



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter for instant updates.



Visit our blog on capetowntrains.freeblog.site.



Look for trains before you cross the railway line. This was the message shared during Metrorail's safety campaign at White Road level crossing in Retreat last Friday.

Words: Yonga Balfour

Metrorail employees and members of the Rapid Rail Police Unit gathered at White Road level crossing during the morning peak period on Friday, 14 October. The rail operator educated motorists and pedestrians about safe practices at level crossings as part of its Transport Month programme.

More than 300 motorists, 80 minibus taxis, 50 pedestrians, 12 bikers and eight cyclists used the White Road level crossing during the campaign.

"These campaigns are not only about educating people on rail safety. We also emphasise the importance of obeying the rules of the road when approaching a level crossing. We conducted the campaign during the early morning peak to ensure that we reach as many motorists as possible,"

1. Metrorail staff and members of the Rapid Rail Police Unit teamed up during the level crossing safety campaign.
2. Two team members chat to a biker about safe practices at level crossings.
3. The team educated motorists during the morning peak period.

says Mongezi Manka of Metrorail's marketing and communications department.

Safety observations

Metrorail employees made several observations to ensure continuous safety improvements at the White Road level crossing.

"We will share these safety observations with our relevant stakeholders," says Mongezi.

The team also handed out goodie bags with safety material.



GAPHELA! KUKHO ULOLIWE OZAYO

Abasebenzi bakwaMetrorail kunye namalungu eRapid Rail Unit ahlange eWhite Road ukufundisana ngemigaqo yokuwela imigaqo kaloliwe ngexesha lakusasa. Lo msitho ubuhlinzekwe ngoLwesihlanu, umhla we 14 ku October. Le nkampani yoololiwe iye yafundisa abaqhubi zimoto kunye nabahambi ngeenyawo ngokhuseleko lokuwela imigaqo kaloliwe, nto leyo ibiyinxalenye yeTransport Month. Baye banikezela ngeziphona namaqithiqithi anokubanceda kukhuseleko lwemigaqo. Ngapha kwe 300 yabaqhubi zimoto, 80 yabaqhubi beteksi, 50 yabahambi ngeenyawo, 12 yabaqhubi zithuthuthu kunye nesibhozo labakhweli bhayisekile, basebenzise umzila we White Road ngelixa lalomsitho.

That's a fact

- By law, a train has right of way at a level crossing.
- Train operators switch on the train's headlights and sound the siren as additional safety measures when they approach and pass level crossings.
- A full train will take up to 500m to stop under emergency conditions. Unlike a vehicle, a train is unable to take evasive action during emergencies.
- Warning devices such as lights and booms are tested weekly and observations are done daily to ensure all safety mechanisms are fully operational.



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter for instant updates.



Visit our blog on capetowntrains.freeblog.site.

SAFETY

DON'T JUST CROSS THE LINE

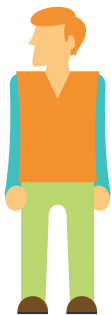
Following the rules at level crossings can literally be a matter of life and death. Earl Kotze, a Metrorail employee, highlights the importance of safety at level crossings.

Earl Kotze is a valued Metrorail employee. He travels to work from Melton Rose Station to Cape Town. He often drives over the Buttskop level crossing in Blackheath over weekends.

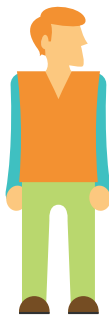
Earl says motorists and pedestrians should always be alert at a level crossing.

"We've seen numerous accidents. Drivers are often impatient, and pedestrians are sometimes unaware of their surroundings, especially when they are typing on their cellphones or listening to music with their headphones on. Motorists should come to a complete stop at a level crossing, look in both directions and only cross when it is safe to do so. Pedestrians need to do the same," he says.

WHEN I WALK



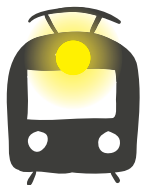
1 The first thing I do when I arrive at the level crossing is look out for any approaching trains.



