received the SABLE system with pride from the Chief of Defence Matèriel, Mr Mthobisi Zondi, and instructed the then General Officer Commanding Air Defence Artillery Formation, Brig Gen (now Maj Gen) Jabu Mbuli, to utilise the system. (The approved name of the delivered system, namely the SABLE system, stands for surface to air system that is balanced lethal and effective.)

Lt Gen Mazondo also instructed Army Products System Management to maintain the system for its lifetime ahead. The SA Army now have a Very Short Range Man Portable Missile System as one of its key capabilities.

Without an effective Air Defence System the SA Army and the SA National Defence Force (SANDF) were left unbalanced. An effective and balanced Air Defence System serves to deter or terminate enemy air capabilities prior to weapon release of fulfilling their mission.

Project GUARDIAN succeeded in delivering the SABLE system to the SA Army Air Defence Artillery Formation. Project GUARDIAN started off with the registration of a Required Operational Capability to address the capability gap in the SA Army Air Defence Artillery Formation in terms of a New Generation Man Portable Surface-to-Air Missile capability.

The contract to proceed with the project was placed, with Denel as main contractor. The subcontracts then followed and the systems were acquired from several Original Equipment Manufacturers.

The SABLE system consists of a number of Products Systems that have been delivered to the SA Army Air Defence Artillery Formation.

In 2014 the Final Operational Test and Qualification (OT&Q) by the end-user was successfully completed with a few observations and recommendations in the personnel organisation sustainment training equipment doctrine facility information technology (POSTEDFIT) environment to be addressed during the Operational Phase. These observations will be addressed through an OT&Q Corrective Action Plan as part of the handing and taking over document.

The project has delivered the system with the required performance, within the budget, although delayed in schedule. The SABLE system forms part of the rejuvenation of the Landward Defence programme, modernising the Ground Based Air Defence Systems to establish a firm base.

With the SABLE system the Department of Defence will have a competitive advantage in Africa, as it is already pledged for several peace support operations.
SA Army inaugurates its new guard of Generals

By CO Marumo Machete, SO3
External Communication SA Army
Corporate Communication
Photos by Mr Frans Setlau

Fourteen SA Army senior officers were admitted to the rank of General by the Chief of the SA Army, Lt Gen Vusi Masondo, at a prestigious inauguration ceremony recently held at the SA Army College in Thaba Tshwane.

RIGHT: Lt Gen Vusi Masondo, Chief of the SA Army (right), congratulates Brig Gen Sandile Hlongwa on his appointment as General Officer Commanding Air Defence Artillery Formation, while Brig Gen Brian Harrison, Deputy Director Army Force Structure, looks on.

The newly appointed General Officers took the official oath of appointment witnessed by some members of the SA Army Council and other General Staff.

Addressing the newly admitted General Officers, Lt Gen Masondo stressed foresight and courageous leadership as pivotal to the attainment of the SA Army’s goals.

The Chief of the SA Army said: “As a general officer, we expect of you a high degree of political maturity, the sobriety to make sound decisions under pressing circumstances and a sense of selfless volunteerism.

“Let it be understood that as a general officer, your responsibilities grow exponentially as compared to a few days back when you were a mere officer commanding or an ordinary Senior Staff Officer.”

Lt Gen Masondo urged the new generals to ensure that they always contribute to the sound running of the SA Army by providing the crucial resources required to tackle the volumes of tasks that general officers are expected to undertake. The Chief of the SA Army warned the incoming Generals to lead by example and never consider their appointments as an entitlement to settle scores in environments in which they previously served.

He said: “You should live the creed and values that come with such a sacred appointment and forever be mindful that as you accept the solemn oath to be a general officer in the SA Army, thus entering into a covenant as part of the higher echelons of military service, your behaviour, attitude, lifestyle and actions in general should be such that they steer you clear of scandals and you should only be focused on the attainment of the organisational goal.”

The Chief of the SA Army reminded them that they were now “admitted to a corps of selfless individuals who have forsaken the right to be self-interested and instead embrace the cardinal understanding that you serve not in isolation but as part of a greater cause”.

This new guard of Generals, two of whom are women, will be taking over the reins at various levels of the SA Army Command structure and steer the SA Army into the third decade of democracy. Handing and taking over parades for most of these Generals are scheduled for the first quarter of the year.

Leading the pack will be the Office of Deputy Chief Army where Maj Gen Lawrence Smith, formerly the General Officer Commanding 43 SA Brigade, has been appointed to replace retiring Maj Gen Lesley Rudman.

Taking over from Maj Gen Smith at 43 SA Brigade is Brig Gen Xolani Mankayi, formerly the Chief of Staff at the SA Army Infantry Formation. The SA Army Air Defence Artillery Formation sees the ascendance of Brig Gen Sandile Hlongwa as General Officer Commanding, who succeeds Maj Gen Jabulani Mbili who has been deployed to Defence Materiel.

Brig Gen Rene Mercuriu becomes the General Officer Commanding SA Army Intelligence Formation, following a stint as Acting General Officer Commanding at that formation. Brig Gen Mercuriu, currently the only female General Officer commanding an army formation, takes over from Maj Gen Nontobeko Mpaxa, herself a first female General Officer commanding an army formation, who was appointed Director Army Force Preperation at the end of 2013. The SA Army Training Formation sees another change of guard with newly appointed Brig Gen Nicholas Mabilu taking over from Brig Gen Addinall Fredericks who assumes the reins at the office of Army Inspector General.

At SA Army Support Formation, Brig Gen Nhlanhlokwenzi Ndou becomes General Officer Commanding Army Support Base Garrison, with Brig Gen Peter Kobbie becoming Maj Gen Stephen Marumo’s Chief of Staff at SA Army Support Formation Headquarters.

Brig Gen Phumzile Fongoca takes over at the office of Director Army Career Management, with Brig Gen Gladys Soldaat becoming Director Human Resources Plan.

Other SA Army senior officers promoted to the rank of General are Brig Gen Lester Gardiner, Brig Gen Carel Laubscher, Brig Gen Elijah Lubuzo, Brig Gen Elelwani Mafheda, Brig Gen Musa Mazibuko, Brig Gen Mawethu Mdlulwa, Brig Gen Mvalezile Ngcama and Brig Gen Mfana Nkosi.
The SA Air Force boasts
31 young upcoming officers

By Cpl Ally Rakoma

The SA Air Force celebrated its anniversary combined with a Candidate Officers’ Commissioning Parade at Air Force Base (AFB) Waterkloof in Pretoria. The Chief of the SA Air Force, Lt Gen Zimpande Msimang, conferred officer’s ranks to 31 Candidate Officers who completed a 22-week long Officer Forming Course at the SA Air Force College.

This prestigious event held annually is scheduled on or as close to the day the Air Force was formed on 1 February. Addressing the guests and members on parade, the Chief of the Air Force said that apart from bearing witness to this commissioning parade of these new officers, “we are commemorating the anniversary of the SA Air Force, the second oldest air force in the world.”

Lt Gen Msimang said: “Throughout its existence it is evident that the SA Air Force has and must continue to guarantee air power excellence in everything that it does. How else can it therefore be of consequence and a beacon of hope, if it does not appropriate its role in the African Agenda? This is one of the fundamental reasons compelling the SA Air Force in the coming financial year to give special attention to capacity building and the enhancement of its capabilities.”

Describing his focus for this year, said that transformation, capacity building, career planning, exchange of programmes with other air forces, foreign learning opportunities, capturing our collective history, back to basics and introducing chess to the whole of the Air Force will be some of his focus areas.

The Chief of the SA Air Force pointed out that one of the Ministerial
Priorities is the transformation and revitalisation of the Reserves and assured that it is his intent to build the SA Air Force Reserves capability in all mustings and to support the flying squadrons of the Reserves.

Lt Gen Msimang added: “The SA Air Force supported by the SA Defence Industry will ensure that our soldiers are well equipped and supported as we continue to bring peace and security here at home and abroad.”

Lt Nonzaliseko Ndibongo was presented with the Air Squadron Sword for the best overall achievement in all aspects of the course by the Chief of the SA Air Force. AFB Bloemspruit won the SA Air Force Prestige Award for its achievements in 2014.

Maintaining standards, managing performance, measuring efficiency and effectiveness in the SA Air Force have become a more strategic focus to achieve the organisation’s vision and strategy. The achievements of the various SA Air Force bases, units, squadrons and sections were acknowledged:

- **The Best Performing Directorate:** Directorate Supply Support
- **The Best Performing Operational Support Unit:** Bushveld Airspace Control Sector, Air Force Headquarters
- **The Best Performing Training Unit:** 80 Air Navigation School, AFB Ysterplaat
- **The Best Performing Flying Unit (Permanent):** 21 Squadron, AFB Waterkloof
- **The Best Performing Air Force Base:** AFB Overberg
- **The Best Performing General Support Unit:** 10 Air Depot
- **The Best Performing Training Unit:** 80 Air Navigation School, AFB Ysterplaat
- **The Best Performing Flying Unit (Permanent):** 21 Squadron, AFB Waterkloof
- **The Best Performing Air Force Base:** AFB Overberg
- **The Best Performing General Support Unit:** 10 Air Depot
- **The Air Force Sword of Peace:** 16 Squadron, AFB Bloemspruit
- **The Best Performing Training Unit:** 80 Air Navigation School, AFB Ysterplaat
- **The Best Performing Flying Unit (Permanent):** 21 Squadron, AFB Waterkloof
- **The Best Performing Air Force Base:** AFB Overberg
- **The Best Performing General Support Unit:** 10 Air Depot

The parade ended with formation fly-pasts of aircraft mostly from the SA Air Force Museum at Air Force Base Swartkop. The first formation consisted of a historic flight of two Alouette III, an Alouette II and a Puma helicopter. This was followed by a Bosbok, Kudu, Albatross, five Harvards, and finally a Vampire.

