



NEWSLETTER

www.northsydney.nsw.gov.au/bushcare



B U S H C A R E SUMMER 2021 – ISSUE 52

COORDINATOR'S UPDATE

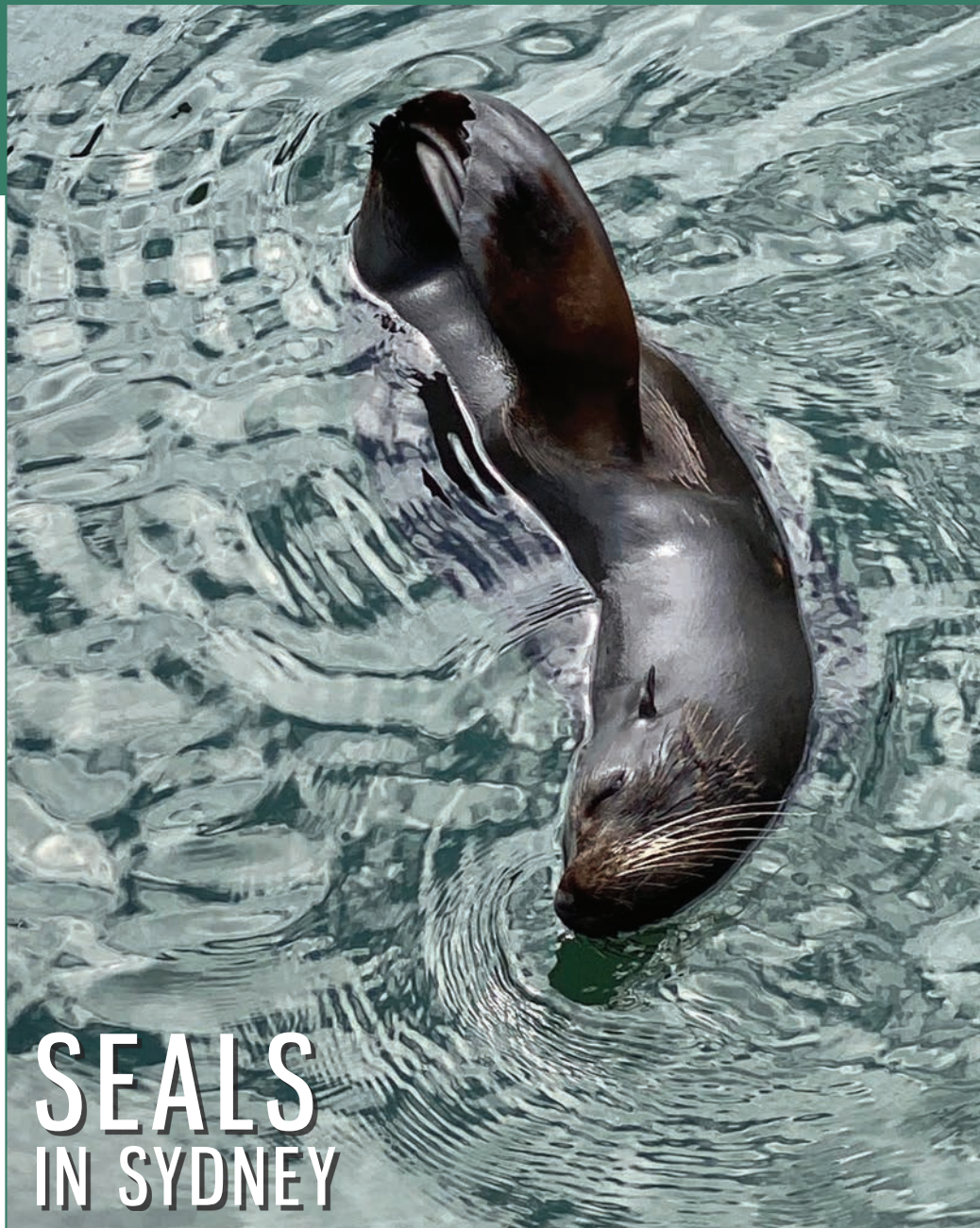
by Gareth Debney
Bushland Management Coordinator

Bushcare is back! Or is it? The constantly changing beast that is COVID-19 and the resulting public health orders have been playing havoc with our plans for Bushcare resumption. By the time you are reading this update, we hope to have returned to some sort of Bushcare workday normality – or we may be awaiting further advice and approvals to ensure we are adhering to the prevailing health advice and restrictions. What I can say is, the Bushland Team are committed to resuming Bushcare Group meetings and our community education/engagement activities as soon as practically possible.

