



POLICE

YOUR OFFICIAL FREE SAPS MAGAZINE

August 2014



Women taking the lead in the SAPS

Roll of Honour

The SAPS pays tribute to members who lost their lives in the line of duty between the period 01 June 2014 to 15 July 2014 and whose cases have been finalised.

PERSAL NO	RANK	NAME	COMPONENT	DATE OF DEATH	CATEGORY
522232-0	Lt	Shikathi YM	Ritavi CSC, Limpopo	2014-06-29	Murder - Firearm
					
7024520-7	Sgt	Mgobhozi NFP	ORS Durban	2014-07-10	MVA* (With Const Miya)
					
7056535-0	Const	Miya Z	ORS Durban	2014-07-10	MVA*
					
7183446-0	Const	Chauke J	Temba Sector Teams, Gauteng	2014-07-09	Murder - Firearm
					

*(Motor vehicle accident)

"We begin not to remember that you died, but that you lived. And that your life gave us memories too beautiful to forget."

- Author Unkown.

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POLICE

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Editorial



Brig Tummi Masondo

This year, Women's Month is being celebrated under the theme: **"Celebrating 60th Anniversary of Women's Charter and 20 Years of Freedom: Together moving a non-racial, non-sexist South Africa forward"**. This month of August is a time that our nation, both men and women in all spheres, should ponder on how far our country has come since the emancipation of women and the birth of democracy. This is a time to be thankful for the liberation that our South African stalwarts courageously fought for and achieved for our citizenry. We should also be mindful of and grateful to our regional, continental and international compadres who made invaluable contributions to our struggle for liberation.

The struggle for parity between men and women has advanced formidably in the SAPS. This is seen with the rising number of capable and qualified women in key managerial and strategic positions, notably the National Commissioner being a woman. There has also been an increase in females succeeding in previously male-dominated careers, such as the Diving Unit. There are various features in this regard which we hope will inspire more women to follow suit.

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Gen Riah Phiyega

Message from the National Commissioner of Police

The President has approved the National Development Plan: Vision for 2030 (NDP). The SAPS plays an integral role in this Plan: namely Chapter 12, which talks to building safer communities. The NDP envisions that the inhabitants of South Africa feel safe at home, at school, and at work. Women should walk freely in the streets, children should play outside, and everybody should enjoy an active community life free from fear of falling victim to crime.

The police service is a well-resourced professional institution staffed by highly skilled officers who value their work, serve the community, safeguard lives and property without discrimination, protect the peaceful against violence and respect the rights of all equality and justice.

To achieve this vision the police, judiciary and correctional services must work together to ensure that suspects are caught, prosecuted, convicted if guilty, secured and incarcerated. There are five priorities to focus on to achieve a crime free South Africa:

- Strengthen the criminal justice system;
- Make the police service professional;
- Demilitarise the police service;
- Build safety by using an integrated approach;
- Build community participation in community safety.

The SAPS Management declared in the Annual Performance Plan 2013/14 - the issue of crime that is a high priority on the agenda over the next 5 years. This lies near the hearts of every citizen. In order to reduce crime, a 10-point plan was developed to focus on the following:

- Transforming the SAPS;
- Smarter Policing;
- Improving Professionalism, Command and Control;
- Implementing Public Order Policing Effectively;
- Accelerating the Building of new police station;
- Strengthening Crime Intelligence;
- Implementing the Rural Safety Strategy;
- Capacitating Family, Child and Sexual Offences Unit (FCS);

- Quality of recruitment in the SAPS, and;
- Quality of training in SAPS.

I would like to put forward the 3 priorities of the 10-point Plan namely; Transforming the SAPS, Smarter Policing and Professionalising the SAPS.

Transforming the SAPS

We have started a journey of transformation. When we refer to the approach on transformation we also speak about the type of police service that inspires confidence. To create this cadre of cop, the continuous de-education of unwanted practices and the re-education of the kind of cop we have is required. The police are, and always must be subject to the will of the people they serve. The response time to victims must be improved; the courtesy and treatment we give to our victims must not be seen as a favour. To succeed in this challenging mission of crime reduction, we need police officials who respect and uphold the Constitution. We need officials who do not tolerate disloyalty and ill-discipline, but who recognise that we are a developmental State and embrace effective service delivery within the SAPS.

We must, as a matter of urgency review and begin to improve the quality of our services at police stations.

It is essential that we also emphasise the issue of fraud, corruption and criminality within the SAPS. Such actions by police officials not only divert resources away from the fight against crime but also tarnish the image of the Department. While it is important to recognise that the majority of officials are dedicated, we need to deal with those who are abusing their positions. We need to constantly emphasise that police officials must uphold the law and be faithful to the Constitution at all times.

Combating corruption is also one of the central themes of the NDP which states that there is zero tolerance for corruption. Therefore, the combating of corruption focuses on all sectors of South African society but relies heavily on all of the departments that resort within the Justice, Crime Prevention and Security (JCPS) Cluster to drive the fight against corruption. The effectiveness of the JCPS Cluster in leading this fight is, however, dependent on the people who work within each of its departments. Eradicating corruption and fraud within the JCPS Cluster is therefore

critical. The SAPS is an integral part of the JCPS Cluster and is expected to contribute to the fullest extent towards the realisation of this national priority.

Improving Professionalism, Command and Control

The second priority is improving professionalism, command and control. Without high levels of discipline command and control, the fight against crime would not be possible. That is why the SAPS began paying attention to this issue, to ensure clear lines of command and control and instil a sense of discipline among members. At the centre of this perspective was the need to strengthen the foundation for community orientated policing, improved accessibility and accountability. As commanders in your own right at your various stations, units, branches and institutions it is important for you to strengthen command and control by making sure members under your command are neatly dressed, sober when on duty, friendly to our community, render an acceptable service to the community, act responsibly and respond promptly.

Smarter Policing

In recent years, we began stressing the approach of smarter policing, we emphasised that the approach of working in silos must become a thing of the past as we are not creating synergies and must assure that information is optimally utilised. These systems are now beginning to yield considerable successes to the aspect of smart policing that are anchored utilising information, communication and technology to fight crime. Through Command Centres at various provinces we are now able to not only share information about some of the most wanted suspects, but we also improve our effectiveness.

Our dream and hope that someday there will be a female National Commissioner of the SAPS has come true in our lifetime. It is our time through excellence, unparalleled work ethic and unquestionable integrity to carve a compelling portrait of a courageous, confident, focused and determined movement of women in the SAPS that can profoundly influence the face and destiny of our nation. We hold the keys to the future success of women at large and in our policing.

Determined and Educated: Major Grace Vuma, an Equestrienne with an MTech Degree in Policing

By Lt Col Erica Holtzhausen
Photograph(s) by WO Theo van Wyk

When Maj Grace Moipone Betty Vuma started her career in the SAPS on 1 February 2002, she had no idea that almost everything in her life would change. She received news about her permanent employment with total disbelief, as she was to join the Equestrian Unit in Pretoria. For starters, she knew absolutely nothing about horses. Understandably, she was extremely upset about the position and she consulted with many people to try and get out of it. However, this was not going to happen and when young Maj Vuma realised this, her strong will and determination to succeed kicked in. She decided that if she were to fight crime on horseback, she would do it with everything in her power. She was the first African female police officer to join the SAPS's Equestrian Unit.

The challenges she faced at this unit were daunting. She was not given much of a helping hand to acquire the necessary skills and knowledge about horses. Maxim, the horse she was given for the Basic Mounted Course, was quite temperamental and had earlier on in the course sent her flying during a jump; this landed her in hospital with a broken coccyx. However, she is not a person to be intimidated easily and with the encouragement of her husband, Brig (Dr) Phil Vuma, who is now the Commander of Roodeplaat K9 Academy, she completed the Basic Mounted Course regardless of her injury.

Naturally, over the following years, she developed a deep love for horses. Simultaneously, Maj Vuma decided that she had to educate and empower herself if she wanted her career to grow.

She admits that policing is her passion and that she would never want to leave the SAPS.

In 2003, she enrolled for the National Diploma in Policing, followed by the BTech in Policing in 2006. In 2009, she registered for the MTech in Policing and she successfully completed this late in 2013.

"I did all of this for self-improvement and empowerment, but now I also have the security that I will always be able to help myself and my family, because I can become a lecturer in policing, should something happen to move me out of the SAPS," explained Maj Vuma.

She considers her determination to have been instilled by her grandmother, who she was raised by.

"We were the poorest of the poor, but Granny Merriam gave me a great foundation and the right background for growth. These rich words are the legacy she left me: 'Firstly, remember that God is always in control of every situation, so do not worry. Secondly, trust God completely in everything. Thirdly, educate yourself, in simpler terms go to school, my child,'" she reflected.

