FIGHTING COVID-19

ON A JOURNEY TO A SAFER SOUTH AFRICA
#Selfless&PatrioticService
ROLL OF HONOUR

The SAPS pays tribute to members who lost their lives in the line of duty.

Now it is God who makes both us and you stand firm in Christ. He anointed us, set his seal of ownership on us, and put his Spirit in our hearts as a deposit, guaranteeing what is to come.

CONTENTS

02 National Commissioner’s Message
03 Lockdown compliance
04 Covid-19 increase cause for concern
06 Operation ‘Okae Molao’
08 Continued Service Delivery
09 Policing in the time of Covid-19
10 Lockdown Level 3 Regulations
12 Police Duo Deliver Baby
13 Adapt to Change
14 EHW - No Tobacco Day
16 Flash News
18 Bronkhorstspruit SAPS cares
20 Firearm Amnesty - Extension
21 Missing Persons
22 Wanted Persons

T he country is still in the midst of the protracted fight against Covid-19. We had lost over 570 lives due to Corona-related illnesses at the end of May, but we have hope that we will win this fight because of all the recoveries that have been reported. Of the over 27 400 cases reported, over 14 370 have recovered, which translates to a recovery rate of 52.4% as opposed to the death rate of only 2%.

We can only beat the Coronavirus by adhering to all the rules and regulations that the Government has set out in the National Disaster Act. This is where we, as police officials, must play our part by ensuring that all the people in South Africa follow the rules to limit the spreading of Covid-19.

Our men and women in blue have been hard at work fulfilling the role of law enforcers at every level of the lockdown, by conducting operations throughout the country (pp 6 – 7; 9; 18 –19), which have been very successful in curbing the spreading of the virus, as well as intercepting various criminal activities in the process (p 3).

Being at the frontline of the war against Covid-19 and interacting with the masses, our members are especially at risk of contracting the virus – even with the use of personal protective equipment and implementing the correct protocols. Many of our members have, sadly, contracted the virus, but thankfully, many have recovered (pp 4 – 5).

Even with the tough task of dealing with the Coronavirus, we have ensured that our usual service delivery is unhindered, even in the case of infections reported in our buildings, where we make immediate changes to any contribution. However, this does not mean that we can relax, we must still comply with the regulations in order to beat this virus for good – something we will be able to do with compliance and time.

Brigadier V Naidoo
The Coronavirus has changed life as we know it. We have had to adjust to the new (ab)normal in just a few weeks. When the National Lockdown was announced, it was with the aim of curbing the spreading of the Coronavirus and allowing the Government the opportunity to implement measures to minimise the spreading of the virus to become medically ready to deal with the impending peak of the virus where hospitals are likely to be inundated with Coronavirus-related cases.

Though the lockdown regulations may be uncomfortable – as is any change – it is aimed at saving lives. A large part of dealing with the Coronavirus is to limit its spreading. The SAPS and other law enforcement agencies play a critical role in this. Our patriotic men and women in blue have been working tirelessly across the nation to ensure that all people in South Africa adhere to the Disaster Management Regulations, so that we can all be safe. These dedicated members’ hard work must be lauded.

Our members are at the frontline of the fight against the Coronavirus and we, as an organisation, do our best to ensure their safety. We are continuously providing them with all the necessary personal protective gear and will continue to monitor that all our buildings follow the necessary containment and decontamination protocols through strict monitoring, including surprise inspections.

It is a sad fact that even though we do all we can to minimise the possibility of contracting the virus, there will be some people who test positive for the Coronavirus. Over 800 of our police officials throughout the country have unfortunately, tested positive for the Coronavirus. Many of them have already recovered and we immediately evacuated the premises, screened and tested – where necessary – all those who had close contact with the infected member and decontaminated the building before reoccupation.

Sadly, there are some members who have passed away because of Coronavirus-related illnesses. Our heartrend condolences go out to their loved ones and we recommit to working even harder to prevent any further infections or subsequent deaths. It is distressing that as the country fights to save lives from the Coronavirus, callous criminals are adding to the death toll by praying on the very people – our police officials – at the frontlines of this fight.

We have had to bid farewell to two young constables, 32-year-old Const Xolani Zulu who was killed in Kwathu in the Hillcrest policing precinct in Kwazulu-Natal, and Const Thabo Mdhli, who was killed in the Kwaggafton policing precinct in Mpumalanga. Const Zulu was brutally killed at his front gate while off duty, while Const Mdhli was killed while attempting to foil a hijacking. After both incidents, a 72-hour Activation Plan was initiated to find these brutal murderers.

These criminals have stolen lives of innocent and brave police officials. As a police family, we take these attacks on the authority of the State.

Despite the challenges we face as the SAPS, we have provided continued service delivery. Where Community Service Centres had to be closed down, we made immediate alternative accommodation in the vicinity to continue helping the community. Though enforcing the Lockdown Regulations has demanded increased manpower, we have balanced the deployment of our members. We are working in union with other law enforcement agencies such as the metro police, the South African National Defence Force, and the traffic officials to lessen the workload.

We have not lost sight of the ordinary criminal activities that were taking place before the pandemic. Several crime-fighting operations have been conducted throughout the country. Some notable successes include taking down a crime syndicate linked to 18 hijackings and the interception of a truck carrying R30.4 million worth of cocaine. Serious and violent crime, especially contact crime which includes domestic violence and trio crimes, have declined when comparing the period of the Lockdown with the same period last year.

The country is faced with many challenges but working together, we can overcome them. We will beat the Coronavirus in due time if we adhere to the stipulations of the Government. We will continue doing our jobs to the best of our ability – law and order will prevail.

The reason for the change in the crime rate is yet to be determined by the SAPS’s crime analysts. However, we do believe that the slight increase is due to the relaxation of the Lockdown restrictions, which has resulted in the increased movement of people, as more companies have commenced with business.
The management of the SAPS is deeply disturbed by the death of police officials due to Covid-19 related complications, and the sudden spike of Corona virus cases at police premises serving at the frontlines of the war against this pandemic.

