

SANCTUARY LAKES RESORT NEWS

April 21, 2020



SLRS SERVICES & COVID-19 RESTRICTIONS

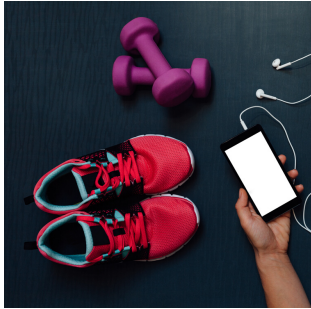
While many things in the world are upside down at the moment, many things at Sanctuary Lakes are still the same.

Due to the nature of our services we are still able to operate 'mostly' unaffected by current COVID-19 restrictions.

Below is a current status of services:

- ✓ Resort Maintenance
- ✓ Lake Maintenance
- ✓ Irrigation Maintenance
- ☒ Green Waste Drop Off
- ✓ Security Patrols
- ✓ Alarm Call Outs
- ☒ New PermaConn Installations
- ✓ Urgent Alarm / Smoke Alarm Faults
- ✓ Gated Community Management
- ☒ Access To Recreation Club and Tennis Courts
- ✓ Online Personal Training
- ✓ Online Web portal – Workouts
- ✓ Administration Services
- ✓ ARC Applications
- ✓ Compliance Inspections

Even though our office is closed we are still here to help you. Please continue to call us on 9394 9400 option 1 and leave a message, or email ocmanager@sanctuarylakes.com.au - we will get back to you. All Owners Corporation Management and Administration services are still available.



RECREATION CLUB VIRTUAL WEBSITE

Our staff are looking for ways to stay connected with residents.

In addition to the one on one workout plans offered by Hadi please visit the virtual website.

The website includes multiple home workouts for Barre, Cardio, Fight, Yoga, Meditation, Pilates and more! Also available are some great recipes, an e-magazine and health articles.

Simply go to: www.chmvirtual.com and enter the following password: [chmvirtual123](#)

For security reasons this password will be changed regularly. We will post updates in our newsletter when its changed – if you need the password at anytime please feel free to drop us an email.

We hope you enjoy this new resource. Don't forget that online health coaching is still available, to book a free consult with Hadi please email hadi.kerbaj@chm.com.au



FINANCIAL HARDSHIP

We are facing unprecedented times and appreciate there is much uncertainty due to COVID-19.

SLRS is here to support you. If you are experiencing financial hardship please contact SLRS to discuss payment flexibility during this uncertain time.

Contact us on accounts@sanctuarylakes.com.au or 9394 9400 option 1.



PERMITTED LAKE ACTIVITIES

Did you know that canoeing/kayaking, rowing, sailing and paddle boarding are all included within the scope of exercise.

This means that the above activities are permitted in the main lake (excluding the canal) during the current COVID-19 restrictions.



BIKE SAFETY

Cycling is an increasingly popular form of transport and recreation, especially around our estate, and we all need to be aware of one another when on the road. People who ride bikes are more vulnerable to crashes which commonly occur at intersections, when leaving a path or driveway, or when a car door is opened into a rider's path.

Bicycles are vehicles, and under the law bike riders have the same rights and responsibilities as car drivers. To stay safe bike riders need to obey the road rules, ride predictably, share the road respectfully and safely with other road users. Additionally, drivers should slow when passing cyclists and give at least one metre in speed zones up to 60km/h, and at least one and a half metres in zones over 60km/h.

