



YOUR FREE NEWSPAPER

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PLAN YOUR COMMUTE

This year, longer commuting times have become a reality for those relying on trains to get to work and back home. A number of factors are contributing to the unavoidable extended travel time. We bring commuters up to speed.

Feroza Miller-Isaacs

The status of train service
For the period 1 to 15 August, the percentage of trains on time was 56%. For the period 1 April to 31 July, timekeeping was at 50.2%. A significant improvement is thus noticeable.

How many trains have been cancelled, and why?
From 1 to 15 August, 1 233 trains were cancelled. The main reason for trains being removed from service is the unavailability/shortage of train sets. Metrorail Western Cape requires 88 train sets to operate a full service. Currently, we have an average of 42 sets available. The main reason is the number of rolling stock we have lost (33 carriages) due to arson.

Have all cancelled trains been removed from the timetable?
The majority has been removed. However, Metrorail's rolling stock team and contractors are working around the clock to bring back a few train sets. When these train sets are returned to service, the trains which were temporarily cancelled will be reinstated.

What's causing train delays?
A number of factors, such as infrastructure; trains being beyond their design life; becoming obsolete or outdated and no longer of use and incessant vandalism which severely hampers the provision of stable services.

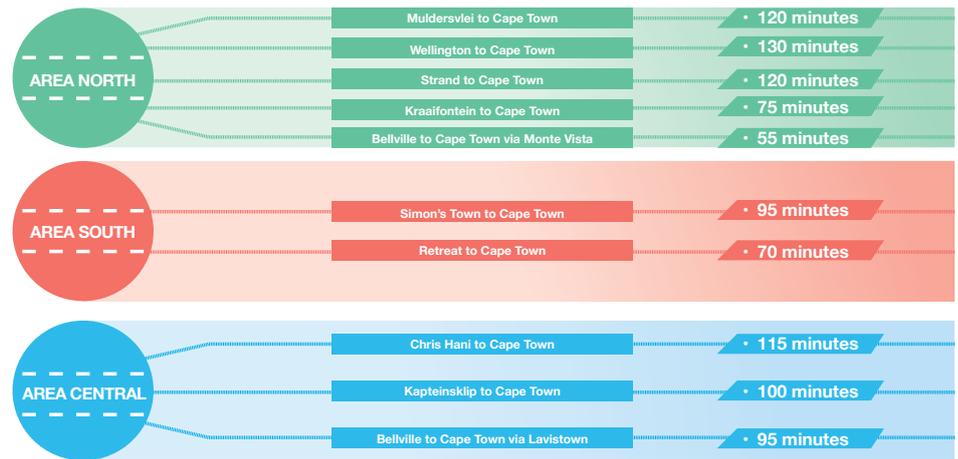
What are the extended travel times for each area?
Extended travel times vary; from 55 minutes to up to 130 minutes.

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 55 6463 (toll-free) to find out about any last-minute changes.



Metrorail is committed to complying with rail safety requirements to ensure trains operate as safely and reliably as possible under the current circumstances. While these alternative measures will ensure service continuity, these will regrettably extend the average travel times during weekday peak hours.

To assist commuters in planning their journeys and travel times, Metrorail has removed all cancelled trains from its timetables to reflect a more accurate service.

*See page 4

CWANGCISA UHAMBO LWAKHO NGOLOLIWE

Kulo nyaka, ixesha elide lokuhamba liye layinyani kubo abo baxhomekeke kuloliwe ukuya emsebenzini baze babuye ekhaya. Uninzi lwezinto ezifaka isandla ekulibazisekeni okungenakukuphepheka kwinkonzo kaLoliwe. Sazisa abakhweli ngokukhawulezileyo.

Yintoni ebangela ukulibaziseka kukaLoliwe?

Ukugqithisa (ukuphelelwa lixesha nokungasetyenziswa) kwezakhiwo kunye nooLoliwe abangaphezu kwezinto zobomi bokuyila. Ukungaphumeleli kweenkonzo. Ubundlobongela obungena mfuneko kunqanda kakhulu ukubonelela ngeenkonzo ezintle.

Ubume beenkonzo zoqoqosho?

