



# AUSTRALIAN BRAVERY ASSOCIATION

## Newsletter 21

### May 2014

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 - Jim Runham**

I wish to report to the members that the 2013 year has been a positive and successful year in which the National Executive worked in a unified manner to serve our members. The 2014 Reunion in Canberra with the new format of the extra time was well supported by members and members have requested that this format continue into the future. At the AGM, the normal reports were tabled and approved and the following officers were elected as shown below.

#### **Executive**

National President	Jim Runham;	National Deputy President	Andrew Kendall
National Vice President WA	Vic Boreham	National Vice President Vic/Tas	Coralee Lever
National Vice President ACT	Merrindah Sutherland	National Vice President NSW	Brian Harland
National Vice President QLD	Sally Gregory	National Vice President SA/NT	Bill Lowther
National Secretary	Brian Harland	Membership Secretary	Ian Carter
National Treasurer	Brenda Cochrane	Public Officer	Tony Hall

#### **Ex-Officios**

Honorary Surgeon	Dr Geoffrey Boyce
Honorary Psychologist	Pamela Davidson
IT & Webmasters:	Mark Tregellas & Andrew Kendall
Media: Newsletter	Alan & Brenda Cochrane

#### **Sub Committees**

Legal Matters: John Thurgar	Honours and Awards: James Dare
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I must give thanks to all of our National Executive and members who have served over the past 12 months and for those who wished not to continue I again thank them and wish them well into the future. As you can see a large number of the State National Vice Presidents chose to continue serving the ABA and were all elected unanimously. Again, I thank them for their willingness to put their shoulder to the wheel and continue working for the ABA membership.

You will notice that I have been elected as the National President, and I thank everyone for their support and I trust that I will continue the good work of John and Hedonna in moving the association forward for the benefit of its members. On Sunday of the reunion we had a symposium, which looked at issues and ideas in moving the Association forward into the future. Some of the suggestions that came out of this were:

1. The possibility of approaching bus companies to sponsor the Reunion to assist with transport over our weekend and a contact number was provided.
2. That next year's Reunion will be the 40th anniversary of the Australian awards. Therefore, that our reunion should include extra celebrations for this significant event.
3. The proposal that the states may host the annual reunion biannual once they are in a position to accommodate a service of remembrance within their state.

I also wish to thank and commend Mr Brady and Ms Sharon Prendergast from Government House, for their support of the association over the last 12 months.

I also wish to congratulate the Cross of Valour Association, and thank their President Allan Sparks CV for their support of the ABA and of course their Vice Patronage of our Association.

Following the Reunion, I was invited as your representative to the Investiture of the Posthumous Victoria Cross recipient Corporal Cameron Baird VC, MG. This was an honour to meet his family and the members of his unit, but it was also a sad occasion.

At this Investiture, I had the opportunity to talk to Mr Peter Rush, Assistant Secretary Awards and Culture Branch to the Prime Minister and Cabinet, who is the person responsible for the Bravery Awards and Ms Sharon Prendergast from the Honours and Awards Secretariat. We discussed how we could celebrate the 40th anniversary of the Australian awards with Order of Australia Association next year at our Reunion so book the date in your diaries as it should be an extra special Reunion.

If you, or you know a person who is having difficulty in obtaining specialist support because of their remote location or that there are no specialist of that particular specialty where you live, then, Skype Medical help may be an option for you to follow up. It certainly is a new mode of providing medical care to those who until now have been denied support. I understand that all you need is a doctor's referral and the ability to use and have Skype as this is the mode of your doctor's appointment. For further information please contact me by email and arrangements will be made for Honorary Surgeon Prof Geoff Boyce to follow up.

Mr James Dare our chairperson of the Awards sub-committee is leading the campaign to have changes made to the civilian and then the military CBC and GCB awards. We will keep you informed once news becomes available

I also had an opportunity to speak to Florence Payne OAM and Keith Payne VC, OAM and they pass on their kind regards to all of you. I am hopeful that they will be present at our 2015 Reunion. We have written to the new Governor General, offering him to be our patron but as from today's date, no reply has been received. I know that our Vice patrons Keith, and all the Cross of Valour's through their Association were all supporting our request.

