

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.

Polwarth Athletics Day

Forrest Primary School had a wonderful day out at the Polwarth Athletics Day, hosted by Alvie Primary School. The sun was shining, the energy was high and our students gave it their absolute best across all events. We were incredibly proud to place fourth overall, our best result in several years, and a real reflection of the effort, determination and team spirit shown by our students throughout the day. Most importantly, the students had a fantastic time and everybody tried their best. It was a great day of connection with all the other small schools in the Polwarth Cluster and we enjoyed the sausages cooked by Lavers Hill secondary students. Thank you to all the parents and staff who helped to make the day happen. We greatly appreciate you!



Megan Murfitt - Principal, Forrest PS & EYC



Forrest represents at the Otway Odyssey

The 2026 Otway Odyssey celebrated 20 years of mountain bike racing on the Forrest trails. Leading up to the race, riders were out practicing the courses and trying to improve their times, tracks were cleared in preparation for race day and fancy coffee orders made at local cafes by lycra clad warriors.

The event ran from Friday 27th February to Sunday 1 March, with new courses for most events, and new distances added to the race line up. A social ride was also held on Friday 27th February and a retro bike display showcasing how much bike design has changed in the 20 years the Odyssey, Forrest was buzzing all weekend.

Forrest hosted several events in the lead up to the races, with the Lysty Chicks teaming up with Explore MTB to visit Forrest to check out the trails in December. A small but dedicated group headed out and featured our very own Odyssey Angel Michelle Davidson who is busy supporting womens participation with advice and encouragement both behind the scenes and on the trails.



With revised courses for most events, Rapid Ascent and Australian cycling legend Simon Gerrans teamed up to run a course familiarisation day in early February with over 20 riders turning out to tackle either a gravel course or sections of the mountain bike course. Forrest was well represented in preparation with local riders Simon Hoey, Nicky and Oscar Howland taking part alongside riders from neighbouring clubs such as Anglesea and Geelong as well as riders from all over Victoria.

Many Forrest locals competed alongside national and international riders, and a special shout out to the young and not so young who headed for the start line – allez allez allez!

Freya Bennett

Colac Otway Shire News

2026 Youth Art Futures Competition

Entries now open!

We're encouraging all youth artists aged 12-25 in Colac Otway Shire to get creative! Enter your art masterpieces into the 2026 Youth Art Futures Competition.

Whether you've recently created an artwork or are starting a new piece, this is your chance to share your talent with the community and win fantastic prizes!

Entries close Monday 16 March 2026

Find out how to enter at: www.colacotway.vic.gov.au/2026YouthArtFutures

Community Satisfaction Survey

Colac Otway Shire Council would like to inform residents that from 16 February through to early-April, your household may receive a call from an independent market research agency, Klein Research, and their partner TKW Research.

The survey is designed to assess the performance of the Colac Otway Shire Council across a range of measures to identify ways to provide improvement or more effective service delivery to residents.

If you have any questions, please don't hesitate to contact Council's Customer Service Centre on 5232 9400.

2026-2027 Grants Program

Colac Otway Shire Council's 2026-2027 Grants Program will open on Friday 27 February.

Funding opportunities are available through the following streams.

- Community Grants – assists community groups with a broad range of community development projects, services, activities, equipment or new initiatives.
- Event Grants – supports community, commercial and signature events throughout Colac Otway.
- Business Grants – supports local businesses through the Building Façade Improvement program.
- Trees for Farms – Council's newest grant opportunity that supports native tree planting programs.

For more information, including eligibility criteria, key dates and how to apply, visit our website: www.colacotway.vic.gov.au/grants or contact the Grants Officer on 5232 9400.



Have Your Say

Colac Otway Soccer Facilities Feasibility Study


A strategic approach is needed to understand how best to provide football (soccer) facilities to meet the sport's participation needs now and in the future.

Council would like your feedback on this study.

Consultation opens on Monday 2 March 2026

Visit our website for more information: 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 for March

Simply one of the best! No more to say...

"I was searching for a fool
when I found you".

- As you like it.

Writers: Megan Murfitt, Freya Bennett, John Frizon, Mary Dracup, Amelia McBride Baker, Abigail Pakula, 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.

Things are happening at Shed 9

(Forrest & District Historical Society)

After many years of collecting artifacts and a written history of Forrest, the group are engaged in building a display area to properly exhibit the collection.

