

EDITOR'S NOTE



The second half of 2012 is now well and truly underway. If you had any doubts that this was going to be a roller coaster year I am sure you have come to the realization that you are in for the duration of the ride – whether it be good or bad.

We kicked off July with the Wider Management Meeting that took place from the 1st to the 3rd of July 2012 at Kievitskroon. The meeting was an opportunity for EXCO, Senior Managers, Managers and Supervisors to come together and debate issues of interest, learn from each other and to engage each other in an informal and relaxed environment. The theme for this meeting was “Managing Change towards Excellence”.

The greatest leader and icon of our time, Nelson Mandela will celebrate his birthday this month and we challenge each and every ATNS'ers to take an example of Madiba's life and to make a difference in somebody's life daily – not just on the 18th of July.

On Sunday the 22nd of July ATNS'ers will be participating in the 702 Walk the Talk event and we will also take the opportunity to celebrate 19 years of ATNS' existence. It is due to the efforts and contribution of every ATNS'ers, past and present, that we will be able to do so. We are excited at the ATNS of the future and we look forward with anticipation to the next 19 years.

Airshow News



Newcastle Airshow – 2nd June 2012

The 3 ATC's at this airshow were Riaan Olivier (FAGG), DJ de Nysschen (FAPP) and François Esterhuizen (FARB).

The Newcastle Airshow was the first of 6 Airshows presented by KZN and forms part of the KZN Winter Tour.

Carnarvon Fly-in 2012 – 1st and 2nd June 2012

This Fly-inn was held at the Carnarvon airfield in aid of raising funds for the Carnarvon Flying Club to tar the main runway as well as an economic injection for Carnarvon small businesses.

Johan Le Grange and Peter Rau, both from FACT were the ATC's on duty.

On Friday, 1st June, ATC opened shop at 1145Z soon after their arrival by car from Cape Town. The Tower was setup on the back of a medium double sheep truck. With the height increase the ATC's had a better view compared to previous Air shows at FACN. Flight Training Centre from George Airport flew local school kids on short flips around town in two C172's. The air traffic flow picked up dramatically starting to arrive from all directions. End of shift was at 1600Z. A total of 49 aircraft were parked in the designated flight line at end of day 1. There were 46 movements for that afternoon.



ATC's were at their post at 0600Z on Saturday, 2nd June and the Carnarvon airfield closed down at 1530Z with a total of 119 aircraft movements for the day!

Ulundi Airshow – 16th June 2012

The Ulundi Airshow took place on Youth Day, 16th June 2012. Yusuf Kader (FALA) and Phumlani Ernest Mabaso (FALA) were the Special Air Events ATC's. The event was a great success and Yusuf and Phumlani did ATNS very proud – Riaan - Special Air Events Coordinator

Photographs provided by: Peter Rau



Make A Great First Impression!



Make a great first impression!

It takes just a quick glance, maybe three seconds, for someone to evaluate you when you meet for the first time. In this short time, the other person forms an opinion about you based on your appearance, your body language, your demeanor, your mannerisms, and how you are dressed.

With every new encounter, you are evaluated and yet another person's impression of you is formed. These first impression can be nearly impossible to reverse or undo, making those first encounters extremely important, for they set the tone for all the relationships that follows.

So, whether they are in your career or social life, it's important to know how to create a good first impression. Hopefully this article will provide some useful tips to help you do this.

Be on Time

Someone you are meeting for the first time is not interested in your "good excuse" for running late. Plan to arrive a few minutes early. And allow flexibility for possible delays in traffic or taking a wrong turn. Arriving early is much better than arriving late, hands down, and is the first step in creating a great first impression.

Be Yourself, Be at Ease

If you are feeling uncomfortable and on edge, this can make the other person ill at ease and that's a sure way to create the wrong impression. If you are calm and confident, so the other person will feel more at ease, and so have a solid foundation for making that first impression a good one. See our section on relaxation techniques to find out how to calm that adrenaline!

Present Yourself Appropriately

Of course physical appearance matters. The person you are meeting for the first time does not know you and your appearance is usually the first clue he or she has to go on.

But it certainly does not mean you need to look like a model to create a strong and positive first impression. (Unless you are interviewing with your local model agency, of course!)

No. The key to a good impression is to present yourself appropriately.

They say a picture is worth a thousand words, and so the "picture" you first present says much about you to the person you are meeting. Is your appearance saying the right things to help create the right first impression?

Start with the way you dress. What is the appropriate dress for the meeting or occasion? In a business setting, what is the appropriate business attire? Suit, blazer, casual? And ask yourself what the person you'll be meeting is likely to wear – if your contact is in advertising or the music industry, a pinstripe business suit may not strike the right note!

For business and social meetings, appropriate dress also varies between countries and cultures, so it's something that you should pay particular attention to when in an unfamiliar setting or country. Make sure you know the traditions and norms.

