

F&DHS DOCUMENT ARCHIVE DOC 0315 Date.....

Title..... FORREST......

Subject Category... FORREST HISTORY

Key Words.....

HISTORY WALK.

EXTENDED NOTES FOR PULQUEE
FOREST HISTORY WORK

SITE 1

FRIZON'S SAWMILL

PHOTO

Does the Frizon family have a photo? Possibly mill employees or interior.

Notes:

When was the mill established? 1947 (A Journey Through Time Birre Hist Society)

Who owned it? Alf Frizon

Was it Frizons first mill? Yes ????

What was the production, annual quota?

What type of timber etc?

Most sought after was Mountain Ash *E. regnans*,

Others of economic value Otway Messmate *E. obliqua*,
Southern Blue Gum *E. globulus*, Manna Gum, *E. viminalis*,
Mountain Grey Gum, *E. cypellocarpa*

Red Ironbark was once logged in Eastern Otways area is now protected.

Site 2

METHODIST CHURCH

PHOTO EXISTS p.18 By the Barwon Photo of M.Church, Oddfellows and Hall

Notes

When was the Methodist Church Built? 1900 then moved as noise from Hall was disturbing minister.

Who were the ministers involved?

When was it burnt down? There were damaging fires in 1919. Also 1926

Any other information of interest.

Site 3

ODD FELLOWS HALL formed around 1915 operated until 1974

AND TENNIS COURTS

p.17 By the Barwon

PHOTO

Does anyone have any photos of the Odd Fellows Hall or the Community Hall?

Community hall built 1900 timber donated by Alex Sanderson in Station St opposite present Police station. 1928 lengthened by 9 metres

Notes

What was the layout of the site?

When did the hall burn down? 1963

Was this the first tennis club, when were the buildings erected on the site and what was their main uses?

1937 The Polwarth & District Tennis Assoc was formed with 6 teams Barwon Downs (2), Deans Marsh, Forrest (2), and Murroon

We have some information on dances and pictures etc.

Site 4 & 5.

TRESSEL BRIDGE - WORKERS COTTAGES

PHOTO

Do the Frizon's or anyone have a photo of the Tressel Bridge and the Workers Cottages and sufficient information to create a drawing?
(Don Whitehead was interested in this site)

Notes

What date or period was the Tressel Bridge created and used?

How many cottages were there?

Make reference to the adjoining Sanderson' cottage and Sanderson' Lane named after them.

What should we say about the Sanderson' House?

Do we want to direct people down to the bridge to see the remains of the tram track?

Site 6

MIXED BUSINESS ON THE CORNER

PHOTO

Do we need a photo? Could we use the view of Station Street from that end?

Notes:

First owned by Sanderson 1899 (??Grant's) and run by Archie Muir. And others...

Anyone know of dates?

1918 – Mrs.E. Sanderson sold Forrest Store business to J. Archibald.

Is it the case that there was a blacksmith's shop on the other side of Blundey Street?

Blacksmiths Jones and Jones north end of Grant St

Site 7

REMAINS OF TIMBER MILL

PHOTO

We have a good photo of the old mill.

Notes:

Who were the original owners of the mill in Station Street?

Sanderson who also went into business with W.R. Henry, Cowley, Whitelaw and McGregor in 1902. Moved to mill site in town in 1946. End of second world war (Otway Ranges by Trevor Pescott) p.16

When did Frizon's take over?

When did Paul take over and when did he close down?

Is there any further information about this mill?

Henry's and Sharp's owned the mill run by steam. Boilers provided hot showers and had a shower where the whole town would go and have a shower. These were the days when houses did not have showers or hot water service and washing was done with a copper and the clothes dried with a clothes wringer over a cement trough.

Site 8

FORMER POST OFFICE, TELEPHONE EXCHANGE AND MRS FRIZON'S SWEET SHOP

PHOTO

On the left was the post office with fully manned telephone exchange the operator sometimes had to be told to "to get off the line" when she was eavesdropping on local calls. On the right was Mrs Frizon's shop selling mainly lollies and ice-cream. When was the post office and telephone exchange opened?

Established in 1924. Postal business transferred from Terminus Hotel to Railway Station, from there to Frizons shop in 1943.

Manual telephone exchange was replaced by automatic remote in 1972.

Franking letters at Forrest ceased in 1975.

FRIZON to David & Thyra PARK to Bill DIXON, to Clem & Patricia PESKETT

Site 9

WHITEHEAD BUS COMPANY SITE

PHOTO Can we find a better one than this?

Notes on routes, The bus line ran in two directions, One to Colac and one to Barwon Downs.

Site 10 (History Board with four pictures looking towards Station St.)
Picture 1. Former Police Station

PHOTO anything better?

Notes: Former Police Station when? 1910 Two rented premises
Official residence and station 1956
New building erected alongside 2003

Who were the constables in charge? By the Barwon p.17

Mention lock up removed to present site.

Picture 2. Bank and Electrical Shop

Does any one have a picture or shot on which a drawing could be based?

The State Savings Bank was established here from Dates?

When power came to Forrest in 1952? 1955

An Electrical shop was established to supply residents.

(Reticulated water supply installed Forrest 1967)

Picture 3. Bakery

Any good photo or one on which a sketch could be based?

Originally bread came from Birre by train.

It was built and owned by Alex Sanderson. 1905

Nicholas Shannahan ran the bakery. Succeeded by George Wills until 1914.
Bill Fletcher bought the business and ran it with the General store next door.
Bakers included Keane, Gregg, and Pitkethly.
Pitkethly purchased bakery in 1951 until 1964. He built new premises but
shortly after were destroyed by fire.

Notes : The Bakery was established by Pekkethly family in 19--??.

They supplied shops as far afield as Birregurra and Deans Marsh with daily deliveries.??

Picture 4 General Store, Butchers Shop ? together?

Any good photo or one on which a sketch could be based?

Notes: The general store sold everything.

Ernie Muir had the original butchers shop and sold to Jim Muir and went to Colac in 30's, closed in the 40's after war couldn't get a health certificate and moved to shop?

Butcher started in 1902 by Fred Spring.

1903 Muir family took over then Eric Gourley.

Gourley relocated business to Grant St in 1957. (to present Rose's General Store)

History Board looking towards Railway Station

Picture 1 Railway Station

1891 The "Black Line" was the Birre to Forrest railway. Opened at the cost of 147,000 pounds.

First known as Yaughar station, after 4 months was changed to Forrest in honour of Charlie Forrest the local parliamentarian.

Closed 1957.

See p.4 Forrest Prim School First 100 years.

Former Railway station, timber yard, stationmaster's house, turntable and swimming hole.

1937 Passengers between Birre and Forrest travelled on Tiger a Dodge LE 30 model truck, with black and yellow striped service body, on train wheels. Until 1957

PHOTO

We have photos of the railway station and the station masters house.

Site 11

SPORTS FIELD AND COW PADDOCK p.15 By the Barwon 1920 woodchop

PHOTO

We have photos of sports field

Forrest Athletics club held its 10th annual gathering 1906

Forrest Athletics club meet at Mrs Washigtomns paddock 1907 (Journey thru time – Birre Hist) p.21

Notes:

In the early days when?

When Forrest was famous for its annual sports meeting when up to 1,000 people attended many coming by special train for the event. The competitions included sawing and wood chopping.

To the right was the pub paddock and a Mr ??White who charged 1 shilling per week for townspeople to leave their cows, otherwise they roamed the streets. Cows were rounded up around 4pm and taken home to be milked and kept overnight on the residence owned property. This is why block sizes in Forrest are quite large. Also for the family horse originally.

Paddy Hurley then owned the "Pub Paddock" ? after 1922

Site 12

THE TERMINUS HOTEL

PHOTO

We have a good photo.

Notes:

We hotel was established when? Mr W. Pengilly 1881 Was also the post office and general store and bread supplier.

1911 – New telephone line completed between Birre and Forrest. Telephone conversations could be had with following places – Murroon, Barwon Downs, Pennyroyal and Geragamete.

By whom?

Shanahan's Grandfather.

When was it burnt down and reconstructed and burnt down and reconstructed again?

First fire.....

1996 burnt down rebuilt 1997.

Site 13

FORMER CATHOLIC CHURCH

PHOTO

The Catholic Church was established in Forrest on (?1919 or 1925). Was apparently 66 years old when converted to Art Gallery.

It later became the Feral Art Gallery (date1995) and is now a private residence. (No inspection permitted)

Site 14

THE FORREST PRIMARY SCHOOL

PHOTO

The Primary School was first located in Gerangamete (date?24th Nov 1885) and came to this site (date?)

Opened at Yaugher 1885. Transferred from Yaugher (? Gerangamete) in 1903 to the old Hall. From the Hall to current site in 1906

William Tranter head teacher

Site 15

THE FORREST PUBLIC HALL

Opened 1966

PHOTO

Notes:

After being burnt down the Forrest Public Hall was moved from Station Street to this present site. A levy was made on local residence and farmers which was resented at the time to the extent that one farmer refused to ever visit the hall and never did. Was there a separate Protestant and Catholic Hall at one stage?

Site 16

FORREST GUEST HOUSE

PHOTO

A photo of the building when it was part of the Colac Bowling Club

Notes:

The Forrest Guest House was established (date? 1976) part of the house at the rear was the former Colac bowling club.

??Thea and Adrian or Gary and Wendy may have photos

Site 17

ST JAMES ANGLICAN CHURCH

PHOTO

Is there an old photo available?

Was a church at Yaughner?

Forrest established in 1908 the Vicarage in 1920

Notes:

When was the church established?

Note that the Uniting Church now uses it as well.

Site 18

ROSE'S GENERAL STORE

PHOTO

Notes:

The General store has existed on this site for (since 1957 when Gourley relocated the Butchery here)

Converted to a take away and then general store and café 1982.

Currently General store and post office, bank agent.

Note the existence of the bush nursing next door. There were many accidents in the bush timber area and the nurse provided an important service.

1921 – Grand jumble Fair at Forrest to aid Forrest and District Bush Nurses Furnishing Fund.

Photo of Bush nurse

Can we use the photo of the bush nurse?

Site 19

No information on tape for this number.

Site 20

MILL COTTAGES

PHOTO

Can we find a more historic photo of Mill cottages?
This group of houses is typical of the many mill workers timber cottages located around Forrest and were built in (date)?

Site 21

GARAGE AND WORKSHOP FOR TIMBER TRUCKS

PHOTO

Do we have a photo of the garage and workshop as it was?

Notes:

This garage and workshop was used for timber trucks during what period?

??1928 Terry Brady Motor garage leased to Bob Leslie and general store from 1947. Postal services moved here in 1970.

Blundy St corner Frank Whitehead 1940 Panel beater Bill Whitehead

Site 22

DSE COMPLEX

PHOTO

Is there an older photo available?

Notes:

The Forestry department established an office initially in (date?1967) In the 90's? Activities were centralised in Colac leaving only a few staff here. The office is now shared by Parks Victoria to manage the new Great Otways National Park.

1975 – new Forrest Commission office replaced old premises.

Site 23

THE OLDEST HOUSE IN FORREST

PHOTO

Is there an older photo?

Note:

This is the oldest house in Forrest and was originally built in (date)? And occupied by?

F&DHS DOCUMENT ARCHIVE

Title: FORREST History walk
NOV 2005. SUE HARRIS NOTES

Source: Sue Harris

DOC: 0009

Forrest History November 2005

Recorded by Sue Harris
Phone 52366316

Tara Houlnce, Principal Forrest PS

1215 children have been recorded on the Forrest Primary School roll over the last 120 years.

Albert Halliday

Albert's Great Grandfather, Archibald Muir, immigrated to Australia in the 1880's from an isle off the coast of Scotland. He was a goldminer at Sailors Falls near Ballarat. One of his sons was killed in the mine – he was gassed.

Archibald married when he was 30. His bride was 16 years old and also came out from Scotland. She had 14 children, all boys, and died in childbirth at 33 years of age.

They had a dairy farm at Forrest on Barwon Downs Road. It became Hennigans and is now owned by Pat and Peter Murnane. They started with 14 cows which they walked down from Ballarat.

Albert's Grandparents, James and Christiana Muir, had a butchers shop at Forrest in the 1930's. It closed in the early 1940's in the war years as two sons were away at the war and also due to lack of customers during the war.

June Frizon

June came to live in Forrest in 1957. She remembers preparing for a fundraising ball for the Infant Welfare Centre to be held in the Oddfellows Hall. The hall was decorated and everything was ready for the ball but unfortunately the Hall burnt down the night before the ball. The new community hall was built in Grant Street but not everyone was in agreeance with the new location.

The opening of the kindergarten and infant welfare centre by the Governor General, Sir Rohan Delacombe, and his wife was an auspicious occasion.

The Bush Nurse at Forrest provided a vital service for the town as working in the timber industry was a dangerous occupation. There were many sawmilling and bush work accidents.

Lorraine Evans

Lorraine recorded some of the life of her husband Titch who died in 1997. Titch was born on 24 May 1934. He initially lived at Gellibrand and came across to Forrest in 1939. He was always an Otways boy. His family lived in many houses in Forrest, including one little cottage with a dirt floor and fleas.

His father share-farmed Hennigans farm, now Murnanes. His father went to the 2nd World War.

Titch left school at thirteen and his first job was wheeling sawdust at the mill. His father got a job with the Shire and things were easier after that. His mother picked hops on the West Barwon River and Titch would go out in the late afternoon with the horse and dray and pick up the mothers and the children. The children were largely left to their own devices as the women picked the hops and would play unsupervised by the river.

Lorraine and Titch married in 1956. They initially rented the Anglican vicarage and then moved to Turner Drive. They had 3 children, Julie, Sam and Lyn.

