Darklands

World Youth Day comes to the Park

Seven Magnificent Marathons

Restaurant Precinct taking shape







Directions



Welcome to the winter issue of Parklands magazine.

This season, the Centennial Park and Moore Park Trust (Trust) extends a warm welcome to visitors from all corners of the world who will be descending on Sydney to celebrate World Youth Day 2008.

This truly global event is coming to Australia for the first time, and will feature the

inaugural visit by His Holiness Pope Benedict XVI.

While Randwick Racecourse will be the focal point for the Final Mass on Sunday 20 July, Centennial Park will play an integral role by providing space and facilities for pilgrims and onlookers to join in the event.

Please see our feature on page 6-7 which provides information on the event and its impacts on regular access to Centennial Parklands.

We are also delighted to announce that the Parklands will be hosting another significant global event in 2010 - the 18th Golden Oldies Rugby Festival – an event which will attract thousands of participants.

Also in this edition, we will look at the final stages of the Restaurant Precinct upgrade in

Centennial Park (see page 5). This much loved facility will be back in business in spring for all to enjoy.

> Finally, we would like to welcome Anne Keating as a new Trustee. Anne replaces Sarah Whyte, whose term has now expired. Our utmost thanks go to Sarah for eight years of dedication and inspiration. Sarah will continue in her role as Chair of the Centennial Parklands Foundation.

Enjoy the cool, crisp days and celebrations this winter.

Steve Corbett Director and Chief Executive Centennial Parklands

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Trustees Professor John Niland AC (Chairman) Justice Annabelle Bennett AO David Leckie Yvette Pietsch Mairaed Bilmon Anne Keating Iohn Walker Dr Margaret Varady AO

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

Editor: Rachel Maiden rachel.maiden@cp.nsw.gov.au Contributors: Trevor Waller, Frank Hemmings,

World Youth Day Coordination Authority Photography: Chris Gleisner, Tito Media

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Cover: Celebrating World Youth Day







Annual fees and charges review

Each year the Trust reviews fees and charges covering a diverse range of facilities and services, such as: Moore Park Golf, the Equestrian Centre, Friends of Centennial Parklands, public programs, parking, sports field hire, filming and photography, functions and events.

The review applies CPI changes and increases in administrative overheads and maintenance costs associated with the direct provision of products and services. The results of the latest review apply from 1 September 2008. The majority of rates have only been increased in line with CPI. Visit www.centennialparklands.com.au/fees for more details.

Sandstone salvaged for new projects



Storing the salvaged stone

The Trust has salvaged previously discarded sandstone from Ash Paddock. This is being stored for reuse in future projects within the Parklands. Reuse of sandstone reduces the need for quarrying of fresh sandstone, reducing the environmental and financial impact of projects in the Parklands.

Salvaged sandstone has recently been used by the Trust for paving and structures in the new Queens Park playground and decorative features in the Duck Pond.

Guide Dogs NSW/ACT supported Dave as he ran his Australian marathon in Centennial Park on Thursday 10 April and it was great to see so many fans and supporters cheering him on his way. Visit www.7mm.org.uk for more details on this incredible achievement. Congratulations Dave!

Parkbench

Calling all Centennial Parklands cyclists



Any cyclist interested in being informed of issues relating to cycling or wanting to provide feedback on cycling issues are encouraged to submit their email address to the Trust. Cyclists will be sent a regular eNewsletter with up-to-date information on any road closures, road works and other issues affecting cycling. If you would like to receive

this eNewsletter please send your name and email address to info@centennialparklands.com.au.

Environmental volunteers are in action all over Sydney!

The Trust recently participated in a survey conducted by the Sydney Metropolitan Catchment Management Authority. The results found over 21,000 people were involved in environmental volunteering activities during 2007, contributing 178,000 hours of work in bushcare groups and other on-ground activities. This is a 7% increase on figures collected in 2005.

The Trust has a team of over 25 volunteers actively participating in a range of projects including bush regeneration and plant propagation. See our Volunteers column on page 11 for more information. We celebrated and thanked the tremendous contribution of our volunteers with a morning tea during Volunteering Week in May 2008.