In 2007, Grace Vuma had a short stint at Forensic Services (Ballistics) where she was promoted to the rank of a sergeant; in 2008, she went to Divison Technology Management Services (TMS) and climbed the ladder to become a warrant officer; in 2010, she went back to the Equestrian Unit as a captain and there she became the

Maj Vuma and "Time" in action. Maj Vuma is the Commander of the Johannesburg Mounted Unit and the coordinator of the equestrian units in Gauteng. She recently completed her MTech degree in Policing.



Commander of the Equestrian Unit in Pretoria; she was then promoted to the rank of a major in March that year. Maj Vuma is currently the Provincial Coordinator of all the Equestrian Units in Gauteng.

Maj Grace Vuma is deeply religious and described her most profound spiritual moment, saying, "It is undoubtedly the day when I accepted Jesus as my Lord and my Saviour. That was the day that defined who I was to become".

"My most prized possession is my Bible and it is on my bedside table. I keep it there so that if I wake up in the night, I can read from it and pray. It is my most precious time to make contact with my Creator."

Maj Vuma admits that her husband is her role model and the person who motivates her the most. He is now motivating her to start a PhD in Policing. They have three children and they are happy together. She says: "We relax most when we are together as a family. We sing and laugh a lot and we just have a good time in general."

When asked what her greatest memory of life so far is, she answered: "There are so many wonderful memories, but I have to say that when I heard that I was accepted in the SAPS and that I was going for training, I cried so much. Those were tears of relief and gratitude for being able to follow my passion."

The history and achievements of WOMEN in South African Policing

By Lt Col Erica Holtzhausen
Photograph(s) by The SAPS Museum

As a way of celebrating the achievements of women in the SAPS, the Women's Network decided to commission an exciting book highlighting and recording the history of women in the SAPS, and the significant milestones they have reached. It is anticipated that the book will be launched towards the end of 2014.



Joyce Nkuna

The History of Women in the SAP before the 1994 democratic dispensation



Brig Duveen Botha

1916 - 1920

In 1916 the South African Police (SAP) recruited three women on an experimental basis. The recruitment of the first female detective, Mrs Schelpien, was followed by the appointment of Mrs Evans and Mrs O'Dea. However, the experiment proved unsuccessful and the posts of the female detectives were abolished in 1920.

The Introduction of Women in the SAP

1972 - 1994

After this unsuccessful experiment, it took another 52 years before women were officially enlisted as police members.

On 1 January 1972, for the first time in the history of the SAP, white policewomen were enlisted as police members. Two white women were appointed as commanders in the newly established 'Women Police Section'. Miss Duveen Botha was appointed as Commanding Officer, with the rank of lieutenant colonel, and Miss Nel as her aide with the rank of major. On completion of their training at the SAP Training College in Pretoria, these two ladies assumed control and organisation of the Women Police Section. They assisted with the selection of women who applied for enlistment.

In March 1972, there were white women selected to start their training as police officials. The

duration of their training course was five months.

Deployment of White Policewomen

The white females who were appointed from 1972, were not optimally used for general police functions, but were used in a supportive role. They were not allowed to perform ordinary police tasks such as patrols and arrest. Women were mainly employed in the areas of victim support and administration, and were given functions such as typing, issuing licences for firearms and the compilation of medical boards.

The Introduction of Coloured females in the SAP

On 20 July 1981, 18 Coloured applicants were recruited by the SAP and after their attestation, started their training at the SAP Training College in Bishop Lavis. Due to the lack of accommodation, only 18 women could initially be trained. This first group of recruits were trained by male instructors. New quarters for females, Disa Court, were opened in 1987 and could accommodate 144 women.

Sharon Jephta was one of the first Coloured women to join the SAP as a constable. In June 1982 she became the first female trainer at the Bishop Lavis College and was responsible for the training of Coloured women. She has progressed through

the ranks and is now a major general.

The Introduction of Indian females in the SAP

On 17 May 1982, there were 16 Indian female applicants recruited, and after their attestation, started their training at the SAP Training College at Cato Manor. Owing to the lack of accommodation, only 16 women could be trained initially. When new living quarters were built more recruits were trained. Their living quarters were in Cato Manor and their academic and physical training were conducted there and at the Wentworth Training College. In May 1982 WO Indera Chetty became the first Indian female to join the SAP and was appointed as Chief of the Indian women police. Simultaneously, the training of 16 Indian women commenced at the SAP College in Cato Manor. In June 1983 WO Chetty was promoted to the rank of lieutenant, making her the first 'non-white' woman appointed to the officer's corps.

The introduction of African females in the SAP

On 8 July 1983, there were 20 African female applicants recruited, and after their attestation, started their training at the SAP Training College in Hammanskraal. The first four African women basic training instructors were trained for this in April 1984; they were Tsatsi

Matseba, Poseletso Mashweng-Nkosi, Ouma Malope-Selemela and Nomasonto Radebe-Dube. In February 1989 Lt Joyce Nkuna became the first African woman to be appointed as an officer in the SAP. She was appointed at Division Social Service at the SAP Head Office in Pretoria.

Integration of the homeland policing agencies into the SAP

The homelands consisted of the TBVC States: Transkei, Bophuthatswana, Venda and Ciskei, as well as the self-governing territories: Gazankulu, Lebowa, QwaQwa, KaNgwane, KwaNdebele and KwaZulu.

Every homeland had its own policing agency, bringing the total number of policing agencies in the country to 11 (10 homelands plus the old SAP). All these policing agencies had their own uniforms, rank structures and conditions of service and were established under different sections of legislation. With the adoption of the interim Constitution in 1994, the homelands and previous development regions were abolished and integrated into a united South Africa with nine provinces.

The Women's Network book will have detailed information about the homeland policing agencies, as well as the Non-Statutory Forces such as Azanian People's Liberation Army (APLA) and uMkhonto we Sizwe.

A SHORTENED TIMELINE OF ACHIEVEMENTS OF WOMEN PIONEERS

(See the forthcoming Women's Network book for a complete timeline)

- 1972:** First two women sworn in as police officers, in January.
- 1972:** 102 white women start training, in March.
- 1975:** 11 white females attend Detective Course
- 3 white females attend Candidate Officer's Course, in January.
- 1975:** First white female, Susan Lewis performs in Band.
- 1981:** 18 Coloured females start training, in July.
- 1982:** First Indian female joins SAP, in May.
- 16 Indian women start training.
- 1982:** First female trainer appointed for training women, in June.
- 1983:** First 'non-white' woman appointed in the officer's corps, in June.
- 1983:** 20 African females start training, in July.
- First woman appointed as Chief Instruction Officer, Lt Christina Stoman, training African women.
- 1983:** First single quarters for women officially opened, named after SAP Women Police Commanding Officer, Brig Duveen Botha, in October.
- 1984:** First four African women trained as basic training instructors, in April. **1985:** First black police women in Cape Town, Constables N Belse, L Tosela and T Buyambo take up duty at Gugulethu Police Station, in July.
- 1985:** Brig Botha retires as a Deputy Commissioner, in December.
- 1988:** Const Karen Csoka was the first policewoman to record videos of crime scenes, in September.
- 1989:** First African woman appointed as an officer, in February.
- 1989:** Award for Policewoman of the Year comes into existence, D/WO Sharon Schutte becomes First winner, in October.
- 1990:** Was the First policewoman, Lt Anneke Pienaar receives BA Honours Degree in Police Administration, in April.
- 1991:** Sadly, the First policewoman killed in the line of duty is Const Matshediso Mathe, in July.
- 1993:** Capt Appel (now Col Smal) becomes first female Commander (Curator) of Museum, in January.
- 1995:** Sushila Perumal becomes first female Chaplain.
- Lt Col Sharon Jephta establishes the 'Mothers-Against-Crime' project in the Mitchell's Plain area.
- Sgt Olga Marais becomes First female Dog Master, in October.
- 1996:** Brig Indera Chetty becomes First woman to be in command of the Pretoria Training College.
- 1997:** Const Annelize Havenga becomes First female to complete the Tactical Police Training course with her dog, Zorro.
- First Victim Empowerment room established by Lt Col Sharon Jephta establishes at Philippi Police Station.
- 1999:** Magda Stander becomes First female Divisional Commissioner, in November.
- 2002:** First female Head of the Serious and Violent Crime Unit, Assistant Commissioner Sharon Schutte appointed, in March.
- Divisional Commissioner Mala Singh becomes First woman appointed as a Deputy National Commissioner, in August.
- 2003:** Youngest pilot and only female fixed-wing pilot in the country, Inspector (WO) Annerie Harmse joins Air Wing, in May.
- Miriam Mbombo becomes First female to be appointed as Deputy Commissioner, in October.
- 2006:** Refilwe Ledwaba becomes First African female pilot, in January.
- 2010:** Col Mathapelo Mirriam Mangwani becomes First female Commander of National Joint Operational and Intelligence structure's (NATJOC) operational room, during FIFA World Cup.
- 2012:** First female National Commissioner, Mangwhashi Riah Phiyega appointed, in June.
- 2012:** Sgt Olga Masethla received Community Police Service Award at International Association of Women Police (IAWP), in September.

