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2017 V O L 2 4 N O 6 • S A S O L D I E R
AN EVENING SHOW AT THE AIR POWER CAPABILITY DEMONSTRATION: A C-130 Hercules aircraft showed its strategic airlift. (Photo by Mr Witney Rasaka)

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One hundred and one years ago the fiercest and bloodiest battle ever was fought on the land of the Somme at Delville Wood in France. Only one tree remained standing in Delville Wood – also referred to as Devil’s Wood – after the whole wood was destroyed during the battle.

I can still vividly remember the first time I stepped onto the green grass in front of the South African Memorial and Museum Complex at Delville Wood in France in 2006 (for the 90th Commemoration of the Battle of Delville Wood), I could feel a sudden peacefulness settling over me as if I came home. This small piece of sacred land belonging to South Africa lies at the edge of the village of Longueval, 140km north west of Paris in France.

During this key campaign of World War I the 1st South African Infantry Brigade, fighting alongside their allies in Europe, were given the unenviable task of clearing a forest of German forces, near the village of Longueval in Northern France.

What ensued, the Battle of Delville Wood, has been recorded by historians as the fiercest ever to be fought on the land of the Somme. For five days and six nights the South African soldiers fought to hold that area of the forest at all costs. South Africa had suffered a heavy loss in Longueval. Today that tree is a symbol among the remains of trenches that still scar the landscape at Delville Wood. Today oak trees flank the green lawns at Delville Wood. All these oak trees were grown from acorns brought from Franschhoek in the Western Cape and were later planted in Delville Wood.

I would like to echo the words of Col Ivor Rimmer who was a member of the Delville Wood Commemorative Museum Trust in 2006: “You only go to Delville Wood once then it is in your heart. You bring a piece of Delville Wood back in your heart!”

In July this year the News Editor of SA Soldier, Mr Lufuno Netshirembe, had the honour of providing media coverage to the 101st Commemoration of the Battle of Delville Wood in France.

Please read the articles on page 5 and pages 14 to 17 about our never-to-be-forgotten heroes – the soldiers who went to France, but did not return home ...
Memorial Service of the Battle of Deville Wood

By many, a memorial service has been defined to be a ceremony for memorialising someone who has died that takes place after the body has been buried or cremated. A memorial service can take place any time after the death of a person, from a week to a year.

The Department of Military Veterans recently hosted its annual Delville Wood Memorial Service with the support of the SA National Defence Force (SANDF) rendering ceremonial and logistical assistance at Burgers Park in Pretoria.

The aim of the service was to commemorate the deaths of all persons who lost their lives during the Battle of Deville Wood in 1916. This year marked the 101st commemoration of the Battle of Deville Wood.

The Master of Ceremonies, Ms Marina Valentine, stated that this most famous battle was fought by South African soldiers in France during World War I and is annually remembered on the Sunday closest to 16 July.

Furthermore when giving the background of the Battle of Deville Wood, Ms Valentine said in 1916, the 1 SA Infantry Brigade found itself to be part of the 9th Scottish Division at the Western Front in Europe, during the Great War of 1914-1918. The SA Brigade under the command of Brig Gen H.T. Lukin was made up of four infantry regiments, namely the Cape of Good Hope Regiment, Natal and Free State Regiment, Transvaal and Rhodesia Regiment as well as South African Scottish Regiment.

Ms Valentine highlighted that on the evening of 15 July 1916, the SA Brigade was called upon to assist in clearing the village of Longueval and to capture the Delville Wood adjacent to this village. After going into a battle of intense fighting, being harassed by German snipers and heavy bombardment, they managed to recapture the village which was by then reduced to ruin and rubble.

Col (Rev) Addie Burt from the Chaplain General Division delivered the sermon for the day. He said it is good that the memories of those persons who lost their lives in the Battle never be erased from our minds. He said we cannot forget the heroes of the past and we must always remember their names as well as to embrace their supreme effort.

He said: “They fought for liberty that we may enjoy life to the fullest. Let’s walk forward with their memories and also carry on taking responsibility by patting our world on the flame of peace. Let’s become active participants to carry on the peace. They fought and blood gushed out to set us free and live in peace today.”

After the sermon, the service ended with a Two Minute call of silence in remembering and honouring the heroes of peace that passed away fighting for liberty.

The programme encapsulated the songs that healed the broken souls of the fellow soldiers and members of the families.
WEARING THESE BOOTS

Many people see a person wearing these boots as uneducated and used the military as an escape goat to get a job as the person only possesses a matric certificate. Because I had a chance to wear them I know a lot of people with tertiary qualifications who were wearing them. And I think Eskom and Telkom are more at ease with employing artisans who have worn these boots. There are more companies that are following the footsteps of companies such as these two that are also keen on employing qualified personnel who have worn these boots. Now that I have highlighted that these boots do not mean a matric certificate job here is some life lessons learnt from wearing them what no varsity can teach you, but this matric job boots does.

I was taught time management, cleanliness, respect, improvising, how to think on my feet, to survive under all circumstances, making informed decisions, tolerance, obedience, patience, endure pain, independence, see no colour in people and mostly the true meaning of team spirit.

So before you think that you are more clever than the person who is wearing these boots know that that person was taught to respect even unborn babies, as I was taught to salute a pregnant woman. These boots mean bravery as not everyone has a heart to put them on. Not everyone has the endurance to put them on. These boots mean that I am carrying the country on my two feet. These boots mean that I am a true citizen of this country and I am willing to lay down my life for it. Sgt Klaas Ledwaba, SA Air Force College

RESPECT, EMBRACE, LOVE YOURSELF AND LIVE YOUR LIFE TO THE FULLEST AS A WOMAN

When you look back in your life, just get excited about what you have achieved including being where you are currently and celebrate your life. Did you know that you will be where you are today? No you did not. It does not matter what you have gone through and whatever you are about to go through its “Okay”, you can handle it.

This world is not our home we are here for a while therefore our happiness comes first no matter what the situation is. Life is too short, we only live once, therefore respect yourself, love those who love you, take care of those who treat you with dignity, never forget to pray for those who hate, gossip and disrespect you.

Do not feel sorry for yourself instead embrace the pain, do not take any situation personal just wave, smile, wish your enemies well and move on.

Know how to keep your life in order, and be able to say you are “Okay” with a smile even with tears in your eyes sometimes. Remember that it is because of mercy, grace and goodness that you are still alive.

In times of sadness just give yourself a hug and say: “I am a victor, having victory, living my dream, loving myself, being who I am, living within my means and still alive”. Your children have faith in you hence they think the world of you, admire your strength, be thankful for your support, value your advice and most importantly love yourself.

Just because some people look happy does not mean they are, and just because they look like they are living a perfect and fabulous life does not always mean it is. Some people are going through difficult times; others are suffering from silent battles and secrete struggles. No one knows what people are going through in their lives beside themselves. Live your life to the fullest for yourself and not for others while you are still alive.

“If your Eyes are Positive, you’ll love the world. But if Your Tongue is Positive, The world will Love you” - fantastic quotation by Mother Teresa. (A woman’s love is in action. She looks with her head and feels with her eyes. A woman is a bank where her family deposits all anger, worries and hurt. A woman is the cement that keeps her family together and her love lasts.)

W02 Zandile Mavuso from Mobile Military Health Formation Headquarters.

LETTERS TO THE EDITOR

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

W02 Zandile Mavuso, Mobile Military Health Formation Headquarters
The remains of the 39-year-old Capt Nhetheni Mashamba who died at Makhado Health Centre earlier this year, was buried at his final resting place in Ha Mashamba cemetery in Makhado in the Limpopo Province. Rocky, as he was fondly known both by his colleagues and friends, mainly from School, was born on 4 March 1976 at Mukondeni (Ha-Mashamba). He was the fourth child in the family of five. Mourners young and old in the region of Limpopo and in particular from the military came in large numbers to bid farewell to Rocky.

Members of the following units and bases of the SA National Defence Force (SANDF) were represented: Army Support Base Polokwane, Air Force Base Makhado, Musina Military Base, 15 SA Infantry Battalion and Air Force Base (AFB) Hoedspruit. Also, in attendance were, staff members from 1 Military Hospital (Pretoria) who spent most of his time caring for him. Before his death, Mashamba’s wish was to see his last born child Nhetheni Junior, joining other kids in school uniform going to school. As if that was not enough, his cousin Raswiswi also a uniform member from 15 SA Infantry Battalion in Vuwani, spent most of his time caring for him.

He confirmed that the deceased told him before his ultimate death that, “he was going” and that when he died, his cousin must come and bury him. His wife, Ms Daphney Mashamba, described her husband as a caring family man who loved his children so much. She said she would always remember him as a happy husband, a family man, a unifier, and someone who would always sacrifice for his family despite the challenges at home. “He said to me before his death, do your best for the children. Take care of Karabo.”

In addition, she said all the projects they planned together will continue. Daphney thanked the support given to her by the Maremeni and Mashamba families, friends and colleagues at her work place, staff members and colleagues of Air Force Base Makhado under the leadership of Brig Gen André Barends, Lt Col Humbulani Magidi and staff members of Health Centre Makhado, staff members of 15 SA Infantry Battalion Vuwani, Musina Military Base, AFB Hoedspruit, the Officer Commanding Army Support Base (ASB) Polokwane and staff, Col Vusumuzi Ndlouvo, and the staff members of 1 Military Hospital under the leadership of the General Officer Commanding, Brig Gen Peter Maphaha.

Ms Mashamba also gave thanks to the leadership of the SANDF as a whole under the command of Gen Solly Shoke. His one and only brother, Mr Phineas Sikhotho Mashamba, mentioned that Rocky’s character was unique to others since childhood. In addition, he said that Rocky loved people irrespective of race, colour or creed.

He never had any grudges with anyone. He was in most cases playing the role of a father while still young and was always seen giving advice to people of any age. Maj Ntshebele Molepo former colleague and friend from Makhado described Rocky as a warrior, a comrade, a hard worker and people’s person. He mentioned that wherever he goes and work, his patients would be seen following him. His willingness and ability to carry on with tasks will never be forgotten. He will surely be missed but will remain in our hearts forever, he said.

Director Nursing from the SA Military Health Service (SAMHS) Brig Gen Lulu
letters to the editor

ARMY SUPPORT BASE LIMPOPO MOURNS THE DEATH OF ROCKY
(continued)

Siwisa, was shocked to hear that one of her former students from SAMHS Training Formation was no more. As a result, a letter of condolences from Brig Gen Siwisa was read and passed on to the family. Col Ndlovu added that the SAMHS has lost a diamond. He said that he met Capt Mashamba during his first deployment in the Democratic Republic of Congo (DRC) in 2009. This was followed by a six month deployment in the Sudan during 2010 and 2012, as well as another from 2013 to 2014, in the DRC. He said he spent most of his time in the deployment area with him. He described Capt Mashamba as a flexible, approachable yet humble person with a good sense of humour. “He was a disciplined cadre of the SANDF with good standing and his work schedule was always on time. He was in great demand in the SANDF. The SANDF has lost a good leader, a soldier with passion. May his soul rest in peace. SANDF has lost a diamond. He said that the family. Col Ndlovu added that the Gen Siwisa was read and passed on to they bring different slants of life. They are not the same days and that we have to accomplish as individuals and what happens there are no coincidences—nothing happens by chance. Job was the man of position, very rich but still feared God. He lost everything he had, (7 Children, 3000 Camels, 500 yoke of oxen, 500 donkeys and had a large number of servants). Even under the heart breaking circumstances that tested him to his core, Job 1:20 says: “At this, Job got up and tore his robe and shaved his head. Then fell he to the ground in worship, may the name of the Lord be praised.” Job had enough reasons to complain to God but he chose to praise him in the middle of undetermined pain. The scripture says, give thanks in all circumstances; for this is God’s will for you in Christ Jesus (1 Thess 5: 18). Sometimes you have to thank God that things did not go the way that you planned. Sometimes you have to praise God for what you did not see. Sometimes you have to praise God for darkness. Sometimes you have to thank God that he did not say yes to your prayer. Sometimes you have to thank God that he did not get the promotion. Sometimes you have to thank God that even if you asked for it, he knew it was not for you. Sometimes you do not have to praise God for what you can see.