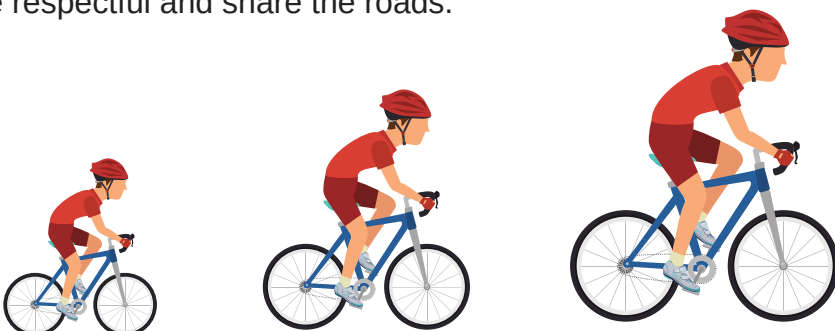
All bike and scooter riders are required to wear a bike helmet in Victoria. Police can stop bike and scooter riders and issue a fine or a warning for not wearing an approved bicycle helmet. Research indicates that bike helmets greatly reduce the risk of head injuries, which are the major cause of death and injury to bike riders. Studies have found that bicycle helmets reduce the chances of a serious head injury by almost 70%.

Tips for Drivers:

- Leave 1m between your left side mirror and the cyclist in a less than 60km/h speed zone.
- Leave 1.5m between your left side mirror and the cyclist in a more than 60km/h speed zone.
- Be patient and wait for a suitable gap between the cyclist before overtaking.
- Follow road rules, slow down and wait for a suitable time to pass.
- Be respectful and share the roads.

Tips for Riders:

- Plan your route in advance and choose the safest option.
- Always wear a helmet.
- Be visible; wear bright or light clothes and ensure your front and back lights are on day and night.
- Leave 1.5m between the other cyclist when riding two-abreast.
- Follow road rules and keep 1m from the side of the road.
- You can only ride on a footpath if you are under 12 years of age, riding with someone under 12, or have a disability.
- Cyclists must use a bike lane where one is provided.
- Be respectful and share the roads.



NATURE'S RUBIK



NATURE'S
RUBIK

by Tom Parkinson

THE WHITE AND THE BLUE



For the past twelve months Sanctuary Lakes has had the strangest of weather patterns. Sure, we have had the four seasons and sometimes all in one day. Since late March and early April, the weather has bounced from hot sunny burst to wild, windy and wet. Leaving some of us totally confused. But it has created something unusual, a third or maybe even a fourth, seasonal wave of Butterflies.

There is nothing quite so pleasant on a warm windless day to wander around the Resort's Parks and Gardens and the fringes of the Golf Course observing numerous groupings of bustling Butterflies flitting around various plants and bushes. Sanctuary Lakes most common and also simply named, are the White (Cabbage) Butterfly and the Blue (Common Grass) Butterfly.

The Cabbage White is probably the best known and seen butterfly in Sanctuary Lakes. As the name implies it is a striking medium sized white butterfly, with two lovely grey/black spots on its 3 to 4.5cm creamy white wings. The Cabbage White Butterfly is an introduced species from Europe and was first recorded in Melbourne in 1929. Sadly, thanks to its velvety green caterpillar's love of eating the cultivated Brassica Family plant vegetables (Cabbage, Brussels, Kale, Bok Choy, Celery, Beetroot etc) it has become a major pest throughout Australia.



Cabbage White Butterfly *Pieris Rapae*

The Cabbage White caterpillars can quickly munch their way through large vegetable leaves, leaving massive irregular holes throughout the plant. Ruining swaths of vegetable fields, patches and gardens.

In our neck of the woods, the Werribee South market gardeners are vigilantly controlling the pests. Here in Sanctuary Lakes we have a twist to the tale. The Cabbage White caterpillar has taken to eating other plants of the Brassica Family which are considered by many agriculturists as "weeds", namely the Hedge, Field, Short Pod Mustard plants and the Musk weed. Often mistaken for members of the Dandelion family these plants with their small white and yellow petal flowers and large serrated leaves can grow furiously around the Estate. And here's the Twist, the White Butterfly Caterpillar's munching skills are assisting us in controlling our weeds.

The Cabbage White's life cycle is largely dependent on environmental temperatures; hence our warm early Autumn gave the White's cycle an extra turn. Egg-laying ceases in winter and increases in spring, and eggs are most commonly found in crops during the warmer months. Normally in spring and summer the female White will readily lay her eggs singularly beneath the leaves of both cultivated and wild members of the cabbage family. The small eggs are characterized by a bottle shaped yellowish colour. In warm conditions the eggs hatch into caterpillars after about four to five days.

