

THE FORREST POST

MARCH 2024

FREE
FMS

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.



A TASTE OF DK'S JOURNEY

Third generation Forrest potato farmer, Pete Scott, has paved his own way forward in a very long journey toward the family-owned, independent commercial chip brand, DK's Potato Chips. He has navigated his success in farming potatoes and creating his own breeds, to building his own factory and learning the markets; predominantly by 'just talking' with others. Starting with curating his own breed of purple potato chips in liaison with the Department of Agriculture; he has now also created a white potato chip, and is now on his way to creating a pink potato chip, too. Aside from his uniquely copyrighted potato breeds, Pete's chips stand out for their kettle-cooked approach, their light salt, unpeeled skins, blistered texture and strength of chip which make them suitable for dips. And they are healthier. The purple chips, for instance, have an increase in antioxidants by about 30% simply by retaining their skins, making them comparable to the antioxidants of commercial blueberries. A few short production lines were trialled at a major chip factory in 2016, and it was an immediate success. "We were selling 1200 packs a day around Melbourne", he said. Pete knew that he was onto something, and that he must do whatever it takes to recreate that same production line again.

And so in 2017, he decided to build his own factory. After selling some property to assist the financing of his project, the factory was built inside the existing potato shed to help save on costs. Pete notes that, although the manufacturing equipment made to the highest standard has been a large cost, it was only about half the cost of the whole process so far.

It then takes a minimum of 7 years to breed a new variety of potato. The pink potato chip has taken sorting through 13,500 different breeds to finally come across the six varieties that he's looking to choose from. Once he's decided on the potato breed, it's tested, planted, harvested and then it reaches the factory line. At this point, there's still no guarantee of success - in fact, last year's harvest was deemed unsuitable for cooking. With all this in mind, the pink potato is still an estimated two years off of becoming the packet that you see on the shelves. Fast-forward to mid-2023, and the purple chips have finally reached successful production, and distribution is on the rise throughout Australia.

Patience has been Pete's most valuable virtue. As he's made his own way from scratch, he's learnt from his mistakes, found his own pace and had to ensure that everything was 'just right'. This has been the case all the way to the chip recipe, where tweaking of a single second in time or single degree of temperature could have changed everything.

Find a pack of DK's at The General Store or The Brewery for your own taste of Pete's journey so far.

Lydia Waddell



CHECK
OUT
THE
LATEST
GRAND
SIGNAGE
ADDITION
TO OUR
FAVORITE
LOCAL
PUMP
TRACK



Colac Otway Shire News



Colac Otway
SHIRE

Colac Otway Shire Grant Program 2024/25

Applications Opening March 1

The Colac Otway Shire Grants Program 2024/25 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:

• Community Grants • Events Grants • Business Grants *(subject to Council budget approval)

Applications open 9am Friday 1 March 2024

and close 5pm on Friday 12 April 2024. Online Information sessions will be available:

Tuesday 5 March 2024 - 12.30 pm / Tuesday 5 March 2024 - 5.45 pm

To apply: Apply online at www.colacotway.vic.gov.au under 'Apply for a Grant, Colac Otway Shire Grants Program 2024/25' 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

Colac Otway Shire Municipal Emergency Management Planning Committee:

Are you passionate about the coast and bushland areas of the Shire?

Would you like to assist in planning and preparing for emergencies within our community?

We are seeking to appoint two positions, one to represent the coastal communities and one for the bushland areas of the Shire.

The Committee is made up of entities from the emergency response and service agencies.

Colac Otway Shire Council, State Government departments and relief and recovery agencies.

The Committee meets quarterly and works together to plan and prepare for emergencies in our community.

Interested? Contact us to request an Expression of Interest form at inq@colacotway.vic.gov.au

or call Council's Emergency Management team on 5232 9400 for more information.

Deadline for applications is 5pm, 8 March 2024.

Community Satisfaction Survey:

Council is conducting the annual community satisfaction survey which is designed to assess performance of Council across a range of measures to identify ways to provide improvement or more effective service delivery to residents.

