



*The FOLC Shed with Brenton See's new Red - tailed Cockatoo painting*

*From the editor : Hilary Heptinstall*

Brenton See returned to lake Claremont this week to finish his mural after the removal of the Tawny Frogmouth painting. This red- tailed Cockatoo looks beautiful! Many thanks to Brenton and to our generous donor Jeanne Townsend.

It is good to have photos of our native plants from FOLC member, Karen Wood, each month. A broken ankle limited her photography to the revegetated area opposite the MacKenzie Bushland this month. *(See page 5)* We wish you a speedy recovery, Karen.

Our local MP, Kate Chaney, is holding a Bush Barbecue for volunteers on Saturday April 27 at the FOLC Shed. I hope that some of our members will be able to attend. *(See page 10 to register.)*

Work to control the spread of the Polypagous Shot Hole Borer at Lake Claremont should commence in April and members will be informed by email of the starting date.



## MARCH BUSY BEE

*From : Nick Cook Photos : Nicky Armstrong*

On Sunday March 10 we held our monthly Busy Bee.

We had a terrific turn out with over 20 volunteers. With our plants watered by the Year 10 students, we set to the task of keeping our patch safe by completing some bushfire fuel load reduction work behind the houses on Alfred Rd.

Many hands make light work and the team did an awesome job of clearing fine fuels and doing some canopy separation work.

We finished with a great morning tea and a yarn. Thank you to Soozie and Cath for a delicious morning tea and to Nicky Armstrong for the photos.



*Volunteers at work*



*Averil Balfe and ?*



*Enjoying morning tea*



## YEAR 10 COMMUNITY SERVICE

*From : Nick Cook*

On Friday 15 we held our Year 10 Community Service program with students from Scotch College and Christchurch. The students have been hand watering our plants through the hot summer months. FOLC have been running this programme for 14 years now!



## LAKE RESCUE

*From : Nick Cook*



With the wetland all but dry now, we received a timely reminder today about just how dangerous the lakebed can be.

Corinne Ivey sent this photo of a man who got stuck in the deep mud and needed to be rescued.

No one was hurt, thankfully, but a great reminder for people to stay out of the wetland.

That goes for dogs too!

## VOLUNTEER SNAPSHOT – EVA CZISLowski

*By :Rose Senior*

It is a pleasure to write a snapshot for this month's Newsletter of the youngest ever member of the FOLC Board, Eva Czulowski. *(pictured right)* Eva, who is 18. completed Year 12 at Shenton College last year. This year she will start a degree in social and environmental sustainability at UWA – and maybe study law after completing her first degree.

For several years Eva has been volunteering at FOLC busy bees, bringing along friends and helping out whenever she could. Eva explains that Nick Cook, with his strong work ethic and his ability to work collaboratively with a variety of different people, together with his passion for the environment, has been a role model for her.

Eva's determination to set goals and achieve her objectives first became evident when, in Year 6 at primary school, she asked the Head Teacher for permission to organise Cup Cake Day, so that she and classmates could raise money for the RSPCA (the prevention of cruelty to animals) by selling home-made cupcakes. All the school kids and their parents participated and it was a roaring success!

While at Shenton College, Eva inspired not only a group of friends, but also the design technology teacher at Shenton, to construct cylindrical artificial hollows for black cockatoos who had lost their nesting sites on rural properties in the Chittering area. Calling her project "Operation Carnababy" Eva collaborated with Dean Arthurell (a conservationist living in Bindoon who saves endangered wildlife), and took a group of friends to see Dean using his abseiling skills to swing his way into the highest trees to attach the hollows.

In Year 12, Eva organised the planting of 450 native plants around Shenton College, having invited Nick to give a talk to the student body on how to successfully plant seedlings in appropriate locations around the campus. For this initiative Eva and her three main collaborators won the 2023 Principal's Award.

Eva is a veritable dynamo! With her determination to share her passion and enthusiasm with others, and her ability to get things done, Eva has an exciting future. Apart from her studies at UWA and participating in FOLC Board meetings every month, Eva is a member of the Youth Board of Millenium Kids, and an organiser of the FOLC Greenlabs program for younger children which meets every third Sunday of the month. We hope that Eva will have the time to continue her involvement with FOLC for many years to come!





