



AUSTRALIAN BRAVERY ASSOCIATION NEWSLETTER

No. 24 September 2015

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 – Andrew Kendall



The past six months have been a busy time for the Australian Bravery Association with a number of special occasions and some really positive initiatives aimed at supporting our members and promoting the aims of the association.

Mildura ABA Reunion

Congratulations and thank you to ABA National Vice-President - Victoria and Tasmania, Coralee Lever, for again organising and hosting a successful gathering in Mildura in June. All who attended speak fondly of the event and wonderful companionship.

The Darrell Tree CV Prize

In July the ABA launched *The Darrell Tree CV Prize*, our National Schools Competition. Sponsored by Aspen Medical, *The Darrell Tree CV Prize* is open to all school and home-schooled students in Years 8 & 9 across Australia. Students are required to respond to the following topic question in an essay format or via an audiovisual presentation:

With reference to at least two to three actual Bravery award recipients, how significant have the contributions of these ordinary Australians been to the Australian way of life?

Full details are available on the Australian Bravery Association website at <http://www.forbravery.org.au/thedarrelltreecvprize/>. Please promote it where you can at your local schools.

Coming events

**Queensland Bravery Reunion:
Surfers Paradise
16th – 18th October 2015**

- Meet and greet
- Buffet dinner
- Picnic in the park
- Skypoint Observation Q1
- Qld Bravery Dinner
- Wellness workshop
- Movie screening – “Known Unto God”

For more information go to the ABA website or contact Sally Gregory on 0418 664 141 or via email: sally.gregory@forbravery.org.au

**ABA National Conference:
Canberra
12th – 15th February 2016**

Further details to come.

These are fantastic events to enable you to meet up with old and new friends.

Editors' Note:

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

Known Unto God Documentary

In accordance with the Australian Bravery Association's objective of promoting the Australian honours and awards system, the ABA has been a partial sponsor of the production of a not-for-profit documentary about a brave Australian, Z Special Unit operative John Hayes Whitworth, who performed an unrecognised feat of bravery in WW2.

The Foxtel History Channel screened *Known Unto God* on Friday 14 August 2015. Foxtel has a license to screen *Known Unto God* multiple times over a period of 5 years in Australia and New Zealand thus ensuring exposure of the ABA sponsorship and support in the production of this excellent documentary. It is currently available anytime on Foxtel Go and will be screened on Foxtel on Remembrance Day (11 November 2015). The ABA is also planning to screen it at the Queensland Bravery Reunion in October and at the National Conference next year.

Major John Thurgar SC OAM MBE, former National President of the ABA, was the lead investigator in the mission to find and recover John Hayes Whitworth's remains. He provides commentary throughout the documentary.

All ABA members are encouraged to watch the documentary if the opportunity arises. It is a compelling story of bravery, the love of family and friends, and the determination to honour that bravery.

ABA Song

Another initiative of the association has been to commission ABA Honorary Chaplain, Jim Cosgrove, to write the official song of the Australian Bravery Association. Padre Jim has written a wonderful song and is in the final stages of having it recorded. Titled, "That Day", it captures the humanity and spirit of selflessness of those who conduct themselves bravely to save life, property or the environment.

Valour, Courage, Bravery Exhibition at the Royal Australian Mint

A number of ABA members were fortunate to be invited to the launch of the *Valour, Courage, Bravery* Exhibition at the Royal Australian Mint in Canberra on 29 August which sees all of the Australian Bravery Decorations on display for the first time. The exhibition includes the stories of eight recipients including ABA Vice-Patron, Darrell Tree CV, and ABA Brave Youth of the Year, Shane Allen BM. Pictured here.

Thanks to Sharon Prendergast, Director Australian Honours and Awards Secretariat, for her article about the exhibition on the next page.



Queensland Bravery Reunion 16-18 October 2015

Sally Gregory, ABA National Vice President – Queensland, has put together a wonderful program for the upcoming Queensland Bravery Reunion. There are many great activities which provide a number of opportunities for members to spend time together and welcome new members to the association. The highlight of the weekend will be the Queensland Bravery Dinner on Saturday 17 October.

Full details about the weekend can be found on the ABA website at <http://www.forbravery.org.au/news-queensland/>. We look forward to seeing as many members as possible at the various events.

Finally, I would like to thank all members of the National Executive and our honorary members for their great work and support throughout the year. Everyone is working hard for the greater good of the Australian Bravery Association and our members. It has been a great year to date and the next six months are full of promise.

VALOUR, COURAGE, BRAVERY EXHIBITION AT THE ROYAL AUSTRALIAN MINT – Sharon Prendergast, Director Australian Honours and Awards Secretariat

To celebrate the 40 years of the Australian honours system, including the introduction of the Australian Bravery Decorations, The Royal Australian Mint has launched a new exhibition entitled “Valour, Courage, Bravery.” The exhibition runs from Saturday 29 August 2015 until Sunday 15 November 2015 and features a recipient of each award in the Australian Bravery Decorations.



