CREEK LINES

NEWSLETTER Issue No. 19 NOV 2026

We care for the falls

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Annual Report

Nick Underwood



What a year!

First and foremost, from the perspective of my novice year in the chair, I need to thank you all for your unwavering support. I have been buoyed by that confidence to extend myself, to learn and grow in the role.

From an organisational perspective, the sharing of responsibilities within our committee has been a great success among many. When you think about it, the supporting role of vice chair has been recognised and enshrined in committee structure since day dot and for FOULF, having Dick Parker in that spot has been gold.

For a man so involved in his community, he gives his all to our group, with much of it happening behind the scenes to emerge suddenly as a job done. So here's to you, Dick, for going above and beyond. As all have done in leading and support roles.

From Mike Mansfield who's kept our group on track and up to speed from a structural standpoint, to John Greenwood who, as treasurer with additional commitments to NRPG to keep him even busier, has kept all our financial balls in the air and landing safely in the black.

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Both these roles still need an official second and we should work to fill these positions.
Speaking of financials, let's talk about funding – our lifeline to project progress.
Having been helmed by Mike Robinson for a number of years, the daunting task of navigating funding requirements was eagerly taken up by Jackie Anderson who has, with Mike's mentoring, seen the completion of a $75,000 State NRM grant to cover weeding and propagation activities over the next three years. This application also won us accolades from Perth NRM that should be taken as a huge tick of approval for Mike's application to grant sourcing over the years and to FOULF's track record of commitment and stewardship of the Falls.
Jackie has since applied herself to a SALP funding application where the funders have hinted at nearly doubling the amount sought and another application has been submitted, this time with help from Coralie Flatters who has joined our committee and brings her fundraising experience to the table.

Making space

The force of ferals has kept our Weed Warriors, Led by Steph Bewick, head down and bum up doing their utmost to turn the tide against the vagrants. With a strong core of volunteers, both on monthly busy bees and on mid-week forays, the warriors have extended the battle beyond our park boundaries and onto private property where landowners have recognised the role their properties have played in harbouring weeds that ultimately spread down into the creek environs.
Now, with our State NRM grant we are engaging contract sprayers to tackle the larger infestations, helped along by innovative mapping techniques developed by John Greenwood and Steph to direct contractors to their targets more efficiently and adding value to every grant dollar spent.
Over the summer months, Contractors will target wet area weeds such as taro, bullrushes and blackberry.
Further up the creek, the last 12 months have seen FOULF engage with creekside residents to reduce downstream weed pollution. With homeowners, Margaret Sorah has instituted a program of communication that has resulted in an initial 8-10 property inspections and commitments to work with us to clean up their stretch of creekline. Progress here will be supported by grants currently being sourced under Jackie's portfolio.
Margaret has also initiated a push to develop a strong connection with the City of Kalamunda and an MOU due soon will be the centrepiece of our relationship, Giving us access to city land for weed control and the potential for two flow dams to be installed on the creek upstream from the park.
A very significant aspect of our upstream activity within the last 12 months has been the establishment of an MOU with St Brigids College. With Steph Bewick leading the charge, this initiative has exposed a forest of creekside weeds far greater than we anticipated and one that will require significant funding to overcome. That said, St Brigids is the source of several problem weeds such as taro, blackberry, Chinese tallow and wild garlic and getting rid of these will greatly reduce their impact downstream and give us the breathing space to concentrate on re-establishing natives in our patch.

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Propagation

Over the last 12 months under the stewardship of Carmel and Terry Ballinger, our propagation centre has sprouted around 3,000 local provenance natives that have been successfully planted out on site.

Through their and their volunteers tender ministrations they have saved FOULF thousands of dollars in nursery plant purchases and provided their volunteers with a strong sense of nurturing in raising plants from seed. Over the course of the year both have sought knowledge from workshops to enhance their skills base while on the practical front, Dick has contributed greatly, sourcing two stainless steel work benches, a seed fridge, shade umbrella and even re-built a trailer donated by Mark Simpson to more easily traverse the walking paths and deliver plants or other materials to site.

To keep up the pace, Carmel and Terry have been running extra busy bees to ensure peak production in the shade houses and I feel confident our propagation activities would be the envy of many other friends groups.