Using donated recycled materials for the build has made this possible at a low cost, but couldn't happen without the participation of some very generous volunteers. Thank you to Peter Shoenhofen, Peter Mitchell, Paul Hayes, Lochie Warnock, Russell Finn, Byron Pakula and Pavel, who made time when called upon to provide the extra manpower when needed, (which was often).

Norm Houghton, Leo Martin and Byron did an excellent job designing and setting out the display as well as catering to our attendees at the recent open day.

The project is not finished by a longshot. Look forward to having this done soon so that we can have a Forrest history learning centre to reflect the importance of our history.

If you would like to find out more about the group, please email me at john.frizon@bigpond.com.

John Frizon, President FDHS



Trees for Farms grants to improve farm income & biodiversity

If you are a primary producer, this year could be the perfect time to plant out a hillside or wildlife corridor. Alternatively, you could extend native vegetation next to an existing planting, roadside or remnant patch of bush.

Colac Otway Shire have just introduced 'Trees for Farms' grants up to \$3000, to help buy tubestock of native shrubs and trees, guards and stakes; and also pay contractors for labour related to site preparation and planting.

The economic benefits of plantations to farms are well known, including shade and



shelter for stock, as well as natural pest control for crops and pastures due to the predatory insects, insect-eating birds and micro-bats that will come. They can improve productivity and soil health while also sequestering carbon and helping manage water and erosion. The Agriculture Victoria website contains a wealth of guidelines, resources and practical information on plantings.

For information on Trees for Farms grants see the Colac Otway Shire website, under Grants Programs. These are open till 10 April.

*Mary Dracup,
Gerangamete Forrest Landcare Group*



Forrest & District Neighbourhood House - MARCH

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 \$20 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!
CHANGE OF DAY* Forrest Osteopathy is onsite. Call 0438 298 669 to book in.
FRIDAYS - CLOSED
Pantry top up: (late evening)
Community Gym (at the rec reserve): memberships available, contact coordinator for more info. Gym access 6am-10pm daily.

SPECIAL ACTIVITIES & EVENTS:

WOMEN OF THE OTWAYS-

Friday 6th March
from 6pm @ the NH.
 BYO nibbles and refreshments.
 All women welcome to attend.

KIDS EASTER ACTIVITIES

Tuesday 31st March- 3.30pm-5pm.

Biscuit decorating and Easter Bonnets.

Suitable for kinder aged to grade 3. Gold coin donation, please book with coordinator.



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: Forrest Community Hub - 47 Grant Street, Forrest 3236



THANK YOU, OTWAY HEROES!
 COMMUNITY ACKNOWLEDGMENT & FUNDRAISER.
FORREST BARWON DOWNS GERANGAMETE



EVENT DETAILS

WHEN & WHERE
 SUNDAY, MARCH 15th FROM 1 PM at FORREST HALL



ACTIVITIES & SUPPORT

LIVE MUSIC
 Featuring: BEECH FOREST STRING BAND

KIDS' ZONE
 ACTIVITIES & GAMES FOR KIDS

COMMUNITY BBQ
 BBQ MEALS & DRINKS



A SPECIAL THANK YOU TO ALL OUR:
 CFA Brigades, Police, Contractors, & Volunteers.



ALL DONATIONS WILL GO TO THE CFA BRIGADES

*BYO DRINKS. (No alcohol sales on site).

OTWAYS COMMUNITY UNITING TO SAY THANK YOU



WATCH THIS SPACE

Forrest's Neighbourhood House and Primary School will be advertising for a community partnership role shortly, as part of a new food security program funded by the Victorian Government. Keep an eye out through Forrest facebook and the school newsletter.






KEEP YOUR SHOWER TIME TO FOUR MINUTES

Smarter water use starts with everyday choices. Take shorter showers, run full laundry loads and turn the tap off when brushing your teeth.

Q MAKE EVERY DROP COUNT



 Barwon Water



 Melbourne Water

 South East Water

 Yarra Valley Water

 VICTORIA
State Government

Reviving the Almost Forgotten

Geelong Cemeteries Trust (GCT) is set to launch an engaging virtual memorialisation experience at Colac Cemetery that brings together history, legacy and community.

Developed in collaboration with Arrow Bronze and the Colac & District Family History Group (CDFHG), the Virtual Memorialisation Pilot project draws on CDFHG's Almost Forgotten initiative – an extensive research project containing more than 1,800 life stories, historical records and images of individuals interred at Colac Cemetery prior to the 1900s.