Should our current expectations pan out, North Sydney's Bushcare program will commence on the 2 December with the Balls Head Group. While traditionally, Bushcare took a break over December/January, this year we intend to run the usual monthly meeting schedule over the first two weeks of December and the last two weeks of January, in order to get the ball rolling sooner!

Participation in Bushcare, along with our other workshops and activities, will be contingent on all those involved being fully vaccinated. Previously imposed protocols around morning tea, social distancing and sanitising shared tools etc will be reinstated. This is in line with Council policy and the majority of other Council-run Bushcare Programs we are aware of. These requirements will be in place for the foreseeable future as it is for many other activities and venues in the community.

In contrast to the uncertainty of our volunteer activities, the Bushland Team has commenced and completed a number of capital improvement projects over the past few months, including the installation of three kayak storage racks in Primrose Park (Cremorne), which are helping to alleviate the damage caused by illegally stored small watercraft on the



SEALS IN SYDNEY

Caption: Australian Fur Seal pup thermoregulating in Willoughby Bay by Evelyn Pravaz, September 2021

Jools Farrell, Vice President and Media Officer for the *Organisation for the Rescue and Research of Cetaceans in Australia* (ORRCA) recently provided an online talk for Bushcare Matters, inspired by the sighting of a seal pup in Willoughby Bay.

ORRCA operates as a non-profit organisation and are the only licenced group in NSW that can get involved with the rescue and research of seals, dugongs and cetaceans (whales,

porpoise and dolphins). All 600 plus members are volunteers.

Jools said they often get calls to their rescue hotline regarding seals thermoregulating, where they can be seen floating in one position for hours, often holding back and front flipper together. They do this to regulate their body temperature while in a semi-comatose state.

"People don't understand that this is normal behaviour," Jools said.

foreshore. Also in Primrose Park, a new set of sandstone steps now lead down to the northern shoreline, where it is hoped further dinghy and kayak storage may be installed to meet the growing demand in this part of North Sydney.

Regular walkers on the Gore Cove track (Wollstonecraft) would have noticed the commencement of upgrade works, starting with the construction of a 12m-long raised boardwalk that curves around an awkward, eroding bend in the track. Relieving foot traffic on the ground in this section of track is the first step toward preventing further soil loss and facilitating vegetative cover. The height advantage afforded by the boardwalk provides lovely glimpses of the view looking out of Gore Cove, toward the harbour proper. Further upgrades to this track will follow, including removal of trip hazards, installation of handrails and replacement of the old rotting timber boardwalk decking with new, grippy fibre-reinforced plastic mesh panels.

As the end of the year approaches and some semblance of normality looks likely in 2022, our Bushcare Officer Andrew Scott has started the arduous, but rewarding task of putting together the Bushcare Workshops and Events program for next year. Being mindful of recent experiences, our plans for 2022 will include several online talks and outdoor activities where distancing and any other health requirements can be more easily implemented.

On behalf of the Bushland Team, I'd just like to finish by saying we look forward to seeing all our volunteers back on site as soon as permitted. If we don't get the chance to see you beforehand, have a lovely Christmas and New Year's break!

"Seals migrate at the same time as the whales and we start seeing 'baches' (males) from March through until November/December when they come north as far as the Central Coast to feed in warmer waters. Around this time, they migrate south to Kangaroo, Macquarie, Montague Island and the Great Australian Bite where they look for the girls, mate and then disappear," Jools said.

The mums will remain to raise their young for 12 months. After this time, they're on their own, as the baches then look for a colony like the one that started at Barrenjoey in Pittwater about 6-7 years ago with just two baches and now has 27 males, bull seals and juveniles.

"We think they moved here for the Little Penguin colony, their favourite prey," Jools said.

Four or five seals often frequent Sydney Harbour, and one of them is named Benny. He loves to haul out on the steps of the Opera House. In fact, Jools says they name all the seals.

"One is called Sirius because he hangs out on a private jetty in Sirius Cove. Some haul out on the buoys just in from the Heads, for some reason they like coming into Manly to thermoregulate where they sometimes cause havoc for ferry traffic. There are more seals hauling out on our beaches this year compared to last year. Seals forage at night and rest during the day, where people will come into contact with them basking in the sun," Jools said.

