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THE DAWN OF A NEW ERA IN RAIL SAFETY

Metrorail's investment into beefing up security and protection services paid off, stopping scores of would-be thieves in their tracks. Hot on the heels of this is the announcement that it's all systems go for the deployment of a specialised unit to guard commuters and keep the rail operator's assets safe. **Feroza Miller-Isaacs**

It's good news for Metrorail and its commuters and doomsday for criminals. Last Thursday's news that a 150-strong specialised rail policing unit will be appointed bodes well for the future and safety of passengers, trains and rail infrastructure. To achieve this, a budget of R47.9 million for the next 12 months has been allocated by the City of Cape Town, the Western Cape government and the Passenger Rail Agency of South Africa (PRASA).

This collaboration shows the determination to eradicate any criminal acts threatening the safety of commuters and theft and vandalism of railway assets and infrastructure. Metrorail is adding action to words.

Spokesperson Riana Scott told radio news last week, "The first step over the next few weeks is to handpick our top 50 candidates and train them so they can start."

Explaining why the unit should have "a laser approach", Riana said: "Transit crime differs to static crime as it is often a crime in progress en route so the dynamics are not the same."

The 50 Metrorail candidates will be selected from the current protection services unit which is already notching up record arrests. In less than three months – from the beginning of March to 20 May – the unit's deployment of additional armed guards, night vision equipment, night drone surveillance and armed vehicle patrols have paid dividends in the form of 70 arrests.

The wheels of justice are turning swiftly and already 60 of these suspected cable thieves are awaiting trial after being charged under the

Criminal Matters Amendment Act for damage to essential infrastructure and malicious damage to property. PRASA has opposed bail in all cases.

In the latter part of this month, 10 suspects met their match: two on Friday 18 May; seven on Saturday 19 May; and another on Sunday 20 May. They were caught red-handed with tools, equipment and 25m of copper-bearing cable. Metrorail regional manager Richard Walker says members belonging to syndicates are among those arrested.

Commending the Rapid Rail Response Unit (RRRU) and protection services teams for their diligence and tireless efforts to eradicate cable theft from the rail system, he says: "It shows how powerful and effective collaboration can be." The first successful conviction in the Western Cape is expected within the next few weeks.

Communities are encouraged to continue reporting suspicious activity on or near railway property as many of these tip-offs have contributed to the success achieved.

All reports are investigated and treated in strictest confidence.

Rewards of up to R25 000 are payable for information leading to successful convictions.



HELP BRING CRIMINALS TO BOOK BY CALLING:

Metrorail Protection Services hot-line
(021) 449 4336/5056
RRPU Bellville **(021) 941 6800**
RRPU Philippi / Stock Road **(021) 370 1011**
RRPU Retreat **(021) 710 5129**
RRPU Radio Control/ OPS room **(021) 449 4309/10**
SAPS Crime Stop **0860 10111**
Crime line SMS **32211**

DIE AANBREEK VAN 'N NUWE ERA IN SPOORVEILIGHEID

Dis goeie nuus vir Metrorail en hul pendelaars en strafdae vir misdadigers – na verlede Donderdag se nuus dat 'n 150-sterk gespesialiseerde spoorweg-polisie-eenheid aangewys sal word vir die veiligheid van passasiers, treine en spoorinfrastruktuur.

Om dit te bereik, is 'n begroting van R47.9 miljoen vir die volgende jaar deur die Stad Kaapstad, die Wes-Kaapse regering en die Passasierspooragentskap van Suid-Afrika (PRASA) toegeken. Hierdie samewerking toon die vasberadenheid om enige kriminele dade uit te roei wat die veiligheid van pendelaars en diefstal en vandalisme van spoorwegbates en infrastruktuur bedreig.

Metrorail woordvoerder Riana Scott het radionuus verlede week meegedeel, "Die eerste stap oor die volgende paar weke is om ons top 50 kandidate uit te kies en hulle op te lei sodat hulle kan begin."

Die 50 Metrorail kandidate sal handmatig gekies word uit die huidige beskerming dienste eenheid wat reeds rekord arrestasies behaal. In minder as drie maande het die eenheid 70 inhegtenisnemings gemaak. Die wiele van geregtigheid draai vinnig en al 60 van hierdie vermeende kabeldiefde wag op verhoor nadat hulle ingevolge die Wysigingswet op Kriminele Aangeleenthede aangekla word vir skade aan noodsaaklike infrastruktuur en kwaadwillige eiendomskade. PRASA het in al 60 gevalle borgtog teegestaan.