My Deputy Andrew Kendall will be my representative at the Governor General's Bravery Investitures on the 2<sup>nd</sup> May 2014 in Canberra.

On the behalf of the ABA membership, we congratulate Brenda Cochrane OAM, on her award of the Order of Australia Medal for her long community work, including her involvement with the Australian Bravery Association. We congratulate you on a job well done and hope that you have a wonderful day at your investiture in May.

Jan and I hope to catch up with many of you at Mildura for Coralee's Reunion and I wish you all safe travel and God's Blessing until we meet again.

**National President:**

Jim Runham SC AFSM OAM JP.

114 Willowtree Drive

Flinders View 4305

Phone: 07 3294 1464 Mob: 0412 686 385

## **DEPUTY NATIONAL PRESIDENT'S REPORT**

On Friday, 2 May 2014 I was fortunate to attend two investiture ceremonies on behalf of the ABA at Government House in Canberra. There were 90 award recipients all up with four of those being bravery awards.

I had the opportunity to speak to the Governor General, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd), and he is very supportive of bravery recipients and the ABA.

I also spoke to Sharon Prendergast, Director Honours and Awards Branch. She is still keen to see a reception at Government House next year to celebrate the 40 year anniversary of the Honours and Awards system. This would involve recognition and celebration of all categories of awards under the system.

Andrew Kendall

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## **CORALEE LEVER - VIC/TAS. REPORT 2014**

I have had a busy time organising fund raising and also my popular mid-year event over the past few months. The Red Cliffs Secondary College Principal, David Brown, would be thrilled to have some of our members talk to his students about the A.B.A. on Thursday 5th or Friday Morning 6<sup>th</sup> June. Would interested members contact me on 03 59 24 1917 (W/Hours) please so I can make arrangements with David. It would be nice if we had a couple of our C.V.'s there to help with this one and I am sure I can arrange media coverage on this as well as our whole weekend.

The following is a brief coverage of the weekend – lookout for your invite in the mail or contact me.

### **QUEEN'S BIRTHDAY WEEKEND 6<sup>th</sup>-9<sup>th</sup> June. Vic/Tas ABA Rally hosted by Coralee Lever**

**Friday, 6<sup>th</sup> June** - Civic Reception hosted by Mildura Mayor, Glen Milne at the Mildura Council's Deakin Avenue Service Centre. Refer to printed invites for all details.  
Afterwards at the RSL for dinner – pay as you go.

**Saturday 7<sup>th</sup> June (9.30 – 4pm)** - **Discover Mildura.** Vineyard tour, light lunch and Paddleboat Cruise on the Murray \$85 per person.

**6.45 pm Three Course dinner** at the Rendezvous Restaurant \$52 pp (drinks at bar prices)

**Sunday 8<sup>th</sup> June** – Bar-B-Q lunch at Coralee's home at Redcliffs – cost \$5

**Monday 9<sup>th</sup> June** – Bus trip to Mungo National Park – ABA special price \$140 per person.

#### **Inclusions :**

- Journey to & from park, Park entry fee, "Walls of China" walk with experienced local guides, homemade morning tea and lunch.

**Suggested Accommodation** – Special rates have been negotiated with Quest Apartments, 115-119 Madden Avenue, Mildura, Vic 3500. Ph: 03 5002 0900,

Email: [questmildura@questapartments.com.au](mailto:questmildura@questapartments.com.au) - [www.questmildura.com.au](http://www.questmildura.com.au)

Apartments are very spacious and within walking distance of all venues.

Quote ABA when booking.

See you in Mildura for a relaxing fun filled weekend – Best wishes – Coralee.

## **South Australia & Northern Territory Report**

I am the National President of South Australia/North Territory for recipients that put their lives on the line to rescue and save the lives or property of other people who are mostly complete strangers. Very often these people are written up in newspapers or on television, pointing out how brave they are. Then very little is ever done to recognise them by the Australian authorities and if they do get recognised with a commendation they are rarely assisted.

