

## Tool Topics

### Loppers

Loppers are an effective cutting tool to assist with the removal of larger lantana and other weeds. They can be used to remove the excess branches to provide suitable and safe access to the main stem and root system. They can also be used to sever larger roots in the soil once exposed with a bit of digging.



When selecting loppers we have found that the **anvil style blade** with a **ratchet** system tends to provide the most effective cutting results. The cut should be made square across the stem or root. The anvil blade will reduce the likelihood of the blade twisting and potentially snapping.



To operate, open the blade fully to grab the material to be cut which also resets the ratchet mechanism. Close the blade till it will not cut any further. To fully utilize the mechanical advantage of the ratchet, the handles should then be **opened slowly** till the mechanism activates **one click** only then shut again to apply the greatest cutting force on the material being cut. This action may need to be repeated a number of times till the cut is complete.

(When cutting larger material, bypass loppers have a tendency to twist.)

**Greg Lukes (FEP)**

## Parkcare Groups

**Parkcare groups** are volunteers carrying out bush rehabilitation in our local bushland parks.

*We would be happy to show you around  
Would you like to get involved?*

**Duggan Park**  
(Leslie & Collier Streets, Rangeville)  
(Schedule is to be advised)



(Contact Rod Spalding 0418 710 232)

**Redwood Park (Each Monday 8:30am)**  
(Plus 2<sup>nd</sup> & 4<sup>th</sup> Saturday each month)  
(Warrego Highway below the saddle)

This group is active each Monday plus 2<sup>nd</sup> & 4<sup>th</sup> Saturday from 8:30am.

Access to the park is through the bottom car park on the down section of the Toowoomba range crossing, on the left just after the 100km speed sign.

(Contact Hugh Krenske [info@fep.org.au](mailto:info@fep.org.au))

(or call Hugh 0418 748 282 or 07 4635 1758)



**Hartmann Bushland Reserve**  
(Cnr Alderley St & Rowbotham St)  
(Wednesday from 7:30am each week)  
(NEW 3<sup>rd</sup> Saturday each month from 9am)

(Contact Greg Lukes 0428 288 077)

([glukes@bigpond.com](mailto:glukes@bigpond.com))

**Nielsen Park (Tarlington St off Ramsay St)**  
(1<sup>st</sup> Saturday each month from 9am - 12)  
(Plus 3<sup>rd</sup> Sunday of the month from 2pm)

(Contact Rob Brodribb 0407 124 863)

([rwbrodribb@ozemail.com.au](mailto:rwbrodribb@ozemail.com.au))

**Panorama Crescent Park**  
(1<sup>st</sup> & 3<sup>rd</sup> Saturday each month from 3pm)

We would like to get more Prince Henry Heights residents active carrying out bush rehabilitation activities each month.

Pedestrian access is down the laneway between 4 & 8 Panorama Cr, Prince Henry Heights.

(Kathy Gouldson 4613 0195 or 0437 920 936)

**Echo Valley South Park (Ramsay St)**  
(2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Saturday each month from 9am)

This small group is active 2 or 3 Saturdays each month from 9am – 12 noon.

(Contact Greg Lukes 0428 288 077)

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**Friends of the Escarpment Parks  
Toowoomba Inc.**

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Newsletter Editor Greg Lukes

[glukes@bigpond.com](mailto:glukes@bigpond.com)

0428 288 077



**You are invited to check out our parks and progress (See Parkcare Groups)  
Would you like to support FEP? Membership is only \$5 per year (\$10/Family)**



The  
**Escarpment  
Park Friend**  
**Mar – Apr 2014**

Hugh Krenske 4635 1758

[info@fep.org.au](mailto:info@fep.org.au)

[www.fep.org.au](http://www.fep.org.au)

*FEP, Caring for Toowoomba's Bushlands*

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**Committee Meetings**

Members are invited to attend the FEP committee meetings. The **next meeting is scheduled for Friday 28<sup>th</sup> March** from 1pm at the TRC Parks and Gardens office cnr Stephen Street & Anzac Avenue.

**Environment Expo at USQ**

**Celebrating Our Environment Expo  
Wednesday 4 June 2014**

The *Expo* will include information displays from envNGOs (NGO non government organization), the university and government agencies; trade exhibits featuring environmentally friendly products and services; demonstrations and workshops; a speakers program and much more.

University of Southern Queensland (USQ) has offered its support in staging the **2014 Celebrating Our Environment Expo**. The event will be held on Wednesday 4 June 2014 at USQ, West Street, Toowoomba.

To register your interest to assist with a FEP information display at the *Expo*, please contact Hugh, 0418 748 282.

**Hugh Krenske (FEP)**

**FEP Open Day Redwood Park**

**Open Day 5<sup>th</sup> April 2014.** This will be a significant event for the environment and heritage groups in the Toowoomba region.

*FREE EVENTS & BBQ*

**Redwood Park**

**Saturday 5<sup>th</sup> April 2014**

**7 am Early Bird Walk with Mick Atzeni**

**Toowoomba Bird Observers**

**9 am Exhibits commence**

**Presentations by Toowoomba**

**and regional environment groups**

**Other walks, activities, BBQ Lunch**

**ALL welcome**

**Please RSVP for catering to**

[info@fep.org.au](mailto:info@fep.org.au)

**+ SPOTLIGHTING TOUR Sat 5<sup>th</sup> April**

**Hartmann Reserve 6:45 for 7pm start**

**Cnr Alderley & Rowbotham Streets**



**Recycling at it's best  
Carolina wren & 3 chicks (USA)**

## Species Watch

### Tape Vine or Snake Vine

*Stephania japonica*



Female Tape Vine or Snake Vine  
*Stephania japonica*

[www.anbg.gov.au/photo/api/id/dig/1366](http://www.anbg.gov.au/photo/api/id/dig/1366)

*Stephania japonica* is a common climber in our local dry rainforest and vine bushland. This delicate looking, tree friendly, native vine can be found in bushland parks around Toowoomba and popping up on cleared land at Highfields, which indicates that the original environment was not grassland or even eucalypt woodland as it is now.