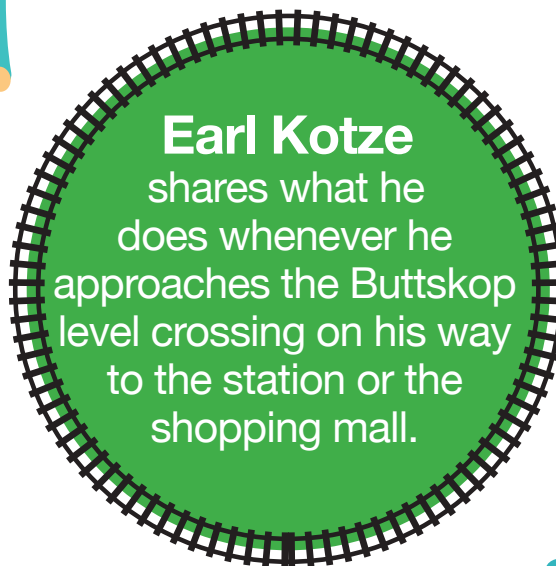
2 I always wait until the warning signals or lights stop and the boom gates (if fitted) go up.



3 If the boom gates stay down and the warning lights keep flashing, I know there is another train coming.



5 I also keep in mind that the train drivers cannot always see clearly to the left or right of the tracks.



Earl Kotze shares what he does whenever he approaches the Buttskop level crossing on his way to the station or the shopping mall.



4 I will wait until the tracks are clear in both directions before crossing, even if I'm in a hurry.

WHEN I DRIVE



1 I understand that it's illegal for cars to cross railway lines except at a designated level crossing.



2 As soon as I get to the stop street at the level crossing, I bring my car to a complete stop.



3 I make sure that there's at least a full vehicle length between my car and the one in front before I drive.



4 I always avoid queueing over the level crossing.

Safety is our concern

SAFETY CORNER

It's illegal for vehicles to cross railway lines at any time, except at a designated level crossing.

EMERGENCY NUMBERS

Protection services	021 449 4336
Claims office	021 449 2041/3645
Transport info number	0800 65 64 63
RAILWAY POLICE	
Philippi	021 370 1000
Cape Town	021 443 4325/7
Bellville	021 941 6800
Retreat	021 710 5120/9



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter for instant updates.



Visit our blog on capetowntrains.freeblog.site.

ASK METRORAIL

HERE COMES THE BOOM

Words: Alicia English



Johan Kriel, manager of Metrorail's business risk department, sheds some light on the operation of booms at level crossings in the Western Cape.

Tell us about the level crossings along Metrorail's network.

We have 70 level crossings (including pedestrian crossings) in the Western Cape.

Except for two level crossings on the Southern Line, all booms at the crossings are automated.

What is the difference between automated and manual booms?

Automated booms work in conjunction with signalling equipment such as track circuits. When a train arrives at a certain point, it activates the track circuit, which then closes the boom.

In places where booms are operated manually, warning bells alert the crossing attendants when a train approaches. The train driver in the approaching train will obey the signal before the level crossing, which will only display that it is safe to proceed once the booms are closed.

Where are the manual booms located?

We have manual booms at Kenilworth and False Bay stations, and the pedestrian crossing at Muizenberg Station.

Where can the public report incidents of bad driving and dangerous situations at level crossings?

They can report the following incidents to the National Traffic Call Centre (0861 400 800):

- Vehicles queuing over a crossing, or driving around or under boom gates.
- Vehicles failing to stop at a flashing red signal or at level crossing stop signs.
- Pedestrians ignoring level crossing warning devices or failing to use appropriate pedestrian areas.

People can also report damage or vandalism to signs or level crossing protection equipment, defects and stuck vehicles to this toll-free number: 080 111 2239.

ADVERTORIAL

Absolute Eyecare opens branch in Foreshore

Absolute Eyecare, the leading optometrist trusted by thousands of customers for over 20 years, has opened a branch on the Foreshore in Cape Town for your convenience.

