



Friends of Lake Claremont



Linley planting for the birds

Photo by Heidi Hardisty

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PLANTING FOR THE BIRDS ON SUNDAY JULY 12

Text by Hilary Heptinstall, Photos by Terry Heptinstall and Heidi Hardisty

This turned out to be a beautiful, sunny, winter's day. A group of about 40 people attended. Half were from the local community and half from the Shah Satnam Ji Green S Welfare Force Wing. They worked on the North East corner of the Lake and planted Banksias and other species for the endangered Carnaby's Cockatoos and other bush birds. In total they planted 2430 seedlings.



THE SHAH SATNAM JI GREEN S WELFARE FORCE WING

Text by Vipin Mehta

DERA SACHA SAUDA SIRSA

Dera sacha sauda is a social welfare and spiritual organisation that preaches and practices humanitarianism and selfless services to others. The main centre is located in Sirsa (Northern India) and the organization has 50 million plus followers across the globe. The devotees learn to meditate and follow the principles laid down by the organisation. The MISSION is to help others and attain god through meditation. The organisation is at present carrying out 111 welfare works under the guidance of our leader, his holiness GURMEET RAM RAHIM SINGH JI INSAN. The welfare work includes tree planting, blood donation, helping the poor and disabled, encouraging people to give up drugs etc. For carrying out welfare works his holiness formed a big volunteer group named SHAH SATNAM JI GREEN S WELFARE FORCE WING



► *Shah Satnam members Manisha Maria Insan and Mukeshwar Insan*

► *Story continued on following page.*

There are around 50 volunteers from GREEN S FORCE in Perth who have been working at Lake Claremont for its enhancement since 2013. They plant trees and shrubs and take out weeds. The Green S Force also keeps looking for opportunities for other community social work.



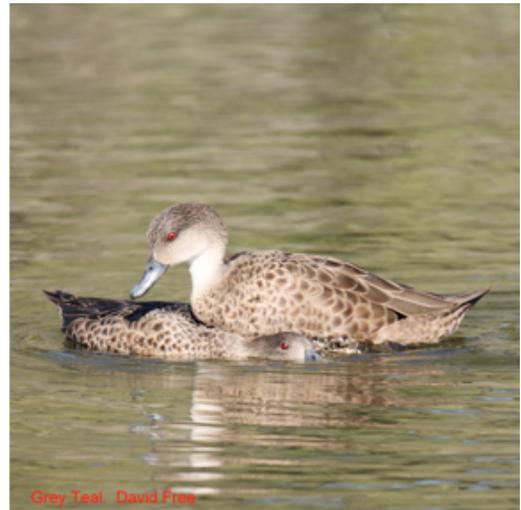
► The Shah Satnam planters

Ed. Vipin Mehta is the main liaison person for the group's involvement with FOLC and we very much appreciate his efforts.

BIRD OF THE MONTH

Text and photo by David Free

One of the most common ducks at our lake, these birds can be seen in large numbers when there is sufficient water. Grey Teal are highly nomadic and will fly long distances to reach suitable feeding grounds. They prefer nesting in tree hollows, and use the mature tuarts to the west of our lake. The female does most of the work of incubating the eggs and brooding the ducklings. This pair is hoping to ensure the survival of the species.



Grey Teal. David Free

► Grey Teal *Anas Gracili*

BIRD UPDATE FROM DAVID FREE

Last week I was at the north end of the lake, trying to clarify the identification of a bird seen there yesterday by Greg. In the recently planted but well grown gums just to the west of the dead blue gums there was much activity, mostly Brown Honeyeaters but also a Western Gerygone, Then I glimpsed a Spotted Pardalote, which promptly disappeared back into the foliage. I waited a while and then walked further, hoping in vain to see Fairy-wrens. Returning some time later, I was rewarded with another glimpse. The day was heavily overcast and the light poor but there is no mistaking the identification of this beautiful little bird. A pair of Red-tailed Cockatoos was also nearby.

Some time last year Bruce Haynes mentioned to me that he may have seen a Western (Little) Wattlebird at the lake. This morning (July 23) I was lucky enough to get a good sighting of one, near where the "living stream" crosses under the path. I've seen this species occasionally at Bold Park, also at Point resolution, but this is my first record for Lake Claremont.

IN BLOOM THIS MONTH

Photos by Geoff Ross, Text by Heidi Hardisty



Cockies Tongue - *Templetonia retusa* is so named because the flower head gives the impression of a cockatoo's tongue.

