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Armored Forces Day

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REPUBLIC OF SOUTH AFRICA
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SA SOLDIER
The SA National Defence Force (SANDF) recently celebrated its 21st anniversary in Potchefstroom during its third Armed Forces Day. The Armed Forces Day Parade also coincided with the 98th anniversary of the fateful sinking of the SS Mendi. (Read articles in this regard from pages 12 to 19.)

During the first Armed Forces Day celebrations in Atteridgeville in 2013, Minister Nosiviwe Mapisa-Nqakula, the Minister of Defence and Military Veterans, said: “The parade recognises both our history and the future of the SANDF. It acknowledges that our country has come from a history of division and conflict, but now celebrates the progress we have made in forging unity and a common patriotism.”

The President of the Republic of South Africa, the Commander-in-Chief of the SANDF, President Jacob Zuma, said at the second Armed Forces Day held in Bloemfontein: “This day is an appropriate occasion to honour all those men and women in uniform who selflessly give their services to the sovereignty, integrity and betterment of our country, the continent and the world at large.”

Let us take pride in the fact that the SANDF is a unique example of our unity in diversity.

Regrettably SA Soldier once again this year had to say goodbye to yet another dedicated and loyal editorial member - S Sgt Scorpio Tlhaole. His photojournalistic skills will be dearly missed by the Editorial Team. (S Sgt Tlhaole was transferred.)

The SA Soldier Team would like to thank our readers for sending us invitations to provide media coverage to important military events. In future would you kindly forward all invitations directly to Director Defence Corporate Communication, Brig Gen X.G. Mabanga, on fax no: 012 355 6019.

Nelda Pienaar
Editor SA Soldier

*MTranslation to Tshivenda by Mr Lufuno Netshirembe.*
Female CONDOMS
Preferred by women who are careful.

AVOID
unplanned pregnancies and sexually transmitted infections.
TATA MADIBA

Amandla, Tata Madiba, Amandla
To the one who’s life was depleted by his oppressors
Yet after condemning his soul
Unto the confinements of prison walls
could not take away
The candour of his spirit
To this day so many take up arms in your
name with the banter of their thunderous voices
Yet did they even walk upon the walls of
your soul
Could they even touch the latitudes of your
pains, thirst and hunger.
Your heartache, pain, suffering, anguish …
Yet despite through it all
the numbness of your silent yearnings into
Forgiveness, acceptance and love;
Can’t these ignorant shallow beings see what you saw …
Can’t they just see the world through your eyes …
But how could they
Can one compare and measure one’s
individuality and sense
Of mortal integrity you excelled beyond your
circumstances
Can’t the world just see through your humble humanity
That you did not let the difficulties of life hamper
Your ultimate goal to create harmony in a world
striving for the best”. There is a saying:
“Rome was not built in one day” - we
will all reach our destination if we
travel it cautiously each day. I stand to
emphasise that a good leader produces
excellent followers. I salute visionary
leaders and also commend them.

OFFICER COMMANDING, COL KGASU RASELOMANE
Mentioned much of you with the
motto: “Breaking the old moulds”. Much
has been achieved in the process. When
taking over the reins the new Officer
Commanding, Col Owen Witbooi, a
visionary, our present leader, a man of
stature and a born leader, came with the
motto: “Raising the bar to a higher level -

LOOK BACK TO TAKE NOTE
It is okay to look back sometimes, just
do not stare for too long or you will
miss everything that is in front of you.
This is relevant in all of our lives and
it is in actual fact a top motivation to
push our lives into the right direction.
As Army Support Base Johannesburg
we looked back to all the flaws that
were made in the past. Our former

FELLOW AFRICANS ARE NOT OUR ENEMIES
Africa is a large continent between the
Atlantic and the Indian Oceans.
We are divided by the boundary guarded
by sentries
But we belong to the same African group.
South Africa is one of the African
countries seen as a country of opportunities.

Equal rights and privileges like RDP
houses, child and pension grants lure foreigners.
People leave their native lands not by
choice.
They have suffered hardships, unrests,
pains, thirst and hunger.
Some of them migrate illegally from their
countries and seek refuge in South Africa.

Foreigners might look like a burden to some
of us but we must soothe them.
They walk long distances in the wild,
Swim in dangerous rivers and risk of
drowning, being eaten by animals
and crocodiles just to be in South Africa.
Poor people in many parts of Africa are
dying of hunger.

Those who left their countries for political
reasons deserve asylum.
Looking at the current situations in their
countries

THE EDITOR’S NOTE

Some were not banished from their native
lands for treason.
They are innocent people looking for peace
and quietness.
We deploy in their countries to restore
peace.
When peace is stable they will return to
their homes,
claim their native lands and live peacefully.
The number of illegal immigrant
population in South Africa will decrease.

We are all Africans.
Fellow Africans are not our enemies.
As peacekeepers we must show tolerance
and compassion.
They deserve our pity for their troubles
and suffering.

It might be true that in the past our
country did not have problems of drug
addicts and fake traditional healers but
It could be unfair to blame unemployment
and crime on foreigners.
Most of them are educated, creative fashion
and crime on foreigners.

They create their own jobs. Pte Victoria
Mathibela, 7 SA Infantry Battalion,
Phalaborwa
LEADERS MUST LEAD BY EXAMPLE

Leaders in the SANDF should direct their subordinates in such a manner not to fail them and the organisation but to the benefit of the SANDF and its members.

Leaders must set high standards, lead by example, do what is legally and morally right, and influence other people to do the same. Leaders must establish and sustain a climate that ensures people are treated with dignity and respect, and create an environment in which people are challenged and motivated to be the same.

Delegating leadership style involves giving subordinates the authority to solve problems and make decisions without clearing them through the leader.

Leaders with mature and experienced subordinates who want to create a learning experience for subordinates often need only to give them authority to make decisions, provide the necessary resources and a clear understanding of the mission purpose. As always, the leader is ultimately responsible for what does or does not happen, but in the delegating leadership style the leader holds subordinates leaders accountable for their actions.

Where discipline is weak leadership is faulty. Leaders must be personally involved in motivating, training and communicating with their subordinates so that we can keep the SA National Defence Force a disciplined force forever. CWO Tumelo Lwana, Warrant Officer Human Resources Divisional Staff

(* Letter shortened - Ed)

BRINGING MILITARY ENGINEERS TO THE YOUTH

Members of 35 Engineer Support Regiment, in conjunction with other government stakeholders, recently participated in a Moral Regeneration Campaign. It was hosted by the Ekurhuleni Municipality at Kwasa in Daggafontein to motivate the destitute and unemployed youth in the area and to showcase the capabilities of the SA Army Engineer Corps.

The main focus of the event was to create awareness of crime, the high rate of unemployment, teenage pregnancies, school drop-outs and to enable youth to take responsibility for positive lifestyles and to contribute through skills development and behaviour modification to family and community activities, as well as to their mental health and emotional well-being.

Whereas the core responsibility of the SA Army Engineer Corps is to enhance the mobility of own forces, its role goes beyond that. It has an inherent capability to contribute to the nation’s economic development and to the upliftment of communities such as Daggafontein and to assist communities in distress.

The Regiment seized the opportunity to inform youth and community members about the role of the SA Army Engineers Corps, the role and the tasks of the SA Army as well as to expose them to the functioning of the SANDF.

The participation of 35 Engineer Support Regiment included a briefing on the capabilities of the Military Engineers, including an exhibition to showcase the Engineer’s expertise and career opportunities to young people to help them to become resilient and self-reliant.

Speaking to the youth, Maj Simon Mabetwa, Second-in-Command 35 Engineer Support Regiment, urged the youth to study hard in preparation for their future careers. He told the youth to remain committed to their school programmes and to avoid things that would distract them from achieving better results. He urged the youth and the community not to surrender to despair and hopelessness.

Maj Mabetwa mentioned that the SANDF was in the process of rejuvenating itself by recruiting young people from different backgrounds throughout the country. He also thanked the municipality for having invited the unit to showcase its capabilities.

The event provided 35 Engineer Support Regiment with an opportunity to enhance the corporate image of the SA Army Engineer Corps, the SA Army and the SANDF, and to focus on its social responsibility programmes in support of Government’s developmental outcomes. Capt Cynthia Zondo, 35 Engineer Support Regiment

RESPECT TIME

It’s essential that you arrive punctually for work or for a conference. Reaction time is of the essence when it comes to our work in the Department of Defence (DOD). Arriving late for work is unprofessional. That is why time is one of the things discussed when you are offered a job.

If you go home for a weekend, do not decide to call on Monday morning and arrange for ordinary leave, it is unprofessional.

If you are given work to do, stick to the deadline for handing it in.

If time is not respected and the need to respect it is not seen as essential, this can affect your work negatively. It can even lead to you losing your job and suffering financially and emotionally. Therefore respect time.

Pte Victoria Mathibela, 7 SA Infantry Battalion (Phalaborwa)
The Memorial Service of the SA Army Signal Formation and the SA Corps of Signals (SACS) is held annually on the first Friday of March. This year’s memorial service was arranged by 4 Signal Regiment.

It honours all the SA Army Signal Formation and SACS members who have passed away over the years, and gives the families, friends and colleagues an opportunity to remember them and acknowledge the time they gave in the service of the Department of Defence. Maj Lizette Lombard, SA Army Signal Formation

Members of the National Ceremonial Guard do not only pride themselves for rendering professional services during ceremonial parades or for VIP protection, but also take pride in giving back to the community that is close to their unit and close to their hearts.

Lt Col Ntsudeni Thenga, the Officer Commanding National Ceremonial Guard, made a call to the unit members to unite in showing their local community that they care for those less fortunate than themselves. The unit members responded to the call of the Officer Commanding by donating clothes and blankets to keep the community of Screpeng in Laudium warm over the Easter Weekend, as this is a time for giving and showing compassion to others. Clothes, blankets, shoes for all the different genders and ages, including toys for the little ones were handed out from house to house in the various areas of Screpeng. Assistance was received from the local Social Worker, Ms Lindiwe Serage, and her team who work at the Laudium Clinic. They accompanied the members to all the homes in the Screpeng area that were severely poverty stricken and those that were child-headed.

Maj Moshe Mathale, the Second-in-Command of the National Ceremonial Guard, said: “It is very sad to see children who should be in school, bear the burden of being a parent to their younger siblings. One must bring one’s own children to such places so that it may serve as a wake-up call not only to them, but to those who take unnecessary risks which could result in them losing their jobs.” Maj Mathale supported this act of giving and even sat down with some of the residents who were visited to offer them counselling and a shoulder for comfort.

The residents of Screpeng were very thankful to an extent that some even shed tears for the little that the unit members were able to give to them. For us as members of the National Ceremonial Guard and as members of the SANDF our duty is to serve and we get a sense of fulfilment and pride when we receive gratitude from citizens of our country, especially those who are struggling to make ends meet.

On behalf of the National Ceremonial Guard we humbly request help from any member around Pretoria to kindly extend a helping hand to the community of Screpeng; anything that you feel would make a difference or even make life more bearable for these residents. Please contact the Social Worker, Ms Lindiwe Serage, at Laudium Community Health Care on 076 696 0486. Even the little that you give to that one person, to him or her it will make a difference. Lt Kefentse Congwana, National Ceremonial Guard

I am a Mechanised soldier at 1 SA Infantry Battalion and am very proud of the SA Air Force, the SA Navy and the SA Military Health Service. When you open the SA Soldier magazine, you read about these Services that are proud of their members. Their achievements and successes are recognised which made these members very proud members of the Department of Defence. If all Services can do that we will have a successful National Defence Force.

Cpl Eros Duimpies, Section Commander 1 SA Infantry Battalion

ACKNOWLEDGEMENT IS GOOD

ABOVE: The Memorial of the SA Army Signal Formation and the SA Corps of Signals is situated at the Wonderboom Military Base in Pretoria.

