



V-NEWS

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PRASA STARTS DELIVERING

Following up on our article TRUCKS AND TRAINS in the November/December issue, the Passenger Rail Agency of South Africa (Prasa) has unveiled the high-powered AFRO 4000 series diesel locomotive, on 1 December 2014 at the Cape Town station, which it hopes will improve the efficiency of passenger rail services in South Africa.

The high-tech locomotive, which is being tested before being rolled out en masse in March this year, will eventually replace the ageing locomotives and the state-owned operator of Metrorail hopes this will usher in a new era of high performance and efficiency for rail transport.



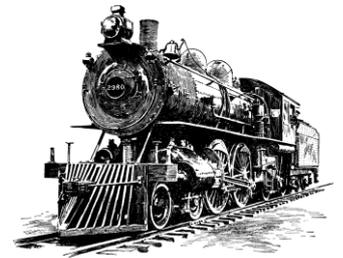
The new locomotives were designed in Spain by rail industry manufacturer Vossloh according to Prasa specifications to suit local conditions and come fitted with the latest technology. They have a driver display unit with route and train management systems for the driver to detect and reset any faults. It is the first diesel locomotive in the country to have two driving cabs; it can be driven both directions without turning.

Vossloh will deliver a total of 70 locomotives at a cost of R3.5billion. Prasa says 20 of the locomotives will run on diesel and the rest will be hybrid. Prasa believes it is money well spent as it is a brave first step in providing high-quality, safe and reliable long distance rail travel service

Prasa has adopted an ambitious programme to modernise the rail system and this includes the procurement of modern trains, signal upgrades,

The rail agency will acquire new trains over the next 10 years after signing a R51billion contract with the Gibela Rail Consortium.

Rail commuter services had been on a serious decline since 1990 as a result of underinvestment, old technology, loss of critical skills and



deferred maintenance, as we pointed out in our December issue. In Cape Town, where rail is seen as the backbone of public transport, the service has been dogged by so many breakdowns, delays and cancellations that earlier this year Metrorail began giving commuters letters to explain to their employers why they were late for work.

Prasa CEO Lucky Montana said at the unveiling of the new locomotive in Cape Town that it would help position rail as the backbone of public transport in the country.

Prasa chairman Popo Molefe said the new locomotives were part of the company's overall modernisation programme and strategy to turn around mainline passenger services in order to rebuild the business following years of neglect and underinvestment in rail passenger services. He said Prasa's journey to modernise the country's rail infrastructure was on track.

Mosengwa Mofi, the CEO of Prasa, told the media that the unveiling of the new Afro 4000 locomotive series was overwhelming. He said that it was an emotional day for Prasa representatives because the Afro 4000 is a realisation of a dream that will change the travelling experience of all South Africans.

This is at least a start of development towards a better passenger rail system. Let us hope that

Transnet, the other player in this transport game, will also show initiative upgrading rail freight



throughout the country in order to curb the demolition of our road infrastructure by trucks.

IS YOUR CHILD READY FOR SCHOOL?

It is a new year with new challenges for everyone, especially our small citizens who are starting school for the very first time. Much is said these days about school readiness but what is it all about? Every child is born ready to learn. Whether or not they will cope with the learning and teaching arrangement of a school is in the formal setting where the concern arises. Here they have to learn new skills, new knowledge, information and behaviour.



School readiness involves the intellectual, social and emotional maturity levels of a child. There are certain stepping-stones that parents need to develop in their child, broadening a child's experiences and teaching the child to make full use of his or her senses and abilities. Here are a few practical guidelines to help parents develop these skills.

Language:

- Recite nursery rhymes and sing songs. The child will eventually pick it up and sing it with you
- Tell and read stories and let the child tell the stories in their own words
- Point to pictures in magazines and books and make up funny stories with the child. Talk and laugh with the child
- Encourage the child to correct nonsense sentences: *the dog is riding a bicycle in the sky*

Pre-reading:

- Teach the child to recognise the basic colours from the environment: green grass, red shirt, blue sky, etc.
- Teach the child the alphabet by picture association, e.g. *A for apple*. There are beautiful



alphabet books in our local library, make use of them.

- A child of 6 should be able to recognise and write its own name. This can be taught as a game by writing his/her name in the sand, with bread or veggie pieces on a plate, with seeds, beans, pasta pieces.

Cognitive skills:

- Use everyday activities and objects to point out concepts such as big/small, hot/cold, wet/dry, on top/underneath, left/right
- Build jigsaw puzzles together
- Give step by step instructions how to do things

- Give them a variety of different pictures and shapes to organize into groups such as animals, people, circles, squares, triangles, etc.

