

# SANCTUARY LAKES RESORT NEWS

January 15, 2019



## NBN READY ALARM SYSTEM NOW AVAILABLE

With the silly season behind us and 2019 underway, now is a perfect time to think about installing your new NBN Ready Alarm system.

With NBN being rolled out and changes from old telephone technology to new telephone technology, your alarm system will no longer be able to be monitored when the copper network is switched off in 2020.

There are two upgrade options available with installation by a qualified technician costing between \$160 and \$330.

More details and FAQ's can be found on our website at <https://www.sanctuarylakesresort.com.au/index.php/resortfacilitie/security#NBN>, along with the form to schedule installation. Should you have any other queries please contact us via email on [ocmanager@sanctuarylakes.com.au](mailto:ocmanager@sanctuarylakes.com.au)

To continue to be operational, your system must be migrated when the Telstra copper network is turned off (scheduled to be 2020).



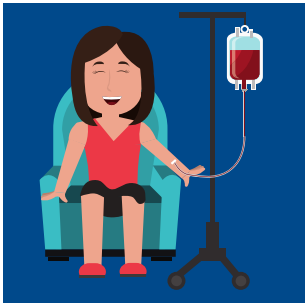
# ANNOUNCEMENTS



## NBN UPDATE

We have recently spoke to NBN Co and some areas in Sanctuary Lakes thought to have NBN access available from December 2018 have been delayed.

We suggest you visit the NBN website <https://www.nbnco.com.au/> and type in your address to find out when NBN access will be available at your home.



## AUSTRALIAN RED CROSS BLOOD SERVICE

The Australian Red Cross Blood Service needs you!  
Your donation can save three lives. One in three of all the people you know – family, friends and workmates – will need a blood donation. Yours could be the one that saves their life.

Why not start today? The sooner you start, the more people you'll help! You can make an appointment online or by calling 13 14 95.



## LOCAL CLUBS AND GROUPS

We'd love to feature more news about our Sanctuary Lakes based clubs and groups. If you are involved with one and your club/group has some exciting news to share, or you're looking for new members, then let us know via email at

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



## FIREWORKS AND PETS

Fireworks are fun for people but scary for pets. With Australia Day just around the corner there's sure to be lots of fireworks and crackers around. Make sure your pet is safe by making sure their micro chip information is up to date, and keep them indoors with background music to dull the noise of the fireworks. Make it business as usual and don't make a fuss, the last thing you want to do is reinforce scared/timid behaviour.



## MAINTAINING OUR LAKE

We are beginning to enter that time of year when blooms typically occur; when hot weather days are interspersed with significant amounts of rain, and night-time temperatures are not quite cool enough to lower the water temperature in the lake. This is particularly an issue in areas where the lake is still and shallow.

We have been contacted by some concerned residents over the current appearance of the lake. We would like to reassure all residents that we are aware of the situation, and it is currently being managed as per the Sanctuary Lakes Management Plan developed in consultation with Melbourne Water.

Although it is unpleasant to look at, the type of algae that is currently visible in some parts of the lake is mainly an aesthetic problem. The presence of these algal blooms after recent weather conditions are a normal part of the lake's yearly cycle.

The water quality of the lake is tested independently each fortnight during the summer months, and despite the presence of the algal blooms, the water quality remains excellent.

In terms of the removal of algal blooms, the harvester, barge and truxor will be working together to collect and remove all blooms. The timings of these collections are deliberate and scheduled so that the algal blooms can be removed as efficiently as possible.

However, with more hot weather on the way this week, we are anticipating that the algae will regenerate quite quickly.

Once again, we would like to reassure residents that the health of the lake is our top priority and the situation is being managed but may take some time to resolve. The algal blooms are a natural occurrence at this time of year and the type of algae that is currently visible throughout the lake is not harmful.

If you have any further queries about the lake please feel free to email us at [ocmanager@sanctuarylakes.com.au](mailto:ocmanager@sanctuarylakes.com.au)







## CAN EXERCISE IMPROVE YOUR MOOD?



### Is “Exercise High” a myth or can we all experience this at some level?

- Exercise produces an Endorphin release which acts like an analgesic on the brain to help block pain.
- Exercise produces an increase of BDNF, a protein in the brain which protects and repairs memory neurones.
- Both of the above factors can make you feel euphoric and more mentally clear after exercise.
- Experience a positive sense of accomplishment or mastery by completing an exercise session or achieving an exercise goal.
- Exercise can improve sleep which has positive effects on our mental and physical health.
- Exercising in a natural setting has been shown to produce the best levels of stress reduction.
- Studies show moderate aerobic exercise produces the best effects.





# YOUR CONTRIBUTION TO OUR SOCIAL AND ECONOMIC IMPACT

## 2017 - 2018

### BuyAbility

BuyAbility is an initiative of National Disability Services (NDS) aimed at increasing employment opportunities for people with disability through the management of socially responsible procurement opportunities for Australian Disability Enterprises (ADE). BuyAbility is supported by the Department of Social Services. They offer government and private business buyers channels to do business with Disability Enterprises nationally.



Our commercial activity contributes to meaningful employment for

**7**

PEOPLE WITH DISABILITY



Our commercial activity contributed to us generating

**\$149,954**

OF DIRECT ECONOMIC  
BENEFIT TO AUSTRALIA

The net economic benefit calculation is derived from our revenue, DSP recovered, day support savings and workforce participation of employee carers, less our operating costs, capital costs and supported employee wages



Last year we generated

**\$90,626**

IN REVENUE FROM OUR PARTNERSHIP  
WITH **SANCTUARY LAKE RESORT**

We ensure each job we do meets the highest possible standard. To assist with this, we have achieved the following accreditation:



### MEET OUR TEAM



### ON THE JOB SKILLS

The Sanctuary Lake Resort Garden Maintenance and Cleaning project has allowed employees with low Language, Literacy and Numeracy (LLN) to develop the skills needed to complete projects they otherwise would have had a degree of difficulty doing. The team has been taught to work with visual cues that allow them to efficiently meet the job requirement.