RIGHT: Soldiers stand guard in remembrance at the Memorial of the SA Army Signal Formation and the SA Corps of Signals during the Memorial Service.

ABOVE: Cpl Eros Duimpies.
OUTSTANDING CONTRIBUTION TO THE PHYSIOTHERAPY PROFESSION

CO Fana Zwane, a now qualified Physiotherapist at 1 Military Hospital, won the Outstanding Contribution to the Physiotherapy Profession Award, which is regarded as the top award at the Academic prize-giving ceremony of the Physiotherapy Department at the University of Pretoria.

The award is voted on by the Physiotherapy Department of the University of Pretoria (junior and senior lecturers and the Head of the Department) and awarded to a single student who during the four years of studying (mostly the final two years in the clinical practical settings) has made a significant positive contribution to the physiotherapy profession by means of clinical work, work ethics, amount of positive feedback from clinical supervisors and patients, respect and positive impact on patients’ lives, to mention but a few key characteristics judged for this award. The Physiotherapy Department unanimously voted to award this award to CO Zwane as they felt that he met all the criteria. CO Zwane was the only military student among his 43 fellow graduates in the final year group, which made this an even greater achievement. The ceremony served as both the Physiotherapy Department’s Academic prize-giving ceremony and the Oath Taking and Signing Ceremony for the graduates to take the Pledge of Graduates in Physiotherapy and the signing thereof. (These served as a build-up to the Formal Graduation Ceremony which will take place at the University of Pretoria on 17 April 2015.)

CO Zwane joined the Military Skills Development System (MSDS) in June 2009 through which he successfully completed his basic military training. Approval to study at State expense through the SA Military Health Service (SAMHS) was granted and CO Zwane started his studies in Physiotherapy, a four-year Honours degree (BPhyst Hons), at the University of Pretoria in 2011. He successfully completed his studies by the end of last year.

Dr Elzette Korkie, email

I IMPROVED MY ENGLISH PROFICIENCY

Twenty-two learners, mainly from the SA Army Corps of Signals, attended the English Intermediate Programme presented by the Directorate Language Services (D Lang) at the Poynton Building in Pretoria. Both uniformed members and Public Service Act Personnel (PSAP) of the SA National Defence Force (SANDF) attended the programme to improve their English proficiency. Among the learners who attended this learning programme was one of the facilitators of the Portuguese language programmes at D Lang. The four-week course was co-presented by Ms Nomvu Ndwandwe, the chief facilitator, with the assistance of Mr Thabo Mahwai, the assistant facilitator. From the outset the learners were enthusiastic and willing to be proficient at the end of the learning programme; on the other hand the facilitators were also eager to help the learners to achieve their goals. The course covered a variety of aspects, ranging from English grammar to writing, reading and speaking skills. At the end of the learning programme both assertive and formative assessments were applied as yardsticks to affirm the competency level of the learners. As one of the learners, the English Intermediate Course helped me to improve my English proficiency. As a journalist I now find it easier to perform my daily duties with more confidence, e.g. to write articles and to conduct interviews. It is essential to speak and write a good level of English when communicating in my working environment, namely SA Soldier at Defence Corporate Communication.

Cpl Mzontsundu Mdolomba, Pretoria

THINGS TO DO TODAY AND FOREVER

It is not a special day or any official event, but for today I will:

• Inspire someone
• Greet people with a smile
• Be positive at my workplace and treat subordinates fairly and pray for their success
• Pray for my family as a better nation starts at home
• Motivate people in my community and my workplace
• I will conduct myself professionally at work and in my community
• I will exercise and eat healthily
• I will keep South Africa clean; furthermore
• I will appreciate every moment

All of the above and other good things that we can do as good citizens of our country are just on paper until we put them into practice. Pte David Tshivhula, 44 Parachute Regiment
Sitting at Kibua landing zone in the Democratic Republic of Congo (DRC), despair heavy in the atmosphere as we watch the weather getting worse by the minute, clouds closing up the blue sky and spitting rain drops. Our hearts and minds are already starting to come down from cloud nine. Who would not be happy to leave a place that rains almost every day and had no network? We knew that bad weather meant no flying. Tents were already on their way to Sake with the convoy, that meant a cold school floor was going to be our only option and to think some of us did not have sleeping bags was torture on its own.

We already knew what the pilots were going to say: “Weather no good”. It was what they always say even if there were just a few tiny clouds in the sky. It was what pilots from the other countries deployed in the DRC always say but not our South African pilots. As we set there, hope losing its footing we heard the most beautiful sound that replaced despair with the widest and brightest of smiles - the Oryx helicopter. Almost simultaneously we said “Msawza” (meaning South African; it is what the local people in the villages in the DRC call our soldiers. In the deployment area we use the word with pride.)

I felt my heart swell with pride and knew that I was not the only one being overwhelmed by that emotion at that precise moment and not for the first time for the same reason. I felt proud to serve in the same organisation with such supportive and dedicated professionals.

As if that was not enough, they came out of the Oryx helicopter to help load our luggage thereby adding humanity and humbleness to all the other good traits our South African pilots and flight engineers have. I was so touched by their actions that at that moment I wanted to shower them with kisses but I then remembered that I was an officer in uniform and had to behave.

To all pilots and flight engineers deployed on Operation MISTRAL in the DRC for the period of 2014/2015, thank you for your immeasurable support, especially to us who are in the frontline.

Thank you for risking flying in bad weather thereby saving us from being stranded. I have no doubt that even your colleagues before you displayed the same conduct and support and that those still to come on deployment will do the same.

I have heard nothing but praise from people with vast deployment experience about South African pilots and flight engineers. The best story I ever heard was the one where you chased rebels on foot with an Oryx helicopter after ensuring that South African members on the ground were safely on board.

Hearing your machines roaring in the sky make our hearts jump with joy and watching you land is such a pleasure and it almost always makes us cheer because you do it “The South African pilots’ way”. Capt Bongekile Ngcobo, the Democratic Republic of Congo

FAREWELL PARADE FOR SOLDIERS TO DEPLOY TO THE SUDAN

Members of 8 SA Infantry Battalion made history as they are the first Battalion of the SA National Defence Force (SANDF) to deploy to the Sudan for a twelve month period.

A farewell parade was recently hosted for these members at the Mobilisation and Demobilisation Centre at De Brug in Bloemfontein prior to their departure to the Sudan. Addressing the members on parade, Brig Gen Thanduxolo Raymond Mandela, Director Conventional Operations, motivated the Battalion to go to the Sudan and contribute to global peace, since there is no prosperity in the absence of peace. He said that the Battalion’s deployment is in support of Government’s foreign policy which seeks to ensure peace stability on the African continent and contributing to better life for its people.

He reminded the Battalion that the SANDF has done extremely well in all missions in Africa. For example, in Burundi, the Democratic Republic of Congo (DRC), the Central African Republic (CAR), the Comoros, Côte d’Ivoire, etc.

Brig Gen Mandela also pointed out that the SANDF has done extremely well in all missions in Africa. For example, in Burundi, the Democratic Republic of Congo (DRC), the Central African Republic (CAR), the Comoros, Côte d’Ivoire, etc.
news from abroad

A SOLDIER’S DREAM

Every soldier has a vision
While going off to war
He dreams of coming home
And what he’s fighting for

The promise he made to his mother
Whispered in a farewell embrace
Or the tears he wipes away
From his little sister’s face

He shakes the hand of his father
Then hugs him ever so tight
He’s holding back the tears
With all of his might

His wife kisses him so tenderly
While his son is at his knee
He scoops him up into his arms
The tears flow for all to see

His little boy wipes his tears
And says “Daddy don’t cry”
I will look after mum for you
If you were to die

He puts his son down
And turns to walk away
Dreaming that he will
Make it home one day.

Pte Seragi Mothapo, email

out that although the deployment in Sudan is under extremely difficult conditions and requires high-level of military, professionalism and dedication, he has no doubt in his mind that the Battalion will be equal to the task and will make the country proud. However, he told the Battalion to be on always on high alert and fall back on military skills endowed and received in South Africa when they find themselves under attack.

He went on to remind the members on parade that in the past operations in Sudan, the RSA Battalion had been ambushed but through our good military training and professionalism of our force; our Battalions had managed to save lives and become victorious against rebels in the mission area.

Whatever the Battalion does in the mission area good or bad reflects on the image of the SANDF and South Africa as a country in particular.

Brig Gen Mandela then thanked the men and women in uniform and supporting staff for their eagerness to participate in the deployment in order for the Sudan to attain peace and stability.

He said that the members will have to motivate themselves in order to get through this twelve month deployment period because it is the first time that the SANDF is deploying its Battalion for such a long period.

Brig Gen Mandela then concluded by indicating that the country at large expects the SANDF to provide highest quality of service in Africa, notwithstanding operating in fiscal constraint and increasing costs.

Maj Nombida Zola, Public Information Officer for the RSA Battalion in the Sudan

A FUTURE THREAT - “CELLPHONE TECHNOLOGY”

The cellphone started “large” then because “smaller” then recently “larger” again with amazing and interesting features. Cellphones are part of our lives whether we like it or not and they assist us in keeping informed and to communicate no matter where we are in the world.

This smaller, but recently larger device will in future influence military operations negatively in a serious way. The real threat of this device in the SANDF is that it can leak information to the public even before its official announcement through the proper channels.

When a member has recently passed away the information is posted on different social media even before the chaplain or social worker is able to inform the family of the deceased officially.

Future military operations and missions will be jeopardised by leaked information to the media and public. The cellphone technology is a “ringing time bomb”.

Lots of time is spent on social networks and on cellphones rather than work and customer service is already affected. Human interaction with colleagues and family has deteriorated as every person concentrates on the device in the palm of his or her hand. Cellphones are already creating a generation of people who cannot construct proper sentences or words as the words are shortened when chatting.

However, it is not a bad thing when used correctly and at the right time, but let it not affect service delivery and one’s interaction with family and friends.

Pte David Tshivhula, email

Private Snooks

You go on brother... I'll follow you on twitter
The SANDF celebrates its 21st anniversary in Potchefstroom

By Cpl Ally Rakoma

Armed Forces Day is a key event in celebrating South Africa’s history, especially the anniversary of the SA National Defence Force (SANDF). The day is aimed at honouring the men and women in uniform and celebrating their patriotic service to the nation.

Three days before the main event, Potchefstroom’s Trim Park was a hive of activity as the SANDF displayed a wide range of specialised military vehicles, technology and equipment.

The four Services of the SANDF came together to showcase some of their state-of-the-art user systems and put on a big military exhibition and visual displays as part of the youth recruitment drive to raise public awareness of the military and the wide range of careers it offers.

This event fitted in well with the Government’s call to pursue inclusive growth and prosperity for the youth by building patriotism and creating social cohesion. Learners from various high schools in Ikageng, Promosa, Mohadin and the surrounding areas visited the exhibitions which gave them opportunities to explore the specialist musternings and opportunities that exist within the SANDF. Some of the young learners got a chance to fly in an SA Air Force Oryx helicopter.

Armed Forces Day

During the main event President Jacob Zuma, the Commander-in-Chief of the SANDF and the President of the RSA, presented 34 Gold Mandela Commemorative Medals to members who were involved with the funeral arrangements and burial of the former statesman as a token of the Government’s appreciation.

After the medal presentation ceremony, President Zuma addressed more than 1 200 soldiers on parade, as well as members of the public, stakeholders, representatives from various municipal structures from the communities in Potchefstroom, esteemed guests and members of the Diplomatic Corps at the Library in front of the Tlokwene Municipal buildings in Potchefstroom.

The theme of this year’s celebrations was: “A professional and capable defence force for the people of South Africa”. The event also coincided with the anniversary of the fateful sinking of the SS Mendi in which more than 600 black soldiers in the labour corps perished in World War I.

President Zuma expressed his gratitude and admiration to the soldiers of the SANDF for being a force for peace and a force of great pride for the country and the continent because of their hard work and dedication.

