



# POLICE

YOUR OFFICIAL FREE SAPS MAGAZINE



”

When the whole world pressed the RESET button; policing continued.  
When world economies collapsed; policing continued.  
When businesses closed down; policing continued.  
When everyone was locked down in their homes; policing continued.  
When news of police officers who were arrested for wrongdoing made headlines, policing continued.

**'Policing in the midst of COVID 19 Pandemic and Beyond'**

*Minister of Police ~  
General Bheki Cele*



**“Zizojika Izinto - Turning the tide against crime”**

**ON A JOURNEY TO A SAFER SOUTH AFRICA**

**#Selfless&PatrioticService**



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**T**he world is still contending with the Coronavirus, which has been spreading at an alarming speed, but our country's leadership is confident that we will overcome the virus and curtail its detrimental effects if all citizens comply with the Covid-19 containment and management regulations.

The recent spike in infections over the past month or two, has caused the President to revisit regulations, even re-impose previously lifted bans (p 3). Adherence to the regulations is pivotal to beating Covid-19. As such, the SAPS has been vital in the fight against the Coronavirus because it is our police officials who are working in the streets, under tremendous pressure, day and night, to ensure that everyone in the country adheres to these regulations.

As a result of being in close contact with droves of people during crime prevention and awareness operations, thousands of our members have been infected with and affected by the Coronavirus – with some sadly succumbing to the virus. With this in mind, the Minister of Police, General Bheki Cele, addressed all members of the SAPS to show solidarity (pp 4 – 5) and make police officers aware of the various services that the organisation has to help them – and their families – deal with the psychological

and physical strain that they are taking during this pandemic.

General Cele thanked police officers for putting their lives on the line for the safety of all the inhabitants of the country, and relayed his heartfelt condolences to the families of the members who died due to illnesses related to the Coronavirus, which they contracted while serving the nation. Churches have also shown their support to police officers and have vowed to keep them in their prayers (p 9).

Despite the added demands that the pandemic has put on our workforce, our men and women in blue have kept a tight grip on overall crime. Crime-fighting operations are still being conducted countrywide, and criminals are being nabbed. Read about the most recent high-profile rescue of hostages and the arrest of cold-blooded murderers at a church in Zuurbekom (p 8).

The added demands of the pandemic have required the organisation to speed up its implementation of the Safer City Strategy, which will allow members of the SAPS to police larger geographical areas more easily and faster, with the use technology. This strategy, other plans to improve policing, an update on proclamations that Minister Cele made in 2019, as well as how the organisation plans to spend monies allocated to policing, is detailed on pages six and seven of this edition of **POLICE**.

*Brigadier V Naidoo*

## POLICE

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## NATIONAL COMMISSIONER'S MESSAGE GENERAL KHEHLA JOHN SITOLE

The war against the deadly Coronavirus, which began in March 2020, is far from over. Scientists predict that Covid-19 infections will reach their peak in September 2020, which is a scary thought as we have seen the number of infections rise drastically in June and especially July. This enemy we are battling may be invisible, but the damage it leaves where it has struck, is starkly recognisable.

Covid-19 containment and management protocols, the large number of members needed on the ground to enforce Covid-19 regulations, as well as the numerous positive Covid-19 cases among members, which have necessitated that members be booked off to recuperate and police buildings be shut for decontamination, have forced the organisation to re-think traditional policing and employ different strategies in order to maintain good service delivery and protect its members and the public from infection. We found technology to be the best way to support our human resources. Fortunately, the organisation had already begun to use technology to enhance policing through the Safer City Strategy outlined in the SAPS's Turnaround Vision prior to the Covid-19 onslaught. The strategy envisions a South Africa where technology helps the police cover a broader geographical area, while limiting contact with other persons.

This means that police officials will use CCTV, body and vehicle cameras, as well as drone policing to aid in visible policing and

crime investigations. This will make the lives of police officials much easier, fast-track crime fighting and provide concrete video evidence during investigations and trials. There are 10 pilots of this kind of policing, underway.

Thankfully, we have been able to deliver on our core mandate of combating crime, despite the toll that the pandemic has taken on the SAPS. What we have found during this Covid-19 period, is that Coronavirus hotspots mimic crime hotspots. Over 80% of the hotspots are also crime hotspots. Therefore we deployed our members on the ground to areas where they can simultaneously attack both the virus and crime, conducting high-density, multidisciplinary operations throughout the country.

The involvement of other law enforcement agencies whose members are deployed alongside SAPS's members countrywide, has also helped the SAPS cover more ground and keep up with the pressures of visible policing. However, these members will not always be available post-pandemic and as such, we have embarked on a plan to sustain this level of visibility.

Part of our sustainability plan is the implementation of the Reserve Personnel Plan, which includes the establishment of a Tourism and Royal Police Reserve. This will contribute immensely to the policing workforce. The Safer City Strategy will go a long way in sustaining high police visibility and maintaining a large police presence over broad areas, to combat crime in the country.

The Coronavirus stopped our plans to bolster our workforce, as social distancing restrictions necessitated that all SAPS academies stop training. This meant that we had to pause the planned recruitment of over 7 000 trainees, who were meant to augment our police force. We are considering filling these posts with 3 000 active serving reservists in October 2020, and calling up 4 000 applicants from the community during September/October 2020, to commence with basic training in January 2021.

We have also called on skilled, former police officers who honourably left the SAPS at the ranks of constable, sergeant and warrant officer, to re-enlist. These police officials will help ease the workload in units with a shortage of members. These units include the Public Order Policing and the Family Violence, Child Protection and Sexual Offences Units, as well as the newly established Murder and Robbery, Taxi Violence, and Cold Case Investigation Units.

All of the successes that the SAPS has achieved, are owed to our angels in blue. Our police officials' hard work never goes unnoticed. They have been working for the country, living the SAPS's Turnaround Vision slogan of **Patriotic and Selfless Service**. Thank you to each and every police official who contributes to the fight against crime in South Africa daily.

Lastly, I urge all our police officials to build strong relations with the community, both in their personal and professional capacity, so that they can have the opportunity to involve community members in the fight against crime – urge them to support our nationwide 'Communities in Blue' concept – and blow the whistle against crime because they see and know the perpetrators of crime in their communities. We can only win the war against crime and Covid-19 if the community and the SAPS work in unison.

# BAN ON BOOZE, CURFEW REIMPOSED AMID CORONAVIRUS SPIKE

Compiled by Lt Col Fundiswa Maphanga

President Cyril Ramaphosa addressed the nation from the Union Buildings on 12 July 2020, pertaining to the country's progress with containing the Coronavirus pandemic. In his address, President Ramaphosa lauded the unity displayed by the country during the past 120 days of the national lockdown due to Covid-19, but lamented the rising number of infections.

"We delayed the spread of the virus by working together and by maintaining our resolve. But now, the surge in infections that we had been advised by our medical experts would come, has arrived. The storm is upon us," he said.

At the time of going to print, over 12,7 million people had been infected with Covid-19 and over 500 000 had died due to Coronavirus-related incidents worldwide. The number of Covid-19 infections in South Africa had risen so drastically that the country had the fifth highest number of confirmed infections in the world, and it accounted for about half of Africa's cases.

On the day of the President's address, there had been 276 242 confirmed cases of Covid-19 in the country, which translated to over 12 000 new cases daily, which is equivalent to 500 new infections hourly. At least 4 079 people had died from the Coronavirus since the beginning of the outbreak in March.