Blind Dave makes history with Seven Magnificent Marathons

Blind runner Dave Heeley made history in April 2008, proving that vision impairment is no barrier to living your dreams. Blind Dave, as he likes to be



Dave Heeley (left) with Malcolm Carr during their marathon run in Centennial Park

known, is the first blind person to ever complete seven marathons, in seven countries, in seven days. Dave and sighted running guide Malcolm Carr completed a 42 kilometre run in each of the following cities around the globe: Mount Pleasant, Rio De Janeiro, Los Angeles, Sydney, Dubai, Tunis and London, covering more than 295 km in a week.

Park News

Capturing water

The Trust is committed to reducing its reliance on precious potable water while maintaining the Parklands. A number of water saving initiatives in the Parklands have been funded by the work of the Centennial Parklands Foundation, in partnership with both the NSW and Australian Governments.

A grant of \$139,980 received under Round One of the NSW Department of Environment and Climate Change's Water Savings Fund (now Climate Change Fund) has achieved the following to date:

- Connecting 50% of the irrigation of the Rose and Column Gardens in Centennial Park to pond water; and
- Installation of seven water tanks (total 21,000 litres) at the Equestrian Centre in Moore Park for storage of collected rain water from the large roof surfaces. This water is used in the horse wash down bays and exercise yards.

In addition, the Foundation has sourced \$43,500 from the Australian Government Water Fund through the Community Water Grants scheme. This funding will



Stormwater rushing into Musgrave Pond

be used to install gross pollutant traps at Kensington Pond for stormwater and sediment control. These traps will filter tonnes of rubbish and sediment that currently flow from urban runoff into the Centennial Park ponds. The captured stormwater, once filtered, can be used for irrigation.

The Trust also initiated potable water savings in the refurbishment of the

Centennial Parklands Restaurant. This project includes installation of an underground water tank to collect roof water that will be used to flush the toilets serving the restaurant and the adjoining public toilets.

It is estimated that installation of the water tank will save more than one million litres of potable water per annum.

Royal Easter Show winners

Congratulations to all the riders and horses from the Centennial Parklands Equestrian Centre who competed in a variety of events at Sydney's Royal Easter Show in April 2008. The Show is widely considered to be the pinnacle event of the year for most show riders and it was great to see so many place-getters from the Equestrian Centre.



Georgie Wadsworth in foreground riding Solitary Man

4 Parklands Winter 2008

The following list represents just a selection of successful results for the Centre:

Open Hack over 15hh & n.e. 15.2hh, 3rd Place Miss Georgina Wadsworth, Solitary Man Novice hack over 16.2hh, Ist Place Mr Joh Bailey, Clouds

Open Junior Gentleman Rider 17yrs and under 21yrs, Ist Place MrTimothy Hadlow, Clouds

Arabian Derivative Mare, Filly or Gelding over 14hh & n.e. 15hh, 1st Place Mr Stephen Gladstone, Congarinni Rose Hill

Champion & Reserve Champion ridden Arabian Derivative Champion Mr Stephen Gladstone, Congarinni Rose Hill

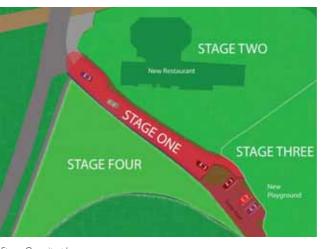
Open Hack over 16.2hh, 5th Place Mr Joh Bailey, Clouds

Novice pony over 13hh & n.e. 13.2hh, 4th Place Miss Jessica Clark & Ms Rosemary Gough, Kamilaroi Matador

Leading rein pony - rider 5yrs and under 8yrs, 7th Place Miss Stella Ulm, EL Ray Showpiece Novice Show Hunter Galloway, 5th Place Ms Rosemary Gough, Best Man of Astral Lady's Show Hunter Galloway, 6th Place Ms Rosemary Gough, Best Man of Astral Novice Gentleman Rider 17yrs & over, 4th Place Mr Cameron Charissis, Chivalry Open Gentleman Rider 40yrs & over, 4th Place Mr Joh Bailey, Clouds Novice Junior Lady Rider 17yrs and under 21yrs, 5th Place Miss Lauren O'Neill, Chivalry

Park News

Restaurant Precinct taking shape



Stage One site plan

on yet another project outlined in the Trust's Park Improvement Plan 2003-2010.

The four final stages - outlined below - are expected to be completed by next financial year while the restaurant itself will be operational in spring 2008. Stage One – Depot Road works

Stage One works, which began in April, will result in the creation of a new shared zone along Depot Road, creating a more pedestrian-friendly area and minimising vehicle movements.

