



Black Duck Reflections *Ian Stewart*

From the editor : Hilary Heptinstall

May has been an eventful month for FOLC. We were all excited that Lake Claremont featured on Gardening Australia on May 12. Heidi Hardisty and Nick Cook were most articulate and informative in talking about the lake, and I have had positive comments from interstate friends. For those who missed it, the programme can be watched on iview.

We had a very enjoyable gathering on May 20 to celebrate 20 years of FOLC and National volunteers week. (See pages 2-4)

Our May Night Chat speaker, Brendan O'Toole, spoke about Tree Canopy Advocacy. This is a very important issue and one which it is most important for us to support. (See page 7)

FOLC member, Averil Balfe, and a friend went to visit our oldest member, Joan Toccock, who turns 104 next month, at her nursing home. She welcomed the Lake Claremont conversation as her fellow residents do not have much in common with her. After an hour she was tired and reminded them to go. She repeated, NEVER, NEVER go into one of these facilities. There are tooooo many rules!

FOLC 20 YEAR ANNIVERSARY FUNCTION

From : Hilary Heptinstall. Photos: Hilary Heptinsatt and Nicky Armstrong

A large group of members gathered at the FOLC Shed on the afternoon of May 20 for a double celebration. We celebrated National Volunteer Week and the 20th anniversary of the formation of FOLC. It was a beautiful, sunny afternoon for us to enjoy each other's company and partake of delicious refreshment.



*Above : Paul Hardisty and Nick Cook
Below: Artist Mary Yates and Judi Abbard*



FOLC members enjoying the occasion



Nick Cook addressed the gathering and paid his respects to original member, Joan Tocock, who will turn 104 next month but unfortunately could not be here today. He said that we have had twenty years of amazing achievement and that we should all be proud. The recreation of our wetland has brought us all together. He honoured three special individuals, Bruce Haynes, Soozie Ross and Heidi Hardisty.

He referred to Bruce (*pictured right*) as the Grandad of Lake Claremont, who has been involved with the lake for 30 years. First with Claremont Council Management Plan then with FOLC. He presented Bruce with a beautiful photograph of a sunset at Lake Claremont, taken by Naga Srinivas. Bruce said that the sunset theme was fitting.

Nick described Soozie Ross as ‘the heart and soul of the group.’ Soozie was the original coordinator of FOLC. She said that she was in the right place at the right time when she moved into the area in 2000. She walked her dog round the lake in a clockwise direction to avoid the golfers who moved anti-clockwise. She met Bruce in 2003 and was inspired to start the Friends group. Many of the original members are still involved with the group today and Soozie has made many life-long friends.



Soozie met Heidi who took over the Coordinator role and said that she has done an amazing job. She has achieved super star status and received state and national awards. Nick presented Soozie with a gift from the group. Heidi spoke of the history of the lake and the closure of the long nine golf course in 2009 when she and Claire Brittain successfully fought for it to be planted as bushland.

Nick thanked Heidi and presented her with a framed Naga Srinivas photo of the Lake.

Soozie Ross



Heidi Hardisty



Clive Senior then thanked Nick Cook for the wonderful job he has done since taking over as coordinator. He has held the group together and formed excellent relationships with the community. He presented Nick with a photo of the Bird Observation Platform by Naga Srinivas. Nick said that it was a privilege to be involved with a group which has achieved such amazing results.

Left : Nick Cook with the photograph



Paul Reiffer promoted our Turtle Tracker programme and discussed the problems caused by attacks on females by predators. He showed a prototype nest and said that more helpers are needed for this programme.

Paddy Cullen spoke about the 'Save the Black Cockatoo' campaign and asked that people pose with him for a photograph to publicise the cause. A protest at Parliament House has been organised for Tuesday May 23. FOLC are 100% behind calls to save our endangered cockatoos.



Paddy Cullen (left) with FOLC members behind his banner.

MAY BUSY BEE

From : Nick Cook Photos : Nick Cook and Nicky Armstrong

Our May busy bee on Sunday May 14 saw us split into two groups. Norma Hay and Linley Simmons led a group to tackle Rhagodia. They pruned the Rhagodia back in places to prevent it from overtaking other plants. The remaining volunteers worked around the shed doing a big tidy up before our 20th anniversary celebrations the following week.



Linley Simmons and Norma Hay



Charlie Townsend at work.



A clean and tidy FOLC Shed



Norma Hay with volunteers



Nick Cook enjoying morning teas

VOLUNTEER SNAPSHOT - LESLEY OSBORNE

By : Rose Senior

The photo (*right*) shows Lesley with her beloved six-year-old dog Mitsu, a fluffy Japanese Spitz. Arriving in Perth from Dublin in 2012 and settling in Dalkeith with her family, Lesley set about connecting with the local community, starting with her own street, where she got to know her neighbours by helping out in practical ways: emptying post boxes, putting out bins, watering gardens, looking after people's keys – and occasionally minding pets.

