

# parklands

THE MAGAZINE OF CENTENNIAL PARKLANDS

The Kids Issue!  
Playgrounds, Parties,  
Programs and more...

  
CENTENNIAL  
parklands  
*is living Sydney*



# From the Chairman



Welcome to the Parklands for 2009. We are expecting over 10 million visits this year, more perhaps because grim economic times often draw people in even greater numbers to the green open spaces on offer, free of charge, at Centennial Park, Moore Park and Queens Park.

As always, there is much to see and enjoy. The ponds restoration program of the past

few years means the water vistas have never been better, nor the teeming birdlife. The facelift of Grand Drive continues to draw applause, although we are all increasingly conscious of the fading life span of the many older trees we have all come to take for granted over the decades. The Centennial Parklands Foundation is working hard to help find funds to make replacements with advanced specimens when the sad time comes.

On another note, the new kiosk, café and restaurant complex, opened late last year, is becoming very popular with Park users. Visitors for morning coffee on the deck highlight the amazing range of activity drawn to the Parklands: joggers, cyclists, rollerbladers, dog walkers and pram-pushers.

Speaking of children, the new playground adjacent to the kiosk is a real winner.

As you'd expect, it is state-of-the-art, incorporating interactive sound features, with modern play equipment, giant gyros, a water feature, 'hug-me' poles and turtle sculptures. See our feature story (pages 6-7) for more details on what is available for kids to enjoy in the Parklands.

There is, of course, much more happening (or not happening, as the case may be, for those of you who simply want to find a quiet corner to relax). A visit to our website [www.centennialparklands.com.au](http://www.centennialparklands.com.au) is well worthwhile.

John Niland AC  
Chairman  
Centennial Park & Moore Park Trust



## Parkbench

### Play Me, I'm Yours – a triumph!

During January, Centennial Park hosted a public piano as part of Sydney Festival's Play Me, I'm Yours! The piano, decorated by Park Rangers and community volunteers, was an instant attraction with children, adults and even dogs having a play! On Australia Day, many children took the opportunity to book the piano for a special performance for their families and friends. The sound of tinkling ivories was a wonderful complement to its beautiful surrounds and, just as expected, it became an impromptu performance space encouraging interaction and smiles from everyone who was there to listen.



More pictures of our piano can be found at [www.streetpianos.com.au](http://www.streetpianos.com.au)

### A smoother ride around Grand Drive



Grand Drive patching work in action

New bitumen has recently been installed in various sections of Grand Drive as part of the Maintenance Improvement Program. Crack sealing, a process that involves spraying bitumen on minor cracks, has also been completed as part of the works. The worst affected areas on Grand Drive were at the Robertson Road Gates and the section between

Parkes Drive and Loch Avenue. This important preventative maintenance program will help ensure the road remains in a good condition over a longer period of time, and provides a safer and smoother surface for all vehicle traffic.

### New Equestrian Centre signs

The Equestrian Centre has received new signage to welcome its patrons and visitors and to assist in way-finding. The new signage is the last in a raft of measures undertaken to re-establish the Centre following the outbreak of Equine Influenza in 2007. The funding for this and other initiatives, such as new brochures and advertising, was made possible by a \$50,000 special grant from the Minister for Sport and Recreation.



The new signage includes a 3D-style axonometric map

### Orienteering comes to the Park

This autumn school holidays the sport of orienteering is being played in Centennial Park. This new program will teach participants (10-12 years) how to use maps and compasses to find their way around the Parklands as well as compete in a mini-Rogaine. Teamwork, endurance, competition and an appreciation for the natural environment are features of this sport and there is no better place to learn and play it than at Centennial Park. *Held on Friday 24 April, bookings are essential, please phone (02) 9339 6699.*

### Noise Management Plan finalised

The Trust has been working with the Department of Environment and Climate Change on the development of a Noise Management Plan (NMP). Following extensive consultation with the community, stakeholders and government agencies, the NMP has now been finalised. The NMP sets out operational guidelines for the Trust to manage outdoor entertainment activities such as concerts, music festivals, cinema screenings, theatre performances and any other outdoor event with sound amplification held at venues managed by the Trust. For more information, or to view the final plan, please visit [www.centennialparklands.com.au/nmp](http://www.centennialparklands.com.au/nmp).



The new edging at the Column Garden

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**Trustees:**  
Prof. John Niland AC (Chair) David Leckie  
Justice Annabelle Bennett AO Mairaed Bilmon  
Yvette Pietsch Anne Keating  
Dr Margaret Varady AO John Walker

The Trust acknowledges the Cadigal as the traditional custodians of the land that is now known as Centennial Parklands.

