

**Black swan with cygnet**    *Photo : David Free*

As the 2018 planting season comes to an end the Friends of lake Claremont are very grateful and appreciative of those who gave their time and sponsorship this year.

Thank you again to our funding bodies:

- 1.Swan Alcoa Landcare Program (SALP) funded by Alcoa of Australia and the state government Department of Biodiversity, Conservation and Attractions (Parks and Wildlife).
- 2.State NRM (Natural Resource Management) Program, an initiative of the WA Government, and all the volunteers who have participated. Thanks to Soozie Ross & the tea team and Bunnings Claremont who donated gloves.

The planting projects are guided by the Lake Claremont Park Plan. A special thanks goes out to the Town of Claremont staff, particularly Jared Bray, Supervisor of Parks and Environment and Angela Hine, Bushcare Officer.

## ALL PLANTED OUT!

*From : Heidi Hardisty*

Another amazing planting season is nearly wrapped up at Lake Claremont. Over 9500 native seedlings were planted in 6 sessions from the end of July to mid-August. That brings the total to 28,000 native seedlings this year!

### PLANTING WITH THE FORCE JULY 28

The Shah Satnam Ji Green S Welfare Force Wing were back for the fourth time this year. There were 37 participants including a few FOLC volunteers (who laid out the plants). The group planted 1860 native seedlings in the northern area of the remnant bushland. What a great effort!

### NATIONAL TREE DAY JULY 29

With 100 volunteers participating, National Tree Day was once again our most popular event. We welcomed back volunteers from the Buddhist Tzu-Chi Foundation, the fifth year in a row they have attended. We also welcomed volunteers from Mitsui & Co (Australia). Nearly 2500 seedlings were planted in under 2 hours! We finished planting the area along the west side of the Claremont swimming pool making a beautiful area of native vegetation that will provide food and shelter for the wildlife.



## UNI PLANTING DAY AUGUST 11

It was super weather for the 6<sup>th</sup> Inter-University Planting Day. It's a very popular event! UWA recruited 79 volunteers from 5 universities (UWA, Murdoch, Notre Dame, Edith Cowan and Curtin) in celebration of National Student Volunteer Week. The keen students planted 2270 seedlings in under 2 hours. Planting in the remnant bushland was so easy, there was time for a lengthy tea and a short session of weeding. What a super effort!



## FRIENDS' PLANTING DAY WITH THE 'FORCE' AUGUST 12

We invited the Shah Satnam Ji Green S Welfare Force Wing one last time for Friends' Planting Day. It was a festive atmosphere celebrating the last big planting session of the year. Small shrubs and ground cover were being planted in the artificial swale at the edge of MacKenzie Bushland on Mitford Street. This patch of native vegetation will provide more wildlife habitat and improve the area's function as an ecological linkage. There were 61 participants who managed to plant 1700 seedlings in under 2 hours! Well done everyone. We celebrated the end of another massive planting season - 28,000 native seedlings planted! The FOLC purchased the plants with 2 grants we won from State NRM and SALP. Thanks to our grants officer Claire Brittain!

We had a great tea and curry lunch thanks to Soozie and Geoff Ross and "the Force".  
Thank you so much to all participants!

*Pictures on page 4*



***Sha Satnam volunteers***



***Cottesloe Greens candidate, Cameron Pidgeon with the Greens contingent***



***Long time FOLC volunteer Bruce Haynes.***



***A lot of empty pots!***

## **YEAR 10 STUDENTS CCGS AND SCOTCH COLLEGE JULY 27 AND AUGUST 3**

The Friday Year 10 sessions with Christ Church Grammar School and Scotch College students went well. The boys, with the help of FOLC volunteers Heidi Hardisty, Geoff Ross, Zac Hardisty and Dorothy Hatch managed to plant another 1170 seedlings in the remnant bushland and MacKenzie Bushland swale nearby. Well done boys!

The planting season is nearly at a close, with only a few hundred seedlings to be planted by the Year 10 boys at the end of August.