The Commander-in-Chief of the SANDF commended the SANDF for being in the front line of continental peacekeeping missions under the auspices of the United Nations.
President Zuma noted that this was a very special day where we had come together again to celebrate the contribution of our armed forces to
President Zuma said: “Based on the roll-out plan, our SANDF deployed 13 sub-units to execute Operation CORONA in Limpopo, Mpumalanga, KwaZulu-Natal, Free State, Eastern Cape, Northern Cape and North West Provinces.”

President Zuma pointed out that recently the SANDF became part of the newly established African Capacity for Immediate Response to Crisis (ACIRC), which is an interim mechanism to assist in peace and security operations in the continent until such time that the African Standby Force is ready.

Part of the parade involved the symbolic handing over of the SANDF flag by the Chief of the SA Air Force, Lt Gen Zimpande Msimang, to the Chief of the SA Navy, V Adm Samuel Hlongwane. The SA Navy as the custodian of the flag has the responsibility to preserve and display the flag at their Headquarters.

To celebrate the pride of the nation, there was precision flying by SA Air Force aircraft and members of the National Ceremonial Guard preceded the march-past by all Services, flag bearers, motorcycles, armoured vehicles, artillery, engineers, SA Navy namacura boats and the SAMHS Mfězi ambulances.

According to Brig Gen Kobus Butler, the Director of Combat Systems at the SA Air Force, about 1 200 soldiers participated in the event, including 80-90 armoured vehicles and about 25 military aircraft of various types. He said that the event also had educational value for civilians as there was an increased awareness of the SANDF’s land, air and maritime defence, which is vital to the national security. Brig Gen Butler added that it was also a means of expressing the unification of the military and the citizens.
After the third Armed Forces Day celebrations in Potchefstroom the SA National Defence Force (SANDF) took the decision to replace the nine exotic trees that were chopped down in the vicinity of the Tlokwe municipal buildings and library precinct in preparation for the event.

Brig Gen Kobus Butler, the Director of Combat Systems at the SA Air Force, on behalf of the DOD/SANDF, officially handed over twelve indigenous replacement trees to Councillor Nomthandazo Nobatana, a member of the Mayoral Committee for the Department of Sport, Arts and Culture, on behalf of the Executive Mayor, Councillor Kgotso Khumalo.

On accepting the trees, Councillor Nomthandazo Nobatana expressed her gratitude to the DOD and the SANDF. She said that trees symbolised growth, development and friendship between the community of Potchefstroom and the SANDF. She recognised that the value of hosting the Armed Forces Day celebrations and granting the SANDF Freedom of Entry to Potchefstroom had presented a significant opportunity for the locals, in particular the youth, to get first-hand information of what the SANDF is all about.

Councillor Nobatana said: “The men and women of the SANDF on land, air and sea continue to fulfil their obligations towards the nation and they play a significant role in safeguarding our country, promoting peace, stability, economic growth and social development in the region and beyond. This noble course will indeed yield immense benefits for our people.”

Brig Gen Butler in response expressed sincere appreciation for the excellent contribution and support the SANDF received from Tlokwe Municipality and the broader community of Potchefstroom. He said: “Thank you for making the majestic celebrations of the 2015 Armed Forces Day and career exhibition the success it was. We are committed to making our relationship grow from strength to strength.”

The nine trees that were removed were exotic plants known as Celtis Sinensis (Chinese Hackberry) and these were replaced by twelve indigenous trees, namely Combretum Erythrophyllum (bush willow). The municipality will plant the remaining three threes in other municipal areas in the city.
The SS Mendi heroes remembered in Atteridgeville

By Sgt Itumeleng Makhubela
Photos by Mr Themba Mntyali

The annual SS Mendi Memorial Service and Wreath-laying Ceremony was recently held at the Gamothakga Recreation Resort at Atteridgeville to commemorate the passing of South Africans who lost their lives during the sinking of the SS Mendi in 1917. The service was hosted by the Pretoria Memorial Services Council.

The Chairperson of the SA Legion of Military Veterans: Atteridgeville Branch, Legionnaire Lesetse Sefolosha, believes that they should try to teach their children what happened in the past. He said the experiences of those who participated in world wars and liberations must be relayed from generations to generation.

Legionnaire Sefolosha said: “Although the present day things are not well for us as veterans, this occasion serves as the unification of all military veterans. It affords us an opportunity to indoctrinate our children to have a sense for bravery in them.”

He added: “I was in the army myself. I joined in 1977 and served as a paymaster for people who were deployed in the boundaries. I ended at the rank of a sergeant major (WO2) and currently I am the organiser of military veterans in
At 05:00, while under escort of the destroyer HMS Brisk, she was struck and cut almost in half by the SS Darro (10 000 ton). Altogether 616 South African soldiers, of which 607 of them black troops including 30 British crew members died in the disaster.

The men on the ship of the SANLC came from a wide range of social backgrounds, and from a number of South African peoples, but the majority were from the rural areas of the Pando Kingdom in the Eastern Cape, South Africa. Most of them had never seen the sea before and very few of them could swim. The White South Africans were officers and Non-Commissioned Officers. Some men were killed outright in the collision, and some were trapped below decks. Many, however, gathered on the listing deck of the SS Mendi.

The investigation into the accident found the captain of the SS Darro, Henry Stump, to be at fault for having travelled at a dangerously high speed in thick fog and failing to ensure that his ship emitted the necessary fog sound signals. As a result, the captain of the SS Darro had his licence suspended for a year. His failure to render assistance to the SS Mendi’s survivors has been the source of much controversy. Some historians have suggested that racial prejudice influenced his conduct, while others hold that he merely lost his nerve.

Members of the 5th Battalion of the SANLC were not to be used as a fighting force and were forbidden to bear arms as there was a fear that they could revolt against military or civilian authority. Instead they were to be utilised as labourers for digging trenches and performing other manual labour as well as forming stretcher bearer parties.

Among those left on board the ship panic did not ensue. Instead a leader emerged, Reverend Isaac Dyobha. He called the men together and admonished them: “Be quiet and calm, my countrymen, for what is taking place is exactly what you came to do. You are going to die … but that is what you came to do. Brothers, we drilling the death drill. I, a Xhosa, say you are my brothers. Swazi’s, Pando’s, Basuto’s, we die like brothers. We are the sons of Africa. Raise your war cries, brothers, for though they made us leave our assegais in the kraal, our voices are left with our bodies“.

Recently, another memorial to the SS Mendi was unveiled in Cape Town. A sculpture by local artist Madi Phala represents a mock ship’s prow cast in heavy metal, sinking into the ground. In front of it are helmets, hats and discs, symbolising the men, officers and crew of the SS Mendi.

A plaque simply reads “SS Mendi, South African troopship, sank next to the Isle of Wight 1917 02 21”. Located on an embankment on the Mowbray Campus of the University of Cape Town, the site has significance to the SS Mendi, as it is here that the troops of the SANLC had billeted before embarking on the ill-fated SS Mendi for France.

The SA Navy has accorded honour to those who died in this tragedy. One of the new Valour Class corvettes has been named SAS MENDI, while a Warrior Class strike craft has been renamed SAS ISAAC DYOBHA.

The Government has also commissioned a medal, called “The Order of Mendi for Bravery” Decoration, which is awarded to South African citizens who have performed an extraordinary act of bravery that placed their lives in great danger or who lost their own lives including in trying to save the life of another person or by saving property in or outside the Republic of South Africa.

*Sources: South African Legion of Military Veterans, the South African Military History Society*
Chaplain at SS Mendi Parade rallies the men

By Lt Cdr Glenn von Zeil, SA Naval Reserves
Photos by Ms Reggie Lord

“If man has not discovered something that he will die for, he isn’t fit to live.” With these words attributed to Martin Luther King, Padre Tony Bethke began his sermon at the annual SS Mendi Memorial Parade at the University of Cape Town. The parade was hosted by the Gunners Association.

The ship’s company of the SAS MENDI provided sentries while the SA Army Band ensured that hymns, Last Post, Reveille and the National Anthem were played to perfection.

Padre Bethke focussed his sermon on the role of the padre, Reverend Isaac Dyobha, the chaplain to the 5th Battalion the South African Labour Corps. As he was educated by missionaries he would have lead these men on a spiritual journey including daily fellowship and singing various hymns in their mother tongue. While the SS Mendi stopped at Lagos, Nigeria, to have a gun fitted to the stern, he would have had additional time to minister and build a strong bond with the men on the voyage to Plymouth.

Therefore in their hour of need after the fate full collision in the English Channel in thick fog on 21 February 1917 he would have been well placed to play a defining role in what transpired. Oral
LEFT: Wreaths laid at the SS Mendi memorial at the University of Cape Town.

say to you who are my brothers … Swazis, Pondos and Basotho’s … let us die like brothers. We are the sons of Africa. Raise your war-cries, brothers, for though they made us leave our assegais in the kraal, our voices are left with our bodies”.

Many men were killed outright in the collision and some were trapped below decks. Those who survived the collision gathered on the listing upper deck of the sinking SS Mendi. His actions and words would have brought calm, especially to those who could not swim and had to enter life boats or the icy waters.

Padres who serve in the SANDF have maintained this tradition of building a strong bond with those who share the same uniform and continue to provide leadership and calm during difficult times.

The parade was also attended by the great grandson of Colour Sergeant Fitzclarence Jarvis Fitzpatrick, Mr Jacques de Vries, born in King Williamstown, who during World War I attested in the Union Defence Force in the South African Native Labour Corps (SANLC). (Mr De Vries is currently working at the Castle of Good Hope.)

As a member of the 5th Battalion (Charlie Company), Colour Sergeant Fitzpatrick embarked at Cape Town on SS Mendi on 15 January 1917. He would have had a first hand account of what transpired that fateful day and have had a story to tell. Following his rescue he rejoined the SANLC in France, however, he was eventually discharged medically unfit owing to the debilitating effects to his lungs and body after exposure to the icy waters. He later settled in Cradock and passed away at the age of 55 on 14 June 1933.

As has become the norm at the annual SS Mendi Memorial Parade, rounded Atlantic beach pebbles were placed on the memorial instead of individual flowers to create a scene of a beach in the English Channel.

Thank you to all who were involved in organising and executing this annual event. They have ensured this generation has kept the promise that “at the going down of the sun and in the morning we will remember them”.

ABOVE: R Adm (JG) Guy Jamieson, Chief of Fleet Staff, lays a wreath on behalf of the SA Navy at the SS Mendi Memorial Parade at the University of Cape Town.
Veterans awarded 70 Years of Victory in the Great Patriotic War Medals on SA soil

By Col Nikolai Pushistov, Defence Attaché to the Embassy of the Russian Federation in the RSA

South African and Russian veterans were honoured with Jubilee Medals of the Russian Federation “70 Years of Victory in the Great Patriotic War of 1941 – 1945” during a ceremony recently held on South African soil in Pretoria.

91-year-old Mr Frederick Norman Haslett took part in the Nordic (Arctic) convoys delivered to the aid of allies of the Union of Socialist Soviet Republics (USSR). Mr Haslett said: “Together with Russia we liberated Europe. There can be no doubt.” Lt Col Valentin Arinin (88) as part of the 38th Army in 1945 Bandera fought in western Ukraine.

The Defence Attaché of the Russian Federation in South Africa, Col Nikolai Pushistov, also reported that on the eve of May nine “70 Years of Victory” Medals will be awarded to all residents in the country veterans allied forces.

The Jubilee Medal of the Russian Federation “70 Years of Victory in the Great Patriotic War of 1941 – 1945” was established on 21 December 2013 by decree of the President of Russia, Mr Vladimir Putin.

The occasion hosted by the staff of the Military Attaché to the Embassy of the Russian Federation, was attended by representatives of Africa, Latin America and Asia.
By Sgt Itumeleng Makhubela

The Chief of the Turkish Armed Forces, Gen Necdet Özel, salutes after inspecting the parade while the Chief of the SA National Defence Force, Gen Solly Shoke, looks on.