The Police, Fire brigade and Ambo's who are fulltime and get paid to do their job are left with a pension for life. Civilians get no help or official recognition other than a medal or a piece of paper to say how much the Government is proud of their achievement in saving a life or a property and then nothing to help them. I want to change this so that anyone who rescues someone will become recognised and then helped if they need it.

During the past year Gillian and I chased up people we had read about or seen on TV - civilians who had rescued people. Because of privacy laws we found it very difficult to contact these people so we could tell them about the ABA. One story was of two men that rescued a drowning woman. Their names were in the paper for a re-union a year later. We eventually met after contacting every person of the surname in the phone book and a relative put us in touch. The gentleman was very angry that nobody had come to their assistance during the rescue. After explaining that I and my daughter had been in a similar situation performing a rescue he was so thankful that he had been able to have a conversation with someone that understood his anxiety and anger. We have had several conversations since and I hope to put these two men in for a commendation.

Gillian and I went to Goolwa where we had read of a group of CFS members who on the 27<sup>th</sup> July 2012 rescued a lady who had been washed down the flooded Finniss River. Her sinking car was carried in the dark down into a wooded area where she climbed out of the car and clung onto a tree branch for over an hour. From the road no-one could hear her cries for help. The five men and a young sixteen year old were up to their necks in water and unable to get across the river when they located her. The young man said he was a good swimmer and by going upstream he swam across to the other side as he went with the flow. When he reached her he was tying the rope around her when she said she was very scared and his reply was "so am I" and they made it back to the other side by being pulled by the other members. For his efforts he was awarded the Humane Society Bronze Bravery Medal and the Commendation for Brave Conduct and a Certificate of Merit with all the other five members. The CFS captain thanked us from the ABA as he announced that nothing would have been recognized if we had not taken the initiative to meet them and put in a nomination.

I was privileged to represent the ABA at the Anzac Day dawn service at Minlaton, Yorke Peninsula, with friend and our Vice Patron, Darrell Tree CV. Darrell and I also laid wreaths at a ceremony at the Bublacowie Military Museum owned by ABA member Chris Soar later in the morning. This service was attended by about 200 people including the Minlaton Mayor and two councillors, 12 service personnel and seven army cadets from Port Pirie. It was a very solemn occasion with the ashes of a soldier being buried in the Remembrance Garden.

Whilst there we took the opportunity to check out the wonderful exhibitions with rooms, sheds and display cabinets filled with all sorts of memorabilia including photos, diaries, medals, uniforms and a WWII German plane. Chris Soar looks forward to seeing any ABA members who are visiting the area. Check out the Museum on the web.

I am happy to speak to any recipients or family.

Best wishes.

**Bill Lowther SC - Ph. 08-8326418**

**Article presented by Dr Geoffrey Boyce**

I am reading Kahneman’s book *“Thinking Fast, Thinking Slow”* at present. One thing that stands out is that most courageous acts fall into the spectra of **THINKING FAST**. The basic premise is that we do many immediate things quickly, then justify them with our **THINKING SLOW** brain, after the event.

That doesn’t mean supreme efforts do not require planning, but as a soldier you know quick action drill when rifle shots come from your left. There is the thinking fast action; then thinking slow strategy.

The brain has two different **AUTOMATIC** systems, sometimes called Flight or Fight. They are the immediate **sympathetic** system (rapid heartbeat), then the **parasympathetic** system (slow heart beat). Clearly bravery acts mainly come from the **Thinking Fast** and being able to fulfil the response. Example, seeing a person in danger of drowning and acting automatically to save them. Situation, its dark wet and raining; sometimes both parties come to grief.

However the successful event **occasionally** are reported and receive due recognition. This brings up another issue; that is recognition. Every day we see news reports of “high flyers” being over recognised, e.g. drunk driving. It’s great having a high profile in society, however it carries liabilities. The adage “the bigger you are, the harder you fall”. Sometimes that measures both qualitatively and quantitatively, eg Clive Palmer. Keith Payne is the first to admit to the legacy of Bravery Recognition; the “Why Me” Syndrome. Everyone wants to share the glory, but few the intrinsic (change) in self-esteem. If only I had acted quicker could have saved all 4 children, not just two (hypothetical). This is not helped by alcohol and drugs. Good Medical and Psychological counselling is needed. With a GP referral, psychology is well covered by Medicare.

