

SANCTUARY LAKES RESORT NEWS

September 7, 2021



RESIDENT ONLINE FITNESS PORTAL

Are you struggling with your home workout routine? Would you like to update your fitness program? The staff from CHM are still available to help! To update your routine please reach out to Hadi at hadi.kerbaj@chm.com.au he will be able to help you tailor a new at home workout routine.

Don't forget that the CHM Virtual Online Portal is also available the password has recently been updated to **CHM898**.

The Virtual Online Portal has many home workout video options including Barre, Cardio, Fight, Yoga, Meditation and many others, check in regularly as new videos are added often.

The website has other resources available, including recipes, a health and wellbeing library, E-Magazines and health calculators.



Free lockdown health services

Visit our free online portal for at home resources and to stay active while in lockdown:

- Video workouts
- Recipes
- Library
- E magazine
- Health calculators

WWW.CHMVIRTUAL.COM

password: CHM898

Stay Fit. Stay Healthy

CHM

ANNOUNCEMENTS



MEET THE RECREATION CLUB STAFF

Michelle Harding (Personal Trainer)

As a busy mother of 2 Michelle understands the stresses of trying to combine a healthy lifestyle into your busy working week. With 8 years of experience in the fitness industry she is more than qualified to help you reach your health and fitness goals.

As a qualified personal trainer Michelle's specialty is motivating you to set and achieve your health and fitness goals and she is committed to personalising your program or training around this.

Qualifications:

Certificate 3 & 4 in fitness

'STRONG NOT SKINNY'



BLUE TONGUE LIZARDS

We have been receiving reports that there are a number of blue tongue lizards appearing around peoples homes. Please note these lizards are harmless and are likely to only hiss and retreat if approached. They're great little gardeners and help keep pests like snails and other bugs at bay, keeping your plants happy.



SWOOPING MAGPIES

Magpie season is here and we encourage residents to be aware of swooping areas (where birds nest). If you are swooped you can report it to the Victorian Government's Department of Land, Water and Planning at:

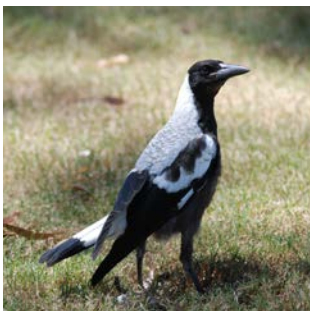
<https://www.wildlife.vic.gov.au/managing-wildlife/swooping-birds>

If you have a swooping magpie nearby try to avoid the area. The best way to protect yourself from a swooping bird is to avoid venturing into their territory.

If you must pass through the area – move quickly – do not run.
Cover your head, wear a hat or carry a stick or umbrella above your head.

Cyclists should wear a helmet, dismount and walk through the area.

Don't interfere with or throw stones at birds. This gives them added reason to see humans as a threat and may increase swooping behaviour.





SNAKE SEASON IS BACK

It is now snake season. With the sunny Melbourne days, snakes around Sanctuary Lakes will start to become active.

Snake season in Melbourne runs from September to April, when temperatures are consistently above 18 degrees.

Australian snake hibernation is different to the hibernation patterns of other animals. Their hibernation may not have a definitive end point. Snakes simply shut down for most of the really cold months and become largely inactive, but they can emerge and then retreat back into their winter shelter, at will, depending on the weather conditions.

On warm days snakes will come out to bask in the sun, usually not very far from where they spent their winter slumber. Once charged up by the sun they will be keen to feed.

During this time cats and dogs are most at risk. It is recommended that you clear out any hiding spots in your yard and keep grass low. Snakes are attracted to shelter, such as piles of rocks and timber, sheets of metal, or building materials.

Snakes are protected under the Wildlife Act 1975 and it is illegal to capture, kill or harm them.

If you find a snake on your property:

- Watch it from a safe distance and do not touch the snake;
- Safely remove any people or pets from the area where the snake is;
- If the snake is visible, a qualified professional snake catcher engaged by Wyndham City can attend and remove the snake from the residential property.

This service is free of charge to residents and can be accessed by phoning 9742 0777.





LAKE WATER TESTING

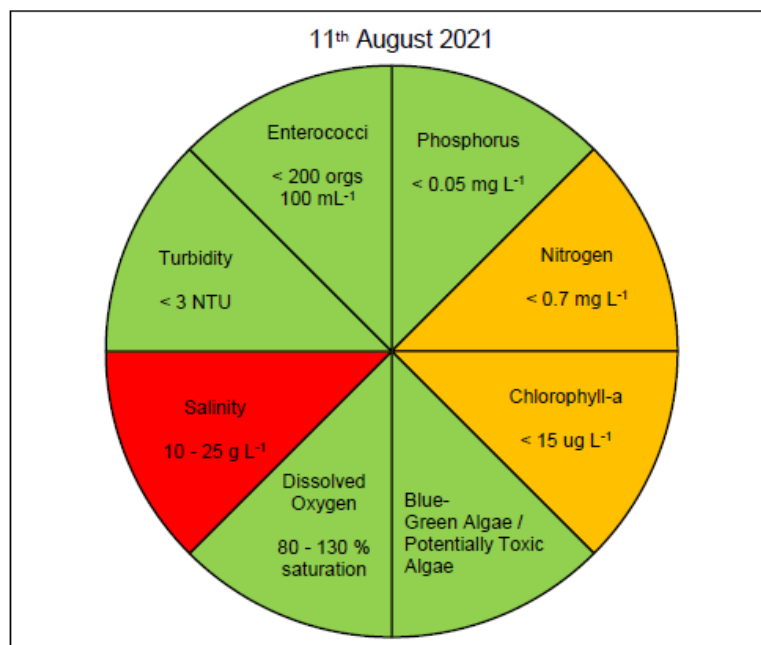
Routine monthly water quality sampling (including algae) was undertaken on 11th of August 2021. Routine sampling includes seven sites sampled from the lake, a site from the canal immediately downstream of Point Cook Rd, and a site in the Skeleton Creek holding pond.