In an interview with **SA Soldier**, Lt Lebo Modiselle (25) who serves at the Directorate Corporate Staff Service (Visits and Events Section) at Air Command was over the moon to qualify as a young officer. Lt Modiselle said: “This is a proud moment. The course was tough and challenging, but one thing that came to my mind was ‘Through Adversity to the Stars’. We saw the stars from a distance, but to get there we went through hardships. I said to myself what lies behind me and what lies before me are tiny matters compared to what lies within me. I cannot express how much this means to me. I am excited it’s a well-deserved appointment.”

After reaching such a milestone, what other goals have you set for yourself? Lt Modiselle replied: “To continue working hard, further my studies and hope to reach positive heights in the SA Air Force”. Her message to the youth: “At times you may not know where you are going, but as long as you spread your wings the wind will carry you. Work hard everything is possible.”
Altogether 33 officials from the Department of Defence (DOD) and one official of Armscor, Mr Khehle Ntlemeza, enrolled the new Security and Defence Studies Programme (SDSP) that will be presented at the SA National Defence College (SANDC) in Thaba Tshwane from 12 January to 3 December 2015. The SANDC conducted a flag hoisting parade at the launch and opening of the SDSP.

ABOVE: Attending the opening of the first Security and Defence Studies Programme, front row, fltr: Col Bobby Keller (Senior Directing Staff [SDS]), Brig Gen Lawrence Mbatha (Commandant of the Military Academy), Prof Sam Tshehla (Dean of the Faculty of Military Science), Lt Gen Zimpande Msimang (Chief of the SA Air Force), Lt Gen Norman Yengeni (Chief Human Resources), Brig Gen Gordon Yekelo (Commandant SA National Defence College), Col Robbie Blake (Chief SDS), Capt (SAN) Steven Makhanya (SDS) and Col Sean Stratford (SDS). Fourth row, fltr: Lt Col Wikus Jansen van Rensburg (Secundus Dean Military Academy) and Lt Col Benjamin Mokoena (Chairperson Security and Africa Studies School), with the students who enrolled for the new Security and Defence Studies Programme.
first programme. When officially declaring the first SDSP open on behalf of the Chief of SANDF, Lt Gen Norman Yengeni, Chief of Human Resources, said that the SDSP derived from the Executive National Security Programme (ENSP). He said: “The new programme is a shift from the previous programme as it broadens the definition of defence and security related challenges and it takes into account political, social and economic environmental factors.”

Lt Gen Yengeni said that the new programme will fully capacitate senior officers and officials by introducing them to a broader spectrum of the term security, and unlike the ENSP the SDSP it is accredited.

The SDSP replaced the ENSP, which ran from 2001 to 2014. The ENSP has trained over 1,035 senior SANDF officers and government officials.

The new programme is the first full-time Master’s Degree Studies Programme for the SANDF. It will be a two-stream qualification presented by the SANDC in cooperation with the Military Academy.


The SDSP is the first deliverable of the 2014 Defence Review to enhance education, training and development of senior officials in terms of strategic leadership and matters of national security.

Lt Gen Yengeni said the SDSP will groom the officers into leadership roles. He said: “We are retiring soon; most of the Generals are retiring soon, so we are grooming you to take over.”

He said that the period 2015 to 2020 would be a window period for the programme and the intake of senior officers without a higher level of qualifications would be less strict, but after 2020 it would only accept those with a higher level of tertiary education.

Lt Gen Yengeni said: “I am convinced that our sister departments which traditionally have sent senior officials to attend the ENSP will be encouraged to send selected officials to attend the SDSP. I hereby instruct the Commandant of the SANDC to go on a road show and get as many government departments to commit to enrolling selected officials on the SDSP.”

The Commandants of both the military academic institutions concerned attended the launch of the new programme, namely Brig Gen Gordon Yekelo (Commandant of the SANDC) and Brig Gen Lawrence Mbatha (Commandant of the Military Academy), as well as the Dean of the Faculty of Military Science, Prof Sam Tshehla.

During the 47-week long programme learners will be expected to research and debate various solutions, such as the current global, continental, regional and national security situation. They will also address the topical energy security challenge which is currently facing South Africa and its role in the region and on the continent in terms of peace and security.

By the end of the programme the learners will develop a new national security strategy and policy for South Africa for 2040 which will assist the country’s National Security Council.
Over 1,500 youths from across the country converged on the Department of Defence (DOD) Mobilisation Centre at De Brug near Bloemfontein as part of the SA Army’s Military Skills Development System (MSDS) 2015 recruitment finalisation drive.

The enlistment of these young recruits, mostly graduates from institutions of higher learning, is meant to expand the SA Army’s academic skills base by attracting university qualified human capital to help confront the military’s modern day challenges.

This follows the directive of the Chief of the SA Army, Lt Gen Vusi Masondo, to the MSDS Section at Directorate Army Human Resources to source and recruit young academically qualified men and women from diverse backgrounds and cultures, to inject new life into the SA Army and ensure that an adequate supply of capable young university qualified leaders are groomed and prepared to take over the reins of command when opportunity arises.

These future leaders are expected to fit into the SA Army’s Vision 2030, which envisages academically empowered men and women in uniform who will add their expertise to a dynamic and transforming military, who are able to match the demands and challenges of a future battle space and efficiently execute the SA Army’s mandate.

In the driving seat of this Chief of the SA Army graduate recruitment project was Lt Col Refilwe Zulu, a Staff Officer Class One responsible for the MSDS recruitment in the SA Army.
Lt Col Zulu was herself enlisted as part of the MSDS back in 2004 and has since moved up the ladder to eventually become a pivotal part of a dedicated team tasked with managing the recruitment process in the SA Army.

She says her team at the MSDS Section was spurred on by the directive issued by the Chief of the SA Army and they had a burning desire to dispel the myth that the SA Army is made up of uneducated personnel who have never been through tertiary education.

According to Lt Col Zulu, about 934 graduates went through the selection process, 652 having met the stringent selection criteria and who had been called up. There are currently 523 graduates on strength following the final selection.

In a first for the SA Army in recent times, a centralised call-up centre was established at the DOD Mobilisation Centre to help minimise the administrative challenges normally dogging a decentralised system where formations and training units were the only ones at the coalface of the call-up administration causing delays in the finalisation of the recruitment process and the placing of recruits in training units, while awaiting transaction

This year’s MSDS call-ups were also meant to minimise costs, where instead of sending two General Officers, one to Infantry School in Oudtshoorn and another to 3 SA Infantry Battalion in Kimberley to welcome the recruits, only one General Officer was tasked, on behalf of the Chief of the SA Army, to address the whole group of recruits before they were dispatched to their various training units.

Welcoming the eager 1 537 recruits, the Director Army Corporate Services, Maj Gen Sazi Veldtman, advised them to embrace the challenge that enlistment into the SA Army brings.

He said: “We expect you to learn the SA Army’s ways, add your expertise and take our army to greater heights as a unified force that serves with loyalty and an understanding that the SA Army represents all peoples of South Africa, united in their diversity.”

Then he read the Code of Conduct for Uniformed Members of the SANDF to the recruits. Maj Gen Veldtman urged them, once issued with it, always to keep it with them and live its contents as it contained the best guidance that a soldier constantly needs to meet the expectations that come with the job.

Most of the recruits that we spoke to were upbeat about joining the SA Army. 18-year-old Ruan Duvenhage from Gauteng said he opted for the SA Army during his gap year and is keen to experience the outdoor and challenges that come with being in the military.

Sewela Mathedimosa (24) from Limpopo, a Bachelor of Science graduate from the University of Witwatersrand, sees the SA Army as an environment in which her skills would be better utilised. She is excited about joining the SA Army Engineers Corps.

These young recruits, including Kyle Bottom (20) and Mischka Ruiter (22) from the Eastern Cape, Rozanne Prinsloo (21) from the Free State, Naveshni Naidoo (21) and Saif Shaik Goolam (20) from KwaZulu-Natal and Tshepo Tshenye (22) from Gauteng, are all aware of the country’s diverse population composition and are determined to forge a united force and exploit their prospects in the SA Army. They unanimously proclaimed: “We are masters of our destiny and whatever we do will determine the outcomes we reach”.

ABOVE: Over 1 500 youths from across the country converged on the Department of Defence Mobilisation Centre, front row, fltr: Kyle Bottom, Mischka Ruiter, WO2 Matodzi Makhanthisa (Military Skills Development System [MSDS] Section), Saif Shaik Goolam, Rozanne Prinsloo, Brig Gen Phumzile Fongqo (Director Army Career Management), Lt Col Kefilwe Zulu (SO1 MSDS Section), Ruan Duvenhage, Naveshni Naidoo, Maj Ntsako Baloyi (MSDS Section), Sewela Mathedimosa and Tshepo Tshenye.
First-year Military Academy learners start 2015 with enthusiasm

Article and photo by Maj Engela Meintjes, Communication Officer Military Academy

The Military Academy had its Welcoming Parade for the first-year learners at the Military Academy parade ground last month. A total of 75 first years from all Services started with their studies this year.

The learners were especially welcomed and honoured by the presence of the Mayor of Saldanha Municipality, Mr Francois Schippers, the Chief Human Resources, Lt Gen Norman Yengeni, and the Chairperson of the Defence Force Service Commission, Prof Edna van Harte, and her commission. The parade was led by the SA Army Youngsfield Band.

