

THE FORREST POST



FMS

DECEMBER 2024

FREE

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 and knowledge here in Forrest where the waters flow over Gadubanud and Gulidjan Country.



Turning out for the Forrest Brigade from left, volunteers Anthony Griffiths, Mike McCracken and CFA Captain Bob Brooks

WATCH AND ACT - LEAVE NOW
Gellibrand, Kawarren

VIC EMERGENCY

Forrest CFA Call Out to the Kawarren Fires

On Saturday 16th November, a hot and windy day led to several fires starting in the Otways. The Forrest Brigade turned out to a private property in Kawarren where a burn off had moved into surrounding bushland. Initially the brigade tanker was allocated to asset protection which involved monitoring a private home, but as the wind increased they moved to controlling spot fires breaking out ahead of the main front. Mike McCracken was driving the Forrest tanker for the first time and said the response went very well. 25 tankers and ultralights from around the district were able to get the fire under control with no property losses.

Some rain overnight was a welcome relief, but with the weather hotting up again on Saturday 23rd, the brigade was called out again to Kawarren, this time to a roadside fire that was quickly brought under control. With an early start to the fire danger period, fires in the landscape this close to home are a sharp reminder to make sure you have a personal emergency plan. Download the Vic Emergency app and ensure your property is as prepared as possible. Forrest CFA now has a Facebook page - like them online for local info.

New ultralight on its way

After 8 years of writing submissions, lobbying and fundraising, the hard work has finally paid off for the Forrest brigade, with a grant approved for a new ultralight vehicle. The Ford Ranger will be fitted out with the latest equipment and Forrest can expect delivery next year. Our CFA volunteers respond to many emergencies including motor vehicle accidents and the new ultralight provides a versatile option, with quicker response times and the ability to get into tight spots the tanker would have trouble negotiating.

The Forrest community provided substantial financial support towards acquiring the ultralight, with thanks to the Community Group and the Lions for donating \$5,000 each, the General Store; and ongoing donations collected through the fundraising hats at the store, pub and brewery.

Gayle Tierney MP posted, 'Our emergency services volunteers are always there for us when we need them most - no matter the challenge. And we're committed to being there for them, too! I'm proud to announce local recipients of our Volunteer Emergency Services Equipment Program (VESEP) grants, which provide vital support to services like the CFA, VICSES and Surf Life Saving Clubs. From brand-new trucks and tankers to upgrades for their station kitchens, these grants ensure our heroes have the best equipment to serve our community effectively. Thank you for your unwavering dedication!'

Congratulations and thank you Forrest Brigade.

Gillian Brew

Example of the new ultralight vehicle
Photo: OzEmergencyServices

Forrest Brigade needs volunteers to help protect our community. perational and non-operational roles are available. Visit the brigade 10am Sundays at the CFA shed @ the Hub or sign up online <https://www.cfa.vic.gov.au/volunteers-careers/volunteer-with-cfa/apply-to-volunteer>

FIRE RESTRICTIONS ARE NOW IN FORCE Visit the CFA website: Scan QR or go to [cfa.vic.gov.au/warnings-restrictions/fire-danger-period](https://www.cfa.vic.gov.au/warnings-restrictions/fire-danger-period) for information



Wastewater system upgrade at Forrest Holiday Park begins



Colac Otway Shire Council has received an EPA permit to upgrade the onsite wastewater system at Forrest Holiday Park. The project includes the installation of a Secondary Treatment System along with tanks to be installed on the eastern side of the tennis courts and a Sand Filter System on the western boundary of the Holiday Park. These works are necessary to ensure that the Holiday Park is compliant and can continue to operate.

Initial consultations were held several years ago, and recent community engagement has reconfirmed the best location for the Sand Filter System and all necessary landscaping.

Trees and shrubs along the western boundary of the park on Station Street Forrest have been removed to install the Sand Filter System. Landscaping will follow the original plan to maintain the area's appearance.

Work commenced earlier this month and is expected to take approximately nine weeks with anticipated completion late December 2024.

Colac Otway Shire and Rupert Grout

Welcome to the world, August!



Proud parents Janis and Rhys Milne and Great Aunt Kay MacDonald celebrate the birth of August Elliot Milne (Gus), born on 22/09/24.

Dear Forresters,

I bid farewell to you all as editor of The Forrest Post, and as a member of the community who truly loved every moment of my time here. I will finish up working for The Post from afar at the end of the year.

