



CENTRAL  
PARK

Spring edition 2008

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TIMES

# Charity success stories at Central Park

## MS Stair Climb

Central Park hosted the second annual Step Up for MS and saw a record number of 774 participants climbing 53 flights of stairs to the top of Central Park, Perth's tallest building. Climbers ran as individuals or groups, and raised a massive \$103,719 for the MS Society. The event was a sell-out.

Step Up for MS formed part of MS Awareness week activities, with Central Park illuminated RED each night from dusk until dawn, from June 2-8.

The Multiple Sclerosis Society of WA is a not-for-profit organisation providing support and care to the thousands of Western Australians living with MS. The Society relies heavily on fundraising events like Step Up to fund vital services such as; physiotherapy, immunotherapy support, counselling, occupational therapy, home help, respite care and peer and carer support.



Presentation of cheque for \$10,000



Courney Murphey from TV's Australian Idol



The Central Park Team, Tim Ward, Tracey Hornsey, Mark Clark, David Ng and David Motta

## The Biggest Morning Tea



22nd May

Central Park again hosted the Biggest Morning Tea on behalf of the Cancer Council. This attracted huge support not only from the tenants of this building but from others nearby. We even attracted staff from the joint owners of Central Park, the Perron Group located in East Perth. The event was a great success and Tim Ward (General Manager) and Tracey Hornsey (Tenant Services Manager) were delighted to present a cheque to the Cancer Council to the sum of \$1,659.70 which was a \$600 increase on donations from last year.

**A BIG THANK YOU** to all of you who supported this event. Central Park would like to acknowledge the support of its retailers MYO, Amano's, Ecucina, Nagoya Sushi and Croissant Express.



Cheque presentation to Cancer Council



Supporters of the Biggest Morning Tea



## FROM THE GM'S DESK

Welcome to the spring edition of the Central Park Times. As you can see by the content, we have been very busy in our support of charities over recent months, with each event being very successful and raising funds which will go a long way to helping and improving the lives of so many people in the WA community.

We have hosted a number of exhibitions in the foyer over previous weeks ranging from sculptures to photography and we also have a number of further exhibitions coming up over the next few months, keep an eye out for these and I hope that you enjoy them.

If you are feeling like you need a physical challenge, you need to dust off those cobwebs and improve your fitness in preparation for the summer months then Central Park Fitness Centre has just the programme for you. The 8 week Cardio Corporate Challenge is detailed on the back page of the Times, not only do you get to improve your health and wellbeing, you can do this with the help of your colleagues and win a team prize of \$500. In addition, you can participate in a FREE 5 day trial pass to membership of the gym. Why not give it a go?

Linda McCue our feisty Customer Services Officer was involved in a major car accident a few weeks ago. I am happy to report that her progress is good and she improves each day. However due to the severity of her injuries, Linda will not be back with us for a few more weeks yet.

TIM WARD

# 2008 MOUNTAIN DESIGNS BIBBULMUN TEAM CHALLENGE A test of brawn and brains in the bush!

Registrations are filling up for this year's annual Mountain Designs Bibbulmun Team Challenge. Battle it out in a team of 4 friends, work colleagues or team mates from your sports or social club to claim the title of 2008 Challenge Champions and support the Track in its 10th Anniversary year with all proceeds from the event dedicated to the ongoing maintenance of the Bibbulmun Track.



Great for corporate development, a personal challenge or just having fun out in the bush, this event involves a 4-day hike on the Bibbulmun Track complete with undisclosed brawn-busting and brain-bending activities along the way. It's not a race – points are gained by successfully completing the challenges along the way. Individual participants are also welcome and we'll allocate you a team if we receive enough single registrations.

**The Bibbulmun Track Foundation**

**Phone: 08 9481 0551 Email: friends@bibbulmuntrack.org.au**

**Web: www.bibbulmuntrack.org.au**

## Amano is Italian for hand-made

**It is the perfect name for our gelato, patisseries and pizza shops, where all goods are made fresh each day.**

The Amano franchise business was started by two Italian cousins with a dream to bring the delights of fresh authentic gelato to Australia. It seems Australia shares our passion for premium fresh produce.