The exhibition sees all of the Australian Bravery Decorations on display for the first time. It features the stories of the following eight remarkable Australians who have received awards since their inception in 1975.

The awardees honoured in the exhibition include:

Cross of Valour – Darrell Tree CV

Darrell went to the rescue of a crane driver and his son who were electrocuted when the jib of their crane came into contact with a power line. His story is contained in the May 2015 ABA Newsletter.

Star of Courage – Joanne Lucas SC ESM

Joanne Lucas was awarded the Star of Courage for rescuing a swimmer from a shark attack in Albany, Western Australia.

On 10 May 2008 Joanna, a member of the Albany Surf Club, was conducting voluntary surf boat training when she was alerted to a swimmer in the ocean being attacked by a shark.

Unable to find anyone to help her, Joanne immediately swam out towards the man. He was in a critical state, weakened by significant blood loss, and barely able to tread water or swim. Keeping sight of the shark’s dorsal fin, Joanne grabbed hold of the man and started the 80 metre swim back to shore.



In the meantime, nearby swimmers attempted to scare the shark away. Joanne feared that their splashing would encourage the shark to resume its attack. Nevertheless, she maintained her composure and concentrated on getting the injured swimmer to the beach.

Despite the extraordinary demands of the ordeal, and her state of exhaustion, Joanne continued to reassure the victim. Once back on land, others were on hand to provide first aid until ambulance officers arrived at the scene.

Bravery Medal – *Shane Allen BM*

Shane rescued a boy from a flooded stormwater drain. His story is contained in the May 2015 ABA Newsletter.

Commendation for Brave Conduct – *Mandy Miles*

In July 1991, Mandy Miles was driving to the shops in suburban Sydney when she saw smoke coming from the roof of a house. Mandy stopped to find out what was going on and found that the building was on fire.

Mandy met an elderly woman at the door who said that her husband was still inside. Mandy escorted the woman outside then re-entered the burning building to search for others.

Inside the house the thick smoke forced Mandy to her hands and knees. Looking back, she realised that the anxious woman had followed her back into the house. Mandy helped her back out before entering the house a second time. She crawled into a bedroom and found a man lying on the floor with parts of his clothing alight. Mandy managed to put out the fire on the man's clothing, before the thick smoke in the room forced her to leave. Outside, Mandy hailed a passing car to call the police and fire brigade and waited until they arrived. Tragically the man later died from his trauma.



Group Bravery Citation – *Peter Atkinson, Brenton Bailey, Eddin Basic and Rebecca Trinnick*

Four Victorian motorists who were strangers to each other found themselves working as a team, as they frantically attempted to save a driver from a burning car. They will be recognised for their actions with a Group Bravery Citation in 2015.

Peter Atkinson, Brenton Bailey, Eddin Basic (not pictured) and Rebecca Trinnick were all driving along the Henty Highway in 2012 when they encountered a car that had left the road and crashed into a tree.

They all stopped to offer assistance and as they made their way to the car they found that the driver was trapped and a small fire was developing in the engine bay. Following a failed attempt to extinguish the flames, they pulled pieces away from the door and tried to pry it open.



Further details about the exhibition can be found on the Mint's website at <http://www.ramint.gov.au/visit/whatson/Valour-Courage-Bravery/index.cfm> .

For those who are able to view the exhibition in person, The Royal Australian Mint is located at Denison Street, Deakin, ACT.

Photo: Allan Sparkes CV, Sharon Prendergast, Leanne Dempsey & Darrell Tree CV at the *Valour, Courage, Bravery* Exhibition launch on 29 August 2015.

UNUSUAL AWARDS FOR BRAVE DEEDS, UNOFFICIAL OR GIFTED – Clive Johnson OAM

In the last edition of the Australian Bravery Association Newsletter we delved into the first recorded unofficial Australian awards to recognise brave deeds, during the Bushrangers era. This early medal certainly contributed to the development of the variety of recognition used today and as a follow on, this segment has been written around two other lesser known, unofficial, but significantly historical forms of recognition presented to Australians.

Aside from the philanthropic organisations like the Royal Humane Society, the Red Cross and St Johns, there are historical examples of Australians being seen and recognised, albeit unofficially, by either high profile individuals or lesser-known organisations. Today, these forms of reward or public acknowledgement are seen as the forerunners to the modern Australian Honours and Awards framework and a certain catalyst for recognition within many institutions and organisations. One of my favourites is one from the heart, or at least from the hands of Queen Victoria. It was created and awarded during the second Boer War (1899-1902).

Although most readers will be familiar with the connection between Queen Victoria and her development and subsequent introduction of the Victoria Cross in 1856, very few would be aware of her other personal forms, or gifts of recognition. Being a patron of the people, her empathy and connection to the commoner was a well-known attribute. So, in 1900, Queen Victoria personally crocheted eight scarves for presentation to members of her forces fighting in South Africa. She decided they were to be presented as follows.