My daughter Indigo and I have returned to Canberra to be closer to our extended family, although we feel that we will be country girls at heart for forever now. The romanticism of living in this small town never has and never will waver for us, because of the generosity, openness and spirit of its people.

Thanks for the memories.

Love and light, Lydia Waddell



Contributors

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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, online at forrestvictoria.com or via The State Library Victoria. Contact us at theforrestpost@gmail.com.

Shakespeare's Insult for December

This month leaves the reader with the option of self reflection OR critiquing their friends!

"...Better a witty fool than a foolish wit!"

- 12th Night



YOU CAN'T CONTROL FIRE, BUT YOU CAN PREPARE FOR IT.

The best way to keep you and your loved ones safe this fire season, is to make sure you have a fire plan.



Go to fireplanner.vic.gov.au to create your personalised fire plan now.

HOW WELL DO YOU KNOW FIRE?

Authorised by the Victorian Government, 1 Treasury Place, Melbourne



Hot Tips: Preparing for Bushfire Season

Everyone has had the prompt reminder recently that bushfire season has well and truly arrived. At times you can feel a little helpless but there are a number of proactive things that can be done around your property to reduce the risks and improve safety during the fire season. Now's the time to jump on the CFA website for tips and advice, scratch your head, and have a think about what you can do at your property to prepare. The items below very briefly touch on some aspects that can be addressed:

- 1. Establish Emergency Plans:** Develop an evacuation plan for all family members, pets, and livestock. Talk to your neighbours to get an understanding of their action plan and share ideas. Keep an emergency kit or 'go bag' with essentials and ensure you maintain access to reliable communication. The Vic Emergency App is a good starting point to stay updated - ensure its notifications are turned on!
- 2. Create Defensible Space:** Clear dead vegetation, leaves, and branches within 50 meters of buildings to reduce fire fuel. Ensure gutters have been cleaned and the winter wood stack is relocated to a safe space. Things like gas bottles and jerry cans should be stored well away from buildings on bad fire days. Remember to look under your house as well and remove any combustible materials.
- 3. Fire-Resistant Landscaping:** Consider fire-resistant plants around buildings with high moisture content and create firebreaks using non-flammable materials like gravel or brick pavers. Keep grass around buildings below 10cm. Regularly irrigate to keep plants hydrated. Speak to your local nursery for advice.
- 4. Ensure Water Access:** Set up a reliable water supply if you can and check/maintain firefighting equipment like hoses and pumps. Install sprinklers to create a wet barrier around

the property. Downpipe plugs can be purchased at the local hardware store and used to flood gutters if you plan to leave. Your local irrigation shop will be able to guide you in the right direction here on steps to safeguard your house.

- 5. Prepare Livestock:** Plan for livestock evacuation or designate safe areas. Ensure an emergency supply of feed, water, and medical supplies for animals on bad fire days.
- 6. Fire-proof Buildings:** Consider ember screens on all penetrations into the building envelope. Always consider fire resistant building products and double glazed windows when you can.

Rupert Grout

Community Battery UPDATE

Recently, Forrest Energy Group (FEG) was invited to join BRACE (Barwon Regional Alliance for Community Energy). This is a great forum for finding out what other groups in the region are doing, as well as sound out the various ideas that might apply along with funding options available that FEG can tap into. These funding options in particular will be followed up before Christmas, with a view to finalising some funding for the Community Energy Reduction programme early in the New Year. Again, watch this space.

On our behalf, the FPRC are awaiting a response from DEECA regarding the possible sighting of a community battery on their block near the community hub. Work continues with RACV Solar on preliminary costing estimates of most likely battery sizes as well as costs for battery mounting and the installation arrangements.

FEG wishes everyone a happy Christmas and a terrific New Year!
Mike Juleff



Forrest & District Neighbourhood House - DECEMBER

REGULAR ACTIVITIES AT THE F&DNH

MONDAYS - open 12pm-4pm (incorporating youth group) Youth group: 3.30pm-4.30pm. Open to youth aged 10+. Cost is \$15 per term or a gold coin each week.

TUESDAYS -open 8.30am-3.30pm

Seniors morning tea: First Tuesday of the month, 10am-11.30am. Gold coin.

Weeding group: 4th 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

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

Forrest voices (singing for fun): 11am-12pm. Gold coin.

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

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

Community lunch: Take away or dine in. Order on Wednesdays through Facebook or text 0493105502, pick up from the hall at 12.30pm on the day. \$7. Return containers each week!

FRIDAYS - CLOSED

Pantry top up: (late evening)

Community Gym (at the rec reserve): memberships available, contact coordinator for more info. Gym can be accessed between 6am-10pm daily.

