

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

Toshi Achieving Dreams

Toshi is a dreamer and an achiever. Since the age of fifteen, he's dreamt of being a chef in the countryside of a new country. His life has been a series of stepping stones to reach where he is today in Forrest. Toshi began his nineteen years of cheffing in a Japanese cooking school, specialising in sushi, French, Japanese and Italian cooking. Stepping stone no.1 was his trip to France to try cooking the cuisine in its original country, before pivoting to Australia for one year to learn English whilst cooking in Tasmania.

In stark contrast to his city upbringing in Tokyo, his mind was blown away by the simplicity of country living in Tassie. He learnt survival skills such as growing his own produce to cook with and making fire, and he fell in love with the genuineness of people in the small communities. After backpacking through 25 countries in the search for his new home, he knew that he had to come back to Australia. He studied his way into another work visa to find another place that might emanate the Tassie vibe, and landed in Forrest after some time in the Sunshine Coast.

It's been a dream come true. He's spent four years cheffing at The Brewery, bringing the authentic taste of Japan to us in the form of dishes like our favourite Chicken Karaage. In his spare time, he runs a knife sharpening business (feel free to drop your knives to The Brewery to be sharpened) and he also helps with a Neighbourhood House food drop. He's enjoyed learning the Australian tastebud through his work life and his YouTube channel 'Toshi's Country Life'; and is currently dreaming up his next step of owning his own Japanese- Australian restaurant.

Lydia Waddell



Barwon Water continues to monitor blue-green algae

Barwon Water is continuing to monitor a blue- green algae bloom in West Barwon Reservoir.

The bloom has likely been caused by higher nutrient loads in the water due to run- off during the last three wet years and warmer and drier conditions in late winter and early spring.

Barwon Water Chief Scientist Dr Will Buchanan said blue- green algae occur naturally in all waterbodies and while algal blooms are more prevalent in the warmer months, with favourable conditions that we are currently experiencing, they can occur all year round and without warning.

"We are continually monitoring and managing the bloom in West Barwon reservoir in accordance with our Regional Blue- Green Algae Coordination Plan.

Drinking water supplies remain safe, we continually optimise and adjust our treatment plant processes to ensure we deliver safe, high- quality drinking water to our customers. Blue- green algae thrives when nutrients, like nitrogen and phosphorus levels are elevated in slow or still water. These conditions, combined with this year's warmer, drier weather and lower inflows to the reservoir have provided the perfect environment for the blue- green algae to bloom in West Barwon reservoir."

Dr Buchanan said that while the algae counts are higher than other years, it is normal for this type of event to occur at this time of year.

"We have experienced blue green algae blooms in West Barwon reservoir at similar times of year during 2018 and also in 2021.

Continued over...

Colac Otway Shire News

Prepare for upcoming fire season

The Country Fire Authority has declared this year's Fire Danger Period for Colac Otway Shire which commenced at 1am Monday 20 November 2023. To find out what you can and can't do during the Fire Danger Period, visit www.cfa.vic.gov.au

Skip for green waste at Forrest

Council's fire inspections are currently underway. To help residents prepare, Council is offering a skip for green waste collection at Forrest to assist with property clean-up. The skip at Forrest will be in place from 1 December to 11 December at 47 Grant Street.

Register your event on the Christmas in Colac Otway website

To help celebrate the family friendly festivities, activities and events throughout the shire, Colac Otway Shire Council with the Colac Herald and 3CS/ Mixx FM is offering you the opportunity to promote your event via a Christmas in Colac Otway event website. This joint initiative is free for community events, and to those groups providing volunteering opportunities and support to our communities this festive season. We want to hear from you about activities happening throughout all of Colac Otway to promote your event and encourage people to come along. Visit www.christmasincolacotway.vic.gov.au to register your event.

Waste and Recycling Services over Christmas and New Year

Kerbside collections

During the last week of December and the first week of January, collection days will be the day following your normal collection day.

Extra recycling collections

Weekly yellow bin collections start from Monday 25 December 2023 to Friday 2 February 2024.

To view waste collection calendars, find your next bin collection night or to download the GoodSort App (which can provide you with bin night reminders along with a list of what waste goes in which bin) visit Council's website at www.colacotway.vic.gov.au

The purple 'glass only' collections will continue as normal (once every four weeks).

Council Services and Operations through Christmas and New Year

Council's Customer Service Centre will close at 3pm on Friday 22 Dec 2023 and re- open on Tuesday 2 Jan 2023.

