



## PHOTOS FROM LAKE CLAREMONT

### Above

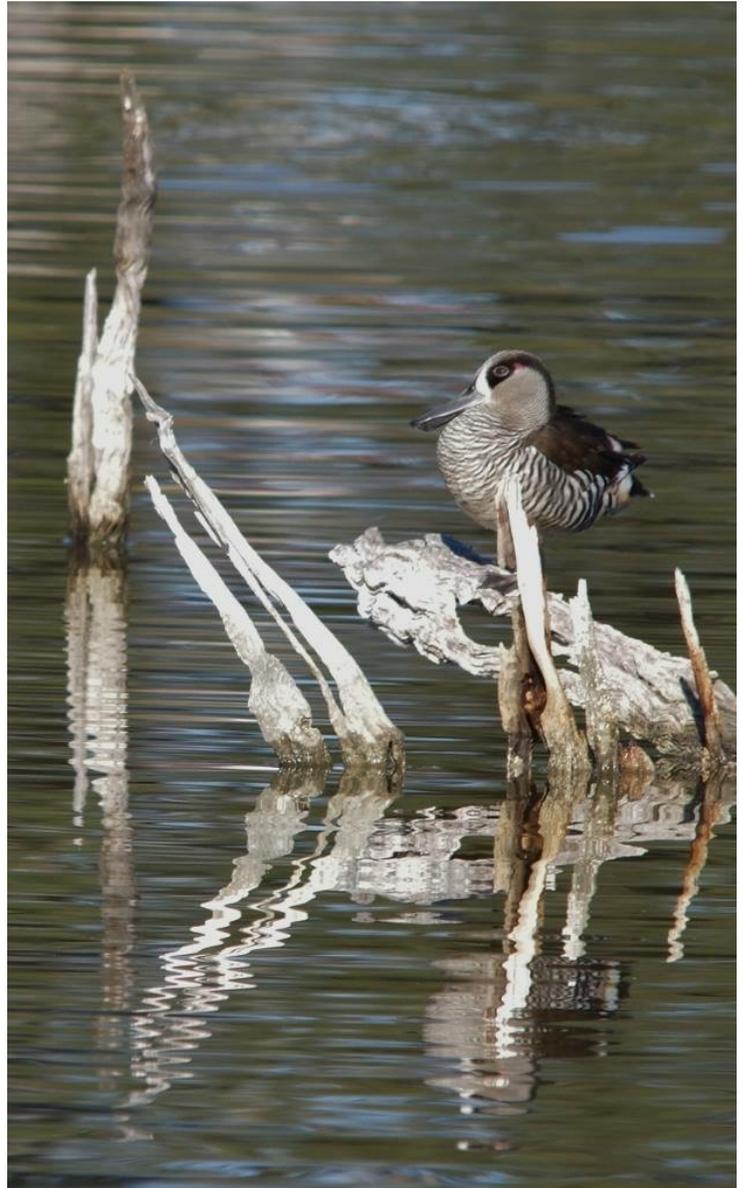
*Swamp Harrier*

*Photo : Lee Beavis.*

### Right

*Pink-eared duck*

*Photo : Gary Tate*



## 'YIN AND YANG'

It was great to read the 'yin & yang' article in the West Weekend (July 14-15). It wrote of how Claire Brittain (the administrator) and Heidi Hardisty (the scientist) have worked together since 2008 to become a force for positive environmental change at Lake Claremont. Both have always been keen volunteers. Claire with her commercial background has worked on the administration side and obtained over \$600,000 grants which have funded our planting. Heidi is the 'hands on' person who has led the planting of 350,000 native seedlings since 2010. This year she will lead 32 planting sessions. Congratulations to Claire and Heidi, we are very proud of you both!

