



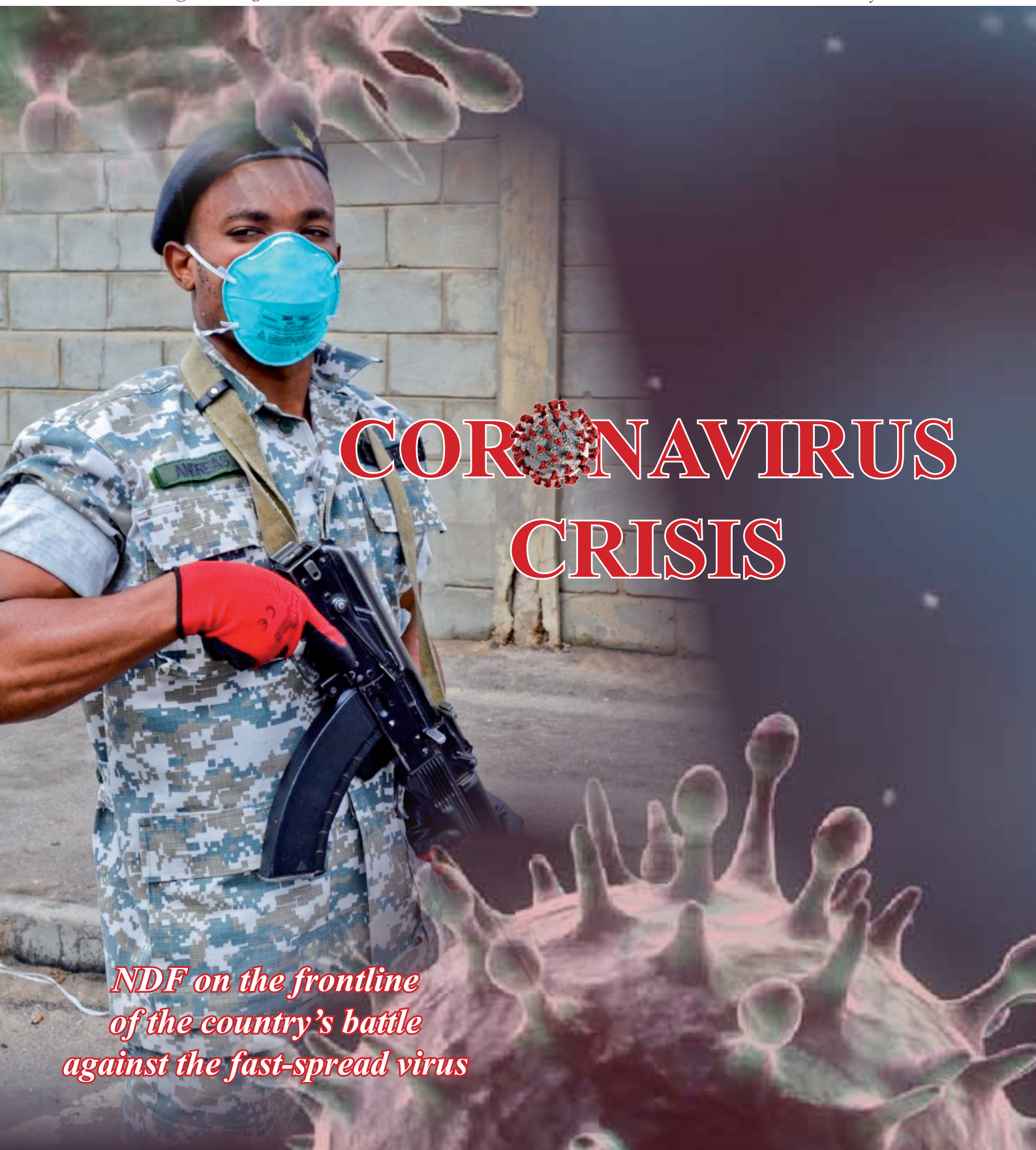
# Namibian Defence Force JOURNAL



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January-March 2020



## CORONAVIRUS CRISIS

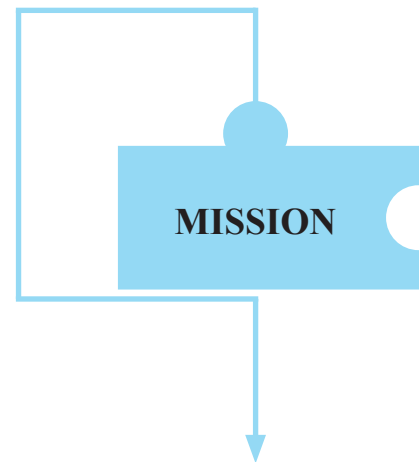
*NDF on the frontline  
of the country's battle  
against the fast-spread virus*



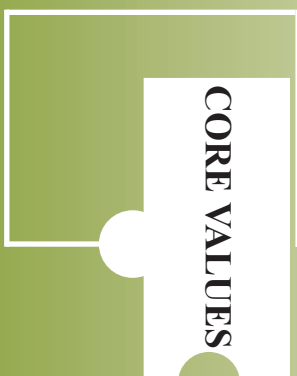
## NAMIBIAN DEFENCE FORCE



The Namibian Defence Force envisions developing and maintaining a small, highly mobile and professional force, which excels in service through discipline, vigorous training, possession of modern armament and ready to defend and guarantee the security of the motherland.



The primary mission of the Namibian Defence Force as enshrined in the Constitution, Chapter 15, Article 118, is to defend the territorial integrity and national interests of Namibia. Its secondary roles include: assisting civil power and local authorities in domestic support operations when required as well as to undertake SADC, AU and UN Peace Support Missions.