The Commandant of the Military Academy, Brig Gen Lawrence Mbatha, welcomed the first years to the unit and also welcomed all staff members and learners who had returned from leave. In his speech, Brig Gen Mbatha mentioned that 2014 had been one of the busiest for the Military Academy and that the successes achieved would not have been possible without the dedication of the staff and the interest and financial support from the Department of Defence (DOD) and, last but not least, the support from the West Coast community.

The Commandant mentioned that with various high-profile visits and unit activities that kept members together, the Military Academy had been re-established as an asset to the DOD. He also said that the unit needed to balance the emphasis on academia with professional military training. Brig Gen Mbatha said: “For the Military Academy to succeed in producing the DOD’s desired end state - a balanced product of a professional Junior Military Leader is needed.”

Brig Gen Mbatha also said that the Military Academy not only wanted to be perceived as a relevant institution in the DOD, but be regarded as a beacon of hope with regard to academic and professional military training of excellence serving the broader community of the DOD. He said: “I therefore extend my plea to all Services and Divisions, down to the lowest serving member of the DOD, not to hesitate to forward their training requirements to the Military Academy so as to remain relevant to the critical needs and address the skills gaps currently existing within the DOD.”

As part of the welcoming parade, the Dean of the Faculty Military Science, Prof Samuel Tshehla, read the Code of Honour of the Military Academy to the learners, which should serve as a guideline for them to complete their studies successfully.

That evening saw first-year learners and staff of the Military Academy (Faculty of Military Science) attending the Academic Opening for 2015 – formally getting the academic year under way to the beat of the Diazville High School Band. The unit was privileged to have the Acting Rector and Vice-Chancellor of the University of Stellenbosch, Prof Leopoldt van Huyssteen, as the guest speaker.

Prof Van Huyssteen reminded everyone that “a good start is half the battle” and that the university placed a high premium on excellence. He said: “We are now ranked among the top 2 per cent of higher education institutions in the world and the high academic achievements here at Saldanha (Military Academy) are part of this success story. Last year 38 B Mil Degrees, 12 Honours Degrees and 2 Masters Degrees were awarded here.” He also stated that “it is an honour for the University of Stellenbosch to contribute, through the Faculty of Military Science and the Military Academy, to such important structures in our country as the DOD and the SANDF”. Prof Van Huyssteen also pointed out that Community Interaction was one of the core activities of the university “because the pursuit of knowledge is not of much use if it does not improve people’s lives”. In September 2014, the university concluded an agreement with the Saldanha Bay Municipality to be the “knowledge partner” of the community through its structure at the Military Academy.

As Brig Gen Mbatha pledged that we remain committed as an institution, irrespective of the challenges we are encountering, to be focused and committed to our vision and mission and we wish the intake of 2015 a prosperous three years at the Military Academy.
“A reservist is twice the citizen” according to Winston Churchill. While most university students were on holiday five students from the University of Cape Town (UCT) and three students from the University of Stellenbosch were attending the SA Navy’s University Reserve Training Programme (URTP) at the Naval College in Gordon’s Bay.

This is part of a pilot programme targeting Mechanical Engineering students, especially as the SA Navy is critically short of these scarce skills.

The objective of the Programme is to ensure that students with much needed qualifications graduate within their specialist fields while also qualifying as Naval Officers. On graduation they should also qualify as Naval Officers and can contribute to the functioning of the SA Navy as active Reservists.

In order to accomplish this they volunteer to spend their vacations completing Military Training for Ratings Part 1 (MTR1) and Military Training for Officers Part 1 (MTO1) courses as well as practical Engineering work required for their degrees.

Capt (SAN) Leon van Dyk, who is managing the URTP, indicated that they were “fast learners and their enthusiasm was infectious”.

Their Divisional Officer, Cdr Charles Martin, remarked that the group has bonded well and often spent their spare time perfecting the tasks and exploring new challenges.

The URTP class themselves commented on the physical exercise, discipline, camaraderie and believe it or not – the food! Most who had University residence experience and spoke highly of this as the various leadership programmes had prepared them for their current challenge.

Members of the SA Naval Reserve in Cape Town can look forward to meeting these young men and women in uniform knowing that they will make a valuable contribution to society, their profession and the SA Navy.
The SADC Military Health Service conducts training for Ebola treatment

By Sgt Itumeleng Makhubela
Photos by Mr Themba Mntyali

Following the Ebola pandemic that ravaged communities in West Africa and registered isolated cases in other parts of the world, the Southern African Development Community (SADC) Cluster on Health undertook a training for trainers exercise to prepare and further train medical health professionals, such as doctors, nurses and lab technicians who were already trained to manage Ebola.

In a crisis of this magnitude defence forces are often called-up as a first line of service, the SADC Military Health Service Workgroup (MHS WG) realised the urgency to prepare and intensify its readiness for future outbreaks. Ebola training for trainers of the SADC Inter-State Defence Security Committee Military Health Service Sub-sub Workgroup was conducted at the School for Military Health Training in Thaba Tshwane in February 2015.

In October 2014 when the Annual General Meeting of the SADC MHS WG was held in Luanda, Angola, an agreement was reached that the SA Military Health Service (SAMHS) would present the Ebola training. Uniformed members from regional defence forces and civilian personnel were among participants. The agreement was subsequently endorsed by the Surgeon Generals of the SA National Defence Force (SANDF) and the Angolan Defence Force.

The Minister of Health, Dr Aaron Motsoaledi, said that diseases continued to thrive on the African continent due to lack of proper health care systems. He further said that money should be spent to strengthen health care and not only fund isolated cases of diseases.

Dr Motsoaledi said: “We need a centre for diseases control as SADC so that we will be in a better position to deal with any pandemic that may arise. We have suggested to the World Health Organization...”
The Minister of Health that the Ebola pandemic struck first in 1976 when a teacher bought a monkey for food in the Democratic Republic of Congo (DRC) near the Ebola River. Since then, more Ebola outbreaks occurred mainly in East and Central African countries.

In March 2014 Guinea notified the World Health Organization about cases of the Ebola Virus Disease. Over 22 000 cases of infections have been reported. An Ebola case was also discovered in South Africa in 1996 when a doctor from Gabon fell ill, and after getting better, the nurse that treated him subsequently died.

Dr Motsoaledi warned that people must not assume that Ebola was just a disease that would pass as it may remain for a long time. He said that we were living in an era where diseases such as Ebola would be the order of the day. He indicated that as SADC Ministers of Health they agreed to work as a team to combat the spread of the Ebola virus.

Lt Gen Sedibe said: “I trust that the discussions, sharing expertise and experience will be fully utilised in strengthening similar training. It is important that while training we will keep in mind the International Medical Health Practices, it must address the actual challenge that we face on our continent and region.”

He added: “The SAMHS convened this Ebola virus training to provide you as delegates with an update on the epidemic and to share experiences from countries that have faced similar outbreaks. This meeting also provides the opportunity to develop a coordinated rapid response strategy and call for stronger national leadership and international partnership.”

The SADC Military Health Service Workgroup Regional Coordinator, Brig Gen (Dr) Kaka Mudambo, expressed that the opportunity to conduct training came at the right time. He said Ebola had decimated access to health care and affected other diseases treatment. He urged commanders of the affected countries to leave no stone unturned in their fight for better health care and prevention of pandemics. He further advised them to use the knowledge acquired towards the betterment of the continent.
The 14th Joint Senior Command Staff Programme opens

By Sgt Itumeleng Makhubela
Photos by L Cpl Jonathan Mogano

The Chief of Human Resources, Lt Gen Norman Yengeni, officially opened the 2015 Joint Senior Command and Staff Programme (JSCSP) that is conducted annually at the SA National War College (SANWC).

The programme prepares officers for senior appointments at operational level by developing their command, staff and analytical skills. The SANWC qualifies competent personnel for the Department of Defence (DOD) and other stakeholders by providing accredited security related education, training and development services.

Lt Gen Yengeni referred to the SANWC as the flagship for the study of warfare at operational level of war, when greeting both local and international learners who will attend the course.

He said learners are expected to deliver their best academic results as they will have to deal with a huge workload during the programme. Lt Gen Yengeni said: “Your programme has been aligned to international expected norms for multi-national peace support operations in the form of a combined joint African exercise.”

Lt Gen Yengeni said the success of the programme will be measured on completion and subsequent employment and application in regional and international arenas. The competency of members will be determined by their practical experience.

The Chief of Human Resources added: “The SA National Defence Force (SANDF) is obliged to prepare future commanders to operate effectively in the joint and multi-national environment. Officers of the SANDF will have to display a greater degree of creativity, initiative and innovation.”

Lt Gen Yengeni said the establishment of the SANWC in 2003 has already made its mark among peer international institutions. The programme allows members to familiarise with international command and staff training methods on geopolitics and application of joint and multi-national operations.

He continued: “The objective of the JSCSP makes provision for programme members and directing staff to conduct international study tours.”

The Commandant of the SANWC, Brig Gen Sisseko Nombewu, said 80 learners who are participating in the programme are expected to make presentations to academics. He added that the ratio of the programme has been altered to make the study programme 30% combat and 70% support.

