



# Namibian Defence Force



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July - Dec 2019

# INAUGURATION



# NCS

Namibia Command and Staff College



Republic of Namibia  
**MINISTRY OF DEFENCE**

### VISION

*To be a reliable and committed national defence organisation with the capacity to defend Namibia and render effective peace time support.*

### MISSION

*To operate a cost effective, professional and highly mobile national defence system that will safeguard Namibia's territory, its inhabitants and national interests, and to contribute to national development and world peace.*

### CORE VALUES

*Patriotism and Dedication  
Respect for Rule of Law  
Integrity  
Transparent and Accountability  
Professionalism  
Teamwork and Cooperation*



# NDF Journal



No. 3 & 4 of 2019

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“The Security Council has since 2000 deliberated on Women Peace and Security on annual basis and the principle of women’s participation in peace process is now accepted as fundamental to building sustainably peace”

### HON. NETUMBO NANDI-NDAITWAH

Deputy Prime Minister and  
Minister of International Relations and Co-operations

“By defending peace and stability that our country enjoys today, allow our people to focus on development activities”

### HON. PENDA YA NDAKOLO

Minister of Defence

“As representative of your Defence Forces, you need to explore opportunities in the area of military cooperation in an effort to consolidate existing mutual understanding”

### AIR VICE MARSHAL MARTIN PINEHAS

Acting Chief of Defence Force

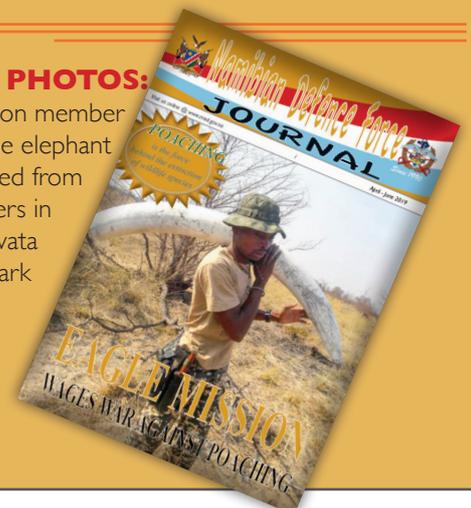
“The operation will go as long as the situation is not normal and as NDF, we will enjoy our involvement since it exposes young soldiers to combat drills”

### MAJ IMMANUEL RUDOLPH

Commander of Eagle Mission in Bwabwata National Park

### COVER PHOTOS:

Eagle Mission member carrying the elephant tusk salvaged from the poachers in the Bwabwata National Park



## Editor's view

The establishment of the Namibia Command and Staff College (NCSC) in the country is a significant landmark in the development of our defence force. It shows how far we have come in less than two decades in pursuit of our vision.

The NDF came into existence in 1990, when we gained our sovereignty and in due course, many developments took shape. The college comes at a right time when every nook and cranny of a military concept requires proficiency.

The ministry of defence has invested a great deal in the set-up of the college to ensure that the NDF is arranged to effectively deal with a multidimensional approach to security.

Therefore, the command and staff college is set up to equip students officers with essential knowledge and skills essential for maintaining a professional force and promotes peace and stability through a well designed curriculum and competent mode of instruction.

Today, the nature of the security threats demands our force to enhance and diversify defence capabilities and develop skills that can challenge these threats. The college is thus, one of the military institutions that shape the armed forces towards achieving needed security.

Our president categorised it clearly during his address at the inauguration of the NCSC in Okahandja, that the college came to provide opportunities and means through which the NDF further strengthens capacity to deal with current and future security threats. I concur with the president and put forth my consummate conviction that the college would prepare our officers to become catalysts for the transformation of our society.

Nowadays, the society is faced with variety of indispensable security confrontations, ranging from cyber, biometric, terrorism and subversion, sabotage, espionage threats that needs strategical approach. The college is thus empowered to inculcate in students a broader concept of security threats and counter intelligence mechanisms to enable them to deter threats.

To you the first intake of the senior command and staff course, I say this: you bring to this course different experiences and you come from diverse backgrounds. You have been selected on the basis of your high standards of personal integrity and discipline. So, put every tick and cross in your study to excel.

Opportunity never returns!

**The Editor**

## NCSC first intake

**The Namibia Command and Staff College (NCSC) in Okahandja, commenced the first intake of the Senior Command and Staff Course (SCSC) consisting 24 students drawn from all Arms of Services.**

The inaugural SCSC, which kicked off in September 2019 is designed to train student officers to become professionals security personnel, equipped with necessary knowledge and skill tools to effectively withstand the security challenges. After completion of the course, students are earmarked to establish analytical techniques, develop decision-making aptitude and communication skills, through academic work on contemporary strategic and military issues.

In addition, the 10-month program is tailored to enrich officers with command and staff knowledge and prepare them to command at national and international levels.

The curriculum is divided into three (3) phases: the regimental studies, joint warfare studies and military operations other than war. All these phases are focusing on deterring war, resolving conflict, promoting peace, and supporting civil authorities in response to domestic crises.

Officiating at the launch of the program on 12 August, Air Vice Marshal Martin Pinehas, the Acting Chief of Defence Force (A/CDF) urged the students to abide by the standing order at all times. "Take the course seriously and turn the challenges into opportunities," the A/CDF said.