Bravery Recipients are highly regarded in society, and recognised. They should have their own “set of rules”, and be able to pass them on to the many more unforeseen recipients who will be duly recognised. The principle advice is again, the old military adage of de-briefing. Secondly proper medical checks, those few scratches should be a good reminder to be up to date with tetanus (still kills 20,000 a year in India). Then a strategy to handle the recognition; the best advice “get on with life”. **This needs help, and it is readily available.**

Geoff  
Hon Surgeon, with MORE hands on.

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**MERCHANDISE**

Don’t forget we have a large range of merchandise for purchase and further advertise the ABA.

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

Tie Bars/lapel pins/cuff links and brooch	\$10	Book donation kits	\$8
Men’s embroidered shirts and ties	\$50	Ladies embroidered shirts	\$50
Embroidered baseball style caps	\$20	Name Badges	\$20

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

Mark Whittaker's book - '**BRAVE**' \$34.99 + 10.50 postage  
Recounting the rescue stories of many of our ABA members.

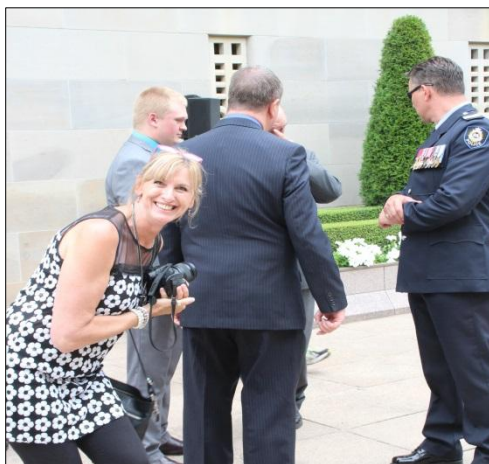


## Qld Report May 2014

Dear ABA family, greetings from the Gold Coast where plans are underway for this years' Qld Bravery Dinner on September 6<sup>th</sup> at the glamorous United Services Club on Wickham Terrace, Brisbane. This central location will be handy for interstate members who can take advantage of cheap airfares to Brissy to join in the fun. Take a look at their web page and you'll see what I mean about Glamorous! <http://www.unitedserviceclub.com.au/> **Pencil it into your diary now** – and start asking for donations of gifts for raffle prizes. Booking forms will be sent out July.

The Canberra Bravery weekend in February was an excellent event and well planned by team Thurgar and outgoing super secretary Melanie Warburton. It was a fabulous programme with more interesting activities than ever. The usual bad jokes, tall stories and shared experiences were most enjoyable.

Whilst we did miss our dearly departed Jill Lowther, she was well represented by Daughter Deb who proved to be a fabulous side kick for dad Bill Lowther SC. Deb was always at the centre of the fun, as was new recruit Deidre Halligan (seen here sneaking up on unsuspecting male members Justin, Frank and Tim) and of course, my loyal man bag Garry, who surprised us all by coming out at the War Memorial. Deb did a great job of photography and got many happy snaps including the one above, featuring Coralee Lever, Bill Lowther, Melanie Warburton, Mindy Sutherland and the phantom photo bomber....



Thanks to the organisers for arranging for ABA members to attend the War Memorial's last post ceremony, at which our Vice Patrons, Darrel Tree CV, Allan Sparkes CV, Tim Britten CV & Richard Joyes CV laid wreaths to honour our veterans. Sadly Queensland's own Cross of Valour recipient Victor Boscoe was unable to attend due to work commitments, but he sure was with us in spirit.

The first bravery investiture for this year is on May 23<sup>rd</sup>, and Jim Runham and I will be there to meet the recipients and their families and to invite them into the ABA family. Four Bravery Medals will be presented

along with 13 Commendations for Brave Conduct and 7 Group Bravery Citations. These awards will acknowledge deeds of courage over a range of perilous situations including flooded cars, a jewellery robbery, burning buildings, a burning truck and other threats.

