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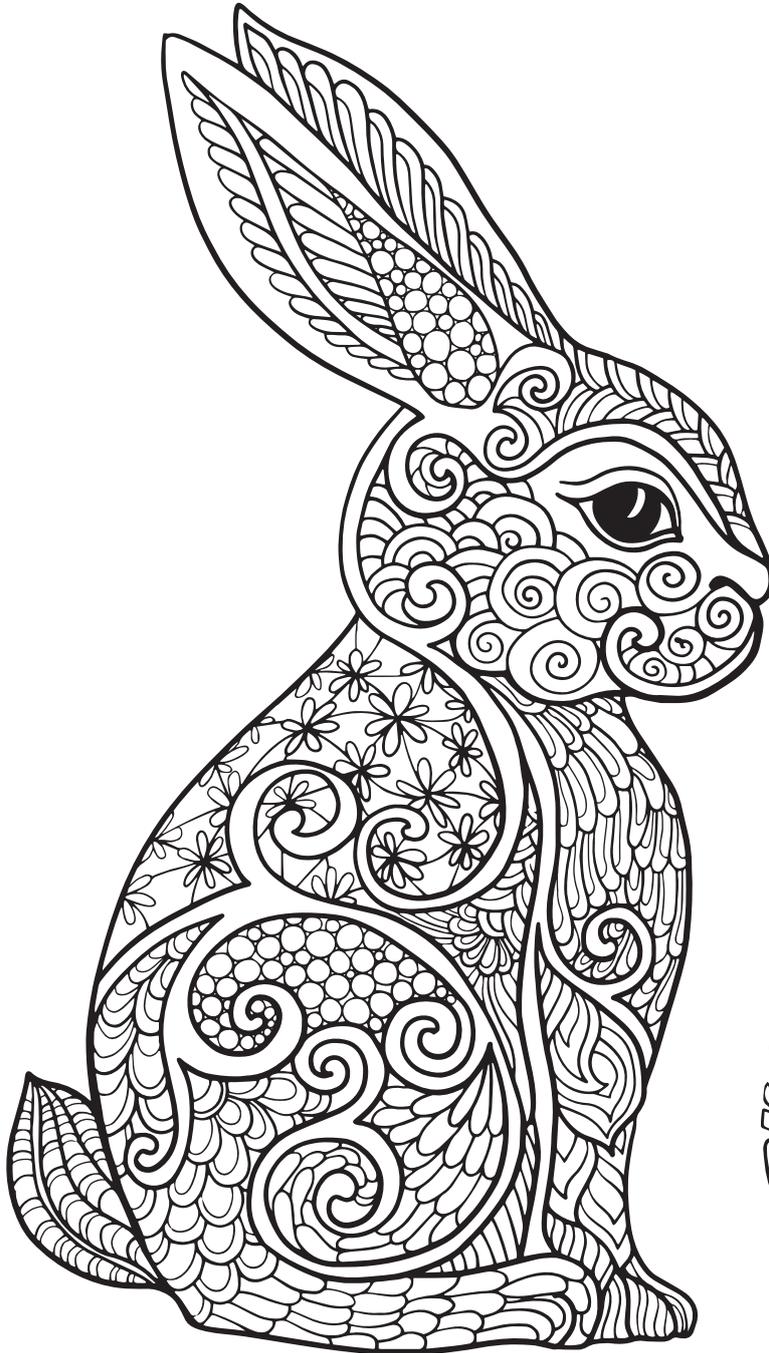
metrorail

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 Follow @CapeTownTrains on Twitter for instant updates.

 Visit our blog on capetowntrains.freeblog.site.



**COLOUR
IN AND
LET THE
FUN
BEGIN**



All aboard for the long weekend

Let us take you places this long weekend. Our trains will follow a Sunday schedule on 14 and 17 April. See page 8

OPERATIONS

AREA CENTRAL TRAINS

ARE BACK UP TO SPEED

Commuters in Area Central will be happy to know that speed restrictions have been lifted in most sections thanks to Metrorail's rail replacement programme.

Nosipho Mashologu

Metrorail's ongoing rail replacement programme is improving service across its rail network, especially in Area Central.

Sections of old tracks have been replaced with new tracks on the Kapteinsklip line between Philippi to Nyanga stations, and on the Khayelitsha line between Nonkqubela and Nolongile, Nyanga and Philippi, and Stock Road and Mandalay stations. The tracks that no longer met the required safety standards due to wear and tear have been replaced in sections.