**Editor:** Rachel Maiden  
[rachel.maiden@cp.nsw.gov.au](mailto:rachel.maiden@cp.nsw.gov.au)

**Contributors:** Trevor Waller, Frank Hemmings

**Photography:** Chris Gleisner, Phil Quirk

**Cover:** Children enjoy the new playground located adjacent to the Kiosk, off Banksia Way, Centennial Park.



## Visitor Safety Program results

Phase 4 of a three-year Visitor Safety Program has just been completed with very interesting results. The emphasis for this phase was on vehicle and bicycle safety. In particular, the following safety issues were targeted:

- Failure to comply with stop signs
- Driving / overtaking in the shared lane around the perimeter of Grand Drive
- Motor vehicle speeding
- Cyclists on footpaths
- Cyclists without helmets
- Cyclists travelling contra flow to vehicle movement

During November 2008, Rangers monitored, educated and informed Park users with the relevant regulations. In December, Rangers went one step further to warn and caution Park users who did not adhere to these regulations. The success and importance of the monitoring and education stage that preceded the cautioning stage is evident with 1,170 offences being recorded.

However of this, 67 per cent of the total offences occurred during the monitoring stage and only 33 per cent of the total offences occurred during the cautioning stage.

The results indicate that educating Park users of the regulations during the monitoring stage had a positive impact on reducing the number of offences during the cautioning stage.

David Caple, Senior Park Ranger, said: "I also find it encouraging that Rangers received many compliments from members

of the public during the targeting periods."

It is also interesting to note that 74 per cent of the total offences were for not stopping at a stop sign. The intersection of Grand Drive and Jervois Avenue attracted the most offences.

The Trust will work with the community and traffic specialists to determine long term safety solutions.

So, for the safety of all Park users, please watch out for stop signs and keep to the 30 kilometre per hour speed limit.



*With millions of visitors each year, visitor safety is our priority*

## Col Hardy joins our Education team

Centennial Parklands has been fortunate to engage Col Hardy as an Aboriginal educator for specialist activities. Col plays guitar, sings songs and tells stories about iconic animal species important to Aboriginal people.

Col has recorded more than six albums and won numerous awards including a Golden Guitar at the Australasian Country Music Awards. In July 2007 Col was awarded an OAM from the Queen for service to the country music industry and environmental education.

In December 2008, Centennial Parklands offered a free education excursion to Alexandria Park Community School. Col entertained and enchanted 60 students from classes 2 and 3. The students also participated in a variety of Ranger-led

activities where they caught water bugs, walked the Lachlan Swamp wetland nature trail and made artistic impressions of birds.

Col is more than just an entertainer. He brings to the Parklands a passion for his culture and for helping children from all backgrounds reach their potential. Centennial Parklands is very proud to be able to work with Col in providing a unique educational experience.

*Teachers interested in booking a Ranger-led excursion to Centennial Parklands and involving Col Hardy in selected programs should contact Rebecca Collett, Education, Interpretation Coordinator, on (02) 9339 6645 or email [info@centennialparklands.com.au](mailto:info@centennialparklands.com.au).*



*Col Hardy brings a unique experience to the Parklands*

## Welcome to our three new CCC members

In January 2009, the Community Consultative Committee appointed three new members. The CCC, as it is affectionately known, is a body established to represent and advise the Trust on behalf of the community. We welcome and introduce you to the CCC's newest members:



*Frank Misson*

### Frank Misson

Frank was a cricket representative for New South Wales and Australia during the 1960s and toured the United Kingdom with Richie Benaud's team in 1961. He has had 45 years experience in the Australian Packaging Industry in senior sales and marketing positions.

Frank has been a regular visitor to Centennial Parklands for over 60 years. Frank is a Trustee Member of Wylies Baths, Coogee. He has also assisted Northcott Disability Services in fundraising activities for the past 10 years and was rewarded for his efforts by being made a life member.



*Bruce Morrow*

### Bruce Morrow BE, M Eng Sci, MBA, Grad Dip Fin

Bruce is a long time resident of Bondi Junction. As a local, he is frequently in the Park walking his dog, cycling, watching events or just enjoying its environment. He is a member of Waverley Council's Bondi Junction Forum and is a past member of the Bondi Junction Precinct Committee. His early career was as a civil engineer on large infrastructure projects. He went on to senior executive roles in business services and now consults in business development, policy and infrastructure.



*Brenda Sambrook*

### Brenda Sambrook RN CNS

Brenda grew up in Randwick and has been a lifelong visitor to Centennial Parklands. A resident of Centennial Park since 1997, she and her family continue to use the Parklands for walking their dogs, as well as enjoying its recreational and gastronomic delights.

She is a Clinical Nurse Specialist and a primary producer in the olive growing industry dealing with tourism, environmental sustainability and fiscal management. Currently Brenda sits on the executive of the Centennial Park Residents' Association and is heavily involved in fundraising for a number of large charitable and medical institutes.

