

ECOSENSE

Internal Newsletter • Issue 60

WOMEN'S MONTH 2022:

Celebrating THE WOMEN WE ARE

Author: Natalie Hayward, Landscape Unit Manager, Conservation Operations









On Thursday, 01 September, CapeNature hosted a Women's High Tea at the Harold Porter Botanical Gardens, in celebration of the strong women at the entity and Women's Month. The themed event, The Women We Are aimed to celebrate, remember, and acknowledge the strides and impact made by those who fought and continue to fight for equality and the benefits that young women and society enjoy today. The event was a combination of social, art and engaging in the journeys of women at CapeNature who represent an era of oppression, suppression, transition and acceptance.

CapeNature CEO Dr Razeena Omar and Executive Director: Biodiversity Capabilities Ms. Coral Birss, shared their journeys and engaged in a segment called 'On the Couch'. Both are powerful women who made conscious decisions to be heard, to see and be seen. The session was thoroughly enjoyed by all in attendance. Staff were left inspired by the choices they made, which allowed delegates to deep dive into aspects that governed choices. Take home messages from the day included faith in self and in God, belief in self, support from friends, family and colleagues, the importance of self-empowerment through education, the importance of credibility, addressing emotion and acknowledging and owning the consequence of choices.

The Planning Committee thanks our sponsors SANBI for granting the venue, Sam's Events and Party Hire for venue décor and our very own local talent Mr. Henry Kortjé for entertainment through poetry and passion for the Afrikaans language. Thank you to Management and the Executive for supporting the event and to our speakers for their vulnerability in sharing journeys. Most importantly, thank you to our audience who were lovely and present.



Dear CapeNature Family,

For many of us, it seems that we are finding ourselves within the busiest period of the financial year with multiple projects and campaigns running concurrently. In between all the busy-ness, I do hope that you are able to find time to pause, rest and reset. This is incredibly vital to avoid the dreaded 'end of year burnout'. New distractions are more abundant, and more intrusive, than ever before and multi-tasking has become a way of life for all of us. Now more than ever, maintaining a work-life balance is essential. This is your sign to go for that walk today!

I am very proud of the stories being featured in this edition and that all our landscapes are being well represented. It is always fascinating seeing what our fellow colleagues are getting up to, be it a new plant discovery, an arranged stakeholder event or simply staff's day-to-day duties captured in those wonderful, candid moments.

On behalf of the Editorial team and I, thank you for your content contributions. As we enter into the last few months of 2022, please feel free to share your stories, amazing accomplishments, and wonderful innovations from the respective landscapes.

Happy Reading!

Until next time.

Tarcia

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Message FROM THE CEO'S DESK

Dear colleagues,

Spring is here! 23 September scientifically marked the start of Spring in the Southern Hemisphere and we cannot help but notice the budding trees, the early blooms of a variety of plant species emerging from the ground. The signs of spring and hope are everywhere. Though there have been challenging times over the last quarter, much like nature, may we continue to strive for better, and experience a positive renewal with the transition into a new season.

During the previous quarter we commemorated a few environmental days. We celebrated our environmental heroes who work hard to protect our natural resources, sometimes against the greatest of odds, on World Ranger Day. I am always encouraged to see the work being done by our Rangers in field and I would like to thank all for their continued efforts. Furthermore, I was very pleased with the uptake of staff participating in the Women's Month Human Chain in August. It takes collective action and people coming together as a community to rise up and challenge the status quo. Looking ahead, October marks national Marine Month, meant to raise awareness of the importance of oceans and entice young minds to the field of marine sciences. This is the perfect opportunity to schedule a beach clean-up (or two) in your region and to do your bit for our oceans and coastlines.

We have more work to do in the coming months and I strongly believe that we will re-emerge stronger, as we enter the final few months of 2022.

Warmest greetings,





NOTICES

HR training and development:

- 4x4 Training
- Brush Cutter Training
- Fire Training
- Snake Handling Training; and
- Western Cape Biodiversity Act (WCBA) Training

WHAT'S NEXT

UPCOMING EVENTS

OCTOBER 2022

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DECEMBER 2022

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	5					
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25	26	27	28	29	30	31

- Whale Festival: 30 September 02 October
- World Animal Day: 04 October
- National Marine Month: 07 11 October
- Start of the 2022-23 Fire Season
- African Penguin Day: 10 October
- CapeNature Annual PeerLearning Workshop: 19 20 October
- The Conservation Symposium: 31 October 04 November
- Media educational: Cedarberg Algeria: new bridge and upgraded camping facilities: 17 November
- World Fisheries Day: 21 November
- Black Friday: 25 November
- Annual Penguin Palooza: 26 November
- Cyber Monday: 28 November