The Queensland branch continues to be proactive and supportive of our bravery award recipients. We do this by participating in public speaking events to community groups, representing the ABA at Government House Brisbane Investitures, The Governors Women's Day event, Hosting of the Annual Qld Bravery dinner & family picnics, consulting with media, and meeting with recipients and members for quiet chats, coffee and cake. So sing out if you need a chat over coffee and cake – I'm up for it!

Our ABA Facebook page now has 78 members which is great, as being a bravery award recipient or a family member is a requirement of membership. Some fabulous conversations and fascinating stories of courage and inspiration, and news of rescues and bravery are regularly shared and discussed on site. So if you're on Facebook, please join us on our page and say "Hi". Did you know that you can now assist with fundraising where ever you are, by promoting our donation site on Donate Planet? It's easy. If ever someone wants to donate to the ABA, they can do it quickly and easily through the web site - <https://donateplanet.com> Just enter BRAVERY into the search box and up comes the ABA. Got a birthday coming up and are sick of



socks and jocks? Ask them to make a \$25 donation to the ABA in your name. Tax deductible receipts are issued on the spot. It's so easy. **Please tell your friends – especially if they are rich ☺**



It is a goal of the Queensland branch to develop a program that will help members who are unable to pay for their own travel and attend a National Bravery Weekend. With this in mind, I have commenced research into other NFPs which offer financial support for members in financial need, to participate in peer support events.

It's our aim to develop a set of guidelines to enable less fortunate members to access funds, so they can participate in the National Bravery Weekend and our

democratic process at the AGM. I envision that this resource would be available to those who had never before attended the event so that they can gain access to the excellent camaraderie and peer support that can only be experienced by attending this memorable event. Remember, No one can do everything, but everyone can do something. I invite you all to ask yourself, how you too, can help the ABA and its extraordinary members...

*See you in September! – Sally Gregory.*

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## **NSW REPORT**

The year really has started very positively. The Canberra weekend went extremely well, the War Memorial to Duntroon to the Commonwealth Club also the service at Government House on the Sunday morning. We met up with many members and also some new members. To have the Cross of Valour recipients in attendance was a bonus.

The AGM also ran very smoothly although very sad to see John and Hedonna Thurgar take a step back from official duties. Melanie Warburton has been very special in all her roles as National Secretary, Membership Secretary etc. but hope she enjoys her extra leisure time.

We have the investitures at Government House in Sydney over three days from 30<sup>th</sup> April to 2<sup>nd</sup> May and will see a total of 12 recipients awarded. Congratulations to Dean Hudson a new member last year now being officially recognised in the latest list. We should see him and his family at the Investitures in September. I would also like to welcome Garry Booth and Paul Gatenby as new members in NSW.

On a recent trip to Coffs Harbour, Pam and I had coffee with Lisa Monro and son Kyel, also Len and Carmen Williams. Lisa would like to get in touch with any members or Award recipients in the Coffs Harbour area or anyone passing through to have a chat about the ABA.

John Thurgar SC MBE OAM RFD invited myself and Allan Sparkes CV VA to lay a wreath on behalf of the ABA at a Service of Remembrance on 20<sup>th</sup> April at the Australian National Maritime Museum at Darling Harbour. The ceremony was for L/Cpl Spencer Walklate and Pte Ron Eagleton. Congratulations to John for his amazing work with regards to locating the remains of these brave men who were part of Z Special Unit in the WW2.

Brian Harland  
National VP NSW

## **VIC BOREHAM NVP (WA)**

Report Year Ending 2013

Hello to all the ABA Members around Australia, not only the Members of the Western Australian Branch of the Australian Bravery Association. Lyn and I wish each of you a safe, happy and prosperous 2014. For the Australian Bravery Association, we hope for a year that solves the problems that we have experienced for the past couple of years. We are trying with all our might to ensure that this will come to pass.

Our thanks and gratitude must go to John and Hedonna Thurgar. John in his position as National President, and Hedonna as our National Treasurer. With the enormous amount of time and effort they have put in on behalf of the ABA, in conjunction with their own private vocation, along with raising their two young children over the last twelve months, their work ethic and dedication has been nothing short of herculean.

