



# AUSTRALIAN BRAVERY ASSOCIATION NEWSLETTER

No. 28 April 2017

*Supporting those who risk their life to save life, property or the environment.*

**The official newsletter of the Australian Bravery Association.**

## NATIONAL PRESIDENT'S REPORT – John Thurgar SC MBE OAM RFD



The ABA Muster and AGM held in Canberra were very successful. Andrew Kendall has stood aside to take a break as National President and I was elected in his place. Thankfully Andrew agreed to take on the Deputy National President's role and so his valuable contribution to the ABA continues.

Andrew contributes in many ways, such as technical advice, the website including Facebook, assisting in

the technical side of the production of the Newsletter, chairing the sub-committee on the development of the Queensland Bravery Garden - to name but a few. A big thanks to you Andrew and his very supportive wife - Kitty.

Our thanks go to Melanie Warburton for organising the Annual Muster and AGM weekend of events in Canberra in February. The cruise on the Lake and reception at the Officers Mess at Duntroon on Friday, followed by surely the highlight, the holding the Annual Black-Tie Dinner at the Royal Australian Mint. Functions are not normally held in this place and so everything had to be brought in and setup. Our thanks to the CEO of the Mint, Mr Ross MacDiarmid who was our charming host for the function. It was good to see such a wide range of attendees – from 'original' members through to those who have recently joined.

The Sunday Service of remembrance in the Australian Bravery Garden at Government House Yarralumla was very moving and well attended as well. Our thanks once again go out to Padre Jim Cosgrove for conducting the service. It was also a pleasure to share the company of Craig, Sharon and Charlotte Bissell who received the ABA Youth of the Year Award on behalf of the late Zachary Bissell BM.

At the AGM it was agreed that the NX should look at holding the Annual Muster and AGM in Canberra on alternate (uneven) years and in between they may be held in various locations around this wide country of ours. The logic was to 'take the organisation to the States'. It was further agreed that the next Annual Muster and AGM scheduled for the 9 - 11 February 2018 will be in Melbourne. Planning is well underway for the Melbourne venue and is headed by Mark Tregellas.

## Coming events

**Victoria: Mildura**  
9<sup>th</sup> – 12<sup>th</sup> June 2017

- Welcome Reception and dinner @ Mildura RSL
- Four hour Murray River Cruise with BBQ lunch
- Bravery Assoc. Dinner
- Farewell Casserole lunch

Invitations will be sent shortly with details on these and other happenings

**South Australia: Adelaide**  
19<sup>th</sup> – 21<sup>st</sup> August 2017

Further details to come

**Queensland: Surfers Paradise**  
13<sup>th</sup> – 14<sup>th</sup> October 2017

Further details to come

**NSW: Coogee Beach**

November 2017

Further details to come

**ABA National Conference: Melbourne**  
9<sup>th</sup>-11<sup>th</sup> February 2018

Further details to come

### Editors' Note:

*This newsletter is authorised by Alan & Brenda Cochrane, Australian Bravery Association, PO Box 127, Bundaberg. E&OE*

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The next function will be in Mildura over the 9 – 12 June 2017, which is the Queen’s Birthday long weekend then Adelaide – August, Gold Coast – October, Coogee - November. More on these events is within this Newsletter.

Paddle opportunities for ABA members with project Stay Afloat will be available throughout the year. Watch the ABA Facebook for details.

Sally Gregory must be congratulated for her personal initiative of trying to help others through the ‘GoFundMe’ program. Please refer to this Newsletter and the ABA Facebook for details and how you may be able to help out. Well done Sally.

Pam Davidson continues to provide excellent professional advice to our members in emergencies and considered advice and input to the NX. Thank you Pam.

We have an exciting year ahead of us and I urge you all to keep in touch with the NX and make your views known as to how we can ‘grow the ABA’ and how we can help others.

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## DEPUTY PRESIDENT’S REPORT – Andrew Kendall

### Post Traumatic Stress – Not a Life Sentence™

On 5 April 2017 four members of the Australian Bravery Association were fortunate enough to attend a one day seminar entitled, “Post Traumatic Stress – Not a Life Sentence™”, at the Intercontinental Hotel & Resort in



ABA members Mick Travers, Sally Gregory, Tom Voigt and Andrew Kendall with another seminar participant (centre).