It didn't take Lesley long to find out about the Lake and become a member of FOLC. She was the very first person to adopt a spot - choosing one conveniently near the Tee Box Café. An outgoing person, Lesley quickly developed a circle of FOLC friends, describing her social network in this way: "We care for the Lake - and we care for each other too"



Lesley is a compulsive trash-collector, spotting litter wherever she goes and not being able to walk past it without picking it up, slipping it into a doggy bag, and popping it into a bin. "It's like having a litter radar!" laughs Lesley. "And I might even prevent a small child from injuring themselves by treading on a bottle top".

Lesley currently volunteers in a variety of ways, ranging from helping out at events organised by the Alliance Française (an opportunity to practise her French), to taking her dog on a weekly basis to a facility for elderly people on behalf of Animal Companions.

However, seven years ago Lesley identified a niche market – the desire of elderly people to remain in their own homes as long as they can - and started her own business offering help and support as needed. Lesley runs her business, called "Happier at Home", from her computer and her phone, constantly accepting calls and matching clients' needs with the availability of carers or nurses. Lesley's service is highly flexible. She offers help ranging from short-term companionship to lonely people who might simply need a cup of tea and a piece of toast, to 24-hour care for those with high needs. Lesley loves her work and is proud of her ability to connect to others.

How lucky we are to have Lesley as a member of FOLC! An ongoing injury prevents her from doing physical work for us – but Lesley surely makes up for it with her friendliness, dynamism and interpersonal skills.

MAY NIGHT CHAT

From : Hilary Heptinstall

Our speaker this month was Brendan O'Toole, founder of the Nedlands Tree Canopy Advocates and Co-founder and Chair of the Western Australian Tree Canopy Advocates (WATCA) This is a community driven organisation that supports the regulation and expansion of tree canopy across WA.

Brendan O'Toole with Nick Cook



From a small group founded by Brendan, in Nedlands in 2020, there are now 20+ groups in the State, including one in Geraldton, and about 14,000 members state wide. FOLC coordinator, Nick Cook, has worked closely with Brendan in this movement, becoming involved in 2021 along with Martina Bovell.

Among many effects, tree canopy

- provides shade and cooling
- reduces air pollution
- reduces sun exposure
- provides habitat and greater biodiversity
- improves community cohesion
- reconnects children with nature and encourages outdoor activity

WA has the lowest tree canopy of any state in Australia and has 28 days per year with temperatures over 35 degrees, the highest number in Australia.

New suburbs are built to fit as many houses as possible into a space, with no trees being planted. This is apparent when driving through new suburbs on the outskirts of Perth. WA is the only state not dealing with this issue.

What could WA do?

- Regulate significant tree removal on private land – like the rest of the world does
- Set a target and have plans to increase tree canopy as most other capital cities do
- Mandate deep soil zones to allow for future trees
- Introduce planting programmes
- Deal with incompetency in local government

The WATCA mission calls on the WA State Government to regulate the removal of large trees over 8 metres in height on all urban land and to commit to achieving 30% tree canopy coverage across metropolitan Perth by 2040, undertaking the necessary planning, policy changes, funding and monitoring to achieve this.

Thank you for spending your time with us, Brendan, it was an inspirational talk and we all admire the work that you are doing. There was great interest from the audience with many interested questions for Brendan.

For those who would like to join this organisation, details can be found on the website below.

<https://watca.org.au/pages/join-watca>

DUKE OF EDINBURGH PROGRAMME AT LAKE CLAREMONT

(From : Nick Cook)

The Fowler family have been regularly volunteering with FOLC for the last couple of years.

Alice and Olivia have recently begun their Duke of Edinburgh service awards with FOLC. We have been working hard on clearing the site where our yams are planted, out on one of the islands. So far we have removed about 50 bags of weeds and soon we will install wire frames for our yams to climb on.

Our Yam project is something we are very proud of and it has been great to have the girls' assistance.



OUR BIRDS

Text and photos by David Free

Tawny Frogmouth, *Podargus strigoides*

This beautiful nocturnal bird is quite common but, because of its excellent camouflage, is easily overlooked. During the day they perch, stiffly posed, looking like a broken tree branch. They are alert to any threat, and will open their eyes to a narrow slit to observe intruders. Confident in their camouflage, they will normally stay on their perch. However, it is important to avoid causing unnecessary stress by approaching too closely. My photographs were all taken using a long telephoto lens.

Frogmouths build a flimsy stick nest, sometimes only a couple of metres above the ground. The male incubates during the daytime.

A few years ago there was a family in a Strickland Street garden when a young bird was spotted on the path by the Heptinstall's grandchildren. Zac Hardisty came to the rescue and placed the juvenile in a tall tree where the parents later joined it. These birds breed in winter and spring and feed on ground dwelling insects and small animals.



