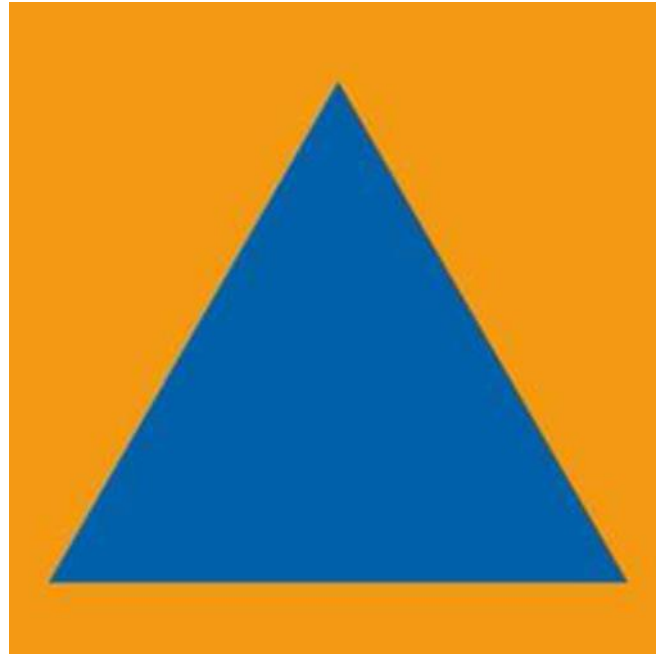


National Emergency Plan¹



A Practical Handbook For Civil Defence During National Crisis

¹ NOTE: this is not Suidlanders' Manual (*Die Suidlander Handleiding*). The Suidlanders Manual in Afrikaans and English can be obtained for R100 from navrae@suidlanders.co.za .

Preface to the English Edition

Dear Reader,

Many of you will have a hard time accepting much of what is written in this document because it calls upon families to prepare for severe national crises. Let it suffice to summarise as follows: we are not fear mongers; the authors of this document are level-headed, sober-minded, mostly ordinary family people who dread the prospect of having to cope with the scenarios described herein; they are impelled to express *the evidence of the benefits of preparing for a crisis in this country*.

The interests of the communications media are not precisely the same as yours, and whatever they have been telling you for the past quarter of a century is not, and has not been, a reliable indication of the trend of our state. The dissertations on wishful thinking that have been forced down your throats for the past however-long cannot be substantiated. The benefits of hindsight have placed that beyond doubt, and you have probably suspected as much for some time.

By contrast, every word in this document *can* be substantiated.

Whether any of the scenarios described here ever come to pass is in the hands of our Lord. We are not shrieking hysterically about events which may not even transpire. However, it is probable that matters are going to deteriorate as the state becomes less cohesive and as it becomes less able to cope with natural catastrophes and other crises. That deterioration would, at the very least, simply be an extrapolation of the decline of the past twenty-odd years. Regardless of anything we might have to say, just imagine for yourself what condition our state will be in in ten years' time if it only continues to deteriorate at the rate of the past two decades. It's a sobering way of looking at it isn't it? So, as responsible adults, let's take a hard look at the cold facts, and then let's make the appropriate, sensible, calm preparations to safeguard our families in lawful and sober-minded ways in the event of a civil catastrophe, and hope that we never have to implement them.

For the editors of the English edition,

FvS & A.C.

CONTENTS

1. Introduction

- 1.1. Factors Which Will Influence Psychological Welfare During Crisis
- 1.2. What will Determine Reasons for Concern or Fear?
- 1.3. What is a National Disaster & When is a State of Emergency Declared?
- 1.4. Safe and Secure Evacuation
- 1.5. Other Possible, even Currently-Observable, Increases in Threats to Life
- 1.6. Changes in Circumstance

2. When to Leave My House Due to Safety & Security Risks

- 2.1. Phase 1 – Temporary Evacuation
- 2.2. Phase 2 – Evacuation
- 2.3. Phase 3 – Evacuation and Clearing Out
- 2.4. Phase 4 – National Anarchy
 - a) Warning
 - b) Evacuation
 - c) Shelters
 - d) Infrastructure
 - e) Life-saving
 - f) Medical Services including First Aid and Spiritual Support
 - g) Provision of Emergency Accommodation and Supplies
 - h) Maintenance of Infrastructure which is Essential to Survival, and the Maintenance of Vital Necessities
 - i) Execution/Implementation of Command & Control/Structures and the Maintenance of Order in Areas Identified for Evacuation
 - j) Training in Various Co-ordination Activities. Ongoing.

3. The Emergency Bag's Contents

4. Food for Survival

Appendix A

Appendix B

Appendix C

Foreword

We hear of racial violence, xenophobic attacks, threats uttered by political parties and the government, and we are watching our land stumble and fall thanks to lawlessness, such as we saw in the Guptas/President Zuma, and natural disasters, such as the current drought, which are handled woefully.

Are we prepared to handle these sorts of situations and are we taking cognizance of the warnings in His Word? We see, hear, and experience these various factors developing around us every day and yet, until such time as we experience true loss, we choose to ignore them. Our Father gave Noah the command to build an ark. He told Noah exactly when He needed the ark. Noah was ridiculed and taken for a fool, but when the time came he was ready.

Are you ready? Matthew 25: 1 – 13

His word emphasises that we must be obedient to the scriptural warnings given to us and that we must prepare for the unknown. Now more than ever, each one of us has a responsibility to safeguard and protect his loved ones.

A town is caught in an unexpected earthquake, a city is threatened by a terror attack, a child is caught in a school burning or riots on a university campus, the fumes of a chemical spill engulf a suburb; are you one of those who promptly says “Thankfully it was not me”, or “It would never happen here”? Remember, bad things do not only happen to bad people. You could do worse than be prepared *especially if you are not confident that the state can provide you with the level of support and care that you’d expect in such crises.*

This document is a practical handbook to participating in civil defence in the event of a catastrophe. It explains the when, how, who, why, and where.

1. Introduction

Have you ever asked yourself

- What'll I do if my house is ravaged by fire, or if we are struck by an earthquake, a tornado, a flood, or a nuclear disaster?
- What'll I do if fuel isn't available or if there are food shortages because suppliers don't have fuel to ferry food to the point of sale?
- What have I done to ensure that my family will continue to function if there are no longer ready supplies of clean water or electricity?

Well, it's almost too late to ask "What if?" Much of the aforementioned has begun to manifest, and you might rather ask "What'll I do as things worsen?". What would you have thought if someone had forewarned you 25yrs ago that today SA would be renowned for its rape, robbery, hijacking, and murder statistics, the Rand would be 15 to \$1, unemployment would reach 40%, there'd be >16,000,000 people on social grants, fuel at R12/l, and an income-tax base of just 3,200,000 citizens?

So, what *will* you do as the trend continues?

Some of us aren't bothered by stuff like farm-murders, but we *must* be bothered by the *trend* of our state. The trend of our state – this is, of course, not to mention the normal possibility of natural disasters – is towards decline. There is nothing to suggest that the present decline is going to stop in its tracks. It is realistic to believe that things will deteriorate further.

Have you made any provision for that?

Water engineering boffins are forecasting *severe, widespread, and imminent* water problems. If South Africa's credit rating gets downgraded during yet another fiasco it will corrode our economy and cost you hard money in ways which are too numerous to describe here.

