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What is Raynaud’s disease?

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FRONT COVER: Pte Zimkhitha Kama (left) and Pte Nelisiwe Sikhakhane from the National Ceremonial Guard with Zandile Mahlangu, a Grade 12 learner from the Morris Isaacson High School, during the SA National Defence Force exhibition to commemorate the 40th anniversary of the June 16 Soweto Uprisings. (Photo by S Sgt Lebogang Thaole)

ABOVE: The Chief of the SA Air Force, Lt Gen Zimpande Msimang, congratulates the fittest male on the SA Air Force Officers’ Formative Course, CO Katlego Kekana. (Photo by WO2 David Nomshongwana)

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message

from the editor’s desk

This year on 16 June we commemorated the 40th anniversary of the historic 1976 Soweto Uprisings with the theme: “Youth Moving South Africa Forward.”

Forty years ago on 16 June 1976 more than 20 000 learners from schools in Soweto marched against Afrikaans being used as the medium of instruction and for better education.

In remembrance of the class of 1976 the Government declared 16 June a national holiday, which is now known as Youth Day. Therefore in celebrating our youth – our future leaders - this edition mostly focusses on our young people.

The SA National Defence Force (SANDF) recently held a career exhibition at the Morris Isaacson High School in Soweto as part of the 40th commemoration of the historic 1976 Soweto Uprisings. Addressing the learners, Col (Dr) Irvin Khoza said: “The only reason why I honoured this invitation today was to avail myself of this opportunity to share my vision of a better tomorrow, whose realisation depends on what we do today.” I urge our readers to read the extract of the speech of Col (Dr) Khoza delivered at Morris Isaacson High School (pages 17 to 19).

The Department of Defence (DOD) celebrated Youth Day at 3 SA Infantry Battalion in Kimberley. Presiding over the parade was the Chief of Logistics, Lt Gen Morris Moadira, who cautioned that the youth in the SANDF must be responsible as that breeds discipline, which is the essence of what military members represent. He stressed that discipline was not negotiable since it built future leaders in the military and society in general.

Lt Gen Moadira added: “The youth needs to overcome destructive and uncontrollable behaviour. In order to emulate the youth of 1976, the youth of today must be responsible as that breeds discipline, which is the essence of what military members represent. He stressed that discipline was not negotiable since it built future leaders in the military and society in general.”

Let us as seniors strive to be reputable role models for the youth. Let us take hands in empowering and mentoring those young inquisitive minds. We should encourage and motivate our future leaders and be an inspiration to them.

Nelda Pienaar
Editor SA Soldier

THE 100TH ANNIVERSARY OF THE SINKING OF THE SS MENDI COMMEMORATION

Next year on 21 February the SA National Defence Force (SANDF) will be celebrating its fifth annual Armed Forces Day in Durban, KwaZulu-Natal. This day will be extra special because the SANDF shall also commemorate the centenary anniversary of the sinking of the SS Mendi - the historic tragic disaster of human loss. In our country’s military history we can never forget the fateful sinking of the SS Mendi that resulted in the death of 600 black soldiers of the South African Native Labour Corps during World War I. As we celebrate Armed Forces Day, we recognise both our history as well as the future of our national defence. On Armed Forces Day we should pause as a nation to remember our men and women who have fallen by the wayside during their call of duty.
Described by many colleagues, family and friends from the SA National Defence Force (SANDF) fraternity, as a man of wisdom, great calibre and a visionary who was mostly respected for his kindness and generosity, a valiant soldier with a high degree of military discipline. On 17 October 2015 hundreds of SANDF members and the local community gathered at Pabalelo community hall in Upington in the Northern Cape to bid farewell to the late Private Toto Tom “Lunchboy” Malashe who was buried with full military honours.

Private Malashe was deployed to the Darfur Region in the Sudan, under the auspices of the United Nations – African Union Mission in the Sudan (UNAMIS), Operation CORDITE XX, when he died after displaying unflinching gallantry when members of the SANDF repelled a deadly ambush by the heavily armed rebels in the Sudan on Sunday morning of 27 September 2015.

He joined the SANDF in January 2005 and did his basic military training at 3 SA Infantry Battalion in Kimberley. Thereafter he went to do Infantry Corps courses at 1 SA Infantry Battalion, home of mechanised units. He was then transferred to 8 SA Infantry Battalion in Upington.

Private Malashe was a Mechanic by profession in the SANDF when he met his untimely death.

The General Officer Commanding of the SA Army Infantry Formation, Maj Gen Lindile Yam on behalf of the Chief of the SANDF, Gen Solly Shoke, while delivering his eulogy at the funeral service, said: “It is with heart wrenching sorrow that I pay tribute to one of my infanteers who courage and assist my comrades in arms, even at the risk of my own life”, Private Malashe did exactly that.

The Acting Officer Commanding 8 SA Infantry Battalion, Maj Mahloko Motaung, said: “We have adopted the family of Private Malashe to be part of the 8 SA Infantry Battalion family. The memories we have shared with Private Malashe will be cherished and remembered. He will forever live in our hearts. Pte Malashe was known as a disciplinarian who was committed to a disciplined SANDF guided by strict military discipline.”

Private Malashe is survived by his wife, Ms Florence Malashe, daughter Busisiwe Malashe, three sons: Kamvalethu, Thembisile and Lungelo, as well as his four sisters and three brothers.

Lalangoxolo Toto Tom “Lunchboy” Sanaki Malashe, Mngoxongo, Hala, Sophitsho, Ngqolo-Msila, vulaBambhentsele, ZondwaZintshaba (traditional praise of the Malashe family).
MILITARY SKILLS DEVELOPMENT SYSTEM REVIEW

The SA National Defence Force (SANDF) introduced a system for training young people in order to rejuvenate the SANDF, namely the Military Skills Development System (MSDS).

Thousands of healthy youngsters fresh from matric are recruited and the Department of Defence (DOD) trains these youngsters of different religions, racial groups and cultures in the military culture.

When the young people sign their letters of appointment they are excited to have a job as they are then able to put bread on the table for their families, but they often fail to read the part stating that they are only given a two-year training contract, after which they have the option to join the Reserve Force.

The MSDS is good, but does it serve a purpose? How is it helping the youth and South Africa as a whole? What good does it do if one is provided with military skills, only to find oneself back on civic street.

The SANDF is creating a criminal Army in the country because after the two years of training these youngsters do not get certificates that they can use in civilian life, so some use their skills to commit crime.

The DOD should review this MSDS and not waste the state’s funds by training soldiers and then kicking them out of the system after training. There are units with almost 80% soldiers whose ages range between 50 and 60, many of whom are no longer effective, not because they do not want to work but because they are no longer capable.

TS WOLTEMADE SEA CADET CAMP

The young Training Ship (TS) Woltemade Sea Cadets and their volunteer adult instructors attended a recent sea cadet camp and performed some local community service.

The nautical journal, Maritime Review Africa, together with Clean C kindly donated R10 000 towards the TS Woltemade at the start of the camp. With these funds the Unit was able to cover the cost of much needed training aids in the form of a projector. The staff of the journal have always been supportive and helpful to the Sea Cadets at TS Woltemade and through their interest opportunities are created and realised.

The theoretical and practical aspects of boat work, including pulling, sailing and capsize drills, thanks to the initiative of S Lt Masego Mosupye, were a highlight. In addition, map-reading and survival hikes with WO1 Paul Rosslee were a welcome change from only offering waterboard activities. There were also fire drills and safety procedures to ensure that any eventuality could be managed within the Unit.

PO Joseph William Jonathan and LS Lameez Cronje from SAS SIMONSBERG assisted in improving the level of seamanship and rope work among the newly accredited Seamen. Learning the eye and back splices were a practical highlight and the Sea Cadets were able to take their masterpieces home.

The Healing Hands Training Centre offered accredited First Aid Training to 21 Sea Cadets who mastered these skills which will be taken home and used in schools and communities.

The Sea Cadets managed their own galley and prepared all the meals. Support came from parents in respect of ingredients and meals and “nine o’clockers”. This support was much appreciated by the Officer Commanding and instructors.

In addition to their nautical training the Sea Cadets contributed two mornings of their camp to cleaning up around the vlei as well as the surrounds of Lakeside Station. This was greatly appreciated by the community and the Passenger Rail Agency of SA (PRASA), especially as Lakeside is their “home” station.

Many years ago Sea Cadets had a free rail pass when in uniform. Would it not be thoughtful if PRASA could consider affording the same in support of youth development? Lt Cdr Glenn von Zeil, SA Naval Reserves
S A S O L D I E R  •  2 0 1 6  V O L  2 3  N O  6

THE CRÈCHE OF AIR FORCE BASE HOEDSPRUIT WAS RECENTLY OFFICIALLY LAUNCHED AND OPENED BY THE CHIEF OF THE SA AIR FORCE, LT GEN ZIMPANDE MSIMANG. HE WAS ACCOMPANIED BY THE CHIEF OF AIR STAFF OPERATIONS, MAJ GEN WISEMAN MBAMBO.

One of the challenges was that it was seen and perceived as competing with one already in existence at Drakensig next to the Primary School. It also promised to be cheaper and more affordable than the other one and has interesting learning programmes such as Cheers.

The Chairperson of the SA Air Force Spouses Forum, Ms Afrika Msimang, also thanked the Chief of the Air Force for his support. She said that without his support Air Force Base Hoedspruit would not have had a successful crèche launch that everybody is now proud of. She also thanked Brig Gen Barends and his wife for their work in making it a reality.

Ms Msimang then urged and encouraged base members to support the crèche.

It also offers day-care facilities at an affordable fee. Parents who do not have domestic workers or people that can look after their children while they are at work can now make use of the crèche.

Maj Zola Nombida,
Air Force Base Hoedspruit

ABOUT 51 LEARNERS FROM HLABI SENIOR SECONDARY SCHOOL RECENTLY VISITED AIR FORCE BASE (AFB) WATERKLOOF IN PRETORIA TO LEARN ABOUT AVIONIC CAREERS IN THE SA AIR FORCE. ADDRESSING THE LEARNERS, LT COL JC VAN NIEKERK FROM THE DIRECTORATE OF HUMAN RESOURCE SERVICE SAID: “YOU CAN ALSO BE PART OF THE SA AIR FORCE BY WORKING HARD ON YOUR GRADE 12 RESULTS BECAUSE THE SA AIR FORCE HAS VARIOUS CAREERS THAT ONE CAN CHOOSE FROM”.

He urged the learners to apply for career opportunities in the SA Air Force by meeting the following criteria:

- RSA citizen
- 18-22 years (non-graduates) or 18-26 years (graduates)
- Medically fit (G1K1)
- No criminal record
- English, pure mathematics (level 4) and physical science (level 4)
- Not area bound
- Certain body sizes for pilot and navigator

The learners also had the opportunity to visit different sections and squadrons in the base, including 28 Squadron, 5 Air Servicing Unit, Control Tower and 1 Air Servicing Unit.

During the visit the Officer Commanding of 5 Air Servicing Unit (5 ASU), Col Nicholas Molomo, said: “Welcome to 5 ASU! Our core business at 5 ASU is to ensure we service our aircraft so that they are always in good condition”. 5 ASU gave various presentations to the learners given by avionic radio specialists, phototechnical services, the Engineering Section and the armament, avionic electrical, avionic instruments and the ground electrical section.

AFB Waterkloof prides itself on inspiring confidence through sustained air operations and provides deployable air capabilities.

