



AUSTRALIAN BRAVERY ASSOCIATION

Newsletter 22

December 2014

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

The official newsletter of the Australian Bravery Association

ACT REPORT - MERREND (Mindy) SUTHERLAND

Friday, 19th September, 2014 saw the Governor General, His Excellency, General the Honourable Sir Peter Cosgrove AK MC (Rtd) and Lady Lynne Cosgrove celebrate their second Investiture at Government House, Canberra.

It was a first Investiture on behalf of the ABA for me, and a great honour. Forty-one awards were presented and the Governor General spoke at length to each and every recipient personally about their individual actions or histories.

It was a great pleasure to see ABA member, Mr Bede Tongs MM, Awarded the Medal in the General Division. Many of our members would have met Bede, a brave World War II veteran of New Guinea, (Kokoda Track) who as guest speaker at our Annual dinner in recent years shared his experiences. Bede, now in his 90's, was accompanied by three generations of the Tongs' family.

One Group Bravery Citation went to one of the Customs and Border Protection personnel which included Mr Brett Marmont; 18 personnel all told, who attempted to save a "Suspected Irregular Entry Vessel" being dashed against the rocky shore of Christmas Island. By their endeavours they were able to save 41 people.

Melanie has provided me with a number of introductory letters and Membership forms which I was able to give to Mr Marmont CBC.

It was a privilege to travel up to the Queensland ABA event and at John Meyer's invitation, to drive to Maryborough to the Colonial and Military Museum. All thanks to Mel's driving and Josie and Darrell Tree's talking mobile phone which gave us directions!!

The other highlight of our trip was for the four of us to dine with member, Pam Davidson (our honorary psychologist) at her home and catch up with Alan and Brenda for the evening.

I apologise to our executive for not yet mastering my new laptop – work in progress!

Mindy Sutherland, 6 Bosworth Circuit, KAMBAH ACT 2902
Ph: 02 6231 9052

To all Members Greetings

On behalf of the National Executive I wish you and your family the best and a time of peaceful reflection for the Christmas period and I hope that 2015 be a year full of blessings and the companionship of family and great friends.

Acknowledgement and thanks

I must thank my hard working National Vice Presidents for their continuous support and work they do within their various states. You are the face of the ABA, as you attend the many investitures in your particular states. I know that there is a considerable financial burden on you all in performing your official duties so on behalf of the membership we thank you for your dedication and service.

Also I wish to thank the other members of the National Executive for their excellent service to the ABA, being Deputy Pres Andrew Kendall, Secretary Brian Harland, Treasurer Brenda Cochrane, OAM, Membership Secretary Ian Carter, CBC, JP and Public Officer Tony Hall, OBE, CBC.

I thank our Honorary Professionals for their specialist guidance and support they give to the members and their family, Thank you Surgeon Prof Geoff Boyce and Psychologist Pam Davidson, BM

ABA 40th Reunion

I thank the Reunion subcommittee of John Thurgar, SC, MBE, OAM, RFD and Melanie Warburton for their excellent organisation of the ABA Reunion. I wish to encourage everyone to consider attending this year, as it is the 40th Anniversary of the establishment of the Australian Honours system which the Bravery Awards are part of these Awards. Before these Bravery Awards recipients would have been nominated for British Awards.

I look forward to meeting you all at the 40th Anniversary, ABA Reunion in Canberra on 13th-16th February 2015.

Governor-General Residents

I also wish to thank Government House and the Honours and Awards Director Ms Sharon Prendergast, for their support of the association over the last 12 months.

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 very sad occasion. My DNP Andrew Kendall and NVP Mindy Sutherland were my representatives at the Governor General Bravery Investitures in May and September 2014 in Canberra, I must thank them for representing the Association and doing these duties.

Congratulations

On behalf of the Association I wish to congratulate Florence (Flo)Payne OAM and Keith Payne VC, OAM our Vice Patron on the occasion of their 60th Wedding Anniversary. This is a magnificent milestone to celebrate and we congratulate you both and pray that you will be able to celebrate your 70th anniversary in the future and we reaffirm that we value your friendship.

I also wish to congratulate the Cross of Valour Association on their inaugural black tie Dinner at the Commonwealth Club Canberra where their guest of honour was Darrell Tree CV the first Cross of Valour recipient and a great friend to the ABA. I wish to report that the dinner was well supported on the night and that a large number of ABA members attended. I considered it as one of the highlight in my year. I thank their President Allan Sparkes CV, VA for their support of the ABA as our Vice Patrons.