Four to be allocated to members of her Colonial units, with one each going to *“the most distinguished private soldier”* serving in the forces of

Canada, Australia, New Zealand and South Africa. The other four allocated to members of the British regular Army, from Scotland, Ireland, Wales and England, again a member to be selected to represent each country for their recognition as *“the most distinguished private soldier.”*



Queen Victoria’s scarf presented to Alfred Henry Du Frayer of the NSW Mounted rifles, the private selected to represent the most distinguished soldier in the Australian Army during the Boer War.



Pte Alfred Henry Du Frayer (1901) wearing the scarf as a sash.

It was in the interpretation of the criteria *“most distinguished”* that confusion as to the standard of recognition this gift held, and so for many it was assumed to be equal to the Victoria Cross. Indeed, the service of each of the eight men selected certainly warranted official recognition for high forms of gallantry, but recognition through a medal became obsolete, due to the subsequent presentation of the scarves. Each scarf was made of thick brown wool, crocheted in a block pattern and was five inches wide and long enough to be worn as a sash, similar to a Colour Sergeant’s sash of the period. The true purpose of the scarf was never stated and so history only records them as gifted scarves.

The Australian selected for presentation was a private in the NSW Mounted Rifles, one Alfred Henry Du Frayer who was selected for his gallantry in bringing in a dismounted comrade under heavy fire on April 11, 1900. Royal Archives stated the scarves were not gazetted and could only be treated as unique recognition for service by Queen Victoria personally and therefore the intention of the scarf could only be considered a gift. I’m sure in hindsight Alfred would have preferred the potential award of a VC, but history still holds him in esteem. As his portrait and the scarf are in the Australian War Memorial.

The other award I wanted to highlight is by far my favourite. This is because it championed the introduction of awards within organisations where the national framework did not, or could not offer a substitute. Again, the award is unofficial and gifted through a process of nomination and is still in existence and awarded today.

The Boy Scout movement began with Lord Baden- Powell in 1896, teaching his young soldiers knowledge of bushcraft, navigation and survival they could use if they were ever separated from the regiment. These basic skills formed soldiers who became efficient lead scouts during the Boer War. During the Siege of Mafeking, the town's young boys were enlisted as a cadet corps, used to carry messages, food, man lookouts etc. The reliability allowed men to fight and gave Lord Baden-Powell the incentive to begin a National movement back in England. By 1909, the concept of teaching skills to young boys and not just military personnel blossomed; so much that numbers exceeded 11,000 by the beginning of World War One in 1914.

Baden Powell, aware that his boys had no ability to obtain recognition from the British Awards system, decided to introduce a suite of pertinent medals, beginning with three crosses (based on the Victoria Cross) to recognise boys in the scout movement who demonstrated high forms of bravery. The three Crosses are identical in design and awarded in three grades that are only distinguished by the base metal. The design is simple, with the scout symbol in the centre and FOR GALLANTRY on the vertical arms. The reverse is plain, left for the engraved details of the recipient and the date of the event.

GRADES:

Bronze Cross: For extreme risk to life and special heroism in the protection or rescue of another. This award could be given posthumously and was awarded as such in about 20% of instances. There have been 13 awarded to Australians since inception, almost all for attempted life saving from water bodies and most being posthumous. The medal has a 38mm crimson (Victoria Cross) ribbon and a top suspension bar reversed with a clasp. There is no ribbon bar as such, but a cloth rectangle depicting a figure eight knot in maroon is worn on the left pocket.



Silver Cross: For considerable risk and gallantry in the protection or rescue of another. This award is not given posthumously. There have been 45 awarded to Australians since inception. I have only managed to locate one citation to an Australian for award of a Silver Cross (Living in London). For bravery and total disregard for his own safety during an air raid on 8th Oct 1940, when he climbed to the first floor of a bombed house and effected the rescue of three children from the debris. The medal has a 38mm blue (George Cross) ribbon and a top suspension bar reversed with a clasp. There is no ribbon bar as such, but a cloth rectangle depicting a figure eight knot in blue is worn on the left pocket.

Gilt Cross: For limited risk in the protection or rescue of another. Number to Australians unknown but estimated at about 60. The medal has a 32mm half maroon, half blue ribbon (VC/GC) and a top suspension bar reversed with a clasp. There is no ribbon bar as such, but a cloth rectangle depicting a figure eight knot half in blue and half in maroon is worn on the left pocket.



All the above awards are forebearers to modern forms of recognition and testament to the desire to recognise others actions and demonstrate the appreciation for the risking of ones life to prevent harm or preserve life of another. Although Baden Powell's awards formed the basis of recognition within the Scout movement, his success and purpose for the forms of award have been a strong influence on modern organisations and their internal awards.