## IN BLOOM IN MARCH

*From : Karen Wood*

### *Macrozamia fraseri* Noongar. *Djiridj. Bayu (seeds)*

These plants are cycads, not palms at all. They are ancient survivors which, over Millenia, have acquired three adaptive measures to ensure their continuing to thrive. These attributes are, the ability to fix nitrogen, using insects for pollination, and having large seeds suitable for animal dispersal. They are found throughout Australia, South Africa, South America and Southern Asia.

We have only three species here in WA, but there are many more in the east and north of the country.

Early explorers noted that indigenous people ate the starchy fat seed pods. Unfortunately cases of poisoning were reported by Vlamingh (1697), La Perouse (1788) and Flinders(1801). Sir George Grey, in 1839, when his party were trekking from their ship, wrecked off Karratha, were given edible fruits by local people, not realising that this food had undergone a sometimes lengthy process to get rid of the toxins.

Some clans buried the seed for months then cleansed it in running water; others reversed the process. With proper preparation the seeds are reported to taste like tomatoes. Kangaroos and birds have been observed eating the bright red seed casing.

Ground raw seeds can stun fish when thrown into creeks and the woolly material at the base of the fronds could be used as an absorbent material for hygienic purposes. Consequently every part of this plant had a Noongar name.

Male and Female cones are borne on different plants.

*The Zamia in the photo (right) has male cones.*



*Seed pods*





## OUR BIRDS

*Text and photos by David Free*

### *Purple-backed Fairy-wren, *Malurus assimilis*,*

Seven years ago I wrote in this newsletter,

"In the past year or so there have been reports from reliable observers of sightings of Variegated Fairy-wrens [since renamed] in the new plantings north of the lake. It took me several unsuccessful attempts before I finally managed to see them. This beautiful bird tends to stay in dense vegetation, where they forage for insects. An early ornithologist correctly described this species as a "silent and unobtrusive bird". It is not easy to see but can sometimes be located by its soft, high pitched rasping call. These birds are territorial; I am hoping that they will successfully breed and decide to stay with us."

Well, luckily for us they have successfully established in our bushland. They are still silent and unobtrusive, but you may be lucky enough to see them flitting through the dense understory foraging for insects.



*Purple-backed Fairy-wren, male*



*Purple-backed Fairy-wren female (above)*



*Purple-backed Fairy-wren, non-breeding male (left)*

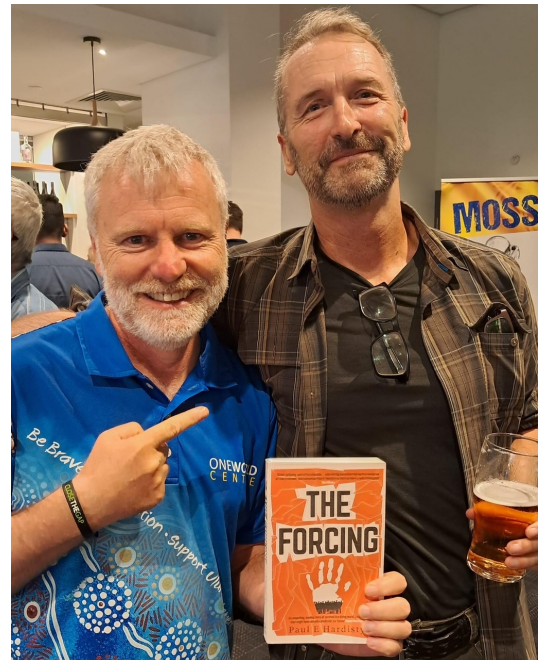


## PAUL HARDISTY'S BOOK LAUNCH

FOLC member and author, Paul Hardisty, launched his sixth novel, 'The Forcing' at Claremont Football Club in March. Paul has had a very interesting life working all over the world as an environmental scientist and free-lance journalist. His last position was as director of the Australian Institute of Marine Science in Queensland. Many FOLC members attended the evening and enjoyed hearing Paul talk with Bianca Greyvenstein about his book. He then answered many questions from the audience. The book is available from Orenda Books.