NATURE'S RUBIK



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The Cabbage White Caterpillar exiting from its eggs

The Caterpillar is voracious. Once it hatches from the egg, it eats its own eggshell and then moves to eat the leaves of the host plant. It bores into the interior of the plant, feeding on the new sprouts. The mustard oil digested from the host plants makes the Caterpillar distasteful to birds.

When resting, a caterpillar aligns itself with the leaves of the host plant so that the yellow lines on its body look like the veins of the leaf, but if strongly handled or attacked, it ejects the mustard fluid which acts as a repellent. Again, depending on the weather, seventeen to twenty days later the caterpillar transforms into a Pupae.

The Pupae is brown to mottled-greyish yellow, blending into the background of the leaf colour. It has a large head cone, with a vertical abdomen and flared subdorsal ridge. It can remain as a Pupae for as little as ten days or if Winter has approached up to two months before the White Butterfly can finally release itself.

The Cabbage White's are strong flyers. Adults fly throughout the day, except for very early morning and late evening. There is occasional activity during the latter part of the night, but it ceases as dawn breaks. The Whites can move many kilometres in individual flights. Adults have been observed flying up to 12 km in one flight. On average, females fly about 0.7 km per day and moves 0.45 km from where she starts. Males patrol all day around host plants to mate with females.

The Adults feed off the nectar from the flowers of the Brassica Family. The female White selects the plants for egg laying. She limits her search to open sunny areas, avoiding cool, shaded woodlands. Governed by the weather, females are seen laying eggs as early as October and as late as April.



Common Grass Blue Butterfly
Zizina labradus

Although the Common Grass Blue Butterfly is as plentiful on the Estate as the White Butterfly, it is not as easy to observe. The reasons are twofold. Firstly, this Native Butterfly is tiny, no more than a 3cm wingspan and with a delicate blue and lilac colouring that camouflages it against the low-growing plants and grasses it lives within. Secondly it flies extremely close to the ground in a zig-zagging manner, flitting quickly between its food plants. Often the easiest way to observe them is to walk heavily into an open grassy and weedy patch. Look down carefully and watch as a small cloud of tiny Blues, startled by your approach, take a low fluttering flight between their food sources.

To continue reading this article please click [here](#).

COMMUNITY NEWS



GOLF DAY THANK YOU NOTE



Hi Folks,

The Board and I would like to take this opportunity to thank all of you that supported the recent Charity Golf Day held on Friday 20 March. We feel blessed that we are so well supported by local businesses, golf members and residents alike. We were certainly even more blessed this year as we just managed to have the golf day before the restrictions for COVID-19 came into the format they currently are.

The day was a change from our normal full day and evening event as we stuck to just the golf, followed by some quality finger food, a raffle and mini silent auction. This meant that the event was over and everyone able to be on their way home by 6pm having not missed anything.

We would just like to advise that the Young Achievers Foundation Golf Day was a great success and raised \$7,500.00.

From the feedback received so far, it seems that the abbreviated format was a winner and proceedings ran to time under the MC Phil Cartledge who did a great job.

We had 15 groups on the day, this included a large number of Vets (that's veteran golfers and not animal specialists). There were also Vets working on the sausage sizzle, on registration and on the chipping competition. We thank you all for your support.

Our sincere thanks go to SLGC management for their continued support, not least of all, the provision of the course on the day. Thank you also to the silver and bronze team sponsors and their teams as well as every other golfer who played in individual teams of four. To the donors of the prizes for the golf event winners and the donors for the raffle prizes again our sincere thanks. The tickets for the raffle virtually sold like hot cakes due to the quality of those prizes.

There were a number of groups and individuals that did not play but provided separate dollar donations and our thanks go to all of them too.

The Board of Young Achievers Foundation were really thrilled with the day and as always, the support we received.

Thank you all,

Yours sincerely,

Stuart Todd
Chairman

WHAT'S ON

Around Sanctuary Lakes



Sea Grass

Over the past fortnight 21.94 tonnes of sea grass was taken to the tip for recycling.

