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Spring

HAS SPRUNG



MyLine will be taking a break
And will be
BACK SOON
(WITH A BRAND NEW LOOK)

SAFETY

ANOTHER CABLE THIEF SENTENCED TO JAIL

The book is being thrown at those guilty of rail offences and crimes. Last week, Jacobus Hanekom became the fifth person to be sentenced to jail for cable theft. **Feroza Miller-Isaacs**

Yet another cable thief has been sentenced to jail. This time, Jacobus Hanekom received a 10-year prison term for stealing cable at Du Toit Station in Stellenbosch on 6 June.

Hanekom is the fifth person to be convicted of cable theft this year. His sentence follows that of fellow cable thieves Fortune Nkomo and three others. Nkomo was imprisoned in June for 15 years. Three more cable thieves were sentenced to six years and three years (suspended for five years) and three years, respectively.

"This conviction is reassurance to our embattled commuters that Metrorail is committed to rid trains and stations of criminals," says Richard Walker, Metrorail regional manager. He praised the teams for their commitment which has resulted in 29 arrests this month; bringing the total number of awaiting-trial offenders to 145.

The arrests were made by multidisciplinary teams including the rail operator's Protection Services Unit, Metro Law Enforcement and SAPS. In response to public complaints, 1466 vagrants were removed during joint operations from the Passenger Rail Agency of South Africa (PRASA) precincts across the rail network.

	AUGUST	NUMBER OF ARRESTS	OFFENCES	SAPS CHARGE OFFICES
BREAKDOWN OF OFFENCES	WEEK 1	6	Attempted theft, robbery and possession of stolen property, malicious damage to property	Nyanga, Bellville, Salt River
	WEEK 2	8	Malicious damage to property, attempted theft, breaking and entering	Lentegour, Cape Town, Philippi (East), Manenberg, Mitchells Plain, Cape Town Central
	WEEK 3	8	Malicious damage to property In possession of stolen cables	Philippi East, Nyanga and Lentegour
	WEEK 4	7	Malicious damage to property, robbery and damage to essential infrastructure (cable theft)	Athlone, Retreat, Salt River, Nyanga, Manenberg.
	TOTAL	29		



Left: The homeless keep dogs as protection against removals. Far left: Metrorail teams remove about 60 vagrants per day from rail precincts.

METRO MATTERS

MZANSI'S FIRST LITTLE LOCO

The modern and efficient railway system we know today is the result of hard work by man and machine. We trace the history of one such machine which, though small, made great strides. **Feroza Miller-Isaacs**



Blackie was the first locomotive to operate in South Africa.

While many Capetonians and Metrorail commuters might know the history of rail in our country, few know the story of a little locomotive we have to thank for the early beginnings of our city's railway system.

It all began 159 years ago when a small locomotive – later nicknamed Blackie – was imported from Britain to South Africa (SA).

With Blackie's arrival in 1859, the construction of iron rail lines began in Cape Town (and in Durban). In 1860, the first railway, between the Point and Durban, was officially opened.

Blackie was used to build 72km of railway tracks from Cape Town to Wellington and remained in the service of Cape Government Railways until October 1873. Thereafter, she was rebuilt and shipped to the Eastern Cape for use in the Kowie Harbour construction project, at Port Alfred, until 1883.

Completely unserviceable, Blackie was repaired, repainted and railed to Grahamstown, where – as part of the great South African Industrial and Arts Exhibition

of 1898 – she went on display as SA's first steam locomotive engine.

She went into storage until 1913, then was displayed at Cape Town Station by the South African Railways.

An investigation by the Historical Monuments Commission saw Blackie being moved to Salt River Engineering Works, and it was decided that she be returned to the station and plinched as a permanent historical feature. On 14 April 1936, Blackie was proclaimed a national monument. She was relocated to Cape Town Station in the 1960s.

Today she is in storage, says Pierre Cronje, Programme Manager Passenger Rail Agency of South Africa (PRASA) Cres. "We are awaiting approval for the appointment of a contractor to reinstate the historic locomotive. To this end, consultation took place between the City of Cape Town and SAHRA, and there is agreement on where she will be placed, and the design."

♥ Thank you, Blackie, for your contribution to the railway network from which we now benefit. Long may you live.