If you receive a call from the agency conducting the survey, National Field Services,

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

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

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

5232 9400  inq@colacotway.vic.gov.au or find us : www.colacotway.vic.gov.au



Welcome Earthside, Zoe!

*Welcome to the earth, baby Zoe!
Zoe was born on Tuesday the 13th of February,
weighing 3.6kg and was 49 cm in length.
Congratulations to a very proud
new grandfather, Pete Mitchell,
and to his daughter, Al.*

LW & PM



Editor: Lydia Waddell **Designer:** Coco (cocowA_PICS)

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Mary Dracup, Adam Davies, Gillian Brew, Ian Fry and The Forrest Fink.

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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 , online at forrestvictoria.com or via The State Library Victoria.

Contact us at theforrestpost@gmail.com.

Easter in the Otways

Easter is upon us a little earlier this year, which promises a slightly warmer tone than last year's wild wet one! At least, that is the hopes of campers who had to pack up and head for shelter in 2023. The trees are starting to golden and it's time to put your bets in as to when the Summer Fire Restrictions cease.

Easter traditions vary throughout the Otways - some of us are off on an annual camping trip, some are observing the religious significance, and others have their eyes on a chocolate-filled frenzy. The local Davidson family celebrates by going to church Good Friday and Easter Sunday each year. In the lead up to Easter they use a box of resurrection eggs that contain a bible verse and token which are opened each day, with the final egg being opened on Easter Sunday.

The Pakula family say Easter is also a special time for their family. Byron Pakula reflects, "It's when we first moved to Forrest, 10 years ago."

The family likes to celebrate this special time of year and milestone with a giant Easter egg hunt in their backyard. Sisters Abigail Pakula (aged "almost 8!") & Leah Pakula (aged "4 & three quarters")

"just adore bunnies, and love chocolate". Their favourite thing is waking up super early, giving their bunny Dot a quick cuddle, and then venturing outside to hunt for Easter eggs.

Abigail Pakula
with her bunny Dot

Stella Davidson
with her resurrection eggs



Forrest and its cooler Autumn evenings are a favourite Easter destination for many, far and wide.

A representative from Forrest Holiday Park says they are "expecting a busy burst of tourists over the Easter period", however, there are currently "still some available sites up for grabs".

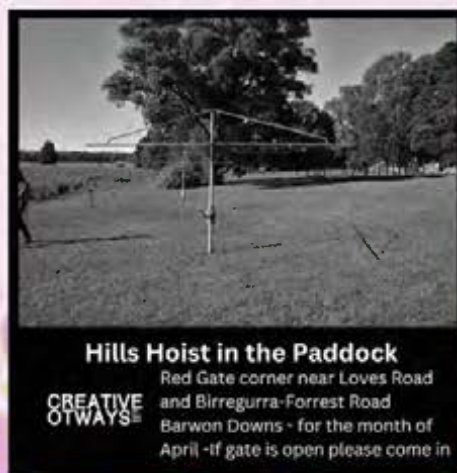
If you are staying in Forrest or the Otways for this beautiful time of year, you may decide to explore the local annual art trail exhibiting over the Easter period & into April. Local exhibits feature Brad Burton's Sculpture garden on Grant Street, who will be opening his gardens for sculptural piece viewing.

The Hills Hoist Art Space in Barwon Downs which will also be showcasing throughout the month of April.

For more information head to colacotwayartstrail.com to check out the many other local stops along the Colac Otway Art Trail.

No matter what your plans or lack of plans are this Easter, you are sure to be swept up by the awe that Autumn brings, and the promise of cooler days ahead. Happy Easter, Readers!

Laura Shawcross





Vale Terry Baker - 31st October 1948 to 3rd February 2024

You've probably seen Terry riding a bike around Forrest with two black German Shepherds. Born and raised in Colac, Terry was the youngest of five, and his father died when he was eight months old. Growing up without a father to guide and protect him, he had to toughen up. That's why he seemed intimidating to many, but he really was a kind-hearted man.