The pretty shield-shaped leaves are peltate, meaning that the point at which the stalk joins the leaf is towards the middle of the leaf or some distance in from its edge. Small greenish flowers on both male and female plants are inconspicuous, but the little shiny fruits on the female plants are very ornamental. There needs to be at least one plant of each sex to produce fruit.

Old plants form a large woody tuber at the base, just below ground level. This is a water-storage organ, which helps the plant through dry times. ***The plant dies back in winter, regrowing when the weather warms up.*** This keeps it safe from frost damage. Tape vines wind around stems or sprawl across the ground where support is not available. They prefer the dappled shade under trees.

*The smooth shield-shaped leaves are a good reason to grow this native climber in a garden or a well-lit indoor situation.*

**Trish Gardner**

[toowoombaplants2008.blogspot.com.au/2008/04/tape-vine.html](http://toowoombaplants2008.blogspot.com.au/2008/04/tape-vine.html)

## Weed Watch

### Easter Cassia

*Senna pendula* var. *glabrata*

This weed was a very common garden plant in many gardens and now can be found throughout South East Queensland and Northern New South Wales. It is often seen along creek banks and roadsides.



**Easter cassia**

Easter cassia grows as a shrub up to 5 meters tall but more often seen to 3-4 meters. Its leaves grow in an alternate pattern with 3-6 pairs of leaflets.

***Easter Cassias can be easily seen around Easter time when they produce masses of bright yellow flowers.***

Unfortunately flowering is followed by hundreds of plump, bean shaped, seed pods up to 13cm long. Each pod contains 5-10 seeds which are carried by wind and water.



**Easter cassia**

This weed can be controlled by the hand pulling of small plants, taking care to remove all the roots. Larger plants can be removed with the use of digging tools such as a mattock or root blade.

***Similar Native Species.*** Rainforest Cassia (*Senna acclinis*) (flat seed pods); Coffee Bush (*Breynia oblongifolia*) (leaves alternate ie. not paired).

## The Eco Gym

The modern gymnasium is very much a 19th-century creation, no matter how much the fitness freak is kitted out with bad hair, retro headbands, and spandex, or contemporary embedded LCD interfaces and computer-generated body plans. Gyms harken back to a world of classical mechanical physics, plugged into equations of work and energy.

To the strains of Olivia Newton-John's aerobics anthem, the puritan work ethic is transformed into a sweatshop for the body beautiful. The slick machines, treadmills and cross trainers merely serve to disguise antique apparatuses more at home in a world of steam engines, and to stifle enquiry into thermodynamics and economy. Then there's Spanish artisan Manuel de Arriba Ares.



*Manuel demonstrating his eco-gym equipment*

Under the sign of his "eco-gym," Gimnasio Ecológico Lumen, Manuel has turned the demon of entropy on its head. Making use of the very waste and by-products of the modern entropic economy, Arriba has created a truly practical monument in the form of a **supremely low-tech gymnasium**. Its fitness machines, created with a good deal of physical effort over three years from raw and junked materials such as wood, rope, and rubber, directly mirror both the design and functionality of those found within its wasteful counterpart.

**Martin Howse, MAKE Magazine Volume 12**  
makezine.com/magazine/make-12/made-on-earth-eco-gym  
www.dailymotion.com/video/x6zoga\_good-eco-gym\_travel

FEP offer a great **Green Gym alternative**. Instead of lycra and/or electronics, pounding the pavement or even utilising recycled structures, you can develop your own simple activity program of 1, 2 or 3 visits per week to one or more bushland parks.

An effective fitness program involves a range of physical activities 2 – 4 times weekly on alternating days. Regular exercise has many benefits. It can improve your circulation and build energy levels so you can do more without becoming short of breath. It strengthens your heart and cardiovascular system increasing your endurance and lowering blood pressure. It also improves muscle tone, strength, balance and joint flexibility while helping to reduce stress so that you feel more relaxed. Exercise helps you to be fit and feel healthy.

***If you have any health issues, please talk to your doctor before starting an aerobic program of this nature.***

Participating in bush regeneration will also provide a range of extra benefits. You can choose the activity types that are suited to your abilities and offer a range of movement. The key is to focus on the **activities that you enjoy with a bit of variety**. This will provide an effective workout as well as great satisfaction when you can see the results that have been achieved that day.

(See Parkcare Groups Mon, Wed and/or Sat.)

Another advantage is that you can broaden your horizon by visiting a variety of parks each with their own unique qualities and challenges. Working with different groups will bring you in contact with a range of interesting characters. This is a win-win opportunity for yourself, your team and the environment. Along the way you will also be able to learn a little more about weeds, native plants, native animals, etc and get to experience firsthand how the bush changes with the seasons throughout the year.

***Another great reward is the satisfaction of helping the environment to recover from the man made weed invasion.***

As with other fitness programs, participation can be tailored to suit your skills, abilities and interests. Contact our coordinators for information. Ensure that you keep up your water intake and that activities are at a suitable pace to avoid over exertion and/or injury. *(It can take time to find the right balance)*