There are two types of seals; the Otariids are the eared seals that include fur seals

and sea lions and Phocids, the earless seals, that are referred to as true seals eg. Leopard Seals. Residents to Sydney include the Long-nosed Fur Seal (Kiwi) and the Australian Fur Seal (Aussie) - the former are seen more frequently. Sydney occasionally get sub-Antarctic Fur Seals (Subbies) and Leopard Seals from Antarctica too.

When ORRCA receives a call about seals hauling out, they get down there quickly to create a 40 metre exclusion zone, by law, to protect the seal and the public. It is important to remember to walk around them, never get between a seal and the water because that is their escape route, where they feel safe. If they feel threatened, they will bite and may carry zoonotic diseases.

ORRCA will contact National Parks & Wildlife Service if they feel there is a seal, dolphin or whale in trouble. It is then assessed to see if a vet is required. ORRCA do data collection if they do get a deceased animal, and sadly there have been quite a few during this migration period. The volunteers take skin samples, look at the teeth, judge their age and assess their body condition and try to get necropsies done by Taronga Zoo, especially if it is an unusual seal. The data is then forwarded to Parks.

If you do see a seal or whale which you feel is in trouble, don't hesitate to call ORRCA on 9415 3333. "We don't mind if it's a false alarm, as it is a learning opportunity," Jools said. "We are always looking for volunteers, so go to ORRCA's website orrca.org.au, if you want to become a member. You can also do a rescue workshop and we are starting our training season right now."



Caption: Maroubra Dunes visit 4 March 2021, this was the last Bushcare fieldtrip before the recent Sydney lockdown.

WILDLIFE WATCH UPDATE

(AUGUST TO OCTOBER 2021)

Big thanks to all the Wildlife Watch volunteers that monitor wildlife in North Sydney and submit their observations to Council. The highlights of recent sightings were:

- **Powerful Owl** (Badangi Reserve)
- **Swamp Wallaby** (Tunks Park)
- **Brown Goshawk** (Bridge End Reserve)
- **Yellow-tailed Black-Cockatoo** (Brightmore Reserve, Cammeray Urban, McMahons Point)
- **Variegated Fairy-wren** (Tunks Park, Primrose Park)
- **Silvereye** (Badangi Reserve, Tunks Park)
- **Yellow Admiral Butterfly** (Brightmore Reserve, North Sydney Urban, Cremorne Reserve, Badangi Reserve)
- **Tawny Frogmouth** (Milson Park, Warringa Park, Cremorne Reserve, Neutral Bay Urban, Primrose Park)
- **Australian King-parrot** (Coal Loader Parklands, Brightmore Reserve, Primrose Park, Balls Head Reserve,

Cremorne Reserve, Tunks Park, Wollstonecraft Urban)

- **Eastern Whip Bird** (Gore Cove Reserve, Primrose Park, Cremorne Reserve, Tunks Park)
- **White-browed Scrubwren** (Balls Head Reserve, Carradah Park, Cremorne Reserve, Tunks Park, Primrose Park)
- **White-faced Heron** (Cremorne Reserve)
- **Little Black Cormorant** (Primrose Park/Folly Point, Sawmillers Reserve, Neutral Bay Urban, Anderson Park)



- **Red Wattlebird** (Wollstonecraft Urban)
- **Green Tree Frog** (Waverton Urban)
- **Spotted Pardalote** (Berry Island Reserve, Badangi Reserve)
- **Eastern Water Dragon** (Cremorne Urban, Balls Head Reserve, Brightmore Reserve, Primrose Park, Cremorne Reserve, Wonga Road Reserve, Tunks Park)
- **Rakali** (Kirribilli Urban)
- **Australian Fur Seal** (Cremorne)

Have you seen any interesting fauna in North Sydney Council, or do you have a photo of your observations? If so, email the Bushland Project Officer - Ramin Khosravi at council@northsydney.nsw.gov.au or visit Council's Bushcare Page - www.northsydney.nsw.gov.au/bushcare to post your photo on the North Sydney Council Bushcare Facebook page.

Caption: Green Tree Frog (*Litoria caerulea*) found by Robert Peacock sheltering in a PVC pipe, Wollstonecraft 17 September 2021.

BECOME A FROG IDENTIFIER

Frog ID Week (12-21 November) has just taken place, but you can still help with recording frog observations. There's no way that scientists can count Australia's frogs on their own – become a FrogID citizen scientist to help record frog calls and put more frogs on the map – download the FrogID app today.