Ngethuba eli-1 ukuya ku-15 uAgasti, ipesenteji yoololiwe ngexesha lingama-56%. Kwithuba ukususela ku 1 Epreli ukuya ku-31 Julayi, ukuginwa kwexesha bekuyi-50.2%. Uphuculo olumandla luyabonakala.

Bangaphi oololiwe abaye baqhawulwa, kwaye kutheni?

Ukususela ngomhla we-1 ukuya ku-15 Agasti, oololiwe abayi-1 233 zacinjwa. Isizathu esibalulekileyo sokumisa abaloliwe kukungabikho / ukunqongophala kweesethi zokuqeqesha. I-Metrorail eNtshona Koloni idinga iisethi zokuqeqesha ezingama-88 ukuqhuba inkonzo ephelileyo. Okwangoku, sinomlinganiselo ongama-42 esethi akhoyo. Esona sizathu linani lesitokisi esisigxina esilahlekileyo (33 iikheji) ngenxa yokutshiswa. iMetrorail isuse bonke oLoliwe abanqunyanyisiweyo kwiinkcukacha-mbhalo zayo zokubonisa inkonzo ezicacileyo. Jonga inkcazi maxesha kwi-capetowntrains.freeblog.site.

IMAGES: SUPPLIED/ISTOCK/GETTY IMAGES

SAFETY

SAFETY FIRST AT NOLUNGILE STATION

Metrorail reached out to the community of Khayelitsha during a recent safety campaign in the area which served to educate people about how criminal acts impact on the ability to provide efficient service. **Feroza Miller-Isaacs**



Rapid Rail Police Unit (RRRU) members advised learners to exercise extra caution when walking to and from the station, and to avoid wearing headphones in public.



The Safety Campaigns team at Nolungile Station.

Commuters were eager to listen to the message about safety when Metrorail conducted an anti-vandalism safety campaign at Nolungile Station in Khayelitsha. The Safety Campaigns team, led by Marketing and Communication, educated the community about the challenges under which Metrorail operates. They helped commuters understand how negatively vandalism, arson and criminal activities conducted within the rail environment affects service. While distributing pamphlets on rail safety, the team also assured the community that despite challenges, the rail operator's objective is to render good service and keep customers safe. Vandalism to train components and rail infrastructure, and theft of cabling continue to have a knock-on effect on service and customers, mostly on the Central line where such incidents are prevalent. Commuters who were at Nolungile Station during the safety campaign said they felt reassured by the team's presence, communication and interaction with them. The following departments and stakeholders supported the M&C team: Business Risk, Protection Services, Customer Services and the RRRU.



Metrorail's Safety Campaigns team made a strong showing in Khayelitsha.

LET'S TALK!

Here's how you can reach us...

- Tweet @CapeTownTrains
- Like Cape Metrorail on Facebook
- Visit www.capemetrorail.co.za
- Call the 24/7, toll-free Transport Information Centre on 0800 65 64 63.
- Access GoMetro mobile app (www.gometro.co.za)
- Read MyLine – get your free copy every Thursday.
- Look out for electronic notice boards and station announcements.

THE FOLLOWING IS ILLEGAL AND DANGEROUS:

1. OPENING DOORS WHILE THE TRAIN IS IN MOTION.
2. SMOKING ON TRAINS OR PLATFORMS.
3. CROSSING RAILWAY LINES AT NON-DESIGNATED POINTS.
4. JUMPING IN AND OUT OF MOVING TRAINS.
5. MOVING BETWEEN COACHES.

SPECIAL PROJECTS

POLLUTION GETS THE BOOT

A women's group calling themselves the Mighty Women of God packed a mean punch when they amassed 60 bags of refuse on Women's Day, taking just two hours to do this. **Feroza Miller-Isaacs**



George Kiewiets, Metrorail special projects manager with the group of women who helped collect refuse at Mowbray Station recently.



The ladies are still smiling after a productive cleaning campaign.

A small group of women recently helped to collect 60 bags of refuse at Mowbray Station; they are testimony that dynamite comes in small packages.

The six women, all members of the Seventh Day Adventist Church in Mowbray, are determined to give pollution the boot in their communities. To achieve this, they enlisted the help of George Kiewiets, Metrorail special projects manager. What ensued was a successful day of learning about the rail operator's cleaning campaign initiatives.