Titch became a grader driver with the Shire. He started an earthmoving business in the 1960's and built it up to a successful business, starting from scratch with an old grader. The landscaping work around the West Barwon Dam was one of the many jobs he worked on.

Titch was very community minded but made a point of not being on any committees. He didn't like meetings and preferred action rather than words. He did a lot of unsung work around Forrest such as slashing grass around the churches, cemetery and roadsides and erecting the lights at the football ground. With Jim Speirs and others he worked to get the caravan park built.

Gill Neale

Gill related an episode in the life of her husband, Bruce.

Bruce went to Ballarat junior technical school for his secondary schooling and got his intermediate. When the 2nd World War broke out he had to come home and work on the farm as there was a shortage of manpower during the war.

When he was 17 he became a student teacher at Forrest School. It was like an apprenticeship and involved learning on the job. Len Keating was the principal at the school at the time. Six months into the training and all was going well until John Holt, a student in the junior room played up. Bruce decided that a bit of discipline was needed and that a good ear screw would do the trick. Unfortunately, John's parents disagreed and they stormed up to the school at lunch time. So that was the end of a good career, over before it had begun and Bruce returned to working on the farm.

Marianne Matthews

Marianne and her husband Noel had a farm on Kaanglang Road. Sadly, Noel died in 1964 aged 41 years from heart disease. Marianne was left with seven children to raise, aged 4 to 15 years. She survived those early years with the support of good neighbours and by throwing herself into the children's sporting activities. She got her drivers licence and traveled all over the district for sporting events. She was involved with football, cricket, tennis and netball. She was a foundation member of the Colac and District Netball League and is a life member of the Forrest cricket club.

The children were self reliant and made their own fun. They used to make their own billy carts. One game was to get inside an old water tank and roll it down a steep hill. Looking back, Marianne thought it was lucky that they didn't kill themselves.

In 1965, she went on Tommy Hanlan's "It Could Be You" TV show. They offered to give her a fridge and a washing machine. However, Marianne didn't have electricity at home. Members of the Colac RSL were watching the TV programme and offered to help pay to get electricity connected. After this Marianne could say goodbye to the old petrol washing machine.

One morning she went to light the kitchen fire and instead of the usual diesel, petrol had been swapped by accident. The fire exploded in her face. The District nurse came and wrapped her up like a mummy.

One of her daughters, Pam (Harrington), was Miss Forrest in 1965. When the Sun Tour bike tour came through Forrest Pam had the honour of greeting the tour.

Marianne was sad to sell up and leave Forrest and move to Colac. She loved walking in the bush and used to walk for miles. She recalls Forrest in the 1960's with 2 garages, 3 shops, a butchers and Pitkethly bakery.

Mariette Deppeler (nee Thomas)

Mariette has fond memories of her childhood in Forrest during the war years. She had a very free childhood and would stay away all day, only coming back home when it was dark. With her friends, she would make cubbies and secret hideaways in the bush. There was a pine plantation on the corner of Grant and Frizon Streets where they made "houses" with pine needle heaps tracing out the floor plan. One day she did get lost in the bush but as she returned home before dark no one knew. They used to pick maidenhair fern for bouquets from the gullies round Forrest and bunches of fresh gum tips and heath.

When she was twelve she nearly cut her finger off one night and she had to run to the bush nurse by herself with a torch. It was pitch black as there were no street lights. The bush nurse, Polly Dowie put some stitches in and then she had to run back home. Children weren't molly coddled at all in those days.

There were always lots of community things happening in Forrest with community singing in the hall with the words shown up on a screen, afternoon teas and she always looked forward to church and Sunday school.

She was very sad to leave Forrest when her family moved to Apollo Bay in 1947. The trip to Apollo Bay was memorable with their furniture and the house cow pile onto the back of Norm Whelan's truck.

Forrest Sawmills

1

Forrest developed into a major sawmilling centre a few years after its foundation in the early 1890's.

At first the mills were located in the bush to the south but after the devastating bush fire of 1939 were removed to the town. There were three town mills in Forrest and two others nearby at Yaugher and Barramunga.

In 1946, Alf Frizon bought a small sawmill plant from Daylesford, and set it up here. Alf and his sons, Frank, and later Cliff, operated this mill until 1972, when they took over Henry's sawmill in Station Street (Site 7).

At its peak this mill was producing around 7000 super feet (16 cubic metres) of sawn timber a day.

The mill used a Blackstone 135hp marine diesel engine to run a twin saw



Frizon's First Mill

breaking down bench, two ripping benches and a docking bench.

(Private. No inspection available.)

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
AND DISTRICT
HISTORICAL SOCIETY

F&DHS DOCUMENT ARCHIVE
Title: SAWMILLS - FORREST HISTORY WALKS 1
Subject Category: FORREST HISTORY
Key Words: FORREST HISTORY WALK 1
DOC0252 Date: Dia. Copy?

Methodist Church

2

The erection of places of worship followed soon after the settlement of Forrest by timber workers and farmers. The Methodist church was the first, built in 1900. A Home Missioner conducted the services and was accommodated in a house next door. His house was later moved to another site to escape the late night noise from the nearby Public Hall.

Later the church was also used for fortnightly Presbyterian services. It was decommissioned in the 1980's, sold and removed.

Behind the church were Forrest's first tennis courts, built on land donated by the Sanderson family. Forrest had two tennis teams in the District Association.



The Forrest Methodist Church around 1910

F&DHS DOCUMENT ARCHIVE
Title: *Forrest History Walk*
Subject Category: *FORREST HISTORY*
Key Words: *METHODIST CHURCH FORREST*
DOC.0253 Date: Dia. Copv?

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FORREST HISTORY WALK



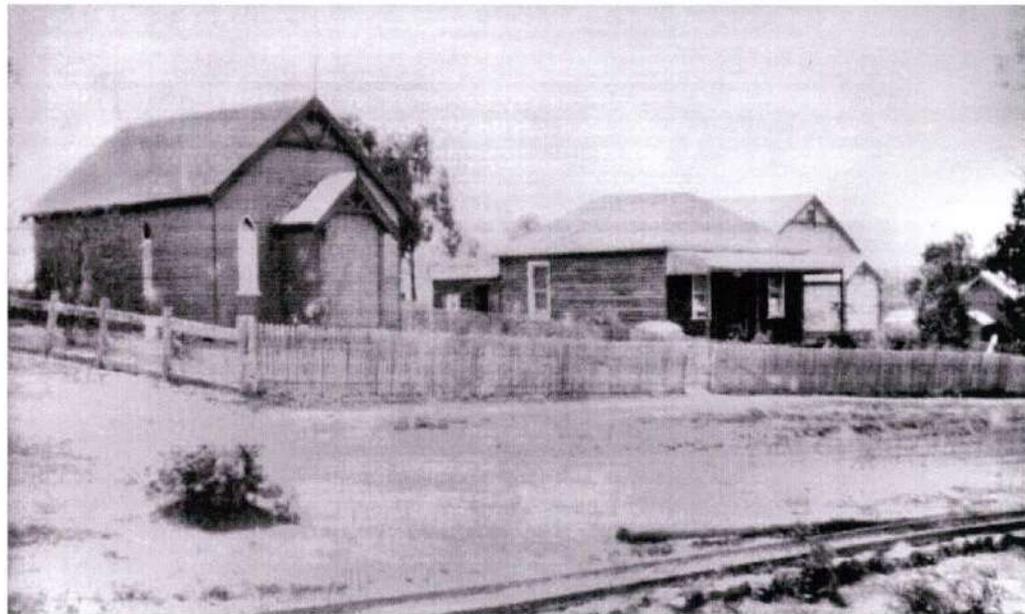
FORREST
AND DISTRICT
HISTORICAL SOCIETY

Original Community Site

3

While there is nothing to see now, this was once the main community site of Forrest. The first Public Hall was erected on this site in 1900 using timber donated by town sawmiller, Alex Sanderson. The hall was a popular spot for dances, for feature balls and later as a cinema. The consumption of alcohol was not permitted although some drinking went on behind the hall. Local musicians such as Mrs Craswaller, Florrie Cherie, Bob Mulhare and Fiddler Fletcher provided the piano and violin music for the regular Saturday night dances.

In the 1930's music was provided by the Mickey Mouse Band, comprising Rose Seebeck - piano, Neta Seebeck - Saxophone, Arthur Ure - Cornet, W. White - drums and John Seebeck - vocals.



1925 photo of the Methodist Church, adjoining manse, Public Hall (behind) and Oddfellows hall, (far right). The timber tramway from Barramunga can be seen in the foreground.

The hall, fully decorated for a forthcoming ball, burnt down in 1963.

F&DHS DOCUMENT ARCHIVE
Title *FORREST HISTORY WALKS ORIGINAL COMMUNITY*
Subject Category *FORREST HISTORY SITE (3)*
Key Words *ORIGINAL COMMUNITY*
SITE - (3)
DOC 0254 Date: Dig. Copy?

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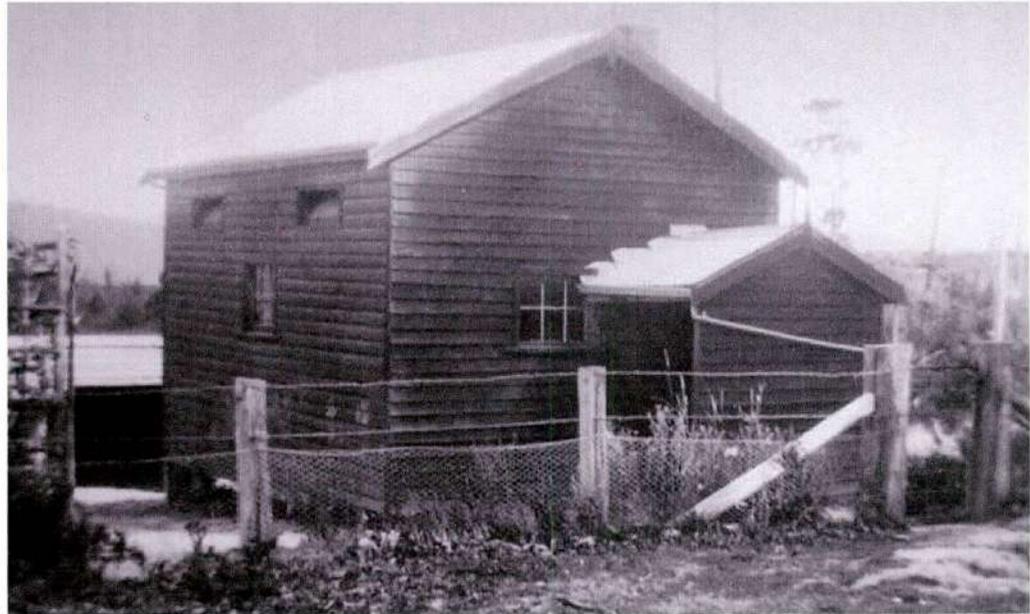
Odd Fellows Lodge Hall

4

The Odd Fellows Lodge was formed around 1915 as a friendly society providing sickness and funeral benefits to members. It erected an assembly hall next to the Public Hall. The Lodge put on dances in its hall which became as big an event as the Sports Day ball held in the Public Hall.

The Lodge was known as the Buffaloes and operated virtually as a men's club until 1974 when new Commonwealth Health Benefits Schemes made friendly societies redundant.

The hall was also used by the Forrest Anglers Club. Note, as you walk down the hill, that the entire frame of the original timber worker's house at no.46 was reputedly constructed from a single, great Otway tree.



~~The Odd Fellows Lodge Hall~~

The Odd Fellows Lodge Hall was very similar to this building.

caption
→

F&DHS DOCUMENT ARCHIVE
Title: *Odd Fellows Lodge Hall* (4)
Subject Category: *Forrest History*
Key Words: *Forrest History Walks*
DOC 02.55 Date: *Odd Fellows Lodge Hall* (4)
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FORREST HISTORY WALK



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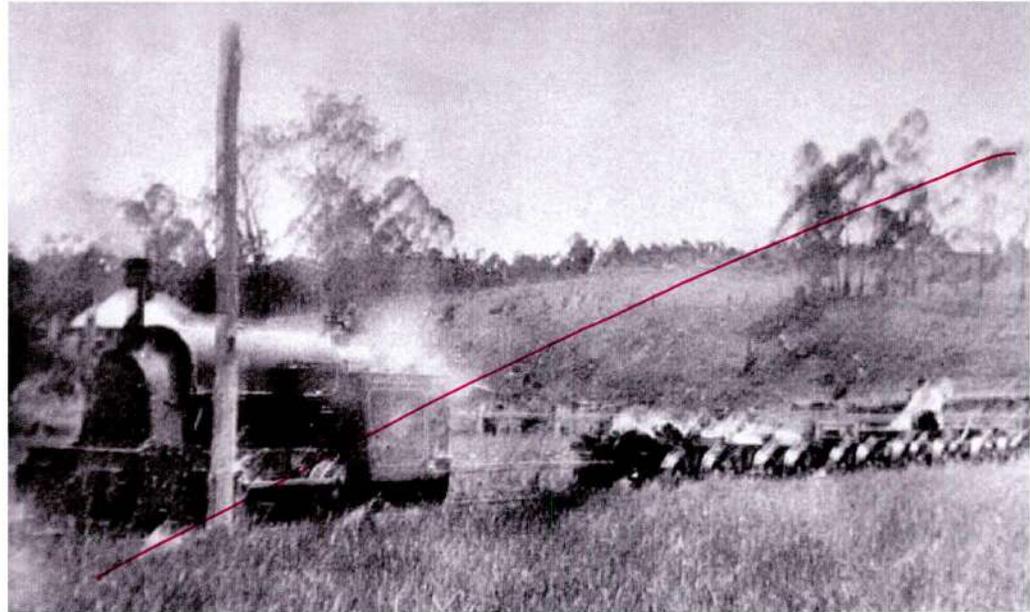
Timber Mill Tram Lines

5

Over a hundred kilometres of tramlines were constructed in the early 1900's to bring sawn timber from bush mills to the Forrest railhead.

