

THE FORREST POST

FMS

MARCH 2025

FREE

We acknowledge the traditional custodians of the land and waters around us, and pay our respects to Elders past and present. We respect their cultural heritage and knowledge here in Forrest where the waters flow over Gadubanud and Gulidjan Country.

The Otway Odyssey Angels: Supporting Women on the Trails



Images courtesy of Rapid Ascent

When the dust settled after the Otway Odyssey, it wasn't just the riders who were feeling accomplished. A group of dedicated women, known as the Odyssey Angels, had once again played a huge role in making sure that every rider who took part felt supported, encouraged, and, most importantly, empowered.

For over five years now, the Odyssey Angels have been a fixture of the event, offering both practical and moral support to riders. Whether it's handing out snacks to boost energy levels, offering mechanical help if a bike's in need of a quick fix, or simply being there to cheer on riders as they power through, the Angels bring a welcome reassuring presence on the course.

This year, the Otway Odyssey included a women's-only start for the 30km race. The wave, which took place five minutes after the mixed start, was designed to give women a chance to settle in and focus on their own ride, without the pressure of competing against a large mixed field. It is a thoughtful addition that reflects the ongoing effort to increase opportunities for women to get involved in mountain biking.

In the lead up to the race The Forrest MTB & Cycling Club held a series of preparation training sessions where women could get to know the course, learn new techniques, and chat about what to expect on the big day. These sessions weren't just about training—they were about fostering a sense of community. Riders shared tips, stories, and laughs, creating a sense of community that carried through to race day.

One of those riders was local legend Liz, who took up mountain biking after retiring. After embracing the opportunity for guidance through the preparation sessions, Liz powered towards her longest race yet—deciding to take on the 30km course option.

The work of Michelle Davidson, owner of Forrest MTB Hire, has been integral in getting women on bikes. Michelle's business has become a go-to for anyone wanting to get into the sport, offering bike rentals, advice, and plenty of support for riders of all experience levels. Her efforts, alongside the work of the Forrest MTB & Cycling Club, ensured that women felt confident and prepared heading into the race.



On race day, the Odyssey Angels were out in full force, offering everything from snacks and drinks to much-appreciated words of encouragement. Whether it was a "keep going, you've got this" as riders passed by or the offer of help when needed, the Angels were there to make sure no one felt alone on the course. These gestures leave a lasting impact on everyone involved.

The women-only start and the on-course support from the Angels are just two of the ways the Otway Odyssey continues to foster a welcoming and inclusive environment for women riders. In a sport that has often been male-dominated, events like this are helping to break down barriers and give women access to more mountain biking opportunities.

As the event wrapped up, it is seemingly apparent that the Otway Odyssey isn't just about crossing the finish line—it's about the experience along the way. The moments shared with fellow riders, the encouragement and the feeling of community is what makes the event so special. For those who took part and in particular the Odyssey Angels, it is a day to celebrate the achievements and opportunities—not just for the race itself, but all that it represents and all that makes it possible.

Laura Shawcross

BARWON WATER COMMUNITY MEETING - FORREST HALL - 24 MARCH - 5.30-7.30PM

Colac Otway Shire News

Council Plan 2025-2029

Many Voices, One Vision, Our Strategic Focus

Colac Otway Shire is engaged in an exciting phase of work in developing the Council Plan 2025-2029 that will guide and inform Council's strategic documents and how it delivers the services and infrastructure we know are critical to supporting the social and economic well-being of our community.

How can you be involved?

Community Panel: We're recruiting community members from across the shire to be a part of a community panel attending three workshops in Colac, Apollo Bay and Forrest.

Workshop 1 Forrest Hall – Mon 17 March, 6.30pm – 8.45pm

Workshop 2 Apollo Bay Bowls Club Mon 24 March, 6.30-8.45pm

Workshop 3 COPACC – Mon 31 March – 6.30pm – 8.45pm

Places are limited, please register your interest by 5pm Friday 28 February. Each workshop is designed to build on the discussions of the previous workshop, so it's important you can commit to all three workshops (transport assistance, interpretation and child-friendly spaces can be arranged if required and participants will be compensated for their time).

