



Donate to support our young artists

Forrest Primary School students Stella Davidson, Tina Sgro, Archie Ward, Jem Howland, Banjo McBride Baker, Leah Pakula, Stella Dwyer and Maya Ashworth are hoping to have Regional Arts Victoria's creative learning program visit Forrest. Pictured with local project coordinator Gillian Brew and art teacher Liesel McGregor.

You can donate to help deliver an exciting art experience locally for Forrest and District students through the YEAH! 2025: Young People + Education + Art = Happiness fundraising campaign.

Donations are being collected between 1 May and 30 June 2025 to support artists to deliver immersive, creative experiences to nine regions across Victoria. By giving to the YEAH! 2025 campaign, donors will help to ensure that young people in regional and remote locations can have exciting arts experiences delivered in their town in 2025 and 2026.

RAV CEO, Jo Porter said, "More than ever, young people in regional Victoria need access to creative experiences. At Regional Arts Victoria we have been working with artists for over 35 years to bring the joy of the arts – music, movement, the visual arts and performance – to young people in schools."

"Donors who believe in the arts and creativity have a special role in encouraging and facilitating the creative passions of young people in their regions and we hope they will get behind this campaign."

Regional Arts Victoria offers creative experiences to young people through the RAV Creative Learning program.



Three in five young Australians agree that creative activities and experiences helped with their mental health and wellbeing.



The donations from this campaign will mean that young people in the regions will enjoy an immersive creative experience – from playful physical theatre workshops to a sketch comedy show with an environmentally friendly message, to creating live projection artworks with First Nations artists.

Regional Arts Victoria's Creative Learning Program aims to encourage young people to develop their creativity and enhance awareness and participation in the arts through accessible creative learning opportunities. It's curated to support positive mental health and wellbeing, celebrating self-expression and learning with curiosity.

As of 1 June, we have raised \$620 and we need your help to reach our goal of \$2000 by 30 June. If we don't meet our goal, funds raised so far will go back to deliver the program in other communities. So dig deep for Forrest and district students!

Go to www.rav.net.au/yeah-2025-young-people-education-arts-happiness or scan the QR code, choose your amount and select 'Forrest & District' to donate online. You can also find me in the hall at the Forrest School Fete on Saturday 7 June at the facepainting stall. All profits from the facepainting will go to the Forrest & District campaign. Contact me on 0422 585 227 for other payment options. Donations are tax deductible.

Gillian Brew

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.

FORREST SCHOOL FETE & ART SHOW - SAT 7 JUNE - KINGS BIRTHDAY LONG WEEKEND

Colac Otway Shire News

Have Your Say

2025-26 Draft Council Budget

The 2025 -26 Draft Council Budget has been endorsed for public exhibition and Council is now seeking feedback from our community.

Anyone wishing to speak to their submission at the June Submissions Committee Meeting must indicate this on their submission.

Submissions will close at 5pm on Thursday 5 June 2025.

Colac Civic Health and Rail Precinct Plan

Council is seeking feedback from stakeholders, community groups and individuals on the vision for the Colac Civic, Health and Rail Precinct Plan.

In 2022, we consulted with the community and stakeholders at a high level. Recently, the project was paused to address some challenges and revise the project scope. Now, the draft Precinct Plan, informed by your feedback, is ready for your comments.

Submission will close at 5pm on Friday 13 June 2025.

2025-29 Draft Road Management Plan

The 2025-29 Draft Road Management Plan has been endorsed for public exhibition and Council is now seeking feedback from our community.

Anyone wishing to speak to their submission at the July Submissions Committee Meeting must indicate this on their submission.

Apollo Bay Drop-in Session

Date: Wednesday 4 June 2025

Time: 2pm – 4pm

Venue: Apollo Bay Bowls Club - 6 Moore Street Apollo Bay

Submissions will close at 5pm on Friday 27 June 2025.

To view any projects, initiatives or draft plans currently on public exhibition, open for community feedback, please visit Council's website www.colacotway.vic.gov.au/haveyoursay

Youth Art Exhibition

We've had an awesome response to the 2025 Youth Art Competition and the winners of the competition will be announced at an award ceremony on 20 June 2025.

The exhibition is on display at the Colac Otway Performing Arts and Cultural Centre (COPACC) and will remain open to the public until 20 June, culminating in the award ceremony on the final day.

The community is invited to get involved through the People's Choice Award, opening Saturday 24 May. Votes can be cast online via the Council's website and Facebook page, or in person at the exhibition.