However, the country's death toll was not as bad as the rest of the world with more than 134 000 South Africans having recovered from the infection. "While infections rise exponentially, it is important to note that our case fatality rate of 1.5% is among the lowest in the world. This is compared to a global average case fatality rate of 4.4%," said President Ramaphosa.

The SAPS, at the forefront of the fight against Covid-19 since the start of the lockdown, worked all over the country to ensure that the public adhered to the regulations that had been implemented to manage and contain the virus. This drastically increased the likelihood of SAPS's members contracting the virus, and on 10 July, over 5 000 members had been infected. Sadly, 36 of them had died due to Coronavirus-related illnesses.

President Ramaphosa said that although the spike in infections had been expected, infections had increased more rapidly than predicted. "The Coronavirus storm is far fiercer and more destructive than any we have known before. It is stretching our resources and our resolve to their limits.

According to current projections, each of our provinces will reach the peak of infections at different times between the end of July and late September," he said.

In view of the increased rate of infections, the National Coronavirus Command Council and Cabinet considered returning to Lockdown Level Four or Level Five, which would have had a huge, adverse socio-economic effect on the country.

Cabinet has therefore decided to extend the National State of Disaster until 15 August, but they have strengthened the enforcement of existing regulations, and have taken certain **additional measures**:

- Wearing a mask in all public spaces, remains **MANDATORY**.
- All workplaces and institutions must have a designated Coronavirus official responsible for ensuring that all regulations and precautions are adhered to.
- Local taxi trips (up to 200 km) are permitted with 100% capacity and long distance taxi trips (exceeding 200 km) are only allowed **with open windows and regular sanitisation**.
- **Alcohol sales and distribution is banned** to limit hospitals' burden of alcohol-related injuries.
- **A curfew between 21:00 and 04:00** to reduce hospitals' burden due to motor vehicle accidents, violence and related trauma which happen mostly during these hours.
  - o Only persons who need to travel to and from work or who need to seek urgent medical or other assistance during this time, will be permitted on the streets during these hours.
- Family visits and other group social activities, are **not allowed**.
- Auctions are permitted.
- Parks will be open for exercise, **but not for any form of gathering**.

Urging South Africans to adhere to the restrictions for the good of all within the country, President Ramaphosa said: "We are taking these measures fully aware that they impose unwelcome restrictions on people's lives. They are, however, necessary to see us through the peak of the disease."

President Ramaphosa implored all South Africans to act responsibly as this was the only way that the spreading of the virus could be curbed because **"this is a disease that is caused by a virus, but it is spread by human conduct and behaviour"**.







Minister of Police Bheki Cele and the National Police Commissioner Khehla John Sitole addressing the media during the ministerial integrated law enforcement officers' address to provide a progress report of the successes made since the declaration of the national disaster at the Carousel Plaza.

## MINISTER LIFTS MEMBERS' MORALE

By Capt Keitumetse Mmushi

Photographs by Capt Kgabo Mashamaite

**T**he Minister of Police, General Bheki Cele, recently addressed members of the SAPS to boost their morale and discuss matters of policing, after more than 100 days in the national lockdown due to the Covid-19 pandemic.

General Cele, accompanied by the National Commissioner of the SAPS, General Khehla Sitole, and the Deputy National Commissioner for Policing, Lt Gen Sehlahle Masemola, attended a roadblock at the Carousel Toll Plaza on the N1 to Polokwane.

General Cele urged members to adhere to Covid-19 regulations in order to survive the storm, especially as the country was experiencing a sharp increase in the number of positive cases.

"I want to warn that there is still a long war. We are not talking about post-Covid, we are talking about us standing

side by side and learning new ways [of doing things]. Do what you are told, because we do not have any kind of medicine [that will cure Covid-19]. If you protect yourselves, you protect your family and you protect all of us," he said.

Relaying his support to all members of the SAPS, General Sitole said the fact that members have been going to work and performing their duties as expected from the very first day of the lockdown, shows their amazing loyalty and patriotism.

"This shows the level at which we are putting our lives at stake for the benefit, well-being and safety of our communities. I therefore want to encourage you to continue being of service and continue to execute your work while taking precautionary measures. You have the full support of management, and we urge you to come forth if there is anything that you need help with," he said.



Minister Cele said he was happy that the police had not forgotten their core function of dealing with criminals, despite the pandemic. "The emergence of Covid-19 means that we have to now guard against an invisible enemy. While the country is in lockdown, we know that criminals are not going to stay at home at this time," he said.

General Cele also instructed members to prioritise crimes committed against women and children, as the scourge of Gender-based Violence (GBV) continued to plague the nation, saying that such crimes were a "second pandemic" facing the nation.

"GBV must remain a priority during the pandemic and after. People who go to police stations, especially the victims of GBV, must be treated with respect. Our job is to arrest people who perpetrate violence against women and children," he said.

Minister of Police Bheki Cele addressing members of the integrated law enforcement officers deployed in order to enforce the Disaster Management Act regulations at the Carousel Plaza along the N1 north.





# R105 BILLION BUDGET:

## R57 BILLION TO ENHANCE POLICE VISIBILITY

By Lt Col Fundiswa Maphanga



The Minister of Police, General Bheki Cele, delivered the 2020/2021 Police Ministry’s budget vote – the first ever to be delivered virtually due to Covid-19 management protocols – on 24 July 2020.

The men and women in blue are at the frontlines of the protracted war against the deadly Coronavirus, as such this 2020/2021 budget vote focused on ‘Policing in the midst of the Covid-19 Pandemic and Beyond’.

	INITIAL BUDGET	ADJUSTED BUDGET
Programme 1 Administration	20 912 779	20 094 579
Programme 2 Visible policing	52 327 272	57 048 272
Programme 3 Detective Services	20 624 159	20 491 359
Programme 4 Crime Intelligence	4 403 531	4 403 531
Programme 5 Protection & Security Services	3 443 292	3 373 292
TOTAL	101 711 033	105 411 033

The bulk of the budget has been allocated to enhancing Visible Policing, to ensure that citizens adhere to regulations aimed at curbing the spreading of the Coronavirus.

This will aid police officials in fulfilling their Constitutional Mandate of serving and protecting the nation, despite being forced to work differently, where old-age tasks such as manning the community service centre and effecting arrests, now require social distancing and new standard operating procedures.

This virus has, once again, highlighted the importance of police officials in society. Policing remains when other spheres of society crumble.

“When everyone was locked down in their homes, policing continued. When businesses closed down, policing continued. When statistics of Covid-19 infections skyrocketed to alarming figures, policing continued. When 10 077 police officers were infected and or are affected [by the virus] ... when over 95 police officers succumbed to and passed away due to Covid-19, policing continued,” said General Cele.

Government has allocated **R4,8 billion** to respond to Covid-19 related matters. Some of this money will help the SAPS improve

the lives of police officials who are more exposed to the virus due to their daily interaction with the public, while enforcing the lockdown regulations.

The SAPS, in partnership with the Polmed medical aid scheme, has embarked on a project to avail private healthcare facilities that will serve members of the SAPS and their dependents.

### SAPS/Polmed health facilities will provide for those who -

- have confirmed cases of Covid-19
- have Covid-19 symptoms but have not been hospitalised
- do not have a home environment conducive for self-isolation.

It will be serviced by healthcare providers contracted by Polmed.

It will be available in all nine provinces.

