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National Civic Remembrance Service and Wreath-laying Ceremony

Recreational Festival

Chief of the SANDF Prestige Week

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Celebrating our rich history

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SANDF competes with ARMSCOR in clay pigeon shooting

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Although all possible care is taken with articles, the editorial staff cannot accept any responsibility for lost articles and photographs.

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ABOVE: THE CHIEF OF THE SA NATIONAL DEFENCE FORCE
PRESTIGE WEEK: Women were part of the fitness challenge from
the beginning to the end. (Photo by Mr Witney Rasaka)

FRONT COVER: The Surgeon General, Lt Gen Aubrey Sedibe,
presening the Human Resource Award to S Sgt Ellen Mhlungu from
General Support Base Thaba Tshwane. (Photo by L Cpl Thabo Tukula)

For the latest news on defence matters in South Africa,
visit our website at: www.dod.mil.za
A new year is lying ahead of you – a time of unlimited opportunities to do things and live life to the full.

Even if your past is filled with frustration and bitterness, even if you feel that you are not encouraged to take on anything because it will not have any impact; even though you might have little reason to have trust in the future, remember: the future belongs to you.

The choice as to whether you are going to experience it constructively or destructively, positively or negatively, is always yours. Remember that positive thinking will do wonders to improve any difficulties you may have.

The SA Soldier Team also starts this new year by welcoming the newly appointed Deputy Chairperson of the SA Soldier Editorial Committee, Brig Gen Mafi Mgobozi (Director Defence Corporate Communication).

In the same breath the SA Soldier Team bids farewell to Brig Gen Xolani Mabanga, the outgoing Deputy Chairperson of the SA Soldier Editorial Committee and outgoing Director Defence Corporate Communication, and wishes him all the best for his new appointment as Defence Attaché at the Embassy of the Republic of South Africa in the People's Republic of China.

The SA Soldier Team wishes all our readers a prosperous 2017!

Nelda Pienaar
Editor SA Soldier

Ngwagong yo ka di 21 Feburiwari SA National Defence Force (SANDF) e tlabe e keteka Armed Forces Day ya bothano ye e dirwang ka ngwaga ko Durban, KwaZulu-Natal. This day will be extra special because the SANDF will also commemorate the centenary anniversary of the sinking of the SS Mendi - the historic tragic disaster of human loss. In our country’s military history we can never forget the fateful sinking of the SS Mendi that resulted in the death of 600 black soldiers of the South African Native Labour Corps during World War I. As we celebrate Armed Forces Day, we recognise both our history as well as the future of our national defence force. On Armed Forces Day we should pause as a nation to remember our men and women who have fallen in war during their call of duty.

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

This year on 21 February the SA National Defence Force (SANDF) will be celebrating its fifth annual Armed Forces Day in Durban, KwaZulu-Natal. This day will be extra special because the SANDF will also commemorate the centenary anniversary of the sinking of the SS Mendi - the historic tragic disaster of human loss. In our country’s military history we can never forget the fateful sinking of the SS Mendi that resulted in the death of 600 black soldiers of the South African Native Labour Corps during World War I. As we celebrate Armed Forces Day, we recognise both our history as well as the future of our national defence force. On Armed Forces Day we should pause as a nation to remember our men and women who have fallen in war during their call of duty.

MOKETEKO WA 100TH ANIBESARI YA GO NOELELA GA SS MENDI

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Centenary Commemoration of the SS Mendi

21 Feb 1917 - 21 Feb 2017
AN INSPIRING FRIEND

I originally wanted to write a letter about my best friend. We have been friends for eight years. I am blown away by what she achieved and the decisions she had to make. I acknowledge her vulnerability. I honour all of it because it inspires me any many other women.

It is an honour for me to take this opportunity to tell you more about her. She made a difference as a role model for the fuller figure women. I went with her to many of her functions and I can see how I am blessed to have her in my life and to see the change she can make.

On 1 December 2016 we went to Bronkhorstspruit to the Ons Herberg Home for the Elderly, where she cut the red ribbon for the opening of the Light Festival and the new units where we handed out refreshments to the seniors together with the ATKV and a few entertainers. Watching her deal with the ups and downs of promotions, pageants and life relationships with such ease and grace made me realise that there’s nothing that cannot be overcome.

She was a proud fuller figure model for the House of Superior Clothing (HSC), and she had a photo-shoot for their new catalogue. HSC offers so much more than just the perfect dress for a special occasion.

She won a few pageants such as the Miss Personality Sunnyside Pretoria (1994), Miss Sunnyside Pretoria (1995), Women of Style (2005), Ms South Africa fuller Figure (2007), Mama Africa Beauty Queen, Big Bold and Beautiful Personality, Goddess of Cullinan Photogenic Winner and Overall Winner, Ms Plus Size RSA Media Marketing Category Winner and the Top 5 Public Choice (2016). Veronica is best known for being a body positive activist. She has defied norms and has since taught a lot of women to love yourself no matter the shape or size you have.

When you have always belonged to the plus size category, you would know how hard it is to get by every single day of your life. Yes, ladies, the struggle is real for a lot of fuller figure people, especially women who have always been made to believe that the only criteria for being beautiful are those that you see on TV. This is the very reason that a lot of plus size ladies do not have the confidence to wear the clothes that they actually want and settle for frumpy outfits that are not only unflattering but hideous. But my friend, Veronica, showed me that it is possible for a fuller figure woman to have confidence and be like normal society women. Veronica is stylish, but also incredibly flattering the way she carry herself. She encourages other plus size people and helps them embrace their curves. She became a role model to other women on how to strut their fuller figures with confidence. I know she is a strong and powerful woman who is changing how the world views plus size people, one day at a time.

Veronica is not only a fuller figure model, but also a Secretary in the Department of Defence at Chief Joint Operations. In her spare time over weekends I will go with her when she plays as a freelance extra in some movies. She played as a freelance extra in Invictus, Uising Heroes, Karzzz, EK lief jou, Erfsondes, Bukgit 2&3, etc. With her achievements she is hoping to change how people see curvy women. But most of all she is hoping to encourage fuller figure women to love the skin they are in and to have confidence to follow their dreams.

I think she is an inspiring woman to all of us. Ms Amelda Jansen van Vuuren, email...
THE JOY OF HELPING A POOR CHILD

The SA National Defence Force (SANDF) Education Trust continues benefiting from prospective donors making pledges through auctioned products towards the trust at the charity golf day prize-giving dinner hosted by the Chief of the SANDF, Gen Solly Shoke, at the Swartkop West Combined Club.

The event was held after a daylong golf competition among SANDF members and civilian guests. The competition took place at two different golf clubs, viz the Services Golf Club and the Swartkop Golf Club. This was due to the enormous number of people who participated this year.

The main aim of this auspicious event was to raise funds for dependants of deceased SANDF members who lost their lives while on duty since 27 April 1994. The SANDF Education Trust Fund was established by the Chief of the SANDF in October 2013 to ensure the primary, secondary and tertiary education of dependants of SANDF members.

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 of the existence of the fund. The money within the first 18 months to collect a substantial amount of Education Trust Fund managed of SANDF members.

The of Area Military Health Unit KwaZulu-Natal, decorated all the deserving members and congratulated all recipients and thanked them for their loyal service and dedication that they have shown over the years and he encouraged them to continue doing the good work and to be exemplary in their line of duty. Col Pillay also gave a brief history of ancient militaries and how they rewarded good work done. This has changed drastically in modern

A considerable amount of money was yet again raised for 2016 during this year’s event through generous donations from Captains of Industry and the general public. General Shoke addressed the golfers at the charity golf day prize-giving dinner. He said: “Whatever little contribution you make, will ensure the future of a child that is in need. If you want to build a nation, the best way is to invest in education. Once you are educated, you will be able to develop both economically and otherwise.”

He added: “Today, as we are gathered here I want us to remember the children whose parents passed away in the line of duty, serving our nation. Those of you who have grown up without a parent will understand better and appreciate the value of education and support from the community.”

The Chief of the SANDF said it pained him to see learners destroying facilities of knowledge, facilities that are supposed to shape our future for a better life. Gen Shoke added: “Let us make a bright future for a poor child by our financial assistance; you might be contributing to the future Chief of the SANDF or even to a future President of the country.”

General Shoke concluded by urging the golfers to open their hearts and give to a poor child, quoting the words of the Scripture, namely “Blessed is the hand that gives rather than the one that receives”.

During the Chief SANDF Charity Golf Day prize-giving dinner at the Swartkop Golf Club a substantial number of pledges were made by Reutech, which auctioned various products. Reutech as in previous years gave R1 000 000 to help poor children better their future. At the end of the event, the total amount pledged was over R1 200 000.

The sponsors of the Charity Golf Day were: Denel, Avbob, Weatherhaven RCS, Reutech Solution, Reutech Communication, Reutech, Denel Aviation, Clinix, ARMSCOR, the Paramount Group, Sanlam, the SA Army Foundation, Fire Raiders, Transnet, Eskom and SAAB.

AB Samuel Ramonyai, Pretoria

AREA MILITARY HEALTH UNIT KWAZULU-NATAL MEDAL PARADE

Area Military Health Unit KwaZulu-Natal recently held a Medal Parade at the Bluff Military Base. The event was for deserving members who had dedicated their lives to the SA National Defence Force (SANDF) and served with loyalty and pride. General Service Medals for 10 and 20 years were awarded to deserving members. Col Trevor Pillay, the Officer Commanding Area Military Health Unit KwaZulu-Natal, decorated all the deserving members and congratulated all recipients.

The Officer Commanding Area Military Health Unit KwaZulu-Natal, Col Trevor Pillay, proudly decorating the recipients.

militaries. The Officer Commanding also took the opportunity to thank the Master Warrant Officer Butana Faku of Area Military Health Unit KwaZulu-Natal and all members who participated in the parade for the discipline and professionalism portrayed during the parade, including the Army Band that always gave a remarkable performance.

CO Menzi Cele, email
DISCIPLINE IS THE MAIN INGREDIENT OF SUCCESS

Self-discipline is important in every aspect of life in order to be successful and be free; it allows one to have power and control in life. Discipline allows one to act according to thoughts and not feelings.

Discipline means doing what must be done even when you do not feel like doing anything. A lack of self-discipline leads to “Procrastination Ville”. Residents of “Procrastination Ville” have piles of unfinished tasks and projects and that negatively affect the productivity and effectiveness in one’s life, for instance in the SA National Defence Force (SANDF).

Procrastination is a waste of time. Time wasted can never be regained. Experience has taught me not to wait for tomorrow to do what can be done today. Discipline can overcome procrastination. Discipline is one of the core aspects of success.

It might have been one of your 2016 resolutions; however, as we are now reaching the end of 2016, you may feel it is too late for you to be self-disciplined. It is all in your mind: change your attitude, perform that task even when you do not feel like doing it; it is called discipline. You can start again; the calendar might be telling you that the year is about to come to an end, that you will do this next year. I want to tell you that it is not too late to be disciplined; the right time is now. Imagine the changes and effectiveness you will bring to the SANDF. A disciplined soldier is an asset and not a liability in the SANDF. Discipline starts with you and me.

Lt Livhuwani Lucia Mundalamo, Bloemfontein

MILITARY ATTACHÉS AND ADVISORY CORPS WELcomed TO SOUTH AFRICA

The Department of Defence through Defence Foreign Relations continues to diversify and consolidate international relations. Defence Foreign Relations recently hosted the accreditation/de-accreditation ceremony of Military Attachés and Advisory Corps (MAAC) at the SA Army College in Thaba Tshwane.

This event further strengthens and consolidates the strategic and historical bilateral relations our government has established with foreign countries and serves to reaffirm the warm and cordial ties of friendship and solidarity the DOD has built up and maintained over the years.

The event consisted of a short outdoor ceremony in which the incoming and outgoing MAAC were greeted by a general salute given by the National Ceremonial Guard.

Maj Gen Sandile Sizani, the Chief Defence Counter-Intelligence officiated on behalf of the Chief of Defence Intelligence, Lt Gen Jeremiah Nyembe. He bade farewell to the outgoing MAAC and at the same time welcomed the newly appointed MAAC. In his opening remarks he said that the event reaffirmed the SA National Defence Force’s commitment to enhancing the excellent relationships between our countries, especially within the defence diplomacy environment.