Sanctuary Cove, Queensland. Delivered by Nola Kennedy of Serenidad Consulting, the program is targeted at people impacted by trauma and aims to help those impacted to learn how to gain control over their own outcomes, with a focus on positive health impacts.

Nola Hennessy is recognised by the US military as a subject matter expert on, and motivator about, successful and full rehabilitation from post trauma symptoms. She also has experience with the Australian military and holds post graduate qualifications in Clinical Hypnotherapy. One of Rotary International’s Inspirational Women in 2011 and the USA’s Women of Impact in 2014, Nola delivered an

insightful and practical program for healing from the effects of trauma and moving forward in life.

The Australian Bravery Association is investigating the possibility of making the seminar available to some of our members who have suffered an emotional injury as a result of a trauma. More information about the seminar can be found at <https://serenidadconsulting.com/services/retreat-programs/post-traumatic-stress-1-day-seminar/>. Thanks to Mick Travers APM for making the opportunity available.

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### NOTES FROM YOUR EDITORS – Alan Cochrane OAM & Brenda Cochrane OAM

Our trip to Canberra in February for the annual gathering was a little different for us this year. Alan managed to break his femur into four pieces and dislodge his recently implanted hip prosthesis shortly after we purchased a caravan last year. Needless to say that put him out of action for some months. The practice run which we first intended to do locally didn’t come about so

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our first foray into caravanning clocked up over 3500 klms for the round trip to Canberra. The trip was a success but I don't think we'll caravan to Melbourne next year – an event we are really looking forward to. Along the trip we met some great people exploring our great land. We exchanged contact details and already we have had visits from a couple who were travelling through Bundaberg as well as maintaining email contact with the others. We'd love to hear from any ABA caravanners coming this way or keep in contact re your travels.

Our National gathering was a huge success and it was great to meet up with old friends and make new ones. All events were well attended and feedback indicated all had a great time! Upcoming events in several states are eagerly awaited.

We started the *Meeting Your Members* segment so that members can find others with similar interests and we hope this will further assist people to stay in touch between meeting up at events. We hope you enjoy reading about Graeme Jones BM and Leigh Parkes. Further, our talented Honourary Chaplain, Jim Cosgrove, has shared his poignant poem on the Anzacs. Member contributions to newsletters are always welcome!

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## VALE

We respectfully and with deep regret acknowledge the passing of the following members.

**John Burrows BM** in NSW. John was awarded his Bravery Medal for his involvement in preventing an aircraft hijack attempt at Sydney Airport. ABA President John Thurgar went to his funeral representing the ABA and spoke about John's Metropolitan Police service and his AFP service. The congregation donated \$500 to the ABA in lieu of flowers. John was an inaugural member of our association. Our condolences to his widow Jill.

**William (Bill) Hindson MG MC** in Canberra. Bill was a true gentleman and his cheerful demeanour and strength in adversity will be sadly missed. He was decorated for his courageous actions during the Vietnam War. ABA President John Thurgar, himself a Vietnam Veteran, Melanie Warburton and Gary Bergman attended the funeral representing the ABA. Our condolences to his widow Catherine, daughters Melanie and Renee and their families.

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## MEETING YOUR MEMBERS

### GRAEME JONES BM



Marjorie and Graeme Jones

Graeme's remarkable story. Graeme was born on 8<sup>th</sup> February 1960 and while still in hospital was accidentally starved of oxygen leaving him on the three minute brain damage border. He was slow to develop as other babies did and during school years developed epilepsy with seizures several times a day. Doctors recommended he be placed in an institution but his parents refused and noticed he started copying his younger siblings to achieve for himself. He was always a fighter for survival.

At 16, with his seizures now gone, he started work and it was here on the 10<sup>th</sup> February 1989 that Graeme showed his heroism. On that day he was minding his own business doing his allocated job at Devon Industries in Devonport, Tasmania. He was a contented worker who got on well with all his work mates and staff. He'd finished his work a bit earlier and went outside to check on what his friend Gary Donaghy was up to. Gary was quite a bit older, a big man with multiple health issues including balancing himself well. Graeme heard a horrible squealing noise and went to investigate. It was Gary – he had been burning office papers, tripped and fallen into a blazing fire in a sawdust pit. His overalls, boots, skin and hair were all being consumed. Graeme well remembers those horrific noises. Without hesitation Graeme jumped into the fire and dragged his mate some distance along

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and then up an embankment to reach a fire hose. All the while screaming for help. Staff, ambulance and police arrived on the scene and Gary was transferred to the Royal Hobart hospital to an isolation burns unit where he was treated for 10 months undergoing many surgeries. Graeme suffered minor skin burns to his eyebrows and hair. Nightmares followed for a time.