Zuko Lukrozo, technical manager at Metrorail's Perway department, says Metrorail's programme is in place to guarantee the safe running of the trains at all times. "The rail replacement programme helps to prevent the introduction of speed restrictions due to worn tracks. The programme relies heavily on the availability of material and is carried out by our in-house maintenance teams," says Zuko.

REDUCED TRAVELLING TIMES

The replacement programme has resulted in speed restrictions being lifted in certain sections. "Speed restrictions are normally implemented due to worn rails or other factors. Now that the tracks have been replaced, trains will run at a normal operating speed without any restrictions," explains Zuko.

The speed restrictions have been lifted between Philippi and Nyanga, and between Nonkqubela and Nolongile stations. "This means that the speed restrictions on certain locations, which were instituted due to worn rails, have been removed. However, this doesn't mean that there are no speed restrictions on those sections," adds Zuko.

Commuters will greatly benefit from the replacement programme, as it will reduce train delays, which were initially caused by speed restrictions, and reduce their travelling time.

ON TRACK

Let's take a look at other areas where new tracks were laid as part of Metrorail's rail replacement programme.

- Kapteinsklip line between Philippi and Nyanga stations was completed on 28 January 2017. Speed restrictions have been lifted.
- Khayelitsha line between Nonkqubela and Nolongile stations was completed on 26 February 2017.
- Khayelitsha line between Nyanga and Philippi stations was completed on 11 March 2017. Speed restrictions have been lifted.
- Khayelitsha line between Stock Road and Mandalay stations was completed on 2 April 2017.
- Rail replacement between Glencairn and Simon's Town was completed on 29 January 2017.
- Simon's Town line between Observatory and Salt River was completed on 26 March 2017. Speed restrictions have been lifted.



ON THIS PAGE: Employees in Metrorail's perway department have been working diligently to replace worn tracks in Area Central.



Safety is our concern

SAFETY CORNER

Inform a Metrorail employee if you see anything suspicious or out of order at your station. You can also call any of the emergency numbers below.

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

METRO MATTERS

SOUTHERN LINE service update

Metrorail recently informed commuters of its service recovery plan on the Southern line, which will apply for the next six to eight months. Raymond Maseko, Metrorail's engineering services manager, explains the processes that have been followed since the incident at Albertyn Road level crossing in January 2017.



28 JANUARY INCIDENT OCCURS

Extensive damage is caused to Metrorail equipment as a result of an incident at the Albertyn Road level crossing.

FEBRUARY 2017 ASSESSMENT OF DAMAGE

Metrorail technicians spend three weeks assessing the damages caused during the incident. "During the first week, we assisted with the damages to the visible equipment such as the signalling interlocking system in a nearby relay room and the actual level crossing. It took us another two weeks to assess the damages to the underground rail cables," explains Raymond Maseko, Metrorail's engineering services manager.

FEBRUARY TO 15 MARCH 2017 PROCUREMENT PROCESS

Following its assessment of the extent of the damages, Metrorail's engineering department submitted an emergency procurement application to its finance department to appoint a service provider to source new equipment. "Metrorail's finance department submitted the application to the Passenger Rail Agency of South Africa's (PRASA) compliance division, which in turn took the application to the National Treasury. The application was approved by 15 March and the tender was awarded to a local supplier," says Raymond.

APRIL TO JULY 2017 SOURCING NEW EQUIPMENT

The material that Metrorail requires to repair the damage is imported from India and Germany. "The supplier has already placed the order, but it will take five months for the material to arrive, as it is transported by sea. Once the equipment arrives at customs, it will need to be cleared, which may take another two to three weeks," adds Raymond.

1

Inconsiderate motorist disobeying road rules

+

7

damaged level crossings

+

12k

12 000 passengers inconvenienced

=

8

months to repair

ALERT

While Metrorail has deployed staff to the Albertyn Road level crossing, it remains the responsibility of motorists to be law-abiding and observe the rules of the road at all times.

JULY TO SEPTEMBER 2017 REPAIRING DAMAGES

As soon as the equipment is cleared at customs and delivered to Metrorail, it will take the rail operator's technicians three months to repair the damaged signalling interlocking system.



