

SANCTUARY LAKES RESORT NEWS

June 15, 2021



SLRS SERVICES COVID UPDATE

With the relief of coming out of lockdown, we would like to give you an update of SLRS Services.

We are pleased to announce that the office reopened this morning. Residents will once again be able to visit during opening hours. Please note that all visitors will be required to check in via QR code upon arrival and a reminder that masks will be mandatory.

The tennis courts are open again from 7am to 10pm everyday. There will be no booking system and the courts will be unmanned, therefore we ask residents to only use one court per group, and for only one hour at a time. Please ensure that social distancing rules are adhered to whilst using the courts.

At this stage we are still unable to open the Recreation Club, however, you can still work out from home by checking out the CHM virtual site (link on page 2) or by talking to Hadi to organise training and updating your fitness program. To do this, please email Hadi at hadi.kerbaj@chm.com.au. We will be making sure to keep our residents up to date as Government updates are released, keep an eye out on our social media platforms.

Green waste drop off was able to re-open as of Saturday 12th June, just a quick reminder that as per Government requirements residents will be required to sign in via the QR code at the maintenance compound.

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



CALLING FOR FAVOURATE WINTER MEALS FROM OUR COMMUNITY.

As winter is approaching, we would love if local residents can share their favourite winter meals.

If you'd like to share your favourite winter warmers with your neighbours, please email your family's meal suggestions, recipes and photos.



PARKING IN THE LOADING BAY

We'd like to remind all residents that the loading zone area in the car park is not to be used as parking. This is a loading zone for suppliers and emergency vehicles only.

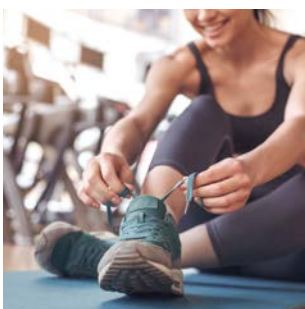
Please do not use this area for parking when attending the gym. If the loading bay is full and emergency vehicles are required they have no space to park.



CHANGE OF DETAILS

Have any of your details changed? Please don't forget to update us if your mailing address, phone number or email address changes.

Please email any changes to OC Manager.



CHM VIRTUAL HOME WORKOUTS

Looking for some home workouts?

Check out the CHM virtual site: <https://www.chmvirtual.com/>
Password is CHM575



HOW TO PLANT BARE ROOT ROSES

'Tis is the season to be planting bare root roses, fa la la la la, la la la la .

Once grown these roses will look and smell amazing in your gardens. To give your bare root roses the best start to life, follow the steps below:

1. Re-hydrate your roses – Ensure that they are soaked in a bucket of plain water for 24-48 hours.
2. Dig the hole – Make sure it is approximately 30cm wide and deep and that the soil at the bottom is loosened.
3. Apply Seamungus – Sprinkle about a cup of Seamungus into the bottom of the hole.
4. Make a mound – Add soil to the bottom of the hole, ensuring that it covers the Seamungus. Use this soil to create a mound.
5. Trim roots – If need be, trim the thick roots to ensure that the rose will fit in the hole. Try to leave the fine hair roots as this is what the rose needs to collect nutrients from the soil.
6. Position on mound – Put the base of the rose on top of the mound, finding the best position where its roots are spread in a downwards direction.
7. Check depth – Use a stick to make sure the soil mark on the rose stem is level with the ground and that the graft sits approximately 2.5cm above the stick.
8. Apply Mycorrhizal Fungi – Whilst holding the rose over the hole, apply Mycorrhizal Fungi to its roots.
9. Arrange roots – Ensure all roots are facing down, this prevents suckers.
10. Partially backfill the hole – Fill half the hole with soil, ensuring that the roots are covered. Then press gently down on the soil.
11. Fill hole with water – Once filled, allow it to sit until the bubbles stop surfacing.
12. Backfill the hole – Fill the rest of the hole with the remainder of the soil. Once again, press gently down on the soil.
13. Water – Water the rose well.
14. Trim Stems – Trim each stem down to approximately 20cm above the graft. When trimming, ensure you trim 1cm above a growth eye.
15. Water again – Give the rose another water. Water is the key to the bare root rose's success.
16. Aftercare – For the rose's first year, water 2-3 times a week with 10 litres each water. Do not fertilise until the rose flowers.

Click here for a more in-depth video of these steps:

<https://www.youtube.com/watch?v=6mjh2bXhRZw>





OUR OLIVES

The olives are coming into season, so we thought that you might enjoy reading this Nature's Rubik article again.

