

Gut Health Month

As we all re-emerge from the haze of summer events, BBQs and holidays, the start of the new year is a perfect time to make small changes in our routines and lives for the better. February is Gut Health Month which aims to raise community awareness about the importance of gut health.

For the month of February, the team behind Gut Health Month – Dieticians Connect – are running a gut health trial, and South Gippsland community members are being involved. Direct promotion has been done within Poowong to sign up families to actively participate. My family and I have also formally signed up – upping our dietary intake of fruit and vegetables, learning how to make some easy swaps to add more fibre into our everyday diet and develop a better understanding of the impact foods make to gut health. It has been a great opportunity for South Gippsland to feature in a national health campaign. If you would like more information on Gut Health Month and how to feel better from the inside out, visit:

<https://nutritionconnection.com.au/gut-health-month>

Events

The contribution and longevity of our volunteer-run organisations is something to be commended. I thoroughly enjoy hearing about the history and achievements of local groups, and how we can support them for the future. Councillors have recently attended the 50th anniversary of the Korumburra Italian Social Club and 60th anniversary of the Waratah Beach Surf Lifesaving Club. Both events highlight the value and long history of volunteers in our diverse community.

There are also some fantastic not-to-be-missed events coming up – the **Mirboo North Italian Festa** on Sunday 12 February and **Meeniyan Garlic Festival** on Saturday 18 February just to name two. Council is proud to support these events with funding through the Events Acquisition Fund. As well as funding, Council supports events across the Shire in many ways, such as through the loan of equipment (umbrellas, marquees) and through general organisation advice and assistance.

Get along and support those who put in such significant effort to ensure successful events for our community!

Meet the Mayor and Deputy Mayor

In my last message, I mentioned the Meet the Mayor and Deputy Mayor catch-ups but the date was listed incorrectly.

Councillor Williams and I will be available on Thursday 23 February at Council Chambers in Leongatha from 9.00am to 5.00pm for short, face-to-face chats. Booking are required to secure a 20-minute slot.

Please email OfficeoftheCEO@southgippsland.vic.gov.au or call 5662 9200 to book.

Coastal Strategy Engagement Period Extended

The consultation period now closes on Tuesday 14 February 2023.

Thank you to those who have already given their responses and attended pop-up engagement sessions. There is still time if you haven't engaged, and we are keen to hear from more community members – particularly from our younger residents, those who visit our coastal areas, and those who live further inland.

This is an incredibly important document that will help us put plans in place to protect the future of our pristine coastline.

To find out more or to have your say, please visit:

<https://yoursay.southgippsland.vic.gov.au/coastal-strategy>

Cr Nathan Hersey – Mayor