

parklands

THE MAGAZINE OF CENTENNIAL PARKLANDS



Trustees re-appointed
for four-year term

Recreating better
health

Iconic Clydesdales
retire


CENTENNIAL
parklands
is living Sydney

Directions



In recent months, many visitors have contacted Centennial Parklands seeking clarification about the Trust's future following significant media attention alluding that the Centennial Park and Moore Park Trust may be amalgamated with other bodies.

I am pleased to confirm that the Trust is one of 12 agencies that has joined the newly created Department of the Arts, Sport and Recreation under the leadership of Director

General Bob Adby. This super department comprises organisations such as The Australian Museum, the Parramatta Park Trust, the Art Gallery of NSW and the Sydney Opera House opening up new opportunities for synergies with these agencies.

As a state government agency, the Trust must demonstrate flexibility to operate within the directions set by the government. The Trust is guided by the *Centennial Park and Moore Park Trust Act 1983* which has been the legislative foundation underpinning the Parklands administration for 23 years. This fundamental legislation maintains the continuity of the Trust as a body, irrespective of departmental changes within the Government.

In February, four members of the Board of Trustees were re-appointed by the Governor of New South Wales for another

four-year term. The article on page 4 introduces the Board of Trustees and showcases the diverse range of expertise and background they bring to the organisation.

The sunny, clear winter days are an ideal chance to enjoy the peaceful outdoor environment of Centennial Parklands and I wish you a relaxing, refreshing and restful winter.



Steve Corbett

Director and Chief Executive
Centennial Parklands



Parkbench

CCC recruits new members

Four new recruits have been selected to represent the community on Centennial Parklands Community Consultative Committee. Ann Mairaed Bilmon, Robert Goodman, Craig Lyons and Clare Skinner are all regular visitors to the Parklands and bring a combined background in Aboriginal heritage, environmental law, urban planning, accounting and commercial management. These new representatives join the existing committee comprising Peter Reid, Sandy Pratten and Michael McDonald under the guidance of recently elected Chair, Allan Young. Visit www.cp.nsw.gov.au/About Us for more details.

Merchandise on sale

As a special winter offer, a select range of Centennial Parklands merchandise is on sale. Visit the Parklands Office, 8.30 am–5.00 pm weekdays, the Visitor Centre, 10.00 am–3.00 pm weekends and public holidays, or the Mobile Ranger Station on weekends during school holidays to receive a 25% discount on the 'I Love Centennial Parklands' range of t-shirts and bucket hats, available in both children and adult sizes. To view the full merchandise selection, please visit www.cp.nsw.gov.au/Shop



The 'I love Centennial Parklands' range of merchandise

Low pond levels attract waders

A positive side to Sydney's drought is the welcome arrival of a diverse range of wading birds, not commonly seen during normal rainfall conditions. Many of Centennial Park's ponds have experienced very low water levels recently, exposing mudflats which are ideal feeding grounds for royal spoonbills, yellow-billed spoonbills, straw-necked ibises, white-faced herons, egrets and black-winged stilts. These long-legged waders skim the shallows with their bills for aquatic invertebrates and small fish, and are a pleasing sight for birdwatching enthusiasts and novice twitchers. Several migratory waders including bar-tailed godwits, curlew sandpipers, sharp-tailed sandpipers, Latham snipes and red-necked stints have also been observed recently, attracted to the Park's shallow pond conditions. Kensington, Busbys and Randwick Ponds are ideal locations for spotting these unexpected visitors.



Black-winged stilt. Photo by Ofer Levy

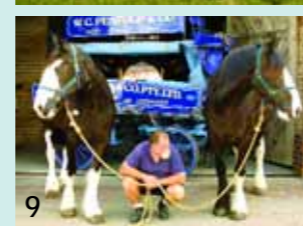
Sydney Water works

Commencing in June, Sydney Water will be undertaking repairs to a large pipe that runs beneath Centennial Park. These essential works will require the excavation of several pits in the north-western part of the Park to reline the water pipe that supplies water to approximately 90,000 residents in the Eastern Suburbs. Works will take place during daylight hours on weekdays and 8.00 am–1.00 pm on Saturdays. For information, please contact Sydney Water on (02) 8754 1937.

Community celebrates Grand Drive upgrade



After months of construction and footpath diversions, the upgrade to Grand Drive was completed in April. The entire circuit now boasts sandstone kerbing in place of the older style metal bollards, a complete path resurface as well as new accessible seating and bubblers. The Drive was officially launched on Tuesday, 9 May with a community event at the Learners Cycleway. Local school students, residents, government representatives and community groups joined the Hon. Sandra Nori MP, Minister for Tourism and Sport and Recreation, along with the coach and players from the Sydney Swans AFL team for a range of celebratory activities including tree planting and a sausage sizzle.



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Trustees: Professor John Niland AC (Chairman)
Annabelle Bennett AO David Leckie
Yvette Pietsch Allan Young
John Walker Sarah Whyte
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.