He said: “You have been appointed by your government to our country to conduct military diplomacy. You are representatives and protectors of the interests of your nations who have established very productive relations with our country. Thus we expect of you that as our country cements its position as an important global player, interactions such as these become of vital importance in enabling us to play a meaningful role in global issues in tandem with those countries that share our objectives.”

Sgt Ally Rakoma, Pretoria

CLOSER MILITARY TIES: The newly accredited Military Attachés and Advisory Corps with the Chief Defence Counter-Intelligence, Maj Gen Sandile Sizani (front row, middle) accompanied by senior SA National Defence Force Officers at the SA Army College in Thaba Tshwane.

(Photo by Mr Witney Rasaka)
THE SANDF - A DISCIPLINED FORCE

The SA National Defence Force (SANDF) was established as a balanced, modern, disciplined and technologically advanced military force capable of executing its mandate. The SANDF comprises both the Permanent Force and part-time force components. Since 1994 the SANDF has proved itself on the African continent and has shown the world that it is the most disciplined force that was ever established in the history of this country.

The SANDF as a disciplined force has accepted all races, no matter their gender, religion, culture, language, ethnicity or sexual orientation and they are all treated equally.

Over the past few decades society has become progressively more permissive in terms of morals, ethics and discipline. It is a sociological truism that military organisations reflect the societies from which they emerge. This permissiveness has led to an increased questioning and misinterpretation of the reasons for a strict code of conduct for the military. Under these circumstances it is vital to define and justify the standards and rules of discipline that the SANDF considers essential to maintain.

Discipline is essential for an effective and reliable military force.

Leaders must set high standards, lead by example, do what is legally and morally right, and influence other people to do the same. Leaders must establish and sustain a climate that ensures people are treated with dignity and respect, and create an environment in which people are challenged and motivated to be the same. At present the general standard of discipline within the SANDF is unacceptable in the military context. The following problems are the cause and require attention by all, regardless of level:

- An attitude of wanting to belong to the organisation must be developed. Organisational interests must be put before individual interests. The organisation's values, the Code of Conduct, traditions and behaviour must become those of the individual.
- Honesty and a high standard of personal behaviour are essential in gaining the trust and respect of subordinates.
- Leaders are required to maintain the highest standards so as to set an example and be in a position to enforce discipline when necessary. Self-discipline is the foundation on which leadership, morale and corporate discipline are based.
- It is the leader's responsibility to ensure the subordinates understand organisational values, standards of conduct, policies, orders and instructions. Communication, both formal and informal, is vital to creating a sense of belonging and developing trust. Where discipline is weak leadership is faulty. Leaders must be personally involved in motivating, training and communicating with their subordinates so that we can keep the SANDF a disciplined force for the coming 20 years. CWO Tumelo Lwana, Warrant Officer Human Resources Divisional Staff

HARDWORKING JUNIOR RANKS

In life people will never be equal be it professionally, psychologically or talent wise and as professionals we need to understand that every organisation has different departments, positions or ranks and there will always be one who is superior to the other. In the SA National Defence Force (SANDF) we use ranks and have mostly commanders not leaders, and our capabilities are not the same. The fact that there are more commanders than leaders destroys the organisation.

The SANDF has many hard workers in junior ranks. These people work with passion and do their work well. There are some commanders that are statues in their posts or offices, they are just there because they were posted but do not qualify to be there or they do not produce anything. These commanders when they see a junior rank performing more than them when they are placed in those positions as acting personnel, they then feel threatened instead of appreciating and encouraging that junior rank but all they do is to victimise them or take all credit to themselves.

The Department of Defence should work like production companies because production companies are only concerned about the end product, but in the SANDF ranks are put first than the end product that is why some units or sections are failing so much. Other people produce more because of the skills they acquire outside the SANDF and some are just talented.

Officers Commanding should have an eye for lazy commanders in their units that are suppressing juniors just because of insecurities and let the people who can produce, work to keep the flag of their units high and the SANDF will never struggle with anything. L Cpl Ntikakoe Baloyi, 7 SA Infantry Battalion

CWO Tumelo Lwana.

Mom ... you were my umbrella during rainy seasons. You gave protection in your hands. You wrapped me in a warm blanket during winter. You protected me from the outside storms and gave me shelter. You sent me to school and protected my dreams with your prayers. Nobody can take your place. I am a better person because of your love and care. I will never neglect you. In your eyes I will always be a child, but my wish is to take care of you ... Pte Victoria Mathibela, 7 SA Infantry Battalion, Phalaborwa
The Minister of Defence and Military Veterans met with her counterpart from Iran

By Mr Lufuno Netshirembe
Photos by Mr Witney Rasaka

The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, recently hosted the visiting Iranian Minister of Defence and Armed Forces Logistics, Gen (Dr) Hossein Dehghan POUDEH.

The Iranian Minister of Defence and Armed Forces Logistics, Gen (Dr) Hossein Dehghan POUDEH, with his twenty four delegates made up of at least eight Generals who are Deputy Ministers respectively, the Senior Advisor to the Minister, Directors General in different fields, Captains of industry and support staff had a meeting at Defence Headquarters in Pretoria.

The main aim of this visit was to sign a memorandum of understanding (MOU) between the two countries’ defence forces. This agreement would foster an overall healthy diplomatic military relation between South Africa and Iran. The MOU intends to establish cooperation in the field of Defence which covers wide spectrum of defence issues. This visit further afforded the two Ministers with an opportunity to update each other about the international security situation, the threats of terrorism and responses thereto, as well as any other developments of mutual interest.

“One of the key issues also concerns the need for the reform of the United Nations. In this regard Iran and South Africa have a common interest to ensure that the United Nations (UN) is not used as an instrument to punish states that disagree with the members of the Permanent 5 of the UN Security Council,” said Minister Mapisa-Nqakula.

Ms Mapisa-Nqakula encouraged the Iranians to feel comfortable during their time of visit in South Africa: “I trust that during your time here you will have an opportunity to visit our Defence industries and examine areas wherein you have requirements. The scope of the MOU sufficiently covers that, and we would also look to exchanges of expertise even in this and other fields.”

The visit programme included courtesy call to the Chief of the SA National Defence Force, Gen Solly Shoke, a visit to Reutech facilities, an excursion to the Apartheid Museum and the historic Mandela House in Soweto.
ARMED FORCES DAY
21 February

Durban will host Armed Forces Day 2017
The Chief of the SANDF acknowledges members’ excellent long service

By Mr Lufuno Netshirembe  
Photos by Mr Witney Rasaka

The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, honoured 63 (two posthumously) members who spent 30 and 40 years of excellent service by awarding them medals reflective of their years of service during a medal parade that was recently held at the Armscor sports ground in Pretoria.

Addressing the audience and the medal recipients, Gen Shoke

ABOVE: Recipients of the Medalje vir Trouediens and bar 30 Years: fltr, front: Brig Gen Abraham Coetzee, Brig Gen Siphiwe Shezi, Brig Gen Mpilo Mbangatha, Col Eugene Hossell, Col Luther Jacobs, Col Kgomotso Katane, Col Petrus Keller, Col William Leukes, Capt (SAN) Jacobus Maasdorp, Col Sipho Mnguni, Col Shuping Motswadira and Col Petrus Steinberg.
expressed his gratitude to the families of the recipients for the support that they have given to recipients. Gen Shoke acknowledged the hard work, discipline and unwavering loyalty that the recipients have shown over the years that they served in the SANDF. The Chief of the SANDF said: “I appreciate that you have lived an exemplary life that young soldiers must impeccably emulate. It is through your long service that young soldiers can keep soldiering on regardless of tough life of a soldier. You have given a good example that it is possible to survive hardships of being a soldier and remain disciplined and patriotic to South Africa.”

General Shoke emphasised that soldiers must remain disciplined regardless of the political atmosphere that they find themselves under. He reminded soldiers that they must always stay apolitical and serve the Government by rising above petty party politics because history will judge the SANDF by the current actions that soldiers take. Gen Shoke said: “I personally would like to have the SANDF judged by the positives we have done rather than the negatives. As I stand here today I would like to thank you the recipients for the sterling job you had done. I am very proud of you as your Commander.”

The Chief of the SANDF expressed his concern on career progression of members in their respective corps. He was specifically referring to Cpl Samuel Legodi who at 60 was still a Corporal and the only recipient with the lowest rank to be awarded a 30 years medal at the parade. Gen Shoke requested the Human Resource Division to look into the matter with the objective of critically analysing and reviewing the career progression of members such as Cpl Legodi.

In conclusion Gen Shoke thanked the National Ceremonial Guard for representing the SANDF in a way worthy of praises.
National Civic Remembrance Service and Wreath-laying Ceremony

By Sgt Ally Rakoma
Photos by Pte Paul Mpangala

The City of Johannesburg in partnership with the SA National Defence Force (SANDF) recently commemorated the fallen soldiers who paid the supreme sacrifice in all wars, battles and armed struggles for freedom, democracy and peace in South Africa, including the Battle of Delville Wood in 1916 at the Cenotaph on Beyers Naudé Square in Harrison Street, Johannesburg.

The Executive Mayor of the City of Johannesburg, Councillor Herman Mashaba, was the main functionary at the event. The Reverend Gift Moerane led the inter-faith religious service, followed by a solemn wreath-laying service. The Chief of Logistics, Lt Gen Morris Moadira, presided on behalf of the Chief of the SANDF. He was accompanied by senior officers from the Services and Divisions.

Reverend Moerane said: “We are here to remember what happened to our brothers and sisters. Today I take pride in being a South African, to hear about our Defence Force going around the world to reclaim peace”. He further said that there is no reason for us to go to war, we should further look at how we can bring peace to the world.

The 2016 commemoration ceremony was a special tribute to mark the 100th anniversary of the Battle of Delville Wood in July 1916, one of the disastrous battles fought on the Somme in France during World War I, when 3200 troops of the 1st South African Infantry Brigade arrived on at Delville Wood. South African casualties amounted to 1080 killed or missing and 1735 wounded.

For South Africans who fought at Delville Wood and other battles on the Western Front, it was a war of indescribable horror, where casualty lists soon outstripped those of any previous war.

By the end of the war, about 22500 South Africans had either been killed in action or had died as a consequence of their active war service. Delville Wood occupies a special place in SA Military history and represents a national symbol of courage and sacrifice.

Following a long tradition, the national remembrance Sunday service has been held at the Cenotaph since the inception of the war memorial in 1926. The Cenotaph at Beyers Naudé Square was inaugurated as a war memorial to South Africans who died in World War I (1914-1918). Is now a more inclusive war memorial, having been rededicated in 2002, to honour all those who made the supreme sacrifice in all wars and other battles.
Physical activities are essential in preventing and reducing diseases and improving physical and mental health, said the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, who appreciated the participation of the members of SANDF in sporting activities by sponsoring a Recreational Festival during the Prestige Week at Pretoria Military Sports Club (PMSC). The idea to introduce recreational activities during the Prestige Sporting Week was conceived by the members of the Chief Human Resources Command Council. The theme of this auspicious event was “In promotion of cultural diversity, recreation and a healthy lifestyle.”

Fitness Body Infusion (aerobics) opened the festival with warm up exercises. The SANDF Mass Choir, the Correctional Service Choir, the SA Air Force Entertainment Band, the SA Army Entertainment Band, the SA Air Force Choir, the Defence Intelligence Choir and the Heidelberg Choir took part.

The then Director Physical Training, Sport and Recreation, Brig Gen Ashton Sibango, said that the objective behind the initiative was to promote and foster a culture of sport in the hearts and minds of the members of the SANDF.

He remarked that they were motivated by the definition of the Department of Sport and Recreation that recreation or leisure meant voluntary participation in any during ones free time for fun, relaxation and refreshment.

By its nature, it is beneficial to the individual, family and community as it promotes pro-social activities and a healthy lifestyle.

Brig Gen Sibango said: “Last year was a turning point in the history of physical training, sport and recreation when the Gen Shoke expressed a desire to make physical training, sport and recreation compulsory for all uniformed members of the Department of Defence.”