Information Source: "History of the first women in the Police" booklet (IAWP 2013)

“Diving is my Life and my Passion”

By Lt Vincent Mukhathi
Photographs by WO Theo Van Wyk

Sgt Sybil Schoombee is a qualified and professional police diver, who is stationed at the Garsfontein Police Station in Pretoria East. She started her diving career in the private sector and joined the SAPS in 2002, where she began working on underwater, research and rescue tasks. She is driven by her passion and love for water, as well as searching for people and rescuing them underwater. This female diver has 12 years' experience as a police diver and has qualifications in commercial diving class 4 and swimming supervisor class 4.

The duties police divers carry out, include rescue diving for underwater casualties, as well as search and recovery diving for evidence and bodies.

“Diving is a challenging career, because there have been times where I was tasked to search for explosives underwater working alongside the Bomb Squad. It was a delicate job,” said Sgt Schoombee.

She was also instrumental in the search mission for a firearm that had been thrown into the Hartebeespoort Dam. The firearm was thrown into the dam by a man who had shot and killed his brother.

Often searching underwater, Sgt Schoombee has to contend with nil-visibility conditions, trees, rock, mud and refuse. She has dived to depths of up to 3 m searching for missing people, weapons and stolen goods and explained that working underwater can “be cold, dark

and sometimes dirty”. Sgt Schoombee says that some people may find it strange, but she feels “most proud, fulfilled and relaxed when I am underwater and performing diving duties”.

“I recall one incident in 2008. I was called to retrieve a deceased’s body after a suspect had jumped into the water and subsequently drowned in the Boksburg Lake, on the East Rand. I dived into the water and managed to retrieve the body.” The female diver commented on diving being a male-dominated career saying, “It does not feel strange to be part of a team of men. I try to encourage other women to join the Diving Unit, but most are not interested. It would be pleasant to have more women involved in diving.”

Apart from diving as a police officer, Sgt Schoombee is involved in firearm licensing and is a paramedic and swimming instructor. She said that in future, she will also be involved in photography at accident scenes and life coaching. Sgt Schoombee is truly a source of inspiration to the women in blue, as the SAPS greatly values women’s contributions.



Sgt Sybil Schoombee busy perusing her diving lock book.



Plunging in to save the day.

Gen Phiyega urges women to follow footsteps of their predecessors

By Lt Vincent Mukhathi
Photograph(s) by WO Anne Magakoe

The South African Institute of Chartered Accountants (SAICA) held a conference at Avianto in Muldersdrift on 31 July 2014 to address issues of women’s leadership in South Africa as part of observing August as Women’s Month.

While addressing the many women in attendance, the National Commissioner of the SAPS, Gen Riah Phiyega, praised the women of the past for bestowing the current generation of women with leadership opportunities.

“The positioning of South African women today is inextricably inseparable from the women of yesteryear. It is almost impossible to speak of the present without relating to or visiting the past. We always have to remember and pay homage to the women of courage and determination who sacrificed so much for us to realise a better South Africa,” said Gen Phiyega.

Gen Phiyega appealed to the women who had been presented with leadership opportunities, to take responsibility in their leadership portfolios and encouraged them to be the voices of women whose cries had remained unheard over the years.

She added that women still continued to be confronted with set traditional ideas about gender roles, more specifically about how femininity and womanhood should be expressed. “While 21st century women made headway in attaining greater rights and freedoms, the levels



Gen Phiyega and some of the female delegates who attended the SAICA Conference.

of discrimination against, the ongoing stereotyping of, and pervasive patriarchal attitudes towards women show that the battle rages on. It is up to women to continue redefining their roles for themselves and generations to come,” stated Gen Phiyega.

Gen Phiyega explained that the SAPS was taking the obscured perpetration of obscene and brutal crimes against women and children as a matter of urgency. “Since the re-establishment of these FCS units four years ago, there were a combined 36 225 years’ imprisonments and 695 life sentences. In addition, a total of 200 forensic social workers have been appointed to deal with these crimes, assist the victims and provide expert evidence in court, so as to ensure that perpetrators

are put behind bars.” The National Commissioner stated that the SAPS supported the rise of capable female leaders and perceived it as a national priority. She highlighted some of the SAPS’s efforts in advancing qualified women into key roles. The most significant one being her appointment as the first female to head the entire SAPS.

Another step forward is that of the FCS, which serves mostly women and children, and is steered by a woman, Maj Gen Yvonne Botsheleng. Maj Gen (Dr) Bongive Zulu, the Acting Divisional Commissioner of Crime Intelligence, is the first woman to be appointed to such a pivotal role and is described by her colleagues as an exceptionally hard-working woman.

Gen Phiyega also acknowledged the voluntary Women’s Network as another gallant reminder of the celebration of women’s achievements and progress in the organisation in an inexpert democracy.

“As the stalwarts of 1956 paved a way for us to be where we are today, we have to pave a way for the generation following us. Personally, as the first woman to lead the SAPS, my philosophy is that when one becomes ‘the first’ at anything, there must be a commitment to ensure that you do not become a crafter of narrow paths. One should rather be a creator and crafter of highways,” concluded Gen Phiyega.

Changing Policing

By Lt Col Norman Joseph
Photograph(s) by Capt Piet Smit



Police Minister, Mr Nhleko (grey suit and red tie) flanked by Deputy Minister Sotyu (left) and Gen Phiyega (right) at the Police Ministry's budget vote in parliament.

In pursuing our ideal of a safe and secure environment, the Ministry is "conscious of the fact that our role as the police is at the tail end of this process. It is for these reasons that we are advocating for an integrated approach to issues of policing and social stability. For this to materialise, other organs of state, business, non-governmental organisations (NGO)s, research and tertiary institutions need to be involved," said Police Minister Nathi Nhleko, speaking at the opening debate on the Police Ministry's budget vote in Parliament on 21 July 2014.

This ideal finds traction in the National Development Plan 2030 (NDP), which emphasises the importance of and charts a way forward for a State where the police work closely with these stakeholders, thereby "the root causes of crime and criminality are addressed before they pose a major threat to our society".

Through the Medium Term Strategic Framework, the SAPS

will focus on the following key strategic priorities:

- Reduce the number of serious crimes
- Combat border and cyber crime
- Increase the percentage of trial-ready case dockets for serious crimes
- Stabilise public protests
- Enhance local police capability.

In view of enhancing community safety, a national task team with the Justice Crime Prevention and Security (JCPS) Cluster, in line with a 7-point plan to oversee the roll-out of Community Safety Forums (CSFs) was established. The CSFs are managed and coordinated by the Civilian Secretariat for Police. There are 125 established CSFs in the 278 municipalities so far, and the remaining will be rolled-out in the current financial year.

Another project worth mentioning is the Frontline Service Delivery Project, which is currently being piloted at nine police stations, that is, one station per province. The lessons from these nine pilot stations will be rolled-out to all other police stations.

The key objectives of the project are to:

- ensure that police service points are accessible and standardised to adequately support professional policing
- provide a professional and quality-based service to the people of South Africa
- enhance engagement with all stakeholders in the fight against crime.

Legislative and policy reviews will be introduced and reintroduced over the next financial year. They will include the following:

- The SAPS Act
- Research and policy into reducing the barriers to the reporting of cases of violence against women and children, serial murders and rapes
- How Community Policing Forums (CPFs) and Community Safety Forums (CSFs) can assist the police in the stabilisation of areas affected by service delivery protests
- Research on the assessment of police deployments and how these impact on crime
- The impact of Firearm Legislation on crime.

The past few years have seen a spate of service delivery protests around the country. The SAPS had to use its maximum capacity to maintain order as mandated by section 205 of the Constitution. Of the 13 575 protest incidents, 11 668 were conducted peacefully and 1 907

turned violent, leading to the arrest of 2 522 individuals.

"We will continue to attend to these community protests with vigilance as we have done in the past with the sole intention of ensuring that we secure the property and life of all South Africans," affirmed Minister Nhleko.

"The perceived military-style approach of the POP will be changed. Significant resources were allocated to training and new equipment for POP Units in the 2013/14 financial year," said the Minister.

With regard to equipment, specific attention was given to the designing and procurement of new operational vehicles; the development of a specification by the Council for Scientific and Industrial Research (CSIR) for a water canon that can be locally manufactured; the procurement of long range acoustic devices (LRAD) and the procurement of audio-recording devices, video cameras and accessories, as well as ammunition and pyrotechnics.