The NDF has been offering the junior command course since 2010, and so far it has conducted 12 intakes. The senior course is set to broaden the officers' knowledge acquired at the junior level.

The first intake accommodates only NDF officers, However, the subsequent enrollments will include officers from various public institutions as well as foreign slots.



Air Vice Marshal Martin Pinehas (front row-center), service commanders, Generals and other Senior Officers as well as the 1<sup>st</sup> Intake students during the launch of the NCSC

# General Alueendo appointed Army Commander

**Maj Gen Matheus Alueendo, was appointed the new Army Commander with effect from August 2019. He took over from Maj Gen Nestor Shali Shalanda who retired from active military service.**

At the change of command ceremony held at Lieutenant General Dimo Hamaambo Garrison in Grootfontein on 31 July, Gen Alueendo delighted to join the list of competent Namibian Army Commanders who before him advocated the core values of the army, saying his predecessors have done tremendously to the growth of the force and the promotion of the troops welfare.

He said: "I will adopt the mission command, to keep the Army to task by maintaining the level of combat preparedness to be able to safeguard the territorial integrity. Secondly, I vow to make informed decisions and undertake military plans and strategies."

Gen Alueendo has a reputable military career of 41 years dating from the liberation struggle. He is one of the pioneers of the NDF and served at various key positions including deputy army commander and chief of staff, defence intelligence.

He is an alumnus of the Indian National Defence College, the Academy of the General Staff of Russian Armed Forces, the Indian Defence Services Senior Command and Staff College, the South African Defence Intelligence College, the Military College of Former Yugoslavia, the Military Academy of the Former Union of Soviet Socialist Republic and the University of Namibia.

He holds: a (M.A) - Security and Strategic Studies; (MSc) - Military Science Degree in Defence and Strategic Studies; (MSc.) - Philosophy; (PgDip) - Military Qualification ('pcs'); Advanced (A.PgDip) - Military Qualification ('ndc') and Advanced (A.Dip) - Military

Gen Alueendo is the seventh Army Commander since the establishment of NDF in 1990.



Maj Gen Shalanda conducting his last parade inspection during the Army Change of Command



Acting CDF passing the army symbol of authority to Maj Gen Alueendo



Maj Gen Namhindo

## Brig Gen Namhindo appointed Chief of Staff – JOps

The Commandant of the NCSC, Brig Gen Joshua Namhindo was promoted to Maj Gen and appointed Chief of Staff – Directorate – Joint Operations. He was replaced by Col Mathew Shipulwa who was also promoted to Brig Gen. Prior to his new role, Brig Gen Shipulwa was the SSO – Defence Intelligence at the Defence Headquarters after spending years as Defence Attachè to South Africa.

Gen Namhindo succeeded Brig Gen Nghishoongele who retired from active military services.

Col Abisai Heita was promoted to Brig Gen and named Chief of Staff – Information and Communication Technology in the Defence Headquarters. He replaced Brigadier General Shikufa who went on retirement.



# President

launched Namibia Command and Staff College

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**“In pursuit of improving the preparedness, adaptability and competency of our military, we have established a military college, to provide the requisite training and education to our officers, in order to ensure that they remain on par with their peers at regional, continental and international levels”**

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**N**amibia acquired its military senior command and staff college in Okahandja, which was inaugurated on 17<sup>th</sup> October 2019 by the Command-In-Chief of the Namibian Defence Force, H. E. Dr. Hage Geingob.

The establishment of the Namibia Command and Staff College (NCSC) is an indication that the government is committed to education and training at all levels of society including the security sector. To reinforce the government vision, the defence leadership realised a need for a high military training institution to produce competent officers in command and staff appointment.

The NDF requires competent staff officers specialised in various military areas to support the defence structure in making utility plans and critical decisions. It is therefore the purpose of the establishment of the college to develop officers and capacitate them with advanced military knowledge and skills necessary for the realisation of the defence objectives. While the ministry is striving to develop a well-trained and professional force, it is the college's aim to provide students with professional training and further broadens their understanding on security issues, conventional

warfare and geo-politics of the region and beyond. "We expect the college to provide full knowledge of tactical and operational warfare both at command and staff levels and also impart on officers the comprehensive understanding of the military role within a democratic society," President stated during the inauguration ceremony.

The president stated that the establishment of the college in Namibia was crucial as it advances military service education to prepare officers for command and staff responsibility to enable them to serve in the strategic and operational headquarters. "In pursuit of improving the preparedness, adaptability and competency of our military, we have established a military college, to provide the requisite training and education to our officers, in order to ensure that they remain on par with their peers at regional, continental and international levels," President said.

Previously, the NDF have been sending officers to foreign institutions, however this exercise will continue on a principle of exchanging and benchmarking with international best practices.



Commander-In-Chief of the NDF sharing a delight gesture with Minister of Defence after the unveiling of the NCSC plaque

Prior to the establishment of the SCSC, the NDF has successfully produced junior officers at its Junior Staff Course in Karibib. So far, over hundred officers drawn from all arms of service graduated from this course.

In August 2019, the NCSC introduced a pilot senior command and Staff course that runs for a period of nine (9) months.

