

SANCTUARY LAKES RESORT NEWS

January 28, 2020



ROAD SAFETY - ITS EVERYONE'S RESPONSIBILITY!

Incredibly there were three major accidents within the Resort last week, and it was just pure luck that nobody was seriously injured or worse!

Road safety is everyone's responsibility and we remind all residents that the speed limit throughout the Resort is 50km/h unless signed otherwise. This covers all parts of Sanctuary Lakes Boulevard, including the dual section.

We are again in discussions with Wyndham City regarding the road design at the roundabout at Greg Norman Drive and Sanctuary Lakes North Boulevard as this is where two accidents happened incredibly within hours of each other.

If residents witness people speeding excessively or driving dangerously (hoon driving), Wyndham City Council advises calling the Police on Triple Zero (000).

Victoria Police also encourage anybody with knowledge of hoon drivers, hoon driving activity, or descriptions of cars (such as registration number, colour, make, or model) involved in hoon driving to contact the Crime Stoppers Hoon Hotline by calling 1800 333 000.

Reports can also be made online through the Crime Stoppers website, and people reporting do not need to reveal their identity.

To view the Crime Stoppers website click [here](#).

For more road safety tips please see page 6 of this newsletter.





GREEN WASTE - NO DUMPING ON GOLF COURSE

The Golf Club has advised that some residents have been disposing of their green waste on the golf course. We remind residents that the golf course is private property and dumping any type of rubbish is not acceptable.

Don't forget the Maintenance Compound is open on Saturdays between 8am and noon for residents to drop off green waste. Don't forget your ID and proof of residency.

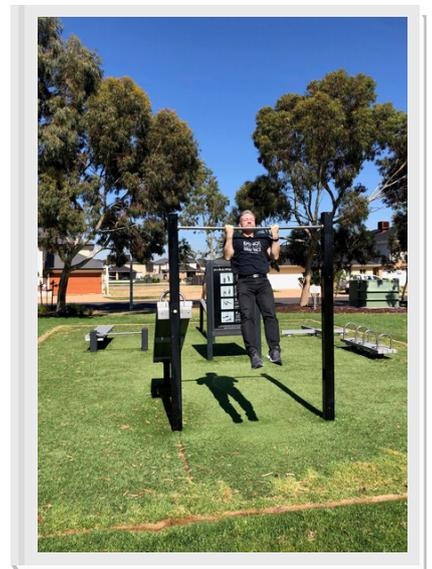
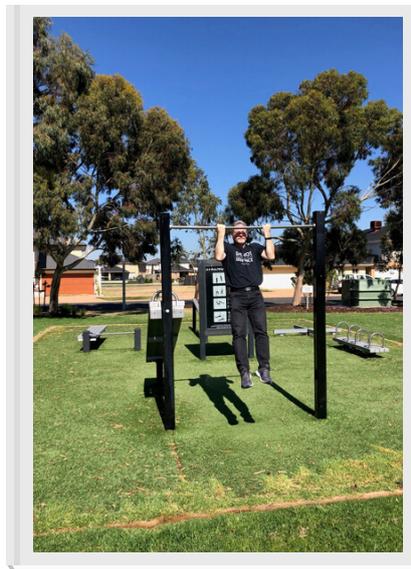
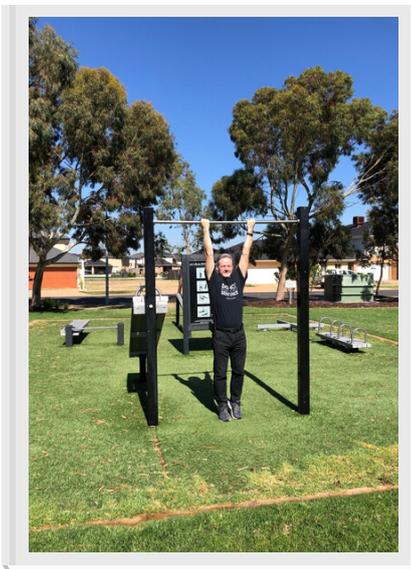
RESORT NEWS

INTRODUCING IAN DOLLERY

We would like to introduce Ian Dollery, who has been a resident of Sanctuary Lakes for the last 9 years. Ian is a regular user of the outdoor gymnasium equipment located in the parks in Sanctuary Lakes.

