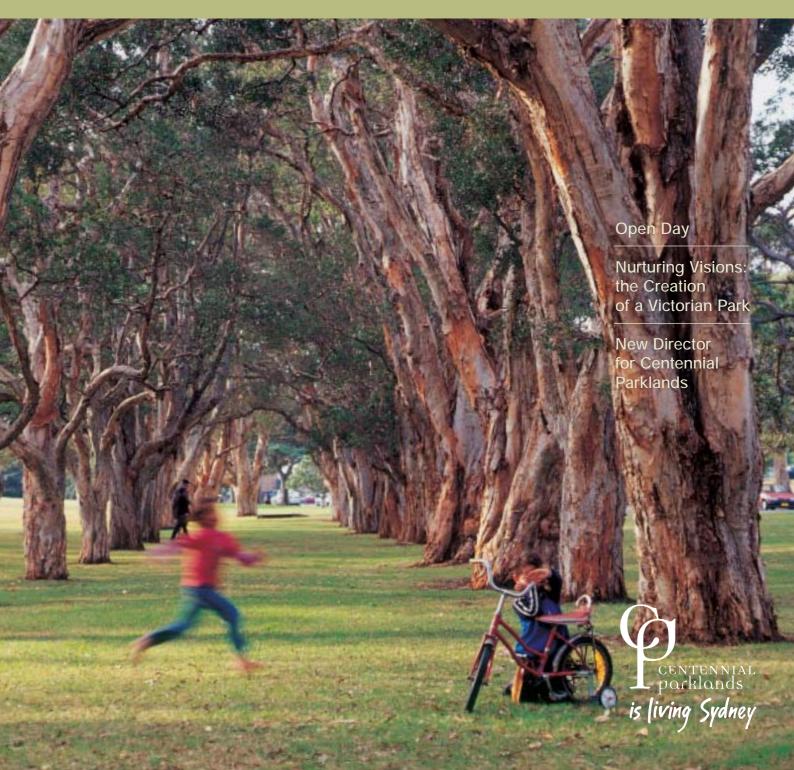
PARENTE OF CENTENNIAL PARKLANDS



Directions



Welcome to the Spring edition of Parklands, with its new fresh look. As you are probably aware, I joined Centennial Parklands at the start of July, and it's great to be part of such a professional and motivated team.

Managing the Parklands requires the team to balance a busy schedule of daily tasks while dealing with the many challenges that arise and still find time to explore fresh ideas. For example, presently we are planting macrophytes (aquatic plants) around Randwick and Busby's Ponds, cleaning the statues from the Column and Rose Gardens, undertaking annual tree maintenance. completing the refurbishment of the Paddington Gates playground and designing the spring bedding.

We have also been seeking community consultation on the five yearly Regulation Review for the Parklands, which has received a strong response from the community. We are organising the upcoming spring events such as Centennial Parklands Open Day, which will be held in conjunction with the Healthy Parks Healthy People initiative and looks like it will be a great day out for everyone.

Sadly, there was the death of Neil Barker, who was a well-known and likeable man, as the many articles following his death testified. We extend our sympathies to his family.

It is a great honour to hold the position of Director of Centennial Parklands and to be involved with the Parklands that I have long admired. I look forward to growing with Centennial Parklands over the coming years and enjoying the many challenges to come.



Steve Corbett Director and Chief Executive Centennial Parklands



Parklands Magazine is published quarterly by the Centennial Park & Moore Park Trust: Locked Bag 15, Paddington NSW 2021

Centennial Parklands is managed by the Centennial Park and Moore Park Trust.

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Photography: Ian Lever and Michael Wee

Printed on recycled paper

Cover: Paperbark Grove, which forms part of Joseph Maiden's living legacy to Centennial Park

ISSN: 1447-7645

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Parkbench

Winner of Art Competition

Lots of hard work and imagination went into the entries that were received for Centennial Parklands Art Competition. The entries were very creative combining colour with glitter, ribbons and feathers, making the decision for first prize extremely difficult. The results are:

Winner (pictured below):

Clementine Ferrier, aged 6 years. Runner-up: Nicola Kwong, aged 14 years. Finalists: Diama Hanouka, aged 15 years; India Leonard, aged 5 years; and Jack Ringler, aged 4 years.

Congratulations to everyone who entered.

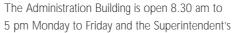


Spaces Between - Last Chance!

Make sure you see this free exhibition at Centennial Parklands which explores the history, diversity and benefits of our city's myriad public parks. These are the spaces between the workplace and home, between the past, present and future. Superintendent's Residence, Paddington Gates. Open Wednesdays and weekends 10 am - 3 pm until end of October 2004.

New Merchandise

Centennial Parklands has just extended its range of products for sale at the Administration Building and at the Superintendent's Residence. It now includes a range of sporty 'I love Centennial Parklands' t-shirts in all sizes and bucket hats. There are also umbrellas, hats, pens, postcards, t-shirts, a picnic rug and walking guides. So on your next visit to Centennial Park, come in and take a look and perhaps pick up one of these Park collectibles.





Residence is open 10 am – 3 pm Wednesdays and on weekends. We can also be contacted by telephone on (02) 9339 6699, by email on info@cp.nsw.gov.au or visit our website at www.cp.nsw.gov.au.

Car Free Day and Bicycle Brunch Tour



What better way to see the sights of Centennial Park than on your bike on Car Free Day? Enjoy a leisurely Sunday ride around Centennial Park's tree-lined avenues while the Rangers guide you through some of the wonderful features of this muchloved place. Pass by century-old structures, colourful garden beds,

ponds filled with birdlife and hear stories and experiences from the people that know the Park so well. This activity is for adults. You can bring your own bicycle and helmet along, or hire them on-site near corner of Hamilton and Grand Drives. 9 am – 11 am. \$15 per person. Includes brunch. Meet Superintendent's Residence, Paddington Gates. Finishes at Shelter Pavilion. Bookings essential (02) 9339 6699.

If a bicycle tour doesn't appeal, walk, cycle or catch public transport and enjoy the last Sunday of spring in the peaceful surroundings of Centennial Park. Accessible entry via Musgrave Avenue Gates (adjacent to toilets, barbecues and picnic facilities) 9 am – 5 pm.

Aquatic Plantings

Centennial Parklands is currently establishing aquatic plants in Busby's and Randwick Ponds. The planting is part of the restoration program for the ponds which will improve water quality, provide habitat and increase the amenity of the Parklands. The new plantings are netted to prevent birds from eating them.