The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, hosted the Commander of the Turkish Armed Forces, Gen Necdet Özel, and his delegation at Defence Headquarters in Pretoria during their recent goodwill visit to South Africa.

General Özel and his delegates spent their four-day visit to South Africa attending bilateral meetings with the leadership of the SA National Defence Force (SANDF).

The Chief of Military Policy, Strategy and Planning, Maj Gen Fhurani Ramantswana, gave a strategic overview of the SANDF and the Department of Defence. He indicated that the primary object of the SANDF is to defend and protect the Republic, its territorial integrity and its people in accordance with the Constitution. Maj Gen Ramantswana said only the president, as head of the national executive, may authorise the employment of the defence force. The president is the Commander-in-Chief of the SANDF and must appoint the Military Command.

The command of the defence force must be exercised in accordance with the direction of the Cabinet responsible for defence under the authority of the president.

Maj Gen Ramantswana described the core activities of the SANDF as force employment, force preparation and force support, including executing ordered commitments through successful operations and enhancing defence capabilities by complying with the approved SANDF force design and structure.

The Turkish Armed Forces consist of the Army, the Navy and the Air Force. The Gendarmerie and the Coast Guard both of which have law enforcement and military functions, operate as components of the internal security forces in peacetime and are subordinate to the Ministry of the Interior. In wartime they are subordinate to the Army and Navy. The President of Turkey is the military’s overall head.

The Chief of the General Staff is a General and is also the Commander of the Armed Forces. In wartime he acts as the Commander-in-Chief on behalf of the President of Turkey, who represents the Supreme Military Command of the Turkish Armed Forces on behalf of the Grand National Assembly of Turkey.

The Turkish War Academies constitute the educational branch of the Turkish Armed Forces. The Ottoman Military College, which later became the Turkish Army War College, was established in 1848. The Naval War College was established in 1937.

In order to train staff officers according to the same system as that of European armies, the 3rd and 4th years in the Army War Academy go under the name of “Imperial War School of Military Sciences, General Staff” as established in 1848.

The service components include the Ground Forces Command, Air Arm and the Defence Logistics Command. The commanders of services provide operational and tactical command of the Defence Force. The Commander of the BDF is vested with the strategic and operational command of the Defence Force.

The Defence Council of the BDF is responsible for the control, direction and general superintendence of the Defence Force. Members of the Defence Council are appointed by the President and the Commander is an ex-officio member.

The Commander-in-Chief determines the duties of the Defence Force as from time to time, and may at any time order that the whole or any part of the Defence Force shall be deployed out of or beyond Botswana.
SANDF Education Trust taking responsibility for the education of the dependents of fallen SANDF members

By Col Monica Muller, Secretary SANDF Education Trust
Photos by L Cpl Jonathan Mogano

The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, hosted an informal dinner recently to discuss with the Trustees of the SANDF Education Trust events and fund raising efforts for 2015. A target to raise R6M in the next twelve months was set by Gen Shoke and the Trustees.

At the dinner, Mr Teddy Daka, CEO of Tedaka Advisory Services Pty Ltd and a Trustee of the SANDF Education Trust, handed over a cheque of R50 000 to Gen Shoke. Mr Daka on various occasions expressed the important role that members of the SANDF play in ensuring a safe environment for the economy of the country to grow. With this donation he is inspiring fellow business men and women to follow his example.

Ms Venete Klein, a financial management consultant and well-known personality in financial circles, will join the Board of Trustees during 2015. Ms Klein joined Gen Shoke and the other Trustees at the dinner that was held in Pretoria.

In October 2013 the Chief of the SANDF announced the establishment of the SANDF Education Trust. The purpose of the Trust is to award educational bursaries inter alia to the dependents of deceased or severely injured SANDF members who were killed or severely injured, subsequent to 27 April 1994, while on official duty.

The Board of Trustees of the SANDF Education Trust recently released the following information on the progress made by the Trust:

• For the 2014 academic year 39 bursaries, to the value of R440 076, were awarded to primary school and secondary school learners as well as tertiary students.
• To date 56 bursaries, to the value of R657 361, have been awarded for the 2015 academic year. Twenty-six of these bursaries were awarded to primary school learners, 19 to secondary school learners and 11 to tertiary students. An additional nine late applications are currently being considered by the Trustees. Of the bursaries awarded, eleven were to the benefit of the dependents of Reserve Force members.
• It is anticipated that the bursary costs for the 2014 and 2015 academic year will exceed R1.2M.
• Applications received from dependents attending early childhood education centres, and who require financial assistance, are referred to the SANDF Fund. To date this Fund has assisted eight applicants.
• Following a pledge made by the President of the RSA, the Commander-in-Chief of the SANDF, Mr Jacob Zuma, at Armed Forces Day in 2014, the Jacob G. Zuma Education Trust has awarded a bursary to a university student from KwaZulu-Natal for the 2015 academic year. This Trust will continue to award bursaries to deserving cases in the coming years.
• The Board of Trustees has also engaged with several other education trusts from the private sector in order to obtain full bursaries for
The Inspector General of the Department of Defence, Maj Gen Mxolisi Petane, presented medals to five deserving members during the Division’s medal parade recently held at Swartkop West Air Force Base in Thaba Tshwane.

Lt Col Morgan Gumbi, Lt Col Beauty Mbatha, WO1 Fortune Maliwa and WO1 Cecil Makunga were awarded the Good Service Medal (Silver) while Capt Kgore Kesebaketse was awarded the Good Service Medal (Bronze).

The Good Service Medal (Silver) is awarded to members of the SA National Defence Force (SANDF) who have distinguished themselves by long and efficient service for 20 years and the latter for SANDF members who have distinguished themselves by long and efficient service for 10 years.

Maj Gen Petane mentioned after congratulating the recipients that according to military tradition, the most honoured people at the parade are those awarded with medals. Indicating the importance of a medal parade, he made reference to the President of the RSA, the Commander-in-Chief of the SANDF, Mr Jacob Zuma, awarding medals during the recently held Armed Forces Day in Potchefstroom.

Maj Gen Petane added: “I have a duty to explain a particular aspect of a medal parade that we have all witnessed. The President was standing in the pouring rain to honour recipients who deserved that honour. That is how important a medal parade is.”

He said that medals can only be presented at a parade. He said for one to wear a medal, it must be presented by a senior at a parade of which they are awarded in category of their ages. Maj Gen Petane added: “I have no mandate to present 30 year medals. It is only the Chief of the SANDF. A 40 year medal is presented by the President. It may be presented by the Chief of the SANDF when delegated to do so.”

Maj Gen Petane commended all those who gave their support in organising the medal parade. He expressed his gratitude to the National Ceremonial Guard for being part of the parade after they also participated in the Armed Forces Day.

He said: “I am proud to say that we have a defence force that can do anything under any condition.”
Thousands of people gathered at the Saselamane Stadium to bid farewell to the late Minister Collins Chabane, the Minister of Public Service and Administration, who was laid to rest at the local ancestral cemetery in Saselamane, Limpopo, on 21 March 2015. Minister Chabane and his two bodyguards died in a car accident on the N1 outside Polokwane on 15 March 2015.

On Human Rights Day, Minister Chabane received an official funeral (Category 1), meaning he was buried with full military honours. Delivering his eulogy at the funeral service the President of South Africa and the Commander-in-Chief of the SA National Defence Force (SANDF), Mr Jacob Zuma, said: “As we bid farewell to Minister Chabane on Human Rights Day, we acknowledge the sacrifices that accompanied the struggle for democracy and reaffirm our commitment to advance human rights as enshrined in the Constitution.”

Mr Chabane was born on 15 April 1960 in Xikundu Village, in Limpopo. He attended Shingwedzi High School, and at the age of 17 he joined the African National Congress (ANC) underground. Mr Chabane was also a member of the Azanian Student Organisation (Azaso). He registered for a Bachelor in Science at Turfloop University, but a year later, in May 1980, he went into exile, when he joined Umkhonto we Sizwe (MK).

After the 1994 elections, he was elected to serve as an MP in the National Assembly where he participated in the following committees:

- Constitutional and Management Committees:
  - Constitutional Assembly
- Standing Committee:
  - Finance, Minerals and Energy Affairs

In 1997 he was redeployed back to Limpopo Province and was appointed MEC in Premier Ngoako Ramathodi’s Office. In 1998 he was appointed MEC for the Department of Public Works and leader of government business in the Legislature. One of the highlights of his tenure in Public Works was the establishment of the Road Agency, which was the first institution of its kind to be established in South Africa. In 2005 he was appointed as MEC for Economic Development, Environment and Tourism. This is the Department which is charged with the responsibility of driving the provincial economy.

On 11 April 2009 he was sworn in as Minister in The Presidency in charge of Performance Management and Monitoring and Administration. Since 2014 he was the Minister of Public Service and Administration until his untimely passing.

Above: SANDF Pall-bearers standing on attention during the final moment before the casket containing the mortal remains of the late Mr Collins Chabane, Minister of Public Service and Administration, descend into the ground.

Official Funeral Category 1

The South African State’s Funeral Policy has three main types of funerals, namely a State, an Official and a Provincial Official Funeral.

The Official Funeral is divided into two categories, namely Official Funeral Category 1 and Official Funeral Category 2.

Minister Chabane received an Official Funeral Category 1, which is for Serving Ministers, Speaker of the National Assembly, Chief Justice of the Republic of South Africa, Chairperson of the National Council of Provinces (NCOP), Premiers of Provinces, distinguished persons specifically designated by the President of the Republic of South Africa.

The SANDF is mandated by the Government to give support to all funerals as per prescripts of the Funeral Policy stipulated in the ministerial handbook.
It is always the right time to do right

By Col Riaan Louw,
SSO Crisis Management Centre

In his book “The Art of War”, the legendary Chinese General Sun Tzu identified effective leadership as a crucial element in any strategy to win battles. This is a principle that is still valid 2 500 years later. He believed that leadership, at its most fundamental level, comes from within and that the power to lead is generated within the context of a person’s moral and philosophical framework in relation to one’s followers and constituents (people you represent). It was therefore a function of character (an individual’s unique moral qualities), which can only be developed through careful, intentional practice.

He further identified “the Moral Law”, which causes “the people to be in complete accord with their ruler, so that they will follow him or her regardless of their lives, undismayed by any danger”, as the first of five constant factors that governs the art of war, the core business of the military profession.

The concept of moral law, which remains a subject of much debate, refers to a system of guidelines for behavior, or the rules of behaviour an individual or group may follow out of personal conscience that are not necessarily part of legislated law. It may also be regarded as “the principles, rules and values people use in deciding what is right or wrong”.

Morality, which forms the basis of moral law, is the uniquely human capacity to align our thoughts, decisions and actions with core ethical values (something non-human animals cannot do), while ethics relates to our actual application of that capacity to value choices we make.

Value issues or matters related to the principles of acceptable human behaviour form the basis of ethical conduct. Values can be derived from culture, religion, experience or personal conviction, which are important building blocks for an ethical life style.

People, who make decisions based on their personal values (such as professionalism, human dignity, integrity, trustworthiness and reliability) and act on them in a manner that is not questionable, can thus be deemed ethical.

In a professional environment, ethics should be based on values such as accountability, efficiency, transparency and professionalism and also include the values of integrity, trust, honesty, justice and fairness in personal and professional conduct.

Ethics therefore refers to acting (or living) according to a set of accepted values, be it personal values, group values or organisational (or corporate) values.

Ethical conduct accordingly is a pro-active, cost-effective preventative measure (or management tool) that can help individuals and organisations to avoid lawsuits, judgments and fines and address morale-related issues before it becomes a challenge. It is therefore about the choice between right and wrong or rules of conduct about what is good and reasonable behaviour.