Absolute Eyecare offers a wide range of spectacle frames and contact lenses to suit your needs. We use the latest techniques in eye testing to ensure you get the most accurate prescription for your eyes.

We also provide customised lenses for distance vision, computer strain and near reading. Our personalised services ensure speedy service delivery.

We accept most medical aids and have easy payment options. You can use your Edgars account card, credit and debit cards to pay for your spectacles and contact lenses.

Call now for an appointment and join thousands of satisfied customers who have experienced our great service.



FREE SUNGLASSES
Get a **FREE** pair of sunglasses when you buy a pair of specs or one year's supply of contact lenses.

- Optometrist available Mon – Sat.
- Now also accepting most medical aids.
- Easy payment options: Edgars account card, debit and credit cards also accepted.



absolute eyecare
optometrist

CONTACT US

Foreshore

Ground Floor, Vogue House
Thibault Square, Foreshore
Tel: 021 4254932

Retreat

Shop 1, Shoprite Centre
8th Avenue, Retreat
Tel: 021 715 8090

Grassy Park

72 Klip Road, Grassy Park
Tel: 021 705 0531/2

Lansdowne

Shop 17, Cnr Lansdowne Road
and Jan Smuts Drive
Tel: 021 703 1134



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter for instant updates.



Visit our blog on capetowntrains.freeblog.site.

PROFILE

Commuters come first

The new provincial executive committee of the United Commuter Voice is determined to advance the interests of commuters.

Words: Yonga Balfour

The United Commuter Voice (UCV) in the Western Cape recently elected a new provincial executive committee. More than 100 delegates attended the conference. Special guests included Richard Walker, Metrorail's regional manager, and Karel Crous, Shosholozu Meyl's area operations manager. Here is the new committee:

- Luyanda Mbele, regional chairperson
- Yvonne Dick, deputy chairperson
- Pieter Horing, secretary
- Emily Hugh, deputy secretary
- Mohammed Panday, treasurer
- João Jardim, public relations officer
- Monde Njokweni, Pumzile Manyisane, Merle Borraine and Salama Michaels, additional members.

"The UCV committee will continue serving commuters' interests without fear or favour," says João.

Commuter matters

Since its establishment in 2010, UCV membership has grown from 500 to more than 700 people. The forum's

main objective is to promote commuter interests in the Western Cape. It liaises with the Passenger Rail Agency of South Africa (Prasa), Metrorail and communities surrounding the rail infrastructure to ensure that commuters receive quality service.

UCV promotes commuter safety on trains and stations. It also encourages commuters to be accountable for their own safety. João says commuters should engage the UCV station committee members at their relevant stations.



1. Luyanda Mbele, regional chairperson of United Commuter Voice (UCV) opened the conference.
2. Richard Walker, regional manager of Metrorail Western Cape, emphasise the importance of Metrorail's partnership with UCV.
3. More than 100 delegates attended the conference.

Get in touch

For more information, contact UCV on 021 449 2240 / 2243

SPECIAL PROJECTS

6 Journey to health & safety

Cape Town Station was abuzz with various awareness initiatives last week, which formed part of Metrorail's Transport Month programme. Metrorail partnered with various stakeholders throughout the week and hosted health and safety campaigns. The health campaign focused on chronic disease and eye testing, while the safety awareness campaign focused on rail infrastructure theft.

1. FROM LEFT Nothemba Sitshiza, Liziwe Ndinisa and Thozama Kasibe, Prasa Employee Assistant Programme (EAP) peer educators assisted commuters during the health campaign.
2. Nursing staff from Woodstock Day Hospital tested commuters for chronic diseases.
3. FROM LEFT Nomfundo Memani, a Prasa EAP specialist, Lucille Sinclair, a nursing sister at Woodstock Day Hospital and Chanville Esterhuizen, a Prasa EAP specialist.
4. Captain Lena Fribus of the Rapid Rail Police Unit informed commuters about rail infrastructure theft.
5. Commuters visited the SAPS exhibition at Cape Town Station.