For the next 12 months with grant support we would expect to be able to instigate additional sedge planting further up the creek where banks need stabilising over and above our usual infill planting where attrition or weed removal allows

Onsite

In the dynamic environment of Lesmurdie Brook, ongoing maintenance and repair is a given and this last year has been no exception. Back in October 2025 a controlled burn in the erosion gully damaged our three exclosures and cooked some rare (for this area) Commersonia.

Thankfully our propagation team were able to bring them back to life and they are now replanted and looking good in two sites in the park.

With the exclosures, DBCA came to the party supplying all fencing materials and we were able to re-build all three exclosures to a higher standard and complete with ‘Cocky gates’.

While we’re on fencing, DBCA also supplied enough fencing to create three large exclosures on the north eastern end of the erosion gully block where roos feed and sleep.

Over winter, a few busy bees saw all of the propagation group’s efforts planted out in all six exclosures with the most recent busy bee attracting in excess of 50 volunteers who all went home with a kangaroo paw for the garden, full tummies and big smiles.

Elsewhere down the creek, the creek bank downstream from Guy’s crossing was re-walled in stone to divert floodwater away from a fast-eroding bank and this has been a major success in sending the water flowing down the centre of the creek.Repairs have also been carried out on the small dam further down stream and, most recently, Dick led a team to re-build an overflow on the main weir which, just the next day, proved its worth in a heavy downpour.

Lastly, the footpaths are starting to erode on steeper sections and a start was made to re-surface these using roadbase kindly donated by Magic Garden Supplies and machinery generously supplied by Dick’s son Scott Parker. (As he has done throughout the year much to our benefit.)

A big thanks must go to busy bee coordinator, Mark Simpson and team leaders Steph, Terry and Carmel, Marie and Dick for their leadership on the ground.

And a huge thanks to Angie and her life-sustaining morning teas throughout the year. They’ve provided the perfect opportunity for our volunteers to come together at the end of a morning’s work to share stories, build friendships and ensure many come back for seconds.

On the promotional front, Joanna – our First aid coordinator – has done a great job with her video work on social media and John, Paul and myself have kept the newsletter readable, relevant and extra informative over the year.

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We've had displays at the Rotary artisan markets and the Men's shed open day and done presentations to community groups.
I think we can all be justifiably proud of our efforts over the last 12 months and look forward to more challenges over the next 12 as we continue further up the creek, perhaps look to establishing the Terraces picnic area, repairs to the flow dams plus all the wonderful work getting our site weed free and blooming with natives.Without the consistent, wonderful support of our many volunteers, none of the aforementioned would have been possible and we thank you all from the bottom of our hearts.
Thank you for lending me your ears.

Nick Underwood
Chairman.

Busy Bee - 14 June

Report from Mark Simpson

A hearty thanks to all of you volunteers that turned out for our first major planting session of the year.

On this occasion we decided to do our planting in an area at the eastern edge of the Parks and Recreation Reserve, just to the south of Falls Road, which we refer to as 'The Hockey Stick'.





Fencing to keep the roos out.

We also decided to fence off some of the planting area so as To discourage kangaroos and bikers from damaging our efforts, it was decided to fence off three enclosures. Our fencers which included Dick, Paul, Dave, Mike R, Phil et al set about enclosing some of the area where we had already put plants into the pre-drilled holes.



A great selection of plants.

The selection of plants consisted largely of Wandoo, Hakeas, Acacia, Calothamnus, Mirbelia and Isopogon, all native to the locality.
Marie gave an excellent briefing to everyone on how to best tackle the job of planting.



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Planting was carried out by most of the people on site, with Terry, Carmel and Marie as team leaders. Our planters included Jackie, Nanette, Amelia, Elanor, Erik, Andrew, Sofie, Chantel, Paul, Dave, Dick, Mike R, Phil, Viviane, John and Kathy, and we were pleased to be joined for the first time by Tracy and Benjamin, Priya and Ruheen, and Mark. To make the job more productive, several hundred holes were drilled in advance by Paul and Nick. and

Plants were delivered to the site in advance on a trailer recently salvaged and adapted by Dick to serve our needs.

Planting was completed in record time so after cleaning up, it was back to base for morning tea where Angie's impressively delicious spread was a very welcome sight, and no one went hungry.



Making a difference.



In a happy place.

