



Artwork by Simon Youngleston at Lake Claremont Photo : Hilary Heptinstall

From the editor

October has been a very busy month for the Friends of Lake Claremont.

On Wednesday, October 13, the Town of Claremont Volunteer Awards function was held, and Friends of Lake Claremont were announced as the Volunteer Group of the Year. Congratulations to all our members, volunteers and collaborators.

Our group contributes about 5000 volunteer hours a year and we are fortunate to have amongst us so many wonderfully talented and passionate volunteers from all walks of life and all ages. FOLC is a friendly and welcoming group with a shared passion for the environment.

Thank you to the Town of Claremont for this award, which we are very honoured to receive. (Photos page 11)

On October 27, some of our members were present for the unveiling of the new artwork at the site of the Tock benches. This was a lovely occasion, and our walks around the lake will be enhanced by its presence. (See page 2)

Our AGM was held on October 17 and was a very enjoyable occasion (see page 3)

UNVEILING OF THE NEW ARTWORK

From : Hilary Heptinstall



In the middle of a windy, rainy morning on October 27, we were lucky to have an hour of sunshine for the unveiling of a new sculpture by renowned artist, Simon Youngleson, at the lake's Tocock Lookout.

Ex-Councillor, Alastair Tulloch and his wife, Margie, kindly donated this beautiful bronze sculpture to acknowledge the impact of COVID on the community, particularly on its older members. It recognises the importance and contribution of the elderly in our community and it is fitting that it should be installed between the Tocock benches, because 102 year old Joan and the late Ted Tocock were wonderful contributors to FOLC.

Claremont Mayor, Jock Barker, welcoming visitors (right)



Artist, Simon Youngleson (pictured left) has lived near to the lake for many years and was very keen for his sculpture to turn out well so that he did not have to avoid it when walking round the lake!

He need not have worried as we all agreed that it is a beautiful art work which will be appreciated by the many people who walk round Lake Claremont.

FOLC AGM

From : Hilary Heptinstall

There was a good turnout of about 40 members for our AGM at the FOLC Shed on Sunday October 17. We were blessed with warm, sunny weather and enjoyed drinks and nibbles before the meeting commenced.

Nick welcomed us all and acknowledged our traditional custodians. He thanked Bruce Haynes who is no longer a member of Claremont Council but is still "Grandfather of Lake Claremont"!

Nick Cook, Delia Hendrie and Anthony Barr



Nick congratulated Shelley Hatton (pictured left), a FOLC member who has just been elected as a Council member for Claremont East Ward.

The minutes of the 2020 AGM were accepted, and all members of the board were re-elected, so we soon moved on to General Business. Bruce Haynes acknowledged the efforts of long-time board member,

David Free has produced a beautiful book of photographs of the birds of Lake Claremont for his granddaughters. He presented a copy to Nick which will be available in the shed for members to browse. Copies may also be purchased from David. The book will be printed to order. The A4 size presented to FOLC for \$50 and the slightly smaller A5 size will cost \$35.

Contact David at mrhasherd@gmail.com

Nick Cook with David Free



There is a proposal for the construction of an environmental education centre at Lake Claremont but the location is still under discussion.

After 10 busy years, FOLC has now finished its major planting activities, so future activities will change and could be focussed on environmental education and quenda management.

At the conclusion of the meeting, we enjoyed a delicious barbecue. Thank you to Soozie Ross and her team of helpers who provided nibbles, salads and deserts, and to Paul Reiffer and Owen Ashby who manned the barbecue.

OCTOBER BUSY BEE

Our Busy Bee on October 10 saw a great turn-out of about 24 volunteers including a couple of new recruits.

They were a great group with a wonderful sense of community.

Hand weeding was the order of the day, working along the wetland buffer and path edges near Creswell and Scotch ovals. Weeding is one of those tasks that is quite social with lots of chatting and laughter amongst the group.

We filled around 45 bags and finished off with a terrific morning tea, and an update from Nick on the latest news.



Weeders at work



Charlie Townsend in action



A good morning's work



Supervising in comfort!

VOLUNTEER SNAPSHOT

Nicky Armstrong, Night Chat Organiser for FOLC
From : Rose Senior

When I met Nicky for a coffee and chat at the Tee Box café a couple of weeks ago, I commented on the photo she'd submitted for this article. Her words to me were:

Being out in the bush is where I'm at my happiest.

Nicky's words, and the rich and varied life she's led, indicate that she's an environmentalist through and through. Nicky has felt connected to Lake Claremont since childhood. When she was six, her family relocated from a farm near New Norcia to an old federation-style house in Mary Street. She has many happy memories of time spent at the lake, fossicking in the bulrushes, looking for frogs and turtles, and catching tadpoles.

After leaving school, Nicky worked on farms, rode racehorses, spent time as a nanny in Melbourne, and became a wool-classer, working in the shearing sheds here and in New Zealand. She travelled extensively, and in 1986 fulfilled a childhood dream by visiting the Galapagos Islands with its giant tortoises, iguanas and incredible birdlife. During these busy years Nicky and husband, Mark, became parents to Rebecca, now 30, and Josh, 28.