God made sense out of it in the end; the man Job got double of whatever he had lost (Job 42:10). Job 19:25 records that: “I know that my redeemer lives, and that in the end he will stand upon the earth.”

I am writing this letter not knowing what you have gone through over the years, what you are going through now, and what you are still to go through, but keep on praising God in it. It might not make sense now but surely, it will make sense in the end. The year 2016 might not have made sense to you, but praising God can make sense to you in 2017. Praise God even if you have no adequate reasons to, praise God when you are down, praise God when you have lost everything, praise God when everybody has turned against you and praise God even when there is no direction and hope. You never know what God is doing in the background. AB Samuel Ramonyai, Pretoria

KEEP ON PRAISING GOD IN IT (PAIN), IT HAS TO MAKE SENSE IN THE END

I want to begin this letter by saying life is full of up and downs. The trick is, you have to enjoy the ups, and have the courage during the downs. It is very simple to flow in praise and give thanks to God when everything is going well. Subsequently, it is never easy to throw hands with open heart to give God some praise when everything else has turned against you. The truth is, there is a common point in life that makes us think that God has forsaken us due to the roughness and agony we encounter in life. It is very interesting how we can learn today from the life of the man by the name of Job in the book of Job chapter one, who lived in the land of Uz. The life of Job is a proof that man usually has no idea of what God is doing behind the scenes in our lives. All humans ask the question “why do bad things happen to good people?” It is the age-old question, and difficult to answer, but we know that God is always in control and no matter what happens there are no coincidences—nothing happens by chance. Job was the man of position, very rich but still feared God. He lost everything he had, (7 Children, 3000 Camels, 500 yoke of oxen, 500 donkeys and had a large number of servants). Even under the heart breaking circumstances that tested him to his core, Job 1:20 says: “At this, Job got up and tore his robe and shaved his head. Then fell he to the ground in worship, may the name of the Lord be praised.” Job had enough reasons to complain to God but he chose to praise him in the middle of undetermined pain. The scripture says, give thanks in all circumstances; for this is God’s will for you in Christ Jesus (1 Thess 5: 18). Sometimes you have to thank God that things did not go the way that you planned. Sometimes you have to praise God for what you did not see. Sometimes you have to praise God for darkness. Sometimes you have to thank God that he did not say yes to your prayer. Sometimes you have to thank God that he did not get the promotion. Sometimes you have to thank God that even if you asked for it, he knew it was not for you. Sometimes you do not have to praise God for what you can see.

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HUMILITY AND RESPECT

As a soldier in the SA National Defence Force, a Scout by rank, I have noted that humility and respect does much in enhancing a person’s career.

Being humble is often mistaken to be a weakness. Some people respect only those who are closest to them. We are human beings with varying opinions and levels of intellectual prowess as such let us respect one another. Your rank and/or social status will advance forward and upward if you are humble and are respectful.

Scout Simon Moela, SA Army Intelligence Corps

SOME DAYS ARE BETTER THAN OTHERS

Some days are better than others, the struggle that emerges daily differs from other days, some are so penetrating they take one back and forth. Is not every day that you will encounter the good that you always wish for, today is Monday and tomorrow is Tuesday, these two days might end up with a day at the end but they are initially not the same days and they bring different slants of life.

Some days are better than others, yes the sun rises from the same direction and set at the very same direction each day but it makes no day to be the same. Yes we wake up with great joy and expectations of making and facing new challenges but some days are better than others. It’s a lot that we have to accomplish as individuals per day as it comes. Days are fashioned and known by our Creator, and hence we will not always fulfil all that we intend to do.

As the days progress there is a lot that is programmed to be processed by each of us, but days are not the same. As the days come one should take them as they are because the less we know what each day holds for us the less we become prudent. Cpl Dimakatso Davhana, Army Support Base Johannesburg
SOCIAL UNDERMINING

I remain alive to tell a story of a young man who crawled and walked in a world full of old men who are full of bottom-line mentality. As young, feeble and poor, easily undermined, easily diminished, laughed at by peers all around the corners of a dusty, tiny, muddy and filthy house he call home.

The bullies of this world made his life difficult and heavy … ohhh a no future kind “aboy” … yahh well that’s how people with social undermining tendencies look at young men like him.

Empty pockets, bare footed he walked miles and miles wearing nothing but torn dirty clothes carrying a heavy dirty bag full of papers of knowledge and wisdom chasing after knowledge and wisdom, well forgive me for I failed to acknowledge the system called education for they also failed to see that this young man need not to be undermined but he need their help and courage, for he’s busy trying to raise his small little head above waters. They dragged him down, discourage him and weakened all his efforts, well little did they know that undermining is as bad as kicking the king, the same man who will one day in the near future lead your way to survival. I am no voice to them that are socially undermined, but am a thorn to them that are busy undermining them that are already undermined by their circumstances.

2 SAI BN FITTEST SOLDIER COMPETITION

Some say you should not jump before the drums beat; some say a drum cannot beat on its own; and some in football says you should wait for a final whistle to blow before celebrating a win, but by the virtue of how 2 SA Infantry Battalion (2 SAI Bn) has been preparing the unit to host the fittest soldier competition it can be assumed that the competition is going to run and end smoothly and successfully. More than 300 SA National Defence Force (SANDF) members who are part of this competition will be traveling from all corners of South Africa to 2 SAI Bn in Zeerust to come and compete for medals and other accolades which will be officially mentioned later but before the competition begin.

This is the SANDF’s most prestigious and formidable competition that takes place ones a year and it is open for any fit SANDF member who feels that they are able to compete with the best. This competition include, among other things, walking and running with sand bags, swimming, a 2,4km run, push-ups and sit-ups. I have witnessed the 2 SAI Bn members preparations and to sum up their hard work, I am convinced that they are prepared and ready; through their preparations they have showed dedication and determination to win most of the competitions.

It is going to be an interesting competition and I would like to wish for the best man or woman to win but I would probably be more excited if my home unit, 2 SAI Bn members can scoop all the awards. Good luck to every competitor.

Rfn Swangi Maswanganyi, Zeerust

CHIEF OF JOINT OPERATIONS VISITS JOINT OPERATIONS TACTICAL HEADQUARTERS NORTHERN CAPE

Keeping in step with the austerity measures and cost-containment guidelines of the SA National Defence Force (SANDF) the Chief of Joint Operations, Lt Gen Barney Hlatshwayo, recently combined a staff visit and medal parade. This step was taken after the Chief of the SANDF, Gen Solly Shoke, recently tasked different Services and Divisional Chiefs to award various Long Service Medals on his behalf.

The Chief of Joint Operations was tasked to confer the medals in the Northern Cape Province and he therefore instructed his staff to arrange a staff visit to Joint Tactical Headquarters Northern Cape (J Tac HQ NC) to coincide with the parade. Lt Gen Hlatshwayo was accompanied by Maj Gen Thabiso Mokhosi, General Officer Commanding Joint Operational Headquarters, and Maj Gen Mlandeli Kula, Chief Director Operations. The visiting group first met the J Tac HQ NC staff members.

Lt Gen Hlatshwayo and his delegation were well received at a small parade on arrival. He was briefed on the Headquarters itself and the area of responsibility of J Tac HQ NC. After the briefing the members of the Headquarters were addressed by Lt Gen Hlatshwayo and they were given the opportunity to ask questions. The following morning the delegation flew to Upington.

On their arrival at Upington Airport the group was taken to the Company Operational Base Headquarters near Louisvale. On arrival there was a “Receiving Guard” for the Chief of Joint Operations. The group was given an overview of the operations and the vastness of the border area and the topography. The delegation was then taken for a tour of the base after which Lt Gen Hlatshwayo addressed the members in their assembly area. He told them that they had the opportunity to ask questions and raise concerns with himself and his Generals. He reiterated that it was important to be disciplined and to follow the lines of command.

Owing to time restraints and the distances involved the delegation could not visit the Platoon bases. However, Lt Gen Hlatshwayo indicated that he would endeavour to visit those bases as soon as possible. The group then flew back to Kimberley so that the Chief of Joint Operations could be present the following day for the final rehearsals for the Medal Parade. Capt (SAN) Jaco Theunissen, Senior Staff Officer Operational Communication
Defence Minister visits the SA National Defence Force contingent in the Congo

By Lt Col Constance Tlhaole, Officer Commanding Republic of South Africa Engineer Squadron
Photos by Capt Kenny Black

Women across the world have a really good story to tell, especially in the SA National Defence Force (SANDF). Women deployed in the Democratic Republic of Congo (DRC) recently celebrated these powerful figures on International Women’s Day - a day dedicated to all women. One cannot celebrate this important day without looking back at 1994. Since 1994 women in the SANDF have been afforded opportunities to express their talents and expertise as they possess great leadership skills and have applied these skills despite the immense pressure of the past and cultural factors.

Women in the SANDF have contributed a lot to advancing our country and the Department of Defence. Currently the Department of Defence is led by a great woman, Minister Nosiviwe Mapisa-Nqakula, who had seen the importance to acknowledge women’s contributions in the DRC. The Minister conducted her oversight goodwill visit to the Republic of South Africa (RSA) deployed forces in the United Nations observation mission in the DRC (MONUSCO) in order to familiarise herself regarding the living conditions of the soldiers as well as the operational circumstances under which the SANDF contingent is working. The women also had an opportunity to have dinner with the Defence Minister.

There has been great transformation in the SANDF thus far. The Minister was very happy and excited to be flown by female pilots and also to see female Chaplains, Doctors and a female Commander in a foreign country. The event was also graced by the presence of Maj Gen Olga Nodola.
encounter as women should rather make us strong and committed to resolutely spreading our wings.

Minister Mapisa-Nqakula underscored the theme, putting emphasis on gender saying that it was a special and joyous evening - a day of honouring the commitment, dedication, selflessness and amazing women on deployment. The Minister concluded by stating that one is bound to find such women - women of character and dedication, exceptional women who go beyond just their normal duties putting in extra efforts.

During the dinner the Minister awarded all women with certificates of Appreciation. It was a great function filled with fun and entertainment. The women add a certain finesse to the end of the event with their melodies, poems and not forgetting the song introduced by Minister Mapisa-Nqakula “The greatest love of all is happening to me” by Witney Houston.

