



# THE GRANITE BELT NATURALIST



Monthly Newsletter of the  
Stanthorpe Field Naturalist Club

## AIMS OF THE CLUB

1. To study all branches of Natural History.
2. Preservation of the Flora and Fauna of Queensland.
3. Encouragement of a spirit of protection towards native birds, animals and plants.
4. To assist where possible in scientific research.
5. To publish a monthly newsletter and post it to members.

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Meetings: 4th Wednesday of each Month at QCWA Rooms at 8.00pm.  
 Outings: The Sunday preceding the 4th Wednesday of each Month.  
 Subscriptions: Single \$8.00 Family \$15.00 per annum July to June.  
 Rent : Donation per family per meeting.  
 Address: Stanthorpe Field Naturalist Club Inc., P.O. Box 154, Stanthorpe Q  
 4380.



## CLUB OFFICE BEARERS 1996/97

President :	Kris Carnell	076 835 268
Vice-Presidents :	Rob McCosker	076 835 371
	Lincoln McPhee	076 811 651
Secretary :	Liz Bourne	076 836 374
Treasurer :	Roger Logan	076 812 493
Newsletter Editor :	Desley McDonagh	076 813 074
Magazine Committee :	Julie Beddow & Wendy Donges	
Publicity Officer :	Patience James	076 811 853
Librarian :	Trish McCosker	076 835 371
Management Committee :	President, Vice- Presidents, Secretary, Treasurer.	

## ADDRESS CORRECTION NOTICE

Please check your address and advise of any change needed.

## COMING UP - EXTRA OUTING - READ BELOW !

1. NEXT MEETING will be held on Wednesday, June 25th at the CWA Rooms, Victoria Street, Stanthorpe at 8.00 pm. The programme will be a quiz (mostly natural history) organised by Desley McDonagh.

2. EXTRA JUNE OUTING - PLEASE NOTE ! - An extra outing on Sunday June 22nd - to Wellington Rock, leaving Weeroona Park at 9.00 am. Details inside.

## PLEASE NOTE

1. DEADLINE DATE FOR NEXT NEWSLETTER - Tuesday July 8th. Contributions are welcome - send them to the club's address or to me at 4 Pierpoint Street, Stanthorpe, 4380.

2. Please remember that, when the club is travelling as a convoy, (particularly in unfamiliar territory), each driver is expected to make sure that the next car is in sight.

## SCALE OF DIFFICULTY FOR WALKS ON NATS OUTINGS

1. Flat walking, road or track.
2. Road or track, gentle hills.
3. Track, some hilly sections.
4. Track, some steep sections.
5. Cross country, easy open forest, gentle slopes.
6. Track, steep section common, with steps.
7. Cross country, some hills, some thick undergrowth.
8. Cross country, steep section with scrambles over rocks etc., some thick undergrowth.
9. Cross country, steep, hilly, rough, thick undergrowth.
10. Mountain climbing, hard going, higher level of fitness or plenty of time required.

# MAY OUTING REPORT

The outing on the 25th May to Racecourse Creek Peaks was well attended with 29 people enjoying the perfect weather. We met at the Park at Wallangarra and drove to Mt Norman Picnic Area for morning tea. The graceful blue daisy *Olearia ramosissima* was seen in bloom along the roadside as well as one specimen of Hyacinth orchid, *Dipodium variegatum*.

After our cuppa, and everyone organised in 4WD vehicles, we continued along the road to park at the Racecourse Creek crossing and set off to climb Billy Goat Hill. With plenty of rest stops and photo stops and a few encouraging hands we were soon on top enjoying the views in every direction. We noticed a large amount of red berries from Swordgrass, *Ghania aspera*, on the bare granite in places and speculated that they had been regurgitated by, or passed through currawongs. We descended the hill on the southern side and made our way back to the vehicles for lunch.

After lunch, 22 brave souls set off up the first rock slope of the Twin Peaks and were soon wishing they had stayed back at the creek! Of course, with typical Nats grit and determination we pressed on and were soon rewarded with more spectacular views from the top of the first peak. To the west was our next objective, the second of the Twin Peaks, and behind it Mt Norman with light visible through the Eye of the Needle. To the east we looked down on the hill we had climbed before lunch, and behind it in the distance was Bald Rock. We continued from the top of this peak down and across the saddle, which had evidence of lyre bird activity, to climb the second peak. We descended the south western side of this peak then followed the ridge to the north to a large boulder perched on a granite slab. This proved quite popular with the keen photographers as they sought out the best composition from various angles and even included a model to provide scale. From here it was down hill, being careful not to trip on the prolific Sarsparilla, *Hardenbergia violacea*, and Running Postman, *Kennedia rubicunda*, which are desperately twining their way over everything as they make the most of the nutrients left after the last bushfire. We arrived back at the vehicles at about 3.30pm for a cuppa before heading home after what was for me a most enjoyable day, one which I felt very privileged to lead in such good company.

