

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.

Wedded to the Otway Life: Rupert & Sally

Growing up on sixty acres in Central Victoria, Sally Snaith, 30, is no stranger to rural living. Though far from family, the task of getting established in a small community was a daunting assignment. "I was expecting to feel quite lonely out here." After just 14 short months, this fear has all but evaporated. "Working at the local school, you get instantly absorbed into the community which is epic. It's so nourishing."

For her partner, 'Nippers Kid' Rupert Grout, 31, the move was more daunting, far from the respite of salty Queenscliff air. "I [also] thought we would be so isolated out here, but the community is so active, to the point we are probably more busy here than we were in Melbourne. We've got epic neighbours and we've become involved with Landcare events around town."

For Sally, Gerangamete has brought to fruition a lifelong dream. "Riding my horse out of the paddock and straight into beautiful state forest, it's dreamy!"

In November last year, the two tied the knot under a characteristically Victorian sky. "We were worried it was going to be dry and too hot, but instead we got 35 mm in a couple hours," said Sally. Following a garden ceremony, the night was danced away under a disco ball in the barn.

Branded with the scars of a recent mountain biking incident, Rupert was not the only wounded soldier. "An ambulance was called at 6am. A boozed-up Uncle Simon had fallen down a hill and broken 8 ribs. He ended up in urgent care!"

The two can't wait to get more involved in the community with like-minded folks. "We're pretty sociable people," they said. For Sally, this happened sooner than expected, "I just can't believe we've already made friends. I feel so grateful."



When asked what brought the two out this way in the first place, Rupert replied, "Why wouldn't you? It's f*%\$!g paradise!"

Mitchell Withers

When is it okay to dive for Abalone in Central Victoria?

- Every Saturday and Sunday until the 30th of April 2024.
- Every declared public holiday in Victoria until the 30th April 2024.
- Day times only - never at night time.

For more information about Abalone rules, head to the Victorian Fisheries Authority website <https://vfa.vic.gov.au/recreational-fishing/recreational-fishing-guide/catch-limits-and-closed-seasons/types-of-fish/shellfish/abalone-all-species> or download the Vic Fishing App on your phone.



Colac Otway Shire News

Victorian Government's Tiny Towns Fund

Applications are open for the Victorian Government's new fund, Tiny Towns - supporting projects for small communities with up to 5,000 people.

From hiking trails to community hall upgrades, to gallery fit outs, communities can apply for funding to support a range of projects that will make locals in Colac Otway's small towns even prouder to call your town home.

Please note, some applications may require landowner's consent from Colac Otway Shire Council. To ensure you meet the Tiny Towns grant deadline, please submit your request to Council as soon as possible. Please contact Council's Grants Officer on 5232 9400 or email inq@colacotway.vic.gov.au

To find out more on the fund and to apply for grants between \$5,000 and \$50,000 visit: www.rdv.vic.gov.au/grants-and-programs/tiny-towns-fund

Community Satisfaction Survey

Council would like to inform residents that from 29 January through to mid-March, your household may receive a call from an independent market research agency, National Field Services.

National Field Services has been commissioned to conduct a community satisfaction survey on behalf of Council. Similar surveys will be undertaken across Victorian councils. The survey has been designed to assess the performance of the Colac Otway Shire Council

across a range of measures to identify ways to provide improvement or more effective service delivery to residents.

The survey will involve 400 interviews conducted among a representative sample of residents.

We appreciate you taking the time to assist us with your valuable feedback.

Please be assured that your details and individual responses are confidential. Only the overall results are shared with the Colac Otway Shire Council.

If you have any questions, please don't hesitate to contact the Council's Customer Service Centre on (03) 5232 9400.

Reminder 2023 – 2024 Rates Payments Due

Please note, ratepayers who elected to pay their 2023 – 2024 Council rates by lump sum are reminded the full amount is due to be paid by **15 February 2023**.

Ratepayers who have elected to pay their 2023 – 2024 rates by the quarterly instalment are reminded the third quarterly instalment is due to be paid by 28 February 2024.

