

SANCTUARY LAKES RESORT NEWS

January 12, 2021



LAKE UPDATE

We have just received the water quality results for the last round of sampling which was completed on Wednesday 6th of January.

Algal results of the lake from Wednesday indicate that the algal species *Anabaenopsis* sp., has started to disperse and reduced from a Major Alert at some sites to a Minor Alert level across the whole lake. We believe the high winds and large amount of rain has helped break up the bloom, allowing other algal species to compete and reduce the levels.

As there was a Major Alert in some locations of the lake, to comply with the State Algal Management Framework (DEWLP 2018), we need two consecutive results below Major Alert in order to be able to take down the signage. Hopefully this weeks testing will show low levels of the algal bloom and signage might be able to come down the following week.

Residents should note that while the wind and rain has helped disperse the algal bloom at the moment, the rain and storm water runoff associated with it has lowered the salinity levels again which can cause other water problems. Having said that, we are pumping salt water into the lake each high tide and will continue to do so all through Summer.

We are continuing to sample the water weekly so we can receive faster updates on the bloom progression.

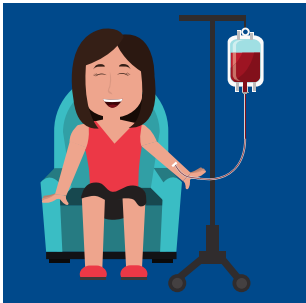


Please note the following water activity updates for Minor Alerts:

Minor Alert algal blooms: Whole lake.

As the lake is not used for primary contact recreation (i.e. swimming), in the event of a minor bloom alert no additional management is required, other than the mandatory bloom notification to DELWP. During minor blooms it is recommended that people wash their hands after contact with the lake water in order to avoid possible skin irritation.

ANNOUNCEMENTS



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.



GRAFFITI REMOVAL

We aim to remove graffiti within one business day of it being reported. Our Security team is always on the look out, but if you see any graffiti around the resort please report it to our office via email at ocmanager@sanctuarylakes.com.au, and we'll arrange to have it removed.



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.



FACE MASK REMINDER - RECREATION CLUB

When do I need to wear a face mask?

From 5pm on 31 December 2020 you must wear a fitted face mask when you are in public indoor spaces unless you have a lawful reason not to. This includes places such as:

- shopping centres, supermarkets, retail outlets and markets;
- when visiting hospitals and aged care facilities;
- restaurants and cafes, when you are not eating or drinking;
- libraries;
- cinemas;
- churches and places of worship;
- entertainment facilities;
- recreational facilities and gyms;
- indoor workplaces.



Face masks continue to be mandatory on public transport and when in taxis or ride share vehicles. You must also wear a fitted face mask when you are in an airport terminal. It is strongly recommended you wear a face mask while on your flight.

You must continue to carry a face mask with you at all times when you leave home, unless you have a lawful reason not to. This is in case you require your face mask, for example, if you aren't able to keep 1.5 metres distance from other people or enter a public indoor space.

It is strongly recommended that you wear a face mask when you can't maintain 1.5 metres distance from other people in outdoor settings.

It is strongly recommended that you wear a face mask when you have visitors or when you visit others indoors.

Do I have to wear a face mask while exercising?

A face mask is required when exercising indoors unless an exemption applies. You may remove your mask when exercising indoors where you are out of breath or puffing.

You still need to carry a face mask with you at all times.

For more information please visit <https://www.coronavirus.vic.gov.au/>



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.