It will be augmented with quarantine sites at SAPS’s academies countrywide. These sites will be operationalised by Polmed and will be situated at the following police academies:

- Bishop Lavis Academy (Western Cape)
- Graaf Reinet Academy (Eastern Cape)
- Ulundi Academy (KwaZulu-Natal)
- Chatsworth Academy (KwaZulu-Natal)
- Pretoria West Academy (Gauteng).

At a virtual media briefing after the Budget Vote, General Cele lauded the SAPS for having been proactive in its response to Covid-19 as the above facilities would be “ready for use at the time that the virus is expected to be at its peak” [September] with the Department of Health deeming the Bishop Lavis quarantine site ready for occupation on 1 August 2020.

The SAPS has also partnered with the Civilian Secretariat for Police and embarked on a joint Covid-19 public education and awareness campaign to involve community safety structures such as community policing and safety forums to encourage compliance with lockdown regulations.

### Other measures that the SAPS has taken in response to Covid-19:

- It Compulsory counselling sessions for all affected members
- Adequate supply of Personal Protective Equipment (PPEs)
- Continuous virtual training and information sessions for police officers on Covid-19 and policing
- Frequent visits to affected police stations
- Swift processing of documents for the benefit of families of departed members.

Minister Cele re-emphasised the importance of policing, and was positive that these measures would enhance service delivery by ensuring that police officials felt safe while executing their duties.

“Police officers remain the number one asset of the organisation. Without them, there is no policing or organisation. [These] interventions and more, are necessary for effective and efficient policing under such challenging circumstances. The leadership must always strike a balance. As police officers serve and protect, their working conditions must be equally conducive and favourable,” he said.

While the Coronavirus required most of the workforce’s attention, the members of the SAPS ensured that they continued to deliver on their core mandate of fighting crime. “[We are working] toward achieving the set target of halving violent crimes in the next decade. Therefore, our enforcement operation will be intensified during this period of the National State of Disaster,” said General Cele.

### Enforcement Operations include the following:

- Conducting static roadblocks on all national and major routes
- Conducting vehicle check-points on provincial, regional and rail routes, as well as main streets
- Conducting high visibility patrols to monitor, control and ensure adherence to the regulations to monitor, control and ensure adherence to the regulations
- Designated investigation capacity and case management
- The implementation of objects of policing in accordance with section 205(3) of the Constitution of the Republic of South Africa.

Gender-based violence (GBV) still plagues the country and Minister Cele, once again, dedicated this year’s budget vote – as he did the previous year’s – to rooting out violence against women and children.

GBV is a priority for the SAPS, which was reflected in the budget as the Family Violence, Child Protection and Sexual Offences (FCS) Units, that specialise in GBV crimes, received R184 million’s worth of resources, while R120 million’s worth of evidence collection kits were bought and distributed to police stations, and several GBV awareness campaigns were conducted throughout the year. The organisation is set to improve on these efforts in the 2020/2021 financial year, with an additional R15 million to be directed to the FCS units.

Members of the FCS Unit continuously secure harsh sentences for perpetrators of GBV. Most recently, dedicated Detective Ernest Villet emerged from a two-week battle against Covid-19 in the ICU, and secured 15 life sentences and 30 years’ imprisonment for 66-year-old serial rapist, Herman Harker. The SAPS is very proud of Ernest.

To capacitate the FCS Units that are the first point of call for many women who are the victims of domestic violence, the SAPS has, to date, identified 312 of the 4 971 trainee constables who completed their specialised training for placement at the 185 FCS units across the country. Of the current investigative capacity in the FCS Units, 148 completed the FCS Learning Programme.

Emphasising that the fight against GBV is to be taken on by all in society, Minister Cele said: “[GBV] is affecting everyone, both young and old. We should all agree that this is a societal challenge that needs all of us to deal with it decisively. It cannot be the police alone, I repeat – gender-based violence is EVERYBODY’S RESPONSIBILITY, therefore I also call on gender activists to work with existing structures to solidify the fight against crimes against women and children.”

To involve the community in the fight against GBV, General Cele said that the SAPS would, among other things, “embark on a virtual media campaign to educate communities on the SAPS’s response to reported

GBV cases ... to empower communities on understand the reporting process and the assistance provided by the various entities within the criminal justice system, and what to do if they are not satisfied with the response provided by the police”.

The SAPS is currently prioritising finding ways to improve on its response mechanisms to incidents of GBV, and access to support services for survivors through a victim-centred criminal justice service. This includes, among other things -

- signing a Service Level Agreement with the Department of Social Development to make sufficient safe houses and additional social workers available for the victims of crime
- implementing a school-based GBV programme aimed at moulding learners to become GBV ambassadors
- embarking on a pilot project aimed at removing barriers to the reporting of GBV and assisting with mobilising communities for early interventions to address GBV.

Stressing the importance of change where responses to GBV are concerned, Minister Cele said: “The tide must turn on how we respond to GBV matters. The victims of GBV should not be the ones forced to flee their homes to seek places of safety ... the abusers [should] be the ones who are cast out of their homes.”

Minister Cele also reported on the progress of addressing the backlog of promotions:

- 48 067 members were promoted through grade progression in the past two years
- 10 614 members are to be grade-progressed during 2020/21 (R172,9 million allocated)
- 8 480 to be promoted in 2021/22 (R137,3 million allocated)
- 6 000 post promotions allocated for 2020/2021 (R129 million allocated)
- More promotions planned for 2021/2022 (R379 million allocated)

General Cele also reported on the achievements in relation to other pronouncements made in the previous year’s budget vote, including the Western Cape Lockdown, the Establishment of a Detective Academy, the Firearm Amnesty, Training of New Recruits, Infrastructure Improvement, Investment Technology, the Ani-Gang Unit, and specialised policing, among other things. Please read the full Budget Vote available at <https://www.gov.za/speeches/minister-bheki-cele-police-ipid-and-civilian-secretariat-police-service-dept-budget-vote>.

In his closing remarks, Minister Cele said: “We would like to call upon communities and all our strategic partners to support the police in the fight against crime, moreover, during this pandemic. The current state of affairs in the country means policing needs no political gymnastics, but it requires cooperation and working together to reach a common goal.”





## OVER 33 000 ILLEGAL

**FIREARMS DESTROYED***By Capt Vincent Mukhathi**Photographs by Capt Ndanduleni Nyambeni*

**T**he SAPS recently destroyed over 33 000 firearms through a melting process that took place at Arcelor Mittal Steel in Vereeniging, Gauteng, in a bid to get rid of guns circulating in communities where they are likely to fall into the hands of the perpetrators of violent crime.

Most of the destroyed firearms were seized by the police during intelligence-driven operations, through following up on tip-offs from citizens concerned with the proliferation and circulation of illegal firearms in their respective communities, as well as legal firearms that owners no longer wanted.

As prescribed by the Firearms Control Act, 2000 (Act No 60 of 2000), a notice stating the intent to destroy firearms was issued in the Government Gazette on 13 May 2020 to give parties with a valid claim to any of the firearms, the opportunity to make representations on why the firearms should not be destroyed. The Registrar did not receive any representations within the prescribed 21 days after publication, so the destruction continued as planned.

The firearm destruction was overseen by the Head of the Rapid Rail Police and Emergency Response Services Component, Maj Gen Dimakatso Ndaba, and the SAPS's Section Head for Firearm Compliance and Enforcement in the SAPS, Brig Lesetja Bopape. The destruction, the first of the 2020/2021 financial year, included 30 913 handguns, 1 452 rifles and 894 shotguns, as well as 725 firearm parts. The SAPS previously destroyed over 52 000 firearms on two occasions in the 2019/2020 financial year.