Sgt Thapelo Nyalungu, email

OFFICIAL LAUNCH OF AIR FORCE BASE HOEDSPRUIT CRÈCHE
WALKING TOWARDS A PEACHY HEALTH

Army Support Base (ASB) Johannesburg believes that walking is a great way to improve our health. The recently held CISM walk for members of the unit was one of the initiatives of the Officer Commanding, Col Owen Witbooi, to raise awareness about a healthy lifestyle.

Walking has so much good in store for us. It is free and requires no special equipment or training and is always easy to do. As members of ASB Johannesburg we are satisfied with the result. The men’s winner was Cpl Petros Mosala from Emergency Services and the women's winner was Cpl Dimakatso Davhana representing the Personnel Section, but we regard all of ourselves as winners because we always make it to the finish line regardless.

We believe in starting small and ending with amazing and well deserved results. We will continue to raise the bar and strive only for the best in all that we do. We have shown that it starts with oneself. Health is a relationship between yourself and your body. Cpl Dimakatso Faith Davhana, Army Support Base Johannesburg (Photos by Amos Skhosana)

LEFT: Cpl Dimakatso Davhana (the women’s winner) and Cpl Petros Mosala (the men’s winner).

HUMAN RESOURCES LIGHTS UP A SOLDIER’S DAY

Human Resources Division makes a soldier smile. It was a great pleasure to receive a sealed brown envelope addressed to me from the SA Army Headquarters. It contained a book: “Excellence in Human Capital in Response to the 21st Century” with a personalised message to me: “To Pte D.M. Tshivhula, in recognition of your boldness and initiative to deem it appropriate to write with the rest of the organisation observations made at the Personnel Service School. Thanks so much for telling stories from our own perspective. With much love and gratitude Human Resources Divisional Staff”. I in turn will like to thank you very much for this brilliant gift and for putting a smile on my face. “Appreciation can make one’s day; even change a life. Your willingness to put it into words was all that was necessary to make me smile” - M. Cousins. Pte David Mabusha Tshivhula, 1 Parachute Battalion

LEFT: Pte David Tshivhula with the book he received from Human Resources Division. (Photo by Pte Sipho Sebea)

NEW SA ARMY WOMEN’S HANDBAG

SA Soldier magazine (Vol 23 No 4) page 38 refers. What a wonderful design it is – the new SA Army women’s handbag! A great improvement on the too small and out-dated bag we used to have.

However, if only it was big enough to accommodate a laptop it would have been a complete winner.

I know and understand that the manufacturing process is well on its way, but if there is the slightest possibility of any change at this crucial time it would be fantastic if the design could be adjusted to accommodate a laptop. WO2 Katinka Smit, Department of Defence School of Logistic Training, Cape Town

LEFT:  L Cpl Fikile Mthimunyane looking all so excited and proud to have finished her race.
OFFICER COMMANDING MAKHADO WELCOMES NEW STAFF MEMBERS

The Officer Commanding Air Force Base Makhado, Brig Gen Andre Barends, welcomed new staff members at a recently held indoor ceremony.

Among the delegates present were the Officer Commanding 3 Aircraft Servicing Unit, Col Moses Njomo, and members of the Base Command Council.

Brig Gen Barends also welcomed the base air wing coordinator, Col Pine Pienaar, who will be serving as his Second-in-Command. Apart from that he also welcomed the newest member on the base, Ms Chrestinah Mandule, who was appointed as the base secretary. He commended the good job done by Ms Ogiena Francis who has been acting as the base secretary since 2012 in the absence of a unit secretary until such time as the post is re-advertised.

Brig Gen Barends pleaded with members of the base and particularly those working in the administration headquarters to do their utmost in support of the activities at the base, which include the Spouses Forum, charitable activities, official tasks, social tasks and religious tasks.

He said that every member working in the administration headquarters was equally important and that he or she has a role to play. He urged all members to remain loyal, devote themselves to working hard, and to promote esprit de corps. He said that would help in achieving the core business of the base in support of the SA Air Force.

Brig Gen Barends added that an award for the best worker of the month would be presented to dedicated members who perform over and above tasks as a way to boost their morale at work.

Capt Emily Mabitsi, Air Force Base Makhado

THE SA AIR FORCE HONOURS ITS MEMBERS

For many years parades have been a tradition of the SA National Defence Force (SANDF) to acknowledge good and long service of its members who have devoted their lives to their country.

Air Force Base (AFB) Waterkloof recently held a medal parade to honour and acknowledge members who have distinguished themselves through hard work and by serving the SANDF.

Addressed the parade, Brig Gen Kenneth Petso, Officer Commanding AFB Waterkloof, said: “The medals of the SANDF denote recognition by the state of outstanding achievements by members of that force.

“The SA Air Force is, however, well aware that outstanding achievement cannot be attained without sustained effort and much sacrifice on the part of both its members and their families.” He added: “In order to maintain the high standard of professionalism and workmanship essential in a technologically advanced Air Force, members of the SA Air Force should strive for excellence. This requirement applies to all members, the Regular Force, Reserve Force and defence civilians.”

Brig Gen Petso reminded the members of the base about the Africa Aerospace and Defence (AAD) Expo that AFB Waterkloof will once again host during September 2016. He urged members not to lose sight of this during this important event. He added: “Loyalty should be another goal of each member of the base, whether we fly as air crew, projects the assets of AFB Waterkloof or when we render support services or prepare food for the messes.”

He concluded by saying: “My congratulations to the recipients. Wear your medals with pride. You have earned them.” Sgt Thapelo Nyalungu, email
Lt Gen Duma Mdutyana accorded a dignified military funeral

**Article and photos by S Sgt Lebogang Tlhaele**

Members of the Department of Defence (DOD), family, friends, military veterans and close associates from across the political spectrum came in large numbers to bid farewell and pay homage to the Chief of Joint Operations, the late Lt Gen Duma Mdutyana, during the memorial and funeral service. Lt Gen Mdutyana passed on after a short illness. He fell ill while on duty abroad and was hospitalised upon his return to South Africa. He had served the SA National Defence Force (SANDF) in different capacities since its inception in 1994.

Lt Gen Mdutyana was part of a generation that chose to fight, rather than submit. Like the Mexican revolutionary Emiliano Zapata, they had resolved that they would rather die on their feet than live on their knees. In so doing, they set our country on an irreversible but painful journey to the freedom that we enjoy today. He was a selfless and courageous man who became a dependable soldier and cadre at the best and the worst of times.

During the memorial service held at Air Force Base Swartkop in Pretoria the family commented that Lt Gen Mdutyana had been many things, bouncy and fun loving, but the overwhelming attribute was his love for the family and his work. They said that it was never about the recognition, or the medals, but about being in love with what you did and doing it to the best of your abilities. This epitomised Lt Gen Mdutyana.

They spoke of a dedicated, distinguished soldier, patriot and freedom fighter who always respected anyone regardless of rank or age. They described Lt Gen Mdutyana as an unusually empathetic leader who inspired enthusiasm among his troops and used his sharp sense of humour to help them cope with serious missions. He was extremely adept at placing people in the right post and ensuring that they understood their mission, and monitoring them and providing them with guidance and the encouragement to move out and make things happen.

Lt Gen Mdutyana was honoured and acknowledged for his remarkable contribution to the DOD and in particular to the SA National Defence Force (SANDF). He was hailed as a man who stood as a pillar of strength within the SANDF, for the selfless...
We have an SANDF that is making a significant contribution to peace on the African continent. It is thanks to the foundation of excellence that was laid by Lt Gen Mdutyana.”

Ms Mapisa-Nqakula said that the work that was done by Lt Gen Mdutyana and other veterans as they fought relentlessly for decades was to achieve a united, democratic, non-sexist, non-racial and prosperous society. That work must continue in earnest in their memory. She said that the story of the country’s liberation struggle would be incomplete if it did not include the services of Lt Gen Mdutyana. "Lt Gen Mdutyana has carved a permanent space in the history of our country. We will always remember his selfless sacrifice, humility, dedication, patriotism and commitment to make South Africa a better place. We will remember his humanity, humility and his caring nature.”

The Chief of the SANDF, Gen Solly Shoke, said that Lt Gen Mdutyana was a man of integrity and virtue who provided much needed leadership for the SANDF. He said South Africa had lost one of its greatest sons, saying: “Lt Gen Mdutyana served the SANDF with determination and loyalty and was committed to peace and stability on our continent. He was a soldier at heart, willing to engage in many debates on defence and non-defence matters to ensure that we deepen and entrench our democracy.”

Ms Mapisa-Nqakula said: “He was able to lead, inspire and encourage cadres and prepare them for difficult missions, informed by a clear, political objective, to free South Africa. Given his experience, expertise and clarity with regard to the type of society we wanted to achieve, Lt Gen Mdutyana was called upon to help build a new SANDF in 1994. Today we have an SANDF that represents a cross-spectrum of SA society which is currently steadfastly defending our Constitution and our sovereignty.

We must remember the contribution of Lt Gen Mdutyana and others who were willing to sacrifice everything, including life and limb, so that South Africa and her people could be liberated. As we unite in grief again, we do so truly proud to celebrate the glorious life of this distinguished soldier, leader and loyal servant of the people.”

Ms Mapisa-Nqakula said that we are proud to be able to say we live in an SA that is a much better place to live in than before 1994, because of the foundation laid by these illustrious men and women whose dedication to this country and its people remains truly remarkable and inspirational. The Minister said: “Lt Gen Mdutyana has carved a permanent space in the history of our country. We will always remember his selfless sacrifice, humility, dedication, patriotism and commitment to make South Africa a better place. We will remember his humanity, humility and his caring nature.”

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Fallen youth of 1976 Soweto Uprisings commemorated

By Sgt Ally Rakoma
Photos by Pte Paul Mpangala

Youth Day remain one of the important occasions in the South African calendar as the nation reflects on the sacrifices and resilience of young people who displayed courage and determination to liberate themselves and the country and so changed the socio-political landscape.

The Deputy President of the Republic of South Africa, Mr Cyril Ramaphosa, recently led a wreath-laying ceremony at the Hector Peterson Memorial site in Soweto. The event is observed annually in commemoration of the scores of young people who died in 1976 while protesting against the apartheid government’s education policies. Among the young people who lost their lives during the protest was Hector Peterson, a 12-year-old student.

On June 16 tribute is also paid to the role played by young people in the fight for freedom and democracy. The 40th anniversary of the historic 1976 Soweto Uprisings was commemorated with the theme: “Youth Moving South Africa Forward”.

The relatives of those in whose memory the service was held were present to lay wreaths in remembrance of their loved ones. In supporting the event the National Ceremonial Guard formed the guard of honour, and gave the National Salute.

Gauteng Province’s Premier, Mr David Makhura, told the media that the present generation of young people must be exemplars and emulate the class of 1976. He said that they needed to be a part of change and carry the legacy forward. He added that though
focus on youth

SA Soldier asked Ms Ntando Mkhaliphi from Randfontein what commemoration of Youth Day (16 June) meant to her. She replied: “We honour and remember the militant young people of 1976 who started a protest in Soweto and other areas against apartheid education policies and being denied equal education. They fought for a better education. Young people of today need to be empowered actively to participate in the country’s economy and engage in academic and innovative ways to move our country forward”.

Thembli Mabaso and Nthabiseng Finger pointed that it was high time young people realised what sacrifices had been made by the fallen heroes and heroines of the class of 1976.