Your ability to protect yourself from crime, natural disasters, man-made disasters, and failures of water and electricity is going to diminish. This is not fearmongering any more than it was fearmongering twenty-five years ago to say "The incoming rulers do not possess the wherewithal to sustain the state at its present levels because those levels were set with elevated skills, moral compass, enhanced education, and a pronounced work ethic".

It is not fear-mongering to say "Your condition is perilous".

We urge you to begin making the necessary preparations – however tentative they may be at first, and adjust your thinking towards *cautious* pragmatism. We are not suggesting hysteria or over-reaction.

1.1 Factors That Influence Welfare

The basic necessities of human life are

- Safety
- Water
- Food
- Shelter from the elements, including
 - clothing
 - heat

Those fairly obvious factors can be complemented by the following list of basic human needs.

A. The Basics

The *desire* for Self-preservation and the Survival *Instinct* = The *Will* to Survive

However, humans' most necessities must be fulfilled in *order* to survive. That means that people must have water, food, and shelter from the elements. They must also, clearly, not be physically endangered. They must have what they need to survive and they must be safe in order to "live" or thrive.

B. Security

In order to feel secure, it is important for any human to be aware that preparations exist to cope with whatsoever circumstances and exigencies (demands of life) will come their way. That mostly requires that they are surrounded by people who

- a. have their best interests at heart
- b. *share* their interests
- c. share their goals

Social acceptance and the feeling of belonging = the Group. It is important for people's welfare that they are accepted and included.

C. Healthy Morale

The best means of explaining this group concept is to compare it with a marriage. Both parties to a marriage have healthy morale when trust and mutual respect exist within the marriage.

D. Participation and Contribution = Society and Civilisation

If I am included and accepted, then I know that I am worth something; I *shall* contribute because I *do* contribute and I receive acceptance for contributing.

The Biblical expression “*Idle hands are the devil’s workshop*” is true. In survival conditions it is crucial that each individual is granted the opportunity to contribute, according to their talents, in relevant sectors of endeavour. Of course, being, say, a talented musician might not be pertinent to survival and it might be a misuse of the group’s resources if the musician devotes himself to singing. Therefore, common sense must reign supreme and talents can be redirected, or secondary talents can be exploited. This then becomes a benevolent cycle – the opposite of the vicious cycle – whereby each person’s self-esteem is elevated by the contribution which they make, so they make a greater contribution because it’s worthwhile and rewarding to do so, and so their esteem improves even more, and so on.

1.2 What Will Determine Your Unease or Fear?

1.2.1 How familiar you are with what is occurring around you! Be aware of the state of crime in your neighbourhood or that of your workplace.

1.2.2 Pay attention to what is going on in the country. *Forewarned is forearmed!* No matter the temptation to isolate yourself from the horrors of our newspapers (by not reading them), now is not the time.

1.2.2.1 Be familiar with the number of rats deserting the sinking ship - the number of emigrants who might just have a slightly better instinct than you do for impending threats. It needn’t be a cause for hysteria, or to prompt you to do the same, but be conscious of the fact that, for instance, the number of emigration visa applications to Australia increased *sevenfold* between Jan – March ‘14 and Jan – March ‘15.

1.2.2.2 Be familiar with what is being said about nationalisation, white land ownership, crime statistics, ratings’ downgrades, the causes of recent food price increases, and so on. This needn’t be cause for panic; after all, we have heard it all before; but it can’t do you any harm to keep your finger on the pulse of the country. It will empower you.

1.2.2.3 Bear in mind that the country is already in an undeclared state of emergency from the drought. If you don’t know what all the fuss is about, chat with someone who does

1.2.2.4 Even as a layman, you should pay attention to those economists who have been proven correct time-and-again. Avoid famous faces who have chopped and changed, sung tributes to freedom and democracy, obfuscated numbers, and equivocated in their reports.

1.3 What is a National Disaster; When is a State of Emergency Declared?

A national disaster is a disaster which threatens the stability or proper state of affairs of the country. An outbreak of foot and mouth disease in a herd of cattle near the small town of Eshowe is not a national disaster; an epidemic of foot and mouth disease throughout the province of Natal *is*, possibly, a national disaster because it might end up that 1) inordinate amounts of state resources must be dedicated to combat it, and 2) the effect upon the countrywide price of red meat threatens many people's welfare.

National Disasters fall, loosely, into three categories:

- 1 Natural e.g. earthquakes, droughts, floods, wildfires
- 2 Man-made Accidents ranging from chemical leaks to nuclear incidents
- 3 Insurrection & War e.g. terrorism which paralyzes society, widespread riots, severe strikes which cripple vital sectors of the economy, etc.

A state of emergency: "A government at municipal, provincial, or state level may declare that their area is in a state of emergency. The government can suspend and/or change some functions of the executive, the legislative and/or the judiciary during this period. It alerts citizens to change their normal behavior and orders government agencies to implement emergency plans. A government can declare a state of emergency during a time of 1) natural or 2) man-made disaster or 3) during a period of civil unrest, following a declaration of war, or in a condition of conflict. The procedure for, and legality of, doing so varies by country".

- Wikipedia, paraphrased

1.4 SAFETY and/or SECURITY EVACUATION

Why might it be necessary to leave the safety of your residence?

"Preppers" is the name for people preparing for a cataclysm in their societies. The vast majority of them know that remaining at home during a catastrophe is more life-threatening under *most* circumstances than going to a safe place.

Although it is easier said than done to leave your home, it is prudent to plan and to prepare to be able to leave your home and to go to a place where the threats which exist near your home are not present.

For instance, if there was a nationwide civil war in SA then it would, presumably, not be safe to remain in your house. No preparation is going to keep you safe from marauders who perceive you as their enemy if you are not surrounded by numbers of strong people to help you.

Likewise, if there was a complete and protracted power blackout in, say, the province of Natal, you'd be wise to consider leaving a place like Musgrave Road. If there is no power for a fortnight, a few simple realities will manifest, namely

- Reservoirs will run dry, except for the few which have standby generators; it requires electricity to pump water upwards into a reservoir. Remember: mankind does not have a substitute for water.
- Sewerage, as a utility service, will end. Within hours of electricity being cut off from reservoirs, you will not be able to refill your toilet.
- Petrol stations will run dry because not all petrol stations have standby generators. Your local petrol station shall be inundated by vehicles from less privileged locations whose petrol stations don't possess generators.
- Petrol stations will run dry because Sapref (SA Petroleum Refinery) will not be able to refine oil, and sooner or later their stocks will run dry
- Food will run out completely within 48 to 72 hrs because without fuel the lorries will not be able to deliver to towns and cities.
- Desperate people will become more desperate. Kids shrieking with cold, hunger, and thirst are enough to drive any man to drastic action.

If you don't have power, much fuel, water – the bottled water in Woolworths was all bought up within days, and much food, does it make sense to remain at home? Possibly not. Does that make it easy to leave? Not at all! Just be aware of the realities of staying at home under adverse conditions.

If you find yourself and your community in a life-threatening condition, it may be in your best interests to remove yourself from that location.

There are a few Degrees or Levels to such an evacuation. We call them Phases.