The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula (middle row, third from left) with women on deployment celebrating International Women’s Day.
The Defence Force Service Commission (DFSC) opened its satellite office at the SAS WINGFIELD Military Base in Goodwood, Cape Town. The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, said the office was to be an extension of the services that the DFSC was meant to provide for SA National Defence Force (SANDF) serving members and will be able to operate from here outside its headquarters in Pretoria.

The DFSC originated from the new administration which came into office in 2009 and that began as an interim DFSC headed by Judge Boshielo and several Commissioners. As it was an interim DFSC, there had to be amendments to the legislation to ensure it is mandated to become a permanent body. This mandate was realised in terms of section 62B of the Defence Amendment Act 22 of 2010. In terms of this mandate recommendations had to be made regarding salary improvements and service benefits to members on an annual basis, policies in respect of service conditions, and the promotion of measures and standards for the effective implementation of policies.

Minister Mapisa-Nqakula said: “The DFSC continues to undertake visits to the various units of the SANDF as these have yielded positive results. Amendment Act 22 of 2010. In terms of this mandate recommendations had to be made regarding salary improvements and service benefits to members on an annual basis, policies in respect of service conditions, and the promotion of measures and standards for the effective implementation of policies.

Minister Mapisa-Nqakula said: “The DFSC continues to undertake visits to the various units of the SANDF and these have yielded fruit in that there's now a much better understanding and exposure to the conditions of service of members of the SANDF. At the same time, some of the areas identified for improvement have coincided with the Chairperson of the Defence Force Service Commission, Prof Edna van Harte, said she has learned during her visit to the Democratic Republic of Congo that SA National Defence Force members have a credible reputation in that country.
SANDF's own observations and it is committed to address these.

“We are here because today marks the realisation of an idea which was conceived in 2013, which was to establish the DFSC office in Cape Town. Its role and function would be to cover the provinces of the Western Cape, Eastern Cape and Northern Cape.”

The Minister said the unveiled satellite project office rested on two pillars, namely the DFSC administration office and the memorial wall which is a heritage site depicting and promoting a greater appreciation of the SANDF as well as patriotism. She said that it should also serve to promote the various skills and competencies within the SANDF.

Minister Mapisa-Nqakula remarked: “I wish to state that the milestone achieved today must serve as an inspiration to the DFSC - that despite the teething problems and challenges - hurdles can be overcome with the dedication and resilience of the DFSC leadership, Commissioners and Staff.

“For this to be even more successful, the SANDF for its part needs to foster an even closer supportive role with the DFSC. The two entities are entrenched within the defence establishment, each with its clearly defined role and responsibilities.”

Since its establishment the DFSC had undertaken a number of projects within its mandate ranging from de-linking salary from rank for members of the SANDF, inputs into the Defence Act amendments, and inputs into the 2015 Defence Review, among others.

The Minister said she had also approved the policy on the Awarding of Death Benefits to beneficiaries of members and employees who passed away while deployed on internal or external operations for which no international compensation is paid.

The Chairperson of the DFSC, Prof Edna van Harte, said the theme of the event was putting the spotlight on the multiple skills of soldiers. She said SANDEF members had many talents and they provided humanitarian assistance in the country and beyond its borders.

Prof Van Harte said: “Although we are three years old I am very proud to say that we have seen over 20 000 members face to face, and that is a significant number of soldiers. As a commission we recently returned from the operational areas in the Democratic Republic of Congo (DRC) and came back feeling proud of the professionalism displayed by the deployed members.

SANDF members have a credible reputation in the DRC and sometimes their success becomes a challenge because civilians move in after them. This presents a problem as it betrays their position and sometimes rebels take it out on civilians as they cannot confront them.”

Prof Van Harte said anyone in that country would admit that South African soldiers are the ones doing the hard work. She said the pilots have a fantastic reputation in operations in the DRC.
South African soldiers that died during World War I were recently remembered during a wreath-laying ceremony held at Arques-la-Bataille in Dieppe and during the 101st commemoration ceremony of the Battle of Delville Wood at Longueval in France.

The wreath-laying ceremonies were conducted by the SA National Defence Force (SANDF) in conjunction with France authorities, the South African Embassy in France and various Military Veterans’ associations.

The ceremony was held to mark the vital role played by South Africans during the Great War in which thousands of its troops from the infantry brigade died during the battle. The Battle of Delville Wood occurred when the South African Brigade was deployed at the Somme, an area along the French-Belgium border, in 1916.

They were ultimately commanded to dislodge the German forces from their strategic strong point at Longueval, which borders Delville Wood. More than a million men were killed in action, mainly from the South African Brigade. The Battle of Delville Wood went down in the history of World War I as an example of supreme sacrifice and heroism and remained the most costly action the South African Brigade fought on the Western Front.

It was also an opportunity to remember our countrymen who volunteered their services and the great sacrifice and contributions made by all South Africans, especially those who formed part of the South African Native Labour Corps (SANLC). These members are buried at the Arques-la-Bataille Cemetery.

The Arques-la-Bataille Cemetery is situated on the slopes of a hilly area outside Dieppe. The cemetery is a Commonwealth graveyard where members of the SANLC who were killed at Delville Wood in World War I were laid to rest. There are 264 graves, mostly South Africans who perished while performing logistics and manual labour in France during the war.

A memorial is found in the centre of the cemetery composed of a Great War Stone with a concave bronze medallion. This ornament is adorned with the head of a springbok in high relief, with an inscription etched into the stone in
English, Sesotho and IsiXhosa reading:
“To the memory of those Natives of the South African Native Labour Corps who crossed the seas in response to the call of their great Chief, King George V, and laid down their lives in France, for the British Empire, during the Great War between 1914 and 1918; this Memorial is erected by their comrades”.

In 2006 the Commonwealth War Graves Commission launched an award winning multimedia CD for school classroom instruction entitled: “Let us die like brothers” relating to the exploits of the men of the SANLC, their service during World War I and the great loss of life and the recounting of the valour that was shown during the wrecking of the troopship SS Mendi when it was rammed by an allied vessel in the English Channel on the morning of 21 February 1917.

This educational initiative sought to provide another perspective that while South Africans troops were segregated along race grounds and served in different fighting and service capacities, the mortal remains of all fallen South Africans were and are accorded the same honour and standards by the Commonwealth War Graves Commission.

Arques-la-Bataille was also the site of a military hospital where many SANLC members were treated. Since the mid-twenties there has existed at Arques-la-Bataille a SANLC Memorial, a structure which, like that of Delville Wood, was
The sentries of the SA National Defence Force at the Delville Wood Memorial.

After the renaming ceremony and unveiling of the plaque, the wreath-laying ceremony was conducted at the Delville Wood Memorial to commemorate the 101st commemoration of the Battle of Delville Wood which saw people honouring those who gave their lives for freedom. People travelled from afar and near with a shared purpose to honour those fallen soldiers who still lie in the wood and in the beautifully kept cemeteries. They walked up the avenue of oak trees planted from acorns harvested from the original oaks brought to the Cape by the French Huguenots centuries ago. The SANDF provided the sentries and flagmen. French military veterans also proudly paraded in their colours. French government officials spoke with gratitude about the sacrifice made on behalf of the French people by South African soldiers, embraced and affectionately remembered as sons of France.

The South African Ambassador to France, Mr Rapulane Molekane, spoke commissioned by the South African Government of the day in a prominent location where SANLC men had worked and where some had died and were buried.

Speaking at the wreath-laying ceremony in Arques-la-Bataille, Sub-Prefect of Dieppe, Mr J.E. Winckler, said that the bloodshed by these gallant men has cemented the solid relation that exists between our two countries. Mr Winckler said: “This annual commemoration affirms the deep relations that exist between us. Through this commemoration we recommit ourselves to pursue this relation. It is one of the key anchors in our relations with South Africa.” Before the wreath-laying ceremony at Delville Wood, the city of Longueval renamed the street in Longueval which was known as Route de Ginchy to Rue de l’Afrique du Sud. The Sub-Prefect of Peronne, Ms O. Bureau, said that the renaming of the street is one way of honouring and paying tribute to the men who died for freedom.
Sgt Thabitha Manamela at the Great War Stone of Pte Myengwa Beleza, a black soldier who died during World War I. In the background are PO Elias Sejake and Sgt Timothy Moufve.

The unveiling of the plaque after the renaming of the street at the commemoration of the Battle of Delville Wood in Longueval.

This page discusses the importance of remembering and honoring military veterans who sacrificed their lives for freedom. It highlights the bravery and essential role of South African soldiers, often forgotten in history books. The transformation of the Delville Wood Memorial is discussed, showing the recognition of all South Africans, regardless of race, creed, or rank, who died during World War I and World War II. Mr. Masanabo concludes by saying that the memorial now represents a powerful message of reconciliation and provides some redress that will further consolidate the diversity of the South African nation.
The Minister of Defence and Military Veterans, Ms Nosiviwe Mapisa-Nqakula, addressing the Young Falcons at their passing-out parade.

The main objective of the camps was to educate and teach mathematics and physical science as well as to introduce learners to the aviation fraternity. Only learners studying both mathematics and physics at school are eligible for the camp.

According to the Chief of the SAAF, Lt Gen Zimpande Msimang, the SAAF endeavours to support the National Development Plan in ensuring that learners from all walks of life have access to practical tools that make mathematics and physics exciting.

Lt Gen Msimang alluded that this is essential because this country needs youth that is equipped in mathematics and physics for careers in aviation, engineering, innovation and other science related specialities in order to address research and development, employment creation and indeed effect serious economic transformation.

The Defence Minister, who was the main speaker at the event, said it was significant that they were executing the
passing-out parade barely four days after Mandela Day and just three weeks after June 16th, Youth Day.

Ms Mapisa-Nqakula remarked that even as the parade was taking place in Queenstown, it must be noted that it was part of a national initiative. She added: “The Eastern Cape Province as part of the programme has drawn mainly from the province, taking in 142 youth.”

The Minister further took it upon herself to acknowledge the Councillors and Officials from the District, and further said that “ninga dinwa nangomso”. It is only through this spirit of cooperative governance that they can be able to achieve the goals of the National Development Plan but also our own objective as the defence establishment.

The programme of the Young Falcons which the SAAF has initiated is not the first of its kind. It was preceded by a similar programme that was initiated in the early 2000s, which was called Project Siyandiza. Its aim was the same as the current one, namely aviation awareness among our youth. These programmes are introduced to ensure that they do not wait for youth to complete matric, and only then start looking for career opportunities.

Minister Mapisa-Nqakula thanked the staff who presented the programme, drawn from the SAAF and Denel respectively. The staff comprised of engineers, pilots, physical training instructors, chaplains and technical personnel. She concluded by congratulating all graduates of the Young Falcons programme. The Minister remarked: “This is just the beginning and there are more opportunities than challenges ahead. Encourage your communities, peers, siblings to join and see the SA National Defence Force (SANDF) as a career of choice.”