In early 2014, Nicky and Mark, moved to Groote Eylandt in the Gulf of Carpentaria. During those 3 ½ years, Nicky volunteered with the Anindilyakwa Land and Sea Rangers, and the scientists who came to Groote to study the endangered Northern Hopping Mouse and Northern Quolls. Nicky said she became very adept at digging pit-fall traps and handling sharp-toothed animals! She relished this opportunity to work with scientists and indulge her passion for wildlife.

A twelve-month relocation to Claremont in 2019 and living in a sixth-floor apartment was a shock for Nicky. However, after seeing FOLC notices located around the lake she attended a night chat and met Nick and other FOLC members. She was soon joining in on busy bees, planting and adopt-a-spot activities. *'I realised I'd found my people,'* she said.

Nicky lives in Falcon, south of Mandurah. Tending her organic veggie patch, and photographing the birds, frogs and bobtail lizards that live in her rambling native garden bring her much joy. Nicky spends many of her weekends in Perth volunteering for FOLC and taking bird photographs around the lake. She is also the Night Chat Organiser and works closely with Nick and Naga, liaises with speakers, and ensures that everything is in order for our monthly Night Chats.

OUR BIRDS *Text and photos : David Free*

Spring is always an exciting time at our lake. This year, perhaps as a consequence of the heavy winter rainfall, waterfowl seem to be breeding later than usual. Although one pair of swans produced five young many weeks ago, a couple of broods (one five, one seven) hatched only in the middle of October. One pair of Pink-eared ducks has half-grown young in tow, others appear to be incubating in nest boxes. There are many Eurasian Coots still sitting on eggs and quite a few young Purple Swampheens being fed by their parents.

Bush birds are breeding too. The photo shows a Grey Fantail busy constructing the nest. Fantail nests are more conical than Willy Wagtails' and have an untidy looking tail hanging from the bottom.



*Grey Fantail (above)
Eurasian Coot with chick (below)*



*Black swan with cygnets (left)
Pink eared duck on nesting box (below left)
Swamphen feeding young (below)*



IN FLOWER IN OCTOBER

From : Karen Wood

Peppermint Tree *Agonis flexuosa*. Agon or cluster, refers to the fruits which can be seen here, no doubt from last year's flowers. *Flexuosa* refers to the bends in the twigs. The Noongar name is Wonnil.

This tree is found only from Perth to Bremer Bay in coastal areas in sand and limestone. It is a graceful and long lived species used by the Noongar people as an antiseptic by crushing the aromatic leaves and applying to wounds. The young saplings were cut for use as digging sticks. The old peppermint trees were often home to our possums, both ring and bushy tailed, but in our lake area, they often take to the roof spaces of houses. Both types of native possums are nocturnal.

Purple flag *Patersonia occidentalis*

This is a native iris which is named after an early Lieutenant Governor of NSW and *serica* means silky referring to the silky hairs at the base of the plant.

This is a perennial herb which likes dry gravelly or sandy soils. It propagates easily and is drought tolerant and non invasive, so a favourite of landscape gardeners. Some species are found throughout Australia and also in parts of SE Asia.

The attractive purple flowers only last a day, but flowers continue to be produced through this time of the year, stopping as soon as the sun gets hot. It is a modest plant in spite of the intense colour. Other flag irises can be a range of yellows or pinks.

I do not have information regarding Noongar uses for this plant, or even its Noongar name. Please let Hilary, the editor, know if you have any information. Thank you. Karen W.



Peppermint Tree



Purple flag

MLC AND CHRISTCHURCH GRAMMER SCHOOL YEAR 2 GUIDED WALK

From: Nick Cook Photos : Nicky Armstrong

On Thursday 21 October we hosted a group of around 40 Year 2 students from MLC and CCGS.

The students were interested in the Indigenous history of Lake Claremont and the fauna that call the wetland home. It is really great to see this sort of subject matter making it into the curriculum in these early years. We want our young people to grow up with an understanding about how important these wetlands and other natural places are as a refuge for wildlife and for our own health and wellbeing.

The students had lots of great questions as we walked and talked for over an hour. We did a full lap of the lake and there was lots of nesting activity for the students to observe. It was an absolute delight to host the group. Thank you to Nicky Armstrong for these beautiful photos of nesting birds which we saw on our walk.



Eurasian Coot with chicks



Cygnets on nest

WILDLIFE FRIENDLY GARDENS

Please consider a bird or bat box and or a native bee hotel for your garden.

Maybe a possum box or a bird bath.

Build a pond or frog bog.

Most important plant some natives in your garden.

Help make our gardens wildlife friendly.

THE LAKE IN OCTOBER

From : Nick Cook

RATS AT LAKE CLAREMONT

I recently posted this photo on Facebook asking for identification.

Most responses suggested that this is a European rat, although another opined it could be a native bush rat.

Regardless, the little animal had obviously taken a bait and was on his last legs.

Baiting of rats can lead to secondary poisoning of our native wildlife such as owls and monitor lizards.



There are two types of baits, 1st generation and 2nd generation. 1st generation baits are far less likely to cause secondary poisoning.