- International Mountain Day: 11 December
- 12 Days of Christmas: 12 24 December

CapeNature BLOSS MS

at Clanwilliam Flower Show 2022

By: Brittany Cornelson, Project Officer, Conservation Operations

Landscape West intern Ludeeke Sass and Brittany Cornelson, Project Officer represented CapeNature at the 2022 Clanwilliam Flower Show which took place from 25 August to 04 September. The aim of the exhibition was to promote CapeNature, Access Week as well as to create awareness around Biodiversity Crime and Permits. The Clanwilliam Flower Show provided a breath-taking display of the Western Cape floral diversity, with flowers being arranged into different vegetative areas, as found along the West Coast.

The public who attended the flower show was very interested in the tourism facilities that were provided by CapeNature across the Western Cape. Visitors to the stand expressed their satisfaction and recognition that the entity is providing an excellent service to our environment and to the public through conservation efforts and tourism facilities. Officials at the stand were constantly told that CapeNature should 'keep up the good work', especially in protecting and regulating the Western Cape's floral kingdom.



SUCCESSFUL CLEAN-UP

with stakeholders at Walkerbay Nature Reserve



In July of this year, Walkerbay Nature Reserve hosted a clean-up at the Quoin Point Nature Reserve in collaboration with White Shark Projects, a Gansbaai-based NGO. The clean-up was well attended and concluded at the majestical African Penguin and Seabird recently appointed EPWP FTEs aware of the marine-related duties facilitated under the leadership of Rangers and in collaboration with the Department of Information and Communications



YOUNG PEOPLE CAN CHANGE THE NARRATIVE





moment in between interacting with students at the stand

Quarterly Landscape Feature:

Landscape West

By: Natalie Hayward, Landscape Manager, Conservation Operations Contributors: Callum Beattie, LUM Cederberg, Marius Wheeler, LCI Landscape West and Zanne Brink, Conservation Manager, Knersvlakte

Going green

Rocherpan is now completely off the grid with an expansion of the solar powered network on the reserve. The 'off the grid' approach reduces our carbon footprint and ensures uninterrupted power to visitors and staff. Bird Island is currently closed for major renovation of the curio shop, auditorium, penguin pool, museum and the bird hide. Once complete, visitors will enjoy enhanced views of the unique Cape gannet greeting behaviour, caring for their young, flying into land and taking off from their runway. Visitors will also be able to enjoy a view of the stars at night when visiting the auditorium.

How is nature doing?

The Cederberg and Grootwinterhoek mountains slowly release fresh water into major river systems like the Berg and Olifants that provide irrigation and potable water to productive farms and human settlements downstream, including the City of Cape Town. Many rivers harbour threatened fish species like the Clanwilliam yellowfish, various redfins and the Clanwilliam rock catfish amongst others. Field staff recently received training in the South African Scoring System version 5 (SASS5), a bioassessment tool that uses aquatic macroinvertebrates as an indicator of river health. The training equipped staff with biomonitoring knowledge, enabling teams to implement river health monitoring. Staff across protected areas continue to collect state of biodiversity data, with Ganzekraal, Riverlands and Knersvlakte winning prizes for the most records collected. Quantity of records serves as an indicator of species found while observation of threatened and new species is essential. The Rocherpan team were excited to find a breeding Black Harrier pair in site with chicks. The Conservation Intelligence team took a long-awaited trip to Dassen Island to review monitoring needs and participated in African penguin breeding success monitoring while on the island.

Nature benefiting people

The Heuningvlei community residing at the foot of Clanwilliam Cedar tree habitat in the Cederberg are indirectly benefitting from nature. Body Shop International and Givaudan South Africa successfully applied for a bioprospecting permit allowing the use of Cedar tree scent samples for perfume production. The project has unlocked a monetary grant that funded the construction of a Cedar tree nursery, seedlings of which are planted out to augment the natural population and upgrading of the existing Heuningvlei Lodge to enhance tourism. The project has created 10 job opportunities in the community to date.





Celebrating Mandela Day

with the Ida's Valley community

Author: Lesley-Ann Williams, Stakeholder Engagement Officer, Conservation Operations

The Cape Winelands Biosphere Reserve (CWBR) team partnered with CapeNature to bring a hands-on educational approach to the Cape Winelands community on Mandela Day 2022. Under the theme "Food gardens, fruit trees and indigenous trees: creating awareness of the connection between food security and climate change" the day was filled with activities and hosted with the support of the Stellenbosch Municipality. The event, which was held at the Ida's Valley Community Sports Field, was attended by 113 children and youth from Ida's Valley.