To view the online gallery and vote online for your favourite artwork visit our website www.colacotway.vic.gov.au/artcompgallery

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

Democracy Sausage Sizzle

Every few years, democracy calls. And in Forrest, we answer it the way our forebears surely intended: with a pencil in one hand and a sausage in the other.

This year, 192 fine citizens gathered to cast their votes in Forrest — the most progressive booth, in the most conservative electorate Wannon, in the most progressive state Victoria.

It's not often the whole district rolls into town. Supporters of the red, blue, orange, green, yellow and the other green team all mingled around the campfire, debating the great issues of our time: onions on top or underneath? (On top, obviously. We're not animals.)

The BBQ was a hit — snags, veggie burgers, and the waft of sizzling democracy. People stayed long after voting, catching up, sharing stories, and watching kids run amok and climb trees.

And as it happened, the whole thing fell on my birthday — getting to see nearly everyone I know (because they legally had to show up) and volunteering at the democracy sausage sizzle was the best present I could've asked for.



But it wasn't all fun and games, we raised \$419 for the Forrest and District Historical Society, who hosted with the kind of grassroots gusto that would put Canberra to shame. Special thanks to John Frizon for setting everything up; to my co-commander of tongs Leo Martin; to the volunteers handing out how to vote cards; and to everyone who helped fan the flames of democracy.

Turns out, the true taste of progress is lightly charred, locally engaged, and served with sauce.

Byron Pakula.

Shakespeare's Insult for June

It's getting hard for even Shakespeare's insults to keep up with current local and international events, but he manages it!

"Hide not thy poison with such
sugar'd words"

- Henry VI, Part II.

Writers: Gillian Brew, Mike Juleff, Mary Dracup, Laura Shawcross, The Forrest Fink, Adam Davies and Ian Fry. **Design:** Gillian Brew
Printing: Forrest Primary School **Proofreaders:** Mike and Katrine Juleff.
The Forrest Post is run by volunteers and 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.

La Famille Belier- a different kind of family dilemma

La Famille Belier (2014) is our delightful, funny and moving Forrest Flick for June. The Belier family run a farm in France and are all deaf except for 16-year old Paula, who interprets for her father, mother and brother using sign language.

Paula has a beautiful singing voice and is encouraged by her music teacher to audition for a prestigious music college in Paris. This sets up an uncomfortable decision for her family, who can only guess at her talent; and for Paula, who knows she is indispensable to them. Her performance in the audition provides a spine-tingling climax to the story.

The film won 8 French and European awards, including Best Foreign Film and Most Promising Actress for Louane Emera in the lead role. In 2021 an English-language remake of the film was released as CODA, and won three Academy Awards.

La Famille Belier will be showing on Wednesday 4 June at the Forrest Hall. Doors open at 7 pm with a free glass of wine, nibbles and cheese. The film starts at 7:30, followed by tea, coffee, biscuits and a chance to chat about the film with your neighbours. Subtitles will be shown.

Subscribing to the Forrest Flicks Film Society full six-film annual program costs \$45/\$35 concession; three films cost \$25/\$20 concession. You can try one film for a donation of \$10/\$8 concession on the night, or use this as a deposit on a three/six film subscription. Buy online using the QR code in the advertisement or pay at the door with cash only on the night.

Mary Dracup



FORREST FLICKS FILM SOCIETY

LA FAMILLE BÉLIER
A FILM BY ÉRIC LARTIGAU

Wednesday 4 June
Forrest Public Hall
7 pm for complimentary wine and cheese
Movie starts 7:30 pm

6 film subscription \$45/\$35 conc. • 3 film subscription \$25/\$20 conc. • 1 film try it and see \$10/\$8 conc.

BarwonWater Colac Otway Water Services



OF THE LAND ON WHICH WE MEET
by Na Djinang Circus
Friday | 6 June | 5:30 pm

We are not the first – nor will we be the last – to walk on this land.
Walking on stone and cement it can be hard to remember what it feels like to have earth beneath our feet.



Image credit: Tiffany Garvie

Pre-show event from 5:30pm with a Smoking Ceremony, followed by Palawa Man Uncle Charles Pakana (MC) with some very special guests. Post Show Q & A followed by a Yarn in the COPACC Foyer.