STEEPED IN HISTORY

Blackie's illustrious working life consists of many interesting facts, including these from the South African Heritage Resources Agency website:

- Blackie is the only 4' 8 1/2" (1 435mm) gauge steam locomotive in existence which worked on the Cape Western Railway System of the Cape Government Railways.
- Blackie is one of two 1 435mm gauge steam locomotives preserved in SA. The other locomotive is Natal which hauled the first public train between the Point and Durban in 1860.

Sources

www.sahra.org.za
www.engineeringnews.co.za

INFRASTRUCTURE

HEROES SAVE THE DAY AT KOEBERG

The recent spate of train fires has resulted in up to three carriages being gutted during some incidents. Thanks to the heroic intervention of a few Metrorail workers, this was not the case with the Koeberg blaze on 21 August. **Lungisa Mngwazi**

A group of courageous Metrorail employees went beyond the call of duty when their swift and selfless actions helped prevent a fire on board a train from spreading to other coaches. The fire destroyed one carriage at Koeberg Station.

The employees' actions averted further costly damage to Metrorail property and subsequent delays as a result of more trainsets being out of action.

The two women and three men are yard officials at the Metrorail Infrastructure and Rolling Stock Depot in Salt River: Lerato Maseli, Monique Faulmann, Timothy Rossouw, Glenwill Louw and their supervisor Eric Mazinyo.

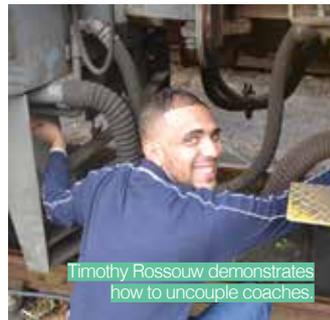
They say that on the day of the fire, they were going about their work of building and repairing trains when they noticed smoke coming from the direction of Koeberg. "We went out to look where the smoke was coming from and saw a train on fire at Koeberg Station. We rushed to the scene without thinking twice."

Without sparing a thought for their own safety, the group acted quickly to prevent the train from burning out completely. They uncoupled the blazing carriage from the rest of the train which entailed removing the cable that transmits voltage from one coach to another.

Describing what happened, Lerato says, "I had no fear at all. Working as a team, we focused on preventing the fire from spreading." After they had isolated the burning carriage, they gave the train driver the go-ahead to move



The Metrorail team whose rapid response prevented further damage to a burning train: from left Glenwill Louw, Monique Faulmann, Lerato Maseli and Timothy Rossouw. The fifth hero Eric Mazinyo was on leave when the photo was taken.



Timothy Rossouw demonstrates how to uncouple coaches.