In the next edition of the Australian Bravery Association Newsletter, I will take you inside the forms of bravery and gallantry used by some of Australia's police, fire and emergency services.

NOTE: Clive Johnson OAM is the author of *Australians Awarded – A Comprehensive Reference for Military and Civilian Awards, Decorations and Medals to Australians Since 1772*. Copies of the book can be ordered at <http://www.australiansawarded.com.au/order/>. Thanks to Clive for another interesting article.



NOTES FROM YOUR EDITORS - Alan Cochrane OAM & Brenda Cochrane OAM

“Known Unto God” Bundaberg’s (our town) local actor and lifesaver, 22 year old Christopher McRae was chosen to play the lead role of John Hayes Whitworth, the hero of this documentary. Apparently Christopher looks just like John Whitworth (Spike) whose military role as a member of the Z Special Unit ended tragically saving his mates. The documentary uncovers the truth about the highly secretive operation and the tragic outcome for Spike whose heroic deeds remained “Known unto God” for more than 60 years. A documentary you must not miss. Sally Gregory will be holding a screening during her Gold Coast (Qld) event in October.

In the next few weeks details for the 2016 Canberra event will be released. It’s not too early to start booking your accommodation or looking for affordable flights. The Abode Motel at Woden offers a variety of types of accommodation. Websites such as Wotif are currently offering “deals” with a free cancellation option (should you have the misfortune to have to “bail out” at the last minute). The Abode is the pick- up point for the group bus. The Quality Hotel just round the corner is another venue of choice. An ABA member has brought to our attention a website she has used for booking with Virgin through Skyscanner for exceptional flight fares. We have personally not used this web site – so like all internet usage – the onus is on the user to check out validity and conditions!

In this edition we are privileged to bring you a personal story and brave battle with PTSD from our fellow member and assistant Web Master, **Mark (Trigger) Tregallas**. Some of you will remember Mark from our 2015 Black Tie Dinner entertaining us with his hilarious storytelling. Perhaps we could encourage him to take to the floor again next February!

We also bring you **Tony Hall**. Tony resides in Canberra, is the ABA Public Officer and ABA Merchandising Officer, and has quite a story to tell. Whilst Tony says he is slowing down and not travelling overseas much, he is still competitive and in recent weeks won the Port Macquarie croquet tournament. He recently played in the Toronto, NSW tournament as joint top seed. Never one to sit still, he has recently turned to family history and threatened to start an auto-biography - but competing is still his top passion. He’s quite the sportsman so say “G’day” to Tony at our next function.

You will also find a bio on **Chaplain Jim Cosgrove**. We are honoured to have Jim and his wife amongst our ranks as ABA Honorary Chaplain. He’s a very busy man and we are indebted for his services and support.

Best Wishes to **Vera Jary** who celebrated her 90th Birthday recently!! Vera hails from Red Cliffs, a great mate to Coralee Lever as well as being well loved by us and many ABA members.

* * * * *

FRIENDSHIP – How appropriate for our ABA Mateship

You are my friends, for you have smiled with me
My help and hope in fair and stormy weather
I like you for the joys you have whiled with me,
I love you for the griefs we’ve wept together.

Nixon Waterman



PTSD A PRACTICAL PERSPECTIVE – Mark Tregellas



In 2013 after 28 years in the police force I realised I had a problem. I couldn't sleep at night. My dreams were nightmares that woke me up with heart racing and driving into work caused anxiety to the point where I felt sick.

I was diagnosed with PTSD and offered a place at Post Trauma Victoria (<http://www.trauma.org.au>) on their 10 week PTSD course. This course is similar to the one offered to military personnel. As a result of that course I now sleep well and am back at work. I have read several articles on PTSD but none looked at it from a practical perspective of what works to help reduce it. I hope that my story

will encourage others to seek help rather than ignore it and "crack on".

What led to my PTSD was a combination of over 28 years of attending critical incidents. I have forgotten the number of dead bodies, and road trauma victims I have seen. Other incidents included; being shot, having a 150 kg male pour petrol on himself and try to pull me into a campfire, rescuing a couple beached in a yacht in heavy seas that refused to be rescued, and having an 80 metre gumtree drop on top of the police car in a storm only to be saved by the semi-trailer we were parked next to.

These last two incidents were three weeks apart. Psychologists often talk of cumulated stress as being like a glass of water. The more stress you have the quicker the glass fills. Eventually the glass overflows resulting in PTSD. A few weeks after the last two incidents I started waking up in the middle of the night and couldn't get back to sleep. My dreams were nightmares. My kids started asking my wife why I was always angry, and my left hand shook occasionally. For a while I tried to cope but it didn't get better and after jumping through the work cover hoops I was accepted onto the course.

To say the course is good is an understatement. I learned more about stress and how to handle it in those 10 weeks than in the previous 28 years in the police. You are assigned a personal psychologist during the course and I was lucky enough to get the doctor who specialised in treating Special Forces personnel. The doctors on the course are experts in PTSD. Some are world authorities on it.

