



Forrest Fete- 2025

The annual Forrest Fete was held on Saturday 7th June, the same date as Run Forrest. As hundreds of runners and their families descended on the Forrest township, the rain poured down with increasing intensity, making the running routes muddy and slippery to say the least. The rains were a welcome break for farmers and water tanks alike and the Fete and run ploughed on ahead. Luckily, the sky gave us all a welcome break between the hours of 12 and 4, and the Forrest locals and tourists were out and about in force.

In the warmth of the Forrest Hall the Studio Forrest 'Earth Mother' exhibition was set up for all to see, with amazing works of art from our talented locals. Visitors to this excellent exhibition had the opportunity to browse the art work whilst also looking at the stalls for the day, including handmade clothes, beanies and scrunchies, cakes and homemade treats, flowers, organics vegetables and fruit, Forrest gin, cider, Colac community youth, the school lucky jars and homemade goods, the ever popular 'choc toss' game and the bottle toss. Whilst munching on hot snags and drinking chai and hot choc, the young (and older) peeps could get their faces painted with all takings going to deliver an exciting art project for Forrest young people.

All in all, it was a fabulous day that raised great funds for the school and early learning centre. Money looking to be spent on, amongst other things, making improvements to the early year playground. A special thank you to Joyce and Nellie from the Lions Club who generously gave their time and goods and made a super generous donation! Many thanks also to all the parents of the school and early years who sold and donated their own goods, made lucky jars and donated choc.

There was a fabulous turnout from the whole town to help make this day great and the visitors all seemed happy. A few things to learn for next year including purchasing more snags for the hungry runners! They all gave positive feedback about the run, and we look forward to welcoming everyone back for more of the same next year.

Many thanks all, from Nicky and Freya (school fundraising) and Gillian (Studio Forrest)

YEAH! We Did IT! A special thanks to everyone who donated to the RAV YEAH! youth arts project, we met our goal and look forward to seeing our young people getting a creative boost in Forrest soon.



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.

ABC 'BACKROADS' FORREST EPISODE PUBLIC VIEWING - FORREST HALL - 17 JULY 5PM

Colac Otway Shire News

School Holiday Youth Workshops

Youth Improv Workshop with OCR FM

Includes a fun improv workshop with OCR FM. Love acting and performing? Look no further!

Join us at our upcoming youth improv workshop with the crew from OCR FM community radio station.

No prior acting experience is required; you'll be guided through a selection of fun theatre games and activities. Elevate your acting skills and learn all the tips and tricks of improvisation.

Date: Monday 7 July 2025

Time: 10:00am - 12:00pm

Location: Elliminyt Public Hall, 168 Main Street, Elliminyt

Registrations: <https://YouthImprovWorkshop>

ColacOtwayShire.eventbrite.com.au

Youth Acting Skills Workshop with Melbourne Theatre Company

Council's Youth Engagement Team is excited to be partnering with COPACC to deliver this amazing acting skills workshop with Melbourne Theatre Company.

Explore the ways in which actors can create and embody characters in fun, physical exercises that use your voice and body. Gain insight into the work of actors at Melbourne Theatre Company and how a professional rehearsal room operates.

Date: Wednesday 16 July 2025

Time: 10:00am - 12:00pm

Location: COPACC, 95-97 Gellibrand Street, Colac

Registrations: www.copacc.com.au/WHATS-ON/COPACC-Theatre-Season/ACTING-SKILLS-WORKSHOP-with-Melbourne-Theatre-Company

Don't miss out! Register now to participate in the upcoming youth workshop as spaces are limited!

Proudly supported by Colac Otway Shire Council, COPACC and Engage!

Have Your Say

Draft Birregurra Structure Plan

Council is inviting community and stakeholder feedback on the draft Birregurra Structure plan.

The draft plan sets out a long-term vision of Birregurra's growth

and development, the document intends to guide the use and development of land in Birregurra for the next 10-15 years.