On behalf of Jan, Brendan, Rebecca and myself I pray that God will bless you all and that you will have a Safe and Holy Christmas.

Jim Runham, SC, AFSM, OAM, JP. National President

CORALEE LEVER - VIC/TAS. REPORT 2014

Dear Members,

A big thank you to all who made the long journey to 'Mildura Long Weekend In June'. I really hope I made it all worthwhile. Accommodation was First Class plus our Tour Guides who look after us very well.

One of the highlights was when Win T.V. interviewed Darrell Tree, Mindy Sutherland & me at my home on the Friday afternoon. (I will bring a copy in February.)

We had a wonderful Civic reception given by the Mildura Rural City Council, who feels very much a part of the A.B.A as they have been involved since 2006.

The evening was topped off at the R.S.L. where we watched on the big screen the Interview with Darrell, Mindy and me on the local Win News with other patrons looking at the screen and looking at Darrell and his medals and then back at the screen, the sort of recognition we need.

Our tour of the district in 2 bus loads was a great success, including the River Cruise, and the Dinner was first class, as well as our Guest Speaker, Glen Miller. My main focus is for our A.B.A Family to enjoy their Long Weekend, and go back with great memories.

To add interest to the night, a Silent Auction was held with donations from Jim Preston, Bill & Debbie Lowther, Lindeman's Winery and a couple of companies I deal with also donated, including my shop. We also had the Red Cliffs Secondary College Principal and School Captains as guests at the dinner and they really enjoyed meeting with our members.

The BBQ was great as usual, everyone makes themselves at home, with many hands making light work of the cooking and organizing the banquet. It is one day of the year where I get kicked out of my own kitchen. (Jim's Vegie Salad, very nice,) some nice goodies from Udo and Josie Tree makes a fantastic trifle by the way! To all those who contributed - many thanks.

I really enjoy our A.B.A Family Weekend. It does not take a lot to organize, as I only have to contact all venues and Council with dates. There is no cost involved as the Council sends invitations out to all members.

The Investitures will be taking place in Melbourne at Government House on November the 14th.

Start thinking about the 'Long Weekend In June 2015'. Mildura is a very busy place on that particular weekend with many activities, so the accommodation needs to be booked early.

See you all in Canberra 2015. Jim has taken a van load of goodies home from my shop to be to be auctioned at our Canberra event in February. This is my main contribution.

Best Wishes Coralee

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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 Qld 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**' \$35.00 + 10.00 postage
Recounting the rescue stories of many of our ABA members.



Queensland Branch Report – November 2014

This years' Queensland dinner was held in Brisbane at the historic United Services Club. Members and their guests enjoyed the classic architecture, ornate stained glass windows and elaborate furnishings, along with a great meal. It was a pleasure to welcome our new recipients into the fold and also to hear stories of courage and resilience from Gatton Flood rescuers Marty Warburton and Warren McErlean BM. John Tyson, whose sons Blake and Jordan were assisted by rescuers, spoke about his quest to establish the Jordan Rice Foundation to educate rural kids about the dangers of entering flooded waters.

Members travelled from as far away as South Australia and Melbourne and made the most of the Brisbane sunshine by cruising the river on a city cat ferry.



Debbie Critchley & Tom Voigt



Yours truly with Joan and Greg Darlington

A riverside family picnic at the Queensland Maritime Museum was a delightful way to spend a spring morning and it included a guided tour of the ex HMAS Diamantina, by our own sailors Jim Runham, John Klabe and Bill Lowther. Thanks to Udo Starkis who was Captain of cooking and Shane Dage, who organised the venue and catering.

I invite you to visit our Facebook page, view photos of the weekend and keep updated about stories of rescue and future events. See you at Canberra in February if I'm lucky.

Warmest wishes – Sal G.



Bravery award recipients



Victor Boscoe CV & Darrell Tree CV

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VIC BOREHAM – WEST AUST. REPORT 2014

Hello to all members of The Australian Bravery Association wherever you may be residing in Australia, or around the world for that matter. In particular I would like to say g'day to the Western Australian members and to wish each and every one a SAFE, merry Christmas followed by a year that will see your most important wishes eventuate.

A little earlier in the year, Lyn and I were privileged to attend the inaugural dinner of the Cross of Valour Association held at the Commonwealth Club ACT. This event was held to honour and show our respect for the first recipient of the Cross of Valour, Darrell Tree.