## OUR BIRDS

*Photo : Mike Bouette Text : David Free*

### Fan-tailed Cuckoo, *Cacomantis flabelliformis*

In recent weeks the Fan-tailed Cuckoo has often been heard calling around the lake. Its voice is an unmistakable, loud, descending trill.

In WA this species spends summer in the lower south west, visiting us only in the cooler months. Fantails parasitise smaller birds, preferably species which build domed nests, such as thornbills. They feed mainly on insects and their larvae.



Fan-tailed Cuckoo. Mike Bouette

## WINTER BIRD CENSUS

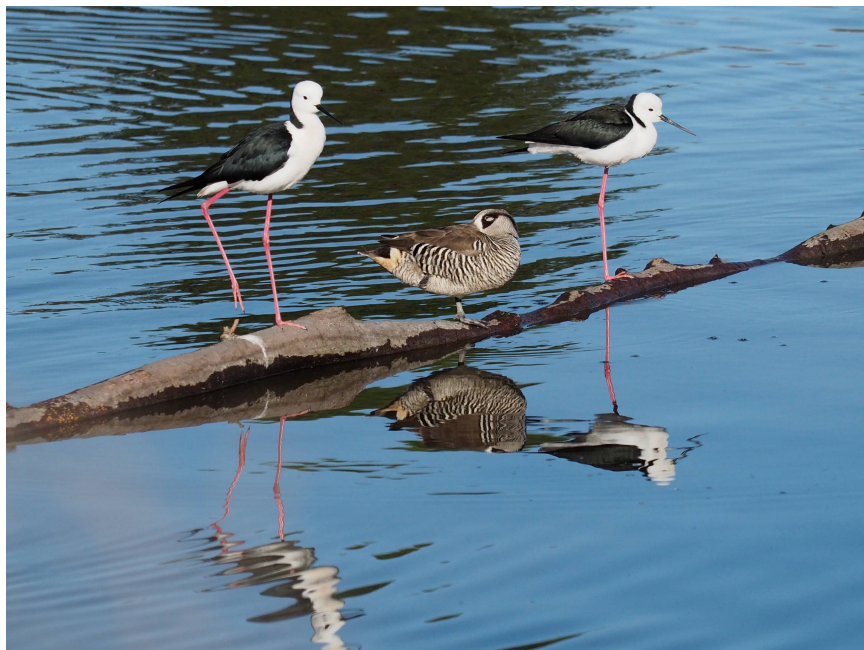
*From : David Free*

"My wife Pam and I conducted the seasonal census on the morning of 12th August. The weather was cool, partly cloudy with a easterly breeze. There was water in all parts of the lake following good rains in July and the first days of August.

We saw 506 individuals of 41 species, well above the average winter counts. There was a marked shift in the presence of waterfowl. Pacific Black Duck numbers were well below average, probably because of earlier heavy losses due to avian botulism. Species preferring deep water, Hardheads and Blue-billed Ducks, were seen in above average numbers.

Breeding activity was noted for Black Swan and Magpie-larks.

Notable was our first census records of the Musk Duck, a rare visitor to the lake, and the Boobook owl, always present but not often seen."



*A pink eared duck with black winged stilts Photo: David Free*

## THANK YOU TO OUR WONDERFUL CAKE MAKERS!

*From : Soozie Ross*

Now that the planting season has finished, I would like to acknowledge the behind the scenes work of our “cake team”. These wonderful volunteers cook and prepare delicious food to reward the volunteers who have been planting on the major planting days organised by Heidi.

The food is a great motivator for hard work, and the quality of the spread is always admired.

