

# myline

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# 100

# HONOURING MADIBA

SPECIAL PROJECTS

# SENIORS LACE UP FOR HEALTH

Transport and Takkies is a regular event on Metrorail’s calendar. The goals of this initiative are to promote an active, healthy lifestyle among the elderly and to treat them to a full day of interesting topics and activities. **Feroza Miller-Isaacs**



Pictured are some seniors who enjoyed a day of activity, courtesy of Metrorail.



**T**ransport and Takkies came around again recently, much to the delight of participating pensioners who enjoyed a walking tour, informative discussions and a trip down memory lane.

A collaboration between Metrorail and the Department of Health’s Western Cape on Wellness (WOW) programme, the event is aimed at seniors and takes place on a Tuesday every second month to coincide with #TravelTuesday.

#TravelTuesday aims to combine rail transport with creating an awareness of healthy lifestyles among seniors.

The Transport and Takkies programmes take place at the Premier Classe Lounge at Cape Town Station. The recent event consisted of chair exercises, a question and answer session on medical concerns and an informative discussion on funeral cover by a representative from Doves. It was followed by a guided walk of Cape Town Station and surrounds, conducted by Daphne Kayster, Metrorail marketing and promotions manager and tour guide for the day. The 45-minute circular walk included stops at:

- The display cases at the Marine Drive entrance, with an historical overview of the history of rail and development at Cape Town Station
- The Adderley Street mini frame, with a discussion on the Castle, Adderley Street, Foreshore and land reclaimed from Table Bay in the '30s and '40s
- The Strand Street Concourse, with a discussion about the revamping of the concourse
- The Postal Stone in Strand Street

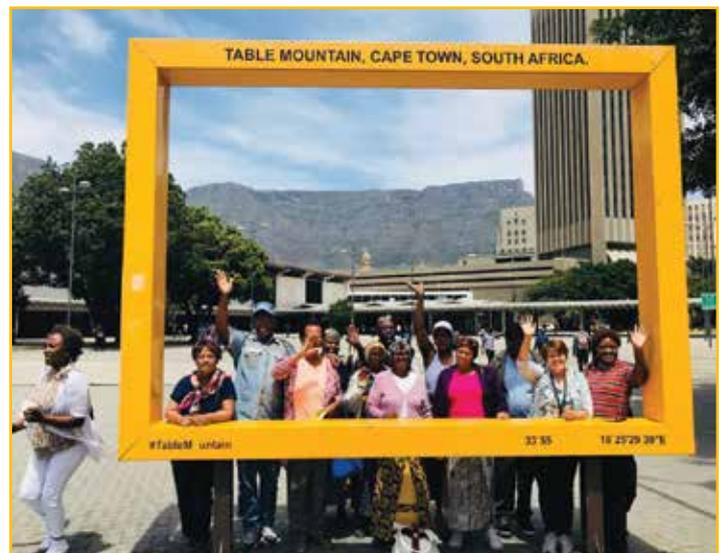
Participants expressed gratitude towards the medical doctor for responding to their medical concerns. They commented that the walking tour of Cape Town Station brought back fond memories of their youth; with many sharing their stories about Blackie, the first locomotive to arrive in the country.

One senior said: “I enjoyed the Transport and Takkies programme tremendously and learnt a lot on the day, especially about the history of rail during the guided walk of Cape Town Station.”

Daphne added that the seniors found the guidance given in the event of a family member passing away, to be “very informative”. She thanked Checkers and Doves for providing refreshments for the day.

### SAVE THE DATE

The next Transport and Takkies programme takes place in August. For more information or to enquire about participation, call (021) 449 3018/2504.



### #TRAVELTUESDAY: YOUR RIDE’S ON US

Senior citizens can travel free between 9am and 2.30pm on Tuesdays on all Metrorail trains. This picture captures some of the highlights during Metrorail’s walking tour which includes a historical overview of rail from the 1860s to now.

