

The Inaugural Forrest Formula One

It may be missing the heady smell of fumes, the roar of engines, the screech of tyres rounding precarious bends, Oscar Piastri or Brad Pitt, but boy is Forrest in for its own unique excitement when 40+ wooden cars roar, (or will it rumble?) down the Blundy Street hill! The squeals of the entire school population, the giggles from the Men's Shed crew and the encouraging yells from a huge community crowd will aim to surpass any official formula race day atmosphere.

Cars are currently being fitted out by the creative designers, logos discussed and sponsors sought, while the smell of sawdust, the whizz of the drop drill and axle/washer/bolt inventory checked continues in the Shed.

Chequered flag is ready, with the call out for marshals soon to be heard. This is going to be one for the history books!!!

Wait for the date, to be announced in Term Four, to be highlighted in your diary.

Noor Petersen

Forrest for the Skiing

We used to ski. We endured the half-day drive, the kid's being car-sick from the lurching curves, to eventually arrive at our ludicrously expensive private accommodation or an overheated 'lodge' where 'fresh air' means frostbite, eating the over-priced food from the bain-marie and paying Veuve Clicquot prices for underwhelming house reds. All so we could either zig-zag downhill in a barely controlled fall, or, hilariously, ski uphill.

But these days we prefer to go for walks that don't require clothing designed for Antarctic research station staff, dining with friends and actual locals and curling up with a good book, all accessible by a pleasant and not-at-all vomit-inducing two hour drive from Melbourne, to a town that has a pub AND a brewery AND a General Store that serves great coffee and home-made pies and pasties. No bain-maries.

Of course, Forrest is well-known for its extensive network of mountain bike trails, through the forest with the extra "aah". Have you tried riding a bike in snow? Also, bikes have brakes, which skis do not, unless you count the objects one occasionally collides with, such as the surviving trees or the planet earth or other skiiers.

Forrest. The clue is in the name. Forrest. For rest. Or forest with an "aah" in the middle. As in, "Aah, how nice to be in a forest" rather than a barren wind-swept treeless wasteland, freezing your "aahs" off.



In a place named Forrest, you get a rest. What do you expect in a place named "Falls"? Do you know how many people rupture an ACL eating a pie or walking through a forest?

Within an hour's drive of Forrest, you could be in Apollo Bay, or Wye River, or Lorne, or a dozen other really cool places. Like waterfalls, where water falls with a power and grace and beauty rarely attained by anyone on skis. Within an hour's drive of any ski resort, you are still an hour or more away from anywhere resembling civilization.

Forrest. Forest with an "Aah". But don't tell anyone. Please.

Rob Cargill

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.

Colac Otway Shire News

Employment Opportunities

If you're interested in a role supporting your community, being involved in great local projects and making a difference in the shire, consider a career at Colac Otway Shire Council. Council currently has the following roles open for application:

· Asset Systems Officer

For a position description and to apply online, visit www. colacotway.vic.gov.au or contact Human Resources on (03) 5232 9400

Have Your Say

Council currently has the following projects and initiatives on public exhibition and invites community feedback.

Meredith Park Community Consultation

Submissions will close at 5pm on Friday 1 August 2025.

Draft Birregurra Structure Plan

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

Submissions will close at 5pm on Monday 11 August 2025. Visit Council's website www.colacotway.vic.gov.au/haveyoursay

Visit Council's Have Your Say page for any projects and initiatives open for community comment.

Expressions of Interest (EOI)

Australia Day Event

Council invites Expressions of Interest (EOI) from community groups, service clubs, businesses, or not-for-profit organisations to host an inclusive, family-friendly community event in the shire on Australia Day, 26 January 2026.

We are seeking a capable and enthusiastic host to coordinate welcoming, inclusive, and family-friendly activities that reflect the diversity and values of our region. Events should:

- Celebrate community spirit and shared values.
- Provide a warm welcome to new citizens and their families.
- Offer inclusive, low-cost entertainment and activities.
- Be accessible, culturally respectful, and welcoming to all.

EOIs are now open (closing 5pm Monday 11 August). For further information and to submit an EOI visit the Have Your Say page on Council's website. www.colacotway.vic.gov.au

Council also has the following Expressions of Interest open for application:

Colac Otway Performing Arts & Cultural Centre (COPACC) Lease

EOI closes at 2pm, Wednesday 17 September 2025.