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Cover: Enjoying the peaceful surrounds of Centennial Park's Rose Garden

Trustees re-appointed for four-year term

Four members of the Centennial Park and Moore Park Trust were recently re-appointed to the Board by the Governor of New South Wales on the recommendation of the Minister for Tourism and Sport and Recreation, the Hon. Sandra Nori MP, for a further four-year term.

Commencing his second consecutive term as Chairman, Professor John Niland AC has a prominent background as former Chairman of the Environmental Protection Authority and former Vice-Chancellor and President of the University of New South Wales. He is a Fellow of the Australian Institute of Company Directors and serves as an Independent Director on the Board of Macquarie Bank. His international involvement currently includes the Board of Trustees of Singapore Management University and the University Grants Committee of Hong Kong.

Returning to the Boardroom alongside Professor Niland are Yvette Pietsch, Margaret Varady and John Walker.

Local resident, Yvette Pietsch, was the former Chair of the Community Consultative Committee (CCC) and has now been appointed as a Trustee in her own right, bringing a strong background in finance, taxation and community involvement.

Margaret Varady AO, Principal of Sydney Girls' High School, embarks on her second term as Trustee. Margaret has had an extensive involvement in school education

in Australia and New Zealand and sits on the Senate of the University of Sydney. John Walker is the Managing Director of Thrifty and Councillor on Woollahra Council. John has high-level experience in retail, finance and local government, contributing a dynamic mix of business knowledge and first-hand corporate experience.

Joining the Board of Trustees for the first time is newcomer Allan Young, who has been appointed for a two-year term via his role as Chair of the CCC. Allan brings a dedicated 'community' angle and experience in both policy and business analysis.

Current Trustees, Sarah Whyte, David Leckie and the Honourable Justice Annabelle Bennett AO continue in their existing terms, each contributing an impressive resume of leadership, administrative and professional experience at the highest tiers of Australian business and community affairs. Long-standing Trustee, Michael Marx AM retires this year after almost nine years in the position. Michael is acknowledged for his extensive commitment and contribution to the Parklands over the past decade.

According to Professor Niland, the mix of key skills within the Board of Trustees provides the strength to deliver good governance and the oversight of a wonderful community asset. 'Each Trustee demonstrates a passion for the Parklands—a critical ingredient for their

position on the Board and one which contributes to the focus of preserving and enhancing the character of this historic landscape,' he says.

The Trustees serve in an honorary capacity and meet on a monthly basis. Within the framework of the Trust, there are three sub-committees, focusing on Finance, Marketing and Auditing, allowing the Trustees to meet with other key contributors to seek advice, information and assist with key decision-making and to ensure that the Board does not operate in isolation.

The current economic and social environment will generate some key challenges for the Trust. 'The Trust must strive to maintain the revenue base in a model where the Parklands draws about 15% of its operating costs directly from Government and generates 85% from the assets vested in the Trust, such as Fox Professional Studies, the Entertainment Quarter and Moore Park Golf,' says Professor Niland, 'and we must balance the ever-growing demand for access to the Parklands from a diverse range of user groups.'

Based on the breadth of community expertise and business acumen portrayed within the current Board membership, it seems that the Trust will be well-positioned to meet such challenges as they arise. To read more about the role of the Trust or for profiles on individual Trustees, please visit www.cp.nsw.gov.au/About Us.

The Board of Trustees



Professor John Niland AC, Yvette Pietsch, Margaret Varady AO, John Walker, Allan Young, Sarah Whyte, David Leckie, The Hon. Justice Annabelle Bennett AO

Seniors Week

This year's Seniors Week activities were once again lauded as a great success. The two Ranger-led Heritage Tours evoked pleasant memories of the Parklands for participants, with many of them sharing their personal stories and experiences that were a wonderful supplement to the tour itself. The attentive and lively audience were keen to hear about the many facets of the Parklands natural and cultural heritage from history, design, construction, water quality, fauna and flora. The Bike Tour was also well received, with participants commenting on what a good idea it was to encourage 'oldies' to renew an interest in such a pleasant pastime.

Moonlight's Stellar Season

The dry summer weather and mix of cult classic and new release films has once again produced a stellar season for Moonlight Cinema.



Moonlight Cinema

For the discerning outdoor cinema crowd, Moonlight this year introduced Gold Grass, allowing ticket holders access to a prime position, beanbag, champagne and liqueur coffee. The tree-lined backdrop of Centennial Park and relaxed ambience continues to be a winning combination for

the open air cinema-goer. Moonlight Cinema will return again next summer for its ninth consecutive season in Centennial Park.

How the Pest was Won

The Friends of Centennial Parklands kicked off their own 2006 calendar of events with an educational tour which explained the issues of pest management in the Parklands. Environmental Officer John Martin led the enthusiastic group around Centennial Park, locating pests and their habitats along the way. The captive audience learnt about the techniques of fumigating rabbit warrens and fox dens, electro-fishing of carp and coating ibis eggs with canola oil to prevent hatchings.