Colac Otway Shire Council is seeking to engage with the community at a community drop-in session:

Date: Saturday 19 July 2025

Time: 10.30am to 1.30pm

Venue: Birregurra Hall

Submissions will close at 5pm on Monday 11 August 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.

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

Colac Bike Park Draft Design Consultation

The Trail Collective is back with their bike park design concepts for your feedback.

A pre-design consultation was held at the Elliminyt Recreation Reserve on Monday 24 February 2025.

To progress and refine the bike park draft concept design, Council and The Trail Collective is seeking to engage with the community at a community drop-in session.

Submissions will close at 5pm on Monday 7 July 2025.

Meredith Park Community Consultation

Council is assessing the future uses of the Meredith Park reserve on the northern bank of Lake Colac, which currently offers free lakeside camping.

Your input will guide Council to how best manage the site into the future.

Anyone wishing to speak to their submission at a future Submissions Committee Meeting must indicate this on their feedback.

Submissions will close at 5pm on Friday 1 August 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

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

Shakespeare's Insult July

Shakespeare's insults continue to be relevant at personal levels as well as in current local and international contexts!

"My tongue will tell the anger
of my heart!"

- The Taming of the Shrew.

Writers: Nicki and Freya, Shaz & Jayne, Gillian Brew, Mike & Katrine Juleff, 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.

Shaz and Jayne

A fortunate stroke of serendipity has us living our best life in the beautiful Barramunga. Shaz and I crossed paths and melded together via circumstances too complex (but what now sounds rather humorous) to recount. Basically, when all the 'dust' had settled we found ourselves living under the same roof with six adorable children under the age of 10. Never a dull moment in our house and to make it even more exciting we 'semi-adopted' one more to keep us from falling idle!

To entertain these active little beings we thought maybe a weekender for adventures in the bush would be an ingenious idea; and so followed the tiny two bedroom shack in Barramunga. Our offspring loved the place in the first few years, taking it in turns to invite friends for the weekend to get lost exploring, become entangled, ravaged and leeched picking buckets of blackberries and going home putrid after sliding down muddy embankments on butts until they were 'gently' slowed by tree ferns.

Then came adolescence where the ventures were not so popular, as mobile phones didn't work and the kids would joke about inviting everyone in Barramunga to a party in 'the local phone box'. That era didn't last long and now they are all grown they can't get enough of the place!

Shaz and I have placed blood, sweat and tears (literally) into renovating that little shack into what is now a super warming, welcoming and unique home where our entire family (plus partners and friends) can unwind and reinvigorate in the peaceful and embracing surrounds. We are looking forward to retirement here where we can become more entwined and active in the local community and explore our surrounds more deeply. Currently we are working on replacing weeds with native species and leaving this habitat a little better than we found it.

We love our spot in the Otways.



Wednesday | 16 July | 10am - 12pm
FREE for Colac Otway Shire youth
aged 12-25

YOUTH ACTING SKILLS WORKSHOP

at COPACC with
MELBOURNE
THEATRE COMPANY



Image credit: Tiffany Garvie

Explore the ways in which actors can
 create and embody characters in fun, physical exercises that use
 your voice and body.

Don't miss out this amazing **FREE SCHOOL HOLIDAY** opportunity!
 Register now at copacc.com.au to participate
 as spaces are limited!



THE PAPER ESCAPER A Terrapin production by Gita Bezard



Tuesday | 29 July | 10am & 1pm

★★★★ ½ stars



Image credit: Dorcie Richards

A bright new puppetry work from Terrapin about determination,
 friendship and the power of following your own path.

Written by Gita Bezard of The Last Great Hunt, this delightful,
 funny and inspiring production features inventive puppetry, deft
 physical performance and an intricate and engaging
 soundtrack.

BOOK NOW:

copacc.com.au | Box Office | 03 5232 9418

Ticket \$20 | Concession \$18

Children (12 years or under) \$16

COPACC Members \$16

School Groups \$15 per student





Forrest & District Neighbourhood House - JULY 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, 10.30am-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.