"Today we are destructing 33 984 firearms, most of which were recovered and seized by the police. The SAPS will continue to fight the proliferation of illegal firearms and ammunition as they pose a threat to the safety and security of the citizens of this country," said Maj Gen Ndaba.

She further explained that the destruction of illegal firearms meant that the police had successfully managed to remove firearms that had been in the wrong hands, and which would contribute to the reduction of trio crimes.

Addressing the high rate of gender-based violence (GBV) perpetrated with the use of firearms, Maj Gen Ndaba pointed out that the police would not hesitate to take away firearms from persons who were legally permitted to have firearms in order to protect the victims of GBV.



"As police, we are putting a lot of effort into protecting women and children. In terms of the law, a person who commits violence cannot be permitted to have a firearm. Once you become the victim of a person licensed to have a firearm, please immediately report it to the police so that we can declare that person unfit to have a firearm," said Maj Gen Ndaba.

The police have submitted a request for another six-month Firearm Amnesty period envisaged to commence on 1 August 2020. Parliament is yet to approve it.



# HEROES PERISH

## FACING COVID-19 PANDEMIC HEAD-ON

*By Capt Kgabo Mashamaite*

**O**ver the years, members of the SAPS have demonstrated that policing is a calling to them. Police officers stay true to their oath of office at all times, even in the face of danger, risking their lives while preventing all acts that may threaten the safety and security of the people of South Africa.

Following the declaration of a State of National Disaster in March 2020, law enforcement officers were at the frontline of the battle against the invisible enemy in order to protect South Africans from bearing the brunt of the virus's negative effects.

Unfortunately, despite its efforts to ensure that all members are provided with adequate Personal Protective Equipment in order to safely render their services, the organisation experienced an alarming rate of infections among its members, which sometimes resulted in fatalities.

At the time of going to print, almost 7 000 positive Covid-19 cases had been recorded countrywide. This resulted in the decontamination of hundreds of police stations and buildings. The high number of infections could be attributed to the fact that police officers are the first point of contact with the criminal justice system, and are expected to interact with members of the public, including those in Covid-19 hotspot areas.

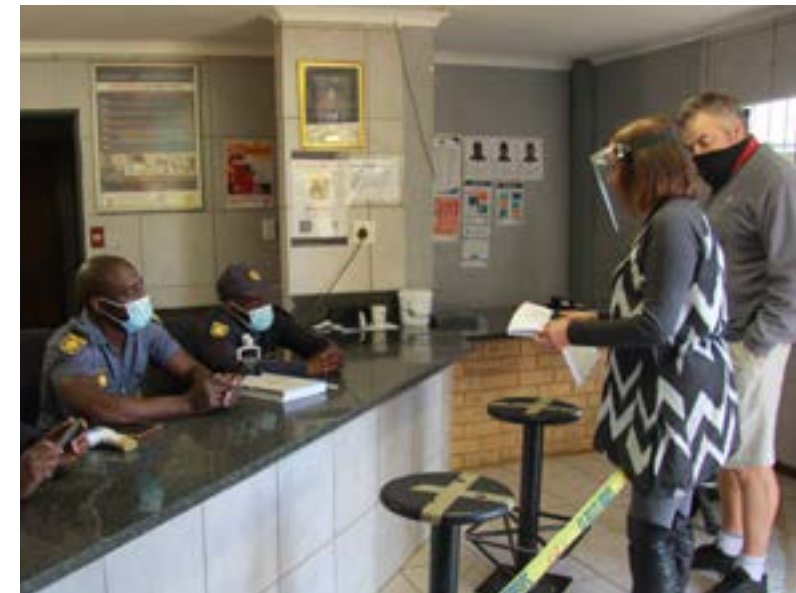
Regrettably, about 36 police officers lost their battle against the virus nationally, and among those we lost, include the former Commander of the Boschkop Police Station, Lt Col Raymond Monyai, who were laid to rest recently.

Lt Col Monyai joined the SAPS in 1995 and served the organisation with distinction, starting off as a General Assistant at the Pretoria Central Police Station, and later enlisting as a police officer whose hard work earned him a rapid promotion in a matter of two years.

At his memorial service that was arranged by the Boschkop Police Station and the Community Police Forum (CPF), members of his station and various community members spoke well of their late colleague.

According to the Chairperson of the Boschkop CPF, Mr Welsch, Lt Col Monyai was a passionate police officer who strived for excellence.

In a written note delivered at the memorial service, Lt Col Monyai's widow, Mrs Charlotte Monyai, described the beautiful marriage they had shared, and said that her late husband would always find a balance between work and



Members of the Boschkop policing area continue to receive an exceptional service from the Boschkop police members at the Client Services Centre, in accordance with the principles and values instilled by the Lt Col Raymond Monyai, who succumbed to Covid-19 recently.

marriage, even though he always strived for perfection in his work.

The Minister of Police, General Bheki Cele, and the National Commissioner of the SAPS, General Khehla Sitole, conveyed their heartfelt condolences to the loved ones of all the fallen SAPS's heroes on behalf of the management of the SAPS, and the entire country.

Management requested the families to find comfort in the knowledge that their loved ones had died while serving the nation. Management also wished those who had contracted Covid-19, a speedy recovery and urged them to consult the Employee Health and Wellness Section for any intervention they might need.

### Management and protocols on decontamination

The management of the SAPS urged all police officials to wear their PPEs correctly, wash or sanitise their hands frequently, wear their mask when performing their duties, and disinfect client service centres, vehicles and holding cells regularly, to curb the spreading of the Coronavirus.

Management further urged members who may have been in contact with those infected with Covid-19, to self-isolate or seek medical attention when experiencing serious symptoms such as difficulty in breathing, shortness of breath, chest pain or pressure.



# POLICE FREE HOSTAGES AND STOP BLOODBATH AT ZUURBEKOM CHURCH

By Col Brenda Muridili and Capt Vincent Mukhathi  
Photographs by Col Brenda Muridili

**P**olice officers from various units arrested multiple suspects involved in a shooting and hostage negotiation at the International Pentecostal Holiness Church (IPHC) in Zuurbekom, West Rand.

On 11 July 2020, a group of armed persons went to the Modise Church and allegedly attacked congregants and held them hostage, but their plans were thwarted as members of the SAPS, supported by members of the South African Defence Force (SANDF), responded swiftly to the incident.

The police seized over 34 firearms, including five rifles, 16 shotguns and 13 pistols, at the scene. Members of the SAPS's Special Task Force, Tactical Response Team and Visible Policing Response Team, also rescued men, women and children who were said to be hostages living in a compound in the church.

The National Commissioner of the SAPS, General Khehla Sitole, praised the law enforcement officers for promptly responding to the attack. "I am certain that the speedy response averted what could have been more of a bloodbath. I have tasked the provincial management [Gauteng] to mobilise a 72-hour activation plan so that investigations can be concluded and those responsible for the attack, can be brought to book quickly," he said.

General Sitole also emphasised the importance of the Spiritual Crime Prevention Concept in the fight against crime in the country. "I have embarked on a concept that involves the participation of all religious denominations in the fight against crime. It is rather unfortunate that such incidents take place at a time when South Africa is being plagued by a deadly virus," he said.

According to the IPHC's Council Secretary, Ntate Mpho Makwana, the modus operandi that had been used, was similar to the one used when His Grace The Comforter's property in Pienaarsrivier (Kanana) had been seized through the deployment of violent hitmen in January 2020. He also explained that a similar strategy had been deployed in Blaauwberg in May 2019 during the IPHC's Mount Zion Pilgrimage.

