

# SANCTUARY LAKES RESORT NEWS

May 5, 2020



## SOCIAL DISTANCING - LETS NOT GET COMPLACENT!

Governments around the world are responding to the Novel Coronavirus (COVID-19) pandemic, and social distancing is a central aspect of plans to limit the spread of the virus. But what is social distancing and how do you do it?

### **What does social distancing mean?**

Social distancing practices are changes in behaviour that can help stop the spread of infections. These often include curtailing social contact, work and schooling among seemingly healthy individuals, with a view to delaying transmission and reducing the size of an outbreak.

### **How do you practice social distancing?**

As an individual, you can lower your risk of infection by reducing your rate of contact with other people.

Avoiding public spaces and unnecessary social gatherings, especially areas with large numbers of people or crowds, will lower the chance that you will be exposed to the new coronavirus as well as to other infectious diseases like flu.

Other measures include working from home if possible, organising meetings via video calls rather than doing them in person and avoiding unnecessary use of public transport.

Social distancing should be approached sensibly and rationally. If you do have to be out and about, the World Health Organization recommends maintaining a distance of at least 1.5 metres between yourself and anyone who is coughing or sneezing. It is also recommended that you avoid physical contact with others in social situations, including handshakes, hugs and kisses.

We know there are a lot of people out walking, jogging and bike riding around the estate at the moment but please be sure to practice social distancing measures as mentioned above. Lets all do our bit and keep flattening the curve.



## HOME WORKOUT TUTORIALS

The staff from the Rec Club have been busy preparing 30-minute home workout tutorials for residents to follow at home which can be found on our YouTube page.

If you're looking for a more tailored workout plan and health coaching book a free consult with Hadi please email [hadi.kerbaj@chm.com.au](mailto:hadi.kerbaj@chm.com.au).

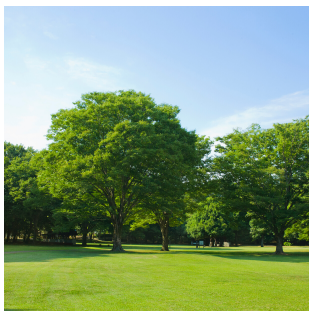


## ARE WE MISSING SOMETHING?

In April we had 10,500 residents open up our newsletter, a huge number to see, thank you to you all for taking the time to read our newsletters.

We'd love to hear from you though, is there something we're missing? Is there something you would like to see on our social platforms or in our newsletter that we're currently not including?

Please send through your suggestions and we'll try our best to include your suggestions.



## SIGNAGE AT RAVA PARK ON SANCTUARY LAKES NORTH BOULEVARD

We understand there is some concern among residents regarding the signage at Rava Park on Sanctuary Lakes North Boulevard.

We have been in contact with the Sanctuary Lakes Golf Club Chairman and he has provided the below statement;

*"The Club has a need for a bank facility that will enable us to manage our cash flow during the year. As a subscription based club, we receive most of our subscriptions income over a few months and we need to have the months prior to this income covered by an overdraft. The bank will require some security in order to provide the funds, so the land adjacent to the 6th tee has been identified as suitable for that purpose. We don't intend to sell it, only to use it as security for the bank."*



## SANCTUARY LAKES GOLF CLUB - A MESSAGE FROM SHAUN BAKKER

The Golf Club management would like to thank the residents for respecting the critical aspects of the golf course in particular the greens and bunkers over the last few weeks. We hope you have enjoyed the opportunity to utilise the course during the shutdown.

### **GOLF COURSE RE-OPENING IMMINENT**

Our golf course is hopefully due for re-opening in mid-May. Notices will be sent as soon as an official date is confirmed, and we will be reverting back to resident access strictly before 7am or after 7pm. As a visual check, when the flags return to the greens play would have commenced.

As a reminder, please do not enter the course during the day. The dangers of golf balls, machinery and irrigation could cause serious harm. The course is private land and access is strictly limited during daylight hours.