"The ladies chose Women's Day to clean up the Prasa Cres and Perway precinct in Mowbray of all the dirt and refuse from illegal dumping," says George. Commending them, he adds: "They were eager and energetic to implement the briefing procedures and activities and said it was a memorable experience for them."

Now the women plan to take back to their respective communities what they've learnt by starting cleanup campaigns. And they have the full support of Metrorail, concludes George.



Mowbray Station precinct was left spick and span by this group.



OPERATIONS

TRAIN CANCELLATIONS IN NORTH

Metrorail periodically aligns its timetable to its available fleet. As a result of perpetual vandalism and subsequent loss of train carriages, the following Northern Line and Monte Vista trains were withdrawn from the timetable in August. Commuters can view revised timetables on our blog at <http://capetowntrains.freeblog.site/timetables>

MONTE VISTA

Morning Withdrawals				
Train	Departure	Time	Arrival	Time
T2857	Cape Town	6:05	Belville	6:38
T2858	Belville	6:45	Cape Town	7:17
T2859	Cape Town	9:35	Belville	10:08
T2860	Belville	10:20	Cape Town	10:53
T2861	Cape Town	11:00	Belville	11:33
T2862	Belville	11:45	Cape Town	12:18

Afternoon Withdrawals				
Train	Departure	Time	Arrival	Time
T2863	Cape Town	13:20	Belville	13:53
T2864	Belville	14:20	Cape Town	14:53
T2869	Cape Town	18:31	Belville	19:05
T2868	Belville	17:32	Cape Town	18:05
T2870	Belville	19:17	Cape Town	19:52

NORTHERN LINE

Morning Withdrawals				
Train	Departure	Time	Arrival	Time
T3545	Belville	5:50	Wellington	6:49
T2507	Cape Town	6:42	Kraaifontein	7:35
T3546	Wellington	7:03	Cape Town	8:40
T2313	Cape Town	7:07	Eerste River	8:02
T2569	Cape Town	7:28	Kraaifontein	8:19
T2516	Kraaifontein	7:45	Cape Town	8:38
T2315	Cape Town	7:50	Eerste River	8:45
T2513	Cape Town	8:08	Kraaifontein	9:01
T2314	Eerste River	8:21	Cape Town	9:17
T2570	Kraaifontein	8:27	Belville	8:44
T2316	Eerste River	9:10	Cape Town	10:03
T2522	Kraaifontein	9:10	Cape Town	10:04
T2319	Cape Town	10:40	Eerste River	11:35
T2320	Eerste River	11:43	Cape Town	12:39
T2527	Cape Town	11:40	Kraaifontein	12:33

Afternoon Withdrawals				
Train	Departure	Time	Arrival	Time
T2563	Cape Town	12:25	Kraaifontein	13:18
T2536	Kraaifontein	12:50	Cape Town	13:43
T2566	Kraaifontein	13:25	Cape Town	14:15
T2533	Cape Town	14:15	Kraaifontein	15:08
T2535	Cape Town	14:55	Kraaifontein	15:48
T2359	Cape Town	15:20	Kuils River	15:58
T2542	Kraaifontein	15:25	Cape Town	16:18
T2327	Cape Town	15:43	Eerste River	16:38
T2544	Kraaifontein	16:00	Cape Town	16:53
T2360	Kuils River	16:05	Cape Town	16:45
T2543	Cape Town	16:30	Kraaifontein	17:23
T2331	Cape Town	16:35	Eerste River	17:30
T2328	Eerste River	16:48	Cape Town	17:44
T2545	Cape Town	16:55	Kraaifontein	17:48
T2552	Kraaifontein	17:33	Cape Town	18:26
T2549	Cape Town	17:55	Kraaifontein	18:48
T2554	Kraaifontein	18:04	Cape Town	18:57
T2332	Eerste River	18:11	Cape Town	19:04
T2337	Cape Town	18:32	Eerste River	19:27
T2336	Eerste River	19:34	Belville	19:53

How train cancellations affect service

One train set is scheduled to do a number of train trips per day. All train sets are operating in the morning and afternoon peak. In the off-peak, when the demand is lower, some train sets will stable (not work) until the afternoon peak while others will go for maintenance as per schedule.