*The CCC is always keen to hear from others in the community - to share views, talk about issues and to hear different points of view. You can contact the CCC by emailing [ccc@centennialparklands.com.au](mailto:ccc@centennialparklands.com.au).*

## Events: Taste of Sydney

Taste of Sydney is a new event in Centennial Park and will take place from Thursday 12 to Sunday 15 March 2009 at Brazilian Fields. It provides an opportunity to sample the signature dishes of some of Sydney's finest restaurants. Fifteen selected restaurants will set up full professional kitchens to deliver a degustation menu offering 45 of the city's most tantalising dishes.

Dishes are purchased with "Crowns" – the festival currency. Each signature dish will cost just 8–14 Crowns (\$8–\$14).

Restaurants taking part in this event are Becasse & Etch, Longrain Restaurant & Bar, Pulu at Freshwater, Berowra Waters Inn, Jonah's at Whale Beach, Restaurant Assiette, Restaurant Balzac, Bird Cow Fish, Sailors Thai, Danks Street Depot, Civic Dining, Ottoman Cuisine, Flying Fish, Bistro Ortolan and Buon Ricordo.



*Sydney's finest restaurants under one summer sky*

### Special Offer

Taste of Sydney is offering all *Friends of Centennial Parklands* and local Centennial Parklands' residents a 2 for 1 offer on standard entry tickets (normally \$25 per person). So if you'd like to experience something different in Centennial Park, visit [www.tastefestivals.com.au](http://www.tastefestivals.com.au) for more information.

*For more information on upcoming events this autumn, please visit [www.centennialparklands.com.au](http://www.centennialparklands.com.au) and select your date or special interest using our handy events calendar feature.*

**taste**  
of Sydney

12-15 March 2009

Centennial Park

Principal Partner Emirates



# The Essential Kids Guide to Centennial Parklands

Centennial Parklands is kid heaven! The vast expanse of green grass is just made for running and rolling in! There are places to be active and places to be calm, places to feed the ducks and places to hide! It's a safe, healthy and happy place for kids to just be kids. In fact there is so much for kids to enjoy we have created this essential guide.

## your parklands is... your playground!

### Café playground, Centennial Park

This is one of the most popular playgrounds in the Parklands, located adjacent to the Café. It was officially opened in January 2009 after a \$400,000 upgrade. This engaging and experiential playground caters for 0–5 year olds.

### Paddington Gates playground, Centennial Park

This playground provides exciting experiences for children 1–12 years. It has access arrangements for special needs users and appropriate equipment such as a wheelchair-accessible swing.



Cafe playground

### Learners Cycleway and playground, Centennial Park

This playground features a barbecue area and large shade trees around its boundary. It is located at the southern edge of Centennial Park. It also has a cycleway ideal for young children learning to ride.



The children's cycleway, Centennial Park

### Moore Park playground

This playground, located near the Rotunda on the corner of Moore Park Road and Anzac Parade in Moore Park West, offers new experiences and equipment for children from 1–12 years.

### Queens Park playground

The Queens Park playground is located on the Darley Road side of Queens Park, adjacent to Market Street. It received a \$170,000 facelift in July 2008. It caters for all ages.

### Entertainment Quarter playgrounds

There are two playgrounds adjacent to Lollipop's Playland. One is for ages 2–6 years and the other for ages 6–13 years. The playgrounds are open from 9.00 am–6.00 pm daily.

## your parklands is... your sports centre!

### Anyone can ride a pony in the Park

For small children, Pony Leads are available either around Centennial Park's magnificent horse track or within the confines of the Equestrian Centre. Children are eased into the experience, learning how to approach and get to know their horse, then expertly guided by trained horse handlers so that they are relaxed and enjoy the experience.

### Get on ya' bike!

You can hire bicycles in Centennial Park

or from businesses located near the Parklands. Centennial Parklands Cycle Hire is located in Centennial Park (near the Federation Pavilion). Four-wheel pedal cars are a fun way to pedal round the Park with the little ones sitting on the front!

### Pick your sport

We have more than 35 sports fields, an 18-hole public golf course and driving range, tennis courts, netball courts, an athletics track and full equestrian facilities. Our website details the many sports played in Centennial Parklands with links to all the clubs that use our facilities. It's an easy way to pick a sport, and a club, that is right for you.

### Tennis anyone?

The Parklands Tennis and Netball Courts are available for casual and seasonal hire as well as providing the opportunity to



Queens Park playground

join a team.

### Pee Wee Golf

Moore Park Golf offers junior development programs catering for children from 4 years old through to young adults. Pee Wee Golf is designed to introduce young players to the game of golf in an energetic, fun manner.

### Skater kids

Skater HQ in the Entertainment Quarter can teach kids how to use any of the skate products they sell. It offers inline

skate lessons, skateboard lessons, longboard lessons, rollerskate lessons and even unicycle lessons!

## your parklands is... your entertainment quarter!

The Entertainment Quarter in Moore Park offers a great array of kids activities and programs.

