

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 Formula 1

Forrest Primary School was thrilled to host a special one-off event this term: the Forrest Formula 1, featuring wooden cars built by the members of the Men's shed and decorated by our students.

A huge thank you to Noor, whose organisation, planning and coordination brought the whole idea to life. Her commitment ensured the day ran smoothly and that all students had a fantastic experience.

We also want to acknowledge Al and Pete, who prepared the cars and supported the students on the day.

Our sincere thanks extend to the many community members who donated prizes, as well as the Forrest General Store and Barwon Water for their generous contributions. Your support added an extra layer of excitement and celebration.

Although this was a one-off event, it truly captured the spirit of Forrest, community members of all ages coming together to create something fun, meaningful and memorable for our children.

Thank you to everyone who volunteered, attended, donated and cheered. It was a great day on the track!

Megan Murfitt - Principal



Colac Otway Shire News



Colac Otway Shire Council invites Expressions of Interest Draft Council Budget 2026-2027

Help Colac Otway Shire Council develop the 2026-2027 Council Budget.

The budget guides how Council allocates funds toward services, operations and community projects in Colac Otway.

Consultation is happening earlier than previous years so residents' ideas can be better understood in the process from the start.

Residents have until 31 January 2026 to put forward their ideas for Council's annual Budget.

Submissions open at 8am on Monday 1 December 2025.

Visit our website www.colacotway.vic.gov.au/haveyoursay for more information.

Extra green waste collections – October, November and December

Kerbside Collection

To help you prepare your property ahead of fire season, Council's weekly kerbside collection of green waste commenced on Monday 20 October, continuing until 28 November.

Free Green Waste Drop-off in November

A 6 x 4 trailer of non-commercial green waste can be taken to the Alvie, Apollo Bay and Birregurra waste transfer stations during business hours from Saturday 1 November until Sunday 30 November.



Green Waste Skips at Wye River, Kennett River and Forrest

Green waste skips will be in Wye River and Kennett River from Friday 31 October until Friday 28 November to assist with fire season readiness.

- 1A The Boulevard, Wye River (opposite the CFA shed)
- 15A Great Ocean Road, Kennett River (carpark area)

This year, a green waste skip will be located at Forrest between 1-15 December.

- 47 Grant Street, Forrest

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

... and that's a wrap for 2025

The Post volunteers will be taking a break over the new year so there will be no January issue. We'll be back in February fresh and rested with some new content to look forward to. The Forrest Post committee would like to welcome Freya Bennett and Amelia McBride Baker to the editorial team. We are excited to have your wonderful skills on board, helping to keep the wheels turning.

As the year wraps up, it's the perfect time to celebrate and recognise those around us, and bring some joy through random acts of kindness, volunteering, sharing a cuppa and a chat or just spreading good vibes, every little bit counts and helps strengthen our community.

In these times of Black Friday sales, conspicuous spending and rampant overconsumption, it's easy to get caught up in the hype and the pressure is on for some household budgets. It's a timely reminder that a gift from the heart doesn't mean your bank balance has to take a hit. A little crafty creativity

(YouTube is an endless source of inspiration), browse an Op Shop, organise a Kris Kringle with the family, or re-gift that thing you thought you desperately needed but never used, and you might be surprised. Showing you care can be well within your budget, stress free and better for the planet too.

I would like to thank everyone who have contributed to the Post over the year, our writers, advertisers, the support of the Mens Shed, Sarah the print master at the school and a special mention to Post Team member, Laura Shawcross who is moving on, you and your family will be very much missed by the community.

Here's to celebrating the good times and a safe, peaceful and bright shiny new year.

Gillian Brew



Shakespeare's Insult for December

This is perpetually relevant for our either/both our State and/or Federal politicians?

"If I prove honey-mouthed, let my tongue blister".

- The Winters Tale.

Writers: Megan Murfitt, Gillian Brew, Mary Dracup, Emma Pakula, Laura Shawcross, Adam Davies and Ian Fry.

Design: Gillian Brew **Printing:** Forrest Primary School

Proofreaders: Mike and Katrine Juleff, Rob Carghill, Amelia McBride Baker & Sarah Lane.

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.

Billy Connolly sues God in this thought provoking comedy

The December Forrest Flick, *The Man who Sued God* (2001), will give you a good chuckle leading into the festive season. Billy Connolly is at his peak, playing a feisty lawyer turned fisherman whose boat is struck by lightning. When his insurance company refuses to pay out because they deem lightning to be an 'act of God', he decides to sue God, or God's representatives on earth, as in the Churches. He has a point, but this puts the religious leaders in the difficult position of either paying up or denying God's powers.