These are some of the things I learned on the course.

Your Schema is your thought structure of pre-conceived ideas that allows you to perceive and organise new ideas. People organise new perceptions into schemata quickly as most situations do not require complex thought.

Police and soldiers tend to have a similar schema that has three main characteristics:

1. They tend to see things in black and white
2. They have unrelenting standards
3. They are self-sacrificing.

This type of schema works well for soldiers and emergency services personnel but I was surprised to learn that most people don't see things in black and white. Secondly I learned that it is OK to be average, and thirdly that it's also OK to say no to working a second shift, or not agreeing to a roster change, and just taking some me time.

PTSD occurs when the brain becomes confused between real, critical, incidents and normal situations. A snipers bullet shattering a bottle next to you in combat results in a major adrenalin dump into your system. But with PTSD the same sound coming from a dropped bottle at the supermarket while out shopping with the wife and kids results in the same physiological reaction. Your brain hears the sound thinks its combat and dumps all that adrenalin into

your system again because it's done it so often or the first time was so traumatising that it gets confused. A sound, smell, dream, or visual image can trigger the response.

I also learned that PTSD results in other symptoms such as short-term memory loss. I used to think that I was getting early Alzheimer's as my short-term memory was appalling. It wasn't until I did the course that I learned that adrenalin is not the only chemical dumped into the body by your brain in critical incidents. Cortisol is also released. Cortisol is a hormone, which is released, to add blood sugar into your system to help you fight. Unfortunately, it also destroys the short-term memory cells in your hippocampus resulting in memory loss. The good news is that if you stop the stress you get your short-term memory back.

It only took two weeks on the course to solve my nightmares. When I first heard of dream rescripting I laughed because I couldn't believe anything so simple would work. It did, I no longer have nightmares. But the one thing that helped my PTSD over everything else was lowering my anger. Anger and PTSD are intimately linked. Lower your anger and you immediately lower your PTSD. So how do you do that? We were taught 3 ways to do it. Firstly, ask yourself what is the evidence? Why are you getting angry? Secondly, try and look at it from the other person's perspective. And thirdly, ask yourself, does it really matter? It was the third one that did it for me.

Another revelation was that the fitter you are the better you will cope with PTSD. When you can't sleep and you feel so tired that you can't go for a run or hit the gym it becomes a cycle. So even if you are injured - set your mind, put in the effort and keep fit.

Lastly, I learned to meditate. I'm not talking about the sitting cross-legged, candle burning, listening to weird music type of meditation. I'm talking about getting your mind to stop whizzing around like a washing machine, especially at night trying to get to sleep. To watch a really good explanation of this go to Ted.com and search for 10 mindful minutes. 10 minutes a day is all it takes and I even do it at work.

The reason I did so well on the course was that I sought help early. The other members weren't doing the course to get back to work. They were doing it to get a life back. My point is, don't wait for help and don't think it won't happen to you. Every operational police officer in Australia with 20 years' experience or more has PTSD to a greater or lesser extent. Every active service soldier that has seen or experienced significant trauma or critical incidents has also been affected.

I found that my sleep and my memory were the greatest indicators for stress. If I start to wake up early in the night and can't get back to sleep or start to forget things, then it's time for a break.

The course gave me enough knowledge to cope with PTSD and live an active happy lifestyle. Don't wait until it's too late.

Note: Mark Tregellas is a member of the ABA and is a serving Police officer in Victoria. He was a member of 2 Commando Company from 1983 to 1987. He is the current president of the Mallacoota RSL Sub-Branch. In his 28-year police career he has been awarded a Commendation for Brave Conduct and is the 2010 recipient of the Royal Humane Society of Australasia's Clarke Silver Medal. At the award of the Clarke Medal, Her Excellency made the following remarks:



Senior Constable Mark Ian Tregellas with Her Excellency Ms Quentin Bryce, AC, CVO, Governor-General of the Commonwealth of Australia (now Dame Quentin Bryce, AD, CVO), after his award of the 2010 Royal Humane Society of Australasia's Clarke Silver Medal on 23 May 2011.

“Senior Constable Tregellas: I can never know the deep and generous store you drew upon that day in July at Mallacoota. The inner strength and voice that drove you through a series of unimaginable incidents to save a life at the very real risk of your own. That memory is yours to hold onto, to forever remind you of what you are capable of, and the courage that resides in you.”

MEETING YOUR MEMBERS

COLONEL TONY HALL OBE

In 2010 Tony was inducted into the World Croquet Federation Hall of Fame. This is an extract from the World Croquet Federation Hall of Fame web page.



Colonel Anthony (Tony) Hall OBE has devoted himself to croquet for more than twenty years, both as a player and an administrator. He "retired" to the position of Treasurer of the Australian Croquet Association (ACA) in 2004 after five years as President of the World Croquet Federation, preceded by terms as President of his club, his State and as Senior Vice-President of ACA.