People and organisations can, however, only be expected or forced to act ethically when they have a clear understanding of what is expected of them in terms of defined personal or organisational values, including the consequences of not adhering to these value sets.

People are therefore perceived to behave ethically when their behaviour is of an acceptable standard, when they display the right attitude in performing their entrusted duties, when they make decisions based on their values and when they act on them in a manner that is not questionable.

Individuals, groups, societies and organisations, including the military, are defined by the way in which they deal with their moral issues. It displays the values they hold dear, who and what they are, what they want to be, what they want others to think of them and the way they do things – thus an indication of their true moral character and level of integrity, which, in turn, constitute an important element of their reputation. It also reflects the corporate culture (“the way we do things around here”) that determines their behaviour.

Leaders are therefore expected to guide by virtue - behaviour showing high moral standards - because their followers will live up to the moral standards of their leaders and the standards that their leaders use to treat them.

Ethics is ultimately a matter of reason and acceptance of the consequences of one’s actions. It is about good and reasonable behaviour and manifests itself in disciplined conduct, displaying good manners and actions such as being on time, obeying traffic rules and generally doing the right thing even when no one is looking.

Former President Nelson Mandela believed that it was always the right time to do right. In this sense he echoed the words of the philosopher Immanuel Kant who said: “If man follows not his humours and pleasures but only moral law, the voice of his conscience, he rises to a level of dignity, regardless of his outer circumstances and social position, such as can never be attained by him who pursues only his own happiness”.

“*This article is an excerpt from a background document by Col Riaan Louw for a presentation done on this topic.*
Department of Defence Finance Indaba

Approximately 130 delegates attended the inaugural Department of Defence (DOD) Finance Indaba held at Wonderboom Military Base in Pretoria on 4 and 5 March 2015.

The Plenary Defence Staff Council realised there was a dire need for such an Indaba, involving the various financial stakeholders within the DOD and other role-players from the SA National Treasury. It is crucial that every member of the DOD realise the importance of sound financial management in order to assist the Department in realising its mandate of safeguarding the Republic of South Africa and its citizens. These remarks were reinforced by Secretary for Defence, Dr Sam Gulube, when he said that DOD members have to commit themselves to utilise allocated resources economically and wisely in developing a smart National Defence Force.

Addressing the delegates, Mr Siphiwe Sokhela, the DOD Chief Financial Officer, alluded to the many financial challenges faced by the DOD on a daily basis, such as deployments and the replacement of equipment. He emphasised that everyone was called to this Indaba to establish what all the stumbling blocks and inconsistencies are and to look at deficits and how it will be dealt with and to realise the importance of planning. He felt there is a need for engagement with the SA National Treasury to understand each other’s working environment and responsibilities.

Mr Sokhela urged everyone to safeguard the resources and to operate efficiently, and whatever is done needs to be transparent.

Members of the SA National Treasury and Finance Management Division delivered various presentations at the two-day conference, arranged by the Finance Management Division and hosted by SA Army Signal Formation, within the austerity measures and financial guidelines of the DOD.

Along with the various presentations given during the two days, various statistics were shown to emphasise the importance of good financial management within the DOD, and the urgency that must be taken to resolve outstanding issues.

During the DOD Finance Indaba closing address, the Secretary for Defence, Dr Sam Gulube, again mentioned that financial misconduct must be reported, and those found guilty will be prosecuted. Every member of the DOD has a responsibility to work together towards sound financial management.

During a short interview with Mr Sokhela he answered a few questions:

As this is the inaugural DOD Finance Indaba, do you foresee that this event will become a regular and an integral part on the DOD calendar?

Yes, we want to do it on an annual basis, to take stock of how far we are going in order to bridge the gap.

What do you hope will be the most crucial outcome of the two days?

Is to understand each other, and we understand each and every body’s business within the DOD. We need to understand the operational part, which is the core function of the DOD. As support we need to understand what we need to support on, within the prescripts of the law and the Public Finance Management Act (PFMA).

*Presentations are available on the Finance Management Division intranet website: http://fmd.mil.za:8080/*
Financial misconduct, fruitless and wasteful expenditure can bring the National Defence Force to a halt!

"Prevention of Irregular and Fruitless Expenditure: Starts with me"
Defence Internal Audit opens its new offices

By Sgt Itumeleng Makhubela
Photos by L Cpl Jonathan Mogano

Defence Internal Audit Division unveiled its new offices in Eco Park, Centurion, following its establishment in 2012. The appointment of Ms Gloria Spelman as the Chief Audit Executive (CAE) of the Department of Defence (DOD) with a mandate to establish the Division has made it possible for Defence Internal Audit Division to open its new offices on 6 March 2015.

As one of the provisions in the Public Finance Management Act (PFMA), the establishment of the internal audit is a legislative requirement according to the National Treasury Internal Audit Framework.

Defence Internal Audit Division is characterised by its independence which is under the direction and control of the Audit Committee functionally. It will allow the Secretary for Defence, the Chief of the SANDF, members of the Plenary Defence Staff Council and management to improve the opinions given by the Auditor General South Africa towards a clean audit.

The Secretary for Defence, Dr Sam Gulube, said that on account of scarcity of internal audit skills the Department only appointed the Chief of Internal Audit since the approval by the Ministry of Defence to separate the office of the Inspector General and Internal Audit.

Dr Gulube said: “I am sure the Chairpersons of the Standing Committee on Public Accounts and the Portfolio Committee on Defence will agree with me that this is a milestone worth celebrating as we all know that the military environment is unique. By your presence here today, you have come to bear witness that we have not only complied with the legislation, but have gone a step further to provide a conducive environment where the

ABOVE: Ms Gloria Spelman, the Chief Audit Executive, urged senior management in the Department of Defence to be part of internal audit processes on a daily basis.
CAE can work independently.”

The Secretary for Defence added: “The establishment of internal audit since 2012 has come with the concept of an annual Audit Orientation Workshop which is held after the end of each statutory audit as a debriefed platform to unpack the Auditor General South Africa findings and debate audit and related issues across the Department including all DOD entities with the Auditor General South Africa.”

Dr Gulube said the concept is growing as workshops are held annually and attended by representatives from all the DOD public entities which include the Office of the Military Ombuds, the Department of Military Veterans, Armscor and the Castle Control Board as presented by the CAEs and internal audit stakeholders such as the National Treasury and the Institute of Internal Auditors.

The 2013/14 Audit Orientation Workshop was guided by internal audit that included analysing the DOD’s previous year’s external audit outcome and trends of the audit opinions, review of implementation and the progress made to address the previous year’s action plans in order to address audit findings.

The Chief Audit Executive, Ms Spelman, said the Division was humbled by the presence of the DOD leadership and other government stakeholders who had come to witness as the DOD took up the venture of establishing the Defence Internal Audit Division that started in 2012.

Ms Spelman said the DOD was expected to have an Internal Audit Division in terms of the PFMA which was promulgated in 1999. She indicated that she had a most challenging task when establishing the Division considering the size of the Department with over 76 000 personnel and a R46 billion budget.

She said: “We are here as internal auditors ready to serve the DOD and the profession. I went through a rigorous process of scrutiny and interview before my appointment and I stand before you and give my assurance that I do not take this for granted.”

Ms Spelman said she is moved by the support shown to her by the Chief of the SANDF as he was the first person to sign the Internal Audit Charter, which is supposed to be a statement of authority and responsibility of the internal audit. He had also signed the first internal audit plan.

The Chief Audit Executive explained that she had established the Audit Management Team in which all Services and Divisions of the SANDF are represented.

She said: “I want to urge the Chiefs of Services and Divisions to get involved in internal audit processes on a daily basis. They must nominate someone that will have close interaction with internal audit and give constant feedback.”

The Deputy Auditor General South Africa, Ms Tsakane Ratsela, mentioned that she was privileged to witness the launch of the Internal Audit Division. She said that the most critical challenge of internal and external auditors is understanding the task of those who are audited.

Ms Ratsela revealed that for years the DOD had many complex challenges owing to recording, safe-keeping and valuation of its assets. She said the Department had experienced the difficulty of making appropriate records on facilities in which it had responsibility over.

She said: “Last year, the Auditor General and his senior staff members joined the Chief of Logistics, the Chief Internal Audit and the Head of Asset Management in conducting a physical site inspection at various military units. From this, they had an understanding on what the DOD does and how to audit it.

Ms Ratsela added: “The Internal Audit Division will be able to provide an independent assurance to the Auditor General, the Audit Committee, the Secretary for Defence and the Chief of the SANDF on the status of internal control and risk management protocol.”
New leaderships for the SA Army in the training milieu

By Mr Lufuno Netshirembe
Photos by L Cpl Jonathan Mogano

The SA Army Training Formation and the SA Army Combat Training Centre recently held a dual change of command parade at Lohatla. The mechanised parade consisted of members of the transport and training wing of the SA Army Combat Training Centre while the SA Army Kroonstad Band provided the music.

During the parade members of SA Army Training Formation and SA Army Combat Training Centre bade farewell to Brig Gen Addinnal Fredericks, the outgoing General Officer Commanding (GOC) SA Army Training Formation, and Brig Gen Bhasie Gqoboka, the outgoing Commandant of SA Army Combat Training Centre. They also welcomed Brig Gen Nicolas Mabilu, the incoming GOC SA Army Training Formation and Brig Gen Mawethu Mdlulwa, the incoming

ABOVE: Ceremonially relinquishing his SA Army Training Formation leadership role Brig Gen Addinnal Fredericks (left) hands the sword to Brig Gen Nicolas Mabilu, by taking the sword Brig Gen Mabilu accepts his new role as the General Officer Commanding SA Army Training Formation.

ABOVE: The SA Army Kroonstad Band entertained the audience during the Change of Command Parade. (The Parade Commander was Lt Col George Madella and the Parade Warrant Officer was WO1 Mlungisi Daweti.)
Commandant of the SA Army Combat Training Centre.

Owing to other commitments Brig Gen Gqoboka was not available during the parade, he was however represented by Col Henry Uithaler, the Chief of Staff SA Army Combat Training Centre, who passed the baton and read the speech on his behalf. In Brig Gen Gqoboka’s speech he highlighted some challenges that he had to overcome and he wished Brig Gen Mdlulwa well on his new post.

Brig Gen Mdlulwa was appointed in his post as the Commandant of SA Army Combat Training Centre in January 2015. In acknowledgment and acceptance of his new post at the SA Army Combat Training Centre he promised to do his best in serving the unit and leading the Public Service Act Personnel (PSAP) and the soldiers in training and those who were staffed permanently. He thanked the leadership of the SANDF for having confidence in him to choose him as the right man for the job.

Brig Gen Mdlulwa was born in Willowvale in the Eastern Cape. He matriculated at St Bartholomew Senior Secondary School. He holds a Senior Teachers Diploma. Before joining the SANDF during integration period Brig Gen Mdlulwa served in the Transkei Defence Force in various posts. His military career in the SANDF started as a Company Commander at 1 Parachute Battalion in Bloemfontein. Brig Gen Mdlulwa further holds an MSc degree in Defence and Strategic Studies. During his military career he was awarded the General Service Medal, the Unitas Medal, the Good Service Medal (Silver) and the Good Service Medal (Bronze).

In an interview with SA Soldier both Brig Gen Mdlulwa and Brig Gen Mabilu admitted that they have daunting tasks ahead of them as new leaders of their units. They asserted that they were equally enthusiastic to succeed. Brig Gen Mabilu articulated his ambitious plan of making the SA Army Combat Training Centre a beacon of hope for the impoverished communities that surrounds the unit. He mentioned that he would like to see and prove that truly this organisation is indeed the SANDF for the people.

