WELCOME TO THE SPRING ISSUE OF PARKLANDS.

So many exciting events have been scheduled for this season. After the chill of the winter months, spring brings with it an abundance of activities to enjoy during the warmer days in Centennial Parklands.

Last year, Centennial Parklands held its first Open Day which was a great success. This year, we are hoping for an even bigger community response. We will be launching our Healthy Parks Healthy People program which is designed to promote the physical, mental and social health benefits to individuals and the community from visits to parks and gardens. The program focuses on wellness encompassing better physical and mental well being and preventing disease and illness. Key Sydney parks agencies have joined forces to host a fun-filled day with activities from tai chi to bushwalking and from healthy eating to kite flying. See what is happening in the NSW National Parks, Royal Botanic Gardens, Parramatta Park, Sydney Harbour Federation Trust, Sydney Olympic Park and of course Centennial Parklands.

The day should prove to be a lot of fun as well as informative so I hope you come along and make the most of the occasion.

In September, the Sydney Morning Herald Good Food Month is hosting its inaugural Spring Picnic in Centennial Park. A fantastic selection of small goods, cheeses and wine will be on sale to suit every gourmet's needs. Bring along your empty picnic basket to fill with the many goods on offer and enjoy a leisurely meal or pick up some essentials for that gourmet snack.

Centennial Parklands is now in the third year of a five-year replanting program. The Tree Master Plan has been implemented to maintain the future of Centennial Parklands' trees by managing a program for its aging tree population. Many of the trees that dominate the canvas of Centennial Parklands are now over-mature. Read more about the initiatives and planning Centennial Parklands is undertaking to manage this process.

Centennial Parklands has implemented a Visitor Safety and Compliance Program to ensure the safe use of Centennial Parklands by all park users. The program is aimed at increasing visitor safety and visitor's perceptions of safety, ensuring that Centennial Parklands provide a safe environment for all people and activities. Increasing opportunities for access to Centennial Parklands by all users and better managing the use of vehicles in Centennial Parklands will help create a safer environment for all park users. Read more about the program in this issue.

For those who enjoy participating in activities rather than watching, the JP Morgan Chase challenge and Walk to Cure Diabetes offer a chance to get involved in these popular events which will again be held in Centennial Parklands.

I would also like to thank all those who participated in our reader survey. We had a great response and will be evaluating all suggestions. The winner of the $100 voucher for a meal at the Centennial Parklands Restaurant is announced in this issue. Congratulations and thank you for participating.

This season is a very busy one so come and enjoy all spring has to offer in Centennial Parklands.

Marlene Krasovitsy
Acting Director

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**Parkbench**

**IMPRINTS**
Don't miss the last chance to view the artworks of local artist Austin Platt. Austin recently passed away at the age of 91 and the Trust is fortunate to have had this opportunity to display some of his works to the public. The exhibition, which is on show at the Superintendent’s Residence, will close on 29 October this year. The residence is open on Wednesdays and weekends from 10am to 3pm.

**RESULTS OF READER SURVEY**
Thank you to all readers who took the time to complete the reader survey in the last issue of Parklands. Your responses were greatly appreciated and we will be evaluating the information you provided over the next month.

For the most part, the comments about the articles, information and presentation of the magazine were very positive. We will be considering all suggestions and comments raised in the surveys.

The winner of the $100 voucher for a meal at the Centennial Parklands Restaurant is Andrew Easton. Congratulations.

**RUGBY WORLD CUP**
Rugby fans will come into their own with seven weeks of action dominating the sporting landscape between 10 October and 22 November. Forty eight matches are being played over 44 days in 10 cities using 11 venues and hosting 20 nations. The games will be broadcast to over three billion viewers in 130 countries worldwide.

The Moore Park Precinct will play host to a number of Rugby World Cup 2003 matches. At Aussie Stadium, a number of preliminary matches will be held during the tournament. Centennial Parklands will also host the referee training with two teams using the ES Marks Athletics Field at Moore Park for their training.

**DOG POLICY**
In 2001, Centennial Parklands embarked on a consultation plan for off-leash dog walking areas in Centennial Parklands following the introduction of the Companion Animals Act 1998.

The Companion Animal Reference Group (CARIG) was formed and after extensive trials in the Federation Valley area, Centennial Parklands dog policy and regulations will now allow dogs to be off-leash in Federation Valley, as long as they are under effective control. The 10 metre area around the Federation Pavilion continues to be prohibited to dogs. Commercial dog walkers agreed not to use Federation Valley during the trial to avoid the impacts of overuse, an arrangement which has also been confirmed in Centennial Parklands dog policy and regulations. The aim of these regulations is to protect the national heritage significance of Federation Valley and the Commonwealth Stone housed in Federation Pavilion.

Our thanks to everyone who contributed to this important program which we hope will improve the enjoyment of Centennial Parklands for all. Please direct any enquiries to Centennial Parklands on (02) 9339 6699.

The new procedures relating to the on-leash and off-leash regulations will be enforced by Parklands’ Rangers. Any enquiries should be directed to Centennial Parklands Administration on (02) 9339 6699.
Safety First for Centennial Parklands’ Visitors

Centennial Parklands has implemented a Visitor Safety Program (VSP) to ensure the safe use of Centennial Parklands by all park users.

With usage of Centennial Parklands continuing to increase, greater pressure is placed on this unique resource to balance the needs of the various groups that use the Park. A set of guiding principles has been developed in an effort to accomplish a number of goals. These include increasing visitor safety and visitor's perceptions of safety, ensuring that Centennial Parklands provides a safe environment for all people and activities, increasing opportunities for access to Centennial Parklands by all users and to better manage the use of vehicles in Centennial Parklands.

Although the program has commenced, it may take up to 12 months to reach the degree of coverage and scope Centennial Parklands is aiming to attain.

