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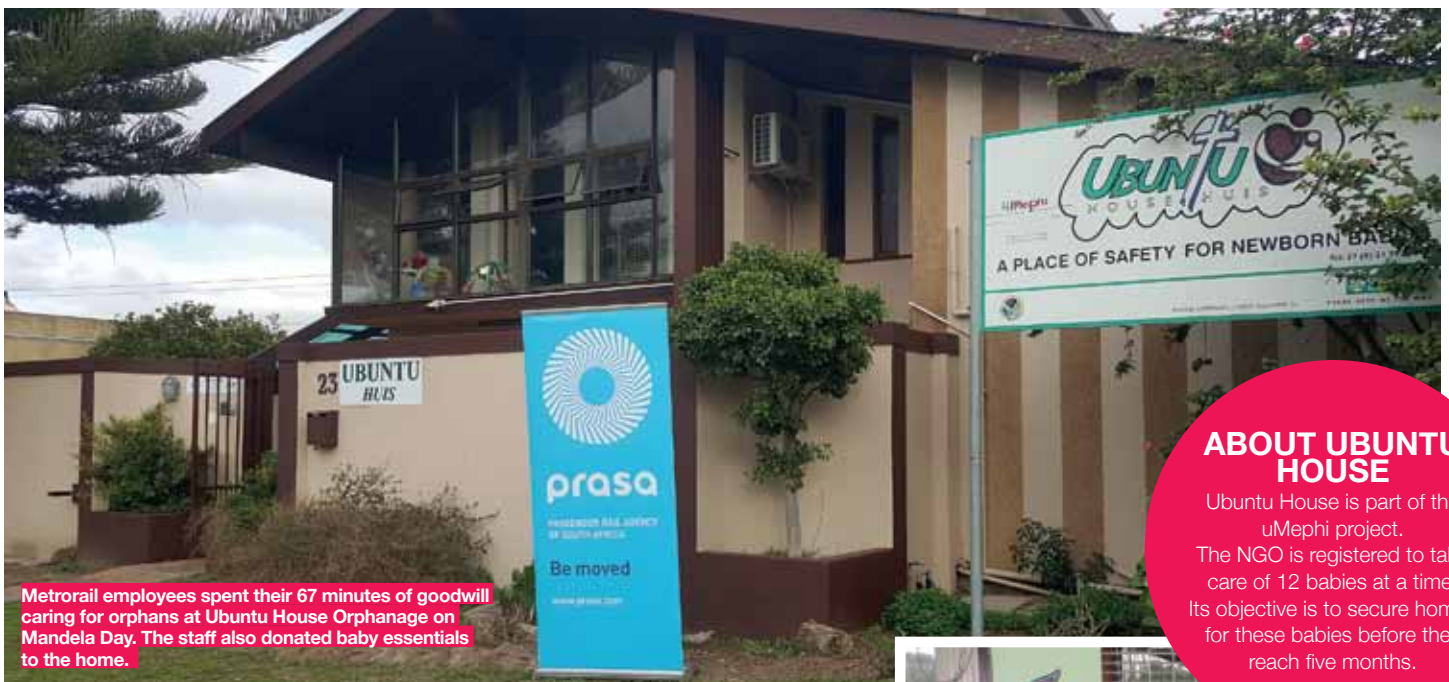
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SHARING LOVE AT UBUNTU HOUSE

Metrorail employees have once again rolled up their sleeves to honour former president Nelson Mandela's legacy of compassion and selflessness in aid of others. **Jaye-Dee Jansen**



Metrorail employees spent their 67 minutes of goodwill caring for orphans at Ubuntu House Orphanage on Mandela Day. The staff also donated baby essentials to the home.

ABOUT UBUNTU HOUSE

Ubuntu House is part of the uMephi project. The NGO is registered to take care of 12 babies at a time. Its objective is to secure homes for these babies before they reach five months.

A group of Metrorail employees recently visited Ubuntu House Orphanage in Goodwood, which is home to babies who have been abandoned at birth, to mark Mandela Day. The employees also donated a variety of newborn baby essentials like nappies, baby food and a change station, which were collected by Metrorail staff.

"It's days like these where we can say: you know what, at least we can be of help and give love and support. If I can make any change anywhere, it humbles me as a person. It also humbles me to be part of the bigger picture," says Zino Mihi, corporate affairs manager of Metrorail Western Cape.