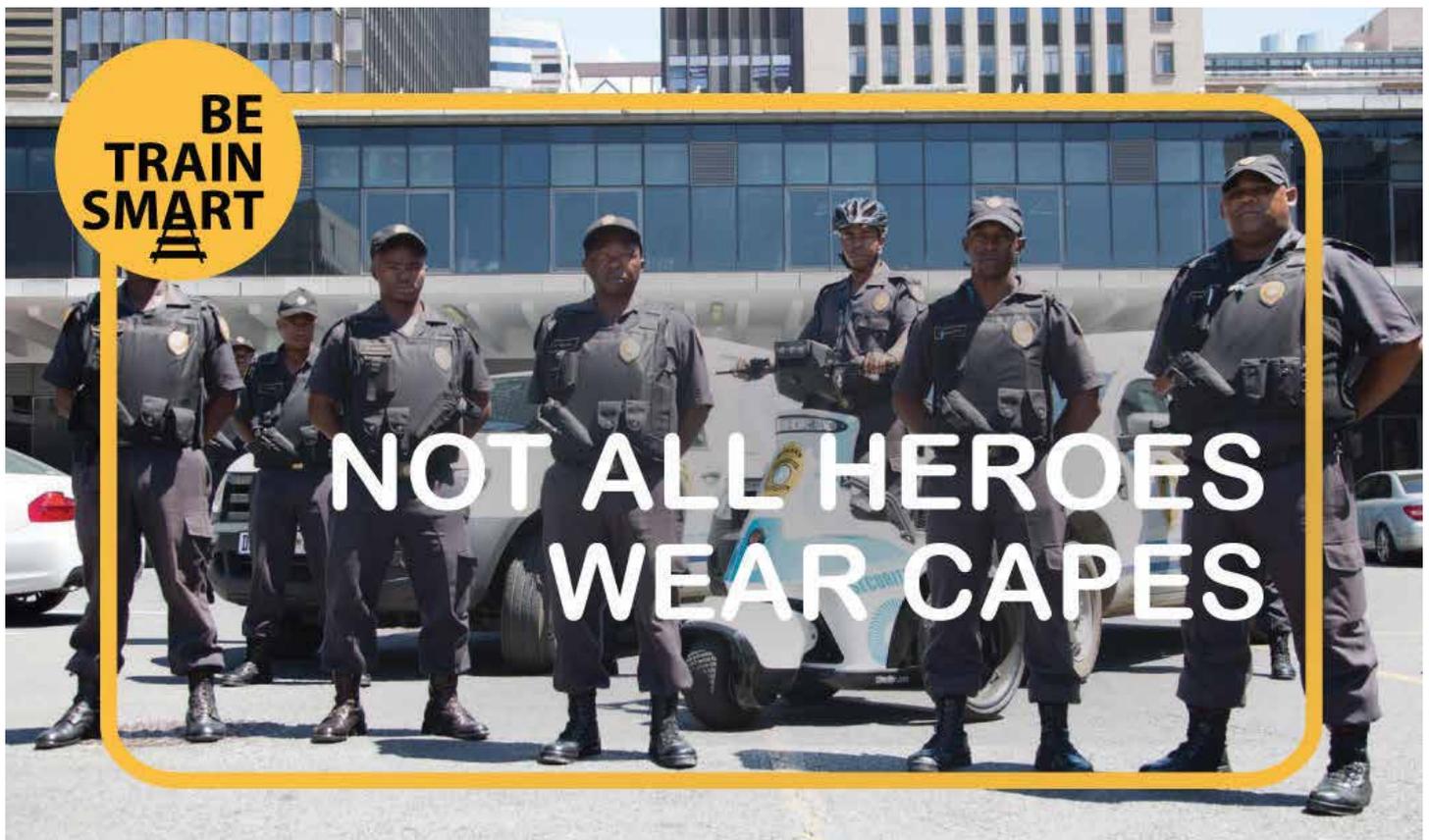


Lerato Maseli shows where she and her colleagues isolated the voltage between carriages.

the train with its remaining intact carriages. Monique adds: "We also travel by train and don't understand why some people burn their source of transport."

Timothy expressed his view, saying: "Most of the trains which have been torched reach stations already on fire, meaning the culprits start the fire and then get off at a station like other commuters."

In conclusion, Glenwill said: "We call for harsh penalties for those who damage Metrorail assets and infrastructure and cause great inconvenience to commuters. Trains are the most used form of public transport."



EVENTS

TIME TO STEP OUT

Spring has sprung and Heritage Day, 24 September, is on our doorstep. We rounded up some fun activities in anticipation of sunshine days. **Feroza Miller-Isaacs**

NATIONAL PRIDE

South African residents can enjoy free access to nearly 21 national parks during South African National Parks (SANParks) Free Week of Entry, from 10 to 14 September. See display ad on this page.

GET GOING

Both the elite athlete and casual walker will find what they want in the Sanlam Cape Marathon taking place on 22 and 23 September. Participate in the Two Peace Trail Runs (22km and 12km), 5km Peace Fun Run/Walk or the 10km Peace Run. For more details, visit www.capetownmarathon.com.

HERITAGE HAPPENINGS

Enjoy what our city has to offer this Heritage Month. From the opening of the San people's first heritage centre in Yzerfontein on Heritage Day to AfroFest's diverse line-up celebrating all things African. The festival includes art, cuisine and live cultural bands, and takes place at different venues in Cape Town from 22 to 24 September.

BRITISH HUMOUR AT ITS BEST

English-Irish comedian Jimmy Carr will have you in stitches during his stand-up show at GrandWest on 29 September. Tickets cost between R400 and R750. For more details, visit www.suninternational.com.