Email councilplan@colacotway.vic.gov.au or visit www.colacotway.vic.gov.au/getinvolved for more information.

Survey: Complete the community survey - visit Council's website and click Council Plan 2025-2029 from the homepage to access the survey.

Pop-Up Events: Pop-up stations are taking place at events in the shire. Upcoming pop-ups include:

Bunnings Colac – Saturday 1 March, 10am – 12pm

Colac Regional Sale Yards- Store Sale, Fri 7 March, 10am-12pm

Apollo Bay Foreshore Market – Sat 8 March, 10am-12pm

Birregurra Sunday Market – Sunday 9 March, 10am-12pm

Kana Festival (Colac Showgrounds) – Sat 15 March, 11am-1pm

Drop-in Session: Talk to our team at a drop-in session. Upcoming sessions include:

Forrest Hall – Tuesday 25 February, 6pm-8pm **DONE**

COPACC (Colac) – Wednesday 26 February, 5pm-7pm **DONE**

Cressy Bowling Club – Tuesday 4 March, 6pm – 8pm

Wye River Surf Lifesaving Club – Wed 5 March, 4.30pm- 6.30pm

Carlisle River Public Hall – Tuesday 11 March, 6pm – 8pm

Lavers Hill Hall – Wednesday 12 March, 4.30pm – 6.30pm

Focus Groups: Focus Groups on key issues and topics important to the shire with stakeholders from various sectors are taking place. Focus Groups coming up:

Environment Tue 4 March, Colac Central Reserve, 10.30am-12pm

Manufacturing & Large Employers Tues 4 March, COPACC, 2-3.30pm

Tourism Wed 5 March, Apollo Bay Bowling Club, 10 - 11.30am

Youth Wed 5 March, Apollo Bay Bowling Club, 1 - 2.30pm

Contact Council to enquire to register for a Focus Group, email councilplan@colacotway.vic.gov.au or phone (03) 5232 9400.

Online Community Workshops: The Online Community Workshops will give community members the opportunity to work with a facilitator on key issues and topics important to the shire alongside others to ensure diverse representation.

Workshops will be delivered via Zoom and run for 1.5 hours.

Session 1 - Wednesday 5 March, 7pm - 8.30pm

Session 2 - Thursday 6 March, 7pm - 8.30pm

Session 3 - Wednesday 12 March, 7pm - 8.30pm

Session 4 - Thursday 13 March, 7pm - 8.30pm

To participate in an Online Community Workshop we recommend that participants have a stable internet connection, a device with the latest version of Zoom installed and audio, including speakers and microphone or headset.

Colac Otway Shire Grant Program 2025/26

Applications Now Open

The Colac Otway Shire Grants Program 2025/26 provides grants to assist funding projects and events that benefit the wider community. A total pool of \$311,500* is available through three funding streams: 1. Community Grants 2. Events Grants and 3. Business Grants *(subject to budget approval)

Applications open 9am on Friday 28 February 2025 and close 5pm on Friday 11 April 2025. Online Information sessions are available: Tuesday 4 March 2025 at 12.30 pm and at 5.45 pm

View the Guidelines and apply online through Council's website www.colacotway.vic.gov.au under 'Apply for a Grant, Colac Otway Shire Grants Program 2025/26'

For assistance and to register for an information session, contact Council's Grants Officer on email: grants@colacotway.vic.gov.au or phone (03) 5232 9400.

Council Meeting

Date: Tuesday 25 March 2025 Time: 1pm

Venue: COPACC 95-97 Gellibrand Street, Colac.

