

SANCTUARY LAKES RESORT NEWS

June 1, 2021



COVID UPDATE

7 Day circuit breaker restrictions means that our Administration Office, the Security Hut and the Maintenance Shed will be closed to the general public as of 5:00PM on Thursday, 27 May 2021 and reopen Friday 4th June (if lockdown is extended we will send further advice via our social media platforms).

The Resort Maintenance Team will be onsite adhering to all COVID safe workplace practices.

The Recreation Centre is closed, this includes the Tennis Courts. If you're looking for some workouts to do while the gym is closed, check out the CHM virtual site: <https://www.chmvirtual.com/> Password is **CHM575**.

SLR Security staff will remain onsite 24/7 however some non-essential services will be suspended at this time. Suspended services include PermaConn installations, non-urgent alarm services as well as purchase of fobs.

As gate access remotes (fobs) will not be available for purchase from our office, if you are a resident needing access to your gated community, you will be required to use your allocated gate code. If you do not have a code, one can be provided to you upon written request.

Emailing ocmanager@sanctuarylakes.com.au is the best and most efficient way to reach us during this time, or alternatively please phone 9394 9400 and leave a message, we will return your call.

If you have any queries about the above message please feel free to contact us.



PRODUCTIVE THINGS TO DO WHILST IN LOCKDOWN

Lockdown can be a stressful time for most, so let's stay well and positive through finding productive things to do. These activities will boost your moral and you will be glad you did them when lock down ends. Make the most out of all this new time on your hands.

1. Read a book series that you have been putting off

In this busy world, we often find that we no longer have time to just sit down and read. Not only is it extremely relaxing but its great for exercising your brain, building your vocabulary, and strengthening your imagination. If you do not have any books at home, you could always buy an eBook or an audio book if that is more your style.

2. Watch a documentary series

Whether you own a series or find one on Netflix, watching a documentary series is always a great way to learn more about the world. Watching a documentary over watching other shows is more productive and helpful.

3. Keep a blog/journal

A blog or a journal is a great way for you to self-reflect and help your wellbeing. If you keep in touch with yourself, you can learn more about you as a person and discover new ways to live your life stress free. You can track your thoughts in a book, on your mobile or on your computer and you can keep your blog or journal as private or public as you want.

These are just 3 tips for productive things you can do during lockdown, however if you want to see all 21, please visit Orientation Marketing's website at: <https://www.orientation.agency/insights/productive-things-to-do-at-home-or-in-quarantine>





DOGS OFF LEADS

Did you know that here in Wyndham we have leash laws that require all dogs to be on lead in public places unless in a designated off-lead area, of which there are none in Sanctuary Lakes.

Why put a lead on your dog?

As we mentioned, it is the law!

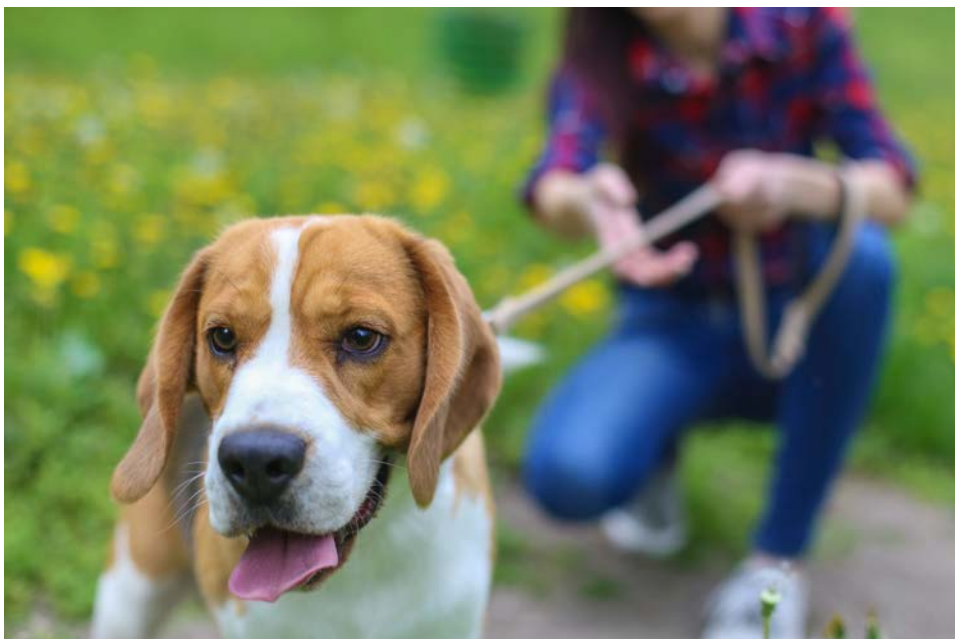
Even if you have the friendliest dog in the world, not everyone does. A friendly dog running at a nervous or fearful dog will cause long-term side effects for the unsuspecting dog.