Friends tour led by Environmental Officer, John Martin

Groove lives on at Good Vibrations



Crowds enjoying the festival atmosphere at Good Vibrations

Now in its third year at Centennial Parklands, the Good Vibrations Festival once again thrilled a 20,000 strong crowd with an incredible line-up of international and home-grown music artists. Within the picture-perfect setting of the Mission Fields, this sell-out event featured five stages, giving the sophisticated audience ten hours of grooves from the likes of Steve Lawler, Norman Jay, The Cuban Brothers and Paul Mac—who was exclusive to the Sydney show. Under the sparkling summer sun, the heat and intensity of the festival reached a crescendo with an unforgettable performance by 'The Godfather of Soul' himself, James Brown.

Cleaning up our act

An enthusiastic troop of 92 volunteers turned up for this year's Clean Up Australia Day in Centennial Park. Armed with bags, gloves and tongs, this group collected approximately 280 kg of rubbish from playgrounds, ponds and picnic areas. Ranger Karen Scrivens was really pleased with the great turnout. 'This year, we had twice as many participants as in previous years,' she said. 'There were family groups, school students and couples all lending a hand.' The most common items collected were cigarette butts, plastic and bottles.

Recreating good health

The fresh winter weather fails to deter the hundreds of keen visitors who make use of Centennial Park, Queens Park and Moore Park on any given day. Groups of middle-aged women frenetically chatting at a pace not unlike that of their moving feet along the pathway. Retired men engaging in passionate discussions over a take-away espresso as they rest from their morning constitutional beneath the shady turpentine. Groups of young mothers pushing prams, solitary men and women silently focused as they slowly and carefully journey through the purposeful movements of the tai chi sequences. Dog walkers chat as they look on as their excited canines frolic and roll in the long grass. Children playing on playground equipment, kids flying kites, family groups kicking a ball around and couples relaxing at the base of a tree with volumes of the weekend newspapers.

These are familiar scenes, but not those that adhere to the stereotypical fitness and exercise regime that many of us consider the ultimate fitness workout. However, despite sometimes being more passive pursuits, recreational activities such as these have a significant impact on people's health, fitness and overall wellbeing. It is for this reason that outdoor settings such as local parks and gardens are achieving an increasingly significant emphasis as places that allow communities to improve their health and wellbeing through recreational activities.



Fun in the Café playground

Recreate yourself

Whilst the term 'recreation' may conjure mental images of lazing under a tree, or gazing at a pond, it can be a bit more energetic. 'Recreation is diverse and therefore difficult to define,' according to NSW Sport and Recreation's Kerry Turner, Manager of Community Sport and Recreation.

Many people categorise recreation as non-competitive activities such as walking, running, birdwatching or canoeing, but in recent year many of these pursuits have taken on competitive elements. Similarly, recreation may be organised or non-organised in that individuals can partake in recreation on their own, but there are now clubs encouraging recreation in groups providing a social element such as in Tai Chi or cycling. By literal definition, recreation is 're-creation'—activities that encourage people to seek out an activity that fulfils something that they feel is missing in themselves. For this reason, recreation is very subjective. For some it may involve seeking an activity without rules to counter an overly structured lifestyle. Or perhaps it may be an outdoor pursuit to enable freedom from constraints of an indoor-based, sedentary workplace.

Body work

Irrespective of the type of recreation undertaken, the benefits encompass the spectrum of physical and emotional wellbeing. According to NSW Sport and Recreation, aside from the undeniable benefit of longevity, there is the reduced risk of heart attack, stroke, diabetes and some cancers. And those 'recreating' will enjoy feeling more energetic, confident and happy; as well as having better sleep patterns, weight management and the list continues. For example, the simple act of walking your dog for a total of 2.5 hours a week has been shown to reduce the burden of heart disease by 9%.

Healthy Parks Healthy People



Tai Chi by the ponds

Healthy Parks Healthy People

Governments recognise that public open space provides the community with health improvement and fitness opportunities, decreasing the cost of health care and saving governments millions of tax payer dollars. By way of encouraging more people to use Parks and Gardens for recreation and therefore improve their health and wellbeing, agencies across Australia have adopted the *Healthy Parks Healthy People* initiative, originally developed by Parks Victoria in 2000. For more information visit www.healthyparkshealthypeople.com.au

A state of mind

Where mental health is concerned, studies indicate that participation in recreational programs alleviates the symptoms from many mental illnesses including anxiety and depression and interestingly, some research has shown that the simple act of viewing plants and nature can have positive influences on emotional and physiological states, especially for people experiencing stress.

Dr Nicole Highet is the Deputy CEO from Beyond Blue, an organisation that is working to address issues associated with

depression, anxiety and related substance misuse disorders in Australia. According to Dr Highet, recreation activities are often suggested as treatment for some psychological treatments such as depression, including setting goals around activities. 'This not only encourages the person to get out and potentially benefit from the activity itself, but also provides a sense of mastery and achievement, and structure in the person's day, which all can be important aspects of recovery,' she says, 'and when these activities are combined with social interaction, these positive benefits are further increased, reducing social isolation and creating connections in one's local community.'

