



The wonder of WETLANDS

Metrorail is committed to reducing its environmental impact, using water wisely, and supports the preservation of our natural resources, including wetlands.

Words: Nosipho Mashologu



Scenes from Zandvlei wetlands, where kids explore, learn and create their own wetlands.

Each year, Metrorail demonstrates its support for World Wetlands Day, which is celebrated on 2 February.

Metrorail hosted six schools on several train trips to raise awareness about the importance of nature conservation. The theme of the train trips was 'Wetlands for Disaster Risk Management'. The schools were from areas surrounding Metrorail's operations: namely Hyacinth Primary in Mitchell's Plain, Bergville Primary in Bishop Lavis, St Raphaels in Athlone, Bonga Primary in Gugulethu, Kewtown Primary in Kewtown, and Homba Primary in Khayelitsha.

Mark Arendse, people conservation officer for the City of Cape Town's Nature Conservation Department, says the experience learners receive is priceless. "The scholarly trips were already in existence when I started arranging them in 2006. All 120 learners are always enthusiastic and look forward to the journey. We plan different activities for them and the feedback we receive in the form of evaluation forms is always worthwhile," he says.

WHO KNEW?

- World Wetlands Day was first celebrated in 1997.
- Approximately 115 000 wetlands covered four million hectares by 2012.
- The Department of Environmental Affairs is responsible for the South African Wetlands Conservation Programme.
- Wetlands are a natural safe guard against disasters and help us cope with extreme weather events.
- Well-managed wetlands ensure that communities are resilient and can bounce back from disasters.

WATER WISE

Commit to saving water every day by following these simple tips

1. Make sure taps are closed properly in station ablation facilities. A dripping tap can waste nearly 30 litres of water per day.
2. Don't let the water run down the drain while waiting for hot water. Collect it for your plants.
3. Report leaky taps to the station manager.
4. Close the tap when brushing your teeth.
5. Rinse dishes and vegetables in a basin of water instead of under a running tap. Use the rinse water for your garden.

ISIMANGALISO SEMIGXOBHOZO

Kroqo ngonyaka, uMetrorail ubonisa inxaso kusuku olukiselwe imigxobhozo kumhlaba wonke jikelele iWorld Wetlands Day. Suku olo lubhiyozelwa ngomhla we 2 kweyoMdamba.

UMetrorail ebesingathe izikolo ezintandathu kwihambo ezinintsi ngololiwe bekhulisa ulwazi ngokubaluleka kolondolozo lwemvelo. Umxholo wezihambo ngololiwe ubusithi 'Wetlands for Disaster Risk Management'. Izikolo bezisuka kwindawo ngendawo ezisondelene noMetrorail.

Izikolo ezo ibiyi Hyacinth Primary eMitchell's Plain, Bergville Primary eBishop Lavis, St Raphaels eAthlone, Bonga Primary eGugulethu, Kewtown Primary eKewtown kwaye ne Homba Primary eKhayelitsha.

SAFETY



Metrorail's technical operations team recently attended close combat training sessions and walked away as self-defence superstars.

Words: Nosipho Mashologu

DEFENDERS ARE *you ready?*

Providing self-defence training for employees is a growing trend at companies around the world. Many are recognising that equipping employees with skills to protect themselves and those around them, is an essential life skill that builds confidence.

Last month, Metrorail provided 28 members of its technical operations team with close combat training at its training centre in Maitland. The sessions were conducted by Jakes Jacobs, president and chief instructor of Ryushinkan International Karate-Do Africa. Jakes, who is also Metrorail's train traffic manager, has been a sensei for 47 years. He holds a seven-degree black belt in karate, and regularly travels throughout Africa to teach different karate techniques.

NO WEAPONS REQUIRED

Ernest Hendricks, regional security manager for Metrorail, says it was essential for his technical operations team to receive this specialised training.

"Our employees' first responsibility is to ensure commuters' safety. They have to be well trained and mentally prepared to protect commuters at all times. The team learnt how to protect commuters in close proximity and to use self-defence techniques inside a train carriage or other confined spaces. The training sessions boosted their confidence, and taught them observation skills and how to defuse a situation without weapons," explains Ernest.

STICKY SITUATIONS

Beverley de Bruyn, a member of Metrorail's technical operation team, says the training was invaluable. "It was something new and different from what I know. I never thought it could be so easy to get out of sticky situations. We learnt how to use pressure points to defend ourselves. The training has added so much value to my life because now I'm more likely to get away from a dangerous situation without getting hurt," she says.