Early Years Management Organisations

Council is seeking, (through an Expression of Interest process), Early Years Management Organisations to operate the kindergarten services through sites at Apollo Bay, Colac East, Winifred Nance and Wydinia Kindergartens, through lease/license agreements with Council.

Property Inspection dates and times

• 13 August 2025 at 2pm – Colac based Kindergartens meet at COPACC foyer.

EOI closes at 2pm, Wednesday 27 August 2025.

Submissions for the COPACC lease and Early Years Management Organisations must be lodged in the Eprocure site only. Late, posted or emailed submissions may not be considered.

Copies of Expression of Interest documents can be downloaded from Council's website at www.eprocure.com.au/colacotway

Andrew Tenni

Interim Chief Executive Officer

Local projects and events thrive with Colac Otway's Grants Program

A total of 73 local projects will share in \$338,500 from the Colac Otway Shire Council Grants Program.

Council has announced the recipients of its annual grants program in three funding streams – Community Grants, Events Grants and Business Grants.

The Grants Program supports a partnership between Council and not-for-profit local community organisations and businesses to achieve positive economic and social outcomes that benefit the wider community.

This year's recipients include 44 projects in the Community Grants Stream, to a total of \$224,281. The Events Grants stream has allocated \$99,219 across 24 events.

The Business Grants stream will provide \$15,000 to improve five business facades across Colac, Forrest and Cororooke. (Forrest has received grants for the Neighbourhood House window upgrade and equipment of the Riding Club)

Colac Service Centre: 2- 6 Rae Street, Colac, Open: Monday - Friday 8:30am - 5pm f D Ph: 5232 9400 Email: inq@colacotway.vic.gov.au or find us online: www.colacotway.vic.gov.au

Shakespeare's Insult August

If you think you've been indoors too much with rain and cold and see the World situation with some exasperation, it's likely Shakespeare's insult this month will give you some words to use.

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

- The Taming of the Shrew.

Writers: Noor Petersen, Rob Cargill, Mike Juleff, Laura Shawcross, Mary Dracup, 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@amail.com.





BOOK NOW: copacc.com.au | Box Office | 03 5232 9418

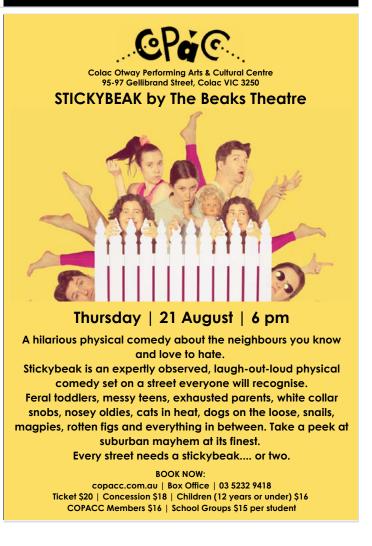
Ticket \$20 | Concession \$18 | Children (12 years or under) \$16

COPACC Members \$16 | School Groups \$15 per student



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COPACC Members \$16 | School Groups \$15 per student



Forrest & District Neighbourhood House - August

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 Tuesday of the month 10am-12pm. Contact Susan Langridge for more details 0498 592 364.

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

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.

COMING UP

SCIENCE WEEK GUIDED NATURE WALK: Sunday 10th August @ Lake Elizabeth

led by Josh from Otway Greening. All ages welcome. Dress for inclimate weather, light refreshments provided after. Brought to you by Science week funding, F&DNH and Gerangamete Forrest Landcare.

MENTAL HEALTH FIRST AID: Friday 22nd and Frday 29th August. This training is being facilitated by Great Ocean Road Health and is heavily subsidized at \$20 pp. Please get in touch to book in.

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

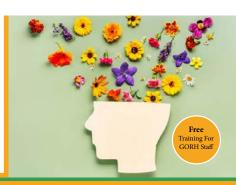
E: forrest.nh@gmail.com A: Community Hub - 47 Grant Street, Forrest 3236











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

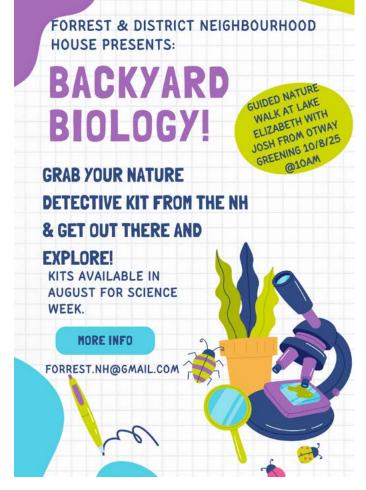
Upcoming Dates: 8.45am to 4.00pm Friday 22nd August & Friday 29th August FORREST and district neighbourhood house 47 Grant street, Forrest, VIC

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



GREAT OCEAN ROAD

HEALTH



NH windows to get some TLC

This spring the Forrest and District Neighbourhood House (FDNH) façade will receive some timely attention, thanks to a Colac Otway Shire Community Grants Scheme grant.