Gary went on to live a grateful life for many years and celebrated his 60<sup>th</sup> birthday with Graeme and family in 2002. He was always so proud of Graeme saving his life. Sadly, he has since passed away but his family spoke with gratitude for the extra years.

Graeme risked so much jumping in that fire and was awarded a Humane Society Award for Bravery and then a Bravery Medal which he received at Government House in Hobart. He lives with his parents Walter and Marjorie and has since retired from work but keeps busy mowing lawns in his neighbourhood. Copies of his awards, citation and bravery medal have been framed and hung in place of honour at Devon Industries. His family say "whatever life challenges anyone with, our message is never give up!

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## LEIGH PARKES

This is my story - Incident at Betty's Beach, WA 2002.

My partner Sharon and I left Sydney in August 2002, heading north for the big lap around Australia. On our way around we met many lovely people, and saw heaps of fantastic sights. When we were at Betty's Beach, Albany, WA, on the 22<sup>nd</sup> December, we met 3 generations of the Leech family, consisting of two teenage girls, their mother and father, uncle and grandparents. They had been coming to this beach for many years. We spent the evening with this family, getting to know them, and having a few drinks.



The next morning we went over to say goodbye. As we walked over, the two teenage girls were in the water with their boogie boards; mum was sitting on the shore watching them. It was a cold, overcast day. I said to Sharon, that water doesn't look good, they shouldn't be there. Sharon said it's not our place to tell them. I couldn't have imagined then that I would be in the water saving them in the next 10-15 minutes.

We continued along the beach, over the sand dune to where the family camped. Everybody was there, except the teenagers' dad, he was in bed asleep, he was a shift worker. On saying our goodbyes we heard yelling, screaming and cries for help. We ran back over the sand dune to see the teenagers were caught in a rip, mum went in to help and they all got dragged down to the other end of the beach. At this stage, except for the screaming, they appeared to be doing ok. They were getting dumped and coming back to the surface. After this happened a few times, it occurred to me that these guys needed help. The grandparents and uncle were unable to physically do anything so I stripped down to my jocks and went running in.

Running into the water I saw there were many submerged rocks, the thought in my mind was, slow down before you kick a rock and break a toe. I then started swimming and the rip dragged me directly over to them. The thought through my mind was, what am I doing here, is this a bad idea? Anyway, here I am! The closest girl seemed to be doing ok, I told her to try and keep calm and no matter what happens do not let go of the boogie board. I then put my arm through her lanyard, so she was hanging off the back of me. The other girl was nearby. I then made my way over to their mum, who was screaming and yelling hysterically. When I got closer to her, I tried to talk to her, but, she just wasn't listening, she was just screaming. At this stage, I realised she had all her clothes on which was a big woolly jumper, pair of jeans and ugg boots. I grabbed hold of her, and she was like a big lead ballast. My thoughts are what am I going to do, I can't swim with her to get into deeper water to get away from the rip, because we will sink, she won't listen to me, I can't communicate with her. Geez!! How will I be able to remove her clothes? The depth of the water was just below my shoulders. We were approximately 100 to 150 metres off the beach. The other young girl, had hold of me. The rip would drag us backwards then pick us up and dump us; this is the only

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time I didn't hear their mother yelling. But thankfully, she wasn't fighting me or trying to climb over me. I tried numerous times to wade into the beach, using mum as ballast, but we weren't succeeding. We kept getting dragged backwards and dumped. This happened many times, I lost count. I was running out of steam and getting very tired.

