



Sunrise at Lake Claremont Picture : Heidi Hardisty

Heidi took this lovely photo looking east across Lake Claremont on her way to an early morning planting session in July.

The planting season has continued at full pace in July with two Public Planting Days and two mornings with the Shah Satnam Ji Green S Welfare Force Wing. The Year 10 Community Service planting sessions with students from Scotch College have continued on Friday afternoons and seven classes of Scotch College Year 7 students planted over 1000 seedlings in July! Students from John XXIII College will have several planting sessions early in August. Our next Public planting day will be the Friends Planting Day on August 13 from 9.00 – 11.00 am.

Heidi Hardisty will be stepping down from her position as FOLC Coordinator early next year and this will leave many roles which need filling. Find out how you can help on page 6 of this newsletter.

THE PLANTING SEASON CONTINUES

Text and pictures : Heidi Hardisty and Hilary Heptinstall

PLANTING FOR THE BIRDS SUNDAY JULY 9

This was a warm sunny day after the rain of the previous week. 40 local residents and FOLC members turned up to plant over 1000 native seedlings along the eastern wetland buffer. Much of the mulch has now been removed which made the planting much easier.



Thank you to all those who contributed to the lovely morning tea at the old shed after the planting and to Soozie Ross for her continued organisation of refreshments.

SHAH SATNAM JI GREEN S WELFARE FORCE WING PLANTING SESSION

We were pleased to welcome our friends from the Sha Satnam Group once again on Saturday July 8. They did a wonderful job and planted nearly 1700 seedlings at the eastern edge of Lake Claremont.



Volunteers enjoy their morning tea



Shah Satnam volunteers

OUR BIRDS

Text and pictures : David Free

Western Wattlebird, *Anthochaera lunulata*

Until recently this bird was regarded as a species of the Little Wattlebird, found in South East Australia. It is now recognised as a distinct species, endemic to the South West.

They are nectar feeding nomadics, and never venture very far inland. Far less common than the ubiquitous Red Wattlebird, this beautifully marked species is a rare visitor to our lake.



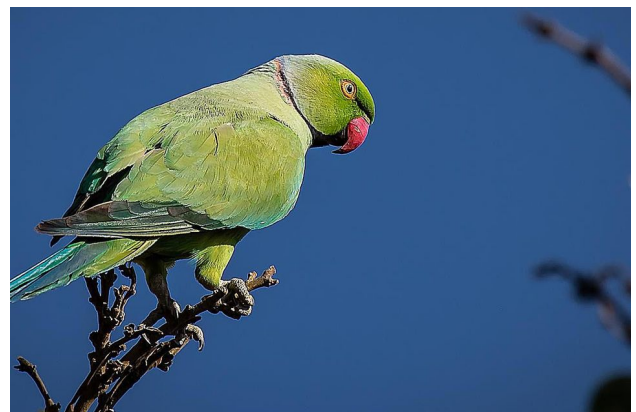
Somewhat smaller than the Red Wattlebird, it can easily be distinguished from its larger cousin by the presence of a silvery white patch on the cheek and throat, and the absence of yellow on the belly.

It's chuckling song is much more melodic than the Red Wattlebird's harsh cackle.

HAVE YOU SEEN AN INDIAN RINGNECK PARAKEET?

From : Birdlife Western Australia

The Department of Agriculture and Food are receiving an increasing number of sightings of Indian Ringnecks in the wild. These are cage birds that have either escaped or have been released and have the potential to establish a population and become a pest. Please report sightings to 1800 084 881



Indian Ringneck Parakeet Picture from the internet

HEAVY WEBSITE TRAFFIC JULY 2017

Text : Heidi Hardisty Picture : Pam Free

Great news! Our web master has reported some amazing new milestones for the Friends of Lake Claremont website. We have now exceeded 25,000 'all-time' views and daily web traffic is up 64% in comparison to last year!

What makes this even more special is that it is a volunteer effort, from the writers who create the articles, to all that goes on behind the scenes. The FOLC Board would like to acknowledge the years of hard work and dedication by our webmaster, Reagan Manns. Only recently has he been paid a small fee to completely re-build our website.

Reagan has worked extremely hard in collaboration with David and Pam Free, along with help from Andrew Head of the Town of Claremont, to design the most beautiful section of our website yet. Check out the Birds of Lake Claremont to see Pam's beautiful illustrations and David's gorgeous photography. You can also listen to the calls of our most popular birds, which have been produced by David Secomb. Pam and David plan to add more species in the coming months.



Galah : Illustration from the website by Pam Free

Want to Help with the Website?