- Patriotism and dedication
- Respect for Rule of Law
- Integrity
- Transparent and Accountability
- Professionalism
- Teamwork and Cooperation





# NDF JOURNAL

No 1 of 2020

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A marine on patrol at Walvis Bay, enforcing compliance to Covid-19 State of Emergency regulations

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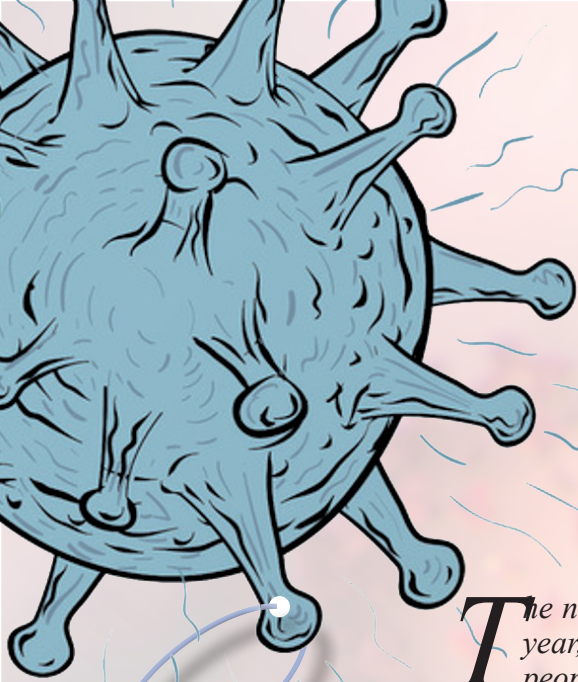
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# Editor's view

*The fate of the nation rests  
in our hands*

*Resorting to non-pharmaceutical measures  
cease Covid-19 spread*

**T**he novel novel coronavirus that erupted across the globe in December last year, has plunged the world into grief and consternation as thousands of people succumbed to illness and many more left on a sick list. Suddenly, the energy to start the year on high note was met with frightening and strange terms; quarantine, isolations, incubation and lockdown and all sorts of phrases surrounding the Covid-19 pandemic. After it was discovered in Wuhan, China in December 2019, in just a period of two months, it spread across the continents and regions, leaving the global economy in a state of downturn. The number of cases has been rising rapidly, forcing the World Health Organization (WHO) to press an alarming button to warn all nations against a disease that knows no borders, age or race.

Countries that are well known for their state-of-the-art-systems have been trying to contain the disease but ended in futility as infections and death tolls heightened in their territories and efforts to find the treatment have not been fruitful. But the disease could be beaten with calculated efforts.

The UN's health agency set forth precautionary measures to stagnate the disease, but the action paralysed socio-economic growth and it might take time for the countries to revive their economies' upswing. Businesses are closed; schools, training and places of worship suspended; borders sealed and sport events put on hold, just to avoid congestion that has the potential to increase the infections.

Our president has declared a State of Emergency as early as March and announced the 21 days of lockdown order, days after we confirmed 11 cases in the country. In response to the State of Emergency, the Acting Chief of the Defence Force (A/CDF) and other service chiefs launched "Operation Curb Covid-19" to give the security cluster (NDF, Nampol and Namibia Correctional Services) authority to enforce compliance to lockdown regulations within the constitutional mandate.

The fate of the nation is rested in the hands of the law enforcement agencies to take the risk of fighting the invisible enemy in order to save the nation from the mayhem of Covid-19.

It starts with us, the law enforcement members, to ensure that we protect ourselves in order to save the citizens. We have to lead by example, to be true leaders in the fight against this crawling bug. It is our duty to observe the lockdown measures to the extent that our families are complying to stay-at home-order; and that we maintain a decree of social distance.

In addition, practicing non-pharmaceutical preventative measures hinges on everybody including security members. We are the role models and whatever we do, the citizens replicate. So, let us lead by washing our hands well and often, contain our coughing and sneezing, avoid shaking hands, maintain social distancing and most of all, seek medical attention as soon as we suspect coronavirus symptoms.

If you need to contact your doctor or visit the emergency service, call the hot-line 0800 100 100 in advance; always indicate your symptoms, travel history or contacts.

*We need to face coronavirus  
the way we fight the enemy in  
battlefield.*

*Let us lead, the citizens follow*





# COVID-19 spills strain on world economy

*as countries swing attention to focus on fighting coronavirus*

Story:.....

**T**he infectious disease known as Covid-19, caused by a newly discovered coronavirus, is having a profound impact on the global economy as countries' efforts to mitigate its effect coerced them to reposition already depressed resources to focus on the containment of the virus.

All the efforts to respond to Covid-19 come at cost that forces the world into economic slump and it requires all countries to keep their arms locked together in defence against the pandemic.

Ever since the coronavirus outbreak in Wuhan, China, in December 2019, the virus had spread to almost every continent in less than three months, prompting the World Health Organization (WHO) to declare a Public Health Emergency on 30 January 2020. Subsequently, many states and governments also declared war against the outbreak in their territories and exert preventative measures as prescribed by the UN's health agency, as an effort to curtail the further spread of the virus.

The Johns Hopkins University statistics of 8<sup>th</sup> April 2020 indicated that there were approximately 1,4 million global cases of

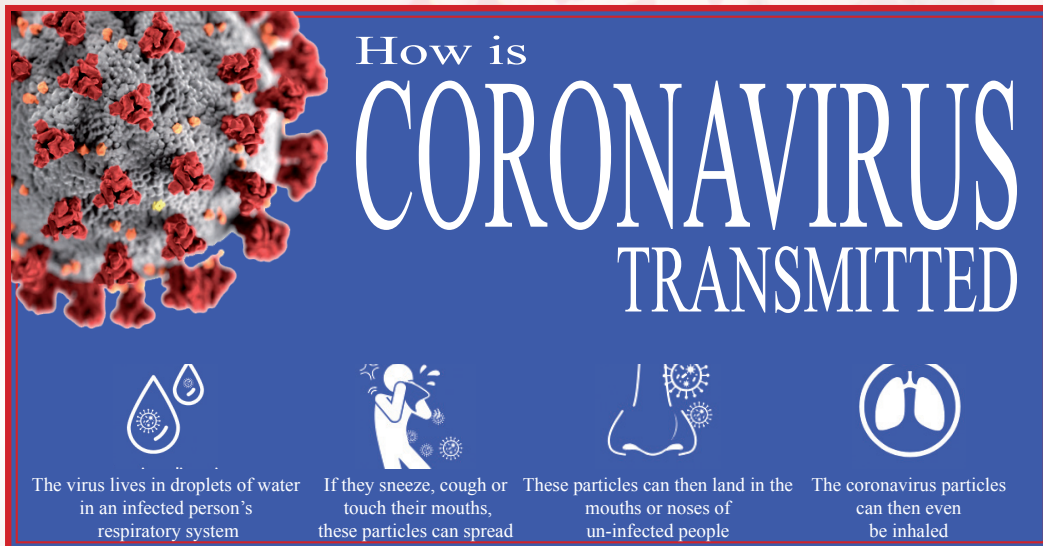
Covid-19, over 300 recoveries, while the virus caused over 80 thousand deaths.

