

We acknowledge the traditional custodians of the land and waters around us, and pay our respects to Elders past and present. We respect their cultural heritage, knowledge here in Forrest where the waters flow over Gadubanud and Gulidjan Country



## Forrest swells by three!

From the scorching summer of Dubai to the exhilarating freshness of the Otways, we welcome Suha and her two daughters Shams, 9, and Alia, 6.

Forrest has immediately shown them our usual welcoming carpet, embracing them all into so many community activities. The girls have settled into the school family, and marvelling in the inspiring atmosphere there. Already attending and offering play dates, joining the bike riding kids, exploring the pump track and adventuring into the wonders of the natural environment. Suha is pursuing her role in the media industry as well as writing and producing an interactive App for children. Both jobs are in Arabic with Suha working the long distance tasks from home. She fortunately has time to participate in various classes offered within the town and even conducted a belly dancing class, as well as socializing and assisting within a parenting capacity at the school.

'Tootaa' is the name of the App Suha develops. It focuses on behavioural modification stories and illustrations for children 4-10 years old. Topics that are so much needed in this challenging world. Hopefully these can one day be available in English too.

How fortunate for our small town to be boosted with the arrival of Suha, Shams and Alia, their diverse background adding sparkle and light. Continue to welcome them all with our unique and special brand of community.

Noor Petersen

## Million Dollar Trails



The official launch of the trail upgrades. Photo: Paula Spokes

### Statement from Emma Coulson Club President

*'Forrest MTB trails was once cited as the template for small town conversion into MTB tourism and a model to other regional areas. Forrest is now the first MTB park in Victoria to undergo a large revitalization which has resulted in more trails to ride and well needed trial upgrades to make some of our trails accessible to all and others and rideable in all weather conditions. We thank those involved in particular the funding made available by the Vic government, Colac Otway Shire and DEECA. Also personally the time put in by Forrest club members Sandy Maxwell and Paul Miller. Thank you also to those at DEECA Alex Lines, Evan Lewis and Mat Brophy and at Colac Otway Shire Council Adrian Healy.'*

**MEN'S SHED OPEN DAY Friday 10th Nov 1-5pm. Makita Tools representative will demonstrate their range of 'handy person' tools. All welcome! Snacks from Forrest General Store!**

## Colac Otway Shire News

### Extra Green Waste Collections and Free Drop-off

To help you clean up your property and prepare for fire season, Colac Otway Shire Council is offering additional green waste collections and free green waste drop-off across October and November.

### Skips for Green Waste at Forrest

To assist the Forrest community with property clean-up a green waste skip will be placed in town from Friday 1 December to Monday 11 December located at 47 Grant Street, Forrest.

### Weekly Kerbside Green Waste Collection

Now is the time to start preparing your property ahead of fire season. To assist residents, a weekly kerbside collection of green waste commences from 16 October through to 24 November. For collection information, visit Council's website or download the Good Sort App.

### Free Green Waste Drop-off at Alvie and Apollo Bay Transfer Stations

A free green waste drop-off service is being offered through all of November. The free service is available for residents to dispose of one 6 x 4 trailer load of green waste.

### Have Your Say

Council has the following projects and initiatives open for community feedback:

#### Survey to assist future planning for childcare services

#### Survey for young people aged 12 – 25 to provide on youth matters, engagement and activities

For further information and to provide your feedback, visit Council's website and click **Have Your Say** from the homepage.

### Youth Photography Competition

Entries are now open for the Connectivity: Capturing the Threads That Bind Us youth photography competition. If you're aged 13 to 25 and love photography, here's your chance to get creative.

There are prizes to be won across three age categories.

Scan the QR code for more info and to submit an entry.