Trust Rangers and Ranger Security Officers will be the primary personnel within Centennial Parklands to implement the VSP. Police will also be an integral part of the program assisting Rangers in targeting and enforcing regulation breaches.


Rangers can issue official cautions and/or penalty notices.

The VSP will focus on a range of strategies to deal with Park users who breach regulations.

These are:

**Inform – Communication** (both written and verbal) between park users and Rangers to educate users on permissible and non-permissible activities in Centennial Parklands and/or,

**Official Caution (warning)** – An official caution is a warning to a person that they have committed an offence against an Act. Official cautions will be issued to a person if it is deemed by a Ranger that there are circumstances which do not warrant a penalty notice. An official caution is a written notice which will be issued to the person and a duplicate is also held by the Trust.

**Penalty Notice** – A penalty notice will be issued to a person when it has been identified by a Ranger that the person has committed an offence against any Act under which the Ranger can act.

The decision to inform, issue an official caution or issue a penalty notice will be at the discretion of the Ranger who identifies that an offence has occurred.

Centennial Parklands will continue to involve and consult with community groups and individuals in relation to codes and policies. Guidelines will be drawn up in conjunction with the Regulations to ensure people visiting Centennial Parklands conduct their activities safely and without interference with other Parklands visitors or the environment.

The following offences will be specifically targeted under the Program. These were identified from visitor surveys and public complaints as issues of considerable concern:

- Traffic offences, specifically vehicles exceeding the 30 Kph speed limit, vehicles driving contrary to Stop signs
- Inappropriate and/or offensive behaviour
- Training cyclists, specifically riding in a group of more than 15 or more than two abreast
- Cyclists and rollerbladers not wearing helmets
- Dog offences, specifically dogs not under effective control by leash, cord or chain and
- Illegal trading in Moore Park

Centennial Parklands intends to promote and encourage people to play an important role in ensuring their actions and activities are courteous and mindful of others when visiting Centennial Parklands. The conservation of Centennial Parklands relies on park users and Rangers working together to ensure the experience and expectation people seek when visiting Centennial Parklands is met.

Consultation with people interested in being involved in this process is encouraged. If you are interested in more information, please contact the Coordinator, Access and Safety on (02) 9339 6617.

You can help us ensure Centennial Parklands is a safe and enjoyable place for all who visit by contacting Ranger Security on 0412 718 611 if you see anything you believe may be a dangerous or unsafe situation.
Healthy Parks Healthy People

A regular visit to your local park or gardens is good for your physical, mental and social wellbeing. This is the key message being promoted through the Healthy Parks Healthy People program being launched on Sunday 26 October in Centennial Park.

The Healthy Parks Healthy People launch event will feature a range of sporting, artistic and cultural events and activities for all the family including cooking demonstrations, kite flying, tai chi, outdoor art and bushwalking. The event launches an ongoing program developed to encourage the idea that spending recreation time in a well maintained park environment leads to greater health and fitness of both individuals and society.

Centennial Parklands has combined with Sydney Olympic Park, the Royal Botanic Gardens, Parramatta Park, NSW National Parks and Wildlife Service along with NSW Health, Department of Tourism, Sport and Recreation and other government and non-government agencies to launch a program that will provide physical alternatives to static pastimes in order to get our community more active – and healthier.

Centennial Parklands, given its status within the metropolitan area, will be a major focus of this initiative. Centennial Parklands Marketing and Community Relations Manager, Sarah Dinning, says that “wellness” is at the core of the Healthy Parks Healthy People program.

“Wellness encompasses better physical and mental well being and helps prevent disease and illness. It’s about making our community healthier and making our lives more enjoyable,” she said.

“What we’re aiming to do is to get people first to know their parks and then to use them.

“We don’t necessarily want people to undertake a heavy fitness regime. What we want is for people to get out and use the parks that dot Sydney. There are innumerable ways to enjoy and get to know our parks.

“Take a walk, include the family and friends, ride a bike or put on the trainers and have a bit of a jog. Walk or run under the trees or along the paths that meander through our parks. Picnic in the park with family or friends or let the kids ride their bikes in a safe environment. There are health benefits and social benefits to be gained by an hour or an afternoon in the park.”

This is the first time Sydney’s park administrators have combined to spread the “parks message” city wide.

“It’s based on the highly successful program of the same name that was introduced in Victoria a couple of years ago,” Sarah Dinning said.

“The Victorians found that not only did the program provide real community health outcomes but it also increased the community’s sense of value in the parks.

“By launching Healthy Parks Healthy People in Sydney, we hope to repeat the Victorian success – both for the community and the parks themselves,” Sarah Dinning said.

In addition to the sporting and cultural activities on the day, Sydneysiders are invited to enjoy a variety of stalls offering health related advice, cooking demonstrations, healthy food and a range of entertainment.

The Hon. Sandra Nori, MP, Minister for Tourism and Sport and Recreation and Minister for Women will launch the Healthy Parks Healthy People initiative at the event.
Bird in the Park – Spring

By Trevor Waller

The Tawny Frogmouth is probably the best-known Australian nocturnal bird. By day, it can occasionally be seen in typical camouflage pose, sitting on an exposed branch close to the trunk. Its grey mottled and streaked plumage looks like old weathered wood. When it is disturbed or feels threatened it adopts a “broken branch” pose. It stretches out its body, raising its beak into the air and mimic a broken branch. The bristles above the beak looking like the jagged end of a branch. Its yellow eyes look through narrow slits and its head turns to follow movement.

At night it hunts mostly ground dwelling creatures, large insects, frogs, spiders and small mammals. It sits watchfully on branches, fence posts or low perches from which it glides silently down to take prey on the ground.