He spent 40 years in the Australian Army, serving overseas in the Antarctic, Malaya, England, Thailand, Vietnam and Papua New Guinea, retiring as Colonel and as an Officer of the Order of the British Empire. His experience was gained from that service and from playing and administering many sports. He was influential in starting a hockey club, was secretary of the Canberra Veterans Hockey Association for three years, representing his State for ten years, and was treasurer of a squash club for 14 years.

During ten years administering swimming, he became a senior swimming referee and was made a life member of his club after it became the top club in Australia. He learnt high level sports politics and management from experience with the New South Wales and Australian Swimming Associations.

He was Secretary of Canberra Croquet Club and then Treasurer after two years. As President of Croquet NSW from 1993 to 1996 he visited all NSW clubs, increasing membership from 48 to 62 clubs in three years. During his term as President of the World Croquet Federation (WCF) he visited all 24 member countries and ten other potential members. In 1998 he became chairman of the WCF working party to re-write the rules of Golf Croquet, relinquishing that position in 2004, but remained as Australia's representative. The new rules have led to a world-wide resurgence of Golf Croquet.

Whilst WCF President, Tony had several ambitions for the WCF. He wanted it to become the genuine international body, taking full responsibility for the rules of the game, organisation of international competitions and standardising handicapping and everything that happens on the court. He also wanted to expand the number of office bearers and officers to delegate duties of the Secretary-General. He performed the duties of the Secretary-General as well as those of President for one year in the middle of his term before finding a replacement for the inaugural incumbent and a number of other officers. Except for the Laws of Association Croquet and management of the MacRobertson Shield, his ambitions have been realised, and those two omissions appear to be in train.

Since 1990 Tony Hall has travelled around the world every year to play and administer croquet, attending every World Championship and MacRobertson Shield competition. He played in the Australian Association Croquet Championships every year and has been ranked in the top hundred in the world. He has played in the British, New Zealand, Irish, Canadian, German and United States Association Croquet National Championships and in all other WCF countries with courts, winning the German Open in 2001. He also won the Open Doubles Golf Croquet Championship of England and won his Australian tracksuit in 1998 to play for Australia in the World Golf Croquet Championships. Since then he has since played in five more World Golf Croquet Championships, with a best placing of twentieth. From 2001 to 2006 he represented NSW in the Australian Interstate Association Croquet competition and has represented that State in 2007 and 2008 in the first two Australian Interstate Golf Croquet competitions. He won the 2002 and 2005 National Golf Croquet Handicaps, the 2004 Australian Golf Croquet Open Singles Championship and in 2005 won the NSW and Queensland Open Singles Association Croquet championships. He also played hockey with his veterans' team for twenty years, touring England, New Zealand, Canada, South Africa, Australia and South America.

For five years he was Tournament Referee of the Sonoma-Cutrer World Championships in California which raised over \$US 1 million for the Make-a-Wish charity foundation in each of the last three years.

He was the Tournament Referee for the 3rd WCF World Golf Croquet Championships at Leamington Spa in 1997 and has refereed in almost all the world level events since then, both in Association Croquet and Golf Croquet. He was Tournament Referee of the Canberra Open tournament for the last twenty years and refereed the final of the most recent World Association Croquet Championship.

Tony is a widower with three children and seven grandchildren.

CHAPLAIN JIM COSGROVE

Upon ordination in 1983, Jim worked in parishes in Brisbane and on the Gold Coast. Concurrent to this ministry he joined and served as a chaplain in the Army Reserve.

In 1998 Jim decided to serve full time in the Army as a 'Padre'. He has served in Darwin, Townsville, Canberra, Brisbane and Sydney. He has deployed overseas to Bougainville, East Timor and the Middle East.

Jim has extensive experience in conducting Commemoration services and giving pastoral support to families of Australian servicemen who have been killed whilst in training or on operations overseas. As an extension to this pastoral care he has provided valuable support to the families of soldiers who had been reported missing in action in WW2 and have more recently been located. These ceremonies give families a sense of closure by being able to lay their loved ones to rest in a grave that bears their name. It has been a real honour for him helping to provide the ceremonies which touch people's hearts and give them peace and hope.



Chaplain Jim Cosgrove & his wife Jeanette Paulsen.

In the military, Jim has undertaken extensive first-line training on how to deal with and assist men and women cope with the high levels of stress under which they are placed. In particular, when these service personnel first experience and/or report with symptoms of Post-Traumatic Stress Disorder (PTSD) Jim has listened to their stories and helped them to obtain the professional help they need.