Colac Service Centre: 2-6 Rae Street, Colac, Open: Monday - Friday 8:30am - 5pm Ph: 5232 9400

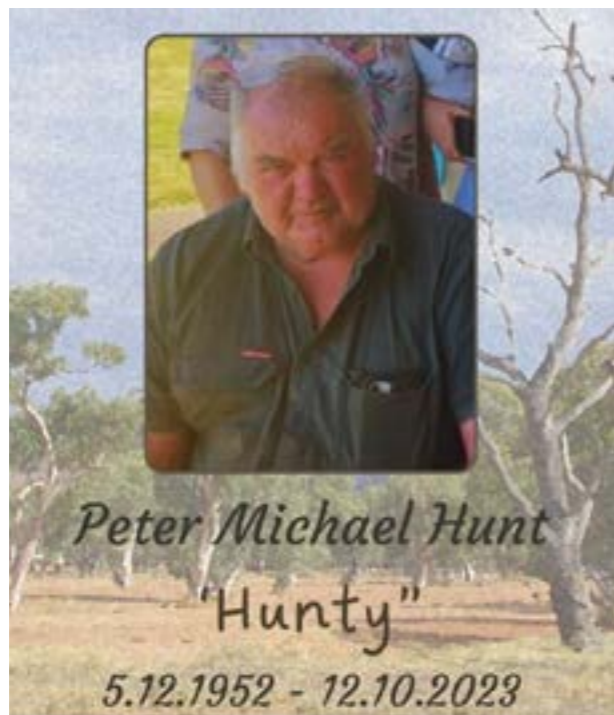
Email: [inq@colacotway.vic.gov.au](mailto:inq@colacotway.vic.gov.au) or find us online: [www.colacotway.vic.gov.au](http://www.colacotway.vic.gov.au)



## Vale

Sadly Forrest recently farewellled two long term and greatly respected residents. Peter Michael Hunt and Nancy May Kurzman have both left large families to continue their qualities of kindness, a love of the environment, garden and a community spirit. May we reflect upon their contributions and memories of them well into the future.

RIP Peter and Nancy.



The Forrest Post is auspiced by the Forrest Men's Shed. Every effort is made to remain current, accurate and non-partisan. Feedback, submissions and advertising are encouraged. Submissions may be edited. You can request an electronic version by email, find us on Facebook or online at [forrestvictoria.com](http://forrestvictoria.com) Contact: [theforrestpost@gmail.com](mailto:theforrestpost@gmail.com)

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**Design:** Gillian Brew **Print:** Forrest Primary School.

All contributions to be received the 22nd of the month.

## Annelie and Marcus

Annelie de Villiers and Marcus Hall live in Barwon Downs with their 6 month old baby son Morgan and two pugs. You've probably not known they have been there for nearly two years living in a 1950s prefabricated mill workers house, one of only 4 on Old Mill Road surrounded by bushland.

Marcus is a GP working in Lorne and Annelie works as an experimental researcher for the Federal government. Annelie's work involves running randomised controlled trials for the Australian Bureau of Statistics. She has also done a very interesting PhD focusing on community organisations and facilities and how important they are in fostering community. Her research interest is in bringing peoples' attention back to their immediate physical community which helps to improve their physical and mental wellbeing.



Originally part of an Afrikaans region in South Africa, Annelie immigrated to Australia when she was ten. Marcus is originally from Warrnambool and they met one another while studying at Monash University.

Their plans for the future are to keep living in Barwon Downs, raising Morgan and maybe other children with their two dogs and making use of the beautiful bush beside them!

Pauline Rostos

## Community brings Skills 'n' Drills to help make a Safer Hall



### There is no Bushfire Place of Last Resort (BPLR) in Forrest.

Due to the high bushfire risk, nowhere in Forrest meets the stringent criteria for a BPLR, which is why people are strongly advised to leave early on Extreme and Catastrophic fire danger days. But fires are unpredictable and for many reasons people may get caught out.

The hall and school precinct was voted the most important public place to protect at the recent Community Planning day, so the Forrest Public Reserves Committee along with the FLARE Team are working to make sure the hall can survive a bushfire and be a place for our community to recover after an emergency. The FLARE project has funded \$35,000 towards this work and fire-proofing the treated pine deck at the hall was one of the urgent tasks to complete. Treated pine is highly flammable, can smoulder for a long time and can cause buildings to burn down after a fire front has passed. The cost of rebuilding the deck to BAL 40 rating was more than we could afford, so FLARE put out the call for help and the community answered!

Jobs achieved included:

- removing current treated pine decking and replacing with Modwood BAL 40 rated boards.
- painting the exposed deck posts with FireShell paint (an ignition barrier coating)

- trimming back bushes and removing rubbish and leaf litter from the garden

The FLARE Team was able to purchase some recycled Modwood from another build to keep costs down and also find a home for much of the removed treated pine decking, kicking recycling goals as well!