Rob McCosker

(I'm sure that many others will agree when I say "Thank you, Rob and others for the helping hands, shoulders and encouragement". This enabled a number of us to enjoy magnificent views which we wouldn't have without that help. Yours truly, the editor, would not have even gone on the outing without encouragement from Rob and Trish, and also help on the climb. Rob mentions 'good company' - he's correct. We are privileged not only to belong to such a friendly supportive club, but also to live in an area with such magnificent places to go. Ed.)

## NOTE WELL - ANNUAL MEETING - WEDNESDAY AUGUST 27TH.

Election of Office Bearers will take place. Please consider your involvement in the club as an Office Bearer. If members are prepared to take a turn and take on a position for a few years then no one need feel that any task has to be theirs 'for ever' and everyone can enjoy being part of the club. You will need a new Newsletter Editor as I will be stepping down after 2 years in the position. Also be prepared with your slides and prints ready for the programme - Remember Last Year.

### MINUTES OF MEETING OF STANTHORPE FIELD NATURALISTS CLUB INC. held in Q.C.W.A. Rooms, Victoria St., Stanthorpe on 28 May, 1997

**Opening:** The meeting opened at 8:05pm with President, Kris Carnell, welcoming members and visitors, including Carmille and Lena from Denmark.

**Attendance:** There were 32 present and 10 apologies as per the attendance book.

**Minutes of the previous meeting:** The minutes of the previous meeting held on the 23 April 1997 were received as a correct record of the meeting on the motion of Patience James, seconded by Rob McCosker. Carried.

#### Correspondence:

- Inwards:**
1. Qld Naturalists Club - Newsletter, May- June
  2. Senator Meg Lees - re Parliamentary Inquiry into Federal Government environmental powers
  3. Qld Naturalists Club - Queensland Natural History awards for 1997
  4. Toowoomba Bushwalkers - "*Footprint*" - May 1997
  5. Toowoomba Field Naturalists - "*Darling Downs Naturalist*" - May 1997
  6. Andrew Collins, Dept Natural and Rural Systems Management, Uni of Qld, Gatton Campus - survey of members' attitudes to native title issues
  7. Chinchilla Field Naturalists - "*Urimbirra*" - May '97
  8. Qld Law Society - offer to provide guest speakers on legal issues
  9. Ann Nitschke, Aust Tours for Sport - Recycled Teenager Holidays
  10. Matrix Office Systems - account for postage of toner
  11. Border Rivers Catchment Co-ordinating Committee - draft Catchment Strategy for comment

#### Outwards:

1. Notice of meeting and outing to *Round the Ridges* and *Community Billboard*
2. Return of survey forms to Andrew Collins

This correspondence was received on the motion of Liz Bourne, seconded by Margaret Carnell. Carried.

#### Business Arising from the Correspondence:

1. Kris asked members to consider suitable nominees for the Queensland Natural History Awards. Club member, Jean Harslett, was a previous recipient of this award.
2. Kris also asked for anyone interested in reviewing the draft Border Rivers Catchment Strategy - comments due in by the 13 July.

#### Financial Statement for the period 23/4/97 to 28/5/97:

Balance as at 23/4/97			\$824.89
Receipts:	Room rent	\$ 6.80	
	Use of photocopier	<u>\$40.32</u>	
		<u>\$47.12</u>	<u>\$872.01</u>
Expenditure:			
	Room rent	\$10.00	
	Magazine postage	<u>\$34.95</u>	
		<u>\$44.95</u>	<u>(\$44.95)</u>
			<u>\$827.06</u>

Balance as at 28/5/97 is \$827.06

#### Accounts for Payment:

Magazine postage for May 1997	\$37.25
Paper for photocopier	\$56.20
Matrix Office Systems (postage of toner)	\$ 3.60

The financial statement was adopted on the motion of Roger Logan, seconded by Geoff Walker. Carried.

**Outing Report:**

Rob McCosker reported on his trip to the Racecourse Creek peaks in Girraween National Park on 25 May. 29 people attended with most making it up the first peak prior to lunch.