The call of the Tawny Frogmouth is quite resonant in the dark and sounds like a low, pulsing “oom-oom-oom” which can be difficult to locate. Its flimsy nest is built on a horizontal fork, constructed of sticks placed across the fork and lined with leaves. Nesting takes place from August to December and two to five eggs are laid. The male incubates the eggs by day and the female at night. The eggs hatch after about 30 days and the chicks leave the nest after about four weeks.

Typical habitat for the ‘Tawny’ includes forests, rainforest margins, woodlands, parks and open eucalypt forests. It can be found all over the country where the habitat suits it.

There are two places in Centennial Parklands to look for them. They have nested in Lachlan Swamp and in the pines near the children’s cycle track. If you should find a bird roosting during the day please take care not to disturb it.

Person in the Park – Todd Philpott

Todd Philpott has been visiting Centennial Parklands since he was a toddler. His memories of Centennial Parklands are mixed. As a child and teenager he used to run and play in Centennial Park, visit the ponds and wonder at the magnificent trees and wildlife.

Then something changed his life forever. In 1992, Todd was involved in a motorcycle accident on York Rd, near Queens Park. He survived the accident but lost his right leg, amputated above his knee.

Todd is philosophical about the accident and losing his leg, “To be upset about what you don’t have is to waste what you do have,” he says. His humour and big smile then come to the fore, “My tap dancing is a little slow but the rest is o.k.”

Todd visits the Park daily to train on his handcycle, a vehicle similar to a bicycle but powered by his arms. He wanted to carry on with his fitness pursuits after the accident and when he met John Maclean, a handcycling champion, he decided to take up that sport.

Since then Todd and John have become friends and regularly train together. Todd is an ambassador for the John Maclean Foundation which last year raised over $300,000 for the K for K Ride which was held in Centennial Park in June 2002. Money raised by the Foundation goes towards purchasing sporting equipment for amputees to improve their self esteem and quality of life.

When he is not training, Todd visits schools as a volunteer and speaks to children about how he strives for perfection in his life and his beloved sport. He says, “Never give up. If someone like me can be the only amputee to run a New York Marathon and represent my country, then think what you can do”.

He speaks about Centennial Park as an oasis in the middle of the city. “The best part of my training run is when I do the warm-down laps. I roll past and just smell the flowers and gaze at the scenery,” he says.

Todd is now the National Handcycling Champion and is heading to Prague in September for the Europe and World Championships. A finish in the top three would mean qualifying for the Athens Paralympics in 2004.
Queens Park Master Plan

Centennial Parklands has prepared a strategic Master Plan for Queens Park. The aim of the Master Plan is to incorporate the relevant outcomes from the Plan of Management into Queens Park - that is, the Transport Access and Parking Plan and the Tree Master Plan.

In addition to understanding how the different plans would affect the Queens Park area, Centennial Parklands also wanted to look at areas of improvement which could be undertaken as part of the Park Improvement Plan.

The key elements of the plan are:
- Adaptive reuse of the existing maintenance building to a cafe/kiosk facility
- Upgrading the existing playground
- Upgrading the existing amenities buildings
- Construction of a north/south cycleway between Darley Rd and Queens Park Rd
- Construction of perimeter cycleways as part of the regional transport network and for recreational pursuits
- Improving pedestrian and cycle links with Centennial Park at the corner of York Rd and Musgrave Ave
- Improving the sense of entry to the park by creating paved entrances with seating and signage at key entry points
- Introduction of viewing ‘platforms’ and seating areas in the eastern parts of the park to take advantage of elevated views
- Replanting trees to edges and internal areas of the park to provide more shade and reconstructing the perimeter canopy which is a strong characteristic of Centennial Parklands
- Modifications to mowing regimes to develop varying ground effects

Implementation of the Master Plan will be part of the Park Improvement Plan over a seven to ten year period.

The draft Master Plan and accompanying report will be exhibited at the Centennial Parklands Administration Building, Cnr of Parkes and Grand Drives, Centennial Park, Waverley Council Chambers and Library, Cnr Bondi Rd and Paul St, Bondi Junction and Randwick Council Customer Service Centre, 30 Frances St, Randwick from late September 2003. Submissions on the draft Plan are invited until 30 November 2003.

Once the exhibition period is complete, Centennial Parklands will commence the process for amending the Centennial Park and Moore Park Trust Plan of Management to include the Queens Park Master Plan.

This will include a review of submissions and amendment of the draft plan as appropriate.

For more information please call Centennial Parklands on (02) 9339 6699.

Spring Picnic in Centennial Park

The Sydney Morning Herald’s Good Food Month turns six this year. Celebrate spring - and the warmer weather that accompanies it - at the first ever Spring Picnic. It will be held on Sunday 21 September from 11am to 3pm.

Food producers from all around NSW will gather in Centennial Park to sample, sell and showcase their delicious array of goods. Products will include cheeses, preserves and chutneys, ice cream, bread, pasta, olives and a variety of smallgoods.

The Spring Picnic will be an event for the whole family so bring along a rug and an empty picnic basket to fill. Alcohol is not permitted to be taken into the event but it will be available on site - there are plenty of wines on offer. There will also be light entertainment and activities for the kids. Public transport is strongly advised.

Contact the transport infoline on 131 500 or visit www.131500.com.au

This free event will include entertainment children's activities and cooking demonstrations. Grab your appetite, friends and family and enjoy a great day in the Park.
The Lifecycle of Trees
MAINTAINING CENTENNIAL PARKLANDS’ VISION FOR FUTURE CENTURIES

All across Centennial Parklands, from the sandstone cliffs, through the open spaces and wetlands, across Moore Park to the very edge of high density urbanisation, the figs, eucalypts, Norfolk Island pines, Holm oaks, wattles and a myriad of other species, totalling more than 9,000 in all, are the very fabric and the heritage of Sydney’s premier parklands.