Thirty-eight citizen scientists in the North Sydney LGA have already helped place five unique species, the Stripped Marsh Frog (*Limnodynastes peronii*), Common Eastern Froglet (*Crinia signifera*), Person's Tree Frog (*Litoria peronii*), Eastern Dwarf Tree Frog (*Litoria fallax*) and Green Tree Frog (*Litoria caerulea*). You can view the data for yourself on the FrogID Map www.frogid.net.au/explore



Even now

Even the moon

Wanes

Even the sun

Sets

Stars cease to glow

Long ago

Tides recede and

Mountains slide into seas

Blossoms that scent the night

Shroud the earth by dawn

And the heat of fierce embrace

Fades in the glare of day

Yet birds go berserk every morning

Breaking their breasts with song

As mourning mists drift away

And the sun rises

Again, and again

And again

Mary Tang 鄧許文蘭



Caption: Illustration by Rebecca Farrell

FIRST AID FOR BURNED BUSHLAND (FABB) UPDATE

Two years ago, large areas of the north and south coast of New South Wales, in addition to other states and territories, suffered from a catastrophic fire event, proceeded by a prolonged period of drought. The Black Summer Fires burnt more than 5.5 million hectares (6.2%) of land in NSW, and 2.7 million hectares of this devastation was in National Parks (37% of the State's national park estate) and killed an estimated 800 million animals. This was the largest burnt area recorded in a single fire season in eastern Australia ref: knowledge.aidr.org.au/resources/black-summer-bushfires-nsw-2019-20/.

In response, the Australian Association of Bush Regenerators (AABR) initiated an innovative outreach and educational program called First Aid for Burned Bushland (FABB). AABR recognised the need to form partnerships with land managers to advocate for assisted regeneration practices that would allow the bush time to recover, by focussing on strategic weed management rather than unnecessary and potentially damaging planting.

FABB was initiated on 25 January 2020 with a Facebook post that reached 31,000 people, 4000 engagements and 174 shares. The message was clear and simple –

“Give the bush a chance to regenerate. This is the time to wait and see what comes up after the rain, before deciding how best to assist recovery.”

It was soon followed by a dedicated post-fire recovery webpage and locator map, that resulted in the registration

of 260 volunteers (unskilled people and bush regenerators) with 15 high resilience sites in need of support, just three of these sites, ABH-Scottsdale Reserve, Barrington Tops and Crowdy Bay National Parks, received multiple visits due to the disruption of the pandemic.

With the evolving COVID situation, the FABB strategy had to pivot and AABR drew on its relationship with its members, business partners and funding agencies to secure finance to support the provision of basic bush regeneration education. This would allow volunteers to be on-the-ground ready when COVID restrictions eased. They produced six videos, two fact sheets, five AABR Newsletter features, facilitated two Facebook groups and more than a dozen post-fire workshops/webinars and online meetings. This education material will prove to be an enduring resource for bush regenerating Landcarers.

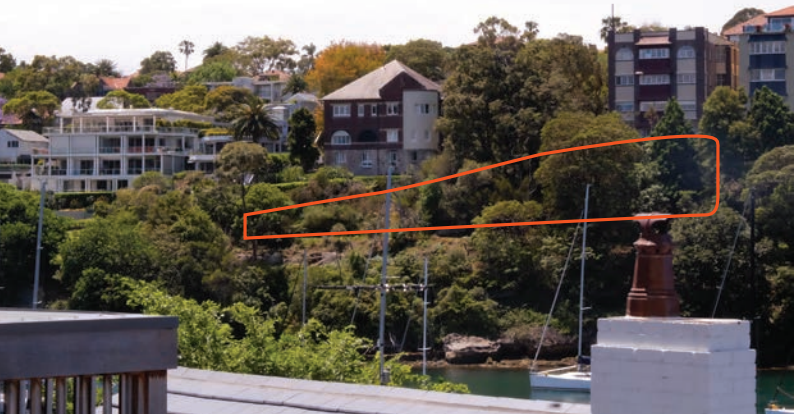
AABR is a nominee for the Australian Governments Partnerships for Landcare Award to be announced at the 2022 NSW Landcare and Local Land Services Conference from 15 to 17 March at Tweeds Heads. North Sydney Council's Bushland Team and Bushcare Volunteers wish AABR the very best of luck to receive the recognition they deserve for their First Aid for Burned Bushland initiative and we hope to see ongoing support for the post fire recovery effort.