Brig Gen Nombewu said: “In the new edition of the programme, learners will actively participate in the main military exercises, namely Exercise SEBOKA at the SA Army Combat Training Centre in Lohatlha and Exercise INDLLOVU were they will elevate the current scenario to junior learners who are at a distinct tactical and operational level of warfare.”
A statue of a SA Navy Standby Diver is unveiled in Simon’s Town

By Lt Cdr Glenn von Zeil, SA Naval Reserves
Photo by Capt (SAN) Peter Smith (Ret)

A bronze statue of a SA Navy Standby Diver now stands tall at the end of the pier in Simon’s Town looking with intent out over False Bay. “A gift to the nation, the SA Navy and the community” is how R Adm Arne Soderland (Ret) described the donation of the statue which will be cared for by the Naval Heritage Trust and the Simon’s Town Amenities and Development Company.

The statue was unveiled by Lee Woodburne and blessed by Catholic Bishop Cawcutt while witnessed by past and present SA Navy divers, their families, members of the SA Navy and the Simon’s Town community. Many had travelled from afar to attend the event which was coordinated via social media.

Music was provided by the Isizunguzungu Band under the leadership of Cdr Mike Oldham (Ret) who also played the Last Post and Reveille after the names of those legendary SA Navy divers who had “crossed the bar” were remembered and called out by their “buddies”.

The idea of a statue to commemorate SA Navy divers was born in October 2013 during social media discussions among members of the SA Navy diving fraternity. Mr Marius Huysamer took up the challenge and quickly arrange for ex SA Navy diver, Mr Jan Otto du Plessis, a sculptor, to design and mould a bronze statue. A Project Committee was formed and pledges towards the project were quickly instituted. The overwhelming supports from past and present SA Navy divers lead to more than R244 000 being raised towards the project.

The statue, cast in bronze, depicts a SA Navy Standby Diver dressed in a wet suit with twin 7 set of cylinders; twin hose demand valve, weight belt, mask, snorkel, diving knife and fins. At his feet are items associated with the diver’s trade – kelp, crayfish, octopus, perlemoen, shackles, high pressure hose, limpet mine and a quart of Sedgwick’s Old Brown Sherry.

On the plinth is a plaque which reads: “We protect and serve confident in the knowledge that there will always be a fellow diver looking for us. Ours is a ‘brotherhood’ that transcends race, gender and creed. *Semper in excreta*”.

Highly trained and professional SA Navy divers are regarded as Simon’s Towns greatest export as many take up civilian diving positions around the globe after serving time in the SA Navy. Their professionalism is recognised internationally which has enhanced the reputation of the SA Navy Diving School.

Thank you the Hilti SA and Bolt Fast for assisting with the plinth and the manner in which the statue is secured to it.

Bravo Zulu to Mr Marius Huysamer and his Project Committee consisting of Mr Gerard de Vletter, Mr Luke Dicks, Mr Peter Holmes, Mr Clifton Koen, Mr Johan Marais, Mr Bennie Potgieter, Mr Robin Sprong, Ms Erika van Wyk and Mr Michael Vrey.
Defence Reserves cries high unemployment

By Ms Thuli Ntuli,
Intern SA Soldier
Photo by Ms Nozipho Zondo

Mr Hosea Modiba was once one of the hopefuls looking to join the Defence Reserves. Following his rejection by the SA National Defence Force (SANDF) after going through basic military training at the 1 SA Infantry Battalion (1 SAI Bn) in Bloemfontein back in 1995.

Mr Modiba relayed his story to SA Soldier: “I was made aware of the Defence Reserves as secondary option to rejoin the SANDF and this is what made me to pursue the Defence Reserves.

“I initially hoped to join the SANDF but I was unsuccessful now I just want to be inside the SANDF.”

The 45-year-old man from Mabopane, north of Pretoria, said that he was sent home after a year of basic military training then called the Voluntary Military Service. The former Rifleman said that he has since been making all attempts to better his skills to regain entry into the SANDF especially in the Defence Reserves.

Mr Modiba said: “I am willing to join the infantry or any other corps at this point.” He said his desire to be back into the force was further intensified in 2010. That was when he took up a course in paramedics at 6 Medical Battalion Group in Kempton Park.

He is not one to give up; he went on to apply for work as a paramedic at the Area Military Health Unit Gauteng in Gezina. On the day of the interview, he told the SA Soldier team that he just returned from checking on the feedback of his application at Poyntons Building in Pretoria. The Limpopo born man admitted that his life was difficult but given the opportunity he would go back into the SANDF and that he would do whatever it took even retraining. He said that he kept in touch with the developments of the SANDF. Mr Modiba said that his family assumed that he had since laid his dream to rest. He said that: “My family back at home only know that I have left the SANDF a long time ago. But I still believe that I will get something.”

Mr Modiba pointed out that after leaving the Infantry; he could not use the skills elsewhere, leaving him to learn something else.

He said: “Why is it so impossible to go back in after you have left the military?” Mr Modiba is only one of those leaning on the hope of joining the Defence Reserves. This adds to those members who are already Defence Reserve members but who are unemployed.

The Chief of Reserves, Maj Gen Roy Andersen, stated that there is a high unemployment rate under Defence Reserves members. He laid out the challenges to be discussed and addressed at the fourth 2014 Reserve Force Symposium. He explained the System of Defence Reserves as one meant to be the most inexpensive mechanism for the SANDF. He said that within the database of the Defence Reserves there are about 21 500 active Reserves of which 15 000 were called up for about six months annually.

The Director of Defence Reserves, Brig Gen Debbie Molefe, explained the role of the Defence Reserves as such: “The System of Defence Reserves is a volunteer system and should not be seen as an employment opportunity. As a Defence Reserve member, a person volunteers to serve.

She said that Reserves should be...
willing to serve on a voluntary basis with or without remuneration. But she acknowledged the fact that most Reserves, especially those without any alternative employment, rely on the wages of the Defence Reserves as a form of income. And that every call-up for them provides an opportunity of an income. She said: “Such call-ups should be done on a rotational basis to give everyone a fair opportunity to serve.”

Brig Gen Molefe added that the biggest factor adding to not calling-up Reserves in large numbers is due to budget constraints within the Department of Defence.

She said Chief Human Resources was ahead of the problem and was not only seeking alternative job opportunities for Reserves but also skills training programmes to reskill Reserves in order for them to again be fully employed outside the Department.

Brig Gen Molefe said that the Defence Reserves has established the Defence Provincial Liaison Councils in all the provinces to assist Chief Human Resources in finding alternative job opportunities and skills training opportunities for unemployed Reserves. The councils comprising captains of industries, traditional and church leaders and general prominent role-players within the different provinces. The councils are established to engender employer support between companies, the business sectors and the DOD/SANDF. She said that the councils create awareness of the System of Defence Reserves to communities.

The Director of Defence Reserves, added: “There is a serious need to rejuvenate the Defence Reserves, for them to be optimally utilised, especially in the combat and sharp-end environments.

Brig Gen Molefe explained that the mandate of the Defence Reserves Division is to give strategic direction to the Services and Divisions; specialist policy advice on Defence Reserves’ matters as well as to effectively market and promote the Defence Reserves Service System. She further mentioned that the Services are in control of their Reserves and they command their Reserves. The Services and Divisions are responsible for utilising the Reserves according to their requirements.

The Defence Reserves is responsible for monitoring the implementation of the rejuvenation and transformation plan of the Services. One of the mechanisms of doing this is through the University Reserve Training Programme (URTP).

The aim of the URTP is to improve the quality of the junior leaders of the Defence Reserve members by recruiting young graduates with leadership potential. The URTP will also close the age gap and improve on the scarce skills requirement within the Defence Reserves.
Communicate ethically in the workplace

By Ms Miempie Louw, Chief Language Practitioner ETD, SANDF COLET and Editor of the SANDF COLET Bulletin and SANDF Journal of Educational Technology
Photo: Col Riaan Louw

Effective communication implies that we must ensure that we understand each other. What we hear, speak, read or write have a huge influence on our interaction with other people. What we think we hear is often not what people think they say and vice versa. The result is that we often misinterpret the meaning of people’s intentions, which results in unnecessary tension and unhappiness.

It is therefore of the utmost importance that one must make sure that you communicate in such a way that you are understood, or to ask if you do not understand. In the military environment mistakes can cost peoples’ lives. We therefore require a new thinking of the way in which we do our business.

Communication ethics

Individuals enter the workplace with various backgrounds, experiences, values and ethical standards as is also the case in the Department of Defence. They form their value systems as a result of interaction with their families, friends and society and they use these value systems to make ethical choices in the workplace.

Ethical decision-making, however, requires people to consider their responsibility to other employees, customers, stakeholders and the general public. The moral intensity of an issue (whether good or bad), the urgency of the situation, the probability of effects and the degree of available alternatives will affect the decision-making process. A person’s ethical standards over time, however, will be judged by others.

Organisations can institutionalise ethical behaviour by establishing a code of ethics, communicating it and selecting and training employees with that code in mind. The ethical standards adopted by those individuals at the top, however, often become the ones followed by most employees.

Interpersonal communication is ethical when it facilitates a person’s freedom of choice by presenting or receiving accurate, relevant information. Unethical communication prevents another person from securing information relevant to a choice and may cause a person to make a choice he or she would not normally make or to not make a choice he or she would normally make, or both.

Deception

Deception is the conscious alteration of information to significantly influence another’s perceptions. Deception includes lying, which is concealing or distorting truthful information and engaging in behaviours that do not reflect our true feelings or beliefs, like smiling at people we dislike or acting busy to avoid more work.

- Overt lying - an overt lie is a false statement made with the deliberate intent to deceive.
- Covert lying - covert lying occurs when one omits something relevant, leading others to draw incorrect inferences. Lying and hiding the truth is unethical because it prevents another person from getting complete and correct information to fully explore all possible alternatives.