He highlighted that the core business of the Directorate Physical Training, Sport and Recreation should be understood as a business that sought to enhance the state of preparedness of the defence force. As such, it is an integral part of force preparation strategy and therefore is mandatory and compulsory.

He said the Department of Defence was looking forward to improving facilities for physical training. One hour is dedicated for physical fitness and sport is played once a week. The 5-15 km walk is scheduled by Services and Divisions once a month. Dietary brochures should be displayed in each and every building of the Department of Defence.
Physical activity is defined as any bodily movement produced by the skeletal muscles, which is something that requires energy expenditure. Physical inactivity has been identified as the fourth leading risk factor in terms of mortality and is estimated to cause 3.2 million deaths globally.

When declaring his Prestige Week 2016 open, the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, said: “Physical activity is essential in preventing and reducing the risk of getting many diseases. It improves physical and mental health and is at the same time enjoyable.”

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a pram, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be of moderate or vigorous intensity.

Doing regular physical activity can make one feel good about oneself and it can have a number of health benefits. For example, it reduces the risk of developing heart disease, stroke, high blood pressure, some cancers, type 2 diabetes and “thinning” of the bones (osteoporosis).

Regular physical activity also helps to control weight and may help to ease stress. Ideally, one should aim for at least 30 minutes of moderate intensity physical activity on at least five days of the week. You should also aim at a minimum of two sessions of muscle strengthening activities per week, although these should not be on consecutive days.

Gen Shoke hosted the Chief of the SANDF Prestige Week whose sport included athletics, soccer, table tennis, volleyball, bowls, squash, black ball pool, cycling, tennis, small calibre rifle shooting, golf, rugby, basketball, jukskei, netball and the martial arts.

The Chief of the SANDF said: “Sport is part and parcel of the wellness of soldiers and encourages cohesion. It helps people work as a team and requires discipline.”

Gen Shoke added: “To succeed in daily activities require much discipline as without it 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 has been telling members in the training environment that they should not look at sport as some leisure activity as in the military it is part and parcel of force preparation.

As usual the activities commenced with the skydivers from all the Services, followed by different sporting competitions. The Services competed for a period of a week. Women competed in activities such as netball and football while the men played football and rugby.

Cultural activities included dances, traditional food competitions, aerobics and performances by choirs of the various Services.

At the end of the competition week the SA Army emerged as overall winner of the Chief of the SANDF Prestige Week with the SA Air Force as the runner-up, the SA Military Health Service (SAMHS) in third place and the SA Navy ending fourth.

In the closing ceremony, Gen Shoke expressed his appreciation and thanked all the participants and the organisers of the event. He said: “When we started this event almost three years ago, it was very small. It was just an idea that I developed that we needed to take sporting activities in the SANDF seriously. Sport should be part and parcel of our force preparation and therefore I asked the Services to include sport in their annual budgets because I am sure everybody present here would agree with me that it has been a great week.”

The Chief of the SANDF added: “You participated here this week in physical sport and healthy living. I would like to see the day when this week in the SANDF is a week to which everybody in the SANDF can look forward.”

Gen Shoke pointed out that in many countries most participants in athletics come from the military. It is therefore possible for the national defence force to contribute towards others taking part in sport.
The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, would like the Services and Divisions of the SANDF to play a leading role in reviving sport. He said that this would encourage healthy and active living, something that has a strong bearing on a productive life.

It is evident that Gen Shoke’s notion of promoting mass participation in sport and prioritising sport and physical training as part of force preparation encourages all members to think about what benefits can derive from sport and achieve optimal health for all in the SANDF.

The Chief of the SANDF Prestige Week is an initiative of Gen Shoke, and is aimed at giving all SANDF members the opportunity to compete against each other in a variety of sporting and recreational activities. Thereby enhancing the concept of “Friendship Through Sport”. Sporting teams from the Services and Divisions performed to their best in various sporting codes including the fitness challenge during the recently held Prestige Week.

ABOVE: A soldier carrying a heavy sandbag.

ABOVE: Members of the SA Navy showing speed and endurance.

ABOVE: The tyre flip exercises were very intense and gruelling.

ABOVE: A member of the SA Military Health Service showing his quick pace in crossing a camo net.

RIGHT: Women were part of the fitness challenge from the beginning to the end.
Celebrating our rich diversity and cultural richness

By Sgt Ally Rakoma and Ms Lucy Sekhota
Photos by Mr Witney Rasaka

Our humanity is strongly influenced by our varied cultural heritage. Culture implies a shared bond, diversity and community belonging. It represents our history and identity. South Africa is regarded as the rainbow nation with multicultural integration of different values and norms.

During the recently held 2016 prestige sporting week, the Chief of Human Resources, Lt Gen Norman Yengeni, which hosted the recreation day in the form of a cultural day with the theme: “In promotion of cultural diversity, recreation and healthy lifestyle.”

It was a not to be missed show, fun-filled and exciting that it was a heritage carnival that appealed to all races and all ages with a selection of art works, dancing, singing, and traditional food reflecting the diversity of our cultural heritage in South Africa.

The main aim was to preserve and educate about African values to ensure that historical traditions were honoured culture and indigenous knowledge were used to instil pride in African culture and traditions.

The Chief of Human Resources, Lt Gen Norman Yengeni, and the then Director Physical Training, Sport and Recreation, Brig Gen Ashton Sibango, said that celebrating our heritage meant embracing our cultures, traditional expressions, languages, arts, music, rituals, social practices, food and other aspects that made us unique.

Different units promoted the varied cultural heritage of our nation and the SA Army Infantry Formation represented the Zulu nation. They demonstrated a Zulu traditional marriage where a Zulu king marries a second wife. Young girls and older women were ululating as they welcomed a bride ‘umakoti’ into the family while young men and older men were dressed with Zulu traditional attire. They sang along with a group of women and danced Zulu traditional songs. A blanket, a sponge sheet for sleeping, and a pillow were represented as part of a gift to the newly married couple.

A group of Xhosa followed, they performed a cultural dance and welcomed a young Xhosa boy from initiation school. The Tsonga group performed their traditional dances, ‘makhwanya’ and ‘xibelani’. The Ndebele group wore colourful blankets and huge gold necklaces called ‘Isigoliwana’.

ABOVE: Xhosa women singing and dancing in their traditional attire.

ABOVE: The Zulu group embracing their oral and traditional culture.
The SA Army came out tops in most of the sporting competitions as they went head-to-head with the other Services in the week-long Chief of the SANDF Prestige Week at the Pretoria Military Sports Club in Thaba Tshwane. Top achievers were acknowledged for their participation in the various sporting codes.

The then Director Defence Corporate Communications, Brig Gen Xolani Mabanga, mentioned that the gala dinner event marked the end of the Prestige Week programme.

He said: “The Prestige Week idea came from the Chief of the SANDF, Gen Solly Shoke. His intention was that members of the SANDF should engage in sporting and other recreational activities as a way of maintaining high levels of moral and physical fitness.”

He said that one of the benefits of the event was an increase de corps among members of the SANDF. He said the Prestige Week event was initiated about three years ago and has been improving year-on-year.

He said: “Over the past week, these members have been engaging in more than 23 sporting activities. The gala this evening is a culmination of all the week-long activities of the Prestige Week. General Shoke will award and trophies to the winners of these different sporting codes.”

The Chief of the SANDF, Gen Solly Shoke, said the participants had made the event possible. He said that soldiers were in a profession where they needed to train hard to ensure that they suffered fewer loses in wartimes.

He said: “We prepare for war so that when it comes it is easier for us to fight. The prizes and the awards have a story to tell; they indicate who trained hard and who trained less. I would like to congratulate the winners of the different prizes and for their participation in the Prestige Week.

“We need to get involved in sporting activities that bring us together as members of the SANDF. It also results in cohesion and a spirit of camaraderie. We develop a spirit of teamwork, which is very important for any military organisation.”

Gen Shoke indicated that no one can function as an individual in the military. He said there would always be people who knew than others and that may be guided by others; and together they will become formidable.

He said: “It is important to acknowledge one's strengths and weaknesses; and whenever we see weakness a commander we should assist him with someone who is strong that he may succeed. It is like witnessing the beginning of the defence force and going back to the roots.

“All over the world, in all sporting activities, the Olympics and other international sporting tournaments you will find that most participants are groomed in the military. I see no reason why in this country we cannot embark that path.”

Gen Shoke said that if the SANDF is referred to as a national asset, it should not only be in words but also in deeds. He said sometimes people about the role of the military in society.

Gen Shoke believes that sports, are often seen as leisure activities done for pleasure; in the military it is something that has to do with force preparation. Therefore sport needs to be included in the budget.

He said: “In most countries, national champions in 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 urged members of the defence industry to invest in the military community by upgrading sporting facilities.

The Chief of the SANDF said: “You are at an advantage because of your interaction with the soldiers. This is your defence force which guarantees your peace and security. It is also a defence force that makes it possible for you, as industry to make in-roads into the African continent.”
The Chief of the SA Army
Captains of Industry breakfast

By Sgt Ally Rakoma
Photos by Mr Witney Rasaka

The Chief of the SA Army, Lt Gen Lindile Yam, recently met with Captains of Industry and other stakeholders in the defence sector at the SA Army College in Thaba Tshwane. In his opening remarks Lt Gen Yam lauded the Defence Industry for showcasing their capabilities and innovative technologies during the 2016 African Aerospace and Defence (AAD) Expo that was held at Air Force Base Waterkloof.

He expressed his gratitude for their support of the SA Army and said that the breakfast meeting presented an opportunity to solidify relations and expand mutually beneficial collaboration.

Lt Gen Yam appealed to the Captains of Industry to seek engagements and interventions that could be pursued to advance and support the SA Army and SANDF in general and make their voices heard through social cohesion and effective dialogue with stakeholders in parliament, the National Treasury, academia, opinion and policy-makers, private sector and the public at large.

Lt Gen Yam said a classical example was the important role of honorary colonels in enhancing civil-military relations between the SANDF and various external stakeholders and stated that the SANDF was duty-bound to defend and protect South Africa’s territorial integrity, national interests and its people at home and beyond our borders in peace support operations and other humanitarian interventions.

He pointed out, among other things, that the current decreasing defence budget would be likely to compromise the SANDF’s capabilities.
The SA Army Foundation delivers products, services and benefits to over 40,000 members who are either currently or historically a member of the South African Defence Force (SANDF) and/or the Department of Defence (DoD), and who have a Force Number.

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- Flambeau - Two bedroom apartment situated in St Lucia

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All benefits are available within the Borders of South Africa only.
SA Army Automotive Mechanics in Cuba to inject new life into the SA Army’s vehicle fleet

**Article and photo by Lt Marumo Machete, SA Army Corporate Communication**

Twenty-five SA Army mechanical engineering students honed their vehicle repair and maintenance skills in Cuba.

This demographically diverse group – with ages ranging from 24 to 44 and includes nine women - were recently in the country for a break and took the time to share their experiences with us.

The group left the country in 2014 under an agreement between the SA National Defence Force (SANDF) and its Cuban counterpart. The engineering programmes in which they enrolled takes three to five years to complete and provide expertise in the maintenance of battle tanks and transporters.

The students in the “Pearl of the Antilles”, as Cuba is affectionately known, are being taught drawing, welding, diesel theory and philosophy, among other subjects.

Col Vusumzi Mzilikazi, Senior Staff Officer Human Resource Development and Policy, gathered the group at the Technical Service Training Centre in Tek Base, supported by Lt Col Ncediswa Maama, SO1 Human Resource Development and Policy, to finalise their administrative paperwork prior to their return to Cuba. This provided us with an opportunity to chat with them. The two senior officers, Col Mzilikazi and Lt Col Maama, are confident that the group will be a worthy asset to the SA Army.

ABOVE: Petit Vincentia Mudau (in the red T-shirt) flanked by Col Vusumzi Mzilikazi and Lt Col Ncediswa Maama with the SA Army mechanical engineering students who attended training in Cuba.
Staff Sergeant Kholisile Mama (44) from 46 SA Army Brigade is the oldest of the group. He told us he had assumed the responsibility of a village elder while in Cuba with the young students.

