



Pacific Black Ducks and Coot at Lake Claremont Photo Nicky Armstrong

From the editor : Hilary Heptinstall

FOLC are very pleased to announce that we have successfully applied for a Town of Claremont Community Grant for \$5,000.

The grant will allow us to commence revegetation works where the Moreton Bay figs were removed on the Eastern buffer.

It looks as though it may take two or more years to revegetate the gaps created by significant tree removals due to the borer infestation!

We appreciate the great support that the Town of Claremont gives to the Friends of Lake Claremont.

We are very pleased that DPIRD has recommenced work on the Polyphagous shot hole borer infestation. As distressing as it is to see large trees removed, this is important work.

This week the Moreton Bay fig stumps on the East side are being ground out.

A large area below Strickland Street had another badly infested Moreton Bay fig removed. The next few years will see FOLC busy revegetating these sites.

It is very good for FOLC to have a continuing involvement with young people, both school groups and the Millennium Kids organisation. We really appreciate their input. (See pages 9 and 11)

OCTOBER BUSY BEE

From : Nick Cook

There was a good turn out for our Monthly Busy Bee on Sunday October 8.

Conditions were perfect and the weeds were waiting for us!

We ended up in the area where the Moreton Bay figs had been removed. There was an abundance of marshmallow weed and nightshade.

We were delighted to have a visit from Claremont Deputy Mayor, Cr Annette Suann, and have a chat about Lake Claremont and all things Claremont.

Many thanks to Averil Balfe and Shelley Hatton for providing a welcoming morning tea.



Heidi Hardisty with Cr Annette Suann (above)

FOLC SHORT WALKS AT THE LAKE

We need more leaders for our FOLC short walks.

It has been a year since the walks at the Lake started the walks at Lake Claremont. These walks, each lasting about 45 minutes, have been well attended and there has been good feedback from those who have come along. We are keen to keep going but need more members to lead them.

There are walks on Monday November 6 at 2.00pm and Thursday November 23 at 10.00 am. We are trialling an afternoon walk to see how popular it is.

There will then be a break, over the holiday and hotter months, and will resume in March.

If you are interested in becoming involved you may like to attend one of the walks in November to find out what is involved. Please let me know if you are interested. It is not a huge commitment – there are only two per month. There is no set script to follow, but there are some guidance notes on what can be covered. Come and join us on either of the November walks to find out more. We meet at the grassed area near the Tee Box Cafe.

Jenni Banister-Jones



A quenda at Lake Claremont Photo : Ryan Brown

OCTOBER NIGHT CHAT

From : Carol Bolton

Professor Kingsley Dixon spoke on the subject of 'Orchids'. He was the founding Director of Science at King's Park and Botanic Gardens, helping to establish world leading laboratories there. He pointed out that there are at present only two native orchids at Lake Claremont and he asked the question about whether we should be reintroducing orchid species.

He pointed out that there are a number of plants found exclusively in WA. As Australia separated from Gondwana Land, they have survived here from 120 million years ago. *Kingsley Dixon with Nick Cook*



Some years ago, David Attenborough visited WA and Professor Dixon featured in his documentary, "The Private Life of Plants" This is the most stable land mass on earth and certain plants such as the grass trees and some orchids are found nowhere else on earth.

Professor Dixon described how his interest in orchids had started at an early age "Plants get into people" he said. He became interested in orchid books at around ten years old and, in grade 5, he arranged a display of orchids in vases with their names. He also mentioned Rica Ericson's book, "Orchids of the West" as contributing to his interest. After doing his undergraduate degree at UWA he wanted to work on orchids, but it took some time for him to establish that area as important. In 1982 he did research on orchids in WA in which he isolated fungi from a variety of orchids and showed a one-to-one relationship. Every orchid has its own fungi which are part of the process of successful germination.

After that he continued to build up the orchid collection in King's Park. There was a most successful reproduction programme and the first example of such a programme. In 2019 he said that it was time to think about creating something enduring. He felt that we all need to be part of the conservation journey, and so the Orchid Hub project was founded.

Hubs were set up where people could be trained in orchid conservation and reproduction. Unfortunately, in 2020, Covid intervened but the project is now operating schools' programmes. He sees the future of conservation as "Us and the Kids running it". Orchids are indicators of ecosystem health and work is in progress to reverse the trend in Jandakot Bushlands.

It is hoped that Lottery West will give funds to the Orchid Hub project and that, as citizens, we can be "nature positive ". This is how Tanya Plibersek describes an attitude which involves concern for the environment. Perhaps one of the ways in which Friends of Lake Claremont can contribute is by planning to introduce some more orchid species?

Thank you, Kingsley, for a very interesting talk and for answering our many questions!

OUR BIRDS

Text and photos by David Free

*Carnaby's Black-Cockatoo, *Calyptorhynchus latirostris*, Ngoolyak/Ngoolark/Ngolyenok*

We are fortunate to live in the south-west of Australia, the only part of the world where this magnificent cockatoo is found. Carnaby's Black-Cockatoo is named after Ivan Carnaby, a farmer-naturalist. Until 1979 it was regarded as a subspecies of Baudin's Black-Cockatoo. The two species are very difficult to distinguish in the field. However, Baudin's Black-Cockatoo is a rare visitor to the metropolitan area.