"In the intervening period, 1 826 members successfully attended the POP refresher training on crowd management techniques for operational readiness and 60 members were trained as video camera operators and information managers to capture footage during crowd-related incidents," Minister Nhleko elaborated.

One of the biggest threats to social stability and economic growth in South Africa is organised crime and drug-trafficking. The partnership with the JCPS Cluster resulted in the apprehension and prosecution of suspected criminals involved in organised crime.

The following notable successes were recorded by the Hawks:

- The dismantling of 35 clandestine drug labs
- The arrest of 169 individuals for the illegal purchasing,

theft and possession of uncut diamonds and unwrought precious metals

- The arrest of 927 suspects for illicit mining
- The arrest of 1 218 suspects for organised crime, and 828 were convicted.

"Commercial crime is the most treasonous crime that a human being can ever commit against the state, as it deprives the country of its legitimate tax base", said Minister Nhleko. The SAPS achieved success in this area:

Three thousand eight hundred and eighty-eight suspects were charged and of the 6 187 cases received, 2 142 were convicted. Several counterfeit card fraud syndicates were destroyed and gangs running an advance-fee scam, infamously known as '419', were nabbed.

Cybercrime was also addressed and a number of successes, including the arrest of more than 180 individuals, were achieved. In combating this phenomenon, the Directorate for Priority Crimes Inspectorate (DPCI) established Digital Forensic Laboratories to collect and analyse evidence. The DPCI will continue to capacitate and develop resources required to meet evolving criminal trends.

Central to these efforts is beefing up our forensic ability. This is why, together with other government agencies, NGOs and the private sector, the SAPS hosted the 1st National Forensic Services Conference from 2 to 5 July 2013 – the first of its kind on our continent.

South Africa became the 57th country to assent to legislation that provides a framework to obtain DNA samples from arrested persons and offenders. This forensic DNA capability is a huge step towards a more effective system which could lead to the swifter exoneration of the innocent and the detection and conviction of perpetrators.

Minister Nhleko highlighted the importance of professionalising the SAPS. Part of this process will be the change in the recruitment strategy for entry-level constables. **"All our new recruits will be taken through rigorous testing for their suitability before they start with their formal training. They will be taken through grooming camps for screening, vetting, written assessments, physical fitness assessments and other diagnostic tests on behaviour, patriotisms and culture. This will ensure that only the best suited candidates are recruited," Minister Nhleko explained.**

These changes have been introduced as part of the Community-Based Recruitment Strategy that is aimed at addressing challenges such as pending and/or previous convictions, fraudulent qualifications and to avoid nepotism in the recruitment of officers. In terms of this strategy, the role of the community in commenting on their suitability will also assist in completing the 360-degree cycle of suitability testing.

"We will further ensure that current members are taken through rigorous sessions to understand the code of conduct. We expect each and every member to acknowledge and understand the content of the code before signing, in order to make sure that they are accountable," added the Minister.

This approach will contribute to the zerotolerance towards corruption and nepotism and develop the calibre of police official who will serve the people of this country with dignity and pride. Furthermore, an anti-corruption task team, in partnership with the JCPS Cluster, was established to fast track the investigation and prosecution of cases of corruption.

The SAPS has a total 1 137 police stations, which are categorised as rural or rural/urban mix. A Rural Safety Strategy has been developed and is in the process of being implemented. Rural Safety Priority Committees, inclusive of other government departments and several community structures, have been established. The committees will effectively address crime in rural areas in an integrated manner.

"I salute the women of our country as we pay homage to the sacrifices of our mothers and sisters in securing the freedom which we now enjoy, in the month of August. It is no coincidence therefore that the SAPS, an organisation that has mainly been male dominated, is now under the command of a woman of stature. We will soon announce a number of initiatives that will expand the opportunities for women to play a crucial role in policing," said Minister Nhleko.

The Minister said that "our efforts are about honour and dignity, as we contribute towards a State based on, as Socrates would put it, 'wisdom, courage, discipline and justice'".

"We recommit ourselves to these ideals and further, take stock of the journey that has been travelled so far. Importantly, we will continue to determine what needs to be done going forward," concluded Minister Nathi Nhleko.



Minister Nhleko and Gen Phiyega having a light chat.

67 minutes in memory of Nelson Mandela

By Lt Vincent Mukhathi
Photograph(s) by WO Anne Magakoe



Lt Gen Mgwenya handing over donations to senior citizens on Mandela Day.

Nelson Mandela International Day is a call to action for people everywhere to recognise their individual power to making a contribution to help change the world for the better. This year was the first Mandela Day that millions of South Africans commemorated since the death of the freedom icon on 5 December last year.

On 18 July 2014, SAPS members dedicated more than their 67 minutes, and extended a loving hand to the community by visiting the Mamelodi Care of the Aged in Pretoria, which houses about 68 elderly people.

Speaking at the event, Lt Gen Christine Mgwenya highlighted that “as we were celebrating this day, we should remember the freedom and legacy that Tata Madiba has left us as South

Africans”.

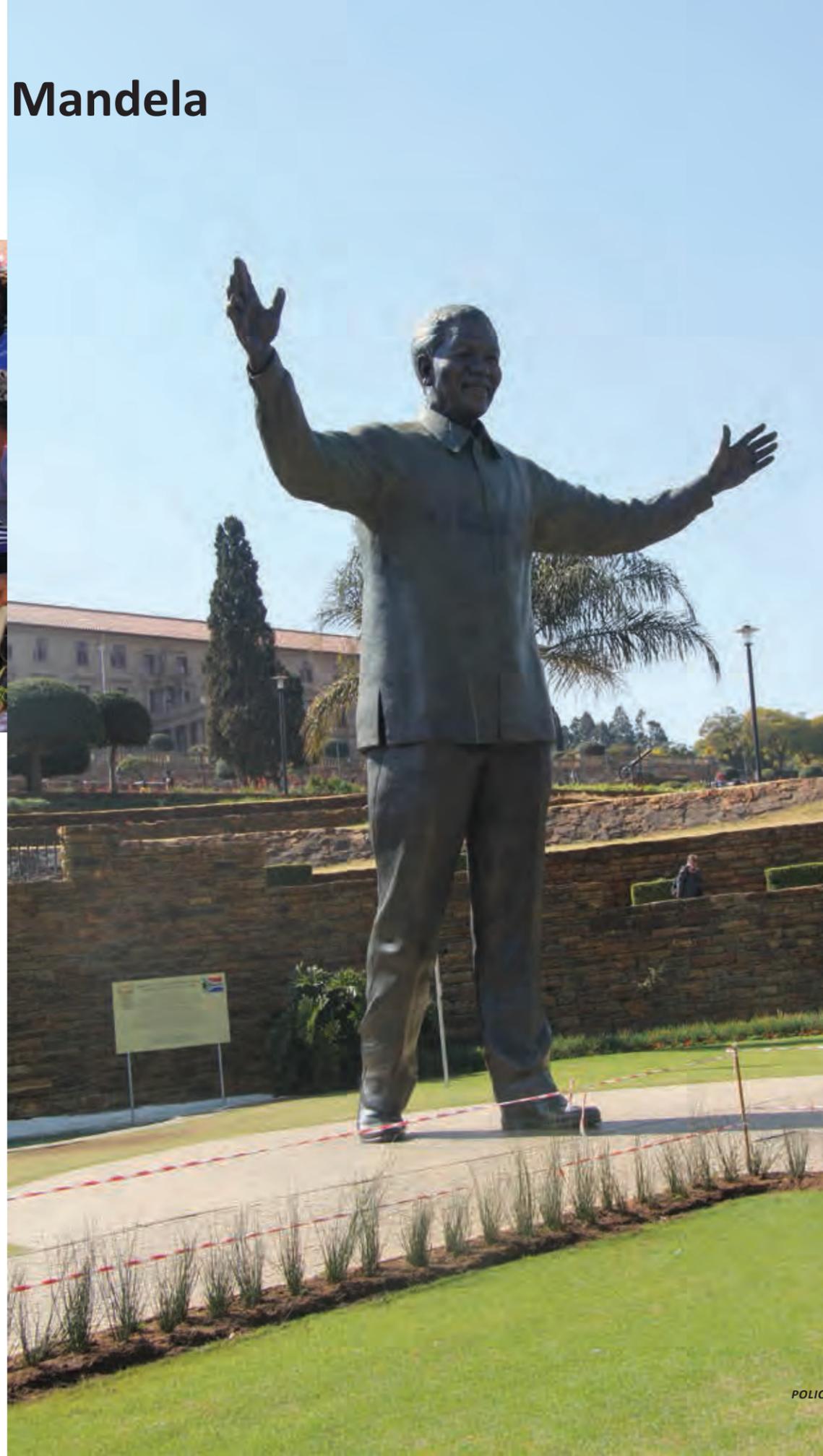
Lt Gen Mgwenya emphasised that it “hurts to see young people being destroyed by drugs” and said that drugs were the main reason why the SAPS had recorded many incidents of housebreaking “because drug addicts do this to get money to buy drugs”. She urged the community of Mamelodi to join hands with the police to fight crime, and called on the public to report the perpetrators of crime as this is destroying South Africa.