For any urgent or animal related matters during the office closure, please call 5232 9400 and you will be directed to the after- hours service. For non- urgent matters during the office closure, please submit a request through the website www.colacotway.vic.gov.au or contact us via email at inq@colacotway.vic.gov.au



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

Email: inq@colacotway.vic.gov.au or find us online: www.colacotway.vic.gov.au



Continued from page 1

"Given the climate outlook, we expect the bloom to continue to fluctuate in the reservoir over the summer months."

Dr Buchanan said that while the bloom was largely confined to the reservoir, Barwon Water continues to closely monitor for blue- green algae and water quality parameters downstream of the reservoir in the river.

"Blue- green algae prefers slow moving water to bloom and our monitoring has confirmed that levels are much lower in the river immediately downstream of the outlet and rapidly declining as it moves downstream, meaning the risk to downstream users and river health is low."

He also said genetic testing of the bloom in the reservoir had shown the dominant species in the bloom does not produce toxins.

Dr Buchanan reiterated that contact with the water at West Barwon Reservoir is not permitted at any time, but given the blue- green algae bloom, Barwon Water has additional signage in place telling people, particularly recreational users such as fishers, to avoid contact with the water because even if non- toxic, contact with blue- green algae may cause skin irritation and mild respiratory symptoms are also possible.

For more information, visit <https://www.barwonwater.vic.gov.au>

Vale Audrey Miller

Audrey, a resident of Forrest for most of her life, died on the 19/11/23 at Hesse Rural Health. She'll be remembered by many young adults as the kind Mrs Miller who looked after them at the Forrest Kindergarten and took an interest in their lives as they grew up. A keen gardener, she was grateful for the street light on her corner that let her garden long after the sun went down. RIP Audrey.



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 **Contact: theforrestpost@gmail.com**

Editors: Marita Kennedy, Susan Langridge, Noor Petersen **Contributors** Noor Petersen, Susan Langridge, Lydia Waddell, Renee Taylor, Amanda Perry-Bolt, Ian Davies and Adam Fry.

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

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

The Forrest Post Continues

The Forrest Post in its 10th year is seeing a changing of the guard. For the last few years a small team Noor, Marita, Susan and Pauline have been providing local stories for our monthly newsletter, which is expertly put together by Gillian and printed by Sarah at the school.

A new, young team stepped up when the old team decided they needed to step down. So we welcome Lydia as editor/writer, Rupert, Sally and Mitch from Barwon Downs as writers and Katrine and Mike from Forrest as proof-readers and providers of Shakespearean insults, and Coco as graphics in its eleventh year. Gillian and Sarah will stay on.

Thank you to all the people who make this possible. As Rupert said, "It's a beautiful thing – we just can't lose it." Their first edition will be February 2024 as there is no January edition. The old team wish the new team all the best.

Susan Langridge



Baby Indigo Field, Lydia Waddell, Marita Kennedy, Susan Langridge, Noor Petersen and Pauline Rostos at the December Forrest Post meeting.

A Celebration of Ten Years of The Forrest Post

This publication was started in 2013. The following is a timeline of momentous events in the community.

2013 - By its second year, SoupFest is winning awards with Colac Otway Business Awards.

- Local Jess Douglas is crowned the World Solo 24 Hour Mountain Bike Champion.
- Barwon Reservoir spills over at a rate of 450 million litres per day over after 3 months of above-average rainfall.

2014 - The General Store sold to a new owner after 26 years.

- Dale Menzies becomes Forrest's new local policeman.
- The Forrest Men's Shed and Barwon Downs Community Hub are built, and Marriners Run bike trail gets an upgrade.
- Notable bands such as The Smith Street Band play at The Wonky Donkey (Terminus).
- It snows in Forrest!
- The Forrest Festival brings in about \$200,000 in total to the town's economy.

2015 - The Wonky Donkey holds a music festival.

- The annual Gran Fondo bike race hits a record of 5750 entrant riders, and the Otway Odyssey has its ninth year with 900 riders.
- Department of Environment, Land, Water and Planning (DELWP) building is built in Barwon Downs.
- Station Street's Dufflebird train carriage is refurbished.

2016 - Forrest Primary grades 3 & 5 top the region in numeracy and literacy.

- Matt Roberts becomes Forrest's new policeman, and he starts a gym and boxing space in the Mens Shed.
- Forrest Brewing Co. starts monthly live 'Brewhouse' music sessions and grows their own hops for their beer.