After the formalities, an interview was conducted with the overall winner of the Young Falcons’ camp, Anita Madolo (Grade 11) and the runner-up, Athi Makapela (Grade 12) both learners are from Kwa-Komani Comprehensive School. Anita, when asked if she knew that women could join the SANDF, replied that she did not know anything about the SANDF. She remarked that the camp taught her a lot. She highlighted that at first after joining the camp, it was not easy; she even considered quitting owing to the hard work. She mentioned that later she started to enjoy it as she has learned that good things come from hard work. Athi said the experience he took with him comprised of discipline, respect and time management. He remarked that he will consider joining the SA Air Force as the camp has taught him a lot about the SANDF.

Both of them said they are looking forward to building their careers in the SANDF, particularly in the SA Air Force to become future pilots or engineers.
Conferring medals to deserving members is an age old military tradition throughout the world that seeks to acknowledge loyalty, bolster esprit de corps, but most of all reward the excellent and disciplined manner of execution of their duties over a long period in accordance with the prescripts of the Code of Conduct. The SA National Defence Force (SANDF) is no different from the rest of the militaries.

In exercising this old tradition, the Chief of Joint Operations, Lt Gen Barney Hlatshwayo, on behalf of the Chief of the SANDF, Gen Solly Shoke, recently conferred Long Service Medals for 30 Year and Bars to 38 deserving SANDF members at the Kimberley military sports grounds.

The Medal Parade consisted of members from the Air Defence Artillery Formation and 10 Anti-aircraft Regiment in Kimberley. The SA Army Band Western Cape performed the music. On arrival Lt Gen Hlatshwayo received a salute flight by two Agusta A109 helicopters from 87 Helicopter Flying School flying the SA National Flag and the SANDF Flag.

Addressing the medal recipients, Lt Gen Hlatshwayo told the recipients not to underestimate the value of their medals in terms of the time they put in in order to receive them because the years they spent in the military from Basic Military Training to the time they received their Long Service Medals were not all that rosy. Lt Gen Hlatshwayo said: “One can immediately confirm that in history all the achievements of a soldier are not awarded in terms of money, but with that piece of metal we call a medal gives us recognition; it gives us hope as soldiers that whatever service we have rendered is recognised and that makes us different from any civil servant. These medals are true badges of honour. You will not receive the 10, 20, 30 or 40 Long Service Medal if you have not completed those years.

“This makes us different from other public servants. You should not equate your rank level to that of your civilian counterparts because there are so much it takes to be a soldier. One can be a Deputy Director after seven years of schooling and graduating, but it takes much longer to get a rank of Colonel, it takes approximately 30 to 40 years to produce a (Brigadier) General and the years increase as the rank gets higher. It is therefore not correct to equate a Chief Director with a Major General.”

WO2 Ezekiel Tshenkeng (Ret), one of the recipients of the 30 Year Bar to the Medalje vir Troue Diens, said he joined the military in 1983 in the former Bophuthatswana Defence Force and retired in 2015 serving under the SANDF. WO2 Tshenkeng (Ret) confirmed: “It is indeed a great honour to be receiving this medal today even though I have already retired it makes me feel that I have served my country well and my efforts are acknowledged.”

Medals and ribbons that decorate a soldier’s uniform bear confirmation of history and testimony of achievements of that specific and unique soldier. When the commanders decorate his or her soldier(s) with a medal he or she gives a true badge of honour that such a soldier should be proud to display.
Long Service Medals awarded to SA National Defence Force members

By S Sgt Itumeleng Makhubela
Photos by Pte Paul Mpangala

The newly appointed Chief of Logistics, Lt Gen Jabulani Mbuli, on behalf of the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, presented Long Service Medals (30 and 40 years) to members of the SANDF during a medal parade that was recently held at the SA Army Support Base Potchefstroom.

The purpose of the event was to acknowledge the good discipline, selfless dedication and loyalty displayed by the recipients of various service medals whilst in service of the country both internally and externally.

Lt Gen Mbuli said he was grateful and honoured to stand before the members as it was an emotional moment for him to be afforded the opportunity to confer these long service medals to deserving members who distinguished themselves by serving our nation. He said: "For the soldiers on parade, this is the day that marks history where you are receiving one of the greatest medals. Allow me to take you back and remind you that the parade ground is holy ground for members of the SANDF.

"It is joyous moment today knowing that I am surrounded by the patriotic members of the SANDF as reflected on their shining chests this morning. The significance of military medals, awards or decorations which are to be worn on the recipients' chests is that they are given to an individual as a distinctively designed mark of honour denoting heroism or meritorious service or achievement."

Lt Gen Mbuli believes that for the SANDF to succeed in carrying out its mandate, it requires a high degree of discipline, unity and an undying spirit of collectivism. He said that as a collective, the SANDF is mightier than any challenge. He said: "Before us stand men and women of great calibre whose selfless service and dedication are second to none. This Medal Parade is a milestone in the history of the SANDF. You have done excellent work. The recipients here today have worked tirelessly to receive these awards and I want to congratulate you. The medals conferred on you today do not equate with the value that most people put on money, but have an immense and special sentimental value and significance in the life of a compatriot."

He said some members have played a crucial part in the execution of the Medal Parade and appreciation should be expressed to the organising committee as it is never easy to arrange a parade of this magnitude.

The newly appointed Chief of Logistics, Lt Gen Jabulani Mbuli, said when he presided over the awarding of medals that the recipients have worked tirelessly to receive them.

Sgt Odirile Raphiri receives a Bar to the Medalje vir Troue Diens 30 Years.
South Africa and Tanzania finding common ground concerning Force Intervention Brigade deployment

Article and photos by Mr Lufuno Netshirembe

The SA National Defence Force (SANDF) Joint Operations Division under the leadership of the Chief Joint Operations, Lt Gen Barney Hlatshwayo, recently held a bilateral meeting with the Tanzanian People’s Defence Force delegation led by

RIGHT: The Chief Joint Operations, Lt Gen Barney Hlatshwayo (left), and the Head of the Tanzanian People’s Defence Force delegation, Brig Gen Ramadhan Kimweri, signing an agreement after the deliberations following the bilateral talks between the SA National Defence Force and the Tanzanian People’s Defence Force in Durban.

Brig Gen Ramadhan Kimweri in Durban, KwaZulu-Natal.

South Africa and Tanzania have a rich history of healthy relations dating back many years. Not only do these two countries enjoy political relations, but are both members of the Southern African Development Countries (SADC) as such they contribute immensely to the United Nations Organisation Stabilisation Mission (MONUSCO) Force Intervention Brigade (FIB) deployed in the Democratic Republic of Congo (DRC) for peacekeeping under chapter 7 of the United Nations (UN) charter.

This meeting was part of the ongoing bilateral initiative that commenced in 2013 with the objective of highlighting and discussing common concerns and finding sustainable solutions to challenges that both countries encounter in their areas of responsibility and to map contingency plans in line with the prescripts of the UN chapter 7 MONUSCO FIB mandate. Among other sensitive challenges the two countries have deployed troops together in security related matters, have shared exercises, and troops have cooperated in combating negative forces that do not observe any conventional rules of engagement.

The Tanzanian People’s Defence Force and the SANDF delegation paid a short visit to Reutech Communications in New Germany, KwaZulu-Natal, where Mr Atwell Mhlongo, Divisional Director Sales and Marketing, accompanied by Ms Mashadi Ngcobo, Manager: Training and Development, gave a concise presentation on what the company does and a brief orientation tour thereafter. Since the meeting was hosted in South Africa it presented an opportunity to the Tanzanian People’s Defence Force to benchmark with the SANDF on the successes of internal deployment, such as Operation CORONA. The delegation was transported by an Oryx helicopter to the Ndumo Military Base where South Africa borders Mozambique and Swaziland.
Top SA National Defence Force students honoured in Cuba

By Brig Gen Sipho Gina, Personal Staff Officer Chief of the SA National Defence Force

The Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, recently attended three graduation ceremonies in Cuba in which a total of 33 SANDF members graduated in three different institutions.

The first graduation took place at José Marti Military Technical Institute in Havana on 22 June 2017 where ten members of the SANDF graduated in Air Traffic Control, Technical Aviation, Technical Armaments and Technical Radios. During the graduation Capt Mahluli Masinga was awarded with a gold certificate for being the best student.

At José Maceo Inter-Arms School in Santiago de Cuba ten SANDF officers graduated after completing three-year specialised technical training in tank and tank transporter operations. Lt Hunadi Tshehlakgolo received a gold certificate for being the best student on her course. During the ceremony, Gen Shoke was honoured with an opportunity to promote ten SANDF members to the rank of Lieutenant.

The last graduation took place at the General Maximo Gomez Revolutionary Armed Forces Academy where 13 SANDF officers completed the Studies in Defence and Security Programme and the Joint Senior Command and Staff Programme. Both these programmes have duration of a year during which learners are immersed in strategic operations.

Seven SANDF members with the ranks of Colonels and Captains (SAN) attended the Studies in Defence and Security Programme. During the graduation Capt (SAN) Mokgadi Maphoto was awarded with the Distinguished Service Award for being the best student. In the Joint Senior Command and Staff Programme which was attended by six SANDF officers, Lt Col Diamond Mphafudi was awarded with the Distinguished Service Award for being the best South African student.

General Shoke expressed his appreciation to the SANDF members for the impressive results they attained during their training. He also thanked the General Maximo Gomez Revolutionary Armed Forces Academy and the Cuban Armed Forces for producing such high calibre officers.

It is evident that military relationship between the SANDF and the Cuban Armed Forces are growing stronger day by day.

During his visit to Cuba, Gen Shoke also paid a courtesy call to the Minister of Defence of the Cuban Revolutionary Armed Forces, Army General Leopoldo Cintra Frias, where they discussed matters of interest in strengthening military relations between the two armed forces. General Frias expressed his appreciation to Gen Shoke for accepting his invitation to visit Cuba.

The thirteen SA National Defence Force (SANDF) members who studied at the General Maximo Gomez Revolutionary Armed Forces Academy with joined by the Chief of the SANDF, Gen Solly Shoke, and the staff of the Academy.
The military strategic objectives of the SA National Defence Force (SANDF) require a force design capability to defend the country against conventional onslaughts, promote regional peace and stability and to provide support for the people of South Africa.

The SA Air Force recently held its annual Air Capability Demonstration at the Roodewal Weapons Range at Air Force Base Makhado in Limpopo Province, which for the first time featured the

**Air dropped logistical supplies for the ground forces.**

Super Lynx maritime helicopter, the Africa Truck and a Ratel. During this event, the SA Air Force showcased its air power capability through the use of various assets on its inventory, including its most modern acquisitions such as the Gripen and Hawk aircraft, inclusive of its battlefield support helicopter, the Rooivalk and the Oryx helicopters.

The Chief of the SA Air Force, Lt Gen Zimpande Msimang, said that Air Power
has always played a significant role in our military strategy and is an indispensable component of the protection of national security and national interest. He said that during this current period of resource constraints, air power capabilities will continue to be optimally used to defend and protect our territorial airspace, as well as to ensure the provision of support to our landward and maritime defence strategies.

The annual exercise includes joint training, joint and autonomous force preparation and the test and evaluation of aspects of air power doctrine. It is also meant to highlight the multi-role air capabilities of the SANDF, the importance of air power and the integration of different air and ground components from the SA Army, the Special Forces and medical personnel from the SA Military Health Service to achieve complementary roles.