Lusanda Rayi, quality officer in Metrorail's risk department echoes Zino's sentiments.

"I often visit various orphanages and assist the staff at the homes where I can. Our visit to

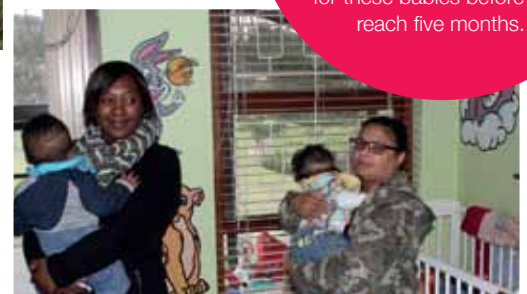
Ubuntu House was very special. My highlight of the visit was holding a baby and spending time with the infant," says Lusanda.

A HELPING HAND

The Ubuntu House caregivers expressed their gratitude. "We are very grateful for people like the Metrorail employees and all the other donations coming in, as goods in kind is just as crucial as receiving money," says Miemes Vermaak (72), manager of Ubuntu House.

Zino adds that honouring the legacy of Madiba should not only be limited to something that occurs once a year.

"67 minutes should be everyday. It shouldn't be just on 18 July. As Madiba said, 'What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.'"



SABELANA NGOTHANDO EUBUNTU HOUSE

Abasebenzi bakwaMetrorail baphindile banyusa imikhono yabo ukuyhlonipha lqhawe lomzabalazo utata uNelson Mandela ngendima at the wayidlala kwinkululeko nasekuzinekeleni eluntwini.

Iqela labasebenzi bakwaMetrorail batyelele ikhaya lenkedama iUbuntu House eGoodwood, Kaya eli lignin abantwana abazinkedama kwasekuzalweni kwabo, konke oku bebekwenza egameni lokubhiyozela

usuku lukatata uMandela. Aba basebenzi baye banikela nangeezinto zeentsana ezifana namanapukeni, ukutya kunye nezinye ezinto, ebeziqokelelwe ngabasebenzi bakwaMetrorail.

"Kungentsuku ezininzi pho siye sithi: noko sinakho ukudlala indima sinikeze nenkxaso. Ukuba ndingenza utshintsho naphi na, iyandivuyisa lonto. Enye into endivuyisayo kukubayinxalenye yeliphulo" utsho uZino Mihi, umanejala weCorporate affairs kea Metrorail eNtshona Koloni. yeMetrorail eNtshona Koloni.



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SPECIAL PROJECTS

GOGOS' SEASIDE FUN

Metrorail, United Commuters Voice, Western Cape on Wellness (WoW!) and other stakeholders came together on 18 July to celebrate Mandela Day and thank the elderly for their continued support. **Mandisa Nduli**

Despite the cold, excitement filled the air on 18 July at Cape Town Station, as Metrorail and its stakeholders welcomed a group of pensioners on a special train trip to Fish Hoek.

"We have done events like this before but never on a moving train. We are proud of our partnership with Metrorail and hope to continue working with them in the future," explains Dr Frederick Marais of the Western Cape on Wellness initiative.

The trip, which was in honour of former statesman Nelson Mandela, was aimed at treating elderly women from Mandalay, Philippi, Nyanga, Heideveld and Langa. The senior citizens boarded the train at Langa Station, and were greeted with warm soup.

"Today, we choose to spend time with the elderly to show them that they are important to us," says Andrea Matee, chairperson of the United Commuter Voice's Nyanga corridor

GONE SIGHTSEEING

The group of seniors enjoyed the sightseeing, especially while travelling along the coast. On their arrival at Fish Hoek, they were welcomed by Keith Edwards from Metrorail's rail tourism department.

"Thank you for coming today. You have children who buy tickets to travel to work by train each day. Thanks to your and their support, Metrorail continues to deliver a service. We are also grateful for the support from all our stakeholders who helped to make this day a success," says Keith.

The senior ladies were also treated to a scrumptious meal and a walk on the beach. "This is nice. It's better than sitting at home and watching television the whole day. It is nice to feel special and celebrated," one pensioner says, thanking Metrorail for the trip.

STAYING IN SHAPE

Biokineticists and physiotherapists informed them how to deal with arthritis, back pain, and prevent injuries. Guided by the professionals, they joined in on a few exercises and received hand massages.