With more than 500 linear metres of Modwood laid and over 2000 holes and screws drilled, it took the full weekend of non-stop work to finish the deck. At one time we counted nine drills in action! We are incredibly grateful to those who showed up to lend a hand.

We still have some work to do on the hall including finishing the painting and replacing the steps so we will keep you posted for the next working bee. You will also notice some dangerous trees removed and vegetation modification at the school and hall, all in the name of helping these important community assets to survive bushfire and be a place where community can gather.

If you want more information or how to be involved in the FLARE project please give me a call on 0422 585 227 or email [fpac3236+flare@gmail.com](mailto:fpac3236+flare@gmail.com)

Gillian Brew, FLARE coordinator

**COMING UP: Visit to Wye River CFA -Nov 12 • Community Plan Launch FLARE Event -Nov 30**  
Contact Gillian for more information or to sign up for regular updates from the FLARE Team



## Forrest & District Neighbourhood House - NOV 2023



### REGULAR ACTIVITIES AT THE F&DNH

**MONDAYS - office not open to the general public**

**Craft circle:** 10am- 12pm. BYO craft projects. Gold coin donation.

**TUESDAYS -open 8.30am-3.30pm**

**Seniors morning tea:** First Tuesday of the month, 10.30am-11.30am. FREE. Including health talks and gentle movement sessions.

**Weeding group:** 2nd Tues of the month 10am-12pm. Contact Susan Langridge for more details 0498 592 364.

**Playgroup:** 10am-12pm. Gold coin or \$10 per term.

**Pantry top up and food boxes:** please contact coordinator to arrange or just visit the pantry after top up (from 12pm). Food for all in the community

**WEDNESDAYS - open 8.30am-3.30pm**

**Forrest voices (singing for fun):** 10.30am-11.30am. Gold coin.

**Studio Forrest art group:** 1pm-5pm, Peer led local artist group. \$200 per semester

**Book club:** 1<sup>st</sup> Wed of the month 7.30pm. Gold coin

**Pantry top up:** evening after 8pm. Food is available to all in the community.

**THURSDAYS - coordinator located at the hall**

**Yoga:** 9.10-10.30am, \$15 per class

**Community lunch:** Take away or dine in. Order the day before, pick up from the hall at 12.30pm on the day. \$6. Return containers each week!

**FRIDAYS - open 8.30am-12.30pm**

**Youth space:** Friday afternoons during school terms. \*3.30-4.30pm for grades 3-6. \*4.15pm-5pm for high school aged. Gold coin each week or \$10 per term. Snacks, games and fun provided.

**Pantry top up:** (late evening)

**SATURDAYS - Forrest community gym bootcamp:** 8am and 9am sessions. Contact coordinator for membership information and to sign up.

**SUNDAYS:** Rollerskating. 1st Sunday of the month at the Forrest hall. \$5 per skater. BYO skates or borrow some of ours-limited sizes available. Music, games and prizes!

**COMING UP:**

**AGM- join us on Sunday 26th November at 1pm for our annual general meeting. We will celebrate the last year at the F&DNH and thank those involved. Free bbq and activities for kids.**

**MEN'S GAMING AFTERNOON (Settlers of Catan): Sunday 26th Nov 1-5pm. Contact Hoya to book a spot 0400180644**

**WE ALSO HAVE:** Free WiFi • Printing services • Room hire • Community spaces • Reading room • Forrest & District Historical Society display and library • Food share • Clothes swap • Treatment/massage room for hire • Office space • Computers and more!

**FORREST OSTEOPATHY** is also onsite and operating various hours.

Please contact Jessie on 0438298669 or forrestosteo@gmail.com for more information or to book.

Don't forget to 'like' our Facebook and Instagram pages for up to date info and events!

