

FOR BRAVERY



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



L-R: ABA member David Savage AM, Ray Zak and Gary Brown representing the Australian Federal Police Veterans Association during the 2023 AFP Graduation Parade in the Great Hall at Australian Parliament House.

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PATRON

*His Excellency General the Honourable David Hurley AC
DSC FTSE (Retd) and Mrs Linda Hurley.*

Linda and I want to wish readers of *FOR BRAVERY* and members of the Australian Bravery Association and their families all the best for the festive season.

For us, the season is a time to give thanks. We will be thinking particularly of those who will be working during the holiday period.

Whether it is our fire and emergency services personnel, our medical personnel, the men and women of the Australian Defence Force, or others serving our community, we thank them for what they do, their commitment and for being there for us over this period.

As I reflect on the past year and the many engagements Linda and I have participated in, including your National Conference, I am reminded of the positive difference that compassion and support makes in our communities.

Those qualities underpin the work of the Association and help make our communities stronger. I extend my heartfelt thanks to all members of the Association for raising awareness of acts of bravery committed in our community and of the wonderful Australians who put the safety, health and wellbeing of others before themselves.

From my family to yours, please stay safe over the holiday period.

Happy New Year!

Governor-General of the Commonwealth of Australia
Government House
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AUSTRALIAN BRAVERY ASSOCIATION NATIONAL EXECUTIVE, HONORARY & EX-OFFICIO MEMBER DETAILS

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PATRONS & VICE-PATRONS

The Australian Bravery Association is proud to have His Excellency General the Honourable David Hurley AC DSC FTSE (Retd), Governor-General of the Commonwealth of Australia, as our Patron. He joins our Vice-Patrons Darrell Tree CV; Victor Boscoe CV; Allan Sparkes CV OAM VA; Tim Britten CV; Richard Joyes CV; Doug Baird OAM, and Richard Rolfe AM.

ABA SOCIALS ARE THE PLACE TO BE

Get to know your fellow ABA members and more recipients of bravery awards.

The ABA Facebook Page: <https://www.facebook.com/australianbraveryassociation>

The ABA Awardees Facebook Group is a CLOSED GROUP for Australian bravery award recipients and their next of kin. <https://www.facebook.com/groups/AustBraveryAssoc>

FOR BRAVERY, EDITOR
Dr Kay Danes, OAM



Dear ABA members and friends,

Welcome to this New Year edition of *FOR BRAVERY*— a publication committed to fostering a deep and meaningful connection between the ABA, its esteemed members, devoted supporters, and our vibrant social media presence on Facebook. I am thrilled to bring you another exciting instalment that aims to celebrate the bravery, resilience, and accomplishments of our community. Curating this publication is a truly gratifying experience for me, as I am constantly inspired by the incredible stories of bravery, courage, and selflessness that I have the privilege of reading. I am reminded of the indomitable human spirit and the incredible capacity for acts of kindness and heroism. It is an honour to be a part of this journey and to have the opportunity to showcase so many wonderful stories of resilience and compassion. I would further like to express my gratitude to those who tirelessly work behind the scenes to support this publication. Specifically, I am grateful for the efforts of Melanie Warburton and Andrew Kendall.

This publication is solely dependent on the generous contributions from ABA members. With that being said, I would like to extend a heartfelt invitation to you, encouraging you to actively participate and contribute to this publication in the future. *FOR BRAVERY*, submissions should be commercially neutral and readable to a broad audience.

- Your rescue event (max 1 A4 page with photos),
- Investiture related content
- A bravery-related (real-life) encounter
- Something witty to give us a laugh or an inspirational poem.
- Reflections on remembrance, celebration, or festive messages
- Honouring someone in the ABA who has inspired you.
- Something positive and uplifting to encourage others.



If you happen to know of anyone who has been honoured with a bravery award but has not yet become a member of the ABA, we kindly request you extend an invitation to join our thriving community. By doing so, they will have the opportunity to partake in the exciting activities and events we have planned for the year 2024. This will not only enrich their own experiences but also contribute to the vibrant and supportive atmosphere that the ABA is known for. Together, we can create memorable moments and celebrate the achievements of those who have exemplified bravery.

Thank you for your continued support in helping us reach out to potential members and ensuring that no deserving bravery award recipient is left out from our ABA events.

Kay Danes: ABANewsEditor@gmail.com

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ABA NATIONAL PRESIDENT

Andrew Kendall OAM



Looking back on 2023, we have experienced some very special moments that will become part of our rich ABA history. The National Conference in February 2023 was undoubtedly a major highlight, with over 100 people in attendance. Everyone who participated in the National Conference had a fantastic time, and I would like to express my gratitude to those who were able to join us. The 2023 National Conference was the most successful one I have ever witnessed.

We have much to be thankful for in our ABA with such a broad representation of brave individuals who have at one point risked their life to save a life, property, or the environment. What makes them brave? What touches their hearts and moves such people to action?

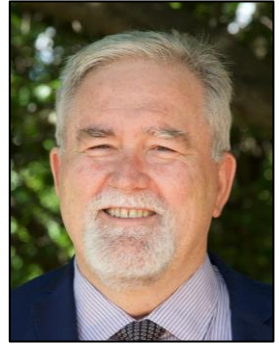
I think one of the most inspiring aspects of bravery is the ability to confront fear head-on. Bravery is not the absence of fear but rather the willingness to push through it. When we witness someone overcoming their deepest fears, whether it's standing up against injustice or taking a leap of faith, it resonates with us on a profound level. It reminds us that we too have the capacity to conquer our own fears and achieve greatness. Bravery gives us hope and encourages us to step out of our comfort zones, reminding us that growth lies just beyond our fears.

