

# Forrest & District NEIGHBOURHOOD HOUSE PROGRAM



*Many, many thanks to the enthusiastic volunteers from the Forrest Lions Club in painting the Forrest Hall kitchen - 'sahara sands'....*


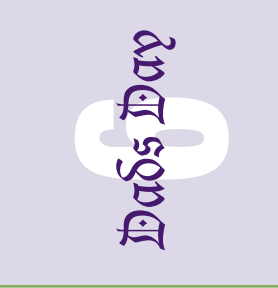

## The Forrest hall kitchen makeover

There has been a hive of activity at the Forrest hall kitchen with plasterers, electricians, plumbers and volunteers doing their bit to transform the space into a state of the art commercial kitchen and internet cafe. Forrest residents and visitors will benefit with future culinary events already being planned. The upgrade means the hall can be hired to host catered private functions, as well as extending the use of the kitchen for training, catering for community and social events, and supporting the rapidly growing mountain bike and tourism industry in the area. All going well, the renovations will be finalised early in September.

For more information about the  
Forrest Neighbourhood House Program  
please contact Nettie Hulme, Co-ordinator  
C/- Forrest General Store. Phone: (03) 5236 6591  
Email: [otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au) Mobile 0418 896 061



# FORREST & DISTRICT NEIGHBOURHOOD HOUSE PROGRAM CALENDAR OF EVENTS FOR SEPTEMBER 2008

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>Spring</b> in Forrest</p>	<p><b>Bingo is back!</b> at Forrest Hall, 1pm - 3pm Light afternoon tea provided Cost: \$5 for 2 books</p> <p><b>Yoga with Teresa</b> at Forrest Public Hall Time: 10am-11.30am Cost: \$10/\$8</p>	<p><b>Meditation</b> 10-11.30am - go direct to venue -Zazan' Upper Gellibrand Road Burramunga Cost:\$2</p>	<p><b>Astrologically Speaking</b> at Forrest Hall 11am-12noon \$5</p> <p><b>Afternoon Movie Matinee</b> at Forrest Hall 2-4pm \$4 includes afternoon tea</p> <p><b>Forrest U15 Dance Group</b> at Forrest Hall 5-6pm \$4</p>	<p><b>Gentle Exercise Group</b> Time: 9.30-10.30am Cost: \$2</p> <p><b>Meditation &amp; Music at Zazan</b> Time: 10-11.30am Cost:\$2</p> <p><b>Mind Games</b> Time: 11am -12noon Cost: \$2</p> <p><b>Night Yoga with Teresa</b> at the Hall 6.15-7.45pm Cost: \$10/\$8</p>	<p><b>5</b></p>	<p><b>Dads Day</b></p> 
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**MAKE IT A DATE**  
contact Nettie to  
have your event  
appear in the  
October  
calendar

## WHATS NEW IN SEPTEMBER

**Movie Matinees every Wednesday 2-4pm includes afternoon tea \$4**  
**Friday Night is Youth Nite from Sept 12 \$2**  
**Planning Dinner and Movie Wed Sept 24 - everyone welcome**

# Forrest & District Neighbourhood House Program

## Coordinators Rave

This has been a very productive season. The renovations in the kitchen are almost complete. Thanks are due to the many people involved. Especially Rose Fell who displays excellent 'project management' skills! To the volunteers who have helped with removing the old kitchen, installing new fittings and equipment and the Forrest Lion's Club for supplying the paint AND painting the walls. We are confident that the kitchen/caf e will be available for neighbourhood house activities, other community group activities and private functions by mid September. Just in time for Spring so everyone can come out from the winter hibernation.....

And we have new curtains in the Hall! This helps us to keep the Hall warmer during night sessions and also enables us to show movies during the day. Wednesdays are Movie Matinee afternoon with 'feel good' films on show 2pm -4pm. Happy to take any suggestions/request for particular movies.

### Youth Nites at Forrest Hall.

We would like to trial for 3 months holding a regular 'Youth Night' aimed at young people 12 years to 18 years. These will be supervised sessions from 6pm - 10pm. The first night is Friday 12 Sept and we invite all interested young people and their parents to an initial meeting at 6pm to discuss how they would like to run these evenings. The young people will have the use of all the facility and equipment including: kitchen/caf e, wireless internet on laptops, movie watching equipment on the big screen and/or music through great sound system, digital video and stills camera. Please ring me on 52366 397 if you would like to discuss this and come to the meeting Friday 12 Sept at 6pm. Soup and bread provided if the kitchen is ready!