The netting will be removed once the plants have established after the spring/summer growing period. These plants will provide improved habitat and filter dissolved pollutants such as phosphorus in the water. They also keep the aquatic benches (bank areas under water) stabilised which reduces the amount of sediment that can move around the pond and create blue green algae.



Pedalling Around the Park

In Centennial Park you can do as much or as little as you like, just as the mood takes you. If you happen to come to the Park for a leisurely stroll and then decide you would like to join in the fun of cycling around the Park's many different routes, now you can! An exciting new option is available to all visitors of Centennial Park.

You can now explore the beauty of the Parklands on a bike which you can hire from the bike hire facility located near the corner of Hamilton and Grand Drives. Nothing could be easier than hiring your own bike and helmet on-site then cycling around the Park to your heart's content and when you've completed your activity, simply drop the bike back off at this conveniently located hire facility.

You can hire a bike for as short a period as one hour or up to eight hours for more energetic visitors.

Director, Steve Corbett said, 'this is an excellent service for visitors to Centennial Parklands. As part of our *Healthy Parks Healthy People* initiative we encourage Sydneysiders to discover the many health benefits of visiting parks, and this is another way of making these benefits accessible to our Park users.'

Healthy Parks Healthy People is a new program which promotes the mental and physical benefits of spending time in parks. Research has shown that visiting a park can lower your blood pressure and improve your mental wellbeing.

Prices for bike hire start from as little as \$10 for children's bikes and \$12 for adults. Hire includes a safety helmet and water bottle holder.

It's a perfect way to have fun in the Parklands, and as the longer, warmer days of spring are creeping up on us, what better time is there to give it a try?

For more details, contact Centennial Parklands on 9339 6699 or visit www.cp.nsw.qov.au

Guriwal Bushtucker Trail

Randwick School's Pathways Class for gifted and talented children has been hard at work on a project to help with the design and implementation of the soon-to-be-relocated Guriwal Bushtucker Trail.

Julia Tritsch, their project teacher, was inspired by the innovative activities developed and run by Centennial Parklands Education and Interpretation Rangers. Julia thought it would be great for the children in her class to become involved in a year-long project that could contribute to the Parklands and tie in with the Year of the Built Environment. As the children are regular visitors to the Parklands, she felt the project would create a better understanding of the Parklands environment and a sense of contribution for the children.



The project involved the class being divided into groups with one group looking at signage, one at plant selection, another at security and the last at materials for a boardwalk.

Each group within the class carried out different tasks such as researching the soil in the area and identifying different plants that may be suitable for the soil, light and weather conditions. Then the children collected samples of the proposed plants and pressed them to display them as part of the project. They also met with local elders within the Indigenous community to discuss the proposed plans. Another group designed the layout of a new boardwalk and suggested materials that may be suitable for it.

The students meet for the class once a week, and have even managed to organise several trips to gather on-the-ground information at the proposed new site of the Guriwal Bushtucker Trail. Most of the tasks have been carried out as homework which demonstrates the students' discipline and commitment to their involvement in the project.

Taking up the challenge of designing a project that works with the environment and getting it off-the-ground has given the students a great sense of achievement, which has been their favourite part of the exercise to date.

Projects such as this provide Centennial Parklands with an opportunity to foster strong relationships with local schools and students. Students learn not only about the environment of the Parklands but also it allows them insight into the challenges and the complexity of managing such places.

A New Director for Centennial Parklands



' Centennial Parklands is an Australian icon and its importance to future generations cannot be underestimated.' Steve Corbett took up the role of Director of Centennial Parklands in July 2004, and is thriving in the role of managing 'one of the most vibrant and important cultural landscapes in Australia,' as he describes it.

Steve was previously CEO of the Royal Tasmanian Botanical Gardens and has nearly 30 years' industry experience in the management of parks, botanic gardens and open space areas. Sydney-born Steve and his wife Helen, enjoyed their two and a half-year stay in Tasmania with its relaxed lifestyle and friendly people – but admits that Sydney's balmy winter temperature was the first thing they enjoyed on their return.

Steve inherited his love for horticulture from his grandfather, 'I spent a lot of time learning the tricks of the trade from him. My grandfather inspired a lifelong love of plants in me,' he remarked. Fortunate to have been able to combine his passion with his career, after studying horticulture in Sydney, Steve spent a number of years at Australian National Botanic Gardens. It was during this time that his interest in Australian plants grew, 'One of my more enjoyable tasks was to collect native plants throughout Australia, from deserts to rainforests.' This experience continues to influence his work, 'In an urban context I tend to look at plants and how they affect the people using that landscape."

Steve held positions at Mount Annan Botanic Garden and at the Royal Botanic Gardens, Sydney, before taking up an appointment to work on the Sydney Olympic Games. The Olympics he said, 'Opened up a whole new set of challenges. Being responsible for the estate areas at the Regatta, Shooting, Archery and Equestrian Centres gave me a better understanding of the needs of sports users. While at Sydney Olympic Park I also gained experience in the complexities of the operations of major events and the immense enjoyment well-managed events provide for the community.'

Steve believes, 'there should be a balance maintained between passive and active Park users and that quiet places need to be preserved within the Parklands. As parks are one of the few places where society comes together equally, we need to ensure that this special value is recognised and protected.'

Like many of the visionary directors who have gone before him, Steve Corbett would like to leave his mark on Centennial Parklands. 'I see my role as that of a custodian. I would like to be remembered for supporting and implementing the Centennial Parklands Park Improvement Plan in such a way that the Parklands is managed sustainably in every sense and we meet the changing demands of the community." He goes on to say that it is important to, 'look after the Parklands' financial capacity to ensure stability and to be able to balance the social needs of Park users with the environmental needs of the Parklands."

Steve believes that, 'while Centennial Parklands is already recognised internationally, I envisage the Parklands will become an important cultural tourism destination. Centennial Parklands is an Australian icon and its importance to future generations cannot be underestimated.'

Twitcher's Corner



Superb Fairy-wren

By Trevor Waller

The longer, warmer days of spring are signalling to birds that it is time to start breeding and one such species which is very easy to spot at the moment is the Superb Fairy-wren, especially the males as their plumage changes colour during the breeding season. They are frequently spotted in bushes and grassy areas, often in small family groups made up of a dominant male, a female and young birds.

Superb Fairy-wrens are extroverted little birds with long brown tails, which they usually hold cocked-up. There can be quite a mix of different plumages within a group. The females and young males are mousey-brown colour with a whitish throat and breast, while their bill and area around their eyes is red-brown. When the male is not breeding his plumage is much like the female's except his bill is black and his face is grey-brown.

