



Abigail, Stella and Aarli from the Forrest Primary School serving up sweet treats

A day fit for a King

What a weekend the King's Birthday long weekend was! The town was full of runners for Run Forrest and the weather was kind with only the slightest drizzle and even some sunshine.

This made for perfect conditions for the Forrest Primary School and Early Years Centre Fete and Art Show be held at the hall.

A range of stallholders joined the fete from flowers and vegetables to records and hot jam donuts. The chocolate toss was very popular and the BBQ also did a sizzling trade. The mini-chefs were in full swing in the hall kitchen making strawberries and cream and hot chocolates. Special shout out to the children who had stalls or helped on the day – what a great effort!

Thank you to the organising committee and all who helped behind the scenes, on the day or made donations.

Thank you to everyone who came and supported the event – it was lovely to see so many of the community out on the day.

Freya Bennett



Locals Liza and Kingsley enjoy a warming cuppa served by Emma



The chocolate toss and school stall featuring local produce is always popular. More photos on Page 3.

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.

CHEESE MAKING WITH BARRY - SUNDAY 26 JULY - FORREST HALL - SEE PAGE 4 FOR DETAILS

Colac Otway Shire News



School Holiday Activities

Colac Otway Shire Council's Youth Engagement Team are hosting FREE school holiday activities for young people aged 12-25 who live, study or work in Colac Otway.

- **Youth Boot Scooting Class** – Monday 29 June, 2pm – 3.30pm @ COPACC
- **Youth Farming Futures Workshop** – Tuesday 30 June, 10am – 12noon @ Farm My School Colac (Colac Secondary College)
- **Stitch It Red Workshop** – Friday 3 July, 10am – 12 noon @ Colac Makers' Space
- **Youth Improv Workshop** – Monday 6 July, 10am – 12 noon @ Colac Central Reserve Pavilion
- **Paint It Red Workshop** – Tuesday 7 July, 2pm – 4pm @ Colac Makers' Space
- **Stencil It Red Workshop** – Wednesday 8 July, 1pm – 3pm @ Colac Makers' Space
- **Play It Red Workshop** – Friday 10 July, 10am – 12noon @ Colac Makers' Space

Visit www.colacotway.vic.gov.au/youth-events for more information and to book your place.

Digital Wayfinding Signs

Eligible visitor economy businesses are invited to apply to be featured on new digital wayfinding kiosks across Colac Otway. This initiative helps you reach more visitors and connect with the local community.

As part of our commitment to local economic growth, interactive kiosks have been installed at Memorial Square and Colac Unearthed.

A third kiosk will be installed in Apollo Bay soon.

Visit www.colacotway.vic.gov.au/digital-wayfinding to find out how you can be involved.

Have Your Say – Community Engagement Opportunities

Council values your feedback and encourages you to make comments on our projects and initiatives.

Participating in this deliberative consultation process gives the community an opportunity to be involved in Council's decision-making processes.

Visit www.colacotway.vic.gov.au/haveyoursay to participate in our latest community engagement opportunities.

And check the "Get Updates" box to stay informed, share ideas and shape projects that matter to you.

Forrest groups successful in community grants round 26-27

Forrest Horse Riding Club - Hot Water Unit	\$790
Forrest Public Reserves Committee - Community Hub On-Site Signage	\$2,002
Forrest MTB & Cycling Club - Wheelchair Accessible BBQ at Mountain Bike Trailhead	\$6,380

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

Charges laid over illegal trails in Otway Ranges

Five men have been charged after a network of illegal trailbike trails were constructed on protected public land in the Otway Ranges.

The charges relate to illegal trail bike riding and significant environmental damage across the Great Otway National Park and Otway Forest Park between May and August 2025. A Conservation Regulator investigation identified evidence that chainsaws, machetes and other hand tools were used to construct illegal trails through native vegetation, creek beds and sensitive rainforest ecosystems.

As part of the investigation, search warrants were executed at properties in Belmont, leading to the seizure of two trail bikes, tools and equipment allegedly used to construct and ride the illegal trails.

The Great Otway National Park and Otway Forest Park are environmentally significant areas that provide habitat for rare and threatened species and contain sensitive ecosystems such as cool temperate rainforest.

Many of the species are sensitive to disturbance, including changes to soil and water conditions or the spread of pathogens, which can occur when soil is moved by tyres or boots.

In Victoria, trail bike riding is only permitted on formed roads and tracks that are open to the public, and it is illegal to remove native trees or damage wildlife habitat on public land without authorisation.

Suspected illegal activity on public land can be reported to Crime Stoppers on 1800 333 000.

Shakespeare's Insult for July

There's a prize this month for those who CAN'T think of who this applies to!!

