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# CABLE THIEVES NABBED

Communities are increasingly stepping up to the plate to help Metrorail apprehend cable thieves. Yet another tip-off resulted in two arrests over the weekend. **Alicia English**

**K**hayelitsha residents alerted a joint police and Metrorail protection services patrol team of two suspects who were in the process of stealing copper-bearing cable between Nolongile and Nonkqubela. Police arrested the duo in possession of more than 50 metres of cable, confiscated the equipment used to cut the cable and retrieved more than 10 metres of 27 core cable still smouldering in the fire.

Richard Walker, regional manager of Metrorail Western Cape, has expressed his sincere gratitude to the community for their vigilance and civic-minded action. "The successes of the past week due to information received shows that good people are tired of criminals derailing their train service. We salute their courage and encourage more people to become involved."

## MORE ARRESTS

In another incident, a man was arrested in Paarden Island while he was burning railway cables. The cables were confiscated and a criminal case was opened with the police.

This weekend's arrests followed on that of two suspected cable thieves who were caught while trying to steal overhead cables near Modderdam Bridge on Thursday, 25 January 2018. Metrorail protection services department's mobile unit apprehended the suspects during a special operation. The two men were handed to the Bishop Lavis police for processing in terms of the Criminal Matters Amendment Act.

## TRAGEDY STRIKES

Earlier the same day, another suspected cable thief tragically died while trying to cut the 11kV overhead cable providing traction power to operate trains. The man, believed to be in his early 30s, was electrocuted during the attempt.

Initial reports indicate that he attempted to cut cable in the section between Nyanga and Heideveld

on the central line. Emergency services and a police forensic team were on site to process the scene.

Richard has emphasised the extreme danger of cutting electrical cable.

"Railway current is not domestic electricity and it can be life-threatening to tamper with electrical rail components as this tragic death has proved. Today in all probability, a family lost a father, son, brother and breadwinner needlessly," he says.

## #TAKEBACKPRASA

Metrorail's zero-tolerance approach to crime is proving fruitful judging from the latest string of arrests. The region is driving the #TakeBackPrasa campaign, which stems from the PRASA acting GCEO's recent visit to the region during which he addressed the ongoing onslaught on the rail infrastructure.

Metrorail engaged with high-level representatives from the police, trade unions and civic organisations to work towards combating criminal activities on the railway lines.

Residents in surrounding communities can report any crimes or suspicious activity by contacting one of the numbers on page 2. Full anonymity of the information sources is guaranteed and a reward of up to R25 000 is payable for any information leading to a conviction.



A Metrorail protection officer inspects a section of the railway line during mobile patrols between Nolongile and Nonkqubela stations in Area Central.



Criminals target rail cables on the Central Line on an almost daily basis.

## KHAYELITSHA INWONERS HELP OM KABELDIEFSTAL TE BEKAMP

Inwoners van Khayelitsha het onlangs 'n gesamentlike polisie en Metrorail beskermingsdiens span net betyds van twee verdagtes, wie besig was om kables tussen Nolongile en Nonkqubela te steel, in te lig. Die twee verdagtes het meer as 50 meter kabel in hul besitting gehad toe hulle in hegtenis geneem was. Polisie het ook toerusting wat gebruik was om kables te sny gekonfiskeer en het meer as 10 meter van 27 gebrande kernkabel opgespoor.

Richard Walker, streeksbestuurder van Metrorail Wes-Kaap het sy dankbaarheid aan die gemeenskap betoon. "Die suksesse van die afgelope week danksy die inligting wat ons ontvang het dui aan dat mense moeg is dat misdadigers hul treindiens ontspoor. Ons moedig meer mense aan om betrokke te raak en misdade aan te meld."

Die onlangse reeks arrestasies dui aan dat Metrorail se benadering tot misdaad wel vrugte dra. Die streek se #TakeBackPrasa-veldtog, wat volg op die PRASA waarnemende GCEO se onlangse besoek aan die streek, is daarop gemik om die voortdurende stroping van spoorinfrastruktuur hok te slaan.



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## OPERATIONS

# TECHNICIANS SAVE THE DAY

Technicians in the telecoms unit of Metrorail's infrastructure department pulled out all the stops to restore faulty signals at Hazendal Station on Friday, 18 January. **Alicia English**



Members of the telecoms team in Metrorail's infrastructure department.