2. EVACUATION

2.1 PHASE 1: TEMPORARY WITHDRAWAL

Temporary withdrawal from residential areas would occur when any circumstance posed a threat to your family in their home, suburb, or school. You'd remove them from the threat. This applies to a tornado, tidal wave, hazardous chemical spill, earthquake, or a civil disturbance moving towards your home.² It is sensible to join a group which possesses the capacity to support you and your family in withdrawing. That group should:

- ❖ Be Formal and structured, not haphazard or makeshift
- ❖ Be Co-ordinated
- ❖ Possess Communication abilities
- ❖ Have a Proper Plan
- ❖ Possess a Place to Go - safer and securer than the one you left behind

- A. WHAT: temporary withdrawal from residential areas
- B. WHY: to protect civilians
- C. WHEN: in a present and direct threat of indiscriminate emergency.
- D. HOW: through a co-ordinated withdrawal led by trained people
- E. WHO: groups of families
- F. WHERE:
 - a. Groups across SA: http://www.suidlanders.co.za/?page_id=13
 - b. Evacuation will probably occur at night; people will sleep in secure locations; they'll be assisted as far as possible

In this Temporary Withdrawal scenario, people will be able to return to their residences and workplaces from time-to-time or even daily. In this case

- A. Only a place of safety will be provided, with limited amenities
- B. Each family is responsible for its own clothing and bedding
- C. Families without shelter (tent, caravan) will be assisted as far as possible
- D. You keep legal firearms *and their licences* with you at all times

² I.e. not just another SA protest – people running through the streets turning over dustbins until they have to take a taxi home, or xenophobic violence – directed at “someone else”. This is a hypothetical scenario in which people threaten to employ direct action by main force against you, your community, or neighbourhood.

This Temporary Withdrawal scenario is a finite arrangement until such time as the threat has expended itself and the authorities have re-asserted control. This is NOT a general emergency.

Here are practical examples of when a temporary withdrawal is warranted:

- ✓ A severe increase in violent night-time activity in a city; prevalent lawlessness out of the control of the police; multiple daily incidents
- ✓ A petrol refinery has caught alight and the fire threatens to spread
- ✓ Riots, with a clear threat of spilling into neighbouring residential areas.
- ✓ Protestors and/or gangs of hangers-on are encroaching on residential areas and opportunistic crimes against innocent passers-by are reported
- ✓ A chemical spill has occurred on a nearby freeway and plumes of toxic fumes are engulfing your suburb

2.2 PHASE 2: WITHDRAWAL (INDEFINITE)

When a catastrophic condition emerges which influences our own community, we must not fall into the trap of believing that only *we* are affected detrimentally. Poor people in townships will experience things worse than we do. Many of the poor live from hand to mouth whereas, for example, white South Africans are perceived to be well-off and privileged. Whites are thus softer targets. You could say that that's almost natural. Let's assume that the scenarios described above become aggravated. Disaffected people are streaming into cities and residential areas to plunder and burn. This could be impelled by numerous factors from hunger to anger to sheer opportunity.

2.2.1 Here are some scenarios in which could motivate indefinite withdrawals:

- a) Ongoing food shortages caused by systemic failures
- b) Inflated food costs. There are scores of historical examples of major civil insurrections caused solely by the price of staple foods
- c) Electricity blackouts which could - the authorities have announced via radio - last for days. You will be without potable water. Alarm systems are not working and marauders are taking advantage thereof
- d) Incidents not attributable to identifiable causes but orchestrated for ulterior motives. You may never know the reason; it might "just happen"
- e) Xenophobia which has spiralled out of control

- f) Not quite the same as xenophobia: the expulsion of minority, or weaker, groups from an area in order to take control of it, such as occurred in Rwanda and in our migrant labour hostels on the Rand in the early '90s

In these circumstances a suburban community could withdraw outside towns until security is restored. However, people will not be able to move about freely and they won't be able to pop home and to work.

Note: this is not total anarchy; but the situation is severe enough to prevent people going home and to work (until matters are under control).

2.3 WITHDRAWAL & EVACUATION

From time-to-time we all leave home for a while and we expect things to remain just as we left them. Now, imagine a scenario in which the prevalent circumstances contain elements – of whatever nature – which pose a threat to your family and property. It is so severe that you must flee.

Here are examples of events which warrant evacuating to safer places:

- a) One of the aforementioned disasters strikes your town and severely damages it, rendering it uninhabitable. The event has now ended; it doesn't pose an ongoing threat but your suburb is uninhabitable.
- b) Infrastructure crashes, just as great numbers of experts have forecast
 - i. A major regional water system experiences a failure and repair is unforeseeable. This prompts severe rioting and plundering amongst very frustrated poor people stuck in that region.
 - ii. An electricity distribution system collapses. This prompts rioting and plundering amongst desperate poor people.
 - iii. Fuel shortages
 - iv. Sewerage systems are defunct through a failure of infra-structure or electricity. Cholera breaks out in residential suburbs.
 - v. Shops shut their doors and ATMs are, deliberately or not, shut

You might deem it prudent to join other people who are moving to a place where these threats do not exist. Perhaps you won't see your way clear to returning anytime soon and you will leave with whatever you can carry.

N.B. Once again, this is not a national disaster; it is regionally-bound.

2.3.1 REFUGEE CONDITIONS

Let's address the possibility of large groups having been evacuated and accommodated on large tracts of land which were identified previously.

- i. Safe routes and alternative routes will have been identified. The details will be communicated by Suidlanders leaders in every town concerned. The public will be assisted by pre-established Refugee Control Centres³.

Note: this is one example of the advantages and benefits of connecting with a Suidlanders group⁴. You will be one of the fortunate people familiar with what support will be forthcoming, and you can convey that reassurance to your family. Even if you are not completely convinced of the instability of our country and you don't really believe that there is a chance of a major catastrophe, and you choose not to become heavily involved in your local Suidlander group, you will be *au fait* with the plans and procedures being effected, and your family will be able to slot into any unexpected withdrawal or evacuation more easily.

- ii. People will be placed in groups of appropriate size, according to the resources available to support so-and-so group in such-and-such place.
- iii. People shall contribute to the overall endeavours of the group, sometimes according to suitable skills, and sometimes as needs dictate.
- iv. These circumstances necessitate everyone's preparations being in place, especially vital necessities such as water, food, shelter, warmth and fuel.
- v. Strange as it may seem to novices, fuel is perhaps the most important of all preparations. Water is critically valuable and food is a vital necessity. Shelter, especially in cold months, will also be a vital necessity. But without fuel you cannot reach places of safety, security, and support.

2.3.2 THE IMPORTANCE OF PREPARATION, ELABORATED

Plots, farms, and other tracts of land have already been identified and made available as evacuation destinations. The infrastructure on those premises has been developed as far as possible. However, help cannot be guaranteed. The scenarios we have discussed are not National Disasters therefore it is unlikely

³ Note: many terms will be Afrikaans terms. Here, the term VBS for *vlugtelingbeheersentrum* will be employed. Read the Suidlanders Manual (cf Footnote 1) to become *au fait*. English speakers shall not struggle to fit into Suidlanders structures. There will be English refugees & English-speaking Suidlander leaders in all locations.

⁴ Suidlanders does not conduct recruitment. Aspirant members should connect with local groups rather than join formally via head office. Benefits are identical.

that we will receive the benefits of a declared state of emergency. We will also not qualify for the safeguards promised by International Law.

With that in mind, here are some factors which you may wish to consider:

- a) Your preparation reduces the load upon the farm (or other premises). That enables each refugee to live in greater comfort and independence. It increases chances of survival, and it improves your functionality. Moreover, you can provide for unique needs that your family possesses
 - i. Consider the special needs of children, the sick, and the elderly
- b) The goal of *grouping together* is to achieve security
- c) The number of people who will evacuate is unknown and the time frame of evacuation is indeterminable. Therefore, supplies cannot be estimated in advance. What has been prepared is strictly emergency supplies, not three square meals a day and certainly not indefinitely.
- d) Shortages of emergency supplies should be *expected*.