Health, naturally

Mr Bill Pearson, President of the Australian Traditional Medicine Society, says that practitioners of complementary medicine such as Naturopaths, Nutritionists and Counsellors often deal with lifestyle issues and will commonly suggest recreational activities such as tai chi or yoga to help overcome the underlying cause of certain symptoms. Bill believes that by taking up gentle exercise many people experience profound positive changes in their physical and emotional health. 'Their spirits are lifted and many people experience an attitudinal change as they start to take responsibility for their health,' says Bill. 'For example, a patient who wishes to give up smoking and is thus locked into a whole range of habits will be advised to take up walking in the garden or similar recreational activities to start to change negatives into positives.'

For Women

More and more 'Mothers Groups' are getting together in places like Centennial Parklands to walk the pram, chat over a coffee at the Café or chase toddlers around the playground—a recreational activity that is commended by Professor Michael Bennett, Professor of Obstetrics and Gynaecology at the University of New South Wales, and based at the Royal Hospital for Women.

Professor Bennett, who has worked in the area of women's health for almost 15 years, is a strong supporter of the recreation associated with mother's groups as they promote both emotional

and physiological benefits. Such recreational activities assist in alleviating the isolation and loneliness of being anchored at home with a young baby, whilst allowing women to discuss issues and experiences related to motherhood. And the specific physical benefits for women are simple. 'Active women, particularly those engaged in weight bearing exercise, are bound to have stronger bones than in-active women, thereby minimising the chance of osteoporosis in later life,' advises Professor Bennett.



A young family enjoying the birdlife

The ball is in your court

Danyelle Droga, Centennial Parklands Director Visitor Experience, says that the possibilities for recreation in Centennial Parklands are endless. 'A contemplative walk beside one of the ponds is a great way to clear the mind, and the beauty of the Parklands landscape is much more appealing than pacing the treadmill in front of the television.'

For people seeking to enjoy the potential health benefits and explore the plethora of recreational opportunities within your local area, NSW Sport and Recreation offers a great internet based resource called 'Active Search'. This facility links people with activities all around NSW including organised clubs and associations. Visit www.dsr.nsw.gov.au for details. For more information about recreation in Centennial Parklands, please visit www.cp.nsw.gov.au/Visitor Information or call (02) 9339 6699.

The positives of pram walks

For mothers with newborn babies or toddlers, finding time to exercise can be a difficult task. However, a simple pram walk can provide a range of great benefits for both mum and baby.

Centennial Park is an ideal location for a pram walk. Many find that it is easy to find parking and the flat, sealed and shaded pathway along Grand Drive is ideal for pushing prams – somewhat easier to negotiate than the curbs, driveways and uneven footpaths of some local suburban streets.

Mandi O'Sullivan-Jones, Exercise Physiologist and Director of PRAMfit has 10 years experience as a personal trainer for pre and post natal women and believes that walking is a great way to start exercising after the birth of a baby. 'Walking with a pram is a weight-bearing exercise and is therefore good for osteoporosis later in life. It can also help to increase fitness, decrease excess body weight and therefore improve overall health – and it's something we all know how to do,' encourages Mandi.

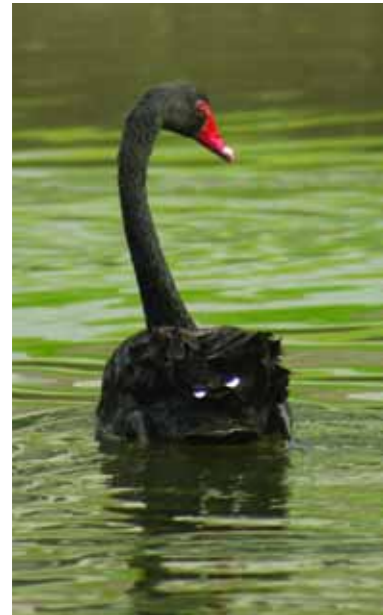
Walking can improve the strength, tone and stability of the abdomen and lower back areas that may have been compromised throughout pregnancy and birth. Increased fitness can assist women to keep up with active toddlers and can help overcome the fatigue associated with disrupted sleep patterns. An added bonus is the benefits for the child. Short spells of fresh air and sunshine are important for the development of a baby's immune system, skin condition and cardiovascular health.

This winter, parents can join Mandi and the team of professionals from PRAMfit for a series of especially designed 'Family Health and Fitness' classes. Mandi advocates that physical benefits of the classes—combined with the social interaction with other parents—is a great combination. 'Childcare is included, so you can focus on your class. It is a great way to meet other mums and you are more likely to keep coming along.' Visit www.cp.nsw.gov.au/What's On or call (02) 9339 6699 for details.

Twitcher's Corner

Black swan

By Trevor Waller



Black swan

feathers show off powerful rhythmic wing beats. They fly with their long necks outstretched and present a distinctive silhouette against the sky. Their bills are red with a white bar near the tip. The male has a longer bill and neck than the female.

Black swans feed on underwater vegetation by up-ending and using their long necks to reach deeper. They can be found in great numbers on large areas of shallow water with aquatic vegetation, lakes, estuaries and flooded pastures. They lose their flight feathers during their moult and will gather in large numbers on secure waters.