By contrast, when the adult male moults into his breeding plumage there is quite a change in his appearance. His upper body and breast transform into bright, deep blues with black banding and his tail becomes blue too. To call to each other they use a series of trilling notes, which strengthen into a strong downward cascade of more musical notes.

When they nest, they make a nest in a small sphere with a side entrance, built using grass stems, rootlets and lined with feathers. It is usually well hidden in a clump of grass or low, dense shrub. They will lay 3-4 small eggs, which are white with brown speckles. The female will incubate the eggs, and once they hatch the rest of the family group helps to feed the young chicks.

They are quite gregarious and active and can often be seen out in the open, moving briskly through bushes and over short grass looking for insects and other invertebrates, as well as earthworms and seeds to eat. However when they feel threatened will disappear quickly into nearby bushes. Once in the bushes they can be quite difficult to see.

Look out for Superb Fairy-wrens throughout the Parklands wherever there are bushes and open grassy areas. See the events calendar for details of the Birdwatcher's Breakfasts.

Person in the Park

James O'Loghlin has become one of Australia's leading comedians and media personalities and appears regularly on both radio and television – although he started his career as a criminal lawyer.

James is also a regular visitor to the Parklands, and has enjoyed its benefits for many years but these days tends to use it less for exercise. He said, 'years ago I used to cycle around the Park and jog sometimes too, but I guess I use it less vigorously as time has passed'.

However these days it is not just James who comes on his visits to Centennial Park. Now his trips have become a family affair, and on his frequent outings to Centennial Park and brings with him 21-month old daughter, Bibi.

Nowadays, 'the only running I do is after my daughter, and even then I tend to dawdle behind her'. His outings to the Park often revolve about doing activities that please Bibi. She loves watching with the wildlife near the ponds especially the birds – ducks, swans, geese and ibis are her favourites.

James and his family live locally and enjoy being so close to such a beautiful, spacious Park that always has a new secret to share or reveal to him. James remarked, 'Centennial Park is a lovely place. The best part is that there's so much room and always a part to explore that you haven't seen before.' He went to say that, 'you feel like you can get lost in there.'

His commented that his favourite spot is 'really anywhere that Bibi likes to be, and at the moment that seems to be anywhere with ducks and the water, she especially likes the area around Duck Pond,' he quipped.

As Bibi grows, James expects that and he and his family will share many happy memories in Centennial Park.



Just What the Doctor Ordered

Research has proven that visiting a park can lower your blood pressure and improve your mental wellbeing, so what could be better for you than spending a Sunday in Centennial Park?

This October, Centennial Parklands Open Day hosts the annual Healthy Parks Healthy People event for the second year. For those who didn't catch the big day last year, this event brings Sydney's favourite parks together to spread the word about the health benefits of spending time in parks. Everyone is invited to join in this free great day out on Sunday 10 October in the Brazilian Fields.

The event is an opportunity to discover what's going on in NSW National Parks, Royal Botanic Gardens, Parramatta Park, Sydney Olympic Park, Sydney Harbour Federation Trust and Centennial Parklands. Other partners include the Mental Health Association of NSW, NSW Department of Tourism and Sport & Recreation, NSW Department of Health, Department of Infrastructure, Planning & Natural Resources and The Asthma Foundation of NSW.

Sarah Dinning, Manager Marketing and Community Relations at Centennial Parklands said, 'Healthy Parks Healthy People is a dynamic celebration of the many ways parks improve our quality of life. From quiet reflection to vigorous team sports, parks provide the perfect setting for maintaining good health.'



This year the *Healthy Parks Healthy People* event coincides with World Mental Health Day and will host the launch of Mental Health Week, with an awards ceremony featuring a free performance by Jimmy Little.

Friends of Centennial
Parklands are invited to a
special Friends-only preevent breakfast at Healthy
Parks Healthy People on
Sunday 10 October. Look
out for your invitation –
arriving soon.

Visitors are invited to discover the diverse range of activities available in our parks and join in a range of great free entertainment on the day. Try your hand at Frisbee lessons or relax with a free massage or yoga class. Kids can take advantage of free Ranger activities or discover a new sport.

For those of us who prefer to eat our way

to good health, there will be gourmet food stalls selling mouth watering (and healthy!) treats. Stretch out on the grass and enjoy some free musical entertainment while you picnic.

Healthy Parks Healthy People is FREE from 11am – 3pm, Sunday 10 October in the Brazilian Fields at Centennial Park. For more information, call 9339 6699 or go to healthyparkshealthypeople.com.au.

Statue Restoration

As part of the Stone Maintenance Program featured in Parklands Winter edition, the statues *Sunrise* and *Sunset* have been repaired. These photographs highlight the conservation work carried out by Centennial Parklands in conjunction with the Government Architects Office at the Department of Commerce.

This was the first time the statues had been removed from their proud positions on top of the sandstone columns in the Rose and Column Gardens, and it was confirmed that both statues bear the illustrious manufacturer's mark of Villeroy and Boch.

The hand of *Sunrise* is shown, with its broken fingers, before the restoration work. Her fingers were re-sculptured and she was cleaned. In early August she was returned to her lofty position on top of the magnificent Corinthian column in the Rose Garden. The conservation works also included re-carving the deteriorated sandstone units of the Corinthian columns.

Sunset is pictured after she has been cleaned with stonemasons hard at work as they carefully removed her from her weathered plinth and replaced it with a new one they had carved.

Also pictured is the baby boy who has sat patiently at the feet of *Sunrise* since 1888, shading his eyes from the dawn sun. Nearly all the dirt from around the baby boy and from *Sunrise* was removed during this process, as shown. Everyone has been very impressed with the finished result of the spruced up statues. Why not take a look for yourself when you are out and about in Centennial Park this spring?