Ratepayers who have not activated the quarterly instalment option, but would like to pay by instalment (to allow extra time to pay) are asked to contact Council's Rates and Revenue department by calling 5232 9400.

Ratepayers experiencing financial difficulty should also contact Council Rates and Revenue department to discuss payment arrangements.



Colac Service Centre: 2- 6 Rae Street, Colac, Open: Monday - Friday 8:30am - 5pm Ph: 5232 9400

Email: inq@colacotway.vic.gov.au or find us online: www.colacotway.vic.gov.au



The Dream Team

As we step past our ten year anniversary mark and into a new decade, we welcome some fresh new faces and some old-time-favourite members into new roles.

Editor: Lydia Waddell

Writers: Laura Shawcross, Rupert Grout and 'Mitch' Mitchell Withers

Contributors: Marita Kennedy, Mary Dracup, Gillian Brew, Norm Houghton, Ian Davies, Adam Fry, Local Grandfathers, Chefs & The Forrest Fink

Designers: Gillian Brew and 'Coco' Kozu Ishihara

Proofreaders:

Mike and Katrine Juleff

Invoicing Manager: Noor Petersen

Printing: Forrest Primary School



Farewell to David Widdowson

The son of Forrest Historical Society founder, Ken Widdowson, David was a great contributor to the Society over many years. He worked in the background, so his services were not obvious to those not in the know.

When Ken relinquished some of his roles due to ill health, David stepped in and became the Newsletter Editor and Society Treasurer. David was a whiz with the website, adding many features and producing a marvellous newsletter on a regular basis.

David was good fun to be with, a wonderful raconteur and amiable socialiser. We all owe him gratitude for his work with the Society and will greatly miss him.

Norm Houghton

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 or online at forrestvictoria.com **Contact: theforrestpost@gmail.com**

All contributions to be received the 22nd of the month.

Remembering Deb MacDonald

Deborah passed away on the 12th of December 2023, following her 50th birthday. Daughter of Kay and Ian MacDonald; mother to Jarrod, Ellie, Shanae and McKenzie; and grandmother to Ziggy.

We have all walked past and been delighted by the fairy garden that is the MacDonalds' front yard, one of Deb's legacies. Forrest folk may remember Deb from her time behind the counter at the Terminus Hotel or the caravan park, or one of the many other hubs around Forrest that she worked at over the past 36 years. Deb's big personality will be missed by all.

Lydia Waddell



Vale Julian 'Jules' Harrington

Late husband of Delia Harrington and father to their two boys, Jack, 5, and Sunny, 3.

Julian suddenly passed away, aged 47, days before making it home to his young family for Christmas. Jules had a strong connection to the area having grown up in Johanna, attended school at Lavers Hill and he spent his last few years in Gerangamete before flying over to Kalgoorlie, WA for work. Forrest extends their condolences to the Harrington family.

Lydia Waddell

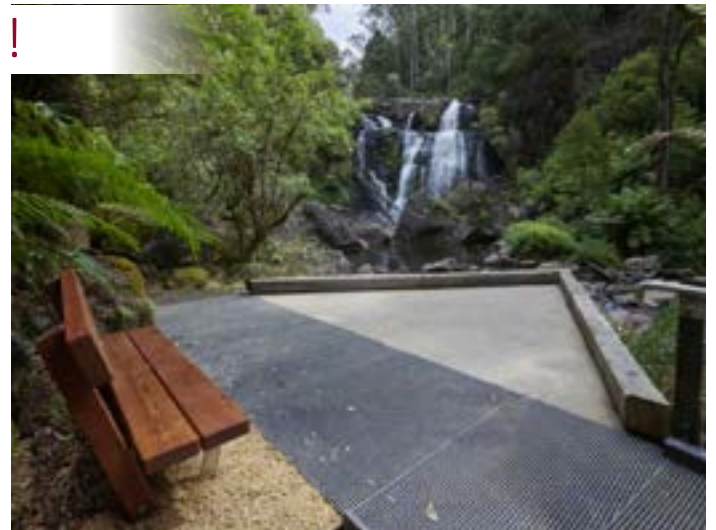
Stevensons Falls Back in Action!

