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metrorail

YOUR FREE NEWSPAPER

WELDING TRAINING PAVES THE WAY FOR EXCELLENCE



FROM LEFT: Metrorail's Romeo Diamond, Charlie Mc Clune, Caspian Jejane, Zuko Lukrozo (technical manager of infrastructure department), Theunes Erasmus (PRASA's national technical manager), Ashraf Temoore (senior technical trainer), Martin Cyster, Heinrich Johnson and Siyabulela Lake.

Metrorail's infrastructure department recently celebrated the completion of the first-ever in-house welding training in the region.

Alicia English

Six Metrorail employees were recently acknowledged at a certificate ceremony, officiated by Jaime Mabota, head of Metrorail Western Cape's infrastructure department.

Romeo Diamond, Charlie Mc Clune, Caspian Jejane, Martin Cyster, Heinrich Johnson and Siyabulela Lake completed their track welding training at the end of April. The men are now all senior trade-hand track welders. They were tested, certified and found competent by Theunes Erasmus, PRASA's technical manager in Gauteng. Their training commenced in January 2016.

Ashraf Temoore, a senior training technician in Metrorail's infrastructure department, trained the men in-house at the Firgrove depot.

Previously, all infrastructure staff had to travel to Johannesburg to complete their training at a Transnet's training facility. The in-house training at the Firgrove depot is a first for the region.

"Having in-house training is always better, as it is more cost-efficient. In our field, there is always new machinery that gets introduced, and a need to receive refresher training that's on par with international standards.

"Our staff members need to respond to call-outs in the operations. This means we have to get contractors in to assist with the workload when we don't have the capacity in-house, which adds to the expenses. From an operations perspective, it is far more beneficial to have our own qualified staff on call as they are able to respond sooner than outside suppliers," explains Ashraf.

PROUD MOMENTS

Ashraf says the successful completion of the training is a great milestone for the company, and the men. "When they went through their final assessment, the technical manager remarked

that he has never come across this quality of welding in his 10 years of being with the company. This speaks to the excellent training we are able to provide in-house.

"The training is of an international standard and I am proud to be part of such an initiative that affords our people the opportunity to up skill themselves.

"The training means the world to the men who graduated; they will now move into a different salary bracket, which will help them to provide for their families and improve their livelihoods. These guys were track and process workers when they started with their training, they never did any welding before then," adds Ashraf.

CHANGING LIVES

Heinrich Johnson joined Metrorail six years ago and has been working in the infrastructure department as a track worker.

"The training was a great opportunity. It has empowered me with skills that I can apply at work and at home. I have learnt that there's a huge difference between the welding we do at Metrorail and that of guys you see welding on the streets.

"The training was a great experience and has changed my outlook on life. I am more excited about my future, and even see myself being a trainer in a few years' time," says Heinrich.

Siyabulela Lake, a process worker and flagsman in the infrastructure department shares his colleague's sentiments.

"The training means a lot and I have learnt so much during the past year. I have been working for the company since 2004, and never knew what the job of a track welder entails.

"It will benefit me beyond Metrorail. Should I leave the company one day, I will have a trade that no one can take away from me.

"The training also created an opportunity for me to step into a different role with a higher salary, which will benefit my wife and four children," explains Siyabulela.

NENZE KAKUHLE

Isithandathu sabasebenzi bakwaMetrorail siye sawongwa ngezetifiketi kumsitho obusindlekwe ngu Jaime Mabota, umphathi oyintloko wecandelo lobuxhaka xhaka kwaMetrorail eNtshona Koloni.

uRomeo Diamond, uCharlie Mc Lune, noCaspian Jejane, noMartin Cyster, noHeinrich Johnson kunye noSiyabulela Lake bebegqiba ulolongo lwabo ekupheleni kuka April. La madoda kungoku angabaxokomezeli bentsimbi abagqibeleleyo.

Kwiminyaka edlulileyo, abasebenzi abenza olulolongo, bebesiya kuthunyelwa eRhawutini kwisikolo sobunjineli sakwaTransnet. Lonto ibiyindleko enkulu njengokuba uMetrorail bekumele abhatale iindleko zokukhwela kwabo nezokuhlala ngexa besalolongwa, ngaphezu koko, kwa lolongo olo nalo belubhatalelwa. Eli ziko lokuxelengela lise Firgrove, lelokuqala kulengingqi.