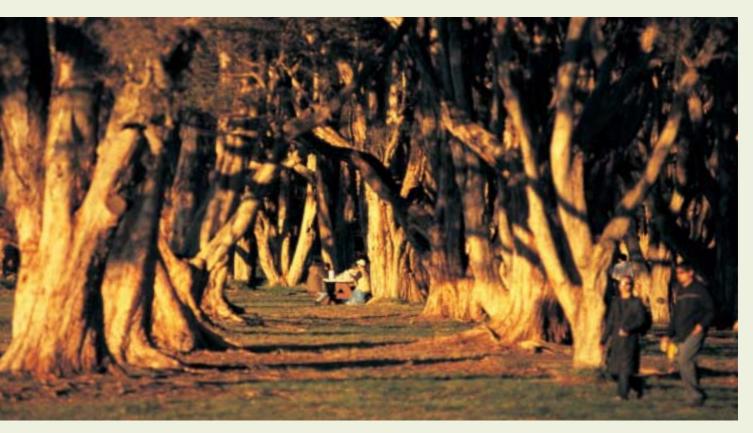








Nurturing Visions: the Creation of a Grand Victorian Park



In the early 1800s Centennial Park was a catchment area of swamps, sand dunes and springs fed by underground waterways. In 1811 Governor Lachlan Macquarie designated the area as the Second Sydney Common. Nine years later he set aside part of the Common as the Lachlan Water Reserve, as it was considered suitable for harnessing a reliable water source. In 1827 construction began on an subterranean aqueduct to gravity feed water to the township of Sydney. The 3.5 kilometre aqueduct was bored using convict labour from Hyde Park, under Oxford Street and across to the Lachlan Reserve. Completed in 1837 this aqueduct is now known as Busby's Bore, one of Sydney's most important pieces of early industrial development.

Lachlan Swamps, as it became known, served as Sydney's main water supply from 1837 to 1859 when a combination of the growth of industry, poor maintenance, livestock grazing, and garbage dumping gradually polluted the

swamps. Pollution worsened considerably in 1874 after a spate of large floods, and even though seven new dams were built to resolve the problems, they continued.

A grand proposal

By 1887 almost 65 per cent of Sydney's population lived within a five mile radius of the Lachlan Swamps and a new vision for the area was born.

The Governor, Lord Carrington, and Premier,

Sir Henry Parkes, proposed turning the reserve, which had now become an eyesore, into a grand public park that would also be the focus for the centenary of European settlement celebrations on 26 January 1888. Such a park would transform the area into a place of

serenity and beauty. As finances were restricted, it was decided that revenue for the project could be raised through the sale of housing land surrounding the Park. The proposal to convert the Lachlan Swamps into a park was accepted in parliament on 18 July 1887.

Sir Charles Moore, director of the Sydney Botanical Gardens from 1848 until 1896, reputedly turned the first sod to announce the commencement of work on the park.



Moore, who trained at two of the world's great parks - Regent's Park and Kew Gardens, London – was given the task of developing Centennial Park, and made good use of his English parks' experience on his new project.

Creating Centennial Park proved no easy task. Moore and his staff were hindered by winds, drought, floods, sandy soil, damage from straying livestock and vandalism. Despite these hindrances, Moore was instrumental in turning the coastal scrubland into the beginnings of what was to become a great Victorian park and one now recognised for best practice in many areas.

When Australia Day, 26 January 1888, arrived, the opening ceremony included the planting of the first trees in what is now known as Cannons Triangle. Surprisingly, the ceremonial site was a last minute choice - it was still rocky, lacking in soil and the surface unregulated – and the rocks had to be quickly blasted and good soil brought in to fill in the holes to prepare the site for the opening.

The tree planting ceremony took place after the official speeches which dedicated the Centennial Park to the people to the New South Wales in front of a reported 'tens of thousands' of people. The first tree was planted by Lady Carrington, wife of the Governor. Symbolically, it was a Cook's pine - named after Captain Cook. In total, 13 trees were

into the ornamental ponds with islands that exist today.

The ponds form the upper catchment of the Botany Wetlands. These water bodies, covering an area of approximately 26 hectares, provide an important habitat for water birds and aquatic wildlife and are a significant feature of the formal design of Centennial Park.

They also play an important role in flood mitigation, acting as a retention basin. Ten of the eleven interconnected ponds in Centennial Park, and a single pond in Moore Park, are fed by stormwater run-off from the surrounding catchment area. Only one pond, Lily Pond, is fed by a natural artesian spring in Lachlan Swamp.

Maiden concentrated much of his work on avenue and grove plantings. In 1896, he planted a row of Melaleuca quinquenervia, or broadleaf Paperbark trees which was considered an avantgarde step as they were natives. However it was not to break with tradition that Maiden choose these trees, rather it was a decision based on the conditions of the site.

The Paperbarks were originally intended to act as windbreaks to shield more sensitive and exotic plantings from the ravaging southerly winds.

Today these stand as one of the most photographed sites in the Parklands, and represent important change in thinking on plantings here - not only that natives should be used, but that plants raised in Centennial Park were the most suited to its conditions and should be used where at all possible.

Other areas where Maiden planted broadleaf paperbarks include the semi-formal plantings



around Lily Pond, and windbreaks between Snakebank and McKay Oval.

Maiden also planted various species including Norfolk Island pines, hoop pines, coral trees, cork oaks, weeping willows and Port Jackson and Moreton Bay figs.

Keen to introduce a tropical quality to the Park, Maiden also planted many palms. In 1908, he planted Canary Island Date Palms along Parkes Drive, as a trial to see whether they could be used elsewhere in Sydney.



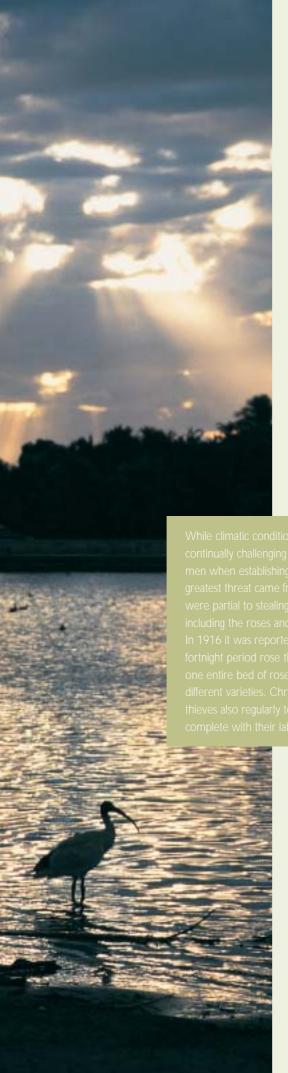
planted during the ceremony. Sadly, poor soil and the exposed windy condition of the area has meant these trees have not survived.

Liquid assets

Although officially open, Centennial Park was far from finished. More than 450 men worked determinedly on fencing, soil preparation, footpaths, asphalting roads and rock blasting to bring the Park to completion. After a couple of months they were able to concentrate their efforts on transforming swamps and dams

Putting down roots

Charles Moore planted trees in the avenues including elms, poplars and pines. However it was his successor, the energetic and progressive Joseph Maiden, director from 1896 and 1924, who re-instigated the plantings after the demise of many of the originals. It had become clear that much of the Park was not suitable for planting trees at all due to the very sandy soil, rocky outcrops and exposure to harsh southern winds.