Town of Claremont has recently reverted to using 1st generation baits around the town as well as for any residential demolition applications.

TURTLE REPORT

In early October, Aiden Cooper told me about a turtle in a resident's garden on Davies Rd.

It was a pregnant female. I collected her and relocated her to the other side of the Lake where there are many great nesting habitats and no roads to cross.

Recently I was meeting with our Bushcare Officer when she spotted a female turtle looking for a nesting site in the revegetated area near the shed.

The turtle nesting season runs from September through till January. We should love to hear of any sightings.

This juvenile turtle (*below left*) was found by the jetty at Stirling Road.

What a great community we have around here, showing care for our precious wild life. If you find an injured turtle at Lake Claremont please call Nick on 0401 376 085



NATIVE YAMS

On October 8, we waded out to inspect our yam (known as Warrain in Nyungar) plantings with Traditional Custodian Iva Hayward.

With water levels high we tested the crossing to 'Warrain Island' and managed to get across in over waist deep water. We were both pleased to see an over 50% survival rate through their first year. Some losses were due to very high water levels, and inundation.

Below is a link to an excellent article on the native yams and their cultural significance

<https://anthropologyfromtheshed.com/.../indigenous-yam.../>

Traditional custodian Iva Hayward



FERAL BEES

Two feral bee hives were located at lake Claremont this month.

Apparently, there was also a swarm on the move in Mulder Park in October. Please report any sightings.

VIEW FROM THE TOCOCK BENCHES

Soozie Ross took this beautiful photo from the Tock bench site at the recent unveiling ceremony. It is great that we can now sit there and enjoy the view.



TOWN OF CLAREMONT VOLUNTEER FUNCTION

From : Hilary Heptinstall

Photos : Courtesy of the Town of Claremont

We were very fortunate to be invited to the Town of Claremont Volunteer function on October 13. It was a lovely occasion with with great hospitality and entertainment. We were honoured to receive the award for Volunteer Team of the year for “our tireless effort round the Lake”. Congratulations to Volunteer of the Year , Wilma van Boxel, Senior Volunteer of the year Gerald Jenkins and Youth Volunteer to Scotch College student, Andrew Reed for his work with the Scotch College Environmental Club, (a possible future member of FOLC!)



*Nick Cook (above)
Nicky Armstrong & Lesley Osbourne*



Claire Brittain, David Vinicombe and Pam Free



*Nick Cook with Paul Hardisty (above)
Terry and Hilary Heptinstall, David Hay*



OCTOBER NIGHTCHAT

Millenium Kids and Green Lab

From : Hilary Heptinstall



Our speaker this month was Catrina Luz Aniere. *(pictured above with Nick Cook)* She is CEO of Millenium Kids and has 30 years of experience in developing programmes for children.

When she arrived in Dalkeith as a child with her family in 1961, the river and bush were her solace.

She later became a teacher and taught in Port Hedland in 1983 where she taught a Year 1 Class consisting of the children of BHP executives along with children from aboriginal communities.

Over the years, Catrina became involved with children who were not impressed with some of the activities run by adults. They told Catrina that they would like to run their own conference for kids helping the environment. It was held at Perth Zoo in 1996. 180 children, from around the world, attended and the main speaker was West Australian politician, Phillip Pental,

In 1999, Millenium Kids was registered as a not-for-profit organisation in WA. It has a board of directors consisting of kids and has enabled thousands of young people to have their say about the environment. Kids are most concerned about climate change, deforestation and waste.

Green Lab is a Millenium Kids citizen science initiative and is now in its second year. It is a collaboration between kids, local governments, schools and community groups.

The Green Lab Challenge uses the natural world as its laboratory and kids try to answer questions such as, 'Can increasing our tree canopy cool our city?'

Kids have spent time at Lake Claremont on several occasions, and Nick Cook is working with the group. Catrina showed a video of their activities at the lake. We hope that this connection will continue in the future.

Thank you for spending your time with us, Catrina. It was a most inspiring evening. We are very pleased to hear that Catrina has been recognised as a Finalist in the Australian of the Year Awards 2022 and send our best wishes for her success.

GRANT APPROVAL

From : Nick Cook

We have just been advised that FOLC have been successful in their application for the latest round of SALP 2022 grants funding.

FOLC have been granted \$13,000 to continue our hand weeding program next year.

The Swan Alcoa Landcare Program has been a terrific long term funding partner that truly understands the importance of repeat funding for long term projects.

Congratulations to our Grants Officer, Jenni Banister-Jones on her continued success in sourcing funds for our projects.

NOVEMBER DATES

Sunday 3rd Duke of Edinburgh volunteers

Sunday 10th Busy Bee 7am

Sunday 17th Duke of Edinburgh volunteers

Sunday 24th Duke of Edinburgh volunteers

Tuesday 26th Night Chats - Speaker to be advised

FOOD CHAIN IN ACTION



A dragonfly in a spider's web at Lake Claremont



natural resource
management program



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 organisation established and run by local residents all of whom are volunteers.

Website 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 0411 052 329

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POSTAL ADDRESS

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