TAKE CARE

Elias Jacobs shares a few safety tips.

- Always use carriages with a group of people
- Ensure your valuables are safely stored away
- Report any incidents
- Be vigilant at all times



1. Metrorail's technical operations team are ready to protect commuters.
2. Some of the team members in action.
3. Metrorail's Jakes Jacobs conducted the training.





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.

METRO MATTERS

Keep it brief

Have you subscribed to Metrorail's SMS service but don't always recognise the abbreviations for the various stations mentioned in the updates? We've rounded up the abbreviations for stations in Area Central.

BELLVILLE	BLE	NYANGA	NAG
BELHAR	BOH	NDABENI	NBI
BONTEHEUWEL	BTL	NOLUNGILE	NOL
CAPE TOWN	CWN	NONKQUBELA	NOQ
ESPLANADE	EPD	NETREG	NTG
HEIDEVELD	HED	PENTECH	PEI
KOEBERG RD	KOB	PINELANDS	PND
KAPTEINSKLIP	KTE	PHILIPPI	PPI
KHAYELITSHA	KYA	SAREPTA	SRP
LANGA	LAG	SALT RIVER	SRX
LENTEGEUR	LEN	STOCK ROAD	STR
LAVISTOWN	LSN	UNIBELL	UBL
MANDALAY	MCF	WOODSTOCK	WDC
MAITLAND	MLD	YSTERPLAAT	YPT
MITCHELLS PLAIN	MTP	CHRIS HANI	CRT
MUTUAL	MTX	KUYASA	KUY
		PAARDENEILAND	PAA

Look out for the abbreviations of stations in Area North and Area South in upcoming issues of MyLine.

HERITAGE



THROWBACK Thursday

A family enjoy some refreshments while waiting for the Orange Express train on Bellville Station in 1968.

IMAGE: Etienne du Plessis



LOOK, LISTEN LIVE.

Your safety matters. Obey signals and road rules at level crossings.



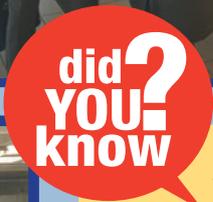
SAFETY



Protecting Nolongile

Metrorail's marketing and protection services departments held a commuter safety awareness campaign at Nolongile Station, Khayelitsha last week. We captured the moments.

Words: Yonga Balfour



Anyone who provides information that leads to the successful arrest and conviction of criminals for vandalism and cable theft will receive a reward of R25 000.



Metrorail turned the spotlight on the increase in criminal activities around Nolongile Station in Khayelitsha during a safety awareness campaign last week. This Station is often targeted by criminals for cable theft and vandalism, which disrupts the train services in the area.

Mongezi Manka, Metrorail's communication and marketing officer, has urged commuters to report any act of vandalism or cable theft, as this will help improve the train services. "More than 2 000 commuters, which includes students and learners, travel by train from Nolongile Station. Whenever the service is delayed due to crime, it especially impacts the children, as they don't get to school on time," says Mongezi.

WORKING TOGETHER

Metrorail employees shared safety tips and flyers with commuters to inform them about vandalism and cable theft, and how they can help Metrorail combat crime.

"Commuters responded positively to our interaction and welcomed the opportunity to learn about how these crimes affect them. They were also keen to help us improve our rail service," adds Mongezi. Metrorail employees conducted a similar campaign at Nonkqubela Station.

1. The display area consisting of pamphlets, cables and a trackbox.
2. Metrorail's Zoleka Duna interacts with the students while handing out pamphlets.
3. Metrorail's Thembile Cetyiwe eagerly handing out pamphlets to commuters.
4. Metrorail's marketing and protection services departments at Nolongile Station.

Safety is our concern

SAFETY CORNER

Be aware of your surroundings and the people around you. Be alert when approached by strangers.

EMERGENCY NUMBERS

Protection services	021 449 4336
Claims office	021 449 2041/3645
Transport info number	0800 65 64 63
RAILWAY POLICE	
Stock Road	021 370 1005
Cape Town	021 443 4325
Bellville	021 941 6800
Retreat	021 710 5129
24-hour operational room	021 443 4309 /10

HAVE YOUR SAY



Terrique Alie, travels from Plumstead to Cape Town

"Valentine's Day is about celebrating love. I get excited, because my boyfriend gets to plan a surprise day for us. Roses would

be great! I appreciate the thought put into a gift. However, the fuss on the day is also not necessary, as love should be celebrated all year around."



