

SANCTUARY LAKES RESORT NEWS

September 21, 2021



sanctuary
LAKES RESORT
Property of Sanctuary Lakes Resort Services Ltd

MIDGES ON THE LAKE

Over the last few weeks we have noticed an increase of midges around, last year we asked our independent lake testing team for some information about midges, to see if they could offer any assistance as to why they were around.

But first, what is a midge?

Biting midges are tiny flies, which grow approximately between 0.5 and 4 millimetres long, or about the size of a pinhead. The insect follows a holometabolous life cycle which comprises four life stages: the first as an egg, the second as a larva, the third as a pupa, and the last as a mature adult. The average lifespan of an adult midge, depending on the individual species, is between a few days and several months.

Midges are most commonly associated with coastal habitats and commonly breed around the edge of water bodies. The midges may be breeding around the lake for a number of reasons, such as:

- Salinity levels in the lake are quite low at the moment due to large amounts of rainfall so it is possible that a few more freshwater midge species have invaded the lake and are now breeding;
- The small fish populations may have been hit by large fish predation, or by fishing birds like cormorants and darters, meaning there is not enough predation on the midge larvae.

The last midge bloom that we had in Sanctuary Lakes was around 2007 and this was due to very high numbers of midge larvae in the Skeleton Creek estuary, which is where most of the midge were migrating from.

There is also the possibility that recent mild and wet weather conditions that we have had is leading to a lot of persistent puddles in the Parks Victoria wetlands to the east of the lake. These are perfect homes for midges and possibly mosquitoes as well.



MIDGES ON THE LAKE

The below photo shows the wetlands behind Sanctuary Lakes South Boulevard, which is owned by AVEO, (the developer of the Saltwater Coast estate).

The current conditions of the wetlands make for a perfect breeding ground for midges. This, combined with the fact that there are no natural predators in the wetlands to eat the larvae, make for perfect breeding conditions.

Along with midges, we also have mosquitoes around the lake. Their most likely source is standing water around residential properties. That is things like old buckets and wheelbarrows that catch the rain and fill up, poorly draining guttering and some storm water pits can all support large numbers of mosquito larvae. They do not survive in the lake, the creek estuary, or any open water wetlands due to insect and fish predation.

In Australia, there is no chemical that is registered for controlling midges in their breeding sites. Additionally, the breeding sites are usually very large, making chemical control unrealistic.

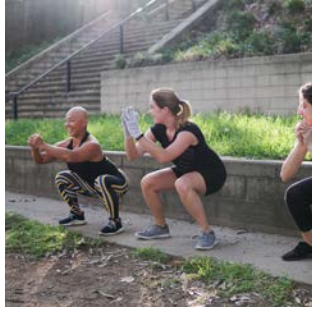
Below are some suggestions on how to prevent midges around your home:

- Avoid known hot spots, especially at dawn and dusk. These are known to be frequented with biting midges;
- Avoid watering your garden around sunset as midges are attracted to shady humid areas;
- Wear protective clothing in the early morning, late afternoon and evenings. This includes long sleeve pants, long sleeve shirts with a collar and closed in shoes;
- Apply insect repellent to exposed skin. Focus on areas such as your ankles, neck and scalp; When indoors, use ceiling and pedestal fans as a deterrent. Midges don't like air currents and will potentially stay away. Mosquito coils also work reasonably well.

It is hard to tell whether the midge numbers are going to get better or worse in the coming weeks and months, however given we are seeing high numbers at the moment, it is possible they could get worse so the above suggestions may come in handy.



ANNOUNCEMENTS



FREE OUTDOOR PERSONAL TRAINING SESSIONS

Thanks to the slight easing of outdoor training restrictions we're now able to offer free outdoor personal training sessions.

Sessions will be available from 6:30am - 8:30am and 4:30pm - 6:30pm, if you would like to book an appointment please email hadi.kerbaj@chm.com.au, be sure to include your full name, recreation club card number and the date and time you would like to book. Please see attached flyer below.