LAUGH A LOT

Popular stand-up comedian Marc Lottering has a new show on at the Baxter Theatre in Rosebank, until 29 September. Entitled "Lottering at the Baxter Theatre", it features his latest stand-up material on a range of topics, including French polony, life insurance and amnesia. Tickets cost between R100 and R135. For more details, visit www.baxter.co.za



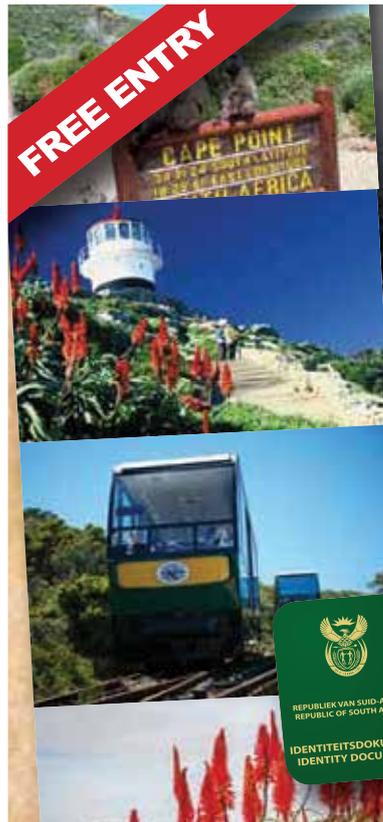
The cast of Swerigoed: back Andrew Laubscher and front, Richard September, Anna-Mart van der Merwe and Nicole Holm.

PICTURE A WATERLESS WORLD

A dynamic cast including popular TV actress Anna-Mart van der Merwe takes to the stage in Bauke Snyman's Swerigoed which is on at the Baxter Golden Arrow Studio stage until 22 September. Acclaimed and award-winning actress Tinarie van Wyk Loots makes her directorial debut in the show which, when it premiered at the 2018 Klein Karoo National Arts Festival, won three Kanna Awards. Swerigoed tells the story of people willing to do anything to get their hands on water, even kill for it. Show times are 7.30pm weekdays and 3pm Saturdays. Tickets cost between R80 and R130 and are available at selected Pick n Pay stores, or via www.webtickets.co.za.

BE PART OF A GLOBAL MOVEMENT

Join thousands across the world by clearing trash from the ocean on International Coastal Cleanup Day on 15 September. International Coastal Cleanup began more than 30 years ago in the United States and has grown with volunteers from more than 100 countries participating in cleanups on their local beaches. In Cape Town, beach cleanups take place throughout the year, on the first Saturday of each month. To join, contact CleanC, an organisation committed to tidying beaches and communities. Visit www.cleanc.co.za. Metrorail also has regular cleanups of its stations and railway lines in areas across Cape Town.



SOUTH AFRICAN NATIONAL PARKS WEEK 10 to 15 September 2018

The annual SANParks Week provides all South Africans with the opportunity of exploring their local National Parks between 10 and 15 September.

Metrorail in partnership with HGTS Tours are offering special transport rates during SANParks week. For booking information contact Metrorail Rail Tourism on railtourism@metrorail.co.za or call (021) 449 2366 / 3018.

Special Travel Packages: includes a return trip on a Metrorail train in a secure coach to Simon's Town and HGTS Tours bus shuttle to/from Cape Point:

Adults: R150 | Learners: R100 | Senior Citizens: R100
Family Package: R350 (2 Adults and 2 Kids)

Please bring along your SA ID to gain entry into the parks.



PROFILE



Benedicta Ngalwa prides herself on giving Metrorail's customers quality service.

A CAREER IN CARING

Benedicta Ngalwa is one of the longest-serving employees of Metrorail and has a rich history of customer service. **Lungisa Mnqwazi**

After 21 years with Metrorail, Benedicta Ngalwa, Area Ikapa Customer Services Manager (CSM) still has the same zest for her job. She says the rail operator is one of the best companies to work for.

Her role includes overseeing area managers, making sure monthly reports are submitted and operations run efficiently. Area Ikapa consists of 12 stations.

Energetic Benedicta, 62, tracks her career path to when she started as a supervisor in 1997 before being promoted to senior administrator, then to area manager.

"I've been a CSM for six years and had my fair share of highs and lows. The main challenge is frustrated customers to whom I explain that trains are fewer than before, and that vandalism to infrastructure is the cause of frequent delays and cancellations," she says.