Female tawny frogmouth



Male tawny frogmouth



Frogmouth family

LAKE CLAREMONT FLORA

From : Karen Wood

Kangaroo Paw *Anigozanthos manglesii*

One of the Noongar names for this plant is Kurulbrang. There are 11 species and many sub species of Anigozanthos, so no doubt there are many other names. The most recognised and regarded here is the red and green Kangaroo Paw which is our State Floral Emblem.

Kangaroo Paws are known to be short lived (and thought to be annuals by some) but maybe this charming little pod (pictured below) from a red and green Kangaroo Paw will disperse its seed so that new plants will grow next season.

The root of the Kurulbrang is edible and was eaten raw or roasted in hot ashes by Noongar people. The roots could also be ground into a paste and cooked the same way.

Anigozanthos occurs only in the South West of WA and grows in a variety of soils and habitats. (pictured below left)

One Sided Bottlebrush *Calothamnus quadrifidus*

The Noongar names are Kwowdjard or Quietjat, This plant is a familiar sight in our bush in the springtime when in full flower, but the seed pods seen here are just as interesting and may be one reason why the Calothamnus is sometimes called Mouse Ears. The nectar from the blooms, which can be red or yellow, was a good food source for the Noongar people. It was made into a sweet drink by soaking the flowers in water. This drink could be left to ferment into a drink called Gep.

Calomanthus species are endemic to the South West of WA and found from Shark Bay to



HEARTS HEALING THE LAND

From : Heidi Hardisty

“Hearts Healing the Land,” a wonderful conference held on May 2, brought together land care practitioners, scientists and volunteers to celebrate how community makes a difference in caring for our unique flora and fauna, learning from traditional owners and building community. The conference was hosted by 'Rehabilitating Roe 8' - a state funded collaboration between community organisations and government to transform the area that was cleared for the Roe 8 corridor into a young but thriving range of ecological communities

Heidi Hardisty with the poster that she created



I gave a 5 -minute speed talk at the conference about Lake Claremont and about how passionate community members have been instrumental in preventing its loss in the past, and how FOLC are now aiding the Town of Claremont to restore it. Nearly obliterated in the last century, Lake Claremont is now a beautiful park recognised as a Conservation Category Wetland and Bush Forever site.

The Whadjuk people once camped around the original paperbark swamp, Galbannamup, place of dark water. When the settlers arrived, they extensively cleared the area around the swamp. By the end of the 1930s, the paperbarks had drowned. Butler's Swamp was a mosquito infested, eutrophic mess. New ideas were proposed to reclaim this 'useless' swamp.

Plans went ahead to 'improve' the swamp, renaming it Lake Claremont. Playing fields, a golf course, a swimming pool, and a drive-in-theatre were built.

But when another golf course was proposed, not all agreed. In 1969, Dom Serventy, from The Lake Claremont Defence and Conservation Council, thought the last 20 hectares of "healthy and beautiful bushland, needed little done to make it into one of the most attractive parks in the whole Metropolitan region." That dream would have to wait another 40 years.

Soozie Ross officially set up the Friends of Lake Claremont in 2003 then, in 2009, a great opportunity arose to heal the land. The Town closed the long-nine golf course following a monumental referendum and created a park plan - a shared vision to work towards. Half of the new park (10 hectares) would be planted with native vegetation.

The same year, Claire Brittain and Heidi Hardisty incorporated FOLC and won their first grant. Tremendous success followed. FOLC and the Town of Claremont have been working closely on what is now one of the largest urban restoration projects in Australia.

Thousands have put their hearts into this project, planting over 350,000 native seedlings. Orchids and birds are returning to the area. In 2022, quendas were successfully reintroduced. People are reconnecting with nature.

Celebrating 20 years, FOLC is going stronger than ever with Nick Cook as the leader. FOLC and the Town are now welcoming the guidance and advice of Iva Hayward-Jackson, embarking on a journey of reconciliation with the Whadjuk people.

“It takes a community to heal the land and those leaders at the heart who are willing to stand up and lead them. "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead.

QUENDA UPDATE – RODENTICIDES

From : Nick Cook Photo : Di Hann

A number of our quendas have been found dead but with no obvious signs of predation. We suspect that they have taken rat baits from nearby properties. These deaths are avoidable.

FOLC have been working with Youth Action for Wildlife and Birdlife Australia on a public education campaign around the use of rodenticides and their effect on our precious native fauna.

The message is two-fold. Firstly, if you must use rodenticides please ensure they are placed off the ground. Quendas cannot climb. Secondly, avoid the use of 2nd generation baits or SGARS as these baits are responsible for secondary poisoning of native animals that prey on rats and mice such as owls.

Detailed information can be found at www.youthforwildlife.com

A quenda at Lake Claremont



JUNE DATES

June 1	Quintillian School excursion
June 6	Planting with John XXIII College
June 9,16 and 23	Year 10 Community Service Planting
June 11	Busy Bee/ National Tree Day
June 20	Night Chat 5.30pm Name of Speaker to be advised.



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>

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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