**OPEN:** Tuesday, Wednesday, Thursday (at the hall), 8.30am-3.30pm  
**FRI 8.30am-12.30pm.** Please contact the coordinator Renee for any queries, program requests or to run a program **P: 03 5236 6597 M: 0493 105 502**  
**E: forrest.nh@gmail.com A: Community Hub - 47 Grant Street, Forrest 3236**



## Comedy for a Cause

It was a big night of laughs at the Forrest Neighbourhood House Comedy for a Cause event in October. The three professional comedians were on top of their game with plenty of audience participation, Forrest references and locals chipping in to add to the hilarity of the evening. Those in the front row gave as good as they got and the room regularly erupted in uncontrollable guffaws. The GrassTree building (next to the Neighbourhood House) was full to overflowing due to a change of venue from the hall because of the Referendum vote but everyone was able to be accommodated. At the end of the night the ear to ear grins and sore sides were a testament to a great time had by all. Look out for this hilarious annual event next year.

Gillian Brew

### Mens Gaming Afternoon

**Forrest Neighbourhood House**  
**1-5pm Sunday 22 Oct**  
**1-5pm Sunday 26 Nov**

**Come and play Settlers of Catan**  
 an award winning interactive board game for  
 3-6 players

Places are limited  
 For bookings or more info contact Renee (03) 5236 6597  
 forrest.nh@gmail.com or Hoya 0400180644  
 Ages 18 & up

They'll never get caught.  
They're on a mission from God.

THURSDAY 9TH NOVEMBER

Forrest Public Hall  
7pm for a 7:30pm start  
Complimentary wine & cheese  
Tea/Coffee

BLUES BROTHERS THEMED DRESS UP EVENING  
QUIZ & PRIZES

**JOHN BELUSHI DAN AYKROYD**

**THE BLUES BROTHERS**

JAMES BROWN • CAB CALLOWAY • RAY CHARLES • CARRIE FISHER  
 ARETHA FRANKLIN • HENRY GIBSON  
 THE BLUES BROTHERS BAND  
 Written by DAN AYKROYD and JOHN LANDIS  
 Executive Producer BERNIE BRILLSTEIN  
 Produced by ROBERT K. WEISS • Directed by JOHN LANDIS

## Observant Rosie

A year of living in the Otways is enough for anyone to slow down their lifestyle and immerse themselves into the fauna surrounding them. Multiply that by 54 years, and you've got yourself a wildlife expert.

Rosemary Murnane raised her children with husband Pat on their dairy farm of almost 200 acres. She welcomed a menagerie of animals, insects and birdlife into her space over this time with tree plantings, bird seed and bird baths. She paid special attention to the fauna on her land, and recalls notable creatures coming to visit whilst her children were young.

She laughs about a time when her childrens' bedroom walls were made of hessian and paper, before being plastered, when the resident brush-tailed possums would snuggle in and create bumps in the wall.

Rosie remembers seeing platypi and eels in the nearby creek, and once or twice Pat had caught an eel for her, which she had pan-fried for family dinner.

Tiger snake meetings were a regular occurrence. One came down the fireplace and into the dining room; another time she found one hanging from a tree staring directly down at one of her babies in their pram; and there was also a memorable bath time when her daughter Lesley had found herself sharing the tub with a baby snake.



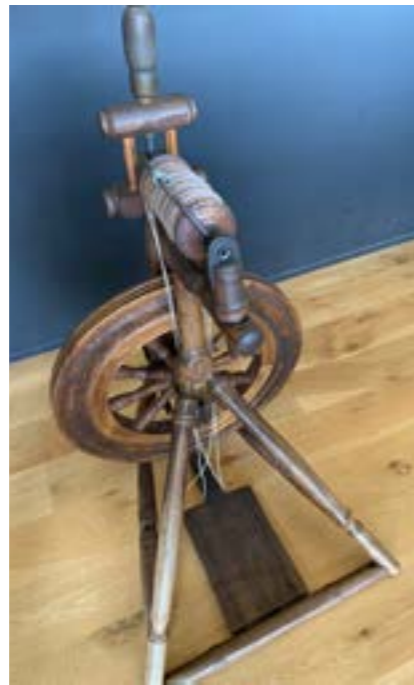
Even now that Rosie's children have left home, she continues to sight creatures on her property including koalas, echidnas, blue tongue lizards, tawny frogmouth owls and Purple Swamphens.

We can all take notes from Rosie on the importance of making time to sit and observe our spaces, when we can get excited by the beauty of nature around us. Learning to appreciate our local wildlife can bring us the calmness of mind that we need to lead our busy lives.