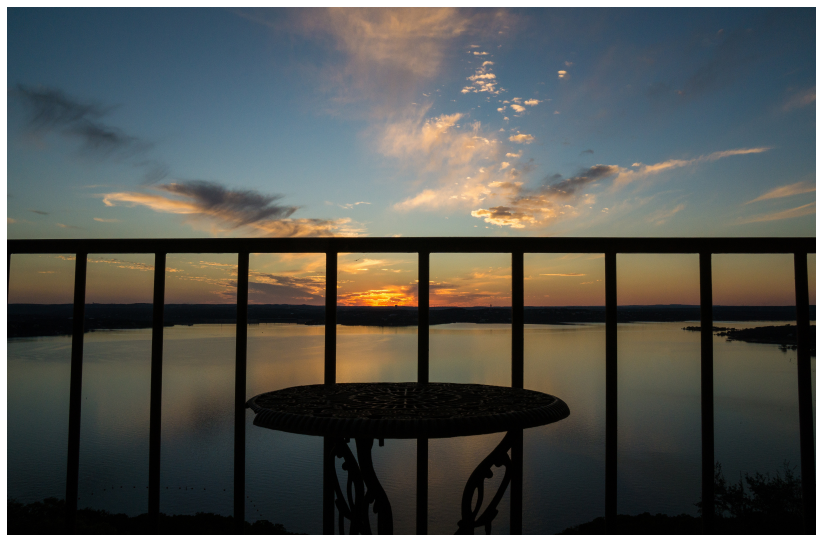
Corrosion: If you live near the coast, your deck could be exposed to corrosive elements - salt in the air can affect most steel components of a balcony.

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.





BARKING DOGS

Barking is one of the ways dogs communicate. It can mean anything from playfulness to danger, and as you can imagine, excessive barking can be very annoying for neighbours. Excessive barking can be the result of boredom, loneliness or a lack of training.

Residents have the right to enjoy peace and quiet in their neighbourhood without animals causing a nuisance. Animal owners have a responsibility to ensure that their animals do not cause a nuisance.

If you have a problem with your neighbours dog barking excessively, you should consider approaching the neighbour amicably to advise them that the dog is causing a nuisance as this usually resolves the issue directly. This is because the owner of the dog may not be aware their animal is causing a nuisance, especially if the dog is barking when they are out. Resolving the issue with your neighbour will avoid the need to become involved in any legal processes which can be time consuming and damage your relationship with your neighbour.

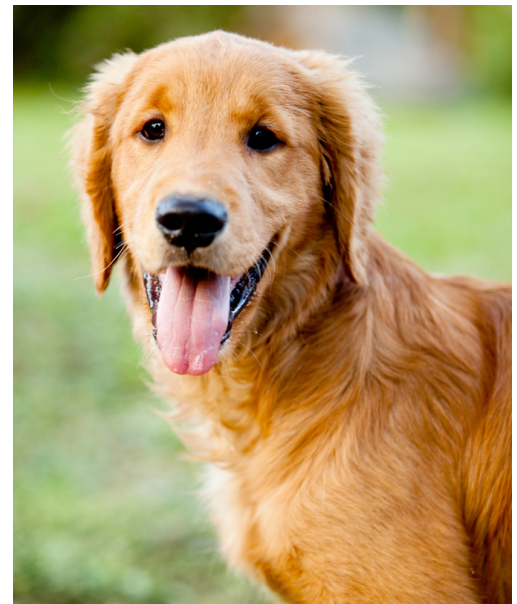
If the dog owner is unapproachable or you are not comfortable approaching them, try placing the 'barking dog letter' (available from Wyndham City <https://www.wyndham.vic.gov.au/sites/default/files/2017-08/3878%20Barking%20dogs%20Booklet.pdf>) into their letterbox. If your neighbour takes no action or does not agree that a problem exists, contact Wyndham City.

To lodge a complaint you must first complete a dog barking diary, available from Wyndham City. Please be aware that Council will not get involved in neighbourhood disputes.

In the dog barking diary you need to show that you have spoken with your neighbour and have tried to resolve the problem with them. As well have attempted to resolve the issue through an independent party like the Dispute Settlement Centre of Victoria

If you have a barking dog there are a number of ways to help reduce your dogs excessive barking, some of the ways to do this are:

1. provide your dog with space to move freely in an enclosed backyard;
2. ensure your dog has shelter from wind, rain and sunshine;
3. exercise your dog regularly;
4. look at ways to help fill your dog's day (e.g. buy a large bone, invest in several toys, bury dog biscuits randomly in your garden);
5. feed your dog sufficiently;
6. provide clean, fresh water daily;
7. undertake sufficient training;
8. provide your dog with regular attention so that it does not get lonely.