Council meetings are open to the public and interested people are welcome to attend. A copy of the meeting agenda will be available on Council's website Thursday 20. The meeting will be livestreamed to the public via Council's YouTube channel (search Colac Otway Shire Council at www.youtube.com)

Colac Service Centre: 2- 6 Rae Street, Colac, Open: Monday - Friday 8:30am - 5pm   
Ph: 5232 9400 Email: inquiry@colacotway.vic.gov.au or find us online: www.colacotway.vic.gov.au

Shakespeare's Insult for March

So this month offers the view that, as opposed to last month where one pondered is it worth insulting someone without knowing what might eventuate, now the situation is grievous enough to just go ahead and insult them. This just might fit in the modern context...?

"... gibes and notable scorns that dwell in every region of his face".

- Othello

Contributors

Writers: Laura Shawcross, Kingsley Davidson, Mike Juleff, Colac Otway Shire, Mary Dracup, The Forrest Fink, Kylie Pollock, Adam Davies and Ian Fry.

Illustration: Amelia McBride Baker

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

Proofreaders: Mike and Katrine Juleff.

Invoicing Manager: Noor Petersen

The Forrest Post is auspiced by the Forrest Men's Shed. Every effort is made to remain current, accurate and non-partisan. Feedback, submissions and advertising are encouraged. Submissions may be edited. You can request an electronic version by email, find us on Facebook, online at forrestvictoria.com or via The State Library Victoria. Contact us at theforrestpost@gmail.com.

Studio Forrest goes to Lorne!

Studio Forrest is a Neighbourhood House group that has been meeting most weeks for over 15 years. The group began training in Forrest at an accredited Certificate 2 level moving through to the Diploma in Visual Art. More than 25 students from around the region achieved a formal qualification.

Once the accredited training was completed some participants missed it so much, they approached the Neighbourhood House for a space to keep meeting each week informally to do art together. Since then, the group has established itself as a peer lead group that works to a theme each year with members each taking turns to plan and lead group activities and learn from each other.

Studio Forrest has achieved success, sales and recognition through regular exhibitions and events and attracts artists from across the region. During 2023 the group developed the audacious idea that just maybe they could participate in the renowned Lorne Sculpture Biennale. Launched in 2007, the Lorne Sculpture Biennale is a world-class, sculpture event inspired by our region. The Biennale provides exposure to artists from around the world.

Studio Forrest submitted an expression of interest for a project that would be their most ambitious yet! The group articulated their aim to establish a visceral connection to place, with each artist evoking their conception of the 'earth mother'—an eternally fruitful and powerful feminine source that generates and nurtures life—imploing us to connect and care for our earth.



Some Studio Forrest participants working on the group piece 'Oblivia Sleeps', on show at the Lorne Sculpture Biennale - 1-30 March



There was much excitement when they learned their submission was accepted!! Since then, members have discussed and developed concepts, planned the location, made maquettes (small preliminary models), started, changed tack, and supported each other to the point where they have now situated their artworks on the Lorne foreshore as part of the Biennale with 11 pieces they are very proud of.

Studio Forrest extends an invitation to all Forrest and district residents to come along to the Biennale in Lorne, throughout March, not only to see their work, but to enjoy this world class cultural event. www.lornesculpture.com *Kylie Pollock*



INTERNATIONAL WOMENS DAY 2025 feat. BROWN WOMEN COMEDY



Saturday | 8 March | 6:30 pm

Bold, Besharam, and Brilliantly Funny — Comedy Like You've Never Seen!
Laugh your heart out to an award-winning besharam (shameless) line-up of Indian, Sri Lankan and South Asian comedians living in Australia. After sold out shows at Melbourne International Comedy Festival, Edinburgh Fringe & Sydney Comedy Festival, Brown Women Comedy is heading to Colac.

No topic is too taboo. From growing up brown in Australia, being bisexual to getting disowned thrice, these women won't be holding back on turning traditional family expectations into comedy gold.

All tickets include a 3-course meal prepared by Shivaya's Diner!