The evening was a tremendous success and was thoroughly enjoyed by all. There were a number of speeches and Darrell's response was to me, the highlight of the evening. That he was able to recount the horrifying series of events which resulted in his being awarded The Cross of Valour, was no mean feat. Whilst there is no doubt that reliving that period was a challenge to him emotionally, Darrell related his experience with steady resolve and still managed to include examples of his dry, quiet sense of humour. You are one in a million as the saying goes Darrell. Josie (Darrell's wife) was there to support Darrell of course, and she is without a doubt, a pillar of support for him. Josie you are another one in a million.

On the Western front there has not been much to report.....I/we still need someone to suggest and help to organise a social function. So now that summer is coming we really NEED one or two of our Members to help us to get to know each other a little better. I am talking about a genuine, pleasant social day....we do not get involved in backslapping & self-congratulation. I have never met anyone who does that anyway. However, if someone is experiencing problems as a result of his/her involvement in an act of bravery, and feels the need to discuss his/her situation, then we can offer the friendship, understanding and support needed, on a confidential basis. One of the major reasons for the creation of the ABA, was to get together occasionally to socialise with kindred spirits and their families. That is, we who have found ourselves in situations not of our choosing, but have overcome our natural reticence and fear in aiding others in times of peril.

Lyn and I were unable to attend the last investitures at Government House as I was in bed for a number of days with a "dreaded beastie." The good side to this is that Tim Britten CV and Shannon Britten were able to attend in order to meet and greet those who were invested with Bravery Awards. Tim and Shannon you have my sincere appreciation and it is great to know that I have such reliable backup and support.

Finally, I would like to remind all Members, that our annual meeting and AGM is in February which is only three months away, so give it a go if you haven't attended before. It's a great few days. The ABA is one great national family and I can guarantee that you will enjoy yourselves. Cheers, Vic Boreham.

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Just for a Laugh

The old woman tied her old mule to the hitching post as she brushed the dust from her face and clothes. A young gunslinger stepped out of the saloon with a gun in one hand and a bottle of whiskey in the other. He looked at the old woman and laughed "hey old woman, have you ever danced?"

She looked up and replied "No, I never did dance and never really wanted to".

A crowd had gathered and the gunslinger grinned and said "Well you old bag you're gonna dance now" and started shooting at her old feet. The old woman prospector not wanting to get a toe blown off started hopping around and everybody was laughing when his last bullet had been fired.

The young gunslinger, still laughing, holstered his gun and turned around to go back into the saloon. The old woman turned to her pack mule and pulled out a double barrelled shotgun and cocked both hammers. The loud clicks carried clearly through the desert air. The crowd stopped laughing and the young gunslinger also turned round very slowly. The silence was deafening, the crowd watched as the young gunman stared at the older woman and the large gaping holes of those twin barrels.

The barrels of the shotgun never wavered in the woman's hands as she quietly said, "Son, have you ever kissed a mule's ass?" The gunslinger swallowed hard and said, "No Ma'am – but I've always wanted to".

There are a few lessons here for all of us –

- 1 Never be arrogant
- 2 Don't waste ammunition
- 3 Whiskey makes you think you're smarter than you are
- 4 Always, always make sure you know who has the power
- 5 Don't mess with older women. (courtesy of the internet)

ABA HONORARY PSYCHOLOGIST REPORT NOVEMBER 2014

The ABA has enjoyed some great events this year for members and friends and I attended the Queensland weekend in Brisbane, catching up with old friends and new. I have also been invited to give two talks this year to branches of the Medicare Health Professionals Network and to a branch of the Australian Psychological Society. My presentation was titled "Altruism, Recovery and Contribution" which covers my act of bravery many years ago and my subsequent journey including the work of the ABA.

I was a bit surprised at how well received these were and as a result I had a number of colleagues keen to get an invitation to the Brisbane dinner. They had a wonderful time. Working with and sharing experiences with colleagues is always rewarding and I have attended some fascinating Professional Development activities this year involving recovery from trauma.

Just some insights I would like to share with you are the following:

Did you know that only around 30% of people suffering from Depression and/or Anxiety find medication successful in alleviating symptoms?