- The Forrest Horse Riding Club has the largest membership in its history, and the Forrest Tennis Club wins the district premiership.
- NBN arrives in town, as does more snow.

2017 - Mind Your Groove Community Dance Roadshow takes the Otways.

- The Wonky Donkey reverts to being called The Terminus Hotel under new ownership and is separated from the campground.
- Run Forrest has its largest year of 1200 entrant runners.
- Yeodene's Tree Adventure Park opens.

2018 - Platypi Chocolates and Forrest Hire Bikes open, as Bespoke Harvest restaurant closes.

- The last Soupfest is held.
- Brad Burton creates a pegasus out of bikes to display in his front yard.
- DELWP hands over its buildings to community organisations, including the Neighbourhood House and the CFA.
- The Forrest Men's Shed took over the Forrest Post from the Forrest and District Community Group.

2019 - There are official openings with visiting politicians of the buildings handed over by DELWP.

- The gym expands and moves into the new Neighbourhood House.
- The Forrest Guesthouse comes under new ownership.
- The mountain biking Skills Park is built.

2020 - COVID lockdowns hit and local businesses are under limited trading times, takeaway only or temporary closures. Community groups meet online, as do the Otways Fire and Rain Summit and the ISO

Comedy Hour.

- Susan Langridge ran for council as independent member.
- 'Forrest & District Plan: Towards 2030' is published.

2021 - In between the on/off restrictions, events such as the Otway Odyssey go ahead; and Local Forrest market, Forrest Got Talent, Run Forrest and Soupfest are cancelled.

- Dar Teta opens.
- Barwon Reservoir spills again and Birregurra- Forrest Rd closed due to flooding.
- Forrest Futures workshops held with Deakin researchers.
- Forrest Landcare group is created.

2022 - The General Store changes ownership and gains a new look.

- The caravan park also changes ownership, bringing glamping tents and disability-friendly services.
- The gym expands again and is relocated to the Recreation Reserve.
- Lovely & Local markets replace Soupfest.
- Platypi chocolates closes.
- Forrest Leadership And Resilience Engagement (FLARE) is born out of gov-funded Gateway project.

2023 - Icelandic Fringe Festival Forrest for horse riders and You Are the Fire Celebration are held.

- The caravan park's annual members' contracts are ended.
- The pump track is built and tracks reopened after a \$2.3million update.
- 'Explore MTB' business opens for mountain biking skill education.



Forrest & District Neighbourhood House - DEC 2023

The F&DNH will finish up regular programming for the year on Thursday 21st December and will reopen on Tuesday 30th January 2024. Some programs and activities may continue over the break, keep an eye on the Facebook page for updates. Foodshare will continue as normal over the break. All food can be accessed via pantry and fridge when available.

REGULAR ACTIVITIES AT THE F&DNH

MONDAYS - office not open

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, Local artist group. \$200 per semester

Book club: 1st 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:

Christmas at the Common- Saturday 23rd December 4pm onwards. BYO picnic and refreshments. Santa will visit on the CFA truck around 5pm.

AGM- Our AGM has been postponed until February 2024. Please check our Facebook page in the new year for an updated date.

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



Seniors Morning Tea - End Of Year Celebration

OPEN INVITATION TO ALL SENIORS - LOCAL OR VISITING

Tuesday 12th December 10.30am-12pm at the Neighbourhood House, 47 Grant St Forrest

RSVP to Renee 0493105502

or email forrest.nh@gmail.com

Please bring a plate to share and a small recycled/homemade gift to kringle



Herbs and Us

These last few weeks I've been struggling with headaches! Makes sense - there seems to be a lot of flu, colds and hayfever of late! As I write I am drinking a herbal tea – organic peppermint and some dried Feverfew flowers and stems from my garden. I found the Feverfew stored simply in a brown paper bag on my shelf, unlovingly tucked/almost stuffed behind other tea containers! Nevertheless - this little medicine still holds a powerful, detectable flavour! Instantly, I feel a little more at ease!

Feverfew is a Nervine. It was known the aspirin of the 18th century and has a plethora of benefits, including preventing and assisting with headaches.

A Nervine is a medicine used to calm the nervous system. The most common nervines are: Chamomile, Passionflower, Skullcap, Milky Oats, Lemon Balm and Lavender. Stronger nervines are Valerian and Hops. There is another group of herbs that help us manage stress called Adaptogens.