One tram line from the Barramunga mills came along Station St. (See photo Site 3)

Earth works for another, the one following the course of the West Barwon River, bringing timber from Henry's and Sanderson's mills, can still be seen here. After crossing the road it travelled on a spectacular trestle bridge over a gully before reaching the Station yard. Timber workers cottages flanked either side of this gully. Timber work was dangerous. For example, Alex Sanderson, a timber mill owner, and his son Marshall were killed in 1907 when a bridge over the Barwon River



The locomotive 'Tom Cue' hauling timber from Sanderson's West Barwon sawmill along this track to the Forrest Station.

collapsed and the locomotive and four trucks of timber on which they were riding plunged into the river.

wrap photo

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FORREST HISTORY WALK



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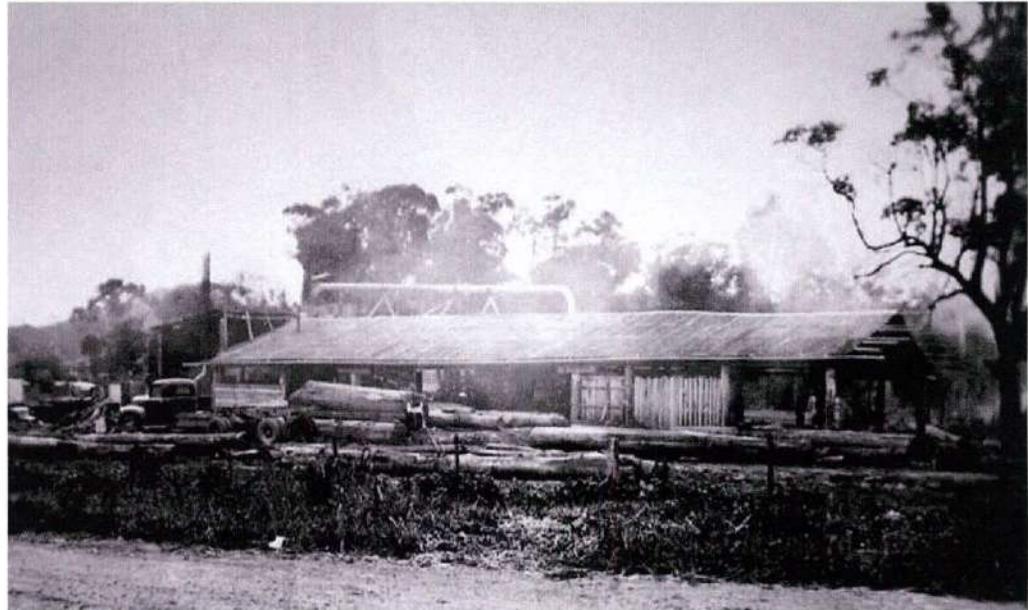
F&DHS DOCUMENT ARCHIVE
Title: *TIMBER MILL TRAM LINES (5)*
Subject Category: *FORREST HISTORY*
Key Words: *FORREST HISTORY WALKS (5)*
TIMBER MILL TRAM LINES
DOC. 02.56 Date: Dig. Copy?

Sawmills by the Rail Head

7

This is the site of a timber mill established by the Henry family company in 1948. Frank and Cliff Frizon took over the mill in 1972. Later, when hardwood became scarce, Peter Adams produced specialty timbers, mainly Blackwood, here. The mill was closed and demolished in 2003.

Beside it to the left was Forrest's first town mill which was built in the station yard. (photo ~~above~~) Established in 1948 by John Sharp and Sons, it operated to 1968. At first, it generated steam from an old locomotive boiler fired by sawdust. In the early days at Forrest, houses did not have showers or hot water services, so many locals regularly took advantage of the hot showers available at the mill.



John Sharp and Sons Mill

F&DHS DOCUMENT ARCHIVE
Title: Sawmills by Rail Head History Walk
Subject Category: Forrest History Walks
Key Words: Forrest History Walks
Sawmills by the Rail Head
DOC 0228 Date Dig Copy? 7

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FORREST HISTORY WALK



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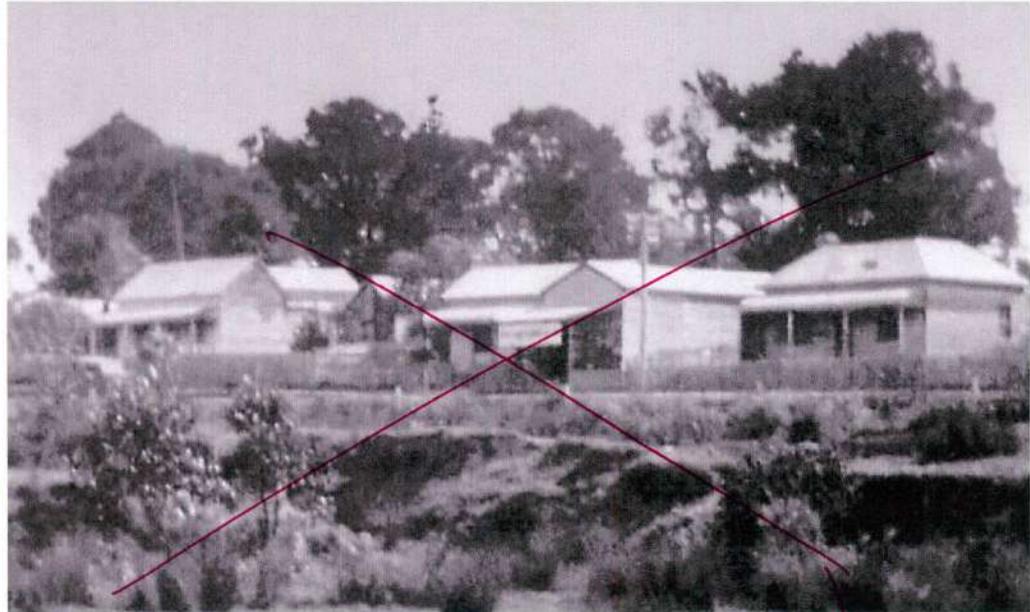
Mrs Frizon's Sweet Shop

8

The next historic timber building on the left, in Station Street, is the site of Mrs Frizon's shop, established in 1924. She sold mainly confectionary and ice-cream but also drapery and for a time a café service was offered.

A billiard table was also installed which contributed to the social life of Forrest. The Forrest post office was originally conducted at the Terminus Hotel and then later moved to the railway station and managed by railway staff. When the porter's position was abolished in 1943, the postal business was transferred to Mrs Frizon's shop at the left-hand end.

In conjunction with the post office there was a fully manned, manual telephone exchange, only replaced by automatic connections in 1972.



Former Post Office, Telephone Exchange and Sweet Shop

Operators of the Shop and Post Office after the Frizon's were David and Thyra Park, Bill Dixon and Clem and Patricia Pesket.

use sketch

F&DHS DOCUMENT ARCHIVE

Title: Mrs Frizon's Sweet Shop

Subject Category: Forrest History

Key Words: Forrest History Walk

Mrs. Frizon's Sweet Shop

DOC 229 Date: Dia. Copy?

8

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
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The Terminus Hotel

The Terminus Hotel was established in 1892 by William Pengilley, son of Thomas Pengilley, the founder of the Birregurra Hotel.

Its location was convenient to the railway station and travellers. It also operated as a store and post office initially. It had two bars a dining room and nine bedrooms. The original timber hotel was rebuilt in the 1920's. It burnt down in 1996 at which time the present structure was built. During the era of six o'clock closing locals can remember an after hours drinking area for favoured guests called 'The Cupboard'. The hotel served for many years as the after game venue for the local football and cricket teams.



The Terminus Hotel in the 1890's

F&DHS DOCUMENT ARCHIVE
 Title: TERMINUS HOTEL, 1890's
 Subject Category: Forrest History
 Key Words: Forrest History, Walk
 DOC0235
 Date:
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 TERMINUS HOTEL
 (20)

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FORREST HISTORY WALK



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The Blacksmith's Shop

21

This was the site of the original blacksmith shop established by Jones and Jones in 1901. It is easy to forget that in the days before automobiles everyone, men, mothers and children were all horse people – able to handle misbehaving horses, to catch, harness and travel to school or shops. Dorothy Frizon was often reminded by her mother of the day in May 1919 when she brought her home, newly born, from Colac in a horse and jinker in the teaming rain with an oil skin to keep her dry. The Blacksmiths Shop was the equivalent of the modern service station that kept everybody on the road; in particular it played an important part in the mail coach services. It worked until the late 1920's.



Typical means of travel before the automobile

F&DHS DOCUMENT ARCHIVE
Title: THE BLACKSMITH'S SHOP
Subject Category: FOREST HISTORY / BUILDINGS
Key Words: FOREST HISTORY WALKS (21)
THE BLACKSMITH'S SHOP
DOC 236 Date: Dig Copy?

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FORREST HISTORY WALK



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F&DHS DOCUMENT ARCHIVE

Title *MEMORIES OF WALKING TO SCHOOL*

Subject Category *WILSONS ETC*

Key Words.....

DOC. *0236* Date.....: Dig. Copy?

0236

I can't remember my first day at school but that's a long time ago. There were 4 of us Wilsons, Alf, Dorrie, Artie and myself .

At that time we were living on Boundary Rd (boundary of Gerangamete & Forrest) where Grant's dairy is now.

We walked to school each day on the way meeting up with Maurie & Alan Whelan who lived where Max Whelan is now, then Ollie, Ettie, Keith & Joyce Wilson (cousins of ours) they lived where Tassie & Betty Whelan's house is. (This is a waking bus.) Then further along around Roadknight Creek Rd would meet Jim Pitman (he is still alive) then Bill Hill, Lois Henriksen, Marg Simmons (Fox), who lived where McNabbs are now, then Ethel and Norman Tyrell would join the group to make our way at last to school.

Many a time we would make sure we left home early before daylight to enable us to catch a ride with the Bilson delivery van that carted produce to Forrest & Barramunga, the only space for us was riding on the running board of the truck. No way would you be allowed to do that today.

On these days we would arrive at school before the teacher was out of bed, he would come over to the school in his dressing gown to open the school doors so that we could light the fire, he didn't seem to mind doing this as the room would be nice & warm when he returned ready for the day.

There was a Mrs Newcombe who milked a few cows who gave milk to the teachers wife and she used to make hot milk cocoa for us all, Mrs Black provided the cocoa.

I remember a Miss Pengilly a teacher who had a single seater motor car. I think it was a Singer make. She would give us a ride home on VERY wet nights, which was lovely of her, she said she did this as we were the ones that lived the furthest away and we were never late for school.

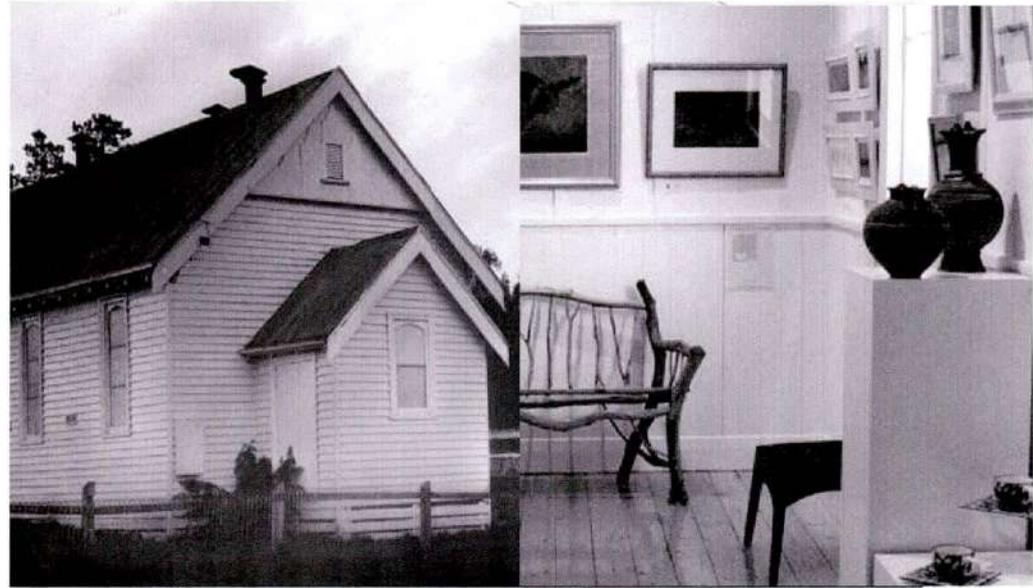
There are five of us from this group still alive these being myself (Edna Crabbe ne Wilson) Maurie Whelan, Ettie Parker (Wilson) Jim Pitman and Lois Rourke (Henricksen).

Just a short note of my school days by Edna Crabbe.

Former Catholic Church

22

Catholics in Forrest had to wait until 1925 for the construction of this church having attended Barwon Downs until then. All the churches in Forrest had ladies guilds and men's support groups which contributed strongly to the social and religious life of the town. The church was decommissioned and sold to private owners in 1981. It was later renovated and opened as The Feral Art Gallery and Coffee Shop featuring paintings, sculpture and glasswork by many local artists. A series of popular concerts was commenced at the Gallery. After several years it was deemed uneconomical and closed. The building is now a private residence (no inspections available).



The Catholic Church, Forrest, in 1981

The Feral Art Gallery under Ilze and Robert Avitabile.

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
AND DISTRICT
HISTORICAL SOCIETY

F&DHS DOCUMENT ARCHIVE
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Subject Category: FORREST HISTORY/BUILDINGS
Key Words: FORREST HISTORY WALK (22)
FORMER CATHOLIC CHURCH
DOC 0230 Date: Dig. Copy?