Many in our ABA family are selfless and many have, perhaps without even intending to put themselves in harm's way or have made some kind of personal sacrifice for the greater good. When we hear the stories of those individuals who risked their own safety or well-being to protect others or their property or the environment, it fills us with admiration and awe. Their acts of bravery remind us of the power of compassion and empathy, and they inspire us to be better versions of ourselves. Bravery shows us that there are causes worth fighting for and that our actions can make a difference in the lives of others.

Bravery is the courage to face fear. The selflessness and sacrifice it entails shows us that we are capable of more than we realise and encourages us to be the best versions of ourselves. So, on that note, I'd like to say thank you to all our ABA members for having the courage to be brave. Your extraordinary self has the power to move and inspire and does!

Happy New Year!
Till next time.

Andrew Kendall: AustralianBraveryAssociation@gmail.com

ABA DEPUTY NATIONAL PRESIDENT**Peter White OAM ML MBE MCS****Bravery Through the Centuries: An Ever-Evolving Virtue**

Bravery, a virtue celebrated across cultures and time periods, has evolved significantly in meaning and context through the centuries. This article will explore the shifting perceptions of bravery from ancient civilizations to the modern world, highlighting the various facets that define this virtue and the individuals who embody it. In the ancient world, bravery often manifested in the context of warfare and conquest. Civilizations like the Greeks and Romans revered warriors who displayed valour on the battlefield. The Greek epic, the Iliad, extolled the heroism of Achilles and Hector, emphasizing physical courage and martial prowess. Similarly, the Roman Empire celebrated the bravery of soldiers who defended their territories. Bravery, in this era, was predominantly associated with physical strength and combat skills, as civilizations relied on the courage of their warriors to protect and expand their domains.

During the medieval period, the concept of bravery evolved as chivalry emerged as a prominent code of conduct among knights in Europe. Bravery, in this context, encompassed not only martial valour but also virtues such as honour, loyalty, and compassion. Knights were expected to protect the weak and uphold justice, demonstrating moral courage alongside physical prowess. Stories of King Arthur and his Knights of the Round Table exemplify this ideal, where bravery was inseparable from nobility of character.

The Renaissance era witnessed a shift in the perception of bravery, as intellectual and artistic pursuits gained prominence. Bravery now extended to individuals who challenged societal norms through their ideas and creative expressions. Thinkers like Galileo Galilei, who dared to challenge the Church's geocentric view of the universe, demonstrated intellectual bravery. Artists like Leonardo da Vinci and Michelangelo showcased creative courage by pushing the boundaries of artistic expression. Bravery, in this period, transcended physical bravery and embraced intellectual and artistic daring.

The Age of Enlightenment ushered in a new dimension of bravery with the emergence of political revolutions and the pursuit of individual rights. Figures like Thomas Jefferson, Thomas Paine, and Voltaire exhibited the courage to challenge oppressive regimes and advocate for freedom and equality. The American Revolution and the French Revolution became iconic examples of brave individuals and masses demanding their rights and freedoms. Bravery, during this era, meant standing up against tyranny and advocating for the principles of liberty and democracy.

The 20th century brought forth a different facet of bravery in the face of global conflicts and social justice movements. World War I and World War II saw countless soldiers demonstrating incredible physical courage, but it was also an era that highlighted the bravery of individuals like Mahatma Gandhi, who championed nonviolent resistance to colonial oppression. The Civil Rights Movement in the United States, led by figures like Martin Luther King Jr., showcased the bravery required to confront systemic racism and fight for equality. Our very own Association, the Australian Bravery Association has a broad membership of citizens that have undertaken acts of bravery recognised by our peers.

In the modern world, bravery continues to evolve with the advent of technology and the complexities of the globalized society. Brave individuals now include whistleblowers who expose corporate and government misconduct, scientists who confront climate change denial, and activists who advocate for marginalized communities.

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Bravery in the 21st century encompasses not only physical and moral courage but also the courage to speak truth to power and work towards a more just and sustainable world.

In conclusion, the meaning of bravery has transformed significantly through the centuries, reflecting the changing values and challenges of each era. From the physical valour of ancient warriors to the intellectual daring of Renaissance thinkers, the moral courage of knights, and the political activism of modern heroes, bravery has adapted to the demands of its time. What remains constant is the admiration and inspiration that brave individuals evoke, serving as beacons of hope and progress for humanity. Bravery, in its ever-evolving form, continues to shape the course of history and define the human spirit.

Peter White: ABADeputyNationalPresident@gmail.com

ACT PRESIDENT

Goch Kot BM

Since joining the ABA in 2018, Goch has been instrumental in providing invaluable help and advice to the National Executive. Goch's dedication to community advocacy and supporting others is truly commendable. He has successfully facilitated programs that bridge the gap between minority communities and the Government, in addition to his voluntary work with the ABA.



Goch Kot: ABAACPRESIDENT@gmail.com



www.forbravery.org.au

ABA COIN

*Supporting
those who
suffer
hardship for
their bravery.*

The ABA has produced an ABA Coin which is now available for purchase by members. The coin is symbolic of the aims and purposes of the ABA, and particularly the connection between members, their families and the broader community.

