The official monthly magazine of the SA Department of Defence

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FRONT COVER: The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke (right), hands over the Best Overall Trophy to the Chief of the SA Army, Lt Gen Vusi Masondo, at the Chief of the SANDF Prestige Week gala dinner. (Photo by L Cpl Jonathan Mogano)

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FRONT COVER: The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke (right), hands over the Best Overall Trophy to the Chief of the SA Army, Lt Gen Vusi Masondo, at the Chief of the SANDF Prestige Week gala dinner. (Photo by L Cpl Jonathan Mogano)
In this Special Edition we dedicate most of the pages to the Chief of the SA National Defence Force (SANDF) Prestige Week as well as SANDF championships of numerous sporting codes. Addressing the participants at the recently held Chief SANDF Prestige Week, Gen Solly Shoke, the Chief of the SANDF, said: “Participating in sport makes us healthy, physically and mentally fit, and is at the same time enjoyable. Sport is part and parcel of the wellness of soldiers and encourages cohesion. It helps people work as a team and requires discipline.”

The Chief of the SANDF mentioned that participating in sport would ensure improved levels of discipline in the SANDF, as discipline is the cornerstone of any military organisation. Gen Shoke was very adamant when he said: “I have been telling people from the training environments that when we look at sport, we should not look at it as some leisure activity as in the military it is part and parcel of force preparation. I am seriously considering making sport compulsory and people must participate in it on the sport day”.

The week-long sporting competitions between the SA Army, the SA Air Force, the SA Navy and the SA Military Health Service (SAMHS) also included indigenous games such as Morabaraba and Diketo, as well as taekwondo theatrics and the battle of the bands.

Congratulations to the SA Army who triumphed as the overall winner of the Chief of the SANDF Prestige Week. Well done!

Gen Shoke closed his week-long Prestige Week programme during a gala dinner. Addressing the guests at the occasion, the Chief of the SANDF once again emphasised that soldiers should not take part in sport only for pleasure, but view it as part of force preparation. Gen Shoke said the men and women who had recently participated in Exercise AMANI were fit and sport had been a contributing factor in this regard (also read the article on the AMANI AFRICA II Field Training Exercise on pages 14 to 17).

Keep in mind a healthy body equals a healthy mind. It is important to understand that the responsibility in all of this starts and begins with you.

If you want to live a happy, healthy and productive life, consider changing the way you live today. Start exercising, walking and eating right and you will soon feel like a different person.

Also remember, not all exercise costs money. Start by using the stairs, walking more and sitting less.

Viva! To more healthy bodies and healthy minds in 2016!

Nelda Pienaar
Editor SA Soldier
CRIME-LINE TOLL-FREE NUMBER FOR MILITARY POLICE DIVISION TO REPORT ANY CRIMINAL ACTIVITIES.

0800 222 091

a challenge, a commitment, a future
I AM GRATEFUL

Serving the SANDF should not be a work, rather a service as the word states. So I am here to do my national service and my duty even if it means moving in muddy areas or in the shadow of death, in the best interests of the country. Anyway it has always been about pride and the rest just follows. I am inspired by the professionalism and understanding that we are at the forefront of the country and that brings us responsibilities. This is the only organisation that sensitisise one about the importance of working as a unity. I will therefore forever be grateful to this organisation for having taught me discipline and humanity in this excellent manner. Astrid Assy, email

PRAISE OUR RESERVE SOLDIERS

I should like to use this opportunity to congratulate and honour all my beloved members of the Reserve Force for their distinctive dedication, commitment and determination in serving the SA National Defence Force (SANDF). It is not that the public does not notice their work: the good they do for our community is much appreciated and recognised. South Africa is indeed a blessed country to have a Reserve Force component that it can absolutely depend on at any time and under any circumstances. Soldiering is indeed a great challenge, and the Reserves have proved their mettle. Their integrity and loyalty to the SANDF are striking. They are brave and disciplined soldiers. Pte Kabelo Tsogang, Logistics Division

MILITARY OMBUD WILL CONTINUE TO FULFIL ITS MANDATE

The South African Office of Military Ombud will continue to fulfil its mandate of protecting the fundamental rights of soldiers. Ms Nthombikayise Queeneth Mdluli Jacha, the Military Ombud’s Head of Communication (HOC), said this in her speech which was delivered on behalf of Lt Gen (Ret) Temba Matanzima, the Military Ombud, at the annual Defence Legal Services Division Gala Evening and Awards Ceremony recently held at Air Force Base Hoedspruit.

Ms Jacha said: “We wish to renew our assurances to the people of South Africa in general and the defence community in particular that we will robustly uphold the underlying principles of military ombudsmanship.” She said their office was established in 2012 to investigate and ensure that complaints against the SA National Defence Force (SANDF) are resolved in a fair, economical and expeditious manner.

The office is entrusted with the responsibility of investigating complaints brought by members of the SANDF who are not satisfied with their conditions of service. It also investigates complaints brought by members of the public against SANDF personnel whilst on duty. At the gala dinner various awards were given to members who had excelled in their respective duties. Ms Jacha told the military legal members in attendance that the awards ceremony represented an acknowledgement that excellence should be recognised and celebrated. Ms Jacha said: “Awards ceremonies are a common phenomenon in the defence fraternity. Awards are normally given to individual members who excel in achieving goals and reaching targets set for them.”

Ms Jacha said the purpose of awards was not only to recognise and celebrate the achievements of outstanding performers, but also to serve as encouragement to those who may not be doing so well to do better. Ms Jacha added: “While very few receive these awards, may the rest of you aspire to reach these same pinnacles and possibly even greater achievements as you serve with patriotism and honour. This is the positive side of achievers awards.”

Over the past financial year (14/15) the office received about 279 complaints of which 156 were finalised within the same year. Over and above this, a total of 156 complaints from the previous years’ backlog were finalised within the same year.

*For more information contact Ms Nthombikayise Mdluli Jacha, Head of Communication, on 062 504 7717 or 012 676 3812 or email: Jachaq@milombud.org

letters to the editor

SA SOLDIER welcomes letters to the Editor. Short letters are more likely to be published, and all letters may be edited for reasons of style, accuracy or space limitations. Letters should preferably be typewritten. All letters must include the writer’s full name, address and home telephone number. The volume of letters we receive make individual acknowledgement impossible. Please send your letters to: The Editor, SA SOLDIER Letters, Private Bag X158, Pretoria, 0001. Letters may also be faxed to (012) 355-6399 or sent via email to sasoldier@mil.za. We would like to hear your comments or ideas, particularly about matters concerning the Department of Defence. Regrettably, anonymous letters cannot be published - Editor.
This year saw the first Regional Works Unit KwaZulu-Natal (RWU KZN) “Challenge for Charity” relay walk. The SA National Defence Force (SANDF) unit that organised this event was RWU KZN, under the leadership of Capt (SAN) Solomon Mashigo. The relay walk was a distance of 8km.

Each team consisted of four members, each member walking a distance of 2km. All the SANDF units in KZN together with external stakeholders were invited to participate in support of this charity event.

The entry fee per team was R50-00 and the total amount of money collected was R4 310-00. The winner, runner-up and third position received a percentage of the total amount to be donated to a charity of their choice. RWU KZN also had a table for “CUPPA for CANSA” where delicious cupcakes were for sale and R680-00 was raised and donated towards CANSA.

The charity event took place at the promenade at the Durban Country Club beach. The response was positive and 72 teams participated in the relay walk. The SANDF units that participated were RWU KZN, Army Support Base KZN, Maintenance Ordinance Support Durban (MOSD), Area Military Health Unit KZN, Naval Station Durban, Military Police Durban, Legsato Durban, FASC Durban, Durban Regiment, 84 Signal Unit, Umdloti EW Centre, Natal Mounted Rifles, 19 Field Engineering Regiment, Joint Operational Tactical Headquarters KZN and KZN Signal Unit.

External stakeholders that participated in the event were the Department of Sport and Recreation KZN, the Office of the Premier of KZN, the SA Police Services, the Correctional Services, the Department of Public Works, Shukela Training Centre, URCSA, KZN Emergency Medical Services and CANSA SA.

The RWU KZN “Challenge for Charity” relay walk was well supported and enjoyed by all participants and spectators. The benefit for soldiers to walk for a purpose, created strong competition and the relay times of the top ten teams were excellent.

The first team to cross the finishing line was the divers from Naval Station Durban. They received an amount of R1 724-00 that was donated to CANSA. The runners-up were 19 Field Engineering Regiment and they received an amount of R862-00 which they donated to Khulisizwe Pre Primary School in Umlazi. The third place went to Military Police Durban and they donated an amount of R431-00 to the St Barnabas Crèche in Chesterville.

After the relay walk the competitive spirits were high and some of the units entered teams for beach volleyball and beach soccer (the “Challenge for Charity” relay walk did take place at the Indian Ocean). The unit that came first in the beach soccer was 19 Field Engineering Regiment and the runners-up were FASC Durban. FASC Durban, MOSD and the Department of Public Works and Emergency Medical Service played in the beach volleyball semi-finals.

This will become a yearly event and RWU KZN hopes to see more teams from the SANDF participating in the 2016 RWU KZN “Challenge for Charity” relay walk!

Maj Milissa Glenister, email

ABOVE: The divers from Naval Station Durban – the winners of the Regional Works Unit KwaZulu-Natal “Challenge for Charity” relay walk. (Photo by Cpl Stapleton)

LEFT: The winners of the beach soccer - 19 Field Engineering Regiment - with Capt (SAN) Solomon Mashigo. (Photo by Cpl Stapleton)
letters to the editor

PREDICTION OF FUTURE DEFENCE

The world is an ever-changing phenomenon constantly adapting to new traits. These new traits affect different organisations and the SA National Defence Force (SANDF) is no special case. The involvement of the SANDF in projects such as protecting rhinos from poachers plays an important role in the preservation of the rhino as a species. Some of the possible projects and challenges for the SANDF could be:

- **Robotic Soldiers**
  Robotic soldiers could in future be part of human resources; these mechanical soldiers could be used in different projects by many armies.

- **Cellphone Technology Invasion**
  Cellular phones are part of everyday life and are becoming a challenge in the running of organisations and are a serious risk to the security of any country.

- **Striking Nation**
  If strikes continue being violent and an opportunity for criminals to commit criminal activities against state property and foreign businesses, the SANDF will be part of the protection for citizens.

- **The Drug-Gang Challenge**
  Drugs and gangsters are a challenge and may in future be eradicated by the SANDF if these continue to affect the future of our country and our children.