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Propagation

From Carmel Ballinger

Plant propagation Report – Spring 2026

Our shade houses were almost emptied after a few planting days in in June/July, with the final day being very well supported by willing volunteers – some came from other Friends groups, others simply interested citizens. Their enthusiasm was infectious and made working in the rain much more enjoyable. We had three different planting areas – Erosion Gully (at the corner of Falls Road and Nelson Cresent), the "Hockey Stick", off Falls Road on the left at Falls Road Spur and an area near the first flow dam. The Erosion Gully area and the Hockey stick are one of the camping and grazing places for our local mob of Grey Kangaroos (approx.12) so our fencing specialists cordoned off the most vulnerable planting areas to reduce the damage from their grazing. We had set up a motion sensor camera to view the grazing behaviour – it was not definitive (only taken over a few days) but the kangaroos didn't appear to select the new green plants but to take what was in front of them.



Commersonia sp.



How tidy is this.

Our final planting total was 2700 plants for the year. We had overplanted Anigozanthus manglesii seeds (the common green and red Kangaroo Paw) and were able to use some plants in Erosion Gully, place some at the Men's Shed – and, best of all, we were able to give some plants to our much-valued volunteers as "giveaways". We hope to orchestrate an overplanting of seeds of some genus at the end of next years' planting season to again say thanks to our volunteers. We hope the volunteers plants are flowering as well as the Erosion Gully plants.

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We are now strategically planning for future propagation. Just a few of us met and walked the main area to the north of the Terraces Car park then off to the east, trying to identify which areas are naturally well vegetated so can be monitored and left alone, then moving on to others that need more suitable infill. We plan on further walks to look at previous planting and infill as necessary. One area we are focussing on is along the creek close to the Falls where we planted in the past but were ambushed by 100 ml of rain overnight which washed away reeds that had been planted in the creek bank. We now have purchased new reeds and must magically select the perfect day to plant – too early and they get washed away, too late and they are unable to weather the dry period! Another focus is to grow and use prickly plants to dissuade visitors from walking in vulnerable areas.

We are also planning on how to support our Lesmurdie Community Project where we will supply plants for brookside residents to plant in their backyards, with the view that the new local plants will reduce the weed dispersal of "garden escapees" further downstream to the National Park and falls.



Anigozanthus manglesii (Green and red Kangaroo Paw).



Terry checking out progress in the Erosion Gully.

Our band of workers are delighted with our second stainless steel propagation bench – it is easy to keep clean and at a satisfactory ergonomic height and means we can spread over the two benches. Another milestone is the provision of a fridge to store our seed bank. This is on the back veranda of one of the Men's Shed buildings and allows our members to be more independent as all our tools and supplies and now at the Men's Shed, not spread in individual homes.

So, a huge thanks to all the volunteers we see on our Busy Bees and Planting days. It's a pleasure to be involved.

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Busy Bee - 12 July

Report from Mark Simpson

On12 July 2026 we had another great volunteer turnout for our second planting session this year.

On this occasion we decided to do our planting in an area just across the road from our meeting place, just to the south of Falls Road, which we refer to as 'the erosion gully'.

We had previously fenced off three areas within the Erosion Gully to help enable our plantings to gain a foothold without being eaten by the kangaroos.



Dick has masterfully adapted this trailer to meet our particular needs.

About 600 seedings, mostly kangaroo paws, Anigozanthos manglesii, were planted. These were placed on the banks and higher points of the gully to ensure good drainage. Other plants, more tolerant of the heavier soil of the gully, included the local myrtle, Hypocalymma angustifolium, cockies tongue, Templetonia retusa (Cockies Tongue) and 2 local wattles, Acacia Alata (Winged Wattle) and Acacia Pulchella (Prickly Moses).





Planting in the rain.

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Hole-drilling in operation.



Is this enough plant pots for one person to carry?

Meanwhile, our fencing team were busy securing additional enclosures back at the Hockey Stick area to help make plantings at our next session safe from predation.



We're having fun. What rain?



Paul, John and Carl on fencing.

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All done.



Just the washing up to do.

It was back to base for morning tea where Steph's delicious spread was a very welcome sight.



What we've all been waiting for.

It was decided to conduct a supplemental busy bee on Sunday 26 July to complete this year's plantings to take advantage of winter rains. After a shout out from Lee Hollingworth, DBCA Volunteer Program Coordinator, we were inundated with first timers to help out, despite the inclement weather. Most of the planting concentrated on the Hockey Stick and Erosion Gully enclosures with some activity along the creek.