Numeracy:

- Count together – how many steps? How many times can you jump? How many telephone poles? How many potatoes?
- Play counting games with blocks, stones, flowers and say counting rhymes together
- Teach different times of the day



Social and organisational:

- Have a routine in place of set times to eat, wash, sleep, get up, etc.
- Teach them to tidy up after themselves, take responsibility for living space and to help around the house
- Set the example of how to take turns in speaking and doing things, being polite and using the magic words of *please* and *thank you*
- Please do not expect the TV to teach them to sit still and listen to stories as no teacher can match up to this constantly changing image



Physical:

- The child should be able to use the toilet, blow its nose, wash hands, dress and tie shoelaces without help
- Throw, kick and catch balls of different sizes
- Hop on one foot, jump, leap and stand on one leg, crawl, skip, roll
- Cross midline by bending down and touching feet with opposite hands, touch left side with right hand, etc.
- Colour, draw, paint, cut with paper scissors, play with clay, mix dough, cut biscuits
- Screw lids of jars on and off, draw figure 8's and circles with both hands in sand

Emotional skills:

- All emotions are acceptable but not all behaviours are
- Teach them how to ask for help
- Encourage them to work by themselves
- Encourage them to make friends and be unselfish in friendship
- Teach them to make good choices and learn the consequence of those choices



I hope these few hints can be of help to parents in preparing tots to become school children.

Charlotte



EVENT: Join us on Tuesdays for jogging or walking 17:00 at the Trim Park.
It is for fun and fitness!!

WHAT'S ON IN DALESIDE/WAT GEBEUR IN DALESIDE?

AFM SHABACH PRAISE CENTRE

316 Geelvink Street. Sunday service 09:00
Contact Pastor Jacob Radebe 083 491 0814

AFRIKAANSE BYBELSTUDIE

Elke Dinsdagoggend 10:00 Bokmakieriestraat 72/1
Kontak Corrie 0769885170 Belangstellendes welkom

AFRIKAANSE LEESKRING

Randvaal Biblioteek Elke tweede Donderdag van die maand 9:30

Kontak Rita 016-365 5093

FREE JESUS CHRIST(FJC) MINISTRIES

207 Blousysie Street

Contact Pastor Willie Kock 073 140 8673

Sunday service 09:30, Monday prayer meeting 10:00,
Wednesday Bible study 10:00, 19:30 SWEEP

All welcome

Monday to Friday soup kitchen 14:00 – 15:00

Any food donations will be appreciated.

NG GEMEENTE KLIPVALLEI, H/v Karee en

Kroonarendweg. Elke Sondag: Voorsang 08:45,

Erediens 09:00 Leraar Vakant

Kontak Kerkkantoor 016 365 5502 of

Paul Nel 0827857709

RANDVAAL BIBLIOTEEK/LIBRARY

Die Beste in die West! Best in the West!

Ure/Hours 9:00-17:00 Sat. 9:00-12:00

Tel. 016-365 5093

RUACH AGS Blousysiestraat

Kontak Pastoor Vic Herbst 083 381 7789

Sondagoggenddiens 9:30 Huissel-byeenkoms in

Daleside elke Woensdagaand 19:00

Kontak Antoinette 072 229 3157

Jeugbyeenkoms Vrydagaand 19:00

GOOD READS

Recommendations of books that can be borrowed at our library:

Rosie Thomas:

THE KASHMIR SHAWL

Nerys Watkins leaves rural Wales for the first time in her life, to accompany her husband on a missionary posting to India. High up in the Himalayas, in the exquisite heart of Kashmir, the British live extravagantly on carved wooden houseboats, while all around Kashmiri children are dying of hunger. Nerys is caught up in a dangerous friendship and by the time she is reunited with her



husband, the innocent Welsh bride has become a different woman.

Years later, when Mair Ellis clears out her father's house, she finds an exquisite antique shawl, woven from the finest yarns and embroidered in the shades of lake water and mountain skies. Wrapped within its folds is a lock of child's hair. Tracing her grandparents' roots back to Kashmir, Mair embarks on a quest that will change her life for ever.

Heartrending and beautifully written in effortless prose with a real understanding of the nature of love.

*A book is a dream
that you hold in your hand
Neil Gaiman*

NOT A MEMBER YET?

Please register OR re-register online:

www.dalesidevolunteers.co.za

Alternatively:

*Send an SMS to 083 776 2129

*Include your name, surname and address

*You will be registered as a Volunteer AT NO COST!

*You will receive information via sms from our VOLUNTEER SMS NUMBER

*If you have registered online, you will receive information electronically

For all you lexophiles! (in case you didn't know, a lexophile is a lover of words)

- ❖ A bicycle can't stand alone because it is two-tired
- ❖ Definition of a will: a dead giveaway
- ❖ A chicken crossing the road is poultry in motion
- ❖ When a clock is hungry it goes back four seconds
- ❖ Local area network in Australia: the LAN down under
- ❖ He often broke into song because he couldn't find the key

Charlotte's Fragrant Roses

...are locally grown and selectively picked so you can enjoy the old-fashioned fragrance of real roses grown in open sunshine, captivating their natural smell and individual shapes. Most colours available

Free delivery in Daleside. Nominal delivery fee in the rest of Midvaal.