The CWBR STEAM-Y (Science, technology, engineering, art and mathematics - for youth) educational trailer was set up in the center of the sports field. On either side, a session was held with participants which included programmes such as 'My Body' and 'Biodiversity and its Importance'. Surrounding the trailer further out in the field, an Indigenous Medicinal Plants session took place under the theme "Growing Your Own Food". CapeNature facilitated a session on the Water Cycle, highlighting the importance water has in our lives.

Snacks and beverages were graciously supplied by the municipality and sandwiches were donated by Bridge House school, made by students, as part of their Mandela Day 2022 commemoration.





STOPPING THE SUCCULENT SMUGGLING SCOURGE

By: Carl Brown and Lucille Ross, Compliance Specialists: Wildlife Trade, Biodiversity Conservation, Biodiversity

The Western and Northern Cape provinces are home to an amazing variety of endemic succulent flora. Endemic plants are found nowhere else in the world and can thus become targets for collectors. Unfortunately, people seek to exploit these plants for financial gain. Traffickers have targeted plants consistently over the



Law enforcement efforts seek to address individuals higher up the criminal food chain in order to focus on actors closest to the international market as possible, thereby causing the most disruption to the criminal organisation. Smugglers are creative in their efforts to conceal their contraband to avoid detection by border agencies. Consignments have been declared as toys dried fruit samples and even organisation.

CapeNature is the statutory body responsible for Biodiversity Conservation in the Western Cape Province and succulent plant poaching affects our protected areas, as well as the biodiversity of the Western Cape. The succulent smuggling also affects our conservation partners in the Northern Cape and SANParks. CapeNature partners with the SAPS Stock Theft and Endangered Species Units, as well as SANParks, in fighting against this crime wave. We also partner with the South African Biodiversity Institute ("SANBI"), who are instrumental in the identification of the seized flora. Following on from a recent case where plants originating from the Western Cape were intercepted at Oliver Tambo International Airport, CapeNature partnered with SANBI to facilitate the replanting of critically endangered flora species. After six months, a site visit showed 70% of the plants had begun to grow again.

Another alarming aspect of this illegal trade is that the seed stock is being depleted and large plants with an estimated age of over 100 years are being removed from the veld. From an ecological point of view, these large and ancient "mother plants", which may only be the size of a man's fist, play a critical role in the survival of species. Removing the ancient surviving plants from the ecosystem means that the population is unable to produce large quantities of seeds required to sustain itself.

CapeNature's efforts are not only focussed on the enforcement of laws, but also o raising awareness and educating those involved in shipping and freight handling. CapeNature Biodiversity Capabilities staff have conducted presentations with various courier agencies and freight handlers in this regard. Training has also been provided to state prosecutors and magistrates to sensitise them to the scale and impact of the succulent smuggling scourge.

Succulent plants seized

1 381 succulent plants were seized by law enforcement

4 547 succulent plants were seized during investigations.

23 090 succulent plants were seized.

12 8601 succulent plants were seized.

Alarmingly, halfway through 2022, 173 059 succulent plants have already been seized during investigations into smuggling activities.







FLORA MONITORING AND SURVEILLANCE

on CapeNature Protected Areas



By: Ruida Stanvliet, Flora Ecologist, Biodiversity Capabilities Directorate



The Western Cape is home to an astounding array of biodiversity, including 52.3% of the floral taxa (species) of the country and 63.8% of national threatened flora. Of the 10 778 floral taxa in the province, I 939 are considered threatened according to the South African National Biodiversity Institute (SANBI).

CapeNature is the management authority for 31 nature reserves and one of the many responsibilities is the monitoring and surveillance of threatened plants on reserves. There is however a difference between these two actions. Surveillance refers to describing and recording data at one point in time. This differs from monitoring which records data and its change over time. Surveillance usually focuses on a highly threatened species or a species that is very range restricted. One example is the elusive Ixia, Ixia esterhuyseniae, a rare, range restricted species known only from the Hottentots-Holland mountains and last collected in 1945. SANBI's citizen science initiative, the Custodians of Rare and Endangered Wildflowers (CREW) regularly go on field visits to do surveillance on special plants. CapeNature staff collaborate very closely with CREW and often accompanies CREW teams on their field trips, especially when a CapeNature reserve is visited. One such trip focused on lxia's Ixia esterhuyseniae (Figure 1). Although a few other rare lxias were located during the trip, the search for Ixia esterhuyseniae was unsuccessful this time around. However, the botanising mind never loses hope and more surveillance trips will be conducted in future!