OPERATIONS

STAY INFORMED WHEN TRAINS FAIL IN SECTIONS

We find out why trains fail in sections and what commuters can do to stay updated.



When a train fails between sections it's usually as a result of a mechanical failure. After informing the operations manager of the breakdown, the drivers will try to identify and fix the problem. If they are unable to, they call the relevant manager for advice. If the issue persists, technicians will be called in.

This can be time consuming and does cause significant delays. If one train has failed between sections, other trains on the same line are affected, as the drivers must maintain a safe following distance of 240m. Unlike cars in bumper-to-bumper traffic (6m apart), trains must have a larger travelling distance between them.

BETWEEN STATIONS

Trains failing in section is likely to be a recurring issue, as assets have reached their life span, and are more likely to have mechanical faults. The recurrence will, however, be a thing of the past when PRASA's rail modernisation programme brings with it the new revitalised rolling stock. Commuters don't have to be stranded without information when they are on a train that has stopped between stations.

Registering on Metrorail's SMS service, following the various communications channels on social media, or downloading the GoMetro mobile app will ensure commuters are kept up to date when it comes to service updates. This is especially helpful when trains fail between sections.

LATEST NEWS

Metrorail's current rolling stock is not fitted with on-board communication systems. With the rollout of the new PRASA trains, commuters can expect modern technology, including on-board communication, which will enable communication between the driver and passenger.

Until then, commuters are advised to make use of Metrorail's various platforms for service-related information.

These include SMS, social media, commuter newspapers, the GoMetro mobile app and the Transport Information Centre call line.

WATCH YOUR STEP

When a train stands still between stations for long periods of time, often commuters' first reaction is to jump off and make their way to the nearest station. But it isn't the safe option. Here's why:

- Trains don't have ladders or steps. You can break a leg or sustain other injuries if you jump off.
- You may have to walk long distances to get to the nearest station. This can leave you vulnerable to criminals in the area.
- Chances are that your train isn't the only one on the line. You may jump in front of an oncoming train.
- You may be electrocuted. At times, there are up to 3 000 volts of electricity running through the tracks.

Safety is our concern

SAFETY CORNER

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

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

OPINIONS

HAVE YOUR SAY

Metrorail confirmed two more fire incidents following the arson attack at Cape Town Station on Monday, 12 June. We asked commuters how they were affected by the incidents.



Metrorail's train service has been impacted by several arson attacks in recent weeks.

On Monday, 19 June, another train was torched at Nyanga Junction. The action appeared to have been in response to trains that terminated temporarily at Nyanga while Metrorail technicians were fixing defective track circuits on the Chris Hani and Kapteinsklop routes. Three carriages were gutted. No injuries were reported.

On Wednesday, 14 June, a carriage was damaged when a train was set alight at Koelenhof Station. Here's what commuters had to say about the recent fire attacks.

SANDISO MAPUKA, TRAVELS FROM PHILIPPI TO CAPE TOWN STATION.

"The torching of trains affected all of us negatively. I felt really bad because the trains were delayed even further. When the trains were set alight at Nyanga Station the other day, I was affected directly because I couldn't get to my station. I had to pay extra money to get a taxi from Nyanga to Philippi."

LAWRENCE SIBANDA TRAVELS FROM KRAAIFONTEIN TO CAPE TOWN STATION.

"It was very difficult to get home

from Cape Town when the trains were set on fire because all the trains were delayed. When people destroy the trains, it makes it hard for the rest of us. It costs us extra when we have to take alternative transport to get home."

SUSAN ABRAHAMS* TRAVELS FROM RETREAT TO CAPE TOWN.

"Our train just left Cape Town Station when the trains were set on fire. When we came to town the next day, trains were more than 60 minutes late. That's not fair on us. Burning trains because you are frustrated makes matters worse. The train that you burn will mean that another train has to be taken out of service, which means that we will have to wait even longer to get home."

BETTY DAVIDS* TRAVELS FROM RETREAT TO CAPE TOWN.

"It was really not nice waiting for trains that were delayed because of the fires last week. Not everyone had money to take a taxi or bus home. Those people who had no money had to wait for the next available train, which meant that they got home much later."