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SPECIAL PROJECTS



Grade 11 girls from Elsies River High School had an enriching day during the Take a Girl Child to Work Day, courtesy of Metrorail.

A STEP CLOSER TO THEIR DREAMS

A group of high school learners were afforded an insider view of Metrorail operations as part of Take a Girl Child To Work Day last week. The girls were so impressed that they are eager to share their new-found knowledge. **Sinobom Ngumbi**

In honour of the Take a Girl Child To Work Day campaign, Metrorail hosted 19 Grade 11 girls from Elsies River High School last week.

The initiative was started in 2003 as Cell C's flagship CSI project with the aim of helping Grade 10 to 12 learners choose a career path by experiencing a day in a professional workplace.

This year Metrorail rose to the occasion and arranged with various departments for the girls to job shadow for a day, allowing them to explore the various career options available within the rail sector.

Metrorail Marketing and Communication: Rail Tourism's Keith Edwards says the campaign has become one of the "most important, life-changing days for schoolgirls around the country".

He adds: "It has grown into a nationwide, meaningful and powerful movement and one of South Africa's most recognisable social campaigns. We were very privileged to have hosted the girls."

After a full day of learning that there is much more to Metrorail than trains, the girls plan on returning to their communities and sharing their knowledge so they too can understand the socio-economic challenges of operating a rail system.

In addition to learning about safety rules, the mechanics of a train and how to operate one, the learners met the people who keep trains functioning.

Thanking the departments which assisted in making the day a success, Keith concludes: "One of the girls said that she now knows what she wants to do with her life. It really makes my heart glad to know that we have made a change."



A learner finds out how it is to be in the driving seat of a train.



One of the girls who got a glimpse of Metrorail operations.



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OPERATIONS

SENSELESS SABOTAGE BEHIND BURNING TRAIN

Investigations have so far ruled out the probability that a fire onboard a morning peak hour train bound for Simon's Town last week was due to technical or electrical faults. Evidence points to the blaze being intentional. We examine the facts.

Feroza Miller-Isaacs

The torching and destruction of four carriages in a train fire last week has been condemned in the strongest terms.

Last Tuesday morning, commuters at Retreat Station watched in horror as train number 0133 en route to Simon's Town came to a blazing halt.

Altogether four carriages were damaged with two completely gutted. Commuters were safely evacuated at Retreat Station and the high voltage overhead power was switched off to enable fire services to extinguish the fire. The train crew separated the burning carriages from the rest of the train to prevent further damage.

Metrorail regional manager Richard Walker expressed his concern about the loss of crucial capacity and commended the crew members on their brave action.

Investigators believe the conditions leading to the fire are consistent with a deliberate torching, as a preliminary investigation rules out electrical or technical faults as the possible cause. Slamming the torching of trains as an intentional sabotage of state assets, Richard says: "This directly impacts on the ability of hard-working commuters to travel between home and work. This senseless and selfish act could have led to loss of life. The public's safety is being compromised by heartless criminals and the Passenger Rail Agency of South Africa's recovery efforts and modernisation progress is directly affected." The four damaged carriages have been taken to a Metrorail depot for further investigation and assessment.

All services on the Cape Flats and Southern lines are operating subject to slight residual delays.



If you have information about, or footage of, this incident, please share this with police and help bring the guilty to book. All reports, of which many contribute to successful prosecution, are investigated and treated in strictest confidence. Rewards of up to R25 000 are payable for information leading to successful convictions.



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**CRIME
BUSTERS**





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SAFETY

IMAGES: SUPPLIED

THE PROFESSIONAL FACE OF PROTECTION

Ernest Hendricks heads up Metrorail's security in the Western Cape.

Leading a security team of nearly 1 000 members is a tall order, requiring vision and passion, and the right man for the job. **Feroza Miller-Isaacs**

Metrorail's protection services are showing the word 'mediocre' has no place in their vocabulary when it comes to the safety and security of commuters and the rail operator's assets and infrastructure. With Regional Security Manager: Protection Services Western Cape Ernest Hendricks at the helm, his team has every reason to feel motivated and inspired. The results of their hard work – 70 arrests in less than three months – speaks volumes.

The unit's recent achievements are a result of strategic moves Ernest has made. They include new management appointments, armed response vehicles on the Central line, a specialised drone operation team, a specialised forensic investigation team and management visibility actions every two weeks.