Pte David Tshivhula, Personnel Clerk 1 Parachute Battalion

MAY GOD BLESS OUR OFFICER COMMANDING

Everybody deserves a better future. Holding only a basic certificate for many years could be demoralising. Some of our members could feel neglected as if their career has come to a standstill.

Our unit is lucky to have great leaders such as Lt Col Charles Stabathaba. During career discussions he talks to every member about careers, transfers and other job related problems.

He is mindful about the well-being of his people.

He delivers on his promise and does follow-ups until a problem is solved. He is approachable and we are not shy to ask for any advice from him.

During Officer Commanding communication periods he gives us a chance to talk and respects our views. We applaud him for his efforts to improve our lives.

A lot has changed for the better since his arrival at our unit.

Many people went on courses and a lot of improvement was achieved. We hope other leaders will learn from him.

May God bless him with many happy and healthy years.

Pte Victoria Mathibela, 7 SA Infantry Battalion (Phalaborwa)

I AM A BORN WRITER

I scream from the ground
With no voice but my words to be heard
If I could scream from the top, everyone will hear my voice
I refuse to believe that I am too old to reach my goals

Winning is my only option
I speak words that build the nation
If you could give me a stand
I will shoot to kill with words that carry a drug to heal
I will fill broken hearts with a song of hope
I will take shots at obstacles with a rifle grenade

I am born a writer
The world around me is infiltrated by greed
I take my time writing

But others throw my hard work into the rubbish bins
I am a role model and have been acting this way
I am a born writer
If I can’t get to the top, then my words won’t be heard
When I get to the top I will be in charge
I will no longer be limited

I am a born writer
My life is a continuous journey
Many have studied my mind but failed to pass my exams
I am ready to take on the world and keep on encouraging
Those who are willing to listen.

Pte Victoria Mathibela, Defence Intelligence (Pretoria)
LEADERSHIP

Many are called but few are chosen
As an organisation are we in need of leaders?
Are we lacking leadership or are we short of manpower?
The answer to these relevant questions is NO.
We are not short of manpower with regard to leadership.
We are not short of leaders in our organisation,
but we are desperately in need of quality leaders.

Leadership is about people coming together to manoeuvre an organisation towards its goal and vision, but the making of a leader is about you becoming that quality leader so that you leave a legacy so that long after you have left the arena, the aroma of you as a leader will be detected and appreciated, because you made an indelible mark that lingered on.

You are a leader. Lead in your field of expertise.
The “Y” in QualitY is about YOU.
You are a quality. Cpl Dimakatso Faith Davhana, Army Support Base Johannesburg

I DO NOT KNOW WHY

I do not know why the soldier loves the world so
He sacrifices with his life to die
I do not know why the soldier loves the world so
He moves away from his comfort zone to unconfirmed zone
I do not know why the soldier loves the world so
He moves away from his beloved family to protect me and you

I do not know why the soldier loves the world so
He steps out to mend broken hearts
Where would I be if he did not sacrifice his life
I am glad he did

I do not know why the soldier loves the world so
He gives freedom of movement to everyone

SANDF DOES NOT DISCRIMINATE AGAINST ANYONE

If admission requirements could be compromised
We will lose lives
A soldier should be physically and mentally fit

A soldier should always be ready to carry all
His or her battle equipment and walk long distances
A soldier should not be area bound
A soldier should be able to survive in extremely cold
Or extremely hot weather conditions

There are times when a soldier will have to go for observation posts or do night navigation
Soldiers who have eyesight problems will experience difficulties
There are times when a soldier will have to go for listening posts
Soldiers who have hearing problems will experience difficulties

Pregnancy is not conducive to physical training
And the combat requirements of the SANDF
It is not unfair to discriminate, distinguish, exclude or prefer any person on the basis of an inherent requirement of a job
Therefore the SANDF does not discriminate against anyone ...

Pte Victoria Mathibela, 7 SA Infantry Battalion (Phalaborwa)
SANDF member finds a blood sister in deployment

Article and photo by Mr Lufuno Netshirembe

Meet Lt Sifiso Matimba, deployed in the Democratic Republic of Congo (DRC) as a SAFI Manager at the Sake base. When he volunteered to be deployed, the last thing on his mind was meeting a relative in the DRC.

Lt Matimba grew up like any normal young boy whose father used to tell many stories. One of the stories he was often told was about how his father grew up and the games they used to play as young men. Typically, as a boy growing up, Lt Matimba remembered all the stories he was told. He thought they were just stories that his father told him to pass time.

Of all the stories his father told him, he particularly remembers the story about his father’s younger brother (Lt Matimba’s uncle). On several occasions, his father told him of a brother he had lost. According to Lt Matimba, his uncle was a miner who went to Malawi for training. After he left, he never returned to South Africa and, inevitably, the family assumed that he was deceased.

Lt Matimba was first deployed in the DRC with 2014/15 Force Intervention Brigade RSA Battalion in Operation Mistral XXII. “I have been living nonchalantly with expected discipline here in my deployment area. I have always taken pride in doing my job diligently as a SAFI Manager at my base in Sake. After two months of my deployment, my friend and fellow SA National Defence Force (SANDF) deployed member informed me that he had seen a woman of the Malawian battalion with the same surname as mine. After he left, he never returned to South Africa and, inevitably, the family assumed that he was deceased.

Lt Matimba said: “At that stage, I began thinking that it could be that my uncle did not go back home then because he might have eventually married in Malawi. The more I thought of it, the more excited I got and the more emotions were stirred up in me.”

When Lt Matimba finally got a chance to meet the woman for the first time, it never occurred to him that the woman could possibly be his blood sister. He was very curious about the similarity between his surname and that of the lady. When he met her, he asked her how it happened that she had a South African surname, and not only a South African surname but specifically “Matimba”, just like his own.

The lady from the neighbouring Malawian battalion then informed him that her father had told her that he was a South African who eventually earned Malawian citizenship while working in the mine. According to Lt Matimba, she further informed him that he had met her mother then. Lt Matimba said: “I was elated to hear this story, as it corroborated a particular story my father had told me about his lost younger brother.”

She unfortunately informed me that her father (Lt Matimba’s uncle) had passed on. Lt Matimba said he was more happy than sad that he had found a blood sister in a place he least expected. What made him happy was that he had already made peace with the passing away of his uncle, as told
SOLDIER’S PROMISE

I cannot promise you every night of my life. I cannot promise to be beside you for every difficult moment, every trial, and every hardship.
In truth, I can promise you that I will not be with you for most of the time. I will leave you at inconvenient times because my country needs me, I may miss the births of our children. Any special date to us may be tainted with the anniversary of the death of one of my friends.
And I would expect you to understand that it is for the sake of this beloved country, I will ask you to take over whatever life we have built together for months and years at a time.
And will then crash back into that life that you have used your sweat and your tears and your heartache to keep together and try to take it back as I knew it before.
I will shut you out at times because it will be the best way for me to hold it together at that moment.
I will tell you I don’t know things when I do. I will not always tell you where I am going, when I will be back, or who I am with.
I may not call you for weeks and months and you will not be able to call me. You will ask questions that I won’t answer.
You will know answers to questions that you will hope you never need.
I will share things with my comrades in arms that you will never understand.
They will know things about me that you never will.
They will be a support to me in some ways that you cannot be.
I will miss birthdays. I will miss anniversaries.
I may need time to process things that seem natural to everyone else.
It will seem that someone - or something - will always take precedence over you.
You may lose me long before you ever thought possible.
I will uproot you and ask you to re-establish our family anywhere in the country, in any season, at any time - over and over again.
I will leave you when you beg me not to.
I will stand at attention while you cry beside me. I cannot promise you all of me.
I cannot promise that to our children.
But if you will have me, I can promise that as I march away from you it is not without sharing your heartache.
I promise you that every time I break your heart I will be breaking mine.
Every time that I cannot answer you I will be protecting you.
Whenever you want to call and you have no number to dial I will want to do the same.
I will protect everything that we have created together with every fibre of my being while you do the same back at home.
I will honour you in everything - every moment that we are apart and every moment that I am with you.
I will fight harder and push further knowing that I do so for you.
I will see the faces of our children in every life that I protect.
And I will carry you with me in everything until my sandy boots once again sit just inside our door.
Pte Seragi David Mothapo, email

MAINTAINING OUR MANDATE

Before a person criticises the SA National Defence Force (SANDF) he or she should first apply his or her mind properly and ask him or herself one simple question: How chaotic could our country have been if there were no SANDF? I know some people might be asking themselves: “What is this person talking about?”
The SANDF ensures that law and order within our borders is maintained. I have seen our military force arresting people and confiscating illegal goods smuggled across our borders and I therefore feel very proud that I am part of the SANDF. We are working tirelessly to maintain our mandate and to fulfil this nationally important duty.
Pte Sihlambanyiso Maswanganyi, 2 SA Infantry Battalion (currently on internal deployment in Macadamia)

DEPLOYMENT

As peacemakers we are well prepared to fight for peace
Allow me to talk in parables for I am a well-trained soldier
That is why “A” is for Alpha
And “G” is for Golf
Every deployment might look green
But most deployments are red

We are not in the battle for survival
But for victory
When two leopards are fighting in a mango tree
The sweet mango fruits will shoot down
While they suffer emotionally and physically
Let us not run for the sweet mangoes

Every deployment might look like an innocent cat
But most deployments are a confused lion
Climbing the mango tree is a risk we must take
Until peace is restored between the two leopards … Pte Victoria Mathibela, email

by his father. Lt Matimba explained: “Though sad that I did not know or see my uncle before he passed on, I was happier that I had found my blood sister. More exciting was that it happened effortlessly through God’s grace.”

At the time of the interview, Lt Matimba said he was excited that the 2014/15 Force Intervention Brigade (FIB) RSA Battalion deployment period had ended. Lt Matimba said that when he returned home in South Africa he would inform his aunts and the rest of the family about his experience in the DRC, particularly this new happy discovery. The family would then decide about the next step to take in embracing their new family.

Lt Matimba said: “I am amazed at how God works in his own unique and mysterious ways. Although deployment was hard, meeting my blood sister made it bearable and worth my while. I feel blessed.”

“Though sad that I did not know or see my uncle before he passed on, I was happier that I had found my blood sister. More exciting was that it happened effortlessly through God’s grace.”