Six of our members have died due to the virus so far. Four of them were from the Western Cape and the other two from KwaZulu-Natal and the Eastern Cape. The members all passed on while receiving treatment at different hospitals.

Conveying his heartfelt condolences to the bereaved families of members who died as a result of Covid-19 related complications, the National Commissioner of the SAPS, General Khehla Sitole, said:

INCREASED COVID-19 INFECTIONS
CAUSE FOR CONCERN
By Capt Kgabo Mashamaite

The management of the SAPS is deeply disturbed by the death of police officials due to Covid-19 related complications, and the sudden spike of Corona virus cases at police premises serving at the frontlines of the war against this pandemic.

Six of our members have died due to the virus so far. Four of them were from the Western Cape and the other two from KwaZulu-Natal and the Eastern Cape. The members all passed on while receiving treatment at different hospitals.

Conveying his heartfelt condolences to the families of the brave fallen members who dedicated their lives to selflessly serving the organisation with distinction, the National Commissioner of the SAPS, General Khehla Sitole, said:

"On behalf of the entire SAPS’s family, I would like to personally pay tribute to the members who placed their lives on the line to ensure that the people of South Africa are protected against crime, as well as against this virus (Covid-19). My sincere condolences to the families of our fallen colleagues and thank you for allowing them to serve and to protect the nation.

While our aim as an organisation is to ensure that we prevent, combat and investigate crime, the good health, safety and well-being of our members remain a responsibility that the management of the SAPS does not take lightly.

The SAPS is continuously providing the necessary psychological support to members who are infected and affected by Covid-19, as well as their families, through our Employee Health and Wellness component, which offers a number of interventions such as counselling, daily devotions and visits."

General Sitole further said that the safety of visitors at the Community Service Centres (CSC) also remained one of the police’s priorities. He reaffirmed police officials’ commitment to the fight against the Corona virus, and ensuring that the people of South Africa are and feel safe against any form of criminality.

Expanding on the issue of keeping CSCs safe, General Sitole said that compliance inspections were conducted regularly at all SAPS’s premises, which included ensuring that police officials had all the necessary personal protective equipment crucial to protecting themselves, as well as the people who went to frontline contact points, against the virus.

While delivering his update on the levels of compliance and adherence to the Covid-19 lockdown regulations in the country, the Minister of Police, General Bheki Cele, also passed his heartfelt condolences to the bereaved families and commended the SAPS’s Covid-19 National and Provincial Steering Committees for ensuring that the protocols were being adhered to.

"I know that our communities have been nervous about police members testing positive and stations being shut down as a result, but the truth of the matter is that as soon as any personnel from any police station or any other SAPS’s building tests positive, the Department of Health is brought on board and the occupants of that specific building are screened and tested.

We have been proactive by screening and testing intensively, and sending those who tested positive into isolation. So far, we have 611 members who have tested positive for the virus and 101 who have recovered. The Western Cape has the most infections with 441 cases, followed by the Eastern Cape with 47,” said General Cele.

There are about 121 stations countrywide and 40 units where members have tested positive for Covid-19 so far. All of those buildings were evacuated and decontaminated immediately. Those who tested positive were quarantined, while those in close contact with the infected, were screened and tested. The occupants of the building were screened prior to reoccupation to prevent re-contamination of those premises.”
The SAPS, the Tshwane Metro Police Department and the South African National Defence Force conducted a massive crime prevention operation in the Pretoria CBD and hotspot areas, as part of enforcing the Covid-19 Lockdown Regulations and combating crime in general, recently.

The operation covered the Pretoria Central, Pretoria West and Atteridgeville areas, which seem to be the epicentre of Covid-19 in Pretoria. The Provincial Commissioner of the SAPS in Gauteng, Lt Gen Elias Mawela, and the MEC of Community Safety in Gauteng, Ms Faith Mazibuko, led ‘Operation Okae Molao’, which saw hundreds of suspects being arrested for a range of crimes in Tshwane.

Lt Gen Mawela was full of praise for the SAPS members who went all out to arrest the most wanted suspects for various crimes in Pretoria, a day before the operation.

“On Thursday, we, as a province, conducted ‘Operation Okae Molao’. It always starts a day before the actual operation with our detectives going around and arresting the province’s most wanted suspects. Today, I am proud to announce that over 666 wanted suspects have already been arrested for various crimes. Over 70 of those suspects were arrested for crimes against women and children,” he said.

Lt Gen Mawela assured that the SAPS had not lost sight of their usual policing duties, even though enforcing the Covid-19 Lockdown Regulations occupied many employees, saying that the police would focus on cases where children were the victims of crime during Child Protection Week.

Further emphasising his point, Lt Gen Mawela highlighted that the police had balanced enforcing the Covid-19 Lockdown Regulations and combating crime in Gauteng.

“With ‘Operation Okae Molao’, we balance enforcing the regulations and at the same time, we attempt to combat crime in the province. We have also observed that since the country has relaxed some Lockdown Regulations, criminality is increasing. Therefore we have a balanced approach – not only enforcing the Regulations and forgetting about crime,” he said.

Lt Gen Mawela explained that the roadblocks yielded positive results as in just a few hours of the operation commencing, the police arrested two suspects for dealing in dagga, one suspect for the possession of a stolen vehicle, and another for the possession of counterfeit goods.

MEC Mazibuko praised law enforcement agencies for conducting a successful operation in the City of Tshwane and called on community members and motorists to exercise patience at roadblocks.

“At these roadblocks, the police were able to find compressed dagga, illegal cigarettes and a stolen vehicle. These stop-and-searches yield positive results. We are pleading with our communities and motorists to be patient with us because crime is taking place on the roads. If we do stop-and-searches, we are able to find all these illegal goods being transported on our roads,” she said.
SAPS ENSURES CONTINUED SERVICE DELIVERY AMID COVID-19

Capt Vincent Mukhathi
Photographs courtesy of Bedfordview and Edenvale News

Police stations across the country used their creativity, resourcefulness, and good community relationships to ensure that essential service delivery continued when a case of Covid-19 infection was reported at a Community Service Centre (CSC).