Interpersonal deception is very prevalent in the workplace. It is mainly used to avoid punishment, but also serves to present a better image, protect others’ feelings, attain personal goals and avoid embarrassment. Since honesty and trust are so important for productive interpersonal relationships deception can be a serious flaw.

Deception can be detected by noticing behavioural changes. When people are practising deception, they display more vagueness, uncertainty and reticence; their messages are less plausible; and their speech contains more errors and is less fluent. Liars avoid eye contact and have a tendency to squirm more than honest people.
Consequences for credibility

Ethical behaviour has very important consequences for a sender’s credibility. In his best-selling book, *The 7 Habits of Highly Effective People*, Stephen Covey (as in Cook & Hunsacker, 2001) uses the metaphor of an “emotional bank account” to describe the amount of trust that has been built up in a relationship.

To Covey, trust refers to the overall feeling of safeness that you have with another person. You make “deposits” into an emotional bank account with another person through kindness, honesty and keeping commitments. These acts build up a reserve trust account that promotes confidence in you even if your communication is sometimes ambiguous or you make an occasional mistake. But, if you lie, show disrespect, fail to honour commitments or take advantage of the other person, your trust account becomes depleted. The relationship then becomes degenerative, with hostility and defensiveness making it difficult to build up trust again.

Covey suggests six major deposits to build up emotional bank accounts:

- Understand and honour other peoples’ needs and priorities, which may be very different than our own.
- Attend to little things, like showing kindness and being courteous, because they make big positive deposits in relationships.
- Keep commitments. Breaking a promise can be a massive withdrawal that may prevent future deposits because people will not believe you.
- Clarify expectations so that others do not feel cheated or violated if you do not behave in ways that they assumed you knew they desired, even though they never overtly told you.
- Show personal integrity by keeping promises, being honest, fulfilling expectations and being loyal to all people equally, including those not present.
- Apologise sincerely when you make a withdrawal, without rationalising or trying to shift some of the blame to the other.

Trust

As trust is cultivated in the work environment and builds up in our emotional bank accounts, it becomes the foundation of regenerative relationships. People learn to put all their cards on the table to deal with issues and solve problems without wasting energy focused on differences in personality, position or culture. Without trust, you lack credibility and safety for open communication, creativity, problem solving, or mutual learning.

The role of emotional intelligence in communication

Trying to figure out all of the possible reasons why people do or do not excel in trusting relationships and have difficulty in communicating and working effectively in a business environment can be very frustrating. Emotional intelligence (EQ), the ability to process and use emotional information accurately and efficiently, focuses on interpersonal and communication skills and is regarded as an important aspect in communicating critically and intelligently.

At the centre of emotional intelligence are four broad abilities: perceiving, integrating, understanding and managing emotions (Mayer & Cobb as in Woolfolk, 2007). If you cannot perceive what you are feeling, how can you make good choices about jobs, relationships, time management, or even simple communication efforts?

Individuals who can perceive and understand emotions in others (usually by reading the non-verbal cues) and respond appropriately are more successful in working with people and often emerge as leaders. If you cannot integrate your emotions in your thinking about situations and understand your own emotions, how can you communicate your feelings to others accurately?

Image as communication in a work environment

As irrational as it may seem, people do judge a book by its cover. Through clothing and other dimensions of physical appearance, we communicate our values and expectations. By delivering products to clients, we communicate the attitudes and intentions of the employees working for the organisation and the effectiveness and managerial expertise of the people in charge of the organisation.

It is the unusual person who can overcome a bad initial impression and reveal genuine assets hidden underneath. People react favourably to an expected image or product. Consequently, managers who look and act like executives tend to be more successful than those who do not. The same is true for professionals and the output of organisations.

First impressions made by the initial impact of your clothing, voice, grooming, handshake, eye contact and body posture are lasting images, as is the professional finish and timeliness of products by an organisation, including verbal and written reports and presentations. Flexibility, enthusiasm and sincerity in work relationships create a positive image that can enhance communication effectiveness.

Therefore, projecting and communicating both a depth and breadth of knowledge about your job or area of expertise build your credibility; commands respect from others; and help develop rapport.

SOURCE

Substance abuse

By Maj George Molema, Social Work Research and Development, Military Psychological Institute
Photos by Ms Nozipho Zondo

Substance abuse is a pattern of harmful use of any substance for mood altering purposes which will result in a human being’s entire functioning being negatively affected as a result of the substance being used. This means that the body develops a tolerance for the substance. The tolerance will result in addiction.

Addiction is an uncontrollable and overwhelming urge to satisfy the need to use the substance. Examples of substances often abused are cigarettes, alcohol and illegal drugs such as cocaine, nyaope and others.

Alcohol is regarded as the dominant substance of abuse because it is freely available to adults. It can be bought at grocery stores since it is socially accepted, though it causes dependency. In South Africa 68% of alcoholics are employed and 20–40% of occupational accidents are alcohol related. This results in the South African economy losing over R15 billion a year to absenteeism and low productivity.

One begins to wonder why some people are hooked on some substances and why it is so difficult to abstain from or quit the addictive substance. The answer is that when one starts using the substance one is not aware that one is going through the various stages of addiction. The only thing that the user focuses on is the fact that he or she feels nice, happy and high, and has the nicest time of his or her life. The only time the user begins to realise that he or she has problems is when things begin to go wrong in his or her life. His wife or her husband might complain about the fact that there is no food in the house; the employer complains that he or she no longer comes to work or if he or she is at work he or she absconds from work. The surprising thing is that even though the drug abuser is confronted about abusing the substance, he or she will be in denial and say that he or she will change, which of course will not be the case.

Levels of addiction

Mark Pickren in his introduction to psychology mentions four levels of addiction:

- Experimentation or use. The user uses the substance for the first time and the substance is used occasionally. This normally happens at parties and on special occasions when one will hear the user saying: “It is only for today”.

- Misuse. The user uses the substance regularly, usually over weekends. The user now changes from “it is only for today” to weekends.

- Abuse. The user is preoccupied with the substance, which is two to three times a week and on weekends. The weekends are extended by adding an extra two to three days in a week. This means the user is no longer satisfied by using the substance during weekends only.

- Dependency or addiction. The abuser uses the substance compulsively, usually daily. He or she no longer cares what day it is but uses the substance randomly because the urge called withdrawal has to be satisfied. Addiction is at its peak and now the user no longer has control over his or her life. Problems that were mentioned previously start to show up during this level of addiction.
Impact of substance abuse

Substance abuse also has several other effects on both the user and significant others and the impact can be divided as follows:

- **Emotional impact.** The user begins to be aggressive and untrustworthy. Their behaviour is characterised by apathy, possessiveness, desperation and self-pity.
- **Social interaction (and impact on the children).** Since the user is only concerned about themselves, as a parent they will be ineffective in communication between the user and the children. The children might also become confused and insecure since the parent does not have time for them. The children will develop emotional problems and have low self-esteem and depression.
- **Social interaction (impact on the work).** There will be conflict between the user and the employers because of decreased effectiveness, lack of productivity, negative attitudes of the user towards colleagues, emotional withdrawal, work-related accidents and AWOL.
- **Social interaction (impact on the marriage).** If the user is married, the marriage will be characterised by conflict between the user and the spouse, lack of respect towards the spouse, sexual problems, emotional estrangement, irresponsibility, or sometimes separation or divorce.
- **Social interaction (impact on the family system).** The family will experience social isolation; loss of close friends; constant fights between children and parents; and the family will be affected by substance abusing friends reflecting the saying: “Birds of a further flock together”.
- **Spiritual impact.** The user doubts the existence of God. They neglect spiritual activities and are critical of religion. They might feel there is no purpose in life and so might see suicide as the answer to their problems because he or she has lost everything.

It is obvious that substance abuse has a negative impact on one’s life in the emotional, social and spiritual sphere as already mentioned. The decision to change by not relying on the substance is always a difficult decision for most individuals. The individual who decides to change has to go through the following stages:

### Stages of change

There are six stages of change that the user must go through. The stages can only be achieved if the user is prepared to change which is why it is very important that the decision to change must come from the user. The six stages of change are as follows:

- **Pre-contemplation.** The user is not aware that he or she has a problem but others realise the problem. The user is surprised by the confrontation whenever he or she is confronted.
- **Contemplation.** He or she is confused because he or she does not know whether to change or not.
- **Determination.** The user must make his or her own decision to change and take the necessary steps. He or she must also be able to see
- **Maintenance.** The user must persevere and utilise a support system such as family members, friends and colleagues who do not use the substance.
- **Relapse.** This stage is a threat to recovery because if the user cannot put decisions into action, then he or she will relapse. He or she should avoid self-pity and strive to regain his or her life.

### Treatment

One might ask oneself the following questions:

- Where should I go if I decide to quit using the substance?
- What will happen to my work if I am admitted to a rehabilitation centre?
- Will I still be paid for the period I spend at the rehabilitation centre?

The first thing that the user should do is to consult the unit social worker. The unit social worker will assess the user and refer him or her to the nearest military hospital for admission to a rehabilitation clinic. SANDF members can be referred to private rehabilitation clinics at the Department of Defence’s expense. The Department will pay once for a member, but not for relapsed members. Members will be on paid sick leave for first treatment only. A member will be counselled by the social worker, psychologist or the Chaplain for a period after treatment.
Ever seen an older person shuffling along, back bent double, and shuddered at the thought of being so debilitated? About 80% of us will have an episode of major back pain in our lives; many will go on to have more than one and, for many, steadily progressing back pain is a blight that curses them from their fifties or sixties, as the toll of damaged discs, injuries and the creeping onset of arthritis mounts.