"The church is a spiritual place of hope and healing. Despicable acts of this nature committed in the name of spirituality are despicable and have to be condemned for the abomination that they are," said Ntate Makwana.

He added that the church premises in question, along with all other branches of the IPHC, had been closed since the start of the Covid-19 lockdown in March, even after



the government had approved the resumption of church services under Lockdown Level Three in June.

His Grace The Comforter Frederick Modise, expressed his views on the attack of the IPHC Headquarters in Zuurbekom. "We are deeply saddened that, on this special day of the Sabbath, our sacred land was violated and defiled in the manner that it was. The elders that came before me, built this church based on love and peace. I call upon all the children of the 'True Comforter' of the IPHC to see this as a moment of reckoning. To see this as God calling on them to turn their backs on deceitful forces of darkness that use violence and any evil means necessary to hijack Our Comforter's good legacy for personal, evil gain. In God Almighty we trust. The Comforter of the yesteryear is still the same, in His name we shall prevail peacefully," he said.



# CHURCHES PRAISE POLICE BRAVERY AMID COVID-19

By PAC Mgcobo Ngxukumeshe  
Photograph by Capt Piet Smit

**M**en and women of the cloth in the Western Cape, praised the police for their hard work, despite the havoc that the Coronavirus pandemic was wreaking in the country.

"We are amazed by the enthusiasm of the police serving as frontline workers with great determination and a positive attitude, despite the invisible and unpredictable virus," said Dr (Rev) Quintus Heine, the Head of the Bible Society of South Africa's Western Region.

Dr Heine lauded the police's good work at a ceremony held at the society's Belville office on 2 July 2020 where over 32 Bibles were donated to the SAPS's Head of Employee Health and Wellness's Spiritual Services, Capt (Rev) Norman Mudau.

Dr Heine was accompanied by the Organising Secretary of English Churches, Dr (Rev) Ruth Jonas, and the staff of the Bible Society in Bellville, while Capt Mudau was accompanied by the Khayelitsha and Mitchells Plain Clusters' chaplains, WO Sonwabo Wisani and WO Henry Fortuin, respectively.

The Coronavirus has adversely affected the men and women in blue, and delayed service delivery as some officials tested positive, while others were required to quarantine or isolate. Various police buildings were temporarily closed for decontamination and alternative accommodation had to be sought.

Against all these odds, police members received a pat on the back from various quarters of the religious fraternity. "We will [keep] them [police officers] in our prayers and I hope that these Bibles will help them find a new weapon that will give them power and much needed strength and guidance in their daily duties," said Dr Heine.

Capt Mudau, on behalf of the Provincial Commissioner of the SAPS in the Western Cape, Lt Gen Yolisa Matakata, expressed the SAPS's gratitude for the kind gesture of donating Bibles and pledging to keep the police officials in their prayers in these difficult times.

He added that this was a step in the right direction in strengthening the police's relationship with the religious fraternity, and giving police officials added strength as they were confronted by the invisible enemy, which also had to be fought fiercely and fearlessly through divine intervention.

Capt Mudau praised all the members who continually put up a brave fight against the evils of crime to protect the vulnerable in our society who often become the victims of crime.



(fltr) Dr (Rev) Quintus Heine of the Bible Society of South Africa, Western Cape's Head of Spiritual Services, Capt (Rev) Norman Mudau, the Organising Secretary of English Churches, Dr (Rev) Ruth Jonas, Chaplain (WO) Henry Fortuin and Chaplain (WO) Sonwabo Wisani.

At a remembrance ceremony held in honour of the victims of domestic violence on the same day, Rev Anitha Pamla, who is the founder of the Answered Prayers Foundation and also a representative of the United Methodist Church of Southern Africa, said that the police and their families were also the children of God and deserved everyone's prayers. The gathering was held in Philippi, at the place where a 17-year-old girl, Amahle Quku, was found dead.

She also lauded the police's determination and bravery as they were faced with many challenges in their fight against crime, as well as the Coronavirus that was making it "extremely difficult" for them to carry out their duties.

Her counterpart, Rev Mawande Lugongolo, said that the country would "hit two birds with one stone" if the community held hands with the police and obeyed the Covid-19 rules and regulations, because they would be able to protect everybody from the Coronavirus and decrease crime.





# DEMENTIA AND ALZHEIMER'S?

## WHAT IS THE DIFFERENCE BETWEEN

*Compiled by Lt Col E Holtzhausen*

**J**uly is Mental Health Awareness Month. We have decided to look into Dementia and Alzheimer's disease. Dementia and Alzheimer's disease are not the same. Although symptoms of the two conditions may overlap, distinguishing them is important for management and treatment.

Dementia is an overall term used to describe symptoms that impact memory, performance of daily activities, and communication abilities. Alzheimer's disease is the most common type of dementia. Alzheimer's disease gets worse with time and affects memory, language and thought.

While younger people can develop dementia or Alzheimer's disease, your risk increases as you age. Still, neither is considered a normal part of aging.

### Dementia

Dementia is a syndrome, not a disease. A syndrome is a group of symptoms that does not have a definitive diagnosis. Dementia is a group of symptoms that affects mental cognitive tasks such as memory and reasoning. Dementia is an umbrella term that Alzheimer's disease can fall under. It can occur due to a variety of conditions, the most common of which is Alzheimer's disease.

People can have more than one type of dementia. This is known as mixed dementia. Often, people with mixed dementia have multiple conditions that may contribute to dementia. A diagnosis of mixed dementia can only be confirmed in an autopsy.

As dementia progresses, it can have a huge impact on the ability to function independently. It is a major cause of disability for older adults, and places an emotional and financial burden on families and caregivers.

According to the World Health Organisation approximately 47.5 million people around the world are living with dementia.

### Symptoms of dementia

It's easy to overlook the early symptoms of dementia, which can be mild. It often begins with simple episodes of forgetfulness. People with dementia have trouble keeping track of time and tend to lose their way in familiar settings. As dementia progresses, forgetfulness and confusion grow. It becomes harder to recall names and faces. Personal care becomes a problem. Obvious signs of dementia include



repetitious questioning, inadequate hygiene, and poor decision-making.

In the most advanced stage, people with dementia become unable to care for themselves. They will struggle even more with keeping track of time, and remembering people and places they are familiar with. Their behaviour continues to change and can turn into depression and aggression. Causes of dementia

You are more likely to develop dementia as you age. It occurs when certain brain cells are damaged. Many conditions can cause dementia, including degenerative diseases such as Alzheimer's, Parkinson's, and Huntington's. Each cause of dementia causes damage to a different set of brain cells.

Alzheimer's disease is responsible for about 50 to 70 percent of all cases of dementia.

### Other causes of dementia include:

- [infections, such as HIV](#)
- [vascular diseases](#)
- [stroke](#)
- [depression](#)
- [chronic drug use](#)

### Alzheimer's disease

Dementia is the term applied to a group of symptoms that negatively impact memory, but Alzheimer's is a progressive disease of the brain that slowly causes impairment in memory and cognitive function. The exact cause is unknown and no cure is available.

The time from diagnosis to death can be as little as three years in people over 80 years old. However, it can be much longer for younger people.

### The effects of Alzheimer's on the brain

Damage to the brain begins years before symptoms appear. Abnormal protein deposits form plaques and tangles in the brain of someone with Alzheimer's disease. Connections between cells are lost, and they begin to die. In advanced cases, the brain shows significant shrinkage.