The Pond and Canal sites provide information on the quality of the water entering the lake as pond water is pumped to several locations throughout the lake and into the upstream end of the canal.

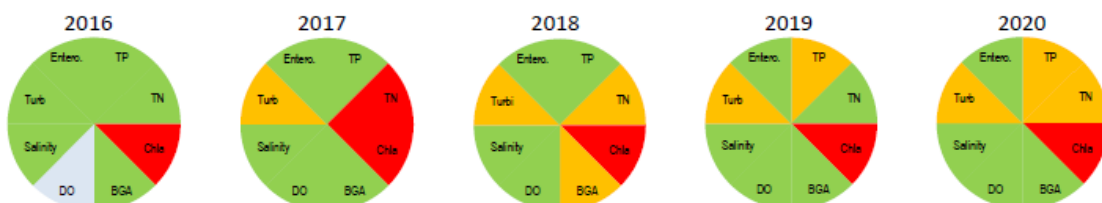
As you can see from the graph below the current overall health of the lake is good. Also below are some summary graphs showing the historical status of important water quality parameters as an average across all the sites in the lake. The graph showing the current status also indicates the target for each water quality parameter.

The lower salinity than the lake target throughout the majority of the lake was caused by the heavy rainfall a week prior to sampling, as rainfall and storm water runoff subsides we'll be able to increase the salinity levels by continuing to pump in sea water from the holding pond.

Condition Score (target is shown on graph – see Table 1 for detailed condition score descriptions)		
GOOD	-	Median complies with both target and guideline
MODERATE	-	Median complies with either target or guideline
POOR	-	Median complies with neither target nor guideline
No data		



Average conditions of the lake during August for the past 5 years for comparison.



WYNDHAM WALKABOUT



WYNDHAM WALKABOUT *Leonie & Rita*

Travel down Point Cook Road to the end. Make the right turn by the RAAF base onto Aviation Road, and travel on until you come to a left turn marked Cunningham Road. At the end of Cunninghams Road turn left and drive along the rough Campbells Beach Road, passing the back of colourful fisherman shacks. After almost two kilometres you will arrive at the car park. Stroll down to the beach to start your walk.

The directions for the walk are simple. You follow the beach south, passing at first the Campbells Beach community. After a pause in the houses you come to Baileys Beach. You can return along the beach or the Campbells

Beach Road, running between the market gardens and the back of the beach houses

Campbells Cove is a throwback to earlier times when communities like this, of quirky, ad hoc buildings could be found all along the coast. Over time, local councils thought they could do better and removed these fibro/weatherboard beach shacks with ideas of more suitable developments. Very few of them remain today, but that didn't happen here, and today this one is treasured as a time warp to remind us of simpler times. They certainly have their own distinctive charm.

The cabins are weather-beaten and basic, and yet they exude the carefree air of laidback beach holidays of the past, with more charm in their makeshift design than any pristine bathing boxes of Brighton.

Well, they just look like more fun. They recall memories of cooking fish on beach bonfires, dragging the tinny out from under the shack to the edge of the water and comparing the days catch, and as always kids getting in the way.

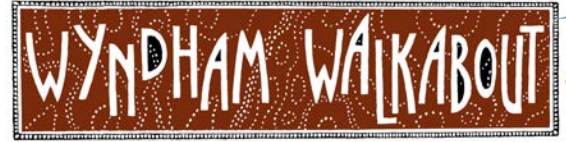
The settlement is located on Crown Land in an area that stretches from the east side of the Werribee River to west of the RAAF Base at Point Cook. The first of these fishing shacks was built at Bailey's Beach in the late 1920s, and during the 1940s and 1950s they were extended northwards to Campbell's Cove.



WYNNDHAM WALKABOUT



CAMPBELLS COVE



The area is named after a Freddie Campbell who lived in one of the early shacks on Bill Baileys land and had a role as a caretaker.

There are no facilities here, and usually not many people, but what you get is peacefulness and beautiful views and it's a wonderful place for beach combing, and walking. You can swim at high tide, and of course it's a great spot to throw a line. The beaches are fronted by shallow, 100 to 200 m wide sand and rock flats. In places where the beach has eroded, basalt boulders and seawalls are used as replacements.