Wyndham Council can fine owners for walking their dogs off-lead with an on the spot infringement notice. The infringement is the same amount for people whose dog/s have escaped from their home.

If you are aware of regular dog owners that disregard the rules, or if you ask a local dog owner to leash their dog and they do not, we encourage you to report to council. Council can be contacted on 9742 0777, Council offer this service 24 hours a day and 7 days a week. If you are calling afterhours, please follow the prompts to be redirected to Wyndham City's after-hours service which will provide assistance.

Please remember that laws are in place for a reason, so everyone can enjoy walking their dogs in a calm and safe environment without risk of being approached by unknown unleashed dogs. Please be courteous to your fellow pet owners.

So what should you do if an off-lead dog runs towards you? Many people are unsure what to do in these situations and sometimes our actions can make it worse.





DOGS OFF LEADS

**Here are some tips on how to deal with this situation:
Don't be shy!**

Yell out to the owners of the unleashed dog, ask them to put their dog back on their lead immediately.

You will often be greeted with the owner saying, "It's ok, he is friendly."

This does not give the owner the right to let their dog 'do what they want' when out in public spaces. Even the most social of dogs can be caught off guard at another pooch running towards them.

Carry a distraction.

There is no sure fire way to stop a dog running at you but carrying high value treats could help. Not only will they help your dog focus on you, but often throwing a handful of treats in the face of an approaching dog can stop them in their tracks, so they can then find the treats on the ground. This should give you enough time to walk away with your dog calmly.

Carry a water bottle (the squirty kind). Not only can you stay hydrated, but the use of squirting water in the face of an approaching dog can also startle them enough to stop. It catches them by surprise and may buy enough time for the owner to leash their dog and you to walk away with yours.

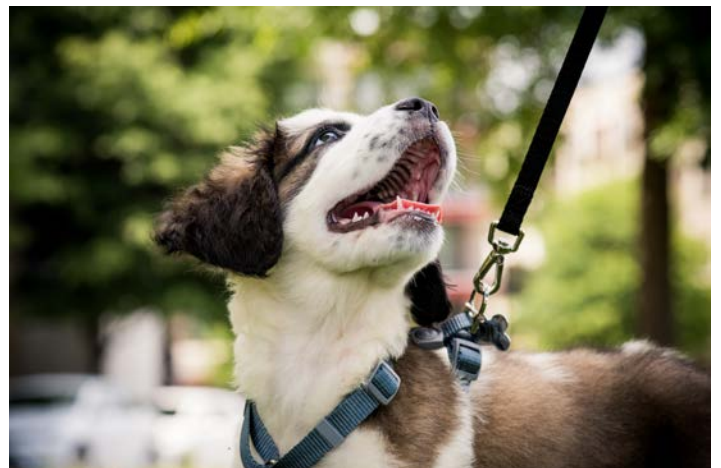
What happens if it all goes bad?

Do you break up the fight? Breaking up a dog fight is ALWAYS risky, however in the heat of the moment all we care about is our dog's safety.

The best way to break up a fight is to grab the back legs of each dogs and raise them off the ground (like a wheelbarrow) and walk backwards. If you are the only person present, do this to the dog that is leading the attack, eventually the other dog will try and get away.

We hope you find these tips helpful.

Remember walking your dog should be an enjoyable stress free activity. Please be a responsible dog owner and ensure your dog is always kept on a leash whilst in Sanctuary Lakes, additionally as a pet owner it is your responsibility to ensure that your pets are secured in your yard and not able to escape.