The SAPS implemented strict protocols to ensure safety and hygiene to curb the spreading of the Corona virus in the workplace, including at police stations. However, sometimes there were cases of infection, even when all the precautionary measures had been taken. In instances where a case of Covid-19 infection was recorded at a CSC or other SAPS building, the affected building was to be temporarily closed for decontamination.

The SAPS’s National Police Spokesperson, Brig Vishnu Naidoo, explained how the SAPS dealt with police stations forced to close because of Covid-19 infections.

“As soon as we find out that one of our members is infected, the station or facility needs to be evacuated and closed immediately. It is compulsory that all members who have come into contact with infected members or the environment where the member is working, must isolate themselves for at least 14 days, undergo screening, and test for Covid-19,” he said.

Brig Naidoo further indicated that service delivery continued, even if it was a CSC that needed to be closed down for decontamination.

“We always ensure that service delivery continues by establishing a temporary facility. Sometimes it can be a mobile centre, caravan or any community facility within close proximity of the CSC. When the Witbank Police Station was temporarily closed, we relocated services to the nearby local Methodist Church, The Lingelethu West Police Station in the Western Cape also relocated its operations to the nearby Khayelitsha Resource Centre,” he said.

Brig Naidoo added that the Covid-19 containment measures would continue during the impending Lockdown Level 3.

“The public will still be required to wear their masks when they come to the police station, and will not be allowed access if they do not comply. People must maintain social distancing and register their names when visiting the station. We will also continue to check temperatures. These measures will be maintained for a long time to come,” he said.

After 29 years’ service, Capt Pila is still eager to serve and protect.

Plaza on the N1, during the seven-day grace period for interprovincial travelling.

Capt Pila was hard at work when the POLICE magazine team asked for a few minutes of his time to hear about his experience of policing during the pandemic, as well as getting to know him as a person, because the men and women in blue who are enforcing the Covid-19 lockdown regulations are ordinary human beings who have private lives that are also affected by the pandemic.

Relaying his journey in the SAPS, Capt Pila did his police training at the Hammanskraal Academy in 1991 and was stationed at the Public Order Policing Unit in 1992.

“I worked there until I was transferred to Atteridgeville (Crime Prevention) in 2006. In the same year, I moved to Laudium and in 2007 I was transferred to Rietgat until September 2019. I have been at Temba since 1 October 2019 doing crime prevention (visible policing),” he said.

Capt Pila had been part of the Carousel Plaza roadblock operation since the nationwide lockdown started.

The married father of three (two girls and one boy) said that the situation improved after a while, and that he and his colleagues worked with officials from the Department of Health, the South African National Defence Force, and the National Traffic Police to make managing the roadblock smoother.

“We have not encountered anyone who needed further treatment after being screened here. We have effected some arrests for the contravention of the lockdown regulations, as well as the possession of drugs,” he said.

Capt Pila commended the empathy and care that the SAPS’s management showed police officials during the Covid-19 pandemic.

“Since day one, we were issued with personal protective equipment and that makes our work easier, as we are not panicking about contracting the virus. We are, however, very cautious and keeping ourselves safe while performing our duties,” he said.

Having kept the captain away from his duties long enough, the POLICE magazine team bade him farewell, but not before he explained how he managed to keep his stress levels down.

Capt Pila said that he was looking forward to doing some gardening at home the following day, as he would be off duty. When not gardening, Capt Pila preferred visiting friends and going to church on Sundays. “I am not shattered that I cannot do both [visiting and attending church] during this pandemic, because life only comes once. So, let us stay safe,” he said.

POLICING IN THE TIME OF COVID-19

By Capt Keitumetse Minushi
Photographs by Capt Kgabo Mashamaite

“In the 29 years of my service in the South African Police Service, this is the first time I am seeing something like this. There has never been anything remotely close to this.”

These were the words of Capt Isaac Pila from the Temba Police Station in Tsivane, talking about policing during the nationwide lockdown.

POLICE magazine met with Capt Pila at a Covid-19 roadblock at the Carousel Plaza on the N1, during the seven-day grace period for interprovincial travelling.

Capt Pila stated that his colleagues worked with officials from the Department of Health, the South African National Defence Force, and the National Traffic Police to make managing the roadblock smoother.

“We have not encountered anyone who needed further treatment after being screened here. We have effected some arrests for the contravention of the lockdown regulations, as well as the possession of drugs,” he said.

Capt Pila commended the empathy and care that the SAPS’s management showed police officials during the Covid-19 pandemic.

“Since day one, we were issued with personal protective equipment and that makes our work easier, as we are not panicking about contracting the virus. We are, however, very cautious and keeping ourselves safe while performing our duties,” he said.

Having kept the captain away from his duties long enough, the POLICE magazine team bade him farewell, but not before he explained how he managed to keep his stress levels down.

Capt Pila said that he was looking forward to doing some gardening at home the following day, as he would be off duty. When not gardening, Capt Pila preferred visiting friends and going to church on Sundays. “I am not shattered that I cannot do both [visiting and attending church] during this pandemic, because life only comes once. So, let us stay safe,” he said.

The married father of three (two girls and one boy) said that the situation improved after a while, and that he and his colleagues worked with officials from the Department of Health, the South African National Defence Force, and the National Traffic Police to make managing the roadblock smoother.

“We have not encountered anyone who needed further treatment after being screened here. We have effected some arrests for the contravention of the lockdown regulations, as well as the possession of drugs,” he said.

Capt Pila commended the empathy and care that the SAPS’s management showed police officials during the Covid-19 pandemic.

“Since day one, we were issued with personal protective equipment and that makes our work easier, as we are not panicking about contracting the virus. We are, however, very cautious and keeping ourselves safe while performing our duties,” he said.