Jennifer McKenzie of the Heart and Stroke Foundation, encouraged the elderly women to take care of their health. "I want to talk to you about blood pressure because it is a very important subject," says Jennifer.

We would like to say a special thanks the various partners who made generous donations to make the trip a memorable one for the pensioners. Pick n Pay Fish Hoek donated healthy snack options, Shoprite made a South African flag cake especially for the occasion, and Sanlam for pampering the pensioners with relaxing hand massages.

Safety is our concern

SAFETY CORNER

Walk with bikes, rollerblades or skateboards when you cross the railway lines at a level crossing.

EMERGENCY NUMBERS

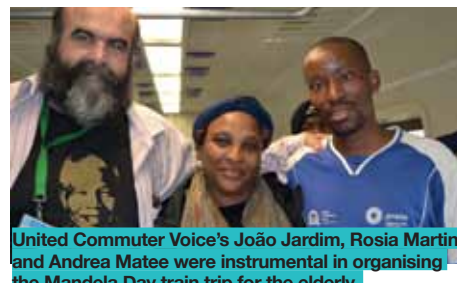
Protection services	021 449 4336
Claims office	021 449 2041/3645
Transport info number	0800 65 64 63
RAILWAY POLICE	
Stock Road	021 370 1005
Cape Town	021 443 4325
Bellville	021 941 6800
Retreat	021 710 5129
24-hour operational room	021 443 4309 /10



Metrorail's Sibusiso Mokoena offers a few elderly women a warm cup of soup. Physiotherapist Caron Louw (below) aids a pensioner at Fish Hoek Station.



Mandy Gibbons of Sanlam delights a pensioner with a gentle hand massage on the journey to Fish Hoek.



United Commuter Voice's João Jardim, Rosia Martin and Andrea Matee were instrumental in organising the Mandela Day train trip for the elderly.



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METRO MATTERS

TRAIN TALK

Raymond Maseko, engineering services manager at Metrorail Western Cape, explains what defective train circuits mean.

Alicia English

WHAT IS A TRACK CIRCUIT?

It is an electrical device attached to the rails to detect a train on the tracks.

WHAT ARE DEFECTIVE TRACK CIRCUITS?

Defective track circuits occur when the device used to detect trains is faulty and cannot be used.

WHAT HAPPENS WHEN THE CIRCUITS ARE DEFECTIVE OR HAVE BEEN VANDALISED?

It means that we are unable to determine the positions of trains automatically, and have to authorise them manually.

HOW DOES THIS IMPACT TRAIN DELAYS?

Trains can't swerve to avoid obstacles in their way, and they can't stop quickly when they are travelling at 90km/h. To ensure that trains can operate safely and avoid collisions, trains are authorised manually.

The train control officers can send only one train in a direction at a time, and have to confirm that the train has reached its destination before authorising another train to go through. This process causes delays.



ABOVE: Track circuits enable Metrorail's train control officers to detect trains on the rails.

**BE
TRAIN
SMART**

**DON'T BECOME
JUST ANOTHER
STATISTIC**

Your safety matters. Train rules are there for your safety.



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SPECIAL PROJECTS

RESTORING THE MUIZENBERG CANNONS

Representatives from Metrorail's rail tourism department recently assisted members of the Muizenberg History Conservation Society in restoring two iconic cannons at Muizenberg Station.

In preparation of the 222nd anniversary of the Battle of Muizenberg on 7 August, members of Muizenberg Historical Conservation recently gathered at Muizenberg Station to clean and paint the two pieces of artillery on the station platform.

Caelin Reynolds and Goodie Claassen of Metrorail's rail tourism department joined members of the society and a group of home-schooled children on the day. Once the Battle of Muizenberg site was cleaned, a number of new display boards with the area's local history were erected on the station.

"It was great fun chipping and cleaning the cannons on the day. The children were fascinated by their history. The trains pass here every day and not many commuters know about the historical significance," explains Caelin.

PROMOTING RAIL TOURISM

Caelin says preserving the cannons is crucial, as it forms part of the department's mandate to promote rail tourism in the Western Cape.

"The history of the cannons plays an important role, as they are iconic reminders of the Battle of Muizenberg. We can promote the cannons and Muizenberg Station as a tourist destination, especially the British and other tourists who visit our shores for historical reasons," explains Caelin.

PRESERVING HISTORY

The 24-pounder cast-iron cannons were originally cast in Sweden in 1782. Chris Taylor of the Muizenberg History Conservation Society says they were probably used by the Dutch in the Battle of Muizenberg, and later owned by the British army.