The sea grass is dropped in a special area at the tip which is allocated to Veolia. It is then transported to their recycling plant at Bulla for processing.



New Plantings

We have been busy putting some new plantings in around the Estate. The road narrowing in Stage 3 has had new trees planted and the garden beds on the corner of Monterey Bay Drive and Regatta Chase have been planted out.



Easter Colouring Competition Winners

A big congratulations to Zara (5), Rylee (8) and Isabella (12) whose entries were chosen as our winners for our Easter Colouring Competition.

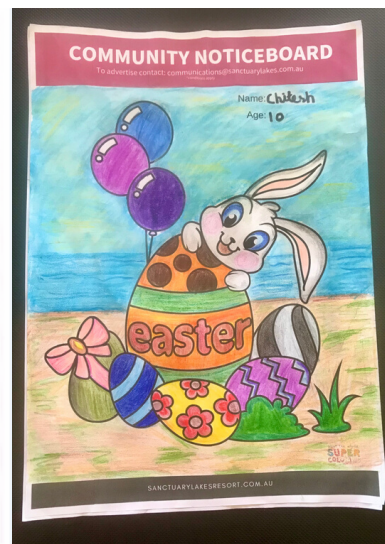
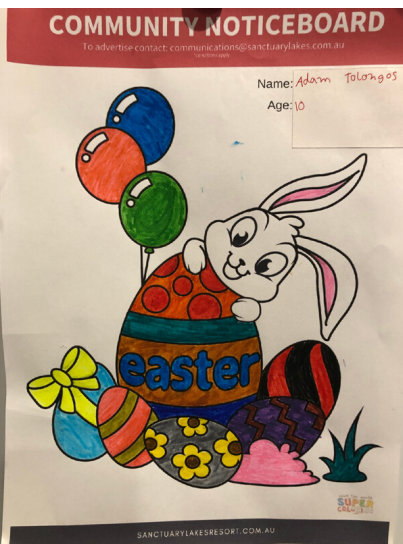
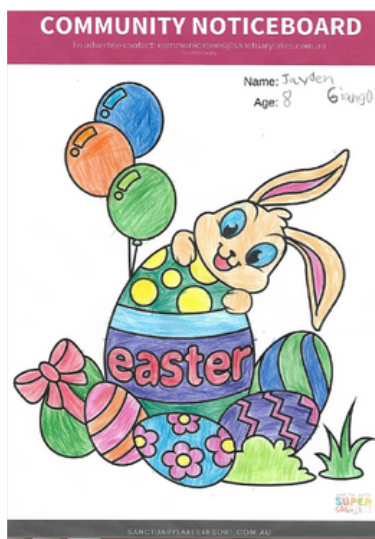
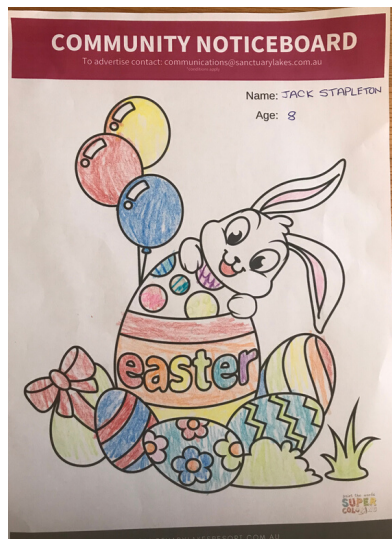
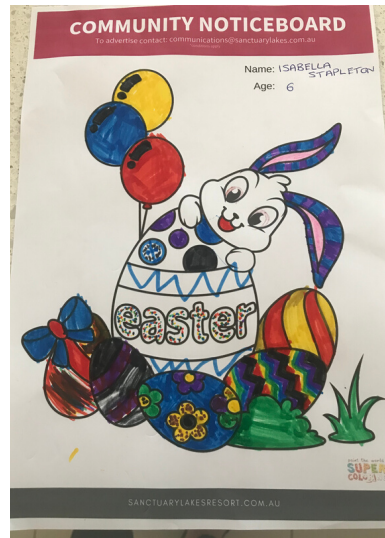
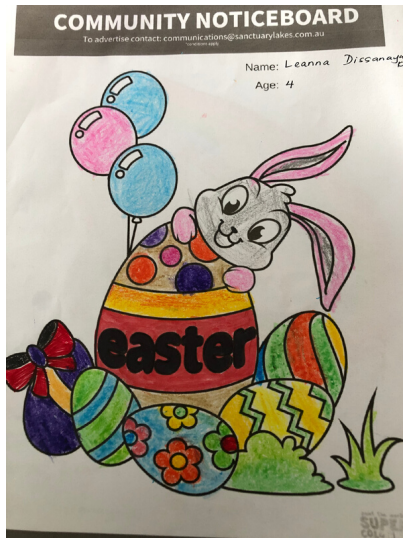