A current study at UQ, treating medication resistant subjects (suffering from these symptoms at a clinical level) have found remarkable symptom free results from treating the gut with preparations based on probiotics. Yes that's right! Those things we hear about in the ads. Now the preparations are being developed currently and the results reported are amazing. The relationship between good mental health and gut function has been known for a long time but the actual mechanisms of this, less so. Now to put it simply the gut produces good bacteria which when functioning well produce chemicals including neurotransmitters, the stuff that oils the brain and allows it to produce chemicals for brain function such as dopamine (the feel good drug) and serotonin as well as others. So if our gut is upset or we have had anti-biotics or other medicines that knock out our good bacteria then our mental health can also suffer. This is a fine balance. I asked if daily yoghurt would be enough to turn the gut back on and the answer sadly was no, I would have to eat a lot of yoghurt and by the time it's open, it must be consumed immediately; that is why probiotics in capsule form is the best way to get these goodies to the gut alive and kicking.

Further to this, feeding those bugs with the right food is also essential. Now another conference I attended on Nutrition and Mental Health recommended six cups of vegetables a day are needed to nurture a healthy gut and subsequent good mental well-being. Apparently those good bugs love vegetables.

Anyway I think this stuff is fascinating and thought I'd share it with you. I am not a nutritionist and so make no recommendations for you personally but if you are interested in this it certainly can't hurt to aim for the 6 cups of veg a day and maybe speak to a nutritionist who has an interest in mental health. I try most days and feel great. I eat two huge garden salads a day with yummy dressings to help it go down.

Happy munching!!

Pamela Davidson

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

PS - Looking forward to a blast from the past flying to Melbourne to see the Rolling Stones!

Notes from your Editors - Brenda & Alan Cochrane

Be part of the 2015 Annual National Conference in Canberra, February 13th - 16th.

By now you would have received your invitation with all details covering not-to-be-missed events and suitable accommodation recommendations. It's time to be checking out flights to Canberra. With a little regular checking over the next few months there are usually some good fares to be accessed.

Among the highlights on the weekend will be the Last Post and wreath laying ceremony at the Australian War Museum, a welcome reception at Duntroon, the black tie dinner at the Commonwealth Club and the Service of Remembrance at Government House. Of course our AGM is also not to be missed.

Any of your national executive on the contact page can help you with any enquiries re these events

Since we joined the ABA in 2004 we have met some wonderful people and made lifelong friends. It occurred to us that some members are not able to attend either the National or State conferences and so do not get the opportunity to get to know fellow members. In the future editions of the newsletter we would like to "showcase" a couple of members so that you too can identify who they are and their interests and talents. **If you have an interesting hobby or lifestyle that you would like to share with the membership** please contact us. In this issue we are featuring great mates Jim Preston and Alan Cochrane.



Jim hails from NSW and received his CBC in 1995 when he rescued a man who had driven his car through a flooded causeway and was trapped inside the vehicle. With flood waters rising and bystanders just watching -Jim went in. Not only that, he went in a second time to rescue the Blue Heeler who rewarded Jim by wanting to bite him! He grabbed the animal by the scruff of the neck and pulled him out of the car. Good one Jim!

Amongst Jim's many talents is the magic he can conjure up with metal and many members have seen his wonderful metal artworks that he has

donated to the ABA for raffles. He's taught TAFE students to create wondrous pieces. His work ranges from creating massive trailers to small trinkets made from recycled nuts and bolts! Currently working on commissioned pieces keeps him busy as word gets around. At ABA bar-b-q functions you'll find Mr Bar-B-Q himself expertly manning the burners and turning out culinary delights!

Some of Jim's masterpieces.

The seat is made from old rabbit traps – recycling at its best!





Alan's Queensland born and bred. He's performed several rescues over the years but has not been officially recognised. His major passions have always been around horses – polocrosse, show jumping, dressage; and water – scuba diving, swimming, crabbing, prawning and fishing. He received his Order of Australia medal in 2008 for services to the marine environment and recognition of twenty years work to establish



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an artificial reef off the Bundaberg coast. The reef is officially recorded on maps as the Cochrane Artificial Reef and is a diving heaven with dredges, planes, boats, landing craft and a great variety of custom built modules more than enough to keep a diver happy. It's not all about the divers and under water photographers checking out the 6 resident Gropers (300kg Kombi, 240 kg VW and 4 Beetles) as it is open to fishing and many great catches are taken. Unfortunately these pursuits have



been put on hold whilst he's had his back and hips breaking down and getting surgery to make him a new man! In the meantime he has continued with his community work through his church and as a Disability Advocate with Impact.

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 and record any changes of address.

Our best wishes and hope to see you in February
Brenda & Alan

Photos of 2014 reunion courtesy Debbie Lowther



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Allan Sparkes CV, Darrell Tree CV

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Mr Geoff Handbury AO

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