It is really never too late to do something about back pain. You may not be possible for you to be healed completely, but you can certainly improve mobility and manage pain. Remember that the Government Employees Medical Scheme (GEMS), your medical scheme, is always there to help you on the path to prevention and management of ailments.

The people who are least at risk of back pain are those who are fit and strong, and there’s a good reason for this. Your spine was originally evolved to be in a different position, as it is in all other mammals. The spine was built to be horizontal, with the abdomen and all its contents hanging off it, held by the abdominal muscles. Of course humans have been walking upright for thousands of years now, so the abdomen is now hanging down at an unnatural angle to the spine, meaning the abdominal muscles have become absolutely critical to preventing undue strain on your back.

Vital keys to back health are:

- Strengthening your abdominal muscles: You do not need to be able to do five hundred sit-ups daily to achieve a healthy level of abdominal strength, but you do need to have tummy muscles that are in decent condition.
- Strengthening your back and other core muscles: “Many exercise programmes these days spotlight the ever-present abs (abdominal muscles) but pay little attention to the other muscles that form the body’s core,” writes Dr Edward Phillips in Harvard Health Publications. “Yet building up all of your core muscles is essential for staying strong and flexible and improving performance in almost any sport. It’s also vital for sidestepping debilitating back pain.” He explains that the core includes your back, side, pelvic, and buttock muscles, as well as the abdominal muscles. “The core forms a sturdy central link between your upper and lower body. Much like the trunk of a tree, core muscles need to be strong yet flexible. A weak or inflexible core drains power from many movements and can make it downright difficult to do some movements.” See sidebar for some simple core-strengthening exercises.
- Keeping the spine and other back bone structures flexible through strengthened core muscles. This is crucial, especially if you have the first signs of arthritis; if you do not get those joints moving, they will “rust”!
- Practising good posture, something most of us could focus more on.
- Keeping our weight levels reasonably low. Obviously the more weight we are carrying, the more strain on the spine.

Two core-strengthening exercises

The wonderful thing about core-strengthening is that you can start very small, trying only those moves that suit you and do not hurt you, and to progress steadily. You do not need to go to the gym to strengthen your core, and if you are in very bad shape – unfit or in pain or both – you can start by opting for these two exercises that you do lying down.

The Bridge

Lie on your back, with your back in a neutral position (not arched or pressed into the floor) and your hips straight. Bend your knees. Now, tighten your abdominal muscles. Raise your hips off the floor – the ideal is to bring your hips into alignment with your knees and shoulders, but you may not be able to manage this at first. Hold for as long as you can, then drop back down. Repeat three to five times – make sure you do not overdo it the first few times you try the exercise.

Segmental rotation

This is a fancy name for a move that basically involves rolling your hips from side to side. Lie on your back, with your back in a neutral position (not arched or pressed into the floor) and your hips straight. Bend your knees. Now, tighten your abdominal muscles. With your shoulder flat to the floor, let your knees fall to your left – go as far as you can, but you should feel a stretch, rather than pain. Repeat letting your knees roll to the right. Do this three to five times each way to start with.

*Ms Anne Dolinschek is a contributor to SA Soldier*
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The first edition of the newly established academic journal, the SANDF Journal of Educational Technology, has appeared in September 2014 and can be viewed on the Intranet Defence Corporate Communication (DCC) webpage. Contributions for the 2015 edition are awaited and the submission date is no later than 29 May 2015. The guidelines for authors are as follows:

Scope and policy

The SANDF Journal of Educational Technology publishes original contributions on all disciplines of education, training and development, including instructor/trainer education within the security sector.

A broad range of papers covering theory and practice that contributes to excellence in education, training and development.

Disciplinary (any of the disciplines of education, training and development), technological (computer, video, audio and print) and organisational (legislation, administration, implementation and instructor/facilitator enhancement) topics.

Original research articles, case studies and reviews of books, videotapes, software and other relevant products.

All articles will be submitted to referees. The consulting editors/referees will have documented expertise in the area the article addresses. When reviews are received, an editorial decision will be reached to, either, accept the article, reject the article, request a revision (in some cases for further peer review), or request arbitration.

Authors bear full responsibility for the accuracy and recency of the factual content of their contributions, as well as approval by the responsible authorities where the work has been carried out. The publisher will not be held legally responsible should there be any claims for compensation.

Form and preparation of manuscripts

Submission of a manuscript implies:

A signed declaration in respect of originality.
A written undertaking stating that the article has not been published or is not being considered for publication elsewhere.
A short biography including institutional affiliation (1-2 sentences) of the author(s) of the manuscript.
The language in the manuscript is properly edited and the name and address of the language editor are supplied.
The manuscript, including abstract, figure captions, tables, etc. is typed on A4-size paper and the pages are numbered consecutively. The length of the article should not exceed 5 000 words.
The title is brief (maximum 15 words) but specific, to facilitate discoverability, followed by the author(s) name(s) and email address(es).
An abstract (approximately 190 words) is provided and up to 10 keywords that characterise the article must follow the abstract.
The text of the article is divided into unnumbered sections (e.g. Introduction, Method, Results, Discussion,

Acknowledgements, References, Appendix, in that order). If necessary secondary headings may be used for further subdivision. Do not use footnotes. Authors must observe publishing conventions, e.g. using the past tense for reporting their own results found during their research, indicating that the findings were applicable during the current work only. The present tense is reserved for validly published information that can be accepted as generalisable fact. Authors should not use terminology that can be construed as sexist or racist.

Tables or figures are clear, black/white originals, on separate pages – not embedded in the text - grey or coloured shading must not be used. Tables or figures are numbered consecutively, with a brief descriptive heading/caption. Information should not be duplicated in the text and the tables. Each table/figure must be referred to in the text by number – not “above” or “below”. These will be placed at a suitable position after the first reference.

References. References are cited in the text by the author(s) name(s) and the year of publication in brackets (Harvard method): e.g. Negotiation research spans many disciplines...
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List of References: The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communication and unpublished works should only be mentioned in the text.

Do not use footnotes or endnotes as a substitute for a reference list.

Reference list entries should be alphabetised by the last names of the first author of each work.

Journal articles: Name(s) and initial(s) of author(s), year of publication, title of article, unabbreviated title of journal, volume (not issue number), and pagination, e.g. Johnson D.W. & Johnson R.T. 1999. Gifted students illustrate co-operative learning. Educational Leadership, 50:60-61.

Books: Name(s) and initial(s) of author(s) or editor(s), year of publication, title, volume, edition, place of publication, and publisher, e.g. Calfee, R.C. & Valencia, R.R. 1991. APA guide to preparing manuscripts for journal publication. Washington, DC: American Psychological Association.

Chapters in books: Name(s) and initials(s) of author(s), year of publication, title of chapter, editor(s), title of book, place of publication, and publisher, e.g. Dukzec S. 1988. Gender issues. In: Hicks D. & Brown J. (eds). Education for peace. London: Routledge.


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In pursuit of synergy: artists and modellers with a mission

By Ms Juanita Benadé, an artist of the SA Guild of Aviation, Military and Maritime Artists

Photo by Mr Walter Moll

The SA Guild of Aviation, Military and Maritime Artists was established at the Zwartkop Air Force Museum under the umbrella of the Zwartkop Scale Modellers on 9 September 2014.

The purpose of the collaboration between modellers and other artists is to create a forum where members can meet and work together, drawing inspiration from each other’s disciplines. In short: to build, create and share.

Over the years a wealth of references and source material has been accumulated by the Zwartkop Scale Modellers, including aviation and non-aviation models, as well as printed and illustrated media which are valuable tools in planning and executing artworks.

In turn, completed artworks lend modellers an evocative and artistic dimension which can serve as a backdrop to complement the beauty of a well-crafted model. Artists at the Guild include individuals who have either served, or who are currently serving, in the SA National Defence Force (SANDF). Membership entails the following:

- Meetings, possible exhibitions, workshops and public demonstrations to coincide with the Modellers’ schedule – the first Saturday of every month from about 08:00 to 15:00. This normally takes place during the monthly Zwartkop Museum Flying Day, which means there are a fair number of visitors viewing the exhibition, especially from 11:00 onwards.
- For artists living far away and who therefore cannot be involved on a monthly basis, an individual display can be arranged. This display will incorporate a photograph of the artist, his or her contact details, a short biography, as well as information and an image of one current or other project in progress. The project details can be changed from time to time in order for the display to remain up to date and interesting.
- One SA Air Force Museum air show per annum at the Zwartkop Air Force Base, Valhalla, during which artists will be able to exhibit and meet a large number of potential clients.
- Members will receive an identification badge and entrance permit with the Guild’s logo.
- Membership fees are R150 per annum.

SANDF members, modellers, student artists, hobbyists and professional artists who are interested in joining can contact the following:

The SA Guild of Aviation, Military and Maritime Artists (SA GAMMA):
email: artistsguildsa@gmail.com or Facebook: http://www.facebook.com/groups/SA.GAMMA or Admin and Support, Ms Juanita Benadé on cell No: 072 380 1101

For information regarding the Zwartkop Air Force Museum, contact Lt Col Elsie Potgieter on (012) 351 2386.