Forrest Fire Management announced the re-opening of Stevensons Falls near Barramunga on the 16th of December. Since Spring of 2022, various contractors have been down at the site completing major upgrades to support visitors and campers to the area.

The development boasts some great features, including:

- An upgrade to the 500 meter walkway to the base of the waterfall, making it one of the longest fully-accessible walkways to a waterfall in the country.
- New accessible facilities including a viewing platform at the base of the waterfall, a toilet block, pedestrian bridge, and parking.
- Two additional smaller trails to provide visitors with multiple avenues to explore the site. A Redwoods Boardwalk showcasing the beautiful Californian Redwoods, and the Blue Spruce Walk taking visitors for an adventure beside the Gellibrand River.
- A new dedicated picnic area complete with picnic tables, river access, and a larger car park.

The adjoining campground has also been upgraded, with a new toilet, landscaping and drainage works. The project was a part of 'Victoria's Great Outdoors', a \$106.6 million investment into better walking trails, campgrounds, four-wheel drive tracks and visitor



facilities to make it easier and more affordable for everyone to explore Victoria's parks and forests. The upgrade at Stevensons Falls was budgeted at a cost of \$1.35 million when it was announced back in 2022.

Stevensons Falls is a short 15-minute drive South-West of Forrest and has a lot to offer; at times being named the 'Jewel' of the Otways. The site attracts over 80,000 visitors each year. It makes for a great day out and is worth the trip this Summer to check out all the upgrades!

Rupert Grout

A Forrest Grandfather's Christmas Tale



Photo from
Flow Magazine

We were minding our 2 grandsons over Christmas and New Year's, and the boys decided they'd like to try the baby/junior track in Forrest. At 4 and 7 both boys have just started riding and are on training wheels. They both have cheap hand-me-down bikes and, Sod's Law coming into play as usual, one of the bike chains came apart. Even with some temporary repair by said grandfather, the bike could not be kept usable. Lengthy investigations in Colac and Geelong for parts or assistance of any sort produced no result, and then Michelle's name from Forrest Mountain Bike Hire came up.

After contacting by phone, we dropped in. After reviewing the chain link issue, Michelle produced her magic tool box and, after 20 minutes of joint labouring and getting greasy, the bike was fixed! The point of the story, when asked for the cost – Michelle said, "We didn't use any materials, so no cost".

We headed off to the track, most grateful to Michelle and thinking, 'That's what is great about Forrest' with people and attitudes like that. Thank you Michelle.

Local Grandfather

Back to School for 2024

It's that time of the year again! The signs of a new school year approaching are increasingly present. For some, it's dusting off your child's school shoes from last year to realise that their foot has grown 3 sizes in 6 weeks. Or it's the annual trip to Officeworks to stock up on their favourite multi-colour click-pen (that will last 3 days before it is sadly misplaced). The sighs of relief from parents may even be audible above the cheering that is bound to occur at Forrest Brewery on Wednesday the 31st of January, as Forrest Primary School welcomes students back for their first day of 2024.

The freshest of the bunch are the four prep (foundation) students commencing their schooling journey at Forrest Primary School. This year's preps are Alex, Jack, Banjo and Audrey (pictured in her brand new school uniform). Audrey has shared, "I'm excited to sit down in the classroom, read stories and make new friends". Whilst Jack is hoping to make volcanoes, he suspects that "we may have to make paper chains instead".

We look forward to another wonderful year of memories and experiences at Forrest Primary. A big thank-you to the educators and staff who help ease the nerves often associated with this milestone, and also for their hard work behind the scenes ensuring a smooth transition. Our best wishes to all students for 2024 - and a huge congratulations to our prep students for courageously commencing their schooling adventures.

Laura Shawcross



Hello Hayze

Born on the 8th of Jan 2024
in Werribee.

Welcome to the world,
Hayze Oakley MacDonald!
Little brother to Harlow and
Hendrix; son to Abbey and
Rick MacDonald; and 7th
grandchild to Kay MacDonald.