**Next Outing:**

Trip organiser, Lincoln McPhee, outlined proposed activities for the weekend campout to Corindi Beach, south east of Grafton in northern NSW, from 7 - 9 June.

Kris asked members whether, in view of the fact that many people had other commitment for the long weekend, they would be interested in a short day trip on Sunday 22 June. It was decided to go to Wellington Rock near Tenterfield, leaving Stanthorpe at 9am.

**Next Meeting:**

Desley McDonagh will be organising a quiz, based on a natural history theme.

**Specimens:**

- 1 Lincoln McPhee had seed pods from a plant on Lord Howe Island
2. Desley McDonagh had a silvereye's nest found in a golden ash
3. Margaret Carnell had a case from a wood moth and a specimen of a type of bat moth.
4. Col Hockings had enlarged colour prints of Hinchinbrook Island, taken during a Queensland Naturalists Club expedition there in 1994.

**Program:**

Rob McCosker presented a program of slides of a trip he and Trish did to Hinchinbrook Island last August.

## PRE-OUTING JUNE 22nd

### WELLINGTON ROCK

Because the long weekend appears to be inconvenient for a number of members to attend the Campout to Corindi Beach, it was decided at the May meeting to have an extra outing on the usual Sunday, that is June 22nd. This outing will be to Wellington Rock in northern New South Wales.

We will be leaving Weroona Park at 9.00 am on Sunday 22nd June, and travelling in conventional vehicles - 4WD not needed. We may 'smoko' at the lookout. There is quite a distance of new road, a toilet at Wellington Rock and partly built shelter shed. There is also a new track to the rock around the southern side.

Further details from Kris Carnell 076 835 268



#### 4 WHEEL DRIVERS' & CAMPER'S STRESS DIET

Stuck in a rut?? Do you want to loose weight and relive stress?? Try this scientifically formulated diet and you too can be up, up and aweigh!!

##### **BREAKFAST:**

$\frac{1}{2}$  grapefruit  
1 slice whole grain toast, no butter  
250ml longlife skim milk

##### **MORNING TEA:**

2 Vita Wheat and vegemite, no butter  
Herb thermos tea

##### **LUNCH:**

1 round of cucumber and steamed chicken sandwiches on whole meal bread (a little butter).  
1 small piece fruit cake  
1 can of coke (nip of rum optional)

##### **AFTERNOON TEA:**

Rest of the fruit cake  
2 milk coffees  
1 can of coke (nip of rum optional)

##### **DINNER:**

Large rump steak & mushrooms  
4 jacket potatoes with plenty butter and salt  
Honeyed carrots  
Cauliflower mornay  
BBQ Bananas with chocolate and walnuts  
3 milk coffees (nips of rum optional)

##### **SUPPER:**

1 hot fruit damper topped with butter, brown sugar and cinnemon  
Optional (rest of the rum)

#### IMPORTANT DIETING TIPS

- 1) Foods used for medicinal purposes don't count (e.g. lemon & honey, brandy, chicken & noodle soup, fresh damper with butter & syrup)
  - 2) If no one sees you eat it, it has no calories.
  - 3) When everyone congregates around the campfire, foods such as toasted marshmallows, milk coffee, pop-corn etc don't count because they are simply part of the whole camping experience and not part of one's personal fuel.
  - 4) If you fatten up everyone around you, then you look thinner.
  - 5) Food consumed while recovering a vehicle doesn't count. It NEVER counts if you envisage a long walk home.
  - 6) If you drink a lo-cal drink with a chocolate bar, they cancel each other out.
  - 7) Left over or perishable food stubbs e.g. accidentally opened biscuits, CoCo Pops, Cheezels must be consumed so as not to attract our native fauna. They have their own strict diets too!!
  - 8) When eating with someone else, calories don't count if you both eat the same amount.
  - 9) Broken biscuits contain no calories. The process of breaking them causes calorie leakage.
  - 10) Large quantities of Baked Beans, onions and cabbage cancel the fat in rump steaks and the like. This has been proven by much testing - unfortunately many people say that this is just alot of hot air!!
  - 11) If you eat fast, you burn up the calories in the food faster.
  - 12) Things licked off knives and spoons have no calories if you are in the process of preparing something, because calories only become part of the completed food, eg syrup for dampers, condensed milk in coffee.
  - 13) Foods that have the same colour have the same number of calories. Examples are mushrooms and white chocolate, rare steak and pink marshmallows.
- NOTE Since brown is a universal colour, chocolate may be substituted for any other food.

The present editor takes no responsibility for this -  
it was inherited from a previous editor! Enjoy!!!