A new road surface, formal pavements, lighting and furniture elements will be installed, reflecting the importance of this area as a new entrance to the restaurant, playground and Parklands Office.

Stage Two - Restaurant surrounds

Stage Two works, due to begin in June to coincide with the internal restaurant fit out, will see landscaping and plantings take place around the southern and eastern ends of the Precinct. Areas between the restaurant building and Parade Grounds will be turfed.

<u>Stage Three – New playground</u>

Stage Three works will involve the construction of a new playground and is expected to be completed by early summer.

Following consultation with Park visitors in 2007, the playground will be sited where the temporary Parade Grounds Café is located. With the new shared zone works, it will provide easy pedestrian access to toilet and baby-change facilities and to the new takeaway kiosk for those very important coffees!

Stage Four - 'Turpentine Grove'

Stage Four works are due for completion next financial year and will involve the upgrade and enhancement of the 'Turpentine Grove'. The main emphasis of these works is to improve accessibility for less-mobile visitors with new accessible pathways and accessible picnic tables to be installed.

The existing toilet facilities will be removed and replaced with new improved amenities in the restaurant's forecourt. This will coincide with the opening of the new restaurant in spring and landscaping works will help to return this area to green space.

Further information

For further information on this project, please visit the Parklands Office or go online at www.centennialparklands.com.au.

The much anticipated upgrade of the Centennial Parklands Restaurant Precinct is well underway. These works, independent of the restaurant facility's refurbishment, will help to create a safe and vibrant hub for Park visitors and deliver

Winter events line-up

Enjoy the range of events hosted by Centennial Parklands this winter. For more information visit www.centennialparklands.com.au/whatson or call (02) 9339 6699 to receive a copy of our What's On brochure.

The Pirates

Thursday 10 and Tuesday 15 July

PIRATES AHOY! Are ye after a pirating adventure? Then join us on a quest for the Centennial Treasure. You'll get to build your own pirate ship, capture the Jolly Roger and you might even walk the plank! Bookings essential (02) 9339 6699

World Youth Day Sunday 20 July

See our feature on pages 6-7 for details.

Ride for Life Sunday 17 August

Ride for Life is a fun day of cycling in Centennial Park for all ages and abilities. The event raises awareness and funds for the Prince of Wales Oncology unit and will feature stalls, a giant barbeque and free children's entertainment. Information (02) 9570 5556 or www.rideforlife.org.au

Celebrate National Tree Day with Ted's Tree Tour Wednesday 23 July

Ioin Ted Hoare, Centennial Parklands Senior Arborist, on a guided walk looking at Centennial Park's majestic trees. Ted will explain the origins and features of trees and outline future planning directions. Bookings essential (02) 9339 6699

Celebrate NAIDOC Week with Swamp Dreaming Wednesday 9 July

Hear the Guriwal dreamtime story of how Lachlan Swamp was created. Learn traditional indigenous painting methods from local Guriwal artist Deb Lennis and paint your own masterpiece. Bookings essential (02) 9339 6699

World Youth Day information: www.wyd2008.org or call 1800 WYD SYD (1300 993 793) or contact your local Catholic parish. Public transport: Call 131 500 or mobile.131500.info Roads and traffic: Call 132 701 and check www.rta.nsw.gov.au

Feature: World Youth Day

World Youth Day comes to Centennial Park

In 2005, Sydney was announced as the host for World Youth Day 2008 (WYD08). WYD 2008 is the organisation set up by the Catholic Church to manage the event. To coordinate and deliver government services, the NSW Government established the World Youth Day Coordination Authority (WYDCA).

This feature explains this incredible event and provides readers with details of some of the impacts on the Parklands.

From 6.00 am on Sunday 20 July, Centennial Park will welcome up to 200,000 people as they arrive to take part in the Final Mass celebrated by Pope Benedict XVI, the high point of WYD08.

Randwick Racecourse is the primary site for the Final Mass, with those in Centennial Park viewing the mass via live screens.

The Final Mass is a huge event

WYD08 expect up to 500,000 people at Randwick Racecourse and Centennial Park, making it the largest gathering of people Australia has ever hosted. WYD08 expect 225,000 registered pilgrims – I 25,000 international visitors and 100,000 Australian pilgrims, including 40,000 from greater Sydney – to sleep out at Randwick the night before the mass. The next morning as many as 275,000 additional people will arrive. Up to 200,000 of these (mainly locals and non-registered pilgrims) are expected at the Park.