"An unusual request was when a customer asked me to buy her child a monthly to school for three months, which I did. And, a strange complaint I dealt with, was a customer refusing to understand that a refund cannot be done on the day before's return ticket. I ended up giving the customer the money from my pocket."

Before joining Metrorail, Benedicta was a teacher. Her career in education spanned 20 years and included 10 years as a principal. Teaching was a natural choice as both her parents were educators. Her older brother also teaches. "This was a different field for me but I knew I could bring value." Although Benedicta is retiring next year, she's determined to continue giving her customers the best in care. She believes: "Anything is possible."

Relaxing and taking walks with her daughter brings her joy. She often babysits her neighbours' children. "Children are very close to my heart; they calm my mind with their silly conversations."

HAVE YOUR SAY

IT'S MATRIC BALL SEASON



A highlight of the final year of high school is the matric ball. Ahead of the big day goes months of planning and background work. We find out how commuters feel about this glamorous event. **Zimkitha Ngcunguwe and Lungisa Mnqwazi**



EMY KHUNGA FROM KUILS RIVER

"My husband and I made sure we spent enough on our daughters so they could have a good time with their peers. We spent close to R15 000 on their matric balls. I didn't make it to my matric ball because my parents were going through financial problems."



MANDLA MANGALI FROM FISH HOEK

"In my time there wasn't this much spending for a matric dance. I didn't go to my matric ball because I had to choose between Christmas clothes or a matric dance outfit. Learners appreciate it as many of their classmates can't afford to go."



NELISA KETEYI FROM MOWBRAY

"I'm a single parent and asked my kids to choose between a laptop and their matric dance. They choose laptops which they can use for longer. For my matric ball I borrowed my sister's shoes and my hair and make up was done by my aunt. I got a lift to the dance with my friend."



GRACE MUSASA FROM SIMON'S TOWN

"My baby boy is in Grade 11 and I'm so proud of him that I'll spend a lot on him for his matric ball because he works hard. My matric dance was a night I'll remember forever. Don't be angry at your parents if they can't afford to let you go to your matric dance."



SANGE JACOBS FROM STELLENBOSCH

"My three kids are not yet at the age of matric dance but I'll go all out for them and make sure they feel beautiful because I couldn't go to mine as my parents could not afford but I am grateful that I at least passed matric." To those who will not attend their matric dance I want to say it's not the end of the world, focus on your examinations."



GENERAL INTEREST

YOUTH TELL THEIR TALES

Salesian Life Choices' empowering '30 Stories in 30 Days' campaign gave 30 young South Africans the chance to tell their life stories. We share two of them.



Sinethemba's story:

"The power of holding tight to a dream"

Born from a teenage relationship, Sinethemba's father rejected both mother and child. He was raised by his maternal grandparents.

We were eight in our one-room shack: my grandparents, my mom, her four siblings and me. Sometimes my grandfather came home drunk, shouting for food. My grandmother sent her kids out to ask for food which became the family meal, but for my grandfather, it was never enough. He would beat my grandmother.

When he left, my grandmother took care of the family, working as a domestic worker. Saturdays she borrowed a train ticket and went to a slaughterhouse where she collected discarded bones. This, plus the mealie meal she could afford, became our food. We only ate in the evenings.

My bond with my aunt kept me going. Watching our small TV inspired us. We fell asleep on our shared mattress smiling, thinking about the future.

At 11, I went to live with my paternal grandmother. She was kind and lived in a real house. My father also lived in the house and made sure I paid for my presence by beating me. I spent more time at school to avoid him. Relief came each time my father was sentenced to jail, usually for robbery and house break-ins. The extra time at school resulted in an invitation to be a writer in an exchange programme. I wrote an email to a youth TV show: 'I am 12 years old and I want to be a TV presenter'.

The next day I received an email inviting me to be the guest presenter. I was a star for a day. I sent the same email to other media contacts. Soon an agent offered to represent me. I was invited to many auditions and publicity campaigns.

My advice is: Be positive. My positive thinking has always pulled me forward. Believe in yourself and hold tight to your dearest dream.

Chevario's story:

"Keep going ... no challenge is too big"

For as long as I can remember, my parents had a terrible relationship. When I was 13, they finally divorced.

My father argued in court that my mother drank often and that she'd had an extramarital affair. He was granted custody of my nine-year-old brother and me, and we moved in with him and our new stepmother.