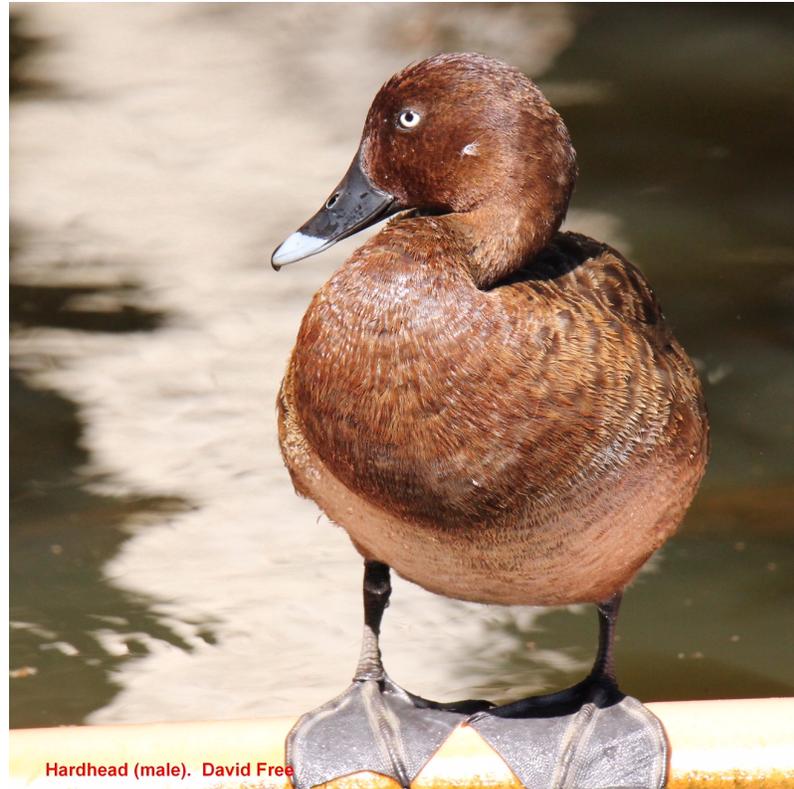
## OUR BIRDS

*Text and photos : David Free*

### **Hardhead, *Aythya australis***

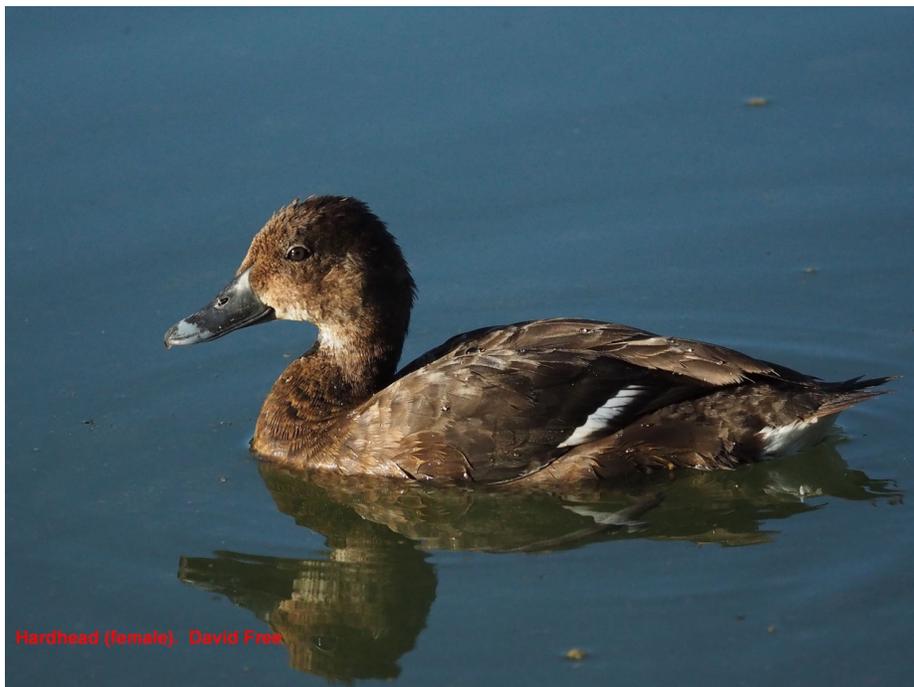
Following the recent good rainfall most of our duck species have started to return to the lake. I counted five species when walking round the other day. One was the strangely named Hardhead (also known as White eyed and White-winged duck), one of our less numerous winter visitors. They are widespread throughout Australia and can be found wherever suitable conditions prevail.

The Hardhead is Australia's only true diving duck; they are said to be able to submerge to four metres to gather plant material and aquatic animals.



Hardhead (male). David Free

*Male hardhead*



Hardhead (female). David Free

*Female hardhead*

## THEN 2003 AND NOW 2018

*From : Soozie Ross*



*The western side of Lake Claremont West end island in 2003*

The photo above shows Friends of Lake Claremont members, Henry Simmons, Cath Mcauley and Jane Hockin, working on the bird refuge island in 2003.

Note: The view is towards the Scotch College playing fields fence. The photographer is looking south. Typha (bulrush) growth was rampant on the island.



*The western side of Lake Claremont West end island in 2018*

Planting of native species was aimed to shade out the Typha combined with chemical control of the invasive species. Now the island is a perfect refuge for birds to nest and raise their young, with mature vegetation covering the island.

## THE PLANTING CONTINUES

*From : Heidi Hardisty*

It has been a fantastic planting season so far. The much-needed rain has come, and mostly outside our planting sessions. Pockets of native vegetation are being planted around the golf course and in the remnant bushland to create a more beautiful park and to assist our wildlife.