Meanwhile, the Africa Centre for Disease Control on Covid-19, has reported over 10 thousand confirmed cases in Africa, close to 500 deaths and over 900 recoveries in 52 infected countries on the continent.

The statistics insinuate that the virus impends unprecedented threat to the world economy and threatens the global health security. Medical experts pronounced the disease as respiratory borne illness that easily spreads from person to person with high degree of mobility and mortality. It spreads among humans via respiratory droplets within 1 metre and can survive for days on surfaces. People may be carrying the virus for 1 to 14 days (incubation period) before developing symptoms. The most common symptoms are fever, tiredness, and dry cough. More rarely, the disease can be serious and even fatal. Older persons and people with medical conditions (such as asthma, diabetes, or heart disease) are believed to be more vulnerable to becoming severely ill. However, the UN's health agency's statistics proven that no age group is invulnerable

to coronavirus.

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing or sneezing).







Individuals can also be infected from touching surfaces contaminated with the virus and touching their faces (eyes, nose, mouth).

The virus is believed to resemble the '1918 influenza virus' epidemic (known as Spanish Flu), hinted to be the most severe pandemic in recent history. It had spread worldwide during 1918-1919 and infected over 500 million people. The number of death was estimated to be at least 50 million worldwide and the mortality was high in people younger than 5 years old, 20-40 years old, and 65 years and older respectively.

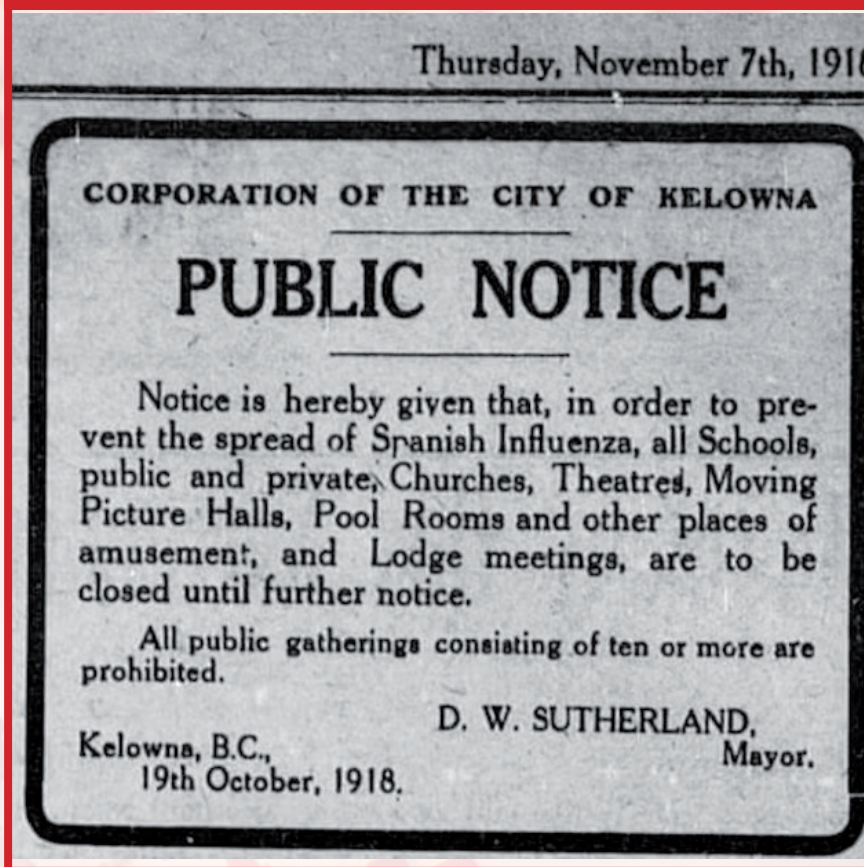
With no vaccine for influenza infection and no antibiotics to treat secondary bacterial infections, control efforts worldwide were limited to non-pharmaceutical interventions such as isolation, quarantine, good personal hygiene, use of disinfectants, and limitations of public gatherings, which were applied unevenly. These are the same preventative techniques the UN health agency implored the world to employ in order to contain the Covid-19.

The outbreak of the Covid-19 caught the world on a wrong footing, at a time many countries were battling man-made or natural disasters. The severity of Covid-19 thus, forced the nations to turn their attentions to a more savaging virus.

Prior to the outbreak of coronavirus, Namibia was battling the recurrent drought that severely affected most of the regions in the country. Many international and local partners were in the middle of contributing humanitarian aid, while NDF leading the transportation of the drought relief to the needy.



**ABOVE & BELOW:** The two photos taken during 1918 - Spanish influenza epidemic, illustrate the similarity of protective face masks and lockdown restrictions put in place during that epidemic outbreak and Covid-19 pandemic- photo: ft.com



These efforts were subsequently side-tracked to get grips with the new virus.

Namibia, a country of over 2-million population confirmed the first two cases of coronavirus on 14 March 2020 and on 07 April the number swelled to 16 cases, a figure that cast fear in the country.

There was thus a need to implement the WHO Covid-19 directives through drastic and realistic preventative measures.

His Excellency, Dr. Hage Geingob, in February 2020, had declared a State of Emergency and announced a partial 21-day lockdown (Khomas and Erongo Regions) effective from 21 March,



in an attempt to curtail the further spread of the Covid-19 in the country. The country's borders were also closed to circumvent cross-border movements as they have a potential to transmit the disease.

Some of the lockdown measures include: implementation of travel ban on foreign nationals, by air and sea, especially from coronavirus high risk countries and prohibition of crowded spaces as well as the lodge of a stay-at-home order.