Our management team will be implementing measures for players on return to comply with social distancing restrictions.

### **GOLF COURSE INVESTMENT**

The club remains committed to improve the golf course and establishing it amongst the best in Australia, further enhancing the value of your property. The course is highly regarded in the industry and is currently rated 60th in Australia.

You may have noticed improvements that have taken place to our 4th lake (end of Tournament Drive) which included re-shaping the lake edge improving the playability of the hole. This work has also improved our water holding capacity of the lake.

### **LANDSCAPE ON THE COURSE**

The trees and bushes on the course are part of the course design and play an integral part in the way the course is played and how it appears aesthetically. Please respect our landscape and do not enter the course to trim trees or bushes. If you have a concern about a particular element of the landscape in respect to encroachment onto paths, your property or dead plants, please contact the Club.

### **GIVE US A TRY**

Once we re-open our doors we will be running a Trial membership allowing you to sample the membership experience of the club for 3 months (flyer attached).

For more information email us on [club@sanctuarylakesclub.com.au](mailto:club@sanctuarylakesclub.com.au) or call 9394 9494.





## AUTUMN ROSE CARE

What better time to be out in our gardens than during home isolation?

Not only is Autumn a great time of year to be in your garden, but gardening is also an excellent way to look after your mental health during these tough times of isolation. Studies have shown that getting your hands dirty in the garden can help to reduce stress and anxiety.



For all you rose lovers out there, now is the perfect time to be preparing your soil and garden beds for any rose additions this winter.

To give your roses the best possible start, you should start by preparing their new position well in advance, at least 6-8 weeks prior. It is vital to perform a soil pH test before adding anything to the soil. Testing kits can be purchased from hardware stores and garden centres and are easy to use. The soil pH for roses should sit between 6.5 and 7.

Once you have checked the drainage and soil pH is adequate, it is time to prepare the soil. Build it up with organic matter, water in, turn the soil over a few times and let it sit. Dig over and water the rose bed multiple times during the next few months, the soil should come to a fine tilth.

Roses can adapt to almost any soil type except light, sandy soils. One of the biggest problems with this soil type is water retention, with water and nutrients quickly draining through it before the rose has a chance to absorb what is needed. Sandy soils require more preparation for this reason. To prepare the soil introduce copious amounts of organic matter and digging it through thoroughly.

It is important not to replant into old soil where roses have been removed.

Caring for our existing roses during Autumn is relatively easy. The main tasks to remember are:

**FERTILIZER:** April is the time to do one final application of fertilizer before winter. Do not fertilize too close to winter to avoid fresh growth prior to dormancy and frosts. May is too late. Even if you are in a warmer climate and experience little to no dormancy, it is still best to withhold fertilizer closer to winter.



**SPRAYING:** Fungal diseases like black spot are common during Autumn. Prevention is better than a cure – it is best to spray before the issue arises.

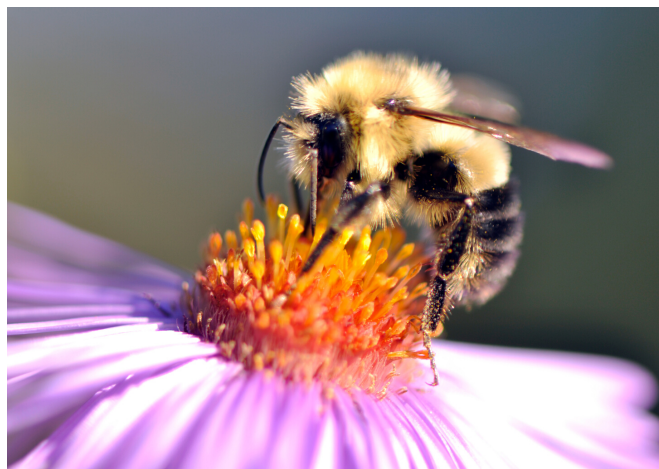
One factor we all want from our roses is for them to be disease resistant. This means less spraying and more lush growth.