"These guns could hurl a 10kg cannon ball up to 5km, and sensible people kept out of their way. Recently restored, the gun carriages are close to authentic, and the guns now look similar to how they did in the days they were in deadly use," he says. The society works to preserve South Africa's old muzzle-loading cannons.

"The mounting of the two big guns has created a special starting point for the Heritage Mile," explains Taylor. This is envisaged to incorporate the Railway Station, Het Posthuys, the Police Museum, and Casa Labia, the Battle of Muizenberg, Rhodes Cottage, the Shark Centre and other historic and cultural features of the coastline.



There were smiles all around at the recent restoration of the cannons at Muizenberg Station.



Metrorail's Caelin Reynolds and Goodie Claassen were delighted to help clean and paint the cannons, which date back more than 200 years to the Battle of Muizenberg.



GOOD TO KNOW

The anniversary of the Battle of Muizenberg, which took place on 7 August 1795, will be marked on Sunday, 6 August 2017.



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PROFILE

WIRE UP WITH HILTON

Hilton Cilliers, senior trade hand in Metrorail's electrical light and power department in Salt River, recently graduated as an electrician. We find out about his job and what it means to him.

Yonga Balfour

Tell us about yourself and your journey in Metrorail.

I come from Overhex in Worcester and joined Metrorail in June 2008. I started out as a process worker, working in the substations for some time. An opportunity to become a trade hand came up and I grabbed it.

Why the interest in becoming an electrician?

I always admired the work of electricians; how they repair broken cables, fix different lamp poles, motors and any other electrical equipment. I was intrigued to see how they trace faulty circuits.

Tell us about your studies.

I won't lie, it was difficult; but through perseverance and support from my family and colleagues I successfully completed my studies last month.

What does the qualification mean to you?

It means that I'm empowered to perform any electrical work I'm trained for. It really excites me.

What do you love most about your job?

Tracing faulty circuits and repairing of broken electrical equipment; the investigative part of it.

What are the dangers of working with electricity?

Everything is a risk. You need to be alert at all times, sober-minded and mindful of live electrical cables that can be found anywhere. In electrical work, you're responsible for your own safety.

What keeps you motivated in your job?

Love for what I'm doing motivates me. It gives me great satisfaction contributing to the smooth running of our company.

What does one need to study to become an electrician?

In high school, you need to study mathematics and science as major subjects, or N2 with



ABOVE Hilton Cilliers, a senior trade hand in Metrorail's electrical light and power department loves being an electrician.

trade theory, industrial electronics, maths and science at an FET college.

Any advice to aspiring electricians?

When an opportunity arises, grab it with both hands and make a success of it.

BE
TRAIN
SMART

DON'T CROSS
RAILWAY TRACKS
USE SUBWAYS AND
FOOTBRIDGES.



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SOCIAL MEDIA

YOU ONLY LIVE ONCE

Are you suffering from a bad case of FOMO? Don't despair, here are a few phrases that are popular on social media.

Yonga Balfour

LIT OR TURN UP

In this instance, lit is not referencing light, and turn up has nothing to do with turning up the sound. The phrases refer to events that were successful and fun. For example, you'd say the Cape Town Jazz festival was lit or the jazz festival was a turn up.



DM

DM is the abbreviation for direct message. DMs are found on Twitter and Instagram. People send these to one another when the message isn't for public viewing. DMs help when you want to contact someone or a company but there isn't a contact number provided on their social media pages.



YOLO

YOLO stands for You Only Live Once. It refers to taking a leap of faith, trying something new or facing a fear; for example, going sky diving or just over-indulging in great food.

CHOOSEDAY

Rhymes with Tuesday. This phrase is commonly used on social media on Tuesdays; referring to it as a day of choices. People post a quote that's meaningful to them and say that they choose to live by the quote for that day. Alternatively, they'll upload a picture of themselves making happy faces, and caption it as: "I choose to be happy. Choooseday!"



GIG GUIDE

OUT AND ABOUT

We've summed up all the exciting things happening around the Mother City this week. Take your friends, family and the little ones out for some great winter fun.

FOR LITTLE MAESTROS

The Little Maestros concert series, aimed specifically at younger listeners will be at W. Heuer Musikhaus, Stellenbosch on 3 August. The series offers a relaxed environment where little ears learn through Mozart Bach and well-known nursery rhymes. As a developmental tool for children from birth to six years, classical music boosts brain development and concentration. Cost ranges between R20 and R200.