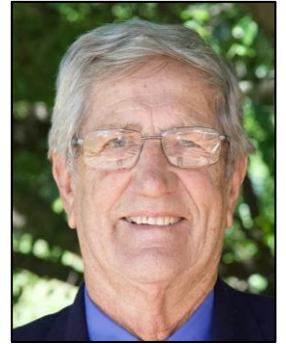
Similar to a “challenge coin”, the ABA Coin is a bronze, 45mm diameter, double sided, enamelled coin with the ABA logo on one side and the words, “*Supporting those who suffer hardship for their bravery*” on the reverse side. Members can purchase the coin as a keepsake, to promote the association to others and as a thank you for those who contribute to the ABA.

Coins will cost \$14 per coin (includes postage and handling) and can be ordered through the MERCHANDISE page on the ABA website.

NEW SOUTH WALES PRESIDENT

Brian Harland

Since the Canberra weekend in February, we have attended NSW Investitures at Government House (Sydney). These took place in April and September 2023 when Bravery Awards were presented. The Investitures were on hold for a couple of years, but with the assistance of some Newcastle-based members, we were able to attend all the necessary days. We would like to express our gratitude to Tim Brown and Alan and Paulina Playford for their help. We plan to engage with more NSW members in 2024, leading up to the 25-year anniversary of the ABA. We are excited to reconnect with individuals in Canberra.



Left: Elyse Maisie Partridge BM and Belana Broadley BM received their BMs for their actions during the rescue of two young girls caught in a rip in Ballina on the 30th of January 2021. Right: Mitch Parker from Tamworth and Tim Brown BM and Bar from Maitland received their Royal Humane Society of New South Wales awards from the Governor the Honourable Margaret Beazley AC KC in Nov 2023.



Below: Alan Playford SC and Governor the Honourable Margaret Beazley AC KC, pictured with Mrs. Lisiana Kalauta and her family, after receiving the late Salesi Finau Kalauta's BM. Kalauta was awarded for his considerable bravery during the interception of a man armed with a rifle in Petersham on 27 Dec 2014.

Below: Te Reo Potaka Kenneth Haronga BM is joined by his family as he receives a BM for his actions during the rescue of an elderly paraglider from the sea at Warriewood Headland on 15 Nov 2020.



Brian Harland: ABANSWPresident@gmail.com

QUEENSLAND PRESIDENT

Dr Sally Gregory



Greetings from sunny Queensland! As we reach the end of another year, it's heartwarming to reflect on the joyful moments we experienced in 2023 and the new families we had the privilege to welcome at bravery investitures at Queensland's Government House. On the 12th of September 2023, fourteen courageous individuals from Queensland were awarded bravery honours by Her Excellency the Honourable Dr Jeannette Young AC PSM. This included two Bravery Medals, six Commendations for Brave Conduct, and six Group Bravery Citations. In total, fourteen new Queensland families now have knowledge of the ABA and its impactful work. Other investitures took place throughout 2023 which I mentioned in previous newsletters.



Around the same time (Sep 2023), QPS Sergeant David Raymond BM APM, our man in Far North Queensland, was awarded the Australian Police Service Medal for distinguished service to the QPS, particularly in his role in the Canine Division. With his growing array of awards, he might need a bigger chest to hold them all, don't you think? Dave is proud to be part of the ABA family and says he is eager to organise an ABA social event in FNQ. So, if you're in the area, let him know, and he'll see it as a good excuse to catch up over a Cup of Courage. Dave's family runs a book binding service, and they did a wonderful job binding my PhD thesis and making it look exciting.

<https://www.cairnsbookbinders.com>.

Mike and Lovey Pearson dropped in on the Raymonds on their northern safari in August and shared a "cup of courage" and some tall stories on David's deck. Happy times on the road were had with the ABA family (see that story in the *FOR BRAVERY* August 2023 Issue, p18).

Mike and Lovey made it home in time to host us for the Annual Kid's Campout (21 October 2023), where we had a wonderful time catching up with several of our ABA families. This event was initially created several years ago with the aim of offering a free opportunity for families with child bravery recipients to be part of our special bravery family. In 2015, young Calyn Hoard was awarded the BM for his selfless actions in rescuing his little brother from being hit by a four-wheel drive vehicle. Calyn did save his brother but suffered catastrophic brain injury when he ended up under the vehicle with a fractured skull and terrible injuries. Calyn is now 17 years old and lives with a severe disability which has prevented him from attending school this year. Calyn loves going to Mike and Lovey's place and remembers his friends in the ABA with warm hugs and a huge smile. His devoted mother Sharna is an earth angel and takes care of Calyn with patience and love. I asked her about the challenges she was experiencing as Calyn grows older, and she shared the problems of having three teenagers and only one computer in the home. I spoke to our Serial Sookie Jim Preston about this. He said, "Leave it with me." Three weeks later, and after some serious fundraising, a fabulous new touch screen laptop turned up at my place ready for delivery to Calyn.



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I wanted to get Mike Pearson to help me deliver it but he was having open heart surgery, so I went alone. As you can see in the photo, Calyn was thrilled to receive his own laptop and couldn't wipe the smile off his face. Sharna sent me a photo a few days later of him working on the ABCs Reading Eggs program – a picture of concentration and learning. Thanks so much Jim – you're our Fairy Godfather.



The campout weekend at Mike and Lovey's ranch was a lot of fun. As always, Lovey and Mike cooked up a storm. Niall, Jenny, and their daughter Milla came up from Melbourne to join us. Our honorary psychologist, Pam Davidson BM, also joined in on the fun. Padre Jim Cosgrove, who we all love, brought his guitar, and jammed with me on my ukulele. Kay and Kerry Danes also came along which added to the enjoyment of the weekend.