COMING UP

WOMEN OF THE OTWAYS: Friday 6th December, 6pm- 8pm.

Welcome to all women, local or visiting. BYO refreshments.

CHRISTMAS AT THE COMMON: Saturday 7th December from 4pm.

Santa will be swinging by on the CFA truck around 5pm to give out treats to kids (young and old!) BYO refreshments

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

FIND US ON FACEBOOK AND INSTAGRAM FOR UP TO DATE INFO AND EVENTS!



Mon 12-4pm, Tue, Wed 8.30am-3.30pm Thu - at the hall, 8.30am-3.30pm

Office hours may change or be limited if coordinator or volunteers are unavailable.

Please phone ahead if required Ph: 0493 105 502

E: forrest.nh@gmail.com A: Community Hub - 47 Grant Street, Forrest 3236



Senior Students support Community Lunch

Every Thursday, our Senior Students at Forrest PS and EYC look forward to being involved in the Forrest Community Lunch. As part of this weekly event, they lend a hand with food preparation, gaining valuable life skills and a sense of responsibility. This opportunity not only allows them to contribute to the local community but also reinforces teamwork and leadership skills. We are extremely grateful to Renee and Rhona for their support in helping our students to participate and grow. This experience provides our students with more than just food preparation skills; it fosters a sense of community and pride as they contribute to something bigger than themselves.

Forrest Primary School



YOU ARE INVITED TO

Christmas AT THE COMMON

**SATURDAY 7TH DECEMBER, 2024
4PM ONWARDS.**

AT THE FORREST COMMON.

BYO PICNIC AND REFRESHMENTS.

BBQ FUNDRAISER (TBC)

Santa will arrive on the CFA truck around 5pm to greet the kids and throw out some christmas treats.



The Rise of Multigenerational Living in Australia:

A Return to Family Roots

Multigenerational living is gaining momentum in Australia, blending tradition with a modern twist. Families are coming together across generations, sharing homes and lives in ways that are both practical and deeply enriching. From bustling cities to towns like Forrest, Victoria; the concept offers numerous societal, financial, and emotional benefits.

Globally, this is hardly a new idea—many cultures have long embraced multigenerational households. Australia, however, is rediscovering this way of life as families adapt to rising living costs, a growing aging population, and a desire for closer familial connections.

Multigenerational households—those with at least two adult generations or a mix of grandparents, parents, and children—make up about 7.5% of all households in Australia, according to the Australian Bureau of Statistics. This figure has been steadily increasing over the past decade. In comparison, countries like India and Italy boast multigenerational living rates of over 30%, reflecting long-standing cultural traditions. Asian, Middle Eastern, and Mediterranean families often prioritise this lifestyle as a means of caring for elders and fostering close familial ties.

Multigenerational living goes beyond mere convenience—it creates transformative benefits for both families and communities. It strengthens family bonds by fostering closer relationships, allowing grandparents to share their wisdom while enjoying the energy of younger generations. Economically, it lightens the load by sharing costs like rent, utilities, and childcare. Emotionally, it provides older adults with companionship while offering parents much-needed support. Additionally, combining resources in one home promotes sustainability by reducing urban sprawl and lowering environmental impact.

For Pip, a resident of Forrest in Victoria, the decision to build a purpose-built multigenerational home with her mother was one that “just made sense.” Pip shares, “Mum has her own space, but I am just a few steps away if she needs anything—or if we want to share a meal or a cup of tea.”

The house was designed to cater to everyone’s needs, with separate entrances, shared living spaces, and an adaptable layout to accommodate changing circumstances. For Pip, the benefits extend beyond convenience; “The opportunity for Mum to share her knowledge and skills has grown immensely since we started living together—skills that might otherwise have been lost without the chance to pass them on. It’s brought so much purpose and joy to both of our daily lives. I also love knowing she’s safe and happy, and I feel a deep responsibility to support her as she ages. Being able to care for Mum at home means we don’t have to depend entirely on Australia’s overburdened aged care system.”

Pip believes more Australian families could benefit from multigenerational living if there were greater awareness and support. “It’s about changing mindsets—seeing it not as a compromise, but as an opportunity. Designing homes that cater to multigenerational needs is a step in the right direction.”

To bring multigenerational living into the spotlight in Australia, we need innovative home designs that balance privacy with shared spaces, government incentives like tax breaks or grants to support families in adapting their homes or to add granny flats, and open cultural conversations to normalise and celebrate the benefits of this lifestyle. By addressing these areas, we can make multigenerational living more accessible and appealing nationwide. Pip says, “It’s about embracing what works for your family and rethinking what a home can be. Sharing a home isn’t about giving up independence—it’s about gaining connection.”