The demonstration commenced with pathfinders being dropped onto the battle zone. This was followed by two Hawks dropping bombs onto the range and firing 30mm cannons. The formidable Gripen fighter jet demonstrating its electronic warfare capability by performing a bomb damage assessment.

Deafening explosions, machine-gunfire, roaring aircraft engines, precision guided missiles, bombing attacks, presented “real-life” war simulations. The Air Power capability demonstration is designed as a training exercise for two of the Department of Defence’s flagship courses: the Security and Defence Studies Programme presented at the SA National Defence College and the Joint Senior Command and Staff Course presented at the SA National Defence War College. The members of these courses are able to see air power at the strategic and operational levels of war and to showcase how air power is applied.

The Rooivalk combat support helicopter showing its multi-role night capabilities and spinning searching for the enemy’s position.

In addition the spectacular event was attended by delegations from Cuba, Angola and Nigeria – the Chiefs of the Angolan and Nigerian Air Forces (General Francisco Lopes Goncalves Afonso and Air Marshal Sadique Abubakar) respectively were present. An Oryx helicopter dropped cargo onto an Africa Truck.
A fter 37 years of uninterrupted service to the SA National Defence Force (SANDF), Lt Gen Morris Moadira, sees his tenure come to an end as the Chief of Logistics.

The Logistics Division recently staged a special Military Farewell called Exercise KHOTSO, at the Department of Defence (DOD) Ammunition Subdepot Naboomspruit in Limpopo. The endeavour took shape in a typical military format to celebrate and commemorate the life of the Chief of Logistics.

Exercise KHOTSO, the culmination of the farewell parade, was brought a scenario based exercise in which members showcased the combat readiness of the Logistics Division. The exercise tested the Division members’ capability to honour the Chief of Logistics on his birthday.

When Lt Gen Moadira gave an account of his career in the SANDF, he said that members in the Division should continue to empower themselves and support his successor. He added that he aimed to write his autobiography.

He said: “I am grateful and honoured to stand before you today: a truly emotional moment for me. As you know I am preparing for a fruitful and blessed retirement having completed 37 years of service in this organisation.”

Lt Gen Moadira urged the members to display the highest discipline, ethical behaviour and integrity to ensure that their experience in the Logistics Division enriched themselves and the other members. He said they should ensure that the Division kept pace with the other Services and Divisions.

He said: “In order for us to succeed in carrying out our mission, we require a degree of discipline, unity and an undying spirit of collectivism. United we are mightier than any challenge we could encounter. We should all, regardless of rank, project a brand of unbiased discipline that never falters. The type of discipline required should be a reflection of our commitment, dedication and courage.”

Lt Gen Moadira said he appreciated the celebration of his birthday along with the exercise by members of the Division. He said: “Exercise KHOTSO has brought about the synergy and energy among members of the Logistics Division to rise above the challenges. It has been our intention to claim our rightful place in the SANDF which is a formidable and united force.

He indicated that the exercise was an initiative by members of the Logistics Division. Lt Gen Moadira said the word “Khotso” simply means “peace be unto you”, which he normally uses to greet his members in the Division. The members chose this term to name the exercise which coincided with his birthday.

Lt Gen Moadira said that he frequently promoted the Logistics Division’s role within the SANDF and hoped that such exercises would provide practical experience to new members who have recently join. He added: “The aim of the exercise was also to determine how the Logistics Division could support forces on the battlefield and take back its role of logistian as some of the logistical functions and tasks were taken over by other Services and Divisions.”

He said it was a joyous moment knowing that he was surrounded by proud members who honoured the Chief of the SANDF’s order: “Back to Basics”. He said such exercises should be valued as a means to place the Logistics Division on the map.

Lt Gen Moadira concluded: “As I prepare for my retirement, I personally embrace each and every one of you. I have learned never to take myself or other people for granted and always to be grateful to the people who have made all this possible.”
The Chief of Logistics, Lt Gen Morris Moadira, recently handed over the reins of Logistics Division to Lt Gen Jabulani Mbuli at a change of command parade at Air Force Base Swartkop in Pretoria. Lt Gen Moadira bade farewell to the Department he has called home for decades.

Lt Gen Mbuli was also recently appointed as the General of the Gunners and took over from Maj Gen Roy Andersen, the Chief of Defence Reserves. He integrated into the SA National Defence Force (SANDF) in 1995 and served among others as the General Officer Commanding Air Defence Artillery and as Chief Director Defence Acquisition Management.

The outgoing Chief of Logistics is leaving the SANDF after an illustrious career spanning 39 years of excellent service. During those years Lt Gen Moadira distinguished himself as an outstanding soldier and a soft-spoken leader who was respected by his subordinates and colleagues alike. His service to the SANDF and the country has been absolutely invaluable.

He served in various capacities since he joined the SANDF, viz SO1 Staff Support, Senior Staff Officer Planning, Officer Commanding Army Support Base (ASB) Limpopo, General Officer Commanding ASB Bloemfontein, Deputy Chief of Logistics and Chief of Logistics.

Some of his highlights and achievements as Chief of Logistics included the appointment to lead the Diplomacy Section and to establish Logistical bilateral discussions with other countries in Africa and abroad. Lt Gen Moadira was appointed as the Head of Project THUSANO, which has now gained momentum and has yielded positive outputs in an attempt to arrest the decline of state assets. Project THUSANO has thus far repaired and preserved 1 320 operational vehicles. This initiative has saved the Department of Defence (DOD) millions of rands. He continuously encouraged Logisticians to empower themselves academically. Furthermore he realised the envisaged Logistics mandate by acquiring approval from the Military Command Council to have functional control over all Logisticians in the DOD.

His colleagues and subordinates knew him as a disciplinarian who was committed to a disciplined SANDF. He committed himself to exemplary leadership and was an example of living the values of the SANDF. His actions were a testimony of integrity, loyalty and patriotism in an unbiased and non-political manner. Through his commitment in Asset Management as prescribed by the National Treasury, the Logistics Division managed to maintain a positive Audit Opinion from the Auditor General.

During his farewell message, Lt Gen Moadira thanked his colleagues that he had the privilege to work with since his first appointment in the SANDF. He said that he was highly indebted to a number of individuals and the organisation that molded and shaped him to be the person he is today.

On the other hand, Lt Gen Mbuli said that Lt Gen Mbuli is inheriting a very stable and conquering Division within the SANDF, an entity with well-developed formations and units under his command. He said: “We had achieved this milestone despite some resistance among ourselves and inevitable budget constraints which continues to have a negative impact on us. You must be proud to be associated with men and women of this calibre who have risen above all challenges they faced throughout the years”.

The Deputy Minister of Defence and Military Veterans, Mr Kebby Maphatsoe (middle), witnessed the Change of Command Parade between Lt Gen Morris Moadira (left) and Lt Gen Jabulani Mbuli.
The Department of Defence Youth Day celebrations

By Ms Nthabiseng Lebajoa
Photos by Mr Witney Rasaka

The Department of Defence (DOD) celebrated Youth Day in true military style with a parade and drill competition at the Pretoria Military Sports Grounds in Thaba Tshwane. 16 June 1976 marks 41 years since the Soweto Uprising when South African youths marched and protested against the Bantu education system.

The day consisted of a drill competition by the Military Skills Development System (MSDS) recruits of the 2017 January intake of the four Services. The SA Air Force drill platoon won the drill competition, the SA Navy was the runner-up, while the SA Army came third and the SA Military Health Service ended in the fourth place.

The Chief of Human Resources, Lt Gen Norman Yengeni, was the chief functionary at the Department of Defence Youth Day celebrations.

Lt Gen Yengeni said that the entire month of June was devoted to programmes and activities dedicated to the young people of South Africa.

Lt Gen Yengeni said that 16 June 1976 will forever be remember in the struggle for the emancipation of the people of this country. He added that Youth Month was devoted to ensuring that South African youth play a leading role in leading a non-sexist, non-racial and anti-xenophobic South Africa that belongs to all who live in it. He highlighted that Government has taken the initiative by coordinating youth development through the National Youth Development Agency (NYDA).

He said that he would like to call upon the youth of the SANDF to work towards the successful 41st celebration of June 16 by looking to their elders for wisdom and knowledge. Lt Gen Yengeni
emphasised that the youth must at all times lead in efforts aimed at nation building and social cohesion. He added that the youth must work towards ending all forms of discrimination, racism and senseless rape of our women and the murder of innocent and harmless children.

Lt Gen Yengeni said that the DOD was honoured to be a part of the youth development legacy of South Africa and its inclusive and mass-based approach to youth development. He quoted the late former President Nelson Mandela: ‘Sometimes it falls upon a generation to be great. You can be that generation’. Lt Gen Yengeni added: ‘We must ask: if not us, who? If not now, when? Let us be the great generation and succeed.” 

Lt Gen Yengeni added that in the DOD we say: “Our youth, our vision and our future”.

The SA Navy entertained the spectators with their impressive drill performance.
The SA National Defence Force Spouses Forum organised a youth event at the SA Air Force College in Thaba Tshwane on Youth Day. Youth Day reminds South Africans of the importance of youth and of the importance of never saying “Yes” to oppression of any kind.

The first Commander-in-Chief of the SANDF, the late Mr Nelson Mandela, once said: “Our children are our greatest treasure. They are our future. Those who abuse them tear at the fabric of our society and weaken our nation.”

Ms Africa Msimang, who was speaking on behalf of Ms Charlotte Shoke, the Chairperson of the SANDF Spouses Forum, reminded the spouses that people fought hard for the democracy that is enjoyed today, and further highlighted that it is their responsibility to guard it with all they had. Ms Msimang said: “Our husbands are prepared to lay down their lives for this country; let us support one another and make their strides worth it. We gave the young ones books and book vouchers because I believe that there are many little ways to enlarge our children’s world. Love for books is the best of them.”

Lt Col Tsholo Tseke, the Programme Director for the day, mentioned that: “I often ask myself what should the youth of today be doing. I always come up with the fact that it is obvious: they must be daring and create stable communities so that the terrible scourge of crime becomes something of the past. When I look back, I am grateful that I took my father’s love for literature, if I was a young person today trying to gain a sense of myself, I would do that by reading anything that I could lay my hands on, as long as it is progressive.”

Cpl Phiri from the SA Air Force Band mentioned that growing up in Soweto in the early 80s was epic. “I am here to pay tribute to the endless heroism of youth across the world. Whenever I am with energetic youth, I feel as though my battery is recharging. They have so many ideas that, given the means, would change the trajectory of this country. Sowetans have always been concerned with the affairs of the community and the country at large that is perhaps why I saw the need to wear this uniform and serve my country.”

All gathered at the SA Air Force College under the theme: “Moving South Africa Forward”.

Chaplain Mutshekwane delivered the spiritual message saying that women play a pivotal role in the advancement of society.
A leader is one who knows the way, goes the way and shows the way.”  
- John C. Maxwell

How fortunate was the 2017 recruits of the Military Skills Development System (MSDS) Intake of 3 SA Infantry Battalion (3 SAI Bn) when they were recently honoured with the presence of Maj Gen Nontobeko Mpaxa at their Passing-out Parade.