2.3.3 HOW SHOULD I PREPARE AND WHAT SHOULD I TAKE WITH ME?

Don't be discouraged if you have prepared nothing yet. Start slowly and take one step at a time. Every well-prepared person began with nothing and many prepared in tough financial circumstances.

- A. Fuel. If you have adequate fuel for 1000kms you'll be self-sufficient, but your first 10 litres will be the most important 10l you ever store.
- B. Water – not only vital but also negotiable (bartering)
 - Water purification tablets, Milton, bleach, chlorine, a water filter e.g. the [Sawyer Mini Filter](#), etc. should be on your list
- C. Shelter. Tent, caravan, bakkie bin/canopy, your car. Anything.
- D. Food – as much as possible. Even one bag of mealie meal will leave you better off than those who have nothing. Take the first tiny step today.
- E. Warmth – sleeping bag, blankets, warm clothing, long-johns, waterproof clothing. If you have spares, pack them in advance so that you don't waste critical time ransacking your cupboards amid a crisis.
 - Clothing is also beneficial from a medical point of view; trauma and shock reduce body temperature.
- F. Fuel, other: if you can stockpile (and transport) fuel *beyond your vehicle's needs*, you will contribute to generators' fuel, and you'll have fuel for your own possible heating arrangements.

- G. Identity document, passport, driver's licence, bank cards, cash
- H. Security – firearm licence, legal firearm, ammunition.

See Appendices A & B for handy pointers.

2.3.4 Organisation & Arrangements

Our people love the outdoors and most of us possess a few pieces of camping/hiking/fishing equipment. Ensure that your gear is neatly packed and **ready to go at all times**. Keep your stuff together and accessible; you won't have time to search and pack; what's more, you'll be flustered. Be able to throw everything you need into your vehicle at once. So, know what those things are.

- a) Keep water, food, and fuel one side
- b) Gather the things you use during load-shedding, e.g. gas lamps, gas bottles, torches, candles, etc.
- c) Provide a warm jacket, raincoat, and sleeping bag or blanket for everyone
- d) Keep chronic, allergic, & heart medicine handy. Don't overlook antibiotics

2.3.4.1

Sketch various circumstances in which you might find yourself *or your family*. Contemplate the circumstances and make a list of everything you might need to live through those circumstances as normally as possible. Begin from the bottom up; goose-down pillows and electric blankets are the last things you should think of putting in your car or caravan (if at all). Besides, do you really want to waste fuel carrying more weight in your car than you have to, and do you want to waste space carrying anything which is not strictly necessary?

- a) Compare your list to the lists contained in the Appendices to this document. Can you see things on your list which the most well-prepared people don't have? Yes? *That almost certainly means that they shouldn't be there. They are unnecessary burdens!*
- b) Match your preparations to your available carrying space! If your little car is going to carry five people and you don't have a trailer, then prepare **strictly** what can fit in your boot. You won't be the first or the last person who won't be able to take everything they desire. As they say, "It's a reality so get over it".

2.4 PHASE 4: NATIONAL ANARCHY

It is important to discriminate between the various phases of withdrawal or evacuation. National Anarchy is only when armed forces participate in the given crisis and when conflict erupts in the country. The applicable international law – pertaining to the conduct of armed forces towards civilians - is contained in the Protocol Additional to the Geneva Convention, 12th August 1949, with reference to the Protection of Victims of International Armed Conflict (Protocol 1) as well as applicable laws pertaining to the Protection of Victims of Non-International Armed Conflict (Protocol II)⁵ of 8th June 1977 with the focus upon articles 60 – 69 of Protocol I. Those laws make provision for civil defence organisations. The Suidlanders, as a lawful civil defence organisation as defined under international humanitarian law, and in fulfilling the demands and guidelines of the abovementioned international laws, will employ the international symbol (orange square with blue triangle, cf. cover page) in the execution of a national emergency plan. We will thus be able to depend upon the protection extended by law in the event that hostile forces cause us harm, regardless whether it is bodily harm or harm to legally-specified property. In complying with the pertinent guidelines in all of our activities in a time of national anarchy, the intentions of the organisation and of the individuals will be clearly defined. This written declaration of our rights under international law serves as motivation for any enemy to familiarise himself with our rights and to apply those rights to civilians in time of need. The National Emergency Plan is the manifestation of a civil defence mechanism for our members in the execution of their duties in a time of complete anarchy.

Civil defence organisations fill a humanitarian role in armed conflicts, and also in disasters, whether natural or man-made. Thus, by definition, a civil defence organisation is admissible in all of the applicable emergency conditions.

Any action by armed forces against members of this organisation will, without doubt, be construed as war crimes. The abovementioned is invaluable in our claim to self-determination in such conditions.

⁵ For a full description of how this law and others also work to cover civilians in times of armed conflict cf. Suidlanders Manual in English pp 13 – 30.

Now, we are functioning as a civil defence organisation and we must operate accordingly.

a) Communication of Warnings/Notifications

There are presently two WhatsApp groups which the Suidlanders operate

- i. National Emergency Plan
 - I. The latest verified information about (relevant) current events.
 - II. It permits members to take informed decisions, and to inform friends and family of developments
 - III. Pro-active actions are also advised here e.g. what routes to avoid in case of protest marches and so on
- ii. Provincial and Regional WhatsApp groups.
 - I. Only the actions and activities of members *in case of evacuation* are communicated here
 - II. Members must keep abreast of the developments on this group
 - III. If cellphone networks are still working during evacuation, then emergency routes will be communicated
 - IV. Once again, if cellphone networks are still working, then the VBS (refugees control centre) will also furnish this WhatsApp group's members with incidental information.
- iii. Citizen's Band Radios

It is cardinal that each family possess a CB radio⁶. Preparing CB radios might seem to the average civilian to be a far cry from stocking up on food and water – a bit drastic – a bit hysterical. None the less, it must be on your list. If Total Anarchy breaks out we may expect that, even in the unlikely event that cellphone networks remain operational, they will be completely overloaded within hours. The transmission of emergency messages will be limited or impossible. The batteries of the relay towers shall not last longer than 48 hrs. Very few are equipped with generators and solar panels. The necessity of communication during evacuation cannot be over-emphasised, and there shall be no more effective means of communication than radio.

⁶ Radios can be obtained on the internet for R900. Put this in your budget and save. You will get there.

b) Evacuation

When the message to evacuate is transmitted, it will be vital that everyone evacuates and reports as soon as possible to the various gathering points which are known to the local Suidlander leaders. We are aware that children at school, factory workers who are not allowed to carry their cell-phones, and people who are on the road, might not be able to get to the gathering points at once. We have taken that into consideration; but don't dawdle.