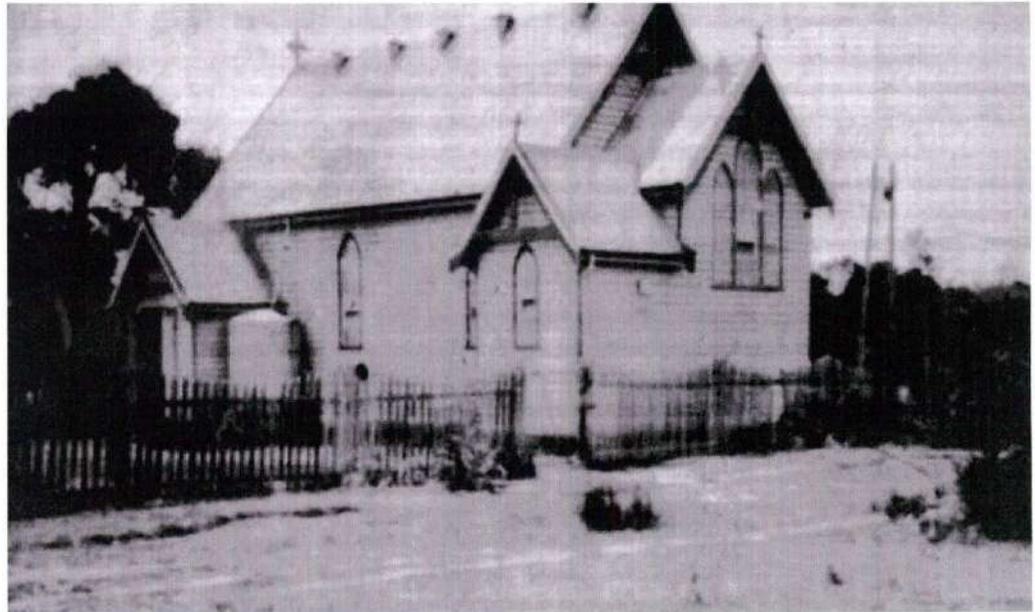
St James Anglican Church

25

Like the school nearby, St James Anglican Church was originally located at Yaugher on the property of Mr Alf Blundy across the road from the homestead. It was dedicated in February 1889 but unfortunately lost in a bushfire in 1906.

The present church was built in 1907 at the instigation of Archdeacon A. Peacock. The land was donated by the founder of the Terminus Hotel, William Pengilly. During the 1920's a vicarage was built (the house to the left).

Over the years the St James church and its associated organisations have played an important role in the community. For example in 1931 the St James Ladies Guild organised the Forrest Show which consisted of exhibits



St James Anglican Church in earlier days.

involving cookery, fancy work, photography, flowers, plants and vegetables. The show was held in the Public Hall and ran for about 10 years. St James is now shared with the Uniting Church with alternate weekly services.

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
AND DISTRICT
HISTORICAL SOCIETY

F&DHS DOCUMENT ARCHIVE
Title: ST. JAMES ANGLICAN CHURCH
Subject Category: Forrest History / Buildings
Key Words: Forrest History Walk
ST JAMES ANGLICAN CHURCH (25)
DOC 0233 Date Dia. Copv?

Jennings Shop

24

In the 1950's a popular shop in the main road, directly opposite, was May Jennings' Milk Bar, particularly for pupils going to and from school.

It was built in 1945 by Eric Jennings. In 1950 a diesel generator was installed to run the refrigerators and provide power. The family lived in the house next door. Public toilets were added at the rear in the 1950's to cater for passing tourist busses.

The shop was sold to the Riordan family in the late 1950's and some years later was destroyed by fire.



May and Eric Jennings' House and Shop

F&DHS DOCUMENT ARCHIVE
Title: JENNINGS SHOP
Subject Category: FORREST HISTORY/BUSINESS
Key Words: FORREST HISTORY, WALKS
JENNINGS SHOP
DOC 0234 Date: Dia Copy? 24

Forrest & District
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FORREST HISTORY WALK



FORREST
& DISTRICT
HISTORICAL SOCIETY

F&DHS DOCUMENT ARCHIVE

Title: FORREST HISTORY WALK 2005
Project - Family Histories

Source: MARY DRACUP

DOC: 0120

Forrest history project

Mary Dracup's notes

Wood family

Earliest member of the family in Forrest: Lewis Wood, who had a dairy farm at Yaugher.

Lewis's sons were John, Max and Merton.

John married Ethel Harding (her mother, Bertha Harding, was station master and her father, Albert Harding, was a ganger on the railway). Ethel, Flo Trew and Vi Whitehead were known as the 'terrible trio' at school.

John and Ethel's children were Alison, Gwen, Beverly, Leola and Edith.

This generation lived next to Trews on Station Street, and the girls had a lot of fun with the three Trew boys next door.

Leola started school in Forrest in 1932 and left in 1942. Leola married Bernie MacNama, who worked as a lever man at Kincaid's mill at Barwon Downs.

Whitehead family

Don Whitehead is 73 in 2005. He attended school in Forrest from 1937 to 1945.

He used to sit with George (Pud) Trew at school.

He worked at Frizon's mill as a sawyer.

Gourley family

Oldest Forrest resident in the family was Sid, who died in 1945.

Sid and his wife's children were Roy, Emily, Eric, Sid (junior), Gladys and Doug. They lived on the corner of Blundy and Barwon Streets. Sid (senior)'s wife (her grandson don't know her name) died in 1956. Sid (senior) worked in a sawmill until he had a heart attack, and then worked on the checking station on Grant St near Rivendell Lane.

Sid (junior) married Sally Dauthat, who came from Wanyarra, near Dunnolly. They lived on Blundy Street next door to Sid's parents. Their children were Kevin and Barry (born 1944). Kevin's children were Beverly, Andrew and David.

Barry married Glenda and lived in Forrest till 1967. Their children are Donna Meade and Leanne Picket. Barry went to school in Forrest from 1949 to 1957. Barry started work as an apprentice baker at Pitkethlys bakery in Station Street. He worked there for four years until the bakery burnt down in 1964. Then he

went to the Pitkethlys bakery in Birregurra for a few months, and then on to their bakery in Colac. He stayed on through several changes of ownership, from Home Pride to Thwaites to Sunnycrust. He worked for a time delivering bread all around the district, and eventually became sales manager with Sunnycrust.

Trew family

The earliest Forrest Trews were Alf and Florence (nee Monson, from Tasmania). Alf worked for Sharps mills, where he drove the steam winches that operated in the bush. He lost a leg going to work on a motorbike and then had a wooden leg from then on. These winches were similar to the one on the DSE land opposite Frank & June Frizon, except that one ran on diesel whereas the ones Alf worked ran on steam. The Trews lived in Station Street, between the post office and the Woods, in the house that David Frizon recently moved to the next-door block. The house that remains is only a remnant of the one that was there originally, which had three bedrooms. It is probably over 100 years old as the Trews didn't build it. Darkie carved his initials into the inside of the front door. The Trews later moved from Station Street to Hennigan Crescent, where Jo Simms lives now.

Alf and Flo's children were Neil (b. 1924?, d. 2002?), Darkie (Alf) (b. 1928?), who married Mavis in 1949, and Pud (George) (b. 1930?), who married Ann.

Neil, Darkie and Pud had an adventurous childhood and it is said the if anything happened in Forrest, they would get the blame for it. They tell stories of getting in a tractor tyre tube and rolling right down Blundy Street into the deep gully below, and the two older ones pushing Pud in his pram down the Street and letting him go. They used to swim in the river that used to flow quite strongly before the dam was built, and when it was in flood were known to ride logs that had floated down from the bush. They also rode their bikes straight down the hill into the river.

Pud was over 6 foot tall when he was still at school, and one day had a stand-up fight with a teacher. As a boy, he earned a little money splitting firewood for the trains—the area where the caravan park is now was once covered with wood cut into 2-foot lengths and split ready for the trains. Pud and his wife Ann lived in the house where Ti-Tree Cottages now stand before Minnie lived there.

Wilhelms family

The earliest Wilhelms was Johann Samuel, who selected land on Roadknight Creek in 1907. He cleared the land and made a dairy farm there.

Johann's son Alf sold the farm in 1950 and moved to Geelong.

Alf had a son called Alf, who grew up on the farm and went to school at the school very close by, number 4261. When Alf turned 18, he left home and joined the RAAF. He married Lorna, who was a Blundy(?).

Blundy family

The first Blundy in Forrest was Steven Henry Blundy, who came here in 1880. His son Alfred was born at Yaugher in 1886. (There may have been other children but I didn't ask.) Alfred went to Yaugher School and lived near the corner of Yaugher Rd and the Birregurra Rd till 1953. He died in 1980 at the age of 93. Alfred had a daughter named Lorna (there may have been other children but I didn't ask). She married Alf Wilhelms.

Pitkethlys Bakery, Station St

Barry Gourley told me these stories. He worked at the bakery for four years as an apprentice baker.

The bakery started in the 1940s and was originally owned by someone else, who baked in the bakery and sold the bread their shop next door. The shop later became separated and was owned by Cougles, then Greens. These original bakers used to make their own yeast by boiling potatoes and then fermenting them.

Dave Pitkethly was the first generation of Pitkethlys to run the bakery. His sons were Alan, Peter and John. Alan worked in the Pitkethly bakery in Birregurra and Peter and John worked in the Forrest bakery. The Pitkethlys lived in Tess and Alan Winter's house on Station Street, next to the bakery.

Barry Gourley said the working day as a baker would start around 5 am, when they would fill a long trough with 3, 67 kg bags of flour and make the dough. They would then leave the dough to rise for about three hours, and would cover it with bags and a long tabletop and go to sleep on top of it. They would know when the dough had risen as the tabletop would tilt them off. They would 'knock down' the dough and leave it to rise a second time, and then bake it in a wood oven.

The oven was what was called a Scotch oven. It had a flat base and a dome-shaped top. A fire would be lit inside it and then when the oven was hot the coals would be raked out and the bread would be baked. The bread was ready by lunchtime, and a loaf cost sixpence. At Christmas time, after the bread had been baked, the Christmas cakes would go into the oven. The bakery also made pies, cakes and pastries.

Around 1961 the bakery installed an oil-fired oven, which was the cause of the fire in 1964 that destroyed the bakery. The Pitkethlys then set up a bakery in Colac, on Rae St, where Fraser's Transport is now. It was later bought by Home Pride, then Thwaites, then Sunnycrust.

The river

The river flowed quite strongly before the dam was built and people would swim either straight down from Henry Street or at a bend in the river down from Jacksons on Station Street.

Bernie Mitchell, who worked on the railways at Yaughar Station, taught the kids how to swim at the bend down from Jacksons.

When the river was in flood, the Trew boys were known to ride logs that had floated down from the bush.

The river was also good for fishing.

The mortuary

Next to the pub, where the garage is now, was once a shed that served as a mortuary. Alf Trew, who only had one leg, used to check the footwear of the men who died, to see if their right(?) shoe would fit him, and if it did, had no qualms in taking it—as he would say, "They weren't going to need it!"

The Maternal and Child Health Centre (now a renovated house)

This was originally the site of Muir's butcher shop. Archie, the butcher's son, worked full time as a wood-splitter for the Forrest trains. Pud (George) Trew thinks he has a picture of the butcher shop.

The next buildings are:

- Pitkethlys house (Alan & Tess Winter's)
- Cougles, then Greens grocery store
- Pitkethlys bakery
- Evans' house (now Sharon's)
- Jennings' house (their pie shop was at the back of their house and fronted Grant Street—they supplied pies to the school)
- Police station (the white house is the original police station building). The main policeman the Trew boys remember was Darby.
- Miss Afleck's house ("She was always an old lady")

- Jacksons'—Yalma Jackson, a Hungarian, worked on the mills and was injured in the bush
- Whiteheads'—worked in the mills

Things got confusing here and I'm not sure of the order:

- Harry Troy's—the house has now been extended quite a bit. It was owned earlier by Fred Henderson, who worked at Frizons mill
- Armisteads'—worked in mills
- Marge Fox (nee Simmonds)—Marge was a Balcome, whose family originated from Balcombes Point, near Hastings on the English South-East coast. Apparently, one of her ancestors was an illegitimate child of Napoleon (Cliff Frizon knows the story)
- Grants general store
- Frizons' shop and post office—this is the house on the corner of Blundy Street and Station Street. It was run by Frank Frizon's mother Queenie and his sister, Dorothy. Queenie used to make very good pies and cakes. They had a full-size billiard table in the shop.

On the opposite side of Station Street were the railway station, then Sharps/Mulgrews and Henrys mills. A lot of Forrest people used to shower at Henrys mill, which had had hot water to run the saws. A tramline spanned the gully near the river, into Henrys mill.

Hennigan Crescent

The large house on the corner of Hennigan Crescent was originally owned by JH Grant, owner of several mills in the bush around Barramunga. The Grants had a tramline running down Station Street right past their house, into the railway yard.