Contact details for the Zwartkop Scale Modellers are as follows: Modellers and SA GAMMA Chairperson: Mr Hennie Pretorius: email: hendrik.pretorius7@gmail.com or cell No: 082 567 3622

Public Relations Officer Zwartkop Scale Modellers, Mr Theo Burden: email: theo.burden@gmail.com or cell No: 082 571 3970
Driven by passion - it’s about the calling

By Mr Lufuno Netshirembe
Photo by Mr Themba Mntyali

ike an unquenchable thirst that compellingly drives one to get water to avoid dehydration, like desire that does not abate till one acts upon it. This is how Mr Mashudu Masala feels about his Tshivenda culture. It was this burning desire that drove him to release his second compact disc (CD) in which he sings in his mother tongue.

Mr Masala was born in Venda in a village called Mubvumoni, a name which incidental and appropriately means a place of sounds. This is where, like most boys of his age during that era in his village, he had to herd his family’s livestock. While doing herding duties he and his friends would pass the time by singing and dancing to Tshivenda traditional music. They also composed their own music and improvised their own musical instruments, like making a guitar out of an old motor oil tin.

Mr Masala’s passion for music started like a new fountain and grew from here. Little did he know that this was a lifelong drive that will manifest itself in his adulthood. Though many people are quick to claim that they have perfected the art of singing in church, Mr Masala was adamant that his musical skill was not nurtured in this way.

Growing up as a boy he had the ambition to study sound engineering. This was the catalyst for his interest in music. Unfortunately due to a lack of knowledge and understanding of what sound engineering entailed his interest was not known to his parents who were therefore against his choice. As a consequence of this irreconcilable difference with his parents he relocated in 1992 from Venda to Johannesburg where, among other odd jobs, he worked as a gardener and a security guard.

During his adventurous but unsustainable life doing odd jobs, people in and around Johannesburg from Venda who knew him as a good musician would request him to be their muse in order to assist them in moulding their music to an acceptable standard before releasing their albums.

In 1999 he joined the SA National Defence Force (SANDF). Only in 2004 could he afford to buy himself proper musical instruments (in comparison to the days he used to improvise musical instruments as a herd boy growing up in Venda). It was during this period that he owned a home based music studio. In 2005 he released his first album, entitled “Afrika yo shoma” (meaning “Africa in war”) which received good publicity from Phalaphala FM, one of the SA Broadcasting Corporation (SABC) radio stations.

Owing to his official duties in the SANDF as a soldier (he was a Major) he did not have enough time to focus fully on the production of his first album, which was not as successful as he had wished. However, this gave him an opportunity to improve on his second album which he released in 2014, entitled “Mbofholowo” (meaning “Freedom”). This album was made in celebration of the democratic era we now enjoy.

In his “home studio” he freely composes, compiles, masters and records the music of those who cannot afford the recording fees charged by the various commercial music studios. Mr Masala does not consider himself as a professional music artist. He only sings because of his passion for music and singing. He emphasised that as he was in a full-time employment of the Department of Defence (DOD) as an office manager in the office of Chief Defence Matériel. He only helps struggling artists as a way of giving back to those who depend solely on the sale of their music for their livelihood.

Mr Masala has helped a number of artists to realize their dreams without expecting any financial reward in return. Not only does he help struggling artists, but he even freely assists recording studio owners by imparting his knowledge of sound enhancement, mastering and all other related skills.

Though not political, his latest album was influenced by his real-life experience and pays homage to his father who died fighting for freedom when he was young. The untimely passing away of his father forced him to take responsibilities that he was not ready for, but owing to the circumstances at the time he had to take the role of being the head of the family at a tender age. Mbofholowo is a reminder to his listeners that freedom was not free as some people perished in pursuit of the freedom we enjoy today.

His passion truly epitomises the fact that the right attitude can determine one’s altitude. His is a story of passion driving him to realise his dream.

For more information you can contact Mr Mashudu Masala’s Manager, Mr Abby Chinada, on 084 026 0748 or chinadarecords@wozaonline.co.za

ABOVE: Mr Mashudu Masala, Office Manager to the Chief Defence Matériel, in his office at Defence Headquarters in Pretoria, with his second CD Mbofholowo.
Forty-seven delegates from diverse backgrounds attended a Transversable Competence Seminar at the SA Defence Intelligence College. The theme of the seminar was “Know your brain: Transform your performance”.

The seminar was presented to re-energise Defence Civilians by demonstrating different practical techniques which could be used to build up brain stamina. (Brain stamina enables people to utilise their brains to the fullest capacity.)

Chief Directorate Human Resources Development: Defence Civilian Education Training and Development focussed this two-yearly Transversable Competence Seminar on the strategic development aspects relating to the Defence Review, in particular on knowing how one’s brain transforms one’s performance.

In relation to management development and leadership, the National School of Government has constructed an Integrated Management Development Model for the Public Service that identifies the Transversable Competencies required by managers on salary levels 9 to 12.

The following key themes were explored with delegates in an experiential way at the one day seminar facilitated by Get Meaning Limited based on its NeuroCapital Programme:

**Your world at work**

The core reality of today’s working world is that it is virtual, global and is becoming increasingly and massively complex. These rigours of 21st century work demands have led to a growing body of research in psychology, sociology and neuroscience that highlights the importance of “decision fatigue”, implying that trying to make too many decisions at once diminishes the ability to make wise decisions at all.

**The brain’s key operating mode**

The brain has an aversion to loss (or a threat) that is greater than the excitement of prospective gain (reward). As a consequence, there is an inherent bias towards the status quo, which means that a chosen solution is likely to reflect approaches that were previously successful, and not necessarily those that are suited to the current situation. So it takes effort to change.

The part of the brain that is devoted to complex problem solving and prioritisation - the prefrontal cortex - has a remarkably limited capacity. So, the aim is to increase the efficiency of this valuable mental capacity.

**Small changes that have a big effect**

There are specific things that decision-makers can do to enhance their leadership brain stamina and enhance their performance at work. These were explored at the seminar through diagnostics and group dialogue. There are five key strategies:

1. **Keeping cool under pressure – get Reframing**

   Self-regulating our emotions is important because it maximises our brain resources. Typically we suppress emotions at work. Suppression has been found to reduce memory and increase the stress felt by the individual, as well as those around them, so this is not ideal. The key strategies, once an emotion has been felt, are to label the emotion, or else make a cognitive change by reappraising it to modulate the response. Reappraisal has a stronger emotional braking effect on the brain, so it reduces impulsiveness, improves the leader’s cognitive abilities and allows the leader to respond more appropriately. Frequent use of reappraisal has the long-term effect of generating an enhanced control of emotion and interpersonal functioning. Positive reappraisal strategies include Benefit-Finding in conjunction with Mindfulness, Acceptance, Refocusing, and Putting into Perspective.

2. **The power of slumber – get Sleeping**

   The sleeping brain is highly active - the brain cherry - picks what we remember during sleep, resulting in sharper and clearer thinking. Measuring daytime sleepiness (which participants did on the seminar) is an indication of the adequacy of sleep. Poor sleep enhances stress and negative moods. Insufficient sleep also means that we are not giving our brains the necessary time to integrate information in a meaningful way and are therefore operating at a suboptimal level, especially with regard to creativity.

3. **Our Sociality is ancient and by design – get Connected**

   Social belonging is a primary need like food, shelter and water. Social pain, such as being isolated or left out, produces similar and equally strong brain responses to physical pain. Ways
to leverage social connectedness include perspective taking, building similarities or in-group circuitry through shared experiences. From a neuro-scientific perspective, this process generates oxytocin, allows our brains to classify the other person as “friend” rather than “foe”, and contributes to feelings of trust and empathy.

4. Energy flows where attention goes - get Inspired Goals

Certainty (being able to predict the future) is a primary reward or threat for the brain and autonomy. The feeling of control is another primary reward or threat for the brain.

Goal setting is a strategy to reduce certainty and authority threats. By creating a coherent “picture” of the solution there is some sort of visual representation. The key is not the actual picture or visual, although this is useful. The key is that the visual is a powerful and integrated “picture” of the solution. It summarises the information. It presents the required actions as a coherent pattern of actions that can be easily understood and remembered. Participants worked with this principle by sketching the current reality in the organisation compared to the “2030 Defence Review”.

5. Get Reflective

Chronic stress leads to working memory loss, increased pessimism, reduced insight, and reduced verbal fluency - all attributes that are vital to perform at work! Becoming more reflective – by slowing down in the moment - enables decision-makers to turn off the brain’s narrative circuit (our story mode) and activate direct experience, giving us a more accurate perception of reality and allowing us to be more flexible in how to respond to self and others.

Feedback from participants

The seminar presented an opportunity for networking, personal growth and practical exposure. Each group had to come with its own strategy based on the “One Force Concept”. They were allocated 15 minutes for the task. Amazingly all groups presented very positive strategies; they all agreed that “Commitment” was the keyword in achieving the “One Force” vision. It is evident that Defence Civilians are already thinking with one mind and that the common word is “Commitment”.

The following key themes were also common across the six groups: Silos, One Force and Systems.

Furthermore the six groups were in agreement that Defence Civilians, as a component of the One Force, do provide professional, specialist, managerial and functional support and that the development of civilians in defence should remain critical to the functionality of the defence organisation.
Mr and Miss Military Academy

What better way to celebrate and appreciate beauty than on the day of love? This year on Valentine’s Day the students of the Military Academy announced their very own Mr and Miss Military Academy 2015.

Gold, red and black decor transformed the Joe Modise Hall at the Military Academy into an ideal setting for the event. The participants were eager and confident, providing spectators with a spectacular show. The men and women took part in three items which consisted of wearing casual wear, beach wear and formal attire.

The participants carried themselves with grace and added their own little quips and quirks in-between which made the event pleasant and memorable.