Melanie Warburton, our National Secretary has also been indispensable and like John and Hedonna, thoroughly deserves our thanks and gratitude. Unfortunately these three extraordinary Members will not be accepting nominations for office for the year 2014. They leave very big shoes to be filled.

It has been a very quiet year social wise on the Western front. I think it has a lot to do with the distances people have to travel in order to attend a function lasting two or three hours. Mark Mackin's partner Anne has said that she may be able to assist getting a social occasion or two organised this year, and I am eagerly waiting to see what she has in mind.

I am extremely impressed with the continued success of the social functions that Sally Gregory and Coralee Lever arrange in Queensland and Victoria respectively. They both work hard in their private vocations, but still manage to organise exciting, entertaining weekends.

Lyn and I, in conjunction with Tim Britten CV and his wife Shannon, have attended in their own right, each of the investitures at Government House when Bravery Awards have been presented.

Both Tim and Shannon agree that it is always exciting and always very humbling to meet these ordinary Australians who have overcome and accomplished so much when coming to the aid of others in time of peril. Each of you who is reading this, will fully understand what I mean. You, or a member of your family, or a friend have been there.

To meet the recipients on a face to face basis, to see the personal pride in their knowledge that they have faced extreme and hazardous circumstances, knowing they were not found wanting; to see the love, respect and again pride that each recipient's family so emotionally displays, is a wonderful and enjoyable experience.

On the other side of the coin though, tragedy and its subsequent trauma frequently accompanies an act of courage when a rescue has not been successful. One's heart reaches out to all who are affected in this way.

Our thoughts and prayers go out to National Vice President (SA) Bill Lowther and his family, on the passing of a beautiful, caring, loving person, Gillian, Bill's wife. I know Bill adored Gillian, I also know that she felt the same deep love and devotion for Bill.

Persevere with the heartache you are feeling mate, you have a great number of people who are thinking of you. You and your family are included in our prayers.

It was heartening to see that Australia's five Cross of Valour Recipients are starting to receive the acknowledgement they so rightly deserve. Congratulations gentlemen, we look forward to meeting each of you in Canberra in future years.

Lyn and I were privileged to receive an invitation from ABA Member Mark Mackin, a Western Australian Police officer, to attend the Police Commissioner's charity night, "Bright Blue." It is a charity that originated among Members of the Western Australian Police Force, but now includes people from all sections of the community. They recently completed their annual motor cycle ride from Perth to Canberra, and from the outset had to put up with some terrible winter type weather conditions with a couple of casualties only a few hours out from Perth. It was an interesting experience



when we were led through the Telethon Institute to view the equipment that the revenue raised assists in purchasing.

Having the professional minds who use this equipment, explain how it is all essential in the fight to find cures for the various types of childhood brain cancers, gives a greater understanding of the complexity of their work.

I have received and accepted the nomination with seconder to represent Western Australia

again for the year 2104. This concludes my report.

Vic Boreham National Vice President (WA)  
Australian Bravery Association.  
8 Hollis Street Samson WA 6163.  
08 93378885.

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### **ABA HONORARY PSYCHOLOGIST REPORT MAY 2014**

It is with continued gratitude and an honour to accept the request to continue in my role as Honorary Psychologist to the ABA for 2014. I believe that the NX of the ABA have succeeded in steering the Association back on track and this was experienced firsthand by those attending the annual event in Canberra this year. Once again the fellowship and camaraderie helped those individuals needing support to find understanding enabling them to focus on what really counts for them.

The gatherings, both formal and informal, facilitate this understanding and support. Whether you are fragile as a result of your act of bravery or doing very well, the times together mean so much to those who attend.

I have spoken before about how important I think these events are for members in all sorts of ways and hope that as we move forward more people will decide to come along and enjoy themselves or to find support with other members who make up the ABA.