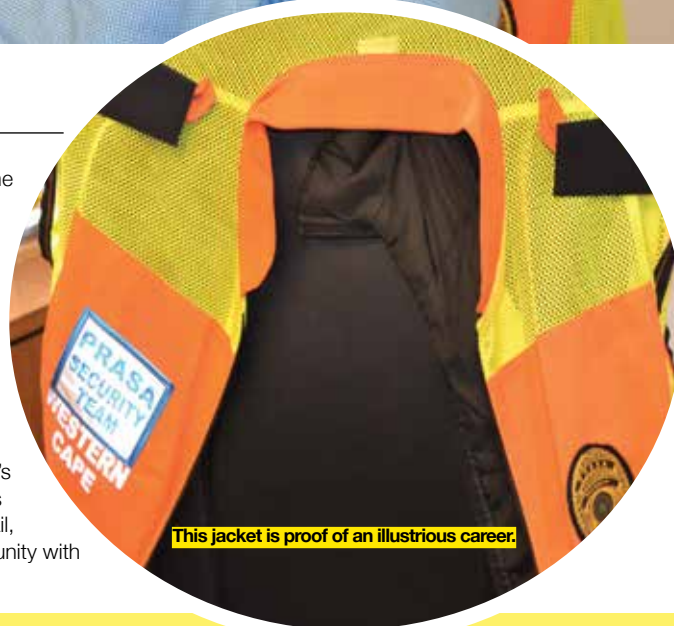
While safety and security are top of mind for Ernest, his team's happiness is most important. "Security is human, too, and they have constitutional rights."

He believes in equipping his 964 uniformed members as best he can by providing them with the tools and resources they need to effectively do their jobs. "If I don't do this, I can't hold my staff accountable."

In addition to the protection services unit, Metrorail also has eight contracted security companies. A man of vision, Ernest speaks passionately about his plans for protection services; the first step, which is to close the supervisory gap, is well underway. Growing the protection services team and expanding his unit's motorbike team which was established a

few years ago, are just some of his goals. His ultimate objective is the safety of all and one could say that he has a vested interest ... his 93-year-old mother still uses the train.

An ex-police detective and ex-Sheriff of the Court, Ernest has been with Metrorail since 2002 as a junior official. He's come a long way and plans to continue serving Metrorail, commuters and the community with humility and courage.



This jacket is proof of an illustrious career.

Safety is our concern

SAFETY CORNER

1. It's illegal for vehicles to cross railway lines at any time, except at a designated level crossing.
2. Look out for trains travelling in both directions.

HAVE YOUR SAY

DON'T LET YOUR HEALTH GO UP IN SMOKE



Every year on 31 May, World No Tobacco Day highlights the health risks associated with smoking, and campaigns for effective policies to discourage this practice. With the focus on tobacco and heart disease this year, awareness is drawn to the link between the use of tobacco products and cardiovascular diseases. We went behind the smoke screen for commuters' views. **Sinobom Ngubombi**



RAUNA DANIELS TRAVELS FROM KENSINGTON

"Smoking is dangerous because it can lead to lung infections and lung cancer, which causes shortness of breath and lung disease. It's a bad habit because it affects you financially and physically; it's a very big expense. For some reason, people think or believe that women should not smoke since there is an idea that only men smoked back in the day."



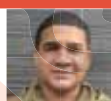
RELEHOHELE MJALISANI TRAVELS FROM KRAAIFONTEIN

"Smoking is not good at all. If you smoke next to a person that does not smoke, you tend to make them a smoker because they will breathe in that carbon monoxide that you are breathing out, which is bad for the lungs. Women carry our children, so the woman's habits during pregnancy can affect the child's health in future."



SYDNEY KABONE TRAVELS FROM WYNBERG

"Since I'm a smoker, I don't think that there is anything wrong with smoking, other than getting lung infections. I have my reasons why I smoke. I don't know all the illnesses of smoking, except for cancer. Chances for a secondary smoker to get sick are higher than the person who smokes; the secondary smoker can easily get sick with TB and lung diseases. For women, smoking is not good because when they are pregnant it affects the baby."



KEENEN GEORGE TRAVELS FROM GRASSY PARK

"Even though I smoke, I believe that it's a bad habit that is not easy to overcome in one day – from a smoker's point of view. It's not good to smoke around people who don't smoke. Dangers for a secondary smoker are heart disease. It's unsafe for women to smoke because they carry babies and give birth, and it can put a child in danger. Smoking causes cancer and lung disease."