I work alongside a Naturopath at the Otway Wellbeing Centre (OWC) in Colac. The OWC have a wonderful Apothecary that supplies organic herbs! Earlier this year I decided to work with a nervine as a way to learn herbal medicine through direct experience. This is done by cultivating a relationship with a herb and experience firsthand the benefits. I chose Passionflower and committed to ritualistically taking it every day. (Note: if you wild harvest it – apparently it's the stem that has



most of the medicinal properties)! My companion plant-friends Passionflower, and later Chamomile, continue to support my nervous system daily. It's very special!

In short: Passionflower is good for Anxiety, PTSD and even ADHD – it can calm a racing energy. And, Chamomile to me is very childlike (and is often safe for children who have trauma). It's like a warm hug.

The OWC also have an amazing liquid herbal extract Dispensary. I have been using these extracts all year and have experienced the wonderful benefits. You can go into the OWC on a Wednesday and Carly, the naturopath, can make you up a brew or support you in finding the right supplement. Or just give you advice. She is wonderfully generous with her knowledge and a great asset to the community!

Amanda Perry-Bolt



Imagine tons of horse shoes! And try to imagine what to do with them!

Brad Burton's exceptional creative mind has been working tirelessly with these symbols of good luck producing ingenious art.

Brad stunned us all with his up-cycling of bicycle parts way back in 2018, when the Post documented his talents then. The transition to horse shoes has been a gradual shift due to the more labour intensive bicycle sculptures, to the less intensive use of horse shoes, plus the new challenge of how the horse shoe lends itself to the dome structure. Brad explains that they still require hours of handling and sorting before he can begin welding. He uses both steel

and aluminium shoes, the latter being so much lighter to work, with the added feature of them not rusting, even though the rusted steel has a unique effect. Mig welding is the method of securing the shoes into the construction. Kilos of rods and multiple tanks of gas are consumed.

Acquiring so many horse shoes is an interesting history itself. One contact led to another with many being from some of the more famous horse breeders. Cheryl, Brad's wife, mentioned that once a stud horse has raced, the shoes must be replaced.

The inspiration comes from the individual shoe. Each one being different from the next in size and shape. Brad sorts through hundreds searching for the right one to fulfil the design as his mind conjures the overall effect. The current project is a huge domed gazebo utilizing 800 shoes so far and requiring a crane to lift the dome onto the top. Watch as the final structure emerges. We heard Brad mumble, 'I think I went a bit too big this time', but knowing Brad's capacity for sheer hard work coupled by his imagination and skill we will not agree with his mumbling!

A few steps from this is his 'Orb of Luck'. Within this life size dome is a horse shoe seat one can sit on and contemplate the amount of luck surrounding you, or wish for more! The number of people stopping to take photos attests to the amazingly talented artist the town has in Brad.

Noor Petersen

HOLIDAY Boredom Busters

For kids 2-102!

- Dig a small hole and find many different soil colours from dark black to varying ochres. Mix each colour with water to create a 'paint', then paint patterns/portraits/landscapes with the mixtures you have made.
- Using sticks, leaves, gum nuts, flowers, make a 'family' or 'families' then create miniature homes/villages for them. Act out imaginative scenes with these characters
- Make a 'time capsule' with friends or family members. You could bury it or sit it on a shelf for X amount of time. Eg six months, one year, ten years before opening again. Try to imagine what may change within your world during this time.
- Create a 'symphony orchestra' from found objects in nature plus empty containers before they go into the recycle bin. Maybe write a song to go with your 'instruments'.
- Make a maze from natural things then invite someone to walk through it.
- Go on a BUG hunt then draw what you find.
- Draw an 'obstacle course' with chalk on a concreted/pathed area. Eg. jump over forbidden areas, squiggles and curves, hop/skip on a spot etc.
- Help weed a garden: your own, a neighbours or a community project as in the regeneration site on Hennigan Crescent.
- Get DIRTY, have fun, stay safe, be resilient, push your boundaries.

Noor Petersen

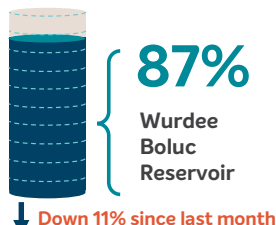
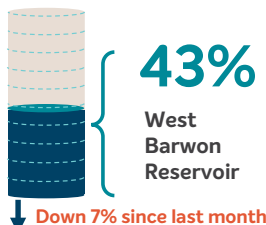


Insults from the Bard!