There were challenges faced by young people collaborative efforts between civil society, various organisations, institutions and government collectively would contribute to nation building, social cohesion and patriotism in achieving a better society. Premier Makhura condemned the reckless behaviour of some young people and urged that they should all play a role and be guided in the right direction and not to burn public institutions such as schools, libraries and clinics.

ABOVE: The young people of our country could be defined by academic excellence. Seen here is Palesa Malope (10) at the remembrance service.

LEFT: Fltr: Dintle Mabaso (2), Ms Thembi Mabaso, Boitshoko Finger (2) and Ms Nthabiseng Finger, who attended the wreath-laying ceremony at the Hector Peterson Memorial.

LEFT: INSPIRED BORN-FREES: Children from Thuto Ke Matla Day Care Centre in Braamfischer at the Hector Peterson Memorial in Soweto.
The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, led a scarce skills sectors career exhibition during her visit to the Walter Sisulu University in the Eastern Cape. This was in line with the Defence Review objectives of Milestone 1 which ensures a sustained skills base for the operational and capability efficiency of the SA National Defence Force (SANDF).

The SANDF career exhibition is aimed at students that are keen to take up careers in the military. They obtain first-hand information from members serving in the four Services of the SANDF about the range of career opportunities available.

The Minister was also invited to present a lecture on the late former President of the African National Congress (ANC), Mr Oliver Reginald Tambo, to students at its Potsdam Learning Site at Buffalo City in East London.
Minister Mapisa-Nqakula said: “We were invited by the Chairperson of the Students’ Representative Council (SRC) and, as you know, this campus is in a rural area, as you can see from the surroundings. Most of the people who live in these villages are destitute.”

She mentioned that most of the students at the university benefited from the free basic education system, but now that they are at university they encounter challenges in terms of infrastructure, food security and transport.

The Minister said the SANDF was interested in students with potential who qualify for the Military Skills Development System (MSDS). She said some could be recruited to join learnerships and/or internship programmes with Armscor.

Minister Mapisa-Nqakula added: “Our Defence Review talks to the rejuvenation of the SANDF by arresting the decline in our capabilities. The only way is to bring in engineers, technicians and young people who can specialise in these areas. We are building a defence force that is professional and highly skilled. It is in our interest to visit tertiary institutions and identify potential.”

The Minister said her office had decided that the lecture should coincide with the exhibitions. She explained that the SANDF has specialists in different fields, including doctors and engineers, among others. The Minister also emphasised the SANDF’s commitment to ensure that the institution is used for monitoring and assessing of students.

Minister Mapisa-Nqakula said: “We will see if you can join the MSDS or internships with Armscor. I am glad that we have been given the opportunity to mentor you and we will start by bringing you to the Africa Aerospace and Defence (AAD) Expo for 2016. The defence industry will also expose you to different types of expertise. We will invite you to the AAD to see all these career possibilities.”

The Chairperson of the SRC of the Walter Sisulu University at Baffalo City Campus, Mr Thulani Landu, said he appreciated the Minister’s positive response to their call when she was invited to deliver the memorial lecture on Tata Oliver Tambo. He also appealed to the Minister for the Department of Defence (DOD) to adopt the campus as this could also assist graduate students.

Mr Landu said: “We understand that the DOD is a national asset and therefore anyone who joins or wishes to do so is patriotic. The SANDF is in a position to defend the sovereignty of South Africa.”
The SA National Defence Force commemorates the June 16 uprisings at the Morris Isaacson High School

The SA National Defence Force (SANDF) held a career exhibition at the Morris Isaacson High School in Soweto as part of the 40th Commemoration of the historic 16 June 1976 uprisings. The June 16 students’ uprisings were planned and staged by students from the Morris Isaacson High School and other schools around Soweto and countrywide.

The exhibition was intended to demonstrate the SANDF’s resolve to make a clear shift from the past and rebuild relations with communities by contributing to social cohesion and reconciliation as part of nation building and by exposing our people to the military environment. It was also to reaffirm the youth to let them see the present military as a symbol of hope that defend the territorial integrity and the people of South Africa.

The SANDF has helped raise public awareness by informing the students about the structure, organisation, roles and the various career options in the SANDF, and exposed them to Public Participation Programmes to demonstrate the SANDF’s capabilities. The SANDF activities included a joint capability demonstration, a military hardware display, a career exhibition and performances by the SA Army Band.

Speaking to the learners, Col (Dr) Irvin Khoza invoked the spirit and courage of the youth of 1976 whose selfless heroism paved the way for the freedom we enjoy today. He requested the youth of today to drive the economic development and transformation needed for an inclusive economy that would provide a better life for all South Africans.

Col (Dr) Khoza said: “As the generation of the Morris Isaacson High School in 2016 you must know that you stand on the shoulders of giants. Lekgau Mathabathe, Fanyana Mazibuko, Roller Masinga and Tsietsi Mashinini mortgaged their lives for the freedom of this country and its people. They were selfless in their pursuit of a better life for all. By walking in their footsteps, as you are doing today, you have accepted an obligation to take this country to even greater heights.

The ball is in your court. It is your generation that will either give meaning to the ideals and foundation built in this great institution, the Morris Isaacson High School, or be remembered as a generation that betrayed those noble ideals and firm foundation. It is all within your grasp. The difference between right and
An extract of the speech delivered by Col (Dr) Irvin Khoza at Morris Isaacson High School 16th June 40th anniversary

Good afternoon teachers and students. This year marks the historic 40th anniversary of one of the most important events in our country’s history. The repression by one section of society on the basis of race, gender, religion and even political affiliation is guaranteed to weaken that nation.

The attempt to recolonizing black members of our society through Afrikaans was a desperate attempt at social engineering which the students of Morris Isaacson High School took in their strides. In fact, June 16 created awareness in the country and around the world and was a game changer that led to 1990 and 1994. I am able to talk about June 16 without fear of contradiction. This is because the events of 1990, 1994 and June 16 were momentous. In 1990 political prisoners were released, the repressive government of the day recognised them as political prisoners and no longer as terrorists. Political organisations were unbanned and the path to democracy was paved.

That was the fight then. It was a fight for our country not to undermine and mistreat part of its population. It was indeed a fight for South Africa to join the nations of the world to interact and compete on an equal footing. It was a fight so that every child born in South Africa should have the opportunity of success commensurate with his or her application and talents, not to be artificially held back by the colour of their skin or the part of the country in which they were born.

As we commemorate June 16 forty years down the line, 22 years into our democracy, it is fair and indeed appropriate that we ask: “Are we succeeding in our pursuit of the ideals that so many selflessly sacrificed for, including paying the ultimate price - through their lives”. I came here today, excited, because I get excited each time I get an opportunity to talk to the youth. You have the opportunity to give meaning to what the students of June 16, Tsietsi Mashinini, Barney Mokgatle, Murphy Morobe, Tsietsi Malego, Khotso Seatlholo, Hastung Ndlovu and many others initiated to the benefit of our nation.

They freed blacks as much as they freed whites. They saved our country from its myopic inward looking obsession with itself. They set us on a path that led to democracy. But democracy is not and

The Secretary for Defence, Dr Sam Gulube, said that the Department of Defence was determined to place youth at the centre of its plans to create a highly professional, disciplined and technologically advanced defence force equipped to execute its core constitutional mandate and other assigned tasks.

Dr Gulube said: “The recruitment into the SANDF of young South Africans with great potential is critical to our efforts to have a military that efficiently and effectively serves the needs of the country and its people. We are here to expose the work of the Defence Force and create awareness of the full range of its activities and its role in society as well as career opportunities that exist in its various components. I urge you to walk through our career exhibition and engage with officials manning the stands.”

The exhibition provided an opportunity to enhance the corporate image of the SANDF and to focus on the social responsibility programmes in support of the government’s developmental outcomes. The event also provided the SANDF with an opportunity to promote its image and highlight its role in a democratic society. The learners interacted with a number of prominent personalities from the SANDF to gain knowledge and insight in terms of career opportunities in the SANDF.

ABOVE: Col (Dr) Irvin Khoza, Chairperson of the Premier Soccer League and Orlando Pirates Football Club, invoking the spirit and courage of the youths of 1976 for the learners of the Morris Isaacson High School.

“Are we succeeding in our pursuit of the ideals that so many selflessly sacrificed for, including paying the ultimate price - through their lives”. I came here today, excited, because I get excited each time I get an opportunity to talk to the youth. You have the opportunity to give meaning to what the students of June 16, Tsietsi Mashinini, Barney Mokgatle, Murphy Morobe, Tsietsi Malego, Khotso Seatlholo, Hastung Ndlovu and many others initiated to the benefit of our nation.

They freed blacks as much as they freed whites. They saved our country from its myopic inward looking obsession with itself. They set us on a path that led to democracy. But democracy is not and
cannot be our end game. A prosperous society is. In my address before Gen Solly Shoke, the Chief of the SA National Defence Force, on 11 October 2013 I said: “We live in a generation particularly special to our nation. Ours is not a generation that divided the country and by so doing weakened its strength as a nation. Ours is also a generation charged with laying the foundation and values to ensure our unified nation fires on all cylinders. We have avoided a path of war and self-destruction. If you doubt the enormity of this success, tune in to any of the 24-hour news channels when you arrive home later and you will realise just how much turmoil engulfs the world over challenges much smaller that we have had to overcome.

Future generations will refer to us as the torch bearers. I regard this as a fine privilege. They will evaluate, with the benefit of hindsight, the opportunities we had of building a great nation. They will credit our generation with reaching a negotiated settlement, and an all-inclusive democracy. They will talk about the timing of this liberation in relation to the majority of those in Africa.

They will assert that we had good examples of what worked and what did not. They will observe that our freedom as a nation coincided with the demise of communism and that this development saved us from a possible ideological divide. They will observe that we did not obsess about education in the manner that circumstances on the ground demanded. They will observe that as a result, we did not get our nation to fire on all cylinders.

I believe that if our generation stays conscious and true to our current status our nation will grow. Then those that will refer to us as torch bearers will understand that the challenge could not be addressed in our lifetime.

Nation building is a mammoth task. As the generation of Morris Isaacson High School in 2016 you must know that you stand on the shoulders of giants. The home of Lekgau Mathabathe, Fanyana Mazibuko, Roller Masinga and Tsietsi Mashinini who mortgaged their own lives to the freedom of this country and its people.

Although these ones have departed the world of the living, they have left behind a positive legacy. Today we are at once commemorating the 40th Anniversary of 16 June 1976 and the 22nd anniversary of our freedom. We are mindful of the fact that this freedom was not for free, and that those who brought it about sacrificed the vain pleasures that life has to offer. Many left this country of their birth in search of skills without which we would still be in bondage.

When anyone among us takes a box of matches out to burn a school, we must know that these ones are dishonoring the memories of gallant fighters of our nation. For how else do you explain the despicable act of destroying the foundation on which our presence and our future are anchored.

The power of knowledge is what tells a great nation apart from the one that wallows in poverty. For we are blessed to be part of a continent which is the most youthful in the world. This is the continent that is destined to own the future. Our destiny is not written in the stars, we have to stand up and create it. For that to happen we need a knowledgeable population.

They said they wanted a Soweto that was fit for human habitation. Together with some of our heroes and heroines who are still alive they wrote a history of our country which is better summed up as “South Africa before and after 16 June 1976”. The generation of freedom fighters who went before 1976 were driven by a vision of a South Africa in which there would be peace and happiness for all, a South Africa whose children would have a better place alongside their peers in other parts of the world. Playing, taking part in the Olympics in Rio, travelling the length and breadth of our continent, proudly hoisting the flag of our country.