Breeding usually takes place from April to October but can occur any time after good rains. The nest is a large pile of mainly reeds in shallow water, on an island or floating among reeds in deeper water. They lay a large clutch of five to six eggs that are incubated for about 40 days. If the adult leaves the nest the eggs are covered with damp vegetation for protection. The juvenile birds, called cygnets, are mainly grey with dull white flight feathers and leave the nest after about 150 days. Black swans are plentiful in Centennial Parklands and you should be able to see them on any of the lakes and ponds.

Trevor Waller is a bird enthusiast with over 10 years behind the binoculars. He is a member of various bird watching clubs in Sydney, including Birds Australia, and conducts the Parklands Birdwatchers Breakfasts each season (visit [www.cp.nsw.gov.au/What's On](http://www.cp.nsw.gov.au/What's%20On) for details).

To stand and watch a **black swan** gracefully glide by on a still lake must be one of the more peaceful sights you could enjoy in Centennial Parklands. This large native swan is the world's only mostly black swan. It has white flight feathers that can best be seen when the bird is in flight. Being a heavy bird they use a long take-off run accompanied by much splashing and frantic flapping to get airborne. Once in the air their white wing

A Walk in the Park with Libby Hathorn



Author Libby Hathorn

With titles such as 'Grandma's Shoes', 'The Tram to Bondi Beach', 'The River' and 'Sky Sash So Blue' in her repertoire, award-winning children's author and local resident, Libby Hathorn has sought much inspiration and solitude in the many landscapes of Centennial Parklands.

Most peaceful spot in Centennial Parklands?

I think any places that have a view of water—and there are so

many round the Centennial Park ponds—are peaceful to me. It's easy to find a spot mid-week where you can sit and write or just sit! When I'm having a bit of a struggle with a novel I'm writing, I take a walk, meet a friend for coffee, do anything but write. I generally come back refreshed and ready to go on.

Favourite memory of the Parklands?

When we were young kids, a favourite story-telling uncle took us from our Maroubra house to the magic of the great Centennial Parklands. We had a picnic and then he photographed us in the grass by one of the ponds. We dressed in our Sunday school dresses and took our best handbags.

Best part of winter?

I love it when the beds of canna lilies are ablaze. It makes me think of a line from the Fitzgerald poem, a tribute to the dancer Pavlova, 'canna's flame for you, lovely, untidy, joyous flowers'. And when it's misty, I can pretend Centennial Parklands is my country estate.

Walk or ride?

Walk. We hired bikes last winter and once around was enough for me. I realised I like the slowness of the paths and tracks of Centennial Park. I like to walk and savour every tree, every leaf and garden bed. That is, until the advent of a grandchild Ruby Rose, who adores to ride everything in the playground.

What inspires you most about the Parklands?

A green open space with surprisingly diverse 'terrains'. You can feel, yes!, you are in a park with mown grass on the one hand, and then, hey presto, you're trekking through Lachlan Swamp, or you're on a walk with the dogs in bushland or round the ponds through a bit of jungle. I love the inspired additions near the ponds of Gaudi-esque ironwork and sandstone steps and the way artwork and stonework teach in a discreet way, like the tiled picture story of the Park. I've taken many visitors there.

Tree of the Season

Weeping willow

With its bare, pendulous form and long trailing branches, the weeping willow or *Salix babylonica* is a highlight of the winter season. Growing to more than 12 metres in height, this large deciduous tree has a broad crown, large trunk with ascending main branches carrying branchlets and twigs that droop to the ground or surface of the ponds forming a peaceful and shady old-world landscape.

The leaves are bright green on the top and glaucous beneath, changing to butter-yellow in the late autumn and early winter. The flowers are all female, yellowish-green and can be found amongst the bright green leaves in September (spring).

A member of the Salicaceae family, *Salix babylonica* is one of the most common species of willow—'Salix' is the ancient latin name for 'willow' and 'babylonica' means 'Babylonian'. The name was given by Linnaeus when the species was found

along the Euphrates River in Babylon. However, it has been proven that the tree's true origin is China and was probably brought to the Middle East by ancient China-Egypt traders. Today, there are numerous hybrid species of willow all around the world.

The weeping willow is one of the most familiar trees in Australia, especially along the banks of country streams and in parks. In Centennial Parklands, the original willows were planted in the late 1930s and 1940s using the species *Salix babylonica*. Although there are a few of these original willows surrounding the ponds, the majority these days are a form of hybrid willow.

The area around Musgrave Avenue in Centennial Park is the best location to view willow trees. The two ponds in this area are framed by mature willows, their soft, dropping branches creating a



Weeping willows at Musgrave Pond

picturesque setting as they gently sweep the pond surface. A collection of seven different species of willow can be seen surrounding the ponds at the rear of Ash Paddock and there is a golden form in the south-west corner of Centennial Park. These trees were propagated in Canberra and planted in the mid 1980s under then Director John Mortimer and Superintendent Ron Salkeld.

Although now considered a weed in many areas of Australia, within the confines of Centennial Park it remains as a testament to the Victorian-style tradition which is synonymous with the Park's design.

Iconic Clydesdales retire

Most Sydneysiders are familiar with the sight of a team of genteel Clydesdale horses travelling through the city streets with a cart of supplies in tow. But these classic icons of Sydney's social history have recently hung up their horseshoes and moved to greener pastures.