- i. Be quick
- ii. Keep your radio to hand
 - a. Don't overload the radio frequencies with unnecessary chatter
 - b. Keep all communication short and succinct; follow the feedback advice being given out by the VBSes
 - c. Safety is important! Don't drive recklessly; you are not the only car on the road. Maintain a speed suited to the road surface. Keep following distances as short as (safely) possible.
 - d. Don't deviate from the advised routes. In this refugee crisis there won't be manpower available to search for people who have made detours and become lost or held up.
 - e. If your vehicle runs out of fuel or if you are involved in a collision
 1. Immediately make radio contact with the VBS so that they may instruct you on how to safeguard yourselves.
 2. Give the maximum information to the operator as succinctly as possible: Use the mental guidelines of **Time, Event, Manner, Place**; they will keep your speech *and thought* clear, accurate, to-the-point, and succinct.
 - "15mins ago our car carrying 7 people collided with another car carrying 2 people on the R66 halfway between Eshowe & Melmoth. 3 people are injured, one severely";
 - "At 3 o' clock, while we were stopped, two taxi-loads of men attacked our convoy of 18 people. We're on the N12 north of Kimberly, 4kms from town. Two wounded; one woman in labour".
 3. Inform the VBS whether your vehicle/other vehicles are mobile. If not mobile, then render the vehicle inoperable e.g. remove the battery or rotor, or cut the fuel line in two places (so that it cannot be re-joined).

4. Vacate the road to avoid hindering traffic.
 5. **Follow the instructions given to you**, they are coming from trained and experienced people.
 6. Don't act on your own initiative; you could make a big mistake which exposes you and your family to danger.
- f. If you come upon an unsafe circumstance by virtue of blocked roads (regardless whether caused by accident, blockade, etc.)
1. Make prompt radio contact with the VBS so that
 - They are aware of the condition of the route
 - They can re-route vehicles
 - They can provide advice
 2. Provide maximum information as succinctly as possible. Remember **Time, Event, Manner, Place**; that guideline will keep your *thought and speech* clear.
 3. Give accurate directions/location to the radio operator. Provide landmarks.
 4. Follow instructions regarding alternative route. Report to VBS via radio when safely on the alternative route.
- g. If you don't have a vehicle and you evacuate by foot
1. Make radio contact with the VBS for advice
 2. Provide the operator with the maximum relevant information as succinctly as possible. Use the mental guidelines of **Time, Event, Manner, Place**.
 - "In 30mins my family of four is going to walk from Radiokop along Northumberland Rd towards Witkopp Rd; then we are going to try to turn left onto Malibongwe towards Kya Sands".
 - "Our car ran out of petrol. There is a group of rough guys coming this way; we are starting to walk; there are 12 of us; we're on West Coast Rd heading northwards, ±6kms before Koeberg".
 3. Attract little attention. Wear dark clothes. Be quiet. Don't shine torches. Walk in a line rather than a bunch.
 4. Move quickly to the nearest rendezvous point
 5. Maintain radio contact with the VBS.
 6. Remember your emergency bag and water. Wear comfortable closed shoes.

c) Shelter

Plots outside of our cities have already been identified, and so have farms in rural areas, which are available to receive people who have been forced to abandon urban areas because of disasters, be it temporarily or permanently.

- i. No-one knows how many people will withdraw from urban areas, and how many will come prepared. **If you depend solely upon assistance, you are bound to be disappointed at how much there is to go around.**
- ii. As far as possible, it is crucial that you obtain a tent of your own, and that you come with at least a sleeping bag or blanket.
- iii. If you are prepared, you will not be a burden on Suidlanders structures. Regrettably, those who come unprepared **will have to be separated upon arrival from those who come prepared.**

d) Infrastructure

As far as possible, water, sewerage, and shelter infrastructure will be developed in the identified locations. Electricity might be available, but only for common good. The infra-structure to feed people will exist, but will be limited.

- You must provide for your own preferences
- You must provide your own special needs (hypo-allergenic foods, etc.)
- Bear in mind your baby's or toddler's special needs

e) Lifesaving/Rescue

Suidlanders does not, expressly or implicitly, offer rescue or transport services. Refugees must get themselves to safe-havens/etc. What follows is strictly advice on how to make contact with the VBSes in emergency situations so that the VBSes may provide support by radio.

- i. If you are in a precarious situation, contact the VBS
- ii. Provide the radio operator on the other end with the maximum amount of information as succinctly as possible. Always keep the mental guidelines **Time, Event, Manner, Place** in mind when communicating. They'll keep your *thoughts and speech* clear.
 - a) "10mins ago our party of three families took the wrong turn off the N10, now we are cut off by a roadblock which was set up

behind us. We are in a cul-de-sac about 5kms eastwards from the Tarkabrug turn-off” ...

- b) “Yes, Operator, correct; going southwards, take the Tarkabrug turn-off left; we are 5kms further on. The intersection is now occupied by ~70 protestors who’ve set fire to tyres and who are brandishing knob-kierries”. Simple and brief.
- iii. Third Parties: don’t risk your (and others’) safety to play Lifesaver. If you don’t possess the skills to cope, don’t get involved.
- iv. Time is always a factor in emergencies.
 - a) Inform people that evacuation is underway
 - b) Move quickly and in groups to the nearest rendezvous point
 - c) Don’t return to the evacuated area alone. Ensure that at all times during an evacuation you act with approval and that the appointed Group Leadership is aware of your intended actions
 - d) Abide by the law! Don’t expose Suidlanders to lawlessness.

f) Medical Services including First Aid and Spiritual Assistance

Medical infrastructure will be limited even though arrangements have been made to establish field hospitals. Suidlanders does not guarantee particular levels of medical support.

- i. You must have 1 month’s supply of your prescription medication with you
- ii. Prepare broad-spectrum antibiotics & flu medication,
- iii. Make up a First Aid kit⁷, including but by no means limited to: Savlon; topical creams for wounds, bites, rashes, and burns e.g. Zam-Buk or fancier ones; plasters and dressings; burn dressings; cleansing wipes; a “space blanket”; eye-droppers, thermometer, tweezers, nail-clippers (not necessarily for nails), scissors; mercurochrome, gentian violet, merthiolate; ointment for sprains, e.g. Deep Heat; etc.

We have consulted an international surgeon who practises in SA and who consults on preparation for civil crisis in. He recommends the following list:

- Micropore, Friar's Balsam and super glue for wound care/closure, plasters that contain silver antimicrobial pads prevent infection, tea tree oil has many medicinal uses, multivitamins and Vitamin C, along with antioxidants if there is a lack of nutritious foods.

⁷ This is not qualified medical advice. It is anecdotal support. A reputable preppers’ website (one has a top SA surgeon who is always willing to help), medical websites, and your GP, can contribute to your preparation.

- Sinutabs are an over-the-counter medicine that contains codeine, which is a strong narcotic pain reliever. Vinegar is helpful for wound dressing. Wine is also good for wounds and acts as an astringent. Peroxide is helpful. Benzyl benzoate works for scabies and other rashes. Antifungal creams and powders for jock itch, hand & foot fungal infections and Nizoral or ketoconazole shampoo for scalp fungus - a problem in groups, esp. with kids. Worm medicine! Betadine for various antiseptic uses.
 - Citronella and eucalyptus oils serve well as insect repellent and they have other uses. Echinacea and goldenseal are natural antibiotics. Purbac is a cheap and effective general sulpham antibiotic. Fish antibiotics. Iron tablets are an important thing for menstruating women to have on hand, esp. if red meat is not freely available.
- iv. **Important:** medication for runny tummies and nausea & vomiting.

g) The Provision of Emergency Accommodation & Supplies

As previously alluded, there is modest provision made for emergency accommodation and other supplies.