R70 per bunch of 20 or R3,50 per single rose.

Contact Charlotte 083 945 0202

Don't laugh when the train runs over a criminal on a bicycle...
it might be your bike.

LAUGH A LITTLE

Lerato was frustrated. She had complained dozens of times to her daughter about her newest gag of kissing the bathroom mirror immediately after applying lipstick, but it was all to no avail. Finally, one day after spending a half hour scrubbing the mirror, only to find another kiss mark an hour later, Lerato had enough. "Thandi!" she hollered, "I can't find the toilet brush that I've been using to clean the bathroom mirror. Do you have any idea where it is?" After hearing the gagging from behind the bedroom door, Lerato knew her days of cleaning kiss marks off mirrors were over.

KNOW YOUR STREET NAMES (Part 6)

The last three streets named after birds are also the shortest streets near the river running north to south. Right next to Mossie street, we find...

VLEILOERIE. This is also a bird found in our area



along the river. In fact we often hear its beautiful bubbling *du-du-du-du* scale descending call, although it is not easily seen. It hides in amongst thick foliage and reeds near rivers and dams and is not a gracious flyer. It has a

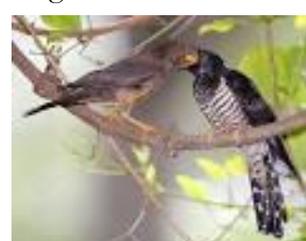
white neck and breast with black head and, top of back. Mantle and wings chestnut brown. Its long dark brown tail has a greenish shine. It is quite a big bird, about 43 cm from head to tail tip. In English it is known as *Burchell's Coucal* and in Sesotho *Makhofo*.

The street next to and parallel with Vleiloerie is PIET-MY-VROU, known in English as *Red-chested Cuckoo*.

A little smaller than the Vleiloerie, about 30cm, this is a very noisy Summer guest, calling early morning and often evenings in bright



moonshine for hours on end. Its call is cleverly imitated by the Afrikaans name: *Piet-my-vrou*, *Piet-my-vrou*. It does not build its own nest, but lays its eggs in nests of the Olive Thrush, Cape Robin, and Wagtail. The host bird broods the egg with its own



and when it has hatched, the fast-growing Cuckoo quickly pushes the host chicks from the nest. Here is an almost-grown cuckoo being fed by a much smaller host

mother.

The last street on our list named after a bird, is the shortest right next to the river, after Piet-my-vrou and it is also the name of a very small bird, namely



TINKTINKIE or *Cisticola* in English, *mo-Teane* in Sesotho and *u-Dogwe* in isiZulu. You can hardly get any smaller or duller coloured bird. It is only about 11cm long and in general greyish. There are many different kinds, such as the *Fan-tailed*, *Cloud*, *Neddicky*, *Rattling*, *Le Valiant's*, *Croaking*, etc.. Different kinds are found in different areas of our country. The Fan-tailed Cistola is found all over and especially in our veld where it flies high and dives down with a *clink* sound on every dive. You will hear its sound as *zjet-zjet-zjet* (or *tink-tink-tink*) repeated over and over again. There is of course the folk tale about the Tinktinkie who wanted to become the king of the birds. The honour would go to the bird who could fly highest. Tinktinkie would hide under eagle's wing and every time Eagle would think he is as high as he could fly, Tinktinkie would appear above his head and claim to have flown higher. In the end eagle couldn't go any higher and went down to where the other birds were waiting. Tinktinkie's fraud was quickly exposed and that is the reason the birds still have no king.

In our next issue we will discuss the handful of streets not named after birds, namely *Duiker*, *Eland*, *Luijperd*, *Leeuw*, *Koedoe* and *Oorbietjie*.

We hope you have enjoyed reading about the interesting bird street names in our village.

CAROLS BY CANDLE LIGHT

This event could not happen because of the ample rain we experienced almost every late afternoon during December. We sincerely apologise. There was a distribution of sweets packets on Christmas day which was well received. Thank you Leon.

The VOLUNTEER CHOIR is taking a break and will commence again in January after the schools have started, as usual on Wednesdays at 17:00 until 18:20 at the hall of the AFM Church Ruach in Blousysie street.

CONTRIBUTIONS, LETTERS, ADVERTS, DISTRIBUTION OF V-NEWS

Readers are welcome to submit these to the Editor via e-mail charlotte.s@telkomsa.net. Any input is better than none.

We would also welcome adverts especially if you are running a small business from home and need people to know about you. There must be Dalesiders doing sewing, baking, shoe repairs, or whatever you are doing for a home income.

Please Volunteers, let us know if you are available and willing to distribute the V-News in your street. It will be a great help.

**V-NEWS is distributed for free by the *Daleside Volunteers*. To book advertising space or submit contributions, please contact the Editor at 083 945 0202 or sms the Volunteer Number 083 776 2129 (this number cannot be phoned)
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