Annabelle, and her daughter Caroline, have been working draughthorses for the past six years, delivering stationary to locations throughout the Sydney CBD. Affectionately named 'the Penfold's girls', Annabelle and Caroline have been stabled throughout their working life at the Centennial Parklands Equestrian Centre. Caroline and Annabelle have their own fan club, with many people visiting the Equestrian Centre on a

regular basis to visit these gentle giants and feed them the odd carrot or apple, and regularly contacting owner and drayman Allan Gillham to check on their wellbeing.

Allan is a Sydney icon himself, having been Drayman to these horses and their predecessors for the past 23 years. During this time, Allan has worked with many horses, but never a pair together such as Annabelle and Caroline. 'They were two of the last six draughthorses in the world still working to deliver goods, and they were the last working delivery horses in Australia,' says Allan.

Following their retirement, the girls have relocated to an 800 acre farm in Cowra, where they are treated to every comfort of

country life, including an exclusive pasture usually relegated to the farmer's prize bull. Despite their 'tree-change', Caroline and Annabelle are creatures of habit and both still greet Allan at the gate to their paddock each morning in anticipation of the working day ahead. But their occupation has now turned to motherhood, with Caroline recently giving birth to new foal Leroy.

Visitors to the Equestrian Centre will miss their regular constitutional with Annabelle and Caroline, but there is still a chance that these much-loved creatures may be back in Sydney—and on the road again—sometime soon.



Mother and daughter Clydesdale team, Annabelle and Caroline, with Drayman Allan Gillham

Caroline with her foal, Leroy

Healthy Parks, Healthy People

Healthy Parks

Turtles escape winter chills



Freshwater turtle

The thought of animals in hibernation, usually conjures images of grizzly bears in freezing arctic climates seeking shelter from icy temperatures. In Australia, there are

few landscapes as cold and harsh, but during the colder months, one of the Park's most common reptilian residents—the freshwater turtle—escapes the winter chills by going into a period of hibernation.

Like all cold-blooded creatures, turtles cannot control their own body temperature, so they have developed the unique ability to go into a state of inactivity to cope with the lower temperatures. During this dormant period, turtles rest on the bottom of the pond or beneath a fallen log, sometimes huddling together in groups. Their pulse rate and breathing slows down and their appetites decrease. Instead of feeding, they use the fat reserves in their body stored during summer, to provide just enough energy to keep their body functioning.

The drop in water temperature that triggers this sleepy winter existence varies from place to place but is usually around 11°C. Turtles require little oxygen during their winter siesta, but an amazing, although somewhat unusual practise, is for them to 'breathe' through their bottoms! This enables them to exchange oxygen and carbon dioxide from the water.

When warmer conditions return at the start of spring, turtles will become more active again and search the ponds for aquatic insects and small fish to replenish their food stores in preparation for the busy mating season ahead.

Healthy People

Women step up to the tee

In Australia, women comprise approximately 25% of all golfers and this number continues to grow. As part of the Trust's diverse range of sporting facilities, Moore Park Golf runs regular clinics and coaching sessions especially designed for female golfers, providing women with the opportunity to develop from beginner through to competitor standard.

Golf Coach Andrew Marchbank, designs the lessons to be enjoyable and informative and explains that golf does not need to be complicated. 'It is a game that can be learned and enjoyed by anyone with an open mind and some determination,' he says. 'The goal is to simplify the principles behind good golf and remedy the confusion and frustration often associated with learning the game.'

As a special winter offer, Moore Park Golf is offering a series of ladies golf clinics for both beginners and intermediate players. The clinics are ideal for women wanting to learn to play golf from scratch or for those wishing to improve their current game.

Beginner classes cost \$130.00 for three one-hour classes and cover golfing basics such as grip, stance and alignment. Intermediate classes cost \$150.00 for three one-and-a-half hour classes and cover the use of drivers, woods and irons, short game, chipping and putting.

The historic Moore Park Golf Club, located at Moore Park Golf, offers attractive membership packages for female golfers, allowing access to competitions and social functions. For information on facilities at Moore Park Golf, or to become a member of the Moore Park Golf Club, visit www.mooreparkgolf.com, call (02) 9663 1064.



Female golfer receives expert tuition

Foundation and Friends

Celebrate National Tree Day

National Tree Day is an Australia-wide tree planting campaign developed in 1995 by Planet Ark which has resulted in the planting of more than 9 million trees across the country. In support of this event, Centennial Parklands will be hosting two planting days and offering people the opportunity to adopt a tree and dedicate it to a family member or friend, whilst at the same time help to preserve the green oasis of Centennial Parklands.

On Friday, 28 July local school students will gather on Mount Steel in Moore Park to plant over 1000 trees and shrubs. Planting in this area will connect the landscape at Mount Steel with planting themes in Centennial Park.

For the general public, the Centennial Parklands Foundation will host a special fundraising event on Sunday, 30 July to support Centennial Parklands Tree Replacement Program. A limited number of magnificent native Sydney and forest red gums will be available for adoption and will be planted along Carrington Drive, near the Paddington Gates. Trees cost \$500 are tax deductible.