This is an honour and privilege that was denied to many of our gifted athletes such as Zola Budd and your own Baldwin Groovin Molope. The world is your oyster now; you have the possibility to become anything you want. All you need is to grab the opportunities that have been created for you.

We need men and women, a generation of new Sowetans, who have
the ability to imagine a better futures and to devise the means for realising that. The only reason why I honoured this invitation today was to avail myself of this opportunity to share my vision of a better tomorrow, whose realisation depends on what we do today.

It is your generation that has to address the structural defect that was brought about by relegation of black people to the periphery of the economy. Now that labour is part of a ruling coalition and tirelessly campaigns for the dignity of work accompanied by decent remuneration to be competitive in the world. Our economy needs to close the skills gap. The ideal of dignity of work with a decent remuneration means we cannot grow our economy through the establishment of sweat shops driven by cheap labour as other developing economies have done.

We therefore necessarily require high levels of education, skills, discipline and good worth ethics to fuel our economies need for infrastructure, health care, pharmaceutical telecommunications, military, politics, financial services, clean energy, and the list is endless.

If there is one thing I would like for you to remember today, is for you to have a close understanding of the economy, and the part you would like to play in it. It is through the economy that everyone and everything interacts. As you do this close examination of the economy is careful not to choose paths that already have an oversupply. Our economy has an undersupply of actuaries, engineers, medical scientists and of economists and therefore a choice of these streams guarantees you above average stimulation, remuneration, political leadership and to be an entrepreneur.

It is important that your generation builds a conscious society, a society that is aware of the dangers of consumerism. Di khotani, Diblesser, Abo Mavuso have no place in a conscious society. Future generations will not remember who the billionaires of today are. It will instead remember agents of change who worked for humanity, like we remember Martin Luther King, Nkwane Nkurumah, Mahatma Gandhi, Reginald Oliver Tambo, Nelson Rolihlahla Mandela, Albert Luthuli, Archbishop Desmond Tutu, Steve Biko and Tsietsi Mashinini. Let generations after you, remember you like they remember Alexander Fleming, a man who invented penicillin, Steve Jobs and Bill Gates, men who founded apple and Microsoft respectively, Sir Timothy John Berners-Lee, the guy who invented the world wide web, Valerie Thomas, a black woman who invented an illusion transmitter that creates the illusion of a 3-dimensional object.

The difference between right and wrong is universal. Both you and I know what is wrong and what is right. This legacy is a great legacy that you do not want to be remembered for betraying. I know it is within your grasp. Do the right thing.
The City of Johannesburg hosted the SA National Defence Force (SANDF) Education Trust Dinner at the Ditsong National Museum of Military History in Johannesburg where the Executive Mayor, Councillor Parks Tau, handed a cheque worth over R1,2 million from sponsors of his Mayoral Charity Golf Day.

The Mayor said it had been an honour and a privilege for the city to work with the SANDF leadership and the Trustees of the SANDF Education Trust for the past two financial years and which had been funded by the city from their golf day.

The SANDF Education Trust was established in October 2013 by the Chief of the SANDF with the aim of providing financial assistance by means of bursaries for educational purposes to dependants of SANDF members who had lost their lives or were severely injured whilst on duty since 27 April 1994. The trust is funded through donations received mainly from the private sector.

Councillor Tau said he hoped the decision to grant funds raised for this cause had ignited a celebratory mood among the people due to the brave deeds of the men and women in uniform. He also encouraged people to acknowledge the sacrifices soldiers made on their behalf which enabled them to live in a safer country and continent.

He said: “They sacrifice their lives on a daily basis to enable us to lead what we consider a normal life. Sometimes we take it for granted that some people have chosen a career in which they are prepared to lay down their lives for the good of the country and the continent.”
“Indeed when you take up arms and go into a war situation, the possibility is that you may suffer casualties. We are honoured as a country to have people who have chosen to join the SANDF in the service of the country with the knowledge that they are serving not only their country but other causes on the continent.”

Councillor Tau said they decided more than two years ago to dedicate the Mayoral Charity Golf Day proceeds to the SANDF Education Trust. He mentioned that in this way the children of the soldiers would benefit, and that was how they wished to make a contribution and show their appreciation.

He said they had met two ladies in Lenasia who told them they were wives of soldiers who lived in the nearby military base. They explained that they did not benefit from state housing schemes because their families lived in houses in the military base. They said they needed houses because if their husbands died they would have to vacate them.

Councillor Tau said: “They indicated that we do not create policies that respond to that reality. So it is not only soldiers who experience difficulties but their families as well. They made a plea that we should redesign our policies to suit them as well.”

The Chief of the SANDF, Gen Solly Shoke, said funding from the Mayoral Charity Golf Day was appreciated and went a long way. He said he was humbled by what the Mayor said about the military.

Gen Shoke indicated that he wished the citizens of the country and the people in high office could share the same views as those of the Mayor about the military. He said it was painful that some men and women had to pay the ultimate sacrifice to ensure that citizens of the country enjoyed the fruits of democracy, and yet soldiers were sometimes neglected.

The Chief of the SANDF said: “You provided a touching example of ladies resident at the Lenasia Military Base who made a plea to you, explaining that their husbands were away on duty and that an unfortunate incident might befall them. They also explained to you that the current policies, especially on housing, do not cater for them should they be widowed. That is one big challenge that we face in the military more often than not; when policies are drafted consideration is not given to the fact that a military community exists.”

Gen Shoke said the SANDF participated in peace support operations on the continent and yet it was painful to learn that people did not know why soldiers were deployed on the continent to restore peace. He said in order for the country to be prosperous there had to be peace in the region and on the continent.

The Chief of the SANDF said: “As the Mayor of Johannesburg I am sure you have got first-hand experience of millions of foreign nationals who flooded the city, not through choice, but due to poor conditions at home. In the process, your infrastructure is saturated as your statistics are not in line with the plans that you drafted to meet the demands of the city. People fight for resources and this may lead to what is called xenophobia.”

Gen Shoke said members of the SANDF who participate in peacekeeping operations relieve the city and the country as a whole. He added: “As you know, we also assist in alleviating crime and provide humanitarian aid when disaster strikes.”

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**The SANDF Education Trust**


The main objective of the SANDF Education Trust is to support the education needs of the dependants of the following persons:

- SANDF members killed or severely injured subsequent to 27 April 1994, while on official duty.

Civilians members of the Department of Defence (DOD) killed or severely injured subsequent to 27 April 1994, while deployed during official SANDF operation.

Citizens of the Republic of South Africa killed or injured subsequent to 27 April 1994, during official SANDF operations provided that such citizens are not engaged in activities opposing the SANDF.

The SANDF Education Trust is funded through donations and contributions received from the private sector and international business enterprises. Ongoing fund raising initiatives are in place, and the SANDF welcomes all contributions.

For more information on the SANDF Education Trust, visit: www.dod.mil.za
The African Union (AU) Commissioner for Peace and Security, Ambassador Smail Chergui, recently met with Chiefs of Defence and General Staff in Pretoria for the 2nd Extraordinary Meeting of the African Capacity for Immediate Response to Crisis (ACIRC).

Ambassador Chergui expressed his gratitude to delegates who attended the meeting held to discuss the recommendation of the 2nd Extraordinary Meeting of the Specialised Technical Committee on Defence, Safety and Security concerning the implications for ACIRC and the way forward. He said the session was quite decisive in taking stock of the collective effort towards realising the African Standby Force (ASF) and in making a firm commitment on the way forward following the successful conduct of the AMANI AFRICA II field training exercise in South Africa.

He said: “We also had a review meeting in Maputo and that of the Specialised Technical Committee.

RIGHT: The African Union Commissioner for Peace and Security, Ambassador Smail Chergui (left), seated next to the Chief of the SA National Defence Force, Gen Solly Shoke, said the African Standby Force must take up a position in terms of its own destiny.

ABOVE: Dignitaries and Chiefs of Defence that attended the 2nd Extraordinary Meeting of the African Capacity for Immediate Response to Crisis (ACIRC) in Pretoria.
on Safety and Security in Addis Ababa. We continue to face security issues on a continent that has seen a significant toll of civilian lives. This continues to undermine the economic and social development in communities in the conflict affected countries.” Ambassador Chergui added that it was unfortunate that the threats have not been matched by sustained international support in addressing them and, as a result, it is more urgent than ever before that the ASF should position itself for the sake of its destiny.

Ambassador Chergui stated that the ASF represented the means to collectively achieve this noble ambition. He said: “It will be recalled that during one session at the Victoria Falls in Zimbabwe you made a firm commitment and a resolution to consolidate the operational capability of the ASF and its rapid deployment capabilities, including the integration of the ACRIC into the ASF.”

It was against this background that the AU Commission on Peace and Security held the AFRICA AMANI II field training exercise at Lohatla, South Africa, and that its mission and strategic headquarters were in Addis Ababa.

Ambassador Chergui said that since the conduct of the exercise, there was no doubt that ASF capabilities could be efficiently deployed in peace support operations. He said the exercise was evidence of the huge potential in planning deployment by the ASF. He added: “It will be further recalled that during the extraordinary Specialised Technical Committee on Defence, Safety and Security member states concluded that the exercise was successful and commended the commission for taking stock of the successes and challenges.”

The commission proposed a way forward to enhance the ASF through the Draft Maputo Five Year Work Plan. The commission continues to improve policies and strengthen mission support capabilities in order to enhance and align the ASF with prevailing security threats to the continent.

Ambassador Chergui mentioned that the Peace and Security Department had given the assurance that they would sustain the momentum. He said that they were faced with challenging times which could stall progress unless a new course could be charted on the way forward by the ASF.

The second extraordinary meeting of the Ministers of Defences in January 2016 pronounced that the ASF had attained its full operational capability as reconfirmed during the 9th session of the same ministerial meeting in May 2016 in Addis Ababa.

Ambassador Chergui requested nations to volunteer at their own cost. Their pledges to the African Peace Support Division for six month periods and one year and additional capacity would be provided. He added: “As you are aware, the commission is faced with severe financial constraints which have adversely affected our work, including the efforts of the ASF. I see this moment of crisis as an opportunity for positive transformation.” He also urged member states to volunteer and pledge their capabilities to the ASF and to consider revising the concept of self-sustainment in light of financial constraints faced by the AU.

He added: “These proposals are made in accordance with the 8th Specialised Technical Committee on Defence, Safety and Security Meeting in Zimbabwe. Fellow Generals, I urge you to work with the commission as we lay the foundation for the employment and deployment of the ASF.”

The Ministers’ 1st Extraordinary Meeting of ACIRC and Volunteer Nations was held to consider the progress made by ACIRC after the successful conduct of the AFRICA AMANI II field training exercise in January 2016.

They declared that ACIRC Volunteer Nations should volunteer their capability for at least 18 months for the AU to use in case of crises based on the fact that the ACIRC capability was fully operational and mission verification had been conducted. They have also indicated that the decision to dissolve ACIRC is in the domain of Heads of State and Governments of the ACIRC Volunteer Nations, including the AU Assembly.

ABOVE: Dignitaries and Chiefs of Defence that attended the 2nd Extraordinary Meeting of the African Capacity for Immediate Response to Crisis (ACIRC) in Pretoria.
Chief of the SA National Defence Force gives back to the community of Vosloorus

Article and photos by
S Sgt Lebogang Tlhaole

The Chief of the SA National Defence Force (SANDF) joined hands with the Chaplain General of the SANDF, Brig Gen (Rev) Andrew Jamangile, to answer the call and devote their time to community service by donating blankets and food parcels to the elderly of the Vosloorus Home Care of the Aged recently as part of the social responsibility initiative of the Chief of the SANDF.