Don't forget that Hadi is still also available to update your home fitness program. To update your routine please reach out to Hadi and he will be able to help you tailor a new at home workout routine.

In addition to the above we look forward to being able to open the tennis courts from this Sunday 26th September.

Similar to last time there will be no booking system for the tennis courts, the courts will be unmanned and we ask residents to only use one court per group, and for only one hour at a time. Please ensure that social distancing rules are adhered to whilst using the courts.

Lastly just a quick reminder that the CHM Virtual Online Portal is also available the password has recently been updated to **CHM898**.

MEET THE RECREATION CLUB STAFF

Hi, I'm Liam and I'm the swimming coordinator at the Sanctuary Lakes Recreation Club.

Swimming and learn to swim is something I am extremely passionate about, I find that living in a country surrounded by water, knowing how to swim is an extremely important life skill people should know so that they feel safe and comfortable in water.

I've been working in the industry as a teacher and coach for close to 10 years, keeping up with necessary qualifications including CPR, First Aid, Life Saving and Swim Teaching, and have 6 years as a competitive swimmer in my youth.





SMOKE ALARMS SAVE LIVES

Did you know that monitored smoke detectors are hard-wired into your home's electricity supply via the security system?

When a monitored smoke alarm is triggered, 4 things will happen:

1. An alarm will sound (as usual);
2. A signal is sent to us through your security system;
3. We contact you;
4. We contact Emergency services.

We attend your property within minutes and provide help where we can. It is also recommended that you provide SLR Security with a spare key, in the event that we need urgent access to your property.

Monitored smoke alarms provide far more comprehensive safety coverage for you and your family than the standard builder supplied smoke detectors. When you rely on standard smoke detectors, the sound of an alarm is the only thing that can protect you, and if the detector happens to be faulty, has a flat battery, or you sleep through the alarm, the worst can happen.

Lot owners who rent out their property also have a responsibility to ensure that smoke alarms are not only installed in rental properties but that they are also maintained. Please see below excerpt from the MFB website: *The Residential Tenancy Act 1997 (RTA) applies to residential premises, the landlord is not only responsible for the installation of a smoke alarm but also its ongoing maintenance as per section 68(1) of the RTA Landlord's duty to maintain premises: "A landlord must ensure that the rented premises including fixtures and fittings provided by the landlord at the rented premises are maintained in good repair."*

The MFB recommends that Smoke Alarms need to be serviced every 12 months as well as tested monthly, and replaced every 10 years. Don't forget to dust around them. If you have any queries regarding your smoke alarm or alarm please contact your smoke alarm provider.



NATURE'S RUBIK



NATURE'S
RUBIK

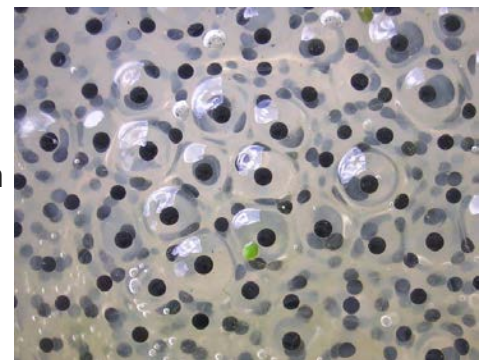
by Tom Parkinson



SPRING HERALDS ANOTHER CYCLE

The start of Spring brings back childhood memories of racing to my local park's pond and searching for frogspawn. Once found, immediately placing a handful into a large glass jar, filling it with pond water plus a couple of leaves of pond weed. Then back to my bedroom where the Jar took a central position allowing me the enjoyment of watching first hand, the wonderful life cycles of those incredible amphibians the Frogs and Toads. But how does this transformation from jelly like eggs to land animal work? To understand this mesmerising metamorphosis, we need to look at each stage of the Frog and Toad's life cycle. By the way, as far as scientists are concerned, there's no difference between Frogs and Toads! They have different characteristics, but share the exactly the same family tree.