“They are very young and accustomed to a Western lifestyle, and so I always try to guide them how to make sense of Cuban way of doing things,” S Sgt Mama touches on the East-versus-West Cold War era politics that shaped modern-day Cuba, and there was fire in his eyes as he analysed the geopolitical situation that played a role in shaping how Cuban socialisation evolved.

S Sgt Mama said he had committed himself to ensuring that his younger colleagues did not lose focus of the overriding reason for their being in a foreign country.

“Here we have a vibrant and very supportive group, and I am convinced that the SA Army will have high quality mechanics once we are done with this training.”

“You’ll get mechanics because that is what the army puts its money on,” S Sgt Mama said adamantly.

He spoke highly of his young entourage and said he was happy that they supported one another and had established a closely knit bond during their stay in Cuba.

S Sgt Mama also commended the support shown to them by their Cuban hosts.

“The medical support provided by the Cubans is excellent. I am glad that there are all types of sports to keep the team busy and out of harm’s way,” he added.

The young ones also shared their expectations, experiences and exposure to the Spanish language.

Tsholofelo Teme (24) from Mahikeng is the youngest in the group. He the value that their training would impart to the SANDF. However, she admits that homesickness is one of her drawbacks, but she has found a way to deal with it.

“I stick to prayer and consult with my friends. I have to manage; I do not have a choice.”

She says she had expectations before leaving South Africa, and although some of them were never realised, she regards most of the things that they do in Cuba as beneficial to her professional development.

25-year-old Tiyani Masango said, her studies in Cuba were a necessary eye-opener.

“Before I went to Cuba there were a lot of things I didn’t know. I am glad that I am learning a lot, including speaking Spanish. We are all hard-working, and they keep us engaged and focused on the objectives.”

These young SA Army “teffies” share a common belief that the expertise they garner in Cuba will go a long way to improving the fleet management environment in the Army and ensure vehicles are kept in a running condition longer, thus saving valuable resources.

“For me, this is a great opportunity to learn, and I embrace it since it allows me to do something for my country,” says Sydney Selowa (26).

Takalani Mulaudzi (27) makes an interesting observation about Cuba and how its people in the technical service corps approach maintenance issues.

“What I found interesting in Cuba was the fact that their old cars are still running on the roads. This tells you just how efficient they are in maintaining their fleet of vehicles. The hands-on work and practical approach they adopt can come in handy in South Africa, too. Imagine the amount of money we would be able to save if only we can maintain our cars well and keep them on the road.”

“I think with the skills we are acquiring in Cuba and the willingness to change the way we operate in South Africa, we will be in a position to achieve 100% serviceability of our fleet. We will strive to achieve that goal,” Mulaudzi said enthusiastically pointed out.

Being in a foreign country has come with its challenges for this youthful group, and Vincentia Mudau managed to devise a way to face her challenges.

“I learnt to switch on and handle every situation as it came, and that seemed to work for me. It is of course hard when one misses home, but I speak a lot to my friends and we have since found it possible to get over it,” she says.

Thirty-year-old Phuthi Lamola says he is convinced that when they finally complete their studies they will be in a position to improvise and fix most army vehicles and save our defence force much money. He says that money could be used on other needs.

Speaking to this group inspires confidence and, the belief that the SA Army will definitely realise the return on investment once their training is completed, and since they find themselves in a Spanish speaking country, I guess it is proper to encourage them and say, “Lo puedes hacer. No te rindas” – meaning “You can do it. Do not give up”.

The first group of these students is scheduled to complete their studies in July 2017, while the remainder will then have two more years to finalise their studies.
Joint Senior Command and Staff Programme graduation ceremony

By Sgt Ally Rakoma
Photo by S Sgt Elias Mahuma

The Brazilian well-known football legend, Edson Arantes do Nascimento (Pelé), once said: “Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing.”

Recently the SA National War College (SANWC) in Pretoria hosted a graduation ceremony in recognition of learners’ achievements for a group of 84 officers who had successfully completed the Joint Senior Command and Staff Programme (JSCSP) 15/2016. The graduation ceremony was held at Utopia in Lynnwoodridge, Pretoria.

The JSCSP is a 44-week residential programme aimed at preparing selected officers for senior appointments at the operational level of war by developing their command, staff and analytical skills through broadening their professional understanding of joint and multinational operations, defence management and the wider aspects of conflict.

The learners are further equipped to the complexities and convolutions of management of defence in peace keeping missions and various aspects of disaster management and conflict.

The learners also completed the Peace Support Operations Staff Officers Course presented by the Peace Mission Training Centre.

Brig Gen Siseko Nombewu, Commandant of the SA National War College, during his opening remarks said that graduates will receive the SANWC - Joint Senior Command and Staff Programme (JSCSP 15/2016) and finally the Coleskop Summit certificate for those members who successfully and courageously reached the summit of the Coleskop in Colesburg during the history staff ride.

He said that the class of 2016 academic year has been named the 40/20 Hector Peterson Detachment. “Forty years of the 1976 June uprising where the first victim to be killed was Hector Peterson, and the twenty years of the signing of the first democratic Constitution of the Republic of South Africa,” he said.

Officially opening the ceremony, Lt Gen Norman Yengeni, the Chief of Human Resources, reminded the graduates that what feels like the end is often the beginning. He encouraged them to take pride in how far they have come and have faith in how far they can go.

He further said that knowledge is power, use it wisely as you also empower others along the way. He called upon them to remain inquisitive, enthusiastic and vigilant as they continue to pursue avenues of the culture of lifelong learning.

Of special note the JSCSP 15/2016 learners honoured the legacy of the first Commandant of the SANWC, the late Maj Gen William Nkonyeni, by having a project named after him. This project dubbed ‘THE LEGACY PROJECT’ will focus on the history and growth of the SANWC funded by Honorary Colonel (Dr) Irvin Khoza.

JSCSP 15/2016 AWARDS
- Overall best academic learner – Lt Col Sarojin Pillay with an average of 92.40%
- Best overall Commandant research paper Lt Col Felicia Maganwe with an average of 92%
- Best Peace Support Operations Syndicate presentation – Syndicate 5 and 6
- Maj Gen Nkonyeni best overall learner excellence trophy – Lt Col Themba Twala

SA Soldier conversed with Lt Col Themba Twala who was presented with a trophy for displaying the highest level of professionalism, zeal, determination and leadership among his peers. He said that 2016 got off with a busy start and of course the programme had its highs and lows but today we take pride in how far we have come. He added that in life every accomplishment starts with the decision to try and stretch your horizon and what ever you do, do it well and follow your passion because it will lead you to your purpose and dreams. To conclude he expressed gratitude to all the SANWC Directing Staff for their hard work and passion with which they presented the programme.

ABOVE: Proud graduates paying their compliments after being presented with their qualifications.
Financial misconduct, fruitless and wasteful expenditure can bring the National Defence Force to a halt!

“Prevention of Irregular and Fruitless Expenditure: Starts with me”
The Defence Legal Service Division hosted the Military Law Conference after the Military Command Council approved it. The Division’s first conference on military law was aimed at promoting the importance of the military law as part of the country’s justice system.

Speaking at the conference held at the Centre for Scientific and Industrial Research (CSIR), Adjutant General at the Defence Legal Services Division, Maj Gen Bailey Mmono, said the aim of the conference was to explore military legal system and also share the importance of the military law’s place in our legal system in South Africa.

He said: “The theme of the conference is to explore and expose the military legal system to the broader academia and legal community. People do not know about military law and as such we felt that we should host this conference which is the first of its kind. This is to ensure that we share and educate the legal fraternity on what we are doing.”

Maj Gen Mmono said the military justice system was inherited from the British legal system years ago. He indicated that they use the similar legal system that has been certified by the Constitutional Court in the past; which I still applicable even though there is room for improvement.

The SA National Defence Force (SANDF) is drafting a new Military Disciplinary Bill in order to improve in internal processes on what is exiting.

Maj Gen Mmono said there have been
requests from other countries to learn and benchmark from South Africa’s military legal system of which some country representatives attended this conference.

“The theme of our conference talks to shaping the future. Military law is a mixed specialised environment with some university offering degrees in military law. This helps in terms of recruitment as people who are already qualified in military law are needed.” He said.

The Chief of the SANDF, Gen Solly Shoke, said the position of the organisation as mandated by the constitution demands that he commands a disciplined defence force.

He emphasised that for him to fulfil that function he needs military law officer to assist him in enforcing discipline. He believes that discipline is something that must be enforced in the military over a period of time as it will get instilled in the members.

He said: “Our Constitution is deemed to be the best in the world, but however in relation to military discipline we experience some short comings. Some command decisions are in contrast with the constitution and that poses a challenge when discharging duties. I am raising this issue so that we harmonise the military processes with the constitution. We also need to take into consideration circumstances under which we operate.”

Gen Shoke indicated that senior officers are in command of arsenals of weapons that can cause devastation if not well controlled. He said people should take note that the community that is under arms is different and requires discipline due to the nature of a soldier’s work.

He said: “This conference provides us with corrective succession, in that when we made amendments to the 1957 Defence Act, they were made too much that they disempowered commanders. We now have a situation wherein when a commander disciplines a soldier; the member can seek to interdict him in civil courts.

“This brings contradiction in both military disciplinary system and civil courts. The SANDF participate in peace operations and we have to abide by international rules, however we have our own domestic laws. Some of the challenges are that our laws are in contradictions with the laws of the country we are deployed in.”

The former Chief Justice in the Constitutional Court of South Africa, Chief Justice Sandle Ngcobo, said the military justice system is primarily regulated by Military Discipline Supplementary Act as well as the Defence Act.

ABOVE: The former Chief Justice in the Constitutional Court of South Africa, Chief Justice Sandle Ngcobo, said the military justice system is primarily regulated by Military Discipline Supplementary Act as well as the Defence Act.

of independence and impartiality would have played a significant role shaping and influencing in military law and military justice. He said the participation of military officers in the military justice has given rise to a debate about the independence and impartiality of military courts.

Chief Justice Ngcobo said courts and scholars have weighed in on the debate about the concerns of the independence an impartiality of military courts, which has been going on since the advent of human right culture that was introduced by the International Bill on Human Rights.

He said: “The instruments under this bill guarantee to a fair and public trial by an independence and impartial tribunal. The recurring theme are two folds, which both rest on a common feature in the military, for military courts world-wide to use military personnel as judicial officers.

“Some argue that military courts lack independence and impartiality because military judges who are military officers operate within a rank structure that is interconnected as military courts are controlled within the structure.

“Others argue that because military judges are sometimes relatively junior, some of which are appointed on an adhoc basis and resume to normal duties on completion of their assignments, and still are subject to the same military discipline as others; they believe that it compromises their independence.”

He mentioned that some people claim that these officers are vulnerable to pressure from their superiors. He said the positive result from the debate is that there has been a wave of reforms of military law and military justice system.

Chief Justice Ngcobo mentioned that contemporary military justice system owes its development to these challenges. He indicated that the present military justice system is primarily regulated by Military Discipline Supplementary Act as well as the Defence Act.

He said: “These two statutes have he realised that the concept of independence and impartiality would have played a significant role shaping and influencing in military law and military justice. He said the participation of military officers in the military justice has given rise to a debate about the independence and impartiality of military courts.

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He said: “These two statutes have made a clean break with the past and established a radical different military justice system in order to promote a continued and proper administration of military justice and maintenance of discipline. They have shifted the emphasis from an essentially military system to one that is far closer to a civilian criminal justice system.”
Who takes care of the caretaker when the latter needs to be taken care of? This was the question that came up on the second day of the Chaplain General Annual Symposium that was held at Burgers Park Hotel, Pretoria. The question of who takes care of the caretaker when the care taker needs to be taken care of compelled the Chaplains to sternly introspect themselves whether they are still true and relevant to their calling both as soldiers and “men” of the cloth in the 21st century. This question reminded chaplains that as soldiers their task is indeed to offer religious support to SA National Defence Force (SANDF) members. Though their task might seem easy it’s actually not easy at all because often in doing their job they offer more than just religious support.

As soldiers and chaplains they often find themselves venturing into areas which they are not trained. This is over and above the religious support they offer as they must also be custodians of morals within the SANDF and must offer psychological and social assistance in various situations when the soldiers they are assisting need such help. At times this takes its toll on them physically and emotionally and they therefore depend greatly on each other and their belief in the Supreme Being.