Amano Central Park has now been open for six months and has been well supported by all. We are looking forward to the end of winter and a long summer. So you can try our new icecreams.



**Amano Central Park  
Now open seven days!**

Mon-Thurs ..7am - 6pm

Fri .....7am - 9pm

Sat.....9am - 4pm

Sun .....12pm - 5pm

# Central Park Sustainability

## Don't be a drip

We have recently fitted new Water Efficiency Labelling and Standards (WELS) AAA rated shower heads to all our base building showers. A trial was conducted several months ago to gauge their suitability and following this all remaining base building showers have been fitted with them. The fitting of water saving shower heads follows the installation of flow restrictors to all our existing taps to bring them up to a WELS AAA standard.

All houses now built in WA have to be fitted with WELS AAA shower heads as part of the new Water Efficiency Labelling and Standards scheme. Anyone who has recently built or purchased a new home will be familiar with these fittings.

We have also further reduced our water use with the installation of a mini weather station to our reticulation system in the Park. This reduces watering times during cooler weather by measuring the moisture content in the ground and only activating itself when the moisture contents falls below a pre determined level.

We are targeting water savings of 25% over the next five years from the above measures together with the savings being made from the upgraded toilets.



## Website Sustainability Tips

The Central Park website now incorporates tips and links on recycling including items such as PCs, printer cartridges and batteries. In addition, a Mobile Muster recycling container is now located at the Concierge desk for collection and recycling of mobile phones-we are pleased to see that many of you have already utilized this.

Arrangements are being made to recycle any energy saver compact fluorescent lamps (which contain mercury) that individuals need to dispose of. A container is being sourced for the lamps and we will advise you all how to take advantage of these services when we are ready to implement it.

In the meantime please hand them to Dave or James, our handymen or the Concierge for disposal.

## Traffic Cam

The Central Park Traffic Cam is now on our website to allow you to check the traffic conditions on the main routes out of Perth when leaving the building. The images are updated every minute to ensure that you receive accurate information on the traffic conditions. The Traffic Cam can be accessed from the Central Park website at [www.central-park.com.au](http://www.central-park.com.au) by clicking on the Traffic Cam tab. The individual view that you are interested in can be bookmarked for easy reference. Go and have a look-we welcome any feedback and comments that you may have on this feature.



## Recycling Update

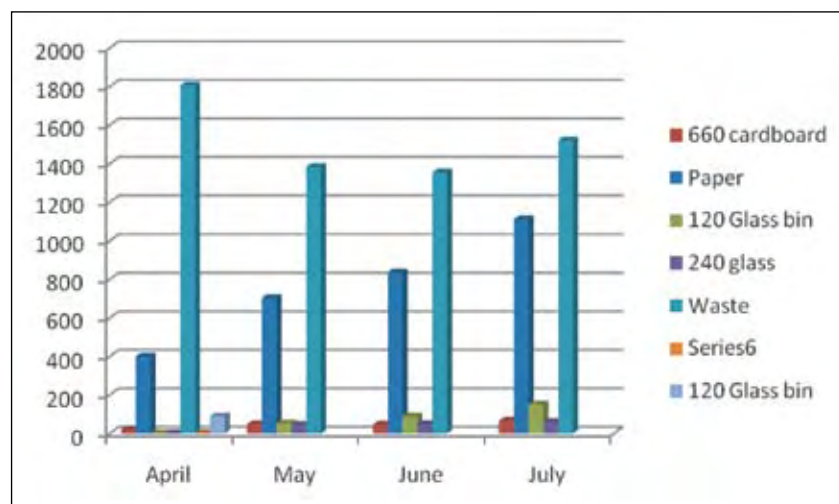
Since the implementation of the recycling initiative into Central Park 3 months ago, you have saved enough energy to run a light bulb for 824000 hours!

In simple terms, each bin saves enough energy to run the average house lights for almost 2 weeks and putting that in context, Central Park is saving enough energy to run 600 house lights each night.

That's a long way to becoming carbon neutral!!!!!!!

CPM are pleased to see the trend of all recycling in the building increasing as more tenants come 'on board' with this initiative, but we know you can do better.