LAUREN DAVIDS TRAVELS FROM MITCHELLS PLAIN

"The dangers of smoking are catching diseases such as lung cancer and lung infections. It's easier for a secondary smoker to catch diseases because they breathe in the unfiltered smoke from a cigarette. I smoke but I know that it's not good for our health. As women, we have to think about how smoking affects the child from an early age when we breastfeed. The child might grow up abnormal."



ZENGU MNGUNI TRAVELS FROM DELFT

"Pregnant women shouldn't smoke at all because it can damage a child's health. When a woman is pregnant, the child eats whatever the mother is eating, and when the baby sucks from the mother's breast that child can catch diseases much easier. Smoking can cause lung cancer and a secondary smoker is more likely to be sick from absorbing the smoke coming from a cigarette; that's why you have to respect non-smokers and only smoke in smoking areas."

IMAGES: SUPPLIED

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HANDS OFF OUR CABLES

SHAKE THESE FEELINGS AND MAKE IT WORK

Recent studies show that new graduates get overwhelmed and doubt their capabilities when entering the workplace for the first time. As a result, they suffer from impostor syndrome. We unpack the psychology behind this phenomenon. **Yonga Balfour**

Impostor syndrome – while not a formal psychological diagnosis – is a concept that has been used since 1978 to describe people who have an ongoing fear of being uncovered as a fraud at work, or who persistently feel that they are ‘phoney’.

A study conducted last year by United Kingdom career development agency Amazing revealed that as much as a third of millennials (young people between 18 and 34) suffer from impostor syndrome.

This is according to Dr Gillian Mooney, Dean: Academic Development and Support at the Independent Institute of Education (IIE). She says, “The situation is the same here in South Africa and there’s no clear pattern or type of person who may suffer from this. People from diverse backgrounds, with different levels of intelligence and personality types, can experience the feeling that they are not capable or qualified enough for their position.”

Gillian emphasizes: “It’s important that these feelings are addressed because they can detract from your performance and keep you from reaching your full potential.”

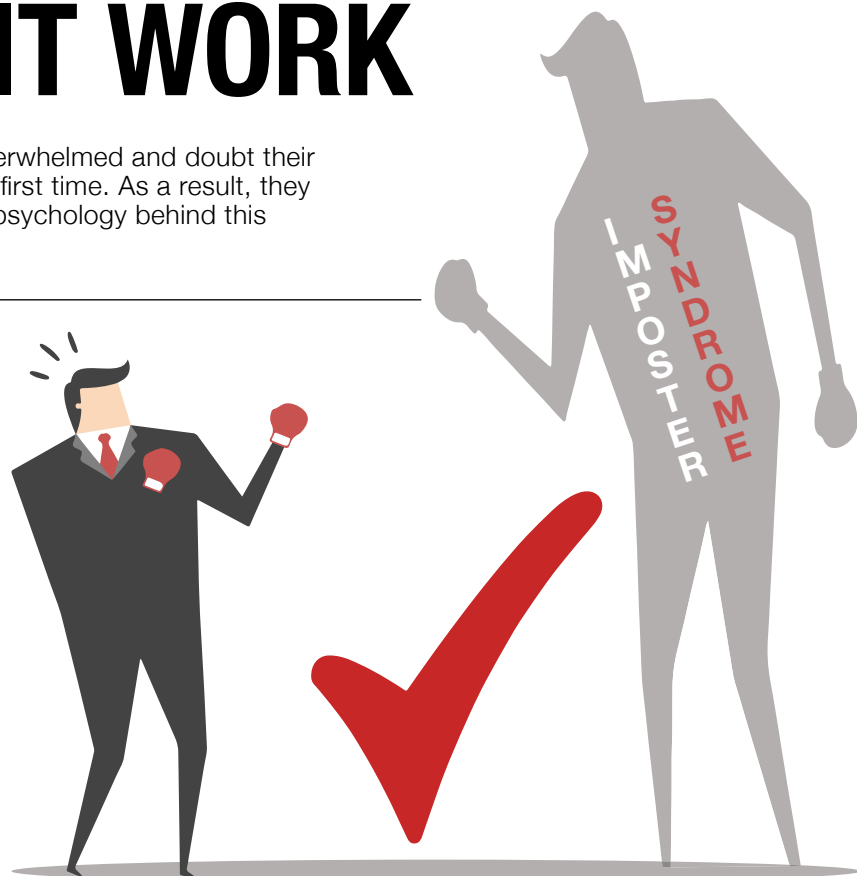
OWN YOUR ACHIEVEMENTS

Characteristics of those suffering from impostor syndrome include finding it difficult to internalise their achievements. “Many high achievers make external attributions about their success; for instance, that they have been ‘lucky’ and that their success has little to do with who they are and what they know, or hard work and intelligence. This means they believe that they are not intelligent or capable enough, despite the objective evidence to the contrary,” Gillian concludes.