PROFILE

# HE ALWAYS HAS A GAME PLAN

Woodstock SAPS' station commander is the driving force behind numerous criminals being taken into custody in his precinct, including 120 recent arrests for rail-related crime. He shares his strategy. **Feroza Miller-Isaacs**

**H**e heads up a police station that's situated in an area beset by a myriad of social ills which often requires a miracle to address, let alone solve. So just how does Woodstock SAPS' station commander Colonel Dumezweni Ntsezo achieve success in the face of relentless crime, poverty and substance abuse?

His answer: "I believe in thorough planning. First, diagnose the problem with all the why's, where's, when's and how's. You also have to outline what you want to achieve and address." Furthermore, he credits his station's achievements to a dedicated team, strong partnerships and a very supportive community. "Residents are taking an active role in confronting challenges and making clear their needs," says Colonel Dumezweni.

Having joined Woodstock SAPS in 2011, he first served at Nyanga, Gugulethu, Grabouw, Port St John's, Cape Town and Kraaifontein police stations. He says that as a little boy, it was always his dream to join the army or police force.

Commenting on the root of the problem most communities face, Colonel Dumezweni says: "The area is developing and so is substance abuse. People have to sustain their drug habits and it is this which leads to crime."

He explains how he and stakeholders, including Metrorail, recently effected 120 arrests for rail-related crimes. "We received concerns about incidents happening at the railway fences; people were getting robbed and there were break-ins. We established there were people staying there. As we looked through the area, we found deep holes had been dug and a lot of property belonging to Metrorail."

In acknowledging these achievements, Colonel Dumezweni thanked his colleagues and team, "When we go out, we make it our goal to come back with something positive, so I'm happy with the successful outcome of the various operations."

And at the end of a long day, summoning his last reserve of energy for his family and friends is a pleasure. "I always make time for them, whether tired or not. And I value their support. They know I have to be there and do my best for the citizens of our country."

## WORKING SIDE-BY-SIDE

Randall Haupt, chairman of Woodstock Community Police Forum (CPF):

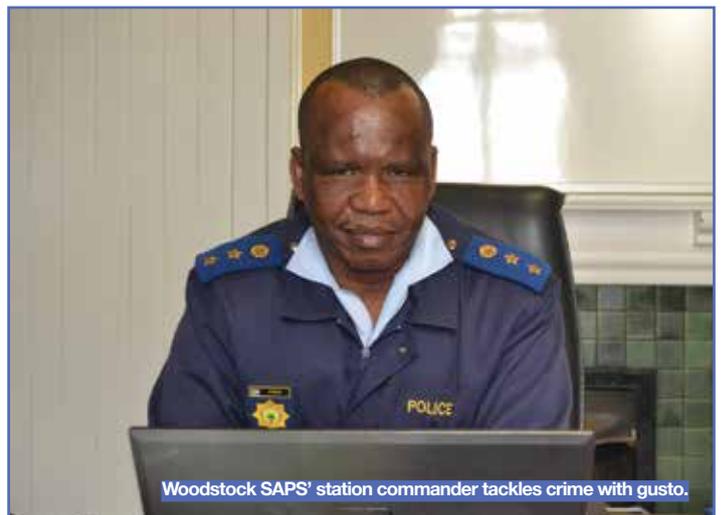
"My role, in conjunction with the station commander, is to make sure that the CPF carries out its mandate: to make sure the relationship with the community and SAPS is healthy. We also have an oversight role; when issues are raised about SAPS, we need to address that and basically support SAPS in the best way we can.

"Some of the challenges we face are that the local stakeholders we serve are not always willing to participate. We often have outreach projects and try to get as much information from them as possible but that doesn't happen overnight.

"The community responds positively to our programmes and we have individuals and businesses that make donations as well. The frustration is that they are not proactive and they don't come forward; they may have brilliant ideas to make SAPS do better, but they hold back."



Colonel Dumezweni Ntsezo leads his team at Woodstock SAPS with vision and intelligence.



Woodstock SAPS' station commander tackles crime with gusto.



Woodstock CPF chairman Randall Haupt with Colonel Dumezweni.

## Safety is our concern

### SAFETY CORNER

#### MIND YOUR STEP

Be careful getting on and off the train – there may be a gap between the train and platform.