Maj Gen Mpaxa is a true reflection of the above quotation by John C. Maxwell and they were honoured to be the first recruits of the MSDS Intake at 3 SAI Bn where she officiated as the chief functionary in her current post as the Chief Director SA Army Force Preparation.

The 340 recruits under training at 3 SA Infantry Battalion constitute the 17th MSDS Intake at the unit and the current group is the first group following the new Basic Military Training Curriculum.

Maj Gen Mpaxa has attended all of the MSDS Parades since 2008 when she was the Commandant of the SA Army Combat Training Centre and therefore is an honoured member of the Griffin family at 3 SAI Bn.

The recruits showed off their best left and right turns and stood proud when Maj Gen Mpaxa acknowledged the final General Salute. Well done to the Griffin family for showcasing a beautiful parade together with the Military Band of Limpopo.

Maj Gen Nontobeko Mpaxa, the Chief Director SA Army Force Preparation, and Col Abel Mantshiyane, Officer Commanding 3 SA Infantry Battalion, inspecting the parade.
Youth Leadership Development Programme graduation ceremony

“...I believe that I have the potential to make a difference and to uplift others to enjoy the fruits of our freedom.” - Pledge of the SA National Youth Service.

There is a saying: “mind over matter”, and when you do the Youth Leadership Development Programme of the National Rural Youth Service Corps (NARYSEC) as offered by the Department of Rural Development and Land Reform you realise how true this saying is.

The 709 participants in the 13th programme presented at 3 SA Infantry Battalion stood proud when the Deputy Minister of the Department of Rural Development and Land Reform, Mr Mcebisi Skwatsha, recently addressed them at their Graduation Ceremony.

Deputy Minister Skwatsha alluded to the fact that we must appreciate the freedom of Youth Day and hence the above quotation is so important not only to the youth in the NARYSEC programme, but to each and everyone of us in South Africa.

The participants who graduated were not soldiers, but they learned the essential skills of soldiering: discipline, leadership and teamwork. These have been engraved into the minds of the youth taking part in the NARYSEC programme.

They showed they were true Griffins by persevering throughout this programme and therefore we can call them members of the Griffin family.

The Deputy Minister of the Department of Rural Development and Land Reform, Mr Mcebisi Skwatsha (right), presenting the Youth Symbol of the National Rural Youth Service Corps to one of the recipients.
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BELONGING TO A MUTUAL MEANS BELONGING TO A FAMILY WHO STAND TOGETHER AND DEFEND WHAT IS RIGHT
Where do you start? How do you report on one of the biggest disasters that ever happened in South Africa? All forms of media and social networks have bombarded the South African public, as well as International community with reports, footage and live streams of Knysna and its surroundings. Questions that surfaced on numerous levels were: “Where is the military? Why is the Army not there? Can’t you send in the soldiers to help?” And the answer was “Yes” …

What started off as a warning of a powerful storm heading to the Cape Peninsula on Wednesday, 7 June 2017, soon turned the focus of the various Departments supporting the City of Cape Town Disaster Management to the Eden district - Knysna in specific!

By Wednesday afternoon the damage to Belvedere, Knysna, was devastating and a firm indicator that this was not an average fire. The Head of the Western Province Disaster Management Centre, Mr Collin Deiner, requested the assistance of an Oryx helicopter utilising a Bambi bucket for extinguishing the fires as well as water bunkers to assist the Eden Disaster Management.

The SA National Defence Force deployed three of its Services, namely the SA Army, the SA Air Force and the SA Military Health Service to assist in Knysna, coordinated by Joint Tactical Headquarters Western Cape.

Owing to effective agreements between the SA Army Infantry School and the Eden District Municipality, the Officer Commander Infantry School, Col N.A. Nthejane, was the first to deploy, activating his unit’s fire truck and team at around 22:00 on Wednesday night. They also

LEFT: Capt Liesle Greeff tending to a disaster victim at the temporary Emergency Medical Unit. No other medical facility was available due to evacuation of the local hospitals.
provided two Samil 50 water bunkers assisting the fire trucks with water in the absence of replenishing points. SA Army tents were issued and provided accommodation to the various firefighters. Various units of the SA Air Force were deployed, namely 15 Squadron, 17 Squadron, 22 Squadron, 15 Charlie Flight, Air Force Station Port Elizabeth and the Test Flight and Development Centre.

By late Thursday afternoon the first two Oryx helicopters from Air Force Base Ysterplaat (22 Squadron) and the Test Flight and Development Centre (Bredasdorp) arrived in George and shortly thereafter the first seven Bambi buckets were delivered. On Friday the third Oryx helicopter from 15 Squadron in Durban joined the effort and they delivered a total of 151 buckets in just over eleven hours.

On Saturday the weather turned for the worse with severe gale force winds picking up from 10:00 until after lunch. In this limited flying time the Oryx helicopters did however still manage to drop 191 buckets. The biggest effort of our Air Force was on Sunday when the fourth Oryx helicopter from 17 Squadron in Pretoria joined the SA Air Force team and a total of 208 buckets where dropped in 15 hours. Our Oryx helicopters continued delivering air support until Friday delivering a total of 891 buckets in 88 flying hours.

The biggest effort of our Air Force was on Sunday when the fourth Oryx helicopter from 17 Squadron in Pretoria joined the SA Air Force team and a total of 208 buckets were dropped in 15 hours. Our Oryx helicopters continued delivering air support until Friday delivering a total of 891 buckets in 88 flying hours.

The Oryx helicopters was supported by a BK 117 and A109 that did just over eight hours in the total period providing Command and Control and assisting with reconnaissance prior to each deployment. In addition to the SA Air Force, Working on Fire and other fire fighting aircraft spend 238 flying hours and dropped 1 906 buckets.

At midnight on Wednesday evening the Health Centre South Cast (HCSC) was activated to assist. The request for medical assistance increased after the Knysna Hospital was closed. There was a need for a service that could take care of smoke inhalation cases, minor burn wounds as well as primary health care in a limited capacity.

The mobile clinic was deployed at the squash courts at Lourie Park. Not only did they triage and treat 181 patients, but the Health Cluster also adopted the SA Military Health Service’s manual patient admin system. Both the Oudtshoorn and George Sickbays provided relieve personnel.

So to answer the question … Yes, the military did deploy, our members deployed without any additional remuneration and they portrayed a multi-skilled well-disciplined force that is ready to serve the people of South Africa!

From an Oryx on standby for a major storm in the Cape Peninsula to extending our assistance from the original authorised three days being extended to eight days. Our deployed forces did us proud. A disaster that was felt, smelled and heard of before seeing it. I SALUTE each and every individual that was involved!
Although the concept of discipline has a very clear military connotation and is commonly linked to military actions and activities, the word “discipline” has different meanings in different contexts related to human behaviour.

The general dictionary definition of discipline refers to “punishment”; “instruction”; “a field of study”; “training that corrects, molds or perfects the mental faculties or moral character”; “control gained by enforcing obedience or order (orderly or prescribed conduct or pattern of behaviour or self-control)”; or “a rule or system of rules governing conduct or activity”.

Synonyms of the word “discipline” such as “punishment, correction, chastisement, castigation, persuasion, self-control and self-restraint”, according to The Merriam-Webster Dictionary, imply “the infliction of a penalty on in requital for wrongdoing”, which in itself conveys a negative perception.

“Punishment”, in turn, refers to “the act of punishing”, “suffering, pain or loss that serves as retribution”, the “infliction or imposition of a penalty” (through judicial procedure) “as retribution for an offence” or “severe or rough treatment”.

From this perspective, it is easy to conclude that discipline aims to either punish someone as a way of making sure that rules or orders are obeyed or to train someone to do something by controlling their behaviour.

Discipline is therefore both an instrument that can be used to enforce compliance with rules and regulations and a core value that can be inculcated to guide the behaviour (conduct) or actions of individuals and organisations.

It is, however, important to understand the difference between discipline and punishment. In this regard, the author Zig Ziglar points out that “punishment is what you do to someone; discipline is what you do for someone”. This is an important difference which, if not understood, can be a dangerous tool in the hands of someone with a wrong perception of the use of power.

Training or educating people to promote positive conduct should therefore be a better investment in human capital than punishing them after the fact when the damage has been done. This should also confirm the fact that, as with ethical conduct, positive disciplined conduct can be a pro-active, cost-effective and preventative measure that can help individuals and organisations avoid punishment (lawsuits, judgments and fines) and address morale related issues before they become a challenge.

How discipline is taught, can take many forms and will of course vary according to different approaches and depend on a variety of circumstances. Anders believes that the need for discipline is best inculcated in an individual by appealing to his sense of reason. According to him, in the few instances where appeal to reason fails, the use of punishment is effective in causing a recalcitrant individual to conform and perhaps appreciate the need for discipline. Earned praise from a senior to his or her subordinate, either individually or collectively, for tasks well done, for example, serve to strengthen the disciplinary bonds which bind together a smooth functioning team.

In a group or organisational context, such as in the military, the training approach should obviously be different, especially when the intention is to get a group of individuals to achieve the same objective at the same time, such as marching in time or blindly following orders in combat situations. In this regard, punishment will be physical and mechanically focused on ensuring that drills and orders are instinctively obeyed, but only as a last resort.

Care should also be taken to ensure that individuals understand that disciplined conduct does not only mean complying with laws, procedures and guidelines. A more effective approach...
will be to use ongoing training to entrench disciplined conduct and acceptable behaviour, after which compliance to rules and regulations will usually follow.

Disciplined conduct is therefore clearly an integral part of human life and a major building block for human conduct, which, like a golden thread runs through people’s interaction with other humans, animals and the natural environment. The author Max Anders, in this regard, remarked that “everything in life requires some sort of discipline”: “… hitting a tennis ball, climbing a mountain, playing a musical instrument, making good grades or brushing your teeth”.

The foundation for disciplined conduct, however, starts at home. Parents are the major role players in this regard: it is their duty and responsibility from day one to teach their children the principles of acceptable human behaviour (values such as love, justice, fairness, duty, including good citizenship, responsibility and integrity) and how to conduct themselves (virtues such as disciplined conduct, respect, patience and basic good manners). Parents can therefore rightly be regarded as the primary custodians of discipline, with educators, leaders and other example-setting role players taking over this role at different stages later in life.

Although most parents probably do not realise it, the discipline they teach their children from an early age “form the basis for building good habits into reflexes” which become part of their children’s lives and which “will enable them to control their impulses in each area of life and succeed in a balanced way”. Ziglar furthermore believes that when discipline “becomes a way of life in our personal, family, and career lives, it will enable us to do some incredible things”. According to him “it’s absolutely true that unless you can instill discipline upon yourself, you will never be able to lead others. Example is still the best teacher”.

This concept of discipline can be referred to as personal (or individual) discipline which, in turn, manifests in self-discipline and professional discipline. Self-discipline is the highest order of all disciplines, based on intrinsic values used to regulate and control individual actions, starting in the family unit with its own system of ensuring compliance. In this regard, the leadership manual, “Be, know, do: Leadership the Army Way” refers to self-disciplined people as the “masters of their impulses. This mastery comes from the habit of doing the right thing”.