Foundation granted water-saving dollars

The Centennial Parklands Foundation was recently awarded two water-saving grants. A Town Water Saving Grant of \$139,980 has been funded by the Department of Energy, Utilities and Sustainability, along with an Australian Government Community Water Grant worth over \$45,000. This funding will enable the Parklands to initiate a range of water saving projects including:

- connecting 50% of the irrigation of the Rose and Column Gardens to pond water;
- connecting the five new amenity blocks to pond water for toilet flushing;
- establishing water saving features for ten existing toilet facilities;
- drilling bores into the pond water system to provide irrigation for jumping arenas within the Centennial Parklands Equestrian Centre.

Overall these projects will enable a saving of approximately 12 million litres of town water annually.

Lounge around with Friends

The *Friends of Centennial Parklands* now have their very own retreat within the Visitor Centre in Centennial Park. Located adjacent to the Paddington Gates, this newly furnished *Friends* lounge offers free tea, coffee and newspapers and the opportunity to relax and enjoy the ambience of this recently conserved nineteenth century Victorian style residence. *Friends* have the privilege of private use of the lounge room which is open on weekends 10.00 am–3.00 pm, and weekdays by prior arrangement. A warm invite is extended to all *Friends* to enjoy this private space together with other Parklands *Friends*.



Friends enjoying their new lounge

Corporate Good Sports

Sydney businesses have made the most of Centennial Parklands in recent months for business-related events and activities.

Specialist event management company, Sporting Spectrum, delivers such events at several venues across Sydney. Sporting Spectrum's Marketing Manager, Nicola Andrews says, 'Centennial Parklands is one of the most popular venues for businesses looking to hold an outdoor recreational event. The sporting facilities are plentiful, open spaces expansive, and it's all just a stone's throw from the city-centre.'



Pricewaterhouse Coopers staff participating in an all-staff sports carnival

Over 300 Hilton Sydney staff shared a family day on Lachlan Reserve, complete with volleyball, soccer and netball shootouts, and the schoolyard favourites of egg and spoon, sack and three-legged racing. Employees from PricewaterhouseCoopers and property group Lend Lease each held staff sports days with hundreds of office-dwellers converging on the Parklands to play games such as softball, touch, soccer, bocce, netball and basketball, defending titles, setting new records and meeting new colleagues.

Special offer for new Friends

As a special offer, anyone joining the *Friends of Centennial Parklands* this winter will receive a voucher to attend one of *Centennial Parklands* programs free of charge. Valued up to \$20.00, new *Friends* can select from a range of fun outdoor activities including school holiday programs, guided tours and workshops for adults.

New and existing members can come along to special *Friends* events including educational, conservation and social activities. This season, join the 'Behind the Scenes' tour, National Tree

Day celebrations or a wine tasting evening.

Aside from offering great benefits, discounts and activities, being a member of the *Friends* means you contribute to the ongoing conservation and natural heritage of the Parklands and help to maintain its special place within Sydney.


To join today, see the insert on page 7. To adopt a tree for National Tree Day, or for information about any of these projects or events, please visit www.cp.nsw.gov.au/Foundation & Friends, email friends@cp.nsw.gov.au or call (02) 9339 6699.

Visitor Information

Please refer to the map insert on page 6 for locations.

HOW TO GET HERE

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

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

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

CAR FREE DAY

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

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 Rd (entry))

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 February 5.45 am–8.00 pm

Secondary Gates (York Rd, Jervis Ave, Govett St & Robertson Rd exit)

Weekdays 9.00 am–4.00 pm
Weekends as for Primary Gates

FOOD OUTLETS

Centennial Parklands Restaurant E3

This fully-licensed restaurant offers fine views with fine Modern Australian food. Open 7 days, 8.30 am–2.30 pm. (02) 9360 3355 www.landmarkcatering.com.au

Centennial Parklands Café E3

Light meals and snacks served in the open air forecourt. Open 7 days, 8.00 am–4.30 pm (weekdays), 8.00 am–5.00 pm (weekends) (02) 9380 6922

Centennial Park Mobile Food Van E5

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

Moore Park Golf Patio Bar B3

Overlooking the first tee, the outdoor Patio Bar serves light food and drinks. Open 7 days, 7.30 am–4.00 pm (Mon to Wed), 7.30 am–8.00 pm (Thu to Sat), 7.30 am–6.00 pm (Sun) (02) 9663 1064 www.mooreparkgolf.com.au

The Bistro at Moore Park Golf B3

The Bistro serves quality meals and a full variety of wine and beers. Open Wed to Sun, Noon–5.00pm (Wed to Thu), Noon–7.00pm (Fri to Sun) (02) 9663 1064 www.mooreparkgolf.com.au

RECREATION ACTIVITIES

BBQs and Picnics

Unlimited picnic spots, with views of ponds, fields and gardens. Free BBQs. First-in basis. BYO portable BBQs with legs permitted (except during total fire bans), portable picnic equipment permitted. Bookings required for groups of 50 or over. BBQs located at A3 D5 D6 E2 E3 G4 G5 H5

Cycling and Rollerblading

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

Helmets required. Three-wheel pedal cars not permitted in Centennial Park. Four-wheel pedal cars permitted.