"A most notable coward, an infinite and endless liar, an hourly promise breaker, the owner of no one good quality"

- *All's Well That Ends Well (Act3, Scene6).*

Writers: Freya Bennett, Matt Roberts, Emma Pakula, Mary Dracup, Rob Cargill, 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.



Locals and visitors enjoyed the hometown hospitality at the annual School Fete and Art Exhibition with lots of local products on sale.

Police Beat



Hi everyone, it's been a little while since I've shared an update on policing in the Otway's, and it's fair to say it's been a busy first half of the year.

So far, there have been 37 offenders arrested, charged, or summonsed for a range of matters, including drug possession, assault, breaches of intervention orders, stolen vehicles, weapons and firearms offences, disqualified and suspended driving, drink driving, and theft.

Importantly, none of these offenders were local to our area.

Just to give you a snapshot of what we've been dealing with:

- At the Forrest Recreation Reserve, two males were in possession of amphetamines along with housebreaking implements.
- During a routine patrol, I came across a stolen vehicle on Frizon Street. While it initially failed to stop, it was later detected on Cape Otway Road travelling at speeds more than 180 km/h. A male and female have since been identified and spoken to in relation to that incident.
- In another job, a vehicle stolen from Wallan was tracked by the owner using an AirTag, which led me to a rural property in Kawarren. With assistance from the Colac Divisional Van, we located the vehicle and two offenders hiding in a shed. After a short and physical struggle/ shirt front both were safely taken into custody.
- A few serious motor collisions occurred, and assistance was also provided to paramedics extracting injured mountain bikers from the trails who may have got their ambitions and capabilities mixed up.

A quick update on the police station and residence – works have finally commenced on the station, and it should be operational within the next two months. I might be a bit biased, but it's a great asset for the community. It proved incredibly valuable over the summer fire emergency, where it was used by several

services, including more than 100 SES volunteers to assist with evacuations. The station is also being used almost weekly by partner agencies such as Parks Victoria, Forest Fire Management Victoria (FFMVic), Fisheries officers and paramedics.

We'll continue to be out and about across the Otways keeping an eye on things. As always, if you see something that doesn't look right, please let me know or call crime stoppers on 1800 333 000.

Stay safe, everyone.

Matt Roberts



The President & Volunteers of
Riding for the Disabled
cordially invite you to our

Annual Fundraising Luncheon
at The Lake Colac Bowls Club

13th August 2026 - 11.30am -3.30pm

Our Special Guest Speaker is racing celebrity
Peter Moody (Trainer of Black Caviar)

Live Jazz music by
'Juke Joint Jive'
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Proceeds to RDA Colac



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For help call Joyce 0447 668 209



Forrest & District Neighbourhood House - JULY 2026



REGULAR ACTIVITIES AT THE F&DNH

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

Youth group: 3.30pm-4.30pm in 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. 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, \$200 per semester.

Peer led local art group.

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.

PLEASE NOTE: OFFICE HOURS AND SOME ACTIVITIES MAY BE REDUCED OVER THE JULY SCHOOL HOLIDAYS.

SPECIAL ACTIVITIES & EVENTS:**CHEESE MAKING****WORKSHOPS:****SUNDAY 26 JULY.**

Half and full day session. Get your tickets at <https://www.eventbrite.com.au/e/cheesemaking-with-barry-forrest-victoria-tickets-1992033450675?aff=oddtcreator>

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

**CHEESE MAKING WITH BARRY**

Sunday 26th July @ the Forrest Hall from 10am-5pm.

Bookings are essential.

Half day workshop \$100

Full day \$200

Learn how to make up to 11 different cheeses from scratch!

Tickets are subsidised by the F&DNH with generous support from the Victorian State Government- Community Food Security Program

<https://www.eventbrite.com.au/e/1992033450675?aff=oddtcreator>



Old timey bush dance at the hall

Mick from the Billy Tea Bush Band and a group of talented local musicians who joined the band at short notice, put on a great night of dancing and fun at the Forrest Bush Dance. Reminiscent of the 'good ol' days' at the hall, the community came together to eat, dance and be merry and spend time connecting with new and old friends. Everyone enjoyed a great family night while learning some of the old favourite dances.

Thanks to the Forrest Neighbourhood House and all the volunteers for organising the event with help from Victorian State Government funding.



We Danced

Out in the dark, in the sodden bush,
Light shone bright from the small town hall.
There was laughter, song, and music played,
Boots stomped in lines and a circle's parade.

We held each other's hands, in joy,
Reticence gone, no sense to be coy.
Children in the glee of a town's embrace,
Mick guiding us all, the band building pace.

"How'd you do," and "cup of tea,"
"Come up from the straw, come dance with me."

I wonder if others have also since wondered?
A sensation, a whisper of history uncovered.
That we aren't the first. That in years gone by,
Others have danced beneath this same Forrest sky.

