



THE FORREST POST

FMS

SEPTEMBER 2026

FREE

We love Book Week at Forrest PS and EYC! The whole school got into the spirit with some fantastic costumes and had lots of fun. A big thanks goes to Ash for our special treat at the General Store!

Adaptive Bike arrives in Forrest

Adaptive mountain bike trails like those developed here in Forrest open the outdoors to more riders, including people who use handcycles, recumbent bikes, power-assisted bikes or other modified equipment. By removing common barriers such as narrow bridges, tight turns, and steep side slopes, these trails make riding safer, more predictable and more welcoming. The benefits reach well beyond individual riders. Inclusive trail design can also help beginners, families and older riders enjoy the sport with confidence. For clubs such as Forrest Mountain Bike Club, adaptive trails can strengthen community participation by giving more people the chance to ride together and share local tracks, while also attracting adaptive riders to visit Forrest.

Importantly, adaptive trails show that accessibility and challenge can coexist. Thoughtful design can provide flow, adventure and progression without excluding riders who need wider lines or alternative features. As adaptive mountain biking grows, clubs that support inclusive trails help build a culture where mountain biking is not defined by who can access the trail, but by the shared experience of being outside, active and connected.

The Forrest MTB Club is excited to take ownership of their very own Bowhead RX adaptive bike. This bike came about through grant money from Regional All Abilities Participation Grant Program plus a generous subsidy from Push Mobility who supplied the bike and handed it over to the Forrest MTB Club on August 18. This bike will be able to be hired from the club and will allow people to try the bike, test it for the purpose of NDIS funding, hire it when on holidays or if they can't transport their own adaptive bike here, and so much more. Get in touch with the Forrest MTB Club for more updates on how to request a booking in the future - coming soon! Big thanks to club members



From Left: Forrest MTB Club members Michelle Davidson, Ashlee Morton, Chris Midgley and Freya Bennett, pictured at the Southern Trail Head, Forrest.

for their input and insight into developing the grant application, as well as DEECA Victoria for their support. Thanks to Pete from Push and Paul van der Ploeg for taking the crew out for the maiden voyage.

Email: forrestmtbclub@gmail.com or follow on socials (source @forrestmountainbikeclub)

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.

AMY'S GRAN FONDO BIKE RIDE ROAD CLOSURE - SUNDAY 13 SEPT - PG 3 FOR DETAILS

Colac Otway
SHIRE

Colac Otway Shire News

Have Your Say

Draft Community Engagement Policy

Council is reviewing its Community Engagement Policy and would like your feedback.

The policy outlines the principles and commitments that underpin Councils approach to Community Engagement.

Submissions close at 5pm on Wednesday 7 October 2026.

Visit www.colacotway.vic.gov.au/haveyoursay to provide your feedback.

FREE Youth School Holiday Workshops

Council's Youth Engagement Team have an amazing line up of FREE school holiday workshops for young people aged 12-25 who live, work, play or study in Colac Otway Shire.

Visit www.colacotway.vic.gov.au/youth-events to register your place.

YOUTH PHOTOGRAPHY WORKSHOP

Date: Wednesday 23 September

Time: 10:00am – 12:00pm

Location: Marrar Woon Neighbourhood House,
6 Pengilly Avenue,
Apollo Bay

YOUTH RADIO & PODCAST TRAINING

Date: Thurs 24 September

Time: 10:00am – 12:00pm

Location: Colac Central
Reserve Pavilion, 32-40
Gravesend Street, Colac

YOUTH SOUNDCHECK WORKSHOP

Date: Friday 25 September

Time: 10:00am – 12:00pm

Location: Colac
Neighbourhood House, 6
Myers Street, Colac

YOUTH DJ WORKSHOP

Date: Friday 25 September

Time: 1:00pm – 3:00pm

Location: Colac
Neighbourhood House, 6
Myers Street, Colac

Council and Committee Meetings

Monthly Council meetings commence at 1pm (unless otherwise advertised) on the fourth Tuesday of the month (except December). All meetings will be at COPACC unless otherwise advertised.

Upcoming Council and Committee (Submissions and Planning) meetings for 2026 are listed on Council's website.