The curriculum of the senior course knits together contemporary components in military scenery pertaining to security studies. These are: leadership, accountability and responsibilities, which are legally implicit to the officers in the execution of command and staff functions. It also entails contemporary leadership and management theories that provide the officers with different leadership styles. “Given the comprehensive nature of this curriculum, I am confident that the college will ensure that the officers are well trained and strategically oriented to achieve a deeper understanding of the security concept in the country and beyond,” the President said.

The curriculum of the SCSC is designed in the Namibia context and partially set out through benchmarks with other military colleges doctrines, especially in the SADC region.



President with the defence management cadres at the inauguration

The Directing Staff are drawn from NDF arms of service that are skilled in teaching and knowledgeable in a particular field of specialisation.

The NCSC is collaborating with Botswana, Zambia and Kenya Military Colleges due to shared common interests. It partnered with UNAM for civilian qualifications and Namibia Qualification Authority for Evaluation and Accreditation.



At the inauguration ceremony, Dr. Geingob was flanked by Hon. Penda Ya Ndakolo, Minister of Defence, Air Vice Marshal Martin Pinehas, Acting Chief of the Defence Force, H.E. Zang Yiming, Ambassador of the Peoples' Republic of China and the Commandant of the college, Brig Gen Mathew Shipulwa.

The inaugural intake of the SCSC admits only officers from the NDF, however plans are underway to make room for other officers and officials from other law enforcement agencies, line ministries, agencies as well as military officers from SADC member states.

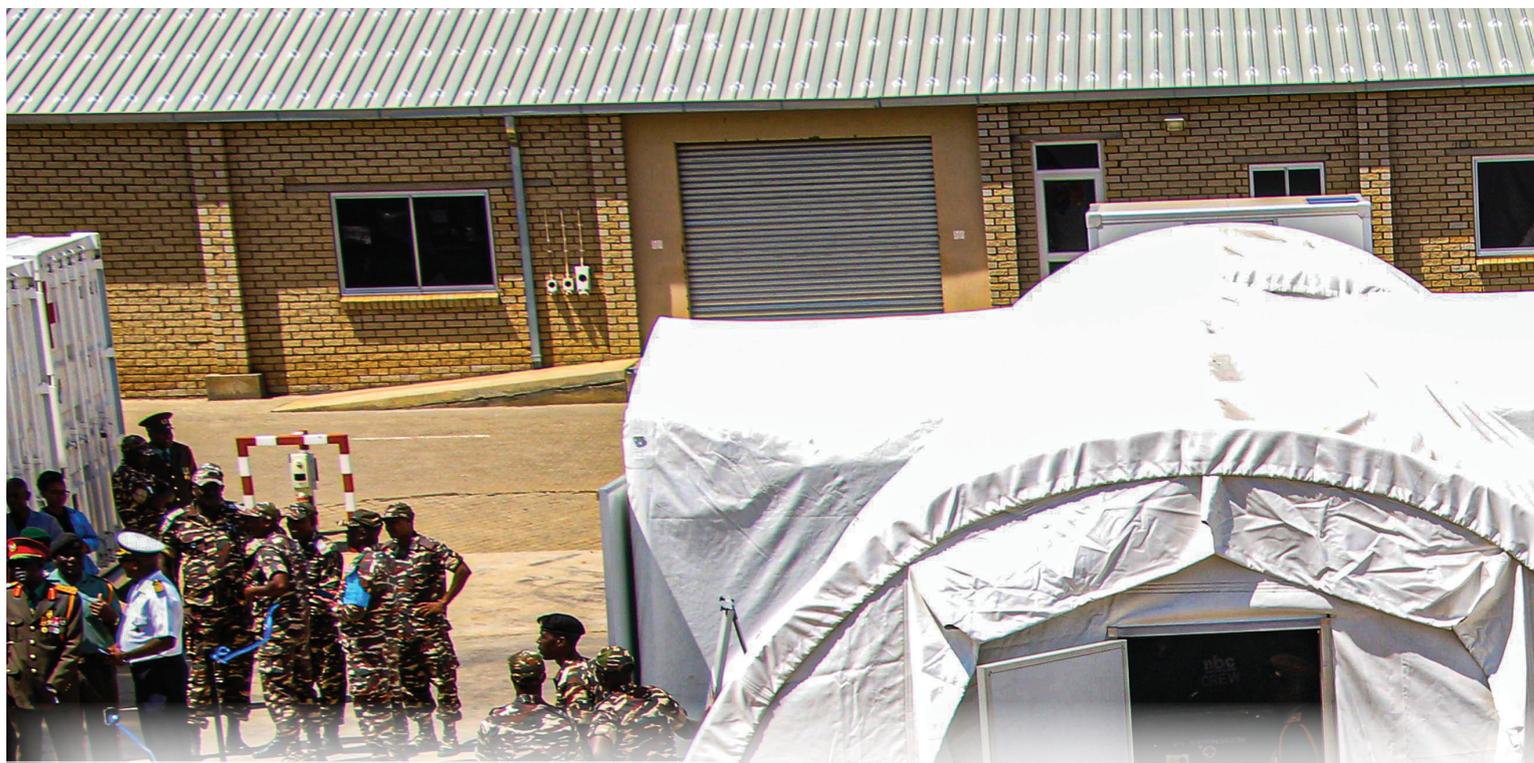


Acting CDF, handing over the college replica to the President as token of appreciation. They are joined by His Worship Congo Hindjou, Mayor of Okahandja Town