## HOW TO ATTRACT BEES & BUTTERFLIES

As pollinators, bees, butterflies and insects play an essential role in our gardens. They transfer pollen from one flower to another, fertilising plants so they start forming fruits and seeds. 70 of the top 100 most popular food crops are pollinated by bees, and they pollinate 80 per cent of all flowering plants on earth!

So, what can you do at home to help encourage these important pollinators to frequent your garden?



### Flowers for bees and butterflies

Flowers in your garden will attract bees to your garden and provide them with the pollen and nectar they need to survive. Flowers such as Calendula, Cornflower, Poppy, Nemophila, Marigold, Lavender and Alyssum should see your garden become a hive of activity. Native bees, many of which are stingless, prefer native flowers and herbs such as Sage, Rosemary, Basil, Thyme and Mint.

### Provide a safe haven

Protect your bees from predators and encourage them to stay in your garden by providing them with a haven they can call home. Bees like to nestle into small gaps and be protected from the rain. Bee houses have become increasingly popular as they offer a range of little hidey holes for bees to seek shelter in. Butterflies don't like wind, so houses that shelter from the wind will see butterflies hang around your garden too.

Bee and butterfly houses like the ones shown below can be found at Bunnings and garden centres.



### Keep them hydrated

Just like any living organism, insects need water, so supplying an insect-friendly water source in your garden will help keep them hydrated during the long hot Aussie summer. Leave a shallow dish of water with sticks or pebbles so the bees can land safely and drink. Be sure to keep this stocked with fresh water and in the same place so the honey bees will know you're a reliable hydration station.

# WHAT'S ON

## Around Sanctuary Lakes

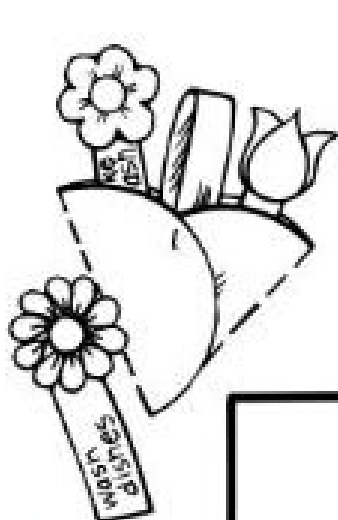


While the Recreation Club has been closed due to restrictions, we've taken the opportunity to complete some refurbishments. We have painted the pool deck walls and beams, started to refit the sauna with a new heater, door and seating. As well as reupholstered weight machine pads, we have purchased a new pool creepy crawly and replaced some steps on the pool ladders. We have also repaired the incline motors on a couple of treadmills. We are looking forward to you all enjoying the Recreation Club again soon!

