

Editorial :

A passion for the environment knows no boundaries, and so it was on October the 29th that a dozen or so members of the "Whitehorse Community Indigenous Plants Project" (otherwise known as Bungalook nursery) visited Damper Creek as part of their programme of parks visits. The Bungalook folk last visited Damper Creek eight years ago and were keen to view the progress made in the intervening years.

The party set off from the Park Road car park following a brief introduction from Roger of the Bush Crew. Every detail was significant, from the content of the notice board to the source of the seed used to propagate the plants used for revegetation. Progress was slow as no detail escaped their attention. Such questions as "Is that colour of Hakea truly indigenous?" and "What records are there of *B. marginata* in the area?" were frequent. As they strolled they also toiled, weed bags quickly filled as the group found it hard to pass well known weeds.

Alas, the concentration on detail resulted in time running out as we came to Palmas Plummet about halfway through the reserve. A quick trip up the stairs to see the magnificent show of *Bulbine bulbosa* lilies, followed by quick look at the remnant grassland near the bush crew's depot was all that time permitted. A quick traverse of the grassland area revealed a number of orchids, *Burchardia* and *Bossiaea* and would undoubtedly have revealed many more plants if time had permitted.

Damper creek was at its best with many plants in full flower, I was proud to be able to demonstrate our progress over the last eight

years and the Bungalook folk left inspired to replicate our success in reserves in the City of Whitehorse.

Green exercise, what next?

The following article will carry no surprises for FODCR members who have been reaping the benefits for years, however, researchers in the UK have quantified the benefits of exercising in a "green" environment.

"Green" exercise (physical exercise undertaken in natural environments) can lift mood and self-esteem, and this can be achieved in as little as 5 minutes a day. These effects are evident in participants with and without a history of mental illness.

All green environments are beneficial, however the strongest effect was seen in waterside habitats. The authors conclude that access to natural places should be considered by planners and architects, that green exercise be considered a therapeutic tool, and that the environment provides an important health service.

This is an extract from an article published in the Medical Journal of Australia on Oct 18th this year

Kevin and Jeanette Ryland know the benefits well and were inspired to pen these observations following a morning walk.

A Walk in Our Reserve

It was a lovely morning, the fifth of this November. Along the trail Jeanette and I were greeted by hordes of young Wattle Birds squawking at each other amongst the trees. We were then surrounded by groups of Noisy Miners hassling two young

Kookaburras. As we reached the wetlands we observed six young ducks with a Chestnut Teal dad, seven baby Wood Ducks with two proud parents and, surprise, surprise – two tortoises laying on top of the weed beds sunning themselves.

After crossing the rock wall to the east side of the creek there was a wild beehive formed around the branch of a eucalypt. All this with Pobblebonk frogs bonking (sic) along the length of the wetlands and surrounded by a beautiful display of indigenous plants in bloom. How good is that????

p.s. The day before a red bellied black snake (we think) over 1000 mm in length was seen by the Nicholsons crossing the path (on the east side).

Sadie Street Outcome

The efforts of the Friends of Scotchmans Creek and Valley Reserve and the Friends of Damper Creek Reserve have been rewarded now that the Minister for Planning has approved the planning amendment to incorporate the land containing remnant vegetation at the rear of Sadie Street into the Scotchmans Creek reservation. This amendment was the result of a concerted effort by the two organisations to save this remnant from a proposed housing development.

Unfinancial Members

Subscriptions were due in September. If you are unsure of your status, please come along to a meeting or the BBQ and check with our treasurer. Alternatively, send a cheque to our P.O. Box (\$5.00 pays your subs for a year, \$50.00 pays your subs forever).

Welcome Visitor

This little fellow was snapped in Monomeith Cres by FODCR member Michael Adler. A much smaller relative of the Kookaburra, this is either a Sacred Kingfisher or a Red Backed Kingfisher. The Sacred Kingfisher is common and found throughout the coastal regions of mainland Australia. The Red-backed Kingfisher is an inhabitant of the drier regions of Australia. The Sacred Kingfisher has previously been spotted in Damper Creek by Judy Borg.



Annual BBQ

Our usual end of year celebration will be held in the Alice St / Sunhill Rd area of the reserve, commencing at 12:00pm on Nov 28th. Family and friends are welcome, food will be provided but if you want to sit you will need to bring your own seat. We also ask that you bring your own cups, glasses plates and utensils to reduce the environmental impact of this celebration. If you wish to consume alcoholic beverages please bring your own. Soft drinks and cordial will be provided.

Friends of Damper Creek Important dates to remember:

November		Notes
Meeting:	Wed 24th - 7:30 pm	Alvie Hall
Annual BBQ	Sun Nov 28th 12-00pm onwards	Alice St
February 2011		
Meeting:	Wed 23rd 7:30 pm	Alvie Hall
Working Bee	Sun Feb 27th	Middle Bridge

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Damper Creek Reserve Inc. is a member of
'Landcare' and 'Land for Wildlife' Volunteer Nature
Conservation.

*Damper Creek Bushland Reserve: part of the
Yarra Catchment.*

Please address all mail to:
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Mount Waverley 3149

The Newsletter of

**FRIENDS OF
DAMPER CREEK RESERVE INC.**

Reg No. A0029531G

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DAMPER CREEK DOINGS

November 2010