What is World Youth Day?

Organised by the Catholic Church, the purpose of World Youth Day is to bring together young people from around the globe to celebrate and learn about their faith.

WYD08 will mark the first visit of His Holiness Pope Benedict XVI to Australia.

Invitation from the Pope

World Youth Day is an invitation from the Pope to the youth of the world to celebrate their faith around a particular theme. The 2008 theme, received from Pope Benedict XVI is: 'You will receive power when the Holy Spirit has come upon you; and you will be my witnesses.' (Acts 1:8)

The event, hosted by the Catholic Church, is open to all.

At the conclusion of the Final Mass, the Pope will announce the next WYD host city.

What to expect on Saturday 19 July and Sunday 20 July

The Park will be closed to equestrian activities on both Saturday 19 and Sunday 20 July.

The Park will be open to **cyclists** during the day on Saturday 19 July, however cycling will not be permitted on Sunday 20 July.

The Park will be open to **dog walkers** on both Saturday 19 and Sunday 20 July, however access will be limited to certain gates and the availability of some popular areas may be affected by the WYD08 crowds.

WORLD YOUTH DAY - SUNDAY 20 JULY 2008



For latest map updates please see www.centennialparklands.com.au/wyd08

Changes at the Park

It is business as usual across Centennial Parklands in the days leading up to the Final Mass. However, there will be more activity throughout Centennial Park as the Church installs some infrastructure including screens and other amenities.

No cars will be allowed in the Park on both Saturday 19 and Sunday 20 July, with the exception of event-related vehicles.

Pedestrians can access the Park via all pedestrian gates on Saturday 19 July from sunrise to sunset. After this time, and throughout Sunday 20 July the only gates open to pedestrians will be the

Robertson Road Gates (from 6.00 am) and Musgrave Avenue Gates (from 7.00 am).

Participants have been advised that there is no overnight camping in the Park. Anyone trying to camp will be escorted from the Park – in line with the existing Centennial Park and Moore Park Trust regulations.

Crowds are expected to start queuing outside the Robertson Road Gates before 6.00 am.

WYD08 volunteers and crowd marshals will direct people to the prepared viewing areas. Look out for them in their brightly coloured uniforms.

There is no allocated seating so be sure to bring a picnic blanket to make yourself comfortable.

The Papal motorcade will wind its way through the Park before crossing into Randwick Racecourse.

The Mass will start at 10.00 am and conclude at about midday.

Large screens will be placed in the Park with a PA system to provide coverage of the Mass (in English with some Latin). About 1,500 people (comprising of Priests and extraordinary ministers of Holy Communion) will assist in the administering of Holy Communion at Randwick Racecourse and Centennial Park.

Following the Pope's departure from Randwick Racecourse, there will be a number of WYD08 Youth Festival performances relayed on the screens in Centennial Park to provide entertainment for people as it will take some time for the crowds to leave the Park.

Fast facts

- Centennial Park is open to pedestrians from sunrise to sunset on Saturday 19 July.
- On Sunday 20 July the only pedestrian entry or exit gates are Robertson Road Gates or Musgrave Avenue Gates.
- The Mass starts at 10.00 am and will conclude at about midday.
- A number of live screens will be placed throughout the Park.
- The Park is closed to non-event vehicles on 19 and 20 July.
- No cycling in the Park on Sunday 20 July.



World Youth Day is open to all

Residents close to Robertson Road and Musgrave Avenue Gates Residents who live near these gates can be assured that WYD08 will be monitoring and managing the crowd with the support of NSW Police.

Main local road closures

The following road closures associated with the Final Mass will take place:

• Alison Road, between Anzac Parade and Botany Street is closed from midnight, Thursday 17 July until 4am Monday 21 July.

On Saturday 19 July and Sunday 20 July, the road closures include:

- and Alison Roads. Cleveland Street between South
- Dowling Street and Anzac Parade. • South Dowling Street between
- Cleveland and Flinders Streets. • Lang Road between Driver Ave and Anzac Parade.
- Darley Road closed between Evans Street and Alison Road with managed access for residents.
- Moore Park Road closed between Anzac Parade and Fitzroy Street.
- Robertson Road (southbound) closed Sunday 20 July.