### 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

SPECIAL PROJECTS

# CLEAN AS A WHISTLE



Mandela Day came early at Rosebank when learners from Rustenburg Girls' High School (RGHS) set about cleaning the station. The RHGS team undertakes regular gardening activities around the station and replaced the entire weed-filled embankment with carpobrotus. These pictures show the fruits of their labour.



IMAGE: SUPPLIED

## HONOURING MADIBA

### INTROSPECTION AND REFLECTION

Although he was a 'gregarious' person, Mandela loved solitude more. He found strength and inspiration by looking inward. He said: "I much preferred being outside in nature ... to observe birds flitting overhead, to feel the wind blowing in from the sea..."

He read Tolstoy's *War and Peace* many times, which gave him insight into being a great leader. "It reminded me once again that to truly lead one's people, one must also truly know them."

### HUMILITY

Mandela never sought fame, fortune or power as a reward for liberating his people. "I have always believed that to be a freedom fighter ... one is fighting for the liberation of millions of people, not the glory of one individual."

In Victor Verster prison, where he had his own chef and staff to look after him, he washed dishes and made his own bed.

After his release from prison, the ANC advised Mandela to move into the grand house Winnie had built a few blocks away, but he insisted on returning to his own, humble house that he lived in before his imprisonment. "I yearned to resume a normal and ordinary life," were his words.

# MADIBA'S TIPS FOR GREATNESS

Nelson Mandela led by example and lived by principles, values – and a few simple philosophies. Here are some.



### DISCIPLINE

Mandela lived by discipline and followed a strict routine of getting up early and daily exercise. As a boxer, he trained regularly and continued exercising every day in his cramped cell on Robben Island.

At Pollsmoor Prison, his bigger cell gave him room to stretch out.

He said: "I followed my usual regimen of stationary running, skipping, sit-ups and fingertip press-ups. My comrades were not early risers and my programme made me a very unpopular fellow in our cell."

### GRATITUDE

He never took anything for granted, and was always grateful for even the smallest act of kindness towards him.

When Mandela was about to be released from Victor Verster Prison, one of his first concerns was that he should thank the guards and warders, and their families before he left.

But, in the rush of those last, historic moments, he was not able to do this. He was deeply upset. "I was greatly vexed by the fact that I did not have a chance to say goodbye to the prison staff."

IMAGES: SUPPLIED/FREEPIK

## HONOURING MADIBA

The nation is preparing for Mandela Day this Wednesday, 18 July. Tata Madiba would have been 100 years old this year. In honour of his 67 years of service to others, South Africans are encouraged to do good deeds for 67 minutes. Metrorail commuters share with us what they will be doing to make a positive difference. **Zimkitha Ngcunguwe and Azraa Jaftha**

### HAVE YOUR SAY



#### RENECIA CLEOPHAS FROM EERSTE RIVIER

"My 67 minutes will be spent providing the less fortunate with soup and bread as it is cold. On hearing the name Nelson Mandela, I immediately think of a man who gave of himself selflessly time and time again. Everyone should do something small for someone random, even if it is just a smile because even that can make a difference in someone's life."



#### JOSEPH PAUL FROM MUIZENBERG

"I like to read all the books about Nelson Mandela so that's how I will spend my 67 minutes. When I hear his name I think of a man who was a freedom fighter. This is a day people should spend being peaceful with one another as he was a peaceful man."



#### NOLUBABALO VITI FROM GUGULETHU

"On Madiba Day I'll be at work, so I'll spend the day cleaning the streets just outside my workplace. If I could, I would spend the day volunteering at schools, as education is the most important thing in life. I think people all over the world should wear a Nelson Mandela T-shirt on this day to honour him and what he has done for the nation."



#### ANTONIA MATISO FROM PHILIPPI

"On Madiba Day I will be at work, but after work I'll go to an old age home near my place and help in the kitchen for the rest of the day. Tata of the nation is how I called and still call him, even if he is no longer in this world. I regard him as a hero, a father for the fatherless. The day should be celebrated peacefully; reach out to those who can't do anything for themselves."



#### LUNGISA MAFUNDITYALA FROM KHAYELITSHA

"Although I'll be working on Mandela Day, that doesn't stop me from doing something great on the weekend after his birthday. I'll volunteer to do gardening for my neighbour who is old and cannot move around a lot. The day should be celebrated in a good and prosperous way in terms of giving and helping others. When I hear the name 'Madiba' I feel proud to be black. If it weren't for him I wouldn't have been proudly waking up in the morning going to work."



