



## Conclusion

We hope that that you have enjoyed this book and that it has sown a seed of inspiration in your mind, or given the ideas already flourishing there some fresh food for growth. Given the nature of our topic, you may find that the book raises more questions than answers, but we hope that these questions will help you reach a deeper understanding of your field. As Adam Kahane remarks below, sometimes we just need to camp out beside questions and wait for the answers to come to us.

In line with our practice, producing this book has been both a collaborative and adaptive process. We have drawn on the wisdom of hundreds of formal and informal conservators and we have fine-tuned and adapted the material every step of the way.

And so, although we have reached the end of this book, this is just the beginning.

To continue this process, we need you! We need your feedback, your ideas, your observations, and concerns. We need to know if this book resonates with your experience or contradicts it; if the ideas here help you meet the challenges of urban nature conservation, or if you have found other methods that work better. We need to know what you found useful, and what was irrelevant to you. Only with your collaboration can this book become a living element in a dynamic, constantly evolving learning cycle that deepens the theory and practice of collaborative urban nature conservation.

As reiterated in these pages, our first and constant teacher is nature itself, and like nature we need to be always growing, self-correcting and adapting. This book has documented some of the wealth of experience and ideas that have guided this practice so far, but its purpose will only be realised when you take these ideas and develop and grow them in your own practice, whatever that may be.

Please share your wisdom and questions with us through SANBI's Urban Nature Programme at [urban.nature@sanbi.org.za](mailto:urban.nature@sanbi.org.za). In the meantime, we will leave you with some sage advice from Adam Kahane, who reminds us that conserving nature's gifts collaboratively is as much a way of being as it is a way doing:

1. Pay attention to your state of being and to how you are talking and listening. Notice your own assumptions, reactions, contractions, anxieties, prejudices and projections.
  2. Speak up. Notice and say what you are thinking, feeling and wanting.
  3. Remember that you don't know the truth about anything. When you think that you are absolutely certain about the way things are, add "in my opinion" to your sentence. Don't take yourself too seriously.
  4. Engage with and listen to others who have a stake in the system. Seek out people who have different, even opposing, perspectives from yours. Stretch beyond your comfort zone.
  5. Reflect on your own role in the system. Examine how what you are doing or not doing is contributing to things being the way they are.
  6. Listen with empathy. Look at the system through the eyes of the other. Imagine yourself in the shoes of the other.
  7. Listen to what is being said not just by yourself and others but through all of you. Listen to what is emerging in the system as a whole. Listen with your heart. Speak from your heart.
  8. Stop talking. Camp out beside the questions and let answers come to you.
  9. Relax and be fully present. Open up your mind and heart and will. Open yourself up to being touched and transformed.
  10. Try out these suggestions and notice what happens. Sense what shifts in your relationships with others, with yourself, and with the world.
- Keep on practising.<sup>1</sup>

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<sup>1</sup>From Adam Kahane, an organisational change consultant and author, Guidelines on How to Train and Coach Ourselves to be Effective within our Work. [kahane@cgl-leadership.com](mailto:kahane@cgl-leadership.com)

# Resources

Further reading is suggested by references at the end of each chapter in the text. Below is a list of additional resources or resource organizations that we have found useful. It is by no means definitive.

## Social development

<http://www.cdra.org.za>  
for organizational development resources and courses

<http://www.barefootguide.org>  
a guide to working with organisations and social change

<http://www.educo.org.za/home/default.asp>  
a youth development organisation with programmes in nature

## National government

<http://www.environment.gov.za/>  
National Department of Environmental Affairs

<http://www.dwa.gov.za/>  
National Department of Water Affairs

## National organisations

<http://www.sanbi.org/>  
South African National Biodiversity Institute

<http://www.botanicalsociety.org.za/>  
Botanical Society of South Africa

<http://www.panda.org.za/>  
World Wildlife Fund for Nature (WWF)

<http://www.wildlifesociety.org.za>  
Wildlife and Environment Society of South Africa (WESSA)

## Cape Town based organisations

<http://www.capeflatsnature.co.za>  
Cape Flats Nature

<http://www.capeaction.org.za>  
Cape Action for People and the Environment

<http://www.panda.org.za/tmf.htm>  
Table Mountain Fund (TMF)