It's impossible to diagnose Alzheimer's with complete accuracy while a person is alive. The diagnosis can only be confirmed when the brain is examined under a microscope during an autopsy. However, specialists are able to make the correct diagnosis up to 90 percent of the time.

### Alzheimer's vs. dementia symptoms

The symptoms of Alzheimer's and dementia can overlap, but there can be some differences.

### Both conditions can cause:

- [a decline in the ability to think](#)
- [memory impairment](#)
- [communication impairment](#)

### The symptoms of Alzheimer's include:

- [difficulty remembering recent events or conversations](#)
- [apathy](#)
- [depression](#)
- [impaired judgment](#)
- [disorientation](#)
- [confusion](#)
- [behavioural changes](#)
- [difficulty speaking, swallowing, or walking in advanced stages of the disease.](#)

Some types of dementia will share some of these symptoms, but they include or exclude other symptoms that can help make a differential diagnosis. Lewy body dementia

(LBD), for example, has many of the same later symptoms as Alzheimer's. However, people with Lewy body dementia are more likely to experience initial symptoms such as visual hallucinations, difficulties with balance, and sleep disturbances.

People with dementia due to Parkinson's or Huntington's disease are more likely to experience involuntary movement in the early stages of the disease.

Treating Dementia vs. treating Alzheimer's  
Treatment for dementia will depend on the exact cause and type of dementia, but many treatments for dementia and Alzheimer's will overlap.

### Alzheimer's treatment

No cure for Alzheimer's is available, but options to help manage symptoms of the disease include:

- [medications for behavioural changes, such as antipsychotics](#)
- [medications for memory loss](#)
- [alternative remedies that aim to boost brain function or overall health, such as coconut oil or fish oil](#)
- [medication for sleep changes](#)
- [medication for depression](#)

### Dementia treatment

In some cases, treating the condition that causes dementia may help. Conditions most likely to respond to treatment include dementia due to:

- [medication](#)
- [tumours](#)
- [metabolic disorders](#)
- [hypoglycemia](#)

In most cases, dementia is not reversible. However, many forms are treatable. The right medication can help manage dementia. Treatments for dementia will depend on the cause.

For example, doctors often treat dementia caused by Parkinson's disease and LBD with cholinesterase inhibitors that they also often use to treat Alzheimer's. Treatment for vascular dementia will focus on preventing further damage to the brain's blood vessels and preventing stroke.

People with dementia can also benefit from supportive services from home health aides and other caregivers. An assisted living facility or nursing home may be necessary as the disease progresses.

It is vital that you talk to your doctor if you're concerned that you have the symptoms of dementia or Alzheimer's disease. Starting treatment promptly can help you manage your symptoms.

### Sources:

- [Healthline Editorial Team](#)
- [mayoclinic.com](#)
- [alz.org – dementia/mixed dementia symptoms.asp](#)
- [alz.org – alzheimers disease/stages of alzheimers.asp](#)
- [nhs.uk – dementia guide/pages/symptoms of dementia](#)



# COVID-19: BASIC WORK ETHICS AND ETIQUETTE

Compiled by Lt Col Chrisna Gerber



**Facing the challenge of being infected with Covid-19 or being affected by it through loved ones or colleagues being infected, is traumatic and takes a toll on a person to fully recover and become reintegrated into the ordinary day-to-day living and going back to work.**

What makes it more challenging and extremely sad, is that people dealing with these difficulties are sometimes stigmatised and forced to deal with colleagues who have thrown basic work ethics and etiquette out of the window.

According to *Psychology Today*, "stigma arises when the virus and the person with the virus are seen as one...when we change the question from **what** is to blame to **who** is to blame." In the workplace, blaming each other for an illness nobody has control over, can lead to a devastating breakdown of good, ethical, workplace relationships.

Good, ethical relationships between colleagues refer to basic and trustworthy relationships involving common protection of each other's rights. Mutual trust leads to an

effective team with increased productivity, resulting in overall better performance of the section or unit. People need to be reminded of the basic principles of workplace ethics and etiquette so we can all stand together in the fight against Covid-19.

**The following are the characteristics of good, healthy, ethical working relationships:**

- **Trust**  
This is the foundation of every good relationship. Trust forms a powerful bond that helps colleagues work and communicate more effectively. It allows for openness and honesty in thoughts and actions, without the need to 'watch your back'.

- **Mutual respect**  
When there is mutual respect, there is mutual value of input, ideas, and values.
- **Mindfulness**  
Colleagues who take responsibility for their words and are careful about what they say, do not let their negative emotions have an impact on the people around them.
- **Welcoming diversity**  
One of the biggest challenges within any relationship, is accepting differences. Colleagues with good relationships not only accept diverse people and opinions, but welcome them.
- **Open communication**  
All good relationships depend on open, honest communication. It is important to remain non-judgemental and non-confrontational. This allows for discussions about uncomfortable issues such as illness and deviant behaviour. **Stop workplace gossip.**

When it comes to working in a team, etiquette matters. How one presents oneself and interacts with colleagues (and others), says volumes about who you are as a person and as a member of the team.

**Etiquette pointers in the workplace:**

- **Never gossip about your colleagues.**  
Office gossip is like a(nother) virus that infects everyone it reaches. It has the ability to ruin a person's reputation, intrude on their privacy, and unpleasantly affect their lives.
- **Do not bully a colleague into doing something.**  
Workplace bullying causes emotional distress to the target(s), has a direct impact on the work performance of the business unit and can cross the line to unlawful conduct like harassment and/or discrimination.
- **Respect colleagues' personal space and personal lives.**  
Sexual harassment creates a hostile and offensive working environment. It can destroy the functioning of a working team and have a serious impact on the social functioning of the affected employee(s).
- **Do not forget that you are still at work when attending work social events.**  
Team building and similar events, can be a great opportunity to socialise with your colleagues and get to know them outside the workplace, **BUT** it is important not to forget that while you may be yourself, you are still among colleagues with whom you will be working the next day.
- **Be willing to help out a colleague.**  
'A friend in need is a friend indeed' or 'Take one for

the team'. If one can realistically help without it having a negative impact on one's own deadlines, why not? Colleagues should stand together and strive toward the team's common goal.

- **Dress appropriately and according to the culture of your workplace.**  
If not in uniform, it is a good idea to dress to impress. Save the casual clothes, flip-flops, see-through shirts and short dresses for the weekend. Nobody will take you seriously if you dress like that at work.
- **Do not 'Reply All' to an email chain.**  
Carefully consider whether or not all of the colleagues who received the initial email, need to be included in your reply. Treat your emails as a professional form of communication and ensure that the information you share, is appropriate for the time, place and people involved.
- **Be flexible.**  
You might be asked to work earlier or later than your usual working hours, or perform duties not within your job description. While it is not fun to work harder to complete a project or do 'someone else's job', being willing to walk the extra mile demonstrates that you value the organisation and take your role within it seriously.
- **Be open-minded.**  
You should do your best to remain open-minded whether you are taking on a new task, building and maintaining relationships, or advancing your career. Nothing is known for certain and being flexible and open to change, will help you in the long term.

**REMEMBER** - respect each other. Observe workplace ethics and etiquette. This will unite the working team, and make all of you more productive and stronger against the fight against Covid-19.

Social Work Services presents Dynamic Workplace Programmes with modules such as 'Building blocks of a Functional Work Team' and 'Elements impacting negatively on work teams'.