At the time of the interview, Lt Matimba said he was excited that the 2014/15 Force Intervention Brigade (FIB) RSA Battalion deployment period had ended. Lt Matimba said that when he returned home in South Africa he would inform his aunts and the rest of the family about his experience in the DRC, particularly this new happy discovery. The family would then decide about the next step to take in embracing their new family.

Lt Matimba said: “I am amazed at how God works in his own unique and mysterious ways. Although deployment was hard, meeting my blood sister made it bearable and worth my while. I feel blessed.”
The Goodwill Parcel Project stands the test of time

The SA National Defence Force (SANDF), in partnership with the sponsors of the Goodwill Parcel Project, sent festive cheers to deployed soldiers and their families. The sponsors provided gifts for members of the SANDF currently deployed on the continent and along South Africa's borders, while their families received hamper packs.

The Goodwill Parcel Project has been in existence for 14 years and support from sponsors has been steadily increasing. Eighteen companies contributed over R6.9m in this financial year.

The first recipients of the 2015 Goodwill Parcel Project gifts were members of 121 SA Battalion who departed from the De Brug Mobilisation Centre on rotation to take part in Operation MISTRAL in the Democratic Republic of Congo (DRC).

Subsequently, a delegation of sponsors flew first to the DRC to hand over goodwill parcels in Kinshasa, the capital, then to Goma and finally to Lubumbashi before returning.

The deployment of soldiers is divided into three groups, namely the SANDF SPECC, a specialised contingent that is deployed in Kinshasa, Force Intervention Brigade (FIB) members, Aviation and Engineer squadrons deployed in Goma and a Training Team in Lubumbashi.

The Chairperson of the Goodwill Parcel Project Military Leg, MCWO Victor Kgaladi, said he was proud of the good deeds towards the soldiers.

MCWO Kgaladi said that for any country to prosper, peace and stability must prevail. He reminded the soldiers who gathered around to receive their gifts that it was part of their mandate to assist the DRC as a country and the Congolese people there. He conveyed the Chief of the SANDF’s message in which he wished them well.

He said SANDF members should remember that they made a declaration to uphold the Code...
of Conduct and should take note particularly of number five of the Code, which says: I take responsibility for my own actions. MCWO Kgaladi added: “Some people say that discipline in the military is a command responsibility. However, I can add to that by pointing out that individuals are and should be responsible for their own discipline.”

The Chairperson of the Goodwill Parcel Project Civilian Leg and Managing Director of the SA Army Foundation, Mr Angel Ramphele, said the sponsors were pleased to visit the deployed soldiers to remind them that at least some people recognised and acknowledged the work they did.

Mr Ramphele said: “We know and hear of your exceptional work in the area of the Great Lakes, Kinshasa, and in particular North Kivu. We just wanted to wish you well for the festive season when you are going about your duties as expected of you.”

He mentioned that the Chief of the SANDF, Gen Solly Shoke, had reminded corporations and companies about the good work that the SANDF members did in the country and on the continent, and as a result has therefore been able to draw on support from the business community. Mr Ramphele added: “General Shoke is driving both the Goodwill Parcel Project and the SANDF Education Trust through his messages to the public. He reminded us of the immense role played by the military in the economic development of our country, and that is why we come here to solicit support from you as sponsors.”

Mr Ramphele said the soldiers were at the forefront in ensuring peace and stability so that economic development can take place on the continent, and to the benefit of South African businesses. He said: “We passed one of the big South African retail businesses on our way here and we have you to thank for that. We are here as sponsors because we care about the work that you do.”

Mr Ramphele said the money raised from the 18 companies for goodwill parcels amounted to R2.7m. The hamper packs that have been received by the families, which are contributions from various suppliers, amounted to R4.2m. South African businesses contributed over R6.9m in this financial year, he said.
Peace in Africa – an African solution to African problems

By Capt (SAN) Jaco Theunissen, Public Information Officer for AMANI AFRICA II Field Training Exercise

Photos courtesy Joint Operations Division

The first ever continental Field Training Exercise conducted by the African Union (AU) recently took place in the form of the AMANI AFRICA II Field Training Exercise in South Africa.

The aim of the exercise was two-fold, namely to evaluate the state of readiness of the African Standby Force (ASF) and to exercise its Rapid Deployment Capability (RDC) in order to ascertain gaps and requirements for achieving Full Operational Capability of the ASF by December 2015.

The exercise was conducted through the endeavours and contributions of five Regional Economic Communities (RECs), as structures of the African Union. The Regional Economic Communities are:

- North African Regional Capability
- East African Community
- Economic Community of Central African States
- Southern African Development Community (SADC)
- Economic Community of West African States.

The SADC was the host region for the exercise and South Africa the host nation. The exercise was originally planned to be conducted in Lesotho in November/December 2014. However, owing to the political and security situation in Lesotho at the time it was not feasible to conduct the exercise there. Subsequently South Africa was identified as the place to host the exercise. Therefore the exercise was conducted in South Africa at the SA Army Combat Training Centre at Lohatlha in the Northern Cape.

AMANI AFRICA I was held in Tanzania a few years ago and in 2014 the “Command Post Exercise” was also conducted in Tanzania. The exercise codename was “AMANI AFRICA”, which is a ki-Swahili phrase.
meaning “Peace in Africa”.

The exercise was based on a scenario created in a fictitious country named the Republic of Carana. The exercise setting provided for two scenarios in order to address the aim of the exercise.

- The first scenario referred to in the exercise as Scenario 6 is based on the report that the security situation in the Republic of Carana had deteriorated to an extent that the AU deemed it necessary to deploy its RDC to address the situation. This gave the AU, acting on AU Scenario 6 (similar to Chapter 7 of the United Nations Charter), the authority to intervene by deploying the RDC of its standby force. During this scenario the military was the only player.

- The second scenario, referred to as Scenario 5, was based on the report that the security situation had changed and the situation was therefore conducive to the deployment of a traditional and multi-dimensional peacekeeping force for Peace Support Operations. This gave the AU the power to act according to AU Scenario 5 (similar to Chapter 6 of the United Nations to undertake a peacekeeping mission). In this scenario the civilian and police components were the main role-players, with the military in support.

Approximately 5 400 members from the military, police and civilian components representing the RECs and Regional Member States (RMs) of the AU participated in the exercise. The major troop contributing countries were Angola, Botswana, Kenya, Mozambique, Namibia, Niger, Nigeria, Rwanda, South Africa and Uganda. Other contributing and/or participating countries involved in the exercise were Algeria, Burundi, Chad, Egypt, Ethiopia, Gambia, Ghana, Lesotho, Malawi, Mali, Swaziland, Zambia and Zimbabwe. There were also members from European countries involved, including Canada, France, Germany, Italy, Spain, the United Kingdom and the United States.

Detailed planning in preparation for the exercise has been carried out since March 2015 by officials from the AU, SADC and South Africa in South Africa. Everything was set, and on 12 October 2015 personnel, vehicles and equipment from the various countries started to arrive in South Africa. The different ports-of-entry into South Africa were Upington Airport, Nakop (border post with Namibia), Ramatlabama (border post with Botswana), Beit Bridge (border post with Zimbabwe), Lebombo (border post with Mozambique), Oshoek (border post with Swaziland) and Maseru Bridge (border post with Lesotho).

The Strategic Lift for the movement of personnel, vehicles and equipment to the SA Army Combat Training Centre from countries not bordering South Africa also started on 12 October. The Strategic Lift was provided by the following countries:
Angola
- Four IL-76 sorties transporting Angolan troops.
- One IL-76 sortie transporting Niger, Rwandan and Ugandan troops.
- One IL-76 sortie transporting Kenyan troops.

Algeria
One IL-76 sortie transporting equipment from Niger, Rwanda and Uganda.

Nigeria
One C-130 sortie transporting Nigerian troops and personal kit.

The arrival of the different forces and the setting up of bases in the different Unit Areas at the SA Army Combat Training Centre continued from 12 to 18 October. Although not all the forces and staff personnel had arrived, the Force Commander held a “Welcoming Parade” on Sunday 18 November.

On Monday 19 November the official Opening Ceremony took place. Various dignitaries from the AU, RECs and RMs were invited. The main functionary was the Commissioner for Peace and Security, Ambassador Smail Chergui, representing the Chair of the African Union. The other main dignitaries were the Minister of Defence of Zimbabwe, Mr Sidney...
Sekoramayi, the Minister of Defence and Military Veterans of South Africa, Ms Nosiviwe Mapisa-Nqakula and the Minister of Defence of Cameroon, Mr Joseph Beti Assomo.

Induction training, orientation programmes and deployment drills were done from 20 to 25 October. On Friday 23 October the traditional “rock-piling” ceremony took place. During this ceremony the Commandant of the SA Army Combat Training Centre handed the training area over to the acting Head-of-Mission (HoM) as the HoM was not in South Africa yet at that stage.

The exercise was “played” on the strategic, operational and tactical levels. The Strategic Headquarters was in Addis Ababa and the Mission (operational) and Sector (tactical) Headquarters in “Carana” at the SA Army Combat Training Centre. The various Force Structure Elements, participating countries, the Exercise Control (EXCON) and police elements were located within the Unit Areas at the base at the SA Army Combat Training Centre.

On 25 October the HoM gave the Force Commander the go-ahead to intervene in Carana on the basis of a Scenario 6 mandate. The mission was named “AMICA” which stands for the “African Union Mission in Carana”. The Force Commander presented his Concept for Operation late on Sunday 25 October and on Monday 26 October three RDCs deployed in the “Area of Operation”. RDC 1 consisted of forces from Angola, Mozambique and Namibia. RDC 2 consisted of forces from Niger, Rwanda, South Africa and Uganda. RDC 3 consisted of forces from Angola, Kenya, Nigeria and South Africa.

The assets contributed by the different countries for the RDCs were:
- Angola - Motorised Battalion
- Botswana - Motorised Platoon
- Lesotho - Motorised Platoon
- Namibia - 2 x Motorised Platoons
- Mozambique - Motorised Company
- Niger - Motorised Section
- Nigeria - Motorised Company
- Rwanda - Motorised Platoon
- South Africa - 9 SA Infantry Battalion augmented by a Mechanised Platoon, Armour Squadron, Motorised Battalion and Engineer Troop
- Uganda - Motorised Company
- Zambia - Motorised Platoon
- Zimbabwe - Motorised Company.