These palms formed a magnificent colonnade that was admired for decades by visitors. However the Canary Island Date Palms and, more recently, Cotton Palms which replaced them, both succumbed to a destructive fungus.

Between 1888 and 1914 over 11,000 trees were planted. However, roughly half of these either died or were removed as they did not tolerate the harsh conditions. Today, more than 10,000 trees grow in the Parklands and about 60 per cent comprise seven hardy survivors: Norfolk Island Pine, Cluster Pine, Moreton Bay Fig, Port Jackson Fig, Eucalypts, Holm Oak and the Broad Leaf Paperbark.

Formal allure

Another integral part of Centennial Park's design are the formal gardens, the foundations for which were laid by Charles Moore. However the failure of his plantings led Joseph Maiden to later experiment with native plantings. He combined this with his strong belief in the Park's educational value

and early in his
tenure he declared
that he wanted 'an
artificial plantation
exclusively devoted
to Australian plants,
duly labelled.'
Maiden used the
promontories
Moore had
established around
Busby's Pond as the
main sites for his
horticultural
experimentation.

Nature was not kind to his creativity, and a dry spell which began in 1896, was declared a drought in 1902. To combat this ravaging, many plants and young trees were hand watered, however, Maiden instructed that the native garden was not to receive any special treatment, and much to his surprise they survived. By 1910 the native garden contained 661 labelled species.

In 1909 Maiden planted the Rose Garden, and it has been a favourite of Park visitors, and especially for weddings, ever since. On one Sunday in 1917 an estimated 20,000 people passed through its sweet-smelling

rows. Maiden introduced a prodigious number of water lilies into the ponds, a sight never before seen in Sydney.

Living legacy

Maiden's innovative use of native species extended to nurturing local indigenous vegetation growing in the Parklands. He protected the remaining original landscape following the conversion into a Park, because he understood that the hillocks and low-lying areas provided a suitable habitat to encourage the growth of indigenous plants.

Centennial Park provides a living monument to the birth of our nation, and a landscape for the use and enjoyment of the community. Today it is an integral part of many people's lives, and remains a haven for thousands of visitors daily.



Flower of the Season

Kangaroo Paw

Kangaroo Paw, also known by its botanical name Anigozanthos flavidus is a popular landscape plant which originates in Western Australia.

It is a soft-wooded perennial which forms clumps of shiny green, long strap-like foliage which can grow to 600mm in length. The flowers are tubular and encased in a furry covering. The stems which hold these flowers aloft, are also furry and branch to form clusters of predominantly yellow flowers in the species. Including the flower stems, some Kangaroo Paw

can grow to a height of 1.8m, although modern specimens are generally much smaller with plants reaching around one metre in height.

Predominantly yellow in the species, many specimens have been developed in Australia including red, yellow, orange and burgundy.



Other variations to the species include the development of dwarf varieties. Kangaroo Paw flowers consistently from late spring until mid-summer with spot flowering at other times of the year.

Kangaroo Paw perform best in positions with a sunny aspect, including those with western sun. They are best suited to welldrained, sandy or gravelly soils, although they will tolerate clay soils if they are reasonably well-drained.

Not considered to be long-lived plants, they give their best growth and floral displays in the first three to five years of their life. After

this time, their growth will diminish and flowering will be reduced.

Attractive to birds and useful as a plant in hot locations, Kangaroo Paw can provide a striking flower and foliage contrast in your garden. Within Centennial Parklands they have been planted at Centennial Square near Fly-casting Pond, and are flowering now.

Recipe

Centennial Parklands Restaurant is open for breakfast and lunch. So soak up the sun, enjoy the view and choose from an assortment of seasonal dishes.

Chicken and Pistachio Terrine with Avocado and Parsnip Salad

For the terrine:

500g chicken breast 750mL thickened cream

100g pistachios

1 bunch of marjoram, chopped 3 egg whites

Zest of 2 Lemons

For the salad:

1kg of parsnips

3 avocadoes, sliced

250g rocket

1/2 punnet of cherry tomatoes

5mL olive oil

5mL honey

Pinch of salt and pepper Pinch of nutmeg

Puree chicken breast in food processor adding salt and pepper, nutmeg, egg whites and the zest of lemons.

Add cream in a steady stream to the chicken mixture while processor is still on.

Remove mixture from the processor into a mixing bowl, and add chopped marjoram and pistachio nuts.

Place the mixture into a greased terrine.

Place the terrine into a baking dish and fill the dish with water until the water reaches halfway up the terrine. Bake for 40 minutes at 180C.

Leave terrine to cool overnight in refrigerator.

Peel parsnip and cut into wedges, place on roasting tray and coat with honey and roast for 20 minutes at 220C.

Take the cherry tomatoes and chop them in halves, add them to the parsnips for the last three minutes of roasting.

Remove the cherry tomatoes and parsnips from the oven and place in a bowl.

Add the rocket and avocadoes and toss gently.

To serve, arrange the salad on plates and drizzle with olive oil. Add a one-inch slice of the chicken and pistachio terrine per person.

Friends of Centennial Parklands

JOIN THE FRIENDS OF CENTENNIAL PARKLANDS

and help support Centennial Park, Moore Park and Queens Park.

Friends membership fees are used to support environmental projects within Centennial Parklands.

As a *Friend* you'll enjoy great discounts on a wide variety of events and activities – excellent value for families. Look for the symbol for activities attracting discounts and present your membership card to obtain the special *Friends'* rate.

The benefits include:

- 10% discount at Centennial Parklands Restaurant & Café
- 10% discount on Ranger-guided walks
- 10% discount on Centennial Parklands merchandise
- Discounts on selected events
- Parklands magazine posted quarterly
- Membership certificate
- Exclusive Friends events, including annual Christmas party

To JOIN, simply complete and mail or fax the form below.

Title	e First Name					Surname									
Add	Iress														
Postcode						Date of birth									
Telephone (BH)						(AH)									
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Tick boxes: Single: One year \$55						Family: One year \$99									
	Please list family members Partner														
Children															
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	I am interested in becoming a volunteer														
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Sneak Peek for Friends!

Getting a look at the inside of a jail cell is not everyone's idea of a good time. But a number of *Friends* got to see what it was like for convicts and unruly soldiers of old when they stepped up for the 'behind-the-scenes' Victoria Barracks Walking Tours in June and July.