[http://www.capetown.gov.za/en/  
EnvironmentalResourceManagement/functions/  
biodivmanagement/Pages/Biodiversity%20Management.aspx](http://www.capetown.gov.za/en/EnvironmentalResourceManagement/functions/biodivmanagement/Pages/Biodiversity%20Management.aspx)  
City of Cape Town Biodiversity Management Branch

<http://www.capenature.co.za>  
Provincial conservation authority in the Western Cape

## Environmental education

<http://www.eeasa.org.za/>  
Environmental Education Association of SA

<http://www.psp.org.za/>  
Primary Science Programme with resources for teachers

<http://www.wessa.org.za/index.php/Programs/Share-Net.html>  
Share-Net resources for formal and informal environmental education

<http://www.enviropaedia.com>  
on-line environmental encyclopaedia

<http://ekapa.ioisa.org.za/>  
an educational website about the natural diversity of Cape Town

## South African academic institutions

<http://africancentreforcities.net/>

<http://www.sustainabilityinstitute.net/>

## International institutions and research

ICLEI Africa Secretariat. 2010. Local Action for Biodiversity Guidebook: biodiversity management for local governments. Laros, M T and Jones, F E (Eds).

<http://www.resalliance.org/1.php>  
Resilience Alliance is a multi disciplinary research groups that explores the dynamics of complex adaptive systems

[www.iclei.org/lab](http://www.iclei.org/lab)  
Local Action for Biodiversity is a global urban biodiversity programme coordinated by ICLEI – Local Governments for Sustainability.

<http://www.iucn.org>  
the International Union for the conservation of nature

<http://www.interenvironment.org/pa/index.htm>  
the IUCN cities and protected areas specialist group

<http://www.maweb.org/en/index.aspx>  
Millenium Ecosystem Assessment

<http://www.greenfacts.org/en/ecosystems/index.htm>  
facts on health and the environment

# Picture credits

**Alice Ashwell:** Cover picture; view from Table Mountain; damaged water systems; children with arums; BEEP hike; natural systems; canalisation pictures; path on Table Mountain; BEEP group listening; teens on rocks; person on mountain; Lindela Mjenzane; BEEP hikes; curriculum learning; mountain access; canoe in water; swimmer.

**Bongani Mnisi:** Bongani Mnisi and the mallard ducks

**Bridget Pitt:** Teenagers with collages; bird at Harmony Flats; pictures of Bracken Nature Reserve; guinea fowl; tadpole; spirals; action, reflection, adaptation, diagram (adapted); interacting systems diagram; Harmony Flats Working Group members; butterfly; collaboration diagram; lone ranger; forest; strategic thinking cartoon; engaging loop diagram; Bottom Road; Kelvin Cochrane; Dorothy Taylor; Jan Geldenhuys; urban agriculture garden; engaging stewardship diagram; original painting “animated by the same breath”; collective intelligence cartoon; Voorspoed primary; Senza Kula; Andile Sanayi; living display; urbanisation cartoons; Princessvlei; Princessvlei community garden; indigenous vegetation in public spaces; Table Mountain paths; fence and container; vygies; roots; spiderweb diagram; bridge; networking diagram; Princessvlei protest pics; Princessvlei garden.

**Bruce Sutherland:** Aerial picture of Edith Stephens Wetland Park; aerial picture of Macassar Dunes, kids and plants.

**City of Cape Town:** Volunteers clearing water hyacinth (ESWP); Rondevlei Nature Reserve (Rondevlei); Asieff Khan; Charline Mc Kie; Tshepo Mamabola; firefighting (WACA); volunteer certificate; clearing hyacinth at Zeekoevlei (Rondevlei); ESWP bird club (ESWP); EDUCO ESWP); giving back to the environment (ESWP); birds at Rondevlei; Harmony Flats fence (Harmony Flats); Biodiversity Network map; Atlantis fire pictures (WACA); bokkie (Wolfgat); Greater Good SA (ESWP).

**Cape Town Environmental Education Trust:** Zeekoevlei; Rondevlei; porcupine; international volunteer; students crossing river; boy with snake; volunteer with snake; kids swimming, kids canoeing; kids playing with ball; sewerage works; hippo; boardwalk; Rondevlei sign; bollards; FBEP mural; Nature Care Fund.