### Cute Cuddlies

Kidz Zoo is now at the Entertainment Quarter on Wednesdays and Saturdays (8.30 am–1.30 pm) and Sundays (10.00 am–1.30 pm), weather permitting. Bring the kids to see cuddly guinea pigs, rabbits, chicks, kid goats, sheep and lambs! Entry is just \$5. Few things are more rewarding than helping a child to learn about and



This playground at the EQ caters for 2–6 year olds

appreciate the amazing diversity of life, and seeing the excitement and joy each new discovery brings.

### A Blast for Kids!

Planet Entertainment specialises in providing high quality interactive entertainment for older children. Its Blast for Kids centre operates from 10.00 am–4.00 pm on Wednesdays, Saturdays and Sundays (weather permitting). There is always something fun to do and during school holidays the repertoire of amusements is expanded. Costs apply.

### Sky High Thrills!

Offering challenging rides for older kids, Pacific Fly Motion operates from 10.00 am–4.00 pm on Wednesdays, Saturdays and Sundays (weather permitting). Kids weighing between 10–85 kilograms can have a go on the



awesome Bungy trampoline, attempt the High Wire Rope Walk or ride the Big Air Slide. Costs apply.

### Wet Weather Options

In January 2009 a new IMAX theatre opened at the Hoyts Entertainment Quarter. Kids love the IMAX experience where the images almost jump off the screen. Also check out the latest kids movies screening at Hoyts Entertainment Quarter.

### Mums and Bubs Movie Sessions

Hoyts presents Mums and Bubs sessions twice a month, on Thursdays (session times vary). Kids under 5 are absolutely free. There's a place to change a nappy and the lights stay dimmed for feeding.

### Lollipop's Playland and Café

Lollipop's Playland is a large, multi-levelled indoor playground designed for children 1–11 years. Children between these ages pay to enter, must wear socks, and can stay as long as they like.

### Strike Bowling Bar

Strike Bowling Bar offers ten pin bowling, pool, interactive games and karaoke for kids.

## your parklands is... your school



The Enchanted Forest is a popular party theme

## holiday saviour!

Are you looking for fun and educational activities for your children to get them away from the TV and out of the house during the school holidays? Centennial Parklands' popular school holidays program is run every holiday period.



## Twitcher's Corner

### Australian Wood Duck

By Trevor Waller



*The Australian Wood Duck (male)*

The male and female Australian Wood Duck can be told apart by their different markings. The male (pictured) has a chestnut head with a small black mane and a mainly grey body with a speckled breast. Females have a pale brown head with a pale white stripe above and below the eye and a speckled underbelly.

Both sexes have a small black bill with serrated cutting edges for grazing grass. The two black stripes along the back are quite distinctive to this species. With their short bills, longish necks and legs they look a bit like a small goose. In flight their wings are mainly grey with black tips and distinctive white trailing edges.

On land they feed on grass in open grasslands and town parks, and on water they dabble in shallow water. This involves upending themselves on top of the water and searching for aquatic plants under water with their long necks. During the day they can spend much time resting near water or perched in trees. They can also be found in pastures, open woodland, farm dams, sewerage ponds and lakes.

They nest in November in tree hollows, preferably over water and often quite high off the ground. The nesting hollow is large and well lined with down in which they lay their large clutch of eggs. A clutch can consist of 8 to 14 eggs that both sexes incubate for about a month.

Not long after the chicks hatch they jump from the hollow and are led by the adults to the safety of nearby water. The downy chicks follow the adult birds around the pastures and learn from them.

You can find these handsome ducks grazing on the grass, or resting near the ponds in the Parklands.

**Trevor Waller is a bird enthusiast with more than 15 years behind the binoculars. He is a member of various bird watching clubs in Sydney, including Birds Australia, and conducts the Parklands Birdwatcher's Breakfasts each season. The next Birdwatcher's Breakfast will be held on Sunday 10 May 2009. Please visit [www.centennialparklands.com.au/whatson](http://www.centennialparklands.com.au/whatson) for details.**

## Behind the scenes...

### The Major Event Control Room



*A typical control room*

Behind the scenes of the larger events held in Centennial Parklands lies the Control Room – the heart of venue and events operations and emergency response coordination.

All venue and event management stakeholders are represented in the Control Room, located at the Parklands Office, where two-way radio contact is maintained with their colleagues 'on the ground'. Representatives include Trust staff, NSW Police and First Aid provider, event security provider and event organiser representatives. This busy Control Room is staffed by up to ten people at any given time during an event.

While each of these groups operates on separate two-way networks, the Control Room allows them to speak to each other directly and to have information communicated instantly across all radio networks, ensuring a cohesive approach to event management.

The Control Room also acts as the emergency control centre should an emergency arise at an event. In such a case, emergency service agencies would assume control and emergency response and evacuation procedures would be implemented immediately involving all Control Room representatives.

Each of the Control Room representatives records a log of incidents. This information can be used to inform planning and operational procedures for future events.

Where CCTV cameras operate over an event site, footage from the CCTV cameras is viewed in the Control Room. This enables all stakeholders immediate access to visual information at the event site and assists in identifying and responding to potential incidents.