The SAPS handed over blankets, takkies, garden tools and clothes to the elderly people and spent the day cleaning the yard and talking with the senior citizens. The SAPS Tshwane Band and a group of children from a nearby crèche entertained the elderly, who in turn ululated and danced to the beautiful music.

Another SAPS Mandela Day activity saw officials spending their 67 minutes cleaning Volkstem Street in central Pretoria. Members swept the street and picked up litter as they treated it to a facelift.

Meanwhile, police officials who were partaking in the Biggest Loser programme at the SAPS Tshwane Training Academy, took time out to donate blood as a gesture of love and giving life to fellow human beings at the Quagga Shopping Centre in Pretoria West. Other officials celebrated Mandela Day by hosting a fun walk and aerobics session to raise funds for the procurement of cleaning materials for identified needy communities.

The 3 km fun walk attracted many members who bought tickets at R10,00 each. The total



SAPS members spending their 67 minutes cleaning the Volkstem Street in Pretoria Central.

67

amount raised was R17 456,00.

“Tata Madiba’ Mandela”.

Maj Gen Joy Motubatsi thanked all members of the SAPS who participated in this noble cause. She said that their participation in this activity symbolised the dedication, endurance and commitment that was inspired by “one of the greatest sons of our soil, Dr Nelson Rholihlahla

“All police officials are entrusted with the responsibility of protecting and keeping peace in our communities, and should draw strength from this great leader’s legacy,” affirmed Maj Gen Motubatsi.



SAPS members donating blood during Mandela Day at the Quagga Shopping Complex.

Why me, but why not me?

My Purpose and Value as a Woman at a time like this

By Lt (Rev) MF Tsoai



As we celebrate Women's Day, every female, both young and old, should ask themselves the question "Why me?". Why am I a woman in this country at this time?

Why me?

It is often difficult or impossible to answer this question, because the chances are that a woman asking that question, is in great pain or difficulty and hurting. However, would this not be a good question to ask when reflecting on one's purpose, value and position of advantage in the world as a woman?

South Africa is not perfect, but women can now have dreams and goals that will bring success and prosperity to their lives. A young woman can plan for a great professional future, she can have the desire to become a successful businesswoman or any of the careers that women were previously not allowed to pursue.

The question, "why me?" is relevant as it should prompt an interpersonal monologue and hopefully produce some valuable findings, or at least spark a continuous journey of self-discovery. For centuries women have asked the "Why me?" question in the midst of a rape, while being abused or while experiencing sexism or oppression of women's rights and general human rights. Why me? What is wrong with me?

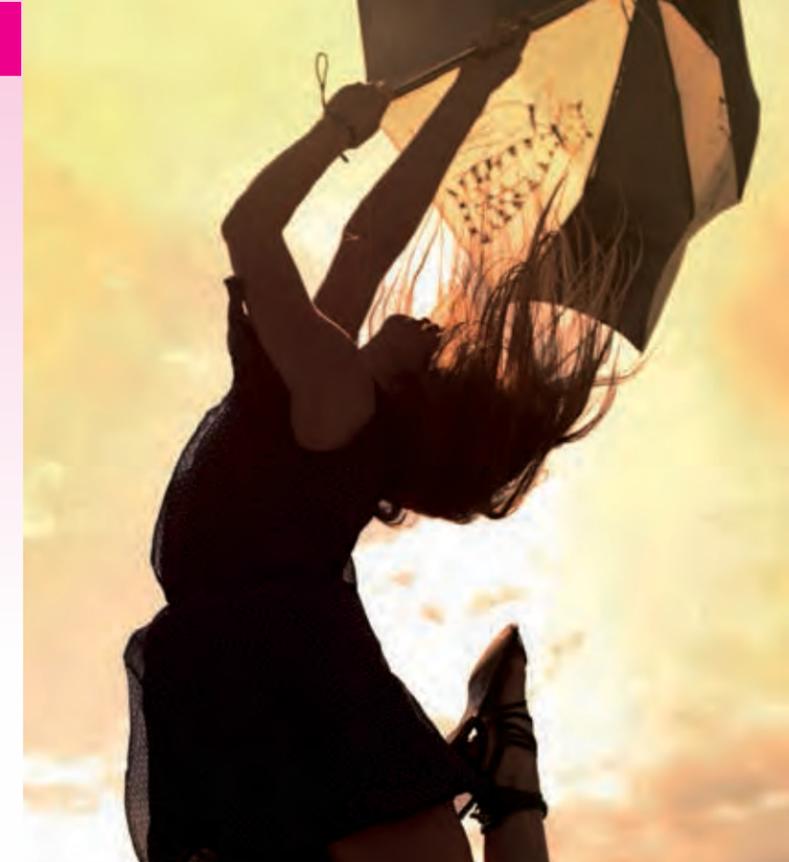
In Luke chapter eight, the story is told of a woman who suffered from bleeding for twelve years, without any cure and as a result, was discriminated against in the culture of the day. She was adamant to find a cure and did something out of the ordinary to become healed, when she touched Jesus in the midst of a crowd. She did not waste time in feeling sorry for herself and asking "Why me?", instead, she grabbed the opportunity to free herself from the illness and was healed. Jesus said to her, "Daughter, your faith has healed you. Go in peace". As a result of her brave behaviour, her story has become an inspiration to us, to have faith and believe that any bad situation can be changed into a great story.

Often stories of success and great achievement have come out of great tragedies and heartbreak; people with such life stories learn to treasure their accomplishments. Surely our achievements, prosperity, wealth and successes in life should have a greater purpose than just self-enrichment; being in a position of advantage should count and have sustainable meaning. When one woman becomes empowered, she should at least empower two other women to ensure that South Africa becomes an empowered nation.

What if as women, we all asked ourselves the "Why me?" question every day of our lives when reflecting on our lives so as to evaluate our contribution to society. Our worth and value should be experienced by our families, communities, colleagues and even strangers.

There is no one entitled to a life without challenges and problems to deal with. There are as many opportunities as there are challenges for women.

As women, our attitude should be that we want our education, expertise and abilities to be displayed and used for the benefit of every one.



- **Why not you, as a woman with a history of oppression, abuse, violence, low self-esteem and poverty, rise and shine?**
- **Why not you become a leader with vision and integrity?**
- **Why not you become a beacon of hope and defined future?**

We owe this thorough reflection and consideration to ourselves and to this nation. Neither the past (no matter how difficult it might have been) nor the present with all its challenges, should rob any woman of her self-worth and confidence to make a positive impact in our community. The women who marched in 1956 fought for the rights of humanity and now it is our responsibility to safeguard the privileges we have. Many of those women passed on, and now it is our time to carry forth their legacy; their sacrifices and courage have spurred us on to reinforce the greatness within us for the benefit of our country.

With that said, have a fabulous South African Women's Month. The SAPS appreciates and values your efforts and commitment to serving our nation.

My Purpose and Value as a Woman

12 Life Sentences for Abusive Mother

Compiled by Col Sabata Mokgwabone
Information supplied by Lt Col Pauline Mocwana

The North West Provincial Commissioner, Lt Gen Zukiswa Mbombo, praised the members of a multidisciplinary task team for their dedication and cooperation of the witnesses that led to the sentencing of a 37-year-old mother (of three) to 12 life sentences and 20 years' imprisonment.

Justice was served when the Rustenburg Regional Court imposed the sentences on the accused on Monday, 30 June 2014, for the contravention of the Criminal Law (Sexual Offences and Related Matters) Amendment Act, 2007 (Act No 32 of 2007) as follows:

Six life sentences for contravening the provisions of section 3 of Act No 32 of 2007; six life sentences for contravening the provisions of section 4 of Act No 32 of 2007 and 20 years' imprisonment for four other offences which include: Six counts of contravening the provisions of section 5(1), four counts of contravening the provisions of section 6, six counts of contravening the provisions of section 21(2) and six counts of contravening the provisions of section 305(3)(a) of The Children's Act, 2005 (Act No 38 of 2005).

The accused is the biological mother of three minors aged seven, eight and fifteen. The mother and her husband, aged 51, allegedly sexually abused their children, prior to March 2010 in Zeerust. The couple was arrested after educators became



Prosecutor Ms Riekie Krause and Capt Herselman.

suspicious and informed social workers, who then reported the matter to the police.

Both the accused failed to appear in court on the set trial date and warrants for their arrest were issued.

