



AUSTRALIAN BRAVERY ASSOCIATION NEWSLETTER

No. 27 September 2016

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 year seems to be flying by and there are a number of wonderful events coming up for the association. We hope that you all get the opportunity to attend one or more of them. It is a great opportunity to relax, meet new people, catch up with friends and share your experiences.

More details about each of the following events can be found on the ABA website.

The Queensland Bravery Reunion (14-16 October) will once again be a fun filled time up in Queensland. Sally Gregory has put together a great weekend.

The following weekend (21-23 October) is the exciting guided kayaking adventure on NSW's picturesque north coast that has been put together for the members of the Australian Bravery Association by Project Stay Afloat and the Skee Kayak & SUP Centre. Thanks to Robyn Hill for her efforts.

New South Wales are planning a NSW Bravery Dinner at Coogee on Saturday 26 November. Andrew MacDonald, Brian Harland and Chaplain Jim Cosgrove provide more details late in this newsletter.

The events and schedule for the ABA National Conference in Canberra (10-12 February 2017) has been locked in. An exciting change this year is that the ABA Annual Dinner will be hosted at the Royal Australian Mint. The Mint has been exceptionally supportive of the Australian Honours and Awards System and Bravery award recipients so it will be nice to share our time together with them. The invitation for the National Conference will be sent out shortly. We hope to see you there.

Canberra Investiture

I had the pleasure of being invited to a Bravery investiture at Government House in Canberra on 9 September. Congratulations to ABA Member, Colonel Michael McMahon BM, who received a Bravery Medal. Colonel McMahon was involved in the rescue of several people

Coming events

Queensland: Surfers Paradise 14th – 16th October 2016

- Meet and greet
- Buffet dinner
- Picnic in the park
- Skypoint Observation Q1
- Bravery Dinner
- Canal Cruise
- Art Therapy Workshop

'Woopi' Kayaking Adventure 21st - 23rd October 2016

Woolgoolga, North Coast NSW

New South Wales Event Coogee Diggers (RSL) 26th November 2016

- Black Tie Dinner
- Brunch

More details to come.

National Conference Canberra 10th-12th February 2017

More details to come but book the date in your diary.

Editors' Note:

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

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

following a fatal British Royal Air Force helicopter crash in Kabul, Afghanistan on 11 October 2015.

Also receiving an award was Neil Maher who was awarded a Commendation for Brave Conduct for rescuing two girls from drowning at Gungahlin in the ACT on 12 October 2012. We hope to see both recipients and the families at the National Conference.



Colonel Michael McMahon BM with his wife Andrea.



Neil Maher with his wife Louise, daughter Tianna and mother Allana.

Queensland Bravery Garden



Planning is well under way for the Queensland Bravery Garden. We have now received support from groups including the Queensland Government, the Brisbane City Council, Queensland Emergency Services and the Royal Humane Society of Australasia. Thanks to the ABA members who have made a number of generous donations. It is all coming together well. However, we still have a way to go and if you can support the project financially or otherwise it would be greatly appreciated. Detailed information about the project can be found on the ABA website.

Thank You

Thank you everyone for your support of the Australian Bravery Association and, most importantly, each other. In that respect I wish to give special praise to National Vice-President (ACT) and Membership Secretary, Melanie

Warburton, who has been such a wonderful friend over the years to recently passed member Mindy Sutherland. Melanie's love and kindness for Mindy is what we all should aspire to as members of the Australian Bravery Association. Thank you Melanie. God bless you Mindy, we miss you and thank you for the goodness you shared with us.

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THE GALLANTRY MEDALLISTS' LEAGUE

The Gallantry Medallists' League, based in the UK, is a non-service, non-political organisation dedicated to all holders of gallantry medals in the UK and from across the Commonwealth. The main objective of the League is to create, cherish and maintain "esprit de corps" and comradeship amongst League members through the frequent exchange of information and regular meetings on both a formal and social basis.