**Gilles Gonthier:** Flying geese <http://animalphotos.info/a/2008/08/26/snow-geese-flock-flying-in-v-formation>.

**Haxnicks:** Bell jar [www.haxnicks.co.uk](http://www.haxnicks.co.uk).

**Joshua Hill:** Raft – Columbia boundary waters.

**Len Swimmer:** Princessvlei protestors; save Princessvlei banner.

**SANBI CREW:** Mamre; *Protea scolymocephalus*; Mamre donkey cart; Mamre tour guides; pics of plants; Lachenalia; Mamre Nature Garden.

**SANBI Green Futures:** Harmony Flats Working Group members.

**Table Mountain National Park:** traditional healers; Hoerikwaggo guides; Fezile Dyosi; building footpaths; building Orangekloof; marine education; Slangkop boma; medicinal plant garden.

**Wikimedia commons:** Water hyacinth <http://commons.wikimedia.org/wiki/File:NdereIsland3.jpg>; roof garden [http://upload.wikimedia.org/wikipedia/commons/d/de/20080708\\_Chicago\\_City\\_Hall\\_Green\\_Roof.JPG](http://upload.wikimedia.org/wikipedia/commons/d/de/20080708_Chicago_City_Hall_Green_Roof.JPG); seed germinating [http://upload.wikimedia.org/wikipedia/commons/e/ec/-\\_Eranthis\\_hyemalis\\_-\\_Seedling\\_-\\_\\_.jpg](http://upload.wikimedia.org/wikipedia/commons/e/ec/-_Eranthis_hyemalis_-_Seedling_-__.jpg); mallard duck [http://commons.wikimedia.org/wiki/File:Male\\_mallard\\_duck\\_2.jpg](http://commons.wikimedia.org/wiki/File:Male_mallard_duck_2.jpg); chrysalis [http://upload.wikimedia.org/wikipedia/commons/3/3c/Butterfly\\_emerging\\_chrysalis.jpg](http://upload.wikimedia.org/wikipedia/commons/3/3c/Butterfly_emerging_chrysalis.jpg); white goose [http://commons.wikimedia.org/wiki/File:White\\_goose.jpg](http://commons.wikimedia.org/wiki/File:White_goose.jpg).



## Authors

Bridget and Therese have a long-standing friendship and have spent many hours roaming wild places in the Baviaan's Kloof, the Wild Coast and the Cedarberg, as well as enjoying the wild places in their respective cities. They have both been involved in community work over the years – Bridget through media, teaching and writing, Therese through community health and development. They are passionate about nature and about improving the quality of life of fellow South Africans, which they believe is only possible if we all lead an environmentally sustainable lifestyle. Writing this book has been a wonderful opportunity to pursue these passions, and has given them the privilege of meeting hundreds of inspiring and dedicated conservators. Bridget lives in Cape Town and Therese in Nelson Mandela Bay in the Eastern Cape.

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### **Tanya Abrahamse, CEO, South African National Biodiversity Institute**

SANBI is proud of the pioneering role we have played through the Cape Flats Nature partnership. We welcome the contribution that this book makes to innovative practice and creative thinking around biodiversity's contribution to people and sustainable development in our cities.

### **Dan Plato, Mayor of Cape Town**

City of Cape Town staff have been deeply involved in developing the nature conservation practice described in this book and we are extremely proud of their contribution. The City is committed to ensuring that this approach – of addressing social development priorities through taking care of nature – continues to grow as standard practice in our service delivery to the citizens of Cape Town.

### **Bongani Mnisi, Area Manager, Biodiversity Management Branch, City of Cape Town**

Reading this book really made me think about my work, how I do it and how I could do it differently. I supervise a number of managers of urban conservation sites in a city where challenges which could be detrimental to biodiversity are experienced daily. Our efforts must be towards ensuring that nature benefits people as otherwise our work would be in vain.

### **Paddy Gordon, Park Manager, Table Mountain National Park**

Table Mountain National Park values the approach that is articulated in this book. We have worked hard to ensure that the Park benefits all the citizens of Cape Town and we welcome a resource that can grow and support our work and takes forward our commitment to A Park For All, Forever.

### **Ted Trzyna, Leader, Cities and Protected Areas Specialist Group IUCN World Commission on Protected Areas**

Although this handbook focuses on Cape Town, the powerful community-building approach to urban nature conservation that it describes can be used anywhere in the world.