And what about your grooming? Clean and tidy appearance is appropriate for most business and social occasions. A good haircut or shave. Clean and tidy clothes. Neat and tidy make up. Make sure your grooming is appropriate and helps make you feel "the part".

Appropriate dressing and grooming help make a good first impression and also help you feel "the part," and so feel more calm and confident. Add all of this up and you are well on your way to creating a good first impression.

A Word About Individuality

The good news is you can usually create a good impression without total conformity or losing your individuality. Yes, to make a good first impression you do need to "fit in" to some degree. But it all goes back to being appropriate for the situation. If in a business setting, wear appropriate business attire. If at a formal evening social event, wear appropriate evening attire. And express your individuality appropriately within that context.

A Winning Smile!

As the saying goes, "Smile and the world smiles too." So there's nothing like a smile to create a good first impression. A warm and confident smile will put both you and the other person at ease. So smiling is a winner when it comes to great first impressions. But don't go overboard with this – people who take this too far can seem insincere and smarmy, or can be seen to be "lightweights".

Be Open and Confident

When it comes to making the first impression, body language as well as appearance speaks much louder than words.

Use your body language to project appropriate confidence and self-assurance. Stand tall, smile (of course), make eye contact, greet with a firm handshake. All of this will help you project confidence and encourage both you and the other person to feel better at ease.

Almost everyone gets a little nervous when meeting someone for the first time, which can lead to nervous habits or sweaty palms. By being aware of your nervous habits, you can try to keep them in check. And controlling a nervous jitter or a nervous laugh will give you confidence and help the other person feel at ease.

Small Talk Goes a Long Way

Conversations are based on verbal give and take. It may help you to prepare questions you have for the person you are meeting for the first time beforehand. Or, take a few minutes to learn something about the person you meet for the first time before you get together. For instance, does he play golf? Does she work with a local charitable foundation?

Is there anything that you know of that you have in common with the person you are meeting? If so, this can be a great way to open the conversation and to keep it flowing.

Be Positive

Your attitude shows through in everything you do. Project a positive attitude, even in the face of criticism or in the case of nervousness. Strive to learn from your meeting and to contribute appropriately, maintaining an upbeat manner and a smile.

Be Courteous and Attentive

It goes without saying that good manners and polite, attentive and courteous behavior help make a good first

impression. In fact, anything less can ruin the one chance you have at making that first impression. So be on your best behavior!

One modern manner worth mentioning is “turn off your mobile phone.” What first impression will you create if you are already speaking to someone other than the person you are meeting for the first time? Your new acquaintance deserves 100 percent of your attention. Anything less and you’ll create a less than good first impression.

Key Points

You have just a few seconds to make a good first impression and it’s almost impossible ever to change it. So it’s worth giving each new encounter your best shot.

Much of what you need to do to make a good impression is common sense. But with a little extra thought and preparation, you can hone your intuitive style and make every first impression not just good but great.



Quality Day 2011 – Southern Region Winners - FAPE



Tendani Ndou hands over the Quality trophy to the Souther Region Quality Day 2011 Winners.

Comrades Marathon 2012 News



Thembi Mokoena, Engineering and Technical Services, proudly completed the 2012 Comrades Marathon in just less than 11 hours.

African Renaissance – Tsepo Ntsukunyane Brand Officer



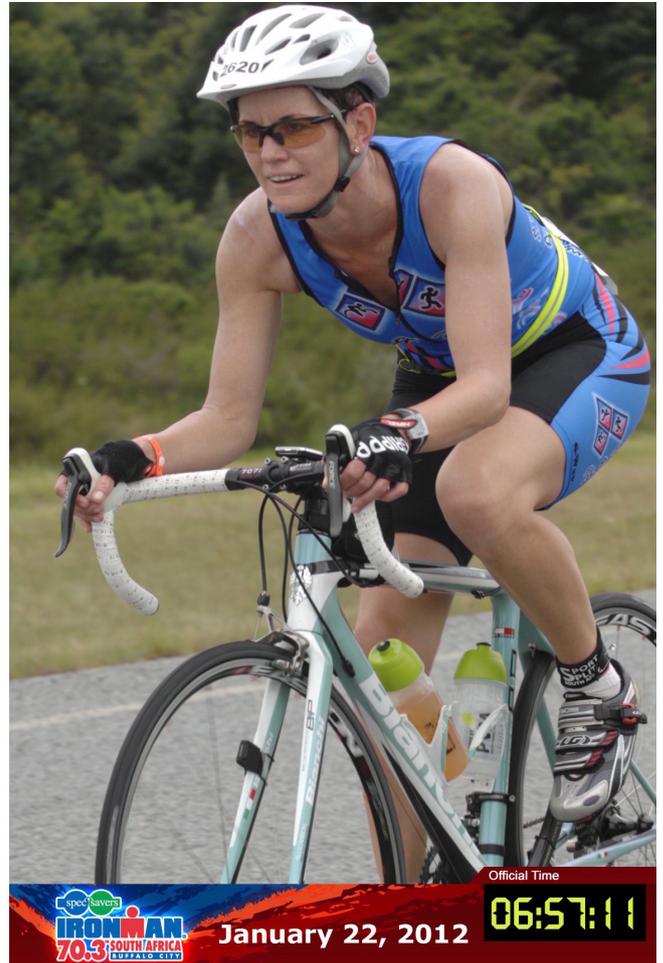
Above: ATNS Tsepo Ntsukunyane - Brand Officer and Constance Molewa - Department of Transport.