*Paul Hardisty in Conversation with Bianca Greyvenstein*



*Paul with Black Cockatoo Advocate, Paddy Cullen*





## MILLENNIUM KIDS IN MARCH

*From : Nick Cook*

This month's Greenlab session, with Millennium Kids, was held on Sunday March 10 at the Swan River foreshore in Claremont.

It focussed on team building, with an emphasis on strong governance. A Board meeting and planting session followed.

Many ideas were generated and we look forward to our next meeting with Millennium kids on April 14.



## GREEN LAB SESSIONS

Millennium Kids and Friends of Lake Claremont will hold a series of three workshops for children to celebrate the WA Tree Festival.

Greenlab Workshops are held on the 3rd Sunday of each month from 9.00am to 3.00pm, meeting at the FOLC Shed. The next session will be held on April 21.

Enjoy the local area, find out about local wildlife, do some bird watching and help to celebrate the beauty of the area and work with Junkadelic to inspire the community to fall in love with the area through poetry and song.

These sessions are designed by young people for young people. The series is fully supervised by Millennium Kids Inc.

For a full program, please email [cathy@millenniumkids.com.au](mailto:cathy@millenniumkids.com.au)



## KATE CHANEY'S BUSH BARBECUE

You are invited to a Bush BBQ on Saturday April 27th to hear from Kate Chaney MP in relation to upcoming revision of the Environmental Protection and Biodiversity Conservation Act.

Friends of Lake Claremont have kindly offered to hold the event at our FOLC shed.

Kate Chaney is inviting bushland and coastal volunteer groups in the Curtin electorate. Numbers are limited to a few volunteers from each group - so if you are keen to be part of this conversation - register early.

Click the invitation or the link here <<https://events.humanitix.com/join-kate-chaney-at->

**Kate Chaney MP and Friends of Lake Claremont invite you to the EPBC Bush BBQ**

You will be aware of the EPBC legislative reforms we are not so patiently waiting for! Kate has seen all the incredible work carried out by bushland and coastal volunteer groups in Curtin. She has been busy behind the scenes in Curtin and Canberra pushing for reform. Join Kate at this Bush BBQ to hear more.

**DATE**  
SAT 27TH APRIL

**TIME**  
4PM - 6PM

**RSVP**  
By 18/04/24 Humanitix Link

**PLACE**  
Friends of Lake Claremont Shed  
Parking on Lakeway cul-de-sac, walk to the shed

Please note this is an event for community volunteers. Numbers are limited and we sadly cannot accommodate family extras.

**Save our Species**  
Kate Chaney MP

Kate Chaney will also be the speaker at our first Night Chat Session for the year, which will be held on Tuesday April, 16, at 5.30pm at Claremont Tennis Club. Kate will be outlining her recently launched 'Curtin's Pathway to Net Zero' initiative. This involves a collaboration between local community members and local experts. We are looking forward to hearing all about it!



## QUENDAS IN A DAVIES ROAD GARDEN

*From : Ray Flanagan*

I noticed the first quenda visiting my garden in early December and, after contacting Nick, I touched base with Dr. Scott Thompson, Zoologist with Terrestrial Ecosystems, and volunteer Bush Care helper with FOLC.

The quendas were persistent, feisty, and amazing adventurers. From Lake Claremont, across Davies Road, and then up my steep driveway to get to my Villa.

My neighbour spotted a quenda coming up the driveway at 4 am one morning.

At first, I thought that I would allow the quendas to stay, but my garden soon became a sandpit! Ground cover and plants were attacked as the quendas dug holes, looking for snails, worms and other small garden visitors.

I became quite good at identifying quendas versus black rats. The rats having a much longer tail and a more defined neck area. whilst the quendas have a more rounded body from head to tail.



### DATES FOR APRIL

FOLC Busy Bee	April 14
FOLC Board Meeting	April 15
Night Chats	April 16. 5.30 pm
Greenlab	April 21. 9.00am
EPBC Bush BBQ	April 27 4.30pm
Yr 10 Community Service Programme	April 19 and 26





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](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

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