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Volunteer Profile

Our Volunteer profile this edition is Nan Burke.

Tell us about yourself Nan.

Well, I grew up in country Central Queensland, on a cattle property that I will always call home. When I left Queensland to seek new work environs and adventure, I headed west eventually and spent 8 years in Kununurra, enjoying the relaxed lifestyle with plenty of camping, water skiing and exploring country. When I left, with a husband and 2 young children in tow, I had only lived and worked in small towns so the idea of moving to and living in Perth was quite a scary proposition, but friends assured me that 'the Hills' would suit me and I could find a home close to the bush.



And so it was - in late 1999 we flew into Perth and stayed with friends in Gooseberry Hill while we scouted the area for an affordable home with a school in walking distance for the girls, and the bush for me and the dog.
We've lived here now for 26 years, and I've not seen any other area that I'd prefer to live that gives me these same comforts.
I've always had an affinity with the bush; it's birds and animals, it's quietness, it's strength and calmness. You can learn from it every day. I have spent a lot of time walking round the fire tracks in the area, trying to get to know the many and varied native plants that are so different to what I grew up with, and also the different bird species in the area.
I don't know if you'd call them milestones, but I like to keep track of what is going on around me in regards to the flora and fauna that abounds in this area.
For instance, the lives of a family of Kites in Whistlepipe Valley, following their progress when their nest tree blew down, learning why they like those Wandoo in preference - is it because their branches tend to come out laterally and curve into a handy bowl shape - good for nest building perhaps.

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Stepping carefully through the ridge areas in August and September as the wildflowers come out, and finding the same orchids each year, maintaining their space. Learning which plants are welcome, and which are unwelcome invaders.

I had seen the signs for FOULF and thought about it for a while but didn't really step in to volunteer until I finished work, as my weekends seemed to be always tied up maintaining the home yard. However, I had seen the work that had been done over time down along Lesmurdie Brook and was very grateful for the expansion it had given me in extending my walk opportunities around the ridge and valley areas. So several years ago I just went along one Sunday; I think it might have been John Greenwood that eventually talked me into volunteering my time and enthusiasm for a good cause. Opening up the area for people to enjoy nature at its best, and at the same time, maintaining the ecology of the environment.

I have really enjoyed getting to know the team members of FOULF over the years. Although I have not been able to come every scheduled busy bee, I always feel welcome and am offered a variety of different opportunities to work in; from propagation to planting, weeding or bench maintenance, whatever's going on the day. Meeting volunteers that have come long distances, and from all across the metro area can be quite humbling, when I have just strolled down the hill.

I am very grateful to all the team members, for their dedication to the purpose of the group, and to the well-being of the individuals. Their care is second to none, from the delightful morning smoko after a couple of hours of hard work, to individuals searching in their own time for lost property.

A big Thank You, to Friends of Upper Lesmurdie Falls.

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BUSY BEE - 9 AUGUST

Report from Mark Simpson

On Sunday, 9 August we divided ourselves into three groups, one to take on propagation work, one to tackle some of the weeds near the brook, and one to do some repair work near the weir.

Eeight volunteers joined Carmel and Terry at the Propagation shed for a production line prepared by Terry: Plant pots, bags of potting compost, a waste bucket for the old seedling grit mix which is re-cycled around the site, tools, labels and plant books, all at the ready.

We were all delighted to see that Dick had procured an additional potting bench (a stainless steel bench). Another example of a great piece of re-cycling by FOULF. The bench is the perfect height for potting on plants, with lots of room to store the plant pots and trays we need for the job.
After splitting into two teams of four Pria and her daughter, Kath and Margaret on one table and Marie, Jo, Coralee and Emma on the other, Carmel gave a demonstration of how to remove seedlings and repot them. Terry and Carmel had attended a 'Boosting Seedling Survival' Workshop just recently and explained how to trim the seedlings roots so they did not kink or hook when they were put into the pot, thereby giving the seedling the best chance for survival. A new process added to our repertoire!
As the team potted on seedlings, Marie's little helper made a beautiful 'Fairy Garden' and gave a guided tour of her creative (i.e. a seed tray) garden, made from grasses, mosses, eucalyptus twigs and a lot of mud!