Monitoring, refers to the process of describing and recording changes in the state of biodiversity and ecosystems to support evidence-based decision making, reporting and planning. This process involves selected plant taxa on CapeNature reserves and is conducted on an annual basis, in accordance with approved guidelines. A selected example of the threatened plants being monitoring is listed in Table 1 with the locations provided in Figure 2.

The iconic cedar tree or "sederboom" with the scientific name Widdringtonia wallichii (Figure 3), is almost entirely restricted to the Cederberg Complex. This species is slow growing and killed by fire and therefore the population trends need to be monitored on a regular basis to inform adaptive management when required.

The Critically Endangered orchidaceae *Disa barbata* is extinct across most of its historical distribution due to habitat destruction and urban development. Due to decreasing population trends, CapeNature is keeping an active eye on this species. Amongst the multiplicity of floral taxa in the province, the acts of monitoring a small number of those might seem of negligible importance. Robert Browning, a 19th century English poet, said "Suddenly, as rare things will, it vanished". CapeNature is contributing in a small way to prevent the vanishing of special members of our natural world.







PUSHING TO THE END EVEN WHEN THERE IS NO END

By: Zohra Parkar, Office Manager, Office of the CEO



I ran my first Comrades Marathon in 11 hours and 44 minutes in 2019. Known as the "Ultimate Human Race", I was so fixated on finishing within the 12-hour cut off that I missed the whole experience of the humanity of the race.

The COVID-19 pandemic changed all sorts of things in the world and the way we knew it, Comrades was very different from the moment I started training. I did two training runs while on holiday at CapeNature reserves. The first one was a 23km solo run on the jeep track at Kogelberg - a beautiful training run and highly recommended.

The second training run was from Vrolijkheid to Robertson with several loops in Robertson to reach 30km. A nasty run on that Langverwagten Road, but thank you to Sandile Mdoko, Conservation Officer at Vrolijkheid, for running with me and keeping me going until we reached the 30km mark.

Here is why it was the "Ultimate Human Race" this time around in 2022:

- Every runner on that starting line has sacrificed so much to be there and training becomes your life for five months leading up to the race.
- Pushing myself to keep moving because I refused to give up on finishing the distance.
- The encouragement of strangers to get you to the finish line. "Keep going!!! Just keep moving forward!!!", they would scream.
- Making peace with walking the last 5km because the determination to finish the distance was stronger than the discomfort of the blisters under my feet.

Despite no medal, I am still in awe that my body was able to finish about 90.2km in 12 hours and 44 minutes.

(Your perseverance and commitment are commendable, and finishing the race counts much more than any medal – Ed.)





ONTHEBOAT

Would you also like your pics to be featured in "On the road"?

Please send them to teiman@capenature.co.za with a caption and we will make it happen!



Awesome people



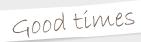


who does not just want to dive into this floral carpet and make some flower angels?! Natanya Dreyer, Teamleader Learning S Awareness shows us how it's done!



GM Advocacy Petro van Rhyn enjoys a moment with the Reel dansers at the Cedar Seedling Nursery launch









Marine and Coasts Manager Pierre de Villiers interviewed by SABC News

Minister Bredell visited Stony Point Penguin Colony to mark Tourism Month

Scenic beauty

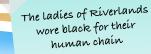


Eco tourism and Access
Executive Director delivering the
Vote of thanks at the Cedar
Seedling Nursery Launch



epresented by Elbe Clote, Landscape Manager, Zaune Brink (Conservation manager) and Ismat Adams (Land-Use-Scientist).

Line Capiterlands





Staff at Driftsands stand in solidarity during Womens Month human chain

GETTING TO KNOW

EXECUTIVE MANAGEMENT



What has been your biggest learning since becoming Executive Director: Biodiversity Capabilities?

In short - I am not done learning. I think my biggest ongoing learning relates to trusting that the efforts invested toward the outcomes we want, requires commitment and patience. Every day presents new challenges from which to learn and adapt to.

What's the most used app on your phone?

WhatsApp is the most used app on my phone. Followed by YR – a weather app.

What do you do for fun?

I love to drive my car and explore. I like travelling by car and generally choose the road not yet taken. I also enjoy spending time with friends over a good meal.