**M**etrorail's service on the Cape Flats line was disrupted after signalling equipment was badly damaged due to vandalism. The telecoms team worked flat out to repair the affected signals, which hampered communication between Metrorail's train control officers (TCOs), train drivers and metro guards.

"Our signalling equipment is crucial to safe train movements. When a train enters a section of the rail network, it triggers signals that let other train drivers and our TCOs know not to send other trains through on the same line.

When the signals are down it means that our TCOs, train drivers and guards cannot communicate train movements effectively. Think of traffic lights at intersections – when these are down, accidents can happen. The same applies when our signals are down," explains George Kiewiets, Metrorail's special projects manager.

### Working round the clock

George commended the team from the infrastructure department, who also fixed the fencing at the station, for their dedication and determination to restore the faulty points as soon as possible.

He says Metrorail's technicians work behind the scenes to restore the service.

"They realise that each time a train is delayed, it affects our commuters, many of whom cannot afford to pay for alternative transport. Sometimes, these teams work throughout the night to fix signals or prepare the network for the next day's train service. When we go to bed at night, many of them are making their way to various sites to ensure that signals are in full working order," says George.



## Safety is our concern

### SAFETY CORNER

Always enter or exit a station platform at designated areas. Crossing the tracks anywhere else is dangerous and illegal.

### EMERGENCY NUMBERS

Protection services	021 449 4336
Claims office	021 449 2041/3645
Transport info number	0800 65 64 63
<b>RAILWAY POLICE</b>	
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

# AREA CENTRAL UPDATE

Central line services remain suspended due to severe vandalism in the Bontheuwel–Netreg–Nyanga area. *Alicia English*

**C**ommuters travelling from Khayelitsha, Kapteinsklop and Bishop Lavis have been advised to continue using alternative transport.

No single, return or weekly tickets will be on sale. Monthly ticket holders may use Golden Arrow Bus Services during off-peak hours, which fall between 8.30am and 4pm, and again after 6.30pm.

Area Central services are most affected due to the high rate of vandalism in the Bontheuwel–Netreg–Nyanga areas.

Surrounding communities are requested to assist police and Metrorail to continue operations by reporting any crimes or suspicious activity to any

of the numbers listed on page 2. Full anonymity of the information sources is guaranteed and a reward of up to R25 000 is payable for any information leading to a conviction.

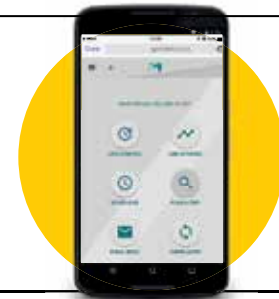
### For regular service updates

- Twitter: @CapeTownTrains
- Facebook: Cape Metrorail
- Visit [www.gometro.com](http://www.gometro.com) for regular service updates or to download the GoMetro app.
- You can also call the 24/7 Transport Information Centre on 0800 65 64 63 (toll-free).



## EXTENDED TRAVEL TIMES

Metrorail continues to implement speed restrictions, temporary route and platform deviations, and manual authorisations to minimise the impact of the vulnerable rail system and ensure commuter safety. Let's take a look at the new average extended travel times in your areas.



Contact the City of Cape Town's Traffic Information Call Centre on 0800 65 6463 (toll-free) to find out about any last-minute changes.

AREA NORTH	Muldersvlei to Cape Town	• 120 minutes
	Wellington to Cape Town	• 130 minutes
	Strand to Cape Town	• 120 minutes
	Kraaifontein to Cape Town	• 75 minutes
	Bellville to Cape Town via Monte Vista	• 55 minutes
AREA SOUTH	Simon's Town to Cape Town	• 95 minutes
	Retreat to Cape Town	• 70 minutes
AREA CENTRAL	Chris Hani to Cape Town	• 115 minutes
	Kapteinsklop to Cape Town	• 100 minutes
	Bellville to Cape Town via Lavistown	• 95 minutes



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## SPECIAL PROJECTS



The Wittebome railway reserve looked spick and span after the cleanup campaign.