Yaugher

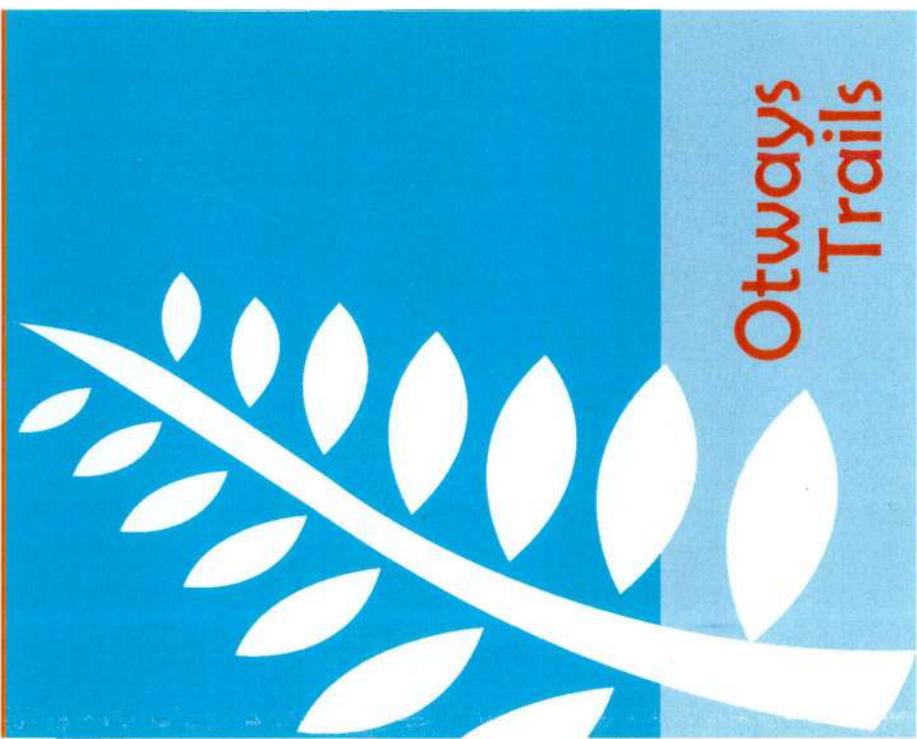
Yaugher was originally planned as the main township in the area, but when the railway was extended into Forrest the town developed there. In 1903 the Yaugher church burnt down. Around the same year, the school was moved to Forrest and became the teacher's house. The Yaugher school was sited near the corner of the Yaugher Road and the Birregurra Road.

F&DHS DOCUMENT ARCHIVE
Title *Forrest History Walk*.....
Subject Category.....
Key Words.....
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DOC *456*.....Date *2009*.....:Dig.Copy?



breathe easy...

Forrest History Walk



OTWAYS TRAILS

Look for the other Trail Notes in the series. Copies of these notes are downloadable from the following websites:
www.visitotways.com
www.visitapollobay.com
www.otwaycoast.com

Look for the Otways trails symbol: 

When walking in the Otways make sure you follow these simple tips:

Sudden and extreme weather changes are common in the Otways, so carry practical all-weather clothing and remember that your mobile phone may be out of range. Always carry water, food, matches and a torch in case of emergency. Take note of signs and landmarks. Advise someone of your intended location and estimated time of return.

Respect the environment and stay on marked paths. Do not damage vegetation or disturb wildlife. All native animals and plants are protected. No fires, including barbecues, can be lit on a day of total fire ban.



Great Ocean Road Visitor Information Centre

100 Great Ocean Road,
Apollo Bay, Victoria 3233
Telephone (03) 5237 6529
gorvic@colacotway.vic.gov.au

Colac Visitor Information Centre

Cnr. Murray and Queen Streets,
Colac, Victoria 3250
Telephone (03) 5231 3730
colacvic@colacotway.vic.gov.au

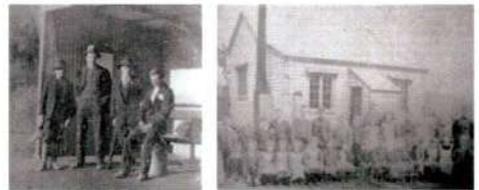
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61-65 Gellibrand Street, Colac. Ph 03 5231 1233

Forrest History Walk

A one-hour walk to discover Forrest's fascinating history.

Site 23 & 25

The School and the Anglican Church remind us that before Forrest existed there was a small settlement at Yaughter where the recreation reserve is now, about 2 kms back towards Barwon Downs. Its timber mill and railway station were demolished but the church and school were relocated here.



Site 24

May Jennings' Milk Bar remains in the memory of many local residents because it was conveniently on their way to and from school and a good spot for pupils to spend any pennies they had been able to earn.

Site 26 & 27

These sites, provide good examples of how the focus of the town moved from Station Street, with its railway buildings, timber mills and businesses to the main road where local and passing motor vehicles now determine most of the towns current services. But faster cars and refrigeration have made it difficult to sustain even these services in competition with those available in nearby Colac.

The Future

Because of the natural beauty of its surroundings, Forrest has become a popular spot to settle for those seeking to escape the stress of city life. For visitors it provides ready access to the National Park, with its fern gullies and waterfalls, Lake Elizabeth, some 30kms of mountain bike and walking trails, Turton's Track and the Otway Fly.

For further information on the history of Forrest:

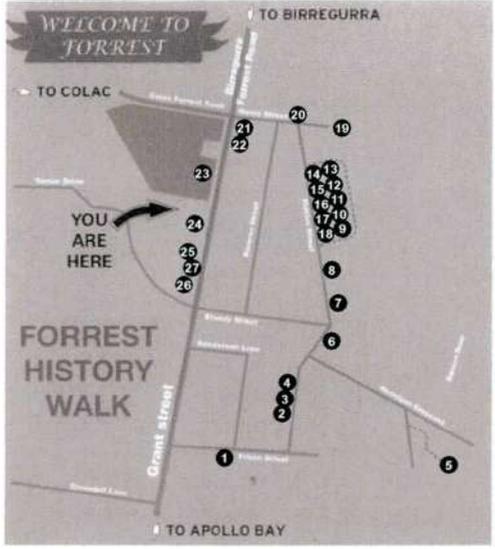
By the Barwon, by Norman Houghton, A History of Forrest and Barramunga.

Kanglang, by Jim Speirs, Otway Secret Treasures and Special Places

Forestry in the Otways, DVD by Jim Speirs.

Lake Elizabeth, DVD by Jim Speirs.

Available from Forrest General Store.





Twenty seven plaques have been installed around the town (see map), with photos and information which we hope will stimulate your interest and imagination. Regrettably, most of our early buildings, such as the railway station, no longer exist. We have drawn on the memories of older residents for much of this information.

Further, an inseparable part of Forrest history was the many timber mills located out in the bush during the early part of the last century, sometimes, little townships in themselves, with school, store and post office. Many kilometres of tramlines, crossing spectacular trestle bridges, brought timber to the Forrest rail head in trains drawn first by horses and later, steam locomotives.



Site 1

Following the devastating bush fires of 1939 the Government decreed that operating sawmills were no longer safe in the bush. This is the site of one of the first sawmills established in the township itself.

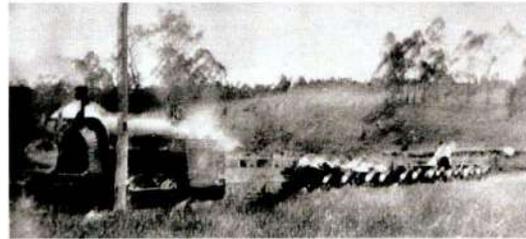
Sites 2, 3 and 4

While nothing remains today, this area was the town centre for the first 60 years of the last century. Before the automobile and television a small country community relied a lot more on the activities they could generate themselves for their entertainment and leisure. Dances, shows, performances and sports days were popular, regular events.

Site 5 (The 300 metre walk to Site 5, the only steep stretch, to an attractive riverside site, can be omitted if you wish.) Take the Hennigan Crescent walking track and follow the path to the river. Here we see the only visible remains of one of

the tram lines which brought thousands of super feet of sawn timber from mills located out in the bush. Century old bearers and a rail spike can be seen near the plaque. This photo shows the locomotive 'Tom Cue' just past this spot returning from the station yard. Note the roof top of the house behind the engine. Only a plum tree marks the site.

With their magnificent gum trees the river banks are a popular leisure spot for visitors and locals. The paths on either side of the river lead to the foot of the West Barwon Dam, (1km) and on to Lake Elizabeth (7km).



Site 6

Before automobiles, the whole focus of the town was the railway station and associated timber yards. As a consequence, the principle businesses lined Station Street, with the first sale of town lots taking place from 1890.

Site 7

Timber milling, along with dairy farming in the surrounding area, became the lifeblood of Forrest for almost a century. However as fewer trees became available the industry declined. The decision in 2006 to conserve the entire public forest area as the Great Otway National Park led to the timber industry's final demise.



Mill workers



Forrest ladies picking hops

Site 8

The timber building further down on the left, fronting the street, was for many years a popular sweet shop and later the Post Office and Telephone Exchange.

Sites 9 - 18

Plaques describing the former businesses along Station Street and the Forrest Railway Station yards can be found on the notice board located in the picnic area. You might like to note as you walk there the sites described; Number 26, residence, and sheds behind, of the former Whitehead Bus Service. Number 16, the former Bank and

Electrical Shop. Number 14, the site of the Forrest Bakery, Number 12, originally Green's General Store and further on, at Number 6, the former site of the Forrest Butcher's Shop. Looking across at the quiet scene surrounding the tennis courts, we can imagine how different it was in the early days of Forrest with the bustling scene of the arrival of the train at the Railway Station, turning the steam engine at the turn table, and the constant work associated with loading and unloading timber from the mills onto rail carriages for shipment to the city. In earlier days passengers transferred from the train to coaches which took them on the gruelling eight hour trip to Apollo Bay.



Site 19

This vacant paddock was once another of the major social centres of the township of Forrest in the early days. The annual sports day attracted hundreds of people from the district and others coming by special train. The Hotel was nearby for refreshment. Down at the river was the popular township swimming hole. Here was also the virtual town common for townspeople to graze their cows. Can you pick out the route of the former railway, crossing the paddock?

Site 20

Forrest was not always the sedate township we know today. In fact it resembled a frontier town with its large and itinerant population of hardy timber workers who had no hesitation settling arguments in the time honoured way, using their fists and then resume drinking together again at the bar once matters were resolved. The Hotel and nearby boarding houses were home to many workers as well as providing a hostel for visitors.

Site 21

No picture has been found of the original Blacksmith's shop but it was remembered as a very large corrugated iron shed as it accommodated coaches and carts along with its Blacksmithing activities. The Blacksmith, Tom Curtis also ran the coach service to Apollo Bay.

Site 22

The difficulties of maintaining community services in a small town can be seen by the closure of its Catholic Church and even the closure of the subsequent high quality art gallery and coffee shop which could not be sustained.

F&DHS DOCUMENT ARCHIVE

Title FORREST HISTORY.....

BUSH DANCE & HISTORY WALK

Source FORREST P.S. NEWS.....

DOC...0166

Forrest P.S. News

NAME: Ken Widdowson



Forrest Pre-School Inc
Reg No A00189741D
Phone: 52366540

No 2708
Grant St Forrest, VIC, 3236
Ph: 52366393 Fax: 52366470
Email: forrest.ps@edumail.vic.gov.au
ABN 81 431 426 412



Forrest After School Care
Bookings: 52366393
ASC: 52366540

March 29th, 2007

PRINCIPAL'S REFLECTION

Thanks to parents and friends who supported us in the Polwarth Sports on Monday. We had a great day and our children performed really well (and had fun too). It was really nice to see our children mixing with those from other schools and to hear their conversations about events they have shared. Early next term our Grade 3-6 camp is another opportunity for us to get together with the friends we have made in other schools. Please remember to bring back permission forms and medical information.

I can't believe we are at the end of another term. Time has just flown this term, with our fantastic classroom programs and special events including our beginning school program, Welcome BBQ, Waste wise excursion to Geelong, Life Ed van visit, Harmony Day, and Polwarth Sports Day. We are really fortunate to be able to offer such quality programs in a small rural setting. It makes me very proud to be part of Forrest PS.

Thanks to all who contributed to our school over the past term. It is the partnership between home and school which adds to the education we provide and relationships we develop.

Enjoy the holidays (school term 1 finishes on Friday at 2.30pm) and see you on the 16th of April.

HAVE FUN!
TARA HULONCE

IMPORTANT 2007 DATES

16 April- Start term 2
23 April- School Council (altered date due to camp- brought forward 1 week)
30 April- 2 May School Camp
7 May Education Week
14 May- Book Fair

BIRTHDAYS

March 3 Leanne Harty
March 6 Suzie Grant

TRIBES Personal Best Award

Junior room- Hannah for a fantastic first term congratulations. It's been great to see you come out of your shell!

Senior room-Indigo for improved organisation and her reading.

QUOTE OF THE WEEK

"...the final forming of a person's character lies in his or her own hands."

- Anne Frank

EMA

EMA Cheques have arrived at the school. Could these be collected before the holidays.

APPRECIATIONS

Thank- you to the Romanowski family for their kind donation of toys and books to the Pre-school Room. Much appreciated!

Special thanks also to Tania Evans for being a fantastic age group official at the sports. I'm sure the children in your group really enjoyed having you looking after them. THANKS!

RE: HARMONY DAY

"On behalf of the Carlisle River school, I would like to thank you and your staff for another magnificent day at your school This time for Harmony day. You had everything well organised and it was so nice to see so many parents there on the day as well. Could you please thank your staff for their friendliness and willingness to help out on the day. All our children (and parents) had a very exciting day and returned home quite exhausted."

Regards *Jeff Douma - Principal*

BUS PARENTS

If you are going to collect your child from the school when they normally go on the bus or to After School Care, could you please speak to the staff member on duty? Thanks!

LOST LIBRARY BOOKS

The following items have been misplaced from the Corangamite Library. Please look for them at home or we need to pay the fine.

Asterix and the magic carpet

The empty hand

Alpine regions

Ghost regions.

THANKS!

ASC NEWS

MON	TUES	WED	THUR	FRI
Clay	Weaving	Cooking	Games	Football

ASC will have an Easter egg hunt Friday.