072 562 4712



TASTE OF WINTER

The historical Muratie Estate in Stellenbosch celebrates the cold season by bringing you the Flavours of Winter Festival on 29 July. Join the Melck family in appreciating the rich Cape Port-style wines and snacking on winter warmer treats prepared by the Muratie Farm Kitchen. Doors are open from 10am to 4pm and entry is R100. Wines on show will be available at cellar door prices. Book via email at taste@muratie.co.za.

021 865 2330

SCINTILLATING SATIRE

The creative team that produced *Pay Back the Curry* is back with the satirical, multi-sketch sequel, *State Fracture* on 31 July to 19 August at the Baxter Theatre, Rondebosch. Audiences will be entertained by the performance of Daniel Mpilo Richards and writing of Mike van Graan. The Oscar Pistorius scene is a highlight, "a classic trampling of the fine line between humour and utter insensitivity". Tickets are selling from R95.

021 685 7880



HEARTY BAKES FOR BRAINS

Grab a few friends and head to The Bakery @ Jordan Wine Estate, Stellenbosch for a night of food and fun at the Western Cape Quiz Night on 2 and 16 August. Up for grabs are tasting vouchers, bottles of Jordan Estate Range wine and a meal for four at The Bakery. Keep your wits about you, as the ultimate prize is one night's stay at the Jordan Luxury Suites. Entries are R120 per person and booking is essential.

021 881 3004

QUIZ NIGHT

For those who consider themselves experts on food & wine!

the bakery
JORDAN

R120pp includes a hearty meal
5 & 19 July | 2 & 16 August 2017, at 18:30
Booking essential
thebakery@jordanwines.com | 021 881 3004



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Personal details

Name:

.....

Surname:

.....

Cellphone number:

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

1. ☐ Bellville via Esplanade and Lavistown
2. ☐ Bellville via Monte Vista
3. ☐ Cape Flats
4. ☐ Kapteinsklop
5. ☐ Khayelitsha

6. ☐ Malmesbury via Bellville
7. ☐ Muldersvlei via Stellenbosch
8. ☐ Southern Suburbs
9. ☐ Strand
10. ☐ Wellington via Kraaifontein
11. ☐ Worcester via Bellville



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MAINTENANCE PROGRAMME 27 JULY TO 2 AUGUST 2017



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

27 July – 2 Aug 2017	Cape Town – Maitland – Hazendal	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
27 July – 2 Aug 2017	Cape Town – Woodstock	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
27 July – 2 Aug 2017	Cape Town – Mowbray	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
27 July – 2 Aug 2017	Salt River – Retreat	09:00 – 14:00	Platform changes will be announced. Train delays of 10 to 15 minutes can be expected.
27 July – 2 Aug 2017	Wetton – Ottery	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.

PERFORMANCE

AM ON TIME

79.7%

PM ON TIME

73.4%

CANCELLED (AM + PM)

17%



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

27 July – 2 Aug 2017	Maitland – Bellville	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
27 July – 2 Aug 2017	Eerste River – Muldersvlei	09:00 – 18:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.

AM ON TIME

84.4%

PM ON TIME

78.6%

CANCELLED (AM + PM)

7.3%



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

27 July – 2 Aug 2017	Philippi – Lentegeur	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
27 July – 2 Aug 2017	Langa – Pinelands	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
27 July – 2 Aug 2017	Nyanga – Philippi	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
27 July – 2 Aug 2017	Maitland – Kapteinsklip	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.

AM ON TIME

18.4%

PM ON TIME

26.1%

CANCELLED (AM + PM)

38.4%

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 12 to 18 July 2017.

CUSTOMER NOTICE

Public holiday train service

Customers take note that Metrorail will run a Sunday train service in all areas, excluding Malmesbury on Wednesday, 9 August 2017. Malmesbury trains will follow a Saturday schedule on this day.



In case you missed it

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

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078 142 5033 / hsmith@metrorail.co.za

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Wendy Mnisi
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AREA CENTRAL
Cyril Bauer
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AREA NORTH
Luleka Ndzuza
082 376 0252 / lndzuza@metrorail.co.za



PUBLISHED ON BEHALF OF METRORAIL
by Mikateko Media, 19 Bree Street, Cape Town, 8001
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