Example: TRAIN 14

TRAIN SET: 14				
Train No (trip)	Departure Time	Origin Station	Destination Station	Arrival Time
3504	05:05	Wellington	Cape town	06:47
3413	09:30	Cape town	Muldersvlei	10:57
3418	11:30	Muldersvlei	Cape town	13:06
3419	14:01	Cape town	Muldersvlei	15:37
3424	15:47	Muldersvlei	Cape town	17:13
3537	17:38	Cape town	Wellington	19:14

OTHER FACTORS WHICH IMPACT SERVICE

- Ongoing vandalism and theft of signal equipment, as well as vandalism to rolling stock. The severity of vandalism and theft are such that repairs and replacement cannot take place overnight. If signal equipment is vandalised or stolen, trains need to be manually authorised and this process takes time. The norm for authorities is 1 500 per month. The average number of authorities per month for the period 1 April to 31 July is 20 800.
- Due to the condition of the Perway tracks, there are more than 70 speed restrictions in the region. There is a detailed plan to address this but in most cases, rails need to be replaced. This is a timeous process.
- PRASA is busy with a major resignalling project which means, for now, the old and new signalling systems need to interface at various locations; this results in some delays.



Train set 14 will do six train journeys. Should train set 14 be cancelled for the whole day, it will result in all six train trips being cancelled.

PROFILE

WITH PHADIELA, IT ALL ADDS UP

The Centre of Science and Technology may be the smallest school in Khayelitsha but it boasts some impressive academic achievements, thanks to its principal and educators. We uncover the school's formula for success.

Zimkitha Ngcunguwe

Phadiela Cooper has an affinity for mathematics, which is why her job as principal of a school specialising in this subject, is a dream come true.

The 55-year-old has been principal of the Centre of Science and Technology (COSAT) in Khayelitsha for the past 10 years. With 550 learners, COSAT is the smallest school in Khayelitsha. However, this didn't stop it from becoming the first to make it to the province's list of top 10 schools. Last year, one of its matriculants achieved six distinctions.

Taking her inspiration from Nelson Mandela and John Gilmour, founder and executive director of LEAP Science and Maths Schools South Africa, Phadiela is passionate about teaching and making a difference in young people's lives, especially in disadvantaged communities. "When I started working in Khayelitsha 15 years ago – as a teacher – I just knew it's where I belong. The learners here appreciate the education they get. That inspires the teachers to do their best as well," she says, adding: "Being a school principal means you're not alone and that's what helps me overcome daily challenges."

Phadiela attended primary school in Hanover Park and matriculated at Mount View High School. After graduating from UCT with a Bachelor of Social Science, she began her teaching career at Portland Secondary School. "Mathematics has always been my favourite subject because I enjoy working with figures and solving problems. I'm also a maths teacher.

With respect to the quality of education, Phadiela believes that South Africa has a good education system. "I believe every child is capable of excelling but only if they get proper guidance." Her philosophy is: "Give everyone a chance. If you have a problem, my door is always open."

FAST FACT

ONE OF A KIND

COSAT is one of three STEM (science, technology, engineering and mathematics) facilities in the Western Cape where learners with an aptitude for maths and science are accepted. The other two facilities are the Cape Academy in Tokai and the new Claremont High School.

Principal Phadiela Cooper leads with vision.



Learners from the Centre of Science and Technology in Khayelitsha.



Principal Phadiela Cooper and her team of educators.



This might be a small school but it's an important facility for its 550 learners who are passionate about maths and science.



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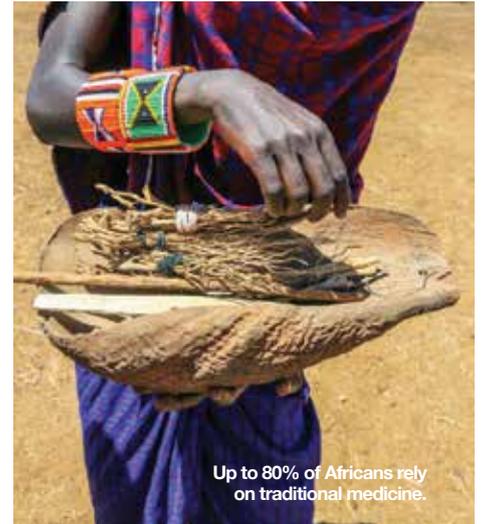


Visit our blog on capetowntrains.freeblog.site.