While the law enforcement agencies are fronting the fight against the spread of Covid-19 worldwide, there is a cause of concern the combat readiness. So far, the effects of Covid-19 on militaries the world over, have been modest, the exercises and other training activities are reduced due to restrictions on gatherings. And if these trends continue, the effect on military readiness will be devastating.

The military's problem is that the nature of its work requires that a lot of people work together, often in a tight space, under physical stress, and without a lot of personal distance.

To this end, unless the world adhered to the UN health agency's coronavirus preventative measures, there will be no light out of the pandemic. The death rate will spur and the global economy will suffer tremendously.

It will be difficult to resume military exercises and deployments. Many exercises will be cancelled or scaled down and participation in some ceremonial activities has to be reduced.

The way forward it to conform with the Commander-In-Chief's call for all Namibians to cooperate with the authority and to remain calm in order to ensure that the public order is not compromised. The president also appealed to all international partners and stakeholders to support government's response measures and mobilise resources to help combat the virus.

In that way, the pandemic can be contained and the country would revert to normal business.

Confirmed COVID-19 Cases in Africa  
Date; 15 March 2020  
as per WHO Report



In this sense, schools and places of worship were suspended and business closed

The law enforcement members were deployed in the streets and along the highways to monitor the movements of the public and enforce lockdown measures.

The deployment of military and police officers at the frontier of the fight against the pandemic is a tough assignment as they too required protective gears and must ensure that they maintain social distancing (1 meter) while enforcing compliance to lockdown measures.



# #Stay Home



# PRESIDENT APPOINTS R ADM (RTD) VILHO AS MINISTER OF DEFENCE



*Hon. R Adm (rtd) Peter Hafeni Vilho*

**T**he Executive Director of Defence Rear Admiral (R Adm) (rtd) Peter Hafeni Vilho was sworn in as the Minister of

**Defence and Veterans Affairs on 21 March 2020 at the State House.**

He is the third NDF product to become the political head of the defence ministry after Maj Gen (rtd) Charles Namoloh and Hon. Erikk Nghimtina.

R Adm (rtd) Vilho replaced Hon. Penda Ya Ndakolo who has since been appointed the Governor of Otjikoto Region.

Born 59 years ago, the former navy commander's military voyage kept him in uniform for 36 years, dating back to 1981 as a combatant for the SWAPO military wing PLAN. As a committed and battle tested soldier, his military career continued in the NDF since its inception in 1990.

The passion for uniform and the zest to see Namibia enjoying peace and stability made the former defence executive director choose to continue the career that sheltered him over nine (9) years as a PLAN fighter. He was among the NDF pioneers who foresaw the establishment of a



*Hon. R Adm (rtd) Peter Hafeni Vilho (center) and other members of the Parliament at the swearing-in ceremony of ministers and deputy ministers at State House.*

unique force formed out of two enemy forces. What made him a distinctive soldier and a remarkable leader specifically in the military is his consistent dutifulness, hard work, loyalty, selflessness and patriotism. All these qualities opened the door for him to climb the ladder of leadership in the NDF. He joined the NDF as a captain and his exemplary leadership principles and military expertise fuelled his progress through the ranks and files of the force to become the Maritime Commander in 2002 and guide the coastal force for 15 years. Following his successful leadership



that propelled the commissioning of the Maritime Wing the Namibian Navy, his superior competence enticed the president to appointed him as the executive director of defence in 2017, to administer the welfare of the NDF.

Under his watch, the navy was transformed into a 'fully-fledged' arm of service with advanced military hardware and competent strength.

As an accounting officer of defence, he efficiently managed the financial affairs of the defence, ensuring transparency and responsibility over his office. Now that he is a political head of the public institution that he had been working for since independence in 1990, more is expected from his military aptitude. In an interview with the media immediately after he was sworn in as Minister of Defence and Veterans Affairs Hon. Vilho assured the public that as a minister, he will be responsible for the effectiveness and efficiency of the defence

and veterans affairs, and to ensure that the ministry met the goals and purposes within its allocated budgets. He said maintaining a well-equipped force is the masterstroke to the country's security and stability. "We will continue building a professional, disciplined and all-inclusive force, and make sure that the troops are trained, educated, well equipped and properly prepared for eventualities, said the Hon. Rear Admiral (rtd) Vilho.

For his commitment to both world and national peace, Hon. Vilho was awarded various national and military accolades:

- Excellent Order of the Eagle, Third Class,
- NDF Pioneer's Medal,
- NDF Ten years' Service Medal
- Southern Cross Medal (Navy)
- NDF Commendation Medal, 1st CLASS
- Order of Naval Merit (Grand Officer) Medal (Brazilian Navy)
- Medal of Merit 'Tamandare' (Brazil)



**Hon. Hilma Nicanor**

*Deputy Minister of Defence and Veterans Affairs*



**Comm (rtd) Trepheine Panduleni Kamati**

*Executive Director of Defence and Veterans Affairs*

## **WELCOME ON BOARD HON. DEPUTY MINISTER AND EXECUTIVE DIRECTOR**

The merging of the Ministry of Defence and Veteran Affairs Directorate has also brought changes in leadership. His Excellency Dr. Hage Geingob appoints the former advisor on veterans' affairs in the Office of the Vice President Hon. Hilma Nicanor as the Deputy Minister of Defence and Veteran Affairs. In the same vein, the President appointed Commissioner (rtd) Trepheine Kamati, the former executive director in the then Ministry of Safety and Security as the new Executive Director of Defence and Veterans Affairs.

The defence fraternity welcomes you on board and congratulates you on your new roles. Your years of experience and organisational skills will add value to the promotion of the MODVA reputation and steer our institution towards fulfilling its constitutional mandate.



# COMMANDER- IN-CHIEF declares war on CORONAVIRUS

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*Offices, Ministries Agencies and all stakeholders  
are mobilised to ensure necessary assistance to the  
fight against Covid-19*

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Story:.....

**The World Health Organization's (WHO) declaration of public health emergency over the new coronavirus (Covid-19) outbreak has prompted many states and governments to follow suit and act as rapidly as possible to curb the further spread of the virus in their territories.**

President Hage Geingob on 10 March 2020 declared a State of Emergency in Namibia with effect from 17 March and urged the public, private and non-governmental institutions to rally behind the Ministry of Health and Social Services in its effort to curtail the rapid spread of the disease.