As the world becomes more fast-paced and fragmented, multigenerational living offers a way to slow down and focus on what truly matters: family. From towns like Forrest to bustling suburbs, Australian families are rediscovering the joy and strength that comes from living together. In doing so, they’re not just building homes—they’re building futures, legacies, and connections that will last for generations.

Laura Shawcross

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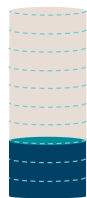
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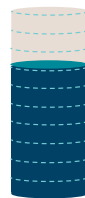
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Barwon Water Updates



24%
West Barwon Reservoir as of late November



76%
Wurdee Boluc Reservoir as of late November



4ML
Current minimum daily passing flow at West Barwon

We're here to help

If you're concerned about being able to pay your water bill, we offer extra support and flexibility to suit your situation.

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Get in touch, we're here to help.

For more information, please call us on 1300 656 007 between 8 am and 6 pm, Monday to Friday. We will put you in touch with a specialist who will deal with your enquiry promptly and sensitively.

Stay up to date and find out more on the online Forrest Hub:



Did you know?

You can stay up to date with Barwon Water's key projects and works in your area via our Your Say page: www.yoursay.barwonwater.vic.gov.au





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OPEN TIMES SATURDAY 10:30 - 4PM

Clean donations in good repair welcome during open hours or by arrangement. Call Gillian 0422 585 227

ST JAMES ANGLICAN CHURCH - 18 GRANT STREET FORREST

The Forrest Post looks forward to returning to your coffee tables in February 2025, following a short Summer break.

We wish everyone a merry Christmas, a happy New Year and a summer of fun and safety!

ADVERTISE WITH US! Reach local customers and visitors and support your local volunteer run news sheet. Proceeds go to the Forrest Primary School or Neighbourhood House for printing costs and to support the Forrest Men's Shed. CONTACT US: theforrestpost@gmail.com for more information.



OVERHEARD IN FORREST

Welcome to the latest segment of 'Overheard in Forrest'. Intended to put a smile on your face and featuring funny conversations and comments overheard in our wanderings about town.

Last year, I was able to keep all of my New Year's resolutions...
... tucked away in a journal on my bookshelf

Why do birds fly south for the summer?
It's too far to walk

Why did the car roll on Crash Corner?
Because it had a 'turn'

Yours sincerely, *The Forrest Fink*

If you've overheard something in Forrest that made you giggle, please feel free to contribute to this section. Email theforrestpost@gmail.com titled 'Attn: Forrest Fink'.

Disclaimer: All submissions will be anonymous under the alias of 'The Forrest Fink'. All accusations in this segment are most likely incorrect & are intended as 'a bit of a laugh'.



Forrest Faces: Hannah

How long have you lived in the area?

We bought our house 5 years ago and are very excited to be moving down permanently in the New Year.

What is something people don't know about you?

I eat as much as my partner!

What is your favourite thing about the Otways?

I love living amongst the forest whilst only being a short drive to the ocean.

BIRDS OF FORREST

SPONSORED BY
 Barwon Water

Blue-Winged Parrot

The Blue-winged Parrot can be tolerably common in our District, although it has been classified as threatened nationally. It is well named, displaying a very prominent blue wing. They are found in Tasmania, most of Victoria, into inland South Australia and NSW, and rarely into South West Queensland.

They are found in Woodlands, open country, heaths agricultural areas, but seldom in the wetter forests. In the winter it can be found in saltbush and bluebush, plain country, and often around our stony Lakes such as Corangamite, Colac and around the Beeac district. Heath country, such as in the Carlisle State Park is another good place to find them. I often used to see them around the Forrest Reserve football oval, but I must admit to not looking there for quite a while. Open paddocks around the Otway hills are also favourable haunts for this species.

Blue-winged Parrots are usually found in pairs or small family groups, although in the winter can form large flocks. They feed mainly on the ground, looking for seeds and roots of grasses. Their rather dull colouration makes them fairly inconspicuous, even at close range, where they can be fairly closely approached.



They nest in a tree hollow, where up to six white eggs are laid. The female alone incubates the eggs, but both look after the young, being very attentive parents.

Another one of our delicate parrots that is always a pleasure to find.

Ian Davies and Adam Fry

Visit Forrest online at www.forrestvictoria.com