GENERAL INTEREST

TRADITIONAL AFRICAN MEDICINE FOR YOUR HEALTH

When it comes to health, everyone has their own preference for treatment. With African Traditional Medicine Week from 26 to 31 August, we unpack what traditional medicine is, find out how people find healing through this and speak to an African traditional practitioner. **Zimkitha Ngcunguwe and Lungisa Mnqwazi**



Up to 80% of Africans rely on traditional medicine.



The popularity of traditional medicines.

It's different strokes for different folks when it comes to health. Some people believe in Western/allopathic medicine while others opt for a holistic route which includes taking herbs, natural products or supplements for their ailments.

The role of traditional medicine is huge, with millions of Africa's population relying on traditional medicine for their basic health needs as it is their only available, accessible and affordable healthcare service - especially in rural areas. The belief is that herbs from a trained traditional medicine practitioner (TMP) are healthier and has no side effects.

Traditional African medicine is used to treat a range of illnesses including high blood pressure and headaches.

Though traditional healers are often first to be called for help when sickness strikes, there are many misconceptions about the practice of traditional medicine, with some believing that traditional medicine practices involve witchcraft or human sacrifices.

DID YOU KNOW

- Traditional African medicine is a discipline involving indigenous herbs and African spirituality.
- The word 'muti' is derived from the Zulu word for 'tree' and is slang for traditional African medicine.



HEALING THROUGH THE AGES

The wisdom to use traditional medicine comes from our forefathers, our elders. That's why 80% of South Africans use traditional African medicine.

Ntombikayise Ngcunguwe is a traditional healer (Umkhwetha) though she still has to go through the process of becoming a fully trained sangoma.

Her journey began when she was a teenager and had recurring dreams. When she was older Ntombikayise finally understood her dreams. "That's when I knew it was my calling (Intwaso)."

Ntombikayise uses Western and traditional medicine, saying some illnesses specifically needs traditional medicine. "I was chosen to be a traditional healer, I did not choose it. It is a difficult and expensive process to finish, especially for me because I'm unemployed."

She says her calling attracted nasty comments. "When I came back to do the ritual, the community had opinions about me wearing white beads (lintsimbi). They would say mean stuff, that I'm a witch. That's when I isolated myself." Ntombikayise stayed at home with just her children. Her only visitors were other traditional healers.

Government's commitment to the involvement of traditional healers in official healthcare services extends to several types of traditional healthcare practitioners, including diviners, herbalists and faith healers.

Care must be taken when using plants and herbs for healing to avoid serious adverse side effects.

HAVE YOUR SAY

NATURAL CHOICE

We ask some residents from Masiphumelele how they have gained healing from this practice. **Lungisa Mnqwazi**



ZANDILE QEQUE

"Traditional medicine is cost effective and easy to access whereas pharmaceutical products cost you a lot. For example, when you have a cough, you can drink a mixture of lukewarm water and cannabis - your cough will go away. Traditional medicine is organic and does not have side effects. My mother is a sangoma and we use traditional medicine most of the time."



MKHUSELE LAHLEKILE

"I use traditional medicine because that's how I was brought up. My father is a believer of indigenous herbs and he's reluctant to use Western medicine. If I have anything that needs to be cured, I always visit the traditional healers because they can foresee the matter and heal it instantly. When you visit medical practitioners they work with what you tell them or they just check for symptoms."



NIKITA SUSELO

"People make a mistake of thinking that using traditional medicine is witchcraft but the truth is that we use this kind of medicine to cure sicknesses that medical doctors are unable to. I once had a swollen leg and doctors told me I was fine and I should take antibiotics and painkillers, but when I consulted a traditional healer, he managed to heal me instantly."

HEALTH

NOT TO BE SNEEZED AT

A recent survey conducted this winter shows how South Africans outsmarted viruses this time round. An expert gives us the cold facts.