The cycle starts with adult females laying hundreds of tiny eggs, which clump together in groups known as Frog or Toad spawn. In our Estate they tend to be in the still waters of Sanctuary Lake's fresh water Ponds and Skeleton Creek. Due to the eggs being defenceless and to give them some protection, they're usually laid amongst the pond's vegetation just below the surface of the water. Frog's eggs are laid in round clusters, while Toads come stretched into long ribbons. The baby Frogs start out as tiny black dots surrounded by a jelly-like substance. Over a week or two, the black dots start to become comma-shaped and start wiggling, as their tails begin to develop.



Frogspawn Close Up

Within another few days they will eat up all the jelly and become stand-alone Tadpoles. Just big enough to venture into the watery world. They have gills, a mouth, and a long tail, which are essential for swimming. They now start feeding on plant material that has been filtered in the pond water and within a few more days tearing off tiny chunks from floating vegetation. After a few weeks, a hormone in the Tadpole's thyroid gland initiates a metamorphosis. This means almost every organ has to change so the Tadpole can go from living underwater to living on land as an adult Frog.



The Tadpole after hatching

Firstly, the Tadpole starts to develop hind legs. After the hind legs have started to form, a pair of front legs



will begin to develop and the tail will start to disappear. You might also notice that the Tadpole has started to form a Frog like face, the skull, originally made from cartilage is gently replaced with bone and the jaw widens to the distinctive 'frogmouth' shape with added teeth to assist diet changes.

When the Tadpole reaches this 'froglet' stage, it is almost a full adult. At this point, the Tadpole's gills have disappeared, and its lungs have enlarged. This means it is ready to leave the water and live on land. Once its tail disappears, it becomes an adult Frog.

On our Estate most of the fresh water ponds will, at certain times of the year, echo with Frog and Toad calls.

NATURE'S RUBIK



NATURE'S
RUBIK

by Tom Parkinson



SPRING HERALDS ANOTHER CYCLE

But sadly, the amphibians themselves are relatively difficult to see. There are three good reasons, firstly they are small (4 to 10cms) and beautifully camouflaged. Secondly, when

and if they move out of their ponds they will do so at night when its wet and rainy. Finally, they are a favourite food for many animals and birds, therefore hiding in rushes and pond vegetation is important to their survival.

Although frustratingly I constantly hear them around the Estate's ponds, I have on just a few occasions been lucky enough to have seen three different species of Frog and Toad. Thanks to repeatedly hearing their separate distinctive calls over the years I am fairly certain all three are full time Sanctuary Lakes residents.

The Spotted Marsh Frog, a smallish-sized frog, growing up to 5 cm in body length. It has a grey-brown or olive-green back with darker olive-green or brown patches. There is often a pale cream-coloured longitudinal stripe along the middle of the back. Distinctive round black pupil eyes with a gold iris. Also has noticeable unwebbed fingers. Spotted Marsh Frogs eat insects, spiders and even small snakes. They are ground dwelling, and most active during the night. During the day they prefer to remain hidden beneath logs, rocks or debris near the edge of ponds and creeks. But what tells us that the Spotted Marsh is plentiful in the neighbourhood is their extremely distinctive call - a fast rapid single 'click' sound which I am sure we have all heard around the estate, particularly on an early wet morning or evening.



Spotted Marsh Frog
Limnodynastes tasmaniensis

The Growling Grass Frog also known as the Southern Bell Frog or Warty Bell Frog. A relatively large Frog growing up to 9cm. Distinguishing features are bright to olive-green colour, warty back with brown blotches and a very distinct tympanum or circle ear. The Growly enjoys living amongst dense reeds and swamp grass on the edge of a pond or creek. Their call which is instantly recognisable is a three-part moaning "craw-ork ar-ar", rising and then falling in tone. It has jokingly been described as the sound of a duck being strangled. The Growly is believed to be in decline across some parts of Victoria, but regularly hearing its common call, it sounds well established around our Estate.