Other objectives are:

- To bring to the notice of the League any cases of hardship and to grant assistance where possible to any Life Member in distress or in need.
- To organise social events for League members and to provide assistance to those who wish to arrange meetings and reunions.
- To organise celebratory Parades, Services and Musters for the League members as and when applicable.
- To provide through the medium of a Newsletter and a website, information concerning the activities of the League and to provide a means whereby members can maintain contact with others in the League.
- To encourage awareness throughout the UK and the Commonwealth of the Gallantry Medallists' League and its history.
- To ensure that the activities and sacrifices of gallantry medal recipients are recorded, remembered and made available to this and future generations.

Life membership is open to all of those who have been awarded a Level 2 or Level 3 Gallantry Award issued by the United Kingdom or Commonwealth. Specifically, recipients of the following Australian awards can apply for life membership:

- Star of Gallantry
- Star of Courage
- Bravery Medal
- Medal for Gallantry

Membership is also open to family and direct descendants of a Life Member of the League, living or deceased, or family and direct descendants of a deceased holder of a Level 2 or Level 3 gallantry award, as a well as, Friends of the League.

The Australian Bravery Association is formally affiliated with The Gallantry Medallists' League. ABA members have the opportunity if they are in the UK to attend their functions and events. Christopher Harding, an ABA member who resides in the UK, is our representative to the League.

More information about The Gallantry Medallists' League can be found on their website: www.gm-league.com .

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AUSTRALIAN BRAVERY ASSOCIATION - 'WOOP!' KAYAKING ADVENTURE
21st -23rd October 2016 **Woolgoolga, North Coast NSW**



Robyn Hill from Project Stay Afloat, in conjunction with the Skee Kayak & SUP Centre, has extended an exclusive invitation to the members of the Australian Bravery Association to take part in an exciting guided adventure at Woolgoolga on NSW's picturesque north coast.

(Note: The town of Woolgoolga has a local nick name of 'Woopi', because Woolgoolga is way too hard to spell and even harder to say!)

Project Stay Afloat through the process of participating in paddle sport activities aims to support any individual who may be affected by PTS, depression and anxiety. They aspire to bring people together in a supportive and recreational environment; offering camaraderie, challenge and exercise.

The highlight of the weekend will be the Woopi Beach to Reef Adventure. Accompanied by qualified instructors, this is an opportunity to explore the unique waterways of the Solitary Islands Marine Park during the whale migration season. Majestic Woolgoolga Reef is renowned for its dolphin, sea turtle and whale sightings. From the novice to the experienced, this is an adventure to suit all skill levels.

There will also be time throughout the weekend to explore the area, take part in other activities and share experiences and friendship together over lunch and dinner in some lovely local establishments.

This is a fantastic opportunity for all ABA members and we hope you attend. All costs and suggestions for accommodation have previously been advised. For more information please contact Robyn Hill on 0415 514 708 or robyn@stayafloat.com.au.



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	\$15	Association neck ties	\$25
Men's embroidered shirts	\$35	Ladies embroidered shirts	\$35	Name badges	\$20
Embroidered baseball style caps	\$20				

+ \$8 postage for above mail orders

Mark Whittaker's book - **BRAVE:**

\$20.00 + 10.00 postage

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



News From Canberra

Vale – Mindy (Merranda) Sutherland

We are saddened to report the recent passing of our much loved member, Mindy. She had held the position of National Vice President for the ACT and she capably represented the ABA at Government House and many other functions. A long-time resident of Canberra she was well known in many circles and belonged to many organisations. Mindy was a ton of fun, a prolific writer and she lived life to the fullest serving others and enjoying herself. Such an inspiration! Her lack of computer skills – sadly couldn't get the hang of emailing on her laptop – was a positive for others who received her newsy handwritten letters and words of encouragement. Whilst she was ill herself she still sent those notes or rang for a chat to cheer you on. Personally, we were privileged to receive these missives throughout Alan's many surgeries and recovery time. Mindy's faith was monumental and whilst we, like many others are saddened by her death her struggle is over and she has gone home. Not to be forgotten – her spirit will live on.

We hope you enjoy reading the ongoing 'member profiles' and the reports of new bravery recipients' stories.