The 640 acres of sandy native scrub and wetlands designated to mark and celebrate the first 100 years of European settlement, has now become the preeminent Sydney parklands.

Now, age is inexorably catching up with the trees.

In the human life cycle, the death of an aged and respected member of a family leaves an immense void – an integral part of the family circle is removed and the central focus and heritage of the family disrupted.

Applying the family analogy to Centennial Parklands’ trees, the majestic aged figs, the oak trees, the melaleucas and the eucalypts are the central focus and epitomise the heritage of Centennial Parklands.

What Charles Moore and his eminent successor Joseph Maiden created was a grand but complex Victorian park with exotic and native species. Moore preferred Moreton Bay Figs (*Ficus macrophylla*) and Maiden interjected with Port Jackson figs (*Ficus rubiginosa*), grand palms and paper barks (*Melaleuca quinquervia*).

During the regime of Moore there was public disquiet at his choice of “the inevitable Moreton Bay Fig” but his legacy along Anzac Parade has seen time overcome initial displeasure. Planting a northern New South Wales and Queensland species into poor, sandy soil and a high water table also created a conundrum – what was the life span in an alien environment? The answer is that no one knows for sure. The Moreton Bay Figs along Anzac Parade, planted in the 1860s, still show evidence of growth.

This current generation of park users is reaping the full benefit of the visions of both Moore and Maiden but unless replacement plans are implemented, the legacies of these two Directors will be lost to future generations.

In the words of Ted Hoare, Senior Arborist and a man approaching his third decade in Centennial Parklands: “While we enjoy the thought and scope of Moore and Maiden now, we must ensure that it is carried on in the future.”

The Tree Master Plan for Centennial Parklands is the vehicle for maintaining the Moore/Maiden palette (the heritage) while accommodating the ever changing recreational and leisure needs of park users as well as changes in the setting itself (modern life and urban environment).

The combination of heritage and a modern urban environment has seen the replication of the planting and design patterns of Moore and Maiden with the introduction of both new native species and pockets of unique use, like the children’s cycle track and the Avenue of Nations.

No tree, says Ted Hoare, is removed unless it is dead or poses a threat to park users. But planning, and planting, must continue if the Centennial Parklands vista, evident today, will still be evident in another 100 years.

Centennial Parklands is now in the third year of a five year replanting program. Some replacement trees, cultivated in northern New South Wales.
and on the Central Coast have already been planted. Along Anzac Parade and other parts of Centennial Parklands, two or three metre high trees can be seen, extending their roots from trunks rising from the ground just beyond the canopy of the original trees.

"You can’t plant new trees under old trees, neither will survive," states Ted Hoare. "We select good stock of the right species from our suppliers and then we time our planting. Despite popular belief, spring is the wrong time to plant. We plant in April and May, when the soil still retains some summer warmth and the tops of the trees have slow growth."

"The trees' energy at this time of the year is concentrated in the roots and that’s what we need, strong root growth for establishment. We use no fertiliser, surround it with organic mulch and follow a strict watering regime – if it’s a 100 litre root ball then we give it 100 litres of water twice a week for eight weeks. "We have one arborist whose primary job is to look after all the young trees," Ted says."

"For the first three years after planting out, we follow an integrated pest management plan and have inspections of all the young trees once a month. We use information technology to track each tree and place it within the context of our overall tree data base. Whereas Moore and Maiden had their notebooks and after them much was recorded on scraps of paper, which more often than not have been lost, we have a full tree data base, it’s our tree population count."

Within the data base there is also SULE – Safe Useful Life Expectancy of trees – which allows us to plan when we may need to replace individual trees. But we’re still learning about life expectancy. This is an alien environment for many of the trees we have, and not just the exotics. There’s also been the history of care of dome of the trees. Decades ago, grass was planted over the roots of many of the figs and mowing damaged the root structure.

"We’ve addressed these practices but what we don’t know are the long term effects of events in the 1940s, 1950s and even the decades before the War."

"What we now aim to achieve, through the introduction of the Tree Master Plan, is for Centennial Parklands to look the same in centuries to come as it does today and that every generation from now on will be able to enjoy what we enjoy today."

In June 2003, Centennial Parklands launched a new Ecosystem Education Program for Sydney schools with a demonstration of new scientific water-testing research equipment.

A $1000 grant was provided to Centennial Parklands and the Department of Education by HSBC, the world’s second largest bank, to develop a curriculum-based excursion program and education kit containing scientific research equipment and resources to enable local Year 11 biology students to study a local ecosystem.

Sydney Girls High School will be the first of a number of local schools to visit the ponds within Centennial Parklands on this educational excursion program. Pupils will receive hands-on tutorials with the opportunity to measure abiotic factors such as light intensity, soil temperature and humidity and count the number of plants and animals in a specified quadrant.

This project is being undertaken as part of an environmental initiative between Centennial Parklands and HSBC, designed to increase awareness amongst secondary school students and the local community of the value of freshwater, the notion of sharing resources and caring for them and the diversity of an ecosystem and the protection of wildlife. The aim is to create greater respect for local wetlands and promote the idea of building a sustainable future, rather than living just for today.