### Otway Creative Arts

OCA is in a 'winter recess' at the moment and we have decided to postpone the Craft Exhibition until next year.

### Women's Retreat

The Forrest Neighbourhood House is hosting a weekend retreat for mature women over years from 5pm Friday 17 October to 3pm Sunday 19 October at 'Sokil' behind Aireys Inlet. The aim of the retreat is to help women gain a more positive image of themselves as they prepare to enter their 'third age'. The weekend will include guided meditation and you will create your own body cast. With a grant from Whole Woman Resource Centre we are able to offer the weekend experience to Health Care Card holders for \$150 and others

Colac now has an Art Supply Shop and they will provide 'prizes' for the Otway Creative Art events!

Specialising in: Fine Art, Graphic Art,  
Drafting and Calligraphy Supplies

Colac Art Supplies

245 Murray Street (opposite KFC)  
colacartsupplies@bigpond.com

10%  
discounts for  
students



\$244. This covers facilitation costs, accommodation (dormitory style) and all meals and materials over the weekend. We have places for 15 women and you should book as soon as possible by ringing Otway Health on 5237 8500. Payments can be made over the phone. Please ring Jennifer Powell on 52366 109 if you would like to know more detail. And check out the venue at [www.sokil.com.au](http://www.sokil.com.au)

### Disabled Access Toilets

In partnership with the Hall Committee we are applying to the State Government - Department of Planning & Community Development for funds to create a disabled access toilet at the Forrest Hall. This will enable people of all abilities to join in our activities.

### Planning For 2009

An open invitation is extended to all members of our community to attend a planning session for Neighbourhood House activities in 2009. This will be on Wednesday 18 September 3.30pm.

Otway Health CEO, Linda West, will start the session with a brief overview of Otway Health's Strategic Plan and it's relevance for Forrest & District.

Neighbourhood House Networker Kylie Pollock will then facilitate a quick review of activities so far and brain storm of ideas for the future. Then at 6pm we will share an early winter supper. A family friendly movie will be showing after dinner for those who would like to see the new equipment in action.

Please come and join us and help set the direction for the future. RSVP on the answering machine 52366 519.

Thanks again to Gillian Brew for putting together our Forrest & District Neighbourhood House Bulletin - what a great job as always!

Warm regards

Nettie



Every second Sunday of the month at 12 noon.

Hare Krishna Valley

1285 Winchelsea-Deans Marsh Road, Bamba

Please phone the day before  
to confirm your attendance: **Ph: 5288 7383**

For more information about the  
Forrest Neighbourhood House Program  
please contact Nettie Hulme, Co-ordinator  
C/- Forrest General Store. Phone: (03) 5236 6591  
Email: [otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au) Mobile 0418 896 061



# Forrest & District Neighbourhood House Program

Bulletin for September 2008

## Forrest Mountain Bike Club

The Forrest Mountain Bike Club is run under the auspices of Otway Health – Forrest & District Neighbourhood House.

Here is an update of club activities and organisational matters:

**Minutes of Forrest MTB club meeting, Wed 20/08/2008**

Meeting opened 7.00p.m.

**Present:** Matt, Roland, Jess, Norm, Bruce, Jeff

**ITEMS: Organised rides:**

Will not continue with the current format due to a lack of interest in the current round of Sunday rides

When daylight savings starts will revert back to the Friday night ride. Club members working on this over the next month or so, will be E-Mailed to all and posted on club blackboard

Jeff will arrange the night ride, Wednesday September 3, leaving the Yaughner Trail Head at 7.00p.m. – all welcome

**If you would like to try night riding but don't have lights, please contact [uhuforrest@yahoo.com.au](mailto:uhuforrest@yahoo.com.au)**

**Before the night and we will try to arrange a loan set of lights to use. Especially hoping to see some junior riders.**

**Riders of all abilities catered for – even i went! (Roland)**

**August 30 Race:**

Jess and Norm have a number of riders in Forrest on Saturday August 30. They are arranging a short race. Jeff volunteered to set-out the course. All club members welcome to come along. 2 p.m. Yaughner trailhead. Thanks to Jeff

**Bike Trailer:**

Matt has been speaking with the Lions club, in progress. Matt happy to continue reporting back on progress. Trailer needs to hold six bikes. Some discussion on how bikes are to be stored. Matt continuing to work on this. Thanks to Matt

**Lights:**

Norm and Jess spoke with Jet Black, response was positive however more work needs to be done on the details of purchasing lights. Thanks to Norm and Jess

**E-Mail Circle**

E-Mail circle working well, some members E-Mails not active or not answering. Roland did a mail-out to all members who did not have an active E-Mail address listed. Only one response so far and two members no longer living in town.