Article, courtesy of Meropa Communications on behalf of Pharma Dynamics

This winter season, South Africans threw colds and flu viruses a curveball, with just over a third suffering only once from coughs and sniffles. This is according to a national survey conducted by a leading colds and flu medicine provider.

Annemarie Blackmore, antimicrobial product manager at Pharma Dynamics, says those who struggled to shrug off a cold could possibly have an underlying chronic illness which compromises the immune system and puts them at greater risk of infection. She explains SA has had a relatively mild colds and flu season compared to elsewhere in the world where the dreaded Aussie flu, also known as H3N2, wreaked havoc in Britain and the US during the past northern hemisphere winter.

Annemarie adds: "According to SA's National Institute of Communicable Diseases (NICD), most flu samples which tested positive this season have been identified as influenza A (H1N1), also known as Swine flu. The H3N2 strain typically has a higher mortality rate than the milder H1N1, particularly among the young, elderly and those who have compromised immune systems. The H3N2 strain was more predominant in SA last year.

"Even though the colds and flu season reared its head earlier this year – during the first week of May – the total number of reported flu cases is lower compared to the same time last year." She says while circulating flu strains were less virulent this season, the over 200 viruses responsible for the common cold can cause an equal amount of discomfort.



Annemarie Blackmore, Antimicrobial Product Manager at Pharma Dynamics.

FLU POLL

Pharma Dynamics polled 1 837 South Africans, aged 18 and older, on how they dealt with colds and flu this winter, with some interesting results.

- While 9% escaped getting a cold, 38% suffered only once, 32% got it twice, 13% had it three times and 8% had it four or more times.
- Sixty percent took great care in avoiding personal contact with a sick person; 9% even went as far as quarantining sick family, friends or colleagues.
- Forty-two percent were militant about hand-washing, 41% covered their nose and mouth when coughing or sneezing, and 14% regularly disinfected surfaces.
- Improving immunity was a priority, with 45% relying on immune-boosting supplements and 36% on vitamins, while 27% ate more fruit and vegetables.



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.

MAINTENANCE PROGRAMME 23 – 29 AUG 2018



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

23 – 29 Aug 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
23 – 29 Aug 2018	Cape Town – Retreat	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
23 – 29 Aug 2018	Cape Town Station	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.
23 – 29 Aug 2018	Cape Town Station	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.



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

23 – 29 Aug 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
23 – 29 Aug 2018	Belville – Paarl – Wellington	07:00 – 17:30	Maintenance between scheduled train service. Train delays of 15 to 20 minutes can be expected.
26 Aug 2018	Maitland – Woltemade	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
23 – 29 Aug 2018	Esplanade – Mutual	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 15 to 20 minutes can be expected.



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

23 – 29 Aug 2018	Belhar – Sarepta	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
23 – 29 Aug 2018	Esplanade – Mutual	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 15 to 20 minutes can be expected.
26 Aug 2018	Langa – Kapteinsklip	08:00 – 18:00	All Central trains terminate at Langa. Commuters are advised to make use of own alternative transport. Train delays of 45 to 50 minutes can be expected.
26 Aug 2018	Langa – Chris Hani	08:00 – 18:00	All Central trains terminate at Langa. Commuters are advised to make use of own alternative transport. Train delays of 45 to 50 minutes can be expected.

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 8 to 14 August 2018.

PERFORMANCE

AM ON TIME

40.7%

PM ON TIME

42.5%

CANCELLED (AM + PM)

26.5%

AM ON TIME

52.1%

PM ON TIME

61.5%

CANCELLED (AM + PM)

16.2%

AM ON TIME

83.3%

PM ON TIME

78.7%

CANCELLED (AM + PM)

33.1%

CUSTOMER NOTICE

SOUTHERN LINE EXTENDED TRAVEL TIME

The commissioning of the recently installed signalling system is subject to extensive tests. Stoppages between Kenilworth and Wynberg will continue as trains await clearance for manual authorisation in this section. Until the new system is fully functional, commuters are advised that the average travel time between Fish Hoek and Cape Town is 80 to 90 minutes.

CUSTOMER SERVICE

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

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AREA CENTRAL
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