Lydia Waddell



Dress up and enjoy Casablanca

Casablanca with a '40s glamour dress-up theme is the first Forrest Flicks Film Society screening for 2024. This is your chance to don a dinner jacket or vintage dress, pick up a champagne glass and join your friends to enjoy a night of impossible wartime choices.

Humphrey Bogart and Ingrid Bergman star in this 1942 soft-focus classic of love and wartime tension. Bogart is perfectly cast as Nick, a cynical expatriate American running a stylish nightclub in Casablanca, Morocco. The country is at the time part of unoccupied France, so a hotspot for refugees fleeing war-torn Europe.

Bergman plays Ilse, Nick's former lover, who arrives in town with her resistance-leader husband Laszlo (Paul Henreid). They need an escape route from the Nazis and as luck would have it, Nick holds papers allowing two persons' safe passage to Portugal. Ilse and Nick find they are still in love and the choice between being together and supporting the resistance is ultimately up to Nick.



Directed by Michael Curtiz, the film won three Academy Awards including best picture. Rotten Tomatoes' critics have named it 'an undisputed masterpiece'.

Casablanca will screen at the Forrest Hall on Thursday 8 February. Doors open at 7 pm with a free glass of wine, nibbles and cheese. The film starts at 7:30, followed by tea, coffee, biscuits and a chance to chat about the film with other Forresters.

Dar Teta are offering a discounted two-course pre-film dinner option starting at 5:30 pm. Bookings are essential.

Forrest Flicks Film Society subscriptions are now open and can be purchased online using the QR code in the advertisement, or at the door with cash only on the night:

- 12 films: \$100 – concession \$70
- 5 films: \$60 – concession \$40
- 3 films: \$40 – concession \$30

You can also try one film for a donation of \$15/\$12 concession on the night.

The Future of FLARE

As the project comes to a close at the end of March, the FLARE team will be looking for ways to continue in a volunteer capacity, to maintain relationships with the emergency services agencies, council, and local stakeholders and to help build resilience and preparedness in our community. Several programs initiated under the FLARE project will be ongoing including the 'Get on the Map' communication tool and the launch of the Forrest & District Community Emergency Plan to go ahead in March 2024.



Get on the Map

'Get on the Map' to help our communities of Barwon Downs, Barramunga, Forrest and Gerangamete to be better connected and informed before, during and after an emergency,

and to keep you in the loop with important local information and events. Even if you have already signed up, the new online form has been updated to provide more ways for us to be connected, including a skills register, and you can sign up to the FLARE Team - a group of active community volunteers leading the way to help us be safer together. You choose how much you want to be involved. Share the link and encourage family and friends to sign up, the more people 'on the map' the safer and more informed our community will be. Scan the QR code or follow the link to the online form. [Get On The Map](#)



Community Emergency Plan Launch

The FLARE team has been working to consolidate all the information we have gathered during 18 months of collaboration and consultation with community, agencies and experts to develop our own community emergency plan. A community emergency plan does not replace what emergency services do, but aims to help us work together and support each other before, during and after an emergency event. The beauty of our community plan is that it is flexible, intuitive and responsive and it focuses on community needs and connections. We will keep you posted about the upcoming event in March to launch the plan and finalise the project.

Please sign up or follow us on facebook, FLARE - Fire Leadership And Resilience Engagement for information and events or get in touch by emailing the FLARE Team on fpac3236+flare@gmail.com with any questions you have.

Gillian Brew, FLARE co-ordinator.

Forrest's Christmas Picnic

The sun shone bright through the afternoon as Summer was attempting to make its way down to the Otways. The perfect weather for a picnic. If you managed to make it down to the Forrest Common on this afternoon of the 23rd of December, you would've experienced the Christmas spirit in full flight.

It was a great turn out to the event, which has become a recurring get-together over the last few years. Evidently the kids outnumbered the adults in the park with an abundance of entertainment between the mountain bikes, swings, see-saws and games of hide and seek.

