



push

strain

lift

carry

twist

lower

pull

force

Protect your workers with **Manual handling basics.**



Register for the **FREE workshop** today.



FOR FARMERS IN THE UPPER BARWON,
WARRNAMBOOL & DISTRICT,
CENTRAL OTWAY & HEYTESBURY REGIONS

RESILIENT FARMING Course



**VALUED AT \$5000
YOUR
CONTRIBUTION:
\$300**

Apply Now
via your local Landcare contact

Upper Barwon Landcare Network

Kristy Stewart
phone - 0491012737
kristy.upperbarwonlandcare@gmail.com

Warrnambool Coastcare Landcare Network

Danielle Nipe
facilitator2@wcln.org.au
wcln.org.au

Heytesbury District Landcare Network

Debbie Dalziel
debbie@heytesburylandcare.org.au
heytesburylandcare.org.au

Central Otway Landcare Network

Andy Gray
info@coln.org.au
coln.org.au

Applications close June 14, 2026



Jade Killoran

Healthy Farming Systems
B. Ag Science (Honors-FirstClass)



Tony Evans

Soil Health Consultant



Kristy Stewart

Farmer, Agricultural Educator
B. Ag Science



Resilient farming course opens for Upper Barwon farmers

Upper Barwon farmers are invited to take part in a new Resilient Farming Course, offering practical, locally relevant learning to support informed and sustainable farm management.

Delivered through the Upper Barwon Landcare Network, the course will offer 10 subsidised places for local farming businesses. Running over five days between August and November 2026, the program combines expert-led sessions with on-farm learning.

Designed for the Upper Barwon landscape, the course will explore soil health and biology, carbon, grazing management, pasture systems and fertiliser use. Participants will also learn how to monitor changes over time and assess the impact of management decisions within their own farm context.

Project lead Kristy Stewart said the program provides an opportunity for farmers to step back and review their systems.

"Farmers will work through testing and analysis to better understand their soils and pastures, and develop a tailored Farm Action Plan to guide future decisions," she said.



We were lucky enough to have GROUNDED Festival happening in our backyard in April. The festival was founded in 2024 by Matthew Evans and is a cross between a roaming farming conference, field days and a food festival, with multiple talks, demonstrations, food vans, a bar and plenty of chance for social interactions. It was held on the Yan Yan Gurt West farm just outside Deans Marsh. Several Landcare members attended and here is just a taste of what they had to say about it.

What I liked most: the number of like-minded, smiling people at Grounded...there were heaps of young people and also many mid-career and older farmers. I loved that we all really wanted to learn how to work with natural ecological systems for better long-term yields, better water and soil management and healthier biodiversity.

The festival had a great social atmosphere and everyone brought along a healthy questioning mindset to delve into the complexities of ecology, farming, food and business.

The quality of the speakers - excellent presenters: full of information, engaging, funny and inspiring coupled with an inspirational setting.

Best speaker: Brae chef Dan Hunter and gardener Jo Lawson talked about their shared aspirations to grow - reliably, organically - top quality fruit and vegetables to meet almost all of the restaurant's needs; and how they adjusted the menu each day according to what was happening in the garden.

The 'Fungi Foray', walking tour led by Alison Pouliot and Steven Chen's, 'Food as Medicine: Why Sourcing Matters'. Steven talked about Recipe4Health, a US model of healthcare where doctors are actively prescribing organic nutritious diets, and working directly with farmers to create Food 'Farmacies' and dieticians to tackle and reduce chronic disease rates.

The Gerangamete Forrest Landcare Group thanks the GVK Knowles Endowment Fund whose generous donation enabled us to sponsor two Landcare members to attend Grounded Festival.

Freya Bennett

Each participating farm will receive soil, microbiology and plant tissue testing as part of the course.

Sessions will be held on local farms and at venues across the Upper Barwon region. Participants will also be invited to join a peer learning group following the course, supporting ongoing knowledge sharing and connection with other local farmers.

Valued at approximately \$5,000, the course is heavily subsidised, with successful applicants contributing \$300.

Applications close 14 June 2026.

For more information or to apply, contact Upper Barwon Landcare Network.

This project is supported by the Australian Government through funding from the Climate-Smart Agriculture Program under the Natural Heritage Trust.