During this phase of the exercise various scenarios were played out which were provided by the EXCON team. Injections were given in various forms and one of the methods used was “Radio Amica”. The company, Capitol Sounds, simulated Radio Amica which became a huge favourite with everyone involved in the exercise. At the end of the week it was decided that the Scenario 6 deployment was a success. The “Peace Accord” was signed between the different rebel groups and the government of Carana. The HoM then gave the instruction that the Mission should translate into a Scenario 5 mandated mission. The translation took place from 30 to 31 October.

It was now the time to exercise the police and civilian components which also proved to be highly successful. During the period 1 to 4 November various activities were simulated to test the peacekeeping capability of the ASF. Scenarios included demonstrations, an outbreak of cholera in one of the refugee camps, allegations of rape, corruption of soldiers, police members, etc.

Owing to unforeseen circumstances the VIP Day and Closing Ceremony did not take place on 5 November as was originally planned. This gave the people involved in the exercise an opportunity for debriefing and started the process of demobilisation.

The VIP Day and closing ceremony was moved to Sunday 8 November. Once again there were many dignitaries from the AU, RECs and RMs also attended. The main functionary and guest-of-honour was the President of South Africa, Mr Jacob Zuma, the Commander-in-Chief of the SANDF.

President Zuma indicated in his speech that he was greatly impressed by what was achieved and he was convince that the ASF with its RDC could deploy successfully.
participating in sport makes us healthy, physically and mentally fit, and is at the same time enjoyable. Sport is part and parcel of the wellness of soldiers and encourages cohesion. It helps people work as a team and requires discipline,” said the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke.

Gen Shoke hosted the Chief of the SANDF Prestige Week where sport included indigenous games, taekwondo theatrics and the battle of the bands.

The Chief of the SANDF said: “Daily sporting activities require much discipline to succeed as without
discipline you cannot succeed. In that regard discipline and the military are two sides of the same coin. In the military discipline is of paramount importance.”

He mentioned that participating in sport would ensure improved levels of discipline in the SANDF, as discipline is the cornerstone of any military organisation.

“I have been telling people from the training environments that when we look at sport, we should not look at it as some leisure activity as in the military it is part and parcel of force preparation. I am seriously considering making sport compulsory and people must participate in it on the sport day,” said Gen Shoke.

As activities commenced, skydivers from all Services took part, followed by the World Taekwondo demonstrations.

During the week-long sporting competitions the SA Army, the SA Air Force, the SA Navy and the SA Military Health Service (SAMHS) went head to head. Every day began with bands playing and indigenous games such as Moraburuba, Diketo, Skipping and Dibeke.

Football and netball women’s
teams competed while the men also faced each other in football and rugby. The sporting codes that took place were football, netball, rugby, golf, cycling, black ball pool, bowling, shooting, athletics, volleyball, tennis and table tennis. The choirs of the various Services also competed in the choral competition.

At the end of the competition week, the SA Army was the overall winner of the Chief of the SANDF Prestige Week with the SA Air Force as the runners-up and the SA Navy in the third place with the SAMHS ending forth.

The SANDF National Coach in road running, S Sgt Koos Aphane, said he noticed sporting talents and exceptional athletes at the event.

In the closing ceremony, Gen Shoke thanked the SANDF sporting fraternity and distinguished guests and friends of the SANDF for gracing the occasion and for their support.

Gen Shoke said: “We are here to conclude the calendar of activities. To me sport is part and parcel of our force preparation; it helps us live a healthy life. If you want to live in the
military, force preparation should be compulsory. It is my wish and my wish is my command.”

The Chief of the SANDF said most people around the world who performed well in sporting activities were from the military. He urged teams to participate in national competitions.

He said: “My intention is to see the SANDF units throughout the country competing in sporting activities. When we say that this is a prestige week, it should be reflected in relentless performances of teams that find themselves in the finals.”

Gen Shoke added that every July we have 67 minutes of special work in honour of our well known icon, former Commander-in-Chief, Mr Nelson Mandela. Gen Shoke believes that the SANDF should also have its own 67 minutes in which members can use their time to paint military establishments.

“If we can run the 67 minutes campaign in communities, we can also do it for ourselves. We can give Thaba Tshwane a new look,” said Gen Shoke. He congratulated the SA Army and encouraged everybody to look forward to being part of the sporting activities in October next year.
Chief SANDF closes the Prestige Week at a gala dinner

By Sgt Itumeleng Makhubela
Photos by L Cpl Jonathan Mogano

The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, closed his week-long Prestige Week programme during a gala dinner held at Air Force Base Waterkloof which was the culmination of sport and recreational activities.

Gen Shoke acknowledged the top achievers in various sporting codes who took the opportunity to compete against other regions. Activities included soccer, rugby, netball, Taekwondo displays and indigenous games.

He said that sport prepared members of the SANDF to be mentally and physically ready to deal with unfavourable conditions which they may encounter. He mentioned that the preparations provided an ability to counter negative forces while on missions and operations.

Gen Shoke said: “In most defence forces, people say you must train hard in peacetime for the possibility of war. It is shocking that some people suggest that the Defence Budget be trimmed as there is no war. However, let me warn you that the notion in itself is suicidal.”

The Chief of the SANDF cautioned that preparations to undergo missions are a process and resources must be readily available. He said: “If there is anything that is important in any given country, security will be identified as a top priority and of paramount importance.”

Gen Shoke said soldiers should not take part in sport only for pleasure, but view it as part of force preparation. He said the men and women who had recently participated in Exercise AMANI were fit and sport had been a contributing factor in this regard.

He said: “Soldiers who participate in sport become physically fit. Sport is also something that keeps people away from mischief. In the military it instils discipline in youngsters.”

Gen Shoke urged members of the defence industry to invest in military communities by assisting in upgrading sporting facilities, as the industry’s is prime function is doing business with the SANDF. He said: “In most countries, national champions of different sporting codes come from the defence forces. It is my wish that in future the SANDF should have a member that represents the country in the Olympics and other international competitions.”

Gen Shoke pleaded that those associated with the military should become ambassadors of the SANDF. He said that many people do not understand the role of the military, especially in peacetime. He added: “You are at an advantage because of your interaction with the soldiers. This is your national defence force and it guarantees your peace and security. It is also a defence force that has made it possible for you as business industries to make in-roads into the African continent.”

The Chief of the SANDF stressed that nations with strong economies are backed by their strong military forces which guarantee and guard against negative influences that might hamper its nation’s future and prosperity. He said: “There is no world economic power which is militarily weak.”

ABOVE: The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke (right), hands over the Best Overall Trophy to the Chief of the SA Army, Lt Gen Vusi Masondo, at the Chief of the SANDF Prestige Week gala dinner.

ABOVE: The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke (left), hands over the Prestige Week Choir Trophy to the Chief of the SA Air Force, Lt Gen Zimpande Msimang, at the Chief of the SANDF Prestige Week gala dinner.
Naval Base Simon’s Town hosted the SA National Defence Force (SANDF) Education Trust Fund formal luncheon on board the SAS ISANDLWANA on 29 November 2015.

The SANDF Education Trust Fund was established by the Chief of the SANDF, Gen Solly Shoke, in October 2013 to secure the primary, secondary and tertiary education of the dependants of SANDF members in the future.

The main aim of this trust fund is to provide financial assistance to the dependants of deceased SANDF members who lost their lives while on duty since 27 April 1994.

The trustees of the SANDF Education Trust Fund managed to collect a substantial amount of money within the first 18 months of the existence of the fund. The trustees have awarded 91 bursaries for the academic years 2014 and 2015. A considerable amount of money was yet again raised for 2016 bursaries during this year’s event through the generous donations from Captains of Industry and the general public.

During the SANDF Education Trust Fund formal luncheon on board the SAS ISANDLWANA a substantial amount of pledges were made by the following donors: African Methodist, Bongi Ramphele, Cedar Creek, City of Cape Town, Compass Travel, Chief of the SANDF, Damen Shipyards, Dr and Mrs Gulube, HCI Foundation, Iqabane Art Gallery, Irvin Khoza, Kunene Brothers, Marine & General Engineering, Nautic South Africa, PAM African Energy, Riodor Marine (Pty) Ltd, S. Viljoen, Southern African Shipyards, Statfin Holdings, TDK Trust, The Parring Family, V Adm Hlongwane, Virgin Active.
Chief SANDF advocates for charity sponsorship at Golf Day

By Sgt Itumeleng Makhubela
Photos by L Cpl Jonathan Mogano

 Altogether 45 sponsors have made pledges worth more than R900 000 during the Chief of the SA National Defence Force (SANDF) Charity Golf Day that was recently held at the Services Golf Club in Thaba Tshwane.

The event provided an opportunity to inform stakeholders about pertinent issues affecting the SANDF. In an effort to strengthen relations with stakeholders, sponsors were given feedback on the status of the charity projects.

The Chief of the SANDF, Gen Solly Shoke, said the contributions of the sponsors went a long way towards assisting charities. He mentioned that he appreciated the support that they continued to give to the charity project in which they were involved.

Gen Shoke said the Golf Day was part of the SANDF endeavour to raise funds to support a number of charity projects that provide for the education of the orphaned children of members of the SANDF who had passed away while on operations.

The projects funded by the Golf Day include payment of school fees, studies of tertiary students, hospices and improvements to orphanages.

He said: “As you have continued to support our endeavour in taking care of the children of the soldiers who have passed on, we have sent you audited financial statements of the contributions you have made. This will give you a picture of how the funds are distributed.”

He added: “The support that you give us is highly appreciated as it changes lives. As you know, this also contributes to the SANDF Education Trust that was established in 2013 after we lost some of our soldiers in the Central African Republic.”

More than 93 learners from all educational levels have benefited from the SANDF Education Trust and other charity projects. Gen Shoke said it was important to invest in a person's education as that would ultimately empower the nation.

He said that these children will one day be able to contribute to the development of the nation and its economy. He related an incident of a Reserve Force member who lost both his arms in an ambush while deployed in the Sudan on how he was pleased to learn that even though it would be challenging to fend for his children, their education would be taken care of.

Gen Shoke said: “This is for a good cause which will help the children of the men and women who have served you. As members of the SANDF, we are your servants and are vested with the responsibility to keep you and the country safe.”
Johannesburg Mayor Charity Golf Day raises R2 million for the SANDF Education Trust

Article and photos by Mr Lufuno Netshirembe

The Johannesburg City Executive Mayor, Councillor Parks Tau, hosted his annual Mayoral Charity Golf Day recently at Modderfontein Golf Club where the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, was the chief guest of honour.