In a change of command parade great symbolism is attached to the ceremonial aspects, which physically depicts a formal transfer of authority and responsibility for a unit from one officer commanding (OC) or flag officer to another. The passing of colours, standards or ensigns from an outgoing OC to an incoming OC ensures that the unit and its soldiers are never without official leadership. It signifies a continuation of trust and allegiance of soldiers to their unit’s commander. These parades aim to show the importance of Command Structures in the SANDF which are based on military hierarchical systems that recognise levels of authority, leadership and management.
Capt (SAN) Maki Mdashe, Officer Commanding School of Logistical Training, recently hosted the 2014 Military Skills Development System (MSDS) Intake passing-out parade in the form of company review at the Department of Defence (DOD) School of Logistical Training in Wynberg, Cape Town. These MSDS trainees successfully completed the required basic military training at 3 SA Infantry Battalion in Kimberley from January to July 2014 and thereafter the Ordnance Services Corps Training at the DOD School of Logistical Training.

The main functionary of the parade and custodian of the Logistics Division, Lt Gen Bongani Mbatha, Chief of Logistics, presented the trophies to the MSDS trainees who best performed in their training. Pte Shiraaaz Essop was the best trainee in both the Initial Combat Logistical Support and the Initial Driver Training Practical course. Pte Nombuso Xaba was awarded as the best Initial Driver Training learner, Pte Nomawethu Skade as the best Initial Supply Support learner and Pte Lwazi Daniso as the best Road Transport Administration learner.

At the DOD School of Logistical Training these young men and women were training and successfully passed courses in Initial Supply Support, Road Transport Administration, Initial Driver Training and Initial Combat Logistical Support.

Addressing the newly qualified MSDS logisticians on parade, Lt Gen Mbatha praised the learners for wanting to serve their country by choosing to join the SA National Defence Force (SANDF) and become custodians of protecting the state and its sovereignty as legitimately trained soldiers. Lt Gen Mbatha welcomed the MSDS learners to the world of logistics within the SANDF. The Chief of Logistics said: “You are now part of the professional and
Lt Gen Mbatha encouraged the qualified MSDS logisticians on the parade ground to continue being disciplined as they have been during their training. He indicated that many opportunities awaits to be explored in the DOD, among those opportunities were the possibility of any one of the newly qualified logisticians to go for further training in Brazil, China or Cuba. He pleaded with the parents who came to witness this momentous occasion to allow their children as soldiers to be sent for further training in one of the mentioned countries as this will be a real life changing empowerment chance for them. However, Lt Gen Mbatha did not shy away from the fact that the training in Brazil, China or Cuba will only be for a limited students and not for all the qualified MSDS logisticians.

Talking to the parents Lt Gen Mbatha lamented that owing to insufficient funding by the state, the SANDF would not be able to employ all the graduates. He cautioned the parents and the newly trained logisticians not to be disillusioned if because of financial reasons their child may not be permanently employed by the SANDF, because even if the graduates were not employed in the Regular Force they would always be part of Reserve Force. He encouraged the MSDS graduates to further their studies in the different reputable registered academic institutions. The Chief of Logistics said: “Do not wait for the Government to do something for you, be proactive instead and study. It is important that you study mathematics and science; you should therefore take it upon yourselves to enrol for further studies outside the ambit of the DOD/SANDF.”

Lt Gen Mbatha revealed his vision of seeing to it that the DOD School of Logistical Training becomes an academy of logistical training in the DOD. This he said was the dream he was working tirelessly to achieve. The objective of such an academy as he envisions it would be to offer the best logistical training which will compete with the world’s academic training institutions. He further indicated that in his vision he would like the academy to attract learners from various walks of life from all over the world. He urged all the members of the Logistics Division to support this vision.

The Chief of Logistics indicated to SA Soldier that this specific group of the MSDS was quite a disciplined group; there was no reported case of misconduct. He regretted that even though he personally would have loved to have all the graduates employed into the Regular Force, he unfortunately cannot.

Talking to SA Soldier the top achievers of the 2014 MSDS Intake unanimously agreed that the training was tough, but that they were all happy that their hard work had paid off. All four were looking forward to implement their newly acquired skills at a unit level where they would be staffed. They were articulate and excited about the possibility of being nominated to go for further logistical training in China, Cuba or Brazil. Asked if they were aware that going for training in one of these countries will be a prolonged training, they were not concerned about the time frame, but instead they were happy to be sent there as well trained and disciplined young soldiers who will be good ambassadors of the SANDF.
Making a young girl’s dream come true

By Capt Johann Prinsloo,
Communication Officer
1 Special Service Battalion
Photos: Maj Yolanda Prinsloo
and Cpl Motsamai Pitso

Dreams still come true and wishes are granted. Never is a person too old to experience that one thing that they always dreamed of. This was the case with young Babalwa Velaphi who suffers from the life threatening disease, Systemic Lupus Erythematoses. Last month on Friday the 13th her dream became a reality at 1 Special Service Battalion at Tempe when she acted as a Peace Negotiator during a simulated exercise.

Through the Reach for a Dream Project, via the SA Army Armour Formation, a day was identified to realise the dream of Babalwa (18) from Port Elizabeth. Capt Johann Prinsloo, Communication Officer of 1 Special Service Battalion (1 SSB), was tasked to plan and execute an event that will realise Babalwa’s dream to be a Peace Negotiator in the SA National Defence Force (SANDF). All planning and preparations started and a detailed plan and project was finalised for the specific day.

This young girl arrived on Friday morning, together with Ms Charné Blume, the Branch Manager of Reach for a Dream in Port Elizabeth. On arrival, after the welcoming at the 1 SSB Club, Babalwa got dressed in a camouflage overall and bush hat. L Cpl Pulane Monare, the clerk of Bravo Squadron, was Babalwa’s chaperone for the day. After a short briefing the group left for the General De Wet Training Area. Babalwa had the opportunity to ride in the turret of a Rooikat Armoured Car from Tempe to the training area.

On arrival at the training area, everybody had coffee (in true military style; sitting on the ground under a tree, drinking from the yellow cups that are part of the eating utensils used by all troops). Capt Prinsloo briefed Babalwa, and the group, about the simulated scenario awaiting them. They were now in an area that was occupied by Local Population (Brug tribe), situated between Bloemfontein (the base of own forces) and Reddersburg (the base of the enemy). The task of Babalwa was, when
conflicts, through an interpreter (Trooper Queen Bantsha) with the leader of the Brug tribe. After calming the leader down (La Sempe Shongwe), the conversation and negotiations continued. The Brug tribe stated their problems and grievances and Babalwa listened and then offered workable solutions and assistance, which was to the benefit of all the parties.

Standing on the side, as an observer, I really felt sorry for her at the beginning, due to the screaming, dancing, aggressiveness and animosity of the Brug tribe members, surrounding Babalwa and trying to intimidate her. She surprised all of us, by standing her ground, keeping calm and not backing down or detouring and deviating from her task and mission. She pushed through and completed her mission with distinction.

After this scenario was completed, all members greeted her and they posed for photographs and shared laughs and complimented her on a job well done. We then mounted our vehicles and returned to the Club at 1 SSB. Here, Babalwa had the opportunity to discuss her experience, the peace negotiation scenario and her overall feeling of the day. She was very impressed with all the preparations, the detail of the programme and the life-like experience during the ambush and the negotiation process. She also expressed her respect for the soldiers of 1 SSB and complimented them for their discipline, professionalism and also for welcoming her and making her feel as a member of the unit.

The programme was concluded with Babalwa receiving two framed pictures of the action of the day (before and during the peace negotiations) as well as a scale model of an armoured vehicle. She also received a certificate, congratulating her on her success and determination as a Peace Negotiator and our prayers for healing and recovery.

It was a privilege and an honour to assist, host and realise the dream of a young girl, which is so positive and full of vigour and enthusiasm, despite her illness. We must take the chance to reflect and do introspection and appreciate the health, privileges and blessings we receive daily and live to the maximum of our abilities. We have only one life: live it to its fullest! 

Ambushed or confronted by these members of the Brug tribe (members of 1 SSB dressed like civilians and very angry and aggressive), to negotiate and explain that they were part of Bravo Squadron, 1 SSB (SANDF) and that they were not responsible for the atrocities that took place in the area of the Brug tribe. She had to explain what her unit and defence force wanted, needed and also could provide to the Brug tribe, which would be to the benefit of all involved.

After mounting the vehicles they started with a “patrol” in the area, doing reconnaissance and searching for possible locations or indications for an ambush. Approaching a blind height, smoke grenades were thrown in the road and as they stopped and debussed, chaos broke loose. A large grouping of the Brug tribe, armed with axes, stones, machetes and sticks, surrounded them. Babalwa stepped forward and started the negotiations, through an interpreter (Trooper Queen Bantsha) with the leader of the Brug tribe. After calming the leader down (La Sempe Shongwe), the conversation and negotiations continued. The Brug tribe stated their problems and grievances and Babalwa listened and then offered workable solutions and assistance, which was to the benefit of all the parties.

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Mr Simba Matabula, who are in his late forties and working as a clerk at the Department of Education, says he gave little thought to his health until he passed blood in his urine one day and thought it might be a good idea to visit his Government Employees Medical Scheme (GEMS) doctor to have this checked out. Mr Matabula got the fright of his life when a series of tests showed that he had prostate cancer.

Mr Matabula counts himself as fortunate to have made the decision to visit his doctor that day for it was soon found that his cancer had not spread beyond his prostate and it was successfully treated through the surgical removal of the prostate gland. Indeed, Mr Matabula’s doctor told him that his trip to the doctor could well have saved his life for the cancer was detected early and could be treated effectively.

The doctor went on to point out to Mr Matabula that while women are constantly encouraged to be on the look-out for breast and cervical cancer, most men have little idea about the medical conditions that affect them. “Men tend to avoid healthcare check-ups much more than women,” he pointed out. “I believe that this is a mistake because the early detection and treatment of medical conditions such as prostate cancer can be life-saving.”

At the GEMS we encourage our members to take control of their family’s health and deal with any potential men’s health problems so that these can be effectively treated.

Men’s health refers to health issues that are specific to the male anatomy. Some of the most important health issues facing men are cancers such as prostate and testicular cancers, but other medical conditions such as benign prostatic hyperplasia (BPH) are also important and affect many men.

The Cancer Association of South Africa (CANSA) believes men should be more proactive in the fight against male cancers through conducting self-examinations and having annual prostate specific antigen (PSA) blood tests for prostate cancer at their doctor. If men know what symptoms to look out for and are alert to the warning signs for prostate and testicular cancers the latter can be detected and treated appropriately.

CANSA advises men between the ages of 15 and 40 years of age to examine their testicles for pea-size lumps, which could reveal testicular cancer. This can be done after a bath or shower once every month.

Those who are over the age of 50 should go for a PSA blood test for prostate cancer, the most common of all male cancers. A PSA blood test, a digital rectal examination, an ultrasound, biopsy and urine test may all be used to detect prostate cancer. Once test results are available, the doctor will notify the patient and, if needed, refer him to a specialist for further investigations.

According to CANSA, men should be alert to the following warning signs:

- Difficulty passing urine.
- Passing urine more frequently.
- Urgent need to urinate.
- A feeling that the bladder has not emptied.
- Pain or burning feeling when passing urine.
- Blood in urine.
- Any of the above combined with pain in the lower back, upper thighs or pelvic area.

Even though these symptoms may just indicate an infection, they may also be the onset of prostate cancer, so it is important to have them investigated by your doctor.

Another common condition affecting men, particularly older men, is enlarged prostate, which is also known as benign prostatic hyperplasia (BPH). This is a non-cancerous enlargement of the prostate and it affects more than half of all men over the age of 60.

Although BPH is a common health problem, many men lack awareness and understanding of the condition. Common symptoms of BPH include
frequent urination (especially at night), weak urine flow, pain or burning during urination and starting or stopping during urination. These can have a devastating impact on their quality of life. Treatment options for BPH typically involve medication or a surgical procedure. A minimally invasive surgical treatment is also available at some centres.

Healthy lifestyle choices may help to prevent many medical conditions that affect men. It is therefore important to start making these choices today. A healthy diet, getting some exercise, quitting smoking and heavy drinking can all help to ensure that you stay healthy.