The president's call for a health emergency reacted to the confirmation of two cases of coronavirus in the country and the fast growing cases in the world that also prompted many countries to deploy precautionary measures to combat the spread of the virus.

"By virtue of the Power vested in me by Article 26(1) of the Constitution, I declare a State of Emergency from the 17 March 2020 due to the Covid-19 coronavirus pandemic outbreak," the president said at the announcement of the state of emergency during the media conference held at State House. The state of emergency measures ranged from the travel ban on foreign nationals by air or sea and the temporary travel suspension for 30 days for Namibians or permanent residents' functionaries, except for special cases.

In addition the government deployed health professionals, logistician and security forces members to complement the health ministry during the state of emergency. "While the pandemic that we are faced with is unprecedented, we are confident that working in collaboration, we will respond effectively to minimise the spread of the virus and loss of life, and to restore the health of those affected," said the president.







# #Stay Safe



*H.E. Dr. Hage Geingob with Vice President, H.E. Nangolo Mbumba and Prime Minister, Right. Hon. Dr. Saara Kuugongelwa-Amadhila during the declaration of the State of Emergency at State House - photo: Eagle FM*

### ***Extraordinary measures***

With seven (7) cases of Covid-19 confirmed in the country on 25 March, Dr. Geingob ordered a partial 21-day lockdown for Khomas and Erongo Regions where the cases were recorded. The lockdown began on 27 March, ordering all citizens to comply with-stay-home order as part of regulation measures. The order also banned travel to and from the most affected regions. The government announced the closure of all government institutions except hospitals and ordered private firms to close their offices and send employees home.

All shops in malls were shut down apart from those selling food and medicine while gatherings of more than 10 people were also banned.

The security cluster members have been deployed to patrol the city and towns in the two

regions while checkpoints were erected across the country to enforce compliance to lockdown measures.

A state of emergency is a situation where a government is empowered to perform actions or impose policies that it would normally not be permitted to undertake, however can only declare such during a natural disaster, civil unrest, armed conflict, medical pandemic or epidemic as well as a biosecurity.

Article 26 of the Namibian Constitution stipulates that “at a time of national disaster or during a state of national defence or public emergency threatening the life of the nation or the constitutional order, the President may by Proclamation in the Gazette declare that a state of emergency exists in Namibia or any part thereof.”





Acting Chief of the Namibian Defence Force with Brig Gen Sophia Ndeitunga (front row - 2nd rt), Brig Gen Bonifacio Muchanga (front row 2nd rt) Maj Gen Noel Ndlovu (rt) and the entire delegation to troika meeting - Cpl PJ Amunyele

# SADC Military Health Services assesses Covid-19 situation

*Troika meeting intensifies SADC readiness towards Covid-19 fight*

Story:.....

**T**he Troika of the Military Health Services Working Group (MHS - WG) of the SADC Inter-State Defence and Security Committee (ISDSC) convened a meeting in Namibia from 12-13 March 2020 to assess the state of SADC's military readiness against the Covid-19 and map strategies to mitigate the impact of the virus in the region.

The meeting, which was attended by Namibia as a chair of the troika, Mozambique the outgoing and the incoming chair South Africa, was convened following the outbreak of the coronavirus pandemic, which was discovered in Wuhan, China in December 2019 and spread across the globe instantly, infecting thousands of people and caused multiple deaths worldwide.

At the request of Namibia as the Chair for SADC MHS-WG, the Troika meeting convened to analyse the situation of Covid-19 in the region and map out strategy in response to the escalating virus has reached the region.

In SADC, the first suspected case of coronavirus was confirmed in South Africa on 5th January 2020 and has since intensified in all member states.

The MHS-WG is a sub-committee of the SADC Inter-State Defence and Security Committee

(ISDSC) and was established during the 20th Session of the ISDSC in Mbabane, Eswatini, in March 1999 as an instrument to coordinate matters related to military health in the region.



Brig Gen (Dr.) Sophia Ndeitunga, Chief of Staff -Defence Health Service, Namibia and Chairperson of MHS-WG



## SADC Member States Covid-19 1<sup>st</sup> cases, State of Emergencies and Lockdowns

Country	1 <sup>st</sup> Case/s	State of Emergency	Lockdown
Namibia	13 March	17 March	27 March
South Africa	05 January	17 March	26 March
Botswana	30 March	31 March	02 April
Zimbabwe	20 March	30 March	30 March
Eswatini	14 March	17 March	27 March
Tanzania	16 March	17 March	
Malawi	02 April	31 March	18 April
Zambia	18 March	24 March	28 March
DRC	10 March	24 March	26 March
Angola	21 March	26 May	13 May
Mozambique	22 March	31 March	01 April
Lesotho	13 May	18 March	30 March
Seychelles	14 March	23 March	09 April
Mauritius	19 March	19 March	23 March
Madagascar	20 March	21 March	23 March

The working group meets annually to address a broad range of military health issues in the region and provide an opportunity for member states to review progress, examine setbacks and map out strategies towards achieving the MHS-WG optimum degree of military health co-operation in the Southern African region within the aims and objectives of ISDSC.

The troika is at the top hierarchy of the MHS-WG and is responsible for setting agendas and discuss emerging or pressing issues threatening the region's health and security between the annual meetings

The Troika consists of a selected three heads of military health services in the SADC armed forces, the chairperson of the working group, the predecessor and the successor respectively.

At the opening ceremony, Air Vice Marshal Martin Pinehas, the Acting Chief of the Namibian Defence Force (A/CDF), stressed that the meeting came at the right time to analyse the coronavirus outbreak at an early stage and find effective ways to fight the virus at the military level. "It is our commitment as troika member states to advance the work of the military health services work group in the region and in the current situation we have to prepare and update the preventative measures to eradicate the Covid-19," he said.

The two-day meeting thus developed a clear report on the effect of the virus and identified challenges in order to establish a plan of action for intervention.

"As member states, we uphold the common interest for the security of our region, and for that reason, we have a responsibility to ensure that we combine efforts to meet health challenges head on," the A/CDF said.

