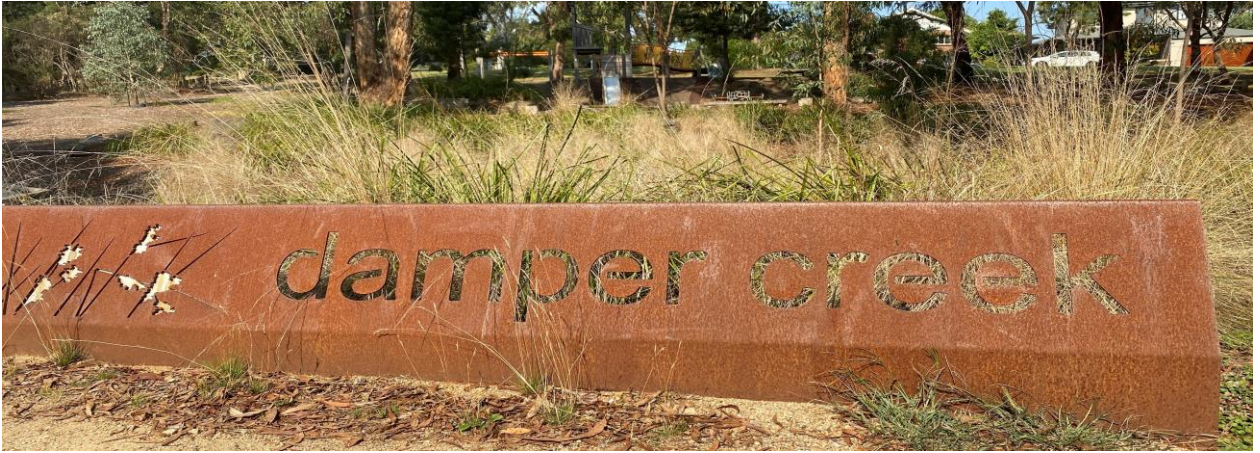




# Damper Creek Doings

Newsletter of the Friends of Damper Creek Conservation Reserve inc.

April 2023



## From the President's Desk

### Enjoyment of the reserve is good for your health.

We all know the feeling we get when entering a green space like Damper Creek. Whether going for a jog, walking the dog, just strolling or finding a quiet space to sit down and contemplate the world. It's hard to say what it is, the smells, the sounds of running water, the temperature, the sounds of the birds, the soothing greens of the foliage or even the sheer joy of moving without pressure to hurry, Damper Creek has all of these things and it feels good. However, try to convince a businessman stressed by work pressure and financial goals and you may be dismissed as a tree-hugging greenie, out of touch with the real world. Show me the evidence he cries!

Solid evidence is hard to find, and yet, in 1968 those in favour of preserving Damper Creek as open space for the community won out over those who sought to profit from developing the land for housing.

Where is the evidence? This is an eternal question for the "soft" sciences whose research relies on opinions and feelings and yet, still, the authorities work to protect green spaces, grow trees and promote outdoor activities. When a subsidiary of the prestigious journal "The Lancet" publishes results that show time in nature has positive results for a range of health issues it's worth taking notice.

[www.friends\\_of  
dampercreek.org.au](http://www.friends_of_dampercreek.org.au)



*Enjoyment of the reserve is good for your health (ctd).*

Improvements in cardiovascular health, mental health, asthma and stress have been demonstrated. The evidence is sufficiently convincing that many medical professionals now prescribe “time in nature” as part of the recovery regime for a range of ailments. The power of nature is not only to heal, but also to prevent disease. The value of the investment in preserving Damper Creek can be seen on the faces of those walking the trails of Damper creek.

## **City Nature Challenge**

***You may participate on April 30<sup>th</sup> as part of the monthly working bee. Prepare by downloading the iNaturalist app.***

The following information was taken from the Monash website:

*In 2023, more than **30 councils** across metropolitan Melbourne are collaborating to participate in the City Nature Challenge. Help Melbourne compete with cities from around the world by taking pictures of wild plants and animals between **Friday 28 April and Monday 1 May 2023** using iNaturalist. Let's show the world the incredible biodiversity of Melbourne!*

*During the four-day window of this challenge, **snap a photo of a plant or animal and upload it to iNaturalist**. The observations will automatically be pooled to this project so that we can compete with participants from cities all over the world over number of observations. It also gets added to Australia's database of plants and animals, helping scientists with their research to improve outcomes for our environment.*

*The Council website also contains a link to a webinar on using iNaturalist. Go to [monash.vic.gov.au](http://monash.vic.gov.au) and search **City nature challenge 2023***



## Water in Damper Creek



Rain transforms Damper Creek with stunning rapidity. Our gentle stream becomes a raging torrent within minutes of a downpour. Urbanization has transformed the way streams like Damper Creek respond to rainfall.

In a natural system the land absorbs rainfall and gently discharges it to streams over long periods. In the urban environment rain has little chance to be absorbed as roads, footpaths, driveways and roofs shed water instantly. This rapid runoff not only produces eroding and flooding torrents in urban streams but it deprives the water table of replenishment and stresses vegetation. New subdivisions are designed with features to reduce this problem but in older subdivisions solutions are more difficult. Homeowners can reduce the impact of hard surfaces on their property by installing water tanks and landscaping their gardens to retain water on the property. Look for more information on the Melbourne Water website under “Water Sensitive Urban Design”.



Excess water runoff creates severe maintenance problems for the reserve through erosion of pathways and siltation of the ponds, problems which are expensive to rectify.

# Upcoming Events



## April 30th Working Bee

Meet at the duck pond  
10-00 to 12-30

There will be a special morning tea provided by the City of Monash  
At 11-00 the president of the "Friends" will address those present with a  
brief history of the reserve and the "Friends" group

Bring Mug, snacks, water bottle, gloves, aeroguard, sunscreen, all weather gear, solid shoes

Note that the City Nature Challenge will be held in conjunction with the working bee

### May meeting

When: Wednesday May 24th 7-30 to 9-30

Where: Alvie Hall

Guest Speaker :Gillis Horner

Topic:

Restoring the Waterways and Floodplains of the Murray.

**Community Planting Day and anniversary celebration**  
**May 28<sup>th</sup>**

Commencing 10-00am at the Park Road car park

Bring Mug, snacks, water bottle, gloves, aeroguard, sunscreen, all weather gear, solid shoes

**August meeting August 23<sup>rd</sup> (AGM)**

### **Report it!**

Have you seen something along Damper Creek that you think needs attention? Please contact Monash Council and leave a report. You can contact them the

following ways.:

[www.monash.vic.gov.au/contact/request-a-service](http://www.monash.vic.gov.au/contact/request-a-service)

Phone(03) 9518 3555 or download the App – Snap, Send, Solve

Facebook link: <https://www.facebook.com/Friends-of-Damper-Creek-133557736847306/>

The content of this newsletter reflects the opinions of the editor and the Friends of Damper Creek Conservation Reserve. Content is welcome and should be emailed to [dougscott3@bigpond.com](mailto:dougscott3@bigpond.com) or to the secretary at [secretary.dampercreek@gmail.com](mailto:secretary.dampercreek@gmail.com)

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