Having kept the captain away from his duties long enough, the POLICE magazine team bade him farewell, but not before he explained how he managed to keep his stress levels down.

Capt Pila said that he was looking forward to doing some gardening at home the following day, as he would be off duty. When not gardening, Capt Pila preferred visiting friends and going to church on Sundays. “I am not shattered that I cannot do both [visiting and attending church] during this pandemic, because life only comes once. So, let us stay safe,” he said.

The married father of three (two girls and one boy) said that the situation improved after a while, and that he and his colleagues worked with officials from the Department of Health, the South African National Defence Force, and the National Traffic Police to make managing the roadblock smoother.

“We have not encountered anyone who needed further treatment after being screened here. We have effected some arrests for the contravention of the lockdown regulations, as well as the possession of drugs,” he said.

Capt Pila commended the empathy and care that the SAPS’s management showed police officials during the Covid-19 pandemic.

“Since day one, we were issued with personal protective equipment and that makes our work easier, as we are not panicking about contracting the virus. We are, however, very cautious and keeping ourselves safe while performing our duties,” he said.

Having kept the captain away from his duties long enough, the POLICE magazine team bade him farewell, but not before he explained how he managed to keep his stress levels down.

Capt Pila said that he was looking forward to doing some gardening at home the following day, as he would be off duty. When not gardening, Capt Pila preferred visiting friends and going to church on Sundays. “I am not shattered that I cannot do both [visiting and attending church] during this pandemic, because life only comes once. So, let us stay safe,” he said.

The married father of three (two girls and one boy) said that the situation improved after a while, and that he and his colleagues worked with officials from the Department of Health, the South African National Defence Force, and the National Traffic Police to make managing the roadblock smoother.

“We have not encountered anyone who needed further treatment after being screened here. We have effected some arrests for the contravention of the lockdown regulations, as well as the possession of drugs,” he said.

Capt Pila commended the empathy and care that the SAPS’s management showed police officials during the Covid-19 pandemic.

“Since day one, we were issued with personal protective equipment and that makes our work easier, as we are not panicking about contracting the virus. We are, however, very cautious and keeping ourselves safe while performing our duties,” he said.
In his address to the nation on 24 May 2020, President Cyril Ramaphosa announced that the country would move from Lockdown Level Four to Level Three from 1 June 2020.

Several regulations such as social distancing, wearing masks and screening when entering various buildings, will still be valid, but many bans were lifted while some rules were somewhat relaxed.

What you need to know

Movement of people:

- No curfew – the Level Four curfew restricting people to their homes between 20:00 and 5:00 was lifted.
- Large gatherings are still prohibited (funerals and church services are allowed with 50 people maximum).
- You may only leave home for -
  - groceries
  - school
  - essential services - including domestic workers and caregivers with a permit
  - exercise (NOT IN GROUPS)
  - church (limited to 50 people, depending on size of building)
  - funerals
  - other activities permitted under Level Three.

You may move house with a permit from the relevant authority.

Persons of 60 years and older and those with underlying medical conditions, should only leave their homes under exceptional circumstances.

No interprovincial travelling except – WITH A PERMIT – to

- attend a funeral
- transport mortal remains
- care for an immediate relative
- move residence
- commute to work or school
- obtain medical treatment
- return to residence after quarantine
- move children between custodial parents

Evictions are prohibited.

Public Transport

- Minibuses and (e-hailing) cabs operating hours no longer limited.
- Trains are only set to start operating in July.
- The Gautrain (which resumed operation in May) will now resume airport stops.
- Long-distance taxi operators must ensure passengers have the relevant permits.

Domestic air travel for business with a restricted number of flights and passengers, are permissible in three phases:

- **Phase 1:**
  - OR Tambo International Airport
  - Cape Town International Airport
  - King Shaka International Airport
  - Lanseria International Airport

- **Phase 2:**
  - Kruger Mpumalanga International Airport
  - Polokwane International Airport
  - Bram Fischer International Airport

- **Phase 3:**
  - Kimberley Airport
  - Upington Airport
  - East London Airport
  - Umtata Airport
  - Port Elizabeth Airport

Passenger vessels and cruise liners are still banned.

National borders remain closed (except for movement of goods and repatriation of citizens).

- South African registered seafarers will be allowed to embark and disembark ships with a mandatory quarantine for those returning to the country.
- Taking alcohol with when travelling on days when alcohol is not being sold, is ILLEGAL.

- Tobacco products remain prohibited.
- Construction may resume.
- Entertainment facilities remain closed.
- Conference facilities remain closed.
- Beauty salons remain closed.
- Leisure accommodation remains prohibited, but the following activities are allowed:
  - Professional services, such as tourist guides, tour operators, travel agents and tourism information offices
  - Professional services, including training of nature guides and other related services, as long as social distancing can be ensured.
  - Public and private game farms for self-drive excursions
  - Hiking in compliance with existing guidelines (NOT IN GROUPS)
  - Hunting and fishing.
POLICE DUO DELIVER BABY

By Col Sibongile Soci

The primary function of police officers is to prevent and combat crime, as well as ensure public safety, however police officers often encounter situations that are beyond their scope of expertise.

This was the case in the early morning hours of 27 May 2020 when the Acting Station Commander of the Baviaanskloof Police Station, WO Heidi Kroutz, received a call that a pregnant woman, Raymene de Villiers (22) from the Damsedrift Farm in Baviaanskloof, began bleeding just after 01:00.

WO Kroutz called the ambulance services in Willowmore, but was informed that both their ambulances were out. She then contacted the Baviaanskloof Community Service Centre (CSC) and informed them to advise the family to take Raymene to the hospital with their own transport.

However, it seems that the family had opted to wait for the ambulances because WO Kroutz received another call at 03:30 informing her that Raymene was experiencing labour pains and that the ambulance services was still unavailable. As a concerned police officer, WO Kroutz decided to go to the CSC to make alternative arrangements for medical assistance.