President inspecting the Quarter Guard upon arriving for college inauguration

# Mobile Field Hospital elevated to



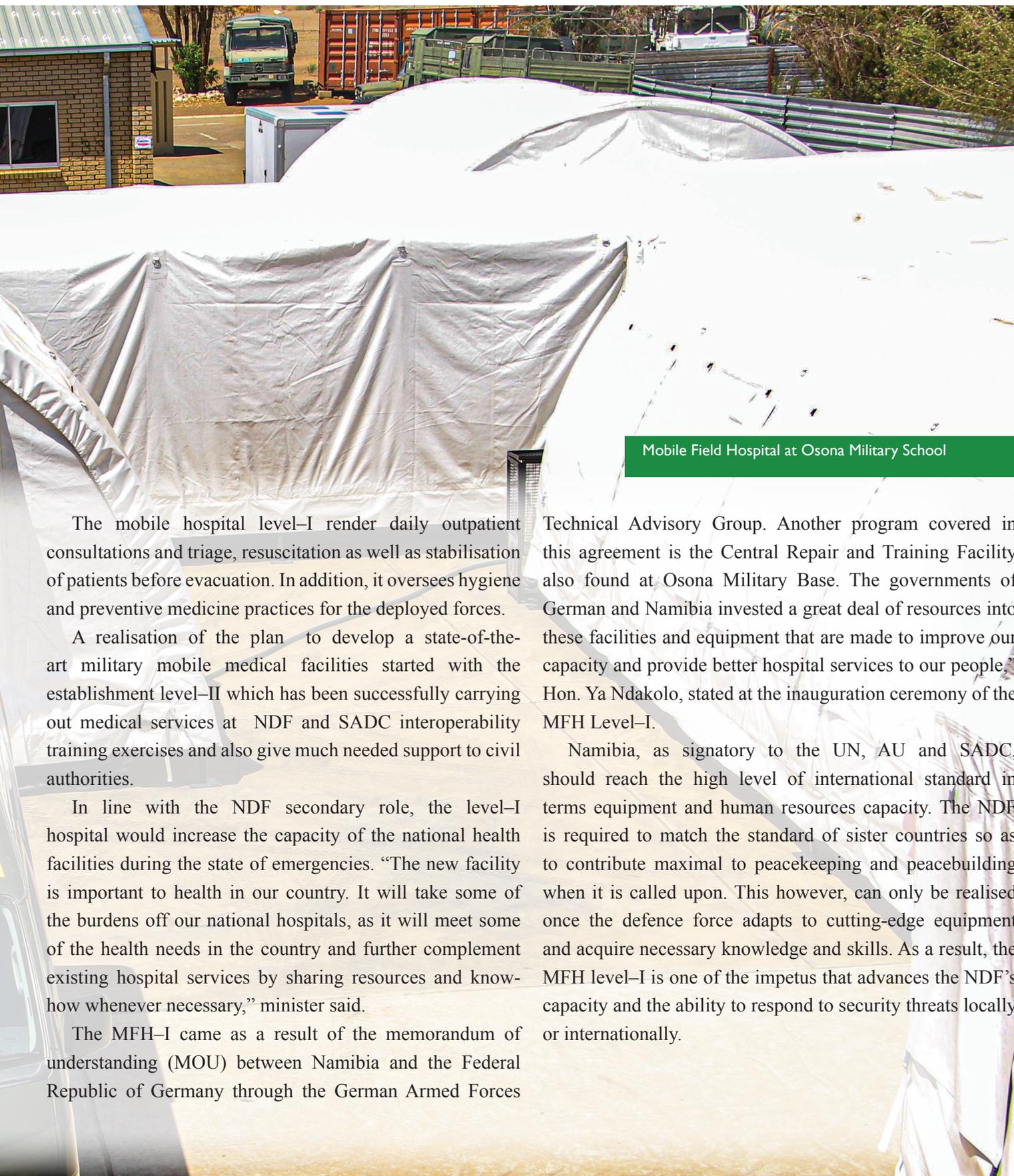
**T**he Namibian Defence Force (NDF) mobile field Hospital (MFH) was upgraded to level-I to meet the capacity requirement of the peace support operations and adequately equipped to offer proper domestic medical support.

Hon. Penda Ya Ndakolo, Minister of Defence officially inaugurated the level-I MFH at Osona Military Base on 17 October which he said fulfils the MOD's desire to establish a multidimensional military mobile field hospital to ensure adequate medical supplies to soldiers in operations and also to assist civilians in the area of operations. This advancement also means the defence honours UN, AU and SADC requirements that compel member states to participate in peacekeeping missions with fully-fledged combat medical utilities.

Unlike the MFH level-II which provides minimum medical services, the new facility is established at a unit standard that hosts multiple components. It is capacitated with administration block; ward; pharmacy and laboratory; triage and emergency; dental clinic and water plantation scheme. It is at the standard of offering multiple medical services effectively irrespective of weather condition.