Centennial Parklands Cycle Hire F3

Cnr Hamilton & Grand Drs, Centennial Park 0401 357 419

Centennial Park Cycles G6

50 Clovelly Rd, Randwick (02) 9398 5027

Woolys Wheels

82 Oxford St, Paddington (02) 9331 2671 www.woolyswheels.com

Total Skate E2

36 Oxford St, Woollahra (02) 9380 6356

Wildlife Watching

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

Playgrounds

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.

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

400 m running track, floodlit field and covered stand with seating for 1000 people. Changing rooms, toilets, First Aid Room, Officials Room (with PA system) and Meeting Room. Casual public training, Tue, Wed & Thu, 3.30 pm–8.30 pm. For hire for training or carnivals. (02) 9339 6699 www.cp.nsw.gov.au/sports

Golf, Horse Riding and Tennis hire available via licensed operators:

Moore Park Tennis Courts B3

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

Parklands Sports Centre C4


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


Moore Park Golf B3

Par 70, 18-hole Group One Championship golf course. All weather, day-night Driving Range, Putting and Chipping Greens, Pro Shop and Golf Academy. (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 cpec@cp.nsw.gov.au

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

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

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

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

 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.cp.nsw.gov.au/what's_on

FILMING AND PHOTOGRAPHY

Locations available for commercial filming and photography. (02) 9339 6699 www.cp.nsw.gov.au/venues

EVENTS AND FUNCTIONS


Locations available for private and public functions and events. (02) 9339 6699 www.cp.nsw.gov.au/venues


FOUNDATION AND FRIENDS

See insert on Page 6. (02) 9339 6699 www.cp.nsw.gov.au/foundation_and_friends

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

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

Web: www.cp.nsw.gov.au
Email: info@cp.nsw.gov.au
Phone: (02) 9339 6699
Fax: (02) 9332 2148
Post: Locked Bag 15 Paddington NSW 2021

After hours emergencies: 0412 718 611



Map of Centennial Parklands



Quick Guide to the Parklands



First Aid and Emergency

24 hour Ranger service, 7 days. **0412 718 611**

Parklands Office

8.30 am–5.00 pm Monday–Friday. Located behind Centennial Parklands Café. **(02) 9339 6699**
Fax: (02) 9332 2148 email: info@cp.nsw.gov.au

Park Information

Information, maps and brochures are available from the Parklands Office (behind the café) or the Visitor Centre, weekends 10.00 am–3.00 pm.

How to Get Here

BY 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.

BY 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.

Join the *Friends of Centennial Parklands*



Help support Centennial Park, Moore Park and Queens Park.

Friends are the roots of the Centennial Parklands Foundation with membership fees providing support for environmental projects within Centennial Parklands.

Your membership will open the doors to your involvement in caring for Centennial Parklands, clean up and planting days or becoming a volunteer.

By becoming a *Friend*, you will be joining a special group of people. You will also have the opportunity to join in exclusive activities and enjoy a discount on the many activities and events that are on in the Parklands each season. Simply present your membership card to obtain the special *Friends* rate.

The benefits include:

- Discounts on selected programs, activities, events and merchandise
 - 10% discount at Centennial Parklands Restaurant & Café
 - *Parklands* magazine posted quarterly
 - *Friends* events, including annual end of year celebration
 - Access to exclusive *Friends* lounge in the Visitor Centre at Paddington Gates
 - Free Centennial Parklands activity to the value of \$20 for *Friends* joining in winter 2006
- 

Membership Form



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

Title _____ First Name _____

Surname _____

Address _____

Postcode _____ Date of birth _____

Telephone (BH) _____ (AH) _____

Email _____

Membership categories (please tick):

- | | |
|--|--|
| <input type="checkbox"/> Single: 1 year \$55 | <input type="checkbox"/> 3 years \$145 |
| <input type="checkbox"/> Concession: 1 year \$45 | <input type="checkbox"/> 3 years \$120 |
| <input type="checkbox"/> Family: 1 year \$99 | <input type="checkbox"/> 3 years \$270 |
| <input type="checkbox"/> Affiliate: 1 year \$199 | <input type="checkbox"/> 3 years \$500 |

For Family membership, please list family members

Partner _____

Children _____

Donation Options:

- I would like to make a tax deductible donation to Centennial Parklands Foundation
- \$45 \$75 \$100 \$ _____
- I require a tax receipt
- I would like to find out how a bequest could help Centennial Parklands

Payment details:

- Cash Cheque – payable to Centennial Parklands Foundation
- Bankcard Mastercard Visa

- I would like my membership renewed automatically via my credit card

Card No

Expiry date

Card holder's name _____

Card holder's signature _____

Send to (no stamp required):

Friends of Centennial Parklands
Reply Paid 58
Locked Bag 15
PADDINGTON NSW 2021



For more information phone (02) 9339 6699
or email foundation@cp.nsw.gov.au