The members of the determined tracking team, comprising Capt Pretorius, Const Tawo and Const Tokotshane worked hard and ensured that the accused were successfully traced and arrested, assisted by the investigating

officer, Capt Herselman. The accused were arrested in Zuurbekom in a car, they lived in. It was later established that the accused had been travelling between KwaZulu-Natal and Gauteng to avoid the long arm of the law.

The court ordered that the trials had to be separated and the case against the father was postponed to 5 September 2014, to allow him to undergo 30-days' observation at a psychiatric facility, after it had been alleged

that he was unable to follow the court proceedings due to mental illness.

"We strongly condemn the incident, more so because it was perpetrated by those who were supposed to protect their own children. The police will continue to do everything within the ambit of the law to ensure that those who commit crime, receive a long jail sentence" said Lt Gen Zukiswa Mbombo.

Serial Rapists gets 6 Life Sentences

By Capt Kabelo Marumo
Photograph(s) by Kabelo Marumo

The fight against sexual offences recorded a major success when Brixton detectives arrested 30 year old James Thethe, who was subsequently found guilty by the Palm Ridge High Court on 24 counts of rape, as well as armed robbery and housebreaking.

The accused terrorised the community of Brixton in Johannesburg, by breaking into their houses with the intent to commit sexual offences against vulnerable women. His modus operandi was to target helpers who stayed with their employers in cottages. Jame Thethe victimised women aged between 17 and 30 for seven years.

He raped and robbed his last victim after breaking into her cottage in 2012. Following the ordeal, the survivor was taken to a police station to report the incident, when police came in with a man arrested for being in possession of a toy gun, knife, cellular phones and DVD player. The police realised that the description the victim had given, matched that of the man arrested for stolen property, James Thethe, who was later identified as the man behind raping and robbing the victim who had come to open a case. Thethe was positively identified through an identification parade and DNA tests, which later linked him to all the cases of rape he was convicted for.

Thethe, whose sentence for housebreaking in 2008 was suspended for a five year period, was sentenced to six life terms and 292 years' imprisonment. His arrest comes after two young female constables, Tsholofelo Zwane and Madira Nho, of the Brixton detectives, under the guidance of Col James Makapane, worked tirelessly on the investigation to help the many women Thethe victimised get justice.



The accused, James Thethe.



Massive safety campaign to uproot criminals

By Lt Kgabo Mashamaite
Photograph(s) by WO Anne Magakoe

Pretoria police took a lead in ensuring that the community and tourists feel and are really safe by implementing a 'Safe Journey' campaign in the Pretoria policing precinct at Olievenhoutbosch, outside Centurion recently.

The integrated approach, which included various role players from other government institutions, Community Policing Forums (CPFs), the business sector and security industry representatives, was aimed at fighting piracy, enforcing by-laws and conducting traffic policing, a crime awareness campaign, inspecting liquor outlets and conducting raids at drug hotspots as crime generators.

In his keynote address on behalf of the Gauteng Provincial Commissioner, Maj Gen GD Seswike, the Mamelodi Cluster Commander said: "The fight against criminality is becoming more complex every day and that is why the National Development Plan (NDP) 2030, Chapter 12 requires that the SAPS to have a multidisciplinary approach in tackling crime. This will ensure that we maintain a high conviction rate for individual criminality, which appears to be spiralling out of control, as we will aim to prevent criminals

from identifying loopholes to escape from the criminal justice system. It should also be at the top of our priority list to ensure that the vulnerable sector of the community such as women, children, the elderly, as well as people with disabilities, remain safe in their houses and in our streets. For us to deal with crime effectively, we rely on the support of all the community structures support to help us with information in order to apprehend and free them from the clutches of those criminal elements".

In his presentation about the campaign, the Pretoria Cluster Commander, Maj Gen DT Mthombeni, said that the campaign was based on the impact of trio contact crimes, as outlined in the release of the SAPS's national crime statistics of 2012/13, last year.

"We are zooming in on persistent crimes such as aggravated robbery, in the form of carjacking, truckjacking, robbery at residential and business premises, as outlined in last year's national crime statistics. We have roped in various role players to help us with realising the objective of ensuring that we make Pretoria safe, by effectively eradicating all forms of crime, so that visitors

will come and invest their money in our area. We envisage that the project will run until March 2015, where different role players are tasked to drive the project at their different police stations, with the aim of improving service delivery and conviction rates and to strengthen the partnerships between the police and the community structures".

In his message of support at the launch of the campaign, the Olievenhoutbosch Ward Councillor, Cedric Tsela, said: **"The launch of this project will help us reclaim our streets from criminal elements that have been terrorising our area for quite some time now. However, the success of this project depends on the commitment between various community structures, law enforcement agencies, as well as government institutions. We, as the community are availing ourselves**



Safe Journey Campaign in operation.

for this project, as we know who the perpetrators of crimes are, where the crime hotspots are and the places where those instigators hide". The delegations took to the streets immediately after the formal proceedings, conducting roadblocks, foot patrols, searches and crime awareness campaigns. They made a number of arrests for possession of dagga, the violation of the Copyright Act, possession of a dangerous weapon, selling of liquor without a licence, the violation of the Gambling Act, and illegal immigration.

The illegal goods seized were counterfeit cigarettes, DVDs and computer hardware, with an estimated total value of R5 700,00. About 51 motorists were issued with traffic-related fines to the value of R27 750,00 and 27 individuals and businesses were fined a total of R18 600,00 and R3000,00 respectively.

Female Detective secures conviction in Complicated Rape Case

By Lt Vincent Mukhathi
Photograph(s) WO Anne Magakoe

A detective from the Family Violence, Child Protection and Sexual Offences (FCS) Unit has set a new precedent by solving a case of housebreaking and rape in which a 10-year-old boy was one of the main witnesses. She secured a conviction for the accused.

Const Kedibone Masemola, who is based at the Pretoria Central FCS, was determined to ensure justice would be served for a 26-year-old woman who had been raped by two men at Olievenhoutbosch in Pretoria, on 26 August 2011.

In June 2014, a 40-year-old man, Khutso Maredi, was found guilty of housebreaking and rape. He was sentenced to 10 years' imprisonment for the housebreaking and to 25 years' for the rape and may not be considered for parole for two thirds of his term, according to section 276B(1) of the Criminal Procedure Act, 1977 (Act no 51 of 1977), by the Pretoria Regional Court.

According to the charge sheet, Maredi and an accomplice broke into a house, assaulted and gang-raped the victim and robbed her of a cell phone before fleeing the scene. The victim did not know the two assailants because she was merely a visitor who had come to babysit her friend's children.

Const Masemola said that the case was complicated as she did not have enough evidence to link the perpetrators to the crime scene, because there were no fingerprints. She had to depend on the 10-year-old boy, who recognised the voice of

one of the suspects because the suspect had visited the family at the house two weeks before the incident.

"I started to believe the boy because of the way he described the features of the accused. I arrested the suspect a month later, after the cell phone data of the stolen phone led to his girlfriend, who implicated him as the source of the cell phone. I arranged an identity parade at the Pretoria Central Police Station on 29 September 2011 and the accused was positively pointed out by the victim," said Const Masemola.

She added that the accused was also implicated through DNA evidence and voice identification by the 10-year-old boy, who overheard him during the commission of the crime, and his girlfriend, who became a state witness. The accused did not give the details of his accomplice during the investigations and trial.

The trial prosecutor, Ms Margaret Kalis, extended her appreciation to Const Masemola for the way in which she had investigated the case and had prepared the docket content for the trial proceedings.

"She kept a meticulous account of the whole investigation process, which she consistently and accurately reflected in the investigative statements. This information became critical during trial," explained Ms Kalis.

In his judgement, Magistrate Makhoba made the following remarks about Const Masemola: "The investigating officer has to



Const Masemola checking her dockets.

be commended. She is a young and inexperienced detective of junior rank, yet she conducted the investigation astoundingly. From the beginning, she took the case very seriously and thoroughly followed up each and every clue. She obtained detailed statements from all potential witnesses. She acted promptly to obtain forensic evidence from the victim. She secured a watertight chain of custody

of the exhibits. She applied for DNA analysis and requested cell phone data of the stolen phone.

During the trial, she testified methodically and confidently. I doubt that the accused would have been brought to book, were it not for her thorough investigation methods," said Magistrate Makhoba.

Moving Women's Agenda forward through Sport

By WO Zweli Mohobeledi
Photograph(s) by SAC Velile Khobosi

The SAPS has come a long way since 1972- the year in which policewomen were first enlisted.

Many positive strides have since been made to ensure the full participation of women, not only in administrative duties, but also in the operational fields. As we celebrate Women's Month, we are reminded of gallant women such as the late Brig Duveen Botha, who was the first commander of the "Women Police Section" of that time.