Reminder school finishes at 2.30pm

FUNDRAISING

Thanks to all who were involved in our Devonshire Teas at the Forrest Market over the weekend. It was a beautiful day, topped off by having a lovely chai and scones. \$183 was raised for the school and Pre-school to share.

Thanks to Dassana for opening her home to us for scone cooking.

POLWARTH SPORTS



Thanks to all the wonderful children from Forrest PS, you set a great example of sportsmanship and your teachers are very proud of you. (So are your parents I'm sure!)



A very quick baton change in the relay.



A great day was had by all. THANKS!

LOST AND FOUND

In the office we have one black bike helmet- it has been here for a while. If you think it may be yours- please come and have a look. If it's not claimed it will go to the op shop. Thanks!

GRADE 3-6 CAMP

Urban camp is on 30th April to 2nd May
Cost is \$140. Payment for camp will be added to parent accounts, or you can drop in on Mondays and Thursdays to make a payment.

ACTIVE AFTER SCHOOLS

AASC will be running during term 2 after school twice a week. A new permission form will be sent home in the first week back.

Please note if parents have signed and returned the permission form - they do not need to book in each week. The form is valid for the entire term. Thanks for supporting this great program.

COMMUNITY NEWS

Bush Dance

The latest Forrest History brochure tells us that in the days before television the townfolk provided their own entertainment. So it's good to see that the old community spirit still has a kick in it, well in this case a lively two-step!

Last Saturday, as part of the Forrest Autumn Festival, the Geelong Bush Band, The Stonecutters, led us through our 'advance and swing, dosi doe and side step'. It was great that the whole family could join in, so that at any time your partner could be life-sized or pint-sized.



Forrest History Walk launched

After over a year of community work it was exciting at last to see our Forrest History Walk plaques installed. The Walk was launched at the Sunday Market and quite a few members of the Forrest Historical Society gave it a test run. A guide to the walk is available at the store and a town map showing the walk and historic sites will shortly be installed near the Hall.



Colac Junior Baseball Club

Registration day Saturday 21st April at 10am at the Eastern Reserve Oval, bring a friend and come have a throw. Sausage sizzle, raffle, stay and watch the seniors play after. All enquiries welcome. Contact Meaghan 52322380

FREE

We have some old telephones people may be interested in. Come to the office.

First in- best dressed!

FREE- baling twine- huge roll of it.

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SCHOOL MARKET GARDEN

This is a great opportunity for us to grow veges and teach our children about healthy eating at the same time.

We are again looking to plant our garden next term. If you have skills in this area or would simply like to become involved, please see Kaz Kost for more information. Thanks!

Pre-school FEES

Please note that when paying Pre-school fees, the Centerlink forms are only valid for 12 months from date of care. So if you plan to claim- you do need to pay and

present your receipt within this time frame. Thanks!

ATTACHMENTS

Active After Schools Recipes.



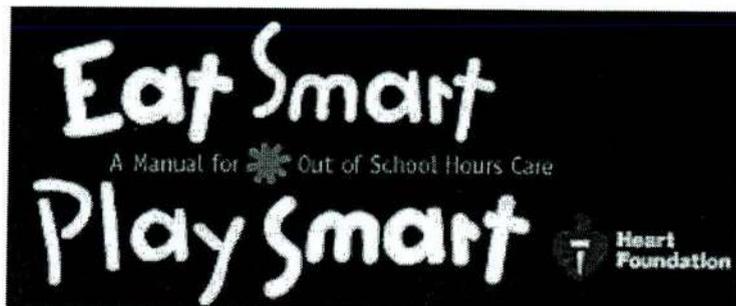
Australian Government
Australian Sports Commission

Active After-school Communities

Helping kids and communities get active

Active After-school Communities Newsletter VICTORIA

Healthy recipe ideas...from the Heart Foundation



These recipes have been sourced from *Eat Smart, Play Smart - A Manual for Out of School Hours Care*.

OSHC coordinators interested in purchasing a copy of the manual can contact Heartline, the Heart Foundation's national telephone information service, on 1300 36 27 87, email

Heartline@heartfoundation.com.au or visit the Heartsite at www.heartfoundation.com.au/eat-smart/play-smart

Cool cheese and salsa crackers (serves 10)

The taste buds are given a tickle by adding a touch of salsa to this simple snack.

Preparation time: 5 minutes

Cooking time: No cooking time needed

Ingredients:

10 slices of reduced fat cheese
20 medium size wholemeal crackers
150g bottled reduced salt salsa (mild)

1/2 punnet alfalfa sprouts or mixed sprouts
1/2 continental cucumber, sliced

Method:

Take a stack of 10 cheese slices at a time, then use a large sharp knife to cut them in half diagonally
Spread the crackers out on a clean work surface
Arrange the halved cheese slices on top
Spread the salsa on top of the cheese
Top with the sprouts and lastly the cucumber slices
Serve at once

Quick strawberry 'tarts' (serves 2)

Preparation time: 10-12 minutes

Cooking time: No cooking time needed

Equipment:

Chopping board
Set of measuring spoons
Bread and butter knife
Paper towels
Small sharp knife
Serving plate

Ingredients:

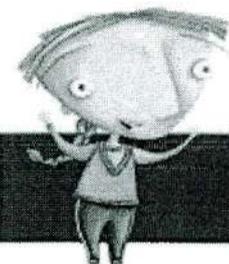
1 English-style muffin
1 tablespoon light cream cheese
2 teaspoons strawberry jam
4 large strawberries

Method:

Split the muffins in half and arrange on the chopping board
Using the bread and butter knife, spread the light cream cheese over the halves
Spread the jam over the top of the cream cheese
Wash the strawberries and pat dry with the paper towels
Using the small sharp knife, remove the hulls and cut the strawberries into slices
Arrange the strawberry slices on top of the jam
Serve at once

Contact Us:

Active After-school Communities
Australian Sports Commission
michelle.forbes@ausport.gov.au
03 8698 7711

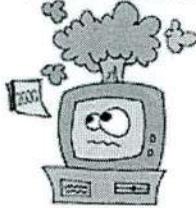


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F&DHS DOCUMENT ARCHIVE DOC.....Date.....

Title.....

Subject Category.....0507

Key Words.....

1423

The Forrest Railway Station 14

Forrest owes its existence to the railway. Horse and ox drawn carts originally travelled the 30kms to Birregurra Railway Station but costs were high and the road hardly deserved the name and was almost impassable in winter. In response to the demand for closer settlement and better communications Parliament approved a railway from Birregurra to Forrest. The line was opened in June 1891.

The line was surveyed to Barramunga, five kms. further on, but terrain and yard space were deemed unsuitable so Forrest became the terminus and the dense bushland was soon transformed into a flourishing township. Trains carrying both passengers and supplies or timber ran 6 days a week.



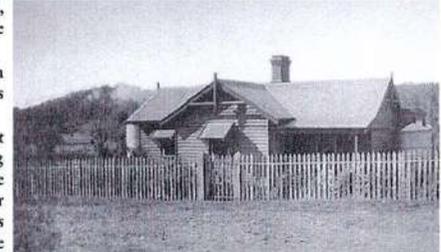
The Railway Station around 1920

The railway was the life blood of Forrest to the 1940's for travel, postal services and essential supplies.

The Station Buildings 15

Nothing remains of the Forrest station, which stood where the tennis courts are now, facing this way.

One of the earliest buildings erected in Forrest was the Station Caretaker's residence which adjoined the Station. The Station also served as the Post Office until 1943. As goldmining decreased and with the onset of the depression, by the 1940's timber shipments and consequent rail services had greatly diminished. Reduced use and winter damage to the line and bridges in the 1950's resulted in the line's closure in 1957 when continued maintenance could not be justified.



The Station Caretaker's Cottage built around 1891.

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
AND DISTRICT
HISTORICAL SOCIETY

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
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The Railway Stacking Yard 16

A major part of the railway yards was occupied by timber stacks awaiting shipment.

Here we see, centre, a tram truck which has arrived from Sanderson's bush mill behind a steam locomotive being unloaded onto a rail skid before being transferred to a rail truck. This is a view looking south. The old sheds in the background are supply stores for horse feed. Station Street can be seen in the background.



Sanderson's Stacking Yard at the Forrest Railway Station

The Tiger 17

As road travel began to replace rail a more economic solution was sought in the 1930's. The Railways introduced a converted Dodge car for passenger and mail service between Birregurra and Forrest. The car was painted yellow and black for safety purposes and was known as The Tiger.

It became very popular with Forrest residents and is still remembered fondly by many townspeople even today. A second and larger rail car was also used at holiday times.

In the post-war prosperity of the 50's more people preferred to use their own car and The Tiger was withdrawn in 1952.



The Tiger at Forrest Railway Station

Coach Travel 18

Coach travel played an important part in the life of early settlers, visitor and holiday makers. For example, under pressure from Lorne holiday resorts, the route of the Birregurra to Forrest train line was diverted through Deans Marsh to provide a coach link to the coast. Likewise, at Forrest, passengers off the train transferred to a coach for Apollo Bay. The coach ran three times a week, a journey of eight gruelling hours.

The drivers were Albert Cawood, Tom Mitchell, Tom Loury, Charlie Clark, Dan Halliday, Tom Eales, Bob Morris, Harry Noach and Jack Kennedy. By 1930 the horse drawn coaches were replaced by motor services.



1. Passenger coach at Forrest driven by Tom Curtis, who was also the blacksmith
2. The Forrest-Apollo Bay Coach in front of Druggell's Hotel, Apollo Bay

F&DHS DOCUMENT ARCHIVE

Title FORREST HISTORY WALKS

Subject Category FORREST HISTORY (15)

Key Words RAILWAY STATION (14) STATION BUILDINGS

RAILWAY STACKING YARD (16) THE TIGER (17) COACH TRAVEL (18)

DOC.....Date.....:Dia.Copv?

FORREST
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FORREST HISTORY WALK



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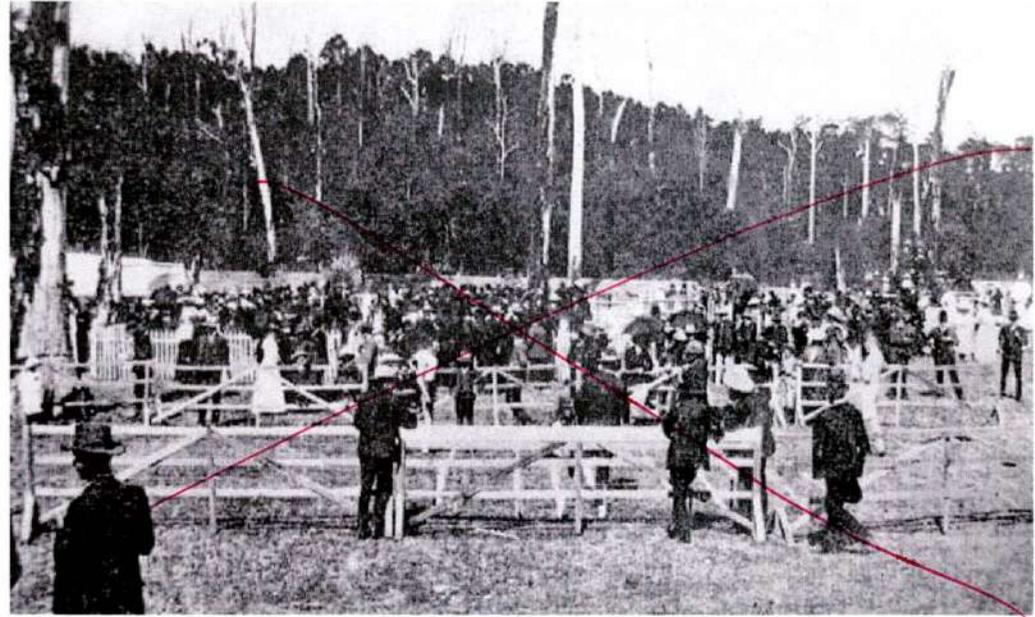
0507

Sports Field and Cow Paddock 19

Sport has always played an important part in the community life of Forrest. By mid 1890's an annual sports day was organised in the paddock ahead, originally called Bartlett's paddock but later it became known as Hurley's. Hundreds of people arrived by special train to take part and observe the events which included, foot running, wood chopping, sawing and tug of war.

But the ground was never provided with facilities and by 1926 sports events were moved to the present Yaugher Recreation Reserve.

To the right was the Pub Paddock where a Mr White charged 1 shilling per week for townspeople to graze their cows. Others simply roamed the streets. Cows were rounded up around 4pm, often by the children after school, and



Annual Forrest sports day in the early 1900's, watching the highland dancing.

taken home to be milked. They were kept in the house yard overnight. Behind the cow paddock was the popular township swimming hole.

wrong picture

F&DHS DOCUMENT ARCHIVE
 Title: SPORTS FIELD AND COW PADDOCK
 Subject Category: FORREST HISTORY
 Key Words: FORREST HISTORY, WALKS
 SPORTS FIELD AND COW PADDOCK (19)
 DOC.....Date.....: Dig. Copy?

Forrest & District
Community Group



FORREST HISTORY WALK



FORREST
AND DISTRICT
HISTORICAL SOCIETY

F&DHS DOCUMENT ARCHIVE

Title: FORREST Primary School

Walk around Town with ^{Ken} ~~Wenderson~~

Source: ECHO

DOC: 0005

school scoop email pics to news@theecho.com.au

CLIFTON SPRINGS PS



Cr Tom O'Connor and school council president Bev Mole opening the bollard walk as part of Education Week.

DRYSDALE PS



Gold house captain Jayden Barmby and Green house vice-captain Riley Patten hang out in the playground

Brighten someone's day



Volunteer a little time and make a big difference by being a 'friend' to a child or young person who has a disability.

Adults of any age, with or without children can volunteer - times are very flexible - it's up to you!