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Jim has written and recorded many songs over 35 years including school songs, wedding songs, bible stories and songs with religious themes for school children. He presently helps with the Sunday school at St Jude's Anglican Church at Randwick using singing as a medium to share God's love with children of all ages. In 1990 he wrote the song "Soldiers of Australia" sung to Waltzing Matilda and used as an unofficial Army hymn for the last 25 years. The song appears at the bottom of the next page. Jim also writes poetry and has received accolades for his bush poetry. Jim has recently written a song for the members of the ABA. It tries to recount various feelings and thoughts of members and helps to celebrate the great friendships that are the cornerstone of our association.

Jim's understanding and empathy of what and how ABA members feel was experienced by him in 1973 when, as a youngster, he was with friends kicking a football in a park when a car lost control and ended up upside down in a flooded creek. He and his mates swam out to the car which was almost completely submerged and tried to open the doors to extricate the driver but were not able to do so and the man died. After 40 years Jim still remembers his name and every year on that anniversary he prays for him and his family.

Jim is currently the senior chaplain with the 17th Combat Service Support Brigade, based at Randwick in Sydney. This Brigade provides Logistic support including medical, transport, catering and military policing to units all across

Australia and those deployed overseas. In this challenging and rewarding job he organises chaplaincy support to all of the young men and women in the various units which comprise the Brigade.



Chaplain Jim Cosgrove blesses children during a service at Murray Barracks, Port Moresby PNG.

He is also Chair of the St Georges Holiday House Board of Directors at Rainbow Bay on the Gold Coast. This charitable facility has functioned for almost 100 years and its aim is to afford low cost holiday accommodation for Service personnel and their families on the Gold Coast. A 'new' building is currently being constructed on the site and the new St George's which will provide 40 self-contained units for defence families and it will open in 2016. With the many wounded and damaged young men and women who have returned from war zones in the last 15 years this is a wonderful way of helping them, giving them the opportunity of low cost rest and recreation.

Jim has been married to Jeanette for twelve years, and shares in her family of four married children and ten grandchildren with an eleventh grand-child already singing songs up in heaven. For recreation Jim and Jeanette like sharing meals with friends and travelling in their caravan.

As the ABA Honorary Chaplain, Jim brings with him a listening ear and an open heart as well as a wealth of knowledge and practical experience in dealing with grief and trauma. His life experiences well equip him to respond to our members personal requirements and he is prepared to assist any of you who think you need to share a situation, thought, feeling and/or experience with another member 'who understands' what you are going through. He acknowledges that he might not always have the answers, but is willing to sit with you and ponder the questions together.

NOTE: Padre Jim would love to touch base with ABA members and provide support wherever he can. He asks all members to please feel free to contact him on 0412 960 894 or via email at jim.cosgrove@forbravery.org.au .

Hymn - Soldiers of Australia (Sung to the tune of Waltzing Matilda) **(Chaplain Jim Cosgrove, J. De Corrado)**

Soldiers of Australia gathered now to worship God
Under the badge of the Rising Sun
Giving thanks for our country, our families and
freedom
Let hearts and voices arise as one!

Chorus:

God of Salvation, Guide of our Nation
You give us strength to follow your ways
With the Cross raised so high shining bright
across our southern skies
We'll serve Australia through all our days

Soldiers of Australia ready to be called to serve
Training together to strive for peace
When at home or away through darkest night and
longest day
Trusting God's guidance will never cease (Chorus)

Soldiers of Australia gathered as God's family
Brothers and sisters side by side
Strongest mates, proudly one, strong to do the work
that must be done
Anzac tradition our lasting pride (Chorus)

Soldiers of Australia have bought our freedom with
their lives
They grow not old as we grow old
At the setting of the sun and also in the morning
We shall remember their deeds so bold (Chorus)



VICTORIA & TASMANIA REPORT – Coralee Lever

I am truly blessed and proud of the fantastic support of the Mildura/Red Cliffs community for the Australian Bravery Association. Since 2006, Mildura Rural City Council (MRCC) has supported the ABA with their wonderful welcome reception which truly touches the heart of each of our members as their Acts of Bravery are recognized.

The MRCC feels very much part of our ABA and has made many friends with members over the years. The Mayor, Cr. Glen Milne and Cr. Jill Joslyn, attended our dinner at the Rendezvous Restaurant which is well known by our members for the wonderful food, fine wines and hospitality over the past 4 years. Once again we were not disappointed, the meal was amazing. Cr. Joslyn wrote me a beautiful letter saying she was truly humbled by our spirit and hospitality. I am thrilled she will be attending our ABA Dinner in Canberra next February as my guest.



Melanie Warburton, Bill Lowther SC & Coralee Lever at the Mildura ABA Reunion in June.

Red Cliffs Secondary College Principal, David Browne, and two School Captains also attended our dinner and enjoyed mixing and chatting to our members. A big thank you is due to the RCSC Music teachers, Don & Andrew, who recorded the ABA song which was written by Chaplain Jim Cosgrove.