NSW REPORT – Brian Harland

Eastern Suburbs Military Memorial

On Friday the 29th July, Eastern Suburbs Memorial Park's newest and most unique Military Memorial was officially opened during the centenary anniversary of one of the significant military engagements for the Battle of Pozieres during WW1.

The ABA received an invitation and I attended, with Pam, for the opening of the Memorial Garden on the 100 year anniversary of the battle of Pozieres. There are three Victoria Cross recipients from WW1 buried in the cemetery and they have now built the memorial garden commemorating them.

Legacy and the War Widows Guild are also a major part of the Memorial.

The History of the Victoria Cross was presented by Mr Daryl Maguire MP and included mention of Keith

Payne VC, AM and the 100th recipient Cameron Baird VC. The official Address and Dedication was led by the Chief of the Defence Force, Air Chief

Marshall Mark Binskin AC. A highlight was Ms Morgan Balfour, a soprano, singing the German, French, British and Australian national anthems at various stages during the ceremony.

It is a very impressive memorial garden and if anyone is interested and happens to be in Sydney it is well worth a visit. Also, if anyone wants any further information please let me know.



A memorial featuring a bronze soldier and girl holding note "miss you dad", widow and baby girl holding sprig of rosemary.

Investitures



Wing Commander David Glasson with Brian Harland.

The NSW Investitures were held from the 7th to 9th September and 32 people received their awards. Andrew MacDonald SC and I shared the attendance duties. Meeting the new recipients after receiving their awards is always an enjoyable experience. Congratulations to all the brave people named in the latest announcements.

Wing Commander David Glasson has been exceptionally welcoming and helpful in all our time spent at Government House in Sydney as well as all the staff we have met.

In 2014 a man entered a fast food restaurant at Revesby jumped the counter and threatened the staff with the intention to rob the store. Mr Ratahi and a friend entered the kitchen area and approached the offender who removed a



Mr Ma'afu-Leka Okusitino Ratahi.

large screwdriver from a bag and lashed out striking him on the wrist and hand. When his friend grabbed the offender, and during the ensuing struggle, Mr Ratahi managed to remove the screwdriver and assisted in restraining him until the police arrived.



Mr Brock Lawrence, Katie Abbott and Mr Charles (Tom) Mitchell

In 2014 they assisted in the rescue of a man from a burning vehicle near Dubbo. A car had collided with a large tree and was on fire but the driver's door was jammed and after quelling the flames with a fire extinguisher they bent the door back. As the driver was still stuck and the flames began to re-ignite, Katie Abbott, who was heavily pregnant, provided Brock Lawrence with a knife and remained with him while he cut the driver out and pulled him from the vehicle.

For their brave action they were awarded the Bravery Medal.

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VICTORIA & TASMANIA REPORT – Coralee Lever

I am truly blessed once again with the support of the Mildura and Red Cliffs Community for the ABA.

Since 2006 a wonderful welcome to Mildura has been extended to our members with a Civic Reception hosted by our Mayor, and attended by the CEO and Councillors. Other special guests included The Mayor of Wentworth and Freeman's of the City, who with the Red Cliffs Lions Club members have been supporting the ABA for these past ten years. I feel very honoured to be on the MRCC Calendar of Special Events.

I am sure the Civic Reception that was given, touched each and every one of our members as their acts of Bravery were recognized and they enjoyed the hospitality our wonderful city had to offer. Meeting at the RSL after the reception is a great place to meet and greet before our tour the next day.

Our Tour of the Mildura District was a little different this year, as Alison Stone our Tour Guide of other years, had a kidney removed earlier in the year. Alison gave me contacts for a 4 hour River Cruise where everyone enjoyed the



The gang after the River Cruise

fine food that was supplied and wines they brought on board with them. We all totally relaxed, especially the ones who had travelled long distances like Andrew and Michelle McKillop, Victor, Julie and Jack Ronque, Darrell and Josie Tree, Bill, Debbie and Ruth, Geoff and Carolyn and Lynne, Harry and Mary Skelton. A huge effort of 5 and 6 hours travel for some and overnight for others to make the long journey. I thank you all and would love to see you again in June 2017.