How do you relax?

I do some gardening, mostly planting herbs and edible plants. I also like to practice crafts like painting, sewing, and basic carpentry.

What was your first job?

I did various waitressing jobs while I was at school and during my studies. My first permanent appointment was as a clerk at a medical aid scheme. I was appointed as a student conservator with SANParks at the West Coast National Park, as to meet the requirements of the National Diploma in Nature Conservation. My first permanent appointment in nature conservation was with the Northern Cape Department of Environment and Nature Conservation, based at Rolfontein Nature Reserve

What genre of music is your favourite? Please include your favourite song. I generally like all types of music, from classical to hard rock. My all-time favourite song probably has more sentimental value than musicality – "Wish you were here" by Pink Floyd.

What are you watching at the moment?

I am watching Star Wars on Disney+. I have always been a fan of the Star Wars franchise and enjoy the series as an escape. I am fascinated by the many creatures and alternative worlds created for the franchise and marvel at the resemblances these have to the many living organisms and places on earth.

What motivates you?

Sometimes it is easy to be disheartened by the global state of biodiversity and the rapid decline of species. I remind myself of what has not yet been lost and that any small action towards stemming the tide is a worthwhile effort and that every step matters. I celebrate the gains we collectively achieve in producing knowledge and tools to guide and ensure sustainable use and development and work to hold true to the course. When I feel disheartened, I look to those around me and take courage from their perseverance in dealing with challenges whether big or small. There are so many teachings on offer from everyone around you.



What has been your biggest learning since becoming Executive Director: Conservation Operations?

I have learned that CapeNature has a fantastic team of people who are dedicated to conserving the biodiversity spectacle that is the Greater Cape Floral Kingdom and the associated Succulent Karoo and everything in between! The team continues to amaze me with their loyalty, hard work and willingness to go the extra mile. It is humbling to know that many staff will get up in the middle of the night and leave their loved ones behind to fight a raging wildfire.

What's the most used app on your phone? WhatsApp, Facebook and Netwerk24 - in that order.

What do you do for fun?

We invite friends over for a braai, lekker music and play cards, Monopoly Deal, Mexican Train or Codenames until late! Otherwise, if we don't pitch a tent along the Breede River or at Algeria for a long weekend, a lazy wine tasting, or a dinner-dance is just as much fun. However, nothing beats playing with my two-year old grandson; soon I will have three grandkids! I am truly blessed.

How do you relax?

I am a self-taught guitar player from age 9 and I own and play three guitars. After a long, hard day at the office, I love picking a few songs from my songbook and singing to the tunes. However, pitching a tent and sitting staring into a fire is second to none.

What was your first job?

My first holiday job was at the Sea Fisheries Department as biology student to search for and find fish ear bones in the stomach contents of other bigger fish, and to count and preserve them in alcohol for later analysis.

What genre of music is your favourite? Please include your favourite song.

I listen from folk to country to classic rock and the blues. I grew up with Creedence Clearwater Revival, Deep Purple, Pink Floyd, Boston, Bruce Springsteen, Queen and Kris Kristofferson. My favourite song is a hard choice but Bob Dylan's Knocking on Heaven's door, Queen's Bohemian Rhapsody and Bruce Springsteen's live version of You never can tell (Leipzig 2013) are firm favourites.

What are you watching at the moment on Netflix?

What is Netflix? No, only joking. My last big series were The Royals and Ozark followed by a few movies and nature documentaries.

What motivates you?

People motivate me. To see people passionately doing what they love and believe in is really inspiring. Nature motivates me. During my years of fieldwork and on some of the hikes I have done, including the Whale Trail, a tiny baby tortoise ambling through the veld, or a soaring Cape Vulture metres above my head or the little baby bottoms in the Knersvlakte proudly pushing out their little flowers are truly beautiful and motivates me to do what I can to leave the world a better place!





Jeandre Hofmeester | Field Ranger

Tshidzo Makhuvha | Internal Control Analyst

Margret Combrink | Collateral and Design Specialist

Pieter Ceasar | Conservation Assistant

Yandiswa Kostayi | Field Ranger

Liana Van Heerden | Graduate Intern

John-ross Windvogel | Field Ranger

Jonathan Sellidon | Administrator

Carla Arendse | Employee Relations Manager

Brent Philander | General Manager: Human Resources

Glendyrr Fick | Tourism Officer

Lehandre Tobin | Conservation Assistant

Charlton Abrahams | Conservation Assistant

Asheeq Lombard | HR Specialist Talent Optimization

Sakhumzi Kekana | Team Leader: Assets And Fleet

Warren Isaacs | Marine Ranger



You've been dependable, supportive and inspiring during your time with us.