Terry and I moved to Forrest 27 years ago. We lived in a caravan for 5 months before moving into our little mill house in Grant Street. He enjoyed meeting tourists who'd stop at the gate to admire his dogs, and took great pleasure in demonstrating how to hand feed the king parrots. He'd get into long conversations and they'd leave with a wealth of knowledge about Forrest, dogs and birdlife. Throughout his career, he was a slaughterman, linesman, nightclub bouncer, bus driver and abattoir manager.

Terry was honoured when the Soupfest Committee asked him to drive their courtesy bus. And courteous he was! It didn't matter if you weren't at the bus stop, he'd pick up anyone walking along the road, especially those with children. On some trips, the bus was packed to the hilt, dogs and all. But he wasn't going to leave anyone behind, he was determined to get them all to the festival.

Terry passed suddenly while out riding the bike with his beloved dog, Beau. Despite being attended by the first responders, 3 ambulances and 6 paramedics, he couldn't be saved. My sincere thanks to Gordon & Sarah Lane, Matt Roberts, the Brewery staff and their patrons for doing all you possibly could. And thanks for all the cards, flowers and caring thoughts that I have received from friends, neighbours and some whom I've never met. Rest in Peace Terry.

Joyce Howcroft

FORREST & DISTRICT NEIGHBOURHOOD HOUSE MARCH 2024

Open: Tues & Wed 8.30am-3.30pm, Thursday (at the hall) and Friday 8.30am-12.30pm.

Ph: 0352366597 or 0493105502



REGULAR ACTIVITIES AT THE F&DNH:

MONDAYS - office not open to the general public

Craft circle: 10am- 12pm. BYO craft projects, Gold coin donation.

TUESDAYS - open 8.30am-3.30pm

Seniors morning tea: First Tuesday of the month, 10.30am-11.30am. FREE

Weeding group: 4th Tuesday 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 is available to all in the community

WEDNESDAYS - open 8.30am-3.30pm

Forrest voices (singing for fun): 10.30am-11.30am. Gold coin

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

Studio Forrest art group: 12-5pm, \$200 per semester. Peer led local artist group.

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

Pantry top up: evening after 8pm. Food is available to all in the community.

THURSDAYS - coordinator located at the hall

Community lunch: Take away or dine in. Order the day before.

pick up from the hall at 12.30pm on the day. \$6. Return containers each week!

FRIDAYS - open 8.30am-12.30pm

Youth space: Friday afternoons during school terms. *3.30pm-4.45pm for grades 4-6.

*4.15pm-5pm for high school aged. Gold coin each week or \$10 per term.

Snacks, games and fun provided.

Pantry top up: (late evening)

SATURDAYS: Forrest community gym boot camp: 8am and 9am session- gold coin donation. Contact coordinator for membership information and to sign up.

WE ALSO HAVE:

- Free WiFi
- Printing services
- Room hire
- Community spaces
- Reading room
- Forrest & District Historical Society display and library
- Food share
- Clothes swap
- Treatment/massage room for hire
- Office spaces
- Meeting rooms
- Computers

and more!

The Forrest Easter church service will be held on Easter Sunday at 4pm

COMING UP

- AGM- join us on Wednesday 13th March for our annual general meeting, strategic plan launch and dinner! We will celebrate the last year at the F&DNH and thank those involved. 6pm at Dar Teta, dinner included. RSVP by Friday 8th March.
- Men's gaming afternoon (Settlers of Catan): Sunday 17th March 1-5pm. Contact Hoya to book a spot 0400180644
- School holiday family movie @ the hall: Thursday 4th April. More info to come.

Celebrating the launch of Forrest & District Community Emergency Plan

LOCAL LEGENDS CHALLENGE!

Fun, family friendly activities to test your knowledge and skills

Challenge your friends... earn points while learning about your community emergency plan... **AND BE IN IT TO WIN!**

**WIN
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TEST YOUR SKILLS • SCAVENGER HUNT • GAMES • LOCAL QUIZ ...AND MORE!

**FREE
PIZZA**

Sunday 24 March • 11am-1pm

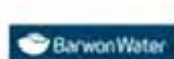
@ THE FORREST HALL - 14 Grant St, Forrest



SCAN TO REGISTER - Enter as a Team* or go Solo
for more information call the **FLARE Coordinator 0422 585 227**

* Teams must have a maximum of 2 adults or young people over 12 years. Children under 12 years must be accompanied by an adult.