As mentioned in another section of this newsletter, Mike is currently recovering from life-saving heart surgery. I'm thrilled that he received the necessary medical attention in a timely manner. Mike has been my wingman ever since he joined the association a few years before retiring from the QPD after a 38-year career of caring for his community. He has received several QPS honours and three bravery awards. He's a real scallywag, and his presence always brings a smile and, dare I say, some wisdom to our gatherings. I love him like a sister and I'm very relieved that he's now safe and well. What do we think of Mikey? He's alright. 😊



Although Alison and John Klaebe, who live nearby, couldn't attend due to Alison's breast cancer treatment, they did swing by my place at Burleigh Heads Dec 2023. We caught up for a beachside lunch. They are such kind and thoughtful people and gave me a lovely "Firefighter's Rose" to honour the passing of my husband, Kev, in 2020. Alison says she is feeling fantastic. She and John are looking forward to celebrating her remission by coming to our National Conference on February 9th and 10th, 2024, in Canberra.

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Many of you will know that I'm a scuba diver by profession. For the past three years I have been working on an environmental project, diving once or twice a week to remove dumped debris and fishing line from my local marine habitat under the Tallebudgera Creek bridge. With the help of some keen buddies, we have removed and over 39,000 meters of line and over 3,000 deadly hooks, rescuing hooked marine life along the way. You can find out more about this project on my FB group: Hooked on Tallebudgera Creek Cleanup Crew. <https://www.facebook.com/groups/3787539324653721>

One of my dive crew members is John Pearce, a Master Scuba Diving Instructor, Yoga Instructor and Freediving coach. John has developed a pilot program to offer stress reduction benefits of breath hold pool work and is kindly offering eight FREE spaces to members of the ABA (normally \$385). The course will run on the Gold Coast over two days (02/03 FEB 2024) and is open to the first eight to register their place. This will be a fun and potentially life changing experience. So, if you love being in the water and would like to learn how to use your breath and relaxation to lower your stress level, you can give him a call on 0414 388 229 or email me on ABAQLDPresident@gmail.com I may be able to help out with somewhere to sleep for course participants too.

It's going to be a fun year ahead with the ABA family in Queensland. If you're traveling through, please let us know so we can meet up for a "Cup of courage" and share some stories. I'm excited to soon introduce you all to our next Brave Youth winner, who will shortly be informed of this unique honour. I also look forward to introducing them and their family to our ABA family in Canberra in February 2024. Thank you also to Dr. Richard Harris SC OAM, who has kindly agreed to be on the ABA Brave Youth of the Year Sub-Committee.

Finally, I would like to wish everyone a Happy New Year! Don't forget to get your calcium score done on your tickers! Your families need you more than you can imagine. I'd also like to express my gratitude to my esteemed ABA National Executive members, who generously donate their time and hearts to improving the lives of our brave Aussies. It's an honour to serve on the NX for my 20th year, and I thank you for granting me the privilege of acting as Queensland President.

Feel free to drop me a line anytime if you need a chat.

Yours truly - Chief Hugger Sal.

DISCOVER FREEDIVING
 UNDERWATER ADVENTURES AUSTRALIA
 is pleased to invite members of the
 AUSTRALIAN BRAVERY ASSOCIATION
 to experience
dive2thrive
 Discover the peace of exploring underwater on one breath!
 During this **FREE** event running over 2 days you will get to
 explore the basics of Freediving, including breathing, breath
 hold, static and dynamic apnea!
 Experience peace in the aquatic realm, complete relaxation, states of
 mindfulness, build mind-body connection, and relieve stress in this pilot
 program designed to enhance mental health.

<p>Saturday 03 FEB 2024 1 pm - 4 pm at Pizzey Park Aquatic Centre, Miami</p>	<p>Sunday 04 FEB 2024 1:30 pm - 3:30pm at Tallebudgera Creek</p>
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**Places are Filling Fast
 Bookings Essential**
 Email Sally: ABAQLDPresident@gmail.com
**Call John for more information on
 0414 388 229**

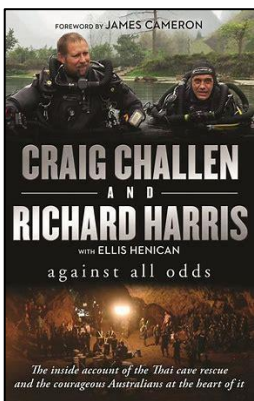
WESTERN AUSTRALIA PRESIDENT

Mark Mackin

As the representative of the Australian Bravery Association (ABA) in Western Australia, I had the honour of meeting the latest recipients of bravery awards at two investiture ceremonies held at Government House in Perth this year. During these ceremonies, I had the opportunity to chat with His Excellency the Honourable Chris Dawson AC APM, my former boss from WA Police, as well as each awardee. It was a pleasure to share information about the important work of the ABA.



Meeting and speaking with ordinary Australians who have performed selfless and extraordinary acts in often dangerous situations for the benefit of others is truly humbling. I empathize with the challenges that some face in the aftermath of their courageous actions, and I believe that the ABA plays a crucial role in helping them heal from these difficulties. One of the recipients of a bravery award whom I met at Government House is a former submariner who saved his crewmates during an emergency, but subsequently faced personal challenges. For both me and my Navy mate, being able to have a conversation over a beer or coffee with someone who has experienced similar situations and truly understands is a reassuring experience. This is where the ABA can make a significant impact.