Ms Sarah Dinning from Centennial Parklands said, "We are excited about this joint initiative between ourselves, HSBC and the Department of Education. It is a great opportunity to expand our environmental education program for schools in our region."
GOOD FOOD MONTH
SPRING PICNIC
The Sydney Morning Herald's Good Food Month turns six this year. In addition to the many other activities planned for the month of September, the first Spring Picnic will be held in Centennial Park.
Small food and wine producers from around New South Wales will gather to showcase their extensive array of goods. Products include cheeses, pasta, bread, olives, chutneys and preserves, ice cream and a variety of smallgoods all accompanied by superb regional wines.
This free event will include entertainment, children's activities and cooking demonstrations.
Grab your appetite and an empty picnic basket and join in the fun.
This is a licenced area so BYO is not allowed at that site.
Sunday 21 September

HEALTHY PARKS
HEALTHY PEOPLE
Visiting parks and gardens can have great health benefits. Healthy Parks Healthy People is a new initiative being launched at Centennial Parklands on Sunday 26 October which will highlight the physical, mental and social health benefits. The day will feature a variety of sporting, artistic and cultural events and activities for all the family.
Key Sydney parks agencies have joined forces to host a fun-filled day promoting wellness and healthy activities from tai chi to bushwalking and from healthy eating to kite flying. Come and see what is happening in the NSW National Parks, Royal Botanic Gardens, Parramatta Park, Sydney Harbour Federation Trust, Sydney Olympic Park and of course Centennial Parklands.
Join us at Centennial Park for the Healthy Parks Healthy People celebrations and discover the benefits our parks have to offer.
Sunday 26 October
11am - 4pm

LIVID 2003
Moore Park will once again be the setting for the annual LIVID festival.
The top line up of international and local acts include Linkin Park, The White Stripes, Jurassic 5, The Roots, The Living End and Black Rebel Motorcycle Club and many more.
For further information visit the web site at www.livid.com.au
Saturday 11 October

WALK TO CURE DIABETES
Be part of the fun and help raise funds for the Juvenile Diabetes Research Foundation. This popular annual event will again be held in Centennial Park to raise awareness of diabetes. There will be entertainment, food, drink and much more.
Diabetes affects over 100,000 Australians and the funds raised will help support the Juvenile Diabetes Research Foundation in their pursuit to find a cure for this devastating disease.
So round up your colleagues, family and friends and join thousands of others as they wind their way along the 5km circuit.
The walk commences at 9.00am and ends at 1.00pm. For more information on how you can participate in the Walk to Cure Diabetes in your area, please call 1300 363 126 or visit the website at www.jdrf.org.au.
Sunday 17 October

JPMORGAN CHASE
CORPORATE CHALLENGE
This annual Sydney event attracts competitors from all over the world as one of the most hotly contested corporate races. Once again, employees of corporations, businesses and financial institutions will battle it out in this amazing event. Teams will compete against each other over a 5.6km course through the stunning backdrop of Centennial Park. The race will commence at 6.30pm on the Parade Grounds. Registration forms and procedures are available by visiting the website at www.jpmorganchasecc.com or by calling 1800 100 039.
Wednesday 12 November
Upgrade of the E.S Marks Field

The E.S Marks field has always been a popular venue for athletics carnivals and training. This year alone has seen more than 60 carnivals held there during both the summer and winter seasons. Due to heavy usage, the tracks have been deteriorating particularly on those used by athletes for sprint training.

As a result, Centennial Parklands has been working on a number of improvements to its sporting grounds and facilities over the past six months. These have included:

- A major ‘spring clean’ of the whole of the venue
- Much needed painting and infrastructure works throughout the facility
- New stadium and field lighting
- New flooring in the change rooms
- Replacement of the long jump boards
- Resurfacing of the Eastern side of the track and
- Line marking of the whole track.

The recent resurfacing of eight lanes on the eastern straight of the track and the line marking of the whole track was a three-week project which was run to an extremely tight timeline due to the heavy demand for this facility.

The work required removing the entire sub-base and worn surface of the track and commencing from scratch. The need for precision and excellence in all stages of the process was paramount.

We would like to thank all our users for their patience during this time. We are sure that all agree that the facility has been much improved as a result. We hope the new section of the track will continue to assist athletes in their quest to achieve their personal best.

Flower of the Season

Clivea miniata, also known as the Kaffir Lily, comes from South Africa. The Clivea was named after the Duchess of Northumberland who was a member of the Clive family. The species name miniata is a Latin term for the red colour of the flowers.

As an evergreen soft-wooded perennial, it is a popular plant in home gardens as well as forming a significant part of the plantings within Centennial Parklands. One major planting can be seen in a large bank adjacent to the Randwick Gates on Grand Drive. Grown for their strappy dark green foliage and striking orange to scarlet flowers, they create a tropical effect in the area in which they are planted.

As Clivea develops, they form a clump which can spread to cover a large area. These clumps may be divided to propagate more Clivea. Held above the foliage of the Clivea are the flowers, borne on leafless stems. These funnel shaped flowers provide reliable flowers from late winter to mid spring.

Clivea prefers filtered shade or morning sun/afternoon shade which makes it ideal for planting underneath trees. Good drainage and mulched soils rich in humus are beneficial, but not essential provided the drainage is at least moderate.

While not frost tolerant and also susceptible to sun scorch of foliage in exposed conditions, Cliveas can tolerate periods of mild drought and low light levels. With reliable moisture in spring and summer and the removal of spent flowers and leaves, Clivea can provide a lasting display.
FRIENDS – APPLICATION FORM

If you love Centennial Parklands, strengthen that relationship by becoming a Friend. Join Friends and contribute to the preservation of the precious Parklands of Centennial, Moore and Queens Parks. It’s a practical way of making a difference. Friends of Centennial Parklands enjoy the benefit of being closely associated with Sydney’s favourite Parklands as well as:

- 10% discount at Centennial Parklands Restaurant and Cafe
- Discounted Ranger-led activities, horticultural workshops and other events
- Discounts on selected Centennial Parklands concerts and events
- Quality keyring and membership certificate
- Parklands magazine posted four times a year
- Exclusive Friends events including the annual Christmas party.

Plus you will be helping to support the future of Sydney’s grandest 19th century public park, dedicated to the people by Sir Henry Parkes in 1888.