The Fire Leadership and Resilience Engagement (FLARE) project is community led and helps us prepare for and recover from bushfires and other emergencies alongside the emergency services.



#ctctheheartofrealestate

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REAL ESTATE



03 5231 3288
colactocoast.com.au



New parents Rachel and Mitchell welcomed their daughter Bobbie King Withers on the 19th of February at Colac Hospital. Rach and Mitch are enjoying the serenity of getting to know their gorgeous baby amidst the peaceful Otways.

The couple express how grateful they are "to be able to bring Bobbie up as part of a wonderful and supportive community."

New Dad Mitch says, "Bobbie is freaking adorable" and he reflects on what an overwhelmingly incredible experience it was to witness partner Rach's strength during labour and birth, and to support her as she brought baby Bobbie earthside. The Forrest and Otway community welcome the cutest new local Bobbie King, and a huge congratulations to both Rachel and Mitchell.

Laura Shawcross



Help Protect the Otways FREE *Phytophthora cinnamomi* Hygiene Training

Date: Saturday 2nd March 2024

Time: 10:00am – 12:00pm theory session (inc morning tea)
12:00-1:00 optional walk

Place: Forrest Public Hall
14 Grant Street
Forrest

Please join the Corangamite Catchment Management Authority for an information & training session on *Phytophthora cinnamomi* hygiene and management (also known as dieback disease or cinnamon fungus). Learn how to prevent the spread of this devastating disease to your gardens or bushland. Bring a notebook and weather appropriate clothing for an optional walk though *Phytophthora* impacted heathlands.

RSVP Hannah Wiggs hannah.wiggs@ccma.vic.gov.au



Victorian
Landcare
Program



Barwon Water Updates



72%

West
Barwon
Reservoir

↑ Up 0% since December



75%

Wurdee
Boluc
Reservoir

↓ Down 7% since December



4ML

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Star WELS and 4-Star energy rated front loader.

On top of the rebate, you could be saving around 26 kilolitres in water or \$62 a year off your Barwon Water bills and up to \$107 a year in energy costs (based on 8kg machine and one warm water load a day).

For more information, terms and conditions and to apply, visit our website



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UNDERSTANDING WATER
MATTERS!



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know?

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Barwon Water



For further information

1300 656 007 | info@barwonwater.com.au

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Proceeds go to the
Forrest Primary School or
the Neighbourhood House
for printing costs.

CONTACT US:

theforrestpost@gmail.com
for rates or more information.

WHAT'S GOING ON WITH *OUR RIVER?*

Launch of the Barwon Flagship Waterway
Management Plan

SATURDAY 23RD MARCH 10AM - 12PM

LUNCH TO FOLLOW

FORREST PUBLIC HALL

Tea and coffee provided from 9.30am

10am *Presentations and Plan launch*

Hear from Corangamite CMA and Barwon
Water with updates on:

- What's been happening in the Upper Barwon River since our last forum?
- How healthy is the Upper Barwon River now?
- What is the Barwon Flagship Water Management Plan and how will it help to restore the river's health?
- Bring your own questions

11am *Glyceria removal trial site visit*

Visit the glyceria removal and revegetation trial site near
Forrest:

- How is the trial going and will it mitigate flooding in future?
- How does citizen science work to tell us about river health?
- What is involved in restoring a riverside and how does it benefit farmers?

12pm *Lunch provided*

Enjoy a bbq lunch with a chance to chat one-on-one with
presenters and community members

FREE COMMUNITY EVENT
ALL WELCOME

RSVP by 14th March essential for catering

Mary Dracup 0488 522 448

mary.dracup@gmail.com



Follow-up 'What's going on with our river?' event in Forrest

Gerangamete and Forrest Landcare are co-hosting a follow-up 'What's going on with our river?' event on Saturday 23 March, and locals are again warmly invited.

At the first event in 2022 we learnt a lot about the difficulties of managing the Upper Barwon River to maintain a healthy ecosystem in the face of dwindling flows and increasing demand for water.