It was particularly thrilling for me to meet Dr. Craig Challen SC OAM, the 2019 Australian of the Year, at Government House. We discussed the potential for him to engage with members of the Western Australia Police Dive Squad on aspects of cave diving and search and rescue in confined and hazardous aquatic environments. Craig, along with Dr. Richard Harris SC OAM, played a pivotal role in the miraculous rescue of 13 youngsters trapped by floodwaters in a Thai cave system in 2018. Having had some basic introductory cave dive training with the Australian Clearance Diving Team Four in crystal clear water under the Nullabour Plain during my time in the Dive Squad, I am in absolute awe of the incredible rescues achieved by Craig and Richard under unimaginably horrendous circumstances.

I have been fortunate to receive ongoing support and guidance in my new role from past WA President Vic Boreham and the QLD ABA President Dr Sally Gregory. In February, Vic and I will be traveling to my first Annual General Meeting in Canberra, where I am excited to meet and learn from my colleagues.

In the coming year, my vision for ABA Western Australia is to:

- 1) Overcome the challenges of social gatherings for our members across the vastness of this state and,
- 2) Implement successful communication methods and member activities utilized by the ABA teams on the East Coast.

I wish you all a fulfilling and peaceful 2024.

Mark Mackin: ABAWAPresident@gmail.com

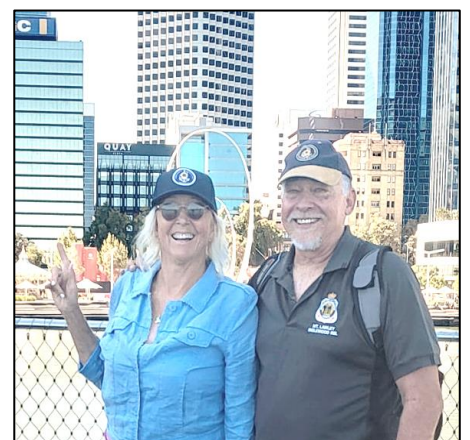


Photo: Mark Mackin and Dr Sally Gregory

VICTORIA PRESIDENT

Coralee Lever

Coralee Lever's husband, Dennis, tragically lost his life during the devastating Port Arthur massacre in 1996. Since that heart-wrenching incident, Coralee has dedicated herself to making a positive impact on others' lives through her involvement with the Australian Bravery Association. Her inspiring journey of resilience and strength serves as a guiding light for those who have faced similar loss and adversity, encouraging them to persevere and find hope in the face of unimaginable tragedy.

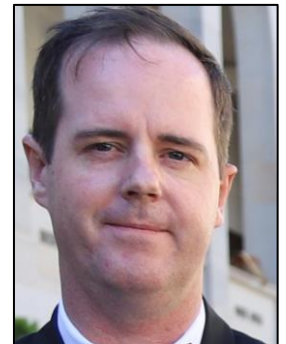


Coralee Lever: ABAVICPresident@gmail.com

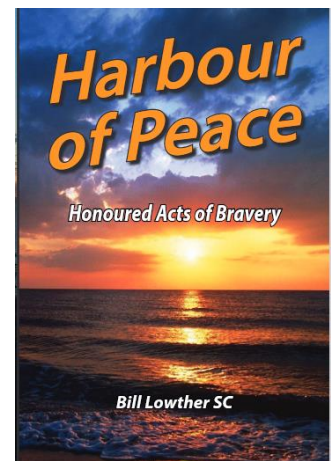
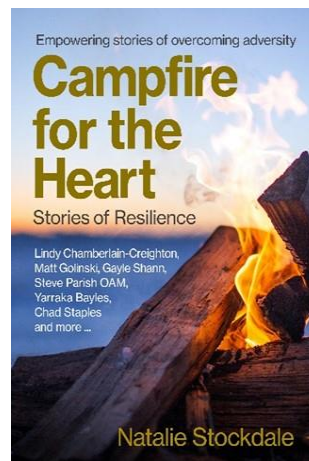
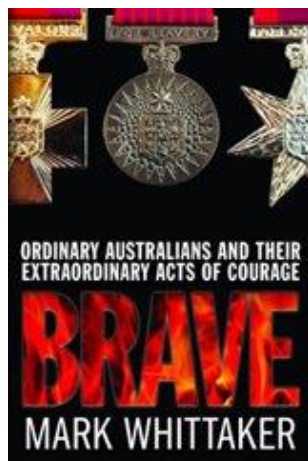
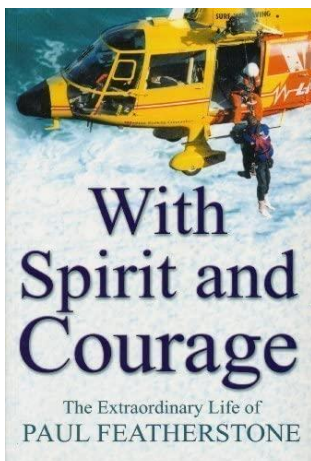
NORTHERN TERRITORY PRESIDENT

Mark Charteris

On the 14th of December 2006, Mark used a grader to assist firefighters to extinguish a bush fire near Thomastown in Victoria. Mark was working in Thomastown when he noticed a fire about 200 meters away. He immediately called 000. Emergency services arrived but were unable to contain the fire. Dressed in shorts and a short-sleeved shirt he first attempted to drive the grader down an access road, but the speed and intensity of the fire forced him back. He then observed a three to four metre steep embankment which led to a river flood plain covered in high grass. With flames leaping from the bushes and producing a large amount of smoke he approached the embankment and drove slowly and cautiously down over the edge. Using the weight of the grader he moved the dirt away, creating an earth ramp. As he was forming the fire break, smoke entered the cabin of the grader making it difficult for him to breathe. The fire break he constructed contained the blaze and prevented the fire from moving into dense bush next to residential properties. For his actions, Mark was awarded a Commendation for Brave Conduct.