MEMBERSHIP CATEGORY

☐ Single (1 year) $55 inc. GST
☐ Family (1 year) $99 inc. GST

Name: Mrs/Ms/Miss/Mr/Dr ________________________________

Address: __________________________________________

Postcode: ______ Email: _____________________________

Telephone: home ____________ business ____________

Payment of $__________ is enclosed

(cheques payable to Centennial Park & Moore Park Trust) OR

Please charge $__________ to my:

☐ Bankcard
☐ Mastercard
☐ Visa

Card No. ____________________________

Card Holder’s name ____________________________

Expiry _______ Card Holder’s signature ______________________

Send to: Friends of Centennial Parklands
Locked Bag 15 PADDINGTON NSW 2021
Phone: (02) 9339 6699 Fax: (02) 9332 2148

SPOOKY SUPPER

On Friday, 31 October, Centennial Parklands restaurant will celebrate Halloween in the Park – fun after dark for the Friends of Centennial Parklands. The restaurant will open its vaults to a ghoulish gathering with spine-tingling, ranger-led games and activities and fun for monsters big and small. There will be prizes for best costumes. The dinner will commence at 5.30pm and finish at 7.30pm with a set menu followed by activities. This event is held every year and is always very popular. Bring your own torch and join in the fun. Bookings essential. Call Centennial Parklands Restaurant on (02) 9360 3355.

NEW FRIENDS

As an acknowledgement of their support, we welcome the following new Friends of Centennial Parklands.

Mr David and Mrs Michele Wearn
Mr Chris Winter
Dr Desmond Rea
Ms Pauline Markwell
Ms Robin Cranitch
Mrs R Braithwaite-Young
Christmas Lunch
Amongst the Trees

To celebrate Christmas 2003, Centennial Parklands Restaurant has created an exciting menu that offers festive tradition with a seasonal twist. What better way to bring the year to a close than to while away a summer afternoon at one of Sydney's best-loved locations?

Following the huge success of the Restaurant's Christmas season in 2002, this year's menu celebrates the finest seasonal produce in dishes with a traditional theme. Entrees include chilled cucumber & mint soup and tarragon chicken salad with spiced mango while main courses take on a distinctly summer flavour with star dishes such as thyme & apricot stuffed turkey with cranberry & vodka jus. Plus our wine list offers great value and is the perfect complement to the Christmas menu.

“We are really excited about our Christmas menu,” says Restaurant Manager Andy Bell. “We have kept it conventional but introduced modern elements such as the vodka infused jus and a Thai-inspired octopus.” The sublime setting of the Restaurant's vine-laden twin pavilions is the perfect place for a relaxed Christmas celebration, ideal for small corporate groups and private parties from 6 to 40 people.

“It's so delightful here in summer, and it's only ten minutes from the CBD with plenty of free parking!” says Andy explaining the popularity of the restaurant for Christmas and end of year lunches.

With the spring wedding season in full swing, Landmark's functions team are busy preparing the restaurant for an exciting summer season. Christmas functions for up to 300 people (cocktail style) are also available through Landmark Catering and dates throughout November and December are filling fast. Contact the Functions Team on 9361 6288.

The restaurant's Christmas menu will be available from November 17 through to December 31 and bookings are now being taken. Starting at $50 per person for two courses this menu is a popular option for groups looking for a memorable way to celebrate the Christmas season. The restaurant is open for breakfast and lunch seven days a week. For bookings and details contact: Andy Bell on 9360 3355.

Recipe

ROAST RACK OF LAMB, SPANISH ONION, PUMPKIN, FETTA AND WATERCRESS PUREE

Serves four

Ingredients
1 x 8 rack of lamb (frenched)
1 spanish onion
250g diced pumpkin
1 sprig of rosemary
1 firm plum tomato
1 bunch of watercress
1 sprig of mint
50g fetta, diced
10mls olive oil
5mls balsamic vinegar
1 bunch flat leaf parsley
Salt and pepper to taste

Method
Pre-heat oven to 220°C.
Peel and remove seeds from pumpkin and cut into 1cm dice. Peel Spanish onion and cut into quarters leaving the root intact. Score tomato, top and bottom then blanch in boiling water for 10 seconds. Remove and place into iced water. Peel away the skin, cut in half from top to bottom, remove seeds and cut into strips. Blanch watercress and parsley in boiling water for 10 seconds then refresh in iced water. Drain and squeeze excess moisture then puree with mint and olive oil. Seal lamb in hot pan, season and place in oven for 20 mins. At the same time, pan-fry pumpkin, onion & rosemary in olive oil, season and roast for 20 mins. Remove lamb from oven and allow to rest for 3-4 mins. Place puree in centre of plate, layer pumpkin, onion and rosemary on top. Arrange fetta and tomato neatly around plate, slice lamb into four and place on top.
28 Sunday
BIRDWATCHER’S BREAKFAST
Join this early morning guided tour to spot some of Centennial Parklands’ migratory and resident waterfowl and birds. A new meeting point and route will allow the visitor to choose different sections of birdwatching for adults. Bring binoculars. Includes breakfast. 7:30am - 9:30am $15 per person. Meet York Road Gates. Bookings essential (02) 9339 6690

28 Sunday
PONY RIDES
The only place where kids can jump into the saddle so close to the city! Hand-fed, 10 minutes rides for children. Extraordinary hours due to popular demand. Limited tickets. 10.00am - 4.00pm or until sold out. $9 per ride. Tickets at Mobile Ranger Station, Centennial Parklands Cafe. Waxed permit required. Bookings not required.