The Rendezvous restaurant is well known for its hospitality, fine food and wines! Our Special Guest at the dinner was Councillor Jill Joselyn and her husband, who have been attending our functions for some time and enjoy the company of our ABA members.

Hopefully Jill may be joining us in Canberra. It was at the Rendezvous that John Burfitt, an ABA social member and his wife

Helen presented the ABA with a cheque for a substantial amount that he collected over several weeks! Many thanks John for the long hours collecting at McDonalds and Mildura/Red Cliffs Town Centre's. Your dedication to the ABA is very much appreciated.

Thank you Jim Preston for your wonderful work of art for the raffle held in my shop in Red Cliffs. A local lady won.

A big thank you goes to David Browne, principal of the Red Cliffs Secondary College for loaning their school bus for the long weekend to transport our members. All I needed to do was find someone who had a license to drive the bus and fill the tank before returning!! Thank you to Andrew Hamilton from the Red Cliffs Lions Club, who did all the pickups and short tours of our Mildura City before our river cruise. I would like to thank Victor Ronque and Andrew McKillop for collecting to cover the petrol for the Bus; it was a lovely thought and Andrew filled the bus before taking it back to the school. I hope you all enjoyed the tours Andrew took you all on!!

Sunday morning was for those staying in Mildura to visit Market Day in the City Centre. Andrew organized a pick up point for the bus to come on out to Red Cliffs for a Casserole Luncheon at my home in Red Cliffs. Andrew took a few of our members to see the Scenic views of the Murray River and Big Lizzie Tractor in Red Cliffs before settling in for the afternoon! A huge thank you to my friend Karryn Allford, for all of the beautiful Casseroles and Bread and Butter Pudding! Hilda Fullerton my friend who made a Savoury Stew! Helen for her beautiful casseroles and sweets, I made a Gravy Beef Stew and Vegies and Currant Pies! Mel, thank you so much for your help and support you are a real treasure!! Plus you make the best slice Yum! And as for Josie's Trifle "delicious" A special cake was made for Bill Lowther's 80th Birthday, and also friend Ruth. Thank you all who helped in the kitchen to make this weekend such a success.

My home comes alive with love and laughter, especially with Darrell and Josie, Melanie and Jim!

Hoping you all take back beautiful memories of your stay in Mildura, and plan for a revisit in 2017.

My thoughts were with Mindy who I miss dearly. Mel and I were hoping she could just have one more trip to Mildura. Sadly I could not travel to Canberra to say farewell. A beautiful friend and will be sadly missed by all. Thank you Mel

for caring you are a real treasure, and to Gary who also has a heart of gold.

See you all in Canberra – Coralee.



During the Mildura weekend survivors of Port Arthur Lynne Beavis, Carolyn Loughton and Coralee Lever acknowledged the anniversary of the tragedy.

NATIONAL VICE PRESIDENT – Andrew MacDonald SC

NSW Investitures

Government House in Sydney hosted six Investiture ceremonies from the 7th to 9th September. Throughout the three days Brian and Pam Harland, Valerie and I were privileged to witness many amazing individuals decorated with Bravery Medals, Commendations for Brave Conduct, and Group Bravery Citations. We also had the opportunity to meet with a milieu of recipients of The Order of Australia.

It was a particular pleasure to meet Mr Ronald Albert Morasso BM who received the Bravery Medal for his actions on the 12th of July 2013, when he repaired a hazardous fuel leak at the Caltex Fuel Terminal in Banksmeadow, New South Wales. He volunteered to enter the embankment surrounding the base of the leaking tank, wading through thousands of litres of unleaded petrol in order to shut off the valve and in so doing, controlled the risk of explosion. Mr Morasso BM was also among the twenty awardees of the Group Bravery Citation for Members of Fire and Rescue New South Wales who attended the major fuel leak. They established themselves in the 'hot zone' and assessed the situation before implementing a range of strategies to prevent an explosion.