After a few calls, WO Kroutz was informed that an ambulance would finally be despatched to the farm. Knowing the urgency of the situation and considering that the ambulance has to travel 87 km to get to the farm, WO Kroutz decided to go and check on Raymene herself.

She drove to the farm, accompanied by Const Goodwill Brandt from the CSC. They found the heavily pregnant woman on the bed writhing in pain. WO Kroutz examined Raymene and found that she was in advanced labour. WO Kroutz knew that she had to act and prepare herself to deliver the baby, who was ready to enter the world at that moment.

Knowing the urgency of the situation and considering that the ambulance services was still unavailable, WO Kroutz decided to go to the hospital herself. She then contacted the Baviaanskloof Community Service Centre (CSC) and informed them to advise the family to take Raymene to the hospital with their own transport.

After a few calls, WO Kroutz was informed that an ambulance would finally be despatched to the farm. Knowing the urgency of the situation and considering that the ambulance has to travel 87 km to get to the farm, WO Kroutz decided to go and check on Raymene herself.

She drove to the farm, accompanied by Const Goodwill Brandt from the CSC. They found the heavily pregnant woman on the bed writhing in pain. WO Kroutz examined Raymene and found that she was in advanced labour. WO Kroutz knew that she had to act and prepare herself to deliver the baby, who was ready to enter the world at that moment.

WO Kroutz decided to go and check on Raymene herself. After a few calls, WO Kroutz was informed that an ambulance would finally be despatched to the farm. Knowing the urgency of the situation and considering that the ambulance has to travel 87 km to get to the farm, WO Kroutz decided to go and check on Raymene herself.

She drove to the farm, accompanied by Const Goodwill Brandt from the CSC. They found the heavily pregnant woman on the bed writhing in pain. WO Kroutz examined Raymene and found that she was in advanced labour. WO Kroutz knew that she had to act and prepare herself to deliver the baby, who was ready to enter the world at that moment.

WO Kroutz calmed the first-time mother and guided her through every step of the delivery, while reassuring her that all would be well. WO Kroutz safely delivered the baby, whose tiny screams were heard just as the paramedics arrived. The paramedics took over by cutting the umbilical cord and ensuring that both mother and baby were healthy.

The Provincial Commissioner of the SAPS in the Eastern Cape, Lt Gen Liziwe Ntshinga, lauded the members’ good work. “The actions of these members are a true reflection of altruism. WO Kroutz and Const Brandt sacrificed their time and did not think of themselves, instead they put the welfare of others before their own. Their actions are commendable. I am proud and honoured to have such dedicated members in this province. Members who never hesitate to help in any situation and will even go beyond their call of duty. These young officers maintained a calm composure and helped bring a beautiful child into the world. Congratulations on a job well done.”

ADAPT TO CHANGE
FOR THE ENHANCEMENT OF MENTAL HEALTH

Change is the only constant the world knows. Everything about life changes and evolves either in shape, form or condition. Change is stressful and challenging to adapt to, even if such change is positive, like a wedding, childbirth, winning the lottery, graduating from university and being promoted at work.

The only ones who can survive change, are the ones who are flexible and adaptable enough to change with the change that is taking place. Resisting change results in unnecessary stress, depression, anxiety and other mental health ills that could have been prevented if one allowed oneself to evolve with the new direction the world is taking. Flow with change.

WHAT CAN I DO TO MANAGE THIS CHANGE WITH EASE?

- Acknowledge the impact that Covid-19 has on your personal life.
- Broaden your mind-set to see things from a different perspective.
- Rediscover new purpose in life if one is unable to fulfill or do what one used to before the pandemic. Learn to entertain yourself.
- Start a hobby that allows you to spend time with yourself.
- Avoid spending too much time listening to Covid-19 updates.

Limit the time you spend on social media. Develop a different interest in your family; get to know them anew. Spend time reconnecting with yourself and with God. Receive the Lockdown Restrictions with ease and implement them. Observe the safety precautions. Look at the positive things that are happening around you – you will realise the positives really outweigh the negatives. Be grateful that you are still employed and alive.

Change is inevitable, and with a different world view, we can conquer Covid-19. Do not let a day pass you by without living it. Live for today, not yesterday or tomorrow, for the one has already passed and the other is unknown, making it futile to ponder on.

Psychological Services’ standby numbers for Head Office and the various provincial offices:

<table>
<thead>
<tr>
<th>Head Office Divisions</th>
<th>082 779 8616</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gauteng</td>
<td>082 613 1898</td>
</tr>
<tr>
<td>Limpopo</td>
<td>082 645 9586</td>
</tr>
<tr>
<td>North West</td>
<td>082 855 0657</td>
</tr>
<tr>
<td>Free State</td>
<td>082 463 408</td>
</tr>
<tr>
<td>KwaZulu-Natal</td>
<td>082 567 4181</td>
</tr>
<tr>
<td>Western Cape</td>
<td>082 669 1076</td>
</tr>
<tr>
<td>Eastern Cape</td>
<td>082 779 7197</td>
</tr>
<tr>
<td>Northern Cape</td>
<td>082 494 9927</td>
</tr>
<tr>
<td>Mpumalanga</td>
<td>013 249 1775</td>
</tr>
</tbody>
</table>

Take care of yourself, and learn how to monitor your health as you serve and protect others.
WORLD NO TOBACCO DAY: 31 MAY 2020

For decades, the tobacco industry has deliberately employed strategic, aggressive and well resourced tactics to attract the youth to tobacco and nicotine products through rigorous product design and marketing campaigns.

In-depth research revealed well calculated approaches designed to attract a new generation of tobacco users, replacing the millions of people who die each year from tobacco-attributable diseases.

World No Tobacco Day 2020 is a counter-marketing campaign aimed at empowering young people to engage in the fight against ‘Big Tobacco’. Therefore, the World Health Organisation (WHO) has chosen the theme: ‘Protecting youth from industry manipulation and preventing them from tobacco and nicotine use’ for 2020 World No Tobacco Day.