SPORT SCIENCES

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LEADERSHIP & MANAGEMENT

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HEALTH SCIENCES

RELIGIOUS STUDIES

NATURAL SCIENCES

AGRISCIENCES

SUSTAINABLE DEVELOPMENT

Short courses at Stellenbosch University

For more detailed information and individual courses, course content, dates and duration and application procedure, please visit www.shortcourses.sun.ac.za

FOR MORE INFORMATION:

Short Courses Division, Stellenbosch University,
15 De Beer Street, Stellenbosch 7600
Tel: 021 808 9068 | Email: shortcourse@sun.ac.za
Web: www.shortcourses.sun.ac.za



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UNIVERSITY



INNOVUS

METRO MATTERS

FOSTERING STAKEHOLDER RELATIONS

Metrorail continues to solidify its relationships with its stakeholders in the region. One key stakeholder is the United Commuter Voice, which represents the interests of commuters.

Words: Yonga Balfour

Richard Walker, regional manager of Metrorail Western Cape, recently met with members of United Commuter Voice (UCV) to discuss matters affecting the rail service and commuters.

One of the key areas of discussion was the arrival of new trains as part of the Passenger Rail Agency of South Africa's (PRASA) multibillion rand rail modernisation programme.

The programme comprises a complete overhaul of South Africa's commuter railway network and the manufacturing of new commuter trains that is currently underway in Brazil.

João Jardim, UCV public relations officer, says the forum was updated on the arrival of new trains in the Western Cape.

OPEN TALKS

Richard informed UCV members of PRASA's turnaround strategy and service recovery plan for the region. Metrorail's service has been severely affected by vandalism, damages to critical rail equipment and ageing infrastructure in the past few months. The rail operator is exploring several avenues to bring its service back on track.

Another area of discussion was UCV's involvement in Metrorail projects. The forum has been involved in several Metrorail projects, including station cleanup and safety campaigns.

"We would like to be more involved in other projects that will benefit Metrorail and commuters. Richard assured the forum that he will follow up where he can with regard to involving us in more rail projects," adds João.



Members of United Commuter Voice discuss key issues with Metrorail representatives during a recent stakeholder meeting.

Richard Walker, Metrorail's regional manager (left), informs UCV members of matters affecting the rail service and commuters. With him is Metrorail's Mongezi Mankwa.



SAFETY

SAFETY FIRST

It's the long weekend and there are most likely to be fewer commuters on our trains and stations. Customers are advised to take extra care when travelling by train or when you're waiting at a station.

1 Be aware of your surroundings and the people around you.

2 Stay in well-lit and protected areas where security officers are present.

3 Be alert when approached by strangers.

4 Walk with purpose and leave stations as soon as possible.



5 If you think you are being followed, go to a public space, a security officer or the nearest police station.

6 Carry self-defence spray and use it when you feel you are in danger.

7 If you are being mugged, make as much noise as possible.

8 Don't carry large sums of money.



9 Keep your wallet in an inside pocket.

10 Be careful when using earphones. This indicates you have a phone, iPod or MP3 player, which may attract criminals. It also affects your awareness of your surroundings.

GIG GUIDE

Time to relax

The long weekend is finally here, and you don't need to be bored at home. There's plenty to see and do around the Mother City.

Words: Nosipho Mashologu

FAMILY FOOD AFFAIR

Enjoy African food such as Algerian beef kofta kebabs, Cape Malay roti and Zambian kandolo balls served with sesame seeds at the Gold Restaurant in Bennet Street, De Waterkant, Cape Town. Gold's new menu and live African musical performances make it a great hang-out for a memorable night out.
021 421 4653
www.goldrestaurant.co.za

CAPE TOWN TASTE GOOD SHOW

14 to 16 April
Maynardville, Wynberg
Do you enjoy the taste of the finer things in life? Be sure to visit the Cape Town Taste Good show. There'll be a wide variety of products to sample. Tickets are R150 for adults and R60 for children.
www.computicket.com

SPIRIT OF THE BUSH

19 April
Artscape, Cape Town
Travel back in time to rediscover your roots with the talented cast of *Spirit of the Bush* at the Artscape theatre on 19 April. The play is choreographed by award-winning choreographer Themba Mbuli. Tickets are R100.
www.computicket.com