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FORREST PRIMARY SCHOOL

Forrest PS recently did a history walk around town with Ken Widdowsen, from the Forrest and District Historical Society. The walk looked at historical sites, including one of the old timber mills, sports fields, railway lines and various businesses. We stopped in at Mark and Kerrie Jennings' house to view how house construction has altered over the years. It was a great afternoon for all concerned.

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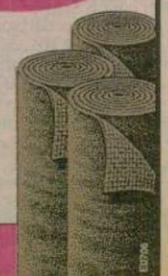
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TOWN BY TOWN

Anglesea

Anglesea Art and Craft Show: June 8 to 11 (Queen's Birthday long weekend) at Anglesea community hall. Gala night opening June 8 at 7.30pm. Open each day 10am to 4pm, except Monday (3.30pm close). Entries for gala night \$5, other days \$3. Inquiries 5243 6812.

Attention Fitness Instructors: We are looking for a qualified aerobics teacher to take classes in Anglesea. Please contact Zoe at the Community House for more information on 5263 2116.

The Inconvenient Truth: A free screening organised by the Anglesea Neip group, Saturday, June 9 at 7.30pm at Senior Citizens Hall, McMillan Street. Followed by light supper and discussion time. We invite all members of our community to this screening. Our intention is to stimulate more discussion on how our community can best respond to the challenges we are all facing with the global warming crisis. Gold coin donation towards supper.

Fundraiser Garage Sale to raise money for the Anglesea Netball Club, Saturday, June 9, Queen's Birthday weekend, 66 Murray Street, Anglesea, 9am start.

Surf Coast Family History Group: A visit to the National Archives in North Melbourne is scheduled for Thursday, June 14 in lieu of the regular monthly meeting. Members are to meet at 8.30am at the Historical Society Museum, McMillan Street, Anglesea to arrange transport. Any further inquiries, phone Yvonne on 5289 6681. Non-members most welcome.

Probus Club of Anglesea: Meeting Monday, June 11 at 9.45am in Senior Citizens Hall, McMillan Street. Speaker Jan Dick. Inquiries 5263 1249.

Apollo Bay

Apollo Bay Annual Indoor Market: Sunday, June 10, 9.30am-2.30pm, Mechanics Hall, Apollo Bay (diagonally opposite Golf Club carpark). Entry is free. Hot scrumptious food and drinks from the kitchen thanks to the local Pony Club. Handicrafts, original artwork, photography, leatherwork, glassware, soaps, natural beauty products, handbags, cakes, tarts, jams, honey, shiatsu, face painting for the kids and lots more! A raffle will offer great prizes to be won on the day.

Celtic Afternoon: Sunday, June 24, 2pm. Harpist, Cath Connelly and fiddler, Colin MacLeod performing tunes from the James Goulding manuscript from 1817 Cork, Ireland. St Aidan's Anglican Church, Apollo Bay. Tickets \$12, concession \$10. Inquiries Jane Gross 5237 6335.

SIMONE WATT

Barwon Heads

This week at the Jigsaw Library: We've just got a huge pile of 'new' jigsaws - all levels and sizes. If you can't find one you haven't done, come and try these. The library is open every Saturday 10am-noon behind the Anglican Church.

Barwon Heads Fine Music Society: Our next recital is on Sunday, June 10 at 2.30pm in the Barwon Heads Anglican Church. Performers will be Ben Castle on violin, Regina Thomae on piano and Joel Carnegie on horn. They will play three horn trios by Mozart, Dussek and Rachmaninov, which will be very exciting. Afternoon tea afterwards. All welcome. Donation \$5. Inquiries Jenny 5254 2580.

Barwon Heads Vision Australia Auxiliary Monthly Meeting will be held in the Uniting Church Vestry on June 13 at 2pm.

The All Saints Op Shop Management Committee will meet on Friday, June 15, in the Anglican Resource Centre, 8.30am for its half-yearly distribution of funds to church and community causes. Following the meeting the Op Shop will be open for its usual hours 10am to 1pm.

Barwon Heads Community Arts Garden is looking for old water tanks (to be used for raised garden beds), farm gates, sleepers or useful timber/fencing material, a shed or old garage and a school portable to help build the infrastructure of their garden in July. Reduce, Reuse, Recycle - if you have any of these things and want to donate them to the arts garden, phone Meaghan on 5254 3006 to organise collection (after July 1, 2007).

ANDREA DENNETT

Birregurra

Centenary Celebrations will be held for St Peter's Catholic Church, Birregurra on Sunday, June 10. The one hundred year celebrations will include Mass at 10.30am, followed by light lunch (BYO sandwiches to share) in the Birregurra Hall. All past families, residents and friends are welcome to attend. Please bring any relevant photos and memorabilia. RSVP/inquiries phone Gwen 5236 2271, Trish 5236 2210 or Marie 5236 2057.

Otway Soup Fest at the Barwon Downs Community Hall on Sunday, June 10. Competitions for homemade soup - two categories for traditional and non traditional pumpkin, other competitions for cakes, relishes and pickles, home brew beer and wines and childrens colouring competition. Join the walk of the Tiger train line from Yaeger to Gerangamete Station. Lunch and other goodies will be available for purchase. Phone Bob or Jenny on 5236 6116 for further information and entry forms.

Birre NHW Annual Dinner to be held at Nippers on June 19. This year we have Senior Constable Di Thomson from Warrnambool Crime Desk as guest speaker. Di will talk about her role which involves attending crime scenes looking for evidence and taking DNA samples, photographs etc. Also present will be Senior Constable Nick Smart who is the new NHW Co-ordinator. Anyone interested in attending ring secretary Helen Norton on 5236 2376 to book.

Warehouse Trip: The Birregurra Fire Brigade, as a fundraiser, is holding a shopping trip to Melbourne on Saturday September 1, leaving Birregurra Fire Station at 7am. For bookings ring Narelle on 5236 2070 or Chris on 5236 2337.

Bus Drivers Wanted: The community shopping bus travels into Colac every Thursday at 10am and returns by 2.15pm, and is driven by volunteer bus drivers. The bus is a nice, modern well-maintained 20-seater and the passengers are very friendly! If you are interested in helping us out, we would love to hear from you. Training can be arranged phone Susan or Cheryl on 5236 4000.

JANET BRIEN

Colac

Mums on the Move is a 10-week program conducted by Colac Area Health to be held at the Colac Community Hub, Miller Street. The program started on Tuesday, June 5 from 10am-noon. The program is especially for mums with a baby and/or toddler. The program includes: 'trying out' various gentle physical activities, family health sessions with guest presenters, plenty of time to relax with other mums. Childcare is included in the weekly cost of \$3. For bookings, phone Primary Care on 5232 5140. For further information phone Chris Towers, Community - Women's Health Nurse, Colac Area Health on 5232 5188 or 0417 121 072.

Wanted: Kennedy's Creek Public Hall is seeking people with any information and memorabilia to help with the publication of a book on the history of the Hall. If you have any stories of times now past, whether it be about the school, church, groups that used the Hall, parties or events held at the Hall we would love to hear them. We would also appreciate any copies of photos of the Hall, and photos, letters newspaper clippings or invitations of events held at the Hall. We can arrange copying and can come to you to record your stories. Please send information to: Colleen Judd, 3581 Lavers Hill-Cobden Road, Kennedy's Creek 3239 or phone Patricia Sadler on (03) 5238 3227.

Otways Permaculture Group: Interested in a Sustainable Culture? Then get involved with your local bioregional permaculture group. Inquiries Fern 5237 6131 or email: permaculture@apollobay.org.au

Thursday Playgroup at the Colac Uniting Church Hall, Hesse Street, 9.30-11am. Welcome - here's where friendships happen for both parents and children. Program includes free play with toys and games, story time, craft, morning tea (parents supply for their own children), music and singing. \$10 annual, \$2 weekly. Contact Michelle: 5233 1498.

Camperdown and Colac Budgerigar Society Inc: We meet on the third Friday of the month at the Youth and Recreation Centre in Hearn Street. Meeting starts at 8pm followed by a cuppa and an education session. All breeders and fanciers most welcome. Inquiries to Graham Tevelein (secretary): 5231 2758.

Colac Camera Club: We meet every second Monday night in the month at 8pm in the Nexus Complex in Bath Street, Colac.

Drop In To The Church Lounge, Colac Baptist Church, cnr Dennis and Hesse streets, every second and fourth Friday of the month from 10am-noon for coffee, chat, games. Phone Julie 5235 1282 to arrange a lift.

Counselling Sessions at the Creative Living Centre, 37 Hesse Street, Colac are up and running on Tuesdays. Please phone 5232 1717 (BH) or 5231 5497 (AH) to make appointments or to find out more. Professional counselling is now available at the Creative Living Centre. Our counsellor, Mary Dowd, has 25 years dealing with issues of grief, anger, divorce, relationships, parenting difficulties, and so much more. She's available on Tuesdays at 37 Hesse Street, Colac. Please phone 5232 1717 for bookings or for more

information.

Colac Community Hub Craft Group is calling for donations of craft materials. Craft group members would really appreciate any donations so that the group can continue to meet and enjoy each others company and love of craft. Donations can be dropped off at the Colac Community Hub, 23 Miller Street, Colac, or pickup can be arranged by calling the Community Hub on 5232 5210.

Colac Cancer Support Group: Meetings are held at the Colac Community Hub, Magnolia Room, access from both 23 Miller or 34 Connor Streets. Meetings from 1-3.30pm. If you have been diagnosed with cancer, recovered from cancer, or are a family member or a friend, come along and have a chat and cuppa with others who are in the same situation. Contact Lorraine on 5231 5001, Helen on 5232 1273 or Wendy on 5231 4033.

Line Dancing: Mondays at the Community Hub, 23 Miller Street, Colac. New beginners from 6-7pm. Experienced beginners to follow after 7pm. All ages welcome, come along and join in some fun. \$5.50 a session. For more information, contact 5235 8441 or 5231 6513.

Colac Rock n Roll: Our next term of lessons will start on Sunday, July 15.

Diabetes: Colac Branch, Diabetes Australia - Vic next meeting will be on

leadership program is presented in the friendly 'learn by doing' atmosphere of a Toastmasters Club. Prepare yourself for those special speeches at weddings, birthdays and celebrations. Be a short-term member to prepare you for employment opportunities, interviews and business presentations. You will gain personal confidence in as you learn and practice techniques of effective public speaking in a friendly and supportive environment. Meet: Colac ACE, 6 Murray Street, enter through the back door. Second and fourth Wednesdays at 7pm. All welcome. Phone Jenny 5238 8355 or Cheryl 5233 1336.

Colac and District Family History Group Inc. Trivia Night: Bring along some friends and attend a Trivia Night to be held at the Austral Hotel on Wednesday, June 20 at 7.30pm. Tables of six, \$7 per person. Supper and nibbles provided. Great Prizes. To book a table, please phone 5232 1169, 5231 1736 or 5231 3904.

Arthritis: Apologies to the Arthritis Self Help Group for placing the incorrect information in the Town by Town last week, Rachel Wood.

Keep This Date Free: Sunday, June 10 for Dance at the RSL starting at 1.30-5.30pm. Frankie Lawrence's Dance Band continues. Tea and Coffee available. Everyone welcome for a fun day.

Information Session on Recycling/Waste Management; Natural Therapies; More woodworking.

Fig Tree Food n' Flicks: Next screening date, Friday, July 6, 6pm. Stay tuned for more info!

Playgroup at the Fig Tree: All parents and their kids are welcome to come along and join our weekly session of playgroup at 10am-noon every Tuesday. Cost: \$3 per family per session.

Important date to put in your diary! Fig Tree 'Open House' day, Sunday, November 11. Position Vacant 'Open House' Coordinator. For inquiries, phone 5289 2972.

Lorne Community Hospital: Well-Women's Clinic now being held at Lorne Community Hospital. Clinics are run by a Women's Health Nurse who offers a range of services including pap smears. Next clinic date: Thursday, June 28. For inquiries or bookings, please contact reception at the hospital on 5289 4300.

Lorne Carers Support Group: Meetings are informal and a chance to relax and have a break. New members welcome. Please contact Judy-ann, Community Health Nurse on 5289 4315 for further information.

SUE ROBERTS

Ocean Grove

Ocean Grove Calisthenic College Inc: The Ocean Grove Calisthenic College will be celebrating its 25 year anniversary with a Gala Night on Saturday, June 16 at the Potato Shed Drysdale and we would love to hear from past members who would like to come along to celebrate and share special memories with us. For further information, contact Esther 0438 503 754 or Judy 5256 2701.

Red Cross Ocean Grove Unit will hold a Blumes fashion display and sales at Uniting Church Hall on June 21 at 2pm. Devonshire Tea will be served. Cost \$5.

Line Dancing For Beginners: Come along, give it a try and have some fun. Age, two left feet and uncoordinated are no excuse!! Senior Citizens Hall, 101 The Terrace every Friday 1-2.30pm. For more information, phone Elaine 0413 690 597.

Reiki: This service is offered donation only. Anyone seeking Reiki healing should contact Margaret on 5256 1067.

Ocean Grove Bridge Club: Meet at Marcus Hill Hall, Cnr Banks Road and Bellarine Highway, Marcus Hill on Monday evenings 7.30pm, Wednesday and Friday afternoons at 1pm. Visitors most welcome! Standby partners available. Inquiries to Marg on 5256 2550 or Bruna 5255 5487.

Vinnies are looking for volunteers to assist in our Ocean Grove Op Shop. If you have some spare time and would like to join our friendly team, contact Kathy on 5256 2050.