The building is averaging just under 50% of all waste being recycled. Removal of that waste bin under your desk, changing your habits and walking the extra few metres to a waste bin CAN make another difference of approximately 20% to take our recycling to our target of 70%. The graph below demonstrates this improvement.



# At Your Service



## Marie Dominique

CPT would like to extend a big welcome to Marie Dominique who is working temporarily as our Customer Services Officer in place on Linda McCue. Marie has worked in the customer service and administration industries for many years and has extensive experience in these areas. Marie is happy to take any calls or queries on customer services issues on 94800707 or via the Central Park Website.

Central Park is one of the few buildings in Australia that has an in house Customer Service operator. In most office buildings tenants have to rely on external contractors or their own staff to perform tasks as simple as replacing a flickering lamp. The customer service centre is usually manned by Linda McCue (who was very unfortunately the victim of a recent carjacking accident and is recovering from several broken ribs) who promptly dispatches one of our two in house handymen, David and James, to attend to your needs.

Last year the Centre handled 13,235 calls, with the requests ranging from the issuing of security cards to furniture removals. This cost effective service is available between 8:00 am and 4:30 pm on working days, and can be arranged outside these hours with external contractors at commercial callout rates.

# Response to Gas Crisis

The fire at Apache Energy Varanus Island has restricted the gas supply to Perth which has resulted in many industries curtailing their operations and staff being laid off. In an effort to minimize the impact of this shortage the government called a meeting with the property industry on the 16th July to enlist its support for reducing the energy use of buildings. This meeting was held in the Central Park Theatre, after which we convened meetings with our tenant representatives to enlist your companies support and implementation of various measures to reduce our energy use.

The measures implemented, include minimizing heating, reducing the operating hours of air conditioning systems, turning off decorative, promotional and non-essential lights and shutting down equipment where possible. The support we have received from everyone at Central Park has been excellent and resulted in the total building energy use thus far falling by 15%-a significant amount. The crisis is reducing but we still have some way to go. Thanks to all who have assisted and please keep up the good effort.

## CENTRAL PARK FITNESS CENTRE

### Free – 5 Day Trial Pass

If you are unsure of the benefits a gym membership could bring you, we can offer a free 5 day trial pass for you to come in and use the gym or to try out any of our daily circuit classes.

#### Membership Includes

- Fitness Assessment:
- Fully equipped gym
- Circuit classes
- Fully qualified Personal Trainers
- Outdoor classes

#### Memberships

\$50.75 direct debit (per month) (Conditions apply)

Email:

[fitnesscentre.centralpark@cbre.com.au](mailto:fitnesscentre.centralpark@cbre.com.au)

## CENTRAL PARK FITNESS CENTRE

### 5 DAY TRIAL PASS

TEAR OFF AND TAKE TO FITNESS CENTRE TO QUALIFY FOR PASS

## 8 Week Cardio Corporate Challenge

### Want to win \$500 for your team?

### Which is the fittest company at Central Park?

In the month of September & October the fitness centre will be running an 8 week Corporate Fitness Challenge.

Each team will be fighting for the title "Fittest Company at Central Park"

If you are having trouble motivating yourself during this very cold winter, then this is a great way to:

- Increase your fitness level,
- Help keep the winter flab at bay
- Be in the best shape for summer
- Have fun with your work colleagues
- As a team, all work towards becoming the fittest company at Central Park.

Teams can consist of 4 to 6 people. At the start of the competition we will measure each team's average fitness levels using a beep test and then at the end of the 8 weeks we will measure it again. We will post both results up at the Fitness Centre.

To help you on your challenge the qualified staff at Central Park Fitness Centre can write you an 8 week cardio program or you can follow your own fitness program.

And if having the title of the "Fittest Company at Central Park" isn't motivation enough to join in the fun, we have prizes too!

| Prizes | 1st place | \$500 (per team)  |
|--------|-----------|---|
|        | 2nd place | Double pass for each team member to Gold Class Cinemas                    |
|        | 3rd place | \$20 food voucher for each team member at Amano (Kindly donated by Amano) |

If you have any question or would like to register your teams contact the fitness centre.

Phone: 9481 3207 Email: [fitnesscentre.centralpark@cbre.com.au](mailto:fitnesscentre.centralpark@cbre.com.au)

\*Participants must be a member of the gym during the competition