AWAY WITH IMPOSTOR SYNDROME

Here are a few tips to help you manage impostor syndrome:

- Recognise and acknowledge the syndrome: manage these feelings once you know what they are. The IIE advises you back away from negative self-talk, for example, “I can’t do this”. Rather find out if that statement is based on fear or fact.
- Change your mental programming: rephrase your negative self-talk from “I don’t know anything” to “I don’t know everything”.
- Remember that you’re not alone: approach a career centre for counselling and get a clear perspective.
- Build confidence and acknowledge your achievements: commit to being productive; tell yourself you will complete one task at a time and you will complete it with your best abilities.
- Commit to lifelong learning: don’t be afraid of change and always be willing to learn.





Myths and Truths

Knowledge is power! So having the correct information is important to understanding and preventing HIV/AIDS. Here are some common myths about HIV/AIDS that are not true:

MYTH: I can get HIV by being around people who are HIV-positive.

TRUTH: You cannot catch HIV by breathing the same air as someone who is HIV-positive, hugging, kissing, touching or sharing food with someone who is HIV-positive.

MYTH: Male circumcision prevents HIV.

TRUTH: Male circumcision does not prevent HIV; it only cuts down the risk of getting HIV infection.

MYTH: Traditional Medicines can cure HIV.

TRUTH: There is no cure for HIV even with traditional medicines.

MYTH: I can be cured from HIV if I have sex with a virgin.

TRUTH: Sex with a virgin does not cure HIV. Unprotected sex will only give HIV to a virgin who was HIV negative.

MYTH: If you are HIV positive, you cannot have children.

TRUTH: It is very possible for an HIV-positive woman to have an HIV-negative baby, if she takes her ARVs.

MYTH: Women can't give men HIV.

TRUTH: It's much more difficult for men to get HIV from women, but men can definitely get HIV from women.

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

www.sheconquerssa.co.za

www.bwisehealth.com



She Conquers SA



health

Department of Health
REPUBLIC OF SOUTH AFRICA





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MAINTENANCE PROGRAMME 31 MAY - 6 JUNE 2018



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

31 May – 6 June 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
31 May – 6 June 2018	Cape Town – Retreat	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
3 June 2018	Retreat Station	09:00 – 18:00	Platform changes will be announced. Train delays of 40 to 45 minutes can be expected.

PERFORMANCE

AM ON TIME

22.4%

PM ON TIME

33.0%

CANCELLED (AM + PM)

19.6%

AM ON TIME

39.9%

PM ON TIME

53.4%

CANCELLED (AM + PM)

14.7%

AM ON TIME

51.6%

PM ON TIME

84.1%

CANCELLED (AM + PM)

7.1%



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

31 May – 6 June 2018	Cape Town – Maitland	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
31 May – 6 June 2018	Maitland – Bellville	09:00 – 14:00	Platform changes will be announced. Train delays of 25 to 30 minutes can be expected.
31 May – 6 June 2018	Paarl – Wellington	07:00 – 17:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
3 June 2018	Faure – Firgrove	09:00 – 18:00	Bus and train shuttle service. Train delays of 40 to 50 minutes can be expected.
3 June 2018	Bellville – Kuils River	08:00 – 18:00	Platform changes will be announced. Train delays of 35 to 40 minutes can be expected.



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

31 May – 6 June 2018	Belhar – Sarepta	09:00 – 14:00	Maintenance between scheduled train service. Train delays of 10 to 15 minutes can be expected.
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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 16 to 22 May 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.

CUSTOMER SERVICE

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

AREA IKAPA
Benedicta Ngalwa
083 736 2669 / bngalwa@metrorail.co.za

AREA SOUTH
Luleka Ndzuza
082 376 0252 / Indzuza@metrorail.co.za

AREA CENTRAL
Cyril Bauer
083 351 2715 / cbauer@metrorail.co.za

AREA NORTH
Lesley Stevens
084 018 9159 / lstevens@metrorail.co.za



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021 417 1111
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Liam Marinus
Advertising Sales Manager
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Cell 071 291 4446
liam.marinus@mikatekomedia.co.za



Trinity Maholela
Advertising Sales Executive
Phone 021 417 1142
Cell 072 471 3885
Fax 086 249 0111
trinity.maholela@mikatekomedia.co.za