I should like to thank these people

Kate Lambie

Alicia Valenti

Lesley Osborne

Robin Jolley

Trish O'Neill

Averil Balfe

Margaret Richardson

Janet Vine

Mary Yates

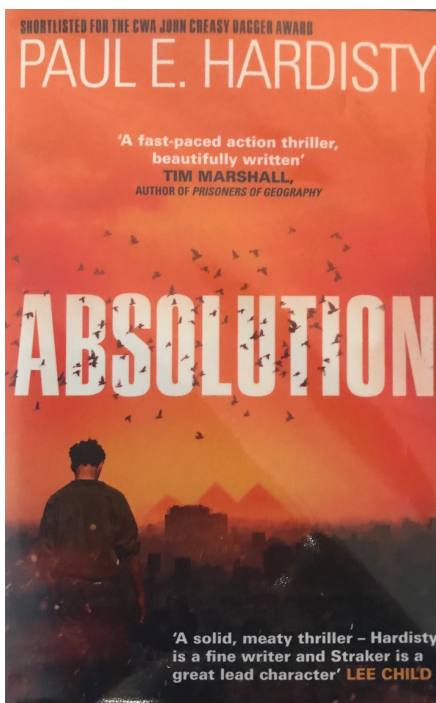
Susan Gebbie

*Soozie Ross preparing morning tea*



## PAUL HARDISTY'S BOOK LAUNCH

*From: Hilary Heptinstall*



Paul recently launched the fourth (and last) novel in his Claymore Straker series.

This book is another well written, fast paced action thriller which has been very well reviewed by the critics.

Although this is Paul's last book in this series, he still plans to write two more novels, as well as carrying out his 'day-job' as CEO of the Australian Institute of Marine Science!

Contact Heidi at [spideyheidi@outlook.com](mailto:spideyheidi@outlook.com) if you would like to buy a copy of the book.

## THE LAKE IN 2003

*From : Soozie Ross*

This photo shows Bruce Haynes, (the master of the punt), accessing the bird refuge island on the western side of Lake Claremont near Cresswell oval.

The punt is on the island, with the “mainland” lake perimeter path on the other side of the water body. ( The photographer is looking west.)

The punt was used for volunteers to access the island, planting native tube stock to shade out the Typha infestation. Some remnant Typha can be seen in the picture, also some of the plantings already done on the island. The punt was also used to remove weeds in bags from the island on a regular basis.

The embankment behind is the slope leading up to the old drive-in cinema, which is now a residential development. There were no stairs to climb up the embankment.



***Bruce Haynes, the master of the punt***

The lake bank was infested with couch grass. These days it has native plants providing stability to the edges and acting as a buffer to protect the lake and wildlife.

## OBLONG TURTLE UPDATE

*Text : Heidi Hardisty.*

*Photo : Pavla Walsh*

This oblong turtle was seen recently hatching at Lake Claremont. Winter is the season when the Oblong Turtle eggs hatch. Please be careful. Always keep dogs on the lead (unless you are in a designated ‘off lead’ area.) Do aid the hatchlings by fending off ravens or gently picking up the turtle if it seems to need help. Ensure that you are sending it in the right direction, towards the lake. Turtles, like all native animals are protected under the Biodiversity Conservation Act.



## WAR ON WEEDS – VOLUNTEERS REQUIRED

*From : Nick Cook*

Congratulations to Heidi and the many hundreds of residents and community members that made our 2018 planting season another smashing success. The above average August rains will help ensure our plants have a great start into spring.

As we look beyond planting season we are immediately confronted with the weeding season. The wettest August in over 50 years means that we have ideal conditions for weeds to flourish. Planting aside, weed control is a vital element of successful (and best practice) revegetation work. Particularly so in newly planted areas. Weeds compete directly with our young plants for water, nutrients and light.



### *Weeding volunteers*

Whilst planting season is very popular with the community it is far more challenging to entice people to volunteer their time weeding. Please consider joining our WAR ON WEEDS. Timing is everything when it comes to weeding and we NEED YOUR HELP NOW. You don't even need to know what a weed is! We will provide you with support. Many hands make light work!

We run a variety of programs which offer flexible opportunities for volunteers to make an important contribution to the wetland revegetation works. Aside from the environmental benefits weeding is good gentle exercise and quite satisfying/therapeutic. An opportunity to get out of the house and enjoy the serenity of the wetland.

- Adopt a Spot - Members are invited to adopt a manageable area to keep weed and rubbish free. FOLC provide training and ongoing support. The beauty of this option is that volunteers can attend their plot at their convenience.