See post fire recovery volunteer opportunities on AABR's website, www.aabr.org.au



Caption: AABR's FABB initiative includes six videos for assisting bush regeneration post fire, see www.aabr.org.au

Caption: Plot CR#18 looking east from Shellcove Road, Kurruba Point, Nov 2021. Note the row of trees between the buildings at Sirius Park directly above the site.



ADOPT A PLOT - CREMORNE RESERVE PLOT #18

By Ginny Woods

Farewell to beautiful Cremorne Point. My wish is that residents and visitors take the opportunity to help sustain our special environment.

On moving here, I chose to work as a volunteer with Adopt a Plot and have done so for thirteen years. With my husband Jim and the help of Ralph Forinash, we first rediscovered the lost sandstone terraces of Sirius Park and re-established and maintained the garden beds. Additional maintenance came in recent times with further lovely gardens being developed to enhance the new Playground in Sirius Park.

Being inspired early on, I began working along the walkway below Sirius Park playground which is also below where I live. I received wonderful guidance and training from passionate bush regenerators from North Sydney Council including Rachel, Clare and Emma. I have learnt so much about choosing native varieties appropriate to restore the landscape.

Over the years we have extended our patch down past eight housing blocks to the large angophora tree stump that is the annual nesting site for the glorious king parrots and quarrelsome cockatoos. Along the way, with steady

weed removal and replanting, I've enjoyed the return of the shy scrub wrens, the odd blue tongue, the possum drays and the cheeky, messy brush turkeys and even the banded rail bird. There are too many birds to list, but another is the lone duck that sits atop another angophora stump.

In the early days I experienced pride in clearing swathes of asparagus fern, morning glory, sticky weed, lantana, trad and revealing beautiful rock ledges. How exciting to plant small native shrubs, trees and grasses in barren areas. We need to be patient in watching them grow, despite the tough conditions at times, and the occasional challenging terrain.

The now extended Adopt a Plot site has been maintained with a monthly three-hour commitment, somewhat disrupted by Covid over the last 18 months. My hope is that a local resident or a group may wish to continue the great work that has been done here. It's been a wonderful way to absorb myself in a special place, stay fit, enjoy the positive company of others, meet with special people and increase my own well-being. Bravo North Sydney Council workers, whom in my experience have always been so amenable.

Farewell Lerida

The Bushland Team regrets to inform our Bushcare Community that Lerida Harrison passed away recently, she will be sorely missed by all who knew her.

Lerida and Trevor Harrison were instrumental in the inception of the Adopt a Plot Program, which was launched in 2005 and have been keen supporters of the program ever since. Both program donors and volunteers, they wished to help bring back the bush directly below their residence (on the other side of Cremorne Reserve pathway), a previously neglected area that is part of the 100-foot reserve around Cremorne Point. They were volunteer convenors for Cremorne Point East Bushcare Group before it was discontinued.

During this time, various Adopt a Plot Supervisors have been welcomed guests at Lerida and Trevor's place to share tea and a chinwag while taking in the tranquil vistas of Mosman Bay. Stories recalled included Trevor's days travelling the State as an Administrator for the Board of Education and Lerida's passion for the arts and orchids. Nature lovers, they reported on the daily activities of Channel Billed Cuckoo chicks being raised by their unwitting adopted parents, the Currawongs. Never a bad word to say about anyone, just offers of support and well considered suggestions on how to improve the Adopt a Plot program for the benefit of the bush.

Farewell Lerida, your commitment to bringing nature back to Cremorne Reserve is a legacy that will be enjoyed by generations to come.



Caption: Illustration by Rebecca Farrell of Bloched Hyacinth Orchid (*Dipodium punctatum*)

NURSERY UPDATE - GRUBBY TALES

by Clare McElroy - Bushcare
Community Nursery Supervisor

Caption: "Can you pick the grubs? They look uncannily like the white aril on these *Acacia terminalis* seeds" photo by Clare McElroy



lomandra, banksia, xanthorrhoea and in winter, lilly pilli. It's all part of the natural food chain and hard to begrudge - unless you've hastily stowed a bag of uncleaned seed only to discover it's a bag of dust and droppings a few weeks later.