I could see two guys on the beach, one putting a rope around his waist to come into help. This lifted my spirits. I said to the girls, as soon as the next wave breaks, hang on to me, I am going to get up and go as quick and as hard as I can to try and get in further. We covered some good ground, and I then found a large rock in the water, I had mum and the two girls hanging on to me, and I hung on tight to the rock. What we do in scuba diving is "you hang on tight to the rock, so the surge doesn't pull you, and then when water recedes, you go again". This is what I did! We went over the rock; we all lost a bit of skin, and then off again towards the shore. The guy that was coming into to help was pulled by the rip out to where we were. Half way back into shore and then clung onto rocks until the water stopped pulling. Once the surge stopped pulling so hard, the girls could stand and help themselves, I continued to carry their mum to shore. When we got there she collapsed. The family and other people assisted. We were all exhausted and thanked our lucky stars, and the family were very thankful towards me. I'm sure mum wouldn't have survived and the kids may have drowned trying to help her. The guy that came out on the rope to help us was dragged back into shore safely.

I believe my scuba diving experience helped me in this situation. Our course instructor said, "rule one, do not panic, no matter what is happening, even if you are 30 feet down and can't breathe, don't panic. If you do, you will make the wrong decision". Throughout my life I have always tried to live by this advice.

By attending my first ABA event in Canberra I realised that our story has a happy ending, we are the lucky ones. I didn't realise that so many people have so much grief and trauma associated with helping somebody. Soon after this event, a man died trying to save a drowning child not far from Betty's Beach; she survived, he died.

I have been asked if I would do this again. I believe I would. A good surf lifer friend said, when he goes in the water he is prepared with a line attached and or a float. I didn't. He said, "Leigh, try and take something with you next time."

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## NEW SOUTH WALES REPORT – Andy MacDonald SC

Saturday the 26th of November saw Coogee beach become the perfect backdrop for the NSW reunion dinner. Starting with a moving service at the National Fallen Lifesavers Memorial conducted by our own Chaplain Jim Cosgrove, and attended by many representatives from the Coogee Lifesavers Club along with our members of the Bravery association, some of whom made the long trek from Queensland and Victoria.



The weather, and all those in attendance continued to be well behaved as we moved on to the Coogee Diggers Club for Canapes and a viewing of John Schindler's 'Known Unto God'.

Next up was dinner, raffles and auctions as the night proceeded, chock full of good company and good conversations. Special thanks go to our special guest, Norman Hill and Jim and Brian for all of their ongoing help with the evening as well as Coralee for donating the wonderfully popular watches for the silent auction. And of course our overworked deputy president Andrew Kendall for coming down and giving the event his seal of approval.

The week prior Brian and Pam Harland spent an interesting time with John Schindler and Norm Hill at the Coogee Diggers. John and Norm were attending the 100<sup>th</sup> birthday celebration for Sister Berenice who was in Rabaul as a prisoner of the Japanese during WW2 and apparently was quite a character. John had done a documentary on her similar to "Known unto God". It was a large celebration with Channel 7 filming and Kerry Stokes attending. Because

of this commitment, John Schindler was unable to return to Sydney to attend our function.



(L) Norman "Nob" Hill a WW2 survivor and member of Coogee Surf Lifesaving Club and featured in documentary "Known unto God" with Jeanette Paulsen, wife of Chaplain Jim Cosgrove, and Brian Harland (R) Members who attended.

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## VICTORIA & TASMANIA REPORT – Coralee Lever



At the recent Victorian Bravery Investitures I was fortunate to spend time with the Governor before the ceremony and also spoke with Mr Ben Carroll, State member for Niddrie, Parliamentary Secretary for Justice and Representing the Premier of Victoria at the service. (see photo) Once again the ceremony was very moving and I had the pleasure of meeting new bravery recipient George Picone BM and his wife Karen who I was thrilled to meet once again at the Canberra reunion in February.

Plans are under way for the Victoria/Tasmania reunion on the weekend 9 – 12 June. The local Lions club of which I am a member has offered the opportunity to again run a B.B.Q fund raiser on that weekend. Last year this was most successful so I am thrilled to repeat this event. My local community of Red Cliffs and Mildura have been staunch supporters of the ABA for many years. Detail and invitations will be sent soon.

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## RACHAEL MOORE

April 14, 2014 was the day that four very young children, Zane, Samantha, Kaylea, Cameron and Jayden watched as their estranged stepfather shot their mother Rachael Moore with a shotgun.