Self-discipline therefore allows individuals to do the right thing at the right time, regardless of the consequences for them, and manifests in:

- A sense of responsibility, self-control, character, efficiency, respect, confidence (being on time, knowing your job, setting priorities, denying personal preferences).
- An ability to continue with a task despite external circumstances and motivation to reach personal goals.
- Personal success and improved self-esteem through self-improvement, gaining of knowledge, understanding the detail of the work environment, constantly communicating, organising and enforcing standards.
- Setting the example and being a great role model with good daily habits and an excellent work ethic.
- Consideration for others, their feelings and their perspectives.

Professional discipline, in turn, refers to the discipline required by an individual to function as a member of a specific environment. This environment can constitute for example specific interest groups (religious, cultural organisations, etc), educational institutions (schools, universities, etc) and professions (medical doctors, engineers, soldiers, etc). Professional discipline is encouraged by codes of ethics or conduct and linked to voluntary compliance.

It requires continuous learning, a display of individual competence and the personal maintenance of high standards which manifests in:

- Reasoned obedience that preserve initiative and function even without supervision.
- Respect for and subjection to legal prescripts and professional codes.

- Professional success, improved self-esteem, giving and accepting recognition.
- Competence and ability to perform specific tasks.
- Cooperation with others.

Because the concept of disciplined conduct means different things to different people, each of whom base their actions on their own morals and values when faced with behavioural challenges, the importance of personal discipline, which provides the compass that guides individuals in their professional interaction with other people, groups and organisations, cannot be over-emphasised.

Successful leaders, who are instrumental in the creation and maintenance of strong value-based cultures in their organisations, and who realise that the success or failures of their organisations largely depend on the conduct of their members, understand this. That is why they only recruit, employ and look after those employees whose personal morals and values, such as disciplined conduct, align with the goals of their organisations.

The words of John Wooden are very relevant in this regard: “Discipline yourself, and others won’t need to”.
Are you maintaining a healthy weight?

By Martina Nicholson Associates (MNA) on behalf of Government Employees Medical Scheme

Photo by Mr Witney Rasaka

Being underweight can be as much of a health concern as being overweight. A person’s weight can be an outward indication of their potential risk for a number of health conditions or may be a sign that there is an underlying health problem affecting the body’s ability to lose or gain weight.

These days there is a general awareness of the health risks facing people who are significantly overweight, but it is less commonly known that being underweight is also associated with certain medical conditions and health risks too.

Difficulty in either losing or gaining weight can be equally distressing, but your family medical practitioner will be able to offer you personalised advice based on your medical and family history that will put you in good stead for reaching a body weight that is healthy for you.

How do I know if I am at a healthy weight? Measure your Body Mass Index

A basic tool that can serve as a guide as to whether your body weight is healthy is the body mass index (BMI).

In order to work out your BMI, divide your weight in kilogrammes by your height in metres. Take the answer you get, and divide it by your height, once again, and the number you get is your body mass index.

For example, if you weigh 70kg, and you are 1.5m tall:

- 70kg/1.5m = 46.6
- Then, 46.6/1.5m = 31
- The BMI of the person in this example is therefore 31

Generally speaking, an adult with a BMI of less than 18.5 is considered to be underweight, a person with a BMI of between 18.5 and 25 is considered to be of normal weight, a BMI between 25 and 30 signals a person is overweight, and BMI of over 30 indicates obesity.

However, BMI should only be regarded as a rough guide because there are a number of clinical factors your doctors may take into account when assessing whether your weight is healthy. The reliability of the BMI as a measurement of healthy bodyweight is also complicated for certain groups, including athletes, the elderly, and children.

Body Mass Index less than 18.5 – underweight

If you have always been skinny or petite, this may be due to genetic factors and could signal that your weight is suitable for you without being unhealthy.

Some people have fast metabolisms which mean that their bodies use up energy faster than other people, and such individuals are often able to eat a lot of calories without putting on weight.

Beings underweight does not mean that one is safe from the dangers of high cholesterol, for example. Everyone should have regular routine health screenings including those for cholesterol, blood pressure and blood sugar.

If you are underweight because you are not eating enough calories, you may not be getting the nutrients your body needs to stay healthy and can compromise your immune system.

If you have lost a significant amount of weight without trying to, this could be a sign that you are suffering the physical
effects of stress, as stress may have the effect of reducing a person’s appetite and can also make a person’s body burn calories at a higher rate than usual.

If you are experiencing stress in your work or private life, it may help to speak to a friend or trained counsellor about whatever is causing you to feel tense or anxious.

There are various eating disorders that can cause a person to lose weight. Anorexia nervosa, for example, is a condition whereby a person, most commonly young women, restrict their food intake to a dangerous degree out of a fear of gaining weight and a desire to lose weight. People suffering from anorexia often deny that they are underweight and frequently resist treatment for the condition.

There are many other health conditions that may cause a person to lose weight, including an overactive thyroid, also known as hyperthyroidism, whereby the body produces too much thyroid hormone.

Other symptoms include trouble sleeping, feeling irritable, feeling the effects of heat more than other people do, a fast heart rate, muscle weakness and diarrhoea, although not everyone with hyperthyroidism will experience all these symptoms. The condition affects women more commonly than men, and it generally begins when people are in their 20s to 50s.

Another potential cause of weight loss is tuberculosis (TB), which, unfortunately, remains all too common in South Africa. TB can take many different forms, although the type that affects the lungs is the most common.

If you have any other symptoms of TB, such as night sweats, a persistent cough, or fever, your doctor may recommend that you be tested for TB.

A variety of illnesses and diseases can make a person lose their appetite, and it is therefore important to seek medical advice, particularly if you have lost weight without trying to.

**Body Mass Index over 25 – overweight or obese**

There are a number of factors that may cause a person to be overweight, including genetic factors, eating disorders, endocrine disorders, including insulin resistance and underactive thyroid or simply sedentary lifestyle combined with poor dietary choices.

Being overweight increases your chance of developing heart and circulatory problems, risk of stroke, certain types of cancer and osteoarthritis. There are also a number of reproductive health problems associated with overweight and obesity for both men and women, including increased likelihood of sterility, erectile dysfunction, pregnancy complications and birth defects.

Obese people are furthermore prone to the sleeping disorder obstructive sleep apnea, whereby sufferers have difficulty breathing when they are asleep. Often people are unaware that they have this condition unless another person notices them gasping for breath in their sleep. People with sleep apnea usually feel fatigued during the day due to the poor quality of their sleep, which can have a number of other health implications.

There are a number of products on the market that claim to make weight loss easy, but you should consult your doctor before trying these as some have been linked to harmful side effects.

The most commonly effective way to lose weight remains through increased physical activity in combination with reducing the amount of calories you eat. Foods that contain a lot of fat, sugar or starch should be avoided or eaten only in moderation, and you should eat more lean protein and fresh vegetables as a starting point.

As a Government Employees Medical Scheme (GEMS) member, you can also register with the GEMS Fitness Programme, which will give you the support you need to get active the fun way. You will also receive a welcome pack that includes a wearable fitness tracking device, access to the GEMS Fitness web portal, earphones, drawstring bag, gym towel and a skipping rope.
Premier Soccer League shows its generosity to the SA National Defence Force Education Trust

By Mr Lufuno Netshirembe
Photos by Pte Paul Mpangaia

The Premier Soccer League (PSL) not only presented awards to prominent soccer players at its prestigious awards ceremony recently held at the Sandton Convention Centre, but also generously contributed towards the SA National Defence Force (SANDF) Education Trust which assists deserving children or beneficiaries of deceased or severely injured SANDF members with regard to furthering their studies.

Handing over the generous donation of R1 000 000 to the Chief of the SANDF, the Chairperson of the PSL, Dr (Col) Irvin Khosa (and Patron of the SANDF Education Trust) praised the sterling work of the SANDF in protecting the sovereignty of South Africa. Dr (Col) Khosa indicated that the donation was also a token of appreciation to General Shoke's leadership of the SANDF.

The SANDF Education Trust came into existence in 2013 when the Chief of the SANDF, Gen Solly Shoke, expressed the wish to establish an educational trust following various tragic incidents in which members who lost their lives in the line of duty left their dependants without a bread winner.

The objective of the SANDF Education Trust is to provide bursaries and scholarships for study purposes to the dependants of SANDF members (soldiers) killed or severely injured after 27 April 1994 while on official duty, civilian members who were killed or severely injured subsequent to 27 April 1994 while in the employ of the Department of Defence in SANDF operations, South African citizens killed or injured subsequent to 27 April 1994 during the course of an operation of the SANDF, provided that such citizens were not engaged in an activity in opposition to the aims of the SANDF operation.

Application forms can be downloaded from www.rdfiv.mil.za or www.dod.mil.za website or be requested as indicated below.

Enquiries about the Trust and application forms for financial aid can be obtained from: Tel no: 012 355 5107 or fax no: 012 355 5882 or email: sandfedutrust@gmail.com

Note that the closing date for applications for bursaries for the following year is on 15 October of each year.
The National Defence Industry Council hosted its Golf Day with the Broad Based Black Economic Empowerment group and the Defence Industry recently at the Blue Valley Golf Country Club in Midrand in order to network and build esprit de corps with the stakeholders.

According to Bobby Jones: “Golf is the closest game to the game we call life. You get bad breaks from good shots; you get good breaks from bad shots but you have to play the ball where it lies.” Dr Bob Rotella said: “A golfer has to train his swing on the practice tee, then trust it on the course.”

The Golf Day was a platform to strategise for the Africa Roadshow which should take place in the near future. And in addition to discuss future activities and the route map for the final organised event.

The golfers showed dedication, discipline and determination on the golf course. The 18 groups consisted of four players per group who competed for the number one spot. The winning group was hole 11 comprised Mr Shane George, Mr Andrew King, Mr Werner van Zijl and Mr Edward Phiri with 105.
The Western Province women’s rugby team recently gathered at Loftus Versfeld Stadium in Pretoria for a one-day training camp in preparation for their clash against the Blue Bulls Women’s rugby team.

The Western Province women’s rugby team includes players such as Pte Thandi Xwetu (30), an SA National Defence Force (SANDF) member who is currently a chef at Army Support Base Western Cape. Pte Xwetu was born and raised in Maiphase Location at King William’s Town in the Eastern Cape. She matriculated from Lukhozi High School in 2006. In 2008 she enrolled with the University of Fort Hare for her Bachelor of Social Science degree, majoring in Criminology and Psychology, and graduated in 2013.

She joined the SA Army in 2014 and after completing Basic Military Training at 3 SA Infantry Battalion she completed the Chef Assistant Course at the School of Catering in Pretoria. Thereafter she was placed at Army Support Base Johannesburg to serving as a chef.

Pte Xwetu is a formidable hooker and a key figure in the squad. Rugby is a very intense sport and the hooker is a very important position in the game plan. She is a versatile player who has gained invaluable experience.

During an interview with SA Soldier, Pte Xwetu pointed out that rugby caught her interest in high school it left her spellbound. She says she is a hard worker and always keen to better herself in the game of rugby.