A full list and useful maps are at www.rta.nsw.gov.au. You are encouraged to check this site and to plan your activities around these road changes.

Further information

Centennial Parklands: www.centennialparklands.com.au/wyd08

- Anzac Parade between Moore Park
- Lang Road between Mitchell Street and

Getting to the Park

- Leave the car at home there is no parking in the Park or in the surrounding streets.
- Use public transport. Catch a train to Central station and then it's about a 45 minute walk.
- Bus routes near the Park and Randwick Racecourse have changed so please plan your journey and allow extra time.
- The Transport Info Line can assist with planning. Phone 131 500 or visit www.131500.info

Handy hints

- Pre-purchase your train or bus ticket to avoid queues.
- Check www.rta.nsw.gov.au to see if your home or business is on a street that might be affected by road changes.
- Bring a blanket to sit on, pack some food and drink and check the weather forecast so you wear or bring suitable clothing. Even though it's winter, don't forget your sun hat!
- Please leave dogs and bicycles at home.
- Be patient. It takes a lot of time to move large gatherings of people and remember there are 300,000 people nearby at Randwick Racecourse.

Our thanks to WYDCA for providing the information for this feature. Information, although correct at time of publication, is likely to change as details come to hand.

Park Living

Twitcher's Corner

Sulphur-crested Cockatoo By Trevor Waller



The Sulphur-crested Cockatoo is one of the most familiar and well known of our parrots. They are a large white bird with a distinctive yellow crest. The blackish bill is very strong and adapted for tearing wood, opening seed capsules and digging. They have a faint yellow wash on the cheeks, underwing and undertail.

Sulphur-crested Cockatoo

Their flight is stiff winged with a flap-flap-glide pattern. They hold their colourful crest up and open when they land. In a group they can be very noisy with raucous piercing screeches and squawks. They gather in large groups and sometimes mix with other white cockatoos such as Corellas.

They feed both on the ground in grasslands and parks and in trees in woodlands and rainforests, eating a wide variety of seeds, nuts, berries, fruits and wood boring larvae. Their feeding habits can be quite destructive and they can pull up grass roots in manicured lawns or strip leaves off trees.

They are found mainly in the eastern and northern parts of Australia in a wide diversity of habits including rainforests, eucalyptus forests and woodlands, farmlands, city parks and gardens.

Breeding usually occurs from August to January and the male displays to the female by raising his crest and bobbing his head up and down. The nest is placed in a nearly vertical hollow branch or trunk of a tree, often near water. They lay two to three eggs which are incubated by both sexes for about a month. The chicks are covered in a pale yellow down and are fed by the adults for several months.

These cockatoos can be found throughout the Parklands and are present all year round. They should be easy to find and watching their antics can be quite interesting.

Trevor Waller is a bird enthusiast with more than 15 years behind the binoculars. He is a member of various bird watching clubs in Sydney, including Birds Australia, and conducts the Parklands Birdwatcher's Breakfasts each season. The next Birdwatcher's Breakfast will be held on Sunday 29 June 2008. Please visit www.centennialparklands.com.au/whatson for details.

A Walk in the Park with Father Anthony Caruana MSC



Avid bike rider and Priest. Father Anthony Caruana MSC, is also the Provincial archivist at the Chevalier Resource Centre, attached to the Sacred Heart Monastery in Roma Avenue, Kensington. The monastery's magnificent spire can see from the Parklands. Father Anthony has been visiting the Parklands almost twice a week since transferring to Sydney in 1989 and he uses the Park's cycling circuit to keep healthy and fit.

Father Anthony is also a regular bike rider in the Park

He welcomes the opportunity to show people around the beautiful monastery, by appointment only.

Earliest memories of the Parklands?

Actually, it was years ago as a child that I came here with my family for a picnic, and we sat not far from Busby's Pond. Later on, when Mum was too old to get about much, I brought her here for walks. We loved coming here, and smelt the roses in full bloom and the families enjoying their picnics. I was glad I could return the favour she gave me as a child of coming to Centennial Park.

What do you think the Parklands will be like in 100 years?

The Park is so precious to me, that sometimes I fear it will be taken away from me. I just hope that in 100 years time not one square metre would have been given away, and that those who come to the Park in 100 years will enjoy the same spiritual experiences we can enjoy now.

What do you love most about cycling in Centennial Parklands?