Meetings are livestreamed and members of the public can view meetings on Council's YouTube channel.

Submit a question for a Council meeting

Colac Otway Shire Council encourages questions from residents. There is thirty minutes of question time at the beginning of Council meetings. Questions to Council need to be short and direct (not statements or discussions). Each question asked/submitted must not be greater than three minutes in duration.

Ways to ask a question:

In writing – written questions are read out by the Chair of the meeting. Questions must be received no later than 5pm the Friday prior to the meeting.

Email: inq@colacotway.vic.gov.au

Post: PO Box 283, Colac VIC 3250

Online form: www.colacotway.vic.gov.au/submit-questions

Questions in writing must be clearly marked and include your name and address, organisation (if applicable), date of submission and your question.

Via video link – members of the public may join the meeting via MS Teams to ask a question.

In-person – register your intent to ask a question upon entering the gallery at a Council meeting.

For further information on Council meetings, agendas, minutes and submitting a question please visit www.colacotway.vic.gov.au/council-meetings

YOUTH FEST
FREE workshops for young people aged 12-25!

YOUTH SOUNDCHECK WORKSHOP
Friday 25 September
10:00am - 12:00pm
Colac Neighbourhood House
6 Myers Street, Colac

YOUTH DJ WORKSHOP
WITH DJ BARKSY
Friday 25 September
1:00pm - 3:00pm
Colac Neighbourhood House
6 Myers Street, Colac

Register now
www.colacotway.vic.gov.au/Youth-Events

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 September

*This month we have NO comment/
words of advice, at all!!*

"Away, you three-inch fool!"

- *The Taming of the Shrew*
(Act 5, Scene 1).

Writers: Freya Bennett, Mary Dracup, Megan Murfitt, Gillian Brew, Abigail Pakula, Adam Davies and Ian Fry.

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

Proofreaders: Mike and Katrine Juleff, Rob Carghill & 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.

Local access during Amy's Gran Fondo bike race

More than 5,000 cyclists and their families will visit the region to honour Amy Gillett, who tragically lost her life in a training ride in 2005 when hit by a car. Road closures will be in place during the race, so please obey changed traffic conditions and keep an eye out for riders as they head through Forrest between 8am and 1.30pm on Sunday 13 September. For more info visit the website: www.amysgranfondo.org.au

Skenes Creek and Forrest: Residents will be able to cross the course under the direction of Victoria Police or Traffic Management for the duration of the closure at the following locations: Properties accessed along or off Old Coach Rd, Skenes Creek can be accessed by approaching the Great Ocean Road from Apollo Bay prior to 8.30am and after 11.30am; and Residents can cross over (but not turn into) Birregurra-Forrest Rd at Colac-Forrest Rd and Henry St.

Beech Forest: The section of Forrest-Apollo Bay (Skenes Creek Rd) between the Great Ocean Road and Turtons Track (C159 Beech Forest-Mt Sabine Rd) will only be accessible to local traffic prior to 8.00am.

Pennyroyal Valley Road, Deans Marsh: Properties on Pennyroyal Valley Rd can gain access via the Deans Marsh General Store when safe to do so under the direction of traffic management.

Murroon & Pennyroyal: Access can be granted across the Birregurra-Forrest Rd to gain access onto Division Rd / Murroon Rd and Pennyroyal Station Rd.

Birregurra / Cape Otway Road: Access will remain unimpeded along Cape Otway Rd to Birregurra.

Apollo Bay - Medio Fondo Only: Road closure from 10.45am – 11.30am. Detour around Apollo Bay (avoiding Great Ocean Road between Hardy St and Skenes Creek).

AMY'S GRAN FONDO ROAD CLOSURES

To ensure the safety of all participants and the community, temporary changes to traffic conditions must be implemented.

Appropriate traffic control measures as approved by Victoria Police, Department of Transport and local Councils will be temporarily installed at all intersections and access points to private property that provide vehicle access to the course. Minor roads, residential and business driveways adjoining the course will be closed progressively from dawn.

DIVERSION ROUTE & KEY ACCESS POINTS

The principal detour route avoiding the Great Ocean Road both East and West bound is via the Princes Highway through Winchelsea to Colac, then along the C155 from Colac through Gellibrand to Lavers Hill and vice-versa.