They even got to experience some surprise special guests as Santa Claus and one of his little Elves arrived on the back of the Forrest CFA Tanker, captained by Bob Brooks. The two travellers from the North Pole got straight down to business in handing out lolly bags and Christmas wishes to the crowd.



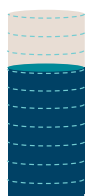
There was an assortment of tasty delights enjoyed by the adults as well. Cheeses, dips, crackers and fruit, washed down with beer and wine providing a great introduction to the season of 'eating and drinking until your heart's content'.

A big thankyou to the Lions Club volunteers on the day for putting together a tasty BBQ and feeding the masses. As a testimony to the success of the afternoon; the sausages sold out. The cheerful crowd also had the pleasure of enjoying an array of musical talent, which included heartwarming carols from the Forrest 'Singing for Fun' Group and some sophisticated saxophone by Sharon Hughes.

Well done to Fraser Shawcross and Renee Taylor for helping to organise the event. I think it's safe to say that everyone will be looking forward to doing it all again this year!

Rupert Grout

Barwon Water Updates



72%

West Barwon Reservoir

↑ Up 29% since December



82%

Wurdee Boluc Reservoir

↓ Down 5% since December



4ML

Current minimum daily passing flow at West Barwon

Water Matters

Over the next 50 years, our region's population is set to double but our traditional water supplies will reduce by up to 50 per cent.

Water is such a huge part of everyday life. We use it to hydrate our bodies, cook our food, and to clean all sorts of things. Staying hydrated makes sense if you know we are all made up of more than 70 per cent water – without it, humans literally can't survive!

We also use it for sports, recreation, and various industries across our region. Our native animals also depend on our water, and it supports the health of our natural environment.

We've asked our friend 'Drop' to drop some knowledge about water matters. From where our water comes from, to why it's so important, and how we can all help. Dive in at www.barwonwater.vic.gov.au.



Willow tree waste burning

Forest Fire Management Vic is working with Barwon Water to carry out Willow tree waste burning as part of Barwon Water's East Barwon Willow Project.

On the day of the planned burn, you may see and smell smoke and see fire fighting vehicles and crews in the area.

Burning is expected to take a couple of weeks and is planned to start late January, but this can change depending on weather and local conditions.

For more information, please visit www.yoursay.barwonwater.vic.gov.au/east-barwon-transfer

Did you know?

Our region is growing, and more people need to share our wonderful water. But with rain becoming more unreliable, shaping a future where rivers flow, food grows and our footprint is low is going to take water savings, but also water smarts and new water sources.





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NOTICE TO RESIDENTS/ROAD USERS



On Saturday and Sunday Feb 24th and 25th there will be a number of MTB/gravel races being conducted in and around Forrest Recreation Reserve (this is the Event HQ and start/finish line).

We therefore please ask you to be particularly cautious and wary of riders in the area between 7.00am and 4.30pm on Saturday 24th Feb, and between 7:30am and 4.00pm on Sunday 25th Feb. Warning road signage will be in place.

No fixed road closures will be in place over the weekend, however the following roads will have significant bike traffic:

- Yaughar Rd, between Rec Reserve and Hennigan Cres – is best to avoid using this section of road.
- Kaangalang Rd
- Boundary Rd
- Cemetery Rd
- Kents Rd (Sat. only)
- Station St (Sat and Sun mornings only)
- Henry St (Sat and Sun mornings only)
- Forrest – Birregurra Rd (Sat and Sun mornings only between West Barwon Dam Rd & Barwon Downs)
- Seven Bridges Rd (Sun morning only)
- Delaneys Rd (Sun morning only)

We welcome you to come out and cheer on the competitors as they compete in these events.

Should you require further information about this event please visit our websites at <http://www.rapidascent.com.au/otwayodyssey/> and <https://gogg.rapidascent.com.au/>.

Regards..... John Jacoby – Event Manager – Ph. 0408 035261

18 Years of Otway Odyssey in Forrest

"Some years, the planets align, the buzz builds to fever pitch, and the Otway Odyssey becomes something truly remarkable. We think 2024 could be one of those years..." These are the expectant predictions from event organisers Rapid Ascent as final preparations are made for the 2024 Otway Odyssey.