Cycling around the Park is more than just getting exercise for the body. It is a time for recreation. My tired mind is refreshed and the cobwebs are blown away. There are times when I am sad and depressed. My mother's passing was such a time – and though I know she is with God, I still feel sad about it because I miss her. So, I ride my bike, and I breathe in the fresh air and I talk to my companions, and my despondency is replaced with joy.

What will you be doing on World Youth Day?

I will be caring for 150 youths who will be staying with us. I hope during the week they get the opportunity to enjoy the same bike rides that I do. Although when the Pope addresses the multitudes at the Racecourse on Sunday they probably won't have much time to walk in the Park that day!

Plant of the Season

Ombu tree

The Ombu tree, Phytolacca dioica, is a medium sized, evergreen tree native to the pampas grasslands of South America. The tree itself takes on an umbrella shaped form and has numerous trunks thus giving it the appearance of a large shrub.

The tree can reach a height of up to 15 metres with a canopy of 10 to 15 metres, making it a popular shade tree in parts of the United States and South America.

The Ombu tree is native to a region that receives little rainfall, so the tree has developed a unique way of storing water by forming a large fleshy base. The tree can withstand temperatures as little as -4°C and prolonged dry periods.

The Ombu tree can be identified by its dark, glossy leaves, small, greenish white flowers followed by red and green

berries that are toxic to humans and animals.

Where can it be seen?

The Ombu tree is rarely cultivated within Australia with only a few known specimens in the country. Centennial Parklands is fortunate to have one located at the very end of Musgrave Avenue.

This tree is one of the most visited and talked about trees within the Parklands. It appears to be in decline but has been retained to allow the basal suckers to take the place of the original canopy as it would naturally occur in the wild.

Native Watch Sweet Wattle

By Frank Hemmings

Sweet Wattle, Acacia suaveolens, is a shrub with bluish-grey foliage which grows to 1.8 metres high, but occasionally may be prostrate (ground-hugging). It flowers from autumn into winter, with sprays of pale lemon-yellow globular flower heads.

The flowers are sweetly scented, hence both the common name and the scientific name (suaveolens is botanical Latin, meaning sweet-scented). These are followed by distinctive oblong shaped pods.

It naturally occurs in heath and forest on sandy soils. In NSW it occurs on the coast and tablelands, and occurs in all the eastern states including Tasmania.

Where can it be seen?

In the Parklands this species is found in remnants of the Eastern Suburbs Banksia Scrub, an Endangered Ecological Community.

The best place to see Sweet Wattle in the Parklands is in the York Road Remnant where it occurs commonly. Although fenced off, many good examples may be seen from the nature strip. Elsewhere, in the Park proper it is very scarce, but an excellent





The unusual Ombu tree at Musgrave Avenue, Centennial Park



Sweet Wattle

example of an uncommon prostrate form grows at the edge of the pines above Kensington Pond in the south-western corner.

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

FRIENDS OF CENTENNIAL PARKLANDS

Foundation

New Friends website goes live



The new Friends of Centennial Parklands website is now live and ready for you to explore! Visit www.friends.net.au for the latest news and information for Friends or to learn more about how joining can benefit both you and the Parklands. As highlighted in the last edition of this magazine, Friends can now share their photos of Centennial Parklands with the world, through our Friends Photo

Gallery. Either upload

your own photos using

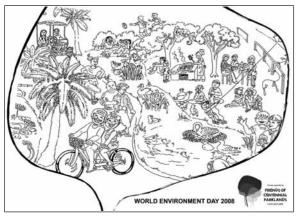
Now live to explore

our simple step-by-step process or email your photos to the Friends team (friends@centennialparklands.com.au) and we'll help you out. Your photos could feature on the homepage of the Centennial Parklands website. So get those photos in now!

You can also view the latest Friends eNewsletter online or sign up to receive it straight to your inbox.

Membership starts from as little as \$55 per year during which you could be helping yourself to discounts and benefits while helping the Parklands with environmental and education projects.

Colour-in for World Environment Day



In honour of World Environment Day (5 June 2008), get your kids colouring-in for a chance to win fabulous prizes and have their entries featured in an exhibition in Centennial Park. Featuring a vibrant scene of life in

Centennial

Get your kids colouring

Parklands, the colouring-in entry form can be found as a loose-leaf page within this magazine, online at the *Friends* website or by visiting the Parklands Office. Two age categories are available: 5-6 years and 7-10 years. Entries close by 25 July 2008. Good luck and happy colouring!