- **Lorne** - Use the Great Ocean Road to/from Anglesea
- **Apollo Bay / Skenes Creek** - Use the Great Ocean Road to/from Lavers Hill
- **Forrest** - Use the Colac - Forrest Road to/from Colac
- **Deans Marsh** - Use the Princes Hwy via Winchelsea



THE FOLLOWING ROAD CLOSURES APPLY

SUNDAY 13 SEPTEMBER 2026

ROAD	LOCATION / CLOSURE	MAP REF	TIMES
Mountjoy Parade, Lorne.....	Between Otway St & William St.....		4.45am – 10.00am
Mountjoy Parade, Lorne.....	Between William St & Albert St.....		4.45am – 5.00pm
Mountjoy Parade, Lorne.....	Between Deans Marsh Rd and Otway St.....		7.00am – 8.00am
Deans Marsh-Lorne Road.....	Between Birregurra – Deans Marsh Rd & Great Ocean Rd.....		6.30am – 10.00am
Birregurra-Deans Marsh Rd & Deepdene Rd.....	Between Cape Otway Rd & Deans Marsh – Lorne Rd.....		7.30am – 10.30am
Birregurra-Forrest Road.....	Between Deepdene Rd (Colac-Lorne Rd) & Colac-Forrest Rd.....		7.45am – 11.30am
Forrest-Apollo Bay Road.....	Between Beech Forest Rd (Turtons Track) & Colac Forrest Rd.....		8.00am – 1.30pm
Skenes Creek Road.....	Between Great Ocean Rd & Beech Forest Rd (Turtons Track).....		8.00am – 2.00pm
Great Ocean Road (both directions).....	Between Skenes Creek Rd, Skenes Creek & Albert St, Lorne.....		8.30am – 3.30pm

MEDIO FONDO START STOP & HOLD - APOLLO BAY

Great Ocean Road.....	Between Hardy St, Apollo Bay & Skenes Creek Rd, Skenes Creek.....	10.45am – 11.30am
-----------------------	---	-------------------

Through Traffic will have immediate access at the conclusion of the closure time.
Local traffic may be impacted longer whilst the treatments to minor roads, residential and business driveways are removed.



Forrest & District Neighbourhood House - SEPT 2026

REGULAR ACTIVITIES AT THE F&DNH

MONDAYS - open 12pm-4pm (incorporating youth group)

Youth group: 3.30-4.30pm over winter. Open to youth in grade 5 and up. Cost is \$20 per term or a gold coin each week.

TUESDAYS - open 8.30am-3.30pm

Playgroup: 10am-12pm. Gold coin weekly. Open to all families with young children.

Craft group: 2.30pm-4.30pm each week in winter. BYO craft project. Gold coin.

Seniors morning tea: First Tuesday each month, 10.30am-11.30am. Gold coin.

Book club: Now once a term 2nd Tuesday of each term 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 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, \$100 per term. Peer led local art group and studio space.

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

THURSDAYS - coordinator at the hall

Community lunch: Take away or dine in. Order on Wednesdays through Facebook or text 0493105502, pick up from the hall at 12.30pm on the day. \$8. Return containers each week!

FRIDAYS - CLOSED

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



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



Colac Otway
SHIRE

FREE for Colac Otway Shire Youth aged 12-25

Youth Photography Workshop

With Photographer Amber Nosedá



Wednesday 23 September
10:00am - 12:00pm

Marrar Woorn Neighbourhood House
6 Pengilly Avenue, Apollo Bay

Register
Now



FREE for Colac Otway Shire Youth aged 12-25



Thursday 24 September
10:00am - 12:00pm

Colac Central Reserve Pavilion
32-40 Gravesend Street, Colac

Register
Now



www.colacotway.vic.gov.au/Youth-Events



Spring firewood collection season opens 1 September

Victorians can prepare for next winter by collecting free firewood for personal use from state forest collection areas from 1 September until 30 November.

Free firewood for domestic use from state forests comes from naturally fallen

trees and by-product from forest and fire management works. As a result, the amount that is available will vary.