Recent news of the unprecedented family Bravery Awards to four of the children of Rachael Moore represents a significant milestone in this family's long road to recovery. Rachael and the kids have been guests at the Qld Bravery dinners for the past two years. Members of the ABA have some understanding about their terrible experience. However, behind the smiles in the photos, lay countless sleepless nights, terrible nightmares, grinding physical pain and the anguish of trying to support a family on an invalid's pension. With this in mind, I have created a GoFundMe page to enable kind community members to help Rachael access vital support, such as a specialised training for a PTSD support dog, driving lessons for Jayden, a used car to enable him to assist with school and shopping duties, etc. It would help Rachael greatly if you share this link with your network and promote (if possible).

<https://www.gofundme.com/mvc.php?route=category&term=brave%20kids> Donate Online | Make Online Donations to People You Know! [www.gofundme.com](http://www.gofundme.com). Thank you for your kind support – Sally.

*While the ABA is pleased when members take the personal initiative to fundraise for individuals or families using a funding platform it does not do so as an organisation.*



## QUEENSLAND REPORT – Sally Gregory



Hi there ABA friends and family! Greetings from the warm place where we've had a few fun months here in the Queensland branch. When last I reported, we were working on the program for the 2016 Queensland reunion. I'm happy to report that much fun was had, new friendships forged, old friends reunited, stories of courage and kindness shared (most of them were true) and much-needed funds were raised to support our members. This year's dinner raised over \$2000 thanks to the generosity of our kind donors. Donald Waters OAM wowed the guests by creating a masterpiece (turning a tablecloth into a valuable piece of art) right in front of their eyes, with the help

of talented Jayden Caulfield, one of the five fearless kids who rescued their mother Rachael Moore when she was shot in a shocking domestic violent event. Michael (motor mouth) Pearson BM did a fabulous job of auctioning it off to the highest bidder – Victor Boscoe CV – who scored a unique piece of art.



Victor also wowed the guests by donating a 2015 Gold Plated Australian Bravery Coin which reached a high price. Special thanks also go to other donors Warren McErlean BM, Jimmy Preston CBC, Julie Burns, Victor Ronque and Mares International who donated snorkelling gear – popular with the kids.



Guest speaker for the night was Kay Danes OAM – Humanitarian and go-getter girl, who shared with the guests, the strategies she used for keeping positive when she was incarcerated in Laos, how she turned an unused hospital into a school for girls in Afghanistan and how she continues to empower other women to find their voice and say no to violence. Here she is with one of her biggest fans, CBC awardee Jade-Elle Brown, who is also one of our newest and youngest recipients. Kay has written five books on her experiences and was thrilled to receive a copy of our book BRAVE in exchange for her latest publication "Behind the pale blue burqa." Kay and hubby Kerry are now proud new members of the ABA and we look forward to hearing more of their experiences at future events.

Reunions with special people are one of the many highlights of ABA get togethers and the Queensland dinner was no exception. We had the pleasure of meeting Elyse Frankcome who was the lucky girl rescued from an attacking shark by our big hero Trevor Burns SC. Elyse had the room in tears, sharing her rescue with the guests and showing her enormous gratitude and respect to Trevor and his family, who too suffered as a result of witnessing (what they thought was) Trev being attacked by a shark. Shocking and had to get it out of their heads, even though what they thought they had seen, was not so. The memories continue, as does Elyse's gratitude to Trevor.



One popular ABA member who could not join in this year's celebration was our little champion and ABA Brave Youth of the Year 2015 – Calyn Hoad BM and family. After being hospitalised for 9 weeks for a case of viral meningitis, Calyn was not strong enough to attend. However, I'm happy to report that he is now doing much better and is currently back at school a day a week and working on his walking.



Thanks to my helpers Deidre Halligan (barrel girl), Robyn Hill (speech writer) and Jamey Ferguson BM (sound and audio) who helped me set up the dinner and raffles. Special thanks also to Samara Gregory and Georgie Ferguson who led us all in some singing and Karaoke (always sure to make brave people turn chicken).

Thanks to Jimmy Preston (official photographer) who helped the girls with their wardrobe so he could take this lovely photo of Alison, Lovey, Deidre and Deb. Jimmy did a long road trip in his hippy van so that he could join in the Queensland fun and he sure got his

money's worth. As always, Jimmy donated some of his sought after laser cut metal artworks which raised much-needed funds. Here's a pic of him trying to tan his lily white legs on the cruise to the Broadwater and beyond. Never far from the fun, Jimmy is here with other top deck peeps Alison Klabebe, Jamie Ferguson BM, Jade- Elle Brown, Katie and Deb. Ahoy!