Today, the organisation is under the reign of a female National Commissioner, Gen Mangwashi "Riah" Phiyega.

The Free State prides itself on the leadership of three deputy provincial commissioners and numerous female senior managers. Also encouraging is the steady increase in the number of female station commanders.

Women's Month celebrations commenced in earnest on Monday, 8 August in the chilly town of Bethlehem in the Free State, where more than 250 SAPS women from across South Africa took part in the 8th edition of the SAPS Football Association (SAPSFA) Women's National

Soccer Championships at Goble Park Stadium. Ten teams, one per province and one representing Head Office, tussled to lift the trophy. We salute these women who have dedicated their lives to protecting and serving the people of South Africa, albeit this time under different circumstances.

Following an opening ceremony officiated by Deputy Provincial Commissioner, Maj Gen Napo, the tournament began with the Western Cape walloping the host province by four goals to one. KwaZulu-Natal had set the bar high, having won the previous seven championships. It was now up to the other teams to topple them.

After five days of gruelling competition which saw more than 30 games being played, KwaZulu-Natal was once again crowned the champion for the eighth consecutive time; after defeating the Eastern Cape (3-2) and Gauteng (3-1) in the semi-finals and finals respectively. Gauteng, Free State and Head Office followed to end in the topfour positions.

Another excitement was the announcement of the SAPS's National Team, which comprises 31 members from all nine



Front row left to right: FS Deputy Provincial Commissioner Maj Gen De Wet, Deputy Provincial Commissioner Maj Gen Nomburuzo Napo, Welkom Cluster Commander Maj Gen Lerato Molale, Mr Mphile Sibande of event sponsors-Workerslife.

provinces. As part of an initiative to make children interested in sport, four high schools situated in Bohlokong (Tiisetsang, Ntsu, Ipokelleng and Moriti Wa Thuto) were invited to showcase their talent of female pupils. Their matches were exciting and the girls enjoyed themselves.

Social responsibility is extremely important to the SAPS, and these women in blue ensured that they did their bit.. On Thursday, 7 August they visited Tiisetsang Bana Centre for the Disabled in Bohlokong (Bethlehem), and

donated groceries and cash. They also visited the Bohlokong Hospice and donated a washing machine and blankets to them. The policewomen also donated clothes, baby nappies, and food to the Bophelong Children's Home in Bohlokong. The gifts and money were a contribution made by the players from all the provinces and were given based on the needs identified by the delegation.

The 2015 championships will be hosted by the Eastern Cape.



The champions, KwaZulu-Natal.



Limpopo goalkeeper looks helplessly as Head Office score one of their eight goals on Monday.



SAPS athlete beats odds to become IRON MAN

By WO Percy Sepaela
Photograph(s) supplied by Lt Col Van Rooyen

When Lt Col Celia van Rooyen began expressing her interest in participating in the Triathlon Ironman South Africa some two years ago, many whom she told gave her little chance in the gruelling triathlon competition. However, against all odds, Van Rooyen completed the required 226,2 km within the allocated period of 17 hours to qualify as an Ironman.

Ironman South Africa is an international competition hosted annually in Port Elizabeth in the Eastern Cape. The competition involves swimming, cycling and running within a specified duration with a total of only approximately 2 500 athletes qualifying to take part. It is an energy-sapping competition in which athletes have 17 hours to complete 3,8 km of swimming, 180 km of cycling and finally a 42 km run without resting in between. Lt Col Van Rooyen did all this in only 15 hours and 16 minutes.

"The competition teaches you to focus on the job at hand throughout because you do all three things in a space of a few hours. The fact that on the day of the event you endure so many elements, like the wind and extreme heat, sometimes means that you need to learn to adapt and cope under trying circumstances," said Lt Col Van



Lt Col Van Rooyen with fellow athletes.

Rooyen of the Inspectorate Complaints against the SAPS.

This year's event coincided with the 10th anniversary of Ironman South Africa and Van Rooyen told POLICE that the commemoration made her participation in the competition "a memorable event".

This is an international event in which many athletes compete, hoping to get a position to participate in the World Championship Games, but for Lt Col Van Rooyen, it was a different case.

"My final motivation came from a 10-year-old who is my daughter's friend She was fatally injured in an accident two years ago. I realised that I was blessed with life and good health, so I started working towards my dream, hoping to be an example to my children and others," she said.

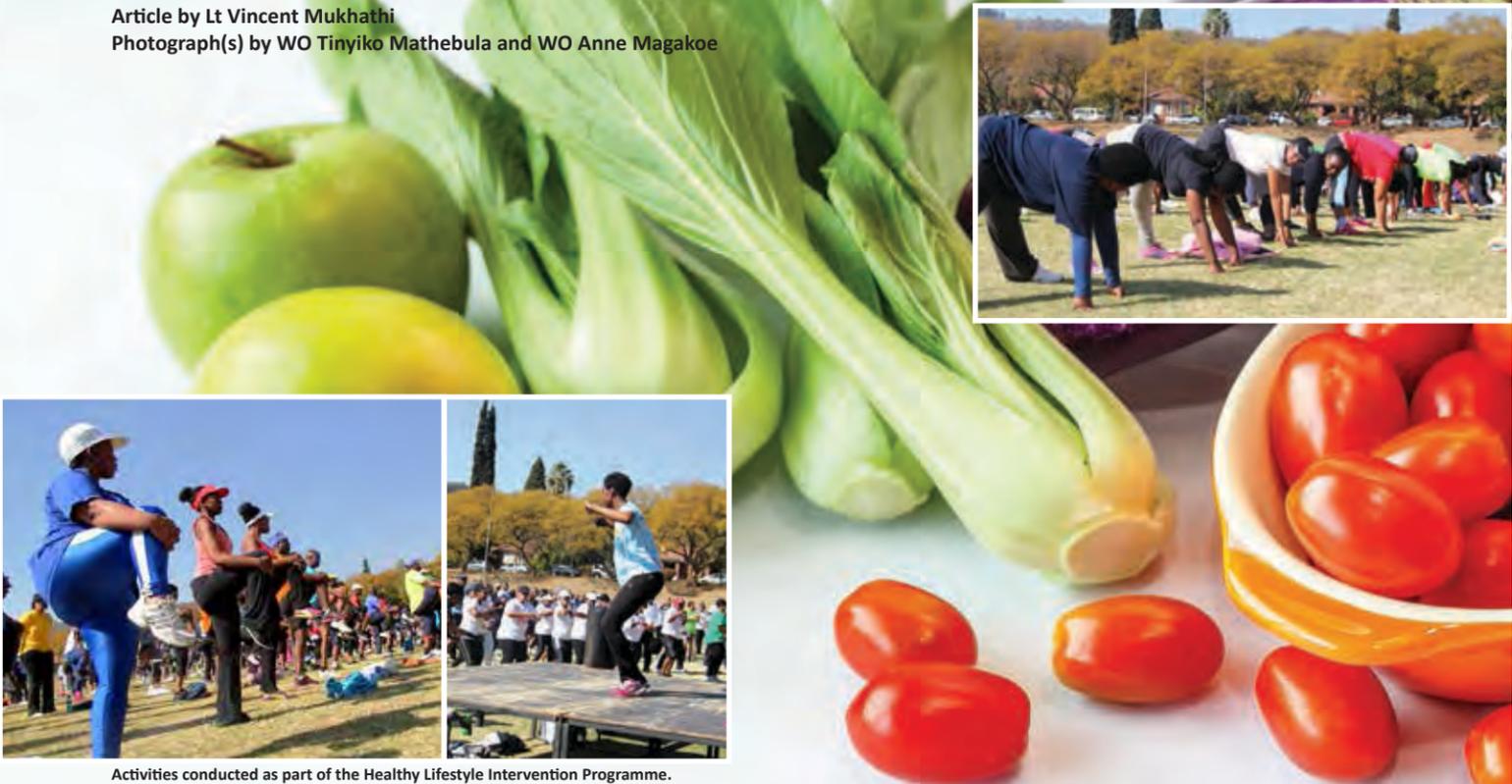
Therefore, in July 2013 she entered the competition and began her training programme in preparation for the big haul. Van Rooyen said that in hindsight, she realised that the mind was the distinguishing factor in this gruelling competition as some people were doubtful at

first about her intentions. "Your mind is so much stronger than you think it is. Once you set it on goals, you can reach them by simply believing," said the 42-year-old with a smile. She told POLICE that her immediate future plan was to compete in the Comrades Marathon next year and then participate in Ironman South Africa the following year.

Van Rooyen's tale is one of hard work, persistence and resilience in the face of difficulty. It is also a story of how much people can achieve when they have the courage of their convictions and when they believe in themselves.