Growling Grass Frog
Litoria raniformis

The Spade Foot Toad is actually a Frog but the mix up is due to its short legs and crawling movements rather the long-legged hopping of other Frogs. Spade Foot is a burrowing Frog and remains buried for half the year, becoming active in Spring and Summer. It is identifiable by its vertical pupil and fully webbed toes. Its skin colour is highly variable, from blotchy grey to dark brown with numerous warts.

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



STRANGE BUT
TRUE
by Paul von Harder



MUMMIFICATION INFORMATION

When the Ancient Egyptians prepared bodies for mummification they used common substances such as beeswax, oil and salt.

The procedure could be complicated though and take up to seventy days.

To be made waterproof the body was wrapped in bandages, then smeared with wax.

The Persian word for the wax was 'mum'. The Arab word was 'mumia'.

To us its now, 'mummy'.

I hope you enjoyed learning something new from this piece that was written by one of our residents, Paul von Harder.



FACTS ABOUT EGYPT'S PYRAMIDS

Egyptian pyramids have always been a source of fascination, from ancient wonders to secrets, here are some facts about Egypt's Pyramids.

1. The Great Pyramid of Giza is the only wonder of the ancient world that still stands tall today, precisely 139 metres tall.
2. The first pyramid was built in 2780 B.C. This pyramid was created by stacking six mastabas, each smaller than the one beneath, to form a pyramid rising in steps.
3. Ancient Egypt is not the only home to pyramids, they can also be found in Sudan, Peru, Mexico, Iraq, Guatemala, Rome, China, Spain and Bolivia.
4. The base of a pyramid is not only square, it can also be triangular, rectangular and other shapes with even more sides. In terms of a pyramid's shape, it's also important to note that not all pyramids were pointed, in fact majority of the earliest pyramids were flat.
5. Many mysteries and secrets of these ancient pyramids are still being discovered today. Researchers are continuing to use technology and excavate a number of sites.



COMMUNITY NOTICEBOARD

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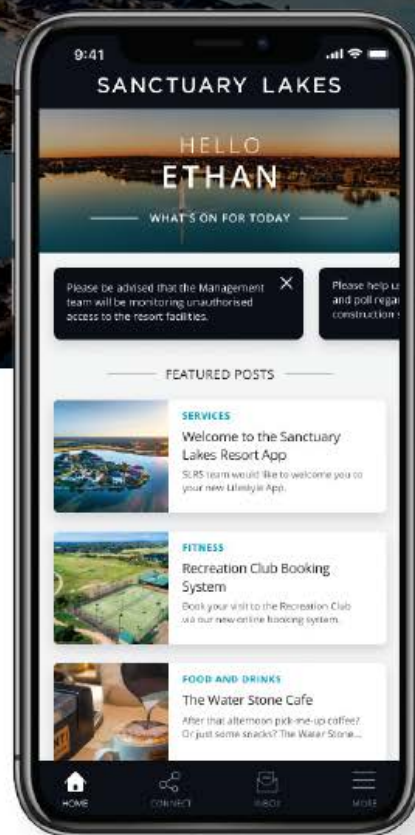
*conditions apply

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.

Features Include

- Newsfeeds & Alerts
- Facilities Bookings
- Help Desk
- Event Calendars & Local Area
- And so much more...

**If you are a
tenant...**

Please provide a copy of
your lease agreement
to concierge for
account approval

Scan to download



FREE 2 ON 1 OUTDOOR PT SESSIONS!



Terms and conditions:

Available until the gym is re opened.

Must be 16 years or older.

Maximum 3 sessions a week per person.

Any cancellation must be made (via email provided) at least 12 hours prior to the session, failure to cancel without sufficient notice may impact future bookings.

Bookings are taken up to 1 week in advance

*Available for
sanctuary Lakes
residents only*

Location:

Rec Club entrance

Duration:

30 minutes

Time slots:

6:30am-8:30am

4:30pm - 6:30pm

How to book

Email

hadi.kerbaj@chm.com.au with the day and time, your full name and recreation club card number.

Bookings will be secured once you receive a confirmation response.

All booking enquires must be sent prior to 5pm daily.


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