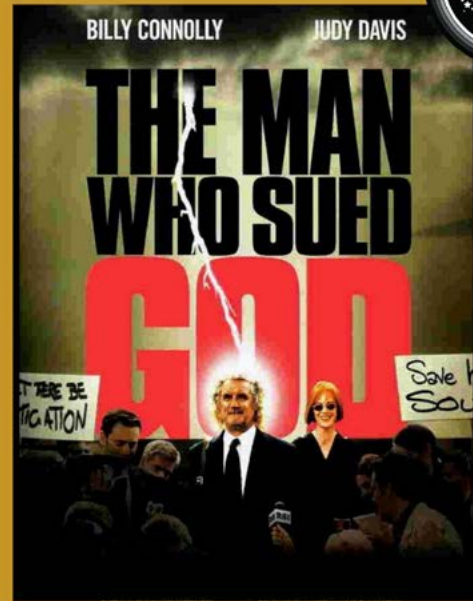
Connolly leads a strong Australian cast including Judy Davis, Colin Friels, Wendy Hughes and John Howard, in this funny but thought-provoking film. Its screenplay, written by Don Watson and John Clarke, earned the film an AFI nomination.

The Man who Sued God will be showing on Wednesday 3 December 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.

Forrest Flicks Film Society subscriptions and one-off trial screenings can be paid for online using the QR code or at the door with cash only.

We will be launching the 2026 program at the screening.

Mary Dracup



Wednesday 3 December

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.

December at COPACC

Inventi Ensemble's

THE NUTCRACKER



2pm

Sunday | 7 December

Including a festive afternoon tea

Ticket \$24 | Concession \$22 | COPACC Members \$19.20

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



Wishing you all the very best
for the holiday season
from the team at COPACC

The COPACC office will be closed
from 3pm | 24 December
until 9am | 5 January



Forrest & District Neighbourhood House - November

HOLIDAY CLOSURES: Monday 22nd December - Monday 5th January. Open Hours will be REDUCED FOR JANUARY 9am-2pm Tuesdays and Thursdays ONLY, Back to business as usual from Tuesday 27th January.

REGULAR ACTIVITIES AT THE F&DNH

MONDAYS - open 12pm-4pm (inc 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

Playgroup: 10am-12pm. Gold coin.

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

Seniors morning tea: First Tuesday each 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 details 0498 592 364.

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.

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)

Forrest Osteopathy is onsite Fridays.

Call 0438 298 669 to book in.

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

SPECIAL ACTIVITIES & EVENTS:

Thea Brown reflexology will be in house on 15th 16th and 17th December. Call 0447 669 787 to book.

\$100 Power Saving Bonus is available to eligible concession card holders. Please contact coordinator to apply.

F&DNH AGM Tuesday @2nd December 6pm. All welcome to come celebrate all things NH and our amazing community. Light supper provided. Please RSVP to 0493105502

Community end of year/Christmas get together: Friday 19th December from 4pm at the Common. BYO picnic and refreshments. Community carols and Santa might pay a visit too! All members of the Forrest and surrounding areas welcome to join.

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 (SEE JAN HOLIDAY TIMES ABOVE)

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



Celebrating Emily John: A fond farewell from the Forrest General Store

After 16 years in the hospitality world, Emily John is hanging up her apron and stepping into a new season with a different pace of life. Many of us first met Em behind the counter at the Forrest General Store, but her journey in food and hospitality began long before she joined us.

From managing the Food & Beverage team at Peppers The Sands in Torquay, to coordinating weddings and events with Truffleduck and across Lorne, Emily has always enjoyed bringing people together through good food, good service, and genuine connection.

For the last eight years, Emily has been a familiar, smiling face at the Forrest General Store, four of those as co-owner alongside Ash. She's served coffees, cooked delicious food, remembered countless orders, and helped make the FGS feel like home.

Reflecting on what's next, Emily says:

"It's time for a change of pace; enjoying time with my family, watching my kids grow, and spending more time on our hobby farm. I'll miss all the locals and the everyday banter, and I'm looking forward to seeing everyone on the other side of the coffee machine. Wishing Ash and the FGS all the best for the upcoming summer and beyond."



The community will miss her bright energy and the easy, friendly way she welcomed everyone through the door. We're also grateful knowing the FGS remains in steady, capable hands as Ash continues to guide the store into its next chapter.

Emily's last day is Wednesday the 10th December from 3 pm.

Everyone is warmly invited to join her and her family in the courtyard for a farewell drink and a cheers to everything she's given Forrest.

Here's to Emily for the coffees, the laughs, the sausage rolls, and the heart she poured into this town

Laura Shawcross

Food bringing our town together

Forrest & District Neighbourhood House has been the grateful recipient of a grant this year to support delivery of our food programs, through the Victorian Government's Food Relief Grant Program.