We are always looking for people to contribute to the website. We do need help updating material, especially on the many activities we run. If you can help, please email us today: folc.wa@gmail.com

RABBIT ALERT *From Heidi Hardisty*

There may be rabbits moving into Lake Claremont! Suspicious 'droppings' were spotted on the pathway near the Strickland St cul-de-sac. This would be terrible news as rabbits can devastate vegetation, particularly newly planted seedlings. Rabbits have been noticeably absent from Lake Claremont, even though they are abundant at the Cottesloe Golf Course on Alfred Rd. Please report any sightings immediately to the Town of Claremont 9285 4300.

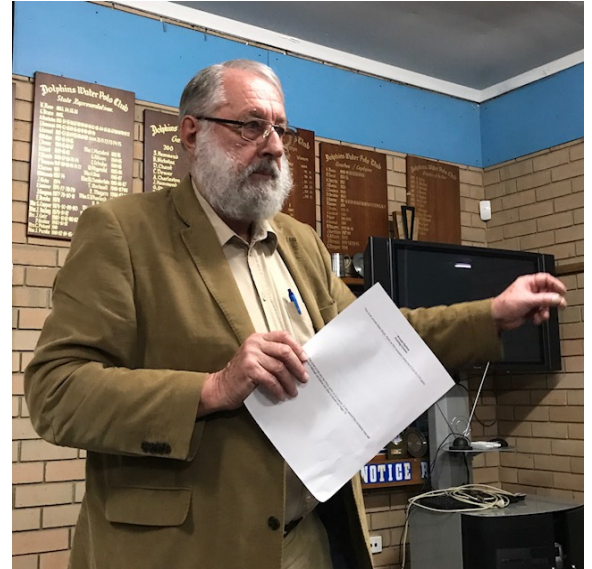


Picture from Wikipedia

JULY NIGHT CHAT

From : Hilary Heptinstall

Councillor Bruce Haynes was the speaker at our July Night Chats session and he said that he was surprised to be speaking to a full house! He also said that he would not be using power points or other audiovisual effects, but this did not detract from his very interesting talk.



Bruce Haynes addressing the meeting

Bruce has been involved with Lake Claremont for the last 30+ years and is very familiar with its politics, which he described as the contest for control of something. He feels that there should be a balance between those who wish to use the area for recreation and the rehabilitation of the Lake. Politics is also involved in the water quality of the Lake.

The area was originally a large wetland, which formed part of the food hunting and gathering territory of the Mooroo people who lingered in the area until the late 1940s.

William Butler was given land in the area in 1831 for the purpose of farming. In 1850 military pensioners for England were then given land at 'Butlers Swamp' for the purpose of agriculture. At the turn of the century, orchards and market gardens flourished round the swamp. Stirling Rd ran through the middle of the swamp until rising waters destroyed much of the gardens and made the road impassable.

In 1949 the name of the area was changed from 'Butler's Swamp' to 'Lake Claremont' and plans for beautification of the area were made but did not materialise. (In 1989 Bruce suggested changing the name back to 'Butler's Swamp' but this was resisted by local residents and his motion in council was defeated by 9-1!)

In the 1960's the area used as a rubbish tip before turning it into a golf course, which was closed in 2009.

In 1984 the State Government's System Six imposed responsibility on the Town of Claremont to manage the land for recreational purposes. Bruce became involved at this point and decided to stand for Claremont Council. After being defeated twice, he eventually gained a position and set up the first Lake Claremont Management Plan in 1991. Decisions were made to keep the Japanese Pepper and Plane Trees although they are not native because children liked to climb them. Now the non-native Cape Lilac trees are also being retained because their berries are a food source for the endangered red-tailed black cockatoos.

Since the closure of the Golf Course in 2009 the Town of Claremont has adopted a management plan to return the area to a mix of native bush and recreational areas. Bruce has been involved with Friends of Lake Claremont since its inception under the auspices of Soozie Ross in the early 2000's and has been influential in the restoration of Lake Claremont to its current healthy position.

IMPORTANT FOLC ROLES FOR 2018

From : Heidi Hardisty

Two important roles which need to be filled for 2018 are

1. **Planting coordinator.** If you think you would like to be involved in organising and leading the planting days, please contact me as soon as possible. It would be ideal to have a committee of 2-3 people jointly sharing this role. Now is the time to join in and find out what's involved.
2. **Year 10 Community Service Program:** A coordinator and 1-2 leaders are needed for the program, which involves conducting the sessions and liaising with the schools and the Town of Claremont, and ensuring activities are scheduled each week. (The activities are directed by the Town of Claremont with input from FOLC.) Between 10-20 boys participate on Friday afternoons from Feb to Oct (approx. 23 sessions per year). The program has been running for 9 years and it would be great to keep it going.



Please contact Heidi on 0416 614 696 if you can help.

UPCOMING EVENTS

FRIENDS' PLANTING DAY SUNDAY AUGUST 13

Our last major planting day for the year will be held on Sunday August 13 at the East side of the Lake from 9.00 – 11.00 am. It would be great to have a good turnout for what could be Heidi's last Community Planting Day.