What's COMING UP

FRIDAY 1 AUGUST 2025

9.30AM - 5PM

FREE Safe food handling course. Bookings essential, see below for details

FRIDAY 22 & 29 AUGUST

8.45AM - 4PM

Mental Health First Aid Course. Bookings essential, see below for details. Cost \$20

Contact Renee at the Forrest Neighbourhood House for information and to book

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

SHORT COURSE

UPSKILL YOUR SAFE FOOD HANDLING SKILLS

FOR FREE

FOOD HANDLING SKILL SET

Get qualified to handle food in your food related business.

Victoria's food industry is strictly governed by a set of regulations, including the Food Act 1984. If you work or run a food-related business, this course is designed to give you the knowledge you need to understand the relevant standards and to meet the requirements of the Food Act 1984.

* Upon successful completion you'll receive credit and certification for the accredited unit:

SITXFSA005 – Use hygiene practices for food safety

COURSE DETAILS

Course Location: Forrest Hall, 14 Grant Street Forrest

Course Date: Friday 1st August, 2025

Course Time: 9.30am – 5pm

For enrolment information please contact Renee @ Forrest & District Neighbourhood House:

forrest.nh@gmail.com or 5236 6597

BOOK NOW – LIMITED PLACES - STARTING FRIDAY 1 AUG.

swtafe.edu.au | 1300 648 911
TAFE 3120



MENTAL HEALTH FIRST AID COURSE

Licensed Instructor

Free Training For GORH Staff

MENTAL HEALTH FIRST AID COURSE

Approximately 20% of Australian adults experience a common mental illness each year.

Spotting the signs and symptoms of a mental illness in a friend, family member or colleague and knowing how to help them can change lives.

Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide, and poor quality of life.

The standard Mental Health First Aid course teaches you the skills required to help someone who may be struggling.

Upcoming Dates:
8.45am to 4.00pm Friday 22nd August & Friday 29th August
FORREST and district neighbourhood house
47 Grant street, Forrest, VIC

Bookings essential: <https://www.trybooking.com/CZZGG>

Please note you must attend both full days of the course

Cost: \$20

For more information please visit our website:
www.greatoceanroadhealth.com.au/services/mental-health/
p: 5237 8500 e: mhfa@gorh.vic.gov.au





Friday Nights Under Fog and Footy Lights

Forrest Auskick 2025 Wrap-Up

As the autumn fog rolled in and the gum trees stood tall in silhouette, something heartwarming unfolded under the glow of the Forrest oval lights.

The air was brisk, parents huddled around a fire, and the sound of children laughing and calling for the ball echoed across the oval. It could only mean one thing—Auskick was in full swing.

Over ten weeks, twenty-one enthusiastic young players laced up their boots and took to the field, guided by the generous spirit of parent volunteers. Led by local dad and footy lover Fraser Shawcross, who shared proudly, “It was really encouraging to see the kids excited to have a go.”

Auskick in Forrest isn’t just about football, it’s about community. It’s about kids learning how to show up for your friends, have a go, and play as a team, but also about discovering their own confidence and joy in movement. It’s about parents smiling

from the sidelines, rain or shine, sharing stories, a sausage in bread, and taking home a little extra Forrest mud as a souvenir of a good time.

This season, the excitement stretched beyond our scenic footy field. Several Forrest kids had the unforgettable experience of playing halftime matches at big Melbourne & Geelong AFL games, with Barwon Downs’ own Stella Dwyer even landing a moment in the spotlight with an interview on the stadium’s big screen. A true star in the making!

Auskick continues to be a shining example of what happens when a community comes together: a mix of fun, fitness, friendship, and footy that’s helping grow not just strong players, but resilient, confident young kids.

Here’s to muddy knees, big kicks, and even bigger smiles. Stay tuned for some summer social footy opportunities!