NATIONAL RECONCILIATION WEEK 2025
Bridging Now to Next
27 MAY – 3 JUNE
#NRW2025 | RECONCILIATION.ORG.AU





YES YES YES
by Eleanor Bishop & Karin McCracken
A SHOW FOR TEENAGERS AND THEIR PARENTS/CARERS
Tuesday | 17 June
1 pm & 5.30 pm



Yes Yes Yes is a theatre show for young people about sex, consent and fostering healthy behaviours in relationships. Yes Yes Yes is a theatre show created for young people to explore the knotty but very necessary topics of healthy relationships, consent, and desire.

Please note: The 5.30pm performance will include a pre-show Foyer Expo as well as a Panel Q&A following the performance with Lets Talk Colac, Headspace Colac, Barwon Community Legal Service, Steph Ward (VIC Police) and Yes Yes Yes performer Hannah Kelly.

Book Tickets at copacc.com.au or at the Box Office and on 03 5232 9418 (Option #2)



Forrest & District Neighbourhood House - MAY 2025

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

Craft group: 3pm-5pm each week. BYO craft project to work on. Gold coin.

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

Book club: 2nd Tuesday of the month 7.30pm. 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 available to 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 local artist group.

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

THURSDAYS - coordinator at the hall

Community lunch: Take away or dine in.

Order on Wednesdays on 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.

Contact us for
Food Boxes



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



Colac Otway
SHIRE

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Learn how to design,
make patterns, sew
your own clothing and
how to model. Tailored
to individuals interests
and abilities.

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Registrations essential:
forrest.nh@gmail.com

PLUS!
Drop in Alterations -
supervision to do you own
alterations from \$20

**WEEKLY SUNDAYS
FROM JUNE 15
12:30- 4:30
FORREST NEIGHBOURHOOD HOUSE**

FEELING THE PINCH AT THE CHECKOUT?

YOU'RE NOT ALONE - AND WE'RE HERE TO HELP

Rising living costs are putting pressure on many in our community. That's why the Forrest & District Neighbourhood House is launching a new Food Security Program to support households doing it tough at the moment (This is separate from our regular Food Share Pantry).

Thanks to a Victorian Government food security grant, we're able to provide additional relief to those who need it most.

A simple application process is now open, please get in touch ASAP as we are hoping to commence support in June.

One off support will may be available as well as needed during the rest of the year.

✉ forrest.nh@gmail.com

☎ 0493 105 502



Morning tea across the ages

This month, our Junior students had the opportunity to spend some time with the Forrest Senior Group at the Neighbourhood House for a morning tea. While a few of our students were a bit shy at the start, it didn't take long before they were engaging in lovely conversations with the community members. It was beautiful to see them come out of their shells and connect with people from different generations. These experiences are a wonderful way for our students to practice their communication skills while learning about the importance of community engagement.

A big thank you goes to our Neighbourhood House coordinator, Renee, who not only helped facilitate this special morning but also treated our students to a delicious morning tea and some hot chocolate to warm them up on a chilly morning. It was the perfect way to complete our Community Inquiry project, which has been such a meaningful part of our learning journey this term. Alongside the project, our students have been busy writing letters to members of the senior group, and it's been wonderful to see them putting their new skills to use in such a thoughtful way.

Looking ahead, we are excited to continue nurturing these meaningful connections and hope that this will be the first of many opportunities to connect with our community. We are already looking forward to more morning teas and fun projects



as the year unfolds. Our goal is to continue fostering a sense of belonging and kindness within our class, and it's clear that the students are eager to keep building on these positive relationships.

'At morning tea, I learned that the town used to be very small'
- Banjo

'I realised at morning tea that grannys and grandpas, we can visit them, and my Pa wasn't there, but I got to sit next to somebody. I was happy to talk to someone's granny and poppy. We also need to take care of animals' - Archie

'It was really fun at morning tea. I loved it. I loved how there are lots of animals in nature in our community' - Leah

'I had lots of fun at morning tea' - Isaac

'We should protect our plants and animals' - Oliver

2025 Forrest School Fete & Studio Forrest Art Show

Since its inception 13 years ago, the [Run Forrest](#) event has attracted runners from around the country to experience the trails through our beautiful cool temperate rain forest and a taste of our Forrest hospitality.

In the past the legendary Lions SoupFest held sway and fed the masses, attracting crowds of visitors and market stall holders until COVID and difficulty finding volunteers brought it to an abrupt end. Forrest has struggled to fill the void since... until some enterprising parents stepped in with an idea for a down to earth, old fashioned school fete. In its second year and joining forces with the Studio Forrest artists, the hall precinct is the place to be on Saturday 7 June, with something for everyone to enjoy.