Acting Deputy Chief Fire Officer, Barwon South region, Stephanie Ryan said people who rely on firewood for heating

and cooking should plan for their needs early and organise their collection as soon as maps become available.

Maps for this spring season's collection are online from Tuesday 1 September, at www.ffmpeg.vic.gov.au/firewood.

Science Week at Forrest

At Forrest Primary School and Early Years Centre, we had a great time celebrating Science Week with lots of hands-on activities and plenty of mess!

Students made Oobleck and cloud dough, did some planting and had a go at using pH testing strips. It was a really fun afternoon and there was lots happening across the school.

A big thank you to Freya, who came along in her Community Garden Worker role and ran one of the activities for us. We really appreciated having her there.

Science Week was a good excuse to make, test, explore and get our hands dirty, as the photos show!

Megan Murfitt - Principal
Forrest Primary School



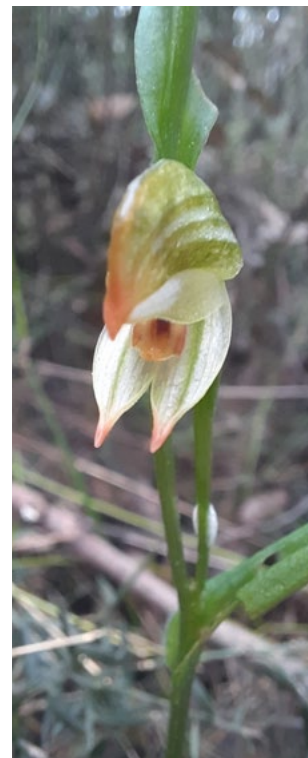
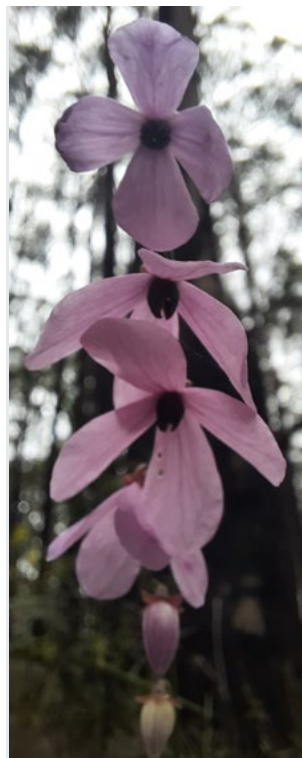
Spring has sprung

Spring is in the air and there are so many plants flowering in the local area that are worth getting out to see. On a recent bike ride, I stopped to admire the flowers along the track towards Spaghetti Junction (part of the Forrest Loop shared trail). There is of course the wattle - who can miss that in all its forms and shades of brilliant yellow. But there are also many other smaller flowers.

I first noticed the Pink Bells (*Tetradlea ciliata* or black eyed Susan) along the edges of the track and stopped to look at the delicate, bell shaped flowers. But once I started looking I also discovered what I think is the tall Greenhood Orchid (*Pterostylis longifolia*) and it is a beauty. It is tall as the name suggests and I spotted it peaking out between some other plants. The flower is subtle but stunning, opening to beautiful green, partly transparent with downward curved sepals. On finding out more about it, it is endemic to south eastern Australia and the tuber and root are apparently edible. It typically flowers in the cooler months through autumn and winter.

This is only the beginning of what is flowering at the moment - what a treat!

Freya Bennett



Get to know your local birds and plants

This Spring is a great time to get to know the local birds and plants that share our home in Forrest. Here are some opportunities.

Bird identification walk

People of all ages are welcome to join a guided bird identification walk on Sunday 4 October, starting at 10am at the picnic table near the Kaanglang Road bridge over the West Barwon River, hosted by Gerangamete and Forrest Landcare Group.

Parks Vic rangers James Gorman and Michael Mackenzie will lead the gentle walk, which will follow the path from the river up to Hennigan Crescent and back down again. They will be listening and watching out for local birds and explaining their habits as we go. We will finish up at the picnic table on the riverside with a chat over a sandwich lunch and cup of tea or coffee around 12pm. Please could you email us at gerangametelandcare.com.au if you will be coming, for catering purposes.