IMAGES: YONGA BALFOUR AND COURTESY IMAGES



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter to receive instant updates.



Visit our blog on capetowntrains.freeblog.site.

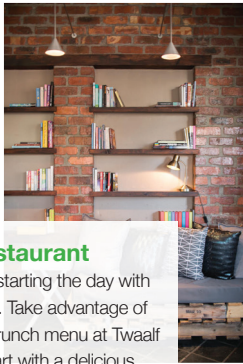
#ANYTHINGBUTWORK

Sightseeing in Stellenbosch



Twaalf Restaurant

Nothing beats starting the day with a cup of coffee. Take advantage of the Saturday brunch menu at Twaalf Restaurant. Start with a delicious cup of coffee served with rusks and move on to their bobotie springrolls. The restaurant is situated at Market Road and is open from Mondays to Saturdays from 8am to 10pm. **021 886 7077**



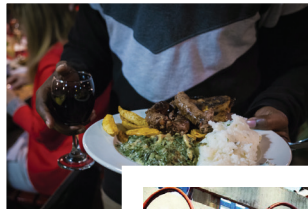
Head out north this weekend by catching a train to Stellenbosch. You'll find there is lots to see and do in and around the City of Oaks.

Words: Yonga Balfour



AmaZink

Get away from the city life and pop in at AmaZink in Kayamandi for an authentic township vibe. You can enjoy a great meal and catch live music performances and theatre acts. AmaZink is open on Fridays and Saturdays from 9am to midnight. **082 689 6382**



The Happy Oak

A visit to Stellenbosch would just not be complete without indulging in a glass of wine. Located in Andringa Street, The Happy Oak is a stylish vintage pub and grill. It's a great hangout if you want to unwind, plus they have a wide selection of wines. The restaurant is open Mondays to Sundays from 10am to 11pm. **021 882 9672**

Rupert Museum

Do you love visiting museums and galleries? The Rupert Museum in Stellantia Avenue will be just the thing for you. The museum showcases the unique art collections of Anton and Huberte Rupert, including paintings and sculptures. Entrance is R10 for students and pensioners, and R20 for adults. The museum is open from Monday to Saturday between 10am and 4pm. **021 888 3344**

Ghetto Art Gallery

Ghetto Art Gallery in Bird Street showcases artworks of upcoming artists. The gallery features works of graffiti, African paintings and more. Doors are open weekdays from 9am to 4pm, and from 10am to 1pm on Saturdays. **079 127 2623**



IMAGES: COURTESY IMAGES

Advertise your business in *MyLine* and reach tens of thousands of commuters weekly

712 000 PASSENGER JOURNEYS EVERY DAY

673 TRAINS EVERY WEEKDAY

R151 million IN TICKET SALES PER ANNUM

122 STATIONS

CONTACT



LIAM MARINUS

ADVERTISING SALES MANAGER

E liam.marinus@mikatekmedia.co.za

M 071 291 4446

D 021 417 1130



LYNN ADAMS

ADVERTISING SALES EXECUTIVE

lynn.adams@mikatekmedia.co.za

M 083 401 1666

D 021 417 1184



FASHION

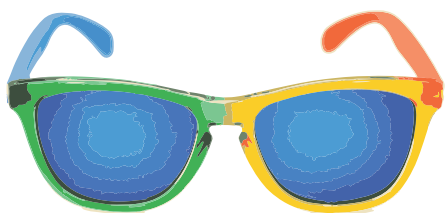
Get the summer look

Before we know it the sunny season will be here, and we wouldn't want you to be caught in last year's outfits. Make waves this summer with these must-have items.

Words: Yonga Balfour

Coloured sunglasses

Swap your usual black or brown lenses and opt for funky coloured sunglasses. Try bold colours such as green, yellow and blue. Coloured sunglasses also come with trendy frames, like the cateye frame. They go with everything; don't ever leave them behind.