Community Planting Days
Help Enhance Lake Claremont.

June 11th – Local Residents' Planting Day
July 9th – Planting for the Birds
July 30th – National Tree Day
August 13th – Friends' Planting Day

Sundays: 9:00 AM to 12:00 Midday. Stay as long as you like.
Meet at 9:00 AM on the east side of the lake.

Join the Friends of Lake Claremont as we continue one of the largest restoration projects in Perth.
Please wear enclosed shoes. Bring a hat, long sleeves and rain jacket if needed.
Gloves, tools, sunscreen and refreshments provided.

For more information contact Heidi Hardisty
Ph: 0416 614 696 Email: folc.wa@gmail.com
www.friendsoflakeclaremont.org

TOWN OF CLAREMONT
natural resource management program
WATER - ALICE SPRINGS

NIGHT CHAT ON TUESDAY AUGUST 22

6.00 pm at Claremont Aquatic Centre. Doors open for refreshments at 5.30pm

TOPIC : Noongar Bush Medicine: Medicinal Plants in WA's South-west

SPEAKER : John Horsfall. R.N., R.M.H.N., B.App.Sc., Grad. Dip.Ed., Dip. Naturopathy & Herbal Medicine.

For over 50,000 years before colonisation, the Noongar people of the South-west of Western Australia were much healthier than most Aboriginal Australians are today. Living in the open, in a land largely free from disease, they benefited from a better diet, more exercise, less stress and a supportive community.

John is a retired nurse educator, Naturopath and Herbalist. John's talk will give information on many of the medicinal plants that were regularly used by the Noongar people of the South-west of Western Australia as described in his book *Noongar Bush Medicine: Medicinal Plants of the South-west of Western Australia*. This book has been co-authored by Noongar elder, Vivienne Hansen and has been compiled from knowledge passed on by Noongar elders. John will speak about the many medicinal plants that were used by Aboriginal people before European settlement with specific reference to Lake Claremont.



John Horsfall

We hope that many members will be able to join us as it promises to be a very interesting evening. John's book will be available for viewing and sale at the meeting.

A gold coin donation towards the cost of refreshments would be appreciated.

SEED COLLECTION SEMINAR

Join Perth NRM and the Town of Cambridge for this **FREE** seminar on seed collection.

Date: 9th August 2017 **Time:** 1pm to 4pm **Location:** Town of Cambridge Administration Centre **Register:** <https://www.trybooking.com/QNTA>

Has your group or organisation been thinking about propagating your own local, endemic seedlings to help boost your restoration projects? Not sure where to start and what's involved when it comes to seed collection. Or you've seen seed collection being carried out by others and you're interested in what's involved in the process?

This seminar will introduce you to the process of seed collection.

Calendar August 2017

Day	Event	Time
Mon-Wed Jul 31 st -2 nd	Planting with John XXIII College Year 7s	8:30 -10:30 am
Friday Aug 4 th	Year 10 Community Service Program - Planting	1:30 - 3:00 pm
Sunday Aug 6 th	Year 10 Community Service Program – Planting with CCGS	9:00 – 11:00 am
Mon-Wed Aug 7 th -9 th	Planting with John XXIII College Year 7s	8:30 -10:30 am
Monday Aug 7 th	Hand weeding day with Conservation Volunteers	8:30 am -2:00 pm
Friday Aug 11 th	Year 10 Community Service Program - Planting	1:30 - 3:00 pm
Saturday Aug 12 th	Uni Planting Day	9:30 am - 1 pm
Sunday Aug 13 th	Friends Planting Day	9:00 – 12:00 pm
Monday Aug 14 th	Planting with the Shah Satnam Ji Green S Welfare Force Wing	10am – 2:00 pm
Monday Aug 14 th	FOLC Board Meeting	5:30 - 7:00 pm
Tuesday Aug 15 th	FOLC Guided Walk for Northwest Agriculture & Forestry University (China)	1:30 – 4:00 pm
Monday Aug 21 st	Hand weeding day with Conservation Volunteers	8:30 am -2:00 pm
Tuesday Aug 22 nd	Night Chats at Lake Claremont Lake Claremont Pool	6.00 -7:00 pm Doors open at 5:30 pm
Aug 21 st – Aug 27 th	Keep Australia Beautiful Week	

Check out the yearly calendar on the [FOLC Website](#) to find dates of future events.

Like us on facebook!

Had a great moment at Lake Claremont?

Why not like us on facebook and post your picture and story?

Friends of Lake Claremont facebook page

<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.

www.friendsoflakeclaremont.org

Newsletter articles and photos from members are most welcome and should be sent to the editor, Hilary Heptinstall
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natural resource
management program