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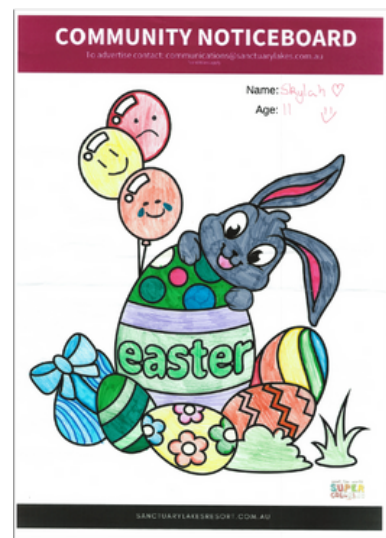
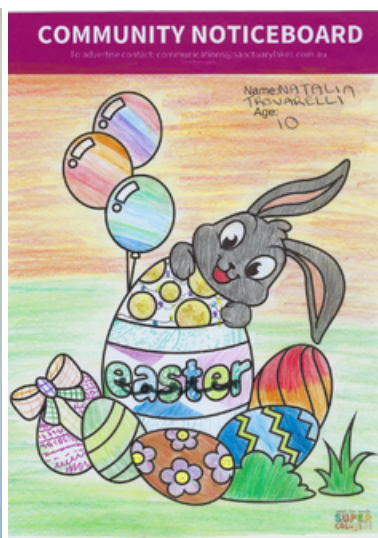
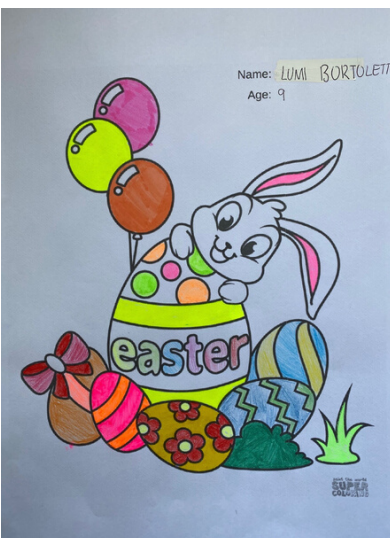
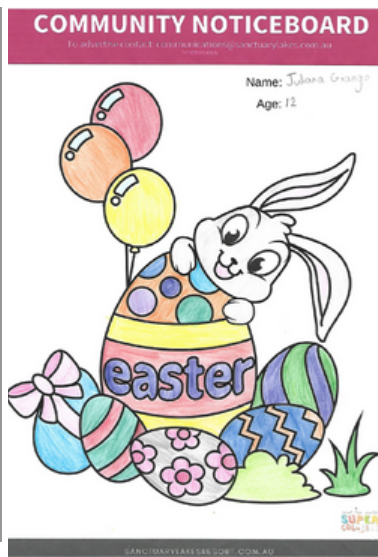
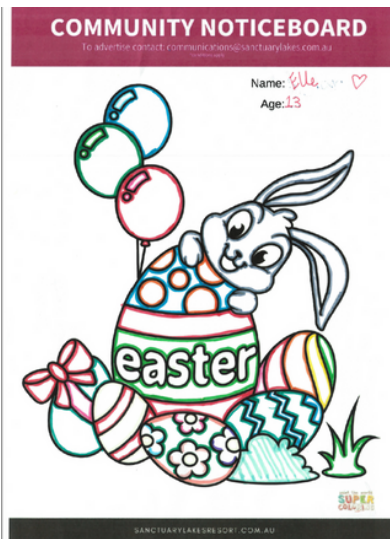
Here are all the other entries we received, everyone did a fantastic job and it made our job of picking a winner for each group very hard! Well done to everyone who entered, thanks for taking part.