NATURE'S RUBIK



NATURE'S
RUBIK

by Tom Parkinson

OUR LAKE UPDATE FOR 2021



As Resort Maintenance Manager Greg Fryer and Lake and Irrigation Manager Anthony Withington will always tell you, the secret to keeping our Lake absolutely pristine perfect is to maintain a vigorous healthy revolving food chain within the lake. The sea grasses and other our aquatic vegetation, supports the small invertebrates, such as Shrimps, Snails which equally support the fish, who in turn along with the vegetation support the water birds. All in their own way play their part in circulating the food chain and keeping the Lake pristine.

But all this can unravel if the water balance swings away from the desired salinity levels.

And this happened dramatically, over the last twelve months with excessive fresh water flowing into our Lake. Due in part to our changing weather cycle of increased spring and summer rainfall, has meant our roadways and wetlands poured their stormwater into the Lake. This had an immediate effect of increasing Seagrass growth due to the increase in nutrients entering the lake system The 2020 calendar year saw a growth of 863 tons, a 60% increase of Seagrass on the yearly average of 535 tons. Equally dramatically within the Seagrass, the Algae bloomed to the highest amount ever recorded. Putting the Lake in danger of being covered in unsightly, smelly floating mats of Algae. Fortunately, due to constant vigilance and hard work from the Lake Maintenance crew this only occurred in very minor cases. Algae is an essential link in the Lakes food cycle, so why is it perceived as a “baddie”. The predominant Algae in Sanctuary Lakes is the Filamentous algae.

Filamentous algae are colonies of microscopic plants that link together to form threads or mesh-like filaments. These primitive plants normally grow under the water on the leaves of seagrass stems or other substrates, but when over-produced they will break loose, rise to the surface and form floating mats. Filamentous algae are important because they produce oxygen and food for the plants and animals that live in the Lake, but they also can cause problems such as clogs and stagnancy. Filamentous algae do not have roots; rather they get their nutrients directly from the water meaning that their growth and reproduction are entirely dependent on the amount of nutrients in the water.



FILAMENTOUS ALGAE FLOATING ON
THE SURFACE OF THE LAKE

Because our Lake collects stormwater flowing from the wetlands, gardens, golf course and roads within and around our Estate, the abundance of algae is a result of the many sources of nutrients from our residential and local commercial developments.

Filamentous algae do not produce toxins that are harmful to humans. The floating clumps are unsightly, but they are not in themselves a threat to your health. The problem lies when the Filamentous algae grows to the extent that there is an overabundance on the Lake's surface. This will limit the exchange of oxygen between the water and the atmosphere, and will prevent photosynthesis from producing oxygen in the water. As a result, it is more likely to see fish dying, waterbirds fleeing and an unpleasant noxious odour due to lack of oxygen.

NATURE'S RUBIK



NATURE'S
RUBIK

by Tom Parkinson



OUR LAKE UPDATE FOR 2021

Fortunately, this has not happened and our Lake has never been healthier, just witness the number Water Bird species now visiting the shores. Also there has been an increase in not only species of fish, but actual numbers. The Anglers tell me that Black Bream, Red Mullet and Flatheads are plentiful and they have been joined by a smallish shoal of Australian Salmon and a large number of Short Fined Eels.

Although it is commonly referred to as a salmon in Australia and its species epithet *trutta* is the Latin for trout, sadly it is not related to the salmon or trout *Salmonidae* family. The probable reason for the name is that there is a slight similarity in shape and colour to the Atlantic Salmon. They are



AUSTRALIAN SALMON ARRIPIS TRUTTA

streamlined with long slender bodies and have a dark bluish green dorsally and silvery white ventrally. The Aussie Salmon's average size is around forty centimetres and can weigh four to five kilograms. Large shoals are found in Port Phillip Bay and are often seen locally around Altona Pier. Anglers have told me that the Aussie Salmon is a "sporting catch" and not a bad feed, so long as you cook it fresh and it's great for the BBQ. Unlike the 'pink' flesh of the Atlantic Salmon the Australian Salmon has a pleasant white colouring.

The other newcomer to our Lake neighbourhood and is being caught with reasonable regularity by our anglers is the Short-finned Eel. Short finned eels have an interesting life-cycle. The mature adults return to the sea in order to spawn. Where they actually spawn is uncertain, but is believed to be in the South Coral Sea off the coast of North Queensland. Mature females about a metre in length have been found to contain more than 3 million eggs. After spawning the Eel will die.