I struggled to get on with my stepmother. After two months, I moved to my mom's. She and my stepfather fought frequently; my mom was drinking more and more and my stepfather was using mandrax and crystal meth (tik). Things were bad financially and when my mom fell pregnant, she lost her job. She sold fruit on the streets with my baby brother.

My stepfather became physically abusive to my mom. I began to fight back at the age of 14, punching and kicking him until I was thrown out of the house for hours. One night my stepfather stabbed my mother in the arm. There was blood everywhere.

I failed Grade 9 and became withdrawn. I think I might have been depressed. In the third term, I left school. My dad moved me to a different school where I repeated Grade 9. I made new friends. They were more supportive and the overall environment was uplifting. I realised that if I did not stand up for myself I would end up like my mom. In Grade 10, I found out that my father was not my biological dad but he was the only person who had really cared for me. I felt a deeper love for him.

At the end of Grade 11, I went to live with my grandmother so I could study in peace. Her husband was also physically abusive. It helped me understand that my mother was repeating the same cycle as her mother.

HEALTH

MORE THAN JUST A CUPPA

Besides its delicious aroma and taste, rooibos tea has many health and beauty benefits. We take a trip with a tea expert and discover more.



HEALTH AND BEAUTY BENEFITS

Five reasons to make rooibos part of your daily routine:

1. Drinking and/or applying rooibos tea will do wonders for your skin.
2. A cup of rooibos tea a day will give you shiny locks and help prevent hair loss. Steep the tea for about 30 minutes in boiled water. Once cooled, pour over washed hair. Rinse after 20 minutes.
3. The antioxidants in rooibos – aspalathin and nothofagin – have anti-inflammatory properties, which helps prevent cardiovascular disease.
4. It soothes irritable bowel syndrome, due to its antispasmodic agents. Drink a cup half an hour before a meal
5. It could relieve asthma symptoms since it's a bronchodilator (a substance that dilates the bronchi and bronchioles in lungs to increase airflow).

Visit www.sarooibos.co.za

There's more to tea than tannin, explains Adele du Toit, South African Rooibos Council (SARC) spokesperson.

Drinking tea has played a central role in the lives of women across the globe for centuries. Recounting its rich history, Adele adds that "in the olden days" women held tea gatherings to discuss matters of concern to their livelihood. Men were not invited. "The list of female tea innovators, such as Elizabeth Petrovna (Russian), Penelope Barker and Alva Belmont (both American) goes on and on.

"It includes Mary Tuke (1725-'72). Born in England, she was among the first tea merchants to build a chain of tea stores,

amid jail threats and fines, since many were opposed to a woman running a business. Oura Kei from Japan (1850-'80s) was pivotal in creating the Japanese tea export market; and Catherine Cranston (1880-1930) from Scotland built a chain of tearooms in Glasgow, which led to hotels setting aside space for afternoon tea.

Back home, activists of the 1700s to 1900s used tea gatherings to mobilise support for women's rights. However, it was Dr Annique Theron who put rooibos tea on the global map. She stumbled on its healing power 50 years ago when the warm bottle of rooibos tea she gave to her baby was the only thing that seemed to settle the infant's allergies since her birth.

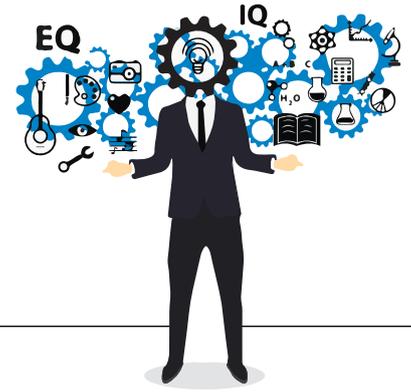
ROOIBOS INGREDIENTS

Rooibos tea is made from *Aspalathus linearis*, a plant native to South Africa. It does not contain caffeine or tannins but rather a number of potentially beneficial plant compounds, including flavonoids, polyphenols and phenolic acids, which may have antioxidant benefits. Source: www.livestrong.com

EDUCATION

EQ FOR SUCCESS

While the acquisition of knowledge is important, it is less critical in our current information age. More important is what can be done with the knowledge at hand. An expert explains. **Article, courtesy of Chris van Niekerk, principal of Founders Hill College.**



Emotional intelligence (EQ) and not intelligence quotient (IQ) is increasingly becoming a greater determinant of future success across all spheres of life. This is according to an expert who adds that it's more important than ever that EQ is nurtured from a young age.