Remember, taking care of your health is an investment in your and your family’s future. Educate yourself about men’s health issues and visit the doctor should you have any health concerns. Having an annual medical check-up, especially if you have a family history of cancer, can help you to detect this disease early enough for treatment that may just save your life.

For any GEMS member queries please phone the GEMS call centre on 0860 00 4367 or visit our website at www.gems.gov.za. GEMS will assist you in every way possible to ensure you and your family’s health and well-being.

References:
• Mayo Clinic, www.mayoclinic.com/health/mens-health/MC00013/METHOD=print

*Ms Anne Dolinschek is a contributor to SA Soldier.

Show a little love to your heart

By Ms Martina Nicholson, Martina Nicholson Associates (MNA)
Photos by Ms Nozipho Zondo

Heart disease is a major killer in South Africa, causing thousands of deaths every year. It is concerning how we take our health for granted and how careless individuals can be about their personal well-being, especially with heart disease which is usually aggravated by or linked to lifestyle.

So what’s the deal?
Cardiovascular disease (CVD) refers to any disease of the heart and blood vessels. CVDs such as hypertension and coronary artery disease may predispose a person to heart attacks, heart failure and strokes. According to Dr Jacques Snyman, a clinical adviser, “most heart diseases and strokes can be prevented by making certain lifestyle choices, such as exercising, eating a healthy diet and nipping the smoking habit in the ‘butt’.”

Is there enough hype about hypertension?
Hypertension, also known as high blood pressure, is a condition in which the arteries are subjected to persistently elevated blood pressure. Dr Snyman explains: “Blood pressure is a measurement of the ‘force’ of the blood pumped by the heart against a person’s artery walls. High blood pressure is when this force is strong enough to cause damage to blood vessels and organs and may lead to several illnesses, such as kidney failure, heart failure, aneurysm, stroke or heart attack.”

As many as 1 in 3 people in South Africa are currently living with high blood pressure, which is one of the leading causes of heart disease and strokes in the world. According to the Heart and Stroke Foundation of South Africa, almost half of those affected do not even know they have hypertension, which is why the disease has been dubbed the “silent killer”.

Dr Snyman says: “It is critical to go for regular blood pressure checks, especially if you are an older individual or if you have any history of high blood pressure.”

Coronary artery disease
Coronary artery disease develops when the coronary arteries (the major blood vessels that supply your heart with blood, oxygen and nutrients) become blocked by a build-up of inflammatory fatty deposits of cholesterol called plaque on the inside of the blood vessel wall. This build-up is known as atherosclerosis and the arteries become narrowed, restricting the supply of blood and oxygen to the heart and other vital organs such as the brain and kidneys. Dr Snyman warns: “This is a very dangerous medical condition because if the plaque ruptures, it causes an instant clot inside the artery, cutting the blood supply to the heart muscle instantaneously which results in a heart attack.”

ABOVE AND NEXT PAGE: Most heart diseases and strokes can be prevented by making certain lifestyle choices, such as exercising, eating a healthy diet and nipping the smoking habit. L Cpl Edward Mokoena took up the challenge.
What to do in the event of a heart attack?

It is important to know that the first hour after the onset of a heart attack is called the “golden hour”, which is a critical time as the heart muscle starts to die within 80 to 90 minutes after it stops getting blood.

Dr Snyman asserts: “It takes about six hours for the affected areas of the heart to have irreversible damage. Most deaths and cardiac arrests happen during this period. Unfortunately most people tend to ignore the symptoms of a heart attack until it is too late. However, if the symptoms are correctly identified and appropriate medical care is received quickly within this period, near-complete recovery can be expected.”

What are the symptoms of a heart attack?

A heart attack often starts with mild symptoms that may not be particularly painful. Many people experience a tightness or squeezing sensation in the chest. It is important to get emergency medical assistance immediately if you experience any of the following symptoms for two minutes or more:

- Pressure, fullness, squeezing or pain in the centre of the chest
- Chest pain moving outwards to the neck, shoulder(s) or arm(s)
- Severe pain, sudden weakness, dizziness, fainting, sweating, nausea or shortness of breath

- Extreme fatigue
- Pain in the abdomen or back

Dr Snyman says: “Heart attack symptoms in men and women can also be very different. A typical symptom of a heart attack in men is discomfort or pain in the chest, which may spread to the neck, shoulders or jaw. Women, on the other hand, are more likely to experience extreme fatigue, dizziness and pain in the abdomen or back.”

Debunking the myths

- **Heart disease is a man’s disease**
  – Dr Snyman says: “Heart disease kills more women than all female cancers combined. What many women do not realise is that their risk of suffering a heart attack increases drastically when they approach menopause. There are also changes in the walls of the blood vessels, the levels of lipids (fats) in the blood and an increase in fibrinogen (which helps blood to clot). These factors can all cause heart disease and stroke in women.”

- **Coughing repeatedly can help you survive a heart attack** – You cannot cough away a heart attack. If you experience any of the above symptoms, seek medical attention immediately.

- **I am too young to worry about heart disease** – You are never too young to worry about the health of the heart that you are in love with it. Remember! Prevention is ALWAYS better than cure!

Avoid getting coronary heart disease, hypertension or suffering from a heart attack by taking these easy steps to start loving your heart:

- Make your life a no-smoking zone – smoking is one of the biggest risk factors for heart disease
- Get your blood pressure checked regularly
- Maintain a healthy weight – a body mass index below 25 is ideal
- Keep an eye on your cholesterol – your cholesterol should be less than 5 mmol/l (discuss with your health care provider as this may even be too high for some patients)
- Control your blood sugar levels
- Get moving! – try and exercise at a moderate intensity for at least 30 minutes a day four times a week and increase the intensity as you start feeling fitter and stronger
- Eat a “heart friendly” diet – avoid salt, sugar and saturated fats. Rather opt for whole foods like fruits and vegetables, fish, proteins, nuts and whole grains
- Limit your alcohol intake – remember the old adage “everything in moderation”
- Adherence to prescribed medicines and activities is one of the best ways to avoid heart disease
- Do not wait for the consequences of your lifestyle choices to impact your health negatively. Start choosing a healthier lifestyle today and show your heart that you are in love with it too.

*Ms Martina Nicholson is a contributor to SA Soldier.*
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Farewell to the most senior SA Corps of Signals member

By Maj Lizette Lombard, SO2 Corp Com SA Army Signal Formation

Photo by WO2 Sieg Maree

The illustrious military career of Brig Gen Ian Robert Fordred, spanning 41 years, ended on 27 February 2015. The SA Corps of Signals bade farewell to its most senior corps member during a retreat parade arranged by the SA Army Signal Formation held at Wonderboom Military Base in Pretoria. The parade and function was attended by more than 200 guests.

During the farewell function Brig Gen Fordred thanked his wife, Ms Lynn Fordred, for being central to his successful 41 year military career. He also thanked his children, Gordon and Claire, and various other members for being pillars of support.

Brig Gen Fordred was born in Johannesburg on 12 February 1955 and attended the St Martins School, from which he matriculated in 1973. On attestation into the Permanent Force in 1974 he was selected for officers training at the Military Academy in Saldanha. On completion of his time at the Military Academy, he was appointed as a troop commander at 1 Signal Regiment in Heidelberg in 1976.

In 1977 he was transferred to 2 SA Infantry Battalion Group in Walvis Bay as the Signal Troop Commander, later becoming the Signal Squadron Commander of the Military Area, Walvis Bay. On his promotion to Captain in 1979, he was transferred to 1 SWA Signal Regiment in Windhoek as Officer Commanding. While serving in this position he was involved in numerous operations undertaken on the South West African border and in Angola.

In 1982 he was transferred to the SA Army Battle School as the Signal Wing Commander, a position he held until December 1985. During this period he was involved in the planning and execution of numerous divisional and brigade exercises. In January 1986 he was appointed as Officer Commanding 1 Signal Regiment, responsible for basic military training and signal operator training. He held this post until December 1988.

During 1989 he attended and successfully completed the SA Army Command and Staff Course, after which he returned to the Army Gymnasium in 1990 to serve as the Second-in-Command until 1992. After his promotion to Colonel, he was transferred in 1993 to the Directorate of Signals in Pretoria and appointed as the Senior Staff Officer (SSO) Signal Operations, responsible for the planning and coordination of all signal support throughout Southern Africa.

In December 1995 he assumed the command of 2 Signal Regiment and served in this post until 1997. During this time he also completed the Joint Staff Course. On 1 January 1998 he was appointed as SSO Tactical Telecommunications at the Directorate Telecommunications and Electronic Warfare.

In 2000, with the establishment of the Command and Management Information Systems (CMIS) Division, he was appointed as SSO Telecommunication Projects at the Information and Communication Technology Directorate, responsible for the compilation of new information and communication technology (ICT) requirements to support the SANDF.

After his promotion to Brigadier General on 1 April 2001, he assumed the post of Director Command and Management Information Operations. In 2003 he was appointed as Director Information and Communication Technology, a post he held until May 2008. He was then appointed Acting Chief of the Command and Management Information Systems Division, a post he held until October 2010. On 1 November 2010 he assumed the post of General Officer Commanding CMIS Support Formation, the position he served until 27 February 2015.

During his military career he was awarded the following medals and commendations: the Southern Cross Medal, the Military Merit Medal, the Pro Patria Medal, the Southern African Medal, the General Service Medal, the Unitas Medal, the 30 Year Good Service Medal, the 20 Year Good Service Medal, the 10 Year Good Service Medal and the Chief SA Army Commendation Certificate.
Pte Gregory Gans currently busy with basic military training at Lephalale (SA Military Health Service) is arguably the best combatant in South Africa within his weight class (under 75kg), being the South African Kickboxing Champion and the South African Boxing Champion.

Pte Gans, known as “The Hitman” in the boxing and kickboxing circles, has recently during the SA National Amateur Boxing Organisation (SANABO) round robin boxing event, caused great excitement among the spectators when he fought like a real SANDF warrior against the SANABO boxers who have been earmarked to compete in the 2016 Olympics.

The performances of Pte Gans during the said event secured him a definite place within the SANABO Squad and his road to the 2016 Olympics has begun. From now until the 2016 Olympics the SANABO team will be subjected to a full programme consisting of training camps and international competitions, such as the All Africa Games and the World Championships. This will be a very hard and exciting road to Olympic glory for the only SANDF boxer in the SA Team.

Pte Gans was part of the Military Academy’s community sport outreach programme instituted in 2009 by the then Commandant of the Military Academy, Maj Gen Lindile Yam, a programme which was further strongly supported by the current Commandant, Brig Gen Lawrence Mbattha. At the time Pte Gans was only 13 years of age and shown exceptional talent. Together with his father, Mr Errol Gans, he was taken under the wing of Capt Josh Cloete, the Physical Training, Sport and Recreation (PTSR) Officer of the Military Academy, to pursue sporting excellence within the boxing and kickboxing world.

With extremely hard work and dedication he obtained his National Colours (Protea) for Kickboxing within the first year of starting with the sport. He won the 2009 SA Kickboxing Championships and was selected for the National Team whereafter he represented the country in an international bilateral competition against
WO2 Greg Faure – An inspiration to all of us

By Cdr Greyling van den Berg, SO1 Internal Communication
Navy HQ
Photos by WO2 Oupa Moraille and AB Kenny Nedzanani

WO2 Greg Faure, working in Simon’s Town, recently completed his fifth Midmar Mile swim, despite being a quadriplegic.

One of the most inspiring stories within the SA Navy has happened without many people being aware of it. Many SA Navy members working in Simon’s Town have seen WO2 Faure travel (by wheelchair) from his house in West Yard to SAS SIMONSBERG submarine school. Many would wave at him and be greeted by a friendly smile. Some of us would even see his loving wife, Penny, either see him off in the morning or meet him when he returns in the afternoon.