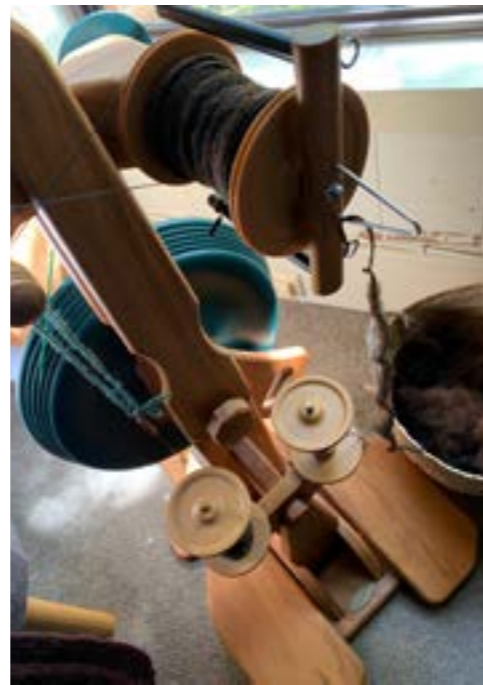
Lydia Waddell

## Yarn Spinners

130 is the cumulative number of years two local ladies have been spinning! One began when she was seven while in boarding school and she has been spinning ever since! Producing countless garments and accessories for decades. Her spinning wheel is a unique Nairne Butchard model designed specifically for her when she had a young family. She requested a wheel that would sustain inquisitive little ones 'playing' with it. She purchased this in 1962 for 20 Pounds! Her nimble fingers have spun not only fleece from sheep and alpaca, but experimented with camel, flax, dog, and the most exotic of all qiviut, which is the rarest of all fleeces being the downy undercoat of the Muskox! Bought back from the Arctic Circle by one of her daughters! This exceptional spinner still regularly meets with old school friends where they not only spin yarns and also knit for Geelong Mums.



Butchard wheel



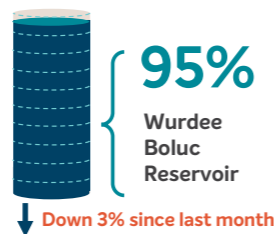
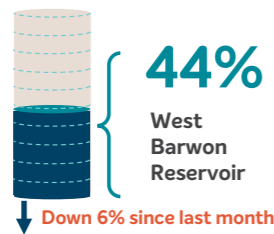
Majacraft wheel

The other was self taught in her late teens. She has two wheels, one a Carrington, made especially for her in the seventies. However she also has a very modern dual pedal Majacraft wheel. Experimenting with dog, possum, bison and yak has produced some fascinating combinations, but she solely spins sheep now, loving the lanolin smell and touch.

Both ladies usually spin locally grown fleece from Tarndwarncourt. One preferring to spin the raw fleece, one favouring rovings, which is the scoured and washed fleece. Note: Both wheels mentioned are documented and featured in the Geelong Wool Museum, which is interesting to visit. (Names withheld by request).

Noor Petersen

## Barwon Water Updates



### West Barwon Reservoir algae bloom

We're monitoring a blue-green algae bloom at West Barwon Reservoir. The bloom was likely caused by the burst of warm and sunny weather, resulting in the reservoir appearing green and having an odour. This is completely normal for this type of event. While you can still enjoy birdwatching, walking, mountain biking and picnicking, we advise against fishing until the bloom clears and the signs are removed.

We've posted some signage at the reservoir to alert visitors. Water from the reservoir will continue to be treated to the highest quality in order to meet all health and safety guidelines before reaching homes and businesses. We will continue to monitor the reservoir and the Barwon River downstream, and have increased our regular water testing schedule.

Did you know?

Swamp wallabies, koalas, ring-tailed possums and grey kangaroos are commonly spotted around West Barwon Reservoir. Also present are tiger quolls and yellow-bellied gliders, and platypi, though they are rarely seen.