Shakespeare had some of the best lines in history, which meant his insults were memorable too. Each Post issue will now include one of his best for your amusement and delight. Readers are welcome to let the Post know if you find a handy use for the line!

No.1 "How ill white hairs become a fool and a jester!".....Henry VI, Part II

Barwon Water Updates



West Barwon Reservoir algae bloom update

We're continuing to monitor and manage a blue-green algae bloom at West Barwon Reservoir.

The bloom has likely been caused by higher nutrient loads in the water due to run-off during the last three wet years and warmer and drier conditions in late winter and early spring.

While algal blooms are more prevalent in the warmer months, with favourable conditions that we are currently experiencing, they can occur all year round and without warning.

We have experienced blue green algae blooms in West Barwon reservoir at similar times of year during 2018 and also in 2021.

Given the climate outlook, we expect the bloom to continue to fluctuate in the reservoir over the summer months.

While you can still enjoy birdwatching, walking, mountain biking and picnicking, we advise against fishing until the bloom clears and the signs at the reservoir are removed.

Visit our website for more information.

Our water, their home

Our drinking water comes from the environment, and we aren't the only ones relying on this water.

These waterways are home to birds, platypus, frogs and fish. Rivers also give life to native trees and plants that provide important habitat for many other animals and birds.

The same water that sustains us, sustains the environment. Visit our website for more.

Did you know?

When you turn on the tap, you're using the same water that our local wildlife needs to thrive. That's why it helps to imagine the platypus when you use water. It may help you use a bit less—because our water is their home.





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Cider Rules



Mike and Katrine Juleff moved to Forrest after 20 years running the farm and Teahouse at Pennyroyal Raspberry Farm. “We were told it would be much colder in Forrest than Murroon, but we’ve found both the weather to be terrific and only exceeded by the friendliness of the locals!” Katrine said.



Mike is a Chemical/Environmental Engineer with over 40 years Australian and International consulting experience. He was a Statutory Environmental Auditor for over 10 years. He has had a number of lead roles in various sustainability organisations. This included the National Centre for Sustainability at Swinburne University and 32 years as Chairman of Judges for the Banksia Foundation, a not for profit organisation that recognises environmental and social leadership through it’s annual sustainability awards.

Mike has been growing cider apples and making real cider for around 15 years in Australia under the banner of Crucible Cider, having earlier begun his cider journey in UK while on secondment for several years in the early 90’s– something to do on a cold, frosty night! His approach is one of minimum intervention using all natural ingredients.

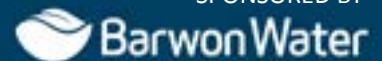
This has resulted in his Traditional Dry Cider winning a Gold Medal at the National Cider Awards in 2021, as well as National Best In Class. Mike and Katrine have planted a new orchard of heritage apple trees at Forrest and will be continuing to produce cider, perry, cider brandy and Pommeau.

Accolades for the cider have come from no less than the esteemed wine/cider writer Max Allen - “The crucible cider is the real deal!” You can buy Crucible Cider at Dar Tèta restaurant, the Lorne Bowling club and Murnane’s Butcher in Colac.

Susan Langridge

BIRDS OF FORREST

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Eastern Yellow Robin

The Eastern Yellow Robin is one of a number of Robins which we have in our District. Others include the Scarlet, Flame, Pink and Rose. Over the last few months we have done a fact sheet on each of these lovely birds. The Yellow Robin is found from Eastern South Australia to around Cairns. They occur in both wet, and dry Sclerophyll forests, as well as gardens and Pine plantations. They are fairly common around the Forrest areas, such as the West Barwon Dam Lake Elizabeth etc. where their inquisitive and confiding nature makes them easily observed. I have also seen them at the Mountain Bike assembly point in town. They are often seen perching low on branches, or sideways on trunks of trees where they pounce on insects and other small invertebrates on the ground, returning to their perch where they can stay still for quite a while.

Their loud, ringing, continuous ‘chet chet’ calls are often the first heard every morning, and are often heard around dusk.

The nest is a neat bark cup, often with lichen hanging from the edges, where 2-3 spotted light green eggs are laid. This is a delightful bird that is always great to observe.



Yellow Robin

Ian Davies and Adam Fry

Visit Forrest online at www.forrestvictoria.com