- i. Considering that no-one knows how many refugees there will be and what their needs will be, assume that provisions will be limited.
- ii. Once more we wish to make it clear: if you are prepared, you are not a burden, you do not have to share the limited provisions, your own preferences are catered, and you shall not be separated and placed in the group of refugees who are dependant.
- iii. **The reason for the aforementioned separation is safety and security. It is necessary. It would not make sense to have well-prepared families in amongst groups of desperate people. Natural temptations would result in repeated breakdowns of security.**

h) Maintenance of Infrastructure and Vital Necessities

- i. To ensure that large groups can survive at a determined place, there will necessarily be rules and regulations which shall be enforced rigorously.
 - a. **Water** shall be available in limited quantities, and all parties shall have to obey the rules pertaining to its use
 - i. no pollution will be tolerated
 - ii. it may be necessary to safeguard water sources

- b. **Sewerage** will be available; if it is not available it will be constructed by the refugees. Facilities will be primitive.
 - c. **Existing farm infrastructure** shall be treated with respect. No activities which do not have approval shall be tolerated.
 - d. **Firewood** will be available, albeit limited. Normal procedures e.g. putting out a fire after use, will be enforced.
 - e. **Chopping down trees without permission** is strictly forbidden
 - f. **All Camp Occupants shall be Employed, as a Pre-Condition of Their Presence and of the Security and Support Rendered to Them**, in every facet of maintaining and improving the camp, as determined from-time-to-time by Suidlanders Leadership. Your participation will be determined by your skills, *but principally by the common good as determined by Leadership*.
 - g. **Safeguarding and Securing of the Camp** by watchmen, sentries, and guards will be applied
- i) **Execution of Command Structures and Orders in the Identified Evacuation Regions**
- i) Participating in the Emergency Plan or the entrance of any evacuation locations & facilities, whether intentional or accidental, is, by its nature, voluntary
 - ii) Anyone who chooses to participate in the Emergency Plan shall obey all the rules and regulations of Suidlanders organisation especially those pertinent to the National Emergency Plan
 - iii) In Re any party not abiding by the aforementioned rules and regulations: commands may, at any time and without notice, be given to remove offending parties from the property and they shall be denied further access.
 - iv) South Africans who have participated in the military generally and/or national service and/or school cadets, particularly the *Boervolk*, have a long history of association with, and employment in their civilian lives of, military terms, military habits, *modus operandi*, and discipline, however that should not be misconstrued as indicative of militarism or of offensive activities.

Click on [Contact Suidlanders](#) for a complete list of local leaders. They can guide you, involve you in ongoing activities, and advise you if you wish to contribute to the National Emergency Plan.

Appendix A

Emergency Bag		
WATER BOTTLE with WATER	Personal Hygiene; a small bag containing	
WATER Purification Tablets	Soap	
WATER FILTER	Babypowder	
RADIO	Facecloth and Towel	
Bible	Toothbrush	
Road Map: Map Studio SA 25th Edition	Toothpaste	
Compass	Small scissors	
Whistle	Sanitary towels & tampons	
Small spade	Vaseline / Vicks	
Multi Tool	Lip-ice	
Clothes	Camphor Cream	
Tough, sturdy, walking shoes & slip-slops/flip-flops	Zam-Buk	
Hat with a brim	Comb or brush	
Cotton shirt and tee-shirt	Sun cream	
Cotton underwear	Fire, Light, Cutlery & Crockery	
Long pants, sturdy	Plates, enamel	
Leather gloves	Mug, pikstel (cutlery set)	
Raincoat	Fire-lighters (Vaseline, Blitz, other)	
Handkerchiefs	Waterproof matches or a good lighter	
Sunglasses	Candle	
Jacket, thick, war, sturdy, water-proof	Mosquito candle	
Balaclava or beanie	Black bags, heavy duty, minimum 3	
Socks, woollen	Aluminium cooking foil, heavy, folded, 2 – 3m	
Emergency Blanket	Your Emergency Bag's Own Medical Kit	
Torch	Alcohol swabs	
Pen-knife	Anti-bacterial cream	
Clothes pegs	Bandage strips	
20m of fishing line and one or two fish hooks	Buscopan	
Mirror, small	Any prescribed medication	
Food & Nutrition	Deep Heat	
Rusks and/or similar	Lomotil or Imodium	
Biltong (compact and long-lasting protein)	Eye drops	
Dry foods, packaged	Peaceful Sleep	
Oats (very, very, healthy and compact starch)	Pain medication	
Energy bars	Burn cream	
Future Life/Replace/Morvite	Tweezers and small scissors	

Game, Oros, or Clifton, <u>powdered</u>	Valoids	
Good Morning Biscuits	Safety pins	
Grondboontjies met rosyne	Re-hydrate	
Kougom	Tampons for bleeding & wounds (effective)	
Rooibos tea (exceptionally healthy) & Coffee	Nice to Have	
Tuna in packets	Sunburn cream	
Fruit bars	Lip-Ice	

FOOD SUPPLIES

Bear your and your family's needs and preferences in mind.

Keep your available space for "freight" in mind. Don't prepare food which you won't be able to carry.

Canned Food. Keep the extra weight in mind.	Dry Rations	
Condensed milk	Nutrivo 100g = 5 portions	
Bully Beef, Chicken, Pilchards & Sardines	Soya, beans, lentils, dried veggies & onions	
Mixed vegetables, beans, peas	Soup mix	
Tuna in packets	Rice, Corn (wheat), Mielie Meal	
Canned fruit	Flour & cake flour; sourdough	
Smash	Spaghetti, macaroni, & other pastas	
Coffee & Tea, especially Rooibos	Milk powder	
Sugar; sweeteners for diabetics	Milk formula for babies	
Honey (multiple uses incl. medicinal)	Herbs & Spices, including	
Complan (high nutritional value)	Salt & pepper	
Morvite and Pronutro	Herbs & Spices with Medicinal Value	
Peanuts	Cayenne pepper	
Dried fruit sticks	Garlic	
Game and similar powdered drinks.	Ginger	
(Fill in personal preferences below)	Many others are therapeutic. Please research.	
	Vinegar	
	Dry sauces	
	Soup powder	
Cleaning Materials & Materiel:	Baking soda	
Jik	Bicarbonate of soda	
Dishwashing liquid & scourer	Oil	
Washing powder		
Jeyes Fluid	Pantryware/Appliances	
Drying towels	Pots and Pans	
Tub	Cutlery and crockery	
Soaps	Kettle, suitable to be used over a fire	
Personal hygiene	Braai grid	
Towels	3-legged pot	