For more information or to book a session, contact the Social Work Services' Sexual Harassment Desk: Lt Col Chrisna Gerber at 079 880 5966 (Duty Officer) or 082 301 2183 (standby) or email: GerberChrisna@saps.gov.za.

**Resources:**  
Social Work Services' Dynamic Workplace Programme  
<https://www.psychologytoday.com/za/blog/the-stigma-effect/202004/the-stigma-covid-19>  
<https://www.northeastern.edu/graduate/blog/workplace-etiquette/>



## FLASH NEWS

## SAPS REACHES OUT TO CURB GENDER-BASED VIOLENCE

By Const Vusumzi Mkhethshane

It is with great concern that the SAPS has noted the rise in violent crimes perpetrated against the vulnerable members of society, especially the abuse of women and children, as well as femicide during the Covid-19 lockdown period.

Addressing the scourge of these incidents, a delegation from the SAPS's Provincial Office in the Eastern Cape held a crime awareness campaign to encourage members of the community to report all incidents relating to gender-based violence and femicide in Mthatha on 3 July 2020.

Talking to community members from Mthatha, Bityi, Ngqeleni and Tsolo, Sgt Nomakhwezi Martins, a Domestic Violence Coordinator from the Eastern Cape's Visible Policing Section's Social Crime Prevention Subsection, said: "Cases of gender-based violence are non-negotiable. Victims are encouraged to seek police assistance for further investigation".

Sgt Martins also warned parents to be vigilant about the whereabouts of their children during the lockdown period. "Children spend most of their time on social media because some schools are still closed. The perpetrators of crime use this gap to lure young ones to danger through misrepresenting themselves and what they stand for," she added.

Community members welcomed the campaign. "We, as the elderly, especially women, feel cared for by the South African Police Service. When the police are around, we feel safe and we see a lot of behavioural change among members of the community," said 46-year-old Ms Nomanesi



Nobathana, a community member who attended the awareness campaign.

Members of the community were reminded to adhere to Covid-19 regulations and protocols to stop the spreading of the virus. The awareness campaign was also attended by the OR Tambo District Manager from the Department of Safety and Liaison, Mr Fikile Hintsa, who encouraged parents to take responsibility for their safety and that of their families.

The SAPS urges its members at the frontlines, especially those who work at the Community Service Centres, to not re-humiliate and re-victimise victims of GBV. Members are urged to treat victims with the highest level of respect and dignity to ensure that all complaints are solved and/or referred to the relevant stakeholders, and that case dockets are opened for proper investigation in order to bring the perpetrators of gender-based violence, to book.

#NoToGenderBasedViolence  
#NotInMyName

## FLASH NEWS

## DOMESTIC VIOLENCE AWARENESS CAMPAIGN ON THE MOVE

By Const Vusumzi Mkhethshane

Police in the Eastern Cape recently embarked on a domestic violence awareness campaign in the Chris Hani district to address domestic violence-related crimes, including the brutal violence perpetrated against vulnerable members of our society.

Members of the SAPS's Corporate Communication and Visible Policing in the Eastern Cape informed the community, inclusive of the youth, who flocked to the central business district in large numbers, of the procedures and channels that must be followed to report gender-based violence (GBV) incidents and complaints.

The management of the SAPS in the Eastern Cape strongly condemned the alarming number of GBV incidents, mostly directed at women, and reaffirmed the SAPS's firm stance of zero tolerance when it comes to women abuse and femicide.

The police also reminded parents that they had a Constitutional obligation to ensure the safety of their children and ensure that their children's rights, as stipulated in the Bill of Rights, were not infringed upon. The



police members also encouraged parents to cooperate with the SAPS to create a safe and secure environment for the country's future generations.

In remembrance and honour of the late statesman, Nelson Mandela, members concluded their day-long awareness campaign with a visit to the Mzwabantu Home-Based Care Centre to hand over fruit parcels to the elderly, which they had bought with their own money, as a sign of 'Ubuntu' to celebrate July, which is commemorated as Nelson Mandela Month annually.



## GENDER-BASED VIOLENCE AWARENESS CAMPAIGN ON THE MOVE

By Const Vusumzi Mkhethshane

The SAPS in the Eastern Cape recently conducted an awareness campaign in the Buffalo City Metropolitan areas, targeting the youth and unemployed graduates who had been queueing to collect money from the Covid-19 unemployment lockdown relief fund sponsored by the Government.

The campaign formed part of a proactive social crime prevention activity to try and curb incidents of domestic violence, which may occur because of social ills, such as frustration due to unemployment and substance abuse.



The police targeted the youth in East London's Central Business District, Amalinda, the Cambridge location and the surrounding areas.

In adhering to the Covid-19 lockdown regulations, members maintained social distancing during the operation and used loud hailers inside vehicles when approaching congested vicinities to try and stay safe to prevent the spreading of the Coronavirus.



The time has come for society to stand up against gender-based violence (GBV). The management of the SAPS in the Eastern Cape urged the community to unmask the perpetrators of GBV, and reassured the public that the men and women in blue were still willing and capable of safeguarding them.



# SAPS RUNS IN COMRADES MARATHON DESPITE

Information supplied by SAC Tshepo Aphane

All sporting events were cancelled due to the Covid-19 pandemic. This was a blow to the SAPS's athletes as they had been looking forward to participating in national races such as the Two Oceans, Comrades and Loskop Marathons.

However, the Comrades Marathon Association announced that they would host a virtual race, 'Race the Comrades Legends', instead of the traditional one. All that runners needed to do to participate, was register for the race and select their distance of 5 km, 10 km, 21 km, 45 km or 90 km.

On the day of the race, runners had the entire day to complete their distance on their route of choice, and at any time of the day. After completion of their race, runners submitted their time on the Comrades' website under their profile.

Dressed in their new SAPS's running gear sporting their unique racing numbers, SAPS's athletes took to the streets in the early morning hours of 14 June 2020 for the virtual race, without spectators nor water points, and not running in groups.

## The results for the race were:

### 10 km Females

1. SPO T Phungula (KwaZulu-Natal) – 00:50 min
2. WO N Baloyi (Limpopo) – 01:35 min

### 10 km Males

1. Sgt Selaelo (Limpopo) – 00:43 min
2. Const C Mojela (Limpopo) – 00:54 min
3. WO L Mohlabi (Northern Cape) – 01:04 min

### 21 km Females

1. Sgt E Hlophe (Mpumalanga) – 02:00 min
2. AC T Mabule (Limpopo) – 02:12 min
3. SPO N Masemola (Limpopo) – 02:18 min

### 21 km Males

1. SAC T Aphané (Head Office) – 01:27 min
2. Sgt J Mthombeni (Mpumalanga) – 01:34 min
3. SPO S Lesetja (Limpopo) – 01:34 min



### 45 km Females

1. Const N Ndava (KwaZulu-Natal) – 04:26 min
2. Sgt C Louw (Northern Cape) – 05:00 min
3. Lt Col S van Heerden (Mpumalanga) – 05:12 min

### 45 km Males

1. Sgt S Ntombela (KwaZulu-Natal) – 03:26 min
  2. Const S Lubisi (Gauteng) – 03:43 min
  3. Sgt P Sithole (Gauteng) – 03:54 min
- WO A Nkuna (Limpopo) – 03:54 min

# COVID-19



### 90 km Males

1. WO A Tshukudu (Head Office) – 08:34 min
2. Const N Maswanganye (Head Office) – 08:34 min
3. Sgt P Ndlela (KwaZulu-Natal) – 09:47 min

The SAPS's National Marathon Association has about 1 400 members across all nine provinces and Head Office. The National Executive Committee comprises Lt Col Sekete (Chairperson) Col Kekana (Deputy Chairperson) SAC Aphané (Secretary General) Capt Bazley (Treasurer) and 10 Provincial Coordinators.