Mark Charteris: ABANTPresident@gmail.com





SOUTH AUSTRALIA PRESIDENT

Willian Denny AM BM

Willian (Bill) Denny joined the Australian Regular Army upon leaving school. In more than 21 years in the military he served in South Vietnam, Papua New Guinea, as Aide de Camp to the Governor General and on exchange duty with the British Army in Germany. He left the Army in 1990 with the rank of Lieutenant Colonel. In 2006 Bill joined the state public service as an Advisor to the Attorney General. He was subsequently appointed the inaugural Director of Veterans SA and oversaw the establishment of the veterans' affairs portfolio in our state, retiring in 2014. Bill's deep and long-standing commitment to the ex-service community has been demonstrated through his role as Chair of the RSL ANZAC Day Committee, Chair of the ANZAC Day Commemoration Council and as founder of the ANZAC Eve Youth Vigil. He founded and co-chaired the Vietnam War Memorial Committee and co-chaired the Aboriginal and Torres Strait Islander War Memorial Fundraising Committee. He is currently patron of the ANZAC Eve Youth Vigil, National Servicemen's Association and Military Vehicle Preservation Society. His wider community service has included as a member of the Board of Reconciliation SA, after which he was recently appointed an Ambassador for that organisation. In 2006, Bill was made a Member of the Order of Australia (AM) for service to the community, particularly veterans and their families. In 2014 he was awarded the Bravery Medal (BM) for his actions at a fatal traffic accident.

Ongoing community appreciation for Bill's service to the veteran community was shown in 2014 when he was a state finalist in the "Australian of the Year" awards, and in 2015 when he was named an RSL "ANZAC of the Year".

Willian Denny BM: ABANTPresident@gmail.com

TASMANIA PRESIDENT

Niall Waring BM

Happy New Year to everyone in the Australian Bravery Association. As I look back on 2023, I am grateful for my family, friends, and all the positive achievements that have given me renewed hope for what is possible in 2024.

As the newly appointed ABA Tasmania President, my first priority is to express my gratitude to outgoing President Claire Browning CBC for her hard work in achieving the goals of the ABA. I have big shoes to fill! This coming year presents opportunities for us to expand our membership in Tasmania. I believe that the Apple Isle has unrecognised acts of bravery, and I intend to work with relevant government and civilian organisations to ensure that the process of recognising courageous acts is in place, even after the initial incident has passed. The more members the ABA has, the more we can support one another. I am excited to meet with our members in Tasmania throughout the year and I hope to see as many of you as possible at the National Conference in Canberra in February 2024.



Kind Regards

Niall Waring BM VA: ABATASPresident@gmail.com

A HEART TO HEART

Mike & Lovey Pearson

A few years ago, I attended the funeral of Kev Gregory, husband of QLD State President Sally Gregory. Kev passed away suddenly after a heart attack. Whilst at the funeral, ABA Honorary Psychologist and past National President Pam Davidson was speaking with a group of us, doing what she does best, when it was suggested that we should get our calcium scores tested.

A coronary artery calcium score is measured using a non-invasive computed tomography (CT) scan of the heart. The CT scan shows how much calcium is in the walls of the heart's blood vessels. The amount of calcium is reported on a number scale. A score of zero indicates there is no calcified plaque.

My GP questioned why I wanted it done because all my blood tests showed no signs of any heart disease. I was not showing any symptoms. I insisted that my doctor provide me with a referral. Unfortunately, I didn't follow through, tending to dwell on his doubt.

Fast forward two years. My wife Lovey (Wendy) decided to get her calcium score following news from a friend of ours that his was 900 and had led to bypass surgery. There were a few other prompts from close friends, so, I went and finally had mine done too.

My result: 1633! Lovey's result: 0 (The specialists refer to a zero score as perfect which should be no surprise to those who know Lovey.)

As you can appreciate, this led to a quick visit to a new GP, a referral to a cardiologist, followed by a Stress Echocardiogram (ECG). For this echocardiogram, you lie on your left side. The sonographer holds an ultrasound wand (transducer) in different positions on your chest to collect images. You then exercise on a treadmill or stationary bicycle, starting slowly and gradually increasing intensity. After that the first step is immediately repeated.

My result: Fail! The next step was an attempt at a cardiogram with a view to implanting stents as appropriate.

My result: Fail! To my horror I was then booked in for open heart and bypass surgery resulting in three bypasses and two grafts.

My result: Pass!



Photo: Mike and Lovey

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As I write this yarn, I am 4 weeks into recovery and doing very well. I am supported by many, many great mates from the ABA and of course, the ever-attentive Lovey who does not stand for any sympathetic behaviour and my trying to compare my recovery to “man flu.”

On a serious note, the purpose of my story is to tell you that I had severe blockages of the left anterior descending artery. This condition is referred to as the “widow maker.” I thought I had dodged these from falling gum branches in the Gulf country in my youth. The surgeon said I was a walking time bomb. The worst part was that I have never had any symptoms, even in hindsight.

Since my cycling days when I was tested regularly, it is true to say that I had put on unwanted kilos and enjoyed a different diet but always considered my drinking of alcohol to be in “moderation-plus.” But never did I think I had cardiovascular heart disease. Did I think to mention that my grandfather and father had a history of the disease? Totally slipped my mind.

My message to you is simple. Go to your GP and get a referral for a CAC Score test. Take my story in with you as justification.

We are a family, and we are mates, joined by a common thread and driven by a common desire to help each other. Do yourself and the rest of us a favour and look after yourself. As our nation’s recognised heroes, we and your immediate family need you around for much longer!