Trinity Maholela, travels from Kraaifontein to Cape Town

"Valentine's Day is a special day to spread love. I don't make a fuss about it.

Sometimes I celebrate it, sometimes I don't. I have no specific preferences when it comes to gifts. It's the thought that counts and appreciation is important."

Happiness Munemaro, travels from Strand to Athlone

"I don't expect much for Valentine's Day, because it's the thought that counts. A lovely mug with my name on it would be nice, and would be a special reminder of my loved one."



Commuters at Cape Town Station let us in on what they'd like to give and receive as gifts on Valentine's Day.

Words: Yonga Balfour



Xhanti Mgcwaba, travels from Khayelitsha to Cape Town

"February 14 is a day to spoil your loved one. I'd surprise someone with something meaningful that will last and doesn't have to be too costly. A watch would be nice."

Miriam Gerber, travels from Melton Rose to Cape Town

"I celebrate Valentine's Day because it's a special day. I expect a big gift. A car would be nice – a GTI to be specific. It's expensive, but I like big flashy gifts."



Dalene Fourie, travels from Melton rose to Cape Town

"Valentine's Day is a good day to spread love. I don't want much, just something that will last. A new phone would be a superb gift."

IMAGES: COURTESY IMAGES



At PRASA we're currently upgrading our signalling systems to ensure that our trains always run safely, smoothly and on time. We understand that when everything runs as it should, it impacts positively on the lives of all our passengers. Happy passengers contribute to a happier community and society. When we take care of the small things, the bigger things fall into place.

PRASA. CHANGE HAS BEGUN. THE FUTURE IS HERE.

#ANYTHINGBUTWORK

Dare to do something different to the romantic dinner at a fancy restaurant for Valentine's Day. We've rounded up several things for you to do with your beloved. Best part – get there by train!

Words: Yonga Balfour



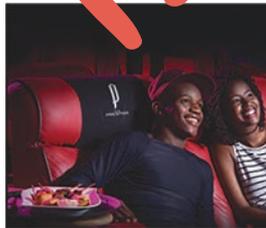
THE CREAMERY ICE CREAM

Very few people can resist something sweet on Valentine's Day. Pop in at The Creamery Café in Dean Street, Newlands for some homemade ice-cream, waffles, milkshakes and everything creamy and milky. The Creamery is open daily from 9am until 11pm but is closed on Mondays. 021 686 3975



MUIZENBERG BEACH

Taking long walks on the beach with your loved one is priceless. Ditch the car and catch a train to Muizenberg Station. Don't forget to pack a picnic basket, sunblock and a camera to capture the moment. www.muizenberg.info



MOVIE NIGHT

It doesn't matter which train line you travel on, you're sure to find a shopping mall with a movie house nearby. If you're into steamy romance, check out *Fifty Shades Darker*. www.sterkinekor.co.za



HATYAI ORIGINAL THAI MASSAGE

Nothing is more romantic than a day at the spa. Retreat to Hatyai Original Thai Massage on the corner of Long and Pepper Street. Hatyai's Thai oil massage works wonders. It is open daily from 9am to 8pm. 021 839 5054



SPIER WINE TASTING CENTRE

Venture out into Area North and hop off at Lynedoch Station to do some wine tasting at Spier Wine Estate. Spier is open daily. 021 809 1143

did you know?

GET YOUR TOURISM PASS

For as little as R35 for a day pass and R60 for a two-day pass, you can travel as often as you like between seven stations on the southern line tourism route, namely Cape Town, Observatory, Newlands, Muizenberg, St James, Kalk Bay, Fish Hoek and Simon's Town.

You can also take advantage of this offering between six stations along the northern line tourism route, namely Cape Town, Lynedoch, Vlotenburg, Stellenbosch, Du Toit and Koelenhof.

CULTURE

VALENTINE gift ideas

Not sure what to get for your partner as Valentine's Day approaches? Not to worry, here are a few gift ideas for your special someone.

Words: Yonga Balfour



Power him up

Get him a power bank to charge his cellphone battery whenever he is on the go. Powerbanks are handy accessories, don't take up much space and are inexpensive. They are available at most cellphone accessory stores, as well as some major retailers. Check out the Ultralink (R100) or Muvit (R130) power banks at Game.



If the shoe fits

Shoes and girls are best friends. Surprise her with a nice pair of heels – just make sure you have the correct shoe size. Court shoes are trendy, comfortable and can be worn with just about anything. Look for court heels at Mr Price (from R130).