**[www.rideforrest.com.au](http://www.rideforrest.com.au)**

Norm and Jess have the Forrest Mountain Bike website up and running. Norm took group members through the site and explained his hopes for its development. All were greatly impressed and thanked Norm for his efforts. All club members should register, the forum includes a page for the MTB club and a page for the Forrest community. Thanks to Norm and Jess

**Vision for the Forrest "Out Of Range" MTB club.**

A lot of discussion was had surrounding the structure of the club and the future vision club members had for it. A number of important decisions were agreed to by all members present. All club members should take note of these. Any comment can be passed back via club meetings or through myself at:

**[uhuforrest@yahoo.com.au](mailto:uhuforrest@yahoo.com.au)**

- Club to affiliate with MTBA, (Mountain Bike Australia). This will include Forrest
- MTB as part of the Australian MTB community and provide opportunities for growth and increased benefits to club members, (insurance, racing licence, etc)
- Club to be known as "Forrest Mountain Bike Club" to simplify and provide clarity for others. Norm will look at options for club logo. Thanks to Norm



- Club to develop a vision based on the primary reasons why members join, and want to remain part of, the Forrest MTB Club
- Activities arranged for all club members, these include, but not limited to:
  - » social night rides
  - » regular racing and time trials
  - » club owned equipment for use by club members, (particularly juniors), including a transport trailer, lights for night rides, opportunity to travel to other MTB areas, etc.
  - » repair and maintenance of the Forrest MTB trails network, (in conjunction with DSE)
  - » a cooperative relationship with DSE and the Forrest community
  - » use of [www.rideforrest.com.au](http://www.rideforrest.com.au) to keep the information loop happening
  - » club to have sole ownership and control over all club activities and equipment

Thanks to all those present for their input

Meeting closed 9.20p.m. Next Meeting Wednesday September 17 at 7.00p.m. In the new warm and cosy Forrest Hall kitchen

Roland Eck, Joint Secretary, Forrest MTB club

## Road Safety Petition

Apollo Bay local Helena Hunt is desperately trying to highlight the atrocious condition of one of the regions main tourist routes.

Her family narrowly avoided serious injury for the second time while driving along the Forrest-Skenes Creek road, this time skidding off the road after hitting a patch of black ice near Tanybryn. Lack of crash barriers and the deteriorating condition of recent road works prompted Helena to contact VicRoads, the authority responsible for the road, to report the problems only to have her concerns dismissed.

"I am asking you, the community, surrounding districts and all that use this road to sign a petition demanding that Vic Roads undertake a resolution in major road reconstruction including overtaking shoulders where possible, signage stating road condition, review speed limits, crash rails along the whole length of the Skenes Creek - Forrest Rd, cats eyes etc, to make it safe for all who use it... Further to this I ask if anyone has a relevant story, photos, copies of debts incurred as a result (because Vic Roads is Liable if it can be proven that the accident was due to the bad road) be dropped in to the APOLLO BAY INFORMATION CENTRE or Kate Hunt at the APOLLO BAY BAKERY or Email it to ... [family.hunt@bigpond.com](mailto:family.hunt@bigpond.com) "

