Wednesday
6th April 2022

Issue #1

WEEKLY WELLBEING

City of Mount Gambier

Fresh Fruit for Employees

The organisation is excited to announce as part of implementing the Health and Wellbeing Program it will provide seasonal fruit once a month for employees to enjoy!

It is hoped that employees will choose to enjoy their fruit in conjunction with a team meeting, or a registered morning tea that will assist is raising our monthly awareness of health and wellbeing matters.

The Organisational Development Team will work with your Site Champion to coordinate the deliveries for each site.



Health and Wellbeing Program Site Champions

To assit with engagement across the organisation and helping to spread the Health and Wellbeing message, the following Employees have nominated to be your Site or Team Champions. Thankyou!

CIVIC CENTRE: **Sara Gray**

LIBRARY: **Jacqui Davies**

RIDDOCH ART & CULTURAL CENTRE: **Melissa Horton**

VISITOR INFO CENTRE: **Taryn Smith**

CARINYA: **Cheryl McCombe**

DEPOT (Inc Build Maint): **Darrin Wilke**

PARKS & GARDENS: **Hayden Cook**

CONST & MAINT: **Chris Habets**

WASTE MANGMT: **Rebecca Mobbs**



Picture Caption: Employees attending Demonstration at City Hall

Cooking Demonstration Success

A collaboration between COMG, CHG and LGA

On Tuesday 29 March several employees attended the organisation's first live cooking demonstration as part of the Health and Wellbeing Program. Overall employees were very pleased with the event and found it insightful and engaging as they observed CHG facilitators preparing and cooking 'Thai Chicken Curry' while providing nutritional hints and tips.

Feedback from employees included;

"*I will now think twice about what oil I cook at high temperatures. The presenter was very informative with a few tips such as this"*

"*That olive oil produces trans-fat at high temperatures. And that there's as much sugar in an orange juice as there is in red bull AND a snickers bar"*

"*It was something fun and different. More enjoyable than just getting a recipe and flyer. Enjoyable to watch and listen to the reasons of why certain ingredients were chosen and the to get to eat at the end"*

There were also CHG consultants on hand to also provide staff with personalised glucose and cholesterol testing and advice.

A feedback survey was circulated following the event where 100% of employees in attendance said they would recommend the event to their colleagues.

RECIPE: Thai Chicken Curry

Ingredients:
2 cups long grain basmati rice
1 Tablespoon Coconut Oil
500g Free-range Chicken, sliced into strips
1 medium onion, diced
500g pumpkin, cubed
1 red capsicum, deseeded and finely sliced
2 carrots, sliced
1 head of broccoli, cut into florets
2 Tablespoons red curry paste (eg Regal Thai)
1 Cup liquid vegetable stock (eg Massel)
½ cup filtered water
Juice of ½ lemon
400ml can coconut milk (eg Ayan or TCC)

Preparation:

1. Add Basmati rice to rice cooker and cover with boiled water for quicker cooking time
2. Heat coconut oil in large fry pan, add chicken until brown. Set aside
3. Heat remaining oil and sauté onion along with curry paste, vegetable stock and water.
4. Add vegetables and stir through.
5. Cook with lid on for 8-10 mins or until pumpkin softens. Add more water if necessary.
6. Add chicken back in together with coconut milk and lemon juice. Simmer with lid off for 5 minutes, stirring several times. Serve and Enjoy!

Derek Ferguson and Michelle Abramovic

Animal Management in Our Organisation

A day in the life of the General Inspectorate Regulatory Officer

As General Inspectors, we recognise that pets play an integral part for our residents and there are many health and social benefits associated with pet ownership.

We encourage and promote responsible animal ownership by educating and informing community members of their responsibilities including microchipping, desexing and registration.

The General Inspectorate team provide a public safety function in relation to animal management 24 hours a day, 7 days a week.

Our responsibilities are not just limited to Dogs and Cats we quite often get called out for roosters, bees, wasps, sheep, and we have even been called out for a horse and a ferret issue. We also provide support functions for EHO's and SAPOL.

As with all jobs some tasks are not so fun but there are also some memorable stories as well including a Rooster named 'Sebastian'.

Sebastian was a problematic crowing rooster and following many complaints we commenced 'rooster watch' which consisted of 6am stakeouts to catch Sebastian 'in the act'. Unfortunately, Council made the decision to seize Sebastian however Sebastian's owner had other plans!

Sebastian's owner grabbed him and ran past the GI's, into his car, music blaring and absconded into the sunset never to be seen again but did ensure he took the time to put the seatbelt on Sebastian!

There has been one unconfirmed sighting of Sebastian the fugitive.

It was Christmas Day and GI was feeling festive when dog collection duties called. GI contacted the owner to meet at the Council Depot for collection, but before hanging up the phone and in the festive spirit accidentally said 'Love You' to the customer. When the customer collected the dog, he said 'Love You' back to the GI.

Special skills to be a GI include ferret catching, building sheep ramps from old doors, microchipping 15 animals in 30mins, rounding sheep, making horse bridles from ropes, be adaptable to ANY possible situation.



COMG Presents

Hall of Fame 'Pets Edition'

Nominate your pet today.....

Does your pet have what it takes to make the City of Mount Gambier Hall of Fame 'Pets Edition'?

We want to know about the furry friends that are part of our employee families, and we would like to know if the old saying is true, does a pet look like their owner?

You can submit a photo of your pet on its own by sending it to hr@mountgambier.sa.gov.au or Outdoor Field Staff may send the pic via the 'Teams' app.

Then stay tuned for next week's edition where you can participate in the 'match-up quiz' and see how many you get correct!

Entries in by Tuesday 12th April 2022.

Pet Ownership

The Mental Health Impact

Pets, especially dogs and cats, can reduce stress, anxiety, and depression, ease loneliness, encourage exercise and playfulness, and even improve your cardiovascular health. Caring for an animal can help children grow up more secure and active. Pets also provide valuable companionship for older adults. Perhaps most importantly, though, a pet can add real joy and unconditional love to your life.

While it's true that people with pets often experience greater health benefits than those without, a pet doesn't necessarily have to be a dog or a cat. A rabbit could be ideal if you're allergic to other animals or have limited space but still want a furry friend to snuggle with. Birds can encourage social interaction and help keep your mind sharp if you're an older adult. Snakes, lizards, and other reptiles can make for exotic companions. Even watching fish in an aquarium can help reduce muscle tension and lower your pulse rate.

Find out more here:

https://www.helpguide.org/articles/mental-health/mood-boosting-power-of-dogs.htm



Healthy Lifestyle Program Monthly Health Tip

What is a Superfood?

Superfoods are foods which are considered to promote our health and wellbeing because of the nutrients they contain. Although nutrients are found in all foods, it is the high number found in superfoods? that makes them unique. Nutrients, as the essential part of food that our bodies use to function, include vitamins and minerals, however, true superfoods are those rich in antioxidants.

Where can you find Superfoods?

Although these heroically named foods sound exotic and maybe even expensive, they are actually very common. So common you probably do not realise that you are already eating them! These nutrient-rich foods occur naturally, refer to this image for the highest in antioxidants.