Love from us both,

Mike & Lovey

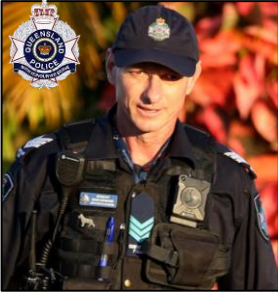


Read more: <https://www1.racgp.org.au/ajgp/2020/august/coronary-artery-calcium-in-primary-prevention>



Australian Government
Royal Australian Mint

www.ramint.gov.au



PROJECT RECOGNISE

Dave Raymond BM APM

When I performed my rescue in 2004, before mobile phones were widely available, I was fortunate that someone at the scene had a video camera. This person captured all the action on camera and sent it to one of the television stations. Thanks to that, I learned about The Australian Bravery Association and the Australian Honours and Awards system. Now, I am honoured to use the initials BM after my name and in my 35 years as an operational police officer, the rescue that earned me that honour is definitely one of the top five jobs I have been to. While it may not be the number one, the video camera played a significant role in bringing attention to it. There is so much great work that goes unnoticed and unrecognised in our communities. Emergency services have a better chance of being recognised because their fellow workers can report on the incidents.

During the recent Cyclone Jasper and subsequent flooding, I had the privilege of being the Coordinator of the flood boats responsible for evacuating over 200 people from beach suburbs, many of whom were on rooftops with rising waters. There were boats from SES, Police, Fire and Rescue, Navy, as well as a few civilian boats that braved the elements to assist. While I carried out my work comfortably from a dry seat in an office with a microphone, I was truly amazed by the brave acts that took place that night. Due to the urgency of the situation, there was little time to gather details about all the people who were rescued, let alone the brave individuals who helped.

PROJECT RECOGNISE

I have decided to locate and acknowledge every single person who assisted on the night and in the days following. To do this, I have set up an email address RecogniseFNQ@gmail.com and a QR Code. People can scan the code, which will direct them to the email address. There, they can provide the person's name and details of why they should be recognised. I hope to advertise the QR Code in various places, including on the big screen at major sporting events.

Not all acts were brave. Some people risked their own lives to save others, while others delivered food, helped clean up, provided vital supplies, or even evacuated a herd of cattle on a hill. The range of acts was unlimited, but I believe all people should be acknowledged in some way. I am in discussions with the Cairns, Port Douglas, Mossman, and Innisfail local councils to ensure they assist in sending letters of appreciation to those who performed what could be considered "Low End" performances. Any acts that fall within the "Brave" category will be progressed to the Australian Honours and Awards.

This system is currently experimental, and I am open to feedback from fellow members on ways to improve it. I would love to see this system go nationwide, so that we can ensure that nobody goes unrecognised again.

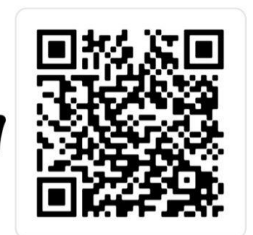
Dave Raymond BM APM
OIC Cairns Dog Squad

PROJECT RECOGNISE FNQ

WE SALUTE YOUR GOOD SERVICE



Do you know an individual who has gone above and beyond to help others in their local community? Whether it's providing emergency relief, delivering essential food aid, or assisting in disaster clean-up, we want to hear about them. If you know someone who deserves to be recognized for their good service, please share their story with us.



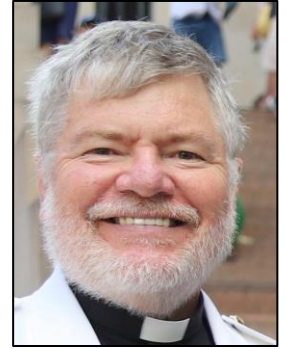
 RecogniseFNQ@gmail.com

Good Service Recognition

RESOLUTIONS

Chaplain Jim Cosgrove

These days in our audiovisual arena, there is a lot of talk about low resolution and high resolution when it comes to the clarity of screens, TVs, or monitors. Low resolution refers to things being less sharp or precise compared to high resolution. Therefore, the resolution of something determines the level of clarity we experience. But can a New Year's resolution also bring us clarity?



Many New Year's resolutions are made without much thought or planning, which often leads to failure from the start due to lack of clarity and meaning. A New Year's resolution should bring clarity to our thoughts and actions in the upcoming year. If we view a resolution as a means to clarify our behaviour for the year ahead, we can take various steps to make it meaningful, important, significant, and something we truly want to achieve. Unfortunately, many resolutions are forgotten or set too high, making them unattainable. If we want our resolution to bring us clarity, it needs to be something we genuinely desire and is achievable.

To keep our resolution in focus, we need to employ several strategies. First, write it down and place it somewhere visible, such as on the wall, to serve as a daily reminder. Second, share our resolution with friends and consistently discuss it, as this keeps it at the forefront of our minds. Lastly, we must be systematic in our approach to achieving the resolution. A small resolution that we can successfully accomplish is far better than a lofty goal beyond our reach. Ultimately, it comes down to whether we truly want to achieve it. If the desire is strong enough, we will put in the necessary effort. If not, it may not be a resolution we genuinely want to achieve.

By reflecting on our lives and identifying what is important for us to accomplish in the upcoming year, and by keeping it at the forefront of our minds, nothing can stop us from achieving this worthwhile resolution.

Wishing you a Happy New Year and good luck with your New Year's resolution.