The event in its 18th year is set to be held on the weekend of 24th-25th of February. The main hub will be set up at the Forrest Recreation Reserve as usual with multiple food and entertainment options, as well as ultimate spectator viewing of the finish lines! This year's event sees 6-time male Odyssey champion, 'J-Blood' (Christopher Jongewaard) coming back to try and match Peta Mullens' record-breaking 7 Odyssey wins.

Chris says, "After missing the race last year, I started training in early December. I'm hoping I can arrive with some good legs... Peta Mullens now has one up on me". Peta Mullens will be racing for her



EIGHTH Odyssey championship and will be doing her best to ensure Chris' dreams of catching up are put to the challenge. And speaking of challenges, World Cup legend and the only other female to ever win multiple Odysseys, Bec Henderson, is set to return to the Odyssey this year to 'stir things up'.

The 100km Odyssey has been known as the hardest MTB marathon in Australia for a long time, and has established the reputation the race retains today as a tough but rewarding day, riding some incredible trails through beautiful wilderness. A race of this reputation, and with some large prize money up for grabs, has brought together Australia's best riders to chase the elusive Otway Odyssey title.

Who will be crowned 'King of The Otways' & 'Queen of The Otways' in 2024? Head down to the oval on race day to show your support and find out. Registrations are open online until the races start, so it's not too late to be part of the fun.

*Laura Shawcross
Photo by Rapid Ascent*

Shona, Pete & The Masked Owl

Shona and Pete first came to Forrest as campers and visited many times throughout the seasons. Although they spend time in the city, they are both country folk at heart. Both are avid mountain bike enthusiasts. Pete grew up in rural New Zealand and Shona is originally from country Victoria.

"It's so lush here," says Shona, "the beautiful bush is just so alive, and so healthy."

Shona tells a story of how welcome she felt when she was dining at Dar Teta once. Eli told her that there was a group of ten people coming and she'd asked whether they could join together. They said to Eli, "Yes, of course!". Nice one, Eli!

They have fallen in love with the area and plan to spend more time here when they've developed their business. It will offer a beautiful space amongst the trees for functions of up to 80 people. Shona, a psychologist, is planning to run group therapy to first responders, health care workers, trauma survivors and people who suffer from burnout and grief; with a focus on connection with nature as a resource for wellbeing. Pete will manage the space, which is called 'The Masked Owl'.

Shona says, "Pete and I just love getting into nature, even when it's cold. You just get your gear on and get into it."

Details about The Masked Owl are as follows:

Retreat, function, training and events centre with a focus on health and well-being.

Contact Peter at peter@brtech.com.au or Shona at shona@gellibrandcounselling.com.au.

Marita Kennedy





Drug driving? The consequences will blow your mind.

Police are conducting drug tests across Victoria, which helps to keep our roads safe. Being caught with illicit drugs in your system could result in a minimum fine of \$577 and possible licence suspension. Drug driving? Chances are you will be caught. Anywhere. Anytime. Anyone.

TAC  



OVERHEARD IN FORREST

Welcome to the first segment of 'Overheard in Forrest', a new addition to The Forrest Post. Intended to put a smile on your face, featuring funny conversations and comments overheard in our wanderings about town.

Child: *"Dad, why does Forrest have two letter R's in it?"*

Dad: *"Because it's a place people come 'For Rest'"*

Local: *"Did you hear there was a planning permit for the general store to build a second storey?"*

Tourist: *"This town has more brands of cider than single men"*

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'.



"The tartness
of his face
sours ripe
grapes!"

- Coriolanus.

This edition's Shakespearean insult for your enjoyment and edification!

A possible nod to some of our local winemakers??

Have Your Say

Recipes from a Forrest Kitchen: Tofu with Asian Vegetables

2 x 500g firm tofu (we recommend Ryo's local tofu @ <https://oborodotofu.storeinfo.jp>)

2 spring onions

2 garlic cloves

2 tablespoons onion jam or chilli seasoning

2 tablespoons Ketjap Manis

Gluten free cornflour or potato starch for dusting

Steamed asian greens of choice or broccolini

Heat oil in a wok or deep fry pan to 180°C. Dust tofu with cornflour, shaking off excess. Deep fry in batches, turn occasionally until golden brown.