The Control Room is an essential component of event organisation and management in Centennial Parklands and the invaluable cooperation of government agencies, event organisations and stakeholders ensures a well-run and successful event.

**If you want to learn more about events in Centennial Parklands and what the Trust does to minimise their impacts upon Park visitors and neighbours, visit: [www.centennialparklands.com.au/events\\_in\\_centennial\\_parklands](http://www.centennialparklands.com.au/events_in_centennial_parklands).**

## Plant of the Season

### Tibouchina "Alstonville"

The Tibouchina, or Lasiandra, is a small evergreen tree native to south-east Brazil. These trees typically get to a height of five metres, but can also be trained as a shrub.

They are most easily recognised during the autumn months when they are covered in small, purple flowers. The leaves of this cultivar are small, dark green with a pale green underside and are covered with fine hairs.

They are best suited to temperate and sub-tropical climates free of major frosts. They prefer a well drained, slightly acidic soil and benefit from adequate watering in the growing season, and will tolerate full sun.

Tibouchinas are relatively pest free and, for best results, pruning the plant after flowering will result in a dense growth

habit and better flowering in the following year.

These trees can be planted openly as a garden or street tree or will also tolerate growing in a tub or planter box.

Tibouchina "Alstonville" is so named as Alstonville, on the far north coast of New South Wales, was the first area of Australia where this cultivar was grown.

#### **Where can it be seen in the Parklands?**

Tibouchina "Alstonville" can be found planted within the circular annual beds within the Column Garden, where it creates a contrast with the

seasonal annual displays, before becoming a feature itself in the autumn months.



*Tibouchina "Alstonville"*

## Native Watch

### Broad-leaved Paperbark (*Melaleuca quinquenervia*)

By Frank Hemmings

The Broad-leaved Paperbark is a medium to tall tree. It is the only local *Melaleuca* species which belongs to a mostly tropical group with larger leaves. As with many (but not all) other *Melaleuca* species it has whitish papery bark, rather like many fine sheets of tissue paper stuck together, hence the common name.

*Melaleuca* belongs in the large family Myrtaceae, which is a major plant family in Australia represented by such other significant groups of Australian plants as eucalypts, bloodwoods and lilly pillys, among others. All members of this family have aromatic oils in their leaves, which in some cases are used commercially (for example, eucalyptus oil and tea tree oil).

The specific name "*quinquenervia*" is derived from Latin meaning "five-veined" and refers to the veins on the leaves.

Spikes of small cream coloured flowers with conspicuous stamens, which give the spikes a "bottle-brush" appearance, appear predominantly throughout autumn and winter. These are utilised by nectar-feeding birds such as various Honeyeaters and Loriekeets.

In Australia it occurs in and around coastal swamps and lake margins along the east coast northwards from Botany Bay and into Queensland. It also occurs naturally in New Guinea and New Caledonia, and is a major weed in the Florida Everglades in the USA.

#### **Where can it be seen?**

Broad-leaved Paperbark is planted widely in the Parklands, and excellent examples may be seen throughout. It also occurs naturally in the Lachlan Swamp, above the Lily Pond. This is an example of a Swamp Sclerophyll Forest on Coastal Floodplain, an Endangered Ecological Community in NSW, and is one of the most southerly occurring stands of this tree.

**Frank Hemmings is curator of the John T. Waterhouse Herbarium at the School of Biological, Earth and Environmental Sciences, University of New South Wales.**



*The flowers of the Broad-leaved Paperbark*



## Thank you Pratt Foundation

The Pratt Foundation has pledged \$100,000 towards a new Education Centre and Recycled Garden project in Centennial Park.

This funding is in addition to the \$60,000 raised from the Foundation's recent Evergreen Dinner.

Says Joanna Cuthbert, Development Manager of the Centennial Parklands Foundation: "We are very grateful to the Pratt Foundation for their generous support of this important initiative. Environmental education is of growing importance in our community and this grant will go directly towards establishing a resource for schools and the community in the heart of one of Australia's most significant urban parklands."

More details on this project will be announced in the next edition of *Parklands* magazine.



## Meet some of our residents

Ranger Vicki Hudnall has been playing mum to a couple of Parklands residents: an abandoned baby possum and an injured baby turtle.



Ranger Vicki with Lochie the possum

Lochie the possum, so named because he was found abandoned near Loch Avenue in Centennial Park, weighed 170 grams when found. Thanks to the nurturing provided by Ranger Vicki he now weighs 250 grams. As Ranger Vicki explains: "Marsupials kick their joeys out of their pouches when they can no longer care for them. So Lochie will be looked after by us until he is ready to return to the Park."



Whirlpool, the turtle

The baby turtle, nicknamed Whirlpool, was less than two centimetres long and was miraculously found on the horse track. He has a damaged leg which makes him vulnerable to predators such as eels and would not otherwise survive in the Parklands ponds.