When it gets harder to execute their duties they should they should be able to draw strength from their convictions as chaplains and remind themselves that the soldier’s heart, spirit and soul are everything. Unless the soldier’s soul sustains him, he cannot be relied on and will fail himself, his commander and his country in the end. Therefore...
The annual symposium is headed by the Chaplain General, Brig Gen (Rev) Andrew Jamangile, who is the highest authority in the Chaplain Service. It is the prerogative of Brig Gen (Rev) Jamangile to invite local and international delegates as guest speakers or observers. The 2016 Chaplain General Symposium was attended by Southern Africa Development Countries (SADC) heads of chaplaincy and American delegates namely Col Mike Klein from the USA, Sergeant Major Governmental (SGM) Chantel Sena-Díaz from the USA, Col Joseph Nyakudya from Zimbabwe, Col David Mapitse from Botswana, Lt Col Louis Agathine from the Seychelles, Lt Col Noah Tshoka from Malawi, Brig Gen Vincent Mwenya from Zambia, Ms Charity Zulu from Zambia and Maj Simon Malima from Namibia. Special guest speakers were Bishop Ziphozihle Siwa who offered the opening devotion and Rev (Dr) Dirk van der Spuy from the Dutch Reformed Church who offered the closing devotion at the symposium.

During his official opening of the symposium the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, challenged and encouraged the chaplains to look beyond their mandate as spiritual leaders within the military and specifically the SANDF and to ponder their relevance in the 21st century, as the theme of the symposium suggests.

Gen Shoke said: “This symposium takes place at a time when there is anger in South Africa and in the world at large. While according to our constitution people are legitimately entitled to protest they must also observe the right to respect each other. What we see these days is anger and frustration. The time in which we live poses a challenge to all of us, as men and women of cloth, as men and women of peace, to rise up and preach peace because regardless of your religious beliefs the God you believe in is a God of love and peace. You as chaplains must be proponents who spread love and peace during these days of anger and frustration.” While Gen Shoke’s speech was encouraging it also challenged the 2016 Chaplain General Annual Symposium to come up with religious ways and means to bring about peace in the hearts of peoples and tranquillity in our land and the world. Lt Gen Vusimuzi Masondo, the Chief of Staff, was the guest speaker. He encouraged the chaplains never to underestimate the work they were doing and not to run out of steam or be discouraged in executing their tasks. In explaining the magnitude of the job the chaplains do and how well they do it, Lt Gen Masondo made an example of his personal experience when he needed the chaplain’s assistance when he was grieving after his wife’s death. He took this opportunity to personally express his gratitude to the entire Chaplain Service for the sterling job they did during the darkest and grimmest time of his life. The Chief of Staff congratulated the Chaplain Service for observing, truly respecting and promoting religious diversity in the SANDF as enshrined in Chapter 2 section 15(l) of the South African Constitution. He encouraged the chaplains to preach the message of peace and unity in the SANDF.

Addressing the attendees at the symposium during the gala evening, the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, highlighted the moral and spiritual importance, and relevance of the Chaplain Service in counselling and encouraging the soldiers in general, but more especially soldiers in deployment. The Minister indicated that she understood and appreciated the job that the Chaplains were doing as she had seen first-hand over the years, e.g. counselling and encouraging different families during the repatriation of the deceased South African civilian group that perished when a building collapsed in Nigeria, and families of soldiers who bravely gave their lives during the Battle of Bangui in the Central African Republic, counselling and encouraging different families of the female SANDF/DOD members from Bloemfontein who died recently in a bus accident.

Like Lt Gen Masondo, Minister Mapisa-Nqakula took the symposium as an opportune time to personally (on her behalf and her family) thank the Chaplain Service and chaplains for the support, love and compassion, they showed during and after the burial of her son. The Minister appreciated the spiritually counselling and encouragement of herself and her family during her darkest time of her life grieving the loss of her son. “I really admire how you always gallantly carry yourselves at the height of a crisis within the SANDF,” said the Minister.

In closing the five-day 2016 Chaplain General Annual Symposium the Secretary for Defence, Dr Sam Gulube, encouraged the chaplains to remain relevant and never to lose their passion in pursuit of their calling. Dr Gulube thanked all the speakers and presenters, the SADC heads of chaplaincy and all the domestic and international esteemed delegates.
The SA Military Health Service (SAMHS) Corporate Awards evening is an annual event everybody looks forward to. Besides the stunning dress code and fitting décor, it is a prestigious event that acknowledges hard work, dedication and loyalty. Once again the Awards evening was one where the stars shone bright and where the best of the SAMHS were applauded in recognition of their outstanding contribution to the organisation.

This glamorous event was held at the Military Health Training Formation Non-Commissioned Officers’ Mess in Thaba Tshwane.

In the military, discipline is recognised and awarded. Discipline concedes honesty, trust, courage, caring and fairness as the attributes that build a great employee that becomes an asset in any organisation. These are some of the attributes that are recognised by commanders when nominating units and individuals for the awards.

The Surgeon General, Lt Gen Aubrey Sedibe, commended the SAMHS for maintaining compliance with the Joint Force Employment Requirements as resources for Operation MISTRAL, Operation CORONA and Mission THEBE. The SAMHS mandate is to provide a Healthy Military Community; the Surgeon General acknowledged the SAMHS contribution in providing medical elements for real-time medical support that is continuously rendered to exercises and force preparation activities such as Exercises YOUNG EAGLE, WINTER SOLSTICE and NDLOVU.

The morale of employees cannot be neglected as it determines the success of the organisation – acknowledgements like these are sure guarantees to boost the confidence of soldiers and “Health Warriors Serving the Brave”. The Human Resources (SAMHS

The world of sport is a lot like business, there is training, competition, wins and loses; it therefore requires more than talent to excel in sport; it demands discipline, dedication and passion. It takes courage for one to exceptionally participate in sport as it requires physical fitness. The SAMHS Sport Achiever of the Year was awarded to Maj Andries Kok from the School for Military Training. The Soccer Team took the Sports Code of the Year Award and the Best Administrator of the Year was awarded to Capt Bongani Jele. The Sport Personality of the Year Award was awarded to S Sgt Koos Aphane.

A Warrant Officer is seen as a disciplinarian and an advisor, both to Commissioned and Non-Commissioned Officers in military matters. The SAMHS Warrant Officer Excellent Award was presented to

Ceremonial Personnel) Excellent Performance was awarded to Capt Kelebogile Letanke and WO2 Vakele Jumba of SAMHS HQ. The Best Human Resources Official was awarded to Ms Stephne Lubbe of 3 Military Hospital and Human Resources Award to S Sgt Ellen Mhlungu from General Support Base Thaba Tshwane.

Exceptional performance is a sign of compliance; respecting commands and going an extra mile while executing daily tasks. Area Military Health Unit Western Cape received the Prestige Award in recognition of their excellent performance in 2016.

LEFT: The Surgeon General, Lt Gen Aubrey Sedibe.

ABOVE: The Surgeon General, Lt Gen Aubrey Sedibe (right), presenting one of many awards received by 3 Military Hospital to its Officer Commanding, Col W.C. Hendricks.
RIGHT: The Surgeon General, Lt Gen Aubrey Sedibe (right), presenting the Human Resource Award to S Sgt Ellen Mhlungu.

Chief Warrant Officer Lindy Myburgh at the Joint Warrant Officers Academy.

A great Non-Commissioned Officer is seen through the manner in which he presents himself in appearance and his mannerism. His greatness comes from how he conducts and maintains himself professionally. Cpl Liam George from SAMHS HQ received the Non-Commissioned Officer Excellence Award.

The Sword of Peace Award is conferred upon the formation or unit or member that achieved the most exceptional accomplishment in the humanitarian field ultimately resulting in contributing to the government outcome of “support to the people”. 3 Military Hospital received this award for their dedication in serving.

The SAMHS core business is to provide health support in the military. This can never be achieved without well motivated, combat ready and healthy members. The Surgeon General’s Service Excellence Awards are: The Combat Readiness Award that was presented to Area Military Health Unit Western Cape Health Centre Wingfield.

Area Military Health Unit Northern Cape also received this award in recognition of their participation in shooting exercises at the Electronic Aiming and Correcting System of Kimberley Regiment. 2 Military Hospital’s hard work in fighting obesity and its known risk factors for Non Communicable diseases such as type 2 diabetes, cardiovascular diseases and hypertension was rewarded with the Combat Readiness Award for its Biggest Loser Programme.

Quality Improvement Awards were presented to 3 Military Hospital’s Mental Health Department which includes Social Work, Psychology, Psychiatry and Chaplaincy). The second Quality Improvement Award was presented to Military Base Hospital Lohatla and lastly, 2 Military Hospital Social Work Department took the last award. Clinical Excellence Award was awarded to Maj Kenith Devenish of 3 Military Hospital, Maj Maria Louw of 7 Medical Battalion and 2 Military Hospital Social Work Department.

The Health Management Excellence Award was awarded to Area Military Health Unit KwaZulu-Natal Environmental Health Section. The Clinical Service Excellence Award was awarded to Obstetrics and Gynaecology Department at 1 Military Hospital; Area Military Health Unit North West Social Services and Area Military Health Unit Gauteng Oral Hygiene Team.

The scene became alive when the Surgeon General’s Mohale Award citation was read out. This is the biggest award in the SAMHS that acknowledges “courage, resolve, determination, pride, morality, military valour, intelligence, judgement, ubuntu, selflessness, insight and wisdom”. The SAMHS Jazz Band was announced the winner with joys and great applause. The evidently stunned band members all rushed to the stage to receive the Mohale Award. They are dubbed “the cream of the crop” in the SAMHS for their excellent performances that always highlight any event.

Finally, the Surgeon General’s Commendation Certificates were awarded to the following recipients: Brig Gen Elias Mabasa, Brig Gen Excellent Currie, Col Kedibone Mosheou, WO1 James Swarts and Sgt Mothusi Tau. The Surgeon General congratulated all the recipients and said “I trust that you will continue to serve the SAMHS in the same manner that has now gained you this special recognition.”
SECURITY AND DEFENCE STUDIES

PROGRAMME CERTIFICATE CEREMONY

By AB Samuel Ramonyai, an Intern at SA Soldier
Photo by Pte Paul Mpangala

In a continuously shrinking world due to globalisation, interaction to cooperatively address security challenges is increasingly becoming a norm. Therefore, there is a pressing need to educate officers and officials to function optimally at the national strategic level to plan, manage and ensure national security in a world, which places a high premium on human security.

The General Officer Commanding Training Command, Maj Gen Gordon Yekelo, held a very successful Certificate and Awards Ceremony for Security and Defence Studies Programme 02/16 at Atterbury Theatre in Pretoria.

Invited guests included Services Chiefs and prominent members from Witwatersrand (WITS), University of Pretoria and North West University. This programme was the first Security and Defence Studies Programme where learners received their Post Graduate Diploma in Management in the field of security. The first programme was presented in 2015 after the discontinued Executive National Security Programme at the end of 2014.

The programme is in line with international practice and was also motivated by strategic guidance flowing from the ministerial budget vote delivered in 2012 when the then Minister of Defence, Ms Lindiwe Sisulu, expressed the intent for all senior officers to have post-graduate qualifications in line with an approved career path.

The main objective of the programme is to concentrate on national security in domestic, regional and continental context against the backdrop of global issues, the main issues affecting it, what should be done to improve it and what national security policy entails.

The main functionary, the Chief of the SA Air Force, Lt Gen Zimpande Msimang, highlighted that the contents of this programme consist of an academic partnership with Wits, school of governance and practical exposure facilitated by the SA National Defence College.

He mentioned that during the course, members of the programme were required to demonstrate the following cross field outcomes: problem-solving and critical thinking, teamwork and leadership, organisation and planning, written and oral communication and demonstrating the world as a set of related systems. These systems were conducted together with academic assessment of each of the seven modules presented during the course of the year.

He said: “The programme culminated in a national security strategic exercise, exercise sumbandila, which by all accounts was a success. Congratulations for your wholehearted and enthusiastic participation, especially after a very demanding year. We need senior officers and officials who have the mettle to see through long arduous tasks. Well done with this achievement.”