# THREE CHEERS FOR WITTEBOME RESIDENTS

Metrorail employees, residents and stakeholders in Wynberg recently rallied to help clean the railway reserve following a fire near Wittebome Station. **Sinobom Ngubombi**



Many bags of refuse were collected and removed on the day.

O

n Monday, 15 January, residents in Castletown Road, Wynberg alerted authorities of a fire in the railway reserve at Wittebome Station. The blaze, which was doused immediately, was allegedly caused by vagrants in the precinct.

A few days later, residents rolled up their sleeves to assist Metrorail and members from the Wynberg Improvement District clean the area damaged by the fire. The cleanup took place between Rockley and Castletown roads.

"The community showed commitment to protect the rail reserve and make a difference," says George Kiewiets, Metrorail's special project manager. "The cleanup highlighted the importance of partnership to achieve common objectives like combating crime, creating safety awareness and promoting cleanliness in the precinct."



Members of Metrorail's perway department spearheaded the campaign.

## FUTURE PARTNERSHIPS

About 60 bags of refuse, mattresses, furniture items and discarded car bumpers were collected and taken to an official dumping site. Volunteers also took it upon themselves to clear overgrown vegetation in the reserve. The cleanup paved the way for Metrorail to set up a stakeholder engagement platform as the community expressed interest in taking part of future projects in the area.

"We are grateful to the residents of Castletown Road, the Wynberg Improvement District, and our perway and customer service teams who led the cleanup campaign. We could see the results of working together immediately and it was heartwarming to see residents assisting us and taking pride in their railway stations," adds George.



Residents and representatives from the Wynberg Improvement District teamed up to clean the railway reserve.





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## EDUCATION

# DEALING WITH VARSITY ANXIETY

Being a first-year student seems exciting, but when classes officially start all sorts of anxieties build up. Experts from the Independent Institute of Education provide some tips and insights to help students deal with such anxieties. **Yonga Balfour**



## IMPROVE YOUR EXPERIENCE

### Make friends in every class

This will help you create study groups and have someone to take notes for you if you miss a class, but don't make a habit of this.

### Lectures vs tutorials

Lectures are generally large with over 50 students, particularly in public universities. Tutorials, on the other hand, are smaller, concentrated classes. This allows students to interact more with the tutor.



**G**oing to varsity is a great opportunity and a dream come true for most students, but it also means that they will be introduced to a different world and it can be very intimidating.

Experts from the Independent Institute of Education (IIE) say that first-year students should embrace the opportunity of going to varsity, but ensure that they start off on the right track to succeed from the get-go.

Tshidi Mathibe, Head of Programme: IIE Faculty of Commerce, stresses the importance of attending orientation week (O-Week) at varsity. "O-Week is usually held a week before classes start. Though not compulsory, it is a great opportunity for students to meet new people and get relevant information about the campus where they will be attending class," she says.

She adds that every student is anxious to make friends. "You will meet new people from different cultures, economic backgrounds and academic

levels. This is an opportunity for you to gain new experience."

### NEW ENVIRONMENT

Some students will often feel anonymous in the university environment. This is because, at school, teachers paid special attention to each student and knew each student by name. This is impossible to achieve for lecturers who have a great number of students in a class.

"It is important to understand there will be no spoon-feeding; you are in charge of your own learning. If you miss a lecture, test or submission date for assignments, no one will chase you," says Gillian Mooney, Dean: Academic Development and Support at IIE. She adds that for those students who managed to get good marks with little or no effort, "Winging it is no longer an option." Varsity students need to put in a lot of time for their studies, as taking chances will only lead to failure.



# TIPS FOR FIRST-YEAR STUDENTS

**She Conquers would like to congratulate students who achieved their academic goals in 2017, and to those who didn't do well, it is not the end of the road.**

## **ATTEND ORIENTATION WEEK**

- Get an introduction to college or University services which will support your educational and personal goals such as library services, information technology, academic and student services departments.

## **EAT RIGHT. GET ENOUGH EXERCISE. SLEEP.**

- Take care of your mental health and stay away from junk food.
- Schedule time to exercise. Exercise raises your energy levels and keeps you healthy so you can get the most of your studying.
- Exercise is anything that raises your heart rate such as dancing, running or walking etc.