Stroll through the 'Environmental work in progress' site

The bird walk site is also a lovely place to stroll any time the sun is shining. If you've been in Forrest for longer than 5 years you may remember this as a place where holly, blackberry, hawthorn and periwinkle ruled.



Now the weeds are mostly gone, and 2-3000 indigenous plants put in by the Gerangamete and Forrest Landcare Group are growing well.

Members are still planting on the site, both to stop weeds from regaining a stranglehold and to nurture the biodiversity back towards where our environment needs it to be. The young flowering hazel pomaderris, olearia, Indigofera, mint bush, poa, lomandra, goodenia and dianella are now creating a very pleasant and fragrant place to wander.

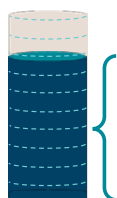
Walkers are very welcome to pull out a few weeds as they go, of course!

Come and help plant

If you'd like to take the next step and establish a few more plants on the site yourself, or spread mulch and cardboard, or help whipper-snip or weed with us, please email us for the next date. We meet around once a month on a Sunday morning to work on the site, or have other ecology-related activities such as farm visits, expert talks and 'What's going on with our river' forums. Post-activity cake and friendly chats with other Forrest-Gerangamete locals provide more reasons to come.

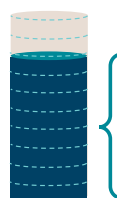
Mary Dracup

Barwon Water Updates



80%

West Barwon Reservoir



81%

Wurdee Boluc Reservoir



4ML

Current minimum daily passing flow at West Barwon

Community talks and tours

As part of our commitment to local community groups, we provide guided tours of key facilities and guest speakers for events, meetings, or information nights.

Guided tours are available at:

- West Barwon Reservoir – one of our most important water supply catchments, located in the Otway Ranges.
- Colac Water Treatment Plant – Located in Elliminyt, and treating water from Olangolah and West Gellibrand reservoirs for Colac and Birregurra.

- Wurdee Boluc Water Treatment Plant – one of our region's main water treatment plants, located 40 minutes' drive from Forrest.
- Black Rock Water Reclamation Plant – our largest wastewater treatment and water recycling plant, located in Connewarre.

Please note:

Our other sites may be available for tours on request. All tours are subject to availability: maximum and minimum numbers apply.

Request a speaker

Request a Barwon Water speaker for your next community meeting.

Find out more about where your water comes from, how we're planning for the future, our water saving tips, updates on our major projects, or stories about our history. We'll tailor every presentation to the interests of your group.

If you're interested in a guided tour or a speaker for your group, please complete the education booking form at the web page below.

Learn more!

For more information, visit: www.barwonwater.vic.gov.au/community



Forrest Acoustic Music Jam 4th Sunday of the Month

Join in easy 2-3 chord, old timey style songs, or bring a song to share.

Beginners welcome and encouraged

**Forrest Historical Society - Shed 9
Forrest Community Hub - 47 Grant St**
for more information call John on 0407 630 303

NEXT JAM - 27 SEPTEMBER 1-3PM

MATHEW SILVEY PLUMBING

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

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.