The main objective of Councillor Tau’s golf day was to raise funds for the SANDF Education Trust. Through fundraising and donations from government and private business entities the SANDF Education Trust seeks to provide financial aid in the form of bursaries and scholarships for study purposes to the dependants of the Department of Defence Public Service Act Personnel (DOD PSAP) and uniformed members of the SANDF who perished while in execution of their duties.

Executive Mayor Tau annually hosts his Charity Golf Day with the specific intention to raise funds for different charity organisations. Different charities on a rotational basis get an opportunity to be the beneficiaries of the Mayoral Charity Golf Day. For the first time since the inception of this initiative in 2004, the SANDF Education Trust for two consecutive years in 2014 and 2015 was the beneficiary. This was due to the enormous financial need that the SANDF Education Trust faced.

During the prize-giving ceremony it was revealed that not less than R2 million was raised on behalf of the SANDF Education Trust. Addressing the esteemed guests, the Chief of the SANDF thanked Councillor Tau for his efforts to help the SANDF Education Trust to realise its objective. Gen Shoke further thanked the sponsors and individuals who donated money towards this worthy course that seeks to help without any prejudiced criteria.

Councillor Tau indicated that his office appreciates the tasks that the SANDF men and women in uniform are doing by consciously sacrifice their lives to protect the sovereignty and integrity of our state and in playing a prominent role towards peace on the African continent. The Executive Mayor further mentioned that he was pleased to be part of the people who raised funds on behalf of the SANDF Education Trust. Councillor Tau said: “It is humbling to financially plough back so that members of the SANDF have peace of mind in knowing that should they die while performing their duties their dependents will get financial aid to further their education.” He thanked the sponsors who donated remarkable amounts of money to the 2015 Mayoral Charity Golf Day.

The sponsors of the 2015 Mayoral Charity Golf Day were: Standard Bank, SAP, Boffin & Fundi, Dimension Data, MultiChoice Africa, Nedbank Corporate, PWC, Regiments, Johannesburg City Parks, Joburg Zoo, City Power Johannesburg, MSW, PHUMAF, Sunshine Tour and Tsogo Sun.
The SA National Defence Force Football Association (SANDFFA), supported by the Directorate Physical Training, Sport and Recreation hosted the annual SANDF Inter-Services Football Championships comprising men's and women's teams that kicked off recently at the Johann du Randt Stadium, Army Support Base Potchefstroom.

During the official opening ceremony the President of the SANDF Football Association, Chaplain Elbie Vinqi, extended his heartfelt welcome to all participants and wished them good luck during the championships. He encouraged them to build the indispensable quality of sportsmanship.

This exciting soccer spectacle consists of male and female teams from the SA Army, the SA Air Force, the SA Navy and the SA Military Health Service (SAMHS). The event ensures fierce competition, lively play during the closing stage of the game, the SA Army men’s team (red) trying to get a shot on goal during their match against the SA Air Force (sky blue).

ABOVE: A battle for possession during a match between the SA Air Force (blue) and the SA Military Health Service (maroon).

ABOVE: SA Navy (black/white) players during their match against the SA Military Health Service (maroon).
and lots of excitement befitting the beautiful game.

Football development has been a key element of the SANDF Football Association which prides itself on its all-inclusive commitment to mass participation in football activities with a view to identifying and nurturing the football talents in the SANDF.

The SA Army men and women’s teams as the defending champions were in good form at the top of the competition. They emerged victorious in all their matches. One could but say “Wafa-Wafa” (“Do or Die!”).

Women referees handled the matches with superb confidence. The SANDF’s female footballers managed to make their mark in the beautiful game.

In the exciting finals the SA Army men’s team played against the underdogs, SAMHS. They played to a 1-1 draw in the game’s regulation time, after which they went for extra time and the game was won by SA Army on penalties. The women’s team finals was between the SA Army and the SA Air Force. SA Army thrashed the SA Air Force 2-0.

Achievers

Men’s Team Awards
Winners: SA Army
Runners-up: SAMHS

Women’s Team Awards
Winners: SA Army
Runners-up: SA Air Force

INDIVIDUAL AWARDS

SA Army Top Goal Scorers: Maj Suzan Manaka, Lt Horris Gwala, Pte Nathacia Nkuna and Spr Itumeleng Mamashila
SA Air Force Top Goal Scorers: Cpl Absalom Pitso and Amn Promise Mathibela
SAMHS Top Goal Scorer: Cpl Silas Maredi
Best Players of the Tournament: Cpl Silas Maredi and Cpl Keamogetse Motaung
Best Goalkeepers: Cpl Richard Makgopa and Pte Zelpha Letebele
Best Referee: L Cpl Desmond Johanne
Best Assistant Referee: AB Lebogang Mafa
Best Coaches: Lt Col Lazarus Mampe and S Sgt Lucas Motsemme
Best Team Managers: Capt Suzan Sekonyela and CPO Abongile Ximbi

During an interview with SA Soldier, Pte Xolani Gule, the Captain of the SA Army men’s team, said: “As the defending champs, we have all-round quality players who took every game seriously and we were braced for the massive onslaught. The SAMHS men’s team is regarded as one of the best, they are tough opposition. However, credit should go to the SA Army boys who worked so hard and gave their all. Thanks to our coach and technical team for formulating every game plan and motivating us”.

Cpl Colleen “Stability” Madonsela, the Captain of the SA Army women’s team, said that in recognition of football as a national asset, she as a female footballer believes that women football talents need to be built. Speaking about their victory as the women’s champs she said: “We managed to keep our feet on the ground. Our girls defied the odds to triumph. They are disciplined and willing to listen to the coach. We will continue with that spirit and character. The girls showed a lot of determination. It’s an achievement well deserved”.

LEFT: The exciting soccer spectacle has been graced with the feminine touch of women referees.

ABOVE: A FEEL GOOD TIME: SA Army men and women’s teams at the top of the SANDF Football Championships, fltr: R Adm (JG) Gladys Mbulaheni, Director Human Resource Maintenance, Pte Xolani Gule, Captain of the SA Army men’s team, Chaplain Elbie Vinqi, President of the SANDF Football Association, Cpl Colleen Madonsela, Captain of the SA Army women’s team, and Brig Gen Peter Seloane, Director Human Resource Strategy and Planning and Patron of the SANDF Football.
The interest in cycling and mountain biking, in particular, is not only growing nationally but also in the South African National Defence Force (SANDF). In contrast to the growth in the sport, the number of cyclists who participated in the annual SANDF Cycling Championships held in Oudtshoorn declined significantly from 64 participants in 2014 to 49 in 2015. This was because units were not being able to provide the nominated sportswomen and men with subsistence allowances to travel to sporting events and was also due to injuries and obligatory courses and military exercises.

Cyclists often find that Officers Commanding and Supervisors do not regard sport as part of their core business, despite the fact that soldiers are expected to be trim, fit and healthy. Cycling should be viewed as one of the contributing elements to force preparation, as healthy and fit soldiers tend to reduce medical expenses and the requirement for sick leave and time away from work.

Despite this set-back, the SANDF Cycling

ABOVE: Cyclists exercising the Entry of Freedom of the Town of Oudtshoorn.

LEFT: Capt Warren Tidbury, overall winner of the time trial.
Championships continued with cyclists represented from all provinces. The aim of the annual championships held at Infantry School is to crown SANDF cycling champions, select cycling teams in the respective disciplines and to have an Annual General Meeting to plan the cycling activities for the next year.

The event was hosted by the Officer Commanding of Infantry School and organised under the leadership of Lt Col Gardi Kriek, the SANDF Cycling Chairperson, and Lt Col Heinrich Gryffenberg with the support of members of Infantry School and members of the National SANDF Cycling Head Committee. Lt Col Gryffenberg as event organiser and WO1 Michael Byleveld as event manager ensured that the cycling spirit remained competitive but positive for the duration of the event.

The cyclists and marshals were briefed on the upcoming proceedings and the rules and regulations for the week. The competition also included different age and gender categories. On the day that the championships formally commenced, the cyclists exercised the Entry of Freedom of the Town of Oudtshoorn during a massed ride through the town.

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The week included a road cycling and a mountain bike competition. In the spirit of making use of every opportunity to cycle five cyclists managed to complete both the road and mountain bike competitions. This meant they had to race against rested competitors twice a day.

The championships also included a night race to test the skills of the mountain bikers who had to find their way in the bush with their path only lighted up by a bicycle lamp. The cool and rainy weather provided an exciting mountain biking opportunity as rainy weather made roads slippery with low visibility. Fatigue, skills levels and quick decisions often result in cyclists having to dust off their clothes and egos after meeting mother earth the hard way.

After a week of muscle fatigue, excessive sweating, exhaustion and lots of fun the National SANDF Cycling Committee selected the SANDF road and mountain biking champions. In the mountain biking discipline male group the overall winner was Capt Warren Tidbury, with S Sgt Fanus Eksteen in second place and WO2 Gerrie Grundling in third place.

In the male road discipline the overall winner was again Capt Warren Tidbury, with WO2 Gerrie Grundling in second place and Maj Aubrey Laufs in third place. The overall female mountain bike winner was Sgt Elmarie Brand in first place and Lt Col Gardi Kriek in second place. The female road winner was Maj Vicky Scheepers, with Lt Col Gardi Kriek in second place.

(Continued on page 37)
For the first time in over 20 years the SA National Defence Force (SANDF) Table Tennis team received bronze in the South African Table Tennis Tournament team event. The national tournament took place prior to the SANDF Table Tennis Championship mid-2015 at the Belhar Sports Centre in Cape Town. (Only the top players of the different regions in the country compete in the South African Table Tennis Tournament.)

This outstanding achievement was accomplished by the SANDF A team comprising WO2 David Kotze (Manager/Coach), S Sgt Waldon Berg, Sgt Lucky Mokutle, Cpl Guston Koetan and Mr Ithumeleng Molahloe.

SA National Defence Force Table Tennis Championship

The SANDF Table Tennis Championship was recently hosted in Pretoria at the Melville Hall, Air Force Base Swartkop, under the auspices of Directorate Physical Training, Sport and Recreation (DPTSR). The event was opened by the General Officer Commanding Garrison, Brig Gen Nkhanzeni Ndou, who is also the Chairperson of the Gauteng Regional PTSR Council.