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Healthy Parks Healthy People

Want a 'free' gym? Visit a park.

More and more Australians are heading to indoor gyms as part of their healthy lifestyle activities. However, did you know by just visiting a park at least once a week, you can gain many of the benefits of a gym – and it's free!

Research both from Australia and internationally confirms that contact with parks and nature can result in a range of health and wellbeing benefits. These include:

- reducing heart rate, muscle tension and blood pressure;
- reducing illnesses, such as headaches and digestive disorders, in people who live or work in confined, indoor spaces (such as offices);
- providing a sense of wellbeing and positively influencing immunity and cardiovascular function;
- reducing the magnitude of the physiological response to stress and enhancing the ability to cope with, and recover from, stressful episodes:
- improving self-awareness, self-esteem and positively affecting mood state;
- reducing the incidence of negative feelings such as anger, fear, anxiety and frustration, and inducing peace of mind;
- alleviating the symptoms of anxiety, depression and psychosomatic illness; and
- improving quality of life, work satisfaction and the coping ability of residents in urban areas.
- So head to your nearest park to complement your healthy lifestyle activities and feel the benefits.

Healthy Parks Healthy People is an initiative of the Sydney Parks Group and includes the Botanic Gardens Trust; Centennial Parklands; Department of Planning; Department of Environment & Conservation - Parks & Wildlife; Parramatta Park Trust; Sydney Harbour Federation Trust; and Sydney Olympic Park Authority. Supported by University of Technology, Sydney and the University of Western Sydney.

Visit www.healthyparkshealthypeople.com

National Tree Day – Sunday 27 July

It's time to roll up your sleeves, put on your boots and start digging! You are invited to plant a tree as part of Planet Ark's National Tree Day. Four types of native trees will be planted on the day near Carrington Drive, Centennial Park: Sydney Red Gum, Coastal Banksia, Forest Red Gum and the Swamp Mahogany. A tax deductible donation of \$1,000 will guarantee one of these trees and in recognition of your support you will receive a dedication certificate, photograph and location map of your tree.

Go wild with the animals

Celebrate the launch of the Foundation's fauna adoption program at the Australian Wildlife Show on Wednesday 9 July from 10.00 am-11.00 am with wildlife expert Anthony Stimson. Children will love getting really close to possums, bats and birds and all proceeds go toward the Foundation to help protect our animal habitat. Costs only \$10 per child, and bookings are essential. Please call (02) 9339 6699 for more information.

Better together with Jack Johnson

The Foundation raised almost \$2,000 when it was invited to join lack Johnson's All At Once community on the Village Green at his recent tour. This amount includes donations from fans which was matched on a dollar-for-dollar basis by Jack Johnson. Funds will go towards the Foundation's pond restoration projects.



The Foundation tent at the Jack Johnson concert

Thank you Kiehl's and V Festival Australia

We are very grateful to Kiehl's for their donation to the Foundation's Tree Transplant Appeal. A Port Jackson Fig is dedicated on Parkes Drive and a dedication ceremony was held with Erika Heynatz, the face of Kiehl's in Australia, helping plant the tree.

We are also delighted that V Festival Australia has pledged its support to the work of the Foundation. As part of a range of environmental initiatives that were conducted at the event. held earlier this year in Centennial Park, their generous donation demonstrates their commitment to be "serious about good music and serious about a good environment".

New benefactors

Kiehl's since 1851 V Festival Australia Renee Pollack Foundation Henry Pollack Foundation Mrs Mary Hill Mr Eric Hamilton Ms Sandra Symons



Erika Heynatz helps plant the Kiehl's tree

Mrs Violeta Nikolovska Mr Andrew Birch Ms Marny Kilby

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





Volunteers 1,000 plants and growing!



Growing Group volunteer working on propagation techniques

Since November 2007 the Growing Group has been busy propagating plants for use in horticultural displays including the Restaurant. So far almost 1,000 plants have been successfully propagated and are now growing as hardy container stock.

This small dedicated group of volunteers has achieved a great deal in only a few sessions. If you have a passion for plants and a desire to learn and master a variety of propagation techniques you are welcome to join this group.