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PLEASE PRE-ORDER BY RINGING 93957800

TAP'N'GO WHEN YOU PICK UP, YOU DON'T EVEN HAVE TO GET OUT OF YOUR CAR
IF YOU PROVIDE REGO, RING US WHEN YOU ARRIVE &, WE CAN BRING IT OUT.

KIDS MENU ALL \$7

WAFFLE OR PANCAKE WITH I/C & SYRUP

OLD SCHOOL TOASTED JAFFLE –

BAKED BEANS & CHEESE, SPAGHETTI & CHEESE OR HAM & CHEESE

NUGGETS & CHIPS WITH SAUCE

ALL BREAKFAST ITEMS \$12.50 – AVAILABLE TILL 3PM

E + B ROLL WITH TOMATO SAUCE & CHEESE

BLT ROLL WITH AIOLI

BENEDICT CHOICE OF HAM OR SALMON

PANCAKES OR WAFFLES WITH I/C & SYRUP

E + B LARGE WRAP WITH MOZZARELLA & SAUCE

OMELETTE WITH TOAST – YOUR CHOICE OF HAM/CHEESE/TOMATO

ADD A HASH BROWN FOR \$2

OTHER ITEMS

TOASTED SANDWICHES FROM \$7

VEGAN/ VEGETARIAN SPRING ROLL (3) WITH GINGER SWEET CHILLI AIOLI \$9.50

PUMPKIN FOCACCIA \$12.50

CHICKEN, BACON & AVOCADO FOCACCIA \$15.50

ARANCINI BALLS (3) WITH NAPOLI SAUCE \$12.50

CHICKEN OR BEEF BURGER WITH FRIES \$17.50

CHICKEN PARMA WITH FRIES \$15.50

SPAGHETTI BOLOGNAISE \$16.50

HAM & PINEAPPLE PIZZA \$12 OR MEAT PIZZA \$16 (HAM, BACON, CHICKEN & CHORIZO)

CHIPS WITH TOMATO SAUCE \$7

BEVERGES

COFFEE OR TEA FROM \$3.90

MILKSHAKES \$7

SMOOTHIES \$7

FRESH SQUEEZED ORANGE JUICE \$7

SOFT DRINKS & BOTTLES JUICES AVAILABLE

ON BEHALF OF THE TEAM AT WATERSTONE CAFÉ WE THANK YOU FOR YOUR SUPPORT

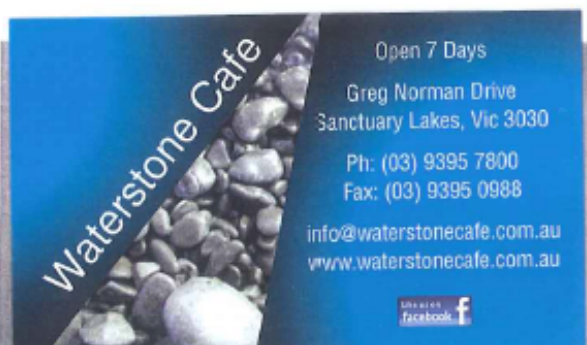
72 GREG NORMAN DRIVE, IN THE RECREATIONAL BUILDING NEXT TO THE GYM

CALL 9395 7800

MONDAY TO THURSDAY 8:30 AM TO 3:30 PM

FRIDAY 8:30 AM TO 8:30 PM

SATURDAY & SUNDAY 8 AM TO 4 PM



Stuck for Dinner - our Kitchen can help
Now open for Dinner orders Wed - Sat 5³⁰pm - 8³⁰pm
We do more than great coffee!