This investment enabled us to expand the Pantry and move into refrigerated and frozen food. It helped delivery of Community Lunch, a bunch of community connection events and groups, and support the School's Breakfast Club program. It helped establish the veggie boxes, which will continue to support the community to grab some greens on the way past. It helped us set up new partnerships and health promotion connections and we are learning so much about health security in our region. It helped us supply food boxes and vouchers to ease cost of living pressures and other challenges living in an isolated rural area.

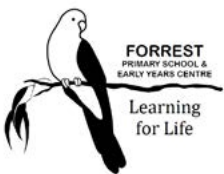
Aldi and Foodshare have contributed so much food supply to our town, and we extend our gratitude to them for partnering with communities like ours.

None of this is possible without the absolute powerhouse of volunteers and staff at the Neighbourhood House. Hours of driving, packing, unpacking, sorting, cooking, cleaning, serving. We are so very grateful to all of you.

Food security is about more than access to meals—it is about dignity and belonging and being in a place that cares for one another. So, thank you Forrest and all our neighbouring towns for being that place.

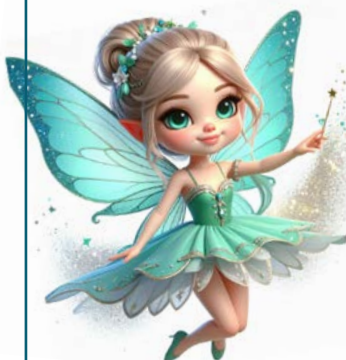
Forrest and District Neighbourhood House acknowledges the support of the Victorian Government through the Community Support Fund.