Local contractors will repair and repaint the weathered windows, trims and fascias; attach safety film to glass; and install new blinds. Work should be complete by the end of the year.

The Forrest Public Reserves Committee (FPRC), which manages the buildings and grounds, will administer the grant with support from Neighbourhood House staff and volunteers. The FPRC and FDNH are part-funding the works and relying on inkind contributions from community members to complete less specialist tasks.

If you have a few hours to spare from time to time and would enjoy doing a little garden and building maintenance on our much-needed public buildings in Forrest, the FPRC would welcome your help. Please email fpac3236@gmail.com.

Mary Dracup



Pictured: Neighbourhood House coordinator Renee Taylor and FPRC secretary Mary Dracup

@ LAKE

Get to know Lake Elizabeth's inhabitants

This Science Week, Forrest area locals have the opportunity to get to know the plants and animals that live around our beautiful Lake Elizabeth a whole lot better. Forrest and District Neighbourhood House will partner with Gerangamete Forrest Landcare Group to host an expert guided walk for adults and children on Sunday 10

The Neighbourhood House will use special Science Week funding through Neighbourhood Houses Victoria to equip younger participants with 'nature detective' kits to spot and record plants and critters that call our river, lake and bush home. Gerangamete Forrest Landcare members have prepared a checklist with pictures to help identify likely beasties, and will be along to learn and enjoy the activities as well.

August, starting from the Lake Elizabeth carpark at 10 am.

The walk will finish back at the picnic ground below the carpark at around 11:30 with light refreshments also supplied by the Neighbourhood House.

All are welcome, including dogs on a leash. Wear walking boots/gumboots and sunscreen, and bring a rain coat and water to drink.

Mary Dracup





Forrest Horse Riding Club Hosts Biggest Morning Tea

On Saturday 15 June, community members and supporters gathered at the Forrest Horse Riding Club for a meaningful morning tea in support of the Cancer Council's Australia's Biggest Morning Tea.

This national fundraising event has been running since 1994, encouraging Australians to come together over tea, coffee and baked goods to raise funds for cancer research, prevention programs and support services. Every dollar raised helps the Cancer Council continue its work supporting people affected by cancer and investing in lifesaving research.

For the Forrest gathering, the motivation was close to home. Many of those attending have experienced cancer either personally or through someone they love. Holding a morning tea was a special way to contribute, remember, and provide space for connection.

Eighteen people attended, bringing with them a generous spread of homemade soups, cakes, slices and warm drinks. The event raised \$1380, a strong contribution from a small community deeply invested in supporting others.

There was time to gather, reflect, to honour those currently living with cancer and to remember those who have not survived their cancer journey.

The Forrest Horse Riding Club would like to thank everyone who cooked, attended, donated or supported the day in any way. It was a gentle reminder of the strength in community and the impact of shared efforts.

Laura Shawcross

A tale of hard yakka and conviction

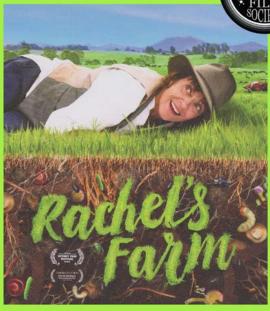
Rachel's Farm (2023) tells the story of film producer and actor Rachel Ward's earnest, heartbreaking and ultimately triumphant efforts to turn her traditional farm in New South Wales into a sustainable regenerative farm. While Ward is totally hands-on, grappling with the science and fencing as much as the elements, her husband Bryan Brown mostly sits on the porch. Luckily she finds a more useful ally in her neighbour, Mick Green.

Ward is motivated by her dread of what the climate crisis holds for her grandchild, and puts her film-making talents to good use in this accurate 'how-to' documentary that details how much change can be achieved in just one year of hard work. While it is a factual account, she captures a wide range of emotions and even comedy in the tale, making it an enjoyable film for even non-farmers to watch. It won Best Documentary Feature in the 2024 Film Critics Circle of Australia awards.

Rachel's Farm will be showing on Wednesday 6 August 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's three remaining films for 2025 costs \$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.