Birregurra Pharmacy

Peter Mikaeil B.Pharm M.P.S

Monday - Friday
9:00am - 5:30pm
Saturday
9:00am - 12:00pm

40 Main Street
Birregurra, VIC 3242
Ph: (03) 5236 2288
Fax: (03) 5236 2280

Email: birrepharmacy@hotmail.com



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



Colac to Coast
REAL ESTATE



Rebecca Graham
Director/Property Manager



Andrea Ivermee
Director/ Licensed
Estate Agent



Emma Nelson
Sales Specialist



Amanda Cook
Property Manager



Kiahna McCoombe
Property Manager



Jacinta Mahony
Sales Support

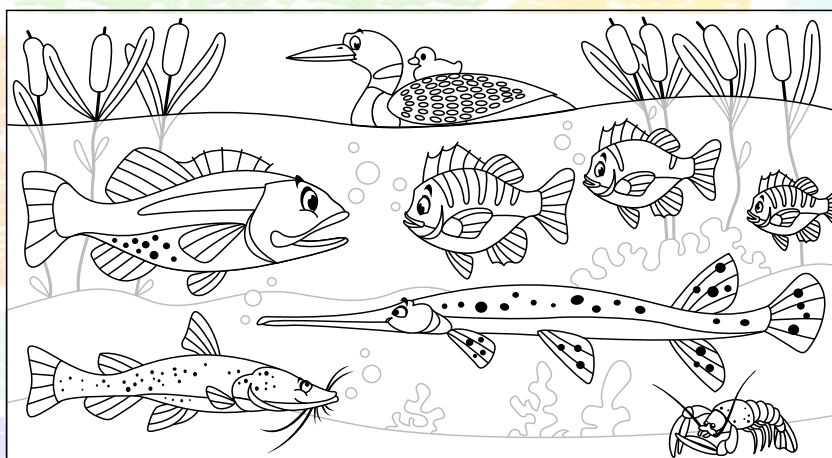
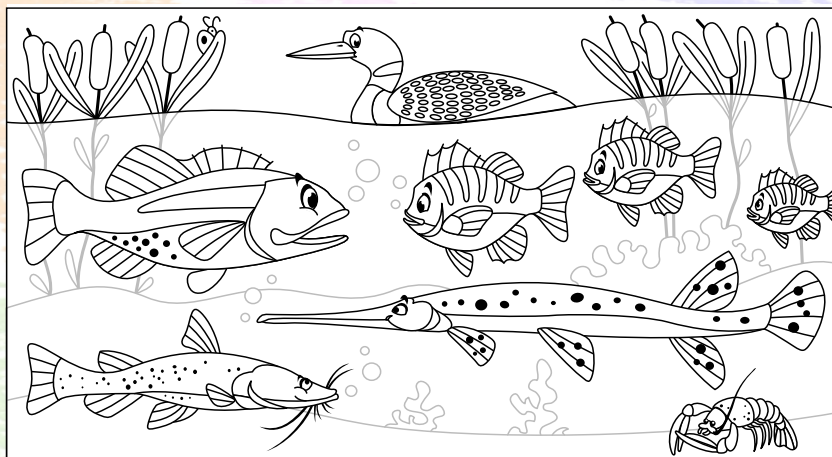


Skie Maddern
Reception

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

Spot the Differences

Find and circle the 10 differences in the pictures below.



Oh No!

"Ladi da, Ladi la", sang a little child called Bloom while walking to the park. She had a picnic her Nan had packed to get Bloom out of her way. Now Bloom gets distracted really easily, so when she saw a little grey cat, she had to follow it! She ran into the misty forest and into the eerie clearing, where the bright afternoon sun shone through the tall towering trees above. She looked around and around, but didn't know her way home. "Oh no!" exclaimed Bloom.

"I know where your home is", a loud and gentle voice said. Bloom turned around to see a huge black spider with purple stripes, hanging down from a branch. "My name is Polly" said the spider. Then she flung Bloom on to her back, and ran off. "You ridiculous lump of spider, put me down!" screeched Bloom. But there was no sign of Polly slowing down. They vanished into a dark cloud of mist, and then as the mist cleared, they emerged from a forest that had transformed into burnt and black.

"Now I'm even more lost, Polly!", grumbled Bloom. She went to smack Polly, but her hand went straight through her. Then Bloom realised, Polly the Spider was made of hundreds and thousands of ants.

To be continued.

A Story by Abigail Pakula

BIRDS OF THE OTWAYS

SPONSORED BY



Yellow Faced Honeyeater

The Yellow Faced Honeyeater is a small (15cm long) grey-brown Honeyeater with conspicuous yellow and black facial stripes. It is found in a broad area from about Townsville in Qld, to Adelaide in South Australia. It is found in most habitats, but avoids the more arid country. They are quite commonly found in Forest, and the surrounding areas. This honeyeater is interesting as it migrates northward in the autumn to warmer regions (although many still remain in the cooler South Eastern areas) and return in the Spring in small flocks.

It actively searches through the foliage for insects, nectar, honeydew and lerps ,where it can be heard with a bright, loud 'cherry chichup' call.

Its nest is a flimsy, deep cup of bark, grass and moss in a thin fork of a shrub ,where it lays 2-3 spotted and blotched pinkish eggs.

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com