Drain on kitchen paper. Cook garlic and spring onions for 2 minutes. Stir in Ketjap and onion jam and 2 tbsp water then add tofu. Stir gently to coat. Serve over steamed vegetables.

By Local Chef

Have you got a photo, a favourite recipe, an artwork, a poem, a skill or some thoughts you'd like to share with the community? Submit your ideas (text 300 words or under) titled 'Attn Lydia: Have Your Say' to theforrestpost@gmail.com.



An Incomplete Story

Long after the calls from journalists cease and social media posts from family and friends dwindle, the individual stories of those swimming at Lorne back beach on Tuesday, 16th January live on.

This is something that Laura Shawcross, 33, of Forrest is reckoning with in real-time. "It wasn't a heroic story, it was just chance." Paddling in the shallows with her two young children, Laura was early on the scene to an eight-year-old girl being pulled from the water, unconscious and without a pulse. A practising midwife, Laura commenced CPR until the paramedics arrived and airlifted the young girl to Melbourne.

It is the aftermath of this event however which has left Laura reflecting on how we process big life moments societally. "The police called me to say she is going to live, but to what capacity? We may never know her long-term prognosis. I think about that a lot at night."

The so-called 'heroics' of Laura's actions were reported in local media outlets from Geelong through to Colac, "It almost feels cheap, like fifteen minutes of fame. It was lovely, all the nice comments of support. But at the same time, there is a story that continues well after that fifteen minutes of fame has passed that is not going to get that spotlight."

For three-year-old Albie Shawcross, the chaos of that scene continues to be the source of much confusion.



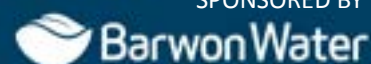
"Albie was so distressed because he could read the stress of other people and see something was wrong. He kept asking questions until he understood. We haven't spoken about it since, and then just yesterday, he started asking more questions."

Laura dreams of a media where humanity drives the stories we tell and captures more of the whole person. "In that moment, looking at her, she was a stranger, and she had this whole life I didn't know about. I don't want her life being reduced to this traumatic moment. It's not her whole story."

Mitchell Withers

BIRDS OF FORREST

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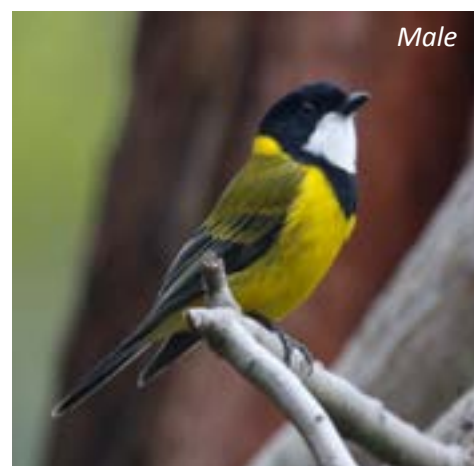


Golden Whistler

The Golden Whistler is a common species of bird around Forrest. There are also other types of Whistlers around here including the Olive and the Rufous. The Golden Whistler is found over a wide area of Australia, including Tasmania, Western Australia; and from South Australia through to Northern Queensland.

They are also found in a wide variety of habitats, including rainforests, temperate forests and woodlands.

They will also come into well planted gardens, where they can usually be heard with their 'tchee-tchee- tuwhit' call before they are seen. The male has a distinctive yellow breast, white throat and a black head; while the female is mainly brown, sometimes with a bit of yellow colouring under the tail. With a length of about 17cm, they are slightly smaller than the ubiquitous Grey Shrike-Thrush.



They are usually seen singularly or in pairs, where they hunt for arthropods from foliage and bark.

These Whistlers are common and can be seen in many places including the township, the West Barwon Dam, Lake Elizabeth, and any other areas where there are trees and shrubs.

Ian Davies and Adam Fry

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