These stories are a timely reminder of the important role we can all play in protecting the animals that call Centennial Parklands home, as well as nurturing their habitat. For just \$5 a month, or \$60 a year (tax deductible) you can sponsor a Turtle, Possum, Swan, Fairy Wren, Grey-headed Flying Fox or a Tawny Frogmouth. Visit [www.yourparklands.org.au](http://www.yourparklands.org.au) for more details.

## New benefactors

Culligan Water  
Vera Karlikoff  
Juliet Ashworth  
Antoinette Albert and family  
Kathryn Young

Henry Pollack Foundation  
Friends of Jennifer Delmage  
Andrea and Sean O'Shannassy  
Susan Devenish-Meares  
Tony & Frances Meagher and family

To find out more on any of these programs, or to make a donation, please contact the Foundation on (02) 9339 6633 or visit [www.yourparklands.org.au](http://www.yourparklands.org.au).

## Volunteers

### 2009 Program Dates online

The 2009 Volunteer Program dates are now available online. The dates cover all groups, including the Growing Groups (regular and additional days) and the Bush Regeneration Groups (Bird Sanctuary and York Road). You can find this information in the Volunteer section of the new Foundation website at [www.yourparklands.org.au/volunteers](http://www.yourparklands.org.au/volunteers). Please bookmark our page and we welcome your feedback.

### Clean Up Australia Day success



Thank you to all members of the public who joined us on Sunday 1 March for our annual Clean Up Australia Day event. We hope you enjoyed the camaraderie of

volunteer work. If you have got a taste for it, why not consider joining our volunteer ranks?

### Thanks to our Twitcher friends

Members from Birding NSW have been busy gathering data on Parklands' bird species. In late 2008 the Club held its annual get together at Centennial Park where 20 members spent the day socialising and bird watching. Several members later escorted a small party of our volunteers on a twitching adventure. The Parklands is a great place to watch birds due to the different environments within a short walk of each other. Our next seasonal Birdwatcher's Breakfast will be held on Sunday 10 May. Visit [www.centennialparklands.com.au](http://www.centennialparklands.com.au) for more details.

### Welcome new volunteers

The Trust is very grateful to our growing team of dedicated volunteers and would like to welcome Carol Rivera and Lars Newman. We also thank retiring volunteers Michael and Sarah Lawrence for their long and dedicated contribution.

### Website

Make sure you check out the volunteer information on the new Foundation website: [www.yourparklands.org.au/volunteers](http://www.yourparklands.org.au/volunteers). We welcome your feedback.

To find out more on any of these programs please contact the Volunteer Coordinator, Lyn Walker on (02) 9339 6627 or email [volunteers@centennialparklands.com.au](mailto:volunteers@centennialparklands.com.au).

## FRIENDS OF CENTENNIAL PARKLANDS

### Are you getting your eNewsletter?



All Friends of Centennial Parklands are sent a monthly eNewsletter. Our eNewsletters are a great way to ensure you are getting the most out of your membership.

Each eNewsletter contains exciting short term offers, such as tickets to exhibitions, movies or events, made possible through our partnerships with other organisations.

Last season *Friends* enjoyed a number of special events, offers and opportunities to win, such as:

- Free Gold Grass tickets to two Moonlight Cinema special screenings
- Free BBQ and landscaping session with the Sydney Roosters
- Free tickets to the Museum of Sydney's Tails of the City exhibition
- Free Ranger-guided walk through Centennial Park
- Free double passes to Dean Spanley Movie

If you are not getting your eNewsletter, it's easy to subscribe. Just visit [www.friends.net.au](http://www.friends.net.au) and click on Fun Stuff. Even non-Friends are welcome to subscribe. Once you discover the benefits we are sure you will want to join!

## FCP = great value!

Whenever you see the FCP symbol on the What's On brochure you know that a discount is applicable. Generally these discounts are 20%, however they may vary depending on the event.

The autumn What's On has seen the introduction of a number of new and exciting school holiday programs, including:

- Batty about Bats
- Kids Art: Art on the Move and Footpath Fun
- Ranger for a Day holiday program
- Orienteering and Mini-Rogaine (see page 3 for more details)
- Unbelievable Bugs!
- Flora the Explorer

Sign up today and start enjoying your 20% discount on these great school holiday programs.



You won't believe what sort of bugs are found in the Parklands. Unbelievable Bugs will tell all!

## Taste of Sydney – special offer

Don't forget that *Friends* can receive two standard entry tickets for the price of one. See page 5 for more details or visit [www.tasteofsydney.com.au](http://www.tasteofsydney.com.au).

**There are many great reasons to join the Friends program. Your membership goes towards helping conserve the Parklands for this and future generations and you also get to enjoy great discounts and benefits across a range of businesses and events in Centennial Parklands. Find out more by visiting [www.friends.net.au](http://www.friends.net.au).**

## Healthy Parks Healthy People

### The secret to healthy kids

Your local park could provide the key to healthier, happier kids! The fact is that getting active, in combination with healthy eating, is a great way for children to become really healthy and stay that way. And it goes much further than managing their weight – it gives kids crucial physical and social confidence.