Despite the member states' efforts to render support during the calamities in the region, Air Vice Marshal Pinehas believed that the region has not been doing enough to provide necessary support, saying, Cyclone Idai which devastated Malawi, Mozambique

and Zimbabwe are cases in point. "We noted a poor response from member states in assistance to those three countries. With the current situation, we should render full support in a way that we develop strategies to improve the regional response to the escalating pandemic and other diseases," he urged.

In addition, the acting NDF chief explained that the achievement of a degree of preparedness, readiness and building of resilience to enable them to respond effectively to the escalating diseases in the region is fundamental to SADC-MHS-WG, and in that context, he called on the SADC militaries to play a meaningful role in supporting the region's efforts for preparedness and response to the pandemic.

The Troika meeting was attended by the Chairperson of MHS-WG, Brig Gen (Dr.) Sophia Ndeitunga Chief of Staff, Defence Health Services of Namibia, the outgoing Chairperson Brig Gen Bonifacio Muchanga of Mozambique Armed Forces Health Services Chief and the incoming Chairperson Maj Gen Noel Ndlovu, Deputy Surgeon-General of the South African National Defence Forces (SANDF) and their staff.



# #Stay Calm





A soldier regulating traffics at Okahandja-Otjiwarongo checkpoint - photo: Cpl PJ Amunyela

## A/CDF orders military support towards Covid-19 fight

*Deployment order issued to direct soldiers in "Operation Curb Covid-19"*

Story:.....

**F**ollowing the outbreak of coronavirus, that prompted the President to declare a National State of Emergency to help the fight against Covid-19 virus, the Acting Chief of Defence Force (A/CDF) Air Vice Marshal Martin Pinehas has engaged soldiers with the aim to boost their morale and strengthen their resolute in support of the government efforts to stop the spread of Covid-19.

A/CDF with other service chiefs visited roadblocks in Khomas and Erongo Regions as well as certain areas where the security cluster members have been deployed to enforce lockdown regulations. The state of emergency came into force on 17 March 2020 at the time when the country confirmed the third case of coronavirus in the country, meanwhile the 21-day lockdown started on 26 March after the seventh case was recorded.

However, the cases have been rising since, leading the acting NDF chief to sketch out directives in order to increase the capacity of fighting the disease and render support to

the Ministry of Health and Social Services in its effort to curtail the further spread of the pandemic.

At the briefing held at the Defence Headquarters in late March, the acting NDF chief noted that all security agencies have been instructed to mobilise personnel and as defence, they have to play their part, to enforce law and order as stipulated in the lockdown regulations. "We have already issued an order to all our troops on leave to report back to their respective bases. So, the NDF and other law enforcement agencies will jointly man the roadblocks to ensure that the measures introduced by the state of emergency in Khomas and Erongo are implemented," he said.

Despite that the lockdown only targeted the two regions, other regions were also affected due to the cross border movements. "We are going to patrol the streets and borders countrywide to eliminate cross border movements that are likely to transfer the virus," the Air Vice Marshal said, emphasising that the technical teams were already assigned to identify the roadblocks convenient spots, such as around Okahandja, Rehoboth and Karibib respectively," the A/CDF further revealed.

He also said the state of emergency means certain measures have to be taken serious, "so when we say people should be confined to the residences we mean it and they should understand that we are in a state of emergency and as such certain rights are revoked to save the lives and prevent the further spread of the virus that could affect the whole nation," he said.

Many countries have been on the receiving end of coronavirus as cases of the disease have been escalating to a frightened number within their borders. Therefore, to avoid the same situation, Air Vice Marshal Pinehas cautioned the citizens to adhere to the lockdown measures in order to mitigate the effect of the virus and to avoid carnage as a result of Covid-19 upsurge in the country.



“Soldiers too, have to remain in the bases to avoid in/out movements that in any case may transfer the virus into the military premises,” the A/CDF said, adding that the defence already introduced measures in the bases to avoid overcrowding.

Following the lockdown announcement, A/CDF with other service chiefs, visited the security personnel deployed at various roadblocks in Khomas and Erongo, where they addressed them on various issues pertaining to their mission. A/CDF told the security cluster members they have to be at their highest level so that the citizens continue to enjoy peace and security.



*Service chiefs briefing members of a security cluster during their tour to roadblocks and other strategic areas in Windhoek – photo: Cpl PJ Amunyela*



*Service chiefs during their visit to Windhoek Informal Settlements to assess significant community services allocated around these areas – photo: Cpl PJ Amunyela*

“Our country has been invaded by an invisible enemy known as Covid-19 and in response, we have mobilised resources at our disposal to fight the enemy. If we are to defeat this enemy, we need a joint effort,” the A/CDF said.

Towards the end of March Namibia recorded 11 cases with over 200 people in quarantine. “It is very important that if we are to defeat this enemy, we have to cross ranges by ensuring that the measures to fight it are adhered to, firstly by ourselves and then by the communities. It is our responsibility to ensure that we enforce these measures without fear or favour and without compromising our mission,” the A/CDF said.

In addition, Air Vice Marshal Pinehas urged the security personnel to respect the rights of the citizens who are also struggling to come to terms with the unusual situation of stay-at-home order. “As trained officers, you the security clusters need to handle the situation in a professional manner without infringing the rights of the citizens. I believe strongly that you have been trained and equipped with necessary skills to be able to carry out the task assigned, however, reports reaching our offices are revealing that you are manhandling suspects which is not good for our image. We must handle the situation within the confinement of the law,” urged the Acting Chief of Defence Force.



# #Stay Aware



# Rendering medical support to national health service amid Covid-19 fight

*Level II Mobile Field Hospital deployed to increase bed capacity and stimulate government efforts in the fight against the virus*

Story:.....

**T**he outbreak of coronavirus in China and rapidly spreading across the globe has infused uncertainties in the world as humanity struggles to come to terms with loss of lives and economic decline forcing governments to exert measures to combat and curb the pandemic.

The NDF has responded positively and lives up to its secondary roles of assisting civil power and local authorities, when the military Mobile Field Hospital Level II was deployed at Hosea Kutako International Airport, as a precaution against the spread of the virus.

The hospital is capable of housing up to 20 patients in an emergency and serves as an isolation facility for coronavirus.