Laura Shawcross

Winter Warmer recipes

Moroccan Lamb Shanks

4 Lamb shanks or 2 lamb necks
2 tablespoons plain flour (optional if gluten intolerant)
2 teaspoons sweet paprika
2 teaspoons ground coriander
2 teaspoons ground cumin
2 ground ginger
1 teaspoon finely chopped red chilli or ground dried chilli

2 chopped onions
2 chopped carrots
3 garlic cloves chopped.
½ cup olive oil
1 litre of stock (beef, chicken or vegetable)
400ml can of tomatoes
2 tablespoons raw sugar or palm sugar
2 pieces of preserved lemon rinsed and chopped or 4 pieces of fresh lemon peel.

Method: Rub the spices into the lamb and set aside. Fry the vegetables until soft and then add the lamb and brown on all sides. Add stock, tomatoes, sugar and lemon. Cover and simmer or slow cook for at least 2 hours. Thicken with cornflour needed.

Serve with rice, couscous or mashed potatoes. If there are leftovers remove all bones and use to fill individual pies.

Pairs beautifully with Mulled Crucible Cider.

MULLED CRUCIBLE CIDER

Recipe uses 3 bottles Crucible Cider
How to make mulled cider

1. Place cinnamon stick and nutmeg into a heavy freezer bag.
2. Pound the spices with the bottom of a small heavy skillet or kitchen mallet to break them into small pieces.
3. Place the spices in a bowl and stir in the orange peel, lemon peel, allspice, cloves and ginger.
4. Place the spice mixture in the centre of the cheese cloth
5. Tie the cloth securely with string.
6. Hang “bag” in a saucepan.
7. Add 8 cups of cider, the spices and brown sugar to your taste and apple juice if you wish. You can also put in slices of apple and orange (fresh or dried) for “zip”. Just bring the mix to a boil, then cover the pot and simmer gently for about a half an hour. Enjoy!

What you'll need for the spice bag.

1 cinnamon stick
1 whole nutmeg
1 strip dried orange peel (chopped)
1 strip dried lemon peel (chopped)
4 allspice berries
2 whole cloves
1 slice fresh ginger
1 double-layer cheesecloth – 10cm square
1 length of white string

Mike & Katrine Juleff

West Barwon Reservoir levels on the rise

With local concerns about the low water levels at the West Barwon Reservoir, the Forrest Post asked Barwon Water how they are managing the current dryer conditions and what measures are in place to ensure water security for the region into the future. Managing Director Shaun Cumming offered the following.

"Upgrading the Melbourne-Geelong Pipeline will support Geelong to access more water from Melbourne water storages, increasing the annual capacity of the pipeline from 16 GL per year to 22 GL per year."

"A separate pipeline from the Geelong system to Colac also supports Colac's interconnection into the broader state water grid and is operating this year under the dry conditions."

"We're also increasing recycled water for non-drinking water purposes and focusing on water efficiency and conservation measures."

Background

West Barwon Reservoir was last lower than its current level in August 2010, when it was at 2970ML. While the reservoir is up from the May low of around 16 per cent, the Geelong region's overall storages are about 37 per cent.

Colac's water is sourced from the Olangolah and West Gellibrand reservoirs, in the Otway Ranges. Water travels 25 kilometres to a service basin at the Colac water treatment plant in Elliminyt, where it is filtered, disinfected and fluoridated, before being distributed to customers.

If Colac's water supply is low, it can be boosted with a connection to the greater Geelong system, via the Wurdee Boluc channel.



Low levels not seen since the Millenium drought at the West Barwon Reservoir are of concern to locals and visitors. Image Gillian Brew

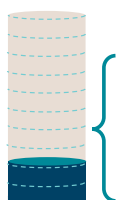
We're continuing to encourage and support customers to make changes inside and outside their homes, so they can use water wisely.

There are opportunities for residential customers to replace shower heads, upgrade toilets and access washing machine rebates; and for businesses to take advantage of rebates and grants: <https://www.barwonwater.vic.gov.au/water-and-waste/saving-water>

Permanent water saving rules are in place across Victoria to encourage the efficient use of water.