Wednesday 6 August **Forrest Public Hall** 7 pm for complimentary wine and cheese Movie starts 7:30 pm

Barwon Water









Mary Dracup

Barwon Water Updates



West Barwon Reservoir



6 film subcription \$45/\$35 conc. - 3 film subscription \$25/\$20 conc. - 1 film try

Wurdee Boluc Reservoir



minimum daily passing flow at **West Barwon**

Water saving tips for the bathroom

For most homes, the shower is the thirstiest device, accounting for around 30% of total water

Swap your showerhead for a more efficient model. Old showerheads can use as much as 30 litres per minute - modern ones as little as five.

Ensure your new shower is part of the Water Efficiency Labelling and Standards (WELS) scheme of four stars or better. Cut your shower time to four minutes.

Short showers save water, as well as the energy costs associated with heating water.

Dual-flush toilets with a WELS rating can help you save up to 35,000 litres per year. Modern toilets can use just three litres per flush. If you have an older toilet, you can reduce the flush volume by placing a filled water bottle in the cistern.

A tank-to-toilet pump system can use water from a rainwater tank instead. Consult a licenced plumber or tank retailer for advice

Try our shower playlist!

Being more efficient with water will lower both your water and energy bills and help the environment too. Cutting your shower time down to four minutes just got more fun, thanks to our '4-minute shower songs' playlist.

For more information and to access the playlist, visit: www.barwonwater.vic.gov.au/water-andwaste/saving-water#WELS

Did you know?

We have a 'Your Say' website where you can learn about our current projects and have your say through community surveys. Visit: www.yoursay.barwonwater.vic.gov.au















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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



We are emptying our shed, everything must go and

IT'S ALL FREE!

Sunday 24th August - 10am 10 Blundy Street, Forrest next to the Men's Shed

We have a marquee, chairs, cabinets and more. Come and browse. **NO DELIVERIES**

Bring your own car, ute, trailer.

No need to book, just turn up For more info phone 0447 668 209



- 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



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40 Main Street, Birregurra, VIC 3242

Monday - Friday: 9.00am - 5.30pm Saturday: 9.00am - 12.00pm birrepharmacy@hotmail.com

P: 03 5236 2288 F: 03 5236 2280

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

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 about town.

"Did you see yourself on Back Roads last week?"
"Yeah. Just the back of my head and the dog, but we both looked great."

"Otway mushrooms are absolutely popping off.

Just to be clear, we're talking slippery jacks, not psychedelic court appearances."

"Things have felt... oddly unregulated this past month. Must be something in the air. Or the annual leave calendar."

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: Rob Cargill & Kerry Thompson

How long have you lived in the Otway area?

We live in Williamstown, but we bought a 'holiday house' in Forrest 2019, just in time for covid to ensure that we never met most of the tradies who worked on it. Then we had a friend stay in the house, who liked it so much she still lives in Forrest. Kerry will be re-retiring soon, so we should be able to spend more time in Forrest.

What is something people don't know about you?

What we look like. The picture might help, if you meet us wearing personal flotation devices.

What is your favourite thing about living in the Otways?

Anyone with eyes to see can tell that Forrest is a beautiful village, surrounded by a forest full of trees and mountain bike trails and waterfalls, but you have to spend time here to realise it's a beautiful community: a village full of Forresters, with all the essentials - a General Store, a brewery, and a road to other places with more stuff. When we are in Forrest, we spend time gardening, bike-riding, socialising and dog-walking.

BIRDS OF THE OTWAYS



Ruddy Turnstone

The Ruddy Turnstone is another of our migrant, seasonal waders. The are a striking wader, of about 23cm long, with orange legs.

These waders nest in the Siberian Tundra, and follow the Asian coastlines to Australia. Turnstones generally arrive on our shores in late August, and depart in late March (although first year juveniles will over winter here.) They are a fairly common wader, and can be found right around the coastlines of Australia, in a few differing habitats, including tidal flats, ocean beaches, and rocky shorelines. They can be found as a solitary bird, in pairs, or small flocks. They will also be found in mixed flocks of other waders including Sanderling, Red Necked Stints and Knots etc. A good place to find them in our area is along the rocky shelf at Marengo (be careful walking along there, the rocks are very slippery!)

Turnstones are also a very active feeder, carefully picking at substrates, examining rocky crevases, shorelines, flipping shells and seaweed in search of small invertebrates.

Ian Davies and Adam Fry