Poem and photos by Emma Pakula



Finding out what's going on with our river

Forrest hosted a rare environmental good news session in mid-June, when Gerangamete Forrest Landcare Group co-hosted a 'What's going on with our river?' update event with Corangamite Catchment Management Authority (CMA) and Barwon Water.

I was one of around 40 locals, Landcarers and river enthusiasts who heard from CMA and Barwon Water managers how long stretches of river in the Upper Barwon region that flows through Forrest to Birregurra are being rehabilitated. Endangered little galaxias fish and platypus are returning to their historical sites and river flow and quality is improving.

We learned the changes were due to six out of eight major clusters of choke points created by willows and glyceria weed grass having been cleared and fenced from stock as part of the CMA's Barwon Flagship Project. The works look like bomb sites at first, and landowners and managers do need to 'hold their nerve' and manage weeds until the native revegetation grows to create shade.

We also learned that managing the transition to a healthier river while some choke points remain is tricky. Releasing the 1000 megalitres (average) of 'environmental water' allocation that is held in the West Barwon Reservoir for when natural flows slow can re-inundate some pieces of swamp-turned-farmland. The river can also sometimes find alternative pathways on its own. For some farmers a periodic influx of fertile river silt is a bonus but every property is different and negotiations are ongoing.

The experts' presentations were jam-packed with analysis and research, and the following panel Q&A session gave the audience a chance to question not only presenters, Landcare and Friends of the Barwon representatives, but also the CEOs



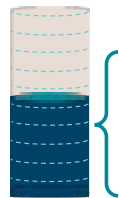
of Corangamite CMA, Amber Clarke, and Barwon Water, Sean Cumming. Information and insights flowed freely and by the end I think it was plain that the agencies, Landcarers and river advocates shared similar goals and concerns around how to rehabilitate our rivers in the face of the declining rainfall. A key message was to clear the remaining choke points.

We were well due for some fresh air as we headed out to visit a rehabilitated stretch of the West Barwon at Boundary Road. Despite the rain, we were able to see the results of willow removal works at a previous river choke point.

Gerangamete Forrest Landcare members had cooked us a warming BBQ lunch by the time we returned, and we had a chance for more informal chats and information sharing with the experts as we munched. On the whole, finding out what was going on with our river sparked a surprisingly positive conversation.

Mary Dracup

Barwon Water Updates



48%

West Barwon Reservoir



51%

Wurdee Boluc Reservoir



4ML

Current minimum daily passing flow at West Barwon

The next Urban Water Strategy needs you!

Our region is growing, it's getting hotter and drier, and we need more water to balance all our needs.

To respond to this challenge, we're exploring a mix of water savings, water smarts and new water sources. Good planning takes time, which is why we need to start preparing now.

That's where you come in.

We want to hear your ideas – big, bold, practical or outside the box – to help shape where we focus, what we prioritise and how we invest to secure water for future generations.

Head to the project's Your Say page at www.yoursay.barwonwater.vic.gov.au/urban-water-strategy-2027 or at the QR code to tell us what you think!



Forrest Wastewater update

The Forrest Wastewater Project team has now received feedback from 73 of 169 landowners within the township's Declared Sewer Area.

This feedback will help inform the project's detailed business case.

Of these, 78.1% strongly supported or supported the project, 19.3% strongly opposed or opposed the project, and 2.7% remained neutral.

Check out the Winter Update to see what else we heard and what the next steps are at www.yoursay.barwonwater.vic.gov.au/forrest-hub-forrest-wastewater.



It Takes A Village

You've heard it before: it takes a village to raise a child. And there is truth in that - even in a big modern city where your kids go to a state or private school, and they don't play in the street or a vacant lot.

But it's also true that it takes a village to farewell that child, hopefully many happy years later.

Recently we lost an aged relative, a true elder of the tribe, and what struck was how 'the village' gathered round, and not only surrounded him with love, but probably more importantly, gathered us who were closest and most grief-stricken into their care.

These are people who do not share the same politics as us, whose lives are very different to ours, and with whom we have regular but not frequent contact. None of that mattered.

When it is in fact a matter of life and death, people seem to get their priorities pretty clear.

It reminded me, perhaps strangely, of what it's like in a small rural community like Forrest, when something big like a village-threatening bushfire or maybe a more personalised tragedy like a fatal accident. The village gathers around.

The world is strange and getting stranger, and even though it looks like we're more connected than ever by technology, sometimes it seems like it's making strangers of us all. It's all beyond my control, 'above my pay grade' as we say - but a kind word, and act of compassion, a cup of tea for a neighbour. Yeah. I can do that. And so can you. So have you.

It takes a village.

Rob Cargill

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THE FORREST POPUP OP SHOP

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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.