Emma Pakula - FDNH CoM



**Forrest Primary School and
Early Years Centre presents**

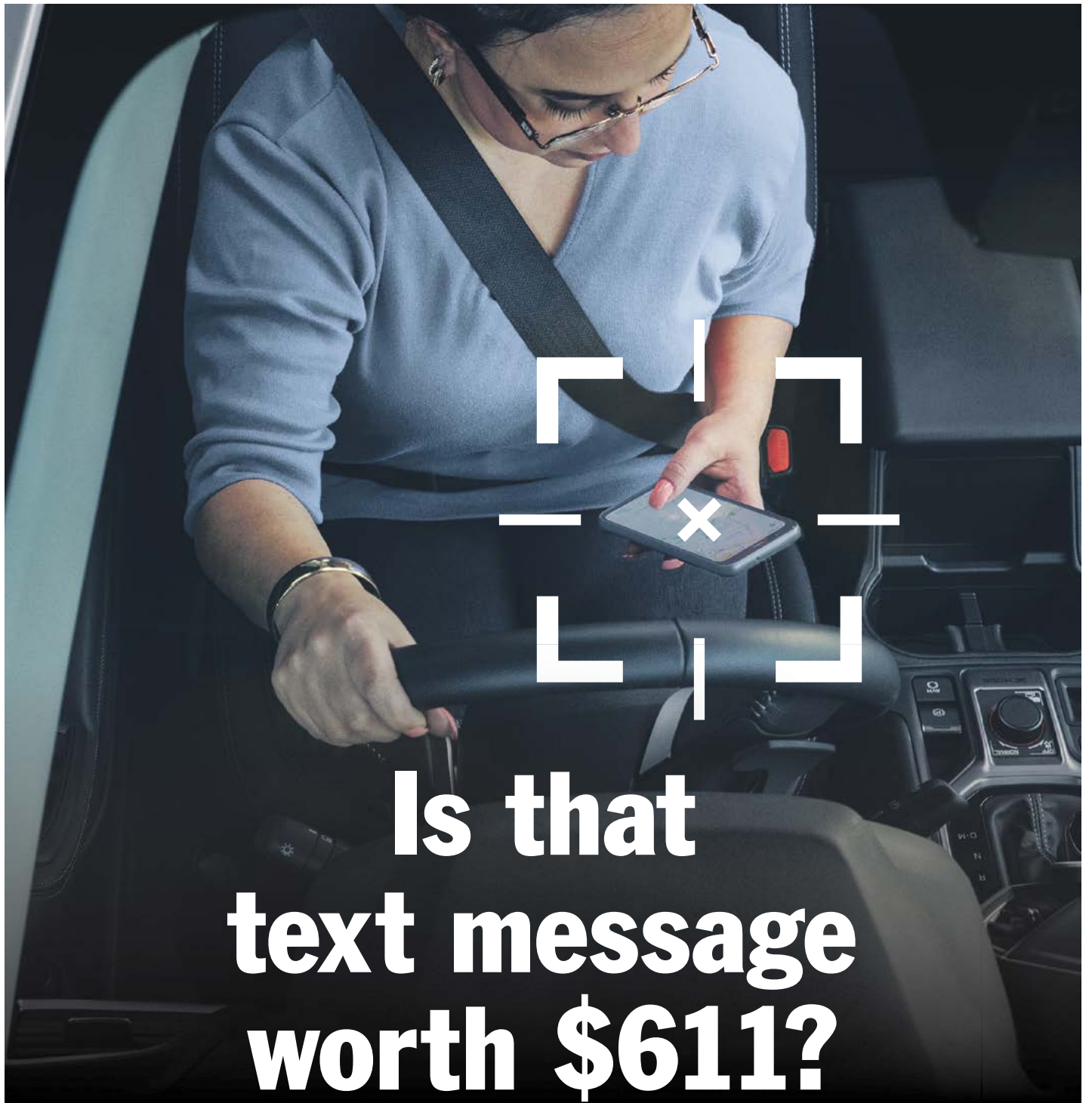
Peter Pan - The Play



**Community members are
invited to attend our play.
It will be held on**

**Thursday 11th December
1.30pm at the Forrest Hall**





Is that text message worth \$611?

Using your phone illegally while driving could land you a \$611 fine and 4 demerit points. Distracted drivers won't see police coming. Chances are you will be caught. **Anywhere. Anytime. Anyone.**



Can you spare a Saturday once in a while to help at the Forrest Op Shop?

The Forrest Op Shop is situated at the back of the St James Anglican Church in Grant Street. Coming up to the busy holiday period with lots of prospective customers in town, the Op Shop is struggling to find volunteers to keep the doors open. Not only to help support the church to remain viable, but also to supply locals and visitors with a range of clothing and household items that you would have to travel to Colac for otherwise.

Many a camper drops in desperate for a jacket when the weather turns chilly, and you'd be surprised by the range of books to browse, for just a gold coin your holiday read is covered. Then there is the quirky, the vintage, the weird and wonderful, a treasure trove for the bargain hunter.

Working at the Op Shop is more like a social outing, chatting with the regulars who pop in, meeting visitors and world travellers, there's never a shortage of things to do and people to meet. The times flies, it's fun and a great way to give to charity and your community.

If you can spare a few hours on a Saturday once in a while, please send me an email gillibrew@gmail.com

PS we are in desperate need of a handy person who can fix doors if a one off contribution is more your thing.



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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

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.



FORREST FACES: Ben Dingle & Christine Shaw

Ben and Christine are excited to have recently purchased a property in Forrest and are currently dividing their time between the CBD and the region, with the aim of making Forrest their full-time home in the near future.

Ben grew up on a sheep farm on the north island of New Zealand before moving into the dairy industry, where he built a career as a respected industry leader and innovator before moving across the ditch to set up his own company with links to farming and health and wellness industries. Christine relocated to Victoria from Western Australia 20 years ago and is an established people leader in the not for profit sector.

Both Ben and Christine enjoy keeping physically active and enjoy cycling, walking and skiing. They are strongly community-minded, with a desire to contribute in ways that support social wellbeing and environmental sustainability. Drawn to Forrest for its welcoming community, natural beauty, and regional lifestyle, they look forward to putting down deeper roots and becoming actively involved in local life as they settle in.

Food Trucks are coming



You can find them parked at the Forrest Guest House between 28th December to 14th January. The fabulous Chubby Bao are back and there are more options too! See the website for details. www.forrestaccommodation.com.au/whats-on-in-forrest/

BIRDS OF THE OTWAYS

SPONSORED BY



Grey Shrike-Thrush

The ubiquitous Grey Shrike -Thrush is pretty well known by everyone, including its lovely call. It is found in every State, with a few differing subspecies throughout their range. Interestingly, they have local dialects all over the country. While you can recognize the basic call, you can be often tricked by the differences!

The Grey Shrike-Thrush is found in many different types of habitats, from tall wet rainforests, mallee and arid scrub to parks and gardens. In our Shire it can be found pretty much everywhere, including local parks and gardens.

Its` diet consists of a wide range of arthropods and small insects, which it actively searches in tree branches, or leaf litter on the ground.

The nest of the Shrike-thrush is a large cup of bark and grass, in the fork of a tree or shrub. They also like to nest in wood sheds, barns, eaves in houses etc, where they can become fairly tame, allowing close inspection of their nest. They lay 2-4 freckled white eggs.

The call of the Shrike-Thrush is one of the iconic calls in the Australian bush, and is a favourite of many people.

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com