The tours started off with a delightful morning tea in the Victoria Barracks Officers' Mess. The *Friends* were then escorted around the Barracks grounds by the wonderfully knowledgeable volunteer guides – all ex-serving members of the Defence Force. Each guide helped bring to life the daily activities of the officers and soldiers living and working within the Barracks walls. The highlights of the tour were many and varied, however the two Busby's Bore viewing shafts were of particular interest and sparked some interesting discussions about the links between Victoria Barracks and Centennial Parklands.

Friends Beverley and John Melick praised the event saying 'Our time there was most enjoyable and our tour guide exceptional.'

Tours are open to the public every Thursday at 10 am (subject to change) so if you missed out and would like to go along, choose a date that suits you and call the Main Gate on 9339 3170 to book. Please note that the Officers' Mess is not open to the public during these tours.

Special Honour

We would like to pay a special tribute to one of our *Friends* who was recognised in this year's Queen's Birthday Honours. Mrs Rowena Danziger was awarded the Member of the Order of Australia (AM) for her service to education as Headmistress of Ascham School and through professional organisations, and to the community particularly through Opera Australia.

Mrs Danziger has also shown her commitment to Centennial Parklands through encouraging students from Ascham School to participate in the Clean Up Australia Day activities held within the Parklands. This year, students made up one third of the total volunteer numbers.

We would like to join with the *Friends of Centennial Parklands* in extending our congratulations to Mrs Danziger on being awarded this most prestigious and well-deserved honour.

Highlights

Art Competition

Celebrate World Wildlife Week by participating in the exciting Centennial Parklands Art Competition. Entry is open to anyone under 18 years of age. Simply design a poster-style artwork up to A3 in size. Posters must include a picture of your favourite Australian animal in a scene set in Centennial Parklands. Prizes will be awarded. Please write your name, age and contact phone number on the back of your poster. All posters are to be completed by children under the age of 18. Address your entry to Centennial Parklands Art Competition, Locked Bag 15, PADDINGTON NSW 2021, or deliver to the Administration Building, behind Centennial Parklands Café. Competition closes 5 pm Friday, 8 October. Posters will be judged on Open Day, Sunday, 10 October, 2 pm in the Superintendent's Residence and displayed until Sunday, 24 October, Wednesdays and weekends.

Enquiries (02) 9339 6699

Junior Rangers

Why do ducks float and cormorants sink? Junior Rangers will uncover the answer to this and other secrets in nature through some fun experiments and hands-on activities. Bring hat and drink. 10 am - 12 pm. 12.50 per child (6 - 12 years). Meet Shelter Pavilion.

Bookings essential (02) 9339 6699.

Tuesday 28 September Wednesday 6 October



Open Day

This exciting day out is packed with fun activities and opportunities, come along and find out why visiting parks and gardens has such great health benefits. The Centennial Parklands Open Day incorporates a Healthy Parks Healthy People event, with a diverse range of FREE activities including presentations, activities, entertainment and information supporting HPHP messages about wellbeing. The day will feature a variety of sporting, artistic and cultural events and activities for all the family. It will also see the launch of Mental Health Week, as 10 October is World Mental Heath Day, as well as the launch of Centennial Parklands Foundation.

Find out more about how you can benefit from a park visit, as the physical, mental and social health benefits to individuals and the community from visits to parks and gardens will be promoted. 10 am - 4 pm, Parade Grounds, Centennial Park

Good Food Month Spring **Picnic**

The Sydney Morning Herald's Good Food Month turns seven this year, and this year's Spring Picnic held in Centennial Park looks set to be bigger and better than last year's event. 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 small goods all accompanied by superb regional wines. Admission free. Brazilian Fields, Centennial Park.

Sunday 24 October



Wednesday, 1 September

Sunday 10 October SYDNEY CBD (5km) PADDINGTON Barbeque Bus Stop Café/Restaurant AP Accessible Parking MOORE PARK Entry Gate Phone Recycle Bins 111 Toilets & Accessible Toilets Kiosk CENTENNIAL PARK WAVERLEY **QUEENS PARK** RANDWICK AIRPORT (7km) Parklands Spring 2004 13

all season

The Spaces Between

This exhibition at Centennial Parklands explores the history, diversity and benefits of our city's myriad public parks. These are the spaces between the workplace and home, between the past, present and future. Superintendent's Residence, Paddington Gates. Open Wednesdays and weekends 10 am – 3 pm until end of October 2004.

september

1 Wednesday ART COMPETITION See Highlights for details.

12 September BLACKMORE'S SYDNEY MARATHON FESTIVAL

The festival run incorporates famous landmarks including the Sydney Opera House, Royal Botanical Gardens and Centennial Park. Phone (02) 8235 9425 or visit www.sydneymarathon.org

13 Monday BUSBY'S BORE WALK

Walk the route of Busby's Bore, the underground supply of early Sydney's drinking water, with retired Sydney Water historian, Jon 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 am – 12 pm. \$13 per person. Meet Robertson Road Gates. Finishes at Fox Studios. Bookings essential (02) 9339 6699.

17 Friday MY LITTLE PONIES //



A special children's tour of Centennial Parklands Equestrian Centre. Find out where the horses live, what they eat

and how to care for them. Includes a short pony ride. Wear covered shoes. 10 am – 11 am. \$10.50 per child (2 – 5 years), adults free. Meet Equestrian Centre Gates, corner Lang and Cook Roads. Bookings essential (02) 9339 6699.

23 Thursday
MY LITTLE PONIES
See 17 September

24 Friday SPOTLIGHT PROWL

A chance to see the wild nightlife of Centennial Park. Join Rangers spotlighting possums, flying foxes and other night creatures. All ages. Bring torch. 6.30 pm – 7.30 pm. \$9.50 per person. Meet Robertson Road Gates. Bookings essential (02) 9339 6699.

25 Saturday PONY RIDES

The only place where kids can jump into the saddle so close to the city! Hand-led, 10 minute rides for children. Limited tickets. 10 am – 4 pm or until sold out. \$9.50 per ride. Tickets at Mobile Ranger Station, Centennial Parklands Café. Weather permitting. Bookings not required.

26 Sunday
PONY RIDES
See 25 September

27 Monday 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. 1 pm – 2 pm. \$9 per child.

Children five years and under must be accompanied by an adult. Meet

Superintendent's Residence, Paddington

Gates, cnr Oxford Street and Lang Road.

Bookings essential (02) 9339 6699.

FIVE-DAY TENNIS CAMP

Chance to win a racquet! Bring tennis racquet, water bottle, hat and cold/wet weather clothing. BBQ and presentation on last day. 9 am – 3 pm and supervision available 8.30 am – 4 pm. \$130 per five days or \$35 per day. Bookings (02) 9662 7033.