Today, there are about 150 small shacks, divided between these two sections. They are numbered and packed closely together and are about 3 meters wide. Over the years they have been modified and extended, with windows and verandas built on the front, and water storage tanks and solar panels added more recently. Definitely no architects required. Their paintwork is highly distinctive, if not positively idiosyncratic. While these buildings are normally described as boat houses, they do have a look of the holiday house. Some have boat ramps, and others have boats tied up at the front of the houses, together with the remains of boating pleasures and fishing empires of the past. In their Mad Max kind of way, they are a photographer's dream.

The structures, known locally as 'fisherman's shacks', provided low cost 'holiday houses' to people unable to afford housing at more expensive locales. A list prepared by Werribee Council in July 1963 showed the majority of people occupying the 164 sites at Campbell's Cove and 19 at Bailey's Beach, came from the inner-city suburbs of Melbourne, away from the coast. But, oh dear! only 16 of the boatsheds at Campbell's Cove conformed to the regulations. It was reported that there were milk deliveries three times a week, and bread and papers during the Christmas holidays. Since that time, a number of the sheds have been destroyed by fire. Because of their close spacing, there were often up to three sheds alight by the time the local CFA arrived.

Campbells Cove Beach is to the north and is the larger development. It begins at the fenced southern boundary of Point Cook RAAF base and extends south for 1.2 km to Cunningham Road and the basalt outcrops. The shacks are set back from the beach, with some grass areas extending forwards to the beach.

Baileys Beach runs west of the end of Cunningham's Road and extends for another 700 m to a seawall reinforced point. There are about a dozen closely spaced boat houses here. In contrast to the Campbell's Cove structures, they have a more solid feel. A number are set into the cliff face and can appear almost level with the upper level. They are set much closer to the beach and appear more like boat houses, as most have wide and high double doorways on the waterfront elevation, and have their own concrete boat ramps with foundations of stone boulders, and some have small jetties. There is a lot of apparatus around for dealing with 'the catch'. This is definitely fishing territory.

It's no accident that these dwellings are described as fishing shacks, as clearly, it's a great location for throwing a line. I'm told that squid, snapper, whiting, snook & gummy sharks can be caught, and a great spot for drifting for flathead. Also look out for the banjo sharks and rays.

Rita Parkinson and Leonie Harder.

COMMUNITY NOTICEBOARD

To advertise contact: communications@sanctuarylakes.com.au

A photograph of a road maintenance scene. In the foreground, a large blue and white road roller is paving a road. Behind it, a smaller orange and white road roller is also visible. The background shows a residential street with houses and trees under a cloudy sky.

wyndhamcity

HAVE YOUR SAY WYNDHAM CITY ROAD MAINTENANCE

COUNCIL IS SEEKING COMMUNITY FEEDBACK ON ITS ROAD MAINTENANCE PLAN

- Maintenance of local roads and footpaths.
- Ensures public safety through road maintenance
- Sets the standard of inspections and repairs

To find out more or have your say:

W: <https://theloop.wyndham.vic.gov.au/>

P: Daniel Kade on 03 8734 2725 or

E: Daniel.kade@wyndham.vic.gov.au

Consultation closes 4 October 2021

COMMUNITY NOTICEBOARD

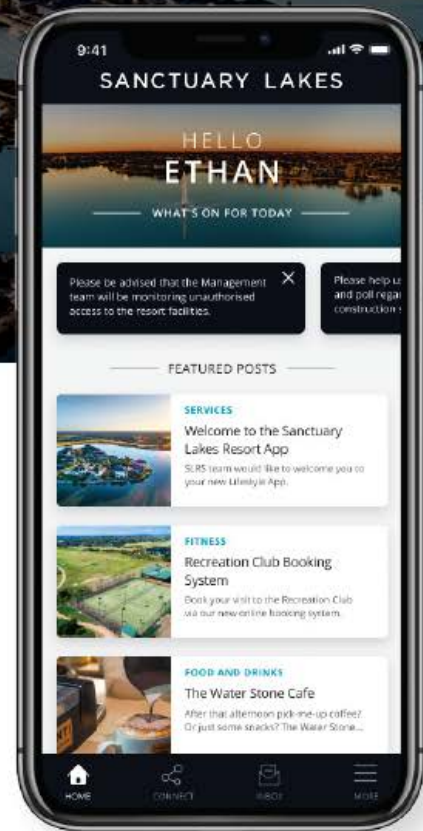
To advertise contact: communications@sanctuarylakes.com.au

How To Download Your New Sanctuary Lakes Resort App



Kindred by Keyvision

Available on:



How to Register:

1. Download **Kindred by Keyvision** or scan the QR code on the bottom right of the page.
2. Under Projects, select **Sanctuary Lakes**
3. Under Stage, select the stage you belong to (e.g. Signature - Gated - STAGE 28) and then in the Address field, select your address from the list.
4. Select your account type
(Owner Landlord / Owner Occupier / Property Manager / Tenant)
5. Complete the rest of the registration and submit.
6. Once submitted, you will receive a verification email. (check your spam / junk)
7. After verification, your account will be reviewed by management for approval.
8. Once approved, you will receive an approval email. You can now access the full app.

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