The event was to reflect on the plight of the less fortunate and to spearhead the message of goodwill and giving. The Chief of the SANDF did not only raise awareness about the negative impact society has on its elders, but also to take a decisive stance against the abuse of the elderly.

Gen Shoke said that he noticed a common problem in his home town and surrounding areas, namely the neglecting of senior citizens and leaving

ABOVE: Ms Stephina Dlamini, one of the founders of the centre, receives a food parcel from the Chief of the SA National Defence Force, Gen Solly Shoke.

ABOVE, RIGHT and FAR RIGHT: The Chief of the SA National Defence Force, Gen Solly Shoke, handing over blankets to the elderly from Vosloorus Home Care for the Aged.
them with no proper care. He took it upon himself to take part in this blanket campaign and by spreading the message. In his message he called upon all to take practical actions to end abuse against elderly people and he encouraged people to use every platform to change the mindsets of people concerning care and respect for the elders.

The Chief of the SANDF said: “This is a national commitment, hence we need to extend our hands to make South Africa a better place, and I believe we as the SANDF are here to help to place a smile on someone else’s face, our love and gratitude must accompany material things as they do not last forever.”

Gen Shoke added: “We are giving the elderly warmth and showing them respect, support and appreciation”. He condemned the abuse of the elderly and the burning of government institutions. Gen Shoke said: “When we were growing up we used to respect teachers and nurses and I do not know what is happening today, as our people are burning schools and clinics, although the elderly need clinics for their medical treatment.”

The Centre Manager of Vosloorus Home Care for the Aged, Mr Sechaba Mathenjwa, could not hide his joy when he thanked everybody who supported the project. He said that the elderly were thrilled and he thanked the SANDF for lending them a hand. Mr Mathenjwa said: “The SANDF has made a difference to our elderly and the community at large. We were in need of blankets, as it is winter and they came to our rescue. We are grateful to the SANDF by this gesture.”

The centre has 54 residents, 140 lunch club members, 131 beneficiaries of home based care and is funded by the Department of Social Development.
Chief of the SA Air Force welcomes future officers

By Capt Ntokozo Ntshangase, Editor Ad Astra and Amn Morongwa Kgomosotho, Journalist Ad Astra
Photos by WO2 David Nomtshongwana

The Chief of the SA Air Force, Lt Gen Zimpande Msimang, recounted the heroic sacrifice of the June 16 Students Uprising, which paved the way for the current democratic dispensation. Lt Gen Msimang was speaking during the Officer Formation Course Passing-out Parade recently held at the SA Air Force College in Thaba Tshwane when the SA Air Force welcomed more than 50 young Candidate Officers into its leadership ranks. The new Candidate Officers were saluted for having demonstrated comradeship, care and respect for one another, and will be commissioned in the near future.

They were reminded that the youth of 1976 did not ask what the country could do for them instead they willingly gave up their human dignity, the comfort of their homes, their basic right to education and sacrificed their lives for a better society. The Candidate Officers were encouraged to adopt a similar attitude and to conduct themselves in accordance with the Code of Conduct.

The anniversary of 16 June 1976 provides all South Africans, including the government, with an opportunity to reflect and determine how far the country has travelled in search of a better life for all. To this end, Lt Gen Msimang touched briefly on the SA Air Force’s strategic plans regarding other aviation industries.

The Chief of the SA Air Force indicated that the SA Air Force was currently forging aviation partnerships with the local aerospace industry in an attempt to ensure in-house capability and a sustainable aviation industry. Driven by the envisaged outcome of the Defence Review – Milestone 1 (arresting the decline in critical capabilities through immediate directed interventions), the SA Air Force has embarked on an extensive own capability plan, which includes measures to recruit, develop and retain scarce skills. This emanates from the realisation that developing, preparing, deploying and sustaining a modern, balanced Air Force requires a variety of specialist command and management skills.

The accolades

The struggle for true emancipation was a collective effort. However, there were those whose actions transcended the rest – Tsietsi Mashinini and Hector Peterson for example. Similarly, the successful completion of Officer Formation Course relied on the collective efforts and esprit de corps of every member, but others went the extra mile. CO Humbelani Makhado from Air Force Base Makhado scooped two awards: the Leadership Floating Trophy and the Best Overall Learner Award. The Leadership Floating Trophy is traditionally awarded to the learner who, throughout the duration of the course, has displayed outstanding characteristics in terms of teamwork, innovation, planning and organisational skills.

The Best Overall Learner Award is intentionally designed to inspire would-be future leaders to work hard and be an inspiration to their colleagues. In recognition of an astounding achievement, a learner is presented with the Air Squadron Sword of Honour in which, he or she takes home a commemorative coin that symbolises the sword. CO
Makhado attributed his achievements to dedication in his work and teamwork. His focus is now directed at qualifying as a navigator.

The Academic Floating Trophy was awarded to CO Dale Haarhof for having obtained the highest academic results (91%) in the course. The subjects included: communication, research, officership, security awareness, flight drill and military ceremonial, leadership, problem solving, military law and warfare.

The Old Mutual Officership Floating Trophy was awarded to CO Katlego Kekana for displaying exceptional officer characteristics. Uniformed members are operationally expected to be mentally and physically sound and fit. CO Mmabyala Mogale and CO Katlego Kekana emerged as the fittest female and male learner, respectively.

**Future officers as envisioned through the Defence Review**

“The SA National Defence Force (SANDF), through its leadership development programmers and the highly trained and disciplined members it cultivates, contributes significantly to the development of the South Africa’s youth and society as a whole.” The SANDF has undergone a rapid cultural transformation since the dawn of the people’s representative democracy.

It is now structured as the people’s force with efficient capacity that allows it to contribute immensely to the economic development of the country and its personnel and is an example to the youth. The present inclusive and progressive South Africa has been made possible through focused-based education and skills development. Thus, the SANDF believes that through military professional education, training and development of the youth will directly improve and transform the lives of all South Africans.

Military forces are historically known for the development of sound leadership within the broader society. The first Commander-in-Chief of the SANDE, the late Mr Nelson Mandela, is a prime example. In full understanding of the role of military personnel in society, the SANDF is unapologetic about its drive towards an educated and well-trained officer. “There will be no compromise on the education, training and development of the future officer.”

This stance is influenced by the view that compromising on a broadly liberal education “would have dire implications for the operational success of the SANDF”. The Defence Review encourages progressive thinking from officers and would-be officers and CO Makhado is on the right track as he harbours the idea of becoming a navigator. As a future leader in the SANDF, CO Makhado would have to balance his trade with other appropriate knowledge, skills and attributes.

The holistic understanding of military and social matters would assist him in addressing the complexities and uncertainties in his personal and professional life. Future officers may consider various academic disciplines adjustable to the ongoing requirements of the SANDF. Such academic programmes could include: Military History, Political Science (International Relations), Strategic Studies, broad legal studies (including military law, IHL, criminal procedures and law of evidence), Military Sociology, Mathematics or applied military mathematical literacy, Defence Resource Management, Public Administration, Military Geography, Aeronautical Science or Nautical Science.

In honour of the selfless sacrifices by the 1976 generation, the SANDF provides for free and quality education of every member. The Government allows members to enrol for any of the aforementioned disciplines at an accredited higher learning institution. It remains to be seen whether the SANDF has the political will to transform itself and the country through education. Failure to effect radical transformation in the SANDF would render Planning Milestone 2 (Rebalance the SANDF) of the Defence Review irrelevant. Planning Milestone 2 calls for an efficient human resource element to conduct and ensure that “career planning and merit-based career advancement are instituted for all defence members, coupled to education, training and development achievement”. When this is done, the SANDF would be able to proudly commemorate June 16.
The SA Army gets to keep the top spot in the drill competition which is presented annually during the Youth Day Celebrations Parade. They retained the title they first won in 2015, with the SA Military Health Service (SAMHS) runner-up, the SA Air Force third and the SA Navy in fourth place.

The Department of Defence (DOD) Youth Day Celebrations took place at 3 SA Infantry Battalion (3 SAI Bn), Kimberley, and it was the SA Army that was crowned the winners of 2016. Military Skills Development System (MSDS) members from all four Services participated. Sgt Gereagen Geduld, a Non-commissioned Officer Instructor from the School of Artillery, was applauded after his team emerged triumphant from the pulsating precision drilling. He presents artillery courses and trains MSDS members.

He said: “A year back, our General Officer Commanding at the time got
focus on youth

 Gothed said: “I was then asked again to prepare a team for this year and I am happy that we won again. We are glad we could retain the title and are very excited about it. I told them before we started that they should forget about everyone looking at them and focus on what they were doing. They needed to maintain consistency and precision in defending the title.”

He mentioned that when they started with the preparations they had over 70 MSDS members, but had to reduce the number to 30 members after their weekly trials. He urged them to be motivated and look sharp for the drill.

He said: “I still encourage the youth to join the military. I have been in the SA National Defence Force (SANDF) for the past 12 years and have made soldiering my lifestyle. I always tell them that there will be difficult times, but these will be followed by good times as well.”

Sgt Geduld said that drill was the cornerstone of discipline and it influenced other aspects of a soldier’s military lifestyle, including combat readiness. It taught them to be punctual, precise and to obey orders. He said these elements would ensure that they executed their duties effectively as soldiers.

Presiding over the parade was the Chief of Logistics, Lt Gen Morris Moadira, who said: “Once again we are assembled here in 3 SA Infantry Battalion in Kimberley to rededicate ourselves, especially the youth, during their training. The SANDF rotates this activity annually all over the country to inspire the youth to be disciplined and patriotic.”

Lt Gen Moadira said: “I bring you warm greetings from the SANDF leadership and its members. On this day, forty years ago, students took the first step towards freedom as they marched in demand of the removal of the Afrikaans language as a medium of instruction in schools for all subjects.”

He said June 16 reminded people of the terrible past. He explained: “This day infuses us with pride in the heroism of our youth as it enjoins us that never again shall state guns be turned against the youth or anyone else simply because they want a better education and a better life.”

Lt Gen Moadira emphasised that they should appreciate the youth of 1976 who were in the forefront of the struggle against apartheid.

He said that drill was one of the instruments that enhanced discipline in the SANDF and explained that it was encouraging and motivating for spectators to witness a stiff drill competition by the MSDS members of the SANDF.

He said: “I would like to congratulate the participants and winners of the competition and wish each one of them well in terms of future prospects in the military. The competition should be seen as an exercise to display the power and art of the military.”

Lt Gen Moadira mentioned that society owed the freedom they enjoyed today to the youth who perished in the Apartheid struggle of 1976. He said the SANDF was proud to have been associated with June 16 at an early stage as most of the current leadership had participated in the March of June 16.

He cautioned that the youth in the SANDF must be responsible as that breeds discipline, which is the essence of what a military member represents. He said that discipline was not negotiable as it built future leaders in the military and society as a whole.

Lt Gen Moadira said: “The youth needs to overcome destructive and uncontrollable behaviour. In order to emulate the youth of 1976, the youth of today must be advised to participate in constructive activities and debates to enhance the future of the country.”
The Gauteng provincial government, in partnership with the Department of Basic Education, recently unveiled a programme to mark the 40th anniversary of the 1976 Soweto uprisings by hosting the second provincial youth career, jobs and entrepreneurship expo at the Nasrec Expo Centre in Johannesburg.

