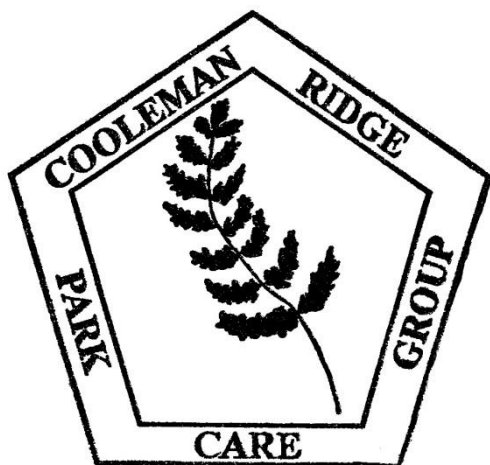


# COOLEMAN RIDGE PARK CARE GROUP

Newsletter  
April 2019



**Previous meeting**  
**Sunday 17 March**  
**Darrell Place**

Twelve of the Group gathered on Natasha's patch to help her with her bush regeneration project. After a group photo some of us set to work grubbing out *St John's Wort* (SJW) while Natasha planted *Pultenaea subspicata* and *Rydotosperma pallidum* (formally *Joycea pallida*). This is usually a lovely patch of *Xerochrysum viscosum*, so spraying in this area may cause collateral damage to these valuable native plants. We therefore tried to dig the roots out carefully (to avoid damaging the *xerochrysum*) but thoroughly (to try to get as much root of the SJW as possible). Linda counted the SJW plants in a square metre before digging them out to allow us to monitor the amount of re-growth from remnant roots of the SJW. She will monitor this patch again next March to check for re-growth.



*Doug, Natasha, Natasha, Linda, Arminel, Gosta and Rob at Natasha's bush regeneration project patch*  
Photo by Pat Ryan

**Next Meeting**  
**Sunday 14 April**  
**Lincoln Place**

**Time:** 1.30 pm – 4.00 pm

**NOTE DATE & TIME CHANGE**

**Meet:** End of Lincoln Place

**Bring:** hat, gloves, secateurs, dabber-doober, hacker, drink, raincoat if it is wet

**Task:** plant identification, weeding

**Contact:** Linda Spinaze 6288 6916

May meeting: Sun 19, Mt Arawang

Rohan continued his *Phalaris* eradication mission and Pat took out some *Briar Roses*. It was good to welcome Charly Caddick who joined Linda, Natasha, Alan, Doug, Brigitte, Arminel, Pat, Rohan, Natasha, Gosta and Rob to make up a formidable working party. We were blessed with overcast skies with a mild temperature and no wind.

*Rob Lundie and Linda Spinaze*

**You don't have to be a member to care for the Ridge**

You don't have to be a member of the Coolman Ridge Park Care Group to care for the Ridge. You don't have to attend our working bees on Sunday or Friday. All you need is a sturdy pair of gloves of the type you may use to prune roses and a small bag. Then

as you walk along the Ridge and come across a briar rose (see picture below), you can help care for the Ridge by pulling off the red rose hips and taking them away in your bag. Each rose hip contains thousands of seeds. Birds and foxes eat the rose hips then disperse the seeds across the Ridge. By taking off the rose hips you can help slow the dispersion of this invasive species of briar rose. When you get home place the hips in an old saucepan and boil them in water to destroy the seeds. Zapping them in the microwave may also work. The hips can then be dispatched via your compost bin or green waste.



Deirdre McKeown removes rose hips from a briar rose  
Photo: Rob Lundie

Rob Lundie

### On the Ridge: *Tribulus terrestris* (Puncture plant or Cats Head)

I noticed a plant that I could not identify, so brought a bit home for identification: it is a nasty one. *Tribulus terrestris* - or Puncture plant or Cats head or many other names. This annual, prostrate plant is a real headache for cyclists. The burrs are very sharp and can pierce a bicycle tyre very easily. It likes to grow beside tracks so it is easy for a cyclist to run over it. The leaves look like the immature *Acacia rubida* leaves, but they lie flat along the ground. The stems radiate from the central tap-root, and the burrs can form within two weeks after the yellow flower blooms. The spines point upward. I found a patch of this plant on the Nature Trail Fire Trail which goes from the top of Freebody Place along the ridge-line to the gate near One-Tree Hill. There are also some plants on the track running between the fire trails above Chauvel Circle. Manual removal is probably the most efficient method of control, so long as the burrs are removed along with the plant, since

the seeds remain viable for 10 years. Apart from making you hopping mad if you tread on them in bare feet, some body builders believe that *Tribulus* increases testosterone level. However, this has not been proven in controlled trials. There is also a possibility that it can increase the motility of sperm.



*Tribulus terrestris*

Photo: Linda Spinaze

Linda Spinaze

### Dam Developments

After being empty for a month both the Old and Kathner St dams now have some water in them following about 40 mms of rain on the last Friday in March. But how long before they are empty again?

Erection of the fence around the Old Dam to keep out the cattle has begun with seven steel posts in place at the beginning of April.

Rob Lundie

### Mystery object: any ideas?



I found this object many years ago on the Ridge but could not work out what it was. Can anyone identify it?

Arminel Ryan