Members of the team have also been given leadership training. Throughout the project these team members developed leadership skills that they applied in the work place and their personal life.

### ABOUT MAMBOURIN

Our purpose is to connect people to every opportunity and support them to get what they want out of life. Through a range of services, including our award winning Australian Disability Enterprise (ADE), we empower people to make informed decisions about their life, and their goals - so that they can make them happen. Since 1975 we have been supporting people to thrive through our employment, education and training initiatives.

Our team has extensive experience in repackaging and relabelling projects with a proven history of quality outcomes and customer satisfaction. Our workforce is adaptable to all types of projects and can scale as needed. Currently we offer more than sixty adults employment through our Business Solutions Warehouse and Commercial Gardening Teams.



## IS YOUR BALCONY SAFE?

With summer well and truly here now is the perfect time to conduct a quick safety check on your balcony, and check for any repairs it may need. It only takes a few minutes, but it may prevent falls and accidents.

A faulty balcony not only poses risk to health and safety, it can also pose financial and legal risks too if not deemed safe and someone falls. Could you recover financially if you were at fault of a balcony not being safe? How would you feel if you knew you could have prevented a tragedy such as someone falling from your balcony?

While balcony collapse is extremely rare, the first step to ensuring balcony safety is checking there are no cracks, loose poles or rails and if there are, arranging for the repairs immediately. Some other factors that may affect the safety of a deck or balcony are:

**Insects:** Termites & borers can weaken and destroy timber compromising the structural integrity.

**Water & Rot:** If the balcony is untreated, exposure to the elements can rot the wood.

**Heavy Loads:** If you have a lot of furniture, such as BBQ's, large pot plants or regularly entertain friends. Allowances for these additional loads may not have been accounted for in the original design of the balcony.

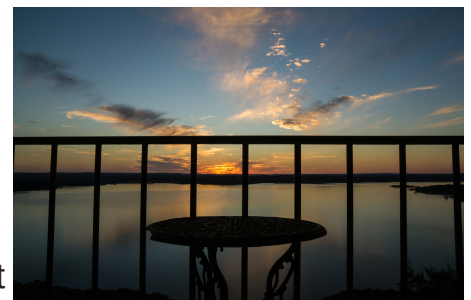
**Corrosion:** If you live near the coast, your deck could be exposed to corrosive elements - salt in the air can affect most steel components of a balcony.

To prevent children accidentally falling, please consider the safety tips listed below, and always ensure children are supervised while on balconies.

Any vertical bars in the balustrade are no more than 12.5cm apart (use a ruler to measure). Your balustrade should have no horizontal or near horizontal parts that would allow children to climb.

All furniture, pot plants and other climbable objects are kept away from the edge of the balcony. Parents be aware of furniture that is light enough for children to drag to the balcony edge.

Doors leading to balconies are kept closed so that children cannot gain access to them.





# COMMUNITY NOTICEBOARD

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

\*conditions apply

## Americana: Street Food Sundays

**Date:** Sunday 20 Jan 2019

**Time:** 12:00pm - 5:00pm

**Location:** Station Place, Werribee

**Organiser:** Wyndham City

**Contact:** [mail@wyndham.vic.gov.au](mailto:mail@wyndham.vic.gov.au) or 9742 0777 **Cost:** FREE



Taste your way through the world's best street food – no passport required!

Enjoy a different cuisine every Sunday from 12pm – 5pm along with live music, traditional dancing and themed kids craft. This Sunday, we're going deep south...think brisket, loaded fries, burgers, mac cheese and chilli dogs at this all-American feast. Follow

[www.facebook.com/WerribeeCityCentre](https://www.facebook.com/WerribeeCityCentre) to find out what's on the menu!

SATURDAY • 2ND MARCH • 2019

AT SEASONS 5 • 454-460 POINT COOK ROAD 3030

## VENETIAN *Masquerade* BALL



BEHIND EVERY MASK IS A *Story*

ALL PROCEEDS WILL BENEFIT CIKA RESEARCH  
CANCER IN KIDS AUXILIARY

PROUDLY SUPPORTING THE ROYAL CHILDREN'S HOSPITAL FOUNDATION



TICKETS: [www.trybooking.com/ZRMR](http://www.trybooking.com/ZRMR)



Do you have a photo  
you'd like to share for  
**#outandabouttuesday?**

Do you know history  
you'd like to share for  
**#throwbackthursday?**

email us at  
**communications**  
**@sanctuarylakes.com.au**



To advertise on the noticeboard, please contact: [communications@sanctuarylakes.com.au](mailto:communications@sanctuarylakes.com.au)

Please note that advertising is only permitted by non-profit organisations, local community based groups and organisations and is subject to approval by SLRS.

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For the third year running, the ever popular neighbourhood Beach Petanque BBQ is on Australia Day Monday 28th. Everyone is invited. Simply bring a chair, food, and meet your fellow Sanctuary Lakers. Enjoy a chat and gossip with friends and neighbours.

The perfect end to the Australia Day weekend.

## WHAT'S ON

Around Sanctuary Lakes

### New Path from Celebration Drive to the Golf Course

A new path is being installed to allow golf buggy access from Celebration Drive onto the golf course.

### Sea Grass on the Lake

The Lake Maintenance crew are collecting sea grass using the truxor and barge. They're currently working around Pelican Island and moving onto Sanctuary Shores, Foreshore and The Peninsula.

### Park Furniture

Sanding and staining park furniture is continuing throughout Resort parks this week.