Among our celebrity Order of Australia inductees, Amanda Keller of the WSFM radio show and The Living Room on Channel Ten was present to receive her award for services to broadcasting and ongoing charity work.



David Wood with Brian Harland.

Commended for Brave Conduct, Mr David Joseph Wood assisted a man who got into difficulty while diving at Palm Beach in New South Wales on the 9th of February 2013. Mr Wood was completing an advanced dive course at the historic wreck of the SS Tuncurry. During the training the dive instructor suffered a seizure and with the urgent need to get the instructor to the surface his buoyancy control device was inflated. Ignoring his own decompression obligations Mr Wood ascended rapidly with his stricken colleague and continued with resuscitation attempts and continued to assist with CPR when transferred onto a police vessel.

Also invested with a Commendation for Brave Conduct was Senior Constable Michael Dietrich of NSW Police who rescued two people and their dogs from a flooded waterway at Bobs Creek in New South Wales on the 2nd of March 2013. He jumped from a bridge into raging floodwaters and made his way to a submerged vehicle. Senior Constable Dietrich then carried an elderly couple and their dogs (at the insistence of the man in the vehicle!) to safety.

There were many other notable awardees, and it was a pleasure to attend. Congratulations to all.

NSW Reunion Saturday 26th November 2016

The NSW reunion is moving forward full steam with the venue of Coogee Bay Diggers club hosting our family friendly black tie dinner.

We will be meeting before dinner at the surf lifesaver memorial on the beach for a moving service conducted by our very own Padre Jim Cosgrove at 4:30pm (tentative) before walking back to the club for our 6pm dinner. The ABA was a proud sponsor of the documentary "Known unto God" to which this statue refers. It is the story of a young Coogee lifesaver, John Whitworth, who was chosen to join Z Force during World War II. His military role in this Special Unit came to a tragic end with his death saving his mates during a secret operation.



We are hoping to organise a brunch gathering the next day in the city for those members interested once we have a better idea of numbers for the night. We look forward to seeing all our NSW and interstate members for a relaxing evening of catching up, and perhaps meeting for the first time.

Invitations with all details will be emailed out soon as well as appear on our web page. In the meantime, book the date in your diary and feel free to contact me for further information.
(Ph: 0412 816 373; Email: @forbravery.org.au).

Kind regards - Andy Mac SC

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QUEENSLAND REPORT – Sally Gregory

A reminder for our great Queensland reunion

Dear members and friends of the ABA,

I have much pleasure in inviting you and your loved ones to join us, in a weekend of fun and fellowship, for the Queensland ABA reunion – 14 to 16 October, 2016.



For your convenience, all events are within walking distance of the Surfers Paradise CBD. The Watermark Hotel and resort has given us a discount on accommodation. You can access this saving by booking online at their webpage <http://www.watermarkhotelgoldcoast.com.au> and entering the following **Promo Code AUBA** to save 20%. At the time of writing, rooms were available from \$140 per night (Twin) and if you're quick, you will be able to get one at this rate. They are **sold out** from 21 Oct, due to the Gold Coast 600 race.

We have planned an exciting itinerary of seven low or no cost activities, for your enjoyment. Some of these require payment in advance. These are **the picnic, the cruise, the formal dinner and the art for therapy workshop**. They need to be paid along with your **RSVP by Friday 30 September**. All others are "pay as you go" and allow you to make your own selections, to suit your budget.



Special guest speaker Kaye Danes OAM.

Don't forget to put out your raffle prize "feelers" as we always need assistance in sourcing good prizes for our fund raising auction. I look forward to seeing you there.

Other locations as per the invitation and ABA website:

Budds Beach – Picnic
Wyndhams Cruises
Q1 Skypoint Observation Deck
Surfers Paradise RSL Club – Formal dinner
Donald James Waters Art

Any enquiries re this event - Sally Gregory, National Vice President (Qld),
23 Vantage Point Drive, Burleigh Heads. QLD. 4220. PH: H – 07 5576 0030 M – 0418 664 141
Email – sally.gregory@forbravery.org.au .
Visit us on the web - www.forbravery.org.au or you can find us on Facebook.