God bless.
Padre Jim

HONORARY PSYCHOLOGIST

Pamela Davidson BM

Pamela established a Private Practice in Brisbane in 2005 and fills the role of Honorary Psychologist to the Australian Bravery Association. She passionately believes in the work of the association and particularly in the need to find appropriate support for those recipients and their families that experience psychological difficulties as a result of their act of bravery.



Pamela Davidson BM: ABAPsychologist@gmail.com

THE ART OF RISK

Richard Harris SC OAM

Diving doctor on the Thai Cave Rescue (now a Netflix series) and former joint Australian of the Year explores the stories of other people who regularly risk their lives and what we can learn from their expertise. Are free-solo climbers, underwater cave explorers and big-wave surfers crazy ... or cautious? How do soldiers and fighter pilots manage risk? What can we learn from how BASE jumpers and drag racers prepare that we can take into our own lives?

'Harry' Harris - Thai Cave Rescuer, joint Australian of the Year - has an unusual idea of fun: he crawls through pitch-black, confined caves, deep underground and usually underwater. To most, that's a nightmare. To him, it's recreation. He's prepared for all conceivable risks, he's completely focused. And the discipline and danger involved leave him better prepared for everyday life. In this ultimate armchair adventure, Harry takes us into the lives of other 'risk-takers', to find out why they do what they do. We meet people adventuring from the highest skies to the deepest oceans - BASE jumpers, drag racers, snipers and surfers - including climber Alex Honnold (from the movie *Free Solo*), sailor Jessica Watson, film director and deep-sea diver James Cameron.

Each gripping story is a masterclass in risk from the experts: when to go, when to say no, how to prepare and above all, how pushing ourselves a little further helps us become more courageous and resilient in all of our challenges. Heart-pounding and eye-opening, you'll never look at risk the same way again.

BOOK REVIEW-- Peter White OAM ML MBE MCS

The Art of Risk is a compelling exploration into the world of risk-taking and its impacts on personal and professional success. Harris delves into the psychology, sociology, and neuroscience behind why some people are more inclined to take risks than others. He also examines how risk-taking has shaped the lives of some of the most successful individuals in history.

Harris' writing style is both engaging and informative, making complex theories accessible to a wide audience. He effectively intertwines scientific research with real-life stories, creating a narrative that is as educational as it is inspiring. Particularly noteworthy are the case studies of various high-profile risk-takers, which provide valuable insights into how embracing risk can lead to extraordinary achievements.

One of the book's key strengths is its balanced approach. Harris doesn't glorify risk-taking blindly; instead, he presents a nuanced view that acknowledges both the benefits and potential pitfalls. This balanced perspective helps readers understand that while risk-taking can lead to great rewards, it requires careful consideration and strategy. The final chapters, where Harris offers practical advice on how to cultivate a healthy relationship with risk in our own lives, are particularly useful. These sections are filled with actionable tips and strategies for assessing and taking risks in a thoughtful, measured way.

In summary, 'The Art of Risk' by Richard Harris SC OAM is a thought-provoking and thoroughly researched book that offers deep insights into the role of risk in shaping our destinies. It's a must-read for anyone interested in personal development, business strategy, or understanding the mindset of high achievers."

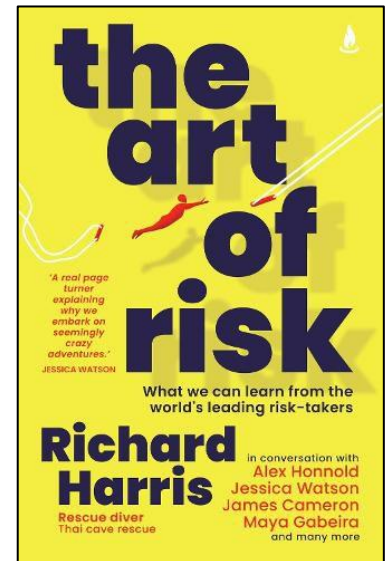
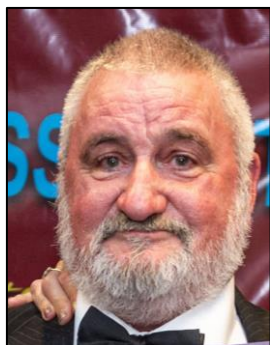


Photo: Richard, picture with Sally Gregory, is on the Brave Youth of the Year sub-committee and is always keen to promote youth health and leadership.



ABA BENEVOLENT FUND

The purpose of the Benevolent Fund is to assist ABA members who are experiencing financial hardship to attend one of the ABA events held around Australia. A volunteer sub-committee has been selected and endeavours to identify recipients, a process is then followed to work out with the recipient what may be required. Recipients of the fund remain anonymous. Members are encouraged to get in touch with the Committee Chair Jim Preston if they become aware of one of our members who are doing it tough and could use a bit of help.

AustralianBraveryAssociation@gmail.com

THANK YOU FOR YOUR SUPPORT

The Australian Bravery Association Incorporated (ABN 69 283 023 920) is a Registered Charity and Donations over \$2 are Tax Deductible. Donations to the Australian Bravery Association can be made via direct debit to the account below.

Bank: Westpac
Account Name: Australia Bravery Association
BSB: 034122
Account Number: 688064
Reference: Reason for donation (e.g., ABA Brave Youth of the Year)
 Please include your name/details.

Donations can also be made via PayPal. Please leave a note with a donation if it is for a particular cause.

Cheques can be made out to the **Australian Bravery Association** and posted to the National Treasurer. Please include a covering letter with your name and the reason for the donation.

Brenda Cochrane (National Treasurer)
 Australian Bravery Association
 PO Box 127, Bundaberg QLD 4670
 Email: ABANationalTreasurer@gmail.com