- Weekly weeding group- This group is led by Norma Hay and meets on Friday mornings. More of a roving weeding party, the group targets weed 'hotspots' throughout the revegetation areas. Generally they weed for an hour or two but volunteers are welcome to commit as much or little time as they are able.

- FOLC monthly Busy Bee is held on the 2<sup>nd</sup> Sunday of each month. Generally we meet at the old tin shed. 8am-10am in summer and 9am-11am in winter. You don't have to stay for the whole session.

*Continued on next page*

•Year 10 Community Service Program- Students from Christchurch and Scotch are led by FOLC on Friday afternoons during term. The boys engage in a variety of maintenance tasks depending on the time of year. Post planting season the boys will focus on weeding. We could use a couple of volunteers to help supervise these groups. You will have the support of existing supervisors and teaching staff.

Our goal is simple. To give our plants the best possible chance of survival whilst reducing the need for chemical weed control measures. Even the smallest contribution makes a difference.

## SCENECIO

This species of Scenecio was identified as endemic, a native wildflower. It makes a wonderful display throughout the revegetation areas now and into spring. It is easily mistaken for a weed and should not be removed as it is a very welcome addition to the vegetation area.



*Scenecio.*



*Scenecio on the verge*

## JAN'S BANDED SNAKE

*From : Heidi Hardisty*

This little snake was pulled up with thistle roots by a surprised Murdoch student while doing a little weeding on the edge of the bushland. "Is it a snake? Is it poisonous?" he asked. Jan's banded snake, about 25 cm in length, is slightly venomous, but is reluctant to bite and causes only localised pain and swelling. We were lucky to see this snake which has an insatiable appetite for lizards. The snake was left alone to warm up before it could slither away to safety under another shrub.



## AUGUST NIGHT CHAT

*From : Hilary Heptinstall*

Over 50 people attended our August Night Chat when Dr George Crisp from Doctors for the Environment Australia spoke on the subject of the link between the environment and health.

He said that humans have a fundamental need for water, food, clean air, shelter and reasonable climatic consistency. The environment is also responsible for the regulation of infectious diseases, recreational opportunities and mental, cultural and spiritual enrichment. Nature has medicinal potential in many ways including reducing heart rate and blood pressure and reducing symptoms of ADHD.

***Dr George Crisp with Heidi Hardisty***

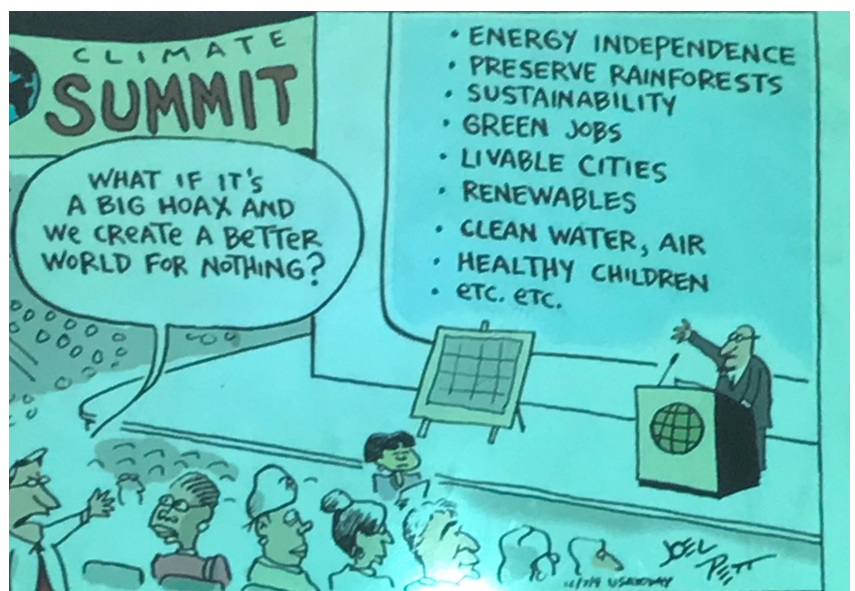


Air pollution caused by burning fossil fuels has been a major problem since the Middle ages and is now responsible for 7 million deaths per annum globally. It contributes to more deaths than road accidents.