Additional Medical Supplies	
Personal hygiene	Pain pills
Multi-Vitamins & Vitamin C	Disprin (also for blood-thinning properties)
Iron pills	Panado
Calcium and magnesium	Imodium and Valoids
Salt pills	Cold and flu medication
Vitamin C	Cough mixture
Antihistamines for allergies	Asthma medication
<u>Antibiotics, broad-spectrum (!)</u>	Muscle Relaxants
First Aid	Lennon Traditional Medicines
Plasters	Calamine lotion
Swabs	Caneston pills for infections (and the spray)
Bandages and safety pins	Ponstan syrup for children
Wadding	Medication for Specific Conditions
Medicinal alcohol	Rescue Remedy for anxiety post-trauma
Syringes and needles	Blood pressure medication
Very thin fishing line	Cholesterol medication
Nail clippers, tweezers, eye-dropper, thermometer,	Anti-depressants
Tweezers	Diabetes medication (cinnamon useful here)
Tampons for bleeding & open wounds in emergency	Epilepsy - Epilem
Anything for splints	Heart medication
MOST IMPORTANT OF ALL	
Fuel, as much as you can carry. Fuel might be the single most valuable commodity in a crisis-society	Tent or tarpaulin; at the very least a large army-type waterproof poncho
Water, as much as you can carry	Sleeping bag or other bedding
Candles, strong rope, paraffin lamps, gas lamps/stoves, solar lighting solutions.	Camp bed, ground tarpaulin, camp chairs, hammer, tent pegs, spade
Basic tools & consumables e.g. kitchen scissors, wire & pliers, multi-tool, camp axe, wood-saw, multi screw-driver & screws, hammer & nails, string, hessian (twine and creosote twine), duct tape, cable ties, hand-drill, metal saw, (blades will be highly-negotiable), knives always useful and highly-negotiable, torch, oil - various purposes, methylated spirits - various applications, turpentine - multiple applications, cheap "plastic" rope for incidental needs, insulation & self-amalgamating tape, cable & chocolate blocks, etc. – many and various basic, simple, items will be valuable even in small & convenient-to-carry quantities	Additional clothes: Make provision for seasonal demands. Comfortable, durable, clothes are best, e.g. denim, wool, and cotton Overalls and boiler suits are ideal. Ensure adequate socks and underwear! Warm jackets. Some clothes will even be negotiable i.e. for bartering It is not necessary that you have camouflage outfits. Bring dark, brown, and grey garments. Clothes for growing children
Needlework accessories for repairing clothes and camping gear. Buttons, needles, thread, Velcro, good scissors, hand sewing machine, small quantities of fabric.	Unbleached linen can be used for bandages.

Appendix B

What follows are examples. They are arbitrary. They are intended to serve as inspiration to prepare and not as definition of correct or proper preparation

Preparations of a Novice⁸, Single Male, Pre-packed (Ready to Go 24/365)

- ✓ Two jerry-cans of fuel, adequate to ±500kms in his vehicle
- ✓ 30l of water; Sawyer Mini Filter; 2 boxes Milton water-purification tablets
- ✓ **One 30cm x 40cm x 50cm box, pre-packed⁹, containing**
 - 4l oil, 500g salt, 1kg oats porridge, 6kgs rice, 1kg soup mix (lentils, barley, split peas), 12 cans tinned fish, 72 stock cubes & assorted powdered soup, Marmite, & Bovril
 - Assorted toiletries and dish-washing stuff
 - Panga, assorted knives, assorted rope, fishing line, twine, odds-and-ends, tyre repair kit, micro solar charger, sundry primary tools
- ✓ **R420 second-hand surplus army backpack¹⁰ as Emergency Bag, containing**
 - Two-man tent, sleeping bag, army poncho
 - Water-proof jacket, fleecy jersey, long-johns, 3 prs warm socks, 3 prs underwear, one pair of longs, 2 shorts, a long-sleeved shirt, 3 shirts, balaclava, gloves, scarf, hat.
 - Compact mini first aid kit containing sutures, syringes, needles, scalpels, nail clippers, scissors, tweezers, burn dressings, other dressings, disposable gloves, Zam-Buk, Dettol, Disprin, Iodine, Glycerine, Pottasium Permanganate, Myprodol, Ibuprofen, Voltaren, Immodium, bandages, plasters, emergency blanket, etc.
 - Compass, maps
 - 2m aluminium foil (various uses), torch, spare batteries, 20m rope, 50m fishing line, 5m gaffer tape, cable ties, glue, 10 black plastic bags; snake-bite kit
 - Mini camping stove & two spare gas cartridges, matches, water-proof matches, lighter, flint; mess kit (cutlery set), steel mug, water-bottle, “fire-bucket” (aluminium pot-cum-mug used for cooking and eating)
 - Folding hand saw - 17cm blade, 15cm fixed-blade knife, spare 8cm blade knife, pen-knife, camping axe, multi-tool, whetstone & oil.
 - Toiletry bag: toothpaste, toothbrush, floss, nail clippers, soaps, ear buds, sewing kit.

⁸ A man who made his preparations from scratch over the past ~12 months

⁹ Perishables should be circulated through to your larder at every month-end and replaced

¹⁰ The pack's weight is 15.5kgs – fair for an average man

Those preparations are not for everyone; they are Spartan and suited to someone who enjoys roughing it. They are also all that this man can carry, either on the passenger seat of his open-bin bakkie, or on foot i.e. the backpack only.

By contrast, the following preparations have been made over years by a family whose husband is an expert in the field of disaster management.

Example of the Preparations of a Family of Five, Veteran Members

Emergency Bag Per Each Adult

10 days' food rations in zip lock bags: 1 instant oats, 1 instant soup, 1 pack Oros juice powder, 1 small pack of Smash powdered potatoes, 2 tea bags, 4 pre-packed sugar packets, 75g of compressed Dates, 25g of Knorrox Savory Soya mince, 1/3 oat survival bar. Mess-kit. Water bottle

Medical kit - has antibiotics; space blanket

Socks and undies, polar fleece - poncho blanket jacket, wide-brim hat

Tarpaulin 2x2m

Wire, cable ties, axe/pry-bar/hammer-combo, fixed blade knife, gloves, goggles, dust mask, shemagh

Baby wipes and baby bum cream (zinc oxide)

Lighter, survival saw, needle and thread, spare buttons, safety pins, small fishing & snare kit, potassium permanganate, glycerine, iodine, colloidal silver
Knife sharpener, torch, spare batteries

Tooth brush & paste, razor, small liquid soap, facecloth

Sealed tin kit with: small lighter, heavy-duty foil 30 cm x 30 cm, strong fishing gut 5 m, 6 small fish hooks, hair net for fishing and trapping birds, small folding knife, glow-in-the-dark paint inside tin, 6 large sharpened nails, PVC tape 1m, plastic bag for water storage, Vaseline in Tiger-balm tin, 4 anti-histamine (Allergex), 4 aspirin powdered (Grandpa), magnetized large sewing needle + 3m floss

Pre-Packed Trailer

Food: 280kg's – flour 4 x 25kgs, powdered milk 8 kgs, cooking oil 5l, salt 2 kgs, beans, soya and lentils 12 kg's, sugar 12 kgs, spices and herbs – various, yeast
Seeds – various, about 60 packets

Water-bag, 40l, full; water-barrel, 40L, empty

Tent, for 4 adults, with stretchers, and carpet for insulation; Camo net 5mx6m
Camping fridge, 25L, with solar panel and battery; Solar-charged lighting for the tent; Solar bread oven; solar shower

Basin, pots and pan, small Rocket stove; Detergents; plates and cutlery

Perimeter alarm system

Spades, axe, and saw
Toilet seat bucket latrine
Radios, with solar charger
Sewing machine
Sleeping bags & clothes
Feminine hygiene and family toiletries
Small green laser pointer, cattle prod, bail of wire, various ropes, wire, bolts and nuts, screws, cable ties, and other odds and ends
Good large medical kit with sutures, antibiotics, saline drips, and a nebulizer

Cached *en route* to the Preferred Rendezvous Point, and/or Stored in the Final Preferred Location

Food: 560 kgs; flour - 16 x 25kg's, powdered milk 32 kgs, cooking oil 20l, salt 6 kgs, beans, soya and lentils - 50 kgs, sugar 50 kgs, various spices, yeast
Seeds, about 600 packets
Water-bag, 40L, full; 750l Jojo rain water barrel empty
Gas and electric 12v camping fridge 100L with solar panel & battery; solar charged lighting for the house, Solar oven for bread, Solar shower
Pots & pans, large Rocket stove, detergents for 1yr, plates & cutlery
Perimeter alarm system
Spades, axe, and saw
Toilet paper, feminine hygiene, and family toiletries
Radios and solar charger
Sewing machine (no. 2)
Blankets and sleeping bags, and Clothes
Small green laser pointer, cattle prod, bail of wire, various ropes, wire, bolts and nuts, screws, cable ties, and other odds and ends
Good large medical kit with sutures, antibiotics, saline drips, & nebulizer
Table and chairs
Moped bikes x 2, Generator, Fuel - 1000l (with fuel stabilizer, rotated whenever possible).