The pilot project aims to preserve and celebrate life stories and create a meaningful, enduring and accessible way for families and the broader community to honour local lives and legacies.

“For many families, these graves have long been silent,” says Merrill O’Donnell, President of the Colac & District Family History Group. “By uncovering and sharing these stories, we are restoring names, lives and dignity to people who helped shape our district.

We are pleased to partner with Geelong Cemeteries Trust to ensure these lives are respectfully preserved and remembered.”

Set to launch in mid-2026, the experience will initially feature up to 200 stories from the Almost Forgotten collection, available through a free mobile app. Visitors will be able to download the app and, as they move through the cemetery, view stories connected to grave locations. *GCT 2026*

Forrest, Yaughner and Gerangamete figures will feature amongst the stories in the pilot project, including Mary Ann and Florence Blundy, Florence Gladman, May Jeffers, Mabel Reid and Roderick and Elizabeth Ann Ireland, who all died at Yaughner, Calvert Bartlett from Forrest, and John Brown, who died in the Forrest pub. Also look out for some Gerangamete names, such as Stella Grant, Alexander Armstrong, David and Ada McCann, Edward Lowndes and Martha Edmonds.

Amelia McBride Baker

Firewood collection areas open Sunday March 1

Victorians can collect free firewood for personal use from designated Forest Park areas starting Sunday, March 1. Some areas may differ due to recent bushfires. The autumn season closes June 30, but may shut earlier if supplies run out.

Maps of collection areas will be published and updated on the Forest Fire Management Victoria website. Interactive maps show vehicle access, and PDF maps provide safety information.

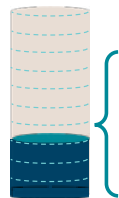
Forest Fire Management Victoria is establishing new areas for fire-affected communities. Victorians are advised to check daily fire conditions and road closures before collecting wood, wear proper safety clothing, make sure you are trained to use equipment, and stick to formed roads and tracks.

Collect only fallen or removed wood in designated areas; cutting standing trees is illegal and carries heavy penalties. Collection limits are two cubic metres per person per day and 16 cubic metres per household per financial year.

Authorised Officers patrol forests and can issue fines over \$814 for violations, with more serious cases risking \$10,175 fines or up to 12 months jail. Offending equipment may be seized.

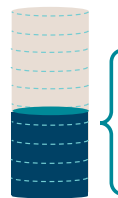
For updates and maps visit www.ffm.vic.gov.au/firewood. Maps are available online from March 1, except Murray Goldfields District (April 1). For more info call 136 186 or report suspected illegal collection to Crime Stoppers at 1800 333 000.

Barwon Water Updates



27%

West Barwon Reservoir



47%

Wurdee Boluc Reservoir



4ML

Current 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 use!

Swap your shower head for a more efficient model.

Old shower heads can use as much as 30 litres per minute. Water efficient, 4-star Water Efficiency Labelling and Standards (WELS) rated shower heads, as little as five.

Dual-flush toilets with a 4-star WELS rating use around three litres per flush, which can help save up to 35,000 litres per year!

If you have an old inefficient single flush toilet cistern or an old, leaking dual flush cistern, you may be eligible for a free toilet upgrade.

To find out more, visit: www.barwonwater.vic.gov.au/water-and-waste/saving-water

Try our shower playlist!

Short showers save water, as well as the energy costs associated with heating water. Cutting your shower time down to four minutes can be fun, thanks to our ‘4-minute shower songs’ playlist available on Spotify. Time your shower to a tune and you’ll be in and out in four minutes.

To access the playlist visit: www.barwonwater.vic.gov.au/water-and-waste/saving-water

Did you know?

You can learn about the Forrest Wastewater Project at the QR code below.