**“The new facility is important to health in our country. It will take some of the burdens off our national hospitals, as it will meet some of the health needs in the country and further complement existing hospital services by sharing resources and know-how whenever necessary”**

# multifaceted medical facility



Mobile Field Hospital at Osona Military School

The mobile hospital level-I render daily outpatient consultations and triage, resuscitation as well as stabilisation of patients before evacuation. In addition, it oversees hygiene and preventive medicine practices for the deployed forces.

A realisation of the plan to develop a state-of-the-art military mobile medical facilities started with the establishment level-II which has been successfully carrying out medical services at NDF and SADC interoperability training exercises and also give much needed support to civil authorities.

In line with the NDF secondary role, the level-I hospital would increase the capacity of the national health facilities during the state of emergencies. "The new facility is important to health in our country. It will take some of the burdens off our national hospitals, as it will meet some of the health needs in the country and further complement existing hospital services by sharing resources and know-how whenever necessary," minister said.

The MFH-I came as a result of the memorandum of understanding (MOU) between Namibia and the Federal Republic of Germany through the German Armed Forces

Technical Advisory Group. Another program covered in this agreement is the Central Repair and Training Facility also found at Osona Military Base. The governments of German and Namibia invested a great deal of resources into these facilities and equipment that are made to improve our capacity and provide better hospital services to our people," Hon. Ya Ndakolo, stated at the inauguration ceremony of the MFH Level-I.

Namibia, as signatory to the UN, AU and SADC, should reach the high level of international standard in terms equipment and human resources capacity. The NDF is required to match the standard of sister countries so as to contribute maximal to peacekeeping and peacebuilding when it is called upon. This however, can only be realised once the defence force adapts to cutting-edge equipment and acquire necessary knowledge and skills. As a result, the MFH level-I is one of the impetus that advances the NDF's capacity and the ability to respond to security threats locally or internationally.



**A**frica's advocacy for peace and stability is receiving utmost support from relevant continental and international bodies, who are pushing forward efforts to cease conflicts in the continent.

The African Union's (AU) Peace Support Operations' Training Implementation Workshop (PSOs-TIW) is one of the instruments determined to map out modalities aimed at ensuring that the Africa Standby Force (ASF) receive training for PSOs preparedness and comply with the policies and directives of the AU.

Every year, the AU PSOs Division continental planning element under the AU PSOs Division convinces a training implementation workshop to analyse, identify and design training activities for the continental force to employ effective preventative security threats measures in peace support operations. It also offers opportunities for security instruments to gauge progress made in the implementation of regional training directives.

The main priority of the workshop is to step-up efforts in ensuring that all Regional Economic Communities (RECs) are embracing cohesive mechanisms to interrupt conflicts occurring in the continent.

The PSOs Division was established pursuant to the provisions of Article 13 of the Peace and Security Council Protocol (2002) and Article 18 of the Policy Framework on the establishment of the ASF and Military Staff Committee (2004).

This division plans, launches, sustains, monitors operations through analytical policies, guidelines and frameworks.

Meanwhile the annual TIW was established in 2007, as an instrument that harmonised the RECs programs in accordance with the ASF training policy and directives. Each African regional block establishes its own standby force composed of the militaries, police and civilians on standby in their countries of origin and ready for rapid deployment at appropriate notice.

Africa's current integration landscape contains eight recognised Africa Regional Economic Communities: Arab Maghreb Union (AMU), The Community of Sahel-Saharan States (CEN-SAD), Common Market for Eastern and Southern Africa (COMESA), East Africa Community (EAC), Economic Community of Central African States (ECCAS), Economic Community of Western African States (ECOWAS), intergovernmental Authority on Development (IGAD) and the Southern Africa Development Community (SADC).

Ever since its establishment, the TIW gains positive response and explores advanced means for capacitating and improving the continental standby force training activities in relations to emerging security threats.

It determines the ASF rule of engagement, status of both forces agreements and mission agreement, standard operating procedures as well as conduct training needs analysis to determine the design of the training activities.

In this context, the 11th session of the TIW was held in October 2019, Windhoek where decision-makers from continental and regional planning elements deliberated on various security concerns pertaining to the ASF, and more specifically, to find effective and unique approaches necessary to address security threats in the continent. “The training for the effective implementation of mandates in AU-PSOs cannot be overemphasised. With the changing nature of conflicts in Africa, the training we offer to our personnel should respond and reflect our changing needs,” Dr. Wilhelmina Shivute, Deputy Executive Director Defence in Namibia said during the official opening of the TIW.

Dr. Shivute said, it was necessary that all regional standby forces conduct peace support missions with cohesive practices and within the continental standby directives. “This workshop aims to respond to the changing nature of peace support missions and set modalities in order to save lives and reduce fatalities. Thus, the design and implementation of training must not be seen as a shared responsibility for AU and member states only, but it should be considered as a strategy investment in operations,” Dr. Shivute said.

The 11<sup>th</sup> session reviewed progress made on the implementation of the ASF training directives that prioritise training activities at continental, regional and at member states levels. It also deliberated on ways to create a collaborative, coordination and information sharing amongst the member states, and promoted increased engagement between the AU, policy organs on peace and security in respect to the ASF. In addition, it advocated the design of a unified training program and reviewed ASF training activities in order to make

it more responsive to emerging threats and achieve operational requirements.