T. retusa has an underground rootstock which helps it regrow from coppices after fire.

BUSY BEE ON SUNDAY AUGUST 9

We will have our regular second Sunday Busy Bee from 9.00 -11.00 am on this date. The main activity will be hand weeding, though there may still be some planting to do. Meet near the old tin shed at the northeast corner of Lake Claremont

BUSHCARE'S MAJOR DAY OUT

Join us for

**Bushcare's
Major Day Out**

**13 September
Sunday 2015**

email: info@bushcaresmajordayout.org
Phone: 0417 285 871

[t](#) @BushcaresMDO [f](#) Like us on Facebook

We participate in this event each September as it coincides with our September Busy Bee. This year FOLC registered early and won a \$50 voucher from Forestry Tools, one of only 10 awarded nationally for early registration.

► *Story continued on following page.*



We would encourage all members to come along and celebrate the end of our season. The plan for the day is as follows.

Time: 9:00 - 11:30 am

9:00 - 10:00 am Hand Weeding session (you may stay longer!)

10:00 - 11:00 am Guided bird-walk with David Free
(Participants may join in one or both of the sessions.)

11:00 am Tea

- Meet near the old tin shed at the northeast corner of Lake Claremont. Look for FOLC yellow flag.
- The Bird Walk will commence from the FOLC yellow flag.
- Wear closed-in shoes, a hat and long sleeves. Tools and gloves will be provided.

ADOPT A SPOT

Text by Norma Hay and Hilary Heptinstall

Photos by James and Hilary Heptinstall

The 'Adopt a Spot' programme officially launched in February this year. Volunteers take responsibility for keeping their spot weed free, usually involving about one session a month.

Nick Cook and Norma Hay have taken over the management of the programme. They are very enthusiastic and feel that it has great merit. 23 spots are being managed very successfully either individually, by family groups or by groups of friends. Both CCGS and Scotch College have spots.

We are looking for more volunteers to expand the program. The size of spot can be dependent on the time a group has available. At present, sizes range between 5 x 5 and 15 x15 square metres. The time involved should be between 40 minutes and one hour per month. A group may select a size that they can manage. One advantage of the programme is that once spots are weed free there will be no further need for the use of herbicide in that area.



► *Jo, Hilary and Chris Heptinstall*



► *Some prefer to sit and watch!*

► *Story continued on following page.*

There are some small 'Adopt a Spots' needing volunteers in the buffer at the South Eastern edge of Lake opposite the clubhouse and Lake Espresso

Consideration is also being given to the organization of spots in the newly planted areas. If this idea were adopted, people would be starting from scratch, which would make it very much their project. If anyone feels that they do not have time to adopt their own spot, we need a few people to fill in when others are on holiday.

Jo Heptinstall was an early participant in the programme and has spurred other family members into action by informing them when the weeds have regrown and organising a removal session! She chose a spot with a beautiful dead tree, which appeals to her young sons.

Having a spot encourages a great sense of community and involvement with the restoration of the Lake and we hope that more people will become involved. ***We would love to hear from others who have adopted spots and to see photos of their efforts. Email to Hilary on heptins@bigpond.net.au***

TED'S CORNER - PAUL HARDISTY

I moved here nine years ago with Heidi and our sons, and pretty quickly after that Heidi had joined the Friends of Lake Claremont, and had become the new coordinator. I work full time as an engineer, now as a Director of CSIRO, and with my writing I don't have a lot of spare time. However, I do try to get out to help with planting and weeding whenever I can - basically whenever Heidi tells me to! I also have my own adopt-a-spot spot. I find weeding pretty therapeutic, and it helps reduce herbicide application, which I do worry about in terms of long term loading to the lake. Every time I walk or run around the lake now, I'm blown away by how well the plants are doing, and how we're rebuilding a native forest in the middle of a city.

MORE ABOUT PAUL!

Text by Hilary Heptinstall, Photo by Heidi Hardisty

Apart from holding a full time job and working with FOLC, this year has been a very busy one for Paul with the Australian launch of his newly published novel, 'The Abrupt Physics of Dying'. Many Friends of Lake Claremont members attended the launch event in May. The book has previously been launched in London where it was published last year and it has been very well received. He also attended the Margaret River Writers' Festival.

Paul has led a very varied life working throughout the world as an engineer, hydrologist and environmental scientist. He had worked on oilrigs in Texas, explored for gold in the Arctic, mapped geology in Eastern Turkey and rehabilitated water wells in the wilds of Africa. Much of his work has been in Yemen where his novel is set. He survived a bomb blast in Sana'a, the capital of Yemen, in 1983 when he was working for the United Nations.