The event kicked off with over 100 players from six provinces, Western Cape, Northern Cape, Eastern Cape, KwaZulu-Natal, Free State, Gauteng representing the SA Army, the SA Air Force, the SA Navy, the SA Military Health Service and defence divisions. The team events were the first of the week. The games played over the period were the mixed doubles, women’s doubles, men’s doubles, women’s singles and men’s singles. The SANDF Table Tennis Championship was officially closed by Brig Gen Ndou at the prize-giving ceremony hosted at Tavern Hall at Wonderboom Military Base in Pretoria. Brig Gen Ndou awarded medals to teams and individuals that showed outstanding performance.

Results

Team Event: Men
Gold Medals: Western Cape Province (WP)
Silver Medals: Gauteng Province (GP)
Bronze Medals: Northern Cape (NC) and Free State Province (FS)

Team Event: Women
Gold Medals: Gauteng Province (GP)
Silver Medals: Western Cape Province (WP)
Bronze Medals: Northern Cape (NC) and KwaZulu-Natal (KZN)

Mixed Doubles
Gold Medals: LS Shaun May (WP) and Pte Yolandi Coetzee (NC)
Silver Medals: S Sgt Gregory Naik (WP) and Capt Chantell Riddels (WP)
Bronze Medals: Cpl Guston Koetaan and WO2 Catherin Malamatse (WP), and Mr Ithumeleng Molahlooe and Cpl Melissa Klein (GP)

Women’s Doubles
Gold Medal: LS Bonthle Mahloana (GP) and LS Koketso Mlangeni (WP)
Silver Medal: Capt Chantell Riddels (WP) and Pte Yolandi Coetzee (NC)
Bronze Medals: WO2 Catherin Malamatse (WP) and WO2 Mariska Majavie (NC), Cpl Mellisa Klein (GP) and Pte Yolandi Coetzee (NC)

Men’s Doubles
Gold Medals: S Sgt Gregory Naik and LS Shaun May (WP)
Silver Medals: Cpl Guston Koetaan and Sgt Reagan Rassie (WP)
Bronze Medals: Lt Col Patrick Sawyer (GP) and WO2 David Kotze (WP), and Mr Ithumeleng Molahlooe and Capt Jeremy Klein (GP)

Women’s Singles
Gold Medal: Pte Yolandi Coetzee (NC)
Silver Medal: Capt Chantell Riddles (WP)
Bronze Medals: PO Masengwayo Masemene and LS Bonthle Mahloana (GP)

Men’s Singles
Gold Medal: Mr Ithumeleng Molahlooe (GP)
Silver Medal: LS Shaun May (WP)
Bronze Medals: S Sgt Gregory Naik and Sgt Reagan Rassie (WP)

Origin

Many people know “ping-pong”. It’s the game that is usually played in the basement with wood paddles in hand that make a distinctive noise when a ball is struck.

The sport originated in Victorian England as early as the late 1800s.

It was played among members of the upper class as an after-dinner parlour game. The sport started becoming popular around the world in the early 1900s. It had several different names, including “whiff-whaff”, and it has been suggested that makeshift versions of the game were developed by British military officers in India or South Africa, who brought it back with them.

A row of books was stood up along the centre of the table as a net; two more books served as rackets and were used to continuously hit a golf ball. The name “ping-pong” was in wide use before British manufacturer J. Jacques & Son Ltd obtained the trademark in 1901. The name “ping-pong” then came to be used for the game played with the rather expensive Jacques’s equipment, while other manufacturers called it table tennis.

A similar situation arose in the United States, where Jacques sold the rights to the “ping-pong” name to Parker Brothers. Parker Brothers then enforced their trademark for the term in the 1920s making the various associations change their names to “table tennis” instead of the more common, but trademarked term. [Wikipedia]
The 30th SA National Defence Force (SANDF) Volleyball Championships were recently held at the Wynberg Military indoor sports complex in Cape Town. Altogether 286 athletes from nine regions participated in the championships. Each region sent three teams, namely a Senior, Women’s and Masters’ team.

The championships started with an opening ceremony in the form of a parade. The Western Province Member of Executive Council (MEC) for Sport and Recreation, Ms Anroux Marais, acted as the main functionary and R Adm Bubele Mhalana, Flag Officer Fleet, Naval Base Simon’s Town, Lt Col Malesela Kwakwa, and Lt Col Marlene Myburg acted as the podium group.

Addressing the athletes and officials, Ms Marais said: “Sporting activities such as volleyball open opportunities..."
for positive youth development. It offers youth an alternative lifestyle to
the social ills they are faced with on a daily basis. It also creates positive
role models for them to aspire to”.

The tournament was played over
two phases. Phase 1 was in the form
of a round robin two pools while
Phase 2 was the knockout stage: the
semi-finals, followed by the finals.
After the finals were played the
closing ceremony took place. The
Chairperson of SANDF Volleyball,
Lt Col Malesela Kwakwa, the Officer
Commanding Army Support Base
Western Cape, Col Mbuyiselo
Richard Mongo, and the former
Chairperson of SANDF Volleyball,
Capt (SAN) Andre Boersma (Ret)
presented the trophies and medals to
the winning teams, the runners–up
and the teams that came third in the
different categories.

The closing ceremony was followed
by a gala evening. Again individual
awards were presented to athletes
and officials, and the national teams
were announced. The SANDF
Volleyball Association would like
to take this opportunity to thank

ABOVE: The North West team, winners of the Women’s category.

the Western Province Volleyball
Association for hosting a wonderful
tournament, as well as for Army
Support Base Western Cape, Air
Force Base Youngsfield, Western
Cape Signal Unit, the athletes and
sponsors for all the support and hard
work.

Winners

Senior men: Gauteng
Women: North West
Masters: Gauteng

Individual Awards: Senior Division
Best Blocker – Maj Michael Pienaar
(GT)
Best Setter – Cpl Bernard Beukes
(NC)
Best Spiker – Cpl Albert Mashele
(GT)
Most Valuable Player (MVP) – AB
Levinski Oliphant (WC)

Individual Awards: Women
Best Blocker – Capt Safeya Buffkins
(WC)
Best Setter – WOI Stella Ngwenya
(NW)
Best Spiker – Cpl Thendiwe
Makhubu (FS)
MVP – Capt Safeya Buffkins (WC)

Individual Awards: Master
Best Blocker – S Sgt Bjorn van Rooyen
(GT)
Best Setter – Lt Col Naresh Lalla (GT)
Best Spiker – Sgt Stoffel Booyzen
(South East Coast [SEC])
MVP – WO2 Brian Booyzen (SEC)
Best Male (overall) – Cpl Sonwabile
Nkomombini (NC)
Best Female (overall) – Cpl Thandiwe
Makhubu (FS)
Best Coach Award – Cpl Frans
Motinyane (MP)
Best Referee Award – Pte Jason
Manuel (SEC)
Development Referee Award – S Sgt
Pieter Jacobs (SEC)
Most Improved Player – LS Reneilwe
Ramphaka (WP)
Best Server – Capt Cledwell Tolo
(NW)
Best Region for Administration –
Mpumalanga
Best Dressed Region – Northern
Cape
Esprit de corps Award – Mpumalanga
The Johan Scheepers Floating Award
– Mpumalanga
President’s Award – WOI Peter
Clarke
The greatest defenders are the prime movers of Basketball in the SA National Defence Force (SANDF). The title of the Golden Warriors is still held by the Gauteng team. Gauteng has been defending champions since 2006. The team is growing in strength every single year and the improvement can be seen in the performance of individuals in the team.

F Sgt Lyndon Dace, the Coach of the Gauteng Basketball team, said: “The improvement of the players is being achieved by playing games against civilian teams around Gauteng. It teaches the players mental and physical fitness and discipline”.

Basketball is a very difficult sporting code in both the civilian and military environments, so it is advisable to improve the standard of basketball every single day and motivate more people to find an interest in this particular sporting code. The teams are expected to maintain discipline at all times.

Teams needed to be focussed because not all the games were going to be easy and it would be difficult to predict the winning team said Lt Col Brenda Mtungutungu, the Chairperson of SANDF Basketball, at the opening parade. All teams lost against the defending champions (Gauteng) in the opening games.

The Free State team gave Gauteng a tough time, but Gauteng finally beat them in the semi-finals. Gauteng and North West competed in the finals. Everyone was waiting to see if the 2015 defending champions (Gauteng) will be able to triumph again this year. They said: “Gauteng is where Gold belongs”, and Gauteng won the 2015 Basketball Championships.

At the closing function, Lt Col Mtungutungu congratulated the Gauteng team on their win and their improvement. She proposed a vote of thanks to Air Force Base Ysterplaat for catering and hosting the 2015 Basketball Championships.

The Golden Warriors triumphed again!

**Article and photos by L Cpl Jonathan Mogano**
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Since 1918
I have always had an active interest in sport, especially since high school, with a keen focus on cross-country and long distance track events. After school I continued my keen love of horse riding with endurance and dressage being my favourite. While pursuing my full-time studies at the University of Pretoria, I no longer had the time or resources to continue this often expensive and time consuming sport of horse riding, which I dearly loved on account of its tranquil and peaceful nature. I also had a keen interest in the martial arts and took up the art of Jujiitsu competitively, and received my brown belt in 2011.

I have been a member of the Pretoria Military Walking Club since 2004 and have been walking mainly at a social level. It was only after 2011 that I started participating in weekend road races and soon developed a keen interest in race walking. I soon became almost addicted to this sport as a race walker and towards the end of 2013 I started receiving coaching in this field. As a Tuks Alumnus, I joined the Tuks Athletic Club (“Tuks of Niks”) in 2014, as well as Gauteng North Masters Athletics, and from there the rest was history.

I received Provincial Colours in 2014 – in Gauteng North Masters Athletics, and again in 2015. I was also selected for the SA Race Walking team in both 2014 and 2015, and received gold medals for the 10km road walk in my age category in both years. I also participated in the SA Masters Athletics Championships in 2014 in Rustenburg where I received gold medals both in the 5000m race walking track event and the 10km road walk in my age category. In 2015 I again won the same events in Port Elizabeth where I also achieved my personal best time in the 10km road walk. I have also competed in numerous Provincial Championships around the country in which I represented Gauteng North Masters Athletics and have received numerous gold medals in my age category mainly in the 5000m track walking and 10km road walking events.

I have also received the silver badge for walking at the Military Sports Prestige Awards in 2014, and awarded the Best Sportsperson Gold/Trophy in Area Military Health Unit Gauteng (AMHU GT) in both 2014 and 2015.

By Maj Ronel Viljoen, Chief Oral Hygienist
Photos courtesy Maj Ronel Viljoen

Above: Maj Ronel Viljoen, Chief Oral Hygienist, was awarded the Gold Trophy for the Area Military Health Unit Gauteng Best Sportsperson.
2013 and 2015, and silver in 2014 at the AMHU GT Prestige Awards Function.