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email: mkjuleff@activ8.net.au

www.cruciblecider.com.au

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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

CtoC Colac to Coast REAL ESTATE



Rebecca Graham
Director/Property Manager



Andrea Ivermee
Director/Licensed Estate Agent



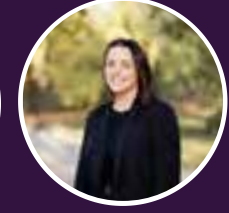
Stuart Nelson
Auctioneer/Sales Specialist



Amanda Cook
Property Manager



Jacinta Mahony
Assistant Property Manager



Skie Maddern
Assistant Property Manager



Melinda Cass
Reception



Kiahna McCoombe
Administration

03 5231 3288
info@colactocoast.com.au
colactocoast.com.au
7 Dennis Street,
Colac VIC 3250

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

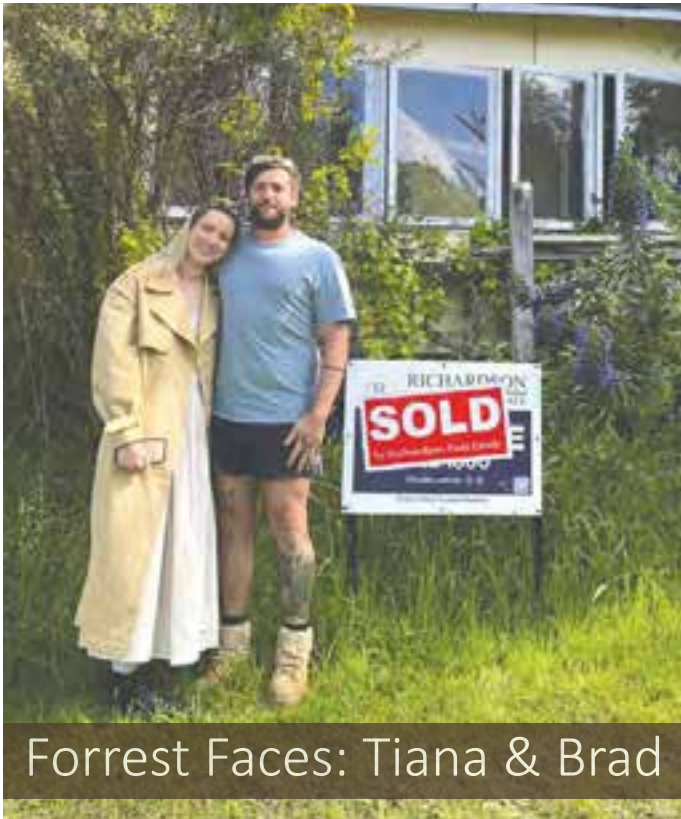
THE FORREST POPUP OP SHOP

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: Tiana & Brad

How long have you lived in the area?

We have been in town for two months.

What is something people don't know about you?

We're high school sweethearts.

What do you love about Forrest?

We love exploring all the beautiful things in the area.

Kids Corner



This year is the year of the Fire Horse which means it's the year of intense energy, rapid change, and action. The lunar new year of the Fire Horse comes around only every sixty years. This year has started off with fires and floods, and it certainly feels like the year of the Fire Horse already. Here are some questions you might want to answer.

What saddle would you need to ride a Fire Horse?

What would a Fire Horse eat?

Would a Fire Horse be allowed on the mountain bike trails?

Would you be able to take a Fire Horse to the General Store?

The traditional new lunar year family dinner includes dumplings to bring togetherness, long noodles bring long life, and whole fish to represent wealth with head and tail in place because it represents good beginning and end to the new year.

Happy new year!!!!!!!!!!!!!!

Abigail Pakula

About the author

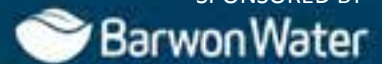
How long have you lived in Forrest? My whole life (nearly 10 years)

What is your favourite thing to do in Forrest? Play with my friends



BIRDS OF THE OTWAYS

SPONSORED BY



Little Falcon

The Australian Hobby, or Little Falcon is a smallish Raptor (about 30cm long) that can be found all over Australia and Tasmania. However it is not particularly common, but can be found in a wide variety of habitats including open country with scattered trees, tree lined watercourses, and even urban areas. Here in Elliminyt you are often alerted to a little Falcon's presence by Noisy Miners and other Honeyeaters all emitting a raucous alarm call. A Little Falcon will then usually be seen flying amazingly fast on their pointed wings over the treetops, or lower. It can often be seen perching on a high tree branch, where it can take off and catch its prey on the wing, which includes small birds, bats in the half light of dusk, and insects such as dragonflies. Usually seen individually or in pairs, they will call to each other in a high pitched chattering while hunting.

Little Falcons will usually take over an old nest of a crow, or other raptor to lay their 3-4 heavily blotched eggs. It is always a great sight to see one of these game little raptors flying overhead!

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com