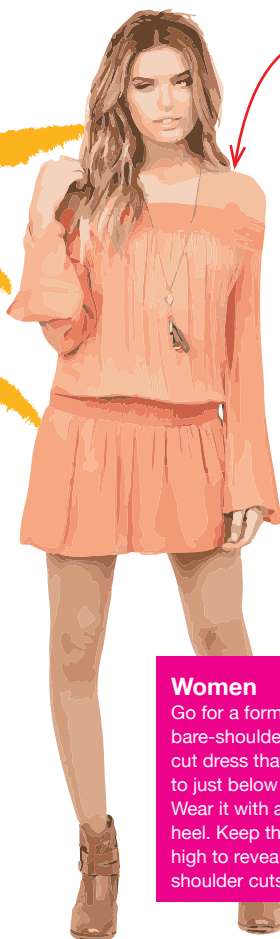
Bare shoulders

The old-school one-arm and shoulder-off pieces have led to the popularity of bare-shoulder items. Bare-shoulder cuts come in both tops and dresses. They are suitable for formal functions or a night out clubbing with the ladies.

HOT TIP

Women

Go for a formal bare-shoulder, straight-cut dress that comes to just below the knee. Wear it with a lace-up heel. Keep the hair a bit high to reveal the bare-shoulder cuts.



HOT TIP

Men

Wear shorts with a casual tee – white is always a good option. Throw on a jacket when wearing the shorts with slip-ons to make a fashion statement.



Short shorts

Short shorts aren't just for women anymore. If guys have the legs to rock these shorts, let them be. The shorts are suitable for a day out at the beach, a night out with friends or a movie date. They are casual, comfortable and on trend.

MATRIC GUIDE

Study tips for matrics

Studying for exams can be stressful, especially when you're in matric. Try these tips to help you prepare for exams.

Break it up

Break your studies up into smaller sections, instead of memorising big chunks of work. Concentrating on smaller sections also helps to increase your focus.

Do not panic

Remain calm and rely on what you know. Panicking will just make you forget important information and you won't be able to think or recall clearly. Listen to calming music and have a good laugh before an exam.

Study with friends

Set up a study schedule and share it with your friends. This way you can quiz each other at the end of your study session.

Be an early bird

Studying first thing in the morning after you've had a good night's rest will help you concentrate better. It also frees up the rest of your day so you can get other things done. This is especially helpful over weekends and holidays.



Ask for help

If you are uncertain about something you are studying or need someone to explain it to you, don't be afraid to ask for help. Ask older siblings, parents, teachers or friends. Don't feel embarrassed if you're unsure.

Take a break

It's important to take a break but only if you've actually studied. Spend some time with family and friends to help recharge your batteries. Go for walks or play a sport.



Don't cram

Don't pull an all-nighter the evening before your exam. Pushing those last bits of information into your head before an exam is a bad idea.