The new faces of the Military Academy are Candidate Officer (CO) Theo Raath (Mr Military Academy) and Lt Juicy Thobejane (Miss Military Academy). The runners-up are CO Nonhlanhla Masina (1st Princess) and CO Durtly Daniels (1st Prince) and Lt Masande Thambekile (2nd Prince) and CO Lucia van Wyk (2nd Princess).

ABOVE: Fltr: Lt Masande Thambekile (2nd Prince), Candidate Officer (CO) Lucia van Wyk (2nd Princess), CO Theo Raath (Mr Military Academy), Lt Juicy Thobejane (Miss Military Academy), CO Nonhlanhla Masina (1st Princess) and CO Durtly Daniels (1st Prince).
Officer excelled in body building

By Lt Col Werner Kruger, Officer in Charge of the Health Centre Port Elizabeth (resorts under Area Military Health Unit Eastern Cape)
Photos: Mr Martin Smith

Looking back from where he started five years ago, when he started participating in body building, Lt Col Werner Kruger came along way. 2014 was definitely his year ...

Lt Col Kruger, who is the Officer in Charge of the Health Centre Port Elizabeth, excelled in three major championships last year.

His first achievement was at the International Federation of Body Building (IFBB) Championships where he came third in the Masters II (men between 50 and 59 years) category on 14 April 2014.

During his second competition - the Eastern Province Natural Body Building Championships – he came third in the Masters II category on 7 September 2014. Lt Col Kruger was selected for the Eastern Province Team and at the same time received Eastern Province colours.

During the 2014 SA National Natural Body Building Championships he ended fourth overall in the Masters II category which was held on 4 October 2014.

Lt Col Kruger was also chosen as the Sportsman of the Year of the Area Military Health Unit Eastern Cape as well as Sportsman of the Year of Regional Sport Office Eastern Province for 2014.

He says he is already busy preparing and practicing for the upcoming Eastern Province Championships in August this year.

LEFT and LEFT BELOW: Lt Col Werner Kruger ended fourth overall in the 2014 SA National Natural Body Building Championships in the Masters II (men between 50 and 59 years) category.

ABOVE: Lt Col Werner Kruger was the runner-up in the 2014 Eastern Province Natural Body Building Championships in the Masters II category.
**Who is this Man?**

By Col (Padre) Addie Burt,
SSO Religious Policy and Plan:
Chaplain General Division

What do people think of Jesus? If we ask this question in this day and age will the answer still be respectful? Would the answer be superficial? Something like “One who cares for people” or “He was a good leader” maybe some negative responses “He was just another religious experience way back!”

Identification is so important to humanity, everywhere we go and every time you attempt to transact you are required to produce an ID. **Who are You?** Prove the fact that you are who you say you are! Well I suppose a simple ID will do, but someone went to great lengths to produce your ID with proof that you are, they are called the Department of Home Affairs. They give you an official document called an ID, and in South Africa its law that you will carry your ID with you at all times to prove who you are when required.

When Jesus was asked “who are you?” the angels declared his very first identity - **Luke 2:10**

> “Don’t be afraid! I am here with good news for you, which will bring great joy to all the people.”

This very day in David’s town your Saviour was born - Christ the Lord! - **Jesus Christ is the SAVIOUR!**

During His triumphant entrance into Jerusalem, the people marvelled at this royal entrance and asked “Who is He?” **Matt 21:10**

> “When Jesus entered Jerusalem, the whole city was thrown into an uproar. “Who is He?” the people asked. v11 “This is the prophet Jesus, from Nazareth in Galilee,” the crowds answered – **Jesus Christ the PROPHET!**

During His last days on earth, when He faced certain death and was mocked by the very people who He cared for, healed and even fed, they, being encouraged by the religious leaders who showed intolerance to His message of forgiveness and inclusivity, identified Him by adding to the cross an inscription. **Mat 27:37** above his head they put the written notice of the accusation against Him: “This is Jesus, the King of the Jews” – **Jesus Christ the KING!**

I see in **Rom 1:3-4** the curriculum vitae (CV) of Jesus – **(The Message) v2**

> “The sacred writings contain preliminary reports by the prophets v3 on God’s Son. His descent from David roots him in history; (KJV) v4 And declared to be the Son of God with power, according to the Spirit of Holiness, by the resurrection from the dead.”

His unique identity as Son of God was shown by the Spirit when Jesus was raised from the dead, setting Him apart as the Messiah, our Master. Jesus in life as in death proved Himself to be the Son of God and limitless in power. Read His whole story and life (in the Bible) and you will know Him from birth to resurrection as the Saviour of the world.

My question to you is **“Who are you?” What we have and who we are is dependent on what we believe. We are foraged by so many elements of life and experiences that also started at the cradle and will most definitely end in death.**

The Apostle Paul was convinced that he was doing the right thing, blessed by the same religious leaders who urged the crowds to demand the death of Christ. He is confronted on the road to Damascus by the very same Jesus.

**Acts 9:4** (GNB) “Saul, Saul! Why do you persecute me?” v5 **“Who are you, Lord?”** he asked. “I am Jesus, whom you persecute,” the voice said. v6 “But get up and go into the city, where you will be told what you must do.”

Let me again ask **“Who are you?”**

What does your CV look like, in the end all that matters (ask Paul), is “go to the city and do what you will be told to do”. When God asks us to follow Him, He is leading us to a place of closer fellowship with Himself. His Word assures us that He is loving and faithful in leading those who humbly follow Him.

See the obedience of the Israelites when God was taking them to the Promised Land. **Num 9:23** - they camped at God’s command and they marched at God’s command. They lived obediently by God’s orders as delivered by Moses.

They lived obediently by God’s orders. Now that’s a CV! The Israelites followed this practice regardless of how long they had to remain in one place or move. God took them from slavery to freedom, from oppression to deliverance, but in the process of getting there they had to be obedient.

With a CV like Jesus’, I’m convinced that obedience in following Him will result in the best CV you can ever have. How about these words from the Master to you one day? **Matt 25:21**

> His Lord said to him, **well done**, good and faithful servant! You have been faithful over a few things; I will make you ruler over many things. Enter into the joy of your Lord.

> “Who are you?” So add to your CV the following “I’m the servant of the Lord, doing His business here on earth, and helping to share the good news of salvation to all, this I do by living a life according to God’s precepts!” His love for the world is aptly expressed in **John 3:16**

> “For God so loved the world that He gave His only-begotten Son, that whoever believes in Him should not perish but have everlasting life.”

Add Jesus to your CV by declaring that you are following Him, obediently doing what He desires for you. **Heb 12:14**

> Strive to live in peace with everybody and pursue that consecration and holiness without which no one will [ever] see the Lord. (Amplified Bible).
From humble beginnings – a mere 19 members in 2011 - Regional Works Unit Limpopo expanded and progressed to 113 artisans qualifying at the end of 2014.

Regional Works Unit Limpopo (RWU LP) is situated within the heart of Limpopo's capital city called Polokwane. The unit is mere steps away from the Central Business District of Polokwane.

The unit was established on 1 April 2011 when the former Regional Facilities Interface Management Polokwane (RFIM PLK) office and the former Service Corps Regional Office Pietersburg amalgamated. The first location of the newly established unit was situated in the offices of the former RFIM PLK and the Reserve Force offices in the Military Complex (Christian Brothers of Charity) in Polokwane and comprised 19 members.

The unit was therefore co-located with the Joint Tactical Headquarters Limpopo (J Tac HQ LP) and the Area Military Health Unit Limpopo (AMHU LP), although a very small portion of the larger complex was allocated to the RWU LP. The amount of members that originally established the RWU LP fitted into the available office space, but as the unit gradually grew to just over 160 members by the end of 2014, it resulted into serious shortcoming in office space which had to be managed. From the unit’s establishment up to date, the living-in members are accommodated at the North Signal Unit lines.

The first maintenance and repair project (Roodewal Bombing Range - bricklaying at main residence) commenced on 20 August 2012 although various other activities were conducted prior to the commencing of this project.

Some of the other activities include compiling scope of works and bills of quantities, first line repairs, e.g. painting of facilities, unblocking of drains, carpentry and electrical works.

The RWU LP hosted its first artisan graduation ceremony on 22 November 2013 were 93 members graduated. The official revealing of the RWU LP flag was done simultaneously with the first medal parade which was conducted on 17 October 2014 were 30 members received various medals.

The purpose of establishing the RWU LP was to execute holistic facility management on Department of Defence (DOD) managed properties, which includes the maintenance and repair of dilapidated DOD facilities in the region, with both own and outsourced capabilities. The DOD viewed it necessary to take over the responsibility of maintaining and repairing facilities, from the Department of Public Works (DPW) owing to the deteriorating conditions of facilities, the long turn-around time of addressing damaged facilities and the huge amount of money the DOD had to pay to the DPW to address facilities.

Training of artisans were managed and administrated, from the start, by the Regional Works Unit Gauteng with some responsibilities delegated to the RWU LP. RWU LP had six members trained as supervisors by the end of 2012.

At the end of 2014, the RWU LP had 113 qualified artisans, trained in the following trades: bricklaying, carpentry, electrical, painting and decorating, plumbing, welding as well as plastering and tiling.
The South African National Defence Force is a pillar in the reactive physical campaign being fought against poaching on the ground and in the skies. We also engage in proactive educational campaigns to spread awareness about the intrinsic value of this magnificent animal.

Medicinal myths and a lack of care for our natural environment will be the forces behind the extinction of this magnificent animal.

www.dod.mil.za