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Location of interview: Garsfontein, Pretoria

Language/s of interview: Afrikaans

Length of interview: 13 minutes 36 seconds

Name of Interviewer: De Wet Potgieter

Name of interviewee/s: Colonel Lucas Ras

Name of translator (if any): De Wet Potgieter

Name of transcriber:

Notes on access and use (if any):

Audio file name/s of interview: AL3283\_PTA\_RASLUCAS\_20091026\_2

De Wet	<p>It is Monday 26 October 2009 and I am here in Centurion, talking to Colonel Lucas Ras. Lucas was attached to D branch of the police's security branch en before that did service with the counter insurgency group, Koevoet, in Namibia.</p> <p>Lucas, I would like to talk to you today about the interrogation techniques used by the security police in the old days. If you could briefly explain what were the most important ways of interrogation to extract information from detainees.</p>
Lucas	<p>De Wet, firstly I can say that different people favoured different ways of conducting an interrogation and every guy regarded his way of doing it as unique.</p> <p>In Namibia for example, we had a technique, we called it the Sand Pit, where we pulled the guy's shirt over his head, dug a hole in the sandy soil a meter deep, throw him head first into the hole and fill it up with sand.</p> <p>Obviously he couldn't breathe, but he also didn't get any sand into his lungs with the shirt over his head and if something bad happens to him it would be extremely difficult to prove in court that he was tortured.</p> <p>In South Africa where there are less sand we used other means. The one is the telephone where you shock the guy. A wire over one ear and the other over his private parts. You know the old</p>

	<p>telephone with the handle you had to turn worked wonderfully. In one specific case we tied a nylon rope to a detainee's handcuffs while we shocked him. The rope was thrown over a telephone line. In court he testified that we used the power lines to shock him, but obviously nobody believed such a story. If that was the case he would merely be a piece of charcoal afterwards.</p> <p>And of course the tube used by so many guys. It was very dangerous. Some guys could overdo it when the adrenaline was pumping high. I personally never used this method, a bit careful for it, but I was present during interrogation witnessing it. Other methods to force ice up a person's anus. Blindfold him and tell him you are going to burn him with a hot rod iron. I understood the ice did feel like something burning up his backside, but there were never medical proof that he was in fact burned. It worked very well.</p>
De Wet	<p>Lucas, can we come back to the tube method. Please explain to me what the tube was how it was done.</p>
Lucas	<p>It is a motor vehicle's tire tube pulled over somebody's face. It covers the nose and in particular the mouth. You pulled it very tight over the face so that the detainee cannot breathe at all.</p> <p>You could also use a so-called prisoner's bag—that is the canvass bag used to put a detainee's personal belongings in when locked in police cells. This PPR bag was then soaked in water pulled over the head and tightened over his throat creating a horrible suffocating effect. It also worked very well.</p>