They're elusive too, those grubs. Have a look at the photo (left) of *Acacia terminalis* seed and note the uncanny resemblance of the curly, white larva to the curly, white aril attached to the seed. The aril is an appendage that has no reproductive function but acts as an edible inducement to encourage animals to transport the seed – for acacias, it's usually ants. The grubs don't seem interested in that bit at all.

At this time of year, collecting native seed, or more accurately, collecting native fruit is high on the list of jobs-that-can't-wait, as for some species the window of opportunity is narrow. Factor in wet weather and differential seed ripening and it seems like I'm perpetually running off to inspect and collect multiple species at multiple locations.

Once collected, the extraction, cleaning, and drying of the seed becomes a more leisurely pursuit back at the nursery – one of those rainy-day jobs to be done at leisure. Not quite though. Over the years, I've discovered the perils of just

throwing the seed bags in the shed until getting around to sorting the contents.

Even if I avoid harvesting from plants with obvious signs of insect damage or disease, such as holes, frass, webbing, scale, deformities and so on, there'll inevitably be some unwanted hitchhikers in those seed bags. There's startled flower spiders and all manner of benign and tiny insects to gently evict and then there's the grubs. Oh, the grubs! They'll eventually become moths or beetles or butterflies but for now they're little eating machines whose specialty seems to be chomping holes in the large and nutritious seeds of acacia,

It doesn't seem to matter how thoroughly I pick over the seed, there'll always be that faint movement, a single seed gently heaving as a white grub emerges from within.

This year, it was interesting to note that the grubbiest seed I collected was from our North Sydney bushland reserves and the least affected came from other locations with much larger and more resilient areas of bushland with diverse populations of small birds. I was expecting the opposite, but it makes sense that those little insectivorous birds are eating the grubs that eat the seed, keeping the ecosystem in balance.



Caption: Sanctuary Garden planting before and after by Tony Scott, Native Havens participant.

NATIVE HAVENS – SANCTUARY GARDEN

By Tony Scott – Resident of Cammeray

When we moved into our new apartment building overlooking Tunks Park two years ago, we found an enthusiastic group of residents and formed a gardening/Bushcare committee and got to work on what was a building site.

Initially, the steep slope at the rear of the property was a significant issue. We installed a series of timber barriers

WEED TO WATCH INDIAN HAWTHORN (*Raphiolepis indica*)



Caption: Indian Hawthorn (*Raphiolepis indica*) in the bushland behind the properties of Folly Point Road Cammeray, September 2021 by Andrew Scott.

Family: Rosaceae

Native to China, Taiwan, and SE Asia.

Indian Hawthorn is an exotic, ornamental shrub, widely planted as a ‘bullet proof’ specimen for landscaping and hedging and readily available at nurseries and garden centres. Its hardiness, long-standing popularity, and bird dispersed fruits have resulted in Indian Hawthorn becoming established as an environmental weed in NSW and Queensland. Although mostly a problem around Sydney and Brisbane, it is regarded as a potential or ‘sleeper’ weed for temperate and sub-tropical coastal areas in other parts of Australia.

Indian Hawthorn grows around 1-2m high, but older specimens can be found as small trees reaching 4m.

Leaves are thick and leathery, elliptic/ovate, 3-8cm long and with serrated margins, particularly in the upper half.

They are hairless when mature, alternately arranged and clustered densely at branch tips.

Flowers have five petals, are white or pinkish, 10-15mm across and are arranged in dense terminal clusters. Flowering occurs in spring and followed in winter by round, blue-black fruits, 5-10mm across, containing one or two seeds that are highly attractive to fruit-eating birds.

In North Sydney, plants appear opportunistically in bushland reserves from bird-dispersed seed or vegetation dumping. Populations have been found in Smoothery Park, Badangi Reserve, Primrose Park and elsewhere, with plants often going unnoticed among natives until they fruit and flower.

Seedlings can be tough to pull by hand, developing stout stems at a young age. Established plants respond to cut/paint with herbicide.

Clare McElroy - Bushcare Community Nursery Supervisor

Native Havens Sanctuary Garden continued from p6

to form tiers and we planted a range of shrubs and trees to stabilise the soil. We have been controlling a variety of annual and perennial weeds including *Ehrharta erecta*, *Bidens pilosa*, *Conyza albida*, *Soncus oleraceus* and *Asparagus aethiopicus*. Our group meets most Sunday mornings and sometimes co-opts other residents to pitch in. North Sydney Council have helped by providing native plants from their nursery and we

employ a bush regeneration contractor to help care for the bush in the valley down to the creek below.