Chris van Niekerk, Founders Hill College head, emphasises that EQ is crucial. "A well-developed EQ will position a child well to positively engage 21st-century challenges in adolescence and, ultimately, adulthood. This requires the ability to collaborate across gender divides, age gaps, cultural differences and the like."

Parents can help their children develop EQ in their daily lives, says Chris. "The introduction of social media in our and our children's lives requires us to efficiently manage a variety of relationships simultaneously and successfully, so the need to have a well-developed sense of self, alongside good empathetic social awareness is critical."

IQ alone does not guarantee success in adulthood, at work or at home, but a well-developed EQ can literally be the deciding

factor for success in adulthood. The onus is on parents and educators to ensure children are well versed academically and that they have the emotional savvy to manage their own feelings and behaviours while being able to understand the feelings of others.

Introducing EQ to children is dependent on their emotional capacity, which is usually linked to their age. Six-year-olds, for example, normatively, can follow basic instructions, express feelings, are reasonably self-sufficient and able to compare themselves to their peers. With this specific 'emotional skill set' in mind, parents and teachers can get creative with exploring learning opportunities related to identifying and naming emotions.

Reflect on the emotions which accompany experiences of the day and explore different ways of expressing these emotions.

In personal relationships, a realistic and well-grounded identity, coupled with positive feelings about our concept of self, sets us on course to choose and enjoy fulfilling and healthy family and social lives as adults.



Chris van Niekerk

PRACTICAL WAYS TO DEVELOP EQ IN KIDS

- Role model the behaviours you expect in your children.
- Normalise talking about emotions.
- Acknowledge positive and negative emotions in your child.
- Teach your children that feelings and behaviours are separable.
- Negative emotions do not have to lead to inappropriate behaviour.
- Keep your expectations, and subsequent guidance, age appropriate.
- Love them unconditionally.

EQ VS IQ

IQ assesses and determines a person's intelligence based on a series of standardised tests.

EQ is the ability to understand our own feelings, as well as the feelings of those around us. This includes concepts of self-awareness, empathy and dealing sensitively with other people.

IMAGES: SUPPLIED/ISTOCK



At PRASA we're currently upgrading our signalling systems to ensure that our trains always run safely, smoothly and on time. We understand that when everything runs as it should, it impacts positively on the lives of all our passengers. Happy passengers contribute to a happier community and society. When we take care of the small things, the bigger things fall into place.

MAINTENANCE PROGRAMME 6 – 12 SEP 2018



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

6 – 12 Sept 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
6 – 12 Sept 2018	Cape Town – Retreat	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
6 – 12 Sept 2018	Cape Town Station	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.

PERFORMANCE

AM ON TIME

34.0%

PM ON TIME

58.7%



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

6 – 12 Sept 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
6 – 12 Sept 2018	Cape Town Station	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.
6 – 12 Sept 2018	Bellville – Paarl – Wellington	07:00 – 17:30	Maintenance between scheduled train service. Train delays of 15 to 20 minutes can be expected.
9 Sept 2018	Goodwood – Bellville	08:00 – 18:00	Platform changes will be announced. Train delays of 20 to 25 minutes can be expected.
6 – 12 Sept 2018	Cape Town Station	09:00 – 14:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.

CANCELLED (AM + PM)

24.0%

AM ON TIME

39.1%

PM ON TIME

55.6%



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

6 – 12 Sept 2018	Belhar – Sarepta	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
9 Sept 2018	Nyanga – Chris Hani	08:00 – 18:00	Bus Service between Philippi and Chris Hani. Commuters to make use of the Sarepta trains to travel via Mutual. Train delays of 45 to 50 minutes can be expected.

CANCELLED (AM + PM)

8.1%

AM ON TIME

66.7%

PM ON TIME

71.2%

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 22 to 28 August 2018.

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.

CANCELLED (AM + PM)

29.7%

CUSTOMER SERVICE

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

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083 736 2669 / bngalwa@metrorail.co.za

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AREA CENTRAL
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