Our Landcare group thought locals and river enthusiasts would be interested to hear about the large amount of work that's been done since then on private and public land in this area to improve the health of the river under the Corangamite CMA Flagship Project. A lot more of this work is planned under the Barwon Flagship Water Management Plan, which will be launched at this event.

Water managers, scientists and citizen science coordinators from Barwon Water and Corangamite CMA will present information and answer questions on:

- **What has happened to improve the health of the river since 2022?**
- **How is the health of the river now?**
- **What is the Upper Barwon Flagship Project, how will this help the river, and how does it work on farms with river frontage?**

We will have one hour of formal presentations and questions in the hall, then a one-hour field trip to a site on the West Barwon River near Forrest where glyceria and willows have been removed and thousands of plants have gone in as part of the Flagship Project.

The event will finish with a BBQ lunch back at the Forrest Hall and a chance for informal Q&A with Corangamite CMA and Barwon Water representatives.

Gerangamete and Forrest Landcare Group will be co-hosting this event with Corangamite CMA, Barwon Water and the Upper Barwon Landcare Network.

Please RSVP for catering to Mary on 0488 522 448.

Mary Dracup

THE I GET IT, I THINK BIT



Lose yourself at one of Victoria's renowned galleries or artist workshops. You'll find plenty to your taste – or not. And that's the fun of it.

Get curious at cultural institutions like Bendigo Art Gallery.

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VICTORIA EVERY BIT
DIFFERENT

Footy's Back!

Auskick Revival at the Forrest Lions Football Club

The smell of Deep Heat and musky pig skin leather will fill the air once again at the Forrest Rec Reserve this coming April as the next generation of local footy legends take to the turf.

The Forrest Lions Football Club (FLFC) has been very busy lately, planning and organising this great opportunity for the kids, and equally enjoyable social get together for adults of the town.

Commencing on Friday 19th of April, the Auskick nights will run every Friday through to the last session on the 7th of May. The Friday evening sessions will run from 4:30 to 5:30 and will be open to ages 5 – 12 (that's any kid turning 5 this year).

For kids wishing to get amongst the action they've still got plenty of time to sign-up, but as always, the sooner the better. If you would like to register you can scan the QR code below, fill in your details and be a part of the fun. The registration will include a small footy pack with an Auskick hat, water bottle, footy and other goodies. By signing up, there's also the chance of making it to the big stage this year and getting to play a halftime Auskick game at the MCG!

The Friday sessions will be open for kids under 5 to participate in the organised chaos, but they unfortunately won't be able to register or be eligible for the Auskick footy pack.



JOIN THE FUN!

Forrest Auskick Centre

Forrest Recreational Reserve

Fridays 4:30-5:30pm

Please contact Fraser

0413 597 246

Season commence April 19th

Scan the QR Code to register!



Auskick is not just for the players! Everyone is welcome to head on down to show their support for the kids and the club. The more the merrier. The clubrooms bar will be open from 4pm each session, and sausages and burgers will be flipped on the BBQ to keep people fed. There's almost no excuse to not get down to support the little legends! There's a number of people that have already put their names forward to help out on the Friday nights, filling positions such as bar staff, running the BBQ and of course... coaching. Volunteers are still in demand so if you're keen to help out and be a part of local history in the making, please reach out to Fraser Shawcross (0413 597 246) for details or questions. There's no pressure to have to commit to every Friday - anything will help!

Rupert Grout

Shakespeare's Insult for February

We're glad Santa is not about to hear this one! Anyone got any local candidates?

"How ill white hairs become a fool and a jester!..... Henry VI, Part II"

Studio Forrest to Exhibit at Lorne Sculpture Biennale 2025

The Lorne Sculpture Biennale is an internationally recognised art exhibition held along the iconic Lorne foreshore.

It has commissions established and emerging artists ready to explore how contemporary art can respond to our experience of place.