The expo took place with the theme: “40 Years on Youth Moving the Gauteng City Region Forward”. It focussed on high school learners from Grades 10 to 12, youth in higher education, out-of-school youth, unemployed youth, graduates and aspiring young entrepreneurs and highlighted the various career opportunities by means of dialogue, workshops, programmes and activities.

The SA National Defence Force (SANDF) took part in the inspiring campaign with daily exhibitions that provided information for young people relating to education, training, careers and job opportunities.

Choosing a career is one of the biggest decisions that any individual ever has to make and anyone can find something of interest and value. SANDF members interacted with young people.
eager to join the military as a career and gave details of the Military Skills Development System (MSDS) and Defence Reserves. Among some of the challenges faced by the present generation of young people are, for example, societal ills, substance abuse and girls falling pregnant at an early age. These people are therefore vulnerable to exploiters. In an effort to tackle these challenges, a series of inspirational talks and dialogues have been arranged.

The presence of the SANDF at the expo promotes social cohesion, improved relations with communities and contributes to nation building and social well-being.

SA Soldier conversed with Eunji Shin (20) from South Korea who is a member of the global youth organisation called International Youth Fellowship, as part of an exchange programme. She said that as global youth they wanted to encourage young South Africans to step up, establish a clear purpose in life and break free from existing limitations. She added that the future of the country was in their hands. She said: “Create opportunities for yourselves and stretch your horizons to be successful as your country’s progress is largely dependent on you as future leaders.”

SA Soldier • 2016 Vol 23 No 6 31
SA National Defence Force contributes towards youth skills and leadership development

**Article and photos by S Sgt Lebogang Tlhaole**

The 9th Youth Leadership Development Programme presented at 3 SA Infantry Battalion (3 SAI Bn) held its graduation ceremony for the National Rural Youth Service Corps graduates from the Department of Rural Development and Land Reform (DRDLR) who underwent non-military character building training at 3 SAI Bn in Kimberley recently.

The Ministers of Defence and Military Veterans and Rural Development and Land Reform entered into an agreement whereby the Department of Defence (DOD) will provide the Youth Leadership Development Programme (YLDP), as part of National Youth Service (NYS), to the benefit of for the National Rural Youth Service Corps (NARYSEC) members of the DRDLR. The NYS Programme is an initiative by Government that supports the development of the youth of South Africa. Collateral capabilities of the DOD are utilised to render training in basic life skills in support of the DRDLR and the Department of Social Development as ordered by the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula.

The NARYSEC Programme is a skills development programme and the flagship programme of the DRDLR and is based on moral regeneration principles with the aim of developing youth ambassadors nationwide. The NYS remains the primary mechanism through which the DOD contributes towards structured non-military skills development, occupational functional skills development and leadership development among the youth.

During the YLDP the participants...
Acquired knowledge and skills on the basis of the following modules during their first accredited programme at 3 SAI Bn: fire prevention, business ethics, community safety, basic first aid, discipline, HIV and AIDS, hygiene, leadership, substance abuse, physical training, entrepreneurship, Combating HIV and AIDS through Spiritual and Ethical Conduct (CHATSEC) Programme, teamwork, patriotism, civic education and civic participation.

Since the first NARYSEC Programme in 2011, the DOD has conducted leadership and character building training for 15 programmes for 11 398 youth in total, of which 10 829 medically fit youth underwent the YLDP at SANDF training units while a further 569 youth were deemed medically unfit for the DOD’s robust training and regimentation. They underwent their training at the Thaba Nchu NARYSEC College under SANDF Reserve members.

The DOD delivered NYS programmes to five state entities, including DRDLR for their NARYSEC, the Department of Human Settlements members who participated in the NARYSEC, Department of Social Development for its annual National Youth Camp, North West Provincial Government for Youth Entrepreneurship Service Camps and Department of Performance and Monitoring and Evaluation through the NYS Coordination Committee under the Deputy Minister in the Presidency. The DOD developed the youth conceptual framework for the NYS skills development pathway as based on five phases, namely recruitment, leadership skills, vocational and entrepreneurial skills and socio-economic development and nation building activity.

The SANDF supports the programme by providing spare capacity at their bases to accommodate, feed and train the youth. The SANDF also provide the command and control personnel through the call-up of Reserves to assist the DRDLR at their Thaba Nchu College during their NARYSEC assembly period. Reserve members are mobilised as part of command and control and to supplement the instructors and support personnel for the YLDP at 3 SAI Bn and SAS Saldanha.

Reserve Chaplains play an integral role in the leadership development programme and are regarded as the critical success of the YLDP. The Chaplaincy builds the organic capacity for youth counselling and spiritual comfort and care. SA Military Health Service (SAMHS) did the health screening for all NARYSEC youth who assembled for the intake and provided primary health care to the medically fit youth participants over the 12 week period on the YLDP.

The DOD is providing a vital support service for the NYS Programme. The Minister of the DRDLR has expressed his deep conviction that the youth reorientation programme is gaining success with the support of the DOD. The transformation of the youth during the leadership training is certainly visible and is ascribed to the ethos present at 3 SAI Bn and SAS Saldanha in terms of military discipline and regimentation. The provision of DOD support for Youth Camps was also commended by the Minister of Social Development.

Maj Gen Ansuyah Fakir, Chief Director Human Resources Development, said that the DOD supported to the NYS Programme of other state departments and now included the Provincial Government. This was testimony to the value being added by the DOD in youth programmes. She added that the DOD also participated in meetings of the Deputy Minister in the Presidency with regard to the Government NYS Expansion and Coordination Framework. The demand on the DOD for support of the NYS Programme is thus expected to expand even further.

She said: “It must be stated that the transformation of the youth who undergo the youth leadership and character building programme is ascribed to the instructor cadre group who provide outstanding role models for the youth. In addition, Chaplains play an integral role in restoring self-confidence and self-discipline skills through the value based learning module.”
The SA National Defence Force (SANDF) Spouses Forum marked the 40th anniversary commemoration of the 1976 Soweto Uprisings at Military Health Training Formation in Thaba Tshwane recently with youth from Voortrekkerhoogte Hoërskool. The commemoration was celebrated with the theme: “Nurturing our Tomorrow”.

This year’s 16th June commemoration marks a milestone and it is a day in which we remember the power of the younger generation and the brave students who defended their right to be equal citizens and we commemorate those who lost their lives in the struggle to make South Africa a better place for all and for the generations to come. In doing so, they heeded Moses Kotane’s call, who declared: “At this hour of destiny, your country and your people need you. The future of South Africa is in your hands and it will be what you make of it”.

These marching orders to the youth of our country echoed the famous declaration of the African patriot, Franz Fanon: “Each generation must discover its mission, fulfil it or betray it, in relative opacity”. The challenges faced by our youth today may seem far removed from those faced by the class of 1976. Nonetheless, there are parallels and young people can learn lessons and draw inspiration from the youth of 1976.

In opening the event, Ms Juliah Sedibe, the Chairperson of the SA Military Health Service Spouses Forum, said that many heroes and heroines of the struggle had paid the ultimate sacrifice and the Youth day celebration provided us with an opportunity to commemorate their sacrifice while reinforcing the role that all of us must play to spearhead youth development. Ms Sedibe said: “They struggled so that we could exercise our freedom to further develop our country.”

The objective of the event was to afford young people an opportunity to raise issues and challenges affecting them and to participate in improving education, entrepreneurship and social cohesion. It was also to commemorate and recount the heroic tales of the countless heroes and heroines of the struggle and to inspire them towards accelerating the very vision for which they dedicated their lives.

The commemoration was preceded by presentations from a number of renowned speakers who encouraged the youth to seize the democratic opportunities available to them and to utilise their enormous genius and energy to help transform our country. The round-table discussions were organised in an attempt to reflect on the immediate needs and community challenges due to HIV and AIDS, substance abuse and suicide.

Speaking to the attendees, Ms Charlotte Shoke, the Chairperson of the SANDF Spouses Forum, said that this initiative sought to contribute to the enhancement of the youth who represent our present and future social capital. Ms Shoke said: “Our investment in youth is the only way to ensure their meaningful participation in the political, social and economic life of our country. The Spouses Forum shares the commitment and passion for the improvement of the quality of their lives. As an organisation we commit ourselves toward ensuring the economic emancipation of young people.”

The Chairperson said that forty years on from the uprising in Soweto, our nation is a very different place, but the importance of young people in shaping our future remains constant. Ms Shoke said: “The struggle of the youth of today is to entrench the freedom and democracy that the class of 1976 fought and died for. Our youth must use their positive energy to tackle today’s challenges of poverty, inequality and unemployment. At the same time they face new challenges such as HIV and AIDS, drug abuse and alcoholism.”
Crime-line Toll-free number for Military Police Division to report any criminal activities.

0800 222 091
often we as soldiers are surprised to hear of specialised and unique units within the SA national Defence Force (SANDF). We are all familiar with the general units which reflect the foundational elements of a fighting force, but are often unaware of the support units and the capabilities they are able to provide for the SANDF.

It is for this reason that in future, units will perhaps start promoting themselves and what they do in an effort to heighten awareness of the capabilities within the SANDF as a whole, especially among Services and Divisions.

Lowveld Air Space Control Sector, known by its abbreviated form as LASS, is a lodger unit at Air Force Base (AFB) Hoedspruit, 70km southwest of Phalaborwa in the Limpopo Province. LASS is a specialised unit capable of providing all airspace related services for our various clients.

These services include Air Traffic Control (both radar and aerodrome control), Mission Control (for fighter aircraft manoeuvring and interception by means of radar), provision of an up to date air picture of the eastern parts of South Africa, border monitoring, airspace management, flight tracking as well as technical support.

The Unit is fairly young, having being established in 1984 as a successor to 1 Satellite Radar Station which was established in 1964 on Mariepskop, a 4 500 foot mountain top base in the northern Drakensberg range, 30km away from the current Unit.

In 1990 the Unit moved from Mariepskop to a newly built underground facility at AFB Hoedspruit, and was officially opened in 1991. Mariepskop no longer functions as a base/unit; however the radar and radio equipment is still maintained and monitored by LASS due to its role as our primary radar and radio site in the Lowveld region.

Over and above the various logistical support staff at LASS our three main functionary personnel musters are as follows: Radar Operators (Trackers) whose role is to listen in...
on all frequencies and identify and label all aircraft flying in the eastern parts of South Africa’s airspace so as to build a complete air picture for Air Force Command. Air Traffic Controllers, whose role it is to provide aerodrome and approach control services every day of the year for military and civilian aircraft operating into and out of AFB Hoedspruit and Eastgate Airport, as well as the surrounding airfields.

BELOW: Sgt Eric Khoza, Radar Operator.

Air Traffic Controllers also provide a flight information service for all aircraft flying in the Lowveld so as to ensure that military flying sectors are left undisturbed when in use.

Mission Controllers form the primary offensive element of airspace control as they provide control for fighter aircraft to enable them to intercept and engage enemy aircraft. They also provide a defensive element of fighter control which involves deterring enemy threats by means of patrolling and guarding operationally restricted airspace, such as that over the FNB Stadium during the late former President Nelson Mandela’s National Memorial Service.