Cape Town Taste Show

Ugly Duckling

Spirit of the bush

Old Mutual Two Oceans

OLD MUTUAL TWO OCEANS MARATHON FUN RUNS

14 April
UCT Upper Campus
Runners and walkers of all ages are invited to enter the Old Mutual Two Oceans Marathon fun runs on Friday, 14 April. Ranging from the 56m Nappy Dash (for kids between one and three years), Toddlers' Trot (for kids between four and six years), 2.1km (for the young, the old and not so fit) and 5.6km (for the fitter and adventurous) races, there's loads of fun for the whole family. The fun runs take place at the University of Cape Town rugby fields, Upper Campus, Rondebosch.
021 799 3040
info@twooceansmarathon.org.za

UGLY DUCKLING

13 to 15 April
Nassau Theatre
The Ugly Duckling and *Other Stories* combines one of the world's most loved fairy tales with a delightful production by the Lilliput Children's Theatre. It's a tale with a modern twist and boasts popular songs from Michael Jackson, Justin Bieber, One Direction, Taylor Swift and Meghan Trainor. They will be performing during the school holidays until 15 April at 10:30am at the Nassau Theatre, which is on the Groote Schuur High School grounds on Palmyra Road in Newlands. Tickets are R75 per person.
021 558 2650
elton@lilliputplayers.co.za

IMAGES: SUPPLIED



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



FOOD

All THINGS Sweet

What would the Easter holidays be without indulging in your favourite treats? If you want to bring in some change, wow your family and friends with these hits.

CHOCOLATE BIRD'S-NEST CUPCAKE

Makes 12 cupcakes

Ingredients

For the cupcakes

- 150g softened butter
- 1 cup castor sugar
- 1¼ cup self-raising flour
- 4 eggs
- 6 tbsp cocoa

For the decoration

- 100g slab milk chocolate
- 3 tbsp butter
- 1 packet pretzels
- 1 packet speckled eggs

METHOD

1. Place all the ingredients for the cupcakes in a large mixing bowl. Beat together with an electric mixer until light and smooth.
2. Spoon the mixture into a 12-hole muffin pan lined with cupcake cases. Bake for 20 minutes in a preheated oven at 180°C.
3. Remove from the pan and cool down completely on a wire rack.
4. Melt the chocolate and butter in a heat-proof bowl suspended over a saucepan of simmering water.
5. Break the pretzel sticks into smaller pieces. Spoon it on top of each cupcake and carefully arrange three or four speckled eggs in the nest before the chocolate sets. Leave to set.



CINNAMON LOAF

Makes 1 standard loaf

Ingredients

- 1½ cup sugar
- 2 tsp ground cinnamon
- 2 cups cake flour
- 1 tbs baking powder
- ½ tsp salt
- 1 egg, beaten
- 1 cup milk
- ½ cup sunflower oil

METHOD

1. In a small bowl, mix together ½ cup sugar and cinnamon. Set aside.
2. In a large bowl combine the cake flour, baking powder, salt and remaining cup of sugar.

3. Combine the egg, milk and oil, and add to the flour mixture. Stir until just combined.
4. Pour half the batter into a greased standard-sized loaf pan. Sprinkle with half the reserved cinnamon and sugar mixture.
5. Repeat with the remaining batter as well as the cinnamon and sugar mixture. Draw a knife through the batter to marble.
6. Bake in preheated oven of 180°C for 45 to 50 minutes or until a toothpick inserted into the centre of the loaf comes out clean.
7. Let it cool for 10 minutes before moving to a wire rack to cool completely.

Hint Do not slice the loaf before it has cooled down completely.