The artistic vision of the 2025 Biennale, 'Strata', draws on meaning and response to the iconic geology of Gadubanud Country and the stratified landscape of the Great Ocean Road. Studio Forrest is excited to be one of 16 chosen out of over 80 applicants to produce an artwork for the 2025 Biennale. It must have been written in the stars, as Studio Forrest participants had selected the theme of Earth to follow on from the Fire theme of '22-23, so we were already excited to get our hands dirty. Our response will be both individual pieces and a collaborative piece based on Earth Mother. It is a credit to those who have been part of Studio Forrest as they are the only 'group' represented within the selected artists. Studio Forrest has an ongoing commitment to producing thought-provoking and inspiring artworks and collaborations, and by supporting emerging artists to create and exhibit their work.

Our studio is based at the Forrest Community Hub and auspiced by the Forrest Neighbourhood House, who support us by providing the space and resources needed to allow us to create art to share with our community. Keep an eye out for our mid year exhibition at the Forrest Hall in June 2024 for a sneak peak at our Earth theme, or find us online on Facebook and Insta.



Gillian Brew, Studio Forrest Participant

A Little Burst of Sunshine

The March Forrest Flick is Little Miss Sunshine, a funny, quirky movie with a little bit of pathos and a very strong cast. Toni Collette and Greg Kinnear star as the parents of a dysfunctional family who pile into an unreliable Kombi and drive to California, where their 7-year-old daughter has entered the Little Miss Sunshine Contest. The other family members include an adolescent son who has taken a vow of silence, a suicidal uncle who can't be left alone and a drug-addicted grandfather who has been expelled from his institution. With this plot, the 2006 film could easily have slipped into farce, but I think the authenticity of the characters, the expert pacing and the subtle messages the family raise about what really makes winners and losers make it a modern classic.

The film was directed by Jonathan Dayton and Valerie Faris and won Academy Awards for Best Original Screenplay and Best Supporting Actor. It has an R rating because it addresses drug use and suicide but there is nothing gratuitous or voyeuristic about the way these subjects are treated. 'Everyone pretend to be normal' is a line that draws a laugh, but resonates.

Dar Teta are offering a pre-film dinner from 5:30 pm. Bookings are essential.

Forrest Flicks Film Society subscriptions can be purchased online using the QR code in the picture, 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.

Mary Dracup

14 March Forrest Hall
7pm for complimentary
wine & nibbles
Movie starts 7.30

Little Miss Sunshine will screen at the Forrest Hall on Thursday 14 March. 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 neighbours and friends.



OVERHEARD IN FORREST



Local Submission:

"There has been a reported sighting of the Otway Dolphin! It was spotted twice in the last month at the Reservoir. The first reported sightings of the rare mammal in 25 years."

Overheard Visitor:

"This might be the second best day of my life."

Friend: "What was the first?"

Overheard Visitor: "I can't talk about it."

Local Submission:

"Have you tried out the new waterslide at the Quarry?"

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.

Welcome to the next segment of 'Overheard in Forrest'.

Intended to put a smile on your face, featuring funny conversations and comments overheard in our wanderings about town.

Have Your Say



'Under the Moonlight' paint on canvas by Coco (instagram:cocowa PICS)

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.

BIRDS OF FORREST



Elusive Olive Whistlers

The Olive Whistler is not as common as the other Whistlers, and is often a target species that birdwatchers attempt to find. It is found along the Eastern Seaboard rainforests in Queensland, New South Wales, Victoria, South Australia and Tasmania.

It is smaller than other Whistlers, and its rather dull plumage blends in and makes it hard to spot in the cool, dense undergrowth and rainforest areas. They also inhabit coastal heaths and will also travel out to the more woodland habitats. A few years ago, one flew into a window here in Barongarook (it survived!) proving that it does reside in quite a few different habitats. Finding Olive Whistlers can often be a bit patchy, with the birds being found one week, but absent from the same spot the next. They are often heard more than they are seen, as they prefer to hide in dense scrub. Forrest is a good area for them and places such as the West Barwon Dam, Lake Elizabeth, Stevensons Falls and other waterfalls, Marengo, Lavers Hill, and even Carlisle. They feed on insects in low bushes and on the ground where you can often be lucky to spot them.

Ian Davies and Adam Fry