What is Tobacco?
Tobacco is a plant with leaves that contain high levels of an addictive chemical called nicotine. Nicotine and the many other chemicals in these leaves can cause cancer. The leaves of this plant (tobacco) can be smoked (cigarettes, cigars, vapes, and pipes) or inhaled (snuff).

A Brief History of the World No Tobacco Day campaign
World No Tobacco Day is a campaign created by the WHO in 1987. It is a campaign that aims at drawing global attention to the tobacco epidemic and the preventable deaths and the disease it causes. The World No Tobacco Day is celebrated annually on 31 May.

How are the Tobacco and Related Industries Manipulating the Youth?

- Use of flavours that are attractive to the youth in tobacco and nicotine products, like cherry, bubble gum and cotton candy, which encourage young people to underestimate the related health risks and to start using them.
- Sleek designs and attractive products, which can also be easy to carry and are deceptive (e.g. products shaped like a USB stick or candy).
- Celebrity/influencer sponsorships and brand-sponsored contests to promote tobacco and nicotine products (e.g. Instagram influencers).
- Indirect marketing of tobacco products in movies, TV shows and online streaming shows.
- Tobacco vending machines at venues frequented by young people, covered in attractive advertising and pack displays, thereby undermining regulations on sales to minors.

Smoking among young people has become a very huge challenge in our society. Referring to a study that was conducted in Tshwane only, the prevalence of substance abuse in Tshwane among the youth is at 51.4%. This shows how badly the society is affected by substance use, including tobacco.

Health Effects of Tobacco

Smoking tobacco is harmful to your health and to the health of children, pregnant or breastfeeding women and non-smokers. It can cause the following illnesses or health conditions: cancer, heart disease, stroke, lung disease, diabetes, as well as chronic obstructive pulmonary diseases such as emphysema and chronic bronchitis.

Inhaling tobacco, such as using snuff, is not only highly addictive, but also harmful to your health. You might think that using snuff is not as dangerous as smoking because you are not inhaling smoke into your lungs. However, snuff also has a very negative impact on your body.

Snuff like other forms of tobacco, contains cancer-causing chemicals. It can raise your risk of several types of cancer, including: nose and sinus cancers; oral cancers; oesophageal cancer, and pancreatic cancer. Using snuff also raises your risk of other conditions such as high blood pressure, heart disease, heart attack and stroke.

The Benefits of Quitting Smoking

Quitting smoking means breaking the cycle of addiction and essentially rewiring the brain to stop craving nicotine. Research shows the benefits of quitting smoking are seen as early as one hour after quitting.

In as little as 20 minutes after the last cigarette is smoked, the heart rate drops and returns to normal. Then the blood pressure begins to drop and circulations may start to improve. After just 12 hours without a cigarette, the body cleanses itself of the excess carbon monoxide from the cigarettes. The carbon monoxide level returns to normal, which then increases the body’s oxygen levels.

The sooner a smoker quits, the faster they will reduce their risk of cancer, heart and lung disease, as well as other conditions related to smoking.

Tobacco and Covid-19

Smokers are likely to be more vulnerable to Covid-19 as the act of smoking means that fingers (and possibly contaminated cigarettes) are in contact with lips, which increases the possibility of transmitting the virus from hand to mouth.

Smokers may also already have lung disease or reduced lung capacity, which would greatly increase the risk of serious illnesses related to Covid-19.

Health and Social Development drug and substance abuse strategic plan
World Health Organisation
Medical news today, 2016
Minister of Health, 2020
Tobacco Control Act, 1993
Tobaccofree.org

References

- Li Col TL Mathole at 012 393 5232 or MatholeTL@saps.gov.za
- Capt D Tshetlanyane at 012 393 5177 or TshetlanyaneB@saps.gov.za
- Capt BV Tshetlanyane at 012 393 5177 or TshetlanyaneB@saps.gov.za
- WO LG Mthimuleni at 012 393 5203 or MthimuleniLG@saps.gov.za
- WO P Mokhe at 012 393 5186 or MthimuleniLG@saps.gov.za
- You may also contact the social worker on standby (after hours) at 082 301 2138.
Tired of being a victim of flu every year?

POLMED HAS THE SOLUTION.
TOGETHER WE CAN FIGHT THE FLU!

Polmed’s Preventative Care Benefits make provision for you and your registered dependants to be vaccinated each year.

At Polmed, we want to make it easy and convenient for you to access the flu vaccine, which is why we are bringing this service to your workplace. All Polmed members and registered dependants are welcome.

HOW CAN YOU FIND OUT WHEN POLMED WILL VISIT OTHER OFFICES/STATIONS?
- Look out for emails and other notifications from Polmed and SAPS Employee Health and Wellness (E-HW).

WHO PAYS FOR THE VACCINE?
- It is paid for from your Preventative Care Benefits and will not have an impact on your overall out-of-hospital benefits.

WHO SHOULD BE VACCINATED?
Everyone should get the flu vaccine, especially those at risk of complications if they contract flu:
- Children under the age of 5 years.
- Pregnant women – irrespective of the stage of pregnancy.
- The elderly (65 years and older).
- People with chronic conditions, including cardiac conditions and diabetes etc.
- Those with compromised (weakened) immune systems, including people living with HIV and AIDS.
- Obese individuals with a BMI >30 kg/m².

WHO SHOULD NOT BE VACCINATED?
- Infants under the age of 6 months.
- Those with a history of hypersensitivity to the vaccine.
- People who have an allergic reaction to eggs.

WHO IS AT GREATER RISK OF CONTRACTING THE FLU VIRUS AND PNEUMONIA?

Did you know?
- You can visit your nearest network pharmacy or GP to get the injection while stocks last.
- The flu vaccine is now available to all GEMS members and their dependants – across ALL options.
- Untreated flu may complicate into pneumonia. So ensure protection from pneumonia through vaccination.
- The pneumococcal vaccine is available to high-risk GEMS members every 5 years.
- Getting the flu shot and the pneumococcal vaccine will not deplete your day-to-day funds.