Please post the completed registration form to:

ABA Qld, C/-- S. Gregory 23 Vantage Point Drive Burleigh Heads. Q. 4220.

Payments to be made to:

Australian Bravery Association National Executive Inc.

BSB: 034122 Acct: 688064.

NB. Please add your **name + Qld Fun** to EFT payment info.

Payments and booking forms should be received no later than Friday 30 September.

Also keep in mind the Project Stay Afloat being held the following weekend October 21st – 23rd

A paddle and kayak adventure for ABA members: Skee Kayak Centre: <http://www.skeekayakcentre.com.au/>

Accommodation - Woolgoolga Beach Holiday Park:

<https://www.coffscoastholidayparks.com.au/woolgoolga-beach-holiday-park/>

Robyn Hill: Project Stay Afloat co-ordinator. Email her if you have not yet received the info:

robyn@stayafloat.com.au .

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SOUTH AUSTRALIAN REPORT – Bill Lowther SC & Darrell Tree CV

On the 1st September we attended the South Australian Investitures at Government House. There were many recipients on the day receiving different awards. People such as Nicholas Thompson who was awarded the Star of Courage for saving a man who was attacked by a white pointer shark at Fishery Bay, Port Lincoln.

A Bravery Medal was awarded to Luke Ashman for attempting to rescue a man caught in a rip at Petrel Cove and Christopher Lofdahl for saving a woman from an attacker in Athol Park. Christian Pyke was also awarded for helping with the rescue of a man being attacked by a white pointer at Fishery Bay.

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AUSTRALIAN CAPITAL TERRITORY REPORT – Melanie Warburton Tribute to Mindy



I met Mindy nine and bit years ago through the ABA and we just clicked. She was more like a mum to me. Mindy tried to attend all the ABA events and I think she succeeded in the most part. When she travelled for these events she was always off catching up and staying with members and friends, she really knew how to pack it in.

Mindy and I often went to the theatre and art exhibitions and she loved going to the movies which we did very regularly and was always followed by lunch and an in depth discussion of the movie we had just seen. Mindy loved her food and our big treat was an iced chocolate. Our last movie was on Friday 1st July and on Saturday I took her to vote. She was in a wheelchair and we had great time with Mindy being the horn and me with my wheelchair L's, we had plenty of laughs that day, finished off by tea and scones.

Mindy was a wonderfully caring person and always went out of her way to help her veterans and many other people in the numerous organisations she was a part of.

Organisations such as 7 RAR Association, Korea SE Asia Association, 4 RAR Association, War Widows Guild, Legacy/Laurel Club, Defence Widows Group, Vietnam Veterans Federation, Vietnam Veterans Association, Partners of Veterans Association and the Conspicuous Gallantry League. She really cared about people and always put others before herself.

Mindy survived 5 major cancers between 1976 and 2015 and during this time she continued to work tirelessly with her Ex Service organisations, never letting these illnesses get in the way of living life to the fullest and always had a positive outlook. The last six months have been very hard as I watched her slowly be able to do less and less until this last cancer claimed her life.

Mindy's funeral was a huge event as was expected, as she touched so many people's lives. I estimate 150 to 200 attended. The Governor General sent his regrets at not being able to attend as he was overseas and Tony Keach

OAM, secretary of 7RAR Association and representing the many service groups Mindy was a part of gave a very heartfelt speech which moved all present.

I will remember the good times we have all shared with Mindy and know she will be looking down on us from heaven and enjoying her new wings. She had great faith and was a firm believer that we will see the ones we loved and lost after we die and I hope she is doing just that.

Mindy was an amazing women and I will miss her dreadfully. Rest in peace my friend.

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MEETING YOUR MEMBERS

LISA HALL BM



Hello, Let me introduce myself. My name is Lisa Hall BM.

I am one of many Aussie rescuers who have received a Bravery Medal, and am a current member the Australian Bravery Association and their Facebook group “Australian Bravery Awardees”.