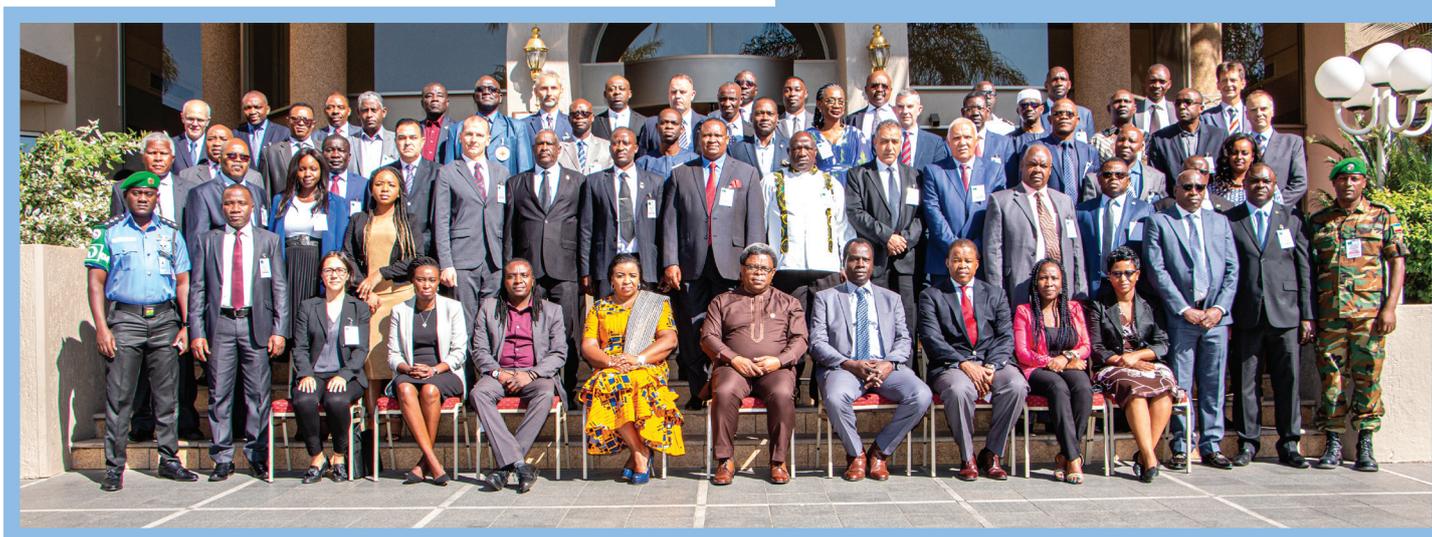
Furthermore, the workshop recommended the provision of verification guidelines to member states for pledged operational capabilities. As part of continued efforts to prepare the regional standby forces to assume peace operations, the regional block secretariats are obliged to undertake a pre-deployment verification of the member states pledged capabilities, to ensure that they comply with the AU standard and are in compliance with the international humanitarian and human rights laws. In this regard, the AU is required to expedite the provision of clear guidelines to the regional blocks on standby vis a vis contingents and equipment earmarked for the operations.

In 2014, a specialised technical committee on defence, safety and security established the ASF roster. This committee agreed that the African regional economic communities be placed on a six-monthly rotational. The SADC standby force was the primary responder to conflict situations on the continent via a rapid deployment capability. The SADC standby force roster ended in June 2019.

To ensure that the Southern regional block conforms to the African standby force policy and directives, the SADC conducted a command post exercise code named: ‘Exercise UMODZI’ in October 2018 in Malawi, attended by participants consisting of military, police and civilians components from the regional block.

The objective of Umodzi was to test and harmonise doctrines, procedures in line with PSOs standard requirements.

Dr. Shivute (yellow) together with ASF-TIW delegation posing for a group picture



# NAVY celebrates quinquennial maritime OPERATIONS



Capt (Navy) Gabriel Iiyambo, parade commander reporting to Navy Commander during the Navy Commemoration Parade

**I**n the annual calendar, the seventh of October marks the establishment of the Namibian Navy and a day to celebrate the culmination of a fully-fledged naval force.

Initially, Namibia established the Maritime Wing and after it was realised that the country needed a complete NDF arm of service to safeguard the territorial water, the navy was commissioned in 2004 as a major deterrent to maritime threats.

Thus, the seventh October is marked in the Namibian calendar as a day to celebrate the years of successful sailing across the coastline of Namibia to safeguard the territorial water against maritime threats.

This year, the navy celebrated the 15th anniversary with the coastal community. On the d-day, the coastal town residents were invited onboard to acquaint themselves with what the naval force operations including armaments and the components of the navy. The day was also marked with a masterpeace drill as the sailors marched along the streets of Walvis Bay concurrently with the display of military hardware.

On 18 October, the community joined the commemoration parade at the Naval Base Captain (Navy) PN Sacharia,

where significant achievements of the Navy were highlighted by Rear Admiral (R-Adm) Sinsy Nghipandwa, the Navy Commander. He said the defence of the territory integrity and the protection of the national interest serve as enough 'prima facie' for the existence of the NDF. "Namibia is gifted with the sea and a long coastline full of marine resources, therefore, the navy as a sea power, matters most," R-Adm Nghipandwa said.