Climate change has had a huge impact with many deaths in recent years caused by bushfires and heat waves. There has also been a huge increase in the number of allergies with one in five Australians having an allergic disease and one in ten suffering from asthma. Hospital admissions for mental health and suicide rates also increase significantly during heatwaves. A transition to clean energy will address the health impact of climate change and air pollution.

Agriculture and forestry contribute 24% to greenhouse gas emissions and if the consumption of meat, dairy and eggs were halved it would lead to lower emissions. The transport sector is responsible for 25% of global emissions and physical inactivity may be responsible for 3.2 million deaths annually.

George concluded by saying that our health is entirely dependent on the natural world. This was a fascinating talk which gave us much food for thought. There were many questions and time ran out before they could all be answered!



## UPCOMING EVENTS

FOLC will be giving away free native plants for your home garden at Celebrate Lake Claremont Day on 16 September.

We have teamed up with the the Town of Claremont (who will be paying for the plants) and [Kit Prendergast](#) (The Bee Babette) and have selected hardy local species of flowering shrubs that are attractive to native bee's.

Kit will be talking about native bee's and bee hotels for the home garden.

Come on down, bring the kids and visit FOLC for your free plant and many other awesome activities.



## SEPTEMBER NIGHT CHAT AT LAKE CLAREMONT

Tuesday 25<sup>th</sup> September 5:30 -7:00 pm

The Importance of Biosecurity for All

Speaker: Liz Edwards

Liz Edwards is part of the MyPestGuide Team in the Pest and Disease Information Service (PaDIS) at the Department of Primary Industries and Regional Development. PaDIS is the biosecurity triage for the reporting of biosecurity concerns in WA. You can now report biosecurity concerns or unfamiliar pests using the free MyPestGuide™ Reporter app, or online: [mypestguide.agric.wa.gov.au](http://mypestguide.agric.wa.gov.au)

Liz is also the Client Engagement Officer for dry wood termites on Cocos Island. Her background combines horticulture (including sensory gardens and naturopathic nutrition) and conservation and land management. A former committee member of the Murdoch Branch of the Wildflower Society, she co-authored the Branch's 25th Anniversary book (2014).

The event is hosted by the Friends of Lake Claremont at the Claremont Aquatic Centre, 12 Davies Road, Claremont. The talk commences at 6:00 pm. Doors open for refreshments at 5:30 pm. A gold coin donation is appreciated.



## SEPTEMBER CALENDAR

### National biodiversity month



Day	Event	Time
Friday <b>Sept. 1<sup>st</sup></b>	Corporate Day & Year 10 Community Service Program with Year 7s	9:00 am - 2:30 pm 1:30 - 3:00 pm
	National Landcare Week - TBC	
Friday <b>Sept. 7<sup>th</sup></b>	National Threatened Species Day	
Friday <b>Sept. 7<sup>th</sup></b>	Year 10 Community Service Program	1:30 - 3:00 pm
Sunday <b>Sept 9<sup>th</sup></b>	<b>FOLC Busy Bee</b>	9:00 – 11:00 am
Monday <b>Sept. 10<sup>th</sup></b>	FOLC Board Meeting	5:30 - 7:00 pm
Friday <b>Sept. 14<sup>th</sup></b>	Year 10 Community Service Program	1:30 - 3:00 pm
Sunday <b>Sept. 16<sup>th</sup></b>	<b>Celebrate Lake Claremont</b>	10am- 1:00 pm
Tuesday <b>Sept. 25<sup>th</sup></b>	<b>Night Chats at Lake Claremont</b> Lake Claremont Pool	6:00 - 7:00 pm Doors open at 5:30 pm



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



natural resource  
management program



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Friends of Lake Claremont facebook page

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

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

[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. [heptins@bigpond.net.au](mailto:heptins@bigpond.net.au) 0411 052 329