Alison and Phil Stone have been taking our members on memorable trips over the Mildura and surrounding district for the past 8 years. This year started with a very interesting Lindeman's Winery Tour and Tastings with purchases to take home! A dozen bottles of wine were donated for our auction by Jason Garraway another great supporter over many years. A delicious luncheon organized by Alison was enjoyed by the Murray River, with, of course, brilliant Sunraysia weather before an enjoyable relaxing 2 hour trip on the Paddle Steamer "Melbourne".

On the 1st Sunday morning of the month, Red Cliffs holds a Country Market with up to 150 stall holders. This year the Red Cliffs' Lions Club donated their "For Charity BBQ" funds to support our Association. Being a long weekend it was very busy with several of their members working alongside ABA members. I had my "L" plates on for the morning!!! Many sausages, sauce and bread were sold. Our members had a wonderful time, enjoying the market with magnificent weather ordered by ME!!! The President of the Lions Club presented me with a cheque for \$500 on conclusion and a further \$200 at the next Lions Club meeting along with a membership form for me to join them!!! I am so blessed living in a little country town with so much support.

Sunday lunch was a little different at my home in Burdekin Crt this year. Friends Helen and Karryn, made Casseroles and sweets and I made a Gravy Beef Stew and Currant Pies. Josie, Mindy and Helen organized mashed potatoes and vegies at home while I worked on the Lions BBQ. "Sweets Queen", Josie Tree made her magnificent Trifle and Melanie - her Chocolate Slice. Double Wedding Anniversary celebrations for Debbie and Stuart Stevens and Helen and John Burfitt were recognized with 2 Cakes made especially. Sunday evening was a time to relax and reflect on the weekend, and for some, talk freely about their experiences and let go of stress, which is what this weekend is all about!! Hopefully this will help to start making a difference in their lives.

John Burffit from Red Cliffs, an ABA associate member, collected at McDonald's and the Mildura Mall raising \$1300 for the ABA including a further \$91 auctioning a Quilt that he donated. John plans to make this an annual event collecting for the ABA with the wonderful support of his lovely wife Helen. All prizes were donated for the raffles. Prize winners were members Carolyn Loughton and Tom Voigt and local resident Karryn Allford. Many thanks to all who helped make this wonderful weekend a huge success - Jim Preston, Darrell & Josie Tree, Melanie Warburton, John & Helen Burfitt, Debbie & Bill Lowther, Mindy Sutherland and Lindeman's. Please forgive me if I have missed anyone who donated towards the auction which was very successful. Don't forget to put Mildura Long Weekend 2016 into your Diary and enjoy fantastic country hospitality!!! Best Wishes – Coralee.

WEST AUSTRALIA REPORT – Vic Boreham

I have arranged with a company to have the Australian Bravery Association logo embroidered on members' polo shirts and/or jackets. Each member can supply his or her own polo shirt or jacket and for \$15.00 have the logo embroidered thereon. That is cost price. I have covered the cost of designing the logo and this will not be passed on to members. The company also sells polo shirts and jackets should any member wish to do this. If you already have polo shirts with logos on the left side, the ABA logo can be embroidered on the right hand side.

The logo is the same, including size, as on the men's & lady's shirts that we already have in stock. They look pretty good in fact. So far, I have had one jacket and eight polo shirts embroidered for members. Anyone interested please contact me direct on (08) 9337 8885 or email me at victor.boreham@forbravery.org.au for further information.

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AUSTRALIAN CAPITAL TERRITORY REPORT – Mindy Sutherland

I was pleased to attend the launch of the *Valour, Courage, Bravery* Exhibition at the Royal Australian Mint along with our National President, Andrew Kendall, National Secretary, Brian Harland, and National Membership Secretary, Melanie Warburton. It was nice to catch up with them and a number of others.

Australian mountaineer and Canberra resident Andrew Lock is set to receive a Commendation for Brave Conduct for his role in helping rescue three climbers high on the slopes of Mount Everest. Whilst needing oxygen for himself he selflessly delivered his own oxygen to these men and escorted them to base camp thereby saving their lives. I am looking forward to meeting Mr Lock at his investiture.

At the recent Vietnam Veterans' Day ceremony which was attended by the Prime Minister, Tony Abbott, and several ministers, I laid a "Brave" book instead of a wreath. The book will be donated to a local school library and hopefully it will inspire young minds. I look forward to seeing you all in February. Best wishes – Mindy.

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SOUTH AUSTRALIA REPORT – Bill Lowther SC

Darrell Tree CV and myself were fortunate to be invited by the South Australian Governor, His Excellency the Honorable Hieu Van Le AO, to attend an investiture ceremony and reception for recipients of Australian Honours and Australian Bravery Decorations on Thursday, 27 August 2015 at Government House Adelaide. Congratulations to all recipients.



South Australian Governor with Jane Reilly OAM, Darrell Tree CV & Bill Lowther SC.

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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: Brenda Cochrane, ABA National Treasurer, 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

PHOTO GALLERY

MILDURA ABA REUNION 2015



ABA VICE PATRONS

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

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