SPOTLIGHT PROWL //

6.30 pm – 7.30 pm See 24 September

28 Tuesday
JUNIOR RANGERS
See Highlights for details.

29 Wednesday NESTLINGS & HATCHLINGS



Search for nests hidden in the treetops and pond banks and see the nests and eggs that Rangers have

collected. Build your own mini-nest to take home with you and decorate your own hatchling to put inside it.
Bring hat. 10 am – 11 am.
\$9 per child (2 – 5 years).
Meet Shelter Pavilion.
Bookings essential (02) 9339 6699.

29 Wednesday



Come along to this kite-flying workshop to fly kites of all shapes and sizes.
Construct and

decorate your very own kite to take home, and practice flying your kite under the guidance of kite expert Michael Richards.

All materials included. Bring hat. 1 pm – 3 pm. \$12.50 per child (7 – 12 years). Meet Administration Building, behind the Centennial Parklands Café. Bookings essential (02) 9339 6699.

30 Thursday ENCHANTED FOREST



Dress up as a goblin, fairy or elf and venture into the Enchanted Forest! Cast a spell with your magic

wand to reveal the amazing creatures in this secret realm. Bring hat and wear fancy dress. 10 am – 11 am. \$9 per child (2 – 5 years). Meet Shelter Pavilion. Bookings essential (02) 9339 6699.

MODEL YACHT WORKSHOP



Build a simple model yacht in this unique workshop and learn the ageold technique of sailing models on

Kippax Lake. All materials included. Bring hat. 1 pm – 2.30 pm. \$18 per child (6 – 12 years). Meet Kippax Lake, Driver Avenue, Moore Park. Bookings essential (02) 9339 6699.

october

1 Friday SPOTLIGHT PROWL 6.30 pm – 7.30 pm

2 Saturday
PONY RIDES
See 25 September

See 24 September

3 Sunday
PONY RIDES
See 25 September

FROG MOBILE

Visit the free Frog and Tadpole Study Group's very special Frog Mobile. 11 am – 3 pm. Shelter Pavilion, Parkes Drive.

4 Monday SPOTLIGHT PROWL 6.30 pm - 7.30 pm See 24 September

FIVE-DAY TENNIS CAMP See 27 September.

5 Tuesday ENCHANTED FOREST

See 30 September

MODEL YACHT WORKSHOP // See 30 September

6 Wednesday JUNIOR RANGERS See 28 September

7 Thursday
NESTLINGS &
HATCHLINGS
See 29 September

KRAZY KITES // See 29 September

8 Friday AUSTRALIAN WILDLIFE SHOW

See 27 September

SPOTLIGHT PROWL 6.30 pm - 7.30 pm

See 24 September

9 Saturday
PONY RIDES

See 25 September

10 Sunday
PONY RIDES
See 25 September

OPEN DAY

See Highlights for details.

17 Sunday WALK TO CURE DIABETES

Be part of the fun and help raise funds for the Juvenile Diabetes Research Foundation. This popular annual event raises awareness of diabetes. There will be entertainment, food, drink and much more. Join in and walk the five kilometre circuit. For more information call 1300 363 126 or visit http://www.jdrf.org.au

22 Friday
SPOTLIGHT PROWL
6.45 pm - 7.45 pm
See 24 September

24 Sunday GOOD FOOD MONTH SPRING PICNIC See Highlights for details.

30 Saturday TWITCHATHON

Healthy ParksHealthy People



Participate in this unique nation-wide birdwatching contest! Team up with other keen twitchers in the

pursuit to spot as many bird species as possible in a 24 hour period. Dash between birdwatching havens such as Centennial Parklands, the Royal Botanic Gardens Sydney, Mount Annan Botanic Garden, Mount Tomah Botanic Garden, Parramatta Park and Sydney Olympic Park. 3 pm Saturday, 30 October to 4 pm Sunday, 31 October. For registration contact Frances (02) 9872 4185 or secretarybird@bigpond.com. For site information visit www.healthyparkshealthypeople.com

31 Sunday BIRDWATCHER'S **BREAKFAST**

Healthy Parks Healthy People

Join this early morning guided tour to spot some of the Parklands' migratory and resident land and water birds. A new meeting point and route will allow the chance to visit some different birdwatching locations. For adults. Bring binoculars. 7.30 am - 9.30 am. Includes breakfast. \$18.50 per person. Meet Musgrave Avenue Gates. Finishes at Shelter Pavilion.

Bookings essential (02) 9339 6699.

november

5 Friday MY LITTLE PONIES / See 17 September

/ Sunday CARING FOR URBAN WILDLIFE

Join Rangers and experienced wildlife carers from WIRES Eastern Branch in this five-hour interactive session about the care of urban wildlife. Discover the best techniques for caring for and handling injured animals, learn how to attract wildlife to your garden and find out how to prevent native species from becoming pests. The workshop will also include a habitat walk and a visit to the Frog Mobile. For adults.

10 am - 3 pm. \$38.50 per person. Includes lunch. Meet Administration Building, behind the Centennial Parklands Café.

Bookings essential (02) 9339 6699.

FROG MOBILE See 3 October

10 Wednesday 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 5.6 km course through the stunning backdrop of Centennial Park. The event is one in a series of 17 races held across four countries and attracts nearly 197,000 runners from over 6,100 companies. The race will commence at 6.30 pm on the Parade Grounds. Registration forms and procedures are available by visiting www.jpmorganchasecc.com or by calling (02) 9439 6060.

14 Sunday WILDLIFE PHOTOGRAPHY

Healthy Parks Healthy People

Learn to photograph your favourite wildlife of Centennial Parklands in this two-hour practical introduction to photography with renowned local photographer Ian Lever. For adults. Bring own camera (SLR preferred) and 2 rolls of 24-exposure film. Includes breakfast. 7.30 am - 10 am. \$18.50 per person. Meet Administration Building. Finishes at Shelter Pavilion. Bookings essential (02) 9339 6699.

18 Thursday CITY OF SYDNEY OPEN INTERNATIONAL GOLF **TOURNAMENT**

After an absence of 34 years Sydney's own golf tournament will return this year to the original venue, Moore Park Golf Club. First played in 1963 it became one of the 'major' events on the professional schedule until 1970. Tournament from 18 November – 21 November. Free entry to all spectators. Moore Park Golf Course. Enquiries (02) 9460 8266.