► *Story continued on following page.*

The book is a well-paced thriller. The protagonist, Claymore Straker, is working as an oil company engineer in the wilds of Yemen when he is hijacked at gunpoint by Islamic terrorists. Clay has two choices: help uncover the cause of a mysterious sickness afflicting the village of Al Urush, close to the company's oil-processing facility, or watch Abdulkader, his driver and close friend, die.



► Paul at the Margaret River Writers' Festival

On June 30, it was announced that Paul's book has been short listed for The John Creasy (New Blood) Dagger Award. This award is for the best crime novel of any nationality first published in the UK in English during the Judging Period. The winners will be announced in September at an award ceremony in central London. There is even talk of film rights!

Paul is now working on the final edit of his sequel to his published book, 'The Evolution of Fear'. It will be published in November.

CONTRIBUTIONS TO THE FOLC NEWSLETTER

We welcome readers' contributions relating to Lake Claremont for our newsletter. Any articles, letters or notices should be sent to the compiler, Hilary Heptinstall, by the 20th of the month before the newsletter is published so that they can be considered for inclusion.

heptins@bigpond.net.au

If you are reading a printed copy of this newsletter and would like to become a Friend of Lake Claremont, please see the contact details at the end of the newsletter.

PLANTING CALENDAR

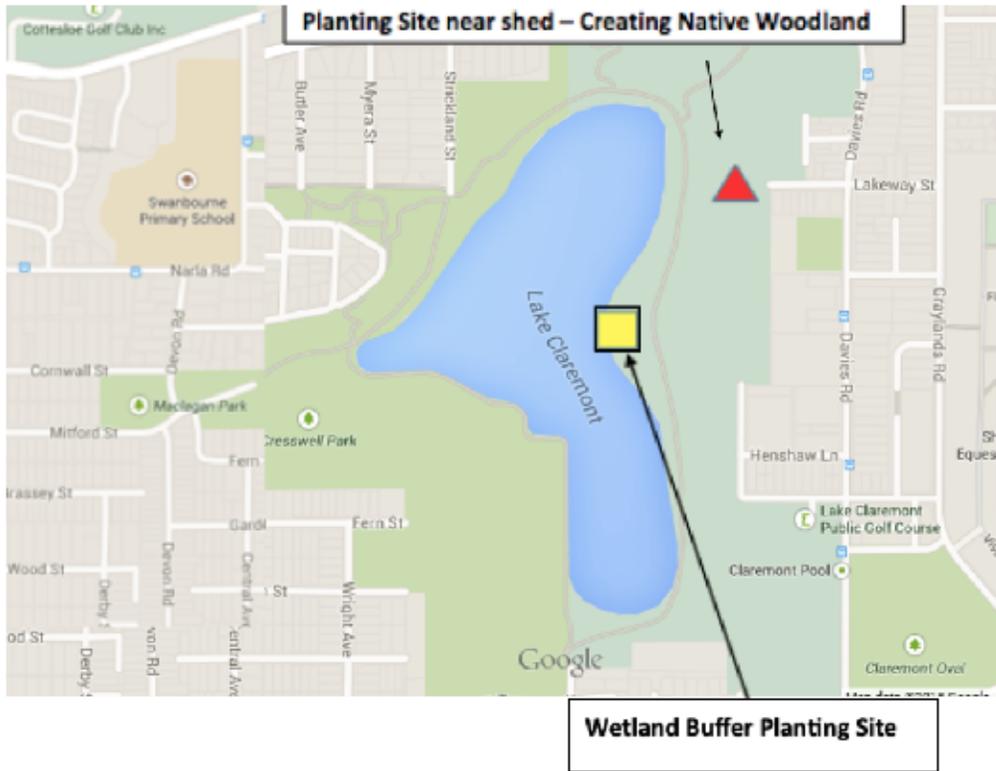
August 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
						Uni Students - National Student Volunteer Week - 9am - 1pm - Old Tin Shed
9	10	11	12	13	14	15
Busy Bee - 9- 11am - Old Tin Shed						SSJ - Indian Independence Day - 9am - 2pm - Old Tin Shed
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Groups:

SSJ – Shah Satnam Ji Green S Welfare Force Wing

Lake Claremont Planting Locations 2015



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<https://www.facebook.com/pages/Friends-of-Lake-Claremont/159586380873009?ref=hl>

The Friends of Lake Claremont Ltd. (FOLC) is a community organization established and run by local residents all of whom are volunteers.

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