Lose Weight and Be Fit For Duty

Article by Lt Vincent Mukhathi
Photograph(s) by WO Tinyiko Mathebula and WO Anne Magakoe



Activities conducted as part of the Healthy Lifestyle Intervention Programme.

The key to achieving and maintaining a healthy weight is not about short-term dietary changes. It is about a lifestyle that includes eating healthy, exercising regularly and balancing one's calorie consumption. It is a known fact that some of our members are overweight and that this may have a negative impact on not only their self-esteem, but also their work performance.

In one of its undertakings to contribute towards helping overweight police officials to lose weight and maintain physical fitness to counter this, the SAPS, through the Physical Fitness Maintenance Subsection under the Human Resources Development Division, hosted the Healthy Lifestyle Intervention programme.

The programme officially opened with 29 members from different provinces and divisions at the Tshwane SAPS Academy on 25 June 2014. The

objective of the intervention was to teach members to live healthier through correct nutritional habits, safe functional physical exercise and behaviour modification.

Members from all the provinces and the divisions volunteered to attend the intervention and a selection process was followed. In order to have been selected to attend the intervention, the members' personal general practitioners needed to have completed the SAPS Med-X questionnaire. This was the medical clearance allowing the individual to take part in the intervention.

This six-week Healthy Lifestyle Intervention programme entailed members' health and fitness levels being tested weekly. These members took part in walking, resistance circuit training, brisk walking, water aerobics, recreational games, line drills (body weight), physical training and low impact aerobics. A

prudent, healthy eating plan was followed throughout and psychologists from the Employee Health and Wellness Component of the SAPS introduced behaviour modification skills to them.

While addressing the members attending the programme, the Head of Recruitment and Management, Brig Letsebe Mohlamonyane, called on members to commit to lifestyle changes in order to maintain good health and physical fitness and, in turn, provide efficient and effective service delivery.

He elaborated that making a lifestyle change was challenging, especially when an individual had to transform many things at once. He urged members to be committed and advised them to do it by setting small goals and taking everything one step at a time.

"Accepting help from those who care about you and will listen,

strengthens your resilience and commitment. If you feel overwhelmed or unable to meet your goals on your own, consider seeking help from a psychologist. Psychologists are uniquely trained to understand the connection between the mind and body, as well as the factors that promote behaviour change," said Brig Mohlamonyane.

Capt Louis Fourie, who is stationed at the Neston Border Post in Mpumalanga, specified that before the programme **he weighed 129,8 kg and that he had lost 15,5 kg and now weighs 113,3 kg.** He said that he would reduce his alcohol intake and would continue eating healthily and exercising regularly.

The programme ended with an aerobics marathon on 1 August 2014.



Xolisile Simelani (13) Female Tsakane
Last Seen: 2014-02-15
The missing person left home and has not been seen since.
CAS Tsakane 7/2/2014
Investigating officer:
WO MJ Mashale
Tel: 011 636 5400



Rebecca Ngwenya (14) Female Pretoria Central
Last seen : 2014-04-18
The missing person left home and has not been seen since.
CAS Pretoria Central 4/4/2014
Investigating officer:
WO MJ Mahlangu
Tel: 012 353 4223



Anniah Shanuso Motsi (14) Female Bedfordview
Last seen : 2013-08-06
The missing person left home and has not been seen since.
CAS Bedfordview 1/8/2013
Investigating officer:
WO MW Monama
Tel: 011 457 2233



Avuyile Ndabaninzi (18) Female Pretoria Central
Last seen : 2014-05-24
The missing person left home and has not been seen since.
CAS Pretoria Central 3/5/2014
Investigating officer:
WO MJ Mahlangu
Tel: 012 353 4031



Hlengiwe Dudu Khoza (18) Female Daveyton
Last seen : 2014-03-07
The missing person left home and has not been seen since.
CAS Daveyton 5/3/2014
Investigating officer:
WO MF Ndobe
Tel: 011 845 9835



Nobahle Teisha Sigoxo (22) Female Cofimvaba
Last Seen : 2008-05-22
The missing person left home and has not been seen since.
CAS Cofimvaba 1/6/2008
Investigating officer:
Const S Poswayo
Tel: 047 874 0009



Pamela Lee Van Vuuren (26) Female Middelburg
Last seen : 2014-05-14
The Missing person left home and has not been seen since.
CAS Middelburg 2/5/2014
Investigating officer:
Sgt DM Nkadimeng
Tel: 013 249 1807



Thelma Mogadi Raselalome (27) Female Tsakane
Last seen: 2013-11-15
The missing person left home and has not been seen since.
CAS Tsakane 5/11/2013
Investigating officer:
WO MJ Mashale
Tel: 011 363 5400

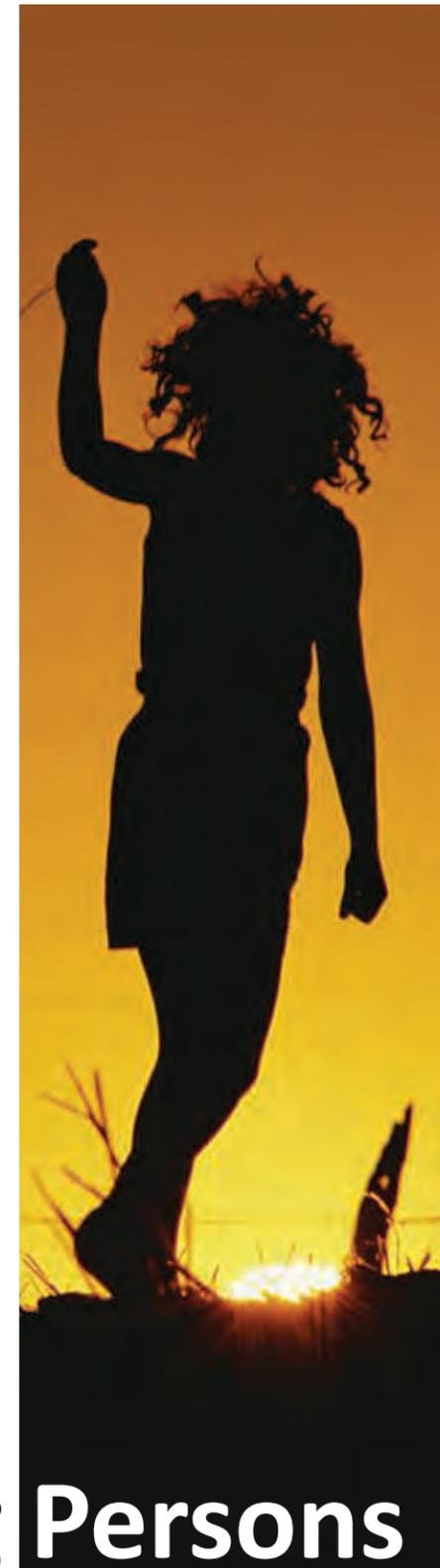


Florence Mangaka Jama (34) Female Evaton
Last seen: 2009-01-05
The missing person left home and has not been seen since.
CAS Evaton 10/5/2014
Investigating officer:
WO ML Mofokeng
Tel: 016 596 1044



Mantoa Angelina Pheho (50) Female Zastron
Last seen: 2012-09-04
The missing person left home and has not been seen since.
CAS Zastron 1/9/2012
Investigating officer:
Const BM Molato
Tel: 051 673 9700

Please help us to locate them...



Missing Persons

WANTED PERSONS

for Crimes Against Women and Children



Wanted for rape

Msizi Alfred Nkosi

Investigating Officer:

Const JA Steyn (017) 811 1896 or
0737488036



Wanted for robbery

Buti David Frank Mbulelo

Investigating Officer:

D/WO FC Smith (043) 731 1124 or
0835655072



Wanted for murder

Shadrack Guvey

Investigating Officer:

WO MM SITHOLE (041) 402 5233 or
0823030457



Wanted for rape

Aavon Simon Ngwenyama

Investigating Officer:

Sgt ON Mabunda (013) 249 1111



Wanted for murder

Danisile Mali

Investigating Officer:

Capt SP Somkhence (043) 740 2305 or
0731853057



Wanted for murder

Tererai Mtita

Investigating Officer:

D/WO E Whital (041) 402 5236 or
0845484807



Wanted for murder

Nyathela Makhakiwen

Investigating Officer:

WO SC Kufa (039) 255 1389 or
0834279656



Wanted for rape

Joewey Moeti

Investigating Officer:

Capt Mathakge (012) 725 0129



Wanted for rape

Lindela Goodman Mohale

Investigating Officer:

WO WH Brooks (028) 425 5400 or
082 5221023



Wanted for rape

Bongani Zungu

Investigating Officer:

Const SD Ramatseletse (011) 407 6100
or 0794968277



Please help us arrest these alleged perpetrators...

SAPS CRIME STOP 08600 10 111