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Two black South Africans told a Senate subcommittee Wednesday the anti-Pretoria African National Congress is communist-controlled and directed from the Soviet Union and East Germany through Angola.

Nokonomo Delphine Kave, 27, and Ephraim Mfalapitsa, 28, told the Senate security and terrorism subcommittee they are former ANC members who defected from that organization.

Subcommittee chairman Sen. Jeremiah Denton, R-Ala., said the two had agreed testify under oath even though "they are not only outcasts but also marked for assassination."

They were guarded by two security agents sitting nearby in the hearing room and those attending the hearing had to go through airport-style metal detectors before they could enter the room.

Both presented lengthy and at times fractured written accounts filled with names and places ranging from South Africa to Moscow and Berlin. Most of the names were African names and in some cases only the last names were given.

But the gist of their testimonies, as presented to the committees, is that both -- after lengthy travels and contacts which took Miss Kave from South Africa to Angola and Tanzania and eventually to Moscow, and Mfalapitsa from South Africa to Angola and eventually East Germany - became disenchanted with ANC and left the South Africa-based organization.

Miss Kave arrived in the United States last November via Canada and said that at one point in her travels she was told by a man she said was the Angolan ambassador to Botswana that the Palestine Liberation Organization was allegedly planning to assassinate President Reagan while attending the Ottawa summit last summer.

She gave no further details about that beyond saying that she reported that plan to Canadian authorities when she arrived in Canada.

She said that after leaving South Africa she went to Tanzania from where she was sent to Moscow to study at the Lumumba University. But instead, she said, she was questioned and allegedly threatened by KGB agents who said they were told by ANC that she was a CIA agent.

Mfalapitsa said he was sent from Angola to a camp in East Germany where he was trained in the use of weapons and military tactics by East German army personnel and then sent back to Angola.

He said he eventually made his way back to South Africa and from there to Botswana, where he surrendered to authorities last September.