Another highlight of the weekend was the Art for Therapy workshop kindly hosted and funded by Donald and Margaret Waters who invited us to their fascinating home/gallery/museum/jukebox joint/ pizza parlour/studio. There Donald shared

his years of experience in treating trauma by drawing and painting. The workshop was inspirational, and the home made pizzas – very yummy.

All who attended now have an extra tool in their toolbox to fight stress and anxiety, along with their own art book to convert to a fascinating story of courage and colour. Thanks Donald – your workshop was GOLD.

Special thanks to everyone who attended and who helped me (my new hip and my crutch) over the weekend and a big GOODONYA for Sharon and Paul Gatenby BM who travelled up from Batemans Bay to join us. This year's Queensland reunion is booked for Oct 13-15, so pencil it in now.



And last, but not least – congrats to Darren Rogers, who recently received a RHSNSW Silver Medal and prestigious Galleghan Award. Thanks again everyone, together we make our world a better place. Sally x

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### Thought for Today

*Strength doesn't come from what you can do.  
It comes from overcoming the things you once thought you couldn't do.*

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## CHAPLAIN JIM COSGROVE

A poem I wrote about the Centenary of Anzac with some comments between the verses.

***There's 100 years since Anzac, since the war to end all wars  
Yet Australia's sons and daughters still respond to freedom's cause  
In those hundred years of fighting there's a lot that's still the same  
And the good old Aussie Digger still brings honour to his name.***

It is now over 100 years since the boats filled with Australian and New Zealand soldiers made their way towards the shores of ANZAC Cove. In the pre-dawn darkness the silhouette of the hills and cliffs slowly took shape as the ANZACs approached the shore. History was about to be written. We celebrate that history this morning and every ANZAC Morning. We celebrate the Aussie Diggers who have written themselves into the Annals of History with their courage, resilience, mateship and sacrifice.



***We behold the Aussie Spirit in this proud Centenary  
And the birthplace of a Nation - "Anzac Cove - Gallipoli"  
Where a Lone Pine tells the story of those men who paid the price  
And is testament to Glory found in acts of Sacrifice.***

It certainly wasn't a Win, in many ways a terrible defeat, but what shone forth out of that struggle was the ANZAC Spirit

***For it's not the prize of victory that marks our celebration  
But the 'Spirit' of Gallipoli that so describes our nation  
It's the character of Mateship, it's the courage that they showed  
And the selflessness that saw them fall with faces to the foe.***

Yes they fell with faces to the foe – they sacrificed their young and vital lives for us. And many of them were so young, just teenagers – fighting as men, fighting beside their mates, the thrill of adventure changed into the horrors of war.

***They were young and full of life when they responded to the call  
They were looking for adventure and they knew no fear at all  
When confronted by the torments that for all who war awaits  
They endured the hell and horror through commitment to their mates.***

Mateship, it's what our soldiers are made of – they would do anything for their mates then and they will do anything for their mates today, and tomorrow. It is what our defence personnel are made of – Mateship.

***They endured great deprivation, hunger, hardship, thirst and pain  
Beside their mates, with gritted teeth they'd joke and not complain  
They would clamour over trenches with machine guns spewing death  
They knew their Mates would watch their back until their dying breath.***

And it wasn't just at ANZAC Cove with our New Zealand Brothers – it has been in every war and everywhere. Mates fighting beside mates, mates dying beside mates, mates carrying mates on their shoulders, mates sharing the unspeakable horrors and torments – and it has just gone on and on.

***At battles on the Western Front, the blizzards of Korea  
The mud of the Kokoda Track, the Last Charge at Beersheeba  
The Tunnel rats of Vietnam, Malaya, Timor Leste  
Tobruk, Iraq, Afghanistan - Our diggers gave their best.***

We are so proud to remember these larrikins of the bush, these unruly soldiers who didn't care much for discipline, but who would never leave their mate, would always watch their back, went through hell together. The ANZAC Spirit has written itself into our National consciousness, a spirit of generosity and sacrifice.

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***Let us recall our Diggers' traits of which we all take pride  
The Larrikin, the Optimist, the ones who always tried  
The willingness to lend a hand and greet life with a smile  
The willingness to sacrifice their lives in times of trial.***

That is what we are remembering each and every Anzac Day. We are remembering their willingness to sacrifice their lives, and so many of them did, thousands and thousands did, and we owe it to them never to forget, and we owe it to them to be generous with our lives as they were with theirs.