29 Monday
FOX STUDIOS
Check out the free school holiday entertainment.
Information - www.foxstudios.com.au

OCTOBER

data: [18 November - 2 November]

28 Sunday
AUSTRALIAN WILDLIFE SHOW
Get really close to live Australian animals such as possums, bats and birds during this amazing show with wildlife experts Julie and Anthony. All ages. 10.00am - 11.00am, $8.50 per child. 5 years and under must be accompanied by an adult. Meet Supermaind’s Residence, Paddington Gates, on Oxford Street and Lurig Road. Bookings essential (02) 9339 6699

30 Tuesday
AUSTRALIAN WILDLIFE SHOW
Art in the Open Air is a series of drawing lessons by art teacher and art therapist Gillian Hardem-Lloyd designed to teach children to open their eyes so they can really ‘see’ nature. Learn how to draw the wondrous curves and details unique to each leaf and limb and discover some creatures lurking in every space. (Ages 8 - 11yrs) 9.30am - 12.30pm $100 per child. Bookings essential (02) 9339 6690

30 Tuesday
DANCE AND TRACES
Come and track and follow the footsteps, dogging, scats and scratches left behind by animals living in Centennial Parklands. Who are these traces belonging to and what are they telling us? Combine own reasoning with traces ‘writting paper’ to take home with you. 2.00pm - 3.30pm. $5.00 per child (5 - 12 years). Meet Shelter Pavilion. Bookings essential (02) 9339 6690

SPRING EVENTS 2003
SEPT • OCT • NOV

ALL SEASON

Imprints
Don’t miss the free exhibition of famous artist Austin Pratt and others on display at the Supermaind’s Residence. The exhibition Imprints contains the prints that have taken place in Centennial Parklands over the years and the impact of the landscape on the people who have used it. Supermaind’s Residence to the end of October 2003 on weekends and weekdays from 10.00am to 3.00pm.

INFORMATION - www.foxstudios.com.au

TRACKS AND TRACES
Learn from the traditions of the Spring Egg Festival with local curvular guide Deb Dennis. Discuss eggs in aboriginal style, pin in the egg hunt and hear why this Spring Egg Festival is so important for indigenous people. 10.00am - 11.30am. $9.50 per child (4 - 10 years), adult free. Meet Shelter Pavilion. Bookings essential (02) 9339 6699

9 Saturday
WALK TO CURE DIABETES
Be part of the fun and help raise funds for the Juvenile Diabetes Research Foundation. This popular annual event will again be held in Centennial Park to raise awareness of diabetes and to support the families, friends and friends and join thousands of others as they walk their way along the 5km circuit. Information - 1300 363 126 or www.jdf.org.au

26 Sunday
HEALTHY PONIES, HEALTHY PEOPLE LAUNCH
A new program promoting the physical, mental and social health benefits to individuals and the community from visits to parks and gardens will be launched at Centennial Park on 26 October from 11.00am - 4.00pm. Activities for junior and adult audiences and displays have been planned for all the family.

29 Wednesday
MY LITTLE PONIES
See 10 September

12 Wednesday
JUMP MORGAN CHASE CORPORATE CHALLENGE
This annual Sydney event will attract competitors from all over the world. Each year, once employees of corporations, businesses and financial institutions have battled it out in this event. The race will commence on 10 September at 26 October.

11 Saturday
LIVID
Moore Park will once again be the setting for the annual LIVID festival. Australia’s longest running and biggest music and arts festival will rock the sound system of the world’s biggest performers. Information - www.livid.com.au

12 Sunday
PONY RIDES
See 28 September

18 Saturday
WILDLIFE PHOTOGRAPHY
Join local photographer Ian Lever for this two hour practical introduction to wildlife photography in Centennial Park. For adults. Bring own cameras (SLR) and 2 rolls of 24-exposure film. Includes breakfast. 8.30am - 10.00am. $17.50 per person. Meet Shelter Pavilion. Bookings essential (02) 9339 6690

19 Saturday
BUSBY’S BORE BAKE
The route of Busby’s Bore, the underground supply of early Sydney’s drinking water, with Sydney Water Superintendent John Breen. Visit the source of the bore at Busby’s Pond and the memorial cairn in Centennial Park, and see an exclusive viewing of the shaft into Busby’s Bore within Fox Studios. For adults. 10.00am - Noon. $12 per person. Meet Roberton Row Gates, Finleyhe of Fox Studios. Bookings essential (02) 9339 6699

7 Friday
SPOTLIGHT PROWL
6.30pm - 7.30pm. See 30 September

5 Saturday
SPOOKY SUPERIOR
Centennial Park’s Restaurant is celebrating Halloween in Centennial Park. Fun after dark for the Friends of Centennial Parklands. The restaurant will open its vaults to a ghostly gathering of friends, families and friends and join thousands of others as they walk their way along the 5km circuit. Information - 1300 363 126 or www.jdf.org.au

6 Tuesday
MY LITTLE PONIES
See 10 September

23 Sunday
BIRDWATCHERS BREAKFAST
See 28 September

30 Sunday
FARKLIKE
This popular music event will again be held in Centennial Parklands and will feature a line up of top national and international DJs. Kikissi, Baboon, Moore Park.

Information - Fuzzy Marketing on 9267 5510 or www.fuzzy.com.au

AVOID THE FUSE. CATCH THE BUS

BOOKING INFORMATION
Bookings and advance payments are required for all Escape and Explore activities. Numbers are strictly limited and places will be held without payment. Bookings can be made by phoning (02) 9339 6690 or by the Administration. Booking fees to be added as indicated. Cancellations must be made at least 48 hours prior to the activity. A full refund will be given if an activity is cancelled due to wet weather. Cancellation of 10% is required, if otherwise stated.

THE BEST TECHNIQUES FOR CATCHING AND HANDLING INJURED ANIMALS, will lead your hand to construct nestboxes for animals in Centennial Parklands. Learn basic tips on how to attract wildlife to your garden and find out how to prevent native species from becoming pests. Booking fees to be added as indicated. Cancellations must be made at least 48 hours prior to the activity. A full refund will be given if an activity is cancelled due to wet weather. Cancellation of 10% is required, if otherwise stated.