The tiny eel larvae, known as leptocephali because of their leaf like flat shape, are carried south by the East Australian Current from their northern spawning grounds until our Short-Finns reach Port Phillip Bay. At around this time they metamorphose into the normal tubular eel shape although devoid of any pigment and so are known as glass eels. It is thought that the Sanctuary Lakes Short-Finns have come either through our Tidal Storage Pond on Skeleton Creek or the stormwater retention ponds above Point Cook Road feeding the Canal. Once in our Lake the glass eels quickly develop full pigment, growing to an average size of over a metre in length and weighing approximately one to two kilos. Eels can live for a long time and females have been known to reach the age of 30 years before feeling the urge to migrate into the ocean and begin the cycle all over again. Anglers rarely deliberately fish for Short Finns, but they can provide good fun catching them. They can also provide good eating.



THE SHORT-FINNED EEL
ANGUILLA AUSTRALIS

Thanks to our maintenance Team, this year has once again shown, that our Lake is a magnificent central show piece for our estate.



THAI RED CURRY RISOTTO

It's heading into Australia's cold season and the Sanctuary Lakes team thought it would be nice for our residents to warm up with some local winter meals. Here is our first submission from Paul Harder.

"This recipe is a fusion of Italian and Thai, easy to make, different and very tasty."

- Paul Harder

Ingredients:

- 2 tablespoons coconut oil
- 340g skinless thigh chicken
- 1 large finely chopped onion (¾ cup)
- 3 crushed garlic cloves
- 2 teaspoons grated ginger
- ¾ cup arborio rice
- 3 tablespoons red curry paste
- 2 ½ cups of warmed chicken broth
- 1 ½ cups (400ml can) coconut milk
- 1 tablespoon lime juice
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce
- 4 baby bok choy. Tough core removed & sliced into 12 ml strips
- 1 cup halved cherry tomatoes
- 1 cup cubed pineapple chunks
- Small handful basil leaves, torn or cut into thin ribbons

Directions:

1. Heat coconut oil in a large saucepan (med or high heat).

Add chicken pieces & cook for 7 to 9 minutes until evenly browned.

Transfer chicken to a plate & set aside

Reduce heat & add onion, garlic & ginger to saucepan. Cook for 1 minute

Add rice & curry paste stir until evenly coated.

2. Add warm chicken broth, ½ cup at a time. Stir until absorbed before adding more.

Once all of the broth has been added (about 20 mins), add 1 cup of coconut milk & stir until mostly absorbed & rice is almost done (8 – 10 minutes).

3. Add remaining 1/2 cup of coconut milk, along with brown sugar, lime juice & soy sauce.

Return chicken to saucepan along with tomatoes & bok choy & cook until rice is al dente & chicken

is cooked through.

Stir in pineapple chunks & basil. Taste & add additional lime juice, sugar and/or soy sauce as desired.

Serve with added basil if required.



COMMUNITY NOTICEBOARD

To advertise contact: communications@sanctuarylakes.com.au

*conditions apply

New Tier One Exposure Site in Point Cook

(Please note the list of exposure sites are continuously being updated be sure to check the updated list on the website listed below).

Tier One: Anybody who visited these locations must get tested immediately and quarantine for 14 days from the exposure:

- Coles Stockland Point Cook Shopping Centre, 26/05/2021 3:30pm - 5:30pm
- Target - Stockland Point Cook Shopping Centre, 26/05/2021 3:30pm - 5:30pm
- Aldi Sanctuary Lakes Shopping Centre, 26/05/2021 5:10pm - 6:30pm
- Point Cook Quality Meats (Halal) & Grocery Supermarket, Stockland Shopping Centre, 26/05/2021 3:30pm - 5:30pm
- Marketplace Fresh Fruit and Vegetable Market, Stockland Shopping Centre, 26/05/2021 3:30pm - 5:30pm

Tier Two: Get tested urgently and isolate until receiving a negative result:

- Truganina: Liberty Oil 290 Leakes Road Truganina, 23/05/2021 7:05pm - 7:40pm
- Sanctuary Lakes Shopping Centre, 26/05/2021 5:10pm - 6:30pm
- Stockland Point Cook Shopping Centre, 26/05/2021 3:30pm - 5:30pm

For more information on where to get tested visit: www.coronavirus.vic.gov.au/where-get-tested-covid-19.