Loraine Carstens | Landscape Administrator

Jonathan Sellidon | Administrator

Lorraine Booysen | Legal Manager

Ilouise Koen | Landscape Administrator

Lungile Zukelwa | General Worker

Rowena Vaughan | General Manager: Human Resources

Chanel Rampartab | Capability Manager: Innovation

Tracy-lee Petersen | Landscape Manager

Siphokazi Mnyani | Team Leader: Compliance and Reporting

Shameema Gamieldien | Promotions Officer

We wish you all the best for your next chapter!



In Quarter I an **Advertising Value Equivalent**

(meaning what we would have paid if we space for advertising)

was a remarkable

R 15 417 122.88

ace of its guides. The Rim of Africa guides can know wilderness first aid and how to navigate. backpack, but every year they wait in



The Whale Trail is a different kettle of cetacean

CapeNature in PRESS

Drone to help endangered cedar trees

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> p. Spinterkoves in Neek as it were ng scass often inhospitable thus thus which is dut and you

Does your chick sound familiar?

Penguins might all look the same, but listen carefully

- they have accents





BIRTHDAYS

CapeNature wishes you a great year ahead!

OCTOBER

	Clinton Windvogel	15	Luke Linde	3
	Nicolette Mouries	17	Marius Lintnaar	
	Pedro Blaauw		Louis Tieras	
	Billy-Jean Fortuin	20	Edward Adonis	
	Samantha Kerchhoff	22	Samson Damons	
	Boyd Escott	23	Marthinus Botha	
	Razeen Mitchell	23	Shantall Oncker	
13	Charmaine Jacobs	23	Annelise Schutte-Vlok	
13	Nicolaas Hanekom		Ntombozuko Moyo	
13	Rachmat Hendricks	26	Tshidzo Makhuvha	
	Zohra Parkar	27	Naeem Petersen	
	Ashwin Lewack	28	Marius Wheeler	

Reza Barnard

NOVEMBER

2	Richard James	10	Bukelwa Vanqa	24	Clayton Snyders	
2	Elbe Cloete	11	Ivy Coetzee	27	Terence Coller	
2	Adelaide Moolow	11	Farahnaaz Williams	27	Jan-Henning Pienaar	
3	Magrieta Zimri	11	Nkosinathi Moyo			
6	Dencil October	13	Ndiphiwe Khulwana			
7	Alexander Slingers	13	Rhett Smart			
8	Beulah Du Plessis	13	Tom Barry			
9	Jerome Kannemeyer	15	Theresa Van Der Westhuizen			
9	Jaco Van Deventer	15	Alletta Burger			
9	Claude Van Leeve	19	Wynand Pieters			
10	Mulisa Nekhavhambe	19	Tebogo Botlholo			
10	Ebrahiem Hardy	22	Siphosihle Msengana			

DECEMBER

1	Fatima Borez		Mzwandile Xipu	18	Nadjanara Rosada	29	Percival Jennecke
1	Ashley Visagie		Clinton Williams	18	John Davids		Imraan Mohamed
- 1	Cher-Lynn Petersen		Marthinus Barnardo	20	Belinda Xhwelesha		
3	Takalani Mathode		Khungeka Beda	20	Tarcia Eiman		
4	Arnelle Collison	13	Tania Beattie	24	Wesley Leukes		
5	Othusitse Mabi		Odiele Parring	25	Kutala Zwabu		
	Madre Zeeman		Deon Rossouw	25	Johannes Vaughan		
8	Nosipho Masala		Fundile Martins	26	Cornelius Julies		
	Colin Fordham	15	Carlo Arendorf	27	SkhumbuzoTembe		
9	Lizanne Van Eeden	15	Luxolo Taaibos	27	lan Allen		
9	Asheeq Lombard	15	Wendy Tawse	28	Jeandré Joseph		
9	Vicki Hudson	17	Marius Vaughan	28	Sinenjongo Mavula		

SOCIAL MEDIA DASHBOARD

33 300 PAGE LIKES

18 200 FOLLOWERS

7 200 FOLLOWERS

f





in

7 200 FOLLOWERS







"Live in each season as it passes...
breathe the air, drink the drink,
taste the fruit, and re-align yourself
to the influence of the earth."



FOLLOW US ON SOCIAL MEDIA



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/capenature l



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