Only a few days to go to start picking the early season's Green Olives and just a few more weeks to begin harvesting this year's bumper crop of Black Olives.

Being fortunate enough to live on the Sanctuary Lake Estate we can wander around the streets and common ground, picking ourselves a kilo or two of ripe olives for free and then spend a fun time curing our very own batch.

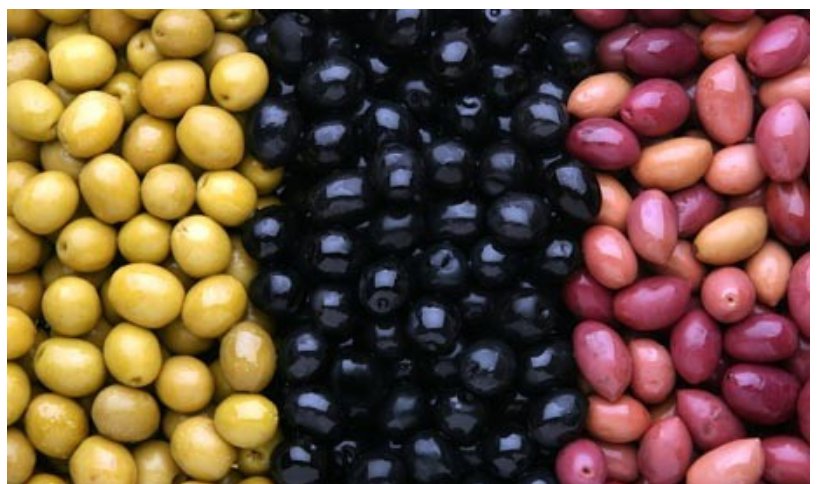
Greg Fryer and his Merry Gardeners have diligently over the years planted numerous Olive Trees on our common land. Just a few locations that are presently loaded with healthy nearly ripe green olives are the ten trees in Pelican Bay (next beach south of Partington Reserve) likewise adjacent to the 8th tee at the end of Times Square's Lincoln Park Close and also off Times Square towards the 11th tee at the end of Staten Way. In Jardin particularly in Montclair and Cremorne Street. Celebration Drive has dozens of healthy Manzanillo and Kalamata Olive trees. On either side of the bridges on the Panorama Way islands almost a two-dozen young Kalamata Olive trees (wait till they are Black and fully ripe). Healthy Kalamata and Manzanillo trees are also featuring in Morning Close and Viewbank Court, South Shore and Middle Park. And that is just a sample, there are many other Olive Trees on the resort's common ground, with fruit almost ready for picking.

Before curing Olives, just a quickie on when to pick. All Olives will turn a dark purple black when ripe, but the full sized early green olive can also be cured into interesting tastes. Due to our strange weather patterns this year you have to pick by sight rather than timetable and on the larger trees not all the fruit ripens at the same time, there can be as much, as two weeks difference between ripened fruit on the same tree. Therefore, the three stages for picking are:

Green: Picked when they have obtained full size, but before the ripening cycle has begun. Usually shades of green to yellow.

Semi-ripe or Turning Colour Olives: Picked at the beginning of the ripening cycle, when the colour has begun to change from green to multi-colour shades of red to brown. Only the skin is coloured as the flesh of the fruit lacks pigmentation at this stage, unlike that of ripe olives.

Black Olives or Ripe Olives: Picked at full maturity when fully ripe. Found in assorted shades of purple to brown to black.





OUR OLIVES

When you pick your Olives, you start the clock. You must utilize the olives, i.e. place them in water or brine, within three days of harvest. If they sit dry any longer, the olives will oxidize and “sour.” World-wide there are hundreds of different varieties of Olives, often many are cultivar, cross breeding or grafted with compatible varieties to get the best plant to suit its situation. In Sanctuary Lakes we have at least four key Olive varieties, the most popular are the Manzanillo and Kalamata. And to make things even more complicated these two varieties are the most often cross grafted.

Manzanillo Olea Europa: Originating from Spain, the Manzanillo olive has a medium to large fruit that can be pickled green or black. Fruit is tasty with a firm texture and has a smallish seed.

Kalamata: Named after the city of Kalamata in the southern Peloponnese, Greece. Famous for its production of olives and olive oil. Kalamata olives are almond shaped, with a deep rich, aubergine colour. They are freestone with good pulp to pit ratio, and have a distinctive flavour. Commonly used for table olives, and for olive oil as well. The leaves of the Kalamata olive tree are nearly twice the size of other varieties.