NDF Mobile Hospital at Hosea Kutako International Airport - photo: Cpl PJ Amunyela

Stay home if you feel unwell







# #Stay Positive



*Col Sacharia explaining to A/CDF the layout of the hospital – photo: Cpl PJ Amunyela*

It is a precocious measure put up to isolate and treat people suspected of contracting coronavirus,” Commander Mobile Field Hospital, Col Festus Sacharia stated during an interview with NDF Journal.

The hospital consists of an intensive care unit, medical ward, laboratory, casualty and the theatre. It is equipped with portable toilets, oxygen tanks, oxygen masks, utility tables and personal protective equipment for care providers.

The ministry of health has provided the health-care workers to complement the military staff at the hospital. The military medical facility will be at the airport throughout the duration for the fight against the disease and will be ready for redeployment in case of emergency anywhere in the country when required.



*Some of the necessary items in hospital – photo: Cpl PJ Amunyela*

The deployment of the hospital was part of the country’s preparedness in case of any suspected coronavirus infection and an effort to complement the Ministry of Health and Social Services to shore up hospital capacity to fight the virus. “The idea to erect the level II mobile field hospital here is to render support to the health ministry in case the national health system runs out of space.



*Col Sacharia briefing Health Minister, Hon. Kaumbi Shangula on the set-up of the hospital – photo: Cpl PJ Amunyela*



# SOLDIERS

## keep Erongo under surveillance amid COVID-19 outbreak

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*Navy Commander calls for joint efforts  
to curb the virus*

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Story:.....

**A**s the world continues to grapple with the harsh situation caused by the outbreak of coronavirus, countries have been confined to the World Health Organization (WHO's) precautionary measures in order to contain the Covid-19.

As a norm, when the country is in a State of Emergency, the security agencies take over the situation, to maintain peace and security, and this practice was necessary in the case of the Covid-19 outbreak.

On 27 March, as per the State of Emergency in the country and 21-day lockdown order in Khomas and Erongo Regions, soldiers stationed in the Erongo region including the Army, Air Force and the Navy joined other law enforcement agencies in the streets and checkpoints to enforce the lockdown measures.

The deployment was to limit unnecessary movements of people in and out the region and to enforce compliance to stay-at-home order. This means citizens had to leave their premises only in case of seeking essential services such as food or medical attention.

The UN's health agency considered these measures the only way to halt the further spread of the Covid-19 which in medical terms spread from persons to person contact.

The navy and army personnel from Wilbard Tashiya Nakada Barracks have been deployed in all the coastal towns. The marine boats were also deployed to patrol the harbour and ensure no vessel leaves or comes at the harbour during the lockdown period.





Together with other law enforcement agencies members, soldiers had also deployed at all entry points to ensure only essential service providers' commute back and forth in the region.

Sporadic checkpoints were set up and several street patrols were carried out round-the-clock. All gatherings of more than 10 people were being discouraged to effect the social distancing order.

Although the first few days was business as usual to some public members, the constant surveillance by the security agencies on the streets enforced compliance to Covid-19 restrictions and reduced the public movements instantly. In essence, the state of emergency means some of the citizens' rights are stripped off to affect the cause of action and in the case of containing the coronavirus, the citizens' rights of movement were temporarily suspended to save their lives.

Although, the "Operation Curb Covid-19" was on the right track, several members of the public, notably in Swakopmund and Walvis Bay, have been contravening the lockdown restrictions, the situation that coerced the security cluster members to exert pressure to enforce compliances to lockdown regulations.

Several cases of disobedience to social distancing, selling of alcohol and riskily loading of goods were reported in the region, mostly in Swakopmund and Walvis Bay, meanwhile a number of drink and driving cases, as well theft were



*Soldiers from Wilbard Tashiya Nakada Barracks patrolling Walvis Bay streets to enforce compliance to lockdown restrictions* - photo: SM H. Albein - Navy

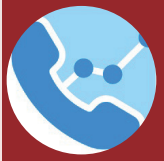


*Rear Admiral Sinsy Nghipandua, Navy Commander and Flag Officer for 'Operation Curb Covid-19' in Erongo Region speaking at the media conference towards the deployment of troops* - photo: SM H. Albein - Navy

recorded. Considering the unusual situation brought up by the coronavirus outbreak, Rear Admiral Sinsy Nghipandua, the Navy Commander, and the Flag Officer for 'Curb Covid-19 Operation' in the Erongo region informed the public at the media conference, that the deployment of the security agencies was not to instil fear or induce hostile environment, but rather to protect them from the Covid-19 pandemic. "I therefore urge the public to work together with the law enforcement agencies and observe the regulations of the lockdown for their safety from Covid-19," he said.



*Security cluster officers regulating traffics at one of the checkpoints at coast* - photo: SM H. Albein - Navy



#0800 100 100 for medical attention



# SPRITUAL WEAPONS

## - a deeper immunity to Covid-19



Lt Col Hamwaama  
NDF Chief Chaplain

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*Chief Chaplain prays for soldiers to maintain faith and hope as they walk through the valley of invisible enemy*

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Story:.....

The Namibian spiritual leaders also joined the rest of the world to support the fight against Covid-19. The NDF Chief Chaplain, Lt Col Hosea Hamwaama too, joined other spiritual leaders in the country to observe the day of national prayer (28 March 2020) and pray for the security cluster, to face the virus in unity and with confidence.

In the wake the coronavirus outbreak, His Excellency, Dr. Geingob has declared the 28 March 2020, a Day of National Prayer where he called upon all Christians and believers to unite in faith, and lift their voices to pray for the protection and welfare of the country. On the specific day across the country, the Christian community knelt down and bowed their head to ask for invocation in the amid the Covid-19 outbreak that killed over thousands people and hospitalised numerous others.

The Chief Chaplain, led a spiritual command to encourage the soldiers and other law enforcement members to turn towards the prayer in an act of faith to reinforce the fight against the health threat especially during the 21-day of lockdown.

Soldiers are always at the forefront of every state of emergency, risking their life in the interest the territorial integrity. However, the war against Covid-19 has been a risk-taking exercise given the severity and undetectable nature of the virus.