Last month Ian wrote to us to thank SLRS for providing these facilities and went on to explain how the facilities have enabled him to start a journey of weight loss, stress management and improvement of his functional mobility.

Ian's remarkable efforts have seen him lose 25kg and he is significantly healthier both mentally and physically.





INTRODUCING IAN DOLLERY

We were keen to find out more about Ian's journey so we asked him to answer a few questions for us.

- **Tell us a bit about yourself. How long have you lived in Sanctuary Lakes for?**

My wife and I came to Sanctuary Lake about 9 years ago from The Basin. Although we enjoyed being there Sanctuary Lakes was much closer to the city CBD where we both worked. Julie now works locally but I still commute to the city.

- **What inspired you to start using the park gym equipment?**

Two years ago my doctor gave me the speech about how my lifestyle was killing me and that I was also now a Diabetic. That if I did not improve my lifestyle the consequences would be terrible. Thus I took on a Personal Trainer who built me a program which used the available gym equipment in the Parks as part of my daily run around the Lake. As a result I have never been in better shape in my life than I am now.

I also find the daily routine helps get away from the daily stress.

- **How often do you use the gym equipment in the parks?**

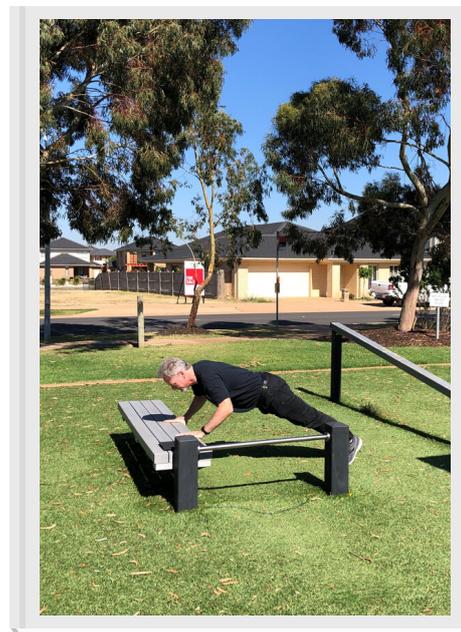
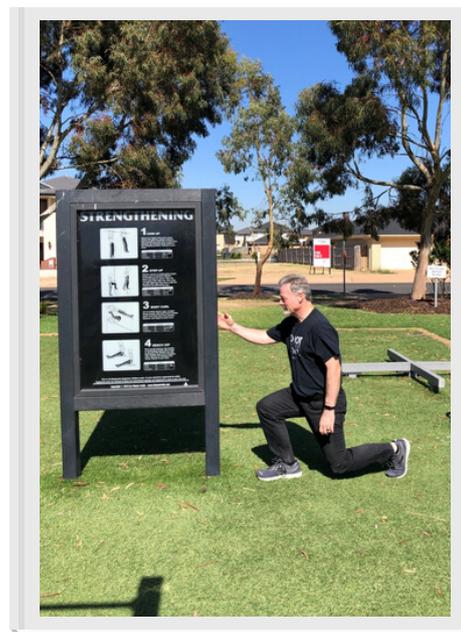
Most days I will use the equipment, if it is not already in use by others. The equipment is quite popular in the evenings especially during the time when I run (from around 7 to 9).

- **What is your favourite piece of equipment to use?**

This changes as I vary the program so the exercises don't get stale: At the moment it is the chin up bar, previous to that it was the seat which I used for planks. All the equipment has been involved in my exercise program at some point if not how it was originally intended.