***Across the years these Anzac voices call to you and me  
Do not forget the sacrifice of mates who set you free  
Of those young souls whom age won't weary nor the years condemn  
By living Anzac Spirit lives - We will remember them.***

By living ANZAC Spirit lives – We will remember them. What is an ANZAC Spirit life – I think we will hear a lot about it during these next few days. It is laughter and it is pain, it is belief, it is faith in a better world, it is generosity, it is making a difference, its turning the bad into the good, its finding a joke, it is giving all, everything with nothing left – for good. It is remembering and letting that memory make us strive for better things. And it is many of the things that we celebrate in the Australian Bravery Association.

***So when we hear the bugle play its solemn haunting strain  
When Last Post bids us to recall young vital lives again  
In silence may our hearts reflect on Anzac's hundred years  
On those who sacrificed their lives and those who shed their tears***

When we stop in silence, when everyone around us listens, listens to these young men whispering silently across the years, when we hear them say do not forget us – do not forget our sacrifice, do your bit to make the world a better place, we pass our beautiful and fragile world into your care, you are our Mates, we trust you will carry on from where we left off. In this silence, in this gentle breeze, let us just simply reassure them that we will take up the baton – we too will live ANZAC Spirit lives

***Then as the bugle rouses us from silent reverie  
As themes of life and freedom dawn anew for you and me  
Australians all let us rejoice - For we are young and free  
The Spirit of the Anzacs starts its second century.***

Our Anzacs gave everything – we are only asked to give a little – but to give it freely and willingly. Anzac Day is about April 1915, but it also needs to be about April 2015, 16, 17, it needs to be about every day. It is remembering yesterday, so that by our living better lives today, imbued with the Anzac Spirit, we also make for a better tomorrow. Let us make our ANZAC Mates proud by resolving to live good lives reflecting their generosity and self-sacrifice.

LEST WE FORGET

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## CONGRATULATIONS

Congratulations to Mark (Trigger) Tregellas, pictured with his family after receiving his second CBC in recognition of his bravery. His story of rescuing a couple from a stricken catamaran was featured in the last September issue. Trigger is a man of many talents. If you have attended the annual dinner in the last couple of years you would have been entertained with his wit and humorous story telling.

Congratulations also to ABA Vice-Patron Allan Sparkes CV OAM who was awarded the Order of Australia Medal for service to mental health support organisations, and to the community.



## MERCHANDISE

Don't forget we have a large range of merchandise for purchase and further advertise the ABA. We have recently received fresh stocks of ties to go with the fine quality shirts. Full colour photos and merchandise order forms are on our web site.

**All Orders to: National Treasurer, Brenda Cochrane, PO Box 127, Bundaberg Qld 4670**

Tie Bars/lapel pins/brooches	\$10	Cuff links	\$20	Association neck ties	\$27
Men's embroidered shirts	\$50	Ladies embroidered shirts	\$50	Book donation kits	\$8
Embroidered baseball style caps	\$20	Name badges	\$20		

**+ \$5 postage for above mail orders**

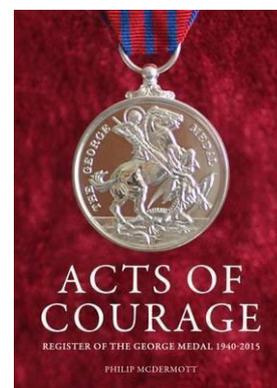
Mark Whittaker's book - **BRAVE** : \$35.00 + 10.00 postage

### "Acts of Courage"

Whilst on the subject of merchandise, ABA member Chris Harding, our representative in the United Kingdom, has forwarded the following news.

Author Philip McDermott is the author of a book titled "Acts of Courage", which is a register of the George Medal 1940 - 2015.

The George Medal, along with the George Cross, was instituted by His Majesty King George VI on 24th September 1940. His desire that the many acts of bravery being performed on home soil, in a type of warfare never experienced before, and primarily by civilians for whom military awards were inappropriate, was the driving force behind its creation. The medal has been awarded to civilians and military personnel over the past 75 years, all of whose names are contained within this register. Never before has a register of the George Medal been produced that presents the information behind the awards. It stands as a testament to the selfless acts performed by the men and women within its pages.