19 Friday MY LITTLE PONIES / See 17 September

21 Sunday BIRDWATCHER'S BREAKFAST /

Healthy ParksHealthy People

See 31 October

26 Friday SPOTLIGHT PROWL

8.15 pm – 9.15 pm See 24 September

27 Saturday PARKLIFE VI

This popular music event will again be held in Centennial Parklands and will feature a line up of top national and international DJs. For more information call (02) 9267 5510 or visit www.fuzzy.com.au

28 Sunday CAR FREE DAY

Walk, cycle or catch public transport and enjoy the last Sunday of spring in the peaceful surroundings of Centennial Park. Accessible entry via Musgrave Avenue Gates (adjacent to toilets, barbecues and picnic facilities). 9 am - 5 pm.

28 Sunday BICYCLE BRUNCH TOUR

Healthy Parks Healthy People

Enjoy a leisurely Sunday ride around Centennial Park's tree-lined avenues on Car Free Day as the Rangers guide you through some of the wonderful features of this much-loved place. For adults. Bring own bicycle and helmet or hire them on-site near corner of Grand Drive and Hamilton Drives. 9 am - 11 am. \$15 per person. Includes brunch. Meet Superintendent's Residence, Paddington Gates. Finishes at Shelter Pavilion. Bookings essential (02) 9339 6699.

= 10% discount for Friends of Centennial Parklands. Please present your Friends membership card to secure a discount. Discount is 10% unless otherwise stated.

For various horse riding lessons and school holiday pony camps, contact one of the following stables at Centennial Parklands **Equestrian Centre:**

Centennial Stables: (02) 9360 5650

Eastside Riding Academy: // (02) 9360 7521

Moore Park Stables: // (02) 9360 8747

Papillon Riding Stables: // 0407 224 938



Centennial Parklands User's Guide

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First Aid and Emergency

24 hour Ranger service, 7 days. **(02) 9746 2164** or **(02) 9746 0444**

Administration

8.30 am – 5 pm Monday – Friday. Located behind Centennial Parklands Café. **(02) 9339 6699** Fax: 9332 2148

How to Get Here

BUS: easily accessible by bus. Route 339 from city stations and 355 from Bondi Junction run regular services to Moore Park. Route 378 from Central and 380 from Circular Quay run services to Centennial Park. Phone **131 500** for timetable details.

CAR: main gates to Centennial Park open sunrise to sunset. Car Free Days are held on the last Sunday in every season: February, May, August and November. A 30 km speed limit applies on all roads in Centennial Park.

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. **(02) 9339 6699**

Community Consultative Committee

Meets approximately every six weeks. Committee members can be contacted via Centennial Parklands administration. **(02) 9339 6699** email: ccc@cp.nsw.gov.au web: www.cp.nsw.gov.au

Park Information

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

FACILITIES AND AMENITIES

Centennial Parklands Restaurant

Modern Australian à la carte restaurant offering a full wine list. Open daily for breakfast and lunch. Also available for weddings and function hire.

Open 7 days, 8.30 am – 3 pm. **(02) 9360 3355**

Centennial Parklands Café

Specialising in light meals and snacks, the Café offers open-air eating in its award-winning forecourt.

Open 7 days, 8 am – 5 pm. (02) 9380 6922

Centennial Parklands Kiosk

Located next to Duck Pond, the Kiosk serves sandwiches, light meals, coffee, cold drinks and ice cream. Open weekends and public holidays, 8 am – sunset.

Centennial Parklands Children's Centre Day care centre for babies to pre-schoolers. (02) 9663 1200

Out on the Devictor of Francisco Control

Centennial Parklands Equestrian Centre Formerly the historic Sydney Showgrounds stables, now a world-class Equestrian Centre offering 270 stables, a lunging yard, arenas, veterinarian, agistment providers and riding schools.

(02) 9332 2809



Moore Park Golf Course

Public 18-hole golf course in the heart of the Eastern Suburbs. Includes Golf Pro Shop and one of the largest driving ranges in Australia.

(02) 9663 3791

Centennial Parklands Sports Centre Tennis, basketball and netball courts available for casual or regular use. **(02) 9662 7033**

BOOK A SPACE FOR PLAYING

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, shot put, discus, javelin, long, high and triple jump facilities. Bookings: **(02)** 9339 6699

Centennial Square

Surrounded by trees and designed for marquees, this site caters for 50 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: **(02)** 9339 6699

Centennial Parklands Restaurant

Available for weddings and function hire. Bookings: **(02) 9360 3355**

Events

Submissions from the public are welcome for activities and events that support the Parklands' cultural policy. Enquiries: **(02) 9339 6615** or **(02) 9339 6635**.

Filming & Photography

Centennial Parklands offers a versatile range of locations for commercial filming and photography at competitive rates. Enquiries: **(02)** 9339 6635

THINGS TO DC

Cycling & Roller Blading

A four km 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 groups of more than 16. Hire available on-site near corner of Hamilton and Grand drive or from:

- Centennial Park Cycles:(02) 9398 5027 (bikes & blades)
- · Woolys Wheels:
- (02) 9331 2671 (bikes)
- Bondi Boards & Blades: (02) 9369 2212 (blades)
- Total Skate:

(02) 9380 6356 (blades)

Dog Walking

Under NSW law, dogs must be held on a leash in all public areas, unless otherwise designated, and no more than four dogs can be walked by one person. Dogs with responsible owners are welcome in Centennial Parklands and can be exercised off-leash in certain areas. To find out more about areas in Centennial Parklands where off-leash dog walking is permitted, please contact us for a copy of our dog brochure or visit our website: www.cp.nsw.gov.au

Jogging & Walking

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

(02) 9339 6699

Horse Riding

Centennial Park is one of the few remaining parks in the world offering inner-city horse riding, with a 3.6 km circular horse track and some two hectares of fenced equestrian grounds. Horse hire available from:

- Moore Park Stables
- (02) 9360 8747
- Centennial Stables
- (02) 9360 5650
- Eastside Riding Academy(02) 9360 7521
- Papillon Riding Stables
- (02) 8356 9866
- Budapest Riding School **0419 231 391**

Picnics & BBQs

The Parklands offer unlimited picnic spots, with views of ponds, fields and gardens. There are also five free 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: **(02) 9339 6699**

Education and Public Programs

School excursions, holiday activities, guided tours and workshops, children's birthday parties, are all on offer at Centennial Parklands.

Enquiries: (02) 9339 6699



centennial par moore park queens park

Locked Bag 15
PADDINGTON NSW 2021
Tel: (02) 9339 6699 Fax: (02) 9332 2148
www.cp.nsw.gov.au