- **Do you also use the main Recreation Club as part of your exercise regimen?**

I have used the Gym especially if it is raining in winter but I much prefer working out alone and the quiet of the area at night is ideal for clearing my head of the daily stresses.



Thank you Ian for sharing your story with us and congratulations on a huge achievement.

NATURE'S RUBIK



NATURE'S
RUBIK

by Tom Parkinson

THE ARGONAUT PAPER NAUTILUS



One of the great pleasures of living in Sanctuary Lakes is simply walking along our long narrow sandy sea beach, that is a medium strip between Victoria's largest Marine Sanctuary and the International Ramsar site of Chetham and Point Cook wetlands. These two ongoing marine and wetland conservation programs have, over the last three decades, benefited the unique and varying flora, fauna and marine species that inhabit our neighbourhood. It is one of the last relatively unspoiled reef ecosystems in Port Phillip Bay. Strolling along the marked pathways and beach allows you to be able to observe some rare and surprising species, from the Altona Skipper Butterfly to the intrepid playful Dolphins. And sometimes something truly strange and yet, altogether magical.



From the Point Cook Homestead Car Park, this sandy lane takes you directly to the Beach

New Year's Day 2020 was an absolutely perfect day for a wander along the Beach. I took my usual route and drove to the Point Cook Homestead Car Park and strolled through the marked sandy footpath to the Beach. The sun shone with a slight cooling southerly breeze. Ideal for kicking off the sandals and paddling in the receding tide.

As always in the Marine Park the sea water was crystal clear. Looking down through the shallows, various Sea Shells were peeking out from beneath the sand. The unusual Trochidae and Strombidae shells, mixed with the more common Mussels, Abalone and Cowrie. All of them reflecting fascinating shapes, colours and patterns.

My eye was taken by a large shell lying unburied on top of the sand. Initially I thought it was an unmarked or bleached Nautilus. But surely, we are too far south for a Nautilus. This "shell" had a double keel fringed by two rows of alternating tubercles. The sides were ribbed with the centre either flat and having winged protrusions. But the real difference was the shell's weight and malleability, it wasn't made of the hard, tough and brittle aragonite as most other shells are. This was delicate, light, wafer thin, almost translucent and felt papery.

The Wetland Beach looking South West



NATURE'S RUBIK



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by Tom Parkinson



THE ARGONAUT PAPER NAUTILUS

What had I found?

Fortunately, nearby was a family also paddling and beachcombing. Showing them my newly found mystery shell, the father and his son immediately told me it wasn't a shell but an egg of an unusual Octopus called an Argonaut or Paper Nautilus. Further research told me that they were partly correct. It was an Octopus's shell, but it was where the female Argonaut stored its eggs and not its egg's shell. Even that was not quite right and I soon found I was looking at an amazingly strange marine species that had settled in our close neighbourhood. This species of octopus is as unusual as it is beautiful. The Argonauts, or Paper Nautiluses, spend their lives drifting near the surface of subtropical seas far from their cephalopod cousins, the squid, octopus, and cuttlefish who mainly live down on the seafloor. Females float by tucking into the fragile, translucent shell that they have created themselves.



Straight from the shallows



The female Paper Nautilus Argonaut attached to her Shell

Like most octopuses, they have a rounded body, with eight tentacled arms and no fins. Female Argonauts are much bigger than males. In fact, about eight times larger and 600 times heavier. The females can grow to a size of 10-15 cm and are iteroparous (can reproduce more than once in a life time). The tiny males barely reach 2 cm in size and only mate once. The male Paper Nautilus has no shell; but he does have a modified arm called a hectocotylus in which his sperm is stored. During fertilisation this is inserted into the female Paper Nautilus, becomes detached within her, and the male subsequently dies. Sadly, the male Paper Nautilus, lives to love, but very briefly.

Evidently scientists, in the past, were puzzled by the presence of this 'entity' within the shell of the female. They assumed it was a parasite - we now know that it is all that is left of her male partner.