#### How much activity?

Children and young people should be active every day in as many ways as possible. It is suggested that children aged between 5 to 12 years need at least 60 minutes a day combining moderate and vigorous activity.

#### How to motivate kids

Saying 'Get up and do something!' to a child often ends up achieving the opposite. But if you take a less direct approach the results can be amazing. Lead by example and set up the conditions in which to be active.

#### Activity ideas

'I'm bored' would have to be the most annoying words in the English language. If you hear them, you should always have an answer. The trick is to start small. See our feature story (pages 6-7).

#### Being active as a family

If you'd like your child to be healthy, start by looking at yourself and your family. Being active as a family allows you to be good role model and it's a chance to have fun together.

#### Coaching

Parents often take responsibility for a team or help out in some way. If you want to find out what sporting clubs play in Centennial Parklands and how you can be involved, visit our website for club contact details.

This information has been reproduced with permission from [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au). This great website is designed to equip parents and carers with accurate and evidenced based information about healthy eating, physical activity and healthy weight.


**Healthy Parks Healthy People is an Australia-wide initiative of like-minded open space providers conducting research and promoting the positive effects parks have on the health of communities. For more information visit [www.healthyparkshealthypeople.com.au](http://www.healthyparkshealthypeople.com.au).**

# Visitor Information

Please refer to the map insert for locations.

## HOW TO GET HERE

5 km from the Sydney CBD. Easily accessible by bus, train, car, bike or on foot.

 Regular buses from Circular Quay, Central Stn, Bondi Jn Stn and surrounding suburbs. Trains to Central and Bondi Jn, both a 30-40 minute walk to the Parklands. [www.131500.info](http://www.131500.info)

 Cycle lanes along Darley Rd, Alison Rd, Anzac Pde, South Dowling St, Cleveland St and Federation Way.

## CAR FREE DAYS

Last Sunday of every season (February, May, August and November).

**Next day: 31 May 2009**

## CENTENNIAL PARK GATE TIMES

Centennial Park is accessible to vehicles between sunrise and sunset. Musgrave Ave Gates are closed permanently to cars.

### Primary Gates (Paddington, Woollahra, Randwick & Robertson Entry Rd)

April\* to 30 April 6.00 am–6.00 pm

May to August 6.30 am–5.30 pm

September to October\* 6.00 am–6.00 pm

October to April \*\* 6.00 am–8.00 pm

\* After Daylight Saving \*\* During Daylight Saving  
In NSW, Daylight Saving will operate from 5 October 2008 to 5 April 2009.

### Secondary Gates (York Rd, Jervois Ave and Robertson Exit Rd)

Weekdays 9.00 am–4.00 pm

Weekends as per Primary Gates


### Govett St Gates


Weekdays 9.00 am–Primary Gate closing time

Weekends as per Primary Gates

## FOOD OUTLETS

### Centennial Parklands Dining **E3**

 Incorporating a restaurant, cafe and kiosk.

 Off Banksia Way, Centennial Park. Open 7 days. Café/Kiosk: 7.30 am–sunset.

Restaurant: Noon–3.00 pm

[www.cpdining.com.au](http://www.cpdining.com.au)

### Centennial Park Mobile Food Van **E5**

Light meals, sandwiches, cold drinks, gelato and espresso. Open weekends and public holidays, 8.00 am–sunset.

### The Travelling Barista **C4 H5**

Sandwiches, wraps, cakes and coffee. Open weekends and public holidays, 8.00 am–sunset, at Moore Park and Queens Park.

### Moore Park Golf Patio Bar **B3**

Overlooking the first tee, the outdoor patio bar serves light meals and drinks. Open 7 days, 7.30 am–7.30 pm (Mon to Wed), 7.30 am–6.00 pm (Thu to Fri), 7.30 am–5.00 pm (Sat to Sun) (02) 9663 1064 [www.mooreparkgolf.com.au](http://www.mooreparkgolf.com.au)

### The Long Apron at Moore Park Golf **B3**

This bar and restaurant serves quality meals and a full variety of wine and beers.

Open Wed to Sun, Noon–5.00 pm

(02) 9663 1064


[www.mooreparkgolf.com.au](http://www.mooreparkgolf.com.au)

## RECREATION ACTIVITIES

### BBQs and Picnics

Free BBQs. First-in first served basis. BYO portable BBQs with legs permitted (except during total fire bans), portable picnic equipment permitted. Bookings required for groups of 50 or more. BBQs located at **A3 D5 D6 E2 E3 G4 G5 H5**

### Cycling and Rollerblading

 3.8 km cycle/rollerblade lane on Grand Dr, Centennial Park. Cycle lanes along Darley Rd, Alison Rd, Anzac Pde, South Dowling St, Cleveland St and Federation Way. Off-road cycling circuit for children at Learners Cycleway. Helmets required. **D5**