Of course not every one of us who has been awarded for their act of bravery suffers as a result of this. However for those of us who do and you recognize any of the following symptoms of unease ranging from difficulty sleeping, easily upset or alarmed, startling easily, anxious feelings beyond worry, excessive use of substances, changed diet, thoughts of self-harm, irritability, poor concentration, inability to stay focused and complete things, feelings of physical restlessness, the mind not turning off and racing thoughts; these are all very unpleasant feelings and if some or all of these are experienced by you it is really important that you seek help beyond your partner, family or friends. These people are really important but they do not have all the answers to help and will wear out.

You can start by speaking to your GP who in most cases will take an interest in these sorts of issues, but you DO need to describe what is happening to you in detail. If you are unable to get a referral to a psychologist or specialist who deals more specifically with severe symptoms, then try another GP until you are taken seriously. The referral enables you to claim back part of, or the whole fee of a psychologist through Medicare. A psychologist has training to deal with these symptoms and more. If you have any queries in regard to your symptoms or a referral process then please contact me on: [pamela.davidson@forbravery.org.au](mailto:pamela.davidson@forbravery.org.au) or 07 38524157.

Pamela Davidson  
Honorary Psychologist - Clinical Practicing Psychologist - Rooms: 12 Parkhurst Avenue Herston Qld 4006

## *Notes from your Editors - Brenda & Alan Cochrane*

Like everybody else who attended the February 2014 conference we had a great time. Whilst Alan was trundling along on two walking sticks we didn't hold back on taking advantage of meeting up with old friends and making new ones for a long weekend of fun. Whilst most we only see yearly we slip with ease and trust to enjoy the camaraderie that has built up over the years. The whole weekend was tension free, the venues perfect and the whole program designed to lift our spirits. Our mobility was aided by (rock solid) Melanie Warburton and Brian and Pam Harland. There is an upside to travelling 1600 kms with walking sticks and a spinal stimulator implanted. You get top class service at the airports – no waiting, no delay!

Whilst it is difficult to separate the popularity of the events, the Last Post and wreath laying ceremony at the Australian War Museum was poignant and inspiring to kick off the reunion events.

We extend congratulations to Jim Runham taking on the National President position, Brian Harland, National Secretary as well as State President of NSW and Ian Carter – Membership Secretary. All new to these positions and we wish them well.

We urge you to pay particular attention to articles submitted by Pam Davidson BM our Honorary Psychologist and Dr Geoffrey Boyce, Hon Surgeon. If you are in need of any help please follow their advice. There is a uniqueness in the membership of this association across Australia. You may have the need to just chat to someone who understands. If you haven't connected with members at any of the State or National events contact the National President in your state and they may assist in connecting you with others.

This month we will be trekking to Brisbane again. Brenda will be visiting Government House to receive her Order of Australia Medal for her 20 year commitment for marine conservation and other community work. She joins Alan who was similarly rewarded in 2008. Brenda has also accepted the ABA National Treasurer position so it's then off to meet up with Hedonna Thurgar for the Treasurer's handover. Huge boots to fill!!

We are looking for an appropriate name for your newsletter! It has been in production now for many years but sadly it only goes out as a numbered edition. Please send all suggestions to us -

[cochrane@forbravery.org.au](mailto:cochrane@forbravery.org.au)

The NX will review any proposals. The chosen entry will not win a foreign sports car but you will have the satisfaction of knowing your entry was chosen! (This is a test to see how many people actually read this mail!!!)

On a final note – is your ABA membership still current. Please check your newsletter envelope for your ABA Membership due date. Otherwise, Membership Secretary, Ian Carter will address any enquiries.

Our best wishes  
Brenda & Alan

Cross of Valour Assoc. members, Deputy Prime Minister the Hon Warren Truss and the Executive members of the ABA after the wreath laying ceremony at the War Museum.



Photo provided by Hans Overbeeke.

**Vice-Patrons**  
**Victor Boscoe CV, Tim Britten CV, Richard Joyes CV, Keith Payne VC OAM**  
**Allan Sparkes CV, Darrell Tree CV**

**Guardian of the Brave**  
**Mr Geoff Handbury AO**

**Australian Bravery Association National Executive**

**National President**

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**National Vice President – SA/NT**

Bill Lowther SC  
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**National Vice President – VIC/TAS**

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