LASS is a unique and little known unit which has a mammoth task when its area of responsibility is considered. However, the level of professionalism consistent among its members in conducting the required tasks ensures that the job is always done.
**First impressions last – let’s keep it professional**

*By Ms Lesego Moropane, Intern SA Soldier*

The first impression is a lasting impression whether it is at the office, a party, a lunch date or an interview. What you wear to these events can create either a positive impression or a negative one about you. That is why it is very necessary to have a professional dress code in the workplace if your place of employment is in a professional setting.

Appropriate dress, along with basic etiquette, is one of the most common associations made where professionalism is concerned. Employees form first impressions and overall judgments about people by the way they dress. If the way someone dresses affects the perception of your company’s reputation, it is important to maintain a standard of dress that creates a positive impression.

Casual dress may make employees comfortable, but the point of professionalism and etiquette is to make others comfortable.

In a like manner wearing a uniform indicates that a member of the Services represents the particular Service he or she belongs to. People judge a whole military organisation based on their impression of an individual representative’s behaviour and, of course, appearance.

In as much as uniformed members of the SA National Defence Force (SANDF) are aware of their representative function, they naturally feel responsible for keeping their uniform clean and well-groomed, and wear it in compliance with the dress regulations.

The second reason to claim that the military appearance is of particular importance is its strong influence on the formation of a member’s character and self-discipline.

The uniform includes various types of military insignia.

These convey a special honour and symbolise military dignity. Consequently, the military uniform must always be neat, well-ironed, and fully buttoned. In addition to the cleanliness of the dress, military appearance includes physical fitness and therefore weight standards.

In this way members are committed to keeping themselves fit. Wearing the uniform for a whole day promotes discipline. As discipline improves the general effectiveness of the SANDF will be enhanced.

Any uniform that a soldier wears has to be serviceable and ready.

**LEFT:** Lt Col Jan van Zyl, SO1 Staff Duties Chief Human Resources, neatly dressed in his crisp uniform, and Ms Rhangi Mpofu, Intern Command Management and Information Systems: Directorate Divisional Staff. (Photo by Mr Witney Rasaka)

**ABOVE:** Senior Chief Warrant Officer Charles Laubscher, the Warrant Officer of the SA Army. (Photo by Pte Paul M pangala)
for inspection at any given moment by a higher ranking person. An unserviceable uniform is one with stains, tears, rips, holes, fading, etc.

SA Soldier met for an interview with Senior Chief Warrant Officer Charles Laubscher, the Warrant Officer of the SA Army, with a view to obtaining greater insight regarding the correct appearance of military and defence personnel. The interview addressed military appearance first.

What does the military uniform mean to you, SCWO Laubscher?

“Wearing uniform mainly identifies you as part of a larger group. Any member wearing uniform must acknowledge being part of such a group by the way he conveys himself or does his work because whatever a uniformed member does reflects on the whole group, so it’s an important form of identification that creates a positive and correct image of that particular group.”

What is the culture behind the military uniform?

“Military uniform culture denotes the background and history of individuals and, in some instances, their qualifications. So when you look at the uniform you should be able to identify the direction the individual has chosen, for example the SA Navy, SA Air Force or SA Army – you should then be able to see what he does in that particular Service, including some qualifications or achievements as reflected by the insignia on his shoulders. So one can tell something about an individual’s career by just looking at him or her.”

Is there a link between the uniform structure and the discipline of individuals?

“There is a definite link – the fact that I am wearing uniform should force me to be disciplined because I acknowledge being part of the military, which is a disciplined organisation. When one is wearing a military uniform, or a civilian person is wearing a suit and tie, one normally behaves correctly, so the standard of your attire does have a direct link with your discipline overall and that applies in the military as well.”

What are the implications behind not abiding by the dress regulations?

“The disciplinary rules say if a member does not dress according to the rules, the necessary disciplinary steps should be taken. Now the infringement will be the deciding factor as to what disciplinary action is to be taken, but as a norm uniform infringements do not have serious disciplinary implications – for instance you cannot lock someone up because of incorrect insignia or incorrect jacket. However, disciplinary steps will be taken especially if it is a repeated offence.”

Describe a presentably dressed uniformed member.

“The main aspect for a presentable person in uniform to bear in mind that a well-fitted uniform is according to policy. Wearing the whole uniform setup from top to bottom and placed. The correct items which with your name tags in the correct position are essential. Most importantly, such a uniformed member must at all times be neat and the uniform must be clean and ironed decently and look presentable in public.”

What impression do you make of the appearance of the PSAP; do you feel they understand the military culture?

“It is difficult to give an answer that applies to everybody. I think many of them do understand military culture, as may be seen by their actions and dress, but there is definitely a group which does not understand military culture and therefore do not even try to align themselves with the culture.”

What challenges are they encountering regarding appearance?

“The basic rule should be that every civilian in the military environment should dress to the same standard as the organisation and members of that organisation. So if our dress is semi-formal they should also be in semi-formal dress without having to be told, but it should also be borne in mind that the PSAP environment includes gardeners, cleaners and so on; people who are of course not expected to dress to that standard, though that does not mean they can dress according to a standard that does not reflect well on the organisation they serve.”

Although PSAP have their own Act, do they still need to adhere to the Defence Act?

“No, legally they do not have to adhere to the Defence Act. There is a PSAP policy which aligns their discipline and dress code, which runs alongside the defence Code of Conduct.”

Is it safe to say PSAP must uphold discipline as they also represent South Africa and Defence Personnel?

“Definitely, because the way they represent themselves reflects on the military, as all this is done in a military environment. For example, a secretary is the first impression any visitor gains so it is always important for civilians to maintain a similar standard as they are military counterparts and reflect the same professional image the organisation wishes to convey.”

Uniform is not just a combination of cloth and thread, but the embodiment of visual uniformity, belonging, team and family, hence the SANDF uniform carries with it the visual values and principles that speak to the discipline, commitment and patriotism of the wearer.
Can teen suicide be prevented?

By Maj Kuselwa Kutshwa, Intern SA Soldier
Photo by Mr Witney Rasaka

Accordin  to the Psychology Department at 1 Military Hospital in Pretoria suicide is something that cannot be prevented. The psychologists emphasised that there was no list of signs that parents should look out for in their children in order to identify if the child is suicidal or not. Lt Col Annette Falkson explained that the act of committing suicide was in some instances a decision of the moment.

The victim thinks about it and acts on it immediately, she said. As an example she mentioned an incident that occurred a while back, where they had a conversation with someone. According to Lt Col Falkson the person seemed fine, but a few minutes later they heard that the person in question had jumped off the building and died.

In some cases a person's behaviour might change, e.g. there would be loss of appetite, the person would seclude himself or wallow in depression before they committed suicide, Lt Col Falkson explained. She said some of the patients they attended to were people who had attempted suicide a number of times and some eventually succeeded in doing do.

The group of psychologists explained that there were a vast number of reasons why teenagers or people in general committed suicide. “All victims of suicide have one thing in common: a feeling of helplessness,” the psychologists said. They elaborated that most of the time victims felt that there was no solution to their problems or that the world would be a better place without them.

Col Arthur Neal stated that the most common reason why people committed suicide was relationship problems. As an example he spoke of a boy who took his life because his girlfriend broke up with him the night before his Matric Dance. He said that sometimes people who thought of committing suicide would talk a lot about this happening; some would even plan how they would do it.

Other reasons for teen suicide include peer pressure, pressure to perform
Lt Col Heinrich Potgieter, SO1 Social Work, Research and Development, reiterated that there was very little scientific evidence that any given factor could successfully predict suicide. He said that global studies relating to alcohol abuse, depression, mental illness and relationship problems showed differing results, making it more difficult to predict suicide.

He said a problem with websites claiming that suicide was predictable was that although they meant well, they created more problems because when there is suicide in a family, that family tends to look for answers as to why the incident occurred. He added that families were prone to blame themselves for the death, and said that they should have known that the person was going to commit suicide. He said that that in turn leads to guilt and self-blame, which can be very destructive.

Lt Col Potgieter submitted that factors contributing to the risk of suicide were varied and some studies suggested that these factors could change over time. In one era there were things contributing in certain cultures, but in all these cases there was normally a problem or a crisis that a person perceived to be insoluble.

He suspects that a sense of hopelessness among teenagers might be a contributor to the sudden increase in suicide in that group. He said that society tended to demand a lot from the youth, but gave them little support. He says that teenagers ask themselves questions such as where am I going? What does the future hold for me? What more options do I have? He added that the problem did not necessarily emanate from the family of the teenager concerned external factors sometimes contributed to the risk of a teenager committing suicide.

Lt Col Potgieter said that when a child began saying words like “no one understands me”, it is an indication that the child feels isolated. He said that when a person started feeling isolated a sense of helplessness and hopelessness increased, which might lead to a number of problems.

Lt Col Heinrich Potgieter is of the opinion that parents tend to shy away from discussing social issues with their children. He said that parents were often not aware of their children’s fears, anxieties and aspirations, and that parents should prepare their children for adulthood by allowing them to talk about their feelings and concerns. Parents should listen to their children and tell them that it was alright to feel bad, sad or fearful at times. He added that it was important that a parent affirm their child so that the child knows that whatever the problem is, it will pass and that you as a parent are there to help him or her through it and that life goes on.

**DO YOU KNOW SOMEONE WHO MAY BE SUICIDAL?**

You can do something to help.
Looking out for a friend or loved one is an important part of preventing suicides.
In South Africa there are 23 suicides a day recorded and 230 serious attempts.

You can call THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP (SADAG) to talk on behalf of a loved one, colleague, or friend.
Trained counsellors are there to help and refer you to local counsellors, facilities and Support Groups.
0800 21 22 23 (08:00 to 20:00) SEVEN DAYS A WEEK
0800 12 13 14 (08:00 to 20:00) SEVEN DAYS A WEEK or SMS 31393.

THE SOUTH AFRICAN DEPRESSION AND ANXIETY GROUP (SADAG)
Suicide crisis line: 0800 567 567 or SMS 31393
(08:00 to 20:00, seven days a week)
Help line: (011) 262 6396 (08:00 to 20:00, seven days a week)
Email: Zane Wilson (founder) for counselling queries at:
office@anxiety.org.za
Website: www.sadag.org
What is **Raynaud’s disease**?

Issued by Martina Nicholson Associates (MNA) on behalf of the Government Employees Medical Scheme (GEMS)

Photo by Mr Witney Rasaka

Raynaud’s disease is a fairly common medical condition that mostly, but not only, affects women. It may result in numbness, as well as cold fingers, toes and other parts of the body. This generally occurs when the temperature drops or if the sufferer is experiencing stress.

Raynaud’s disease blood flow becomes restricted, typically causing parts of the body such as the fingers and toes to become pale, eventually turning purple or blue. It also commonly affects the nose, lips, ear lobes and nipples.

Although it can greatly impact the individual’s quality of life, Raynaud’s is not usually a serious medical condition. In severe cases, which are rare, it may result in complications. For example, the lack of blood flow to extremities such as the fingers and toes can result in skin ulcers that can eventually become gangrenous.

As your body warms up and your circulation improves, you may also find that the affected areas swell and turn red, throb and tingle. It usually takes approximately 15 minutes for blood flow to the impacted areas to return to normal once you have warmed up.

What causes it?

It is not known what causes Raynaud’s disease (or primary Raynaud’s phenomena, as it is also known) although it is thought that it may be partly inherited from a parent and that hormones could play a part in the condition. Smoking and an excessive intake of caffeine are known to make episodes of Raynaud’s disease more frequent and intense.