For more information contact: *Andrea Montgomery*
facilitator@upperbarwonlandcare.com



**UPPER BARWON
LANDCARE
NETWORK**

2026 ANNUAL DINNER & AGM

With guest speaker
Fiona Cummings CEO of When Bee

**15TH
JUNE**

6 PM

When: Monday 15th June, 2026
Where: Birregurra Bowling Club,
60 Roadknight St, Birregurra

Program
6:00pm - Pre dinner drinks (drinks available at bar prices)
6:30pm - Dinner (catering by Birregurra Grocer) \$40/head
7:00pm - Annual General Meeting followed by guest speaker
COMMUNITY MEMBERS WELCOME



When Bee Foundation
was founded by pioneering Australian beekeeper Gretchen When and established through her living bequest with the vision of protecting bees to secure Australia's food systems and ecosystem health. Today under the leadership of CEO Fiona Chambers the foundation has grown into Australia's leading charity for bees and pollinators.





BOOKINGS ARE ESSENTIAL
Please RSVP by Friday 12 June
with any dietary requirements Use the booking link or QR code to purchase tickets
<https://events.humanitix.com/upper-barwon-landcare-annual-dinner-and-agm>

Any enquiries please contact Landcare Facilitator
Andrea Montgomery on 0407 552 663
facilitator@upperbarwonlandcare.com

SCIENCEWORKS

Colour

See the world in a new light

Step into a vibrant, hands-on world of colour, illusion and perception with 21 playful exhibits that explore how colour is created, changed and understood.

New exhibition
Scienceworks
Now open

 MUSEUMS
VICTORIA

DEVELOPED BY

 Australian Government

 **Questacon**
The National Institute for Science and Technology

LEARNING PARTNER

 SWINBURN
UNIVERSITY OF
TECHNOLOGY

 VICTORIA
State Government

CREATIVE
VICTORIA



FORREST
PRIMARY SCHOOL &
EARLY YEARS CENTRE

Learning
for Life

Roll up for our annual King's Birthday

SCHOOL FETE

Fun &
GAMES

Saturday 6 June – 12 to 4pm

Stalls &
Sausage
Sizzle

at the Forrest Primary School
& Hall precinct, Grant St
Forrest

Call Nicky on 0422 371 040 for stall and more
information or email forrest.fete3236@gmail.com

ALSO SHOWING IN THE HALL ...an exhibition of local artworks
by Studio Forrest celebrating a year of work on the theme WATER

WATER

OPENING NIGHT – Friday 5 June 6pm – drinks & nibbles
EXHIBITION: 6–9 June at the Forrest Hall – 10am to 4pm



Real help. Right now.

Many Victorians are feeling the cost of living.

That's why the Victorian Government is delivering real help, right now by **helping you save on fuel.**

Service stations must now lock in their maximum fuel prices for the next day, so you can compare before you fill up.

Find your shortcut to cheaper fuel with Servo Saver on the Service Victoria App.



Forrest faces: Dharma & Nick

Looking to move out of the city, Dharma and Nick found a place in our little town a few months ago and moved in with their two cats Baal and Lad. Nick's grandparents had a house in Wye River for many years so he is familiar with the area, growing up riding motorbikes around the Otways, and Forrest is that environmentally sweet spot between the coast and city for Dharma.

They didn't know anyone when they first came to town and wasn't sure what to expect, so are happy to find there are lots of creative people around. They are enjoying small town life and getting about meeting the locals and joining the gym. I caught up with them at the newly re-established Forrest music jam group at the Historical society which is on every 4th Sunday of the month.

Dharma is a muso and mental health worker and a guitarist in Melbourne based post sludge/doom/metal band 'Isua' (find their latest offering on Bandcamp). She joined the band prior to the 'COVID years' and has been playing and recording since live venues opened up again. It makes for pretty regular travel to and from the city leaving Nick to be 'cat dad' and hold down the fort at home.

That suits Nick as he runs a home based mechanics business, specialising in vintage motorbikes. His heart belongs to the old British bikes, Harleys and 70's Japanese bikes. He does restoration and custom work out of the old 'Corner Store' that he has turned into a workshop and also offers a mobile service. Nick has worked on bikes all his life and professionally for 15 years, starting his own business 5 years ago.

If you see Dharma and Nick about, say hi and introduce yourself.

Gillian Brew



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.