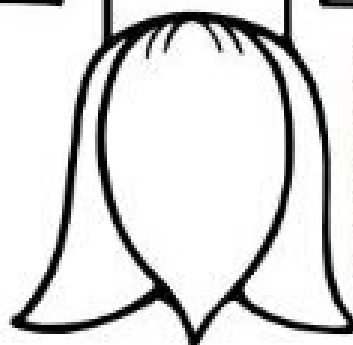
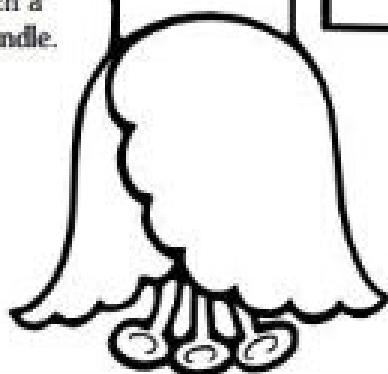
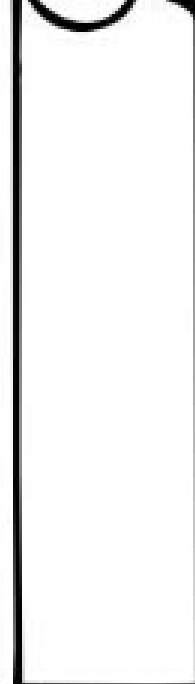
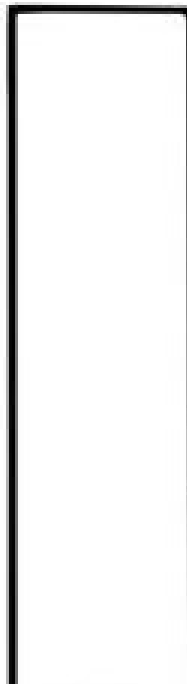
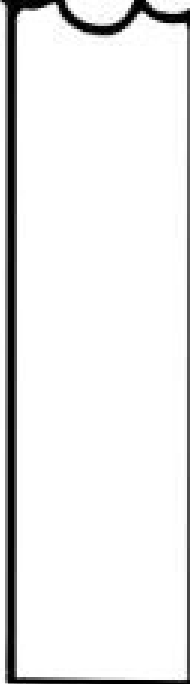
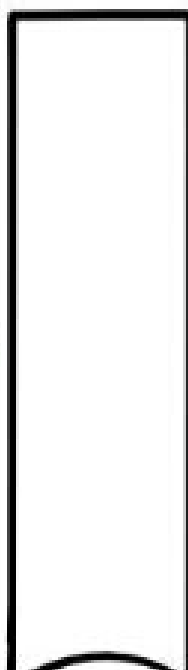
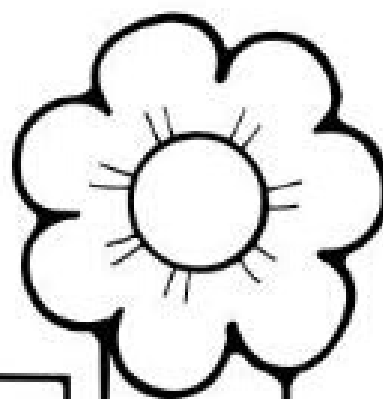
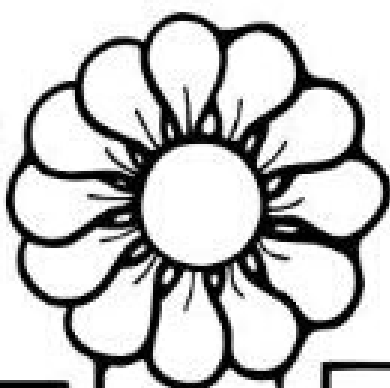




### Mother's Day Basket



Make a Mother's Day basket by cutting two circles from construction paper. Fold the circles in half and overlap them to form the basket. Glue or staple the basket together and attach a paper handle.



Place these paper flowers inside the basket. On the stems, list chores that you would like to do for Mom on her special day.

# COMMUNITY NOTICEBOARD

To advertise contact: [communications@sanctuarylakes.com.au](mailto:communications@sanctuarylakes.com.au)

\*conditions apply



SANCTUARY LAKES  
GOLF CLUB

## WINTER MEMBERSHIP TRIAL

### Here's what you get:

- Full 5, 6 or 7 Day access for 3 Months
- 10% Discount in the golf shop
- Obtain an official GA handicap
- Play in club competitions (excluding Board Competitions and Monthly Medals)
- Short commitment period
- Relaxation / Exercise benefits
- No joining fee

**3 Months  
Membership from  
only \$330\*  
& Receive \$165  
back if you join  
after trial**

\* Example for 5 Day membership. 6 and 7 day options are available. Trial membership ends 31st August. Receive credit against future subscriptions upon joining for the remaining golfing year. Terms & conditions apply.

**TO JOIN call 9394 9494 or email [club@sanctuarylakesclub.com.au](mailto:club@sanctuarylakesclub.com.au)**



70 Greg Norman Drive, Point Cook | [sanctuarylakesclub.com.au](http://sanctuarylakesclub.com.au)