## **DEVELOP EXCELLENT STUDY HABITS AND TRAIN YOUR MIND TO FOCUS**

- Get organised. When you receive your timetable, write up a study plan immediately. Know exactly where your time will be spent.
- Get a wall calendar and write down when all your assignments, tests and exams will be so that you can prepare ahead of time.

## **BALANCE YOUR SOCIAL AND ACADEMIC LIFE**

- Have a social life, but plan your study time properly.
- Do not begin to study for a test or write a paper the night before it is due. Remember, sleep is also necessary, so budget for that as well.

**Join the She Conquers movement and make a change in your life and in other's lives.**

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# TIPS FOR FIRST-YEAR STUDENTS

## AVOID BLESSERS AND SUGAR DADDIES

- According to research findings more than 2000 girls and young women between the ages of 15 and 24 in South Africa contract HIV every week. Do not be part of the statistics.
- Learn to live within your means and don't depend on men, especially older men in exchange of gifts and money, and sometimes for outings.
- The government has increased the threshold to qualify for financial assistance to students from South African households. A combined annual income of up to R350 000 per annum reaffirms government's commitment to opening access for poor and working class youth. This means young people can achieve their academic goals without the help of blessers or sugar daddies.

## TAKE ADVANTAGE OF CAMPUS RESOURCES SUCH AS:

- Student Counselling Unit - counselors are available to support and advise students and staff members with issues of trauma, sexual abuse and violence, psychological issues, exam anxiety and academic stress, substance misuse or abuse, bereavement and loss, family problems, relationship problems, identity problems including sexual identity and eating disorders.
- Campus Clinic/ Student Health Centre - offers health services by both medical practitioners and nurses to help students remain healthy. You are encouraged to seek assistance and guidance as early as possible. Students can also access contraceptives including condoms to prevent unplanned pregnancies, STIs and HIV infection.
- Computer Laboratory- contains a number of computers to help students with research and typing out of assignments.

**NB: some of the content was originally published by Nomusa Mthethwa in the article for Oxford University Press Southern Africa's website to support first-year students with practical advice.**

**Join the She Conquers movement and make a change in your life and in other's lives.**

[www.sheconquerssa.co.za](http://www.sheconquerssa.co.za)

[www.bwisehealth.com](http://www.bwisehealth.com)

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## MAINTENANCE PROGRAMME 1 TO 7 FEBRUARY 2018



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

1 – 7 Feb 2018	Cape Town – Salt River	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
4 Feb 2018	Maitland – Pinelands	08:00 – 18:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.



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

1 – 7 Feb 2018	Maitland – Bellville	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
1 – 7 Feb 2018	Kentemede – Century City	09:00 – 15:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
1 – 7 Feb 2018	Bellville – Kraaifontein	09:00 – 15:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.



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

1 – 7 Feb 2018	Lentegeur – Kapteinsklip	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
1 – 7 Feb 2018	Mutual – Ysterplaat	09:00 – 14:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
4 Feb 2018	Mutual – Paarden Eiland	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.

## PERFORMANCE

### AM ON TIME

15.7%

### PM ON TIME

15.4%

### CANCELLED (AM + PM)

38.4%

### AM ON TIME

32.8%

### PM ON TIME

33.2%

### CANCELLED (AM + PM)

22.4%

While we try our utmost to do maintenance during off-peak hours to minimise possible delays, connecting trains may be subject to delays on all service lines.

Your safety is our concern. We apologise for any inconvenience inadvertently caused. Performance reflects week of 17 to 23 January 2018.

\*The service on Area Central was suspended from 11 Jan 2018 due to severe, ongoing vandalism and theft.

## CUSTOMER NOTICE

### Access to Muizenberg beach

The pedestrian access gate leading to Muizenberg beach from the nearby station remains closed until further notice. Pedestrians can access the beach via the subway at Muizenberg Station.

## SERVE AND PROTECT

### In case you missed it

The following area security managers have been deployed in your areas:

**AREA IKAPA**  
Donald Ngqoba  
021 449 2260

**AREA SOUTH**  
Paul Jonkers  
021 507 2319

**AREA CENTRAL**  
Percy Makapela  
076 652 4093

**AREA NORTH**  
Thembisile Blom  
021 940 2144

### AM ON TIME

\*N/A

### PM ON TIME

\*N/A

### CANCELLED (AM + PM)

\*N/A



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