Starting already on next year's plants.



New benches making the job easier.

During the session, the team had potted on and/or pricked our over 500 plants:

- Allocasuarina humilis (110)
- Lechenaultia biloba (103)
- Isopogon dubius (79)
- Melaleuca trichophylla (100)
- Trymalium odoratissimum (27)
- Commersonia apella (32)
- Taxandria linearifolia (12)
- Isopogon asper (19)
- Melaleuca preissana (40)

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Back at the creek, it was heads down for weeders Amelia, Elenor, Benjamin, John, Andrew, and Steph. The main target for our weed warriors was Three Cornered Garlic - an incredibly invasive, resilient, and stinky weed. It is one of our priority weeds for eradication and can become increasingly prolific in a short time period if left unchecked.

It was disappointing to find an unexpectedly large number of outbreaks close to the brook. Along with garlic, other feral species dealt with were Wonga, African Feather Grass, dock, a palm, a couple of Camphor Laurels, a Lilly Pilly, some Taro, Watsonias, and other bulbs that were at all stages of germination.



Andrew and Steph searching for Wonga vine

Four of the weeders focused on the biggest outbreak on the south side of the brook and upstream at the eastern end of the park. The weeds were very close to the water so hand digging, bagging, and binning was the safest option. Two large tubs were filled to the brim. Meanwhile, Andrew and Steph took to the north side of the brook in the same location.

A huge effort from all, your time and efforts made significant contributions to the health to the park. Thank you, weeders.

The third team set about repairing the spillway at the weir so that, when the weir fills up and overflows, there is another effective route to take the water back to the brook below.

Pleased with their efforts, all the teams returned to the Weir carpark for a well-deserved cuppa and morning tea.

As a footnote, the following day it teemed down with rain, the weir overflowed and our new spillway channel was put to the test. It passed with flying colours.



Dick's family kindly lent an excavator for the dredging work.



It works!



Guy's crossing looking good.

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WEED WARRIORS

FOCUS ON FERALS

By Steph Bewick and Mike Robinson

Tangier pea - Lathyrus tingitanus

Lathyrus tingitanus is an annual climbing herb to 3m high with spikes of pink-purple or bright cerise 3cm flowers. It quickly forms dense mats that smother and suppress native vegetation over the Winter and Spring and creates a fire hazard when it dies back in Summer. It spreads explosively by seed, and these persist for years in the soil, so long-term management is essential to prevent reinfestation. One plant can produce thousands of seeds, and it can also regrow from the base if the stem breaks. Hand weeding is the most effective management control on small infestations, but the entire root system needs to be removed so best tackled in Winter when it is small and the soil moist. It is on the ever-growing list of weeds for the Weed Warriors to tackle!
Tangier pea flowers October to November in the park and can be seen along Falls Rd adjacent to the footpath from the Weir car park entrance and it is very prolific west of the bitumen car park.
Although pretty, it is toxic as it contains harmful compounds that are dangerous to animals and humans. You should use gloves and protective clothing when you handle dense infestations because the dried vines can irritate the skin and respiratory passages.
Tangier pea is a garden escapee and can be found between Perth, Margaret River and Albany, and is increasing rapidly on roadsides, stream banks, drains and other disturbed ground in the Darling Range near Perth. It is native to western Mediterranean and the Azores.

Sources:
Western Weeds 2nd Ed Hussey et al,
florabase.dbca.wa.gov.au and some excellent control advice from Gilbasolutions.com



Very pretty..but wrong place.

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Hard To Kill

It makes it easier to understand how much effort has gone into restoring the natural environment down at the Falls when you can see how resilient some weeds are to a determined volunteer effort to remove them. This patch of African feather grass was contract sprayed and looked like succumbing to that assault but, lo and behold, when it was all cut down, it almost immediately burst forth with renewed vigour. The patch will now require a second spray to hopefully finish it off. And AFG is not the only weed requiring our eternal vigilance. Add to that, watsonia, wonga wonga vine, veldt daisies, taro, three corner garlic, freesias - the list goes on. It's easy to see why we need every volunteer we can get.



A field of African feather grass - untreated



After the spray - a lot of dead African feather grass - working hard to slash it back.

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Slashed and debris removed - a job well done



New growth now exposed for the 2nd treatment

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MIDWEEK WEED WARRIORS

Spring Newletter 2026

By Steph Bewick

Weeding – making room for things to grow.