#### ANELISA BALINDEVU FROM CROSSROADS

"I'll spend my 67 minutes in a day care centre singing to children and reading stories for them. The Father of the Nation – that's what comes to mind when I hear the name 'Nelson Mandela'. He was a father to all regardless of skin colour. One can wear a T-shirt with Tata's face on to honour him. Even if it's to clean someone's house without expecting something in return, then that's how you will know you have played your part. Let's make every day a Madiba Day."



## VOICES OF HOPE, FREEDOM AND UNITY

Choirs from all over the world will pay tribute to Nelson Mandela during 13 concerts around South Africa.

**Feroza Miller-Isaacs**

C

hoirs from Africa and the United States of America (USA) will honour the 100th anniversary of the birth of Nelson Mandela with a series of concerts around the country.

The 13 concerts began on 1 July and will run until 20 July in areas including Bonteheuwel, Khayelitsha, George and Soweto.

They form part of the 10th anniversary edition of Ihlombe! which was established in 2009 and has featured nearly 90 choirs from 10 countries throughout South Africa over the years.

This year's edition is entitled the 10th annual Ihlombe! South African Choral Festival's Mandela at 100: Voices of Hope, Freedom & Unity celebration. In the spirit of Madiba's prized ideals of 'Hope, Freedom and Unity', select youth and collegiate choirs from five major American cities – Atlanta, Baltimore, Los Angeles, Seattle and Washington DC – will perform 13 collaborative concerts with more than 15 African youth, church and community ensembles.

The performance in Cape Town will take place on Wednesday 18 July at 6pm at St George's Cathedral.

For more details, contact Roger Horne on 071 900 8402 or rogerhorne936@gmail.com or Bongani Magatyana on 072 392 4120 or bongani.magatyana@hotmail.com.



Beautiful voices will boom out in honour of Nelson Mandela's 100th centenary.

### HOW TO SPEND YOUR 67 MINUTES

- Look no further than home. Do a street clean-up or help clean an elderly neighbour's home and backyard.
- Reach out to animals. Volunteer at the SPCA, Domestic Animal Rescue Group (DARG) or The Emma Animal Rescue Group (Tears); or donate a small amount of cash or bags of cat or dog food each month. Every little bit helps.
- Visit a children's home or orphanage and read to the kids, or take a few picnic baskets along and make their day.
- Donate blood or become an organ donor.
- Offer to fix things at a local school or community centre.
- Visit an old age home and spend time with the elderly; walking with them or just sitting and talking.
- Get your family together and cook a big pot of soup to feed some homeless people.



# What does LGBTQIA+ mean?

You might have heard people talk about being gay or lesbian before, or mentioning groups like LGBTQIA+. These words are about sexuality (who you are attracted to) and identity (who you are). So when we use these words, we are talking about something very personal and important to someone.

## LGBTQIA+ stands for:

**Lesbian:** This is a female who is attracted to females.

**Gay:** This is a male who is attracted to males.

**Bisexual:** This is when someone can be attracted to both males and females.

**Transgender:** This is when someone's gender identity (feeling like a male or a female inside) does not match their physical body's sex (their male or female body parts).

**Queer or Questioning:** "Queer" is a word sometimes used by people who don't fit into society's ideas of sex and attraction, so it can mean many different things. Some people don't like the word, since it has often been used to hurt people. "Questioning" means that someone is still figuring out their sexuality.

**Intersex:** This is when someone has some male and some female body parts or hormones.

**Asexual:** This is when someone doesn't feel sexually attracted to others.

The + is a way to include all identities and sexualities who don't fit into these labels.

A person's sexuality and identity is their own business, and we're allowed to talk about our own sexuality as much or as little as we want to. It's important to respect other people's sexuality and identity – the South African Constitution says we should not treat people differently because of their sexuality.