We love our bush setting and the creatures who live in it: birds, bees, lizards, snakes, spiders, wallabies, and lots more.

If you are interested in creating your own Native Haven, contact the Bushland Team on 9936 8100.

GREEN EVENTS CALENDAR

The Bushland Team is committed to providing activities and events where social distancing measures can be applied. Please refer to the events listing on the North Sydney Council homepage and Green Events page for the most up-to-date information.

FEBRUARY

- 9 Introduction to Bushcare Training | Wednesday 10am to 1pm
- 13 Introduction to Bushcare Training | Sunday 10am to 1pm
- 26 Bush Walk - Berry Island/Gore Cove | Saturday 10am to 1pm.

MARCH

- 5 Bat Count - Centennial Park | Saturday 5pm to 8pm
- 9 Bushcare Visit - Constables Pt | Wednesday 8am to 3pm.
- 10 Bushcare Convenor Meeting | Thursday 6pm to 8pm
- 10 Community Nursery Visit - Hornsby Community Centre | Thursday 9am to 3pm

- 19 Bushcare Stall - Northside Produce Markets | Saturday 8am to 12pm
- 20 Cuttings Workshop | Sunday 9.30am to 12.30pm.
- 26 Eucalyptus Day Walk | Saturday 10am to 1pm

APRIL

- 12 Family Bush Walk - Berry Island Reserve | Tuesday 10.30am to 12pm
- 13 Family Kayak | Wednesday 10am to 12pm
- 14 Family Spotlight Walk | Thursday 6pm to 8pm

MAY

- 8 Trees for Mum Day | Sunday 9.30am to 11am

THE CAT CONUNDRUM!

By Gareth Debney - Bushland Management Coordinator



Caption: Neighbours cat with hunted Brush Turkey chick, Wollstonecraft 19 January 2021

Recently, the Bushland Team has been dealing with a number of complaints from members of the community regarding cats straying onto their properties, entering bushland and/or hunting wildlife. While the impacts of feral, stray and domestic cat predation on native wildlife are well researched and documented, what's less well-known are the barriers to Council's management of these impacts, created by the NSW Companion Animals Act 1998.

As we often have to explain to concerned residents, this legislation is very duplicitous when it comes to dog and cat owner responsibilities. For example, we all know that dogs must be kept on a lead when in public, unless they are in a designated leash-free area. We also know that dogs must be contained on the owners property – roaming dogs can be, and are, frequently impounded by local councils. On the other hand, cat owners have none of these responsibilities. Cats are free to roam across property boundaries regardless

of ownership. There are few exceptions to this rule, however cats can be prohibited from entering natural areas specifically designated by a local council as 'Wildlife Protection Areas.' In North Sydney, we have five declared WPAs including:

- Tunks Park (Camberay)
- Gore Cove Reserve/Smoothey Park (Wollstonecraft)
- Balls Head Reserve (Waverton)
- Badangi Reserve (Wollstonecraft)
- Primrose Park/Folly Point (Cremorne/Camberay)

While it is illegal for cats to enter WPA's, other bushland reserves are fair game, which makes management and consistent education messaging difficult.

Another common question is, why Council doesn't impose a night-time curfew on roaming cats. Again, as the Companion Animals Act does not provide any mechanism for adopting night-time curfews, Council is unable to impose such restrictions.

Our main tool for addressing cat predation is the education of pet owners, leading to changed perceptions and behaviour. Effective behaviour-change education takes a lengthy concerted effort and significant investment that utilises specialist skills in social marketing and behaviour-change psychology. Currently, the NSW RSPCA is piloting an education program with several local councils called 'Keeping cats safe at home'. We look forward to seeing the outcomes of this four-year project and adopting any recommendations and resources it produces.



Did you know North Sydney Council Bushcare has a Facebook page? Like us at www.facebook.com/bushcare



To be informed of interesting environmental education videos visit Envirotube on Youtube channel <https://www.youtube.com/user/greenstylenorth>

For more information or to make a booking for any of these workshops or special events please contact the Bushcare Officer on 9936 8100. Printed on 100% recycled paper.

Gratitude to all our contributors who take the time to put ideas and research into words so we can learn. Thank you.

Would you like the newsletter emailed to you instead? www.northsydney.nsw.gov.au/subscribe