Since the Winter edition of Creek Lines there have been five midweek weed mornings. These were typically Thursday mornings, from 8am to 10am. As the weather was cooler the start time shifted to 9am for many of these days however we did break new ground and met once in the afternoon. The regular midweek weeder volunteers are a delightful bunch to share a couple of hours with, and I encourage everyone to come along and give weeding in the national park a go, it is extremely rewarding and meets the prescription for nature medicine. Weeders are not restricted to eliminating ferals, at times they were well off the beaten track mapping weeds on the Avenza App and going places not usually accessed and finding all sorts oftreasures of the flora and fauna kind. If your interest is in technology, bush walking, the outdoors, making a difference, if you need nature therapy, or all the above, we'd love you to come along and be part of the mapping group.



Karin and Kathy in the flow happily weeding Three-Cornered Garlic by the babbling brook, croaking frogs and tweeting birds on a serene winter's morning.

With regular weed mornings, the group has achieved some important wins in the many battles on the weed front, battles that have been lasting years. The extra man hours specifically devoted to weed eradication has resulted in very few numbers of Pavonia, Genista and Blue Broom. Some years ago, very large Eastern State woody wattles (e.g. Sydney Golden, Flinders Range) were removed and although seed continues to germinate, we are tending to catch them early on regular basis. Although we continue to have eruptions of invasive Wonga Vine and Blackberry we feel confident that we can get these under control into the future in the park if we continue to meet regularly.

There is still much to be done with creating buffer zones on some of the park boundaries after the significant inroad made on the eastern boundary with Wonga Vine infestations along the verge and on resident's properties. Many weeds are still of serious and increasing concern such as Three-Cornered Garlic which seems to be appearing more widespread along the creek line so this may well be one of the priority seasonal targets. Others in this category such as Watsonia and Freesia fall within the spraying program delivered by contractors and funded by grants.

FOULF has some exciting and interesting weeding projects in 2027 and need more Weed Warrior volunteers to help make these a success. If you can help in any way, please get in touch.

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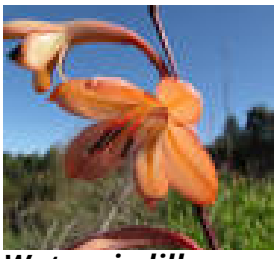
ROGUES GALLERY

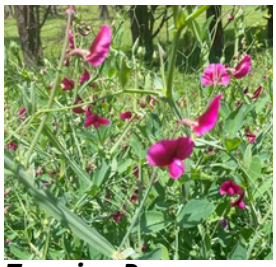

Jonquils


African Feather Grass


Watsonia lilly


Primrose


Jasmine


Tangier Pea


Flax-leaf broom


Paterson's Curse


Veldt daisy

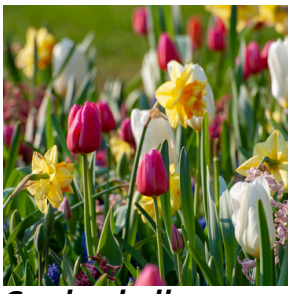

Pavonia hastata


Olive


Gazanias


Lavender


Tagasaste


Garden bulbs


Fleabane


Nasturtium


Blue Broom


Sydney golden wattle


Wonga Vine


Lantana


Jacaranda


Wavy Gladiolus


Kurrajong


Parsley


Polygala


Blackberry


Stick/Stink weed


Deadly Nightshade


Periwinkle

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Further Up the Creek

From Margaret Sorah

Residential

In January of 2026, Mike R., Nick and Margaret visited the first residents on the creek line who accepted the invitation from FOULF to provide free advice on plants potentially threatening the health of the creek. Throughout the year these residents have made massive progress on the creek line. They have removed Taro and masses of African Feather Grass to allow the creek to flow freely. In fact, it flowed a little too freely and FOULF were happy to give the residents spare coffee rock, which the residents used to install a new 'riffle' and shore up five other riffles in the creek. The result had some unexpected benefits: the slower water flow has attracted more birdlife to the resident's garden, including a family of seven ducks.



Duck haven.



Stream calming - coffee rock riffles.