Adults 65 years and older

Children younger than 5 years old, but especially children younger than 2 years old

Pregnant women and women up to 2 weeks after the end of pregnancy

People with disorders or disease of the lungs (e.g. asthma), heart (e.g. congestive heart failure and congenital heart disease), kidneys (e.g. chronic renal failure), liver (e.g. poor liver function or liver failure), nervous system (e.g. epilepsy), blood or bleeding disorders, or metabolism (e.g. diabetes mellitus)

People who are immunosuppressed (including immunosuppression caused by medications or by Human Immunodeficiency Virus (HIV))

The flu and the pneumococcal vaccines will only boost your immunity or defense against influenza viruses. Flu and pneumococcal vaccines do not offer any protection against the novel/new Corona Virus. These vaccines are also not treatment for COVID-19.
BRONKHORSTSPRUIT POLICE STATION

TAKING HUGE STRIDES TO PREVENT THE SPREADING OF COVID-19

Compiled by Lt Col Erica Holtzhausen
Photographs supplied by SAPS Bronkhorstspruit

Bronkhorstspruit is a town 50 km east of Pretoria in Gauteng, along the N4 highway towards Witbank. It lies on the border between the Gauteng and Mpumalanga provinces.

Colonel Sandy Scheltens is the Station Commander of the bustling Bronkhorstspruit Police Station, which oversees Region Seven’s policing areas and also serves the communities of Sokhulumi, Rethabiseng, Zithobeni and several farming areas.

When President Ramaphosa announced the national state of disaster in March 2020, Colonel Scheltens and her key personnel immediately leapt into action. The seriousness of the COVID-19 virus, the precautions and the crucial management of it was urgently and strongly communicated to members working in the CSC, Relief Commanders, Floor managers, Detectives and all other personnel connected to the station.

The thorough instructions and strict inspections quickly made it clear to all 164 members of personnel that they need, or for any advice.

Prevention and infection control measures were implemented and the building was disinfected. The station is being deep cleaned every day and members are provided with personal protective equipment.

SAPS’s members, National Defence Force members and members of the Tshwane Metro Police Department were deployed on ground level to ensure compliance with the COVID-19 regulations, in order to reduce the spreading of the virus.

Colonel Scheltens and her key personnel immediately made it their mission to keep the community safe, secure and also calm.

According to Colonel Scheltens, she relies heavily on her personnel. They are Lieutenant Colombe Lebala, Lieutenant Colonel Lebala, Lieutenant Colonel Mnguni, Lieutenant Colonel Kabin, Captain Rust and their teams, as well as the Communication Official, Constable Catherine Ramovha. Constable Ramovha diligently communicates all new information verbally and on various notice boards to ensure that personnel have vital information at their fingertips at all times.

Every day at 06:00 and again at 18:00 the Bronkhorstspruit, Ekangala and Welbekend Police Stations, as well as the Metro Police members are inspected on parade before COVID-19 compliance is policed. At 07:00 each morning, all successes are reported to the District Commissioner, Major General DT Mthombeni.

A total of four 24-hour roadblocks in and around Bronkhorstspruit combines the capacity of Bronkhorstspruit Police Station with other stations. There is one major roadblock on the N4, that is managed by Brooklyn Police Station and three secondary roadblocks for which Garafontein, Silverton and Mamelodi Police Stations are responsible. Brigadier Kushie Pietersen from Brooklyn Police Station oversees these roadblocks.

Support personnel are also working shifts to reduce the risk of spreading the virus, while ensuring that the administrative duties continue as usual. Personnel from the Supply Chain office, Finance office and SAPS13 are doubling up on their efforts to ensure that Bronkhorstspruit Police Station is able to still render an excellent service to civilians and members.

It is clear that Bronkhorstspruit Police Station, through the dedication of Colonel Scheltens and her personnel, has refined the art of the interlinking of people at the station.

SAP’S members, National Defence Force members and members of the Tshwane Metro Police Department were deployed on ground level to ensure compliance with the COVID-19 regulations, in order to reduce the spreading of the virus.

Colonel Scheltens and two volunteers who work for the detainees’ fund, meet every weekend to spring clean the entire station. All walls and surfaces are washed and sanitised while boxes containing used masks, gloves and other equipment are replaced with clean ones, as is also done daily.

Zandile Mtsweni, a Senior Social Worker at the City of Tshwane, has done sterling work in getting drifters off the streets and back to their families, where at all possible. The other people were taken to a shelter, which had been established at a sport centre in Bester, Bronkhorstspruit.

Members and personnel of Bronkhorstspruit Police Station know that they can talk to Colonel Scheltens any time. This energetic leader is always available and her welcoming nature ensures that they can approach her for anything that they need, or for any advice.

The Bronkhorstspruit CPF contributed by accommodating the SANDF members at a house in Roodepoort, Bronkhorstspruit. Furthermore, the CPF and local entrepreneurs combined their efforts with Captain Zulu of Social Crime Prevention and Communication to provide food for needy and elderly persons in various communities.

With the assistance of the CPF, the station managed to equip a room for quarantine, so that members or customers who display any COVID-19 symptoms, can immediately be isolated.

The Department of Community Safety, spearheaded by David Bogopa, gave their support by deploying extra patrolers at shopping centres and other public areas to ensure compliance.
POLICEMAY 2020

MISSING PERSONS

Parliament requested to extend firearm amnesty

By Capt Kgabo Mashamaite

To aid the SAPS’s endeavours to curb the proliferation of illegal firearms, the Minister of Police, General Bheki Cele, has written to Parliament requesting an extension of the Firearm Amnesty period set to end 31 May 2020. This was announced at a media briefing on the levels of compliance with the Covid-19 lockdown regulations, held in Hatfield on 22 May 2020.