Another 9000 seedlings were planted in 11 sessions held between June 25<sup>th</sup> and July 20<sup>th</sup> with 240 people participating including: FOLC members, local residents, teachers, school students, and the Shah Satnam Ji Green S Welfare Force Wing. Heidi Hardisty led most of the sessions with help from Claire Brittain, and Bruce Haynes. We have planted 2/3 of the total number of seedlings for the season.

### **Year 7 Students, Scotch College Middle School (June 25<sup>th</sup>/26<sup>th</sup>)**

The FOLC welcomed back the Year 7 students from Scotch College Middle School for the 8<sup>th</sup> year in a row! A total of 5 classes (126 students) participated and planted 955 seedlings in 3 planting sessions, just north of Elliott Road on the east side of the park. Unfortunately, two Year 7 classes missed out as their planting session got cancelled due to a bad storm.

### **Planting with the 'Force' (July 7<sup>th</sup>)**

The Shah Satnam Ji Green S Welfare Force Wing joined us for the third time this year and continued the planting along the west side of the swimming pool. There were 41 participants who planted 2000 seedlings in under 2.5 hours. What a great effort!



## Planting for the Birds (July 8<sup>th</sup>)

There was a low turnout of only 17 people for the annual event this year, despite beautiful sunny conditions. However, they were a determined lot and made sure the target of planting 1400 seedlings was met in just over 3 hours. Another super effort!



*A young family in action*



*Lance and Jenni Banister-Jones*

## Planting with the Conservation Volunteers

(July 9<sup>th</sup> – 13<sup>th</sup> & 16<sup>th</sup>)

The FOLC hired the Conservation Volunteers to do a week of planting in the remnant bushland in July, where the work is a bit tricky. The 46 participants, working from 8:30 am to 2:00 pm each day, planted 5200 native seedlings, which consisted of shrubs, ground cover, and 4 varieties of trees: banksias, tuarts, jarrahs and marris. Although the participants are volunteers, the FOLC have to pay the Conservation Volunteers' organisation \$4125 for the week to bring the volunteers to the site. The money, obtain by FOLC fundraising events, go towards the Conservation Volunteers' administration, supervision, transport and tools.



### *Conservation volunteers*

#### **Year 10 Students – CCGS (July 20<sup>th</sup>)**

The Friday Year 10 session on July 20<sup>th</sup> consisted of only 6 boys from Christ Church Grammar School. Scotch College students were still on an extended school holiday break. The boys, with the help of FOLC volunteers Heidi Hardisty and Geoff Ross, managed to plant another 360 seedlings in the remnant bushland. Well done boys!

#### **Funding for Seedlings**

Money to purchase the native seedlings this year was obtained by FOLC grant's officer, Claire Brittain, through 2 funding bodies: SALP and State NRM. A total of over 27,000 native seedlings will be planted this season with both these grants.

About 5000 seedlings, planted in the remnant bushland, are paid for by a \$9000 Swan Alcoa Landcare Program (SALP) grant. 2018 marks the 20th year of SALP, a Community Landcare Grants Program Funded by Alcoa of Australia and the state government Department of Biodiversity, Conservation and Attractions (Parks and Wildlife).

#### **SALP**

SALP aims to protect, restore and manage natural assets by funding the community to enhance and restore critical habitat and ecological linkages within the Swan Region. Since 1998 more than 1200 projects worth over \$7 million dollars have been funded.

## State NRM Program

The funding for the bulk of the plants purchased this year was from a State NRM (Natural Resource Management) Program grant. An initiative of the WA Government, the State NRM Program recognises the efforts of WA's local, not-for-profit and volunteer-based NRM groups by supporting them to achieve on-ground outcomes and expand their impact into the wider community.

### There are still 5 planting sessions left:

Uni Planting Day August 11<sup>th</sup> 9am – 12pm (Set up from 8am)

Friends' Planting Day with the 'Force' August 12<sup>th</sup> 9am – 12pm  
(Set up from 8am)

Planting with Year 10s CCGS & Scotch College July 27<sup>th</sup>, Aug 3<sup>rd</sup> & 10<sup>th</sup>

### Acknowledgements:

- All the volunteers who plant, help receive deliveries and lay out plants
- SALP – funding to purchase plants
- State NRM Program – funding to purchase plants
- Soozie Ross & the tea team – morning teas



*Shah Satnam volunteers planting in the remnant bushland at the end of Strickland St on July 28*

## TURTLE REPORT

*From : Nick Cook Photo : Gina Shirley*

The turtles are more adventurous in this wild wet weather. This turtle was spotted by folc members, just off the edge of the main path, whilst on their morning walk. Worried he was injured we got a call and came down for a look. With no apparent injuries he took off through the fence back to the water. Well done Gina and Kate. Thanks for taking the time to stop and care for our precious wildlife in the burbs.