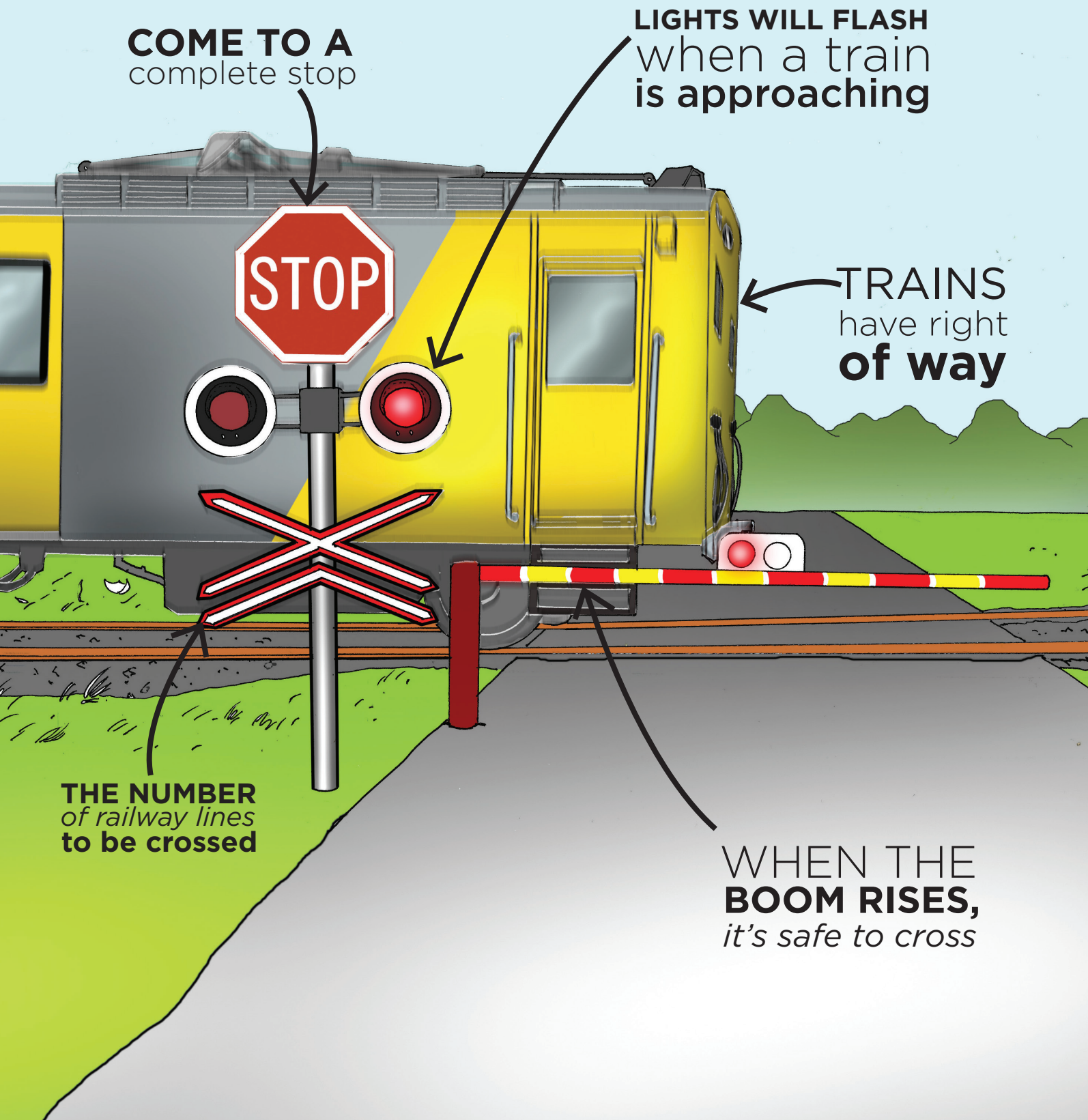
Block out distractions

Stay away from things that will upset or disturb you in the days leading up to your exam, as it will affect your performance. If your home is very busy and full of distractions, find a quieter place to study like a library.



BE LEVEL-HEADED

Take your life seriously and observe level crossing rules



COME TO A
complete stop

LIGHTS WILL FLASH
when a train
is approaching

TRAINS
have right
of way

THE NUMBER
of railway lines
to be crossed

WHEN THE
BOOM RISES,
it's safe to cross



Search for the Cape Metrorail page on Facebook to receive instant updates.



Follow @CapeTownTrains on Twitter for instant updates.



Visit our blog on capetowntrains.freeblog.site.

MAINTENANCE PROGRAMME 20 TO 26 OCTOBER 2016



SOUTH: CAPE TOWN – SIMON'S TOWN AND CAPE FLATS

20 - 26 Oct 2016	Athlone - Hazendal	09:00 - 14:00	Maintenance between scheduled train service. Train delays of 10 - 15 minutes can be expected.
20 - 26 Oct 2016	Salt River - Fish Hoek	09:00 - 14:00	Platform changes will be announced. Train delays of 20 - 25 minutes can be expected.
20 - 21 Oct 2016	Maitland - Pinelands	09:00 - 14:00	Platform changes will be announced. Train delays of 20 - 25 minutes can be expected.
20 - 26 Oct 2016	Heathfield - Retreat	09:00 - 14:00	Maintenance between scheduled train service. Train delays of 10 - 15 minutes can be expected.
24 - 26 Oct 2016	Retreat - Steenberg	09:00 - 14:00	Maintenance between scheduled train service. Train delays of 10 - 15 minutes can be expected.