Mike R. and Margaret visited and surveyed other residential properties on the creek line. This information is being used to inform the bigger picture of weed control along the residential creek line and its impact in the Lesmurdie/Mundy Park. Our Grants Team have been successful in securing funding via the Swan Alcoa Landcare Program (SALP) and planning will commence in October on how this grant is deployed in the Falls/Park and 'up the creek'.

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Bits 'n' Bobs

Liaison with City of Kalamunda

From Margaret Sorah

Nick and Margaret attended their regular meeting with the City of Kalamunda to progress the Memorandum of Understanding. This agreement allows FOULF to operate on the full length of Lesmurdie Brook. The City of Kalamunda Council offered the FOULF the opportunity to simplify the administrative process by proposing they could issue a letter of approval instead if FOULF could complete a comprehensive Risk Assessment and Risk Matrix. This was completed by Margaret and Nick and submitted to the City of Kalamunda earlier in September and we are awaiting a response. One of the benefits of the exercise was FOULF identified several areas for improving the both the Occupational Health and Safety briefing to volunteers and the Busy Bee and Weed Warrior procedures such as identifying suitable fire exits from working sites.



First Aid Course June 2026

From Margaret Sorah

Nick and Margaret attended the regular catch-up meeting with the Environmental Team at the City of Kalamunda in late June. They were delighted to receive a proposal from the City of Kalamunda to extend an invite to FOULF volunteers to attend an Australian Red Cross First Aid course. The course was scheduled for the following week and despite the tight timeframe three volunteers, Dave, Phil and Margaret, put forward their names.

The course required Four (4) hours of on-line training and the participants were required to pass each stage before progressing through to the next module. All three participants then took part in afour (4) hour long 1st Aid Course" on a freezing cold Saturday in late June in an unheated building in Welshpool with no refreshments or access to food. You would think that would dampen the atmosphere in the classroom but ...not a bit of it. The other participants were also volunteers from environmental groups so there was a lot of common ground. The course tutor was an ex-Army medic and gave us real examples to role play whilst driving home the theory and testing our knowledge and made the learning experience fun. The four hours flew by and by Monday morning we had received our certificates.

At the following Busy Bee each qualified first-aider was allocated to a work team further strengthening FOULF commitment to the health and safety of is volunteers.

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SPONSORS

Once again we would like to express our deep gratitude to our major sponsors, State NRM, Perth Region NRM, the Rivers and Estuaries section of DBCA, the Rotary Club of Kalamunda, the City of Kalamunda, Lotterywest, Forrestfield and High Wycombe Community Bank (Bendigo Bank), SG Enviro, Tree and Palm Solutions and Magic Garden Supplies.

Our project is located within the Lesmurdie National Park and Mundy Regional Park, which come under the control of the Parks and Wildlife section of the Department of Biodiversity, Conservation and Attractions. The Department was the catalyst for our formation in 2012 and has strongly supported us ever since. We really value that support and particularly the trust that they have shown in us for the last 12 years.

The Lesmurdie and Districts Community Association (LDCA) was a wonderful partner for many years and enabled us to raise considerable funding for improvements that weren't covered by the NRM grants. Paths, bridges, earthworks, car parks, children's climbing frames and more – the Up the Creek (UTC) project.

The Kalamunda Men's Shed partnered with us to build shade houses where we could raise our own plants and where we could hold plants grown for us by nurseries – prior to planting out. We greatly value our association with KMS and hope it will continue and deepen for many years. More recently they have also helped us acquire two green houses to further enhance our plant propagation work. Recently, we formed a partnership with the Kalamunda Youth Swing Band, sharing their premises to foster collaboration and community engagement.

If you are keen to know more about Kalamunda Mens Shed phone 08 9291 7172 on weekdays between 8am and noon.

ABOUT US

Formed in Dec 2012 by a few like-minded people, the Friends of Upper Lesmurdie Falls Inc. have committed themselves to helping to rehabilitate, improve the amenity and record the history of the area – which initially was badly degraded by large infestations of weeds that had taken over and suffocated the native flora.

BUSY BEES

Busy bees mornings are held on the 2nd Sunday of every month - tackling weeding, stone work, propagating, planting, rubbish clearing, exotic tree removal and maintenance work. We make sure there is always something for all ages and abilities.

Everyone is always very welcome to join in - no experience or tools needed.