Raising a concern after noticing a sharp decline in the voluntary handing over of illegal and unwanted legal firearms during the lockdown period, General Cele said:

“About 16 000 firearms, of which 795 are firearms in estates, have been handed in since the beginning of the Firearm Amnesty period in December 2019. However, since April 2020, only 385 were handed in and we believe this sharp decline may be because of the lockdown, which has limited the movement of people as the handing over of firearms is not necessarily categorised as essential.

It is important to always remember that a firearm amnesty is one of our many interventions to curb the rapid increase of illegal firearms on our streets. This will help us bring down serious and violent crimes that continue to terrorise our communities.”

The amnesty period was announced on 27 October 2019 and was valid from 1 December 2019 until 31 May 2020. Persons who were in possession of unlicensed firearms, and was valid from 1 December 2019 until 31 May 2020.

A person who applies for a firearm licence must comply with the provisions of the Firearms Control Act applicable to the licensing of a firearm, which includes the following:

- The limitation of the number of firearms for different categories a person may legally possess.
- The application for the firearm licence must be submitted to the relevant Designated Amnesty Official responsible for the area in which the applicant resides.
- The applicant must be in possession of a valid competency certificate for the firearm for which a licence is applied for.
- In cases where the applicant does not possess a competency certificate, he/she must apply for a competency certificate in accordance with the provisions of the Firearms Control Act.
- A person who applies for a firearm licence, is required to hand in the firearm to the Designated Amnesty Official and lodge an application within 14 days.
- Only the person who surrenders the firearm to the Designated Amnesty Official himself/herself, may apply for a licence in respect of such firearm.
- Provide a comprehensive motivation to support the need for the firearm licence, preferably in the form of a statement under oath, or an affirmation.
- Provide a certified copy of the legal firearm licence, permit or authorisation applicable to the specific firearm (if applicable).
- Complete form 271 on which the applicant has indicated his/her intention to apply for the specific firearm licence. The application for a firearm licence will only be accepted by the Designated Amnesty Official on condition that it is in compliance with the provisions of the Firearms Control Act.

For more information on the Firearm Amnesty, you may contact the Central Firearms Register call centre at 012 333 611, or your nearest police station.

Firearm Amnesty 2019/2020 Guidelines

A person who surrenders his/her firearm during the period of amnesty, will be required to complete and sign the necessary forms at the nearest police station, and must insist on a copy of the SAPS 548 (amnesty form).

An application contemplated in section 139 (4)(a), shall not apply to illegal firearms if documentary proof of previous ownership cannot be produced.

A person who applies for a firearm licence must comply with the provisions of the Firearms Control Act applicable to the licensing of a firearm, which includes the following:

- The limitation of the number of firearms for different categories a person may legally possess.
- The application for the firearm licence must be submitted to the relevant Designated Amnesty Official responsible for the area in which the applicant resides.
- The applicant must be in possession of a valid competency certificate for the firearm for which a licence is applied for.
- In cases where the applicant does not possess a competency certificate, he/she must apply for a competency certificate in accordance with the provisions of the Firearms Control Act.
- A person who applies for a firearm licence, is required to hand in the firearm to the Designated Amnesty Official and lodge an application within 14 days.
- Only the person who surrenders the firearm to the Designated Amnesty Official himself/herself, may apply for a licence in respect of such firearm.
- Provide a comprehensive motivation to support the need for the firearm licence, preferably in the form of a statement under oath, or an affirmation.
- Provide a certified copy of the legal firearm licence, permit or authorisation applicable to the specific firearm (if applicable).
- Complete form 271 on which the applicant has indicated his/her intention to apply for the specific firearm licence. The application for a firearm licence will only be accepted by the Designated Amnesty Official on condition that it is in compliance with the provisions of the Firearms Control Act.

Tel: 012 333 611, or your nearest police station.

Investigating Officer: Sgt P Marametsi
Ennerdale 1/4/2020

MISSING PERSONS

OLWETHU CYNTHIA NGCENGO

(14) Female
Last seen: 2020-02-14

The missing person left home and has not been seen since. She was wearing a white t-shirt, blackights and black shoes.

Morsoka 1/3/2020
Investigating Officer: Sgt L Ramokgadi
Tel: 011 951 1758

Investigating Officer: WO KP Matshaba
Honeydew 5/3/2020

Investigating Officer: Sgt TA Nengobela
Tel: 011 746 8900

Investigating Officer: Sgt SF Ngema
Tsakane 2/2/2020

Investigating Officer: Capt SL La Marque
Tel: 039 737 3372

POLICE MAY 2020

MAY 2020 POLICE

POLICE MAY 2020

POLICE MAY 2020
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.

RAPE
UNKNOWN

Investigating Officer: Sgt LZ Mathenjwa
013 655 5082
072 792 0691

CHILD NEGLECT
FELICIA LEDWABA

Investigating Officer: Sgt EM Kgokane
013 655 5082
063 612 1716

RAPE
UNKNOWN

Investigating Officer: Sgt ML Ngubeni
017 819 7803/7279

RAPE
UNKNOWN

Investigating Officer: Const MC Mahlangu
013 655 5082
073 064 0219

RAPE
UNKNOWN

Investigating Officer: Const JJM Nkosana
012 652 0070
076 791 9221

RAPE
UNKNOWN

Investigating Officer: Const JJM Nkosana
012 652 0070
076 791 9221

RAPE
LWAZI MYALUZA

Investigating Officer: Sgt BKW Skosana
013 665 6820
076 333 4105

THEFT
KHANYISO BALOYI

Investigating Officer: WO A Stokes
044 606 2213
072 461 9329

DRIVING UNDER THE INFLUENCE
NICLAAS TIEITIES

Investigating Officer: WO Stokes
044 606 2213
072 461 9329

RAPE
ERNEST NKOSI

Investigating Officer: Sgt LT Sibanyoni
013 655 5082
079 431 0542

SAPS CRIME STOP
08600 10111