EMMA HARRISON

Torquay

Torquay Garden Club meet at the Senior Citizens club rooms in Price Street on June 12 at 7.30pm. New members welcome. Speaker for the month of June is one of our members, Christabel Smith. Christabel will talk about her life in England and in Australia, so come along and enjoy. Inquiries Eion Beaton on 5261 5290 or Maureen Holmes 5261 2883.

Jan Juc Play Group New Members Welcome! If you are a new family to the area or are simply looking for a regular playgroup for your babies/children (age range newborns to four years), please phone Emma Conn, our community liaison person on 5264 8314 to discuss the possibility of starting a group or joining one that already exists. Playgroup is based at the Jan Juc Bob Pettit Reserve. Wonderful way for mums and dads to access support in their role as parents also.

Torquay Senior Citizens Club: The club's 38th birthday is on July 11 at 1.30pm. Get your name down for this event. Also a five-day trip to Merimbula from July 30. Think how cold it will be here, why not plan to go. Our program this week is Monday, swimming, indoor bowls and cards; Tuesday, Tai Chi and craft; Wednesday, swimming, indoor bowls, cards, scrabble etc; Thursday, Mah Jong; Friday, Shopping in Torquay and Bingo in hall at 1.15pm; Saturday, indoor bowls and cards. All inquiries to Aileen 5261 2990.

Spring Creek Community House: Check out our web site for course and activity details for the remainder of the term especially our 'Dance Fest', don't miss out. Enrol now. For further information call in between 9am-1pm weekdays or phone us on 5261 2583.

What's Goin' On: Your chance to find out at our informal coffee mornings, Wednesdays, 10am onwards. Catch up with friends or neighbours or meet new ones and find out more about your community, what services and groups/activities are available - the coffee isn't bad either at Spring Creek Community House, 14 Price Street, Torquay.

VCE Study Group: Free help to VCE students Wednesdays 4.30-6pm in a safe and quiet environment to study. Free afternoon tea and activities. Come and go as you please. For more information, phone Luke and Emily on 5261 2583 or e-mail reception@springcreekcommunityhouse.org.au.

Men's Shed: A place to spend time sharing skills and information, while having fun and doing practical things. If you're interested in getting a Men's Shed going in Torquay, or have any thoughts or ideas, phone Digby on 5261 6657.

Surf Coast Film Society meets third Friday of the month at the Surfworld Theatre at 7.20pm for a 7.30pm start. Membership is \$10 a year.

Life Activities Club Surf Coast: Wednesday's Tennis day at Torquay Tennis Club, Spring Creek Reserve at 10am. Phone Janet 5261 5329. Thursday, June 7 and 14, Walking group meet at 9am (new time) at Fishermans Beach boat ramp. Phone Bill 5261 3878. Saturday, June 9, Gardening Group meet at 10-10.30am at Murradock Farm Lighthouse Olive Oil, Drysdale. Phone Shirley 5244 0094 for bookings. Sunday, June 10, Music Group (new group) meet at Deakin Waterfront Cafe at 2.30pm to listen to Ross Wilson. Cost \$25. Phone Jan 5261 6100 (BH) or 5261 5051 (AH).

Tuesday, June 10, Walking Group meet at 12.30pm at Rotunda in Taylor Park, Torquay. Car pool to destination. Phone Ron 5261 3408 or Jo 5221 8108. Wednesday, June 13, Morning Cinema group meet. Phone Paul for film and times on 5261 5761. Friday, June 15, Canoe group (new group) meet at Coogoorah Park, Anglesea at 10am for two hours boating on river estuary. Novice training available. Cost \$7.50. Phone Noel by June 13 on 5255 5353 for bookings. Also Le Bon Jour group meet on Friday, June 15 at 12.30pm at Flamenco Cafe, Bell Street, Torquay. Phone Shirley 5244 0094 for bookings. New members welcome to all activities. Phone John 5261 6574 for membership details.

Sacred Women's Circle: As women we play many roles but who, or what, are we to ourselves? We may recognise our true essence more clearly in the company, or through the eyes of other women. Relax, revive and inspire yourself and others. Meeting once a fortnight, phone Virginia for further details on 0413 596 784.

T.O.W.N: Take Off Weight Naturally is a non-profit organisation that does not rely on fad diets and expensive products to help people lose weight. Meets every Wednesday, 6.30pm at Torquay Senior Citizens in Price Street.

JUNE BUTLER

Winchelsea

Winchelsea Community Shopping Bus is a service for shoppers who don't want the stress of driving to Geelong. Each pension fortnight, the bus travels from Winchelsea to Geelong, back to Warrn Ponds then home again to Winchelsea. Price is \$7 per person for 10 or more passengers. Cost will rise if numbers are less than 10. For more info or to book your seat, phone Beryl Read on 5267 2640 or Winch House on 5267 2028.

JULIE DYSON

Winchelsea

FREE LISTINGS

Contact your local correspondent to get notices published. The deadline is 6pm Thursday the week prior to publication.

Aleys Inlet/Fairhaven: Nicole Maher, 5289 7087 or email nicole.maher@bigpond.com

Anglesea: Anglesea and District Community House, email: angcom@fastmail.com.au, ph: 5263 2116

Apollo Bay: otwayhealth@swarh.vic.gov.au

Birregurra: Janet Brien, phone/fax 5236 6278, email gbrien@bigpond.com

Colac: Colac Neighbourhood House, 23 Miller Street, Colac. Phone 5232 5210. email: rawood@swarh.vic.gov.au. Items must be received by noon Thursday.

Deans Marsh: Helen Lawrence at Deans Marsh Community Cottage, 5236 3388.

Lorne: Fig Tree Community House, email: lornech@bigpond.net.au, ph: 5289 2972.

Winchelsea: Winch House, 5267 2028. 9am-12pm, Mon-Fri. email: winchhouse@tgc.com.au

Torquay: June Butler, Spring Creek Community House, Price Street, Torquay, fax 5261 2584, email: townbytown@springcreekcommunityhouse.org.au. Items must be received by 1pm Wednesday the week prior to publication.

Church turns 100

ST PETER'S Catholic Church in Birregurra will celebrate its 100th birthday on Sunday.

The church has had some internal modifications during the last century, including the altar but much of the historic building has been retained in its original state.

From 1907 families have been coming to the church which can hold about 200 people.

Gwen Koop has been attending the church for 36 years and has seen changes of her own.

"There used to be a lot more people coming but there just isn't many families around," Mrs Koop said.

"We get about 20 to 30 people there during services and it's a nice place to get together."

A mass will be held at 10.30am this Sunday to mark the centenary celebrations - attendees are asked to bring any photos or memorabilia of the church to the event.



Celebration committee members Gwen Koop, Marie Trask and Mary-Jane Gannon

Tuesday, June 12 at 8pm in the Cafeteria, Colac Area Health. The guest speaker will be Ms Melissa Pattison, a young teacher from Trinity College, who spent months working as a volunteer with under-privileged children and families in South Africa. Her insights and experiences have been enjoyed by others and she has kindly offered to enlighten us. Inquiries Helen Gibson 5235 1330.

Supermarket Tours: Find out what's really in food! Understand food labels and what they actually mean. Conducted by a qualified dietician. Date: Tuesday, June 26, 2007. Meet: Out the front of Safeway. Time: 1.30pm-3pm. Cost: \$1. Bookings essential. Contact Tracey Bayne at Colac Area Health, phone (03) 5232 5223.

Historical Research: The Historical Society holds microfilms of most Colac newspapers dating from the early 1880s. These can be consulted at the History Centre on Thursdays, Fridays and Sundays between 2-4pm. Help available with this and further research. Inquiries 5231 4572 or 5231 4831.

Colac and District Dog Obedience Club: Term training times are: Beginners' class starts at 9.45am. The combined class is at 10.30am. Handler and their animals are asked to come 15 minutes before sessions start. Tuesday training is at 6.30pm for advanced dogs. For information, please phone Sally 5232 1738, Carolyn 5231 4234 or Terry 5231 5331.

Colac Legacy Club: Aerobics, Monday and Thursday, 11am, cost \$2. Phantom of the Opera, October 24, phone Pauline 5233 1490.

Country Music: Traditional Old Style goes into recess until October 21 when 'The Durdins' will be guest artists.

Do you want some help with public speaking? The Speakeasy Toastmasters Club of Colac can help you. The Toastmasters communication and

The following items are for Renewal Residents: To find out if you live in a Renewal area, please phone Kirsty on 5231 6513.

Are you serious about getting a job? We can help! Helen Fenton is our new Employment Support Worker. Helen can assist residents who are looking for work. Also stay tuned for exciting future programs and activities including: Jobsearch assistance; Workshops; Job placement and support. Phone Helen on 5231 4733 for a time to discuss your needs.

Colac Mental Health Support Group: Carers from all caring backgrounds are always welcome. We meet on the first Monday and the third Thursday of the month at Colac Botanic Cafe and Gallery for morning tea at own cost. The next meeting is Thursday, June 21. Inquiries Ron 5232 2174.

RACHEL WOOD

Lorne

Fig Tree Community House, phone 5289 2972.

Term Two Program 2007

Sewing Classes: Dates: Monday nights. Time: 7-8pm. Cost: \$12 per class (casual). Tutor: Nicola Nielson. Sewing machines provided. To enrol, phone Nicola direct on 0401 843 337.

Cooking classes with local chef Luke Morgan, 'Quick Nutritious Cooking for one or two people'. Date: Wednesday, June 13 and 20. Time: 4-7.30pm. Cost: \$25.

Fig Tree Singing Group: Dates: Saturdays, June 16, July 21, August 18, September 15, October 20, November 17, December 15. Time: 10-11.30am. Cost: \$10 per session.

Upcoming Courses and Workshops in Term Three to look out for! Positive Parenting Program; Sewing; Cake Decoration; More cooking classes; CFA Winter Fire Safe Info Session; 'Green'

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Drysdale has an abundance of local wineries including Mermerus Vineyard, Scotchman's Hill Winery and Wyuna Park Vineyard and Gardens.

The Bellarine Peninsula Railway is a 16km railway run by the Geelong Steam Preservation Society. It's also home to a

museum that features an amazing collection of vintage steam locomotives and carriages.

The railway is a great way to see some of the best views that Drysdale and the Bellarine Peninsula has to offer including Swan Bay, the Bellarine hills, Port Phillip Bay, and Corio Bay.

The town is named after Anne Drysdale who, with her partner Caroline Newcomb, established a property named Coriyule in 1843. She was one of Victoria's earliest known female squatters.

Today Drysdale is rich in history and is home to a number of historical buildings including the Old Courthouse Museum. This museum is also home to the Bellarine Historical Society which has been in operation for around 30 years.



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Fighting the stereotype

BODY image, self-esteem and food behaviour plays an important role in young people's development.

In Western society, the ideal body image for girls is to be slim, while for boys it is to be strong and muscular.

Many young people feel immense pressure to fit these body stereotypes and dieting, body building and abnormal eating patterns are common among young people today.

Of particular concern is the extremes some young people will go to to achieve the ideal body image, for example severe dieting and the use of steroids.

Body image can be described as the mental picture people have of their own body and feelings of the size and shape of their own body.

The way young people perceive their body can be influenced by feedback from others, modelling, socio-cultural values, education about the body and the media.

Few females are happy with their body shape, and will try to lose weight, even if they are already a healthy weight.

Males usually have a desire for muscles and height, and will go to the gym to bulk up and try protein supplements or even steroids.

Self-esteem can be described as one's feelings of high or low self-worth.

Self-esteem is linked to how comfortable a person feels about their body shape.

Natural body shape is largely determined by genetics, and although it is hard to change your body type with exercise and



Enjoy your shape: Dove real-figured models Sarah Curtain, Brooke Penning and Kelley Passmore are happy with their figures.

healthy eating patterns, it is possible to re-shape it slightly.

It is important to experience the joy of moving your body freely.

Find physical activities you love doing, for example, dancing, gardening, walking or sports.

Acknowledge your emotional needs and your right to have these met.

Challenge negative comments about your body.

Young people should be encouraged to eat a variety of foods and regular meals.

Eat in moderation; remember, there are no good or bad foods.

Eat slowly and really taste each bite of food.

— www.goforyourlife.gov.vic.au

Choosing a gym

THERE are different types of fitness centres, gyms and health centres, and choosing the right one for you requires some homework.

You need to make sure the staff are qualified, assess the amount of support and supervision and the availability of equipment.

You also need to look into the financial issues involved.

If you haven't exercised in a long time, are overweight, aged over 40 or have a chronic medical condition, see your doctor first.

If you want to join a fitness centre, the key points to consider include:

- Location of the centre
- Activities, equipment and other facilities, for example childcare
- Staff qualifications
- Level of supervision
- Code of practice
- Image
- Financial and personal security
- Fee levels

The fitness centre should operate in accordance with the Code of Ethics and Business Practice developed by industry and government. Check with the owner.

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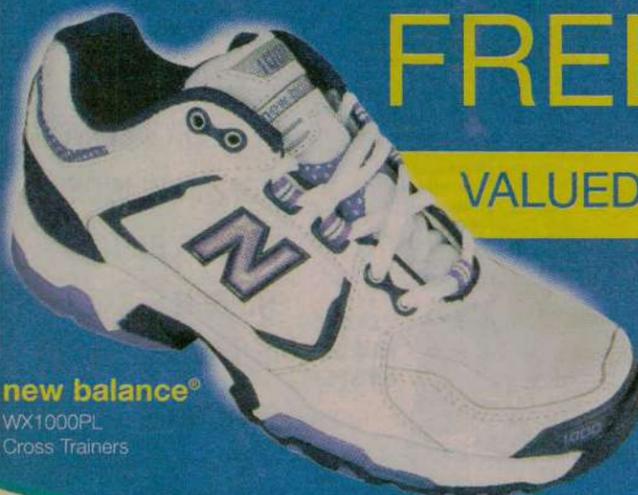
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