Without the nooks and crannies of the ocean floor in which to lay her eggs, the female takes matters into its own tentacles - so to speak. Before laying her eggs, the Paper Nautilus uses her enlarged dorsal tentacles to secrete her 'paper'-thin shell, which can be up to 30 cm in size, and when completed, squeezes herself within it. This shell is produced as a brood chamber for her eggs, and when floating in the open ocean the Paper Nautilus will have her head and tentacles clearly visible, unless disturbed.

The shell also serves another purpose as a ballast tank. which can maintain neutral buoyancy by the air that is trapped within their egg case. The Paper Nautilus rises to the water's surface, gulps in air, then seals it inside. It then dives down until the trapped bubble counteracts its own weight. To continue reading this article please click [here](#).



SLOW DOWN: BACK TO SCHOOL MEANS SHARING THE ROAD

School days bring congestion, school buses are picking up their passengers, kids on bikes are trying to get to school before the bell rings, hurried parents are trying to drop their kids off before work.

It's never more important for drivers to slow down and pay attention than when kids are present – especially before and after school.

Safety tips for drivers:

With hundreds of children returning to school this week, it's critical for drivers to ensure they exercise extreme caution when travelling through school zones.

The following safety tips can easily help:

- Be aware of the placement of schools in your local area so you know when school zones are approaching.
- Remember that children can be unpredictable and misjudge traffic.
- Always stay alert and aware of their movements.
- Remain focused on both the road ahead and pedestrians in your peripheries while travelling through a school zone.
- Constantly check your speed and make sure you stick to the speed limit. A pedestrian hit by a car at 40km/h has 75% chance of surviving. At 60km/h, the survival rate drops to just 15%.

Safety tips for parents and children:

To ensure your child's journey to school is a safe one, keep in mind the following tips:

- Keep your kids close. Children up to 8 years of age should hold an adult's hand on sidewalks, in carparks, and when close to a road.
- Children up to 10 should hold an adult's hand when crossing the road and should be supervised around traffic.
- Teach your children to minimise distractions, such as listening to music in headphones or playing on devices when close to a road.
- Have open and honest conversations about the risks involved in a road traffic environment.



WHAT'S ON

Around Sanctuary Lakes



Sea Grass

Last week 13.58 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.



Street Tree Audit

A street tree audit will be completed in February and all trees around the Resort will be assessed. The following items are considered:

- The health, vigour and potential to fulfil the desired role in the street landscape;
- Branch structure, canopy balance and the trees stability;
- The form of the tree, ensuring shape and growth habit match predicted patterns; and
- Safety concerns such as potentially hazardous branch structure or root structure leading to tree instability.



Sewage Break

On Saturday the 18th of January there was a break in the sewage line near the exit of the estate. Security cordoned off the area and made City West Water aware of the break. The line has now been repaired and they will arrange the rectification of the garden bed and turf area in due course.

Rose Garden

The rose garden bed transformation has now been completed on the Boulevard opposite the security hut. The reason we removed the rose garden bed was because it was very dangerous for staff when being weeded.



COMMUNITY NOTICEBOARD

To advertise contact: communications@sanctuarylakes.com.au

*conditions apply



SANCTUARY LAKES
GOLF CLUB

BEGINNERS CLINICS

Ladies Tuesday - 6pm - 7pm
Men's Thursday - 6pm - 7pm
Men's Friday - 6pm - 7pm

\$179

9 HOURS
TO
9 HOLES

Maximum of 10 in each clinic
Clinics begin week commencing February 3, 2020

**Beginner Golf Clinics provide a fast track
to the golf course!**

Enjoy 9 x 1 hour golf lessons - a great way
to start your golfing journey and meet new
friends along the way.

Contact the Club to Register

70 Greg Norman Drive, Point Cook | sanctuarylakesclub.com.au
club@sanctuarylakesclub.com.au | (03) 9394 9444