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 7 Dennis Street,
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Vale Lorraine Evans

10/03/1938 - 12/04/2026

Lorraine Evans lived in Forrest for 47 years after moving from Beeac as a young teenager with her parents Marion and Mort Doyle.

The family had a farm above the West Barwon dam prior to its construction.

Lorraine worked for the local Birregurra doctor and his wife until her marriage to Tich Evans going on to have three children, Julie, Lynne and Sam.

Lorraine loved physical work, sport and community service.

She played tennis for many years, lawn bowls later in life, painted the house in Turner Drive many times both inside and out and served on multiple committees in the town.

The Caravan Park establishment and "Back To Forrest " 100 year celebration very significant in her community work.

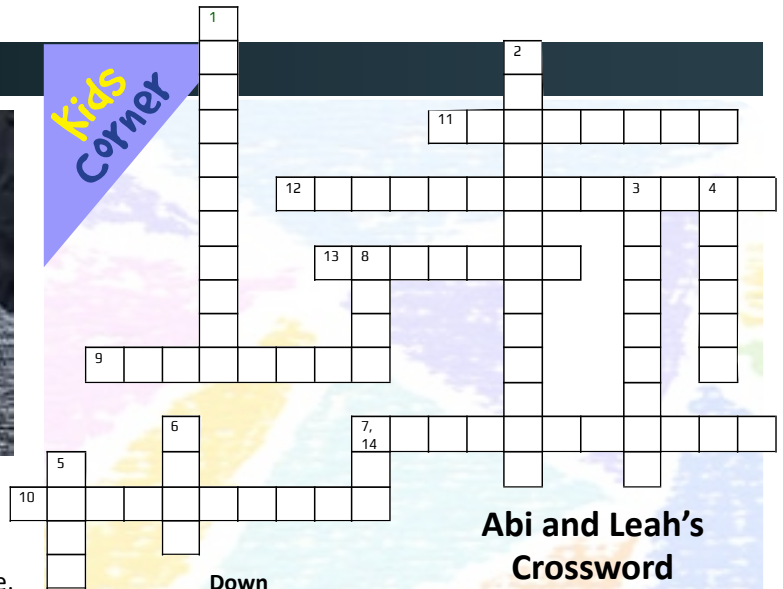
The Forrest school Mothers club, cards nights at the hall with delicious suppers, driving others without cars to Colac to get their groceries , and cooking the best fish and chips in the Forrest shop making sure it stayed open for the local community were just some of the things Lorraine did while living in Forrest.

She didn't do it alone, there were wonderful friends along the way in a community that stuck together to build the hall, the kindergarten, the caravan park, the tennis courts and as a family we are grateful for all the messages of support and huge presence from past and present residents of Forrest who remember Mum.

Julie, Lynne(dec) Sam and families.



Kids Corner



Abi and Leah's Crossword

- Down**
- 1 What yoga move does Amanda's Wednesday yoga class like (7, 3)
 - 2 What street will you find an alpaca? (7)
 - 3 What is the name of the newest café in town? (5, 4)
 - 4 Who knows A LOT about mushrooms and fungi? (6)
 - 5 Who is the newest puppy in town? (also, the name of a white flower) (4)
 - 6 What do the Bradshaw's grow by the river? (4)
 - 7 What is the most popular song for the kids of Forrest (clue think classic aussie rock) (3)
 - 8 What are mornings about to feel like? (4)

- Across**
- 9 Who is one of our local singers (he is also our star cricketer and a permanent guest at the guesthouse)? (8)
 - 10 what symbol is on the school t-shirt? (4, 6)
 - 11 What song did Mick sing at the bush dance? (clue: the other national anthem, used by Qantas), (2, 3, 3)
 - 12 Where will you find a platypus? (4, 9)
 - 13 What is Matt the Coppa's favourite thing to do when not chasing down crime? (7)
 - 14 What is the turniest road in Forrest? (6, 5)

BIRDS OF THE OTWAYS

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Barwon Water

New Holland Honeyeater

The New Holland Honeyeater is a common, very distinctive mid -sized (about 17cm long) and well known species of heathlands, and native forests, and will readily adapt to gardens. It is found in coastal and sub coastal areas of South Eastern, South Western regions of Australia, including Tasmania. This bird is also very common in Forrest, and all surrounding districts. It is an active and conspicuous Honeyeater, and will possibly be the first honeyeater you come across while walking around the area.

It is very active and conspicuous, and it is usually found in small groups. They noisily dart from shrub to shrub, constantly bickering and chasing each other. They feed almost exclusively on nectar, and numbers will fluctuate with the numbers of nectar producing flowers around.

The nest is an untidy cup of grass and twigs, usually placed in the fork of some sort of prickly bush, where they lay 2 -3 spotted pinkish eggs.

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com