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**QUICK GUIDE**

**First Aid and Emergency**
24 hour Ranger service, 7 days.  
Tel: 9746 2164 or 9746 0444

**Administration**
8.30am-5pm Monday-Friday, Located behind Centennial Parklands Cafe.  
Tel: 9339 6699 Fax: 9332 2148

**How to Get Here**
- By Bus: easily accessible by bus. Route 329 from City stations and 355 from Bondi Junction run regular services to Moore Park, Route 37B from Central and 330 from Circular Quay run services to Centennial Park.
- Car: main gates to Centennial Park open sunrise to sunset. Car Free Days are held on the first Sunday in March, June, September and December. A 30km speed limit applies on all roads in Centennial Park.

**Facilities and Amenments**

**Centennial Parklands Restaurant**
Modern Australian a la carte restaurant offering a full wine list. Open daily for breakfast and lunch. Also available for weddings and function hire.
Open 7 days, 8.30am-3pm. Tel: 9360 3355

**Centennial Parklands Cafe**
Specialising in light meals and snacks, the Cafe offers open air eating in our award-winning forecourt. Open 7 days, 8am-5pm. Tel: 9380 6622

**Centennial Parklands Kiosk**
Located next to the Duck Pond, the Kiosk serves sandwiches, light meals, coffee, cold drinks and ice cream. Open Weekends and Public Holidays, 8am-sunset.

**Centennial Parklands Children's Centre**
Long day care centre for babies to pre-schoolers. Tel: 9663 1200

**Things to Do**

**Cycling & Roller Blading**
A 4km cycling and roller blading track follows the perimeter of Grand Drive. A Learner's Cycleway for children is also available (cycling only). Cyclists are not permitted to ride in packs of more than 15. Hire available from:
- **Centennial Park Cycles:** Tel: 9338 5027 (bikes & blades)
- **Woolys Wheels:** Tel: 9331 2671 (bikes)
- **Bondi Boards & Blades:** Tel: 9369 2212 (blades)
- **Total Skate:** Tel: 9380 6036 (blades)

**Dog Walking**
Dogs can be exercised off leash, but under control in Centennial Park outside Grand Drive, and in Moore and Queens Parks. Dogs must be on a lead inside the Grand Drive circle and Federation Valley. For safety reasons dogs are not allowed on the horse or cycle track, roads, equestrian grounds, children's playgrounds, Learner's Cycleway, in ponds or on sporting fields when in use. Dogs must be kept 10 metres from BBQs.

**Jogging & Walking**
A 3.6km jogging track is available around Grand Drive. Self-guided walking trails are located at Lachlan Swamp and the Duck Pond. Guided walks held regularly each season. Guided walks bookings: Tel: 9339 6699

**Horse Riding**
Centennial Park is one of the few remaining parks in the world offering inner-city horse riding, with a 3.6km circular horse track and some 2 hectares of fenced equestrian grounds. Horse hire available from:
- **Moore Park Stables:** Tel: 9360 8747
- **Centennial Stables:** Tel: 9360 5650
- **Eastside Riding Academy:** Tel: 9360 7621
- **Papillon Riding Stables:** Tel: 8556 9856
- **Budapest Riding School:** Tel: 6419 231 391

**Picnics & BBQs**
The Parklands offer unlimited picnic spots, with views of ponds, fields and gardens. Also five BBQ locations in Centennial Park and one in Queens Park. Access to picnic areas and BBQs operates on a first-in basis. Bookings required for groups of 50 or over. Bookings: 9339 6699

**Children's Activities**
Range-led birthday parties, toddler activities, holiday activities and school excursions are available as part of the Parkland's Escape and Explore Program. Tel: 9339 6699

**Book a Space for Playing or Entertaining**

**Centennial Parklands Restaurant**
Available for weddings and function hire. 8.30am-3pm.
Bookings: Tel: 9360 3355

**Events**
Submitations from the public are welcome for activities and events that support the Parklands' cultural policy.
Enquiries: Tel: 9339 6615 or 9339 6635.

**Filming & Photography**
Centennial Parklands offers a versatile range of locations for commercial filming and photography at competitive rates.
Enquiries: Tel: 9339 6621

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**Centennial Parklands**

**User's Guide**

Centennial Parklands offer unlimited picnic spots, with views of ponds, fields and gardens. Also five BBQ locations in Centennial Park and one in Queens Park. Access to picnic areas and BBQs operates on a first-in basis. Bookings required for groups of 50 or over. Bookings: 9339 6699

**Playing Fields**
Playing fields in Centennial, Moore and Queens Parks are available for team sports, including cricket, soccer, hockey, rugby and touch-football. Also available is ES Marks Athletics Field featuring an international standard 400 metre running track, full facilities. Bookings: 9339 6699

**Centennial Square**
Surrounded by trees and designed for marques, this site caters for up to 1200 people. Located next to one of Centennial Park's historic ponds on the eastern side of the Park. Perfect for weddings, launches and events.
Bookings: 9339 6699

**Services & Amenities**

**Friends of Centennial Parklands**
More than a group of park lovers, the Friends are an important association of like-minded people committed to preserving the Parklands' history and culture.
Tel: 9339 6699

**Community Consultative Committee**
Meets approximately every six weeks. Committee members can be contacted via Centennial Parklands administration.
Tel: 9339 6699
Email: ccc@cp.nsw.gov.au
Website: www.cp.nsw.gov.au/about/community

**Park information**
Information, maps and brochures are available from the Administration Building (behind the cafe) or the Superintendent's Residence, Wednesdays and weekends (10am-3pm).

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**Contact Information**

**Centennial Parklands**
Locked Bag 15
PADDINGTON NSW 2021
Tel: (02) 9339 6699 Fax: (02) 9332 2148
www.cp.nsw.gov.au
Email: info@cp.nsw.gov.au