The Australian Women's Day
MARCH FORWARD
For ALL Women and Girls
www.austlii.edu.au/au/other/dfat/eng/awd/



Tickets:

copacc.com.au | Box Office | 03 5232 9418 (#2) | QR Code above



Promac Productions presents: FRANKLY SINATRA



Sunday | 16 March | 6.30 pm

Starring the incredible music theatre star Ian Stenlake.

This new production will not only tell the story and sing the hits of Ol' Blue Eyes but will also feature songs and stories of two of the greatest females - and friends of Frank Sinatra - to ever grace the stage: Judy Garland & Liza Minelli.

Fly me to the Moon, My Way, Mack the Knife and Over the Rainbow are just some of the musical cavalcade of wonderful Sinatra, Garland and Minelli Hits. This production will be led by music theatre star Ian Stenlake, who recently won best actor in a musical for his role as Colonel Parker in *The Elvis Revolution*. Ian will be joined on stage by the stunning Michelle Fitzmaurice, with musical director and composer Kym Dillon from Geelong.



Tickets:

copacc.com.au | Box Office | 03 5232 9418 (#2) | QR Code above



Forrest & District Neighbourhood House - March 2025

REGULAR ACTIVITIES AT THE F&DNH

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

Youth group: 3.30pm-4.30pm. Open to youth aged 10+. Cost is \$15 per term or a gold coin each week.

TUESDAYS -open 8.30am-3.30pm

Craft group: 3pm-5pm each week. BYO craft project to work on. Gold coin. **Seniors morning tea:** First Tuesday of the month, 10am-11.30am. Gold coin.

Book club: 2nd Tuesday of the month 7.30pm. Gold coin

Weeding group: 4th Tues of the month 10am-12pm. Contact Susan Langridge for more details 0498 592 364.

Playgroup: 10am-12pm. Gold coin or \$10 per term.

Pantry top up and food boxes: Please contact coordinator to arrange or just visit the pantry after top up (from 12pm). Food for all in the community.

WEDNESDAYS - open 8.30am-3.30pm

Yoga: 9.10-10.30am, \$15 per class

Forrest voices (singing for fun): 11am-12pm. Gold coin.

Studio Forrest art group: 1pm-5pm, \$200 per semester. Peer led artist group.

Book club: 1st Wed of the month 7.30pm. Gold coin

Pantry top up: evening after 8pm.

THURSDAYS - coordinator at the hall

Community lunch: Take away or dine in.

Order on Wednesdays on Facebook or text 0493105502, pick up from the hall at 12.30pm on the day. \$7. Return containers each week!

FRIDAYS - CLOSED

Pantry top up: (late evening)

Community Gym (at the rec reserve):

memberships available, contact coordinator for more info. Gym can be accessed between 6am-10pm daily.

COMING UP

WOMEN OF THE OTWAYS:
Friday 7th March, 6pm- 8pm.
Welcome to all women, local or visiting. BYO refreshments.



WE ALSO HAVE: Free WiFi • Printing services • Room hire • Community spaces • Reading room • Food share • Clothes swap • Forrest & District Historical Society display and library • Treatment/massage room for hire • Office space • Computers and more!

FIND US ON FACEBOOK AND INSTAGRAM FOR UP TO DATE INFO AND EVENTS!



Mon 12-4pm, Tue, Wed 8.30am-3.30pm Thu - at the hall, 8.30am-3.30pm

Office hours may change or be limited if coordinator or volunteers are unavailable.