Arbequina: The popular olive from Catalonia is easily recognised as being larger and denser than other Olive trees, but the fruits are small and light brown in colour with a firm texture and mild, fruity taste. Arbequina is often cross grafted with the Beldi olive.

Coratina: One of Italy's most important varieties. Coratina Olive trees grow faster and more erect than other varieties, and adapt well to many different growing environments and conditions. The fruit is large and oval shaped. Coratina Olives produce a very high-quality oil with high levels of polyphenols making it very stable. They are also suitable for use as table olives.

Remember the trees on Sanctuary Lake's common land are mainly “wild” Olive trees, so always check them when picking for any foreign elements, bud mites and unnatural blemishes. Make sure to check carefully. And please they are our Olives, they belong to all of us, so when harvesting take good care of the trees and just pick the fruit, not the branches.





YOUR CHILD'S CAR RESTRAINT SAFETY

Did you know that despite Australia's high use of child car restraints, there are still approximately 40-70 children killed on the road each year?

There is anecdotal evidence that over 70% of child car restraints are incorrectly fitted and used, creating a possible dangerous scenario for the children in those seats.

These are sad facts that you can help change by following KidSafe's National Best Practise Guidelines - Top 10 Steps for safer travel:

1. Always buckle up – The use of any restraint is preferable to not using a restraint.
2. Rear facing as long as they fit – Infants are safest if they remain in their rear facing restraint as long as they still fit in it.
3. Inbuilt harness as long as they fit - Once a child is too tall for their rear facing child restraint, they should use a forward-facing child restraint with an inbuilt harness as long as they still fit in it.
4. Booster seat as long as they fit – Once a child is too tall for a forward-facing child restraint, they should use a booster seat with a lap-sash seat belt until they are tall enough to fit properly into an adult seat belt.
5. Seat belt? Check 5 – Have you taken the 5-step test? Your child will fit the seat belt in different cars at different ages. Does your child meet the 5-step test? If not, they should remain in their booster seat.
6. Correctly fitted and adjusted – All child restraints and booster seats must be installed correctly, and the child buckled in correctly, according to the manufacturer's instructions.
7. Safest in the back seat – Children 12 years of age and under are safest in the rear seat.
8. Is your car right for the job? – When planning any journey with children, use a motor vehicle which allows each child to be in the appropriate restraint for their size.
9. Accessorize correctly – Never add accessories to the restraint that were not provided by the manufacturer with the restraint.
10. Regular car seat check-ups – Check your restraint regularly to ensure it is still installed correctly and adjusted for the child – an accredited restraint installer can help with this.

These are just some of the keyways to ensure the child/children you are transporting are optimally restrained on every trip. For more car and road safety tips please visit the Kidsafe website: <https://kidsafe.com.au/car-road-safety/>

Let's ensure that our children always make it to their destination safe and sound.





WALKING PATHS

There are a number of beautiful walking paths accessible from Sanctuary Lakes Resort:

- Following along side Sanctuary Lakes Boulevard, a walking path circles the lake and golf course. The path's circuit is 6.5km and takes approximately 80 minutes to walk the entire circuit. This is a good path for a short stroll or longer walk.
- Skeleton Creek Trail is a shared use path for cyclists and pedestrians, which follows Skeleton Creek. The trail is 5.0km, partially sealed and is rated an easy walk.
- The Bay Trail, accessible from the Skeleton Creek Trail provides a connection from Sanctuary Lakes Resort to Altona Beach. The path runs along the inland side of Cheetham Wetlands before becoming a coastal walk from Laverton Creek. From Sanctuary Lakes Resort to Altona Beach, this path is 7km and takes approximately 90 minutes to walk.



COMMUNITY NOTICEBOARD

To advertise contact: communications@sanctuarylakes.com.au

*conditions apply

wyndhamcity
Kids Holiday Activities

15 Lego Challenges!

Build something using only 100 bricks.

Build a Lego volcano.

Build a Lego waterfall.

Build a Lego playground.

Build a Lego pizza. What are the ingredients?

Develop a comic strip for a Lego mini figure.



Build a Lego forest.



Build a Lego treehouse.



Build a Lego castle.



Build something using only 40 bricks.



Build a Lego monster.



Build a Lego animal.



Build a Lego house for your Lego pet.



Build a Lego rainbow.

Build a Lego ice cream. What are the flavours?

For more fun kids activities, please check out:
<https://www.wyndham.vic.gov.au/kidsholidayactivities>