Supplied by Barwon Water

Barwon Water Updates



20%

West Barwon Reservoir



38%

Wurdee Boluc Reservoir



4ML

Current minimum daily passing flow at West Barwon

Keeping bills affordable for customers

Barwon Water bills will increase by less than inflation in 2025-26.

A modest price rise of 1.1 per cent – which is well under the annual Consumer Price Index inflation rate of 2.4 per cent – will be introduced for residential water bills on 1 July.

This will add about \$1.04 per month for the average owner-occupiers and \$1.23 per month for renters.

The price change also applies to business customers, whose bills will increase below CPI at an average of \$1.66 per month.

The strong commitment to keeping prices as low as possible comes as we increase direct support for customers.

Across the five years to 2028, investment in these support initiatives is rising from \$3.1 million to \$4.89 million.

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. We have a number of customer support options available and can tailor an option to suit your individual needs.

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

Did you know?

If you hold a valid concession card, you may be eligible for a discount on your water bill. We also offer a number of payment and customer support options if you are having difficulty paying your water bill.





CRUCIBLE
CIDER

Made in Forrest

Real, traditional ciders, perry, cider brandy
and pommeau apple cider liqueur.

contact Mike Juleff 0411 697 301

email: mkjuleff@activ8.net.au

www.cruciblecider.com.au

MATHEW SILVEY PLUMBING

- New homes & renovations
- Hot & cold water services
- Spouting & downpipes
- Stormwater
- Motorised drain cleaning
- 1.5t excavator hire
- Solar hot water installation
- Roofing

Mobile: 0417 342 531

Licence No. 47995

FMS

FREE WIFI AT THE SHED



Forrest Men's Shed - 6 Blundy St, Forrest

email fdms3236@gmail.com to request
a username & password

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

Birregurra Pharmacy

- PBS Prescriptions
- Free medication advice
- Webster packing
- Medical Certificates
- Repeat Scripts on file
- Vitamins advice
- 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

Colac to Coast

Rebecca Graham
Sales Specialist

Andrea Ivermee
Directly Licensed Estate Agents

Stuart Nelson
Sales Specialist

Wendy Flint
Sales Specialist

Mahnee Munro
Administration

Skie Madson
Administration

#ctctheheartofrealestate

Colac to Coast
REAL ESTATE

03 5231 3288
colactocoast.com.au

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.

"How long is too long to wait at a temporary traffic light when there's not a soul coming the other way? Asking for a law abiding friend..."

"Winter solstice in the Otways: where the nights are long, hypothermia is character building, and you're guaranteed to spot someone doing interpretive dance in a beanie."

"Celine Dion power ballad's have been heard drifting through town at midnight... finally, a sign the Forrest nightlife is alive and well- or perhaps emotionally unwell"

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: Rupert Grout

How long have you lived in the Otway area?

We moved to the Otways nearly 3 years ago, after living all over the world and we instantly felt at home here.

What is something people don't know about you?

My dream is to go back to study so I can work in regen/conservation.

What is your favourite thing about living in the Otways?

Ahhhh everything, really everything... the community, the environment, the endless adventures, the bike trials, the hiking, the coast line, the rainforest, all of it!

BIRDS OF FORREST

SPONSORED BY



Sanderling

The Sanderling is another species of our fascinating waders. They travel from the high Arctic, where it breeds, arriving in Australia in our Spring, and departing in the Autumn. They are found almost exclusively on sandy ocean beaches. They are found right around the Australian coast, but are nowhere common, often being found 100's of kilometres apart from others of their species, with habitat appearing exactly the same in between. They are a small wader, being around 20cm long. A distinguishing feature of the Sanderling (if you can get fairly close to them) is a lack of a hind toe. In our Shire we are lucky to have Sanderlings, and a good place to spot them can be in Apollo Bay, between the Barham River mouth, and Marengo on the ocean beach. They are a very active wader, (usually in small flocks) running in and out of the shore waves to catch their floundering prey. A great little bird to find and enjoy during the warmer months!

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com