Please phone ahead if required **Ph: 0493 105 502**

E: forrest.nh@gmail.com A: Community Hub - 47 Grant Street, Forrest 3236



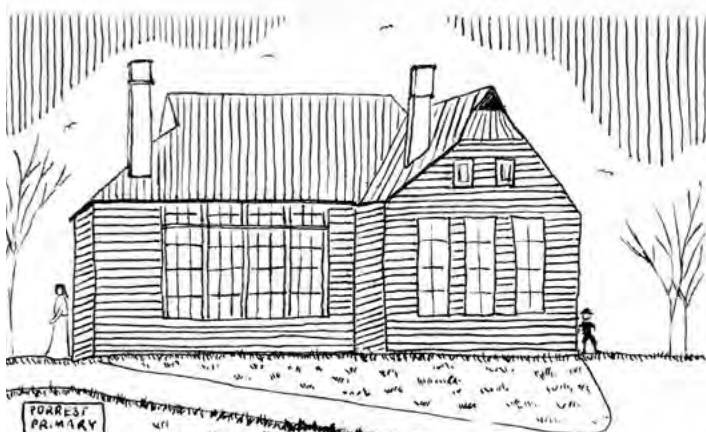
FORREST ENERGY GROUP

NEW DATE: 5.30^{PM} THURSDAY 6 MARCH

FREE HOME ENERGY ASSESSMENT & MORE!

Come along to the Forrest Hall to learn about the FEG home energy reduction program where you can book a time for a FREE home energy assessment. Australian Energy Assessments (www.ausenergyassessments.com) provide a range of support advice and services for individual needs. The assessments are available for both full and part time residents and home owners.

Mike Juleff



"Jessie McBride, teacher at Forrest around 1905, and her great-great-grandson Banjo McBride Baker, Year 1 in 2025"

CTC Colac to Coast REAL ESTATE

Rebecca Graham
Sales Specialist

Andrea Ivermee
Licensed Estate Agent

Simon Nelson
Sales Specialist

Wendy Flint
Sales Specialist

Mahnee Munro
Administration

Skie Madvern
Administration

#ctctheheartofrealestate

03 5231 3288
colactocoast.com.au

Forrest Cricket Club – minor premiers!

"Has it got any sports in it?"

"Are you kidding? Fencing, fighting, torture, revenge, giants, monsters, chases, escapes, true love, miracles..."

This is the Forrest Lions' 24/25 storybook, and there's still a chapter or two to play out. Who knows what Miracle Max has in store for us in the coming weeks!

Having fought our way to pole position at season's end, our arch-nemesis Humberdinck, a.k.a. Lorne, reminded us that finals are a different beast with a comprehensive thrashing on Saturday 22nd Feb. We toiled hard in the oppressive heat but were outclassed by a 118-run third-wicket partnership.

Momentum looked to be swinging our way as we did the inconceivable – Kingsley claiming 5 wickets off his last 8 balls of the innings. Alas, momentum swung back to Lorne in a jiffy, with our worst batting performance of the season. We simply didn't respect Lorne's quality opening bowlers, giving them way too many catches. Only two players managed to reach double-figures. All out for 70 chasing 205 was embarrassing but only serves to spur us on to dig deeper in our second final against the 6-fingered man, Carlisle River.

For the last 2 years, Carlisle River have ended our season abruptly, so we've been practicing our greeting: "Hello. Our name is Forrest Lions. You killed our season. Prepare to lose."

Join us at Colac's Western Reserve on the day this article is published – Saturday 1st March 2025.



Should we win that match, we'll play against Lorne for the 4th time this season – this time it'll be the Grand Final. Maybe the miracle will be... 4th time lucky!

Stay tuned for results. Grand Final is on Saturday 8th March – also at Western Reserve. Games begin at 12pm and generally finish around 5pm.

Please come to support the Forrest Lions!!

Bring a chair, a picnic and your voice to cheer us on. Even a short visit will be encouraging.

Come Grand Final Day, hopefully we can indeed be not just the bridesmaid, but the Princess Bride.

Kingsley Davidson

**YOU CAN'T CONTROL FIRE.
BUT YOU CAN CONTROL
WHEN YOU LEAVE.**

When the Fire Danger Rating is Extreme or Catastrophic, leaving early is your safest option. Download the Vic Emergency app or go to emergency.vic.gov.au

HOW WELL DO YOU KNOW FIRE?

Authorised by the Victorian Government, 1 Treasury Place, Melbourne





With Autumn approaching, what to do with all those leaves and garden debris? Of course some can go on the compost pile, some can be put in bags to decompose, and, if you have a worm farm, they can go in there too.