The highlight was when I had the opportunity to participate in the World Masters Athletics Championships in Lyon, France, from 4 to 16 August 2015 - my first international championship. It took months of preparation, extreme hard work and sacrifice, and cutting down on road race events to focus more on training, but it was all worthwhile. I participated in the 5000m race walking track event, where we encountered unbearable heat wave conditions. Athletes had to be hosed with water on the track as they passed. I also participated in the 10km road walk, which was my main focus and I also did the 20km road walk where we managed to secure the Silver Medal as a team. There I also had my personal best time on the 20km road walk. What a scenic country, with its rich historical background. I had such an unforgettable experience and met exciting and interesting people from all over the world, and everyone having a special story to tell.

Although it took long hours of training, dedication, discipline, perseverance, sweat and tears it was all worthwhile, as one grew as a person and got to know both your strengths and weaknesses, and had an opportunity to explore our beautiful country and the world.

I owe many thanks to my coach for guiding me through this journey of race walking. The most important lesson I have learned is that does not matter how hard you train or how much effort is spent on planning for an event, you still cannot control what happens on the actual day. After a tough year of training I am taking a much needed break until the end of the year.

*Definition of race walking: The competitive sport of racing at a fast walk while maintaining continuous foot contact with the ground and keeping the supporting leg straight.*

SA National Defence Force Cycling Championships

(Continued from page 29)

After considering all factors, the Selection Committee announced the following SANDF teams:

The SANDF Road Cycling Team
- Lt Col Gardi Kriek (North West)
- Maj Abrie Laufs (Northern Cape)
- Capt Warren Tidbury (Northern Cape)
- WO1 Pieter De Kock (Western Cape)
- WO2 Gerrie Grundling (Gauteng)
- F Sgt Christo Odendaal (Limpopo)
- Cpl Mpho Mashile (Gauteng)

The SANDF Mountain Biking Team
- Maj Abrie Laufs (Northern Cape)
- Capt Warren Tidbury (Northern Cape)
- WO2 Gerrie Grundling (Gauteng)
- S Sgt Johnny Botha (Gauteng)
- S Sgt Fanus Eksteen (Limpopo)
- Sgt Elmarie Brand (Free State)
- AB Given Phetla (Western Cape)

For Capt Tidbury it was an exceptional achievement to win both the Road and Mountain Bike competitions. This is proof of hours of disciplined training and dedication to the sport. Of significance is the inclusion of Maj Laufs, Capt Tidbury and WO2 Grundling in both the road and mountain bike teams.

The overall regional winners of the event were the Northern Cape cyclists. The event was concluded with the awards function where cyclists had time to unwind while receiving their certificates and medals for their cycling achievements.

Any SANDF member who is interested in cycling should contact the SANDF Cycling Chairperson, Lt Col Gardi Kriek, on 018 289 3391 or 082 432 8513. She will direct you to the respective provincial cycling chairpersons for more information.
A man was sitting quietly reading his paper one morning, peacefully enjoying himself, when his wife snuck up behind him and whacked him on the back of his head with a huge frying pan.

MAN: “What was that for?”

WIFE: “What was that piece of paper in your trouser pocket with the name Marylou written on it?”

MAN: “Oh honey, remember two weeks ago when I went to the horse races? Marylou was the name of one of the horses I bet on.”

The wife looked all satisfied, apologised, and went off. Three days later he was once again sitting in his chair reading, when she repeated the frying pan swatting.

MAN: “What in the world was that for this time?”

WIFE: “Your horse called.”

It was in the light of the above and the laissez-faire spirit that the SA Army Foundation recently hosted its annual Day at the Races. Held at the Turffontein race course, the 2015 Day at the Races attempted to defy the laws of nature by going back in time to the 1970s in a day themed the “70s revival - love, peace, and soul”. The intention of this theme was to have invited guests, stakeholders and patrons to reminisce about the ’70s.

The 1970s was a decade of disco, Afros, full-on perms, bell bottoms and glittering lurex clothing which were all de rigueur. It was the era that gave us the Rubik’s Cube, the Lava Lamp, the Pet Rock (apparently it did not need walking and it never died - the perfect pet). Television came to South Africa in the 70s. Young people wore peace signs. People danced to the Springbok Hit Parade at garage parties.

Opening the event with Christian devotion Chaplain Charle de Kock mentioned the strength and stamina of the racehorse as valuable traits to possess because strength and stamina are the catalysts needed for zeal to succeed. Chaplain De Kock said: “The SA Army Foundation has demonstrated this character trait, this commitment, this zeal, since its inception. It has served the interests of its clients single-mindedly, enthusiastically, always ready and willing to do so. Like a racehorse thundering down the track towards the winning post it has retained the eagerness to deliver.”

The annual Day at the Races is appropriately hosted towards the end of the year, making it one of the events that stakeholders and patrons enthusiastically look forward to for networking and socialising and to celebrate the year in an environment where everyone is in relaxed mode.

The esteemed invitees honoured the day with their presence, and the event would not have been so successful without the attendance of Gen Solly Shoke, the Chief of the SA National Defence Force (SANDF) and his wife, Lt Gen (Ret) Temba Matanzima, the Military
Ombud, and his wife, Lt Gen Vusi Masondo, the Chief of the SA Army and controlling authority of the SA Army Foundation, and his wife, Lt Gen Zimpande Msimang, the Chief of the SA Air Force, and his wife, Lt Gen Jeremia Nyembe, Chief Defence Intelligence, and his wife, Lt Gen Norman Yengeni, Chief Human Resources, and his wife, members of the SA Army Council, Mr Angel Ramphele, General Manager of the SA Army Foundation, and sponsors of the event. Unfortunately Maj Gen Luvuyo Nobanda, the Chairperson of the SA Army Foundation Board of Control, was unable to attend owing to official commitments.

After welcoming all the guests, Mr Ramphele particularly thanked the sponsors and assured them that the Day at the Races was not simply about watching horses but said there was a deeper objective of financially assisting various charities from the proceeds gained on the day. He encouraged them to give generously for this worthy cause.

In an effort to embrace the spirit of the ‘70s the organisers asked everyone to dress up as if it were the ‘70s. Those who took their time to dress in ‘70s fashion were acknowledged and rewarded for their efforts.

**Best Dressed Couple**

1st - Hayley Sheppard and Partner (Metropolitan)
2nd - Hendrie Marais and Partner (Metropolitan)
3rd - Queen Botha and Partner (SA Army Foundation)

**Best Dressed Man**

Juan Pheiffer (Old Mutual)

**Best Dressed Woman**

Ms Margaret Retief (wife of Brig Gen andre Retief, member of the SA Army Foundation Board of Control)

The sponsors of the 2015 SA Army Foundation Day at the Races were: Liberty Life, Avbob, Sanlam, Assupol, Nedbank, Old Mutual, MFS Holdings, Metropolitan, MDP Auditors, Minute Man Press Centurion, Scientia Optimate Financial Services, Club Leisure Group and Maxi Credit Solutions.

Ms Lerato Ramasodi, the recently appointed SA Army Foundation Communication Officer, who attended the Day at the Races for the first time did a sterling job in directing the programme for the day. She was exceptional in making all the attendees of the 2015 Day at the Races comfortable to enjoy the day as it progressed.
SANDF members conquered obstacles at the SA Military Skills Competition

By Sgt Itumeleng Makhubela
Photos by L Cpl Jonathan Mogano

Of the 30 members nominated for further training to compete in the Congress of International Reserve Officers (COIR) in 2016, chosen from the SA Military Skills Competition that was recently held in Potchefstroom, seven have been chosen.

Since its inception in 2006, the Military Skills Competition has taken place annually with the top competitors representing the SANDF in the International Competition. It is hosted by the Defence Reserves Division in cooperation with SA Army Force Preparation and the SA Army Infantry Formation.

It started out as an Army entity but soon grew into an SANDF competition. International military communities have also begun attending this event. For the second year in succession the SA Military Army Specialist Infantry Capabilities (SAASIC)

LEFT: The Officer-in-Charge of the competition, Lt Col Uys van der Westhuizzen, said that they won the Emergency Combat Casualty Care in an international competition in Bulgaria this year for the first time.

LEFT: Capt Zachariah Ditshego, a member of the technical team who participated, said that members who took part in the competition needed to be physically and mentally fit.

ABOVE: Capt Zachariah Ditshego watches as he makes his way across the land obstacle course.
Reserve, a unit under the command of SA Army Infantry Formation, had the honour of organising and hosting this national event in Potchefstroom.

Capt Zachariah Ditshogo is a member of the technical team that conducts the competition which he believes enhances basic soldiering skills. These include the land obstacle course, swimming, map-reading and grenade throwing.

He said: “The participants must be physically and mentally fit to help them develop techniques to deal with the different obstacle courses. It is also an opportunity for us to identify those with potential in order to give them further training and prepare them for the international competition.”

The Military Skills Competition is designed to test all of the key infantry and other military skills, including rifle and pistol shooting, water and land obstacle crossing, an 8km combat run and hand-grenade throwing. This event is an excellent test of the combat readiness status of our soldiers.

Capt Ditshogo started taking part in the Military Skills Competition in 2007 and has travelled to many places around the world. He said that they won the Novice Category last year in Germany, as arranged by the COIR.

Lt Col Van Der Westhuijzen said that swimming seemed to be more challenging than any other component. He mentioned that they were working on closing the gap in water obstacle training. He said that the participants had improved their pistol shooting.

He reported that they had won the Emergency Combat Casualty Care in an international competition in Bulgaria this year for the first time. The prize entails the ability to stabilise an injured soldier in the absence of a medic and get him or her to a medical facility.

Lt Col Van Der Westhuijzen said: “The Reserve Force Council is associated with the COIR. This is where all reserve forces from all countries get to compete. Through the Reserve Force Council we have obtained membership and we are thus invited along with other European countries to the Military Skills Competition.”

The Overall Team Winner of the Military Skills Competition 2015 was Regiment Mooi Rivier, and the Overall Individual Winner was 2Lt Carl Smit from Regiment Mooi Rivier.
Army Support Base Western Cape defends its SANDF Choral Competition title

Choirs from all Services of the SA National Defence Force (SANDF) recently converged on the Durban City Hall for the annual SANDF Choral Competition. Members competed against each other in various musical performances.

Army Support Base Western Cape Choir successfully defended their title when came first and scooped the overall winning trophy at the SANDF Choral Competition.