This is a good time to remind dog owners to please observe the on lead signs.



## THE LAKE IN JULY

*From : Hilary Heptinstall*

Lake Claremont is looking beautiful at present and it is lovely to see so much water in the lake. Local people are enjoying the lake and I met many walkers, cyclists and joggers on my Sunday afternoon walk. The new play grounds are proving popular and the two cafes are being very well patronised.



## JULY NIGHT CHAT

*From : Hilary Heptinstall*

There was a large audience for our July Night Chat and it proved to be a very interesting session. Our speaker was **Dr Ric How** who has been involved with Friends of Bold Park and the WA Museum for many years. He has a particular interest in reptiles. He spoke about 'Faunal diversity in the suburbs and what we can learn from urban biodiversity.'

There has been huge expansion in the area surrounding Perth from 1847 to 2018, leading to a decrease in natural vegetation which is a necessity for fauna to survive.

There has been a decrease in the size of many native animal populations.

**Ric How**



Reasons for this change include

- invasive animal and plant species such as weeds, cats, foxes, rabbits, mice and invertebrates have an impact on native species
- the frequency and intensity of fire affects natural habitats
- disease impacts on population size
- climate – rainfall and temperature cause variation in species distribution

It is said that the natural environment is essential to a healthy society because it

- improves mood
- increases social contact
- contributes to childrens' development
- assists personal development, resilience and sense of purpose
- promotes physical activity and health.
- It is an effective treatment for children with poor self-discipline and ADHD and for older people suffering from dementia. It also aids recovery after health procedures

It is essential that individuals of all ages appreciate the importance of their natural environment and that we are all active in maintaining biodiversity.

Ric concluded by saying that, 'The economy is a wholly owned subsidiary of the environment.' Time ran out before Ric could answer all of the many questions. Thank you, Ric for a very interesting evening!

## UPCOMING EVENTS

### AUGUST NIGHT CHAT

We are pleased to welcome Dr George Crisp, Doctors for the Environment Australia, at the next Night Chat at Lake Claremont.

“How environment impacts our health”

Tuesday 28<sup>th</sup> August, Claremont Aquatic Centre, 5:30-7:00 pm

George Crisp, a GP in Shenton Park, will explore the 'environmental determinants of health'. Environmental factors play a very large part in our overall health and well-being and environmental degradation inevitably undermines our health. This operates at both the large scale, e.g. climate change and biodiversity loss, but also regionally and locally - where factors such as urban tree canopy, green space and urban form affect a variety of health outcomes.



### AUGUST BUSY BEE

#### Friends' Planting Day

Sunday 12<sup>th</sup> August 9:00 am – 11:00 am

Please join us for the last planting session of the season. This will mark the end of the massive planting seasons at Lake Claremont. Nearly all of the areas slated for native vegetation planting (according to the Town of Claremont Park Concept Plan 2010) are complete. Over the past 10 years, the FOLC have received over \$600,000 in grants to purchase over 350,000 native seedlings for the Lake Claremont area. It is a wonderful achievement.

We will be celebrating with the Shah Satnam Ji Green 'S' Welfare Force Wing who will join us for planting that day. Please come along and meet this wonderful group of people who have given so much to our community.

## AUGUST CALENDAR

<b>Day</b>	<b>Event</b>	<b>Time</b>
Friday Aug 3 <sup>rd</sup>	<b>Year 10 Community Service Program - Planting</b>	1:30 - 3:00 pm
Friday Aug 10 <sup>th</sup>	<b>Year 10 Community Service Program - Planting</b>	1:30 - 3:00 pm
Saturday Aug 11 <sup>th</sup>	<b>Uni Planting Day</b>	9:30 am - 1 pm
Sunday Aug 12 <sup>th</sup>	<b>Friends Planting Day</b> with the Shah Satnam Ji Green S Welfare Force Wing	9:00 – 12:00 pm
Monday Aug 13 <sup>th</sup>	FOLC Board Meeting	5:30 - 7:00 pm
Tuesday Aug 28 <sup>th</sup>	<b>Night Chats at Lake Claremont</b> Lake Claremont Aquatic Centre	Talk 6:00 -7:00 pm Doors open at 5:30 pm
<b>Aug 20th - 26th</b>	<b>Keep Australia Beautiful Week</b>	
Friday Aug 31 <sup>st</sup>	<b>Year 10 Community Service Program - Planting</b>	1:30 - 3:00 pm

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

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.

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[www.friendsoflakeclaremont.org](http://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