New information kiosk to be staffed by volunteers

Our Visitor Information Centre will be relocating from the Superintendents Residence to an information kiosk within the new Restaurant Precinct. With the opening of the restaurant (in spring) customer service volunteers will be required to provide information to visitors. If you are 'people person' and have a few hours to spare we'd love to hear from you.

Volunteer archivist

Thank you to the many people who responded to our call for help in the last issue of this magazine. We are currently developing a position description and once finalised will contact everyone who expressed interest. By the number of responses a volunteer team may even be established!

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

Visitor Information

Please refer to the map insert for locations.

HOW TO GET HERE

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

Regular buses from Circular Quay, Central Stn, Bondi Jn Stn and surrounding suburbs. Trains to Central and Bondi In, both a 30-40 minute walk to the Parklands. www.131500.info

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

CAR FREE DAYS

Last Sunday of every season (February, May, August and November). Next day: 31 August 2008

CENTENNIAL PARK GATE TIMES

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

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

March* to April 6.00 am-6.00 pm May to August 6.30 am-5.30 pm September to October 6.00 am-6.00 pm November to March ** 6.00 am-8.00 pm * After daylight saving ** During daylight saving

Secondary Gates (York Rd, Jervois Ave and Robertson Exit Rd) Weekdays 9.00 am-4.00 pm

Weekends as per Primary Gates

Govett St Gates Weekdays 9.00 am-Primary Gate closing time

Weekends as per Primary Gates

FOOD OUTLETS

Parade Grounds Café

Cnr Grand & Parkes Drive, Centennial Park (adjacent to playground). Open 7 days. 7.30 am-5.00 pm (02) 9380 9350 (temporary facility until spring 2008). www.trippaswhite.com.au

Centennial Park Mobile Food Van E5

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

The Travelling Barista C4 H5

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

Moore Park Golf Patio Bar B3

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

Healthy Parks Healthy People



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👖 The Long Apron at Moore Park Golf B

This bar and restaurant serves quality meals and a full variety of wine and beers. Open Wed to Sun, Noon-5.00 pm (02) 9663 1064 www.mooreparkgolf.com.au

RECREATION ACTIVITIES

BBQs and Picnics

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

\delta 🚹 Cycling and Rollerblading

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

\delta Centennial Parklands Cycle Hire F3

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

\delta Centennial Park Cycles G6 50 Clovelly Rd, Randwick (02) 9398 5027

Skater HQ D3 Shop 2154, The Entertainment Quarter, Moore Park (02) 9368 0940

🛃 Wildlife Watching

Spot birds, turtles, invertebrates and possums within natural environments. Ideal locations at D4 E5 F4. Please do not feed the animals.

Playgrounds

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

Dog Walking

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

SPORT AND FACILITY HIRE

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

ES Marks Athletics Field B5

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

Moore Park Tennis Courts B3

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

🔏 📶 Parklands Sports Centre C4

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

Moore Park Golf B3

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

🚼 Horse Riding C4 D5

3.6 km horse track; 3.5 ha of fenced grounds featuring showjumping, dressage, lunging and turf hacking; Equestrian Centre with covered arenas, hot and cold wash bays and sand rolls. Riding schools offer lessons, horse hire, pony camps, pony parties, pony leads and guided park rides. Stabling available.

(02) 9332 2809 www.cpequestrian.com.au

Relation Riding School 0419 231 391 budapestridingschool@aapt.net.au

K Centennial Stables (02) 9360 5650 www.centennialstables.com.au

Reastside Riding Academy (02) 9360 7521 www.eastsideriding.com.au

Moore Park Riding Stables (02) 9360 8747 www.mooreparkstables.com.au

Reprint Papillon Riding Stables (02) 8356 9866 or 0407 224 938 www.papillonriding.com.au

WHAT'S ON

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

ENTERTAINMENT Entertainment Quarter D3

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

Hordern Pavilion and Royal Hall of Industries C3

www.playbillvenues.com

Moonlight Cinema G2 www.moonlight.com.au

CONTACT US

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

Parklands Office (behind Café), Mon to Fri, 8.30 am-5.00 pm. E3

i Visitor Centre, Paddington Gates, weekends 10.00 am-3.00 pm. E2

Ph: (02) 9339 6699 Fax: (02) 9332 2148 info@centennialparklands.com.au www.centennialparklands.com.au Locked Bag 15 Paddington NSW 2021

After hours emergencies: 0412 718 611