Appendix C

The SMS System

Ernst Van den Berg
082 960 6025

Joining Groups

Marlene de la Gey
Tel 082 436 5696 mdelagey57@gmail.com

Communication

Nico Engelbrecht
083 281 2049 nico@voorstoep.co.za

Values and Norms

Hans Van Der Poel
082 441 8972

Counselling

Anne-Marie Janse van Vuuren
082 936 7754
jurgenscloete@vodamail.co.za

TRANSVAAL

South

Danie Wessels
082 577 8590
danie@conglocc.co.za

Central (Midrand, Centurion, Pretoria,
Hartbeespoortdam, Brits, Mooiwooi)

Yvonne Rudman
076 774 1062 (only after hours)
slsentraaltransvaal@gmail.com

Cullinan

Hans v.d. Poel
082 441 8972 poelgen99@gmail.com

Noord Transvaal

Anton Dreyer
082 807 9983 a-drey@mweb.co.za

**Witbank Noord, Witbank Sentraal,
Witbank Suid Senetraal, Witbank Suid**

Daan du Toit
072 890 0060

**Ermelo, Amsterdam, Warburton,
Carolina, Panbult, Breyten, Lothair:**

Andre Ayres
073 305 0883

Chrissiesmeer en Sheepmoor:

Werner Selzer
082 331 3355

Vaal Driehoek

PROVINSIALE LEIER:
Willem van Deventer
079 217 9005

Vereeniging:

STREEKSLEIER:
Paul Smith
084 440 1585
ELIZE@homemail.co.za

Sasolburg:

STREEKSLEIER:
Johan de Jager
082 718 9274
Johan.Dejager@za.yokogawa.com

VANDEBIJLPARK:

STREEKSLEIER
Willem van Deventer
079 217 9005

MEYERTON:

STREEKSLEIER
Leon Mostert
060 371 2672

Wesrand

PROVINSIALE LEIER:

Bertus Schwan

081 246 9226

072 639 1483

bertusschwan@gmail.com

Oos Rand Wes, Germiston, Alberton

Eric Bornman

078 502 8816

eric@honestytrade.co.za

Jacque Smit

083 233 9131

drsmit@jhbvetshop.com

Tarlton

Krapie Kruger

084 300 0605

Isak Viljoen

082 733 0114

isak.viljoen@gmail.com

Florida, Newlands, Westdene &**Omgewing**

Bertus Schwan

081 246 9226

072 639 1483

bertusschwan@gmail.com

Brian de Beer

082 908 8456

briandebeer1960@gmail.com

Krugersdorp, Witpoortjie, Roodepoort

Franz Bottcher

082 460 5947

franzbottcher@gmail.com

Randfontein, Western Area & Omgewing

Isak Viljoen

082 733 0114

isak.viljoen@gmail.com

Randburg, Fourways & Omgewing

Pierre Gerber

0767257069

pierregerber@hotmail.com

Oos Rand

PROVINSIALE LEIER:

CasperKlopper

082 789 4727

klopperch@telkomsa.net**Verre Wes-Transvaal**

PROVINSIALE LEIER:

Martin Bloem

082 948 2670

pmabloem@gmail.com**Johannesburg Central**

Pieter Lourens

082 640 6834

petronius@gmail.com

Western Transvaal

Riaan Engelbrecht (I'll phone you back)

072 156 3381

riaan.engelbrecht@mtnloaded.co.za

NATAL**Northern Natal**

Danie Roberts

082 814 4061

btp@lantic.net**Southern Natal**

Jan van der Merwe

078 801 2454

janvdmerwe@me.com

Free State**Suid Oos Vrystaat**

Ds Jaco Groenewald

082 924 5773

groen444@telkomsa.net**Noord Vrystaat(Goudvelde)**

Bertus Schwan

081 246 9226

072 639 1483

bertusschwan@gmail.com

Noord Oos Vrystaat

PROVINSIALE LEIER:
Ben van Rensburg
082 564 9837

Sentraal Vrystaat

Streeksleier
Ferdinand Mollentze
072 110 8239
ferdi.m@vodamail.co.za

Suid Vrystaat

Roelf Jordaan
073 906 3141
roelofjordaan@yahoo.com

KAAP**Noord-Kaap Westelik**

Johan Lamprecht
027 672 1132
084 558 1299
ilamprecht74@gmail.com

Traval:

Wayne Viljoen
083 928 3468
wavb@mylan.co.za

Wes-Kaap Westelik

Willem Viljoen
076 734 1707 (18hoo tot 22h00)
suidlandweskaap@gmail.com

KOMMUNIKASIE:

Nic Moelich
084 903 5458
oombokwp@gmail.com

Noord-Oos Kaap

PROVINSIALE LEIER:
Fransie van der Merwe
072 256 5929
fransievdm@gmail.com

Middelburg:

Jan Blom
083 423 9234

Cradock:

Louis Hattingh
071 679 0663 / -48 885 9036

Graaff Reinet:

Beyers Cronje
082 443 3334

Oos-Kaap

PROVINSIALE LEIER:
Tydelik vakant

STREEKSLEIERS:

Jaco Koekemoer – Port Elizabeth en omgewing
073 154 5670
pesuidlanders@gmail.com

Hofmyer:

Louis Hattingh
071 679 0663
048 885 9036

Suid Kaap**George, Plettenbergbaai vanaf Tsitsikamma tot Heidelberg**

PROVINSIALE LEIER:
Otto Olivier
076 061 1379
suidkaap.otto@gmail.com

STREEKSLEIERS:
Theuns Jacobs – George
061 259 0043
theuns.debbie.jacobs@gmail.com

Gary Siemens – Mosselbaai
072 317 9262
Suidkaap.irish@gmail.com

Nadine Jooste (Mosselbaai membership)
082 253 2697

Andre van der Westhuizen – Oudtshoorn
082 379 4747
0823794747@vodamail.co.za

Wes-Kaap

PROVINSIALE LEIER:

Cassie Carstens
082 921 5721
cassie.ruth@telkomsa.net

Assistant - Theo
072 641 7971
tschutz@telkomsa.net

Noord Kaap

**Blackrock, Bull Hill, Douglas, Danielskuil,
Delportshoop, Groblershoop, Hopetown,
Jan Kempdorp, Kakamas, Kimberley,
Kuruman, Lime Acres/Papkuil,
Magogong, Orania, Phillipstown**

PROVINSIALE LEIER:
Trevor Muller
071 457 2754
trevor.muller@vodamail.co.za

Upington:
Leon van Rooyen
083 250 4575
lm@mtnloaded.co.za

Kimberley Omgewing:
Raynier Swiegers
076 179 2226

Wes van Kimberley:
Andrew Martinso
082 329 0705
dianmar@lantic.net

Namibia

Charl Coetzee
+264 81 124 7051
suidlanders.namibia@gmail.com

Ignus Grobler
081 285 3050
ignus60@gmail.com