Colac to Coast
REAL ESTATE



Rebecca Graham
Director/Property Manager



Andrea Ivermee
Director/Licensed Estate Agent



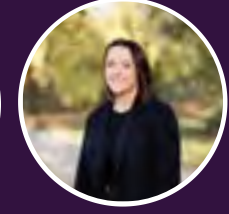
Stuart Nelson
Auctioneer/Sales Specialist



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

Winter Forrest Word Search By Abigail Pakula

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| r | u | t | r | b | c | w | r | a | i | n | i | n | g | k |
| k | u | w | s | o | s | b | k | e | b | m | b | i | l | z |
| i | s | n | i | r | a | c | s | n | w | d | o | s | e | k |
| n | c | k | f | n | b | d | h | h | f | w | b | l | a | q |
| g | h | u | p | o | t | d | w | o | w | g | e | w | f | p |
| s | o | o | y | o | r | e | m | o | o | d | e | o | p | s |
| b | o | d | u | a | f | r | r | w | r | l | v | n | i | e |
| i | l | a | g | n | f | m | e | t | f | k | c | r | l | r |
| r | f | f | q | j | s | u | a | s | s | r | s | a | e | i |
| t | e | u | p | u | d | d | l | e | t | r | o | b | m | f |
| h | t | n | n | r | s | j | u | n | e | r | u | g | h | p |
| d | e | g | g | u | m | b | o | o | t | s | u | h | s | m |
| a | n | i | i | l | e | e | c | h | e | s | c | n | v | a |
| y | h | o | t | c | h | o | c | o | l | a | t | e | o | c |
| i | m | o | t | h | f | o | o | t | y | d | u | c | k | s |

- winter
- june
- school fete
- run forrest run
- camp fires
- school camp
- king's birthday
- leaf piles
- hot chocolate
- glow worms

- fungi
- gumboots
- footy
- raining
- leeches
- bee
- mud
- puddle
- road works
- barn owls
- frogs
- moth
- ducks



BIRDS OF THE OTWAYS

SPONSORED BY
Barwon Water

White Throated Treecreeper

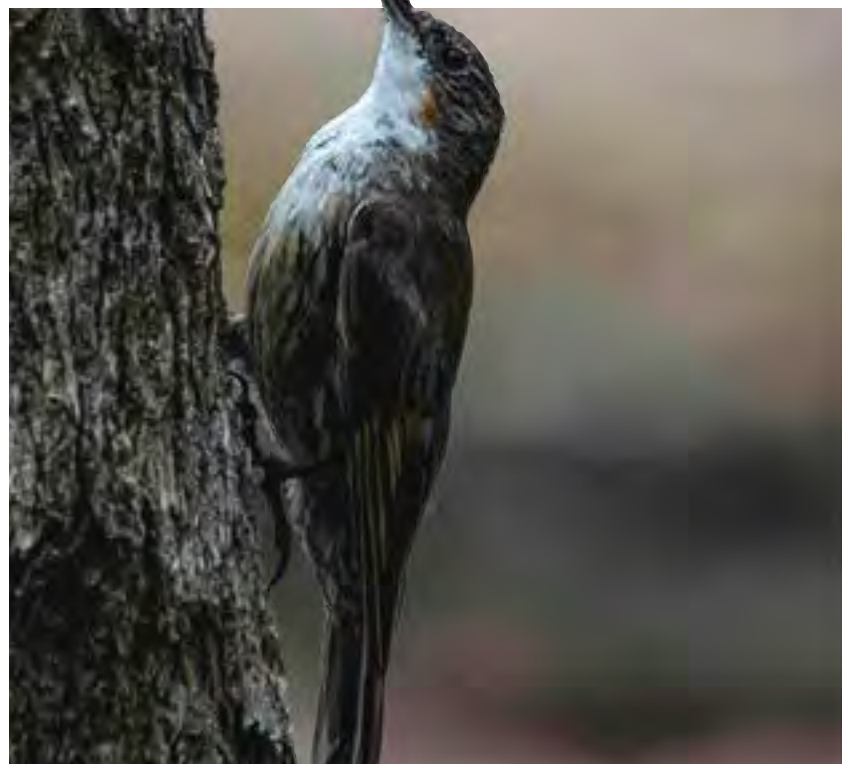
The White Throated Treecreeper is a fairly common, arboreal resident of our native forests, especially with those dominated with rough barked eucalypts. It is found along the Eastern seaboard, and Great Dividing Range, from about Rockhampton, Qld, to around Adelaide. It is not found in Tasmania.

It feeds on insects and other invertebrates. Found singly, or in pairs, running up tree trunks, where it often calls with a loud, fairly continuous peet peet. They have extremely long claws on their feet, which helps the birds run up trees while they search for food.

It nests in a hollow trunk or tree branch, making a loose cup of bark. They lay 2-3 spotted white eggs.

The individual in the picture is a female, as they have a small orange patch on their cheek.

Ian Davies and Adam Fry



Visit Forrest online at www.forrestvictoria.com