Each choir had to sing two items in English and Afrikaans, as well as one choice piece and an indigenous music item.

The then Chief of the SA Army, Lt Gen Vusi Masondo, said that the choirs of the SA National Defence Force should aspire to compete at national level.

Lt Gen Masondo said: “We are an organisation that is geared towards fighting war and promoting peace on the continent, but when there is no war to fight and we are engaged in force preparation there must be other activities we are engaged in to keep us together.”

He added: “Choral music in our country comes a long way and, as a norm our people sing when they are happy and when they are going through difficult times. We need to aspire to get to a stage where, as the SANDF, we have a choir that competes nationally.”

Lt Gen Masondo mentioned that the event

SANDF are allowed to engage in so as to promote cohesion and esprit de corps within its ranks.

ABOVE: The then Chief of the SA Army, Lt Gen Vusi Masondo, presents the overall winning trophy to Lt Col Zakhele Xaba, the Choir Leader of the Army Support Base Western Cape.
was a culmination of regional competitions that eventually led to the setting up of the choir competition.

The then Chief of the SA Army said: “We need to be better organised for these competitions, because in the SANDF there is no activity that receives funding without being part of a plan. We would like to urge the Directorate Physical Training, Sport and Recreation (DPTSR) environment to ensure that when we commence with the financial year, they are able to give guidelines in terms of activities that are going to take place regarding choral music.”

Lt Gen Masondo continued: “This is to allow plans to be factored into the funding proposal. I would like to urge organisers to invite members of the public to show them what we can do when we are not engaged in war.”


ABOVE: The Army Support Base Western Cape Choir performs its Western piece during the SANDF Choral Competition.
The festive season approaches and road users in their multitudes will depart for various destinations for holidays and religious pilgrimages. This period represents one of the peak periods for high traffic volumes and the risk of accidents.

The Department of Transport, in partnership with the Road Traffic Safety fraternity and law enforcement agencies, is engaged in campaigns to make our roads safe and help to save lives and reduce the carnage on our roads.

Recently the Department of Defence (DOD) Directorate Occupational Health and Safety, operating under the Human Resources Division, hosted a two-day DOD Arrive Alive Road Safety Campaign at the Thaba Tshwane City Hall, with the theme: “DOD investing in Health, in People, in Economy”.

The primary objective of the event was to develop and encourage a safe driving culture with the active participation and involvement of DOD members at all levels.

Lt Gen Norman Yengeni, Chief of Human Resources, opened the event and said that a contributory factor in accidents and fatalities included human error. He pointed out that statistics have shown that road accidents are caused by factors such as unroadworthy vehicles, overloading, reckless behaviour, excessive speeding, drinking and driving, drinking and walking, pedestrian safety, driver fitness, fatigue and traffic violations.

A call to action to correct this situation is needed to prevent the carnage.

Public awareness and education are at the heart of the road safety strategy. Presentations on road safety programmes, interventions, hints and tips were made with the intention of ensuring that the road safety message is communicated to members.

The coordinator of the event, Col Lindiwe Nkoko, Senior Staff Officer Occupational Health and Safety Specialist, in an interview with SA Soldier, said that road safety is a shared responsibility and every person who uses the roads has an obligation to act safely and internalise sound road safety norms and values.

She added that the campaign sought to identify driving risks unique to different jobs and to recommend appropriate solutions such as policy review, procedures and work schedules. How? Through driver selection, training, domestic before operational, identifying dangerous areas, and internal and external operations.

Col Nkoko said: “We are highlighting this because it has come from the reports we received from our Operational Commanders on the high rate of motor vehicle accidents in operational areas.” In conclusion, she emphasised that the 2015 DOD Arrive Alive Road Safety Campaign is a blind spot-check that sets the beginning of the National Future Programmes.

Drivers, passengers, pedestrians, motorcyclists and cyclists advocate road safety. But it is not a singular effort, let’s all contribute to making our roads safe.
Who is the young soldier symbolising our fight against rhino poaching

By Maj Merle Meyer, Force Structure Officer SA Army Intelligence Formation

Every month the SA Soldier publishes a poster with a soldier as the face of the SA National Defence Force’s fight against rhino poaching. But who is this soldier?

Sgt Samuel Manyoni was born in 1970 and grew up in Meadowlands in Soweto where he attended the Indoni Primary School and the KwaMahlobo High School.

In 1987 he joined the Azania People’s Liberation Army (APLA) and was sent to Tanzania for training and utilisation as an intelligence operator. In 1996 he was part of the last APLA group to be integrated into the SA National Defence Force.

After integration he completed his bridging training at 3 SA Infantry Battalion in Kimberley whereafter he was staffed as an intelligence collector at North West Command.

In 2000 he was transferred to 1 Tactical Intelligence Regiment as a logistical Non-commissioned Officer of Bravo Squadron and in 2012 he was transferred to the SA Army Intelligence Formation as a Research and Development Clerk.

Sgt Manyoni completed all his intelligence courses and in 2001 he deployed with 1 Tactical Intelligence Regiment, Bravo Squadron, at Bergville in KwaZulu-Natal under Operation INTEXO. In 2004 he was deployed to Musina. In 2005 he deployed with 1 Tactical Intelligence Regiment, Bravo Squadron, to Burundi as a Very Important Person’s (VIP) protector in Bujumbura. In 2007 he again deployed under Operations INTEXO in Ndumo in KwaZulu-Natal.

In 2011 he was deployed to Pongola with 14 SA Infantry Battalion and to the Kruger National Park in 2012. Sgt Manyoni also participated in the practical training part of several courses and exercises, such as Exercise YOUNG EAGLE in 2011 at the De Brug Training Centre in Bloemfontein and in 2013 in Exercise SHARED ACCORD which took place at 6 SA Infantry Battalion in the Eastern Cape Province. During his deployment he worked as a collector and surveillance team leader.

Sgt Manyoni strives to serve the people of the country and loves what he is doing. During his deployment to KwaZulu-Natal dagga smugglers fired at the section, but they managed to arrest the smugglers and confiscated 52 bags of dagga.

This proud and neat soldier is married to Ms Dorothy Manyoni and is the father of three girls and a grandfather to one little girl.
Paul’s first Letter to the Corinthians was meant to address problems such as immorality, divisions in the church and many other challenges that the inhabitants of Corinth were facing.

His task was not an easy one and he had constantly to remind the Corinthians of the importance of living a God-fearing life and how to maintain that kind of life. Paul therefore likens servanthood (being a servant of God) to that of an athlete. He came to realise from his own experience that a lot was needed of a believer wanting to remain committed to God. He knew it was easy to make a decision to follow Christ, but it was hard work to stay committed to that path.

Now sport was one thing that the Corinthians were familiar with and therefore Paul’s brilliant idea was to use an athlete as a metaphor to bring home the message.

An athlete needs to train every day in order to stay fit and be successful in his or her chosen sporting. Strict discipline is required of such an athlete: what to eat, what to drink, what to avoid and he or she must train very hard to stay fit. On the day of the contest, the athlete knows that he or she must run straight for the finishing line. He or she cannot dawdle on the track or stop during the race. He or she cannot allow anything or anyone to distract him or her from his or her goal. Otherwise he or she will not be able to face his or her race, resulting in him or her losing the race.

Paul’s message to the Corinthians was for them to be like an athlete: always train and be very disciplined. He knew they were facing a lot of challenges and those challenges had caused the downfall of many in the church.

As with the Corinthians, we are facing challenges of a similar nature in our spiritual lives. We sometimes commit ourselves to God and his teachings and we think the path will be smooth. Yes, some of us are disciplined enough to focus and persevere, but there are also those who experience difficulty in staying focused.

For those of us who are not disciplined, those who find it difficult to run the race, it is time to take lessons from fit and disciplined athletes. Maybe we should train harder, eat the right food and stay away from anything that can be harmful to our bodies.

Now how do we do this? We can do it through prayer. Prayer is an integral part of any believer’s life. Sincere and honest prayer is sometimes lacking in our spiritual lives. A lack of prayer means a lack of communication between our coach (Christ) and us.

Interaction with fellow believers is also of great importance. As a believer I need other believers to learn from and to grow. We need to be inspired by those who are of the same mind and soul as us. An athlete needs to train with other athletes so that he or she can learn from them as well.

A good athlete stays away from things that will not be to his or her benefit on the track. And as believers we also need to stay away from things (and people) that might corrupt our minds and hearts! We need to stay away from things that will not positively contribute to our success on the track, things that will harm or restrict our spiritual growth.

Let us therefore train properly, be strictly disciplined and run straight for the finishing line.
The Chief of the SA National Defence Force annual Thanksgiving Service

By Sgt Ally Rakoma
Photos by L Cpl Jonathan Mogano

As the year 2015 rounds up and the festive season is upon us, the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, recently hosted the annual Thanksgiving Service at Defence Headquarters in Pretoria.

The aim of the Service was to afford the Chief of the SANDF a platform to convey his message of goodwill and spread Christmas cheer to all SANDF members and their civilian counterparts before they go on their well-deserved end of the year vacation.

A candle light ceremony was also held in remembrance of those who had perished. The Chaplain General of the SANDF, Brig Gen (Rev) Andrew Jamangile, and his team of Chaplains led the service in songs of praise and prayers.

During the sermon, Brig Gen (Rev) Jamangile said that Christmas was a time for sharing kindness, love, joy and happiness and symbolised a state of purity and unity. He shared wise words of wisdom, saying that victory over the challenges, setbacks, limitations and the storms of life was due to refusing to worry, regardless of circumstances, because God is bigger than our problems. He urged everyone to stand firm in the Lord so that in every situation one submits to God by prayer. In conclusion he said that the Almighty would command our breakthrough and His peace, which surpasses all, will guard our hearts.

The Chief of the SANDF thanked the members for giving their all and having worked exceptionally hard throughout 2015. He said that the festive season was the time to take a break and rest. Some will be going on holiday, taking time to rest and enjoy the time with our loved ones, and come back in 2016 rejuvenated to press on in serving our country and its people.

Gen Shoke said that soldiering was like priesthood because of the status and image they carried as peacemakers and persons of goodwill. He proudly announced that the Department of Defence had for the first time achieved a clean audit. He said: “We have achieved success in audit outcomes through your sheer commitment, dedication and focused hard work. This development gives us confidence that we are getting somewhere.”


ARMED FORCES DAY

NELSON MANDELA BAY

21 FEBRUARY 2016