Asked about the role of a hooker, Pte Xwetu said: “A hooker is one of the eight forwards of a team and plays in the front row during scrums. The name of the position comes from the way such a player “hooking” or “raking” the ball back with the foot. A hooker has excessive contact with the ball, as the player usually plays the role of acting halfback or dummy half, picking the ball up from the play-the-ball, following a tackle. The hooker does not stand in the line-out but stands behind the touch-line and throws the ball in to the other players.

When did it all start? Pte Xwetu said that it all started at the age of 18 when she was in Grade 11 at Lukhozi Secondary School, when Mr Benuka from the Border Bulldogs Rugby Union in East London started introducing the sport. Since then she has not looked back and has continued playing the game in her first year at university. She added that in 2010 she went for trials run by the Border Bulldogs Women’s Rugby Union and made it into the Eastern Province women’s rugby team. In 2013 she came to Pretoria and joined the Tuks Rugby Women’s Club 7-side, played for Tuks. She also played for the Blue Bulls and that’s where she was spotted and chosen for the Springbok women’s team.
What can you say to those who still believe that rugby is the domain of men only?
Pte Xwetu said: “It is unfortunate that there is a lack of interest in women’s rugby and it does not enjoy the widespread recognition of men’s rugby. There is a gap; and there is inadequate marketing and promotion of women’s rugby. I believe as a collective, Rugby Unions, municipalities, local businesses and the Department of Sports and Recreation could increase awareness of the sport in schools and communities.”

What advice can you give to youngsters who aspire to a professional sporting career in rugby? Pte Xwetu advised: “The greatest pleasure in life is doing what others say you cannot do. Remember that in life our limits only exist in our mind. If at first one does not succeed, be brave and strong, one’s greatest glory is not in never falling, but in rising every time one falls.”
The Washie 100 Miler

The Washie 100 Miler is one of the toughest ultra-marathons you will find in South Africa. When people first hear the name Washie, most non-runners express disbelief, seemingly unable to think that anyone in their right mind could run from Port Alfred to East London - a distance of 161km.

It is said that Washie runners are clearly “not well” and are in need of medication, counselling and rehabilitation. Even the many thousands of runners who have completed numerous races think twice before entering the Washie.

The origins of this race can be traced back to the late Lionel Whitfield who wanted to honour his father George Washington Whitfield, better known as “Washie” Whitfield. It was decided that the race would commence at the Town Hall in East London and would end in Port Alfred.

It is a gruelling 161km race over difficult terrain that these ultra-distance athletes need to cover, with a cut-off time of 26 hours to qualify for a medal. Each runner has to cope with extended periods of solitude as the race includes running through the night when it is dark and cold.

There are hours in the race when the runners are alone with their thoughts, thinking about sleep deprivation or the meaning of life. If it was not for other runners or the seconding teams this race would be intolerable.

The SA Navy participated in the Washie 100 Mile road race for the first time in 1992. The first official team that participated in 2005 was from Simon’s Town. Their achievements date back to 1992 when they were the only club in South Africa to have completed 123 road and trail races, which are measured in miles. They are the top club with four members who have completed ten or more “milers”. They have 11 members with permanent numbers, which can only be achieved after completing five Washies. On Wednesday, 5 July 2017, the SA National Defence Force (SANDF) Western Province Athletics team departed from Simon’s Town for East London to compete in the 41st Washie 100 Miler. The team arrived safely in East London and were accommodated at the East London Correctional Services. On the Friday the team departed for Port Alfred where the race was to commence.

Upon their arrival in Port Alfred the athletes attended a race briefing, where nerves and apprehension were evident as they were attempting the race for the first time. After lining up behind the starting line the race started at 17:00.

The SANDF Western Province team included WO1 Peter Johnstone (Ret) who at 64 was running his 11th Washie. WO2 Andre Kleinsmith were both running their 10th Washie. WO2 Kleinsmith had already completed his 25th Two Oceans Marathon. LS Tholang Moloi ran his 5th Washie 100 Miler and so received his permanent number. The two novices who joined were PO Wiseman Maduna and AB Mkhoseli Martin Mroro.

All team members completed the race on Saturday, 8 July 2017. The prize-giving ceremony took place the following day at the Buffalo Road Runners Clubhouse. It was an unforgettable ceremony where the Washie organisers, runners, seconds, family and friends gathered to close yet another unforgettable journey of blood, sweat, blisters and tears that ended with great pride in a remarkable achievement.
SA National Defence Force Cycling Championships

Article and photo by Capt Melindie Tidbury, SO3 Communication 3 SA Infantry Battalion

Through dedication, commitment, endurance and perseverance Capt Warren Tidbury, a member of the Griffin family from 3 SA Infantry Battalion (3 SAI Bn), was able once more to conquer the challenges presented by the SA National Defence Force (SANDF) Cycling Championships and emerge victorious. He is currently ranked the Number 1 male mountain bike cyclist and the Number 1 male road bike cyclist within the SANDF.

There is more to achieving this goal that meets the eye. While the Number 2 of the mountain bike cyclist relaxed his legs and prepared for the mountain bike race, Capt Tidbury was flexing his muscles with a view to winning. So when the Number 2 in the road cycling rested after the morning's race, the victorious Capt Tidbury pedalled on to finish the mountain bike race as Number 1. Our SANDF Champion not only finished first in each category but was also crowned “King of the Mountain” - Best Sprinter in both the categories.

Not only did Capt Tidbury emerge victorious on his own, but he helped his other team members from the Northern Cape to take home the SANDF Cycling Team Cup and the members from the Northern Cape shone like the true gems of this beautiful province.

Capt Tidbury has put true meaning into the slogan of 3 SAI Bn: “We will conquer!” by achieving these results not for the first time but for a second time around. He did it in 2015 as well.

The Northern Cape Cycling Team and Capt Tidbury were victorious in the 2017 SANDF Cycling Championships having covered almost 250km on wheels.

The SANDF Education Trust

The Chief of the South African National Defence force (CSANDF), General Solly Shoke, launched the SANDF Education Trust on 11 October 2013.

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

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

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

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

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

For more information on the SANDF Education Trust, visit www.dod.mil.za
“Walk the Talk”

By Chaplain (Rev) Daniel Finlay,
Natal Mounted Rifles

Have you ever heard someone say: “Don’t do as I do, do as I say!” It’s usually by a person who is not walking the talk or living up to the standards they expect of others. It’s not easy living your life so others can look up to you and say that you are an example to them. Consider this Scripture written to encourage a young man in the Bible called Timothy.

“Don’t let anyone look down on you because you are young, but set an example for all believers in what you say (speech), in the way you live (conduct), in love, in faith and in purity” - 1 Timothy 4:12.

Quite a challenge to live by if we are honest, but all of us should take this Scripture as a personal challenge, young and old alike, in order to see positive change in our world and moral regeneration in our society. We need to be the change we want to see in the world. It’s easy to be caught up in negativity if we look at the media and see the corruption, crime, hatred, racism and division in our world. Some even find it easy to get involved and follow wayward trends! The Lord wants us to be part of the solution in this world and not the problem. God encourages us to set an example in the way we live, and avoid the corruption that is around us. We can either encourage or discourage with our words. Remember the story of Joshua and Caleb in the Bible who were sent on a recce to spy out new territory and report back. They were part of a team of twelve. The other ten spies had negative reports and were fearful, except for Joshua and Caleb who saw the potential of the land and had confidence they could overcome the enemy. God was pleased with their positive attitude and blessed them! Unlike the fate of the naysayers. We can be positive or we can be negative in what we say. It’s our choice.

Let us walk the talk: Actions speak louder than words. Benjamin Disraeli said: “The legacy of heroes is the memory of a great name and the inheritance of a great example.” The world needs more examples. Live to be one of them. Does this mean that we can’t measure up if we make mistakes? No-one is perfect. We will make mistakes, but then we need to have the courage and humility to say sorry to God and make right if we’ve done wrong. Then brace up and march on.

Love God, love others, have faith and live in purity. Truth, love, righteousness and purity are difficult to achieve in our own strength, but completely possible with God. True life change and moral regeneration begin with God. “Therefore, if anyone is in Christ, the new creation has come, the old has gone the new nature has begun!” 2 Cor 5:17. Change and salvation are by grace through faith in Jesus. Ephesians 2:8 says: “We are saved by grace, not by works so we can boast about it, it’s through faith in Jesus Christ.” We receive His righteousness and purity once we believe in Him, and then do our best to live it out in gratitude.

I really believe that if we take this Scripture seriously, and begin to live it out, our world will be a better place.

May God bless you all, and your precious families!
Pretoria Regiment organised a blanket run for the elderly

By Capt Mzwakhe Mosia,
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Photos by Ms Keitumetse Chabalala

One question that is always difficult to answer is what a country can do with its capable, competent and well-trained soldiers during peacetime.

Eight members of the Pretoria Regiment were recently sent to attend a Community Development Liaison Course that was presented at the Light Horse Regiment by Lt Col (Dr) Philip Coetzer. Upon completion of the course we were put to the test by the Officer Commanding and were sent to interact with the local community via a ward councillor and several community leaders.

The team and I met with leaders of the local clinic and the hospice centre to determine their challenges and to see where we could assist. Many challenges were highlighted and, after a brainstorming session, one critical challenge was noticed and possible solutions were put to the test to meet this challenge. The hospice, local clinic and most elderly persons in the area did not have enough blankets for the winter season.

The idea of donating blankets was adopted as was the birth of the blanket run making use of local biker’s associations and friends of the unit. Planning and preparations involved getting the Military Police Division to provide escorts for the convoy, while unit members, bikers and friends of the unit were invited to donate blankets for the event.

The day started with a prayer by L Cpl Ian Harvey, followed by a short welcoming address from the Officer Commanding Pretoria Regiment, Lt Col Johnny Chabalala, and a cup of coffee provided by the Pretoria Regiment Club management. Spotters on bikes were sent out earlier that day and deployed as markers at intersections on the road to the Regiment. Military Police members brought their own bikes for the event.

The bikers moved out from the unit under command of the Military Police, followed by the rest of supporting members in both military and civilian vehicles. The quiet streets of Pretoria were shaken by the deep-throated throb of the powerful bikes. Bystanders along the route were amazed to see the Military Police escorting the civilian cavalcade on their bikes. We travelled all the way to the KT Motubatse Clinic in Soshanguve. We were warmly welcomed at the Community Hall by staff members of the clinic and hospice centre. The elderly were singing songs of joy and the Ward Councillor arranged for a prayer of thanksgiving by a local pastor.

It came to our attention that some donations only arrived after the convoy had left the unit and a commitment was made to visit these elderly friends of the unit again and this time to have a light meal with them. By tea-time all guests were ready to join the Regiment members where braai fires and buttered rolls awaited us. Our sincere thanks to all the donors, friends and members of the Pretoria Regiment who made this day possible.

Pretoria Regiment as part of the SANDF fully supports the objective of the Chief of the SA National Defence Force (SANDF), Gen Solly Shoke, regarding the contribution of soldiers to the development of South Africa and its people. The ultimate plan is to provide more community interventions in order to raise awareness and promote the image of the SANDF, thus contributing to youth development, utilisation and employment of Reserve Force members.
Medicinal myths and a lack of care for our natural environment will be the forces behind the extinction of this magnificent animal.

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.

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