He remarked that the programme presented an opportunity to the learners to concentrate on their personal development at the highest level the SA National Defence Force (SANDF) has to offer. At the same, learners empowered themselves for making a greater contribution and playing a more important role in the successful handling of national security matters.

He said: “I wish to remind you that education is a lifelong endeavour. The SANDF has now completed its education and training obligation to you. The onus rest on you to take responsibility for your further education from this point on. In this context I would like to encourage those who qualified for the Masters Programme at Wits to also seize the opportunity to further your studies in 2017.” The event was concluded by handing out certificates and awards for the top academic achievement, commandant’s research paper, golden rivet trophy, ibandla trophy and the overall academic achievement trophy.

The programme was attended by three members from other government department, comprising members of the state agency, ARMSCOR and Correctional Services as well as the members of SANDF.

ABOVE: The Chief of the SA Air Force, Lt Gen Zimpande Msimang, delivering his key note address.
Crime-line Toll-free number for Military Police Division to report any criminal activities.

0800 222 091
Youngsfield Military Skills Development System
passing-out parade

By AB Samuel Ramonyai, an Intern at SA Soldier
Photos by L Cpl Jonathan Mogano

What the SA National Defence Force (SANDF) terms “part of rejuvenating its capabilities” was on display at Youngsfield Military Base where 194 Military Skills Development System (MSDS) Logisticians from all four Services ended their Basic Military Training with a passing-out parade.

The Chief of Logistics, Lt Gen Morris Moadira, hosted this auspicious passing-out parade at Youngsfield Military Base in Cape Town. It was the first MSDS passing-out parade to intertwine all four Services in the history of Department of Defence (DOD) School of Logistic.

The purpose of this MSDS Course was to train quality logisticians that will analyse and coordinates the SANDF’s supply chain and manage the entire life cycle of a product, which includes how a product is acquired, distributed, allocated and delivered.

In military perspective, logistic is the science of planning and carrying out the movement and maintenance of forces. In its most comprehensive sense, those aspects of military operations which deal with: a design and development, acquisition, storage, movement, distribution, maintenance, evacuation, operation, hospitalisation of personnel, furnishing of services and disposition of material.

Addressing the spectators, Lt Gen Moadira said that he appreciated the fact that this year’s Logistical Corp Training course comprised of 83 members who have completed their tertiary education, ranging from diplomas to degrees.

He then gave a warm welcome to the new logisticians into the DOD Logistic Division family. He further congratulated the MSDS members for the choice they have made to pursue a career of service in the country’s armed forces, precisely in logistic corp. He added that, by taking a decision of joining the SANDF, they have accepted the highest call of duty that not any citizen can take.

He highlighted that after the passing-out parade they will join a unique group of South Africans, those who instead of a normal job, have elected to serve as defenders requirements of exceptional discipline, patriotism and extraordinary commitment to our country and all of our people.

The Chief of Logistics mentioned that he is certain that the MSDS members have received the best training with the noblest values associated with the codes of the military life. He believes that they have been infused in the values of honour, discipline and patriotism that form part of the Code of Conduct that they have committed to.

In the SANDF discipline is the corner-stone of a soldier’s life and it applies to the entire military career. Discipline is not only confined to the military life but must be seen as way of life.

Lt Gen Moadira added: “You are the future leaders of this country; therefore it is important that you stay committed, loyal and dedicated to the organisation.”

The parade was ended with precision drilling.
Closing ceremony of the 350th year anniversary of the Castle of Good Hope

By AB Samuel Ramonyai, an Intern at SA Soldier

The year 2016 marked the 350th anniversary of what is widely accepted as the oldest building in South Africa, the Castle of Good Hope (CGH), and a year of commemorative events ended in Cape Town when a centre for memory and learning was declared open by the Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, the oversight authority, supported by the Deputy Minister of Defence and Military Veterans, Mr Kebby Maphatsoe.

The year's commemorative events ended with a December national tribute in honor of three indigenous warrior kings, their majesties King Cetshwayo kaSenzangakhona of amaZulu, King Langalibalele KaMthimkulu of amaHlubi, King Sekhukhune of BaPedi and Gorochougua clan freedom fighter and Khoe (Khoisan) leader Doman.

These three indigenous warrior kings were all, at different periods, captured and incarcerated at the castle after having led various wars of resistance against the land and cattle dispossession that ensued following the arrival of Dutch and later British settlers in SA.

The theme of this event was "freedom from oppression". Various events have sought to not only correct historical biases and inaccuracies around the country's shared and often difficult history, but also to galvanise SA to debate and dialogue as well as reshape the common narrative around national symbols with the aim of advancing the post-colonial and apartheid efforts of national reconciliation and nation building.

Statues honouring the three warrior kings were unveiled by the Minister of Defence and Military Veterans in the presence of Isilo Samabandla Goodwill Zwelithini of amaZulu, Kgoshigolo Kenneth Sekhukhune of Bapedi, Inkosi Manzwenekosi Radebe KaLangalibalele of amaHlubi and King Calvin Johannes of the Khoe (Khoisan) leader Doman.

Speaking at the event, Ms Mapisa-Nqakula said: “Today, as part of this quest to learn and to remember, we commemorate the 350 anniversary of this building of this place, as the first building of modern western architecture in our country.

“When the foundation stone was laid in August 1666 by the then Governor of the Cape Colony, Zacharia Wagenaar, the intention was to build a solid defence against two main enemies, rival European power who could attack from the sea and the indigenous population who fought to retain their land and freedom.”

The Castle, whose construction began on 2 January 1666, was more than just a military fortress. As the Dutch settlers and letter the British used the Cape peninsula as a springboard to conquer the inland, the Castle became the political, judicial, legislative, penal and social nerve centre of the fledgling colonial administration.

It was also the residence of the Governor from 1679 until the British took control of the Castle in 1795. It served as military headquarters for the British until it was handed over to the government of the union of SA in 1917.

The Minister remarked that, the CGH officially turned 350 years old in January 2016. It is our country's oldest building and its age, content, adaptive re-use and ongoing historical significance is indeed a major milestone in the life of our young democracy.

The Castle housed the first formal seat of government until 1811. It fulfilled its role as the military headquarters from 1674 till late 1990s, served as prison for high profile historical figures like king Chetswayo, Adam Tas, Adam Kok I, King Sekhukhune and King Langalibalele and was the birthplace of the SA Navy among others.

When concluding her speech, she mentioned that the 350 mark offers us a once in life-time opportunity to rewrite our colonial history in a manner that is inclusive, and enhance healing and nation building. It must start with the primary school children, all of whom must be taught about the history of the Castle in their current history books.
The Department of Defence commemorates International Day for Persons with Disabilities

By Sgt Ally Rakoma
Photo by Pte Paul Mpangala

Disability is the consequence of an impairment that may be physical, cognitive, mental, sensory, emotional, developmental, or some combination of these. It may be present from birth or due to something that happens during a person’s lifetime.

The Department of Defence Chief Directorate Transformation Management, headed by Maj Gen Olga Nodola, recently observed the commemoration of International Day for Persons with Disabilities at the Pretoria Military Sport Club in Thaba Tshwane.

To inspire hope and confidence in the ability of the Security Cluster to work together in addressing the common challenges facing persons with disabilities members from the South African Police Service attended this event, led by Brigadier Vusisile Ndlovu and the Chief Executive Officer of the Curamus Association, Mr Kobus Swart.

The theme was “Achieving 17 Goals for the Future Want”. The International Day for Persons with Disabilities has been commemorated since 1992 to promote awareness and mobilise support for critical issues relating to the inclusion of persons with disabilities in society and their development. The day promotes action to raise awareness about disability issues and draws attention to the benefits of an inclusive and accessible society for all.

Brig Gen Phage Moseanedi, Director Strategic Equity, officiated on behalf of Chief Director Transformation Management, Maj Gen Olga Nodola. In his welcoming remarks he said that every year South Africa joins the family of nations in observing and commemorating the International Day for Persons with Disabilities.

Brig Gen Moseanedi said that the objectives of the National Disability Rights Month were to raise awareness of the value of persons with disabilities and their families participate in building sustainable and cohesive communities. He added: “To demonstrate the government’s commitment to the promotion, protection and upholding of rights of persons with disabilities it helps to remove access and participation barriers to socio-economic opportunities and promotes justice by strengthening the representative voice of persons with disabilities.”

Mr Stan Andrews, the fastest para-triathlete in Africa, was the guest speaker. He told the audience that disability did not mean inability and the only disability in life was a bad attitude. He said that when everyone else says you cannot, your determination should say, yes I can. He said: “So many of our dreams at first seem impossible. But we find the strength to persevere and endure in spite of overwhelming obstacles. I have had this desire my whole life to prove people wrong, to show them I could do things they did not think a physically challenged person could do. Being disabled should not mean being disqualified from having access to every aspect of life.”

ABOVE: The Chief Executive Officer of Curamus Association, Mr Kobus Swart (left) and Lt Col Edwin Williams, SO1 Disability Equity, enjoying sporting activities to commemorate the day.
Defence Works Formation organises Facility Symposium

By S Sgt Itumeleng Makhubela
Photo by L Cpl Jonathan Mogano

The Department of Defence (DOD) Logistics Division invited industry players in Real Estate Management, Construction and Maintenance for the Defence Works Formation Facility Symposium at the Logistics Support Formation. The Chief of Logistics, Lt Gen Morris Moadira, said the symposium will pave a way forward in the development formation. He said the theme of the symposium was about Integrated Facilities Management, best practices and its impact on the DOD.

The Defence Works Formation is mandated to provide a sustained Facility Management Capability. To achieve this task, the formation has to train soldiers in Facility Construction and Maintenance in order to ensure adequate capacity.

Lt Gen Moadira said: “This may sound like a daunting theme, but if we consider complexities involved in our ever changing environment, we will be able to graft the enormous challenge that lies before us. The establishment of the Defence Works Formation and the mandate given to it was a bold decision that relied heavily on a robust command group with the tenacity and determination to do the job done. Maj Gen Ledwaba and his team has stepped up to the plate and not only taken up the challenge, but has already exhibited success in these projects. The construction and facility environment is a dynamic and involving.”

Lt Gen Moadira said the Logistics Division needs to keep pace with development in this sector and that requires ongoing research and continual communication with the industry role players. He indicated that by reaching out to the industry experts and stakeholders in the existing fields and engaging them; they could learn from them and apply the knowledge to ensure that our growth is correctly aligned.

He said: “We appreciate the time that the industry experts took to share their knowledge with us. The interaction will promote dialogue between the DOD and stakeholders in the facility environment. The Defence Works Formation community project in the Eastern Cape Province is an endeavour that is close to my heart and without the generosity of our sponsors, it could not be completed.”

He mentioned that budget constraints have hampered the completion of vital symposium as this one and deprived the Department the opportunity to engage with industry and stakeholders. He some of our sponsors have pledged assistance in a form building materials to complete our project.

The General Officer Commanding of the Defence Works Formation (DWF), Maj Gen Joseph Ledwaba, mentioned that the symposium is organised for the Division to learn from those who have been in the business for a long time.

Maj Gen Ledwaba mentioned that since they have partnered with the CSIR, the Logistics Division User Asset Management Plan is effective and one of the efficient systems in public sector. He said the Minister of Defence and Military Veteran, Ms Nosiviwe Mapisa-Ngcukula, has since engaged her counterpart at the Department of Public Works following the progress the department made.

He added: “We are now able to dissolve the defence endowment property to the DOD so that DWF can deal with them. Our contribution to the defence review towards arresting the decline; our impact includes the execution of projects in two years at a minimal cost and importantly, facilities are being utilised.”

ABOVE: General Officer Commanding of the Defence Works Formation (DWF), Maj Gen Joseph Ledwaba, mentioned that the symposium is organised for the Division to learn from those who have been in the business for a long time.

and the private sector. The DWF has recruited amongst the SANDF ranks from members who have reached their career plateau. The deeper level of maintenance and repairs are outsourced to industry through the Extended Public Works Programme (EPWP).