There will be games, crafts and facepainting for the kids, a BBQ and Rach Gia vietnamese food van, Ems bake stall, chai tea and hot chocolate, pottery, books and more. You can even get yourself a bottle of local cider or gin! Profits from the market go to upgrading the kinder playground so bring your cash and coins to support your local producers and school.

Studio Forrest artists will be showing some of the Earth Mother sculptures that were part of the 2025 Lorne Sculpture Biennale this year and will have art works and cards for sale.

There's still time to get in touch if you want a stall at the market or more information please email Nicky or Freya at forrest.fete3236@gmail.com

Gillian Brew

FORREST
PRIMARY SCHOOL &
EARLY YEARS CENTRE
Learning
for Life

Roll up for our annual King's Birthday

SCHOOL FETE

Fun & GAMES

Saturday 7 June - 12 to 4pm

Stalls & Sausage Sizzle

at the Forrest Primary School
& Hall precinct, Grant St
Forrest

Call Nicky on 0422 371 040 for stall and more
information or email forrest.fete3236@gmail.com

ALSO
SHOWING ... an exhibition of artworks by Studio Forrest as
featured in the 2025 Lorne Sculpture Biennale

EARTH MOTHER

STUDIO FORREST

EXHIBITION: 7, 8 & 9 June at the Forrest Hall - 10am to 4pm

More than just firewood...

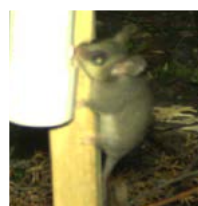
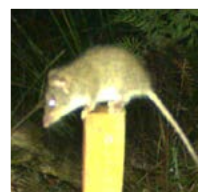
Forest Fire Management Victoria (FFM Vic) is working in the bush at Centre Road near the Forrest Cemetery, with road closures in the area during the last week of May. The trails will be open again in June and with the added benefit of some firewood for community use.

Past management practices has resulted in prolific regrowth of the messmate stringybark (*Eucalyptus obliqua*) in the area, adding to the fuel load and the bushfire risk to the north of Forrest. A messmate stringybark on fire produces showers of sparks as the fine, highly flammable bark catches alight and floats through the air. The 'Stringybark Stomp' is a familiar dance move for forest managers and fire fighters as the sparks light spot fires at their feet. Strategic planned burning blackens the trunks and can reduce spark risk but can also result in significant regrowth of fire loving species like acacia which in turn can cause further fire risk without ongoing regular management.

Finding the balance for fuel management, while also restoring the forest structure, protecting flora and fauna, managing cultural values, and considering how the community use and enjoy forests is an ongoing challenge. And one that will be exacerbated in a warmer, dryer climate.

The Centre Road site is a trial area where FFM Vic has been working to manage and thin the messmate stringybarks to allow for recovery of herbaceous species which in turn encourage the return of native flora and fauna to the area. Natural thinning of the forest to reduce crowded monocultures and create space between bigger trees can take hundreds of years, with the risk of devastating wildfire increasing every time there is a dry spell. This is where FFM Vic is lending nature a hand, by mechanically thinning selected trees.

In partnership with environmental scientists and the Eastern Maar, the thinning work is being done with consideration to



*Pictured at the Centre Road site:
Above: Endangered Xanthosia tasmanica*

*Top Left: Antechinus
B Left: Eastern pigmy possum
Far Left: Sugar glider
Images courtesy of DEECA*

social and cultural aspects and surrounding environment and ecology. Previously thinned areas are showing healthy recovery, with regular monitoring and wildlife cameras capturing encouraging diversity.

FFM Vic is moving most of the wood to the roadside for community firewood, making for safe and easy pick up and reducing further disturbance to the forest from people driving into the trial area. Some logs will be retained in the bush for habitat so please pay attention to signage in the area, stay on the roadside and do not cut or remove any timber that is not allocated for firewood. Load limits and restrictions apply so check the website on www.ffm.vic.gov.au/firewood for information and to avoid possible fines.

For more information about the trial site, email ForestPlanningBSW@delwp.vic.gov.au

Gillian Brew

Barwon Water Updates



16%

West
Barwon
Reservoir



39%

Wurdee
Boluc
Reservoir



4ML

Current
minimum daily
passing flow at
West Barwon

Working with Corangamite CMA

We work closely with the Corangamite CMA to support catchment and waterway health. This includes contributing annually to on ground works for river health projects in water supply catchments, plus delivery of key projects such as the East Barwon River and Dewings Creek willow removal and restoration.