Raynaud’s disease causes poor circulation because of a narrowing of the arteries that supply blood to the skin, which restricts the flow of oxygenated blood to different parts of the body. Attacks or episodes of Raynaud’s disease may be more severe for people who live in colder climates. However, people living in warmer areas may also be strongly affected when the temperature drops.

Secondary Raynaud’s phenomena is another form of this medical condition. It is often related to an underlying medical condition such as heart disease or rheumatoid arthritis. It can also be caused by the use of certain types of medication. This form of the condition is often more severe than Raynaud’s disease (or primary Raynaud’s phenomena).

The following are some of the underlying medical conditions that may result in secondary Raynaud’s phenomena:

- Diseased blood vessels (atherosclerosis)
- A type of high blood pressure or hypertension
- Lupus
- Rheumatoid arthritis
- Carpal tunnel syndrome
- Certain medicines, such as some of those used to treat high blood pressure and migraine

Diagnosis and treatment

It is important for anyone who suffers from Raynaud’s type symptoms to visit their family doctor. He or she should be able to diagnose the condition based on the symptoms, signs and medical history. If necessary, the doctor will refer the patient to a specialist.

The doctor will try to establish whether the Raynaud’s is related to an underlying medical condition or whether it is the primary form of the condition (or in other words Raynaud’s disease). This is important because if an underlying medical condition is causing the Raynaud’s, it may be more serious and the primary cause will need treatment.

Treatment of the Raynaud’s depends on how severe it is and whether you have any other health conditions present. Your doctor will prescribe medication and advise you on how you can best prevent an attack. In cases where the condition has caused complications, surgery may be necessary.

See your doctor immediately if you have a history of severe Raynaud’s and if you develop a sore or infection in one of your affected fingers or toes.

Preventing attacks

There are ways to prevent Raynaud’s attacks or at least reduce their severity. Ask your doctor about the best ways to do this.
There are ways to prevent Raynaud’s attacks or at least reduce their severity. If stress causes your attacks, find ways to manage it better or avoid situations that may cause you stress. Speak to your doctor about finding ways to live a less stressful life.

- If you live in a cold climate and your Raynaud’s is having a negative impact on the quality of your life, consider moving to a warmer area. Do keep in mind, however, that you can still suffer episodes even in a warmer climate.
- If you are going outdoors and it is cold, be sure to dress as warmly as possible and do not forget that your fingers, toes, ears, nose and other exposed body parts should all be kept warm. Wear warm hats, balaclavas, gloves, scarves, thick socks or anything else that will help prevent an attack.
- If you think the weather may turn cold, be sure to take warm clothes

Brig Gen Vuyo Mputa, the Programme Director, said that encouraging healthy lifestyle programmes were in line with the Surgeon General’s call for the promotion of healthy living according to wellness programmes. He added that it was the priority of the SAMHS to make members of the SA National Defence Force aware of their health.

She said South Africa had the highest overweight and obesity rate in Sub-Saharan Africa. She said that people experienced food cravings on a daily basis. She added that eating the right amount of nutritious food could reduce health risks and was the only way people could stay healthy and not be affected by problems such as obesity, high blood pressure or diabetes.

Generals and Admirals’ Club Meeting

By Sgt Ally Rakoma
Photo by Pte Paul Mpangala

The SA Military Health Service (SAMHS) recently hosted the quarterly Generals and Admirals’ meeting at the SAMHS Training Formation Officers’ Mess in Thaba Tshwane. The Deputy Surgeon General, Maj Gen Hennie Grobler, welcomed everybody on behalf of the Surgeon General, Lt Gen Aubrey Sedibe.

It was an opportunity for retired Admirals and Generals to get together to renew friendships and acquaintances. The Generals and Admirals’ Club has been meeting for the past 39 years, i.e. 6 April 1977.

As part of the programme Lt Col Elria van der Westhuizen, SO1 Diet: Area Military Health Formation, gave a briefing on healthy living and a healthy diet.
SA National Defence Force Rugby Week

By Lt Col Gawie Nienaber, Vice President of SANDF Rugby
Photos by F Sgt Phineas Mokala

The annual SA National Defence Force (SANDF) Rugby Week was recently hosted by Army Support Base Kimberley and all matches were played at the Kimberley Military Sport Club. Regional teams participated in the championship in three leagues, namely the Senior, President’s and Women’s Leagues.

Four teams played in the Senior League: Gauteng A Team, South Eastern Cape A Team, Western Province A Team and Free State A Team. In the President’s League the following five teams participated, namely West Coast A Team, South Eastern Cape B Team, Limpopo A Team, Northern Cape A Team and North West A Team. There were also five teams that participated in the Women’s League, namely Gauteng Team, Northern Cape Team, North West Team, South Eastern Cape Team and Combined Western Province/Free State Team. (The teams played in their different leagues on Monday, Tuesday and Wednesday with teams playing in the finals on the Friday.)

The Senior League Final was played between South Eastern Cape A and Gauteng A with South Eastern Cape winning the match 44 against 19.

ABOVE: Action during the President’s League Final. South Eastern Cape B Team (black and red sport shirts) versus Northern Cape A.

ABOVE: Rugby teams lined up for the opening parade of the SA National Defence Force Rugby Week.
The President’s League final was played between South Eastern Cape B and Northern Cape A Team with South Eastern Cape winning with the final score 28 against 25.

The Women’s League final was played between Gauteng and the Western Province/Free State Combined Team with the Western Province/Free State Combined Team winning with the score 5 against 0.

On completion of all matches all participants attended a closing ceremony during the evening at 3 SA Infantry Battalion, where awards and trophies were also presented.

Winners of Leagues

- **Senior League** – South Eastern Cape A Team
- **President’s League** – South Eastern Cape B Team
- **Women’s League** - Combined Western Province/Free State Team

Players of the Tournament of Leagues

- **Senior League** – Rfn Jeswin Booysen (South Eastern Cape A Team)
- **President’s League** – Rfn Glenwill Lewis (Northern Cape)
- **Women’s League** - Rct Merryl Theunis (South Eastern Cape)
- **Top Try Scorer of the Week** - Rfn Rasheed Andreas (South Eastern Cape) with five tries for the week.
- **Referee of the Week** – S Sgt Ferdi Vermaak

During the ceremony the SANDF Senior Team, President’s Team and Women’s Team were announced that will participate in the SA Force/Services Rugby Tournament that will take place in August 2016.

A 7’s training group for the men and women were also announced during the ceremony. The Women’s 7’s Team will again participate in the South African Rugby Union (SARU) Inter Provincial Tournament that will take place in Nelspruit later in 2016 and the men’s team will participate in the Rocket Super 7’s in Cape Town later in 2016.

Col Gert Richards, Officer Commanding Army Support Base Kimberley, and his organising committee must be commended for their hard work before and during the championship to make this one of the memorable championships as it was well organised and executed.

Good luck to the SANDF Teams that will participate in their respective tournaments later in 2016.
God is searching for you

By Chaplain Linky Ngwato,
Chaplain at the Logistic Support Formation

The word “search” means to look carefully for, trying to find out the truth about something, thorough and serious. Genesis 1:27 says: “So God created man in His own image, in the image of God created he him; male and female created He them.” The image of God is a foundation concept for understanding how we are made in God’s image helps us to see the basis for the dignity and purpose of life and work.

Our worth is connected to our Creator so He will search for us if we fail His purpose. Our dignity is present in creation, we share His characteristics. We are fearfully made, it shows that God value us. Anything that you value when it gets lost you will put aside everything to search for it. Sin separated us from our Creator. Luke 19:10 says: “For the Son of man is come to seek and to save that which was lost.” The One who came to seek and save the lost gave His life in the ultimate act of sacrifice for all who believe in Him. He saves people who acknowledge their sin and look to Him for mercy.

My friend Jesus has put everything aside to search for you! He laid aside His Kingly robe, left heaven above, the fellowship of the Father, association with heavenly angels to come down into this world of sin to rescue you and me. He considers His valuable gemstone worth searching for.

Philippians 2:5 – 8 says: “Your attitude should be the same as that of Christ Jesus: Who, being in very nature God, did not consider equality with God something to be grasped, but made Himself nothing, taking the very nature of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself and became obedient to death – even death on a cross!”

Jesus is our Good Shepherd. The Good Shepherd leads His sheep. The Good Shepherd knows His sheep by name. (John 10:3)

The Good Shepherd is known by His sheep (John 10:4 – 5)

The Good Shepherd stays with His sheep (John 10:13)

The Good Shepherd knows His sheep (John 10:14).

The Good Shepherd notices the problems of His sheep (John 10:12)

The Good Shepherd gives His life for His sheep (John 10:11)

When the true Shepherd discovers that one of His sheep is missing He determines to search until He finds it. Luke 15:4-5 says: “What man of you, having an hundred sheep, if he loses one of them, doth not leave the ninety nine in the wilderness, and go after that which is lost, until he find it? And when he hath found it, he layeth it on his shoulders, rejoicing.” He does not say: “Well I have ninety nine, let the other come back and I will open the door of the sheep and fold him in”. No! The true shepherd cannot sleep while even one sheep is missing - just one - the very least number. The darker the night, the more violent the storm, the more anxious the shepherd is. Out he goes even at the peril of his life to find the missing sheep.

When finally the lamb or the sheep is located he does not scold it for the trouble it has caused him. He does not whip it or drive it away. He does not even lead it! Tenderly he gathers the trembling little animal in his arms, pressing it close to his bosom, shields it from the storm with his cloak and tenderly bears it back to safety. It is what He wants to do to us.

So Jesus is searching for you today! He has left everything in heaven to come and search for you. He has given up everything – His life – His treasure, His comfort to take you home to safety. Do not doubt His desire and His ability to help you! Take courage my friend, surrender to Him NOW - YES right now just where you are. Just claim the promises of God’s Word ask for forgiveness and cleaning. Believe He forgives your sins because He has promised it so! Surrender your life in Him. He can and will do for you exceedingly abundantly above all that you can ask or think (Ephesians 3:20).

Matthew 11:28 says: “Come unto Me, all ye that labour and are heavy laden, and I will give you rest.”

Remember God is searching for you today! Make a decision! Respond with obedience.
Combining cardiac rehabilitation and exercise with amazing scenery and beautiful weather in the Cape Point Nature Reserve was an excellent initiative by the 2 Military Hospital Biokinetics staff. Approximately 35 patients and staff recently participated in the event and walked along the scenic beaches of the Cape Point Nature Reserve. The intensity of the walk and terrain were counterbalanced by the amazing beauty and scenery of the nature reserve.

The participants who attended the scenic walk regularly attend supervised exercise classes at 2 Military Hospital Biokinetics Centre, just one of many services offered to the military community. To vary the weekly exercise class routine, the scenic walk provided an excellent opportunity to soak up outdoor adventure and at the same time benefit from cardiovascular exercise. Regular exercise for cardiac related patients and lifestyle diseases such as diabetes, high blood pressure and elevated cholesterol levels provide immense benefit to sufferers.

The walk was quite entertaining as patients anticipated the baboons joining but to no avail and the day ended with a variety of delicious snacks on picnic blankets and chairs were participants soaked up the Cape sun to the sound and sight of the waves breaking against the rocks. As one of the patients described the walk: “It was just – Wow! - I enjoyed the session”.

A big "thank you" needs to be conveyed to all the patients who participated, including the staff and support staff of this amazing patient outdoor session, namely Col Iqram Bux, the Officer Commanding 2 Military Hospital, CPO Keith Linderoth, 2 Military Hospital support staff and Area Military Health Unit (AMHU) Western Cape for medical support and transportation.

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