He said: “One of the challenges is that we are faced with dilapidated facilities which need to be addressed. The success of the establishment of project LEBAKA under Department of Public Works had evaluated one of the houses to be around R5.2m, and the defence works took it over and did it just under 2.2 million; taking not account labour force, salaries and consumables. Regional works unit have performed and completed 51 projects on all nine provinces and are currently in the process of completing 75 projects. In other projects such revamping 1 Military Hospital, we have saved about R7m in four months.”

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The Calling – Spreading the Word of God through music

By Mr Lufuno Netshirembe
Photo courtesy Glamour Records and Music Is Life Studio

“W”hen God wants you for His specific purpose, He will lead you on the path towards achieving His purpose, and no matter how slow you walk and falter on that path, He will always guide you back to the path, and ultimately you will get to where He wants you to be whether spiritually or physically,” these were the wise words from Cpl Ndumiso Makubule, Patient Admin Clerk at Area Military Health Unit Mpumalanga.

Cpl Makubule said these words retrospectively reminiscing his childhood. While growing I went to Sunday School just like most children of my age in my community did. Though I did not quite understand what Christianity was all about. It was only later in my life that I felt the burning urge to serve God in singing and preaching gospel. Cpl Makubule said: “It is only now in my adult life that I realised that I have a calling from God. I started singing at a very young age in church and preaching came naturally to me.”

Today Ndumiso is a well-known Evangelist, Motivator, and a singer who recently released a music compact disc (CD) in SiSwati called “Ngiyamazi umhlengi wam”. This is his first music disc that he recorded with nine vocal songs and one instrumental item.

His newly realised ten tracks album gospel CD bears testimony of his life and how He has been a pillar in hard times when he lost both his parents when he was only 10 years old. In the song “Myekeleni uPhenina”, Cpl Ndumiso Makubule encourages people not to retaliate when other people talk behind your back, and not to worry about those who pretend to love you. This song is inspirational and teaches one to wait on God because He will answer on one’s behalf and be protective in all spheres of one’s life situations. “Reading the Bible inspires me, and I find my songs in God’s words,” said Cpl Makubule.

Cpl Ndumiso Makubule was born at Tsambokhulu in Mpumalanga on 26 August 1985. He joined the SA National Defence Force (SANDF) as an Military Skills Development System (MSDS) member in 2005. Even during his military training at the SA Military Health Service (SAMHS), Cpl Makubule was a staunch Christian who always sought living an exemplary life of a typical believer in Christianity. He actively involved himself in Christian religion activities in the MSDS Christian community during the Basic Military Training period. Although he has been singing all his life, a real breakthrough led him to record this gospel album at Music Is Life Studio in Germiston.

Cpl Makubule has recently registered with UNISA to study Theology. One of his biggest wishes is to find himself working under SANDF Chaplain Service so that he can serve God’s purpose professionally.

In 2014 Cpl Makubule married his wife, Rose, with whom he has two children (Kutlwano and Ncobile). Currently, he is a junior pastor at Naas Emmanuel Assemblies.
Proudly showing her book – Manna: The Heavenly Bread

By Sgt Ally Rakoma
Photo by Pte Paul Mpangala

very dynamic, highly inspired, God fearing, bright, and mentor with a sharp mind are just few words that come to mind when one describe Maj Precious Linda Lutywantsi who recently launched her first book titled - Manna: The Heavenly Bread.

The book is inspired by her life, lessons learnt, mistakes made and accomplishment. It lit the spark when you feel distraught, hopeless, challenged, losing faith and facing difficult circumstances.

She grew up in Alexandra. Maj Lutywantsi recalls the fondest memories of the young girl she used to be while growing up. “I grew up in a very spiritual family, very quiet. However I followed my heart to be a child of God and I believe in the power of the Almighty. I accustomed myself to the daily devotions and spiritual teachings.

Maj Lutywantsi is currently working at the SA Army HQ as SO2 Force Structure Development Plan. She describes herself as a reader, writer and motivator who like to inspire people to see the lighter side of life by helping them find humour in their life’s trials and tribulations.

After matriculating from Bantori College in 2003, joined the Department of Defence (DOD) Youth Development Foundation in 2004 and later joined the SANDF through the Military Skills Development System in the SA Army in 2005, whereby she later did Officer Formative and Platoon Commanders Course from 2006 to 2008.

She obtained her Bachelor of Military Science (B Mil) degree, and Honours degree in Industrial Psychology through the Military Academy and is currently pursuing a Certificate in Higher Christian Life.

What is the book Manna: the Heavenly Bread all about?

She said it is a daily devotion, a daily dose of conversation with the Almighty God. She added: “If you are a person that struggles to get up in the morning, this is the book that will make you kick the blankets off your body after reading a page. If you are a person that only has energy for half the day, this is the book that will re-energise you to persevere until the end of the day. If you are a person that struggles to fall asleep at night, because there is just so much on your mind, this is the book that will give you a good night’s sleep after reading just a page from it.”

She added that the book teaches about God’s principles and it helps people understand the circumstances that they are undergoing or have undergone before. It also encourages people to walk by faith and not by sight and it does not encourage people to give up on themselves or life itself.

Maj Lutywantsi said: “The book encourages people to do a regular introspection on different aspects of their lives, It does not condemn people but it encourages them to seek God’s face and strive for being perfect. It reminds us of the role of the Holy Spirit in our lives, encourages us to rely on Him and will help you establish a close intimate relationship with God.”

Manna: the Heavenly Bread is 749 pages and the cover is a painting by Maria Matomi Mokhuabane and it’s been published by Perfect Love Publications. Maj Lutywantsi says she owes thanks to her parents, Mr Meshack Ndzonga and Ms Patricia Mokhuabane, husband Vuyolwethu and son Ntsika. She is involved in Women Fellowships and preach around the country as per invitation.

Her words of encouragement to members of the DOD/SANDF is that difficult roads often lead to beautiful destinations and always remember that you are braver than you believe, stronger than you seem and smarter than you think.
SA National Defence Force competes with ARMSCOR in clay pigeon shooting

Article and photos by S Sgt Lebogang Tlhaole

The Chief Executive Officer (CEO) of ARMSCOR, Mr Kevin Wakeford, accompanied by senior officials of ARMSCOR hosted and interacted with the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, and members of the Military Command Council recently at Gerotek. Before the stakeholder function, the attendees honed their skills with a clay pigeon shooting competition at the Gerotek Shooting Range.

The occasion provided the two entities with an opportunity to interact and strengthen relations as stakeholder relations are crucial to resolving issues, influencing decisions and initiating actions to their mutual benefit. Gen Shoke took the opportunity to acknowledge the contributions made by ARMSCOR in support of the SANDF to deliver on its Constitutional mandate.

He valued these relations as the foundation on which he could build a solid national Defence Force fully capable of defending the country’s territorial integrity and its people. Gen Shoke said: “I’m convinced that, working together with ARMSCOR, the SANDF will be able to meet whatever challenges it might face. Our collective efforts will ensure that we deliver quality service to the people of South Africa”.

In welcoming the SANDF Mr Wakeford said that effective management of relationships with their stakeholders was crucial as it promoted positive interaction and good working relationships. He added: “We need good working relationships with others in our professional circles. The SANDF is our key stakeholder and our relationship with it is essential to our success. So, it’s important to build and maintain good relations with the SANDF.”

ABOVE: The Chief Executive Officer (CEO) of ARMSCOR, Mr Kevin Wakeford, welcoming the Chief of the SA National Defence Force, Gen Solly Shoke, and members of the Military Command Council to Gerotek during the Stakeholder Relation Function hosted by ARMSCOR.

ABOVE: The Chief of the SA National Defence Force, Gen Solly Shoke, honing his shooting skills at the Gerotek Shooting Range.
Adm (JG) Guy Jamieson, the Chief of Fleet Staff, opened the recently held SA National Defence Force (SANDF) Tennis Closed Championships. Altogether 64 players from all regions, except the Northern Cape and Mpumalanga, came together at the tennis courts in Rondebosch, Cape Town, for the tournament. The tournament opened in the form of a block parade inside the club house.

The men and ladies singles matches started to play in their different categories. This is the elite category for the advanced players for both men and ladies. Then the gold category for beginners to intermediate players for both men and ladies took place. By the Wednesday the men and ladies doubles started and more than one game had to be played on a day to catch up due to the rain. Thursday most of the singles and doubles draw progressed to the semifinals and finals. The mix doubles (male and female together) started on Thursday. All the semifinals were completed despite the rain due to shortened scoring method in all matches.

By Friday all finals were played and results were as follows:

**Men’s Singles Elite Final:** Lt Col Gustav Pieterse (Gauteng Province) beat Maj Dawid Bester (Gauteng Province).

**Men’s Singles Gold Final:** Chaplain Abbie Thela (Gauteng Province) beat Capt Martin Shebi (Limpopo Province).

**Ladies’ Singles Elite Final:** Lt Col Martie Harbor (Free State) beat Capt Jenny Roux (Western Cape).

**Ladies’ Singles Gold Final:** L Cpl Bahedile Putsoe (Limpopo Province) beat L Bdr Nodoli Annah Matjane (North West).

**Men’s Doubles Final:** Maj Dawid Bester (Gauteng Province)/WO2 Kevin Dreyer (Western Cape) beat Lt Col Gustav Pieterse (Gauteng Province)/Capt Leon Wiltshire (Limpopo Province).

**Ladies’ Doubles Final:** Lt Col Martie Harbor (Free State)/Lt Col Tharina Claassen (Gauteng Province) beat WO2 Chanel van Zyl/F Sgt Chantel Rice (Western Cape) due to injury withdrawal.

**Mix Doubles Final:** Lt Col Tharina Claassen (Gauteng Province)/Maj Dawid Bester (Gauteng Province) beat Lt Col Martie Harbor (Free State)/WO2 Marius van Niekerk (Free State).

A new award was given for the first time to a team/province for achieving the highest score in all the matches played during the week and the winners of the week was Western Cape.

The Gala Event was held at Air Force Base Ysterplaat Warrant Officers’ Mess, who again lived up to the high expectations and made a great success of hosting all guests and players. A big thank you and congratulations goes to Lt Col Harbor, the Acting Chairperson SANDF Tennis, who on short notice took over the arrangements and successfully presents the 2016 SANDF Closed Championships.

The SANDF Tennis Committee invites all tennis players in the SANDF who are interested to play, officiate or organise tennis to join your nearest military tennis club so that we increase our membership and improve the standard of tennis in the SANDF in order to be able to compete effectively on the highest level. Team Western Cape the overall winners for the SANDF Closed Championships.
2016 Gauteng Sports Fan of the Year

By Sgt Ally Rakoma
Photo by Pte Paul Mpangala

Sgt William Mukwevho made Gauteng Province and the SANDF proud when he was crowned the 2016 Gauteng Province Sports Fan of the year at a glittering ceremony held at Silver Star Casino in Mogale City Local Municipality, Krugersdorp recently. This year’s Gauteng Sports Always was themed: “Gauteng the enabler of Excellence”.

The Gauteng Provincial Government Sport MEC for Arts, Culture and Recreation, Faith Mazibuko, deemed it important to host the sports awards to celebrate the outstanding sporting achievements of unsung local heroes athletes, sport officials, fans and media personalities in Gauteng for their efforts in keeping the passion of sport alive in the hearts of millions of South Africans in both local and international sporting events.

The 2016 sports awards were open for public participation the SMS line Sms’s cost R1-50. Sgt William Mukwevho received prize money of R5 000 as a finalist and R15 000 for winning in the Gauteng Sports Fan category.

Sgt Mukwevho works as a driver for the Chief Director Human Resources Management, Maj Gen Catherine Motlhabane. He is an unsung hero who plays a significant role in the upliftment of his community in Soshanguve township, Extension 2, where he resides. He has established a soccer development team called the Invaders Development that caters for young people in the age groups under-15, under 17 and a senior open team.

Speaking to SA Soldier, he said that sport helped young people avoid danger and social ills. He said: “I want to contribute as much as I can towards soccer development, to add value to these kids’ lives and to promote participation in sport at a tender age.”

Asked what the award meant to him he said: “This was an amazing opportunity of a lifetime. The award goes to the whole SANDF/DOD and the Chief Directorate Human Resources Management (CD HRM) under the leadership of Maj Gen Catharine Motlhabane for supporting me. I am very grateful to my wife Barbara, my two kids Lethabo (8) and Katlego (5), the entire community and the sporting fraternity for voting for me. People have shown faith in me and this has inspired me to attend more games and be active as a sports fan.”