### Forrest wastewater investigations

We enjoyed seeing you out and about in the community at our "listening posts" over the past month. We've collated some answers to your most frequently asked questions related to the project, which are now available on our dedicated YourSay site: [yoursay.barwonwater.vic.gov.au/forrest-hub-forrest-wastewater](https://yoursay.barwonwater.vic.gov.au/forrest-hub-forrest-wastewater)



**OPEN GARDENS 11/12 NOV 2023**

COLAC BARONGAROOK KAWARREN 10 - 4pm

**\$20** FOR ALL 4 GARDENS CASH ONLY \$5 IND. GARDENS

AS PART OF THE TOWN GREENING & COOLING PROJECT

MEG CAFFIN URBAN FORESTER  
FREE Information Sessions about greening our towns.

OPEN GARDENS

- ✓ 41 Gravesend St, Colac BUY TICKETS HERE
- ✓ 5 Bryan Ave., Colac
- ✓ 248 Pound Rd, Elliminyt
- ✓ 160 Parkes Lodge Rd, Barongarook
- ✓ 324 Frys Rd, Kawarren (SAT ONLY)
- ✓ 265 Frys Rd, Kawarren (SAT ONLY)

COLAC 15th NOV @7pm COLAC BOWLING CLUB  
Apollo Bay 16th NOV @1:15pm Community Centre

## THE FORREST OP SHOP

OPEN SATURDAYS 10.30-4PM  
Clean donations in good repair welcome during open hours or by arrangement. Call Gillian 0422 585 227

**FMS FREE WIFI AT THE SHED**

Forrest Men's Shed - 6 Blundy St, Forrest  
email [fdms3236@gmail.com](mailto:fdms3236@gmail.com) to request a username & password

Woodwork lathe machines - table saw - mitre saw - metal welding

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Proceeds go to the Forrest Primary School or Neighbourhood House for printing costs.

CONTACT US: [theforrestpost@gmail.com](mailto:theforrestpost@gmail.com) for rates or more information

## Nat's Pilates Passion



Nat attending KX Pilates Studio

Natalie Lane's love story with pilates began in Werribee over a year ago when she discovered a KX Pilates studio just down the road from her workplace. Within no time, she fell into a routine of attending regular pilates classes and was able to lose 22kg. Nat realised how great pilates was for staying fit. It enabled her to challenge her body, but without the soreness or weight loading that came from strength training. She loved that it provided such a welcoming space for all ages and fitness abilities, and that everyone was able to get a good workout regardless of whether they wanted to push themselves or just move their body.

Knowing that it was time to transition from her previous role in real estate, Nat saw a window of opportunity to take her new pilates passion into a career as an instructor. She returned to Forrest with her fiancé Shaun, and after a few months of pouring coffee shots at the General Store, she'd saved enough money to study at a pilates school. Having started as a client of KX Pilates, she decided to attend their academy training program because she loved the dynamic full body workout structure of all their classes.

Since September, Nat has been teaching pilates at KX Torquay (and now also Geelong) with a portfolio of clients who regularly attend her classes. She has loved watching her clients' trust and awareness of their bodies grow and evolve through each class. Nat always aims to create that same open space for people to challenge their bodies that she appreciated so much when her own pilates journey first began.

*Lydia Waddell.*

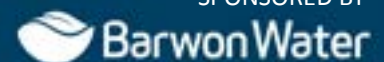


## New Baby!

Welcome Owen Kleindienst born Friday 13th October to Jessie and Tom. A little brother for Martha. Congratulations and Blessings to all.

## BIRDS OF FORREST

SPONSORED BY



### Pink Robin

The Pink Robin is another one of our confiding species. It ranges along the Eastern seaboard, from Southern Queensland, through Victoria, to the South Australian Border. It is also found in Tasmania. This Robin prefers the wet sclerophyll rainforests, with deep mossy gullies with treeferns and dense cover. In the winter many immature and female birds disperse to the lower foothills and even coastal scrub. Around the Forrest district good places to try to find these birds include Stephensons Falls, Burttons Track, and the Waterfall circuit where its favourite rainforest habitat abounds. It has been seen at Lake Elizabeth, but it is a little harder to find there.

It is usually seen singly, or in pairs, in dense cover. This Robin forages on the ground, where it gleans all manner of insects that forms its diet. We always count ourselves lucky when we can come across these beautiful Robins.

*Ian Davies and Adam Fry*



*Pink Robin*

Visit Forrest online at [www.forrestvictoria.com](http://www.forrestvictoria.com)