African Renaissance is a significant gathering of like-minded citizens of Africa as they share ideas with key decision-makers from around the country and abroad. This year's African Renaissance theme was "Connecting Africa".

The African Renaissance Conference brought together experts and senior representatives from appropriate agencies to focus primarily on the relevance of South Africa's infrastructure programmes to the African continental agenda by unpacking the economic and social implications. Topics included the development of economic corridors, conversion from road-to-rail, development of coastal maritime connectivity, and promotion of tourism into Africa. The conference programme featured some of the most prominent speakers from both the public and private sector, including KZN Premier, Dr Zweli Mkhize, National Minister of Transport, Dr Sibusiso Ndebele, CEO of Transnet Freight Rail, Mr Siyabonga Gama and with many others.

ATNS exhibited with other Department of Transport agencies such as Road Traffic Infringement Agency, Railway Safety Regulator, South African Civil Aviation Authority, Road Traffic Management Corporation, South African Maritime Safety Authority and Cross Border Road Transport Agency. The main purpose of the exhibition was to further share more information about various Department of Transport agencies and what they offer to the infrastructure of transport.

Meet Cindy Bessell – Half Iron Man or Super Woman?



Cindy Bessell is an Area Controller working at FAJS North/South. The Half Iron Man (HIM) was always something she thought she would like to do and eventually in November 2011 she made up her mind to do it.

For Cindy "The challenge of pushing your body and mind beyond what you think is possible" and the desire to "live healthier and stop smoking" was the "motivation to persevere, cause you can't do both."

For Cindy the most challenging event to date has definitely been the Half Iron Man 70.3.

She is however not a newbie to events of this nature and her first triathlon was a short distance event in October at Roodeplaat Dam, in cold, rainy weather. "I was scared and nervous and nearly did not get into the water!"

When I asked what has been the most rewarding event for you and why – Cindy did not hesitate to reply "It was the HIM in East London purely because of the distance

and trying to conquer the unknown. Each event is rewarding and leaves me with a great feeling and sense of satisfaction. A bit of a high!"

So what drives this Super woman? "My goals to be healthy and fit. To be the best I can be!"

What advice can you give to someone who wants to follow their dreams?

"The pain of discipline is easier than the pain of regret." I got a lot of advice from guys who take this sport seriously. They helped me and invited me to train with them, which was a huge benefit.

January 22, 2012

Cindy Bessell

swim:	00:49:04	Race Time: 06:57:11
bike:	03:36:17	
run:	02:17:30	

Doing anything interesting with your free time?

Share your story with us and you might just read about it in the next edition of Orbit.

For her story Cindy receives a mini fridge. Share your story with us.

FOLLOW US ON FACEBOOK & TWITTER

What's Happening In July - Calendar

7th July 2012

- Margate Airshow KZN Winter Tour
- Silver Queen Air Rally – Air Force Base Swartkops

7th to 8th July 2012

- Sports Aerobatics Club Nationals – Oudtshoorn
- Royal International Air Tattoo – UK

9th July 2012

- FALE Nine Conversations – Boulevard 44, Ballito Bay

9th to 15th July 2012

- Farnborough International Air Show

11th July 2012

- Internal Audit CAMU and IT

12th July 2012

- IT Steering Group

13th July 2012

- QMS Refresher Training

14th July 2012

- Durban Wings Club Air Show

17th July 2012

- EXCO Risk Management
- Internal Audit FAPN and FAMM

20th July 2012

- QMS Awareness Training

21st July 2012

- SAPFA Fun Rally Nylstroom

21st to 22nd July 2012

- Taildraggers to Nylstroom

22nd July 2012

- Discovery 702 Walk the Talk
- ATNS Birthday

23rd July to 29th July 2012

- Oshkosh USA

24th July 2012

- Internal Audit FAUT

25th July 2012

- EXCO Meeting

27th to 29th July 2012

- Hippo Pools Resort Fly Inn – Hoedspruit

30th July 2012

- OPSCOM 22, OR Tambo Premier Hotel, Kempton Park