**Not their real names.*



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T&CS APPLY

#ANYTHINGBUTWORK

LET THE FUN BEGIN

It's the winter school break and Metrorail offers commuters the chance to explore some of Cape Town's best tourism spots along the southern and northern line. Get your tourism pass and explore the best of Cape Town with your little ones.

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 tourism pass offering between six stations along the northern line tourism route, namely Cape Town, Lynedoch, Vlothenbosch, Du Toit and Koelenhof.

We've rounded up a few places you and your kids can visit that are in the vicinity of a train station. What are you waiting for? Get your tourism pass, go out there, and have some fun.

LET'S GO BOWLING

Get your siblings together and head off to Let's Go Bowling in Claremont for a night of family fun. The establishment is open daily. Prices are R40 per person from Mondays to Thursdays and R50 on weekends.

021 671 1893

BLAAUWKLIIPPEN FAMILY MARKET

Enjoy a Sunday of slow music, great food and fun children's games at Blaauwklippen Family Market in Stellenbosch. The market is open every Sunday from 10am until 3pm. Entry is free.

084 608 6325

BIG CATS PARK

Get up close with brown and white lions and Bengal tigers at the Big Cats Park at Vredenheim Estate in Stellenbosch. Also see if you can spot cheetah, caracal and leopard. The park is situated on the R310 Baden Powell Drive near Vlothenbosch Station.

It is open daily from 9am to 4pm. Entry is R65 for adults, R40 for children and R35 for pensioners. You can learn more about the cats during the free guided tours for groups, which happen on the hour, every hour each day.

021 881 3637



BUGZ FAMILY PLAYPARK

Organise a play date for your girlfriends and their kids at Bugz Family Playpark in Kraaifontein. While the children enjoy all the attractions, you can catch up with your friends. The park is open daily from 9am to 5pm. Prices for rides differ, but are all under R150.

021 988 8836

GIRAFFE HOUSE

Chin up this weekend (literally!) to meet Gerry the giraffe. You'll find him and other animals, including springbok, impala, cape teal, zebra and crocodiles at Giraffe House. It is open daily from 9am to 5pm. The entrance fee is R30 for children, R35 for seniors and R50 for adults.

021 884 4506

BUTTERFLY WORLD

Do you have curious young explorers at home? Butterfly World is the perfect destination for your kids. The tropical garden is home to much more than butterflies. Your young explorer will get to learn about birds, spiders and reptiles. Butterfly World is open daily from 9am to 5pm. Entry fees are R41 for children, R72 for adults and R65 for pensioners and students.

021 875 5628

PPC NEWLANDS CRICKET STADIUM

PPC Newlands Cricket Stadium, the home of the Cape Cobras, is open for stadium tours each day. The guided tours include visits to the prestigious President's suite, the players' dressing room, the Long Room, which showcases the Western Province's rich cricket

history, and the third umpire's booth.

021 657 2050

SAPS MUSEUM

The SAPS Museum is located on Main Road, Muizenberg and is ideal for educational outings during the school holidays. The museum includes a courtroom and cells, which allow learners to experience court procedures.

021 788 7035

KALK BAY HARBOUR

Take your fishing rod along to fish from the harbour wall or enjoy the banter of the local fishermen. You can also observe the seals, and even the occasional school of dolphins frolicking in the bay. Take a few extra bucks to buy the catch of the day.

FISH HOEK VALLEY MUSEUM

Take a walk down memory lane and pop into the Fish Hoek Valley Museum located at the central circle. Displays date back to the years when the San people lived there. You'll also find remains of the Fish Hoek Man, which were discovered in the local Peers Cave. Doors are open from 9:30am to 12:30pm from Tuesdays to Saturdays.

021 782 1752

HEALTH

BEAT TB

How much do you know about the curable, yet life-threatening, infection called tuberculosis (TB)?

Tuberculosis is a curable infection caused by a germ (bacterium) called *Mycobacterium tuberculosis*. It usually attacks the lungs, but can affect any part of the body.

The infection spreads through the air from one person to another when the infected person coughs or even speaks. However, it cannot be spread if the person is on medication.

TAKE CARE

Here's how you can protect yourself while on TB treatment.

Be more health conscious

It is important to follow a healthy and balanced diet. Introduce more fruit and vegetables into your diet, and amasi (sour milk), which has many health benefits.

Change your lifestyle

Make an effort to eat healthily and change your habits. Open all windows in your house for fresh air. Try to sit next to an open window and even open other windows in your train carriage.