It is easy to create a farm using an old bin or similar container. Attach a tap at the bottom, and place a sturdy plastic false bottom with holes drilled in it to let the liquid through. An old chopping board will do the trick. For bedding, use fibrous plants such as coconut fibre, paperbark, moss, or shredded newspapers and cardboard. For food, use fruit and vegetable scraps, coffee grounds and filters, tea bags, and old manure.

Worms don't like citrus, onion, meat, fat, dairy or processed food. Grass clippings are best

put in the compost as they can heat up and make your new pets uncomfortably hot. Put the worm farm in a cool, shady spot near the kitchen door. The temperature must remain between 18-24 degrees Celsius. Worms can only eat their own weight of food per day so if you have 500 grams of worms, only put in 500 grams of food per day. Keep their home topped up with bedding, and keep it moist, not wet. In return, the worm castings (poo) yield a rich plant food. Mix with garden soil or sprinkle thinly around citrus plants and let the rain soak it into the ground.

The worm tea at the bottom of your container is liquid fertilizer. Dilute 1:10 with water and apply to plant roots every 2-4 weeks during the growing season.

Marita Kennedy

Join an East Barwon River tour



Do you want to learn more about the rock grade control structures that are supporting the East Barwon River?

The structures are part of Barwon Water's East Barwon Willow Removal and Restoration Project, completed last year. Initiated in 2021, the project removed willows, remediated and stabilised the streambed, revegetated the river banks with native species and installed two rock grade control structures in the river.

Barwon Water, in conjunction with Gerangamete Landcare, is hosting a site walk and talk in March, where you can see the benefits of the project and learn more about the fishways.

The two 40-metre-long structures stabilise the riverbed, reduce erosion and act as a rock ramp fishway, helping to provide valuable habitat and support the movement of fish. The project will improve water flows, water quality and waterway health, helping to alleviate flooding issues and protect the Wurdee Boluc Inlet Channel embankment.

For more information on the project, visit <https://www.yoursay.barwonwater.vic.gov.au/east-barwon-transfer>.
Mary Dracup

The East Barwon River site visit will be held Monday 24 March, from 2-4pm. RSVPs required to email gerangametelandcare@gmail.com.

Barwon Water Updates



21%

West Barwon Reservoir



56%

Wurdee Boluc Reservoir



4ML

Current minimum daily passing flow at West Barwon

Water saving tips around the home

For most homes, the shower is the thirstiest device, accounting for around 30% of total water use!

Swap your showerhead for a more efficient model. Old showerheads can use as much as 30 litres per minute – modern ones as little as five.

To check for leaks in your toilets:

1. Grab some food dye and put 6-8 drops inside the cistern.
2. Wait for at least five minutes without flushing.
3. If you can see any food dye in the toilet bowl, it's a sign that you have a leaking cistern – it may be time to call a plumber to fix it.

Community information session

Come along to our information session about the Forrest wastewater project and West Barwon Reservoir masterplan.

When: Monday 24 March, 5.30 pm to 7.30 pm
Where: Forrest Community Hall, 14 Grant Street, Forrest

If you would like to attend the session, please RSVP by 14 March to rsvp@barwonwater.vic.gov.au

Did you know?

We offer community tours and talks

As part of our commitment to our local community groups, we provide guided tours of key facilities and guest speakers. For more information visit:

www.barwonwater.vic.gov.au/community-and-education/community-groups





CRUCIBLE CIDER

Made in Forrest

Real, traditional ciders, perry, cider brandy
and pommeau apple cider liqueur.

contact Mike Juleff 0411 697 301
email: mkjuleff@activ8.net.au

www.cruciblecider.com.au

FMS

FREE WIFI AT THE SHED



Forrest Men's Shed - 6 Blundy St, Forrest
email fdms3236@gmail.com to request
a username & password