Since receiving my award in 2013, I have found there is a lack of information available in the Coffs Harbour area for people who have (or are experiencing) the challenges of PTSD (post-traumatic stress disorder) and other stress related issues which resulted from their rescue event.

I have personally suffered from this accursed Black Dog. This experience has prompted me to try and form a network for emergency responders, police and civilian recipients with their families and friends. I have found that offering support with understanding, compassion in a place of safety is a very important element of achieving a stress free life. The ability to access information about where and how to access counselling, legal aid or other services identified in our area has proven difficult in the past.

My intentions are to start up a social support group here in the Coffs Harbour region, where we could meet up and have a chat over a cup of coffee and get to know one another, once a month or so, depending on the needs of the members of the group.

Through these meetings we could organise gentle physical activity e.g. walking, yoga, gardening, and family/friend support outings, to promote and support improved mental health for all, in the safe and supportive environment of a small group. If you are interested in joining our special group, please do not hesitate to contact me by email (lizzylou1965@hotmail.com) or ring me on 02 6654 5448. I look forward to hearing from you. Regards – Lisa Hall.

MIKE PEARSON BM APM

Mike is a 37 year policing veteran who resides on the Gold Coast with his wife Wendy whom we at the ABA, and everyone else for that matter, affectionately know as Lovey. In fact, Mike and Lovey are 31 year veterans to their labour of love – marriage. They have three daughters 26, 25 and 24 years and in late 2015 they became grandparents for the first time.

Mike’s service has taken him around Queensland to places such as Mount Isa, Burketown, Doomadgee, Mornington Island, Chinchilla, Gold Coast and a number of other small centres in between. His later 2½ years have been spent in Brisbane in the project environment.

In 1998 at Logan, Mike was confronted with a situation where a disturbed male entered the foyer of a police station with a number of improvised explosive devices with intent to cause injury and damage. Mike and a colleague confronted the person and were able to disengage him from a device and a briefcase containing IED's and explosives. With the device secured and still being held by Mike he raced it to a park area away from the public and buildings where he held the device for 45 minutes until another colleague was able to assist him to release the device. For his actions he was awarded the Queensland Police Valour Award and later the Bravery Medal. He and his colleagues were also awarded the Group Citation for Bravery.

In 2008 Mike was off duty and travelling on a train out of Brisbane after attending a Bledisloe Cup game when he identified a male person armed with a knife. An argument broke out and this person threatened another with the knife. Mike confronted the male and disarmed him with the assistance of another then containing the person until the train stopped and he was taken into custody by police. The matter was brought to the attention of the QPS and he was awarded a Commissioner's Certificate for Notable Action and later the Royal Humane Society Bronze Medal for Bravery and a Commendation for Brave Conduct.

Mike has also been awarded the Australian Police Medal for distinguished service.

His greatest passion is supporting those less fortunate within the community. He is a director on a number of boards in this endeavour and he plans on devoting more time to these pursuits when he retires in the next few years.....if permitted by Lovey!

His favourite saying is, "When dealt a lemon make lemonade"!



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CONGRATULATIONS

Congratulations to the following ABA members who were awarded their second Bravery award recently.

Mark Tregellas awarded a CBC

On the 14th May 2012 Sergeant Tregellas responded to a phone call for assistance from the Head Ranger at Croajingalong National Park. A stricken catamaran had grounded at Wingan Inlet, Victoria. There was an elderly couple on board. Mark was transported by boat to the area and then waded about 100m to the vessel. After several attempts, and being knocked off the boat into the water, he was unable to evacuate them as they refused to leave while the sea pounded the boat. Mark then walked 3 klms to alert the Water Police and get helicopter assistance. The couple were rescued and the vessel later broke up in the surf.

Allan Sparkes CV awarded a CBC

On the 27th April 2014 whilst waiting with his daughter for a train at Redfern station his attention was drawn to another platform where a man had fallen onto the tracks. Despite being aware that a train was due Allan jumped down and made several attempts to pick up the man and lift him onto the platform. He finally managed with the assistance of bystanders and then they assisted him to safety before the train came through soon after.

PHOTO GALLERY – MILDURA 2016



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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