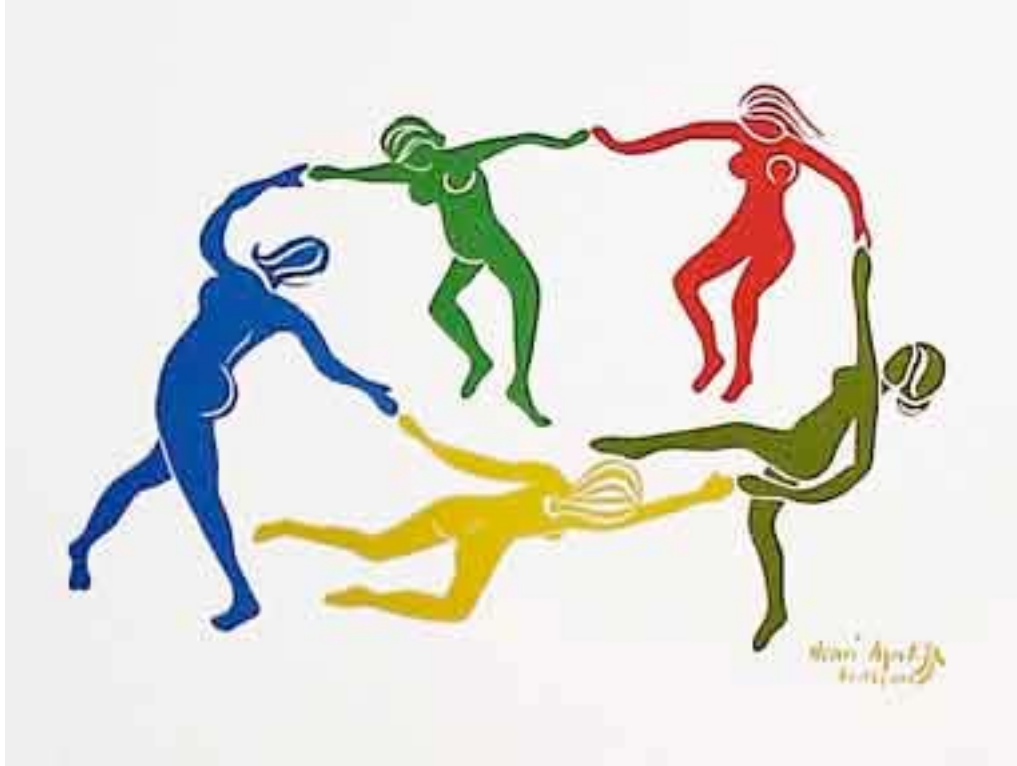
The petitions are located at the various locations in Apollo Bay including the police station, the notice board of I.G.A, the newsagency, community house, Sandy Feet, the Apollo Bay information centre. Also at The Forrest shop/ post office, the Barwon Downs Shop and Foodworks.

We pay for the roads, so please help make sure they stay safe!

**Join the Emailing List**

Please send us your email address to receive this bulletin electronically and save paper. Drop us a line anytime:  
[otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au) Nettie Hulme: 52366 591  
Otway Health PO Box 84, Apollo Bay 3233 Ph: (03) 5237 8500





# Women's Health Retreat

## 17, 18 & 19 October

### Revising Your Body

This weekend retreat is aimed at mature women who want to celebrate change and revision their body image as they age. A series of workshops will be facilitated over the weekend for a maximum of 15 women and will include guided meditation and body cast building.

This retreat is a part of the Forrest & District Neighbourhood House Program and is supported by a grant from Barwon-South West Whole Women Resource Centre.

**When:** 17, 18 & 19 October 2008

**Where:** Sokil Eco Retreat

Breakfast Creek Road Aireys Inlet  
[www.sokil.com.au](http://www.sokil.com.au)

**Time:** Registration: 5pm Friday 17th Oct  
Close: 3pm Sunday 19th Oct

**Cost:** \$244/\$150 Health Care Card

(Includes dormitory style accommodation, workshops, materials and all meals)

**Facilitator:** Jennifer Powell



# Forrest Youth Nites



## Friday 6pm-10pm Starting 12 September 2008

### **Pilot Youth Nite**

The Forrest & District Neighbourhood House Program is piloting Youth Nites at the Forrest Hall over 12 weeks.

The program of activities will be decided by the young people but will also include: planning for the pizza oven, films, music, wireless internet, utube on the big screen, shared meals, coffee/hot chocolate making, digital video and stills camera available.

**When:** First Nite is 12 September

**Where:** Forrest Public Hall  
Grant Street Forrest

**Time:** 6pm-10pm

**Cost:** \$2

**Facilitator:** Youth Worker

**This is an alcohol and drug free event**

**All interested young people 12 - 18 years are invited to attend a meeting on the first night 12 Sept 6pm to meet the Youth Worker and discuss the running of the Forrest Youth Nites.**

**Contact Nettie Hulme for more information: 5237 8500**