He said that in South Africa sport has demonstrated its unifying nature as it not only entertained, but created opportunities for social cohesion. His message was: “Let us keep the passion for sport alive; great sportsmen and women have carved their names in sporting history. In our different communities, schools and sporting associations, in a small way, we can create a breeding ground for talent and this can be achieved through development programmes and social initiatives.”

Lt Col Eugene Sinuka, the Public Relations Officer (PRO) of the SANDF Football Association, congratulated Sgt Mukwevho on raising the SANDF flag high and said that he truly deserves the honour he had received. He added that the awards are championed by Department of Sport, Arts, Culture and Recreation in an effort to nurture, develop sport and athleticism.
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The SA National Defence Force Table Tennis Team

By Lt Col Hennie Jooste, an SA National Defence Force Table Tennis Player

The SANDF Table Tennis Team (TTT), recently participated in the South African National Table Tennis Championship (SANTTC) that was held at the Edendale Sport Centre in Pietermaritzburg.

It was a prestigious and competitive event with the best players of countries such as Namibia and Botswana also taking part.

The SANDF TT Team, which comprised the top men and women in the SANDF, outdid themselves. Most of the members performed at a higher level from the onset, which resulted in most of the SANDF TT members progressing to the 4th round of the South African Table Tennis Championships, which has never before happened. This good performance came as a morale booster for the entire team, which was seen in the way the members went into battle on the table tennis board.

Another highlight was the fact that two of the members (Mr Itumeleng Mohalhloe – SANDF Men finalist and LS Shaun May – SANDF Men’s semi-finalist) who teamed up in doubles, claimed a bronze medal. This was also the first time in history that doubles partners lost in the semi-finals, but they were facing the top double players in country. Not only did they win a bronze medal but also put the SANDF on the map, which contributed positively to the image of the DOD and promoted the SANDF among youth and our neighbouring countries.

Some of our members fell out in the round before quarter finals. We were hoping for a few medals at the SATT Championships this year as (Mr Itumeleng Mohalhloe, LS Shaun May, S Sgt Weldon van der Bergh – SANDF Men’s semi-finalist and Cpl Gaston Koetaan – SANDF 2016 Men’s Champion, Pte Yolando Coetzee – SANDF 2016 Women’s Champion and Capt Chantal Riddles- SANDF Women’s Finalist) progressed through the different rounds, but only managed to reach the round before the quarter finals.

This remarkable achievement again left the other competitors stunned as they came to realise that the SANDF was not a walkover anymore in this sporting code, but a force to be reckoned with. We want to use this platform to thank the President of Table Tennis, Col S. Lemme, as well as Capt Jeremy Klein and MWO John Lackey for making it possible for us to look like the SANDF TT Team for the first time in years. We also would like to thank Directorate Physical Training, Sport and Recreation and other role-players within that department for their assistance and support in this regard.

Another word of thanks goes to our Administrator, MWO John Lackey and Assistants WO1 Robert Goliath and WO2 Dawid Kotze, who made the stay of our members at the Natal Carbineers as well as the period of participation a very enjoyable one which will never be forgotten. The battle cannot be won without proper logistical support. One must not forget the coaching (S Sgt Greg Naik) a few days before the Championships).

Although we went there to bring all the trophies and medals home, we did not quite succeed, but we did succeed in and we inspired the rest of the players in the tournament. I would like to congratulate all our players for making the SANDF proud. Viva Table Tennis!
I am Sgt Mzwakhe Kobue of Area Military Health Unit Gauteng where I am an administration clerk and a qualified physical training instructor who is passionate about sports.

Joining the military in 2003 was not by accident but a dream come true, as I always saw myself as a soldier ever since I was in primary school in the late 1980s. I saw an opportunity that could advance my love for sport in this organisation I first competed in the SANDF track and field championships in 2005.

It all started in 1999 when I competed in the South African cross-country championships as a representative for representing Athletics North West. From that year, I never looked back and have held on to. My military career started in 2003 at 3 Military Hospital during a fitness test, Capt (Ret) Gail van Heerden saw me walking a 4 km fitness test and tried to recruit me to take walking as a sport.

In those days I regarded myself as a better runner than a walker, as I did not see myself walking professionally, but four years later I visited the Pretoria Military Walking Club. That Wednesday afternoon I walked with Col Celeste Scheepers who same view. I was told by Capt (Ret) Van Heerden in 2003, that I had a good walking technique, and he encouraged me to consider up walking professional.

Col Scheepers invited me to attend a one hour challenge at the University of Pretoria LC de Villiers Sports Complex. There I received coaching from the former South African race-walking champion, Mr Chris Britz. In 2014, I obtained Gauteng North colours and participated in the SA Championships in Cape Town. Although I did not perform as well as I should have that year, the experience motivated me to realise my potential in walking competition.

The year 2016 has been a successful year for me and a highlight in my walking profession. In March, I won the overall Athletics Gauteng North 21 km race-walking championships, and later, in September 2016, I finished third overall in the AGN 10 km race-walking championships, making me an age group winner. The biggest 2016 highlight was when I started coaching school children in Atteridgeville, Pretoria. Two children from my group received their provincial colours in their first year of race-walking. On 8 October 2016, I went to Cape Town with two children I had trained to participate in the SA race-walking championships. I took part in 20 km walks and finished second with a silver medal.

During my visits to schools in my area, I realised that township communities did not know that walking was a sport that one could compete in. I feel duty bound to introduce this sporting code to less privileged people.

I encourage my fellow soldiers to be active in various sports, to join military sports clubs and to offer their services to their communities. In this way we can discover talent at early age and assist our country to produce future Olympians. Those words of encouragement we get from others that we can be.

If I had taken Capt Van Heerden’s advice years back, I believe I would have made it into bigger events before age caught up with me.

“Fellow soldiers, let us be that bridge our younger brothers and sisters need to cross, from being just an the ordinary child in the townships to be the best in South Africa and perhaps through sports become the world champions in future.”
Resilience is essential

By Chaplain (Rev) Christopher Barends, Chaplain at Air Force Base Makhado

Resilience has become a buzzword and even part of the jargon we use in the SA National Defence Force (SANDF). However, do we actually know how fundamental is the practice of resilience by an individual member in respect of the SANDF and by the organisation towards members? The SANDF regards resilience in all its forms as vital in building the SANDF. On a continuous basis we need to do introspection into resilience, and to renew, re-energise and inspire one another to remain resilient. The Apostle Paul writes in 1 Corinthians 15:58 “Therefore, my brethren, be steadfast, immovable, always give yourselves fully in the work of the Lord, knowing that in the Lord your labour is not in vain.”

Paul was able to minister to God’s people because his faith was resilient. His faith in God enabled him to endure and persevere against adversaries and tribulations. Hence, he called upon God’s people to stand firm, remain resilient and focus on the victory he has for them.

Resilience can be defined as an ability to recover from setbacks; an ability to spring back into shape after being strained, stressed and distressed; it is the ability to bounce back, it is that inner power in you to recover. Look at the individual, family, community, deployment and spiritual resilience as support systems which should never be a luxury but an absolute necessity in building the SANDF.

Our organisation and its biggest asset the member’s resilience, become affected when soldiers are separated from their families due to lengthy courses, operations, going into battle, internal and external deployments. Furthermore, absence from home due to indefinite and extended periods of time puts heavy strain on members of the DOD and their families. Uniformed members and their families also have to cope with normal setbacks, hardships and the crisis of life in general.

In the SANDF our faith does get tested when we face and experience these situations. However, in the words of Col Nick Rowe after he was tortured for five years as a prisoner of war during the Vietnam War said: “Courage was not the absence of fear, but it is the presence of faith.” In other words, whatever the adversary, test or tribulation, we must remain steadfast and resilient. A resilient soldier and defence civilian is primarily a loyal, disciplined, faithful, compassionate and honest person who is prepared to go beyond the call of duty to serve in this organisation. The Apostle therefore encourages us in our text by saying that our devotion and dedication to what we do will not be in vain.

The praxis of resilience is rooted in team building, not team breaking, in a winning attitude and digressive behaviour, in being synergetic in working together and building “silos”.

What can we do to strengthen our resilience?

- To remain resilient requires a change in attitude and a committed desire to make a difference. As a people of faith we make a difference when we hold onto our deep-rooted spiritual values that arise from our faith in Jesus Christ. “I have come that they might have life and life more abundantly.” John 10.10b
- Resilience requires from us the commitment to be open, honest and respectful. The SANDF in itself is a rigid, tough and disciplined organisation. Hence, to remain resilient, all those serving this organisation need to seek inner transformation in their attitudes and approach to their own lives, families and communities they live in. It means we must not put a new bandage on our wounds that have not been cleaned. We must deal with the problems/challenges that confront us before they deal with us.
- Resilience means showing solidarity and compassion. As the SANDF we need to support, to recommend on behalf of another, offer hope to another, show UBUNTU, and inspire confidence with a firm determination to commit oneself to the common good.
- Resilience means being competent and getting results. It encourages us to move from subsistence in our lives to abundance. How do you do that? Through our faith, God adheres to the principle of doing things on time. It is further required of us to be pro-active and to read the signs of the times. This is done through the principle of aiming for the highest possible standard. We must say to ourselves: the people we serve deserve no less than the best that can be offered. In a spiritual sense, “doing everything as unto the Lord.”
- Lastly, do it with joy, passion and thanksgiving. “The joy of the Lord is your strength.” Nehemiah 8:10. We are called to be Christ-like to each other. It implies loving our neighbour as ourselves and reaching out with selflessness, with compassion and love.

Let us pray

Gracious Father, the Creator of the universe and the Giver of life we thank You for a blessed life. Strengthen our resilience each day in this world. When we face danger, harm and difficulties protect us with your love and envelop us with your presence. Give us your living hope to make a difference in the lives of those we work with and with whom we live. Hear our prayer our Lord and Saviour Christ Jesus. Amen

Chaplain (Rev) Christopher Barends.

Gracious Father, the Creator of the universe and the Giver of life we thank You for a blessed life.
The Chief of the SA National Defence Force and Chaplain Services Thanks-giving Service

By Ms Lucy Sekhota, an Intern at SA Soldier
Photos by Mr Witney Rasaka

The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, together with the Chaplain Services hosted a Thanks-giving Service at Defence Headquarters in Pretoria. Members gathered in a tent outside the Armscor building to pray and listen to the Word of God delivered by the Chaplain.

The aim of the Service was to give the Chief of the SANDF a platform to convey his message of goodwill and best wishes for Christmas to all SANDF members. The Chief of SANDF was represented by the Chief of the SA Army, Lt Gen Lindile Yam.

Lt Gen Yam gave some reasons why the SANDF was giving thanks. He said that this year had been a very difficult year with many fatalities and deaths caused by accidents. And the reason that there are those who deployed along the borders and they are making sure that the country is safe. He added that to work in defence was not an easy job, but he thanked God for the soldiers who still want to do it and are prepared to go the extra mile.

Col (Dr) Tobias Masuku gave a sermon based on the book of Matthew 16 verse 16. He emphasised that as we live on earth we get different names, but blessed is the name that will make the Department proud. He further stated that in the Department of Defence everyone is smart and he gave a note that no one can make the Department shameful and everyone working at the Department will go out making it proud. He concluded saying that each individual has to know who they want to be.

He stated that our soldiers have been battling to make peace in the Democratic Republic of Congo. He concluded by thanking all the members of the SANDF for the behaviour they have shown throughout the year and he encouraged them to drive safely and drink responsibly.

LEFT: Col (Dr) Tobias Masuku giving the Word of God during the Chief of the SA National Defence Force Thanks-giving Service.

LEFT: Lt Gen Lindile Yam, the Chief of the SA Army, delivering his speech.

LEFT: The SA Military Health Service Band performing at the Thanks-giving Service.
The South African National Defence Force is a pillar in the reactive physical campaign being fought against poaching on the ground and in the skies. We also engage in proactive educational campaigns to spread awareness about the intrinsic value of this magnificent animal.

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