### Centennial Parklands Cycle Hire **F3**

Cnr Hamilton & Grand Drs, in Centennial Park 0401 357 419

### Centennial Park Cycles **G6**

50 Clovelly Rd, Randwick (02) 9398 5027

### Skater HQ **D3**

Shop 2154, The Entertainment Quarter, Moore Park (02) 9368 0940

### Playgrounds

There are five playgrounds catering for a range of age groups. **A2 D5 E2 E3 H5**

### Dog Walking

On and off leash dog walking areas. BYO dog tidy bags to pick up after your dog. Pick up the Dogs in the Parklands brochure or visit [www.centennialparklands.com.au](http://www.centennialparklands.com.au)

## SPORT AND FACILITY HIRE

Quality sports grounds and facilities for hire for casual one-off bookings or seasonal competitions. (02) 9339 6699

### ES Marks Athletics Field **B5**

For hire for training or carnivals. 400 m running track, floodlit field and covered stand with seating for 1000 people. Casual public training, Tue, Wed & Thu, 3.30 pm–8.30 pm. (02) 9339 6699 [www.centennialparklands.com.au/sports](http://www.centennialparklands.com.au/sports)

### Moore Park Tennis Courts **B3**

Tennis court hire, coaching, social competitions, racquet and ball sales and ball machine hire. Four floodlit courts. Open 7 days, 7.00 am–10.00 pm. 0412 123 456

### Parklands Sports Centre **C4**


 Tennis court hire, coaching, school holiday camps and competitions. 11 floodlit courts. Open 7 days, 9.00 am–10.00 pm (summer & Mon to Thu in winter) 9.00 am–6.00 pm (Fri in winter) 8.00 am–6.00 pm (winter weekends) (02) 9662 7033

### Moore Park Golf **B3**

Par 70, 18-hole Group One Championship public access golf course. All weather, day-night Driving Range, Putting and Chipping greens, Pro Shop and School of Golf. Membership now available. (02) 9663 1064 [www.mooreparkgolf.com.au](http://www.mooreparkgolf.com.au)

### Horse Riding **C4 D5**

3.6 km horse track; 3.5 ha of fenced grounds featuring showjumping, dressage, lunging and turf hacking; Equestrian Centre with covered arenas, hot and cold wash bays and sand rolls. Riding schools offer lessons, horse hire, pony camps, pony parties, pony leads and guided park rides. Stabling available. (02) 9332 2809 [www.cpequestrian.com.au](http://www.cpequestrian.com.au)

 Budapest Riding School 0419 231 391 [budapestridingschool@aapt.net.au](mailto:budapestridingschool@aapt.net.au)

 Centennial Stables (02) 9360 5650 [www.centennialstables.com.au](http://www.centennialstables.com.au)

 Eastside Riding Academy (02) 9360 7521 [www.eastsideriding.com.au](http://www.eastsideriding.com.au)

 Moore Park Riding Stables (02) 9360 8747 [www.mooreparkstables.com.au](http://www.mooreparkstables.com.au)

 Papillon Riding Stables (02) 8356 9866 or 0407 224 938 [www.papillonriding.com.au](http://www.papillonriding.com.au)

## WHAT'S ON

Ranger-guided educational excursions, children's birthday parties, guided tours and workshops, school holiday activities, vacation care programs as well as sports camps, concerts, festivals and events. (02) 9339 6699 [www.centennialparklands.com.au/whatson](http://www.centennialparklands.com.au/whatson)

## ENTERTAINMENT

### Entertainment Quarter **D3**

Located adjacent to the Fox Professional Studios, this is a hub for events, concerts, shows, movies, Farmers markets, bars and dining. (02) 8117 6700 [www.eqmoorepark.com.au](http://www.eqmoorepark.com.au)

### Hordern Pavilion and Royal Hall of Industries **C3**

[www.playbillvenues.com](http://www.playbillvenues.com)

### Moonlight Cinema **G2**

[www.moonlight.com.au](http://www.moonlight.com.au)

## CONTACT US

### Visitor Information counter

Located adjacent to the Kiosk, off Banksia Way. **Opening hours** Monday to Friday: 9.00 am–4.00pm Saturday, Sunday and Public Holidays: 10.00 am–3.00 pm

### Parklands Office

Located at the end of Banksia Way behind the playground. **Opening hours** Monday to Friday. 8.30 am–5.00 pm

Information boards containing maps and brochures are conveniently placed at most entry gates and main thoroughfares throughout the Parklands.

**t.** (02) 9339 6699 **f.** (02) 9332 2148

**after hours emergency.** 0412 718 611

**e.** [info@centennialparklands.com.au](mailto:info@centennialparklands.com.au)

**w.** [www.centennialparklands.com.au](http://www.centennialparklands.com.au)

**a.** Locked Bag 15, Paddington NSW 2021

**Healthy Parks**  
**Healthy People**



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