Woodwork lathe machines - table saw
- mitre saw - metal welding

Birregurra Pharmacy

- PBS Prescriptions
- Free medication advice
- Webster packing
- Medical Certificates
- Repeat Scripts on file
- Vitamins advice
- Cosmetics & Fragrances
- NDSS (Diabetes Australia) Subagent
- Workcover & TAC
- Instore medication reviews
- eScripts & MySL



OPEN 6 DAYS

40 Main Street, Birregurra, VIC 3242

Monday - Friday: 9.00am - 5.30pm

P: 03 5236 2288

Saturday: 9.00am - 12.00pm

F: 03 5236 2280

birrepharmacy@hotmail.com

MATHEW SILVEY PLUMBING

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

Mobile: 0417 342 531

Licence No. 47995

THE FORREST OP SHOP

OPEN WHEN THE SIGNS ARE OUT

Clean donations in good repair welcome during open hours
or by arrangement. Call Gillian 0422 585 227

ST JAMES ANGLICAN CHURCH - 18 GRANT STREET FORREST

All About

Mowers & Chainsaws

Winchelsea

BUSHRANGER
POWER EQUIPMENT

COX
Engineered For Life

FERRIS

RedMax

STIHL

Ph: 03 5267 2266 www.allaboutmowers.com.au

ADVERTISE WITH US! Reach local customers and visitors and support your local volunteer run news sheet. Proceeds go to the Forrest Primary School or Neighbourhood House for printing costs and to support the Forrest Men's Shed. CONTACT US: theforrestpost@gmail.com for more information.



OVERHEARD IN FORREST

Welcome to the latest segment of 'Overheard in Forrest'. Intended to put a smile on your face and featuring funny conversations and comments overheard in our wanderings about town.

"I heard Forrest is the next location for the TV show Survivor- it's was chosen because of the beautiful environment, access to water & it already has its own alliances."

**"What do you call a neighbour who only contacts you when you are away on holidays?
A stay-at-home vacation inspector."**

**"What do you call a bike race in a heat wave?
A cycle of poor decisions."**

Yours sincerely, *The Forrest Fink*

If you've overheard something in Forrest that made you giggle, please feel free to contribute to this section. Email theforrestpost@gmail.com titled 'Attn: Forrest Fink'.

Disclaimer: All submissions will be anonymous under the alias of 'The Forrest Fink'. All accusations in this segment are most likely incorrect & are intended as 'a bit of a laugh'.



Forrest Faces: Cheyenne Downes

How long have you lived in the Otway area?

We've been here for 5 months now, and loving it.

What is something people don't know about you?

I am an avid reader, and have basically my own library at home. My kids have started quite a collection too.

What is your favourite thing about the Otways?

We love the community and how welcoming everybody has been. We moved not knowing anyone in the area which was a bit daunting but you don't stay strangers for long here. We are also having so much fun exploring and going on new adventures in all the incredible places nearby.

BIRDS OF FORREST

SPONSORED BY
 Barwon Water

Crimson Rosella

The Crimson Rosella is another common resident around our District. They are found in a wide band from Queensland to South Australia. It is interesting that both the Adelaide, and Yellow Rosellas are sub species of the Crimson, and not separate species. They inhabit a wide range of vegetation types, including rainforest, dry Eucalypt forest, woodlands and the wetter heath country.

Crimson Rosellas are common around Forrest, and indeed all of the Otway's where, like the King Parrot they can be found from the coastal areas to the forested hills. The Crimson Rosella's diet consists of seeds, (particularly of Eucalypts,) grasses and other ground herbaceous plants, blossoms, insects and insect larvae. Crimson's are usually found in family parties or small flocks. They do not mind either foraging on the ground, or in trees. Like the King Parrot, they can become quite tame in areas such as picnic spots that are frequently used by people.



Their nest is in a hollow, usually high up in a eucalypt tree, where they lay upwards of 6 rounded white eggs. Young Crimson Rosellas, when they leave their hollow, are a mottled green and red colour. Adult plumage is usually attained in about 15 months.

Ian Davies and Adam Fry

Visit Forrest online at www.forrestvictoria.com