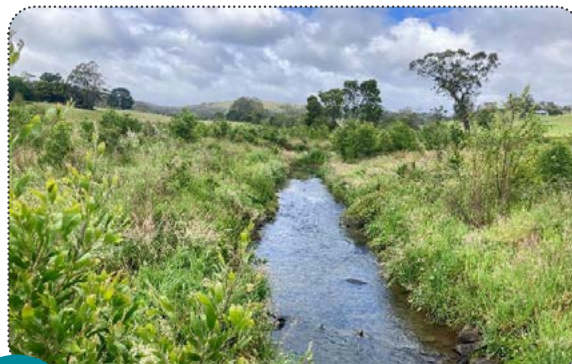
We look forward to continuing this important work through supporting Corangamite CMA to deliver the Upper Barwon Flagship Project.

We support the Corangamite CMA Citizen Science program, which helps provide for the ongoing coordination of waterwatch programs and the facilitation of community education and participation in waterway events and monitoring activities across the Corangamite region.

Learn more about Corangamite CMA via our Forrest Hub link below.

**Did
you
know?**

Revegetation along East Barwon River, November 2024



1 megalitre (ML) is roughly 6,670 full standard bathtubs (the average bath contains around 150 litres water)!





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- Webster packing
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- Repeat Scripts on file
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- Cosmetics & Fragrances
- NDSS (Diabetes Australia) Subagent
- Workcover & TAC
- Instore medication reviews
- eScripts & MySL



OPEN 6 DAYS

40 Main Street, Birregurra, VIC 3242

Monday - Friday: 9.00am - 5.30pm

P: 03 5236 2288

Saturday: 9.00am - 12.00pm

F: 03 5236 2280

birrepharmacy@hotmail.com

THE FORREST POPUP OP SHOP

OPEN WHEN THE SIGNS ARE OUT



We are currently unable to take donations due to lack of space. For information contact Marita 0429 883 909

ST JAMES ANGLICAN CHURCH - 18 GRANT STREET FORREST

Climate Cafe Colac-Otway

A welcoming Open space to discuss ideas, concerns, feelings and thoughts.



Cuppa and
snack provided

Connect
locally

A respectful
and safe
space

Gellibrand Hall - 7pm to 8.30pm
Thursday 29th May,

Forrest Neighbourhood House - 3.00 - 4.30pm
Saturday June 21st

Discussion: *Countering misinformation
on Climate change*

More information - climateaction.cos@gmail.com



Made possible by: Climate Action
Team and Colac Otway Shire



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.

"The mushrooms are popping up all over the Otways - but if your in-laws are coming for dinner, maybe don't pick any!"

"The town will be buzzing with trail runners next weekend. With less rain, there might be fewer mud slips at the start line - but don't worry, a few slip-and-slide stars are guaranteed to keep the tradition alive."

"What's worse than having your cows get out? Nothing, except maybe chasing them in gumboots"

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: Damo Dwyer

How long have you lived in the Otway area?

I was born and bred in Lorne but moved to Karratha in Western Australia in 2007 looking for adventure. 13 years later I came back with a wife and 3 kids so I think it was a success.

What is something people don't know about you?

I was an extra in the Red Dog movie but if you blink you'll miss it.

What is your favourite thing about the Otways?

I love the bush and the space and its a great community.

BIRDS OF FORREST

SPONSORED BY



Hooded Plover

The iconic and endangered Hooded Plover is found from about Kalbarri in Western Australia to South of Sydney in NSW. In the east they are usually always on sandy beaches and immediate environs, while in WA they also inhabit inland salt lakes, often in their 100's.

In much of their range in the east, they only survive on beaches because of the efforts of conservation groups, (such as in Apollo Bay) who erect signs and barriers when the birds are breeding. Here in our Shire they can be found right along our sandy beaches. A good place to look for them in Apollo Bay is from Wye Rive right around to Marengo, and further on.

Human recreation, horses, dogs vehicles etc often either disturbs the birds while they are breeding, or destroys the nests and young of these birds. They are a small bird, about 20cm long. Hooded Plovers feed by sight using their large eyes and short bills. They are opportunistic feeders, often running along the edge of the water in search of food. They eat a variety of invertebrates, crustaceans, molluscs, insects, worms and plant material. They nest in a shallow scrape in the sand, where 2/3 blotched eggs are laid. Again, we thank the conservation groups in Apollo Bay who give the birds a chance to raise their young, so that we can continue to see these amazing little birds into the future.

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com