Want a fun morning at a busy bee for you or your family? *Contact us to find out the details.*



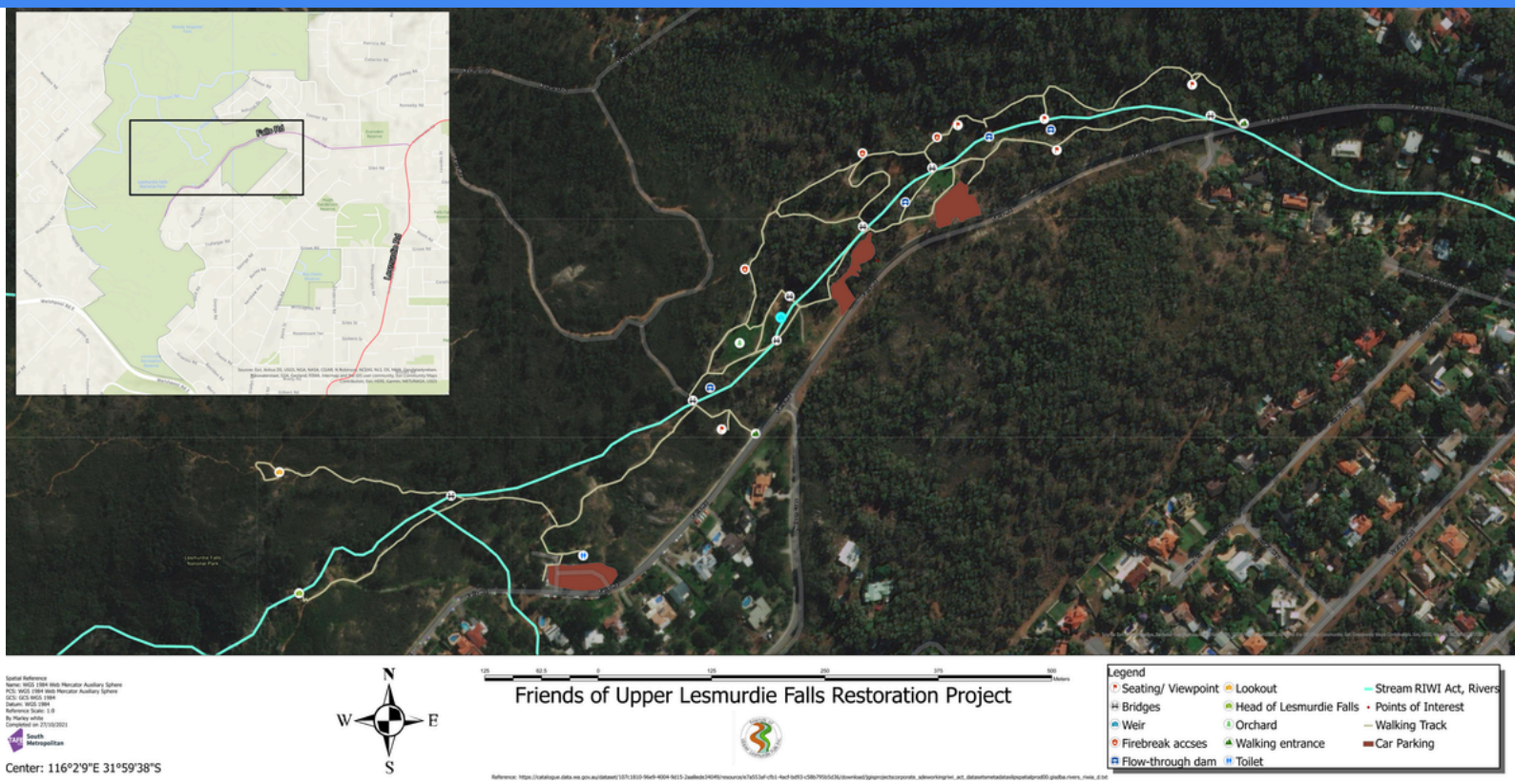
And we always finish with a well catered morning tea thanks to Angie Parker!

CONTACT US

- Any enquiry phone: **Nick 0409 100 681** or email: **friendsofupperlesmurdiefalls@gmail.com**
- For latest events: Facebook and Instagram **@friendsofupperlesmurdiefalls**

More info visit our website: **www.friendsofupperlesmurdiefalls.com.au**

MAP- LESMURDIE BROOK TRAILS AND FEATURES



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