The NDF Chief Chaplain shared the Holy Scripture taken from the Book of Matthew 8:23-27, under the heading ‘*Jesus calms the storm*’.

“After Jesus left in the boat with His disciples, a terrible storm suddenly struck the lake and waves started splashing into their boat. Jesus was sound asleep, so the disciples went over to Him and woke Him up. They said ‘Lord, save us! We are going to drown!’ But Jesus replied, “Why are



Avoid handshaking





*you so afraid? You certainly don't have much faith."*

*Then He got up and ordered the wind and the waves to calm them down. And everything was calm".*

Col Hamwaama made references of this scripture to the Covid-19, comparing the virus to the storm that had the disciples lost their hope. "The boat in the text represents the worldwide governments and the armed forces, while the lake represents the world. The disciples are the leaders, commanders, and spiritual leaders in our midst. The storm is compared to the Covid-19, which is a current threat to humankind. Therefore, at this stage the nation is looking upon us, the soldiers of the cross in NDF, Nampol, Correctional Services and City Police to give them courage and necessary support.

The disciples had witnessed many miracles, but in the event of the storm, they were totally panicked. Therefore, the reaction of the believers against coronavirus is the sign of fear for sickness and death in consideration that there is no cure for the virus thus far. The Lord gives us courage not to fear who kills the body, but instead to fear God who condemned soul into hell on the last day.

The report from the World Health Organisation and our Ministry of Health and Social Services shows the infection cases increasing on a daily basis. It is the wave that raises the fear and tests the faith of believers. But, amidst the depth of the fear of Covid-19, Jesus manifested Himself who he is and his role being a saviour and son of God. The earth and the sky under His feet and when we are hopeless by facing tribulation, His voice can still be heard saying, 'Here I am, your shepherd, do not fear coronavirus'. As the power on earth and in heaven is under him, everything will subdue to his voice of command.

Let us have hope in God, that soon he will perform godly power to equip the scientists to find a solution to heal our land and all nations to recover from coronavirus. Our hope and victory are the symbols of trust, which through the precious blood of Jesus, shed our sins and conquered the power of death on Calvary for our own salvation. Let us all unite as a force to put hands together and pray, and fight together to find a solution to the prime enemy, Covid-19," The NDF Chief Chaplain explained, before he drew on a Prayer.



*ALMIGHTY AND MERCIFUL GOD, God of the Armed forces, we are your dear children, have mercy on us, to execute our duties to save the nation. At the creation, you revealed that you are the ever omnipotent, listen to our supplication. You assured us that your hand is not too short and your ears are not dull to hear us, dear Lord. Let not this present crisis lead your people to sin, fear and lose hope, but rather, let them turn their hearts to your steadfast love and see that you are merciful Lord, our God.*

*Every day we hear the news of deaths and sicknesses caused by the coronavirus fight against God's image. Your children are under the grip of fear because of the rapid spreading of the pandemic in different parts of the world. Namibia is also affected. Send the power of the Holy Spirit dear lord to calm the storm of fear and desperation. Lord, you are our refuge and strength, an ever-present helper in trouble like the current situation. Teach all the service members and watchmen to know how to defend and pray for our country, the African nations and the globe as a whole.*

*Father, our government is fighting to ensure that your children in Namibia live in peace, security and health during this crisis. We pray that you are the Lord, our God who hears our cry and let our prayers reach before you. Heal those who are affected and strengthen their afflicted families. We pray to the Holy Spirit, the giver of wisdom. Guide the scientists to invent effective medicine to cure the sickness. We pray for the government and all stakeholders, that they may take appropriate steps for the benefit of their people.*

*Lord, historically, after the flood of Noah, you have declared to never again destroy your own image, save us from perishing everyday like flies due to coronavirus pandemic. Lord, we trust you with a hope that soon we will see a change and difference. Lord Father, thank you that you are great and abundant in power, your understanding is beyond measures. You have promised that your church, which is the body of Christ, will never be defeated by the satanic power that is celebrating our downfall and suffering.*

*Fight for your people dear Lord, as we are about to drown in the fear of Covid-19. Protect your church from the threat of coronavirus and other diseases. Forgive our sins that cause relational conflict. Give the health workers courage and protection so that they take care of the patients with kind hearts.*

*May your grace and comfort be surrounding the dead and may their souls rest in eternal peace.*

*IN JESUS NAME, YOUR DEAR SON, WE PRAY,*

*AMEN*



## NAMFORCE comes to “Operation Curb Covid-19” rescue

Story:.....

**T**he Namforce insurance company has donated disinfectant liquids, sanitizers, and surgical gloves, and masks worth N\$ 500 000 to the Namibian Defence Force. The items were to be distributed to the security cluster’ members in Khomas and Erongo Regions’ serving in ‘Operation Curb Covid-19’.

Accepting the donation at the Defence Headquarters on 30 March 2020, the Acting Chief of the Defence Force, Air Vice Marshal, Martin Pinehas has appreciated what Namforce has done to the containment of the dreaded Covid-19, describing the gesture as an appropriate donation. “We will put these items to good use, to make sure that the security cluster members in “Operation Curb Covid-19” are protected and ready to cushion the effects of the virus in the territory,” he said.



Mr. Mbushandje Ntinda, Namforce - Principal Officer handing over the donation to A/CDF  
- photo: Cpl PJ Amunyela

Wear surgical mask when sick





# When a is a MUST



#Only one way to wear surgical mask

## STEP 1

Hold the mask via the ear loops, and ensure that it covers your mouth and nose. Then place the loops over your ears.



## STEP 2

Pinch the metal strip or stiff edge of the mask so it takes the shape of your nose bridge.



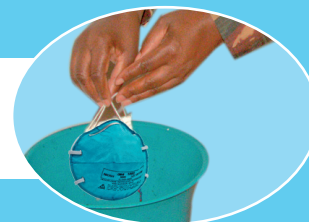
## STEP 3

Once the mask is soiled, remove it by holding the ear loops.



## STEP 4

Dispose soiled mask into the bins



## STEP 5

Wash your hands thoroughly with soap and water after disposing the mask.





**YES**  
TOGETHER  
WE CAN  
**DEFEAT**



**COVID-19**