The history of the Namibian Navy embarked on a voyage of bilateral agreement on naval cooperation between Namibia and the Federation Republic of Brazil. This agreement necessitated the training doctrine for the Namibian Maritime Force. The first Namibian navy personnel to receive naval training at Admiral Wandenkolk Instruction Center in Rio de Janeiro, Brazil in 1998, became the management of the Maritime Wing. They carried out earlier oversight functions such as the training of the crews and base administration as well as projecting the naval platforms.

Following the commissioning of the

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“The defence of the territory integrity and the protection of the national interest serve as enough ‘prima facie’ for the existence of the NDF. Namibia is gifted with the sea and a long coastline full of marine resources, therefore, the navy as a sea power, matters most”

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Navy troops marching in the street of Walvis Bay during their 15<sup>th</sup> Anniversary

Navy, major developments including the deployment of naval assets, commissioning of bases in various parts of the country was executed. Today, the Navy finds its shadow in Luderitz in // Karas Region and in Zambezi Region.

It started with the sailor's battalion, however, in 2016, the Marine Corps Battalion was commissioned.

Given the multidimensional role of the Navy, the establishment of the Marine Corps was a crucial aspect to the Navy given its strength that comprises various units competent to respond to challenges in the maritime zones.

The Naval Training School was also inaugurated concurrently with the marine corps, to add value to the Navy professionalism through the training of personnel.

In essence, the contemporary maritime domain demands a robust force to deal with maritime challenges.

This demand placed pressure on the navies to elevate their capabilities in order to combat the maritime illegal activities and adapt to contemporary naval warfare. The Namibian Navy, thus trains its personnel in all aspects of the marine and acquire cutting-edge armament, and facilities to fulfill its role of conducting surveillance and coastline security, naval combat engagement, search and rescue operations, casualty evacuation, naval blockades and landward combat operations.

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public members familiarising with the Navy's firearm during the public tour of the Naval base



Late' Lt Col (rtd) (Rev) Haikali

Lt Col 'Katalala' as Rev Haikali affectionately known by many, made his last breath on 20th July 2019 after a long battle with illness. He retired from active military service in 2008, after an inspirational 18 years in the NDF as an evangelist.

Rev Haikali's evangelical work traced to the time of the liberation struggle where he played a vital role while in exile. He joined the liberation struggle in 1974 and 1976, he was appointed as a liaison officer, heading the religious services and later became SWAPO Chief Chaplain. During that time, he travelled with SWAPO leadership across the globe, spreading the gospel in relations to Namibia's refugees. This alone earned him a title 'The Apostle of the Liberation Struggle.'

While in exile, he served in various organisations: the Christian Council of Zambia and Angola; Lutheran World Federation, and World Refugee Services.

After being repatriated in 1990, he was inducted in NDF as Chief Chaplain by which he oversaw the establishment of NDF Chaplaincy. Since then, he has been facilitating the enlistment of Chaplains in the force.

Rev 'Katalala' was among the founding members of the Southern African Military Chaplains Regional Conference (SAMRSCO) the forerunner of the Spiritual and Moral Support Working Group (SMS-WG).

During his tenure as NDF Chief Chaplain, he introduced the Namibian Chaplaincy to various Christian bodies: the Council Churches in Namibia, Association of Military Christian Fellowship, All African Military Chaplains Conference and the International Chief of Chaplains Conference.

Following his inspirational work as NDF Chief Chaplain, Rev Haikali was unequivocally given the name 'Katalala' which has become the common nickname to all subsequent Chaplains in the NDF.

He survived by his wife and two children

#### -Ordainment

- 1969 - Lay Leader
- 1979 - Deacon
- 1979 - Priest

#### Accolades

- The Excellent Order of the Eagle, Third Class,
- Operation Atlantic (DRC) Medal,
- United Nations Mission in Liberia (UNMIL) and
- Army Pioneers Medal

#### Education

- Party School at East Germany (GDR)
- Birmingham University
- Sheffield Theology College

## IN LOVING MEMORIES OF CHAPLAIN 'KATALALA'

**T**he NDF is reminisced in high regards the memories of the late Lt Col (rtd) (Rev) Erastus Haikali whose spiritual work in the force gave soldiers hope, peace and spiritual connection.



Late' Maj (Rev) Diergaardt

## MAJ DIERGAARDT WAS INSPIRATIONAL

The Air Defence Brigade remembers the spiritual role the late Maj Karsten Tillman Diergaardt played in caring for the spiritual well being of the soldiers. Maj Diegaardt tour of duty on earth ended on 16 September 2019, but he left those he served with the gospel mesmerised with his charismatic leadership and an inspiring conducts as a divine soldier. During his time at the NDF (Chaplain services) since 2012, he devoted his time to military profession as energetic and compassionate individual who played a big role in all aspect of military and clergy areas. From the warm testimonies of those who served with him, it's clear that Rev Diergaardt was held in the highest regard and was a shining example of what the chaplaincy stand for, inspiring those around him and always putting other first.