PERFORMANCE

AM ON TIME

66.2%

PM ON TIME

43.1%

CANCELLED (AM + PM)

15.8%

AM ON TIME

82.7%

PM ON TIME

88.9%

CANCELLED (AM + PM)

11.7%



NORTH: CAPE TOWN – MONTE VISTA – BELLVILLE – WELLINGTON – STELLENBOSCH – STRAND

20 - 26 Oct 2016	Koelenhof	09:00 - 14:00	Maintenance between scheduled train service. Train delays of 10 - 15 minutes can be expected.
22 & 23 Oct 2016	Koelenhof	06:00 - 18:00	Maintenance between scheduled train service. Train delays of 10 - 15 minutes can be expected.
24 Oct 2016	Brackenfell - Kraaifontein	09:00 - 14:00	Platform changes will be announced. Train delays of 25 - 30 minutes can be expected.



CENTRAL: CAPE TOWN – KAPTEINSKLIP – KHAYELITSHA – CHRIS HANI – SAREPTA

20 - 26 Oct 2016	Bonteheuwel - Sarepta	09:00 - 14:00	Platform changes will be announced. Train delays of 20 - 25 minutes can be expected.
23 Oct 2016	Langa - Bonteheuwel	09:00 - 18:00	Platform changes will be announced. Train delays of 20 - 25 minutes can be expected.
24 - 26 Oct 2016	Maitland - Pinelands	09:00 - 14:00	Platform changes will be announced. Train delays of 20 - 25 minutes can be expected.

While we try our utmost to do maintenance during off-peak to minimise possible delays, connecting trains may be subjected to delays on all service lines. Your safety is our concern. We apologise for any inconvenience inadvertently caused. Performance reflects week of 6 to 12 October 2016.

AM ON TIME

64.6%

PM ON TIME

77.2%

CANCELLED (AM + PM)

13.8%

CUSTOMER NOTICE

Train delays between Muizenberg and Fish Hoek

Trains on the Southern Line will be delayed by 30 to 40 minutes, as efforts are still underway to repair damages caused by a mast pole that fell onto the tracks between Muizenberg and Kalk bay.

Look out for further updates on Metrorail's Facebook (Cape Metrorail) and Twitter (@CapeTownTrains) pages.



In case you missed it

Here are the contact details for Metrorail's customer service area managers in your areas:

AREA IKAPA
Herschel Smith
078 142 5033 / hesmith@metrorail.co.za

AREA SOUTH
Herdia Wicomb
082 420 3352 / hwicomb@metrorail.co.za

AREA CENTRAL
Cyril Bauer
083 351 2715 / cbauer@metrorail.co.za

AREA NORTH
Luleka Ndzuza
082 376 0252 / lndzuzo@metrorail.co.za



PUBLISHED ON BEHALF OF METRORAIL
by Mikateko Media, 19 Bree Street, Cape Town, 8001
PO Box 872, Green Point, 8051
021 417 1111
www.mikatekocomedia.co.za

DISCLAIMER Published by Mikateko Media (Pty) Ltd. All rights reserved. While precautions have been taken to ensure the accuracy of information, neither the editor, publisher nor Mikateko Media can be held liable for any inaccuracies, injuries or damages that may arise.

INCREASE YOUR SALES BY ADVERTISING IN MYLINE.
OUR READERS MAKE 712 000 PASSENGER JOURNEYS EVERY DAY.
PLEASE CONTACT:



Liam Marinus
Advertising Sales Manager
Phone 021 417 1130
Cell 071 291 4446
liam.marinus@mikatekocomedia.co.za



Lynn Adams
Advertising Sales Executive
Phone 021 417 1184
Cell 083 401 1666
Fax 086 249 0111
lynn.adams@mikatekocomedia.co.za