RECREATION

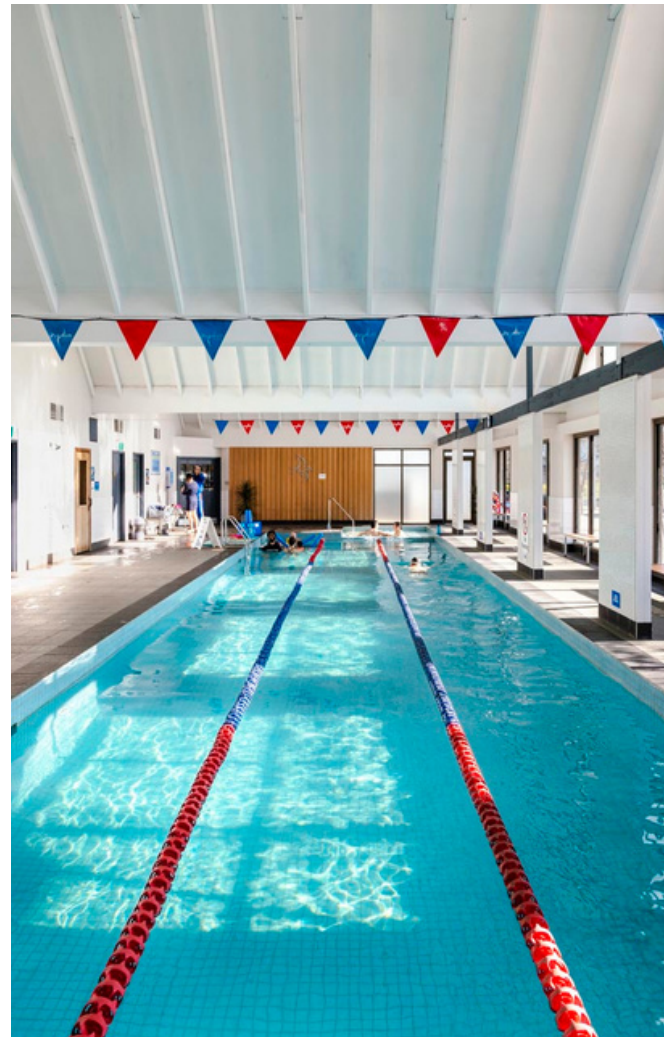


CAN EXERCISE IMPROVE YOUR MOOD?



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.





Street Tree Planting

On Friday we received an order of over 100 street trees. The team will start planting trees around the resort in the coming days/weeks.

Some of the trees are earmarked to be planted around the newly concreted area of the tennis courts. Works to prune trees growing through the tennis court fencing began last week.



Garden Bed Works

We have commenced work on Sanctuary Lakes North Boulevard between Bayside Drive and the roundabout at Regatta Beach. The initial work will consist of removing the mulch from the area between the crossovers and parking bays that has been compacted by vehicles and replacing the mulch with Tuscan Pebbles.

Additional roses will be ordered to top up the garden beds once this work has been done. As these works are on the roadside, weather will play a major role as to when the works will be done.



COMMUNITY NOTICEBOARD

To advertise contact: communications@sanctuarylakes.com.au

*conditions apply

We need your help!

You are invited to help us to learn more about leisure activities and bird feeding at Sanctuary Lakes by participating in a research study conducted by SLRS in conjunction with Deakin University and Zoos Victoria.

It is a short survey to help us understand how residents of Sanctuary Lakes and the greater Point Cook area engage in bird feeding at Sanctuary Lakes.

The survey is anonymous and will only take about 10-15 minutes to complete, plus you can go into the draw to win one of 7 \$50 Coles gift cards. To complete the survey, click the link below.

<http://m6z.cn/697Ery>

This study has received Deakin University ethics approval (reference number: SEBE-2020-67).



Photo: Hayley Mann