# VIRTUAL WORKOUT

## ROUTINES DURING COVID-19

By Lt Col Breda Koopman

South Africans have had to grow accustomed to a new reality of restrictions amid the country's national lockdown to help manage the spreading of the Covid-19 virus. The SAPS has also had to explore ways of overcoming challenges to the way in which the organisation functioned under normal circumstances.

The Inspectorate Division found an innovative way to optimise SAPS' members' effectiveness during this time by equipping them with the necessary knowledge and skills to work productively, including remaining physically fit.

It is vital to embrace a conscientious fitness lifestyle to help boost one's immune system during these tough times.



Sgt Boikanyo urged members to identify a space in their office [or any other available space] where they can work out while practising social distancing.

With this in mind, Lt Col Joyce Esterhuizen and Sgt Masego Boikanyo inspired members to keep fit and healthy with the launching of virtual workout videos.

These workouts will be posted on social media every Wednesday for the duration of the lockdown, affording members the opportunity to exercise from the comfort of their offices under the direction of the SAPS's Education, Training and Development Practitioner, Sgt Boikanyo.

The training videos are presented at different introductory physical fitness levels, which make it easier for members to adopt a personalised exercise routine. Members are therefore capable of achieving minimum fitness levels safely, regardless of their age and state of health.

The virus is forcing people to adapt to a new way of life as social distancing, wearing a mask and sanitising have become the order of the day. Sgt Boikanyo urged members to identify a space in their office [or any other available space] where they can work out while practising social distancing. He also advised members to use training equipment such as medicine balls, resistance bands, and dumb-bells to increase the intensity of the workouts.



## PLEASE HELP US LOCATE THEM...

### BONANI NCUBE



(25) Male  
Last seen:  
2020-05-10

The missing person left home and has not been seen since. He was last seen wearing black trousers, brown shoes, a blue shirt and a black jacket.

Rabie Ridge 1/5/2020  
Investigating Officer: ME MP Selota  
Tel: 011 310 0434

### PIETER ANDRIES OOSTHUIZEN



(61) Male  
Last seen:  
2013-04-09

The missing person left home and has not been seen since. He was wearing a grey jacket, blue jeans and Green Cross shoes.

Worcester 5/4/2013  
Investigating Officer: Sgt HN Stephans  
Tel: 023 348 8600

### THANDEKA MASINA



(25) Female  
Last seen:  
2020-05-06

The missing person left home and has not been seen since. She was wearing a red dress, a black jacket, black sandals and a red handbag.

Tokoza 3/5/2020  
Investigating Officer: Sgt TJ Rambau  
Tel: 011 906 8666

### TASNEEM BEGG



(35) Female  
Last seen:  
2020-05-26

The missing person left home and has not been seen since. She was wearing a green jersey, black tights and black boots.

Florida 2/6/2020  
Investigating Officer: Sgt QPW Rennie  
Tel: 011 831 7000

### GEORGE ROBERT MTHEMBU



(56) Male  
Last seen:  
2020-06-05

The missing person left home and has not been seen since.

Etwatwa 3/6/2020  
Investigating Officer: Sgt DN Moukangwe  
Tel: 011 746 8900

### LEJEANDRE DEBRUYN



(19) Female  
Last seen:  
2014-10-07

The missing person left home and has not been seen since.

Wynberg 8/10/2014  
Investigating Officer: ME Z Masiza  
Tel: 021 467 6347

### JOHNSON MADHOVOYO



(47) Male  
Last seen:  
2020-06-09

The missing person left home and has not been seen since. He was wearing a blue t-shirt, a blue jacket, blue jeans, as well as black and orange shoes.

Honeydew 7/6/2020  
Investigating Officer: WO KP Matshaba  
Tel: 011 801 8400

### SARAH LISAKHANYA NDLOVU

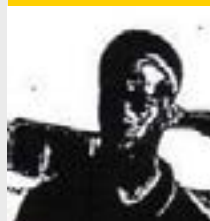


(14) Female  
Last seen:  
2020-05-16

The missing person left home and has not been seen since. She was last seen wearing a green dress.

Barberton 2/6/2020  
Investigating Officer: Capt S Pearson  
Tel: 013 712 2233

### SIYANDA BRIAN YENDE



(18) Male  
Last seen:  
2020-06-01

The missing person left home and has not been seen since. He was last seen wearing a white t-shirt, blue jeans and green tekkies.

Leslie 1/6/2020  
Investigating Officer: Sgt LT Madonsela  
Tel: 017 683 0045

### LITHA THUSI



(?) Female  
Last seen:  
2020-06-10

The missing person left home and has not been seen since. She was last seen wearing a long green dress.

Ematimatolo 4/6/2020  
Investigating Officer: Const MJ Mkhize  
Tel: 033 445 9332

## PLEASE HELP US LOCATE THEM...



# WANTED PERSONS

The South African Police Service requests urgent assistance from members of the public in tracing the following alleged perpetrators wanted in connection with various criminal offences committed countrywide.



**ROBBERY**  
NONYUKELA SIVENATHI  
MAVEST

**Investigating Officer:**  
WO B Oosthuizen  
021 791 8660  
079 894 1226



**BUSINESS ROBBERY**  
BWANYANGU LOVEJOY

**Investigating Officer:**  
Sgt MD Marais  
021 685 7345  
061 867 5088



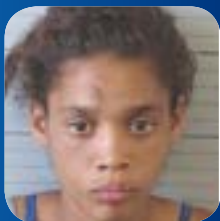
**ROBBERY**  
ANELLE MBIZELA

**Investigating Officer:**  
Sgt J Appolis  
021 685 7345  
061 867 5088



**HOUSEBREAKING**  
COLLINS SEAN PATRICK

**Investigating Officer:**  
Sgt J Appolis  
021 685 7345  
061 867 5088



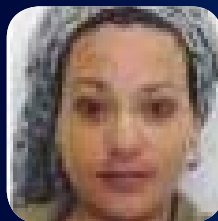
**FAILED TO COMPLY WITH  
COURT ORDER**  
SHAMEIRA ABSOLOM

**Investigating Officer:**  
Sgt SC Magadla  
021 710 7300  
079 8940143



**POSSESSION OF SUSPECTED  
STOLEN PROPERTY**  
SIFISO SHONGWE

**Investigating Officer:**  
WO DE Dladla  
021 685 7345  
078 252 6422



**FRAUD**  
TASNEEM BREANER

**Investigating Officer:**  
Sgt SC Magadla  
021 710 7300  
079 894 0143



**RAPE**  
OLEBOGENG  
GOBUSAMANG

**Investigating Officer:**  
Capt SCA Alberts  
053 928 4058  
082 856 1184



**RAPE**  
UNKNOWN

**Investigating Officer:**  
Sgt MM Mafate  
017 801 0517  
072 610 5768



**FAILED TO COMPLY WITH  
COURT ORDER**  
SIMPHIWE BEHEVILE

**Investigating Officer:**  
WO AD Moore  
021 685 7345  
078 252 6422

**SAPS CRIME STOP**  
**08600 10111**