Some would wonder what the Warrant is doing in the SA Navy and maybe even how he came to be the way he is. WO2 Faure is currently working in the submarine training centre where he is the Computer Based Training Senior Facilitator. He is described as a very knowledgeable and friendly instructor by his students.

WO2 Faure was injured in a motor vehicle accident in December 1998. He was driving home late at night and fell asleep behind the wheel. His bakkie crashed on Kommetjie Road just after the Ocean View turn-off, less than a kilometre from his home. He said he woke up in hospital and was in-and out of consciousness for the next 48 hours. Eventually his doctors told him he was a C5/C6 quadriplegic complete, meaning there is no chance for his condition to improve. He was in hospital for a number of months and it took a long time before he went back to work.

Many people supported him during this difficult time, even people whom he knew when he was growing up. At that stage Penny was a teacher at Wynberg Girls High and he was lying in 2 Military Hospital. She was told by a shared acquaintance of WO2 Faure’s injury and visited often. Despite the injury their love grew over the years and they were eventually married on 2 April 2005.

Towards the end of 2010 two of the Local Boxing Federations in order to compete in boxing competitions as well. Subsequently he became the Western Cape Champion and won the SANABO Championships in 2012 and 2014. Adding to this achievement, he also won the boxing title at the 2012 SA Youth Games held in Polokwane.

This year will be a very busy sporting year for this young soldier; SANDF Boxing has not had such an exciting athlete for a very long time. His attitude towards this sporting code and physical fitness can only make him a great ambassador for SANDF sport holistically. Pte Gans already received great respect from his peers and seniors within the boxing and kickboxing fraternity within the country at large.

ABOVE: Mr Grant Steytler pushing WO2 Greg Faure at the Midmar Mile on their right is LS Themha Zikali from Naval Station Durban.
his friends, Mr Grant Steytler and Mr Greg Youens, challenged WO2 Faure to swim the Midmar Mile. He first had to check with his doctor whether he can do the swim. He was given the go-ahead and approached the Physical Training Instructors at Naval Base Simon’s Town Gymnasium to help him train. He put in hours at the Navy pool in Simon’s Town and later started to swim from a private gymnasium in Tokai. Throughout this time he was staunchly supported by his wife.

For those of you who have not yet been to the Midmar Mile, you have to know that the start of the race can be one of the most daunting elements of this tough race. Imagine 500 swimmers rushing to the water (in an area of about 70 meters in breadth) to try and swim to the other side as quick as possible. This is followed by another 500 swimmers three minutes later, and another 500 three minutes after that. The start of the race is very chaotic and many swimmers tell stories of being kicked and pushed even before the race truly gets under way.

It must be very daunting for someone who cannot walk to brave this chaotic start. However, due to his nature this does not worry him at all. At the start of the race WO2 Faure is taken by wheelchair into the water, lifted out, placed in the water and then his flotation devices are put in place. Remember he cannot use his legs; they must be fitted with flotation devices. He only has limited use of his arms (only his biceps – or muscles at the front of the upper arm only). He uses a neck pillow (of the type that one buys to sleep on an airplane) that he places under his vest to lift his head out of the water. He then proceeds to swim 1 600 meters lying on his back. Throughout the race he is watched by his support team of Navy divers. As you can imagine he has no point of reference to see where he is going and depends on the support divers to direct him. At no point can he kick his legs to take the load off his arms. He must just grind out all of those 1 600 meters. His support divers constantly tell him which direction to go and also ask other slower swimmers to make way, because he cannot steer himself as easily as they can.

The improvements in his time swimming the Midmar Mile over the last five years are nothing short of remarkable: In 2011 (1 hour 16 min), in 2012 (1 hour 8 min), in 2013 (57 min), in 2014 (50 min) and in 2015 (47 min).

What makes these times even more remarkable is that when he finishes the race he is placed back in his wheelchair, and then pushed over the finish line. With all the delays one can comfortably say that he swims the physical distance in under 45 minutes. There are many able-bodied swimmers who cannot complete the race in that time.

What makes this year so special was that his loving wife, Penny, swam the race with him, in honour of their 10 year wedding anniversary which took place on 2 April.

WO2 Greg Faure is truly an inspiration to all of us and it shows what is possible if you give your all. Warrant Faure – we salute you, and are all proud to serve with you!

He reminds me of a quote of Franklin D. Roosevelt, former US President: “The only limit to our realisation of tomorrow will be the doubts of today”.

LEFT: WO2 Greg Faure is held into the water at the start by his supporters. His wife, Penny, is on the right of the picture also assisting him.

BELOW: Mr Grant Steytler, a friend of WO2 Greg Faure, LS Themba Zikali from Naval Station Durban and AB Tertius Gagiano from SAS IMMORTELLE pushing WO2 Faure to the finish line.
**SANDF triumphs in the SA Forces Cricket Championship**

Article and photos by F Sgt Lester Meek, Communications Officer SANDF Cricket Association

Just recently the SANDF Cricket contingent arrived on the grounds at 1 SA Infantry Battalion in Bloemfontein to compete in the SA Forces Cricket Championships. The Tournament which is sanctioned by Cricket South Africa was contested by the host, the SA National Defence Force (SANDF), the SA Police Service and the Department Correctional Services.

The annual SA Forces Cricket Championship has been won by the SA Police Service for the past several years. This year’s Championship was also boosted by the inclusion of women cricket to the SA Forces which is in keeping with the mandate of Cricket South Africa to promote women cricket in South Africa.

The Championship began with a round robin of T20 matches and excellent cricket was being played both from the men and women. The second part of the Championship began with the longer format of the tournament - the 50 overs matches - an outstanding display of cricket at all levels with most matches going down to the wire.

However, it was the year of the host of the Tournament - the SANDF was ultimately victorious in winning the SA Forces Cricket Championships 2015. The SANDF woman’s cricket team were also victorious in winning their segment of the SA Forces Championships. As victors it is an honour for SANDF Cricket to bring home the trophy for the SANDF.

During the SA Forces Week a development clinic was also held with the assistance of the Free State Cricket Union in order to give back to the local community as part of the SA Forces’ community initiative.

An SA Forces team was also selected during the Tournament and several

Dutch Sea Cadet visits TS WOLTEMADE

CPO Maikel Overbeeke from the Netherlands Sea Cadet Corps at Harlingen recently visited TS WOLTEMADE. As is customary he and the Officer Commanding TS WOLTEMADE, Lt (SCC) Paul Jacobs, exchanged ships badges.

The Netherlands have 21 active Sea Cadet units. Many are accommodated in floating units comprising ex Naval Vessels (Ton Class minesweepers), patrol craft and inshore vessels. These ships are staffed and maintained by Sea Cadet Officers, Non-commissioned Officers and Ratings. Funding is partially provided by local town councils with limited assistance from the Royal Dutch Navy. The advantage of having a floating unit is that the Ship’s Company get practical experience and go to sea every month. During the school vacation periods the ships visit foreign ports in Europe and have an annual camp. Recently CPO Overbeeke’s unit, a Ton Class minesweeper, visited the United Kingdom.

ABOVE: CPO Maikel Overbeeke from the Netherlands Sea Cadet Corps at Harlingen (left) and Lt (SCC) Paul Jacobs, the Officer Commanding TS WOLTEMADE, exchanged ships badges.

SANDF players were selected to represent the SA Forces in a match to be played against the SA Rural Selected Team at the Senwes Cricket Oval in Potchefstroom. The match was an exciting and nail-biting game which went down to the wire. However, despite all efforts the SA Forces team eventually succumbed to the SA Rural Team in a very closely contested match.

It must also be mentioned that the success of the 2015 SA Forces Cricket Championships is due to the continued support from the Chief of the SANDF and all the Service Chiefs and to them we say SANDF Cricket salutes you.

Our body is like a boat

By Chaplain/Vipra Kirun Satgoor, Naval Station Durban

O GOD who leads us, grant us a body–boat for us to enjoy sailing in the World Ocean, for us to travel with speed towards our Home of Freedom and liberation. Fitted with wheels and oars that constantly move, let this body-boat take our heroes and sacrificing people to the other shore of the World Ocean where they will find refuge.

Every day, we all pray for an easy life, we all wish that trials, tribulations and stresses never befall us, that there be enough resources whereby life can be successful, but many times we get the distinct feeling that we are entangled in challenges, either we are on the verge of losing our jobs or we are losing communication with our co-workers or we are estranged from our spouse or our children are rebellious at home and are failing academically or our neighbors are not in harmony with us or the temple or church we attend is malfunctioning because of broken relationships among worshippers.

Where do we go, and to whom do we turn, to look for some comforting advice? How do we remain afloat in this deep flood? As a solution, this beautiful prayer says we can address GOD the Creator and Sustainer of the universe who beams HIS torch of Knowledge while HE leads us to a better experience. In this prayer, we first ask that our body be converted into a boat. Why? Because we all sinking in the tsunami of problems. Everywhere we turn we see event waves rising in merciless fury, and they keep bashing and tossing us around in endless circles.

The fear of sinking robs us of the capability to ponder effective means of safely reaching a place of refuge. We realise that, if we can have access to a boat, we can sit in it and with strong rowing; we may reach some place of safety.

The boat we are talking about is not far away, it’s within reach – it’s our own body! The human body has been compared to a beautiful city, to a car, and in the above prayer to a boat. If our body-boat can be made firm by healthy food and exercise and if the cognitive senses (the oars) and the active senses (rudder, wheel) can be in constant motion and give strong sense of direction to the body-boat as it cuts through the ocean and waves (daily activities), then we can be rest assured that we will eventually overcome huge event waves and reach safely ashore. We can even enjoy the sailing while it lasts, i.e. as long as we live in the world, we can dispassionately witness all that happens in and around us and not be subjectively submerged.

The people who deserve to sit in this kind of body-boat include all those who do not believe that sinking in problems and ultimately dying is the only alternative. They are never afraid to take risks in grabbing at any means to escape from sufferings, sinking and dying. Such heroic people sacrifice and share their resources for other human beings to one day reach a destination similar to theirs. This common destination for all souls is emancipation from pain, misery, sorrow, frustration, affliction and suffering. This Realm of Emancipation is Home, GODs Home, the Home of our Universal Parent. By virtue of all of us being HIS Children, we belong to that heavenly home. When we arrive there, we live for a most prolonged period, roaming freely and enjoying supreme happiness.

So, as I recite and analyse this prayer, will I succeed in strengthening my oar like cognitive senses and my wheel like active senses? Do I truly enjoy living in this body-like boat as it sails across the World Ocean? Am I making heroic decisions to speedily sail towards Home, and, am I ensuring that less fortunate souls also reach Home?

*Reference: Gems from the Rigveda
Chief of the SANDF Easter Service

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

The SA National Defence Force (SANDF) members working at Defence Headquarters (DHQ) in Pretoria recently gathered for the Chief of the SANDF Easter Service. The service started with church hymns sang by members of the DHQ Choir who were later joined by the Garrison Choir.

Col (Rev) Maselo Mothopeng touched the people with her sermon. She reminded the members to remain faithful: “Nothing can hinder the Lord from saving us. We are all going through different situations and it does not matter how big or small; nothing can hinder the Lord from saving us. Ours is just to submit to the Lord and to never get tired of praying because He responds at his own time, but still He will respond”.

The purpose of the service was to remind members of the SANDF to observe Easter as the holiest of religious periods in our country. Also to wish well all members that were going to travel to different destinations for the Easter weekend.

On behalf of the Chaplain General, Col (Dr) Tobias Masuku gave a vote of thanks to the members before sending them off with a prayer.

ABOVE: Col (Dr) Tobias Masuku concludes the Chief of the SANDF Easter Service with a prayer.

ABOVE: The Defence Headquarters Choir performing at the Chief of the SANDF Easter Service.
Medicinal myths and a lack of care for our natural environment will be the forces behind the extinction of this magnificent animal.