Soothe his soul

Tug at his heart strings with some old-school music from R Kelly. His 2003 album, titled *The Chocolate Factory*, features songs such as *Step in the Name of Love* and *Heart of Woman*. You'll find the album at leading music stores. If your man is not into R Kelly, get him an older album of one of his favourite artists.



Luscious lips

When your special lady looks good, she feels good. If she loves cosmetics, steal her heart with a red matte MAC lipstick or any other MAC makeup products at Edgars. Prices start from R200.



Get service updates via SMS



Register for Metrorail's free SMS service to receive updates on train delays and cancellations. You can register immediately by calling the Transport Information Centre on 0800 65 64 63 or complete the form below and submit it at your nearest train station.

Personal details

Name:

.....

Surname:

.....

Cellphone number:

.....

Select the route you travel on and wish to receive updates for.

- | | | | |
|-----------------------------|---------------------------------------|------------------------------|------------------------------|
| 1. <input type="checkbox"/> | Bellville via Esplanade and Lavistown | 6. <input type="checkbox"/> | Malmesbury via Bellville |
| 2. <input type="checkbox"/> | Bellville via Monte Vista | 7. <input type="checkbox"/> | Muldersvlei via Stellenbosch |
| 3. <input type="checkbox"/> | Cape Flats | 8. <input type="checkbox"/> | Southern Suburbs |
| 4. <input type="checkbox"/> | Kapteinsklop | 9. <input type="checkbox"/> | Strand |
| 5. <input type="checkbox"/> | Khayelitsha | 10. <input type="checkbox"/> | Wellington via Kraaifontein |
| | | 11. <input type="checkbox"/> | Worcester via Bellville |



The platform for modernisation has been created. The future is here.

True to our vision of creating the backbone of public transport, we at PRASA are working tirelessly to improve the whole train travel experience for our people. The construction of modern stations using state-of-the-art architecture, the introduction of swift-operating turnstiles for the ease of passenger flow and the upgrading of security systems are but a few of the many visible changes that we're implementing across 134 of our stations nationwide. This is big change that will take time to complete, but we're proud to say that the platform has been set. Change is happening right now.

PRASA. CHANGE HAS BEGUN. THE FUTURE IS HERE.

MAINTENANCE PROGRAMME 2-8 FEBRUARY 2017



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

2 - 8 Feb 2017	Cape Town – Maitland – Hazendal	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
2 - 8 Feb 2017	Newlands – Mowbray	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
2 - 8 Feb 2017	Steenberg – Fish Hoek	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
2 - 8 Feb 2017	Cape Town – Woodstock	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
2 - 8 Feb 2017	Diep River – Southfield	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
7 - 8 Feb 2017	Pinelands - Wetton	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
2 - 8 Feb 2017	Clovelly Station	09:30 – 14:30	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
5 Feb 2017	Fish Hoek - Simon's Town	09:00 – 15:00	Bus service. Train delays of 20 to 25 minutes can be expected.

PERFORMANCE

AM ON TIME
75.5%

PM ON TIME
74%

CANCELLED (AM + PM)
12.7%

AM ON TIME
68.7%

PM ON TIME
73%

CANCELLED (AM + PM)
7.6%

AM ON TIME
59.6%

PM ON TIME
68.8%

CANCELLED (AM + PM)
7.2%



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

7 - 8 Feb 2017	Avondale Station	08:00 - 16:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
2 - 8 Feb 2017	Someset West - Strand	09:00 - 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
2 Feb 2017	Blackheath - Kuils River	09:00 - 14:00	Maintenance between scheduled train service. Train delays of 20 to 25 minutes can be expected.



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

2 - 8 Feb 2017	Belhar - Sarepta	09:00 - 14:00	Platform changes will be announced. Train delays of 20 - 25 minutes can be expected.
5 Feb 2017	Langa - Bonteheuwel	08:00 - 18:00	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 19 to 24 January 2017.

Your safety matters

Your safety is important to us. Consider the following safety tips.

BE ALERT

Trains can come from either direction at any time, and can be quiet.

TAKE CARE

Keep children in sight and near you.

FOLLOW THE RULES

Obey all warning signs and signals around the train tracks or at stations. Be careful when using headphones or cellphones.

WATCH OUT

Trains are wider than the tracks, so don't sit on the edge of a platform.

STAY CLEAR

Always stand behind the yellow line when trains enter or leave a station.

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 Ndzuzo
082 376 0252 / lndzuzo@metrorail.co.za



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



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