Carnaby's males have a black bill and a red eye ring; in females the bill is whitish and the eye ring grey. They feed on nectar, seeds and insect larvae. Loss of their natural food sources due to land clearance has forced them to adapt to introduced plants. Pines and Cape lilac are popular, and one of the photos on the next page shows them feeding on a canola crop.



A pair of Carnaby's Black Cockatoos

Long term studies reveal that the Carnaby's population has declined. Carnaby's are slow and not prolific breeders. They nest in tree hollows, preferably Wandoo or Salmon Gums. They adapt well to artificial nesting hollows. One or two eggs are laid but it is highly unusual for two young to fledge. Even for single egg clutches, the success rate is very low.

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Carnaby's Cuckoos are under serious threat. We can help by supporting organisations dedicated to nature conservation. If there's space in your garden, plant a food tree such as marri or macadamia. I am hoping that Claremont Council can be persuaded to allocate funds for a watering station at the lake. These have proved successful at other locations in Perth metropolitan area.

Carnaby's Black - Cuckoos in the bush

OCTOBER BIRD COUNT

From : David Free

On 23rd October morning my wife Pam and I conducted a survey of the birds at Lake Claremont. The morning was cool, becoming mild and partly cloudy. There was standing water in all parts of the lake.

We recorded 561 individuals of 39 species, slightly more individuals and species than the average for our spring surveys. Breeding activity was noted for Blue-billed, Hardhead and Pacific Black Ducks, Black Swan, Coot, and Welcome Swallow.

A highlight was the presence of a mother Hardhead with seven recently hatched young. We do not recall previously seeing this species breeding at our lake. Because of work to remove the stumps of recently felled Moreton Bay Fig trees, we were unable to access the peninsular. However, we consider that this omission will not have greatly affected the survey results.

HACKETT'S HOP BUSH *From : Heidi Hardisty*

One of my favourite shrubs is Hackett's Hop Bush (*Dodonaea hackettiana*). The nectar of the stunning flowers attract jewel beetles. Due to their appeal to collectors, jewel beetles have been gazetted as "rare fauna" in Western Australia since 1978 and cannot be collected without a scientific permit.

Once widespread, FOLC have re-introduced the hop bush to the Lake Claremont area as part of the major restoration works. Under the Biodiversity Conservation Act 2016, the shrub is listed as a Priority 4 Flora which means that it is now rare.



VOLUNTEER SNAPSHOT – CAROL BOLTON

From Rose Senior

Carol, the widow of distinguished Western Australian historian Geoffrey Bolton, lives in Claremont and walks by the Lake on a regular basis, dropping by the Tee Box where she meets friends and acquaintances. Carol helps Hilary Heptinstall by writing reports for the FOLC Newsletter on selected Night Chats. She is passionate about community, keeping in mind the image of the traditional English village with its green, church, shop and pub. She regards Lake Claremont as our local village: a focal point for our community.

Carol was born in Japan, where her parents were missionaries. After her father died in 1937, Carol's mother returned to London with her 18 month -old baby. Carol remembers as a young child wanting to watch the aircraft fighting overhead during the Battle of Britain - but being pulled away from the window. Having been evacuated from London to avoid the Blitz, Carol spent her childhood in southeast England, where she went to boarding school and studied hard, gaining a place at Oxford University to study English.



When she was 21 Carol met Geoffrey, a young Aussie from Perth who was doing his doctorate at Balliol College. Marrying in the College chapel, Carol accompanied Geoffrey to his postings at various Australian universities: ANU, Monash and eventually, UWA. Geoffrey's reputation grew and grew, with his vision, organisational skills and book publications. While she enjoyed tutoring at universities, Carol decided it was time for a career change after the birth of her two sons. She studied psychology at Murdoch, followed by a postgraduate degree in clinical psychology. She then ran her own practice in Fremantle for 25 years.

Carol is fascinated by the fact that so much research has been done into early childhood development – and so little into the ageing process! She hopes that, in years to come, there will be better understanding of how elderly people can remain engaged with life and excited by the future. She likes to quote George Eliot, who said: “It's never too late to become the person you were meant to be.”

As Carol walks around Lake Claremont, she enjoys watching the different people who use it. She is considering writing a short article for the FOLC Newsletter about the kinds of people who frequent the Lake.

VOLUNTEERS NEEDED FOR SUMMER WATERING

From : Heidi Hardisty

With a hot dry summer predicted this year, FOLC plans to water recently planted seedlings in the remnant bushland every 2 weeks through the summer.

If you can carry a full watering can or two, please consider joining in a few or more sessions. Water tanks have been installed in two locations in the bush so the distances to walk are kept to a minimum.

Our next session is scheduled for 07:30 am on November 11 (our next monthly bush bee). Check for updates on the FOLC facebook page.

The seedlings were purchased with a grant that FOLC won from The Seedling Bank. The program was launched in 2019 by Planet Ark with the goal of supplying native seedlings to schools and community groups to help restore the unique biodiversity around Australia.