# For psychological help

## CONTACT:

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Division: Psychology and Social Welfare  
16 TV More Street, Bastion 4, Ministry of Defence  
Private Bag, 13307 Windhoek  
Tel: 264 61 204 2825/82  
Fax: 264 61 204 2112  
Email address: Website: [www.mod.gov.na](http://www.mod.gov.na)

## PROVIDE:

- Full names and next of kin
- Postal, email, physical addresses and telephone or fax number.
- Provide a clear description of your psycho-social problems.

### OUR COMMITMENT TO YOU

- To provide a comprehensive range of psycho-social services to meet the needs of MOD/NDF personnel and their families.
- Empower individuals and community to ensure their well-beings and security.
- Design systems or link people to various services.
- Contribute to social policies development & implementation.
- Organize and conduct workshops on the most prevalent Psychological Disorders that can be found among the MOD/ NDF members, such as; Post Traumatic Stress Disorders (PTSD), Depression and Personality Disorders etc.
- Provide Vocational counselling to MOD/NDF members, in terms of career guidance and psychometric testing.
- Conduct research studies on Psycho-Social problems in MOD/ NDF community and new psychological interventions or techniques used in the military.



A still life composition featuring a glass of amber liquid, a plastic bag, cigarettes, and various pills. The glass is the central focus, filled with a golden-brown liquid. To its left is a clear plastic bag. In the foreground, there is a large pile of colorful pills and capsules. To the right of the glass, several cigarettes are stacked. The background is dark and out of focus, showing more bottles and containers.

*alcohol  
and drug abuse  
pose danger to  
society*

*The cause of medical condition*

# Alcohol and drug abuse are know leading causes of medical conditions, unequivocally kill people and affect communities

It should come as no surprise that drugs and alcohol can have negative effects on your life. Although sometimes it may be difficult to imagine, the abuse of these substances can change everything from your body to your bank account. This can include anything from altered brain chemistry, health complications, infections, legal issues, financial problems, accidental injuries, and even death.

Soldiers, being part of the society are also at the risk of becoming victims of substance abuse.

Perhaps, It is not a must that once stressed or going through difficulties a person should resort to alcohol and drugs use.

Of course there are events that trigger the use of substances but they are all preventable.

Soldiers often find themselves in deployment away from their families. Such a change in environment is associated with smoking initiation, unhealthy drinking, drug use and risky behaviors.

The use of substances can also be a result of peer pressure and lack of progress in the workplace.

Within the military environment, the abuse of drugs and alcohol can cause problems in terms of force readiness, discipline, and the mental and physical health of the soldiers. It can also cause issues within the unit, disrupting the coherence that

is so vital to the safety of the soldier during operation. In essence, the use of drugs or alcohol affects one's ability to make decisions and learn new things. It may lead to poor on-the-job performance and could place colleagues at risk.

It is high time that we realise the grave damage alcohol and drug use posed to the livelihood of soldiers and the negative impact it has on the military operations.

Let us refrain from the use of substance to save our lives and the nation at large.

**Lt L N SHAANGO**

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MILITARY SCHOOL**



# Special Forces clinchs NDF Tournament Championship

The 12 Brigade (Bde) at Kaptein Hendrik Witbooi barracks in Keetmanshoop hosted an exciting 6<sup>th</sup> addition of the NDF Annual Sport Tournament from 05 to 10 August 2019.

The tournament started with participating teams in their sport Units' colours marching along the street of Keetmanshoop toward the J Stephanus Stadiums.

A number of NDF teams took part in various sport code mainly: soccer, volleyball, netball, boxing, pool table and, field and track.

Acting Chief of the Defence Force, Air Vice Marshall Martin Pinehas opened the tournament.

## SOCCER

The Special Forces (SF) team was crowned champions after a 4-2 penalties-kick shootout win over the Namibian Air Force.



Special Forces in celebratory mode after crowned the 2019-NDF sport champions

The SF won all their matches to seize the trophy from the defending champions 26 Brigade (Bde). The Air Force came second while Fleet HQ finished third.

## NETBALL

The Composite Depot retain the trophy after narrowly beat the Navy by 37-36 points.

## BOXING

The SF dominated the boxing to retain the first spot, followed by the Navy, while the 21 Bde came third.

## VOLLEYBALL

The 4 Artillery Bde was crowned volleyball champions. The defending champions (Navy) came second, while the 12 Bde finished third.

## POOL TABLE

The 2018 runner-ups, APSOHU, became was crowned the champions, with 12 Bde and 26 Bde came second and third respectively.





Composite Depot in jovial mode after they have retained netball championship at NDF tournament



4 Arty Bde volleyball team displaying their trophy during the award ceremony

**TRACK AND FIELD ATHLETIC**

The 12 Bde was the big winners in athletics, collecting 9 gold medals, 3 silvers and 6 bronzes. Dolphine Bn collected 7 medals while 4 Art Regt banked three.

Overall, the SF was crowned champions of the tournament with 3 gold medals and 2 silvers.

The tournament was sponsored by the Defence Force Foundation (DFF) to a tune of about N\$ 139 000, complemented by various sponsors.



Special Forces' Cpl PM Joseph holding his best boxer's trophy



# Heroes' day in picture

26 August 2019 - Otjiwarongo