Please find below the link for the above book; you will note the payment can be made in Aus \$ and there is free delivery worldwide. The book isn't available at the moment; but you can tick the notification box for a pre-order copy, and they will get back to you once the book is available.

<http://www.bookdepository.com/Acts-of-Courage-Philip-McDermott/9780995553118?ref=grid-view>

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## ABA ON FACEBOOK

The Australian Bravery Association now has two Facebook pages members can access.



**Australian Bravery Association:** This is an open community page (open to the public) which provides information about the association, including upcoming events, and matters relating to Bravery awards and recipients and the Australian honours and awards system.

**Australian Bravery Awardees:** This page is the original Australian Bravery Association page. It is a closed group, a private and discreet discussion portal for rescuers and their families. If you need someone to chat to who has walked in your shoes, this place is for you.

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## SOUTH AUSTRALIA – Bill Lowther SC

Bill, assisted by daughter Debbie, is looking forward to hosting the first ABA gathering in Adelaide this year.

This will be a great opportunity for closer members living in Victoria, Tassie, South Australia and West Australia to attend. Of course those living further afield may like to make the trek also!!

The tentative details are as follows:

### Friday 18<sup>th</sup> August – Sunday 20<sup>th</sup> August 2017

Friday Evening: Reception and dinner  
Saturday: Tour including winery and lunch  
or Cruise and lunch,  
Dinner  
Sunday: Farewell lunch



Bill and Debbie would appreciate expressions of interest in attending so that further arrangements can be made and venues booked. Approximate numbers are required to verify prices. Contact details - **Ph:** (M) 0402 112 146 or **Email:** [bill.lowther@forbravery.org.au](mailto:bill.lowther@forbravery.org.au) .

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### ANZAC PRAYER – Chaplain Jim Cosgrove

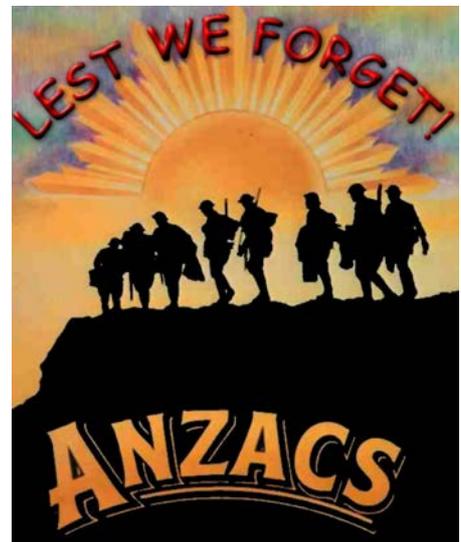
O Lord we ask your blessing on this Anzac gathering  
We join as one united on this day  
Yes here, O Lord, we gather in our proud remembering  
Of young and gallant fighters in the fray

The Aussies and the Kiwis fought together brave and true  
They fought the gallant Turk – a worthy foe  
They gave their lives while hoping for a world that's free and new  
A safer world their dying would bestow

Now the Johnnies and Mehments lie together side by side  
In earth made sacred by the blood they shed  
And mothers now have wiped away the many tears they cried  
Replaced with fierce ANZAC pride instead.

Our Nations' Sons together lie in that far distant land  
From willingness to pay our freedom's price  
Lord may today's remembering help us to understand  
The costliness of their great sacrifice

Lord bless us for the 100 years of memories we share  
And keep us free from harm we humbly pray  
And May our mates be proud of us this our heartfelt prayer  
Lest we forget the Cost of ANZAC Day.



**PHOTO GALLERY**  
**NATIONAL CONFERENCE CANBERRA 2017**



## ABA VICE PATRONS

Keith Payne VC AM, Darrell Tree CV, Victor Boscoe CV, Allan Sparkes CV OAM, Tim Britten CV,  
Richard Joyes CV, and Doug Baird

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**Honorary Legal Officer:** Bernard Collaery

**Honorary Psychologist:** Pamela Davidson BM - Email: pamela.davidson@forbravery.org.au

**Honorary Surgeon:** Associate Professor Geoffrey Boyce FRCP (Edin and Glas) FRACP FACP FAAN FAADEP

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