REPORT TURTLE SIGHTINGS

From : Heidi Hardisty

Turtles are now nesting around Lake Claremont. If you see a turtle, please SMS Nick on 0401 376 085 immediately so that FOLC's trained Turtle Trackers can get to the location as soon as possible.

What to Report:

- * Is the turtle heading to or from the lake?
- * Where is the turtle located around the lake? (Look for the nearest numbered tag 0-2250 metres on the fence.)
- * Please keep at least 15 metres from the turtle.
- * Try to keep birds away.

If the turtle is injured call Wildlife Helpline on 9474 9055.

The Friends of Lake Claremont and the Town of Claremont are part of the Saving our



*Snake-necked turtle
Photo : SOSNT website*

YEAR 10 COMMUNITY SERVICE PROGRAMME WRAPS UP FOR THE YEAR

From : Heidi Hardisty

Watering and weeding were undertaken in the last two sessions of the Year 10 Community Service in 2023. It was already hot by mid-October so the boys from Christ Church Grammar School spent their first Friday afternoon session hand watering the native seedlings that were planted this past winter in the remnant bushland. In their second session they removed 21 bags of weeds from the bushland and pathways near the FOLC shed. Great work boys!

Christchurch Grammar School Students



FOLC greatly appreciates the participation of both Scotch College and Christ Church Grammar School in this continuing program. We look forward to a new batch of students from both schools in February 2024.

CHRISTCHURCH GRAMMAR SCHOOL MARINE BIOLOGY STUDENTS

From : Nick Cook

On Wednesday October 25, we hosted two groups of CCGS Year 10 Marine Biology students. They began the day with a hand watering session in our remnant bush.

We returned to the shed and split into groups which rotated through a number of activities. The students built native bee hotels, checked out our fauna monitoring equipment and recorded sightings of foxes, cats, bob tails, quenda and possum. They also took water samples from the lake and did some on site water quality analysis.

They were a very enthusiastic group. It was a pleasure to host them and to teach them about the many aspects of Lake Claremont.



WEEDS AT LAKE CLAREMONT *From : Karen Wood*

Mallow. *Malva parviflora, Malva neglecta* and other *Malvia* relatives

In 30 BC. Horace, a Roman lyric poet, wrote “I graze on olives, chicory and simple mallow”. There is also a saying in Southern Italy “Malva saves you from every disease”.

So, it was not a surprise to find that this weed is a delicacy still consumed throughout the Mediterranean, Middle East, Northern Africa and China. All *Malva* leaves apparently have a pleasant, mild flavour and also mucilagenous properties, a mild thickening effect.

Although not required in our sandy patch, mallows are capable of opening up sticky clay soils because of a deep taproot.

There are sadly many reasons not to forage for these plants around the lake area. The first is that some poisons might still be used in an attempt to lessen the weed load. It is also unlikely that any plants along the pathways have not been sprayed on by our dog population.

Nutrient rich soils produce the best edible weeds, and ours are anything but that, so the nutrient and medicinal value of the plants would be very low.

A trained eye is needed for safe identification of edible weeds as there are many species with poisonous look-alikes.

A bit like the mushroom problem!



Sow Thistle *Sonchus oleraceus*

Unsurprisingly weeds have been the focus of attention over the past months. One of the most widespread is this one; it is not a thistle at all! The “sow” refers to the fact that pigs eat it with great relish! The Latin name means “vegetable used in cooking”.

From Malta to China to New Zealand, there are local names and recipes for this plant. It is called Puhā by the Māori and is harvested when young and tender. The leaves are rich in iron and calcium.

Sow Thistles also possess antioxidant, anti-fever and anti-inflammatory properties, and they have a long history of medicinal use.

In Yorta yorta language, this plant is called “Buckabun”. Other mobs have different names. There is some debate as to whether or not *Sonchus* is native to Australia. What is certain is that it has been, and still is, spread by migrating populations.



MILLENIUM KIDS/FOLC YOUTH ENGAGEMENT FORUM

From : Nick Cook

On Sunday 22nd we co-hosted our 1st Youth Engagement forum with Millennium Kids (MK). MK have secured a Lotteries West grant to work with the FOLC to create a model for the recruitment and retention of youth volunteers in landcare.

We had a great morning exploring ideas and issues. It was terrific to have so many bright and engaged young people join us to share their ideas. We will hold another forum on Sunday 19th November. If you know any young people that are passionate about the environment we would love to have them along. Contact Nick for details.



Galaxy A34 5Gn n mk.



Galaxy A34 5Gn n mk.



Galaxy A34 5Gn n mk.

DATES FOR NOVEMBER

- Sunday Nov 12 Busy bee 7.30am
- Tuesday Nov 21 Night Chat 5.30PM
- Sunday Nov 19 Millennium kids/FOLC Youth Engagement Forum
- Sunday Nov 26 Urban Bushland Group AGM

bushlandperth.org.au) <<https://www.bushlandperth.org.au/events/>



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

CONTACT

E-mail: folc.wa@gmail.com

POSTAL ADDRESS

Friends of Lake Claremont Ltd.

P.O. Box 837

Claremont WA, 6910