To see how the South African government is working for the health of LGBTQIA+ people, take a look at the South African National LGBTI HIV Framework

[http://sanac.org.za/wp-content/uploads/2016/07/J6917\\_LGBTI\\_Booklet\\_LR.pdf](http://sanac.org.za/wp-content/uploads/2016/07/J6917_LGBTI_Booklet_LR.pdf)

For more on relationships and the people in your life, check out other articles in our Connecting section

<https://bwisehealth.com/category/connecting>

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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She Conquers SA

# My identity, my sex, my gender, my attraction – what does it mean?

My identity, my sex, my gender, my attraction – what does it mean? When people talk about their sex, their gender, their identity or their attraction, they are talking about different things. Let's break down what these words mean:

## What is identity?

Identity is at the heart of who we are. It's the thoughts, feelings and abilities that make you you.

## What is sex?

This is whether your genitals (private parts) are male, female, or a combination of both. Other things that go along with your sex are your hormones – females usually have more oestrogen and males have more testosterone – body shape, body hair, and whether or not you menstruate (have periods).

## What is gender?

Gender is a society's ideas about how males and females should look, feel and behave. Your gender identity is your own sense of yourself as male, female, both or neither. This could be the same as your sex, or different.

## What is attraction?

Attraction is who you have emotional, romantic or sexual feelings for. This is what the words lesbian, gay, bisexual, and heterosexual are about.

Your identity, your sex, your gender and your attraction are yours and yours alone – no one else can tell you what they are. And it's OK if you're still finding out. To learn more about sexuality and identity, check out our article "What does LGBTIQ mean?"

<https://bwisehealth.com/article/what-does-lgbtqia-mean?>

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 12 TO 18 JULY 2018**



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

12 – 18 July 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
12 – 18 July 2018	Cape Town – Retreat	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
12 – 18 July 2018	Cape Town Station	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.
14 July 2018	Woodstock – Salt River	05:30 – 23:59	Trains terminate at Salt River. Make use of the Cape Flats trains to Cape Town. Train delays of 45 to 50 minutes can be expected.
15 July 2018	Woodstock – Salt River	00:01 – 23:59	Trains terminate at Salt River. Make use of the Cape Flats trains to Cape Town. Train delays of 45 to 50 minutes can be expected.

**PERFORMANCE**

**AM ON TIME**

**9.3%**

**PM ON TIME**

**19.5%**

**CANCELLED (AM + PM)**

**30.1%**



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

12 – 18 July 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
12 – 18 July 2018	Paarl – Wellington	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
12 – 18 July 2018	Paarl – Kraaifontein	07:00 – 17:30	Maintenance between scheduled train service. Train delays of 15 to 20 minutes can be expected.
12 July 2018	Kraaifontein – Muldersvlei	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.
13 July 2018	Muldersvlei – Klipmuts	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.
14 July 2018	Woodstock – Salt River	05:30 – 23:59	Kraaifontein and Wellington train will be rerouted via Monte Vista. (All Monte Vista trains will be cancelled) All other trains will operate from Mutual via Esplanade. Train shuttle between Mutual and Maitland. Make use of the Simon's Town trains to Cape Town. Train delays of 45 to 50 minutes can be expected.
15 July 2018	Woodstock – Salt River	00:01 – 23:59	Kraaifontein and Wellington train will be rerouted via Monte Vista. (All Monte Vista trains will be cancelled) All other trains will operate from Mutual via Esplanade. Train shuttle between Mutual and Maitland. Make use of the Simon's Town trains to Cape Town. Train delays of 45 to 50 minutes can be expected.

**AM ON TIME**

**25.0%**

**PM ON TIME**

**31.4%**

**CANCELLED (AM + PM)**

**19.6%**

**AM ON TIME**

**51.6%**

**PM ON TIME**

**66.2%**



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

12 – 18 July 2018	Belhar – Sarepta	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
14 July 2018	Woodstock – Salt River	05:30 – 23:59	All Central trains to run via Mutual. Commuters travelling to Pinelands must make use of the Cape Flats trains. Train delays of 45 to 50 minutes can be expected.

**CANCELLED (AM + PM)**

**11.0%**

While we try our utmost to do maintenance during off-peak, connecting trains may be subject to delays. Performance reflects week 28 June to 3 July 2018.

**CUSTOMER SERVICE**

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

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