Round up support

You need a good support system when you are dealing with TB, as it helps to keep you calm and positive. Turn to your family, employers and counsellors at your nearest clinic for support.

Continue your treatment

Make sure you complete your course of TB treatment over six months. You can be happy and maintain your health by taking all your medication and vitamins.



DID YOU KNOW?

HIV weakens the immune system, which means that the body doesn't have the strength to fight infections and stay healthy. This is why someone that is HIV positive has a higher risk of getting infected with TB. It is important to know that one can have TB without being HIV positive and be HIV positive without being infected with TB.

PHOTOGRAPH: WWW.PEXELS.COM

**BE
TRAIN
SMART**

DON'T BECOME JUST ANOTHER STATISTIC

ENTERTAINMENT

GAME ON

Remember those traditional games you played with your friends growing up? We've rounded up a few that you can play with your friends during the holidays.

The winter school break is an opportunity to have fun and enjoy carefree days with your friends. Let out your inner child with these traditional games and show your friends that it's okay to be carefree.

MORABARABA

There are two players, with 12 bottle caps each. The caps, which have two different colours, are called 'cows'. The first step is to place the cows on the Morabaraba board.

Taking turns, the players place a cow in an empty intersection on the board. The aim is to get three cows with the same colours in one line to create a 'mill'. These mills can go in any direction and, when achieved, the player who has successfully created a mill can 'shoot' one of the opponent's cows off the board. It then becomes the next player's turn to make a move, who needs to place a new cow in an empty spot on the board and start all over.

Cows cannot be shot if they are in a mill. However, this rule doesn't apply if both players' cows are in mills, and both can be targeted.

The game is won when, firstly, one player can't make any more moves and, secondly, if a player has only two cows left. If each player has only three cows left and neither can shoot an opponent's cows off the board in 10 turns, the game ends in a draw.



BLIND MAN'S BLUFF

Also called 'Blind grandma', this game will leave you in a spin. One player gets blindfolded and is twirled around three times to lose orientation. The rest of the players stay close to the blind man, but avoid being caught.

When the blind man catches a player, he should try to identify who it is by touching the person and calling out the correct name. The first player who gets recognised becomes the next blind man. In some variations, catching a player results in immediate elimination from the game.

Warning! This game may require adult supervision to prevent the blindfolded players from getting hurt while bumping into furniture or other objects.

LAST LAUGH

Q: What is the difference between a schoolteacher and a steam locomotive?

A: The schoolteacher tells you to spit out your gum, while the locomotive says, "Choo Choo Choo!"

Q: What do you call a train that eats toffee?

A: A chew, chew train.

Q: Why is the railroad angry?

A: Because people are always crossing it!



SOURCE: WWW.JOKES4US.COM

ALL ABOUT HIEROGLYPHS

The ancient Egyptians had no zero. They used hieroglyphs to represent numbers one to one million. They repeated symbols to write specific numbers. For example:

ROD



1

CATTLE HOBBLE



10

COIL OF ROPE



100

LOTUS PLANT



1 000

FINGER



10 000

FROG



100 000

GOD WITH RAISED ARMS



1 000 000

CAN YOU FIGURE OUT THE FOLLOWING NUMBER? FROG + LOTUS PLANT + COIL OF ROPE

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:

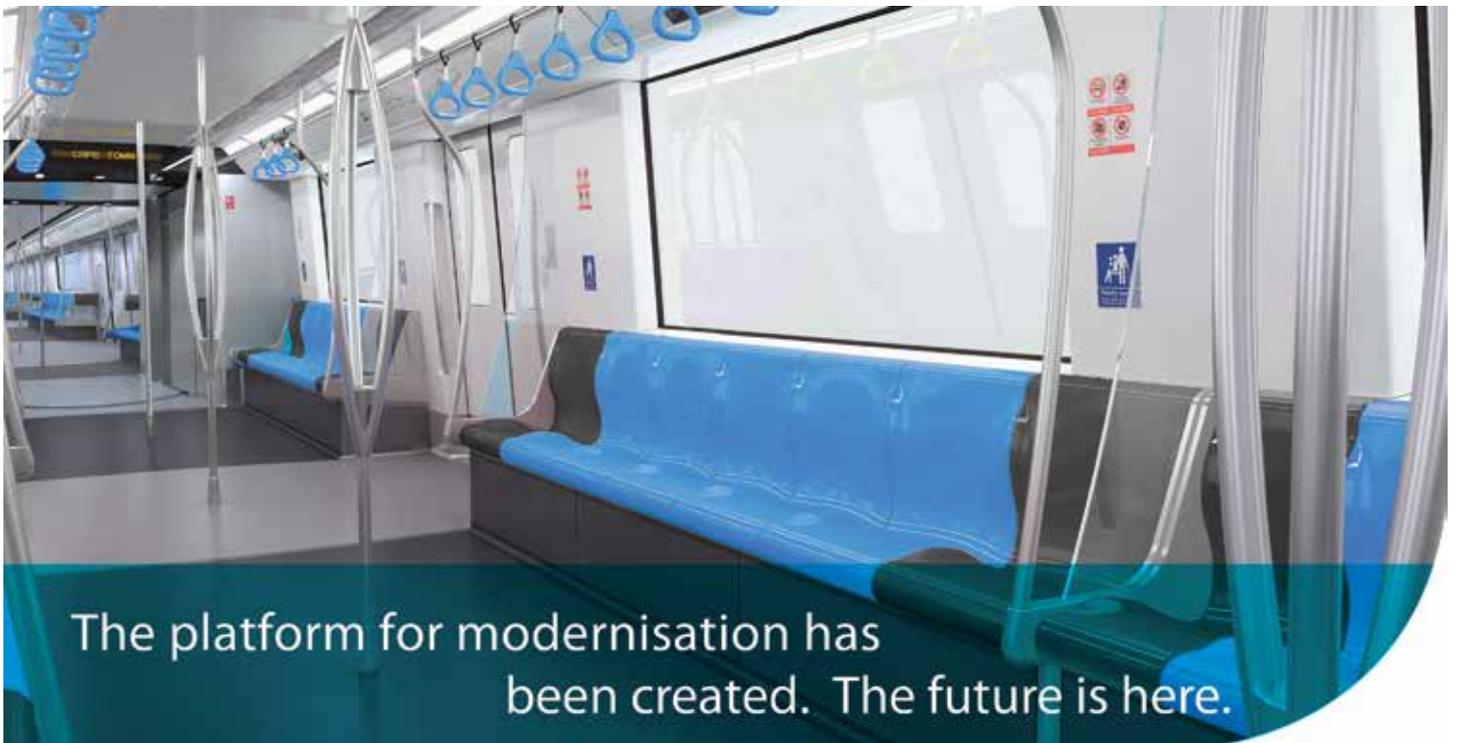
.....

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"/> | Kapteinsklip | 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 29 JUNE TO 5 JULY 2017



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

29 June – 5 July 2017	Cape Town – Maitland – Hazendal	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
29 June – 5 July 2017	Cape Town – Woodstock	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
29 June – 5 July 2017	Cape Town – Mowbray	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
29 June – 5 July 2017	Salt River – Retreat	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
29 June – 5 July 2017	Plumstead – Wynberg	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
4 & 5 July 2017	Claremont – Newlands	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

PERFORMANCE

AM ON TIME

72.8%

PM ON TIME

71.5%

CANCELLED (AM + PM)

31.5%



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

29 & 30 June 2017	Kuils River – Blackheath	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
2 July 2017	Maitland – Bellville	08:00 – 18:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
3 & 4 July 2017	Kuils River – Bellville	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
5 July 2017	Mutual – Goodwood	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

AM ON TIME

64.5%

PM ON TIME

28.2%



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

29 June – 5 July 2017	Philippi – Lentegeur	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
29 June – 5 July 2017	Maitland – Kapteinsklop	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.

CANCELLED (AM + PM)

19.8%

AM ON TIME

20.5%

PM ON TIME

39.7%

CANCELLED (AM + PM)

39.3%

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 14 to 20 June 2017.

CUSTOMER NOTICE

CHECK OUT OUR BLOG FOR LATEST NEWS AND MORE.

While we await the appointment of a new service provider for the regional website, commuters can access static train timetables, fares, maintenance schedules, electronic copies of *MyLine*, contact information, and latest news and information regarding the service on our blog <http://capetowntrains.freeblog.site/>. Commuters can also register for the SMS service by completing the web form on the 'Timetables' page.

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
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