RECIPES: KAREN HART; IMAGES: SUPPLIED; ILLUSTRATION: FREEPIK.COM

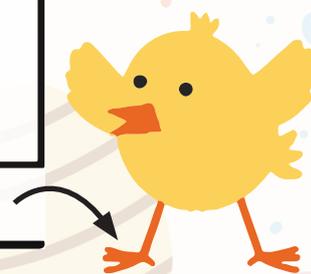
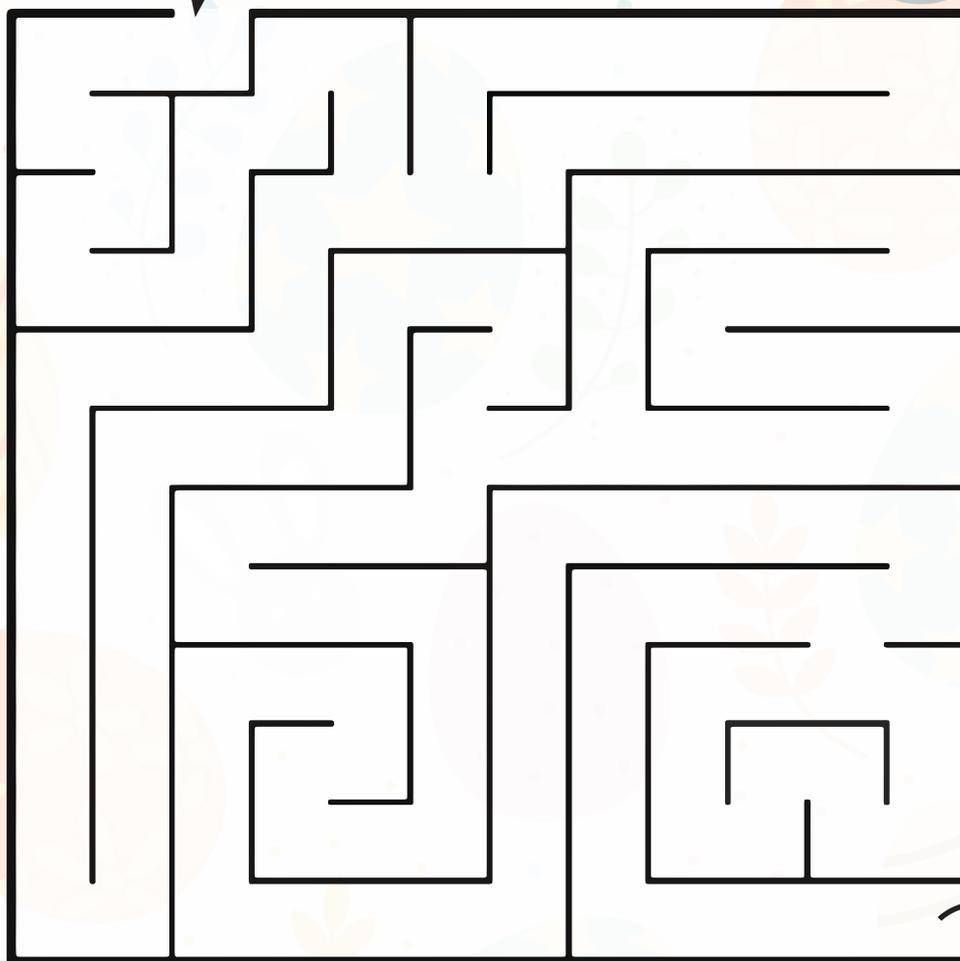
EASTER MAZE



Happy Easter



It's Easter day and the baby chick just hatched from her egg. Help her take her first steps and find her way through the chicken coop.





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 13 TO 19 APRIL 2017



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

13 – 19 April 2017	Cape Town – Maitland – Hazendal	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
13 – 19 April 2017	Cape Town – Woodstock	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
13 – 19 April 2017	Salt River – Simon's Town	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
13 – 19 April 2017	Salt River – Woodstock	09:30 – 17:30	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
13 & 18 April 2017	Kenilworth – Wynberg	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
19 April 2017	Wynberg – Wittebome	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

PERFORMANCE

AM ON TIME

36.3%

PM ON TIME

42.8%

CANCELLED (AM + PM)

21%



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

13 – 19 April 2017	Maitland – Bellville	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
13 April 2017	Vlottenburg – Stellenbosch	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
14 April 2017	Bellville Station	07:00 – 23:59	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
15 April 2017	Bellville Station	00:01 – 23:59	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
16 April 2017	Bellville Station	07:00 – 23:59	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
17 April 2017	Bellville Station	00:00 – 18:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
18 & 19 April 2017	Stellenbosch – Muldersvlei	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

AM ON TIME

56.4%

PM ON TIME

75%

CANCELLED (AM + PM)

22.6%



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

13 – 19 April 2017	Bellville – Langa	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
13 – 19 April 2017	Maitland – Kapteinsklop	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.

AM ON TIME

42.1%

PM ON TIME

57.6%

CANCELLED (AM + PM)

8.6%

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 29 March to 4 April 2017.

CUSTOMER NOTICE

Public holiday train service

Customers take note that Metrorail will run a Sunday train service in all areas, excluding Malmesbury on 14, 17 and 27 April, and 1 May 2017. Malmesbury trains will follow a Saturday schedule on these days.



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

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



Trinity Maholela
Advertising Sales Executive
